

2018 Zimowe Mistrzostwa Polski Seniorów, Młodzie owców, Juniorów 17-18 lat
Lublin, 18. - 22.12.2018

Konkurencja 3
18.12.2018 - 9:36

Kobiet, 400m zmienny

14 lat i starsi
Wyniki Eliminacje

Rekord Polski Open	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	16.12.2007
Rekord Polski 19 - 23	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	16.12.2007
Rekord Polski 18	4:33.70	BARANOWSKA Katarzyna	POL	Trieste (ITA)	11.12.2005
Rekord Polski 17	4:38.72	SZCZEPANIAK Karolina		Gorzów Wlkp.	29.11.2009
Rekord Polski 16	4:41.20	KNOP Aleksandra	01605	Łód	10.11.2018
Rekord Polski 15	4:41.20	KNOP Aleksandra	01605	Łód	10.11.2018
Rekord Polski 14	4:43.77	KNOP Aleksandra	01605	Łód	22.12.2017

Punkty: FINA 2018

Pozycja				Wiek					Czas	Pkt.		
1.	GEORGES Daniela			21	KU AZS UMCS Lublin				4:47.72	728	A	
	50m:	29.22	29.22	150m:	1:39.26	36.50	250m:	2:58.91	43.86	350m:	4:16.08	32.80
	100m:	1:02.76	33.54	200m:	2:15.05	35.79	300m:	3:43.28	44.37	400m:	4:47.72	31.64
2.	KNOP Aleksandra			15	UKS 190 Łód				4:48.53	722	A	
	50m:	30.18	30.18	150m:	1:41.61	37.02	250m:	2:59.11	41.59	350m:	4:15.46	34.02
	100m:	1:04.59	34.41	200m:	2:17.52	35.91	300m:	3:41.44	42.33	400m:	4:48.53	33.07
3.	PARADOWSKA Kinga			17	MUKS Pi tnastrka Bydgoszcz				4:51.85	698	A	
	50m:	31.89	31.89	150m:	1:45.40	37.90	250m:	3:03.57	40.31	350m:	4:18.58	33.83
	100m:	1:07.50	35.61	200m:	2:23.26	37.86	300m:	3:44.75	41.18	400m:	4:51.85	33.27
4.	UKOWSKA Paula			25	KU AZS UMCS Lublin				4:52.23	695	A	
	50m:	31.35	31.35	150m:	1:43.61	36.96	250m:	3:02.74	42.52	350m:	4:19.21	34.14
	100m:	1:06.65	35.30	200m:	2:20.22	36.61	300m:	3:45.07	42.33	400m:	4:52.23	33.02
5.	ADAMCZYK Julia			19	KU AZS UMCS Lublin				4:52.44	694	A	
	50m:	30.79	30.79	150m:	1:43.85	37.77	250m:	3:02.55	41.47	350m:	4:19.18	35.01
	100m:	1:06.08	35.29	200m:	2:21.08	37.23	300m:	3:44.17	41.62	400m:	4:52.44	33.26
6.	GU Wiktoria			14	UKS Delfin Piotrków Trybunalski				4:52.65	692	A	
	50m:	31.31	31.31	150m:	1:44.79	37.30	250m:	3:04.01	42.48	350m:	4:19.74	32.95
	100m:	1:07.49	36.18	200m:	2:21.53	36.74	300m:	3:46.79	42.78	400m:	4:52.65	32.91
7.	RUTKOWSKA Agnieszka			17	TP Skalar Słupsk				4:53.10	689	A	
	50m:	32.29	32.29	150m:	1:48.72	38.43	250m:	3:05.50	39.79	350m:	4:19.79	33.76
	100m:	1:10.29	38.00	200m:	2:25.71	36.99	300m:	3:46.03	40.53	400m:	4:53.10	33.31
8.	SAMUŁA Wiktoria			19	KU AZS UMCS Lublin				4:53.88	684	A	
	50m:	31.12	31.12	150m:	1:46.06	39.04	250m:	3:04.03	40.13	350m:	4:20.08	34.91
	100m:	1:07.02	35.90	200m:	2:23.90	37.84	300m:	3:45.17	41.14	400m:	4:53.88	33.80
9.	GRZEGORCZYK Izabella			25	KS Warta Pozna				4:56.09	668	A	
	50m:	31.48	31.48	150m:	1:45.93	37.36	250m:	3:04.80	42.50	350m:	4:22.22	34.16
	100m:	1:08.57	37.09	200m:	2:22.30	36.37	300m:	3:48.06	43.26	400m:	4:56.09	33.87
10.	HERBREDEK Gabriela			15	UKS GIM 92 Ursynów				4:56.85	663	A	
	50m:	31.36	31.36	150m:	1:46.77	39.02	250m:	3:07.34	42.52	350m:	4:24.21	34.84
	100m:	1:07.75	36.39	200m:	2:24.82	38.05	300m:	3:49.37	42.03	400m:	4:56.85	32.64
11.	SM TEK Wiktoria			17	MMKS K dierzyn-Ko le				4:57.84	657	B	
	50m:	32.10	32.10	150m:	1:47.02	37.29	250m:	3:05.57	41.83	350m:	4:23.78	35.58
	100m:	1:09.73	37.63	200m:	2:23.74	36.72	300m:	3:48.20	42.63	400m:	4:57.84	34.06
12.	WILCZEWSKA Aleksandra			16	KS Olimpia Lublin				5:02.14	629	B	
	50m:	31.60	31.60	150m:	1:46.40	38.15	250m:	3:07.63	43.65	350m:	4:27.24	35.52
	100m:	1:08.25	36.65	200m:	2:23.98	37.58	300m:	3:51.72	44.09	400m:	5:02.14	34.90
13.	PROCHOWNIK Martyna			16	KU AZS UMCS Lublin				5:03.96	618	B	
	50m:	31.80	31.80	150m:	1:46.90	38.76	250m:	3:09.14	44.40	350m:	4:29.61	35.97
	100m:	1:08.14	36.34	200m:	2:24.74	37.84	300m:	3:53.64	44.50	400m:	5:03.96	34.35
14.	KEMPA Anna			17	MMKS K dierzyn-Ko le				5:05.71	607	B	
	50m:	32.33	32.33	150m:	1:49.09	39.95	250m:	3:09.26	40.69	350m:	4:29.17	37.44
	100m:	1:09.14	36.81	200m:	2:28.57	39.48	300m:	3:51.73	42.47	400m:	5:05.71	36.54

