

XXV OOM - Letnie Mistrzostwa Polski 17-18 lat
Zielona Góra - Drzonków, 18. - 21.7.2019

Konkurencja 14
19.07.2019 - 12:15

Kobiet, 400m zmienny

17 - 18 lat
Wyniki Eliminacje

Top Times "Poland" 18	4:43.39	Katarzyna BARANOWSKA	00116	Debica	20.05.2005
Top Times "Poland" 17	4:45.13	Karolina SZCZEPANIAK	00114	Rome (ITA)	02.08.2009

Punkty: FINA 2019

Pozycja	Rok ur.	Czas Pkt.	100m	200m	300m	400m					
1. Kinga PARADOWSKA	01	MUKS PI TNASTKA Bydgo 5:00.50 696 A	1:08.16	1:17.90	1:23.98	1:10.46					
50m:	31.77	31.77	150m:	1:47.39	39.23	250m:	3:07.86	41.80	350m:	4:25.97	35.93
100m:	1:08.16	36.39	200m:	2:26.06	38.67	300m:	3:50.04	42.18	400m:	5:00.50	34.53
2. A. W GRZYNOWSKA	01	WKS L SK Wrocław 5:02.46 682 A	1:07.98	1:16.36	1:32.03	1:06.09					
50m:	31.40	31.40	150m:	1:46.53	38.55	250m:	3:09.86	45.52	350m:	4:29.57	33.20
100m:	1:07.98	36.58	200m:	2:24.34	37.81	300m:	3:56.37	46.51	400m:	5:02.46	32.89
3. Zuzanna SOBIAK	02	WKS L SK Wrocław 5:04.65 668 A	1:07.28	1:15.81	1:31.86	1:09.70					
50m:	31.20	31.20	150m:	1:45.79	38.51	250m:	3:08.86	45.77	350m:	4:30.40	35.45
100m:	1:07.28	36.08	200m:	2:23.09	37.30	300m:	3:54.95	46.09	400m:	5:04.65	34.25
4. Aleksandra WILCZEWSKA	02	KU AZS UMCS Lublin 5:05.96 659 A	1:09.42	1:16.46	1:28.57	1:11.51					
50m:	32.36	32.36	150m:	1:48.32	38.90	250m:	3:09.95	44.07	350m:	4:30.75	36.30
100m:	1:09.42	37.06	200m:	2:25.88	37.56	300m:	3:54.45	44.50	400m:	5:05.96	35.21
5. Julia CICHOWSKA	01	MKS JUVENIA Wrocław 5:07.86 647 A	1:07.82	1:20.98	1:28.51	1:10.55					
50m:	31.31	31.31	150m:	1:49.20	41.38	250m:	3:12.61	43.81	350m:	4:33.19	35.88
100m:	1:07.82	36.51	200m:	2:28.80	39.60	300m:	3:57.31	44.70	400m:	5:07.86	34.67
6. Marta KRYPA	02	UKS MANTA Warszawa Wł 5:08.98 640 A	1:08.79	1:20.72	1:28.25	1:11.22					
50m:	31.81	31.81	150m:	1:48.93	40.14	250m:	3:12.98	43.47	350m:	4:33.49	35.73
100m:	1:08.79	36.98	200m:	2:29.51	40.58	300m:	3:57.76	44.78	400m:	5:08.98	35.49
7. Wiktoria SM TEK	01	MMKS K dzierzyn-Ko le 5:09.00 640 A	1:13.05	1:18.63	1:25.87	1:11.45					
50m:	33.19	33.19	150m:	1:52.89	39.84	250m:	3:14.25	42.57	350m:	4:33.89	36.34
100m:	1:13.05	39.86	200m:	2:31.68	38.79	300m:	3:57.55	43.30	400m:	5:09.00	35.11
8. Aleksandra PISKORZ	01	UKS WODNIK Siemianowic 5:11.95 622 A	1:08.68	1:20.92	1:26.67	1:15.68					
50m:	31.86	31.86	150m:	1:50.03	41.35	250m:	3:12.85	43.25	350m:	4:34.37	38.10
100m:	1:08.68	36.82	200m:	2:29.60	39.57	300m:	3:56.27	43.42	400m:	5:11.95	37.58
9. Anna KEMPA	01	MMKS K dzierzyn-Ko le 5:12.39 619 B	1:12.43	1:22.60	1:22.76	1:14.60					
50m:	33.63	33.63	150m:	1:53.97	41.54	250m:	3:15.61	40.58	350m:	4:36.03	38.24
