

2021 Główne Mistrzostwa Polski Seniorów i Młodzie ovców
Lublin, 28.4. - 2.5.2021

Konkurencja 3
28.04.2021 - 9:34

Kobiet, 400m zmienny

14 lat i starsi
Wyniki Eliminacje

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	Łód	25.05.2018
Rekord Polski 15	4:45.38	KNOP Aleksandra	01605	Łód	25.05.2018
Rekord Polski 14	4:52.05	KNOP Aleksandra	01605	Lublin	19.05.2017

Minimum kwal do ME Budapeszt 2021 - junior Open: 4:48.03 / Minimum kwal do ME Budapeszt 2021 - senior Open: 4:43.27 /
Minimum kwal do MEJ Rzym 2021 Open: 4:55.48 / Minimum kwal do M J Kaza 2021 Open: 4:47.06 /
Minimum kwal do IO Tokio 2021 (standard "A") Open: 4:38.53

Punkty: FINA 2020

Pozycja			Wiek					Czas	Pkt.	CR
1.	PARADOWSKA Kinga	20	MUKS "Pi tnatka"					5:05.43	663A	+0,68
	50m: 32.15 32.15	150m: 1:49.83	41.28	250m: 3:12.82	42.61	350m: 4:30.62	35.26			
	100m: 1:08.55 36.40	200m: 2:30.21	40.38	300m: 3:55.36	42.54	400m: 5:05.43	34.81			
2.	FAMULOK Zuzanna	18	UKP Unia O wi cim					5:05.57	662A	+0,73
	50m: 30.80 30.80	150m: 1:46.51	41.02	250m: 3:07.35	41.99	350m: 4:28.06	37.67			
	100m: 1:05.49 34.69	200m: 2:25.36	38.85	300m: 3:50.39	43.04	400m: 5:05.57	37.51			
3.	ANDRZEJEWSKA Kamila	22	KU AZS UMCS Lublin					5:06.82	654A	+0,71
	50m: 32.09 32.09	150m: 1:49.90	41.89	250m: 3:13.72	43.66	350m: 4:32.38	34.79			
	100m: 1:08.01 35.92	200m: 2:30.06	40.16	300m: 3:57.59	43.87	400m: 5:06.82	34.44			
4.	POZNA SKA Justyna	16	MKS Jedynka Łód					5:07.12	652A	+0,74
	50m: 31.93 31.93	150m: 1:47.37	39.14	250m: 3:10.08	44.51	350m: 4:31.10	36.71			
	100m: 1:08.23 36.30	200m: 2:25.57	38.20	300m: 3:54.39	44.31	400m: 5:07.12	36.02			
5.	DZWONNIK Zuzanna	21	UKS 190 Łód					5:07.38	650A	+0,69
	50m: 33.13 33.13	150m: 1:49.95	39.28	250m: 3:13.35	43.34	350m: 4:32.11	35.17			
	100m: 1:10.67 37.54	200m: 2:30.01	40.06	300m: 3:56.94	43.59	400m: 5:07.38	35.27			
6.	RAKOWSKA Marta	15	UKS MOS w Opolu					5:08.33	644A	+0,77
	50m: 32.72 32.72	150m: 1:50.82	40.90	250m: 3:15.10	44.26	350m: 4:34.67	35.60			
