

2017 Główny Mistrzostwa Polski Seniorów i Młodzie ovców
Lublin, 18. - 21.5.2017

Event 17 Women, 400m Medley 14 years and older
19.05.2017 - 17:55 Results Finals

Rekord Polski 4:36.95 BARANOWSKA Katarzyna 00116 Beijing (CHN) 09.08.2008

Points: FINA 2017

Rank			Age			Time	Pts	RT
Final A								
1.	ZUKOWSKA Paula	24	Slask Wroclaw			4:51.67	761	+0,79
	50m: 31.01 31.01	150m: 1:44.02 37.75	250m: 3:04.03 43.10	350m: 4:19.55 32.99				
	100m: 1:06.27 35.26	200m: 2:20.93 36.91	300m: 3:46.56 42.53	400m: 4:51.67 32.12				
2.	KNOP Aleksandra	14	UKS 190 Lodz			4:52.05	758	+0,50
	<i>WYNIK LEPSZY OD REKORDU POLSKI JUNIORÓW 14 LAT, MINIMUM - ME JUNIORÓW NETANYA</i>							
	50m: 30.92 30.92	150m: 1:43.93 37.45	250m: 3:03.65 43.35	350m: 4:20.56 33.02				
	100m: 1:06.48 35.56	200m: 2:20.30 36.37	300m: 3:47.54 43.89	400m: 4:52.05 31.49				
3.	HALICKA Lidia	16	Slask Wroclaw			4:54.20	742	+0,74
	<i>MINIMUM - ME JUNIORÓW NETANYA</i>							
	50m: 31.55 31.55	150m: 1:45.99 38.70	250m: 3:05.43 41.41	350m: 4:21.00 34.50				
	100m: 1:07.29 35.74	200m: 2:24.02 38.03	300m: 3:46.50 41.07	400m: 4:54.20 33.20				
4.	ADAMCZYK Julia SL	18	AZS UMCS Lublin			4:57.74	715	+0,76
	50m: 31.56 31.56	150m: 1:47.26 39.08	250m: 3:07.58 42.12	350m: 4:24.89 34.75				
	100m: 1:08.18 36.62	200m: 2:25.46 38.20	300m: 3:50.14 42.56	400m: 4:57.74 32.85				
5.	RUTKOWSKA Agnieszka	16	Skalar Slupsk			4:59.35	704	+0,80
	50m: 31.42 31.42	150m: 1:45.98 38.29	250m: 3:05.69 42.06	350m: 4:24.63 36.26				
	100m: 1:07.69 36.27	200m: 2:23.63 37.65	300m: 3:48.37 42.68	400m: 4:59.35 34.72				
6.	JANISZEWSKA Dominika	18	AZS AWF Warszawa			5:01.08	692	+0,77
	50m: 32.14 32.14	150m: 1:48.48 39.95	250m: 3:10.33 42.47	350m: 4:28.79 35.38				
	100m: 1:08.53 36.39	200m: 2:27.86 39.38	300m: 3:53.41 43.08	400m: 5:01.08 32.29				
7.	WILCZEWSKA Aleksandra	15	Olimpia Lublin			5:01.47	689	+0,79
	50m: 32.68 32.68	150m: 1:48.66 38.01	250m: 3:09.15 43.15	350m: 4:28.11 34.30				
	100m: 1:10.65 37.97	200m: 2:26.00 37.34	300m: 3:53.81 44.66	400m: 5:01.47 33.36				
8.	SAMULA Wiktoria SL	18	AZS UMCS Lublin			5:03.35	676	+0,74
	50m: 31.87 31.87	150m: 1:50.53 41.19	250m: 3:11.57 40.75	350m: 4:29.04 36.50				
	100m: 1:09.34 37.47	200m: 2:30.82 40.29	300m: 3:52.54 40.97	400m: 5:03.35 34.31				
9.	MUSIOL Wiktoria SO	19	Unia Oswiecim			5:04.33	670	+0,72
	50m: 31.24 31.24	150m: 1:46.88 39.71	250m: 3:10.55 44.93	350m: 4:30.70 34.99				
	100m: 1:07.17 35.93	200m: 2:25.62 38.74	300m: 3:55.71 45.16	400m: 5:04.33 33.63				
10.	DUJANIC Iva	14	Gim 92 Ursynow W-wa			5:05.61	662	+0,79
	50m: 32.52 32.52	150m: 1:49.54 39.91	250m: 3:11.34 42.71	350m: 4:30.79 36.44				
	100m: 1:09.63 37.11	200m: 2:28.63 39.09	300m: 3:54.35 43.01	400m: 5:05.61 34.82				
Final B								
11.	ZAWISZA Alina SO	17	Unia Oswiecim			5:05.09	665	+0,72
	50m: 31.77 31.77	150m: 1:47.33 38.97	250m: 3:10.28 44.63	350m: 4:30.24 35.58				
	100m: 1:08.36 36.59	200m: 2:25.65 38.32	300m: 3:54.66 44.38	400m: 5:05.09 34.85				
12.	SAJECKA Zofia	19	Gim 92 Ursynow W-wa			5:07.21	651	+0,62
	50m: 31.95 31.95	150m: 1:47.75 38.27	250m: 3:11.82 44.20	350m: 4:33.15 35.12				
	100m: 1:09.48 37.53	200m: 2:27.62 39.87	300m: 3:58.03 46.21	400m: 5:07.21 34.06				
13.	WEGRZYNOWSKA Aleksandra	16	Slask Wroclaw			5:07.68	648	+0,54
	50m: 33.22 33.22	150m: 1:50.05 39.83	250m: 3:15.62 46.10	350m: 4:34.90 35.34				
	100m: 1:10.22 37.00	200m: 2:29.52 39.47	300m: 3:59.56 43.94	400m: 5:07.68 32.78				
14.	DABROWSKA Tatiana	15	UKS 190 Lodz			5:08.59	643	+0,86
	50m: 31.37 31.37	150m: 1:49.47 41.75	250m: 3:14.16 44.73	350m: 4:34.75 35.52				
	100m: 1:07.72 36.35	200m: 2:29.43 39.96	300m: 3:59.23 45.07	400m: 5:08.59 33.84				
15.	RAJCA Olivia	15	UKS 190 Lodz			5:09.55	637	+0,76
	50m: 32.88 32.88	150m: 1:50.21 41.10	250m: 3:15.00 45.36	350m: 4:36.16 36.18				
	100m: 1:09.11 36.23	200m: 2:29.64 39.43	300m: 3:59.98 44.98	400m: 5:09.55 33.39				

