

Zimowe Mistrzostwa Polski Seniorów i Młodzie owców  
Łód , 19. - 22.12.2017

Konkurencja 22

Kobiet, 400m dowolny

OPEN

20.12.2017 - 17:00

Wyniki Finał

Rekord Polski Open	4:05.77	BARZYCKA Paulina	00114	Gorzow	26.11.2005
Rekord Polski 14	4:13.34	KNOP Aleksandra	01605	Poznan	25.11.2017
Rekord Polski 15	4:11.12	KILIJA SKA Donata	00612	Lodz	21.11.2010
Rekord Polski 16	4:08.04	KILIJA SKA Donata	00612	Poznan	17.12.2011
Rekord Polski 17	4:08.04	KILIJA SKA Donata	00612	Pozna	17.12.2011
Rekord Polski 18	4:08.04	KILIJA SKA Donata	00612	Pozna	17.12.2011
Rekord Polski 19 - 23	4:05.77	BARZYCKA Paulina	00114	Gorzow	26.11.2005

Punkty: FINA 2017

Pozycja			Wiek				Czas				Pkt.	
<b>Finał A</b>												
1.	PIECHOTA Paulina		18	UKS 190 Łód				<b>4:07.14</b>				854
	<i>Rekord Polski 18 lat</i>											
	50m:	29.34	29.34	150m:	1:32.06	31.37	250m:	2:34.35	31.11	350m:	3:36.72	30.99
	100m:	1:00.69	31.35	200m:	2:03.24	31.18	300m:	3:05.73	31.38	400m:	4:07.14	30.42
2.	UKOWSKA Paula		24	AZS AWF Katowice				<b>4:07.67</b>				849
	50m:	29.69	29.69	150m:	1:32.76	31.44	250m:	2:35.55	31.32	350m:	3:37.62	30.85
	100m:	1:01.32	31.63	200m:	2:04.23	31.47	300m:	3:06.77	31.22	400m:	4:07.67	30.05
3.	KARPISZ Milena		20	KU AZS PŁ				<b>4:07.81</b>				847
	50m:	29.30	29.30	150m:	1:31.55	31.05	250m:	2:34.04	31.31	350m:	3:36.87	31.30
	100m:	1:00.50	31.20	200m:	2:02.73	31.18	300m:	3:05.57	31.53	400m:	4:07.81	30.94
4.	KNOP Aleksandra		14	UKS 190 Łód				<b>4:10.66</b>				819
	<i>Rekord Polski 14, 15 lat</i>											
	50m:	29.45	29.45	150m:	1:33.06	31.71	250m:	2:35.53	31.20	350m:	3:38.58	31.67
	100m:	1:01.35	31.90	200m:	2:04.33	31.27	300m:	3:06.91	31.38	400m:	4:10.66	32.08
5.	ANDRZEJEWSKA Kamila SL		18	Ku Azs Umcs Lublin				<b>4:15.73</b>				771
	50m:	30.64	30.64	150m:	1:35.07	32.43	250m:	2:39.74	32.35	350m:	3:44.90	32.46
	100m:	1:02.64	32.00	200m:	2:07.39	32.32	300m:	3:12.44	32.70	400m:	4:15.73	30.83
6.	MARGULA WERONIKA SSz		17	MKP Szczecin				<b>4:15.76</b>				770
	50m:	29.94	29.94	150m:	1:34.00	32.03	250m:	2:38.79	32.57	350m:	3:43.96	32.65
	100m:	1:01.97	32.03	200m:	2:06.22	32.22	300m:	3:11.31	32.52	400m:	4:15.76	31.80
7.	BARYŁA JULIA SSz		17	MKP Szczecin				<b>4:18.33</b>				748
	50m:	29.88	29.88	150m:	1:34.38	32.65	250m:	2:40.57	33.07	350m:	3:46.51	33.04
	100m:	1:01.73	31.85	200m:	2:07.50	33.12	300m:	3:13.47	32.90	400m:	4:18.33	31.82
8.	ZABOROWICZ Julia		16	K.S. Górnik Sosnowiec				<b>4:18.86</b>				743
	50m:	29.56	29.56	150m:	1:34.04	32.79	250m:	2:40.74	33.29	350m:	3:47.45	33.09
	100m:	1:01.25	31.69	200m:	2:07.45	33.41	300m:	3:14.36	33.62	400m:	4:18.86	31.41
9.	RAJCA Olivia		15	UKS 190 Łód				<b>4:23.70</b>				703
	50m:	31.68	31.68	150m:	1:38.08	33.34	250m:	2:44.81	33.32	350m:	3:51.66	33.41
	100m:	1:04.74	33.06	200m:	2:11.49	33.41	300m:	3:18.25	33.44	400m:	4:23.70	32.04
10.	ADAMCZYK Julia SL		18	Ku Azs Umcs Lublin				<b>4:24.38</b>				697
	50m:	29.83	29.83	150m:	1:35.85	33.23	250m:	2:43.32	33.80	350m:	3:51.46	34.17
	100m:	1:02.62	32.79	200m:	2:09.52	33.67	300m:	3:17.29	33.97	400m:	4:24.38	32.92
<b>Finał B</b>												
11.	JANKOWSKA Klaudia		19	Uks Gim92 Ursynów Warszawa				<b>4:17.28</b>				757
	50m:	29.84	29.84	150m:	1:35.18	32.58	250m:	2:40.35	32.26	350m:	3:45.22	32.53
	100m:	1:02.60	32.76	200m:	2:08.09	32.91	300m:	3:12.69	32.34	400m:	4:17.28	32.06

