

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

Event 17 Women, 400m Medley 14 years and older
 25.05.2018 - 18:14 Results Finals

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

Points: FINA 2018

Rank	Age	Time	Pts	RT
Final A				
1.	15	4:45.38	813	+0,54
KNOP Aleksandra UKS 190 Lodz <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.	25	4:46.76	801	+0,77
ZUKOWSKA Paula AZS AWF Katowice <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.	18	4:50.83	768	+0,71
GAWRONSKA Zoe MKP Szczecin				
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.	17	4:53.77	745	+0,61
PARADOWSKA Kinga MUKS "Pietnastka" <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.	19	4:55.97	728	+0,78
ADAMCZYK Julia KU AZS UMCS Lublin				
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.	15	5:01.76	687	+0,48
HERBREDEK Gabriela UKS „GIM 92 Ursynow"				
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.	16	5:03.73	674	+0,60
WILCZEWSKA Aleksandra KS OLIMPIA Lublin				
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.	19	5:03.88	673	+0,67
SAMULA Wiktoria KU AZS UMCS Lublin				
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.	17	5:08.73	642	+0,60
CICHOWSKA Julia MKS Juvenia Wroclaw				
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.	16	5:11.48	625	+0,57
KRYPA Marta UKS Manta Warszawa Wlochy				
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				
Final B				
11.	25	5:07.54	649	+0,58
GRZEGORCZYK Izabella KS Warta Poznan				
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.	15	5:07.63	649	+0,73
CYNARSKA Weronika UKP „Polonia Warszawa"				
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.	17	5:07.72	648	+0,68
WISNIEWSKA Oliwia CSiR MOS w Dabrowie Gorniczej				
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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Rank			Age					Time	Pts	RT		
14.	KUCHTA Maria		16	UKS „Dwojka” Tczew				5:08.09	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				5:12.81	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				5:15.08	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.	MIKOLAJCZYK Maja		14	UKS SP-149 Lodz				5:15.36	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.	RYDYNSKA Marianna		14	MUKS "Pietnastka"				5:16.71	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 Kedzierzyn-Kozle				5:17.52	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				5:21.13	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