

Konkurencja 11
08.12.2023 - 18:47

Dziewcz t, 400m zmienny

15 lat
Wyniki Finał

Rekord Polski 15 lat 4:38.89 Aleksandra Knop 01605 Lublin 2018

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	CR	Strata % popr.	FINA
Finał A					
1. Alicja Rodziejewicz	08 UKS Nawa Skierniewice	4:57.21	+0,74	103%	661
50m: 30.44	30.44 150m: 1:44.00 37.48	250m: 3:04.99 43.86	350m: 4:23.39 34.45		
100m: 1:06.52	36.08 200m: 2:21.13 37.13	300m: 3:48.94 43.95	400m: 4:57.21 33.82		
2. Wiktoria Kijewska	08 UKP „Polonia Warszawa”	5:04.19	+0,69	+ 6.98 104%	616
50m: 31.52	31.52 150m: 1:48.01 39.72	250m: 3:09.49 43.57	350m: 4:28.77 35.31		
100m: 1:08.29	36.77 200m: 2:25.92 37.91	300m: 3:53.46 43.97	400m: 5:04.19 35.42		
3. Magdalena Stefa czyk	08 CSiR MOS w D browie Górnicyej	5:06.08	+0,73	+ 8.87 102%	605
50m: 31.65	31.65 150m: 1:48.56 39.91	250m: 3:11.18 42.95	350m: 4:31.58 36.36		
100m: 1:08.65	37.00 200m: 2:28.23 39.67	300m: 3:55.22 44.04	400m: 5:06.08 34.50		
4. Maria Sadowska	08 UKS „GIM 92 Ursynów”	5:06.81	+0,66	+ 9.60 103%	601
50m: 35.07	35.07 150m: 1:53.69 39.13	250m: 3:14.06 42.60	350m: 4:32.76 35.97		
100m: 1:14.56	39.49 200m: 2:31.46 37.77	300m: 3:56.79 42.73	400m: 5:06.81 34.05		
5. Maja Niewiadomska	08 UKP Unia O wi cim	5:07.18	+0,60	+ 9.97 103%	598
50m: 33.82	33.82 150m: 1:51.83 38.69	250m: 3:12.76 42.38	350m: 4:32.43 35.62		
100m: 1:13.14	39.32 200m: 2:30.38 38.55	300m: 3:56.81 44.05	400m: 5:07.18 34.75		
6. Maria Wrona	08 UKP Unia O wi cim	5:12.73	+0,65	+ 15.52 102%	567
50m: 34.13	34.13 150m: 1:54.30 40.55	250m: 3:18.23 43.75	350m: 4:38.24 35.35		
100m: 1:13.75	39.62 200m: 2:34.48 40.18	300m: 4:02.89 44.66	400m: 5:12.73 34.49		
7. Natalia Jabło ska	08 MTP Kormoran Olsztyn	5:15.27	+0,71	+ 18.06 101%	554
50m: 34.35	34.35 150m: 1:55.08 41.07	250m: 3:17.74 43.69	350m: 4:39.64 37.11		
100m: 1:14.01	39.66 200m: 2:34.05 38.97	300m: 4:02.53 44.79	400m: 5:15.27 35.63		
8. Zuzanna Ornowska	08 UKP „Polonia Warszawa”	5:19.75	+0,74	+ 22.54 100%	531
50m: 34.88	34.88 150m: 1:59.72 41.90	250m: 3:24.52 44.39	350m: 4:45.43 36.25		
100m: 1:17.82	42.94 200m: 2:40.13 40.41	300m: 4:09.18 44.66	400m: 5:19.75 34.32		
9. Agata Baran	08 UKP „Polonia Warszawa”	5:22.53	+0,73	+ 25.32 99%	517
50m: 34.05	34.05 150m: 1:56.24 41.53	250m: 3:22.26 45.30	350m: 4:45.59 37.80		
100m: 1:14.71	40.66 200m: 2:36.96 40.72	300m: 4:07.79 45.53	400m: 5:22.53 36.94		
10. Weronika Fartuszy ska	08 UKS Junior Kluczbork	5:23.73	+0,74	+ 26.52 100%	511
