

Zimowe Mistrzostwa Polski Juniorów 16lat  
Gorzów, 9- 11-12-2022

Konkurencja 11  
2022-12-09 - 18:33

Dziewcz t, 400m zmienny

16 lat  
Wyniki Finał

Rekord Polski Open	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	2007-12-16
Rekord Polski 16	4:35.65	KNOP Aleksandra	01605	Ostrowiec Sw	2019-12-18

Punkty: FINA 2022

Pozycja	Rok ur.		Czas	CR	Strata	%	Pkt.
<b>Finał A</b>							
1.	06	PIEKARSKA Natalia UKS 190 Łód	<b>4:44.84</b>	+0,72		105%	751
		50m: 30.03 30.03	150m: 1:40.33 36.67	250m: 2:57.74 41.62	350m: 4:12.70 33.37		
		100m: 1:03.66 33.63	200m: 2:16.12 35.79	300m: 3:39.33 41.59	400m: 4:44.84 32.14		
2.	06	LECHOWSKA Magdalena WKS I sk Wrocław	<b>4:49.08</b>	+0,73	+ 4.24	106%	718
		50m: 32.09 32.09	150m: 1:44.40 36.39	250m: 3:01.03 39.92	350m: 4:15.82 34.02		
		100m: 1:08.01 35.92	200m: 2:21.11 36.71	300m: 3:41.80 40.77	400m: 4:49.08 33.26		
3.	06	B TKOWSKA Zuzanna UKS SMS Galicja Kraków	<b>4:52.07</b>	+0,75	+ 7.23	104%	696
		50m: 31.51 31.51	150m: 1:45.25 37.98	250m: 3:02.99 40.68	350m: 4:19.23 34.42		
		100m: 1:07.27 35.76	200m: 2:22.31 37.06	300m: 3:44.81 41.82	400m: 4:52.07 32.84		
4.	06	JAROSZ Helena UKP Unia O wi cim	<b>4:52.29</b>	+0,63	+ 7.45	108%	695
		50m: 30.59 30.59	150m: 1:44.44 38.41	250m: 3:01.92 40.38	350m: 4:18.93 35.80		
		100m: 1:06.03 35.44	200m: 2:21.54 37.10	300m: 3:43.13 41.21	400m: 4:52.29 33.36		
5.	06	MACIAK Julia IUKS Muszelka Warszawa	<b>4:59.00</b>	+0,77	+ 14.16	105%	649
		50m: 31.25 31.25	150m: 1:45.73 38.36	250m: 3:08.27 46.07	350m: 4:27.69 33.34		
		100m: 1:07.37 36.12	200m: 2:22.20 36.47	300m: 3:54.35 46.08	400m: 4:59.00 31.31		
6.	06	SULAK Antonina UKS Pi tka Konstanyńów Łódzki	<b>4:59.03</b>	+0,76	+ 14.19	105%	649
		50m: 32.69 32.69	150m: 1:48.30 38.65	250m: 3:07.81 42.26	350m: 4:24.34 35.08		
		100m: 1:09.65 36.96	200m: 2:25.55 37.25	300m: 3:49.26 41.45	400m: 4:59.03 34.69		
7.	06	PITY SKA Klara WKS I sk Wrocław	<b>5:07.88</b>	+0,77	+ 23.04	101%	594
		50m: 33.08 33.08	150m: 1:51.12 39.08	250m: 3:14.29 43.79	350m: 4:33.21 34.68		
		100m: 1:12.04 38.96	200m: 2:30.50 39.38	300m: 3:58.53 44.24	400m: 5:07.88 34.67		
8.	06	DOBROWOLSKA Magdalena MTS Kwidzyn	<b>5:15.84</b>	+0,71	+ 31.00	100%	551
		50m: 32.84 32.84	150m: 1:50.89 40.08	250m: 3:17.87 47.82	350m: 4:40.64 36.28		
		100m: 1:10.81 37.97	200m: 2:30.05 39.16	300m: 4:04.36 46.49	400m: 5:15.84 35.20		
<b>Finał B</b>							
9.	06	FURMA SKA Julia UKS Nawa Skierniewice	<b>5:12.40</b>	+0,80	+ 27.56	106%	569
		50m: 33.18 33.18	150m: 1:51.06 40.29	250m: 3:16.52 45.74	350m: 4:38.07 34.82		
		100m: 1:10.77 37.59	200m: 2:30.78 39.72	300m: 4:03.25 46.73	400m: 5:12.40 34.33		
10.	06	CYRAN Julia KP Sokół Rzeszów	<b>5:16.48</b>	+0,78	+ 31.64	105%	547
		50m: 34.97 34.97	150m: 1:55.59 40.68	250m: 3:20.19 45.56	350m: 4:42.08 36.10		
		100m: 1:14.91 39.94	200m: 2:34.63 39.04	300m: 4:05.98 45.79	400m: 5:16.48 34.40		
11.	06	KAROLCZAK Pola MUKS Pi tnaстка Bydgoszcz	<b>5:20.40</b>	+0,74	+ 35.56	101%	527
		50m: 33.23 33.23	150m: 1:53.82 40.87	250m: 3:19.04 44.75	350m: 4:42.77 38.70		
		100m: 1:12.95 39.72	200m: 2:34.29 40.47	300m: 4:04.07 45.03	400m: 5:20.40 37.63		
12.	06	KAMPCZYK Paulina MKS SMS Victoria Racibórz	<b>5:23.98</b>	+0,72	+ 39.14	100%	510
		50m: 35.50 35.50	150m: 1:59.09 43.21	250m: 3:25.85 44.60	350m: 4:47.78 37.07		
		100m: 1:15.88 40.38	200m: 2:41.25 42.16	300m: 4:10.71 44.86	400m: 5:23.98 36.20		
13.	06	ALEKSANDROWICZ Hanna MKP Szczecin	<b>5:27.00</b>	+0,72	+ 42.16	104%	496
		50m: 33.59 33.59	150m: 1:55.36 42.31	250m: 3:25.35 48.30	350m: 4:51.66 37.76		
		100m: 1:13.05 39.46	200m: 2:37.05 41.69	300m: 4:13.90 48.55	400m: 5:27.00 35.34		
14.	06	JONAK Jagoda UKS Delfin Garwolin	<b>5:28.29</b>	+0,68	+ 43.45	101%	490
		50m: 34.84 34.84	150m: 1:59.55 44.05	250m: 3:27.91 44.79	350m: 4:51.51 37.23		
		100m: 1:15.50 40.66	200m: 2:43.12 43.57	300m: 4:14.28 46.37	400m: 5:28.29 36.78		
15.	06	BAŁDYGA Kamila MTP Kormoran Olsztyn	<b>5:29.93</b>	+0,85	+ 45.09	103%	483
		50m: 34.07 34.07	150m: 1:57.10 43.10	250m: 3:26.89 47.55	350m: 4:53.02 37.09		
		100m: 1:14.00 39.93	200m: 2:39.34 42.24	300m: 4:15.93 49.04	400m: 5:29.93 36.91		
16.	06	MA NICKA Martyna UKS Feniks D bica	<b>5:42.94</b>	+0,83	+ 58.10	100%	430
		50m: 36.55 36.55	150m: 2:02.77 43.62	250m: 3:35.17 48.86	350m: 5:03.55 40.47		
		100m: 1:19.15 42.60	200m: 2:46.31 43.54	300m: 4:23.08 47.91	400m: 5:42.94 39.39		