

2018 Główne Mistrzostwa Polski Seniorów i Młodzie ovców  
 Łód , 24. - 27.5.2018

Konkurencja 17  
 25.05.2018 - 18:14

Kobiet, 400m zmienny

14 lat i starsi  
 Wyniki Finał

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	4:48.17	CZOPEK Agnieszka	00106	Moskwa (RUS)	26.07.1980
Rekord Polski 15	4:49.27	SZCZEPANIAK Karolina	00114	Gorzow Wlkp.	30.11.2007
Rekord Polski 14	4:52.05	KNOP Aleksandra	01605	Lublin	19.05.2017

Minimum-ME Glasgow K Open: 4:47.30 / Minimum-MEJ Helsinki K 14 - 17: 4:56.32

Punkty: FINA 2018

Pozycja Wiek Czas Pkt. CR

Finał A

1.	KNOP Aleksandra	15	UKS 190 Łód	<b>4:45.38</b>	813	+0,54
<i>Rekord Polski, MinimumME Glasgow, Rekor Polski Juniorek 15,16 lat</i>						
	50m: 30.56 30.56	150m: 1:42.32 37.13	250m: 3:00.11 41.44	350m: 4:14.10 31.71		
	100m: 1:05.19 34.63	200m: 2:18.67 36.35	300m: 3:42.39 42.28	400m: 4:45.38 31.28		
2.	UKOWSKA Paula	25	AZS AWF Katowice	<b>4:46.76</b>	801	+0,77
<i>MinimumME Glasgow</i>						
	50m: 30.84 30.84	150m: 1:42.40 36.80	250m: 2:58.86 40.92	350m: 4:14.27 33.81		
	100m: 1:05.60 34.76	200m: 2:17.94 35.54	300m: 3:40.46 41.60	400m: 4:46.76 32.49		
3.	GAWRO SKA Zoe	18	MKP Szczecin	<b>4:50.83</b>	768	+0,71
	50m: 30.99 30.99	150m: 1:43.19 36.70	250m: 3:01.75 41.34	350m: 4:17.70 33.22		
	100m: 1:06.49 35.50	200m: 2:20.41 37.22	300m: 3:44.48 42.73	400m: 4:50.83 33.13		
4.	PARADOWSKA Kinga	17	MUKS "Pi tnaстка"	<b>4:53.77</b>	745	+0,61
<i>Minimum-MEJ Helsinki</i>						
	50m: 31.55 31.55	150m: 1:46.81 38.90	250m: 3:05.96 40.84	350m: 4:20.65 33.23		
	100m: 1:07.91 36.36	200m: 2:25.12 38.31	300m: 3:47.42 41.46	400m: 4:53.77 33.12		
5.	ADAMCZYK Julia	19	KU AZS UMCS Lublin	<b>4:55.97</b>	728	+0,78
	50m: 31.04 31.04	150m: 1:46.07 38.78	250m: 3:04.83 41.19	350m: 4:21.86 34.82		
	100m: 1:07.29 36.25	200m: 2:23.64 37.57	300m: 3:47.04 42.21	400m: 4:55.97 34.11		
6.	HERBREDER Gabriela	15	UKS „GIM 92 Ursynów"	<b>5:01.76</b>	687	+0,48
	50m: 31.90 31.90	150m: 1:49.10 39.59	250m: 3:10.41 42.75	350m: 4:27.49 35.17		
	100m: 1:09.51 37.61	200m: 2:27.66 38.56	300m: 3:52.32 41.91	400m: 5:01.76 34.27		
7.	WILCZEWSKA Aleksandra	16	KS OLIMPIA Lublin	<b>5:03.73</b>	674	+0,60
	50m: 32.28 32.28	150m: 1:48.25 38.56	250m: 3:09.31 43.71	350m: 4:29.11 36.09		
	100m: 1:09.69 37.41	200m: 2:25.60 37.35	300m: 3:53.02 43.71	400m: 5:03.73 34.62		
8.	SAMUŁA Wiktoria	19	KU AZS UMCS Lublin	<b>5:03.88</b>	673	+0,67
	50m: 32.35 32.35	150m: 1:50.93 40.87	250m: 3:11.17 40.80	350m: 4:28.02 36.34		
	100m: 1:10.06 37.71	200m: 2:30.37 39.44	300m: 3:51.68 40.51	400m: 5:03.88 35.86		
9.	CICHOWSKA Julia	17	MKS Juvenia Wrocław	<b>5:08.73</b>	642	+0,60
	50m: 31.02 31.02	150m: 1:48.63 40.84	250m: 3:11.45 42.23	350m: 4:32.71 37.00		
	100m: 1:07.79 36.77	200m: 2:29.22 40.59	300m: 3:55.71 44.26	400m: 5:08.73 36.02		
10.	KRYPA Marta	16	UKS Manta Warszawa Włochy	<b>5:11.48</b>	625	+0,57
	50m: 31.89 31.89	150m: 1:50.05 41.06	250m: 3:14.07 43.28	350m: 4:35.35 36.56		
	100m: 1:08.99 37.10	200m: 2:30.79 40.74	300m: 3:58.79 44.72	400m: 5:11.48 36.13		