100m:	1:12.43	38.80	200m:	2:35.03	41.06	300m:	3:57.79	42.18	400m:	5:12.39	36.36
10. Wiktoria REDZIMSKA	01	UKS WODNIK Siemianowic 5:12.65 618 B	1:12.85	1:18.86	1:29.38	1:11.56					
50m:	33.56	33.56	150m:	1:52.31	39.46	250m:	3:15.83	44.12	350m:	4:38.23	37.14
100m:	1:12.85	39.29	200m:	2:31.71	39.40	300m:	4:01.09	45.26	400m:	5:12.65	34.42
11. Dominika KOSI SKA	01	AZS AWF Katowice 5:13.66 612 B	1:11.49	1:16.58	1:31.68	1:13.91					
50m:	33.06	33.06	150m:	1:50.78	39.29	250m:	3:14.98	46.91	350m:	4:36.98	37.23
100m:	1:11.49	38.43	200m:	2:28.07	37.29	300m:	3:59.75	44.77	400m:	5:13.66	36.68
12. Oliwia CERLICH	02	MKS IKAR Mielec 5:16.54 595 B	1:10.71	1:23.38	1:30.53	1:11.92					
50m:	32.77	32.77	150m:	1:53.33	42.62	250m:	3:18.41	44.32	350m:	4:41.50	36.88
100m:	1:10.71	37.94	200m:	2:34.09	40.76	300m:	4:04.62	46.21	400m:	5:16.54	35.04
13. Oliwia RYGIEL	02	UKS JUNIOR Kluczbork 5:16.59 595 B	1:10.59	1:20.12	1:34.74	1:11.14					
50m:	33.12	33.12	150m:	1:51.54	40.95	250m:	3:18.15	47.44	350m:	4:41.92	36.47
100m:	1:10.59	37.47	200m:	2:30.71	39.17	300m:	4:05.45	47.30	400m:	5:16.59	34.67
14. Natalia DRA YK	02	UKP UNIA O wi cim 5:17.46 590 B	1:10.40	1:19.85	1:30.71	1:16.50					
50m:	32.74	32.74	150m:	1:50.54	40.14	250m:	3:15.44	45.19	350m:	4:39.38	38.42
100m:	1:10.40	37.66	200m:	2:30.25	39.71	300m:	4:00.96	45.52	400m:	5:17.46	38.08
15. Marta HOLAK	01	MUKS PI TNASTKA Bydgo 5:18.47 585 B	1:09.50	1:21.33	1:33.97	1:13.67					
50m:	32.81	32.81	150m:	1:49.86	40.36	250m:	3:16.74	45.91	350m:	4:41.88	37.08
100m:	1:09.50	36.69	200m:	2:30.83	40.97	300m:	4:04.80	48.06	400m:	5:18.47	36.59
16. Wiktoria SKARWECKA	02	UKP UNIA O wi cim 5:18.48 585 B	1:12.80	1:22.73	1:29.86	1:13.09					
50m:	33.73	33.73	150m:	1:54.51	41.71	250m:	3:20.12	44.59	350m:	4:42.42	37.03
100m:	1:12.80	39.07	200m:	2:35.53	41.02	300m:	4:05.39	45.27	400m:	5:18.48	36.06
17. Maria KUCHTA	02	UKS DWÓJKA Tczew 5:19.06 581 R	1:11.11	1:25.71	1:32.30	1:09.94					
50m:	32.04	32.04	150m:	1:54.55	43.44	250m:	3:23.00	46.18	350m:	4:45.54	36.42
100m:	1:11.11	39.07	200m:	2:36.82	42.27	300m:	4:09.12	46.12	400m:	5:19.06	33.52
18. Emilia KROSTA	02	UKS WODNIK Siemianowic 5:21.98 566 R	1:11.91	1:24.85	1:33.24	1:11.98					
50m:	32.96	32.96	150m:	1:54.67	42.76	250m:	3:22.30	45.54	350m:	4:46.89	36.89
100m:	1:11.91	38.95	200m:	2:36.76	42.09	300m:	4:10.00	47.70	400m:	5:21.98	35.09
19. Olga PRZYBYSZ	01	UKS ORKA Luba 5:22.17 565	1:13.96	1:27.41	1:26.70	1:14.10					
50m:	32.55	32.55	150m:	1:57.47	43.51	250m:	3:22.76	41.39	350m:	4:47.49	39.42
100m:	1:13.96	41.41	200m:	2:41.37	43.90	300m:	4:08.07	45.31	400m:	5:22.17	34.68

