

Konkurencja 17
2015-05-29 - 18:06

Kobiet, 400m zmienny

Open
Wyniki Finał

Rekord Polski Seniorów	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	2008-08-09
Minimum M Kaza	4:44.50				
Minimum Uniwersjada Gwangju	4:46.18				

Punkty: FINA 2015

Pozycja			Rok ur.			Czas	Pkt.	CR
Finał A								
1.	UKOWSKA Paula	93	MKS Juwenia Wrocław	4:49.83	794	+0,78		
	50m: 30.32 30.32	150m: 1:42.48	37.62	250m: 3:02.40	43.40	350m: 4:17.64	32.57	
	100m: 1:04.86 34.54	200m: 2:19.00	36.52	300m: 3:45.07	42.67	400m: 4:49.83	32.19	
2.	SZCZEPANIAK Karolina	92	AZS AWF Katowice	4:56.71	740	+0,74		
	50m: 31.23 31.23	150m: 1:45.50	38.58	250m: 3:05.85	42.48	350m: 4:23.64	34.48	
	100m: 1:06.92 35.69	200m: 2:23.37	37.87	300m: 3:49.16	43.31	400m: 4:56.71	33.07	
3.	BARANOWSKA Katarzyna	87	PZP	4:59.08	722	+0,72		
	50m: 29.66 29.66	150m: 1:42.34	37.58	250m: 2:59.89	41.38	350m: 4:20.35	36.95	
	100m: 1:04.76 35.10	200m: 2:18.51	36.17	300m: 3:43.40	43.51	400m: 4:59.08	38.73	
4.	SIE CZYK Jowita SK	97	ak Biała Podlaska	4:59.39	720	+0,76		
	50m: 30.27 30.27	150m: 1:43.07	37.00	250m: 3:03.88	43.48	350m: 4:23.68	36.13	
	100m: 1:06.07 35.80	200m: 2:20.40	37.33	300m: 3:47.55	43.67	400m: 4:59.39	35.71	
5.	MUSIOŁ Wiktoria SO	98	Unia O wi cim	5:01.79	703	+0,71		
	50m: 31.26 31.26	150m: 1:46.00	38.95	250m: 3:08.23	44.44	350m: 4:28.02	34.80	
	100m: 1:07.05 35.79	200m: 2:23.79	37.79	300m: 3:53.22	44.99	400m: 5:01.79	33.77	
6.	OKAJ Oliwia SWR	96	lask Wrocław	5:02.03	702	+0,83		
	50m: 30.77 30.77	150m: 1:46.48	39.94	250m: 3:09.17	43.04	350m: 4:28.94	35.88	
	100m: 1:06.54 35.77	200m: 2:26.13	39.65	300m: 3:53.06	43.89	400m: 5:02.03	33.09	
7.	ADAMCZYK Julia	99	MTP Lublinianka Lublin	5:04.44	685	+0,76		
	50m: 31.65 31.65	150m: 1:47.71	39.68	250m: 3:10.09	44.27	350m: 4:30.34	35.86	
	100m: 1:08.03 36.38	200m: 2:25.82	38.11	300m: 3:54.48	44.39	400m: 5:04.44	34.10	
8.	MENDYK Adrianna SO	98	MKS Wodnik Radom	5:05.11	680	+0,75		
	50m: 32.02 32.02	150m: 1:47.55	38.18	250m: 3:09.99	44.35	350m: 4:30.21	35.49	
	100m: 1:09.37 37.35	200m: 2:25.64	38.09	300m: 3:54.72	44.73	400m: 5:05.11	34.90	
9.	ZBROJEWSKA MICHALINA SSz	96	Pi tka Konstantynów Łódzki	5:08.58	658	+0,78		
	50m: 31.44 31.44	150m: 1:49.59	40.76	250m: 3:12.15	42.48	350m: 4:32.45	37.03	
	100m: 1:08.83 37.39	200m: 2:29.67	40.08	300m: 3:55.42	43.27	400m: 5:08.58	36.13	
10.	MAGNER Agata SK	97	MKS Jordan Kraków	5:09.64	651	+0,78		
	50m: 31.60 31.60	150m: 1:46.60	38.63	250m: 3:11.38	46.60	350m: 4:34.36	35.80	
	100m: 1:07.97 36.37	200m: 2:24.78	38.18	300m: 3:58.56	47.18	400m: 5:09.64	35.28	
Finał B								
11.	FILIPEK Jagoda	99	lask Wrocław	5:03.42	692	+0,72		
	50m: 31.37 31.37	150m: 1:47.61	40.01	250m: 3:10.16	44.11	350m: 4:29.60	35.15	
	100m: 1:07.60 36.23	200m: 2:26.05	38.44	300m: 3:54.45	44.29	400m: 5:03.42	33.82	
12.	SAMUŁA Wiktoria	99	MTP Lublinianka Lublin	5:07.54	664	+0,76		
	50m: 32.41 32.41	150m: 1:51.47	41.77	250m: 3:14.20	42.14	350m: 4:33.06	36.40	
	100m: 1:09.70 37.29	200m: 2:32.06	40.59	300m: 3:56.66	42.46	400m: 5:07.54	34.48	
13.	NIESZPOREK Wiktoria	99	UKS 190 Łód	5:08.41	659	+0,73		
	50m: 34.59 34.59	150m: 1:55.46	41.74	250m: 3:16.83	41.90	350m: 4:34.29	35.65	
	100m: 1:13.72 39.13	200m: 2:34.93	39.47	300m: 3:58.64	41.81	400m: 5:08.41	34.12	
14.	JANISZEWSKA Dominika SWwa	99	Polonia Warszawa	5:09.14	654	+0,83		
	50m: 31.65 31.65	150m: 1:50.09	41.96	250m: 3:15.03	44.04	350m: 4:35.55	36.00	
	100m: 1:08.13 36.48	200m: 2:30.99	40.90	300m: 3:59.55	44.52	400m: 5:09.14	33.59	
15.	SPROSKA Magdalena SK	97	MKS ZRYW Opole	5:11.14	642	+0,80		
	50m: 31.71 31.71	150m: 1:48.25	39.81	250m: 3:11.99	44.52	350m: 4:34.94	36.73	
	100m: 1:08.44 36.73	200m: 2:27.47	39.22	300m: 3:58.21	46.22	400m: 5:11.14	36.20	
16.	MENDOWSKA Paulina SP	97	WARTA Pozna	5:12.21	635	+0,71		
	50m: 31.95 31.95	150m: 1:49.32	40.75	250m: 3:15.29	44.88	350m: 4:36.09	35.86	
	100m: 1:08.57 36.62	200m: 2:30.41	41.09	300m: 4:00.23	44.94	400m: 5:12.21	36.12	

