

2017 Główny Mistrzostwa Polski Seniorów i Młodzie ovców
Lublin, 18. - 21.5.2017

Konkurencja 17
19.05.2017 - 11:05

Kobiet, 400m zmienny

14 lat i starsi
Wyniki Eliminacje

Rekord Polski 4:36.95 BARANOWSKA Katarzyna 00116 Beijing (CHN) 09.08.2008

Punkty: FINA 2017

Pozycja			Wiek					Czas	Pkt.	CR
1.	RUTKOWSKA Agnieszka		16	Skalar Słupsk				4:58.34	711	+0,78
	50m: 32.55	32.55	150m: 1:47.96	38.04	250m: 3:07.77	42.12	350m: 4:24.48	34.68		
	100m: 1:09.92	37.37	200m: 2:25.65	37.69	300m: 3:49.80	42.03	400m: 4:58.34	33.86		
2.	UKOWSKA Paula		24	I sk Wrocław				5:00.82	694	+0,78
	50m: 31.09	31.09	150m: 1:45.20	38.30	250m: 3:07.47	44.43	350m: 4:26.93	35.06		
	100m: 1:06.90	35.81	200m: 2:23.04	37.84	300m: 3:51.87	44.40	400m: 5:00.82	33.89		
3.	KNOP Aleksandra		14	UKS 190 Łód				5:01.27	691	+0,52
	50m: 31.16	31.16	150m: 1:46.56	39.29	250m: 3:09.15	43.76	350m: 4:28.28	34.17		
	100m: 1:07.27	36.11	200m: 2:25.39	38.83	300m: 3:54.11	44.96	400m: 5:01.27	32.99		
4.	ADAMCZYK Julia SL		18	AZS UMCS Lublin				5:01.67	688	+0,75
	50m: 31.93	31.93	150m: 1:47.40	39.04	250m: 3:08.93	43.48	350m: 4:27.26	36.99		
	100m: 1:08.36	36.43	200m: 2:25.45	38.05	300m: 3:50.27	41.34	400m: 5:01.67	34.41		
5.	HALICKA Lidia		16	I sk Wrocław				5:01.81	687	+0,77
	50m: 31.53	31.53	150m: 1:47.32	39.18	250m: 3:08.34	41.90	350m: 4:27.12	36.72		
	100m: 1:08.14	36.61	200m: 2:26.44	39.12	300m: 3:50.40	42.06	400m: 5:01.81	34.69		
6.	SAMUŁA Wiktoria SL		18	AZS UMCS Lublin				5:04.71	667	+0,70
	50m: 31.37	31.37	150m: 1:49.32	41.32	250m: 3:10.58	41.44	350m: 4:29.32	37.19		
	100m: 1:08.00	36.63	200m: 2:29.14	39.82	300m: 3:52.13	41.55	400m: 5:04.71	35.39		
7.	WILCZEWSKA Aleksandra		15	Olimpia Lublin				5:04.84	667	
	50m: 32.94	32.94	150m: 1:49.10	38.34	250m: 3:10.77	44.01	350m: 4:31.14	36.00		
	100m: 1:10.76	37.82	200m: 2:26.76	37.66	300m: 3:55.14	44.37	400m: 5:04.84	33.70		
8.	DUJANI Iva		14	Gim 92 Ursynów W-wa				5:05.07	665	
	50m: 32.39	32.39	150m: 1:49.33	40.42	250m: 3:11.48	42.43	350m: 4:30.84	36.21		
	100m: 1:08.91	36.52	200m: 2:29.05	39.72	300m: 3:54.63	43.15	400m: 5:05.07	34.23		
9.	JANISZEWSKA Dominika		18	AZS AWF Warszawa				5:05.20	664	+0,86
	50m: 31.95	31.95	150m: 1:49.04	41.38	250m: 3:10.93	42.29	350m: 4:30.86	36.76		
	100m: 1:07.66	35.71	200m: 2:28.64	39.60	300m: 3:54.10	43.17	400m: 5:05.20	34.34		
10.	DZWONNIK Zuzana		17	AZS UŁ PŁ Łód				5:05.72	661	+0,58
	50m: 32.01	32.01	150m: 1:47.47	38.39	250m: 3:08.87	42.74	350m: 4:29.63	36.60		
	100m: 1:09.08	37.07	200m: 2:26.13	38.66	300m: 3:53.03	44.16	400m: 5:05.72	36.09		
11.	MUSIOŁ Wiktoria SO		19	Unia O wi cim				5:06.23	658	+0,74
	50m: 31.14	31.14	150m: 1:46.41	39.37	250m: 3:09.95	45.03	350m: 4:31.25	35.94		
	100m: 1:07.04	35.90	200m: 2:24.92	38.51	300m: 3:55.31	45.36	400m: 5:06.23	34.98		
12.	ZAWISZA Alina SO		17	Unia O wi cim				5:06.75	654	+0,73
	50m: 31.77	31.77	150m: 1:48.53	38.37	250m: 3:11.74	45.30	350m: 4:31.88	34.52		
	100m: 1:10.16	38.39	200m: 2:26.44	37.91	300m: 3:57.36	45.62	400m: 5:06.75	34.87		
13.	OSINIĄK Ewa SL		17	AZS UMCS Lublin				5:08.74	642	+0,74
	50m: 32.39	32.39	150m: 1:49.91	39.72	250m: 3:12.93	44.36	350m: 4:33.54	35.84		
	100m: 1:10.19	37.80	200m: 2:28.57	38.66	300m: 3:57.70	44.77	400m: 5:08.74	35.20		
14.	D BROWSKA Tatiana		15	UKS 190 Łód				5:09.50	637	+0,85
	50m: 32.06	32.06	150m: 1:51.22	42.17	250m: 3:14.48	43.88	350m: 4:35.23	36.36		
	100m: 1:09.05	36.99	200m: 2:30.60	39.38	300m: 3:58.87	44.39	400m: 5:09.50	34.27		
15.	MENDYK Adrianna		19	Wodnik Radom				5:10.76	629	+0,81
	50m: 32.27	32.27	150m: 1:48.19	38.83	250m: 3:12.14	44.80	350m: 4:34.44	36.72		
	100m: 1:09.36	37.09	200m: 2:27.34	39.15	300m: 3:57.72	45.58	400m: 5:10.76	36.32		
16.	RAJCA Olivia		15	UKS 190 Łód				5:11.10	627	
	50m: 32.88	32.88	150m: 1:51.95	40.77	250m: 3:16.77	45.03	350m: 4:38.05	35.72		
	100m: 1:11.18	38.30	200m: 2:31.74	39.79	300m: 4:02.33	45.56	400m: 5:11.10	33.05		
17.	W GRZYNOWSKA Aleksandra		16	I sk Wrocław				5:12.02	622	
	50m: 32.30	32.30	150m: 1:50.72	40.17	250m: 3:16.15	46.18	350m: 4:37.94	35.92		
	100m: 1:10.55	38.25	200m: 2:29.97	39.25	300m: 4:02.02	45.87	400m: 5:12.02	34.08		

