

2020 Zimowe Mistrzostwa Polski Juniorów 17-18 lat
Lublin, 11. - 13.12.2020

Konkurencja 11
11.12.2020 - 18:14

Kobiet, 400m zmienny

17 - 18 lat
Wyniki Finał

Rekord Polski Open	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

Punkty: FINA 2020

Pozycja			Wiek				Czas				Pkt.	
1.	FAMUŁOK Zuzanna		17				UKP Unia O wi cim				4:41.09	781
	50m:	29.95 29.95	150m:	1:40.76	36.46	250m:	2:56.43	39.78	350m:	4:09.55	33.11	
	100m:	1:04.30 34.35	200m:	2:16.65	35.89	300m:	3:36.44	40.01	400m:	4:41.09	31.54	
2.	NOWAK Zuzanna		18				UKP Unia O wi cim				4:51.62	700
	50m:	30.56 30.56	150m:	1:43.90	37.83	250m:	3:03.11	41.79	350m:	4:18.30	33.63	
	100m:	1:06.07 35.51	200m:	2:21.32	37.42	300m:	3:44.67	41.56	400m:	4:51.62	33.32	
3.	HERBREDER Gabriela		17				UKS „GIM 92 Ursynów”				4:54.82	677
	50m:	30.43 30.43	150m:	1:45.00	38.62	250m:	3:04.03	41.19	350m:	4:20.42	34.69	
	100m:	1:06.38 35.95	200m:	2:22.84	37.84	300m:	3:45.73	41.70	400m:	4:54.82	34.40	
4.	BIERNAT Oliwia		17				UKS SMS Galicja Kraków				4:57.42	659
	50m:	31.92 31.92	150m:	1:45.74	37.92	250m:	3:05.32	41.54	350m:	4:23.06	35.62	
	100m:	1:07.82 35.90	200m:	2:23.78	38.04	300m:	3:47.44	42.12	400m:	4:57.42	34.36	
5.	MACIEJEWSKA Beata		17				UKS SP-149 Łódź				5:01.67	632
	50m:	32.57 32.57	150m:	1:48.70	38.59	250m:	3:09.79	42.43	350m:	4:27.34	35.10	
	100m:	1:10.11 37.54	200m:	2:27.36	38.66	300m:	3:52.24	42.45	400m:	5:01.67	34.33	
6.	SOBIAK Zuzanna		18				WKS I sk Wrocław				5:02.38	627
	50m:	32.10 32.10	150m:	1:47.61	38.56	250m:	3:09.34	43.94	350m:	4:28.75	34.83	
	100m:	1:09.05 36.95	200m:	2:25.40	37.79	300m:	3:53.92	44.58	400m:	5:02.38	33.63	
7.	CIOCH-GRADZIK Wiktoria		17				KU AZS UMCS Lublin				5:03.16	623
	50m:	33.06 33.06	150m:	1:49.08	40.54	250m:	3:12.66	43.32	350m:	4:29.94	32.96	
	100m:	1:08.54 35.48	200m:	2:29.34	40.26	300m:	3:56.98	44.32	400m:	5:03.16	33.22	
8.	MO D AN Milena		17				MKP Szczecin				5:06.97	600
	50m:	31.63 31.63	150m:	1:46.98	38.89	250m:	3:09.71	44.29	350m:	4:31.65	35.84	
	100m:	1:08.09 36.46	200m:	2:25.42	38.44	300m:	3:55.81	46.10	400m:	5:06.97	35.32	