

2020 Zimowe Mistrzostwa Województwa Lubelskiego
Lublin, 8. - 9.2.2020

Konkurencja 11
08.02.2020 - 11:56

Kobiet, 400m zmienny

12 lat i starsi
Wyniki

Rekord Polski Open	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	09.08.2008
Rekord Polski 19 - 23	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	09.08.2008
Rekord Polski 18	4:43.39	BARANOWSKA Katarzyna	00116	Debica	20.05.2005
Rekord Polski 17	4:45.13	SZCZEPANIAK Karolina	00114	Rome (ITA)	02.08.2009
Rekord Polski 16	4:45.38	KNOP Aleksandra	01605	Łódź	25.05.2018
Rekord Polski 15	4:45.38	KNOP Aleksandra	01605	Łódź	25.05.2018
Rekord Polski 14	4:52.05	KNOP Aleksandra	01605	Lublin	19.05.2017
Rekord LOZP	4:48.63	ZUKOWSKA Paula	03103	Olsztyn	15.05.2019

Punkty: FINA 2020

Pozycja Wiek Czas Pkt.

MŁODZIK

1. SOSNÓWKA Milena	13	UKP Fala Kra nik	5:59.89	405
50m: 37.66 37.66	150m:	250m: 3:46.85 52.63	350m: 5:21.45	43.02
100m: 1:19.74 42.08	200m: 2:54.22	300m: 4:38.43 51.58	400m: 5:59.89	38.44
2. SUROWIEC Gabriela	13	UKP Fala Kra nik	6:01.13	401
50m: 40.50 40.50	150m:	250m: 3:46.60 53.71	350m: 5:20.88	43.21
100m: 1:23.86 43.36	200m: 2:52.89	300m: 4:37.67 51.07	400m: 6:01.13	40.25
3. DU KO Julia	13	RWKS Sparta Biłgoraj	6:11.85	367
50m: 39.37 39.37	150m: 2:12.33 48.83	250m: 3:50.26 50.55	350m: 5:26.97	44.62
100m: 1:23.50 44.13	200m: 2:59.71 47.38	300m: 4:42.35 52.09	400m: 6:11.85	44.88
4. HAUZNER Natalia	13	UKS „ORKA” Zamo	6:22.33	338
50m: 39.28 39.28	150m: 2:17.03 49.80	250m: 4:00.05 55.78	350m: 5:40.44	43.28
100m: 1:27.23 47.95	200m: 3:04.27 47.24	300m: 4:57.16 57.11	400m: 6:22.33	41.89
5. JAGUCAK Kornelia	13	RWKS Sparta Biłgoraj	7:03.93	248
50m: 46.06 46.06	150m: 2:33.53 50.06	250m: 4:22.31 59.47	350m: 6:12.00	51.33
100m: 1:43.47 57.41	200m: 3:22.84 49.31	300m: 5:20.67 58.36	400m: 7:03.93	51.93

JUNIOR MŁODSZY

1. BERNAT Laura	15	KU AZS UMCS Lublin	5:08.07	646
50m: 32.60 32.60	150m: 1:50.96 38.57	250m: 3:12.34 45.58	350m: 4:35.22	37.34
100m: 1:12.39 39.79	200m: 2:26.76 35.80	300m: 3:57.88 45.54	400m: 5:08.07	32.85
2. BURDYN Dominika	15	KU AZS UMCS Lublin	5:17.60	589
50m: 32.11 32.11	150m: 1:50.87 41.69	250m: 3:18.11 47.00	350m: 4:42.49	37.67
100m: 1:09.18 37.07	200m: 2:31.11 40.24	300m: 4:04.82 46.71	400m: 5:17.60	35.11
3. WILK Anna	14	UKP Fala Kra nik	5:21.05	571
50m: 34.96 34.96	150m: 1:59.26 44.18	250m: 3:26.13 44.93	350m: 4:45.78	36.19
100m: 1:15.08 40.12	200m: 2:41.20 41.94	300m: 4:09.59 43.46	400m: 5:21.05	35.27
4. SOSNÓWKA Oliwia	15	UKP Fala Kra nik	5:46.64	453
50m: 36.28 36.28	150m: 2:02.73 47.25	250m: 3:38.20 49.30	350m: 5:08.60	40.35
100m: 1:15.48 39.20	200m: 2:48.90 46.17	300m: 4:28.25 50.05	400m: 5:46.64	38.04
5. KO CIOŁEK Otylia	14	UKS Olimpijczyk 23	5:54.71	423
50m: 39.19 39.19	150m: 2:11.42 45.88	250m: 3:44.50 48.62	350m: 5:14.83	40.22
100m: 1:25.54 46.35	200m: 2:55.88 44.46	300m: 4:34.61 50.11	400m: 5:54.71	39.88
6. BIERNACKA Anna	14	RWKS Sparta Biłgoraj	6:02.20	397
50m: 37.23 37.23	150m: 2:08.96 46.46	250m: 3:46.86 53.22	350m: 5:22.27	42.18
100m: 1:22.50 45.27	200m: 2:53.64 44.68	300m: 4:40.09 53.23	400m: 6:02.20	39.93