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Pozycja	Rok ur.		Czas		Pkt.	100m	200m	300m	400m		
20. Oliwia KURASI SKA	02	KSZO Ostrowiec w.	5:23.77	556		1:12.57	1:21.58	1:32.72	1:16.90		
50m:	33.72	33.72	150m:	1:53.18	40.61	250m:	3:19.66	45.51	350m:	4:45.61	38.74
100m:	1:12.57	38.85	200m:	2:34.15	40.97	300m:	4:06.87	47.21	400m:	5:23.77	38.16
21. Zuzanna NOWAK	02	UKP UNIA O wi cim	5:24.00	555		1:12.20	1:23.29	1:35.06	1:13.45		
50m:	32.89	32.89	150m:	1:54.07	41.87	250m:	3:22.09	46.60	350m:	4:48.30	37.75
100m:	1:12.20	39.31	200m:	2:35.49	41.42	300m:	4:10.55	48.46	400m:	5:24.00	35.70
22. Wiktoria SZPIEGOWSKA	02	WKS L SK Wrocław	5:25.27	549		1:11.72	1:22.81	1:36.72	1:14.02		
50m:	33.41	33.41	150m:	1:53.48	41.76	250m:	3:22.38	47.85	350m:	4:48.51	37.26
100m:	1:11.72	38.31	200m:	2:34.53	41.05	300m:	4:11.25	48.87	400m:	5:25.27	36.76
23. Marcelina MIŁEK	02	UKS SMS GALICJA Kraków	5:26.75	541		1:10.49	1:23.84	1:34.15	1:18.27		
50m:	32.70	32.70	150m:	1:52.68	42.19	250m:	3:19.78	45.45	350m:	4:48.23	39.75
100m:	1:10.49	37.79	200m:	2:34.33	41.65	300m:	4:08.48	48.70	400m:	5:26.75	38.52
24. Maja KAPCI SKA	02	UKP UNIA O wi cim	5:27.26	539		1:11.89	1:23.22	1:35.51	1:16.64		
50m:	33.61	33.61	150m:	1:53.92	42.03	250m:	3:23.30	48.19	350m:	4:50.03	39.41
100m:	1:11.89	38.28	200m:	2:35.11	41.19	300m:	4:10.62	47.32	400m:	5:27.26	37.23
25. Weronika KUROPATWA	01	UKS ABIANKA Gda sk	5:40.07	480					1:18.47		
50m:	3:33.66	3:33.66	150m:	5:01.39		250m:		350m:			
100m:			200m:			300m:	4:21.60	400m:	5:40.07		
DYSKW. Martyna PROCHOWNIK	02	KU AZS UMCS Lublin				Z3/G8	1:09.69	1:21.90	1:33.80		
50m:	31.84	31.84	150m:	1:51.17	41.48	250m:	3:18.48	46.89	350m:	4:42.64	37.25
100m:	1:09.69	37.85	200m:	2:31.59	40.42	300m:	4:05.39	46.91	400m:		