

Konkurencja 19
09.12.2023 - 17:30

Dziewcz t, 400m dowolny

15 lat
Wyniki Finał

Rekord Polski 15 lat 4:08.60 Wiktoria Gu 01705 Pozna 2019

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	CR	Strata %	popr.	FINA
Finał A						
1. Wiktoria Gracjasz	08 UKS „Jasie ” Sucha Beskidzka	4:19.76	+0,74	110%	706	
50m: 29.88	29.88 150m: 1:35.50 32.96 250m: 2:41.48 32.97 350m: 3:48.15 33.29					
100m: 1:02.54	32.66 200m: 2:08.51 33.01 300m: 3:14.86 33.38 400m: 4:19.76 31.61					
2. Zofia Kondrasiuk	08 MKP Szczecin	4:19.97	+0,69	+ 0.21 106%	704	
50m: 29.83	29.83 150m: 1:35.24 33.04 250m: 2:41.96 33.38 350m: 3:48.44 32.74					
100m: 1:02.20	32.37 200m: 2:08.58 33.34 300m: 3:15.70 33.74 400m: 4:19.97 31.53					
3. Maria Łakoma	08 UKS SMS Galicja Kraków	4:24.71	+0,74	+ 4.95 105%	667	
50m: 29.77	29.77 150m: 1:35.35 32.95 250m: 2:42.51 33.95 350m: 3:51.08 34.46					
100m: 1:02.40	32.63 200m: 2:08.56 33.21 300m: 3:16.62 34.11 400m: 4:24.71 33.63					
4. Natalia Jakubczyk	08 CSiR MOS w D browie Górnicy	4:28.65	+0,69	+ 8.89 103%	638	
50m: 30.43	30.43 150m: 1:37.61 33.96 250m: 2:46.39 34.58 350m: 3:55.19 34.35					
100m: 1:03.65	33.22 200m: 2:11.81 34.20 300m: 3:20.84 34.45 400m: 4:28.65 33.46					
5. Zuzanna Łukasik	08 CSiR MOS w D browie Górnicy	4:33.31	+0,59	+ 13.55 101%	606	
50m: 31.92	31.92 150m: 1:40.67 34.63 250m: 2:50.21 34.87 350m: 3:59.68 34.49					
100m: 1:06.04	34.12 200m: 2:15.34 34.67 300m: 3:25.19 34.98 400m: 4:33.31 33.63					
6. Małgorzata Zieli ska	08 UKS abianka Gda sk	4:34.55	+0,69	+ 14.79 101%	597	
50m: 30.88	30.88 150m: 1:39.03 34.58 250m: 2:49.14 34.98 350m: 4:00.09 35.63					
100m: 1:04.45	33.57 200m: 2:14.16 35.13 300m: 3:24.46 35.32 400m: 4:34.55 34.46					
7. Maria Wrona	08 UKP Unia O wi cim	4:35.30	+0,72	+ 15.54 101%	593	
50m: 32.50	32.50 150m: 1:42.24 35.26 250m: 2:52.38 35.08 350m: 4:01.88 34.59					
100m: 1:06.98	34.48 200m: 2:17.30 35.06 300m: 3:27.29 34.91 400m: 4:35.30 33.42					
8. Julia Ja kowska	08 UKS MOS w Opolu	4:36.12	+0,75	+ 16.36 100%	587	
50m: 31.53	31.53 150m: 1:41.03 35.20 250m: 2:51.14 35.19 350m: 4:01.63 35.43					
100m: 1:05.83	34.30 200m: 2:15.95 34.92 300m: 3:26.20 35.06 400m: 4:36.12 34.49					
9. Maja Grzech	08 UKS abianka Gda sk	4:36.33	+0,85	+ 16.57 101%	586	
50m: 31.56	31.56 150m: 1:41.12 35.11 250m: 2:51.44 35.20 350m: 4:03.01 36.10					
100m: 1:06.01	34.45 200m: 2:16.24 35.12 300m: 3:26.91 35.47 400m: 4:36.33 33.32					
10. Jessika Wnuk	08 MKS Juwenia Wrocław	4:45.92	+0,68	+ 26.16 95%	529	
50m: 33.72	33.72 150m: 1:45.52 35.92 250m: 2:58.66 36.34 350m: 4:10.96 36.31					
100m: 1:09.60	35.88 200m: 2:22.32 36.80 300m: 3:34.65 35.99 400m: 4:45.92 34.96					
Finał B						
11. Amelia wi tek	08 WKS I sk	4:33.87	+0,74	+ 14.11 103%	602	
50m: 31.10	31.10 150m: 1:39.70 34.82 250m: 2:49.96 35.18 350m: 4:00.64 35.28					
100m: 1:04.88	33.78 200m: 2:14.78 35.08 300m: 3:25.36 35.40 400m: 4:33.87 33.23					
12. Gabriela Jałowicka	08 UKS SMS Galicja Kraków	4:36.29	+0,81	+ 16.53 103%	586	
50m: 31.57	31.57 150m: 1:41.24 34.87 250m: 2:50.41 34.50 350m: 4:00.76 35.41					
100m: 1:06.37	34.80 200m: 2:15.91 34.67 300m: 3:25.35 34.94 400m: 4:36.29 35.53					
13. Klaudia Kazanowska	08 KU AZS UMCS Lublin	4:36.99	+0,92	+ 17.23 101%	582	
50m: 31.18	31.18 150m: 1:39.24 34.59 250m: 2:49.98 35.46 350m: 4:01.70 35.97					
100m: 1:04.65	33.47 200m: 2:14.52 35.28 300m: 3:25.73 35.75 400m: 4:36.99 35.29					
14. Zuzanna Ornowska	08 UKP „Polonia Warszawa”	4:37.50	+0,74	+ 17.74 104%	579	
50m: 30.59	30.59 150m: 1:40.05 35.27 250m: 2:51.46 35.79 350m: 4:03.02 35.68					
100m: 1:04.78	34.19 200m: 2:15.67 35.62 300m: 3:27.34 35.88 400m: 4:37.50 34.48					
15. Kornelia Ferszt	08 KS „Górnicy” Sosnowiec	4:37.64	+0,66	+ 17.88 102%	578	
50m: 30.75	30.75 150m: 1:39.64 35.01 250m: 2:51.00 35.99 350m: 4:03.20 36.25					
100m: 1:04.63	33.88 200m: 2:15.01 35.37 300m: 3:26.95 35.95 400m: 4:37.64 34.44					
16. Zuzanna Kordek	08 Akademia Sms Racibórz	4:38.93	+0,77	+ 19.17 104%	570	
50m: 30.47	30.47 150m: 1:39.57 35.21 250m: 2:51.08 35.94 350m: 4:03.64 36.54					
100m: 1:04.36	33.89 200m: 2:15.14 35.57 300m: 3:27.10 36.02 400m: 4:38.93 35.29					
17. Miła Szpernalowska	08 CSiR MOS w D browie Górnicy	4:39.89	+0,72	+ 20.13 102%	564	
50m: 32.70	32.70 150m: 1:44.41 36.40 250m: 2:56.33 35.88 350m: 4:07.50 35.40					
100m: 1:08.01	35.31 200m: 2:20.45 36.04 300m: 3:32.10 35.77 400m: 4:39.89 32.39					