OPEN

1. BERNAT Laura	15	KU AZS UMCS Lublin	5:08.07	646
50m: 32.60 32.60	150m: 1:50.96 38.57	250m: 3:12.34 45.58	350m: 4:35.22	37.34
100m: 1:12.39 39.79	200m: 2:26.76 35.80	300m: 3:57.88 45.54	400m: 5:08.07	32.85
2. BEDNARZ Julia	16	UKS „ORKA” Zamo	5:09.89	635
50m: 32.42 32.42	150m: 1:52.06 42.21	250m: 3:15.11 42.39	350m: 4:34.88	36.61
100m: 1:09.85 37.43	200m: 2:32.72 40.66	300m: 3:58.27 43.16	400m: 5:09.89	35.01

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Pozycja			Wiek					Czas	Pkt.		
3.	GEORGES Daniela		23	KU AZS UMCS Lublin				5:14.08	609		
	50m:	30.93 30.93	150m:	1:50.68	44.58	250m:	3:21.07	47.82	350m:	4:42.35	32.76
	100m:	1:06.10 35.17	200m:	2:33.25	42.57	300m:	4:09.59	48.52	400m:	5:14.08	31.73
4.	CIOCH-GRADZIK Wiktoria		17	KU AZS UMCS Lublin				5:14.64	606		
	50m:	33.89 33.89	150m:	1:52.95	42.47	250m:	3:19.04	44.72	350m:	4:39.67	35.83
	100m:	1:10.48 36.59	200m:	2:34.32	41.37	300m:	4:03.84	44.80	400m:	5:14.64	34.97
5.	BURDYN Dominika		15	KU AZS UMCS Lublin				5:17.60	589		
	50m:	32.11 32.11	150m:	1:50.87	41.69	250m:	3:18.11	47.00	350m:	4:42.49	37.67
	100m:	1:09.18 37.07	200m:	2:31.11	40.24	300m:	4:04.82	46.71	400m:	5:17.60	35.11
6.	WILK Anna		14	UKP Fala Kra nik				5:21.05	571		
	50m:	34.96 34.96	150m:	1:59.26	44.18	250m:	3:26.13	44.93	350m:	4:45.78	36.19
	100m:	1:15.08 40.12	200m:	2:41.20	41.94	300m:	4:09.59	43.46	400m:	5:21.05	35.27
7.	SIWKO Natalia		16	KU AZS UMCS Lublin				5:24.25	554		
	50m:	34.80 34.80	150m:	1:54.90	42.58	250m:	3:23.98	48.19	350m:	4:48.48	36.54
	100m:	1:12.32 37.52	200m:	2:35.79	40.89	300m:	4:11.94	47.96	400m:	5:24.25	35.77
8.	KOŁODZIEJCZYK Oliwia		17	KU AZS UMCS Lublin				5:28.78	531		
	50m:	33.97 33.97	150m:	1:56.34	42.15	250m:	3:25.68	48.15	350m:	4:53.60	37.36
	100m:	1:14.19 40.22	200m:	2:37.53	41.19	300m:	4:16.24	50.56	400m:	5:28.78	35.18
9.	MALEC Klaudia		16	UKS „ORKA” Zamo				5:30.73	522		
	50m:	34.26 34.26	150m:	1:56.91	42.98	250m:	3:24.88	45.57	350m:	4:51.36	40.92
	100m:	1:13.93 39.67	200m:	2:39.31	42.40	300m:	4:10.44	45.56	400m:	5:30.73	39.37
10.	WI NIEWSKA Aleksandra		16	KU AZS UMCS Lublin				5:34.94	502		
	50m:	34.13 34.13	150m:	1:59.74	43.37	250m:	3:28.79	47.61	350m:	4:55.76	39.53
	100m:	1:16.37 42.24	200m:	2:41.18	41.44	300m:	4:16.23	47.44	400m:	5:34.94	39.18
11.	KOZAK Katarzyna		16	KU AZS UMCS Lublin				5:37.20	492		
