

Zimowe Mistrzostwa Polski Juniorów 16 lat
Gorzów Wielkopolski, 14. - 16.12.2018

Konkurencja 11
14.12.2018 - 18:40

Dziewcz t, 400m zmienny

16 lat
Wyniki Finał

Rekord Polski 4:41.20 KNOP Aleksandra POL Łód 10.11.2018

Punkty: FINA 2017

Pozycja			Rok ur.							Czas	Pkt.	
Finał A												
1.	KUCHTA Maria		02	UKS „Dwójka” Tczew						4:49.98	716	
	50m:	30.88	30.88	150m:	1:45.30	37.49	250m:	3:04.06	41.47	350m:	4:18.66	32.40
	100m:	1:07.81	36.93	200m:	2:22.59	37.29	300m:	3:46.26	42.20	400m:	4:49.98	31.32
2.	WILCZEWSKA Aleksandra		02	Olimpia Lublin						4:50.96	709	
	50m:	31.24	31.24	150m:	1:43.71	36.92	250m:	3:01.98	41.58	350m:	4:18.03	34.19
	100m:	1:06.79	35.55	200m:	2:20.40	36.69	300m:	3:43.84	41.86	400m:	4:50.96	32.93
3.	CERLICH Oliwia		02	MKS „IKAR” Mielec						4:56.44	670	
	50m:	31.77	31.77	150m:	1:47.02	39.53	250m:	3:07.35	41.37	350m:	4:23.50	33.53
	100m:	1:07.49	35.72	200m:	2:25.98	38.96	300m:	3:49.97	42.62	400m:	4:56.44	32.94
4.	KRYPA Marta		02	UKS Manta Warszawa Włochy						5:00.01	646	
	50m:	31.83	31.83	150m:	1:46.96	39.09	250m:	3:08.32	42.12	350m:	4:25.67	34.55
	100m:	1:07.87	36.04	200m:	2:26.20	39.24	300m:	3:51.12	42.80	400m:	5:00.01	34.34
5.	BANACZKOWSKA Aleksandra		02	KS KSZO Ostrowiec w.						5:00.85	641	
	50m:	32.64	32.64	150m:	1:49.39	39.35	250m:	3:09.15	39.90	350m:	4:25.53	35.41
	100m:	1:10.04	37.40	200m:	2:29.25	39.86	300m:	3:50.12	40.97	400m:	5:00.85	35.32
6.	PROCHOWNIK Martyna		02	KU AZS UMCS Lublin						5:03.34	625	
	50m:	31.95	31.95	150m:	1:45.63	38.31	250m:	3:08.06	43.60	350m:	4:29.01	35.87
	100m:	1:07.32	35.37	200m:	2:24.46	38.83	300m:	3:53.14	45.08	400m:	5:03.34	34.33
7.	NOWAK Zuzanna		02	UKP Unia O wi cim						5:03.37	625	
	50m:	31.91	31.91	150m:	1:47.87	39.28	250m:	3:10.23	44.14	350m:	4:29.16	34.34
	100m:	1:08.59	36.68	200m:	2:26.09	38.22	300m:	3:54.82	44.59	400m:	5:03.37	34.21
8.	MIŁEK Marcelina		02	UKS SMS Galicja Kraków						5:04.29	619	
	50m:	31.60	31.60	150m:	1:45.96	38.39	250m:	3:08.21	44.13	350m:	4:29.90	35.89
	100m:	1:07.57	35.97	200m:	2:24.08	38.12	300m:	3:54.01	45.80	400m:	5:04.29	34.39
Finał B												
9.	DRA YK Natalia		02	UKP Unia O wi cim						5:07.11	603	
	50m:	32.57	32.57	150m:	1:48.69	39.18	250m:	3:11.48	43.83	350m:	4:31.67	35.85
	100m:	1:09.51	36.94	200m:	2:27.65	38.96	300m:	3:55.82	44.34	400m:	5:07.11	35.44
10.	KURASI SKA Oliwia		02	KS KSZO Ostrowiec w.						5:08.23	596	
	50m:	33.34	33.34	150m:	1:51.24	39.45	250m:	3:14.55	43.87	350m:	4:34.59	35.75
	100m:	1:11.79	38.45	200m:	2:30.68	39.44	300m:	3:58.84	44.29	400m:	5:08.23	33.64
11.	RYGIEL Oliwia		02	UKS Junior Kluczbork						5:09.18	590	
	50m:	32.61	32.61	150m:	1:48.55	38.79	250m:	3:12.58	45.40	350m:	4:35.30	36.83
	100m:	1:09.76	37.15	200m:	2:27.18	38.63	300m:	3:58.47	45.89	400m:	5:09.18	33.88
12.	KAPCI SKA Maja		02	UKP Unia O wi cim						5:12.24	573	
	50m:	33.54	33.54	150m:	1:51.57	39.77	250m:	3:17.04	45.31	350m:	4:37.81	35.11
	100m:	1:11.80	38.26	200m:	2:31.73	40.16	300m:	4:02.70	45.66	400m:	5:12.24	34.43
13.	NOCO Dominika		02	UKP Unia O wi cim						5:12.36	573	
	50m:	33.45	33.45	150m:	1:52.32	40.23	250m:	3:16.89	44.45	350m:	4:37.67	35.88
	100m:	1:12.09	38.64	200m:	2:32.44	40.12	300m:	4:01.79	44.90	400m:	5:12.36	34.69
14.	SZPIEGOWSKA Wiktoria		02	WKS I sk Wrocław						5:16.92	548	
	50m:	33.07	33.07	150m:	1:52.81	41.07	250m:	3:18.15	45.58	350m:	4:41.27	36.67
	100m:	1:11.74	38.67	200m:	2:32.57	39.76	300m:	4:04.60	46.45	400m:	5:16.92	35.65
15.	PAŁKA Aleksandra		02	MKP „Wodnik 29” Tychy						5:24.35	511	
	50m:	35.12	35.12	150m:	1:57.91	42.08	250m:	3:22.97	44.12	350m:	4:47.04	38.84
	100m:	1:15.83	40.71	200m:	2:38.85	40.94	300m:	4:08.20	45.23	400m:	5:24.35	37.31