2017 Główne Mistrzostwa Polski Seniorów i Młodzie owców
Lublin, 18. - 21.5.2017

Konkurencja 17, Kobiet, 400m zmienny, Eliminacje, 14 lat i starsi

Pozycja			Wiek					Czas	Pkt.	CR
18.	SAJECKA Zofia		19	Gim 92 Ursynów W-wa				5:12.28	620	+0,53
	50m: 32.61	32.61	150m: 1:49.77	38.99	250m: 3:14.32	44.66	350m: 4:35.99	36.30		
	100m: 1:10.78	38.17	200m: 2:29.66	39.89	300m: 3:59.69	45.37	400m: 5:12.28	36.29		
19.	KROSTA Emilia		15	Wodnik Siemianowice I.				5:14.07	609	+0,73
	50m: 32.63	32.63	150m: 1:52.40	41.56	250m: 3:17.91	43.05	350m: 4:38.79	35.45		
	100m: 1:10.84	38.21	200m: 2:34.86	42.46	300m: 4:03.34	45.43	400m: 5:14.07	35.28		
20.	SKORUPA Monika		18	Vega Dobrodzie				5:14.31	608	+0,58
	50m: 32.28	32.28	150m: 1:49.77	39.12	250m: 3:13.53	45.09	350m: 4:37.64	38.34		
	100m: 1:10.65	38.37	200m: 2:28.44	38.67	300m: 3:59.30	45.77	400m: 5:14.31	36.67		
21.	COCHÓR Izabela		16	Ostrobramska Warszawa				5:14.92	605	+0,71
	50m: 32.71	32.71	150m: 1:52.29	40.42	250m: 3:16.82	45.40	350m: 4:38.76	36.24		
	100m: 1:11.87	39.16	200m: 2:31.42	39.13	300m: 4:02.52	45.70	400m: 5:14.92	36.16		
22.	KOZŁOWSKA Anna		21	AZS AGH Kraków				5:15.32	602	+0,78
	50m: 31.79	31.79	150m: 1:51.50	41.95	250m: 3:16.35	44.71	350m: 4:39.16	37.11		
	100m: 1:09.55	37.76	200m: 2:31.64	40.14	300m: 4:02.05	45.70	400m: 5:15.32	36.16		
23.	BUKO Martyna		15	Medyk Gi ycko				5:16.94	593	+0,66
	50m: 32.16	32.16	150m: 1:51.80	39.74	250m: 3:17.41	45.78	350m: 4:40.85	36.40		
	100m: 1:12.06	39.90	200m: 2:31.63	39.83	300m: 4:04.45	47.04	400m: 5:16.94	36.09		
24.	RUSSEK Agata		14	oliborz Warszawa				5:17.11	592	+0,70
	50m: 31.86	31.86	150m: 1:53.17	43.50	250m: 3:19.40	43.72	350m: 4:41.40	37.55		
	100m: 1:09.67	37.81	200m: 2:35.68	42.51	300m: 4:03.85	44.45	400m: 5:17.11	35.71		
25.	KRYPA Marta		15	Manta W-wa Włochy				5:17.90	588	+0,67
	50m: 32.11	32.11	150m: 1:51.95	41.46	250m: 3:18.82	45.41	350m: 4:41.81	36.93		
	100m: 1:10.49	38.38	200m: 2:33.41	41.46	300m: 4:04.88	46.06	400m: 5:17.90	36.09		
26.	TERESKO Anna		20	MOS D browa Górnicza				5:18.78	583	+0,78
	50m: 33.30	33.30	150m: 1:52.79	41.94	250m: 3:19.61	46.33	350m: 4:43.11	36.30		
