

Letnie Mistrzostwa Polski Juniorów Młodszych 15 lat  
Lublin, 13. - 16.7.2023

Konkurencja 22  
15.07.2023 - 17:32

Dziewcz t, 400m dowolny

15 lat  
Wyniki Finał

Rekord Polski 15 lat 4:16.14 KNOP Aleksandra 01605 Łódź 26.05.2018

Punkty: FINA 2023

Pozycja			Wiek							Czas	Pkt.	CR
<b>Finał A</b>												
1.	KONDRASIUK Zofia		15	UKS „GIM 92 Ursynów”						<b>4:29.93</b>	671	+0,71
	50m:	30.62	30.62	150m:	1:37.82	33.97	250m:	2:47.03	34.57	350m:	3:56.12	34.55
	100m:	1:03.85	33.23	200m:	2:12.46	34.64	300m:	3:21.57	34.54	400m:	4:29.93	33.81
2.	ŁAKOMA Maria		15	UKS „Sokół-Mo cice” Tarnów						<b>4:36.19</b>	627	+0,77
	50m:	30.57	30.57	150m:	1:39.21	34.73	250m:	2:49.64	35.27	350m:	4:01.74	36.04
	100m:	1:04.48	33.91	200m:	2:14.37	35.16	300m:	3:25.70	36.06	400m:	4:36.19	34.45
3.	JAKUBCZYK Natalia		15	CSiR MOS w D browie Górniczej						<b>4:36.23</b>	626	+0,75
	50m:	30.74	30.74	150m:	1:40.87	35.39	250m:	2:52.15	35.72	350m:	4:04.27	36.34
	100m:	1:05.48	34.74	200m:	2:16.43	35.56	300m:	3:27.93	35.78	400m:	4:36.23	31.96
4.	PIEBIAK Nicola		15	MKS Juvenia Wrocław						<b>4:40.24</b>	600	+0,85
	50m:	31.54	31.54	150m:	1:42.31	36.02	250m:	2:54.43	35.73	350m:	4:06.54	35.69
	100m:	1:06.29	34.75	200m:	2:18.70	36.39	300m:	3:30.85	36.42	400m:	4:40.24	33.70
5.	JA KOWSKA Julia		15	UKS MOS w Opolu						<b>4:40.41</b>	599	+0,80
	50m:	31.65	31.65	150m:	1:42.62	35.98	250m:	2:55.19	36.29	350m:	4:06.07	35.10
	100m:	1:06.64	34.99	200m:	2:18.90	36.28	300m:	3:30.97	35.78	400m:	4:40.41	34.34
6.	WI TEK Amelia		15	WKS I sk						<b>4:42.41</b>	586	+0,78
	50m:	31.83	31.83	150m:	1:42.63	35.69	250m:	2:55.63	36.70	350m:	4:08.22	36.11
	100m:	1:06.94	35.11	200m:	2:18.93	36.30	300m:	3:32.11	36.48	400m:	4:42.41	34.19
7.	WRONA Maria		15	UKP Unia O wi cim						<b>4:44.05</b>	576	+0,55
	50m:	32.20	32.20	150m:	1:41.93	35.39	250m:	2:55.12	36.69	350m:	4:08.44	36.39
	100m:	1:06.54	34.34	200m:	2:18.43	36.50	300m:	3:32.05	36.93	400m:	4:44.05	35.61
8.	FERSZT Kornelia		15	KS „Górnik” Sosnowiec						<b>4:44.30</b>	574	+0,71
	50m:	32.53	32.53	150m:	1:44.29	36.27	250m:	2:58.12	36.79	350m:	4:10.55	36.13
	100m:	1:08.02	35.49	200m:	2:21.33	37.04	300m:	3:34.42	36.30	400m:	4:44.30	33.75
9.	ŁUKASIK Zuzanna		15	CSiR MOS w D browie Górniczej						<b>4:44.61</b>	573	+0,73
	50m:	33.13	33.13	150m:	1:43.91	35.43	250m:	2:56.17	36.00	350m:	4:09.30	36.52
	100m:	1:08.48	35.35	200m:	2:20.17	36.26	300m:	3:32.78	36.61	400m:	4:44.61	35.31
10.	FR SZCZAK Antonina		15	Kaliski Klub Sportowy „Włókniarz” 1924						<b>4:46.61</b>	561	+0,71
	50m:	31.53	31.53	150m:	1:44.36	36.91	250m:	2:58.07	36.69	350m:	4:11.71	37.03
	100m:	1:07.45	35.92	200m:	2:21.38	37.02	300m:	3:34.68	36.61	400m:	4:46.61	34.90
<b>Finał B</b>												
11.	KORDEK Zuzanna		15	Akademia Sms Racibórz						<b>4:45.31</b>	568	+0,79
	50m:	33.22	33.22	150m:	1:46.08	36.91	250m:	2:58.39	35.61	350m:	4:12.25	37.02
	100m:	1:09.17	35.95	200m:	2:22.78	36.70	300m:	3:35.23	36.84	400m:	4:45.31	33.06
12.	JAŁOWIECKA Gabriela		15	UKS SMS Galicja Kraków						<b>4:49.07</b>	546	+0,84
	50m:	32.21	32.21	150m:	1:45.16	36.12	250m:	2:58.48	36.40	350m:	4:12.59	36.98
	100m:	1:09.04	36.83	200m:	2:22.08	36.92	300m:	3:35.61	37.13	400m:	4:49.07	36.48
13.	TOMASZEWSKA Maria		15	MKP „SŁOWIANKA” Gorzów Wlkp.						<b>4:50.07</b>	541	+0,59
	50m:	32.70	32.70	150m:	1:46.66	37.22	250m:	3:00.85	37.21	350m:	4:15.45	37.28
	100m:	1:09.44	36.74	200m:	2:23.64	36.98	300m:	3:38.17	37.32	400m:	4:50.07	34.62
14.	GRZECH Maja		15	UKS abianka Gda sk						<b>4:50.29</b>	540	+0,80
	50m:	32.86	32.86	150m:	1:46.42	37.19	250m:	3:00.86	37.38	350m:	4:15.68	37.33
	100m:	1:09.23	36.37	200m:	2:23.48	37.06	300m:	3:38.35	37.49	400m:	4:50.29	34.61
15.	SKORYKOW Lena		15	UKS Ostrobramska						<b>4:51.70</b>	532	+0,69
	50m:	32.65	32.65	150m:	1:45.49	36.78	250m:	2:59.99	37.20	350m:	4:15.86	37.91
	100m:	1:08.71	36.06	200m:	2:22.79	37.30	300m:	3:37.95	37.96	400m:	4:51.70	35.84
16.	BEREZAK Milena		15	MKS "IKAR" Stal Mielec						<b>4:53.97</b>	520	+0,72
	50m:	33.43	33.43	150m:	1:48.17	37.62	250m:	3:03.49	37.84	350m:	4:18.69	37.48
	100m:	1:10.55	37.12	200m:	2:25.65	37.48	300m:	3:41.21	37.72	400m:	4:53.97	35.28

