

Konkurencja 17  
2016-05-28 - 18:10

Kobiet, 400m zmienny

Open  
Wyniki Finał

Rekord Polski	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	2008-08-09
Minimum IO Rio 2016	4:43.46				
Minimum MEJ Hódmez vásárhely	5:02.52				

Punkty: FINA 2016

Pozycja		Rok ur.			Czas	Pkt.	CR
<b>Finał A</b>							
1.	UKOWSKA Paula	93	Juvenia Wrocław		<b>4:47.88</b>	810	+0,80
	<i>Mistrzyni Polski</i>						
	50m: 30.52 30.52	150m: 1:42.12 37.34	250m: 3:00.48 41.54	350m: 4:15.45 33.33			
	100m: 1:04.78 34.26	200m: 2:18.94 36.82	300m: 3:42.12 41.64	400m: 4:47.88 32.43			
2.	NAZI BŁO Klaudia	93	Juvenia Wrocław		<b>4:49.78</b>	794	+0,75
	50m: 30.29 30.29	150m: 1:42.08 37.26	250m: 3:01.43 42.55	350m: 4:17.69 33.24			
	100m: 1:04.82 34.53	200m: 2:18.88 36.80	300m: 3:44.45 43.02	400m: 4:49.78 32.09			
3.	ADAMCZYK Julia SL	99	AZS UMCS Lublin		<b>4:53.06</b>	768	+0,72
	<i>Minimum MEJ</i>						
	50m: 31.03 31.03	150m: 1:45.18 38.57	250m: 3:03.61 41.22	350m: 4:19.61 34.18			
	100m: 1:06.61 35.58	200m: 2:22.39 37.21	300m: 3:45.43 41.82	400m: 4:53.06 33.45			
4.	JANISZEWSKA Dominika	99	AZS AWF Warszawa		<b>4:57.97</b>	731	+0,81
	<i>Minimum MEJ</i>						
	50m: 31.42 31.42	150m: 1:46.95 39.83	250m: 3:06.50 41.57	350m: 4:24.21 35.57			
	100m: 1:07.12 35.70	200m: 2:24.93 37.98	300m: 3:48.64 42.14	400m: 4:57.97 33.76			
5.	BARANOWSKA Katarzyna	87	AZS-AWFIS Gda sk		<b>5:00.87</b>	710	+0,84
	50m: 31.44 31.44	150m: 1:45.27 38.21	250m: 3:05.55 42.90	350m: 4:25.43 36.03			
	100m: 1:07.06 35.62	200m: 2:22.65 37.38	300m: 3:49.40 43.85	400m: 5:00.87 35.44			
6.	HALICKA Lidia SWR	01	I sk Wrocław		<b>5:02.29</b>	700	+0,71
	<i>Minimum MEJ</i>						
	50m: 32.01 32.01	150m: 1:47.18 39.08	250m: 3:07.65 41.71	350m: 4:26.66 36.12			
	100m: 1:08.10 36.09	200m: 2:25.94 38.76	300m: 3:50.54 42.89	400m: 5:02.29 35.63			
7.	MUSIOŁ Wiktoria SO	98	UNIA O wi cim		<b>5:05.13</b>	680	+0,75
	50m: 31.59 31.59	150m: 1:47.68 40.00	250m: 3:10.77 44.57	350m: 4:30.56 35.40			
	100m: 1:07.68 36.09	200m: 2:26.20 38.52	300m: 3:55.16 44.39	400m: 5:05.13 34.57			
8.	FILIPEK Jagoda SWR	99	I sk Wrocław		<b>5:05.82</b>	676	+0,84
	50m: 31.38 31.38	150m: 1:47.82 39.75	250m: 3:10.50 44.03	350m: 4:31.37 36.01			
	100m: 1:08.07 36.69	200m: 2:26.47 38.65	300m: 3:55.36 44.86	400m: 5:05.82 34.45			
9.	NIENAŁTOWSKA Natalia	96	AZS AWF Warszawa		<b>5:08.18</b>	660	+0,88
	50m: 32.08 32.08	150m: 1:47.70 39.04	250m: 3:10.97 44.66	350m: 4:33.15 36.10			
	100m: 1:08.66 36.58	200m: 2:26.31 38.61	300m: 3:57.05 46.08	400m: 5:08.18 35.03			
10.	SAJECKA Zofia	98	Gim 92 Ursynów W-wa		<b>5:10.49</b>	646	+0,62
	50m: 31.56 31.56	150m: 1:44.67 36.44	250m: 3:08.31 45.14	350m: 4:32.88 37.96			
	100m: 1:08.23 36.67	200m: 2:23.17 38.50	300m: 3:54.92 46.61	400m: 5:10.49 37.61			
<b>Finał B</b>							
11.	DZWONNIK Zuzanna	00	137 Delfin Łód		<b>5:09.21</b>	654	+0,75
	50m: 33.50 33.50	150m: 1:52.00 38.82	250m: 3:14.09 42.47	350m: 4:33.74 35.51			
	100m: 1:13.18 39.68	200m: 2:31.62 39.62	300m: 3:58.23 44.14	400m: 5:09.21 35.47			
12.	WETT Oliwia	01	Sambor Tczew		<b>5:09.60</b>	651	+0,87
	50m: 32.41 32.41	150m: 1:51.18 40.69	250m: 3:15.26 44.30	350m: 4:35.68 35.76			
	100m: 1:10.49 38.08	200m: 2:30.96 39.78	300m: 3:59.92 44.66	400m: 5:09.60 33.92			
13.	WOŁEK Oliwia Soc	01	KSZO Ostrowiec w.		<b>5:09.66</b>	651	+0,68
	50m: 33.65 33.65	150m: 1:51.88 39.93	250m: 3:15.80 44.39	350m: 4:36.26 35.24			
	100m: 1:11.95 38.30	200m: 2:31.41 39.53	300m: 4:01.02 45.22	400m: 5:09.66 33.40			
14.	ZAWISZA Alina SO	00	UNIA O wi cim		<b>5:10.34</b>	647	+0,71
	50m: 32.97 32.97	150m: 1:50.11 38.68	250m: 3:13.81 46.00	350m: 4:35.72 35.22			
	100m: 1:11.43 38.46	200m: 2:27.81 37.70	300m: 4:00.50 46.69	400m: 5:10.34 34.62			

