

Zimowe Mistrzostwa Polski Juniorów 17-18 lat
Opole, 14- - 16-3-2014

Konkurencja 11
2014-03-14 - 18:25

Kobiet, 400m zmienny

17 - 18 lat
Wyniki Finał

Top Times "Poland" Open	4:31.89	Baranowska Katarzyna	00116	Debrecen (HUN)	2007-12-16
Top Times "Poland" 17	4:38.72	Szczepaniak Karolina		Gorzów Wlkp.	2010-10-09
Top Times "Poland" 18	4:33.70	Baranowska Katarzyna	POL	Trieste (ITA)	2005-12-11

Punkty: FINA 2013

Pozycja			Rok ur.				Czas				Pkt.	
Finał												
1.	Szpucha Katarzyna		96	MKS Trójka Łód				4:46.23				758
	50m:	31.31	31.31	150m:	1:42.12	35.90	250m:	2:57.01	39.51	350m:	4:11.87	34.69
	100m:	1:06.22	34.91	200m:	2:17.50	35.38	300m:	3:37.18	40.17	400m:	4:46.23	34.36
2.	Sieczyk Jowita SK		97	ak Biała Podlaska				4:51.39				718
	50m:	29.76	29.76	150m:	1:40.52	36.63	250m:	2:58.82	42.02	350m:	4:16.34	35.57
	100m:	1:03.89	34.13	200m:	2:16.80	36.28	300m:	3:40.77	41.95	400m:	4:51.39	35.05
3.	Zbrojewska Michalina SSz		96	UKS Piłka Konstancynów Łódzki				4:53.48				703
	50m:	30.59	30.59	150m:	1:42.94	37.52	250m:	3:00.53	40.79	350m:	4:18.98	36.55
	100m:	1:05.42	34.83	200m:	2:19.74	36.80	300m:	3:42.43	41.90	400m:	4:53.48	34.50
4.	Okaj Oliwia SWR		96	WKS I sk Wrocław				4:57.20				677
	50m:	31.16	31.16	150m:	1:45.28	37.82	250m:	3:04.87	42.24	350m:	4:23.65	35.43
	100m:	1:07.46	36.30	200m:	2:22.63	37.35	300m:	3:48.22	43.35	400m:	4:57.20	33.55
5.	Sproska Magdalena		97	MKS ZRYW Opole				4:57.34				676
	50m:	31.49	31.49	150m:	1:46.89	39.23	250m:	3:07.57	42.70	350m:	4:24.99	34.44
	100m:	1:07.66	36.17	200m:	2:24.87	37.98	300m:	3:50.55	42.98	400m:	4:57.34	32.35
6.	Nienalowska Natalia		96	Mks Polonia Warszawa				4:57.96				672
	50m:	31.16	31.16	150m:	1:44.13	37.59	250m:	3:06.33	44.04	350m:	4:25.11	33.76
	100m:	1:06.54	35.38	200m:	2:22.29	38.16	300m:	3:51.35	45.02	400m:	4:57.96	32.85
7.	Mendowska Paulina SP		97	Warta Poznań				5:04.57				629
	50m:	31.91	31.91	150m:	1:47.69	39.18	250m:	3:10.44	43.60	350m:	4:29.41	35.53
	100m:	1:08.51	36.60	200m:	2:26.84	39.15	300m:	3:53.88	43.44	400m:	5:04.57	35.16
8.	Błocka Agnieszka		96	UKS JAGIELLONKA Warszawa				5:06.42				618
	50m:	32.22	32.22	150m:	1:50.15	39.73	250m:	3:11.43	42.34	350m:	4:32.33	36.14
	100m:	1:10.42	38.20	200m:	2:29.09	38.94	300m:	3:56.19	44.76	400m:	5:06.42	34.09
9.	Maciuch Karolina		96	DOKiS SP "Vega" Dobrodzie				5:07.75				610
	50m:	33.44	33.44	150m:	1:48.66	37.60	250m:	3:10.90	45.35	350m:	4:32.83	36.47
	100m:	1:11.06	37.62	200m:	2:25.55	36.89	300m:	3:56.36	45.46	400m:	5:07.75	34.92
10.	liwińska Marta		97	CSIR MOS Dłubrowa Górnica				5:10.51				594
	50m:	32.01	32.01	150m:	1:48.29	39.46	250m:	3:13.69	46.10	350m:	4:35.45	35.19
	100m:	1:08.83	36.82	200m:	2:27.59	39.30	300m:	4:00.26	46.57	400m:	5:10.51	35.06