50m: 35.04	35.04 150m: 1:57.28 42.16	250m: 3:24.73 46.44	350m: 4:48.38 36.38		
100m: 1:15.12	40.08 200m: 2:38.29 41.01	300m: 4:12.00 47.27	400m: 5:23.73 35.35		
Finał B					
11. Antonina Trafalska	08 UKS 190 Łód	5:26.93	+0,71	+ 29.72 98%	496
50m: 32.98	32.98 150m: 1:55.19 43.11	250m: 3:23.60 46.95	350m: 4:50.39 38.70		
100m: 1:12.08	39.10 200m: 2:36.65 41.46	300m: 4:11.69 48.09	400m: 5:26.93 36.54		
12. Gabriela Raputa	08 UKS SMS Galicja Kraków	5:35.49	+0,73	+ 38.28 100%	459
50m: 35.65	35.65 150m: 2:04.73 46.05	250m: 3:31.89 43.61	350m: 4:56.78 39.85		
100m: 1:18.68	43.03 200m: 2:48.28 43.55	300m: 4:16.93 45.04	400m: 5:35.49 38.71		
13. Zuzanna Iwanowska	08 MUKS "Pi tnaстка"	5:38.41	+0,65	+ 41.20 106%	447
50m: 36.00	36.00 150m: 2:03.43 44.99	250m: 3:35.32 48.19	350m: 5:01.91 38.70		
100m: 1:18.44	42.44 200m: 2:47.13 43.70	300m: 4:23.21 47.89	400m: 5:38.41 36.50		
14. Weronika Kuc	08 MUKS Unia Busko Zdrój	5:42.31	+0,65	+ 45.10 101%	432
50m: 35.87	35.87 150m: 2:04.15 44.59	250m: 3:33.64 47.63	350m: 5:04.38 41.12		
100m: 1:19.56	43.69 200m: 2:46.01 41.86	300m: 4:23.26 49.62	400m: 5:42.31 37.93		
15. Natalia Głogowska	08 UKS Pi tka Konstanyńów Łódzki	5:47.35	+0,78	+ 50.14 106%	414
50m: 35.64	35.64 150m: 2:02.51 44.30	250m: 3:36.21 49.73	350m: 5:07.50 40.59		
100m: 1:18.21	42.57 200m: 2:46.48 43.97	300m: 4:26.91 50.70	400m: 5:47.35 39.85		
16. Alicja Mazur	08 UKS "Feniks" D bica	5:56.66	+0,77	+ 59.45 100%	382
50m: 35.65	35.65 150m: 2:07.21 48.12	250m: 3:43.71 50.29	350m: 5:15.43 41.99		
100m: 1:19.09	43.44 200m: 2:53.42 46.21	300m: 4:33.44 49.73	400m: 5:56.66 41.23		
17. Jagoda Pawlak	08 UKS Marato czyk Ostrów Wlkp.	6:01.17	+0,65	+ 1:03.96 104%	368
50m: 38.15	38.15 150m: 2:07.18 43.13	250m: 3:44.08 54.29	350m: 5:20.99 42.12		
100m: 1:24.05	45.90 200m: 2:49.79 42.61	300m: 4:38.87 54.79	400m: 6:01.17 40.18		

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18.	Natalia Broda	08	MTP Delfin Cieszyn				6:07.07	+0,76	+ 1:09.86	99%	351	
	50m:	38.24	38.24	150m:	2:13.17	48.64	250m:	3:48.64	48.12	350m:	5:24.95	46.19
	100m:	1:24.53	46.29	200m:	3:00.52	47.35	300m:	4:38.76	50.12	400m:	6:07.07	42.12
DYSKW.	Paulina Baran	08	UKS „Huragan” przy SP nr 45 w Sosnowcu									-
	(Czas: 19:04)											
DYSKW.	Marika Masierek	08	Toru Multisport Team									-
	(Czas: 19:04), Zmiana pozycji ciała po nawrocie w stylu klasycznym.											