## Konkurencja 17, Kobiet, 400m zmienny, Finał, Open

Pozycja	Rok ur.								Czas	Pkt.	CR	
15.	MARGULA WERONIKA SSz 00 MKP Szczecin								<b>5:11.06</b>	642	+0,69	
	50m:	32.13	32.13	150m:	1:49.16	39.72	250m:	3:13.85	45.52	350m:	4:36.12	35.68
	100m:	1:09.44	37.31	200m:	2:28.33	39.17	300m:	4:00.44	46.59	400m:	5:11.06	34.94
16.	COCHÓR Izabela 01 Ostrobramska Warszawa								<b>5:13.31</b>	628	+0,69	
	50m:	33.59	33.59	150m:	1:53.97	40.70	250m:	3:18.49	44.80	350m:	4:38.12	35.35
	100m:	1:13.27	39.68	200m:	2:33.69	39.72	300m:	4:02.77	44.28	400m:	5:13.31	35.19
17.	BURA Dominika 01 Aligator Gorzyce								<b>5:14.68</b>	620	+0,78	
	50m:	33.34	33.34	150m:	1:53.76	42.36	250m:	3:19.65	45.02	350m:	4:40.97	36.20
	100m:	1:11.40	38.06	200m:	2:34.63	40.87	300m:	4:04.77	45.12	400m:	5:14.68	33.71
18.	TERESKO Anna 97 MOS D browa Górnica								<b>5:15.35</b>	616	+0,72	
	50m:	33.24	33.24	150m:	1:53.37	41.64	250m:	3:19.23	45.44	350m:	4:41.21	36.06
	100m:	1:11.73	38.49	200m:	2:33.79	40.42	300m:	4:05.15	45.92	400m:	5:15.35	34.14
19.	PAJ K Liliana SZG 99 TP Zielona Góra								<b>5:16.27</b>	611	+0,76	
	50m:	33.63	33.63	150m:	1:52.85	39.41	250m:	3:17.36	45.28	350m:	4:40.07	36.92
	100m:	1:13.44	39.81	200m:	2:32.08	39.23	300m:	4:03.15	45.79	400m:	5:16.27	36.20
20.	OSTROWSKA Kamila 01 Aligator Gorzyce								<b>5:20.97</b>	584	+0,70	
	50m:	33.79	33.79	150m:	1:54.17	39.62	250m:	3:20.26	45.58	350m:	4:43.98	37.74
	100m:	1:14.55	40.76	200m:	2:34.68	40.51	300m:	4:06.24	45.98	400m:	5:20.97	36.99