	50m:	34.32 34.32	150m:	1:58.67	44.27	250m:	3:29.51	48.09	350m:	4:58.83	39.88
	100m:	1:14.40 40.08	200m:	2:41.42	42.75	300m:	4:18.95	49.44	400m:	5:37.20	38.37
12.	SOSNÓWKA Oliwia		15	UKP Fala Kra nik				5:46.64	453		
	50m:	36.28 36.28	150m:	2:02.73	47.25	250m:	3:38.20	49.30	350m:	5:08.60	40.35
	100m:	1:15.48 39.20	200m:	2:48.90	46.17	300m:	4:28.25	50.05	400m:	5:46.64	38.04
13.	KO CIOŁEK Otylia		14	UKS Olimpijczyk 23				5:54.71	423		
	50m:	39.19 39.19	150m:	2:11.42	45.88	250m:	3:44.50	48.62	350m:	5:14.83	40.22
	100m:	1:25.54 46.35	200m:	2:55.88	44.46	300m:	4:34.61	50.11	400m:	5:54.71	39.88
14.	SOSNÓWKA Milena		13	UKP Fala Kra nik				5:59.89	405		
	50m:	37.66 37.66	150m:			250m:	3:46.85	52.63	350m:	5:21.45	43.02
	100m:	1:19.74 42.08	200m:	2:54.22		300m:	4:38.43	51.58	400m:	5:59.89	38.44
15.	SUROWIEC Gabriela		13	UKP Fala Kra nik				6:01.13	401		
	50m:	40.50 40.50	150m:			250m:	3:46.60	53.71	350m:	5:20.88	43.21
	100m:	1:23.86 43.36	200m:	2:52.89		300m:	4:37.67	51.07	400m:	6:01.13	40.25
16.	BIERNACKA Anna		14	RWKS Sparta Biłgoraj				6:02.20	397		
	50m:	37.23 37.23	150m:	2:08.96	46.46	250m:	3:46.86	53.22	350m:	5:22.27	42.18
	100m:	1:22.50 45.27	200m:	2:53.64	44.68	300m:	4:40.09	53.23	400m:	6:02.20	39.93
17.	DU KO Julia		13	RWKS Sparta Biłgoraj				6:11.85	367		
	50m:	39.37 39.37	150m:	2:12.33	48.83	250m:	3:50.26	50.55	350m:	5:26.97	44.62
	100m:	1:23.50 44.13	200m:	2:59.71	47.38	300m:	4:42.35	52.09	400m:	6:11.85	44.88
18.	HAUZNER Natalia		13	UKS „ORKA” Zamo				6:22.33	338		
	50m:	39.28 39.28	150m:	2:17.03	49.80	250m:	4:00.05	55.78	350m:	5:40.44	43.28
	100m:	1:27.23 47.95	200m:	3:04.27	47.24	300m:	4:57.16	57.11	400m:	6:22.33	41.89
19.	JAGUCAK Kornelia		13	RWKS Sparta Biłgoraj				7:03.93	248		
	50m:	46.06 46.06	150m:	2:33.53	50.06	250m:	4:22.31	59.47	350m:	6:12.00	51.33
	100m:	1:43.47 57.41	200m:	3:22.84	49.31	300m:	5:20.67	58.36	400m:	7:03.93	51.93

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Pozycja				Wiek					Czas	Pkt.		
DYSKW.	WRÓBLEWSKA	Klaudia		16	UKP „Polonia Warszawa”				5:47.83			
	<i>K14 - Pływak wykonał kopni cie nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie lub nawrocie)</i>											
	50m:	37.03	37.03	150m:	2:07.67	46.70	250m:	3:38.71	47.10	350m:	5:08.70	41.75
	100m:	1:20.97	43.94	200m:	2:51.61	43.94	300m:	4:26.95	48.24	400m:	5:47.83	39.13