

Liga SMS - finał  
Szczecin, 26- - 27-5-2017

Konkurencja 11  
2017-05-26 - 11:03

Kobiet, 400m zmienny

Open  
Wyniki

PL Open	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	2008-08-09
PL Open	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	2008-08-09
PL 14	4:52.05	KNOP Aleksandra	01605	Lublin	2017-05-19
PL 15	4:49.27	SZCZEPANIAK Karolina	00114	Gorzow Wilk.	2007-11-30
PL 16	4:50.40	SZCZEPANIAK Karolina	00114	Prague (CZE)	2008-06-21
PL 16	4:50.40	ZUKOWSKA Paula	00107	Ostrowiec Sw.	2009-05-22
PL 17	4:45.13	SZCZEPANIAK Karolina	00114	Rome (ITA)	2009-08-02
PL 18	4:43.39	BARANOWSKA Katarzyna	00116	Debica	2005-05-20

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.			
1.	ADAMCZYK Julia	SL	99	SMS Lublin				<b>4:54.13</b>	742	35,00		
	50m:	31.58	31.58	150m:	1:46.04	38.11	250m:	3:03.98	41.02	350m:	4:20.38	34.79
	100m:	1:07.93	36.35	200m:	2:22.96	36.92	300m:	3:45.59	41.61	400m:	4:54.13	33.75
2.	GOTOWSKA Weronika		00	SMS Bielany Warszawa				<b>5:05.18</b>	664	33,00		
	50m:	31.93	31.93	150m:	1:48.35	39.34	250m:	3:10.87	44.11	350m:	4:30.92	34.83
	100m:	1:09.01	37.08	200m:	2:26.76	38.41	300m:	3:56.09	45.22	400m:	5:05.18	34.26
3.	MUSIOŁ Wiktoria	SO	98	SMS O wi cim				<b>5:05.66</b>	661	32,00		
	50m:	31.33	31.33	150m:	1:46.72	39.42	250m:	3:09.52	44.89	350m:	4:30.71	35.90
	100m:	1:07.30	35.97	200m:	2:24.63	37.91	300m:	3:54.81	45.29	400m:	5:05.66	34.95
4.	ZAWISZA Alina	SO	00	SMS O wi cim				<b>5:08.88</b>	641	31,00		
	50m:	32.85	32.85	150m:	1:50.68	40.08	250m:	3:14.83	45.17	350m:	4:34.12	35.08
	100m:	1:10.60	37.75	200m:	2:29.66	38.98	300m:	3:59.04	44.21	400m:	5:08.88	34.76
5.	PROCHOWNIK Olimpia	SL	99	SMS Lublin				<b>5:11.00</b>	628	30,00		
	50m:	32.91	32.91	150m:	1:52.91	41.92	250m:	3:16.37	43.09	350m:	4:36.32	36.39
	100m:	1:10.99	38.08	200m:	2:33.28	40.37	300m:	3:59.93	43.56	400m:	5:11.00	34.68
6.	BANACZKOWSKA Aleksandra	SOc	02	SMS Ostrowiec wietokrzyski				<b>5:12.77</b>	617	29,00		
	50m:	33.96	33.96	150m:	1:55.03	41.06	250m:	3:18.42	42.17	350m:	4:37.95	37.36
	100m:	1:13.97	40.01	200m:	2:36.25	41.22	300m:	4:00.59	42.17	400m:	5:12.77	34.82