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Konkurencja 22, Kobiet, 400m dowolny, Finał, OPEN

Pozycja				Wiek				Czas	Pkt.
12.	GU	Wiktor		13	Delfin	Piotrków Trybunalski		<b>4:20.65</b>	728
	50m:	29.47	29.47	150m:	1:35.36	33.07	250m:	2:42.25	33.47
	100m:	1:02.29	32.82	200m:	2:08.78	33.42	300m:	3:15.70	33.45
							350m:	3:48.52	32.82
							400m:	4:20.65	32.13
13.	SZAFRA	SKA Julia Soc		17	KS KSZO	Ostrowiec w		<b>4:22.53</b>	712
	50m:	31.09	31.09	150m:	1:36.47	32.96	250m:	2:43.27	33.32
	100m:	1:03.51	32.42	200m:	2:09.95	33.48	300m:	3:16.86	33.59
							350m:	3:50.16	33.30
							400m:	4:22.53	32.37
14.	POGORZELSKA	Inez		17	UKS GOS	Raszyn		<b>4:23.40</b>	705
	50m:	30.37	30.37	150m:	1:36.44	33.36	250m:	2:43.47	33.31
	100m:	1:03.08	32.71	200m:	2:10.16	33.72	300m:	3:17.27	33.80
							350m:	3:51.11	33.84
							400m:	4:23.40	32.29
15.	BAKUNIAK	Hanna		21	MKP	Szczecin		<b>4:23.77</b>	702
	50m:	30.11	30.11	150m:	1:35.72	33.17	250m:	2:42.34	33.41
	100m:	1:02.55	32.44	200m:	2:08.93	33.21	300m:	3:16.21	33.87
							350m:	3:50.72	34.51
							400m:	4:23.77	33.05
16.	KLIMEK	Marta SO		14	UKP UNIA	O wi cim		<b>4:23.89</b>	701
	50m:	29.54	29.54	150m:	1:35.25	33.27	250m:	2:41.99	33.52
	100m:	1:01.98	32.44	200m:	2:08.47	33.22	300m:	3:15.33	33.34
							350m:	3:46.91	31.58
							400m:	4:23.89	36.98
17.	JASZCZUK	Ewa SOL		15	MTP	Kormoran Olsztyn		<b>4:24.84</b>	694
	50m:	30.64	30.64	150m:	1:36.83	33.39	250m:	2:43.97	33.71
	100m:	1:03.44	32.80	200m:	2:10.26	33.43	300m:	3:17.70	33.73
							350m:	3:51.72	34.02
							400m:	4:24.84	33.12
18.	WARDZI	SKA Martyna		19	AZS AWF	Warszawa		<b>4:26.80</b>	679
	50m:	30.72	30.72	150m:	1:37.44	33.60	250m:	2:45.91	34.25
	100m:	1:03.84	33.12	200m:	2:11.66	34.22	300m:	3:20.09	34.18
							350m:	3:54.08	33.99
							400m:	4:26.80	32.72
19.	KRAUZE	Alicja SO		16	Malborskie	WOPR		<b>4:27.43</b>	674
	50m:	30.91	30.91	150m:	1:38.67	34.20	250m:	2:46.35	33.71
	100m:	1:04.47	33.56	200m:	2:12.64	33.97	300m:	3:20.45	34.10
							350m:	3:54.17	33.72
							400m:	4:27.43	33.26
20.	KAWKA	Nina		14	Uks Gim92	Ursynów Warszawa		<b>4:28.16</b>	668
	50m:	30.50	30.50	150m:	1:37.98	33.77	250m:	2:46.47	34.21
	100m:	1:04.21	33.71	200m:	2:12.26	34.28	300m:	3:20.67	34.20
							350m:	3:55.01	34.34
							400m:	4:28.16	33.15