

Zimowe Mistrzostwa Polski Juniorów 17-18 lat  
Gorzów Wlkp., 10. - 12.3.2017

Konkurencja 11  
10.03.2017 - 18:28

Kobiet, 400m zmienny

17 - 18 lat  
Wyniki Finał

Rekord Polski 17	4:38.72	SZCZEPANIAK Karolina	POL	Gorzów Wlkp.	09.10.2010
Rekord Polski 18	4:33.70	BARANOWSKA Katarzyna	POL	Trieste (ITA)	11.12.2005

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.
<b>Finał A</b>			
1. ADAMCZYK Julia SL	99 UMCS Lublin	<b>4:41.29</b>	784
50m: 30.57 30.57	150m: 1:41.29 35.79	250m: 2:56.27 39.67	350m: 4:09.09 33.05
100m: 1:05.50 34.93	200m: 2:16.60 35.31	300m: 3:36.04 39.77	400m: 4:41.29 32.20
2. PIECHOTA Paulina	99 190 Łódź	<b>4:43.25</b>	768
50m: 31.35 31.35	150m: 1:41.98 35.58	250m: 2:59.45 42.17	350m: 4:11.88 31.09
100m: 1:06.40 35.05	200m: 2:17.28 35.30	300m: 3:40.79 41.34	400m: 4:43.25 31.37
3. JANISZEWSKA Dominika	99 AZS AWF Warszawa	<b>4:46.30</b>	744
50m: 31.18 31.18	150m: 1:42.69 37.15	250m: 2:58.99 39.40	350m: 4:14.15 33.87
100m: 1:05.54 34.36	200m: 2:19.59 36.90	300m: 3:40.28 41.29	400m: 4:46.30 32.15
4. DZWONNIK Zuzanna	00 AZS UŁ Łódź	<b>4:50.51</b>	712
50m: 31.23 31.23	150m: 1:43.62 36.46	250m: 3:01.15 41.22	350m: 4:16.77 33.95
100m: 1:07.16 35.93	200m: 2:19.93 36.31	300m: 3:42.82 41.67	400m: 4:50.51 33.74
5. SAMUŁA Wiktoria SL	99 UMCS Lublin	<b>4:51.66</b>	704
50m: 31.08 31.08	150m: 1:45.23 38.51	250m: 3:02.33 38.77	350m: 4:17.49 34.68
100m: 1:06.72 35.64	200m: 2:23.56 38.33	300m: 3:42.81 40.48	400m: 4:51.66 34.17
6. ZAWISZA Alina SO	00 Unia O wi cim	<b>4:55.61</b>	676
50m: 31.60 31.60	150m: 1:44.04 36.91	250m: 3:04.77 42.74	350m: 4:22.04 33.68
100m: 1:07.13 35.53	200m: 2:22.03 37.99	300m: 3:48.36 43.59	400m: 4:55.61 33.57
7. OSINIAK Ewa SL	00 UMCS Lublin	<b>5:02.43</b>	631
50m: 31.60 31.60	150m: 1:45.90 37.31	250m: 3:07.73 44.98	350m: 4:27.33 35.93
100m: 1:08.59 36.99	200m: 2:22.75 36.85	300m: 3:51.40 43.67	400m: 5:02.43 35.10
8. PROCHOWNIK Olimpia SL	99 UMCS Lublin	<b>5:05.67</b>	611
50m: 32.21 32.21	150m: 1:49.36 41.04	250m: 3:11.09 41.89	350m: 4:30.12 36.56
100m: 1:08.32 36.11	200m: 2:29.20 39.84	300m: 3:53.56 42.47	400m: 5:05.67 35.55
<b>Finał B</b>			
9. PECYNA Michalina	00 IKS Konstancin	<b>5:02.40</b>	631
50m: 31.75 31.75	150m: 1:46.96 38.13	250m: 3:09.12 42.27	350m: 4:28.13 35.45
100m: 1:08.83 37.08	200m: 2:26.85 39.89	300m: 3:52.68 43.56	400m: 5:02.40 34.27
10. KUJAWSKA Katarzyna	00 Delfin Toru	<b>5:06.44</b>	606
50m: 32.41 32.41	150m: 1:48.14 38.64	250m: 3:11.30 43.97	350m: 4:31.88 36.28
100m: 1:09.50 37.09	200m: 2:27.33 39.19	300m: 3:55.60 44.30	400m: 5:06.44 34.56
11. BOREJSZO Paula	00 MKP Szczecin	<b>5:07.79</b>	599
50m: 32.09 32.09	150m: 1:48.98 39.33	250m: 3:11.69 43.25	350m: 4:33.03 36.49
100m: 1:09.65 37.56	200m: 2:28.44 39.46	300m: 3:56.54 44.85	400m: 5:07.79 34.76
12. BORCZYK Martyna	00 Rekin wiebodzice	<b>5:19.83</b>	533
50m: 33.35 33.35	150m: 1:51.88 39.65	250m: 3:18.24 46.18	350m: 4:43.70 38.53
100m: 1:12.23 38.88	200m: 2:32.06 40.18	300m: 4:05.17 46.93	400m: 5:19.83 36.13
13. NIZIOŁEK Kinga SMS	00 Ikar Mielec	<b>5:25.33</b>	507
50m: 32.39 32.39	150m: 1:53.37 43.17	250m: 3:23.25 47.54	350m: 4:48.26 38.93
100m: 1:10.20 37.81	200m: 2:35.71 42.34	300m: 4:09.33 46.08	400m: 5:25.33 37.07