	100m: 1:10.85	37.55	200m: 2:33.28	40.49	300m: 4:06.81	47.20	400m: 5:18.78	35.67		
27.	MUDA Weronika SL		17	AZS UMCS Lublin				5:19.05	581	+0,68
	50m: 33.14	33.14	150m: 1:56.33	43.34	250m: 3:21.56	42.71	350m: 4:42.83	37.50		
	100m: 1:12.99	39.85	200m: 2:38.85	42.52	300m: 4:05.33	43.77	400m: 5:19.05	36.22		
28.	PISKORZ Aleksandra		16	Wodnik Siemianowice I.				5:20.44	574	+0,58
	50m: 32.33	32.33	150m: 1:53.25	41.40	250m: 3:16.87	43.82	350m: 4:42.47	40.63		
	100m: 1:11.85	39.52	200m: 2:33.05	39.80	300m: 4:01.84	44.97	400m: 5:20.44	37.97		
29.	PROCHOWNIK Olimpia SL		18	AZS UMCS Lublin				5:21.76	567	+0,74
	50m: 31.99	31.99	150m: 1:55.21	44.95	250m: 3:22.17	44.38	350m: 4:45.39	37.73		
	100m: 1:10.26	38.27	200m: 2:37.79	42.58	300m: 4:07.66	45.49	400m: 5:21.76	36.37		
30.	KUCHTA Maria		15	Dwójka Tczew				5:22.40	563	+0,81
	50m: 33.93	33.93	150m: 1:58.51	44.76	250m: 3:26.45	46.20	350m: 4:48.55	36.19		
	100m: 1:13.75	39.82	200m: 2:40.25	41.74	300m: 4:12.36	45.91	400m: 5:22.40	33.85		
31.	TERLECKA Anna		15	Wodnik Krasnystaw				5:22.42	563	+0,80
	50m: 32.58	32.58	150m: 1:56.53	45.09	250m: 3:23.75	45.34	350m: 4:46.81	37.72		
	100m: 1:11.44	38.86	200m: 2:38.41	41.88	300m: 4:09.09	45.34	400m: 5:22.42	35.61		
32.	URBANIAK Dominika		14	UKS 190 Łód				5:22.77	561	
	50m: 32.74	32.74	150m: 1:51.81	41.32	250m: 3:19.94	47.61	350m: 4:46.24	37.49		
	100m: 1:10.49	37.75	200m: 2:32.33	40.52	300m: 4:08.75	48.81	400m: 5:22.77	36.53		
33.	MOZOŁOWSKA Emilia		15	oliborz Warszawa				5:25.73	546	+0,80
	50m: 33.19	33.19	150m: 1:56.22	42.76	250m: 3:22.13	46.19	350m: 4:48.48	39.27		
	100m: 1:13.46	40.27	200m: 2:35.94	39.72	300m: 4:09.21	47.08	400m: 5:25.73	37.25		
34.	OSTROWSKA Kamila		16	MOS D browa Górnicza				5:27.81	536	+0,55
	50m: 34.24	34.24	150m: 1:55.89	41.43	250m: 3:22.80	46.33	350m: 4:49.46	39.74		
	100m: 1:14.46	40.22	200m: 2:36.47	40.58	300m: 4:09.72	46.92	400m: 5:27.81	38.35		
35.	LUTKIEWICZ Gabriela		14	Wisła Puławy				5:28.25	534	+0,72
	50m: 32.79	32.79	150m: 1:51.36	41.49	250m: 3:20.70	48.42	350m: 4:50.31	39.25		
	100m: 1:09.87	37.08	200m: 2:32.28	40.92	300m: 4:11.06	50.36	400m: 5:28.25	37.94		