	100m: 1:09.92 37.20	200m: 2:30.84	40.02	300m: 3:59.07	43.97	400m: 5:08.33	33.66			
7.	NOWAK Zuzanna	19	UKP Unia O wi cim					5:08.55	643A	+0,74
	50m: 30.83 30.83	150m: 1:46.70	40.03	250m: 3:10.50	44.88	350m: 4:32.12	36.01			
	100m: 1:06.67 35.84	200m: 2:25.62	38.92	300m: 3:56.11	45.61	400m: 5:08.55	36.43			
8.	BIERNAT Oliwia	18	UKS SMS Galicja Kraków					5:09.28	638A	+0,70
	50m: 32.21 32.21	150m: 1:47.91	39.11	250m: 3:11.19	43.93	350m: 4:33.07	37.48			
	100m: 1:08.80 36.59	200m: 2:27.26	39.35	300m: 3:55.59	44.40	400m: 5:09.28	36.21			
9.	PAROL Olga	16	UKS abianka Gda sk					5:09.41	637A	+0,76
	50m: 32.23 32.23	150m: 1:48.53	38.70	250m: 3:13.30	45.33	350m: 4:35.19	36.06			
	100m: 1:09.83 37.60	200m: 2:27.97	39.44	300m: 3:59.13	45.83	400m: 5:09.41	34.22			
10.	SAMUŁA Wiktoria	22	KU AZS UMCS Lublin					5:09.56	637A	+0,75
	50m: 30.86 30.86	150m: 1:49.12	43.23	250m: 3:12.35	42.00	350m: 4:35.28	39.30			
	100m: 1:05.89 35.03	200m: 2:30.35	41.23	300m: 3:55.98	43.63	400m: 5:09.56	34.28			
11.	SOBIAK Zuzanna	19	WKS I sk					5:09.84	635B	+0,69
	50m: 31.85 31.85	150m: 1:48.29	39.54	250m: 3:13.16	46.26	350m: 4:34.98	35.26			
	100m: 1:08.75 36.90	200m: 2:26.90	38.61	300m: 3:59.72	46.56	400m: 5:09.84	34.86			
12.	KAMI SKA Anna	18	MUKS "Pi tnatka"					5:09.88	635B	+0,79
	50m: 31.52 31.52	150m: 1:49.76	40.75	250m: 3:13.30	44.21	350m: 4:34.94	37.54			
	100m: 1:09.01 37.49	200m: 2:29.09	39.33	300m: 3:57.40	44.10	400m: 5:09.88	34.94			
13.	MACIEJEWSKA Beata	18	UKS SP-149 Łód					5:10.46	631B	+0,72
	50m: 33.32 33.32	150m: 1:52.02	40.82	250m: 3:15.60	44.28	350m: 4:35.43	35.38			
	100m: 1:11.20 37.88	200m: 2:31.32	39.30	300m: 4:00.05	44.45	400m: 5:10.46	35.03			
14.	LOJEWSKI Isabella	17	UKS „GIM 92 Ursynów"					5:11.10	627B	+0,77
	50m: 30.53 30.53	150m: 1:45.45	39.82	250m: 3:12.19	47.65	350m: 4:37.07	35.47			
	100m: 1:05.63 35.10	200m: 2:24.54	39.09	300m: 4:01.60	49.41	400m: 5:11.10	34.03			