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Pozycja	Rok ur.								Czas	Pkt.	CR
17. GIEDZICZ Katarzyna	98 MKS Juwenia Białystok								5:14.55	621	+0,69
50m:	32.09	32.09	150m:	1:51.23	41.72	250m:	3:17.66	44.93	350m:	4:39.59	36.42
100m:	1:09.51	37.42	200m:	2:32.73	41.50	300m:	4:03.17	45.51	400m:	5:14.55	34.96
18. OSINIAK Ewa	00 Olimpijczyk 23 Lublin								5:15.05	618	+0,69
50m:	33.63	33.63	150m:	1:53.98	40.57	250m:	3:18.31	45.35	350m:	4:40.35	36.12
100m:	1:13.41	39.78	200m:	2:32.96	38.98	300m:	4:04.23	45.92	400m:	5:15.05	34.70
19. TERESKO Anna	97 CSiR MOS D browa Górnicza								5:17.78	602	+0,57
50m:	33.87	33.87	150m:	1:53.93	40.98	250m:	3:20.31	46.34	350m:	4:43.01	35.95
100m:	1:12.95	39.08	200m:	2:33.97	40.04	300m:	4:07.06	46.75	400m:	5:17.78	34.77
DYSKW. ZYGO Karolina	96 KS OLIMPIA Lublin										+0,89
<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>											