

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

Konkurencja 14
19.07.2019 - 18:40

Kobiet, 400m zmienny

17 - 18 lat
Wyniki Finał

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				
Finał A											
1. Kinga PARADOWSKA	01	MUKS PI TNASTKA Bydgoszcz	4:55.87	729	1:07.45	1:17.87	1:21.31	1:09.24			
50m:	31.16	31.16	150m:	1:46.35	38.90	250m:	3:06.14	40.82	350m:	4:21.19	34.56
100m:	1:07.45	36.29	200m:	2:25.32	38.97	300m:	3:46.63	40.49	400m:	4:55.87	34.68
2. A. W GRZYNOWSKA	01	WKS L SK Wrocław	4:58.37	711	1:08.26	1:16.67	1:30.29	1:03.15			
50m:	31.10	31.10	150m:	1:46.47	38.21	250m:	3:09.86	44.93	350m:	4:27.42	32.20
100m:	1:08.26	37.16	200m:	2:24.93	38.46	300m:	3:55.22	45.36	400m:	4:58.37	30.95
3. Aleksandra WILCZEWSKA	02	KU AZS UMCS Lublin	4:58.60	709	1:08.24	1:15.42	1:26.20	1:08.74			
50m:	31.76	31.76	150m:	1:46.41	38.17	250m:	3:06.60	42.94	350m:	4:25.52	35.66
100m:	1:08.24	36.48	200m:	2:23.66	37.25	300m:	3:49.86	43.26	400m:	4:58.60	33.08
4. Zuzanna SOBIAK	02	WKS L SK Wrocław	5:02.90	680	1:06.98	1:15.47	1:30.97	1:09.48			
50m:	30.84	30.84	150m:	1:45.33	38.35	250m:	3:07.96	45.51	350m:	4:28.32	34.90
100m:	1:06.98	36.14	200m:	2:22.45	37.12	300m:	3:53.42	45.46	400m:	5:02.90	34.58
5. Wiktoria SM TEK	01	MMKS K dzierzyn-Ko le	5:07.42	650	1:11.54	1:19.00	1:25.98	1:10.90			
50m:	32.57	32.57	150m:	1:51.42	39.88	250m:	3:13.20	42.66	350m:	4:32.75	36.23
100m:	1:11.54	38.97	200m:	2:30.54	39.12	300m:	3:56.52	43.32	400m:	5:07.42	34.67
6. Aleksandra PISKORZ	01	UKS WODNIK Siemianowice	5:09.48	637	1:10.01	1:19.60	1:26.40	1:13.47			
50m:	32.17	32.17	150m:	1:50.09	40.08	250m:	3:12.63	43.02	350m:	4:33.59	37.58
100m:	1:10.01	37.84	200m:	2:29.61	39.52	300m:	3:56.01	43.38	400m:	5:09.48	35.89
7. Julia CICHOWSKA	01	MKS JUVENIA Wrocław	5:11.40	625	1:05.56	1:20.02	1:30.20	1:15.62			
50m:	30.26	30.26	150m:	1:45.61	40.05	250m:	3:10.31	44.73	350m:	4:33.51	37.73
100m:	1:05.56	35.30	200m:	2:25.58	39.97	300m:	3:55.78	45.47	400m:	5:11.40	37.89
8. Marta KRYPA	02	UKS MANTA Warszawa Włocławek	5:13.81	611	1:09.21	1:21.87	1:30.12	1:12.61			
50m:	32.17	32.17	150m:	1:50.02	40.81	250m:	3:15.56	44.48	350m:	4:37.54	36.34
100m:	1:09.21	37.04	200m:	2:31.08	41.06	300m:	4:01.20	45.64	400m:	5:13.81	36.27
Finał B											
9. Wiktoria REDZIMSKA	01	UKS WODNIK Siemianowice	5:09.50	637	1:13.83	1:17.43	1:28.05	1:10.19			
50m:	34.04	34.04	150m:	1:52.77	38.94	250m:	3:14.82	43.56	350m:	4:34.99	35.68
100m:	1:13.83	39.79	200m:	2:31.26	38.49	300m:	3:59.31	44.49	400m:	5:09.50	34.51
10. Anna KEMPA	01	MMKS K dzierzyn-Ko le	5:11.59	624	1:12.08	1:22.27	1:23.73	1:13.51			
50m:	33.49	33.49	150m:	1:53.55	41.47	250m:	3:15.78	41.43	350m:	4:35.27	37.19
100m:	1:12.08	38.59	200m:	2:34.35	40.80	300m:	3:58.08	42.30	400m:	5:11.59	36.32
11. Natalia DRA YK	02	UKP UNIA O wi cim	5:16.20	597	1:10.88	1:20.04	1:30.89	1:14.39			
50m:	33.00	33.00	150m:	1:51.08	40.20	250m:	3:16.53	45.61	350m:	4:39.12	37.31
100m:	1:10.88	37.88	200m:	2:30.92	39.84	300m:	4:01.81	45.28	400m:	5:16.20	37.08
12. Wiktoria SKARWECKA	02	UKP UNIA O wi cim	5:16.43	596	1:12.39	1:22.65	1:29.64	1:11.75			
50m:	33.59	33.59	150m:	1:54.03	41.64	250m:	3:18.99	43.95	350m:	4:40.93	36.25
100m:	1:12.39	38.80	200m:	2:35.04	41.01	300m:	4:04.68	45.69	400m:	5:16.43	35.50
13. Oliwia KURASI SKA	02	KSZO Ostrowiec w.	5:17.81	588	1:11.67	1:20.97	1:32.36	1:12.81			
50m:	33.58	33.58	150m:	1:52.43	40.76	250m:	3:17.93	45.29	350m:	4:42.34	37.34
100m:	1:11.67	38.09	200m:	2:32.64	40.21	300m:	4:05.00	47.07	400m:	5:17.81	35.47
14. Oliwia CERLICH	02	MKS IKAR Mielec	5:18.63	584	1:11.73	1:23.74	1:30.73	1:12.43			
50m:	32.95	32.95	150m:	1:54.32	42.59	250m:	3:20.27	44.80	350m:	4:42.71	36.51
100m:	1:11.73	38.78	200m:	2:35.47	41.15	300m:	4:06.20	45.93	400m:	5:18.63	35.92
15. Oliwia RYGIEL	02	UKS JUNIOR Kluczbork	5:21.78	567	1:11.31	1:22.49	1:36.13	1:11.85			
50m:	33.41	33.41	150m:	1:53.26	41.95	250m:	3:22.19	48.39	350m:	4:46.77	36.84
100m:	1:11.31	37.90	200m:	2:33.80	40.54	300m:	4:09.93	47.74	400m:	5:21.78	35.01
16. Emilia KROSTA	02	UKS WODNIK Siemianowice	5:22.25	564	1:09.86	1:25.74	1:32.54	1:14.11			
50m:	32.17	32.17	150m:	1:52.71	42.85	250m:	3:20.86	45.26	350m:	4:46.33	38.19
100m:	1:09.86	37.69	200m:	2:35.60	42.89	300m:	4:08.14	47.28	400m:	5:22.25	35.92