7.	WETT Oliwia	SOL	01	SMS Olsztyn				<b>5:14.62</b>	606	28,00		
	50m:	32.85	32.85	150m:	1:51.57	40.68	250m:	3:17.36	45.78	350m:	4:39.71	36.39
	100m:	1:10.89	38.04	200m:	2:31.58	40.01	300m:	4:03.32	45.96	400m:	5:14.62	34.91
8.	FILIPEK Jagoda		99	SMS Wrocław				<b>5:16.20</b>	597	27,00		
	50m:	32.57	32.57	150m:	1:52.05	41.41	250m:	3:18.10	45.95	350m:	4:41.01	37.61
	100m:	1:10.64	38.07	200m:	2:32.15	40.10	300m:	4:03.40	45.30	400m:	5:16.20	35.19
9.	SOBIAK Zuzanna	SP	02	SMS Pozna				<b>5:16.31</b>	597	26,00		
	50m:	32.80	32.80	150m:	1:51.32	40.97	250m:	3:16.60	47.00	350m:	4:40.72	37.62
	100m:	1:10.35	37.55	200m:	2:29.60	38.28	300m:	4:03.10	46.50	400m:	5:16.31	35.59
10.	BOREJSZO Paula		00	SMS Szczecin				<b>5:19.66</b>	578	25,00		
	50m:	32.71	32.71	150m:	1:53.37	41.95	250m:	3:18.36	44.23	350m:	4:43.40	38.14
	100m:	1:11.42	38.71	200m:	2:34.13	40.76	300m:	4:05.26	46.90	400m:	5:19.66	36.26
11.	BARYŁA Julia		00	SMS Szczecin				<b>5:20.26</b>	575	24,00		
	50m:	34.10	34.10	150m:	1:55.85	42.17	250m:	3:21.88	45.56	350m:	4:46.68	37.46
	100m:	1:13.68	39.58	200m:	2:36.32	40.47	300m:	4:09.22	47.34	400m:	5:20.26	33.58
12.	SM TEK Wiktoria	SR	01	SMS Racibórz				<b>5:21.42</b>	569	23,00		
	50m:	35.17	35.17	150m:	1:57.86	40.35	250m:	3:20.69	43.42	350m:	4:44.76	37.88
	100m:	1:17.51	42.34	200m:	2:37.27	39.41	300m:	4:06.88	46.19	400m:	5:21.42	36.66
13.	FR CKIEWICZ Martyna	SZG	03	SMS Zielona Góra				<b>5:22.20</b>	564	22,00		
	50m:	33.55	33.55	150m:	1:54.97	42.26	250m:	3:21.47	44.97	350m:	4:45.60	38.27
	100m:	1:12.71	39.16	200m:	2:36.50	41.53	300m:	4:07.33	45.86	400m:	5:22.20	36.60
14.	CELMER Wiktoria	SP	03	SMS Pozna				<b>5:22.43</b>	563	21,00		
	50m:	32.59	32.59	150m:	1:54.26	43.63	250m:	3:24.55	47.80	350m:	4:47.70	36.54
	100m:	1:10.63	38.04	200m:	2:36.75	42.49	300m:	4:11.16	46.61	400m:	5:22.43	34.73
15.	LITWIN Andrea	SK	01	SMS Kraków				<b>5:23.75</b>	556	20,00		
	50m:	33.09	33.09	150m:	1:53.74	42.50	250m:	3:21.90	45.71	350m:	4:46.53	38.12
	100m:	1:11.24	38.15	200m:	2:36.19	42.45	300m:	4:08.41	46.51	400m:	5:23.75	37.22

