

2019 Główne Mistrzostwa Województwa Lubelskiego
Lublin, 22. - 23.6.2019

Konkurencja 11
22.06.2019 - 11:19

Kobiet, 400m zmienny

12 lat i starsi
Wyniki

Rekord Polski Open	4:36.95	BARANOWSKA Katarzyna	POL	Beijing (CHN)	09.08.2008
Rekord Polski 19 - 23	4:36.95	BARANOWSKA Katarzyna	POL	Beijing (CHN)	09.08.2008
Rekord Polski 18	4:43.39	BARANOWSKA Katarzyna	POL	Debica	20.05.2005
Rekord Polski 17	4:45.13	SZCZEPANIAK Karolina	POL	Rome (ITA)	02.08.2009
Rekord Polski 16	4:45.38	KNOP Aleksandra	POL	Łódź	25.05.2018
Rekord Polski 15	4:45.38	KNOP Aleksandra	POL	Łódź	25.05.2018
Rekord Polski 14	4:52.05	KNOP Aleksandra	POL	Lublin	19.05.2017
Rekord LOZP	4:48.63	ZUKOWSKA Paula	POL	Olsztyn	15.05.2019

Punkty: FINA 2019

Pozycja			Wiek				Czas		Pkt.
MŁODZIK									
1.	KRÓL Gabriela		13	KS „Wisła” Puławy		5:22.00		566	
	50m:	33.81 33.81	150m:	1:55.34 42.31	250m:	3:21.65 45.38	350m:	4:46.60 38.15	
	100m:	1:13.03 39.22	200m:	2:36.27 40.93	300m:	4:08.45 46.80	400m:	5:22.00 35.40	
2.	WILK Anna		13	UKP Fala Kra nik		5:24.77		551	
	50m:	34.94 34.94	150m:	2:00.52 44.31	250m:	3:28.39 44.83	350m:	4:49.69 37.49	
	100m:	1:16.21 41.27	200m:	2:43.56 43.04	300m:	4:12.20 43.81	400m:	5:24.77 35.08	
3.	JASIK Nikola		13	KS „Wisła” Puławy		5:53.42		428	
	50m:	38.38 38.38	150m:	2:08.25 44.96	250m:	3:44.26 51.89	350m:	5:15.72 40.39	
	100m:	1:23.29 44.91	200m:	2:52.37 44.12	300m:	4:35.33 51.07	400m:	5:53.42 37.70	
4.	PO DZIK Aleksandra		13	UKS „ORKA” Zamo		6:02.45		396	
	50m:	37.68 37.68	150m:	2:11.63 47.30	250m:	3:50.30 53.38	350m:	5:23.87 39.83	
	100m:	1:24.33 46.65	200m:	2:56.92 45.29	300m:	4:44.04 53.74	400m:	6:02.45 38.58	
5.	SUROWIEC Gabriela		12	UKP Fala Kra nik		6:03.34		393	
	50m:	40.89 40.89	150m:	2:14.42 46.20	250m:	3:49.70 50.25	350m:	5:23.77 42.88	
	100m:	1:28.22 47.33	200m:	2:59.45 45.03	300m:	4:40.89 51.19	400m:	6:03.34 39.57	
6.	NAKLICKA Izabela		13	UKS „ORKA” Zamo		6:10.48		371	
	50m:	40.43 40.43	150m:	2:13.94 46.83	250m:	3:55.57 55.39	350m:	5:31.65 41.84	
	100m:	1:27.11 46.68	200m:	3:00.18 46.24	300m:	4:49.81 54.24	400m:	6:10.48 38.83	
7.	BIERNACKA Anna		13	RWKS Sparta Biłgoraj		6:15.37		357	
	50m:	40.71 40.71	150m:	2:17.69 47.28	250m:	3:56.72 52.73	350m:	5:33.69 42.92	
	100m:	1:30.41 49.70	200m:	3:03.99 46.30	300m:	4:50.77 54.05	400m:	6:15.37 41.68	
8.	HAUZNER Natalia		12	UKS „ORKA” Zamo		6:41.74		291	
	50m:	44.32 44.32	150m:	2:28.78 50.79	250m:	4:14.62 56.77	350m:	5:57.78 44.03	
	100m:	1:37.99 53.67	200m:	3:17.85 49.07	300m:	5:13.75 59.13	400m:	6:41.74 43.96	

