

Zimowe Mistrzostwa Polski Juniorów Młodszych-14L
Olsztyn, 4- - 6-3-2016

Konkurencja 11
2016-03-04 - 19:06

Dziewcz t, 400m zmienny

14 lat
Wyniki Finał

Rekord Polski Open	4:31.89	BARANOWSKA, Katarzyna	00116	Debrecen (HUN)	2007-12-16
Rekord Polski 14	4:53.86	SIE CZYK, Jowita	00903	Poznan	2011-12-18

Punkty: FINA 2015

Pozycja		Rok ur.		Czas	Pkt.
Finał A					
1.	BUKO, Martyna	02	MKS Medyk Gi ycko	4:59.62	652
	50m: 30.87 30.87	150m: 1:46.79	38.69	250m: 3:07.58	42.52
	100m: 1:08.10 37.23	200m: 2:25.06	38.27	300m: 3:51.16	43.58
				350m: 4:26.33	35.17
				400m: 4:59.62	33.29
2.	ZAR BA-PARADOWSKA, Julia	02	BUWAR Warszawa	4:59.65	652
	50m: 32.48 32.48	150m: 1:48.22	39.21	250m: 3:09.47	42.36
	100m: 1:09.01 36.53	200m: 2:27.11	38.89	300m: 3:52.49	43.02
				350m: 4:27.02	34.53
				400m: 4:59.65	32.63
3.	TRAMBOWICZ, Zuzanna	02	MKS SP-63 Bydgoszcz	5:04.77	619
	50m: 30.54 30.54	150m: 1:47.52	40.63	250m: 3:11.65	44.77
	100m: 1:06.89 36.35	200m: 2:26.88	39.36	300m: 3:57.07	45.42
				350m: 4:31.38	34.31
				400m: 5:04.77	33.39
4.	RAJCA, Olivia	02	UKS190 Łód	5:06.71	608
	50m: 32.21 32.21	150m: 1:50.57	41.25	250m: 3:13.31	43.61
	100m: 1:09.32 37.11	200m: 2:29.70	39.13	300m: 3:57.12	43.81
				350m: 4:32.76	35.64
				400m: 5:06.71	33.95
5.	JASZCZUK, Ewa SOL	02	MTP KORMORAN Olsztyn	5:13.16	571
	50m: 32.16 32.16	150m: 1:50.28	40.86	250m: 3:15.38	45.52
	100m: 1:09.42 37.26	200m: 2:29.86	39.58	300m: 4:00.95	45.57
				350m: 4:37.52	36.57
				400m: 5:13.16	35.64
6.	KRYPA, Marta	02	UKS Manta Warszawa Włochy	5:14.96	561
	50m: 33.31 33.31	150m: 1:53.84	40.60	250m: 3:17.62	43.81
	100m: 1:13.24 39.93	200m: 2:33.81	39.97	300m: 4:02.52	44.90
				350m: 4:39.33	36.81
				400m: 5:14.96	35.63
7.	PLUTA, Emilia	02	UKS Aligator Gorzyce	5:15.18	560
	50m: 33.94 33.94	150m: 1:54.38	41.03	250m: 3:19.76	45.38
	100m: 1:13.35 39.41	200m: 2:34.38	40.00	300m: 4:05.11	45.35
				350m: 4:41.68	36.57
				400m: 5:15.18	33.50
8.	BURA, Julia	02	UKS Aligator Gorzyce	5:15.85	556
	50m: 34.81 34.81	150m: 1:56.26	40.77	250m: 3:19.16	43.09
	100m: 1:15.49 40.68	200m: 2:36.07	39.81	300m: 4:02.37	43.21
				350m: 4:40.81	38.44
				400m: 5:15.85	35.04
9.	WILCZEWSKA, Aleksandra	02	KS OLIMPIA Lublin	5:16.02	555
	50m: 34.96 34.96	150m: 1:55.19	39.21	250m: 3:18.46	45.37
	100m: 1:15.98 41.02	200m: 2:33.09	37.90	300m: 4:04.58	46.12
				350m: 4:41.57	36.99
				400m: 5:16.02	34.45
10.	KRÓL, Wiktoria	02	Galicja Kraków	5:21.33	528
	50m: 34.30 34.30	150m: 1:54.19	39.80	250m: 3:20.32	46.39
	100m: 1:14.39 40.09	200m: 2:33.93	39.74	300m: 4:07.24	46.92
				350m: 4:44.46	37.22
				400m: 5:21.33	36.87
Finał B					
11.	SOBIAK, Zuzanna	02	KS Warta Pozna	5:19.03	540
	50m: 32.96 32.96	150m: 1:53.18	40.76	250m: 3:21.28	47.10
	100m: 1:12.42 39.46	200m: 2:34.18	41.00	300m: 4:08.25	46.97
				350m: 4:43.59	35.34
				400m: 5:19.03	35.44
12.	KUSION, Weronika	02	BOSiR Brzesko	5:19.60	537
	50m: 33.36 33.36	150m: 1:52.70	40.55	250m: 3:19.35	47.50
	100m: 1:12.15 38.79	200m: 2:31.85	39.15	300m: 4:07.95	48.60
				350m: 4:44.75	36.80
				400m: 5:19.60	34.85
13.	KOCZUR, Julia SO	02	Ulks Victoria Kozy	5:19.77	536
	50m: 34.03 34.03	150m: 1:54.41	41.09	250m: 3:20.98	46.49
	100m: 1:13.32 39.29	200m: 2:34.49	40.08	300m: 4:07.62	46.64
				350m: 4:44.96	37.34
				400m: 5:19.77	34.81
14.	D BROWSKA, Tatiana	02	UKS"Pi tka"Konstantynów Łódzki	5:20.57	532
	50m: 33.55 33.55	150m: 1:55.26	42.40	250m: 3:20.71	44.56
	100m: 1:12.86 39.31	200m: 2:36.15	40.89	300m: 4:06.00	45.29
				350m: 4:44.00	38.00
				400m: 5:20.57	36.57
15.	TERLECKA, Anna	02	UKS Wodnik Krasnystaw	5:20.89	531
	50m: 33.74 33.74	150m: 1:55.64	42.57	250m: 3:20.44	43.73
	100m: 1:13.07 39.33	200m: 2:36.71	41.07	300m: 4:05.16	44.72
				350m: 4:44.08	38.92
				400m: 5:20.89	36.81
16.	KAPCI SKA, Maja SO	02	Ukp „Unia" O wi cim	5:26.21	505
	50m: 34.79 34.79	150m: 1:56.55	41.39	250m: 3:24.62	47.60
	100m: 1:15.16 40.37	200m: 2:37.02	40.47	300m: 4:12.08	47.46
				350m: 4:50.05	37.97
				400m: 5:26.21	36.16