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Pozycja					Wiek					Czas	Pkt.	
15.	PISKORZ Aleksandra				17	UKS Wodnik Siemianowice I skie				5:08.09	593 B	
	50m:	32.31	32.31	150m:	1:50.35	39.66	250m:	3:12.46	42.90	350m:	4:32.48	36.64
	100m:	1:10.69	38.38	200m:	2:29.56	39.21	300m:	3:55.84	43.38	400m:	5:08.09	35.61
16.	CELMER Wiktoria				15	KS Warta Pozna				5:08.16	593 B	
	50m:	31.19	31.19	150m:	1:48.45	39.93	250m:	3:12.80	44.55	350m:	4:33.85	36.11
	100m:	1:08.52	37.33	200m:	2:28.25	39.80	300m:	3:57.74	44.94	400m:	5:08.16	34.31
17.	BANACZKOWSKA Aleksandra				16	KS KSZO Ostrowiec w.				5:08.50	591 B	
	50m:	32.70	32.70	150m:	1:53.41	40.66	250m:	3:15.40	41.29	350m:	4:34.06	35.88
	100m:	1:12.75	40.05	200m:	2:34.11	40.70	300m:	3:58.18	42.78	400m:	5:08.50	34.44
18.	MOZOŁOWSKA Emilia				16	UKP Polonia Warszawa				5:08.60	590 B	
	50m:	32.04	32.04	150m:	1:48.67	38.82	250m:	3:10.17	43.37	350m:	4:32.90	37.57
	100m:	1:09.85	37.81	200m:	2:26.80	38.13	300m:	3:55.33	45.16	400m:	5:08.60	35.70
19.	KOZANECKA Katarzyna				17	KS Posenania Pozna				5:10.36	580 B	
	50m:	32.18	32.18	150m:	1:50.63	40.69	250m:	3:12.83	41.75	350m:	4:34.56	37.88
	100m:	1:09.94	37.76	200m:	2:31.08	40.45	300m:	3:56.68	43.85	400m:	5:10.36	35.80
20.	MAJEWSKA Weronika				17	UKS Manta Kochłowice Ruda I ska				5:16.73	546 B	
	50m:	32.52	32.52	150m:	1:50.28	40.05	250m:	3:16.71	46.74	350m:	4:40.43	36.96
	100m:	1:10.23	37.71	200m:	2:29.97	39.69	300m:	4:03.47	46.76	400m:	5:16.73	36.30
21.	KUROPATWA Weronika				17	UKS abianka Gda sk				5:18.52	537 C	
	50m:	35.38	35.38	150m:	1:56.20	40.02	250m:	3:20.59	45.03	350m:	4:42.93	37.62
	100m:	1:16.18	40.80	200m:	2:35.56	39.36	300m:	4:05.31	44.72	400m:	5:18.52	35.59
22.	BILSKA Natalia				17	UKS abianka Gda sk				5:21.01	524 C	
	50m:	33.95	33.95	150m:	1:54.82	42.20	250m:	3:21.49	46.44	350m:	4:45.42	37.56
	100m:	1:12.62	38.67	200m:	2:35.05	40.23	300m:	4:07.86	46.37	400m:	5:21.01	35.59
PK	AMILKIEWICZ Aleksandra				13	KS Olimpia Lublin				5:09.77	584	
	50m:	33.08	33.08	150m:	1:50.65	39.23	250m:	3:12.22	42.86	350m:	4:33.72	37.50
	100m:	1:11.42	38.34	200m:	2:29.36	38.71	300m:	3:56.22	44.00	400m:	5:09.77	36.05