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Pozycja			Rok ur.					Czas	Pkt.	
16.	BURA Julia SR		02	SMS Racibórz			<b>5:24.21</b>	554	19,00	
	50m: 34.02	34.02	150m: 1:56.72	42.09	250m: 3:23.41	44.99	350m: 4:46.36	38.14		
	100m: 1:14.63	40.61	200m: 2:38.42	41.70	300m: 4:08.22	44.81	400m: 5:24.21	37.85		
17.	WOLSKA Karolina		01	SMS Bydgoszcz			<b>5:24.97</b>	550	18,00	
	50m: 33.45	33.45	150m: 1:53.95	41.88	250m: 3:21.84	46.85	350m: 4:47.66	38.57		
	100m: 1:12.07	38.62	200m: 2:34.99	41.04	300m: 4:09.09	47.25	400m: 5:24.97	37.31		
18.	HOLAK Marta		01	SMS Bydgoszcz			<b>5:25.97</b>	545	17,00	
	50m: 34.38	34.38	150m: 1:55.46	42.49	250m: 3:24.82	47.67	350m: 4:50.43	37.74		
	100m: 1:12.97	38.59	200m: 2:37.15	41.69	300m: 4:12.69	47.87	400m: 5:25.97	35.54		
19.	SKOWRO SKA Wiktoria		01	SMS Gorzów Wlkp.			<b>5:26.20</b>	544	16,00	
	50m: 33.49	33.49	150m: 1:57.88	43.77	250m: 3:24.62	44.62	350m: 4:50.40	39.93		
	100m: 1:14.11	40.62	200m: 2:40.00	42.12	300m: 4:10.47	45.85	400m: 5:26.20	35.80		
20.	HELLAK Emilia		03	SMS Wrocław			<b>5:26.57</b>	542	15,00	
	50m: 34.94	34.94	150m: 1:59.97	42.40	250m: 3:25.65	44.22	350m: 4:50.14	39.50		
	100m: 1:17.57	42.63	200m: 2:41.43	41.46	300m: 4:10.64	44.99	400m: 5:26.57	36.43		
21.	LISOWSKA Wiktoria SOL		00	SMS Olsztyn			<b>5:26.67</b>	542	14,00	
	50m: 33.25	33.25	150m: 1:53.25	41.74	250m: 3:20.94	47.77	350m: 4:48.69	39.36		
	100m: 1:11.51	38.26	200m: 2:33.17	39.92	300m: 4:09.33	48.39	400m: 5:26.67	37.98		
22.	PIOTROWICZ Maja SZG		02	SMS Zielona Góra			<b>5:27.14</b>	539	13,00	
	50m: 34.63	34.63	150m: 1:56.23	41.19	250m: 3:22.71	45.38	350m: 4:48.92	39.56		
	100m: 1:15.04	40.41	200m: 2:37.33	41.10	300m: 4:09.36	46.65	400m: 5:27.14	38.22		
23.	TOMASZEK Aleksandra SWwa		00	SMS Warszawa			<b>5:27.88</b>	536	12,00	
	50m: 34.91	34.91	150m: 2:01.37	46.38	250m: 3:26.39	40.46	350m: 4:49.21	40.52		
	100m: 1:14.99	40.08	200m: 2:45.93	44.56	300m: 4:08.69	42.30	400m: 5:27.88	38.67		
24.	KURASI SKA Oliwia SOc		02	SMS Ostrowiec wietokrzyski			<b>5:28.09</b>	535	11,00	
	50m: 35.28	35.28	150m: 1:59.91	41.75	250m: 3:26.68	46.31	350m: 4:51.44	37.98		
	100m: 1:18.16	42.88	200m: 2:40.37	40.46	300m: 4:13.46	46.78	400m: 5:28.09	36.65		
25.	HOJOŁ Agata SK		01	SMS Kraków			<b>5:34.68</b>	504	10,00	
	50m: 33.53	33.53	150m: 1:55.66	43.73	250m: 3:27.17	49.39	350m: 4:56.72	38.96		
	100m: 1:11.93	38.40	200m: 2:37.78	42.12	300m: 4:17.76	50.59	400m: 5:34.68	37.96		
26.	DRA YK Natalia SR		02	SMS Racibórz			<b>5:36.10</b>	497	-	
	50m: 33.76	33.76	150m: 1:56.66	43.46	250m: 3:26.93	47.27	350m: 4:56.05	40.63		
	100m: 1:13.20	39.44	200m: 2:39.66	43.00	300m: 4:15.42	48.49	400m: 5:36.10	40.05		
27.	TOMASIAK Weronika		00	SMS Gorzów Wlkp.			<b>5:44.00</b>	464	9,00	
	50m: 33.27	33.27	150m: 1:58.64	46.87	250m: 3:34.40	51.56	350m: 5:06.05	39.54		
	100m: 1:11.77	38.50	200m: 2:42.84	44.20	300m: 4:26.51	52.11	400m: 5:44.00	37.95		
DYSKW.	GRO Weronika		03	SMS Bydgoszcz			<b>5:22.40</b>		-	
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>									
	50m: 34.64	34.64	150m: 1:55.42	41.84	250m: 3:22.66	45.59	350m: 4:46.55	37.28		
	100m: 1:13.58	38.94	200m: 2:37.07	41.65	300m: 4:09.27	46.61	400m: 5:22.40	35.85		
DYSKW.	PI KO Natalia		02	SMS Łódź			<b>5:44.66</b>		-	
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>									
	50m: 33.84	33.84	150m: 2:05.65	47.01	250m: 3:41.69	52.29	350m: 5:08.74	34.69		
	100m: 1:18.64	44.80	200m: 2:49.40	43.75	300m: 4:34.05	52.36	400m: 5:44.66	35.92		