

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

Konkurencja 19
12.12.2020 - 17:20

Kobiet, 400m dowolny

17 - 18 lat
Wyniki Finał

Rekord Polski Open	4:05.77	BARZYCKA Paulina	00114	Gorzow	26.11.2005
Rekord Polski 18	4:07.14	PIECHOTA Paulina	01605	Łódź	20.12.2017
Rekord Polski 17	4:08.04	KILIJA SKA Donata	00612	Poznań	17.12.2011

Punkty: FINA 2020

Pozycja			Wiek				Czas		Pkt.
Finał A									
1.	KNOP Aleksandra		17	UKS 190 Łódź		4:12.39		796	
	50m:	28.91 28.91	150m:	1:31.86 31.86	250m:	2:36.22 32.30	350m:	3:41.26 32.36	
	100m:	1:00.00 31.09	200m:	2:03.92 32.06	300m:	3:08.90 32.68	400m:	4:12.39 31.13	
2.	KLIMEK Marta		17	UKP Unia O wi cim		4:12.69		793	
	50m:	28.27 28.27	150m:	1:31.74 32.17	250m:	2:36.76 32.67	350m:	3:41.85 32.18	
	100m:	59.57 31.30	200m:	2:04.09 32.35	300m:	3:09.67 32.91	400m:	4:12.69 30.84	
3.	ŁUCZAK Dominika		18	TP Zielona Góra		4:18.73		739	
	50m:	30.01 30.01	150m:	1:34.87 32.59	250m:	2:40.34 32.78	350m:	3:45.96 32.90	
	100m:	1:02.28 32.27	200m:	2:07.56 32.69	300m:	3:13.06 32.72	400m:	4:18.73 32.77	
4.	HELLAK Emilia		17	WKS I sk Wrocław		4:21.85		712	
	50m:	29.82 29.82	150m:	1:34.94 32.78	250m:	2:41.32 33.31	350m:	3:48.48 33.60	
	100m:	1:02.16 32.34	200m:	2:08.01 33.07	300m:	3:14.88 33.56	400m:	4:21.85 33.37	
5.	SZCZEPA SKA Maria		17	KS Warta Poznań		4:23.05		703	
	50m:	29.76 29.76	150m:	1:35.71 33.23	250m:	2:42.66 33.65	350m:	3:50.89 34.14	
	100m:	1:02.48 32.72	200m:	2:09.01 33.30	300m:	3:16.75 34.09	400m:	4:23.05 32.16	
6.	SZEWCZYK Zofia		18	UKP Fala Krańnik		4:23.19		702	
	50m:	30.41 30.41	150m:	1:36.29 33.07	250m:	2:43.17 33.43	350m:	3:50.91 34.10	
	100m:	1:03.22 32.81	200m:	2:09.74 33.45	300m:	3:16.81 33.64	400m:	4:23.19 32.28	
7.	NOWAK Maja		17	AZS AWF Warszawa		4:26.08		679	
	50m:	29.78 29.78	150m:	1:34.24 32.49	250m:	2:41.31 33.71	350m:	3:51.48 35.50	
	100m:	1:01.75 31.97	200m:	2:07.60 33.36	300m:	3:15.98 34.67	400m:	4:26.08 34.60	
8.	MICIĄK Agata		18	MKP „SŁOWIANKA” Gorzów Wlkp.		4:28.07		664	
	50m:	30.27 30.27	150m:	1:36.23 33.43	250m:	2:44.40 34.21	350m:	3:53.51 34.65	
	100m:	1:02.80 32.53	200m:	2:10.19 33.96	300m:	3:18.86 34.46	400m:	4:28.07 34.56	
Finał B									
11.	ZMIERCZAK Natalia		17	MTP Kormoran Olsztyn		4:26.80		673	
	50m:	30.49 30.49	150m:	1:37.43 33.54	250m:	2:44.47 33.46	350m:	3:52.90 34.15	
	100m:	1:03.89 33.40	200m:	2:11.01 33.58	300m:	3:18.75 34.28	400m:	4:26.80 33.90	
12.	ZAREMBIK Katarzyna		18	MKS SMS Victoria Racibórz		4:29.15		656	
	50m:	30.68 30.68	150m:	1:38.91 34.33	250m:	2:48.01 34.70	350m:	3:56.74 34.25	
	100m:	1:04.58 33.90	200m:	2:13.31 34.40	300m:	3:22.49 34.48	400m:	4:29.15 32.41	
13.	MOLENDĄ Dominika		17	UKS abianka Gdańsk		4:30.11		649	
	50m:	30.92 30.92	150m:	1:39.18 34.64	250m:	2:48.55 34.69	350m:	3:57.81 34.19	
	100m:	1:04.54 33.62	200m:	2:13.86 34.68	300m:	3:23.62 35.07	400m:	4:30.11 32.30	
14.	GANCARZ Julia		17	WKS I sk Wrocław		4:30.18		648	
	50m:	30.78 30.78	150m:	1:38.34 33.81	250m:	2:47.29 34.28	350m:	3:56.58 34.71	
	100m:	1:04.53 33.75	200m:	2:13.01 34.67	300m:	3:21.87 34.58	400m:	4:30.18 33.60	
15.	CIOCH-GRADZIK Wiktoria		17	KU AZS UMCS Lublin		4:32.41		633	
	50m:	30.69 30.69	150m:	1:38.32 34.31	250m:	2:48.44 35.04	350m:	3:58.61 34.86	
	100m:	1:04.01 33.32	200m:	2:13.40 35.08	300m:	3:23.75 35.31	400m:	4:32.41 33.80	
16.	KOZD BA Karolina		17	UKS SMS Galicja Kraków		4:36.26		607	
	50m:	32.09 32.09	150m:	1:40.69 34.46	250m:	2:50.34 34.83	350m:	4:01.08 35.23	
	100m:	1:06.23 34.14	200m:	2:15.51 34.82	300m:	3:25.85 35.51	400m:	4:36.26 35.18	
17.	WODECKA Roksana		17	UKS 190 Łódź		4:37.64		598	
	50m:	31.59 31.59	150m:	1:41.77 35.34	250m:	2:52.34 35.21	350m:	4:03.07 35.48	
	100m:	1:06.43 34.84	200m:	2:17.13 35.36	300m:	3:27.59 35.25	400m:	4:37.64 34.57	

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18.	KRZYSZTOFIAK Iga		17				KS Warta Pozna		4:41.02	576		
	50m:	31.42	31.42	150m:	1:41.51	35.65	250m:	2:53.60	36.31	350m:	4:05.99	36.51
	100m:	1:05.86	34.44	200m:	2:17.29	35.78	300m:	3:29.48	35.88	400m:	4:41.02	35.03