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Pozycja		Rok ur.					Czas	CR	Strata	% popr.	FINA	
18.	Julia Batyra	08	UKS SP5 Swim				4:43.77	+0,93	+ 24.01	101%	541	
	50m:	32.14	32.14	150m:	1:42.52	35.60	250m:	2:55.42	36.36	350m:	4:08.42	36.36
	100m:	1:06.92	34.78	200m:	2:19.06	36.54	300m:	3:32.06	36.64	400m:	4:43.77	35.35
19.	Zuzanna Letkiewicz	08	TP Zielona Góra				4:45.21	+0,54	+ 25.45	97%	533	
	50m:	31.24	31.24	150m:	1:40.97	35.54	250m:	2:54.80	37.20	350m:	4:08.97	36.83
	100m:	1:05.43	34.19	200m:	2:17.60	36.63	300m:	3:32.14	37.34	400m:	4:45.21	36.24
20.	Maria Tomaszewska	08	UKS "Olimp" Gorzów Wlkp.				4:47.21	+0,61	+ 27.45	98%	522	
	50m:	31.96	31.96	150m:	1:45.14	36.94	250m:	2:59.06	37.03	350m:	4:11.79	36.53
	100m:	1:08.20	36.24	200m:	2:22.03	36.89	300m:	3:35.26	36.20	400m:	4:47.21	35.42