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Lublin, 28.4. - 2.5.2021

Konkurencja 3, Kobiet, 400m zmienny, Eliminacje, 14 lat i starsi

Pozycja					Wiek					Czas	Pkt.	CR
15.	CIOCH-GRADZIK Wiktoria				18	KU AZS UMCS Lublin				5:12.81	617B	+0,78
	50m:	32.30	32.30	150m:	1:50.55	41.92	250m:	3:17.01	45.68	350m:	4:37.63	35.51
	100m:	1:08.63	36.33	200m:	2:31.33	40.78	300m:	4:02.12	45.11	400m:	5:12.81	35.18
16.	BEDNARZ Julia				17	UKS „ORKA” Zamo				5:13.37	614B	+0,80
	50m:	31.99	31.99	150m:	1:51.37	42.03	250m:	3:15.03	43.33	350m:	4:37.31	37.92
	100m:	1:09.34	37.35	200m:	2:31.70	40.33	300m:	3:59.39	44.36	400m:	5:13.37	36.06
17.	MUDA Weronika				21	KU AZS UMCS Lublin				5:15.20	603B	+0,69
	50m:	31.77	31.77	150m:	1:50.59	41.78	250m:	3:15.76	43.84	350m:	4:38.14	37.71
	100m:	1:08.81	37.04	200m:	2:31.92	41.33	300m:	4:00.43	44.67	400m:	5:15.20	37.06
18.	CYGAN Julia				17	MKS „Astoria” Bydgoszcz				5:17.35	591B	+0,71
	50m:	33.10	33.10	150m:	1:54.69	41.92	250m:	3:19.50	44.09	350m:	4:41.40	37.71
	100m:	1:12.77	39.67	200m:	2:35.41	40.72	300m:	4:03.69	44.19	400m:	5:17.35	35.95
19.	GOMUŁKA Weronika				15	UKS 190 Łód				5:18.66	584B	+0,78
	50m:	32.53	32.53	150m:	1:52.06	40.65	250m:	3:17.51	45.73	350m:	4:41.95	37.80
	100m:	1:11.41	38.88	200m:	2:31.78	39.72	300m:	4:04.15	46.64	400m:	5:18.66	36.71
20.	DRAGAN Julia				17	KS „OLIMPIA” Lublin				5:21.42	569B	+0,83
	50m:	34.13	34.13	150m:	1:56.44	42.02	250m:	3:23.29	45.51	350m:	4:45.26	36.51
	100m:	1:14.42	40.29	200m:	2:37.78	41.34	300m:	4:08.75	45.46	400m:	5:21.42	36.16
21.	KOWALSKA Zuzanna				16	KU AZS UMCS Lublin				5:21.99	566R	+0,64
	50m:	33.80	33.80	150m:	1:55.12	41.68	250m:	3:21.49	45.51	350m:	4:45.43	37.88
	100m:	1:13.44	39.64	200m:	2:35.98	40.86	300m:	4:07.55	46.06	400m:	5:21.99	36.56
22.	SULAK Antonina				15	UKS Pi tka Konstantinów Łódzki				5:23.53	558R	+0,76
	50m:	34.02	34.02	150m:	1:53.51	40.43	250m:	3:21.49	47.71	350m:	4:45.90	38.40
	100m:	1:13.08	39.06	200m:	2:33.78	40.27	300m:	4:07.50	46.01	400m:	5:23.53	37.63
23.	SIOMA Zuzanna				17	UKS „ORKA” Zamo				5:25.42	548	+0,76
	50m:	34.48	34.48	150m:	1:53.68	40.61	250m:	3:20.74	47.54	350m:	4:46.83	39.95
	100m:	1:13.07	38.59	200m:	2:33.20	39.52	300m:	4:06.88	46.14	400m:	5:25.42	38.59
24.	SURMIAK Klara				17	UKP „Ruda l ska”				5:25.62	547	+0,76
	50m:	33.79	33.79	150m:	1:55.33	43.30	250m:	3:24.22	45.54	350m:	4:49.56	39.25
	100m:	1:12.03	38.24	200m:	2:38.68	43.35	300m:	4:10.31	46.09	400m:	5:25.62	36.06
25.	ŁUSZCZEWSKA Emilia				16	KU AZS UMCS Lublin				5:28.67	532	+0,70
	50m:	33.97	33.97	150m:	1:56.71	42.92	250m:	3:26.17	47.71	350m:	4:52.28	38.15
	100m:	1:13.79	39.82	200m:	2:38.46	41.75	300m:	4:14.13	47.96	400m:	5:28.67	36.39
26.	STAWSKA Laura				16	UKS "Wodnik Krasnystaw"				5:30.26	524	+0,69
	50m:	34.50	34.50	150m:	1:55.22	39.85	250m:	3:25.36	49.85	350m:	4:53.05	38.42
	100m:	1:15.37	40.87	200m:	2:35.51	40.29	300m:	4:14.63	49.27	400m:	5:30.26	37.21
27.	KEMPA Anna				20	KU AZS UMCS Lublin				5:30.85	521	+0,78
	50m:	34.10	34.10	150m:	1:58.75	44.65	250m:	3:25.30	43.62	350m:	4:51.51	40.89
	100m:	1:14.10	40.00	200m:	2:41.68	42.93	300m:	4:10.62	45.32	400m:	5:30.85	39.34
28.	FIRA Weronika				17	"Sikret" Gliwice				5:32.28	515	+0,85
	50m:	33.46	33.46	150m:	1:55.34	41.37	250m:	3:26.15	50.15	350m:	4:55.59	38.52
	100m:	1:13.97	40.51	200m:	2:36.00	40.66	300m:	4:17.07	50.92	400m:	5:32.28	36.69