2017 Główne Mistrzostwa Polski Seniorów i Młodzie owców
Lublin, 18. - 21.5.2017

Konkurencja 17, Kobiety, 400m zmienny, Eliminacje, 14 lat i starsi

Pozycja			Wiek				Czas				Pkt.	CR
36.	NOCO	Dominika	15	Manta Kochłowice Ruda I.			5:32.85	512	+0,61			
	50m:	33.26 33.26	150m:	1:54.81	42.37	250m:	3:26.05	49.26	350m:	4:53.30	38.97	
	100m:	1:12.44 39.18	200m:	2:36.79	41.98	300m:	4:14.33	48.28	400m:	5:32.85	39.55	
37.	KOŁODZIEJCZYK	Oliwia	14	Olimpia Lublin			5:38.02	489	+0,58			
	50m:	35.46 35.46	150m:	2:03.18	43.73	250m:	3:35.27	48.89	350m:	5:02.52	37.28	
	100m:	1:19.45 43.99	200m:	2:46.38	43.20	300m:	4:25.24	49.97	400m:	5:38.02	35.50	
38.	BIEGA	SKA Weronika	14	G-8 Bielany W-wa			5:43.68	465				
	50m:	34.72 34.72	150m:	2:00.86	42.96	250m:	3:33.26	47.97	350m:	5:02.31	39.23	
	100m:	1:17.90 43.18	200m:	2:45.29	44.43	300m:	4:23.08	49.82	400m:	5:43.68	41.37	
39.	GÓRAL	Paula	14	Dwójka Tczew			5:43.72	465				
	50m:	37.32 37.32	150m:	2:08.17	45.34	250m:	3:39.96	47.96	350m:	5:07.27	37.78	
	100m:	1:22.83 45.51	200m:	2:52.00	43.83	300m:	4:29.49	49.53	400m:	5:43.72	36.45	
40.	PIESKO	Martyna	14	Lublinianka			5:45.11	459	+0,67			
	50m:	34.13 34.13	150m:	1:59.98	42.53	250m:	3:33.24	51.17	350m:	5:04.30	40.40	
	100m:	1:17.45 43.32	200m:	2:42.07	42.09	300m:	4:23.90	50.66	400m:	5:45.11	40.81	
41.	TOPP	Zofia	14	G-8 Bielany W-wa			5:51.03	436	+0,79			
	50m:	34.83 34.83	150m:	2:02.98	44.60	250m:	3:39.52	52.05	350m:	5:12.43	39.79	
	100m:	1:18.38 43.55	200m:	2:47.47	44.49	300m:	4:32.64	53.12	400m:	5:51.03	38.60	
42.	FR	CKIEWICZ Emilia	14	Delfin Garwolin			6:31.94	313	+0,70			
	50m:	42.02 42.02	150m:	2:20.75	47.50	250m:	4:07.51	59.55	350m:	5:49.72	43.41	
	100m:	1:33.25 51.23	200m:	3:07.96	47.21	300m:	5:06.31	58.80	400m:	6:31.94	42.22	
PK	DRAGAN	Julia	13	Olimpia Lublin			5:38.93	485				
	<i>WYNIK LEPSZY OD REKORDU POLSKI NIEŚŁYSZ CYCH JUNIORÓW DO 14 LAT</i>											
	50m:	34.96 34.96	150m:	2:02.69	44.37	250m:	3:33.27	47.09	350m:	5:00.81	39.34	
	100m:	1:18.32 43.36	200m:	2:46.18	43.49	300m:	4:21.47	48.20	400m:	5:38.93	38.12	