Finał B

11.	GRZEGORCZYK Izabella	25	KS Warta Pozna	<b>5:07.54</b>	649	+0,58
	50m: 32.25 32.25	150m: 1:51.04 39.65	250m: 3:13.84 44.01	350m: 4:33.18 34.85		
	100m: 1:11.39 39.14	200m: 2:29.83 38.79	300m: 3:58.33 44.49	400m: 5:07.54 34.36		
12.	CYNARSKA Weronika	15	UKP „Polonia Warszawa"	<b>5:07.63</b>	649	+0,73
	50m: 33.22 33.22	150m: 1:51.59 39.17	250m: 3:14.00 43.86	350m: 4:33.93 35.66		
	100m: 1:12.42 39.20	200m: 2:30.14 38.55	300m: 3:58.27 44.27	400m: 5:07.63 33.70		
13.	WI NIEWSKA Oliwia	17	CSiR MOS w D browie Górnicej	<b>5:07.72</b>	648	+0,68
	50m: 32.10 32.10	150m: 1:50.05 39.67	250m: 3:12.91 44.34	350m: 4:34.57 36.75		
	100m: 1:10.38 38.28	200m: 2:28.57 38.52	300m: 3:57.82 44.91	400m: 5:07.72 33.15		

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Pozycja			Wiek				Czas		Pkt.	CR
14.	KUCHTA Maria	16	UKS „Dwójka” Tczew				<b>5:08.09</b>	646	+0,58	
	50m: 32.36	32.36	150m: 1:51.07	41.06	250m: 3:15.27	44.65	350m: 4:35.40	36.00		
	100m: 1:10.01	37.65	200m: 2:30.62	39.55	300m: 3:59.40	44.13	400m: 5:08.09	32.69		
15.	OSINIAK Ewa	18	KU AZS UMCS Lublin				<b>5:12.81</b>	617	+0,79	
	50m: 32.52	32.52	150m: 1:51.58	40.79	250m: 3:16.11	44.79	350m: 4:37.53	36.47		
	100m: 1:10.79	38.27	200m: 2:31.32	39.74	300m: 4:01.06	44.95	400m: 5:12.81	35.28		
16.	MENDYK Adrianna	20	MKS Wodnik Radom				<b>5:15.08</b>	604	+0,65	
	50m: 32.73	32.73	150m: 1:50.95	40.00	250m: 3:16.00	45.05	350m: 4:40.01	38.06		
	100m: 1:10.95	38.22	200m: 2:30.95	40.00	300m: 4:01.95	45.95	400m: 5:15.08	35.07		
17.	MIKOŁAJCZYK Maja	14	UKS SP-149 Łód				<b>5:15.36</b>	602	+0,66	
	50m: 32.74	32.74	150m: 1:51.86	42.11	250m: 3:17.70	43.97	350m: 4:39.87	36.91		
	100m: 1:09.75	37.01	200m: 2:33.73	41.87	300m: 4:02.96	45.26	400m: 5:15.36	35.49		
18.	RYDY SKA Marianna	14	MUKS "Pi tnastka"				<b>5:16.71</b>	594	+0,69	
	50m: 32.02	32.02	150m: 1:50.94	40.26	250m: 3:16.48	45.86	350m: 4:41.39	36.73		
	100m: 1:10.68	38.66	200m: 2:30.62	39.68	300m: 4:04.66	48.18	400m: 5:16.71	35.32		
19.	KEMPA Anna	17	MMKS K dzierzyn-Ko le				<b>5:17.52</b>	590	+0,80	
	50m: 33.09	33.09	150m: 1:54.00	42.31	250m: 3:18.45	42.93	350m: 4:41.54	38.92		
	100m: 1:11.69	38.60	200m: 2:35.52	41.52	300m: 4:02.62	44.17	400m: 5:17.52	35.98		
20.	CERLICH Oliwia	16	MKS „IKAR” Mielec				<b>5:21.13</b>	570	+0,54	
	50m: 33.17	33.17	150m: 1:53.75	42.09	250m: 3:22.44	47.01	350m: 4:45.19	36.34		
	100m: 1:11.66	38.49	200m: 2:35.43	41.68	300m: 4:08.85	46.41	400m: 5:21.13	35.94		