Letnie Mistrzostwa Polski Juniorów Młodszych 15 lat  
Lublin, 13. - 16.7.2023

Konkurencja 22, Dziewcz t, 400m dowolny, Finał, 15 lat

Pozycja			Wiek						Czas	Pkt.	CR	
17.	SZPERNALOWSKA Mila		15	CSiR MOS w D browie Górniczej					<b>4:54.09</b>	519	+0,74	
	50m:	33.90	33.90	150m:	1:50.21	38.46	250m:	3:06.49	37.99	350m:	4:20.64	36.39
	100m:	1:11.75	37.85	200m:	2:28.50	38.29	300m:	3:44.25	37.76	400m:	4:54.09	33.45
18.	KUBICZEK Sara		15	UKS Wodnik Siemianowice I skie					<b>4:55.10</b>	514	+0,72	
	50m:	32.71	32.71	150m:	1:47.48	37.84	250m:	3:03.73	37.81	350m:	4:19.47	37.53
	100m:	1:09.64	36.93	200m:	2:25.92	38.44	300m:	3:41.94	38.21	400m:	4:55.10	35.63
19.	DRAJER Zuzanna		15	Kaliski Klub Sportowy „Włókniarz” 1924					<b>4:55.97</b>	509	+0,71	
	50m:	33.14	33.14	150m:	1:48.37	37.97	250m:	3:04.40	37.93	350m:	4:19.94	37.71
	100m:	1:10.40	37.26	200m:	2:26.47	38.10	300m:	3:42.23	37.83	400m:	4:55.97	36.03
20.	ORNOWSKA Zuzanna		15	MKS Juwenia Białystok					<b>4:56.37</b>	507	+0,73	
	50m:	31.21	31.21	150m:	1:44.83	37.56	250m:	3:02.10	39.05	350m:	4:20.41	39.10
	100m:	1:07.27	36.06	200m:	2:23.05	38.22	300m:	3:41.31	39.21	400m:	4:56.37	35.96