

2019 Zimowe Mistrzostwa Polski Juniorów 16 lat
Lublin, 13. - 15.12.2019

Konkurencja 11
13.12.2019 - 10:37

Dziewcz t, 400m zmienny

16 lat
Wyniki Eliminacje

Rekord Polski Open	4:31.89	BARANOWSKA Katarzyna	POL	Debrecen (HUN)	16.12.2007
Rekord Polski 16	4:38.89	KNOP Aleksandra	POL	Lublin	18.12.2018

Punkty: FINA 2019

Pozycja			Wiek					Czas	Pkt.	
1.	HERBREDER Gabriela		16	UKS „GIM 92 Ursynów”				4:57.47	659	Q
	50m:	30.51 30.51	150m:	1:44.58	38.77	250m:	3:05.02	42.26	350m:	4:22.50 35.73
	100m:	1:05.81 35.30	200m:	2:22.76	38.18	300m:	3:46.77	41.75	400m:	4:57.47 34.97
2.	MO D AN Milena		16	MKP Szczecin				5:02.71	625	Q
	50m:	31.72 31.72	150m:	1:47.57	38.77	250m:	3:08.49	43.14	350m:	4:27.49 35.35
	100m:	1:08.80 37.08	200m:	2:25.35	37.78	300m:	3:52.14	43.65	400m:	5:02.71 35.22
3.	FAMUŁOK Zuzanna		16	UKP Unia O wi cim				5:04.86	612	Q
	50m:	31.28 31.28	150m:	1:48.07	40.08	250m:	3:10.20	42.96	350m:	4:29.15 36.33
	100m:	1:07.99 36.71	200m:	2:27.24	39.17	300m:	3:52.82	42.62	400m:	5:04.86 35.71
4.	MACIEJEWSKA Beata		16	UKS SP-149 Łód				5:05.72	607	Q
	50m:	32.45 32.45	150m:	1:48.24	38.81	250m:	3:09.90	42.93	350m:	4:29.85 36.15
	100m:	1:09.43 36.98	200m:	2:26.97	38.73	300m:	3:53.70	43.80	400m:	5:05.72 35.87
5.	BIERNAT Oliwia		16	UKS SMS Galicja Kraków				5:06.27	604	Q
	50m:	31.73 31.73	150m:	1:48.40	39.55	250m:	3:11.56	43.55	350m:	4:31.65 36.94
	100m:	1:08.85 37.12	200m:	2:28.01	39.61	300m:	3:54.71	43.15	400m:	5:06.27 34.62
6.	CIOCH-GRADZIK Wiktoria		16	KU AZS UMCS Lublin				5:09.05	588	Q
	50m:	32.65 32.65	150m:	1:50.58	40.80	250m:	3:15.29	44.67	350m:	4:34.85 34.78
	100m:	1:09.78 37.13	200m:	2:30.62	40.04	300m:	4:00.07	44.78	400m:	5:09.05 34.20
7.	ZMIERCZAK Natalia		16	MTP Kormoran Olsztyn				5:11.58	573	Q
	50m:	32.54 32.54	150m:	1:51.81	40.54	250m:	3:15.23	43.95	350m:	4:35.92 35.55
	100m:	1:11.27 38.73	200m:	2:31.28	39.47	300m:	4:00.37	45.14	400m:	5:11.58 35.66
8.	GANCARZ Julia		16	MKS „IKAR” Mielec				5:12.93	566	Q
	50m:	32.64 32.64	150m:	1:50.45	40.12	250m:	3:14.78	45.08	350m:	4:37.78 36.08
	100m:	1:10.33 37.69	200m:	2:29.70	39.25	300m:	4:01.70	46.92	400m:	5:12.93 35.15
9.	STERNICZUK Weronika		16	UKS Pi tka Konstantinów Łódzki				5:14.41	558	Q
	50m:	32.53 32.53	150m:	1:52.33	41.36	250m:	3:18.31	45.06	350m:	4:39.47 36.09
	100m:	1:10.97 38.44	200m:	2:33.25	40.92	300m:	4:03.38	45.07	400m:	5:14.41 34.94
10.	KOŁODZIEJCZYK Oliwia		16	KU AZS UMCS Lublin				5:14.84	556	Q
	50m:	33.71 33.71	150m:	1:52.63	40.42	250m:	3:17.29	45.36	350m:	4:39.77 36.41
	100m:	1:12.21 38.50	200m:	2:31.93	39.30	300m:	4:03.36	46.07	400m:	5:14.84 35.07
11.	D BKOWSKA Aleksandra		16	KP MZOS Płock				5:34.69	463	R
	50m:	36.66 36.66	150m:	2:01.32	42.36	250m:	3:30.85	48.32	350m:	4:58.11 37.96
	100m:	1:18.96 42.30	200m:	2:42.53	41.21	300m:	4:20.15	49.30	400m:	5:34.69 36.58
12.	KRYWIEL Karolina		16	MKP Szczecin				5:35.43	460	R
	50m:	35.55 35.55	150m:	1:58.16	41.01	250m:	3:27.68	49.26	350m:	4:57.52 40.40
	100m:	1:17.15 41.60	200m:	2:38.42	40.26	300m:	4:17.12	49.44	400m:	5:35.43 37.91
13.	DOBROWOLSKA Natalia		16	MKS SMS Victoria Racibórz				5:39.99	441	
	50m:	34.81 34.81	150m:	2:00.62	43.62	250m:	3:32.56	49.45	350m:	5:01.94 39.86
	100m:	1:17.00 42.19	200m:	2:43.11	42.49	300m:	4:22.08	49.52	400m:	5:39.99 38.05