2017 Główne Mistrzostwa Polski Seniorów i Młodzie owców
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Event 17, Women, 400m Medley, Final, 14 years and older

Rank			Age					Time	Pts	RT		
16.	COCHOR Izabela		16	Ostrobramska Warszawa				5:11.14	627	+0,71		
	50m:	32.94	32.94	150m:	1:51.15	39.66	250m:	3:15.15	45.66	350m:	4:37.52	36.21
	100m:	1:11.49	38.55	200m:	2:29.49	38.34	300m:	4:01.31	46.16	400m:	5:11.14	33.62
17.	BUKO Martyna		15	Medyk Gizycko				5:13.89	611	+0,65		
	50m:	31.20	31.20	150m:	1:50.00	41.01	250m:	3:15.92	45.54	350m:	4:37.65	36.68
	100m:	1:08.99	37.79	200m:	2:30.38	40.38	300m:	4:00.97	45.05	400m:	5:13.89	36.24
18.	KROSTA Emilia		15	Wodnik Siemianowice Sl.				5:15.71	600	+0,75		
	50m:	32.60	32.60	150m:	1:51.83	41.44	250m:	3:17.56	44.20	350m:	4:39.62	37.12
	100m:	1:10.39	37.79	200m:	2:33.36	41.53	300m:	4:02.50	44.94	400m:	5:15.71	36.09
19.	MENDYK Adrianna		19	Wodnik Radom				5:16.97	593	+0,84		
	50m:	35.32	35.32	150m:	1:57.21	43.01	250m:	3:21.01	42.81	350m:	4:40.81	36.30
	100m:	1:14.20	38.88	200m:	2:38.20	40.99	300m:	4:04.51	43.50	400m:	5:16.97	36.16
20.	OSINIAK Ewa SL		17	AZS UMCS Lublin				5:24.76	551	+0,75		
	50m:	33.95	33.95	150m:	1:56.44	42.37	250m:	3:24.41	46.44	350m:	4:49.41	37.33
	100m:	1:14.07	40.12	200m:	2:37.97	41.53	300m:	4:12.08	47.67	400m:	5:24.76	35.35