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Pozycja			Rok ur.					Czas	Pkt.
17.	NOCO , Dominika		02	UKS MANTA Kochłowice				5:26.48	504
	50m: 34.21 34.21	150m: 1:55.97	40.76	250m: 3:23.56	46.69	350m: 4:48.68	37.17		
	100m: 1:15.21 41.00	200m: 2:36.87	40.90	300m: 4:11.51	47.95	400m: 5:26.48	37.80		
18.	SZPIEGOWSKA, Wiktoria		02	WKS L SK				5:28.46	495
	50m: 34.74 34.74	150m: 1:57.47	42.42	250m: 3:25.52	46.93	350m: 4:51.20	38.25		
	100m: 1:15.05 40.31	200m: 2:38.59	41.12	300m: 4:12.95	47.43	400m: 5:28.46	37.26		
19.	ZIENTARSKA, Karolina		02	Integracyjny KS Konstancin				5:29.25	491
	50m: 34.98 34.98	150m: 1:59.93	42.27	250m: 3:26.93	45.72	350m: 4:52.33	38.92		
	100m: 1:17.66 42.68	200m: 2:41.21	41.28	300m: 4:13.41	46.48	400m: 5:29.25	36.92		
DYSKW.	BANACZKOWSKA, Aleksandra SOc		02	KS KSZO Ostrowiec w.					