JUNIOR MŁODSZY

1.	BEDNARZ Julia		15	UKS „ORKA” Zamo		5:09.06		640	
	50m:	32.92 32.92	150m:	1:52.56 41.38	250m:	3:15.44 42.36	350m:	4:34.54 35.91	
	100m:	1:11.18 38.26	200m:	2:33.08 40.52	300m:	3:58.63 43.19	400m:	5:09.06 34.52	
2.	AMILKIEWICZ Aleksandra		14	KS OLIMPIA Lublin		5:19.58		578	
	50m:	33.08 33.08	150m:	1:53.23 41.60	250m:	3:19.76 46.05	350m:	4:43.38 37.79	
	100m:	1:11.63 38.55	200m:	2:33.71 40.48	300m:	4:05.59 45.83	400m:	5:19.58 36.20	
3.	GAZDA Małgorzata		15	UKS Olimpijczyk 23		5:23.97		555	
	50m:	34.83 34.83	150m:	1:57.56 41.87	250m:	3:24.24 46.31	350m:	4:47.95 36.92	
	100m:	1:15.69 40.86	200m:	2:37.93 40.37	300m:	4:11.03 46.79	400m:	5:23.97 36.02	
4.	DWOJAK Natalia		15	KS OLIMPIA Lublin		5:28.36		533	
	50m:	34.43 34.43	150m:	1:56.90 42.16	250m:	3:23.44 46.03	350m:	4:50.02 38.15	
	100m:	1:14.74 40.31	200m:	2:37.41 40.51	300m:	4:11.87 48.43	400m:	5:28.36 38.34	
5.	SIOMA Zuzanna		15	UKS „ORKA” Zamo		5:32.06		516	
	50m:	34.42 34.42	150m:	1:57.66 42.77	250m:	3:27.19 47.60	350m:	4:54.98 39.48	
	100m:	1:14.89 40.47	200m:	2:39.59 41.93	300m:	4:15.50 48.31	400m:	5:32.06 37.08	
6.	PYSZNIAK Alicja		14	KS OLIMPIA Lublin		5:43.65		465	
	50m:	36.01 36.01	150m:	2:02.38 43.96	250m:	3:35.50 49.73	350m:	5:04.85 39.47	
	100m:	1:18.42 42.41	200m:	2:45.77 43.39	300m:	4:25.38 49.88	400m:	5:43.65 38.80	

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Konkurencja 11, Dziewcz t, 400m zmienny, JUNIOR MŁODSZY

