



Letnie Mistrzostwa Polski Juniorów Młodszych 15 lat
O w i c i m, 13 - 15/7/2018



Konkurencja 11
13/7/2018 - 18:10

Dziewcz t, 400m zmienny

15 lat
Wyniki Finał

Rekord Polski 15 lat 4:45.38 Knop Aleksandra POL Lodz 25/5/2018

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.
Finał A									
1.	Knop Aleksandra		03	UKS 190 Łód				4:56.30	726
	50m: 30.59	30.59	150m: 1:43.63	37.55	250m: 3:03.53	43.28	350m: 4:22.04	34.60	
	100m: 1:06.08	35.49	200m: 2:20.25	36.62	300m: 3:47.44	43.91	400m: 4:56.30	34.26	
2.	Herbreder Gabriela		03	GIM 92 Ursynów Warszawa				5:00.81	694
	50m: 31.33	31.33	150m: 1:47.41	40.54	250m: 3:08.65	42.48	350m: 4:27.04	35.90	
	100m: 1:06.87	35.54	200m: 2:26.17	38.76	300m: 3:51.14	42.49	400m: 5:00.81	33.77	
3.	Nowak Maja		03	Ochota Warszawa				5:04.04	672
	50m: 32.38	32.38	150m: 1:49.71	39.49	250m: 3:12.55	44.71	350m: 4:31.26	34.94	
	100m: 1:10.22	37.84	200m: 2:27.84	38.13	300m: 3:56.32	43.77	400m: 5:04.04	32.78	
4.	Famulok Zuzanna		03	Aquatica Pawłowice				5:05.20	664
	50m: 31.65	31.65	150m: 1:48.53	40.31	250m: 3:11.41	44.11	350m: 4:31.69	35.44	
	100m: 1:08.22	36.57	200m: 2:27.30	38.77	300m: 3:56.25	44.84	400m: 5:05.20	33.51	
5.	Cynarska Weronika		03	Polonia Warszawa				5:06.32	657
	50m: 32.01	32.01	150m: 1:49.97	39.92	250m: 3:13.43	44.78	350m: 4:33.20	35.23	
	100m: 1:10.05	38.04	200m: 2:28.65	38.68	300m: 3:57.97	44.54	400m: 5:06.32	33.12	
6.	Maciejewska Beata		03	UKS SP-149 Łód				5:08.46	643
	50m: 33.18	33.18	150m: 1:51.00	40.01	250m: 3:14.82	44.78	350m: 4:34.05	35.24	
	100m: 1:10.99	37.81	200m: 2:30.04	39.04	300m: 3:58.81	43.99	400m: 5:08.46	34.41	
7.	Cynarska Natalia		03	Polonia Warszawa				5:15.41	602
	50m: 33.69	33.69	150m: 1:52.32	39.12	250m: 3:17.39	45.95	350m: 4:39.42	36.42	
	100m: 1:13.20	39.51	200m: 2:31.44	39.12	300m: 4:03.00	45.61	400m: 5:15.41	35.99	
8.	Tasak Aleksandra		03	SMS Galicja Kraków				5:24.61	552
	50m: 31.86	31.86	150m: 1:53.03	43.22	250m: 3:20.26	46.28	350m: 4:46.63	38.68	
	100m: 1:09.81	37.95	200m: 2:33.98	40.95	300m: 4:07.95	47.69	400m: 5:24.61	37.98	
Finał B									
9.	Mo d an Milena		03	Shark Rudna				5:15.55	601
	50m: 33.89	33.89	150m: 1:51.91	39.96	250m: 3:17.47	46.01	350m: 4:39.54	36.23	
	100m: 1:11.95	38.06	200m: 2:31.46	39.55	300m: 4:03.31	45.84	400m: 5:15.55	36.01	
10.	Cioch-Gradzik Wiktoria		03	Manta Kochłowice Ruda l.				5:16.11	598
	50m: 32.36	32.36	150m: 1:53.36	42.34	250m: 3:21.33	45.97	350m: 4:42.26	34.85	
	100m: 1:11.02	38.66	200m: 2:35.36	42.00	300m: 4:07.41	46.08	400m: 5:16.11	33.85	
11.	Dach Wiktoria		03	SMS Galicja Kraków				5:20.21	575
	50m: 31.58	31.58	150m: 1:52.14	43.14	250m: 3:18.62	44.18	350m: 4:42.59	38.63	
	100m: 1:09.00	37.42	200m: 2:34.44	42.30	300m: 4:03.96	45.34	400m: 5:20.21	37.62	
12.	Kostrzewska Maria		03	UKS 190 Łód				5:22.15	565
	50m: 33.92	33.92	150m: 1:56.72	42.93	250m: 3:25.68	47.24	350m: 4:48.04	35.88	
	100m: 1:13.79	39.87	200m: 2:38.44	41.72	300m: 4:12.16	46.48	400m: 5:22.15	34.11	
13.	Gancarz Julia		03	Ikar Mielec				5:22.20	564
	50m: 32.91	32.91	150m: 1:53.56	43.12	250m: 3:22.73	47.45	350m: 4:47.64	36.73	
	100m: 1:10.44	37.53	200m: 2:35.28	41.72	300m: 4:10.91	48.18	400m: 5:22.20	34.56	
14.	Sadlik Martyna		03	Unia O w i c i m				5:23.64	557
	50m: 32.90	32.90	150m: 1:54.52	44.35	250m: 3:21.83	44.97	350m: 4:46.75	39.19	
	100m: 1:10.17	37.27	200m: 2:36.86	42.34	300m: 4:07.56	45.73	400m: 5:23.64	36.89	
15.	Kulik Wiktoria		03	Kormoran Olsztyn				5:24.96	550
	50m: 33.10	33.10	150m: 1:55.57	43.80	250m: 3:24.50	47.22	350m: 4:49.38	37.00	
	100m: 1:11.77	38.67	200m: 2:37.28	41.71	300m: 4:12.38	47.88	400m: 5:24.96	35.58	

Obsługa zawodów: SMS SwimArt My lenice

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15/7/2018 18:44 - Strona 1





Konkurencja 11, Dziewcz t, 400m zmienny, Finał, 15 lat

Pozycja				Rok ur.					Czas	Pkt.		
16.	Sterniczuk Weronika				03	Piłka Konstantynów Łódzki				5:26.58	542	
	50m:	32.85	32.85	150m:	1:57.14	43.79	250m:	3:26.69	47.26	350m:	4:51.23	37.19
	100m:	1:13.35	40.50	200m:	2:39.43	42.29	300m:	4:14.04	47.35	400m:	5:26.58	35.35