Pozycja				Wiek					Czas	Pkt.		
7.	SOSNÓWKA Oliwia			14	UKP Fala Kra nik				5:46.39	454		
	50m:	35.82	35.82	150m:	2:04.80	48.90	250m:	3:38.51	47.67	350m:	5:08.34	41.23
	100m:	1:15.90	40.08	200m:	2:50.84	46.04	300m:	4:27.11	48.60	400m:	5:46.39	38.05
OPEN												
1.	WILCZEWSKA Aleksandra			17	KU AZS UMCS Lublin				5:08.10	646		
	50m:	33.10	33.10	150m:	1:50.01	39.15	250m:	3:13.75	45.33	350m:	4:34.09	36.39
	100m:	1:10.86	37.76	200m:	2:28.42	38.41	300m:	3:57.70	43.95	400m:	5:08.10	34.01
2.	BEDNARZ Julia			15	UKS „ORKA” Zamo				5:09.06	640		
	50m:	32.92	32.92	150m:	1:52.56	41.38	250m:	3:15.44	42.36	350m:	4:34.54	35.91
	100m:	1:11.18	38.26	200m:	2:33.08	40.52	300m:	3:58.63	43.19	400m:	5:09.06	34.52
3.	PROCHOWNIK Martyna			17	KU AZS UMCS Lublin				5:13.53	613		
	50m:	31.49	31.49	150m:	1:49.52	41.10	250m:	3:15.76	46.26	350m:	4:38.00	36.36
	100m:	1:08.42	36.93	200m:	2:29.50	39.98	300m:	4:01.64	45.88	400m:	5:13.53	35.53
4.	MAZURKIEWICZ Barbara			18	KU AZS UMCS Lublin				5:15.92	599		
	50m:	32.01	32.01	150m:	1:52.06	42.90	250m:	3:17.00	43.46	350m:	4:40.26	38.28
	100m:	1:09.16	37.15	200m:	2:33.54	41.48	300m:	4:01.98	44.98	400m:	5:15.92	35.66
5.	AMILKIEWICZ Aleksandra			14	KS OLIMPIA Lublin				5:19.58	578		
	50m:	33.08	33.08	150m:	1:53.23	41.60	250m:	3:19.76	46.05	350m:	4:43.38	37.79
	100m:	1:11.63	38.55	200m:	2:33.71	40.48	300m:	4:05.59	45.83	400m:	5:19.58	36.20
6.	KRÓL Gabriela			13	KS „Wisła” Puławy				5:22.00	566		
	50m:	33.81	33.81	150m:	1:55.34	42.31	250m:	3:21.65	45.38	350m:	4:46.60	38.15
	100m:	1:13.03	39.22	200m:	2:36.27	40.93	300m:	4:08.45	46.80	400m:	5:22.00	35.40
7.	GAZDA Małgorzata			15	UKS Olimpijczyk 23				5:23.97	555		
	50m:	34.83	34.83	150m:	1:57.56	41.87	250m:	3:24.24	46.31	350m:	4:47.95	36.92
	100m:	1:15.69	40.86	200m:	2:37.93	40.37	300m:	4:11.03	46.79	400m:	5:23.97	36.02
8.	WILK Anna			13	UKP Fala Kra nik				5:24.77	551		
	50m:	34.94	34.94	150m:	2:00.52	44.31	250m:	3:28.39	44.83	350m:	4:49.69	37.49
	100m:	1:16.21	41.27	200m:	2:43.56	43.04	300m:	4:12.20	43.81	400m:	5:24.77	35.08
9.	DWOJAK Natalia			15	KS OLIMPIA Lublin				5:28.36	533		
	50m:	34.43	34.43	150m:	1:56.90	42.16	250m:	3:23.44	46.03	350m:	4:50.02	38.15
	100m:	1:14.74	40.31	200m:	2:37.41	40.51	300m:	4:11.87	48.43	400m:	5:28.36	38.34
10.	SIOMA Zuzanna			15	UKS „ORKA” Zamo				5:32.06	516		
	50m:	34.42	34.42	150m:	1:57.66	42.77	250m:	3:27.19	47.60	350m:	4:54.98	39.48
	100m:	1:14.89	40.47	200m:	2:39.59	41.93	300m:	4:15.50	48.31	400m:	5:32.06	37.08
11.	KOŁODZIEJCZYK Oliwia			16	KS OLIMPIA Lublin				5:36.98	493		
	50m:	36.25	36.25	150m:	2:01.25	43.05	250m:	3:30.77	47.83	350m:	4:59.52	39.22
	100m:	1:18.20	41.95	200m:	2:42.94	41.69	300m:	4:20.30	49.53	400m:	5:36.98	37.46
12.	PYSZNIAK Alicja			14	KS OLIMPIA Lublin				5:43.65	465		
	50m:	36.01	36.01	150m:	2:02.38	43.96	250m:	3:35.50	49.73	350m:	5:04.85	39.47
	100m:	1:18.42	42.41	200m:	2:45.77	43.39	300m:	4:25.38	49.88	400m:	5:43.65	38.80
13.	SOSNÓWKA Oliwia			14	UKP Fala Kra nik				5:46.39	454		
	50m:	35.82	35.82	150m:	2:04.80	48.90	250m:	3:38.51	47.67	350m:	5:08.34	41.23
	100m:	1:15.90	40.08	200m:	2:50.84	46.04	300m:	4:27.11	48.60	400m:	5:46.39	38.05
14.	JASIK Nikola			13	KS „Wisła” Puławy				5:53.42	428		
	50m:	38.38	38.38	150m:	2:08.25	44.96	250m:	3:44.26	51.89	350m:	5:15.72	40.39
	100m:	1:23.29	44.91	200m:	2:52.37	44.12	300m:	4:35.33	51.07	400m:	5:53.42	37.70
15.	PO DZIK Aleksandra			13	UKS „ORKA” Zamo				6:02.45	396		
	50m:	37.68	37.68	150m:	2:11.63	47.30	250m:	3:50.30	53.38	350m:	5:23.87	39.83
	100m:	1:24.33	46.65	200m:	2:56.92	45.29	300m:	4:44.04	53.74	400m:	6:02.45	38.58
16.	SUROWIEC Gabriela			12	UKP Fala Kra nik				6:03.34	393		
	50m:	40.89	40.89	150m:	2:14.42	46.20	250m:	3:49.70	50.25	350m:	5:23.77	42.88
	100m:	1:28.22	47.33	200m:	2:59.45	45.03	300m:	4:40.89	51.19	400m:	6:03.34	39.57

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Konkurencja 11, Kobiet, 400m zmienny, OPEN

Pozycja			Wiek				Czas	Pkt.
17.	NAKLICKA Izabela		13	UKS „ORKA” Zamo		6:10.48	371	
	50m:	40.43 40.43	150m:	2:13.94 46.83	250m:	3:55.57 55.39	350m:	5:31.65 41.84
	100m:	1:27.11 46.68	200m:	3:00.18 46.24	300m:	4:49.81 54.24	400m:	6:10.48 38.83
18.	BIERNACKA Anna		13	RWKS Sparta Biłgoraj		6:15.37	357	
	50m:	40.71 40.71	150m:	2:17.69 47.28	250m:	3:56.72 52.73	350m:	5:33.69 42.92
	100m:	1:30.41 49.70	200m:	3:03.99 46.30	300m:	4:50.77 54.05	400m:	6:15.37 41.68
19.	HAUZNER Natalia		12	UKS „ORKA” Zamo		6:41.74	291	
	50m:	44.32 44.32	150m:	2:28.78 50.79	250m:	4:14.62 56.77	350m:	5:57.78 44.03
	100m:	1:37.99 53.67	200m:	3:17.85 49.07	300m:	5:13.75 59.13	400m:	6:41.74 43.96