

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

Konkurencja 40  
22.12.2017 - 17:07

Kobiet, 400m zmienny

OPEN  
Wyniki Finał

Rekord Polski Open	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	16.12.2007
Rekord Polski 14	4:46.42	KNOP Aleksandra	01605	Lublin	03.03.2017
Rekord Polski 15	4:44.76	HALICKA Lidia		Olsztyn	02.12.2016
Rekord Polski 16	4:42.49	JEDRZEJCZAK Otylia	POL	Spała	18.12.1999
Rekord Polski 17	4:38.72	SZCZEPANIAK Karolina		Gorzów Wlkp.	29.11.2009
Rekord Polski 18	4:33.70	BARANOWSKA Katarzyna	POL	Trieste (ITA)	11.12.2005
Rekord Polski 19 - 23	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	16.12.2007

Punkty: FINA 2017

Pozycja	Wiek		Czas		Pkt.
<b>Finał A</b>					
1.	<b>UKOWSKA Paula</b>	<b>24</b>	<b>AZS AWF Katowice</b>	<b>4:36.11</b>	<b>829</b>
	50m: 30.27 30.27	150m: 1:40.35 35.84	250m: 2:54.40 39.39	350m: 4:05.43 31.54	
	100m: 1:04.51 34.24	200m: 2:15.01 34.66	300m: 3:33.89 39.49	400m: 4:36.11 30.68	
2.	<b>KNOP Aleksandra</b>	<b>14</b>	<b>UKS 190 Łód</b>	<b>4:43.77</b>	<b>764</b>
	<i>Rekord Polski 14, 15 lat</i>				
	50m: 30.33 30.33	150m: 1:39.68 34.95	250m: 2:55.56 41.59	350m: 4:11.36 32.44	
	100m: 1:04.73 34.40	200m: 2:13.97 34.29	300m: 3:38.92 43.36	400m: 4:43.77 32.41	
3.	<b>PARADOWSKA Kinga SB</b>	<b>16</b>	<b>MUKS Pi tnaстка Bydgoszcz</b>	<b>4:45.88</b>	<b>747</b>
	50m: 31.30 31.30	150m: 1:44.14 37.15	250m: 3:00.98 40.26	350m: 4:15.16 33.39	
	100m: 1:06.99 35.69	200m: 2:20.72 36.58	300m: 3:41.77 40.79	400m: 4:45.88 30.72	
4.	<b>HALICKA Lidia</b>	<b>16</b>	<b>WKS I sk Wrocław</b>	<b>4:47.44</b>	<b>735</b>
	50m: 30.49 30.49	150m: 1:41.73 36.05	250m: 2:57.87 40.08	350m: 4:13.13 34.82	
	100m: 1:05.68 35.19	200m: 2:17.79 36.06	300m: 3:38.31 40.44	400m: 4:47.44 34.31	
5.	<b>ADAMCZYK Julia SL</b>	<b>18</b>	<b>Ku Azs Umcs Lublin</b>	<b>4:49.98</b>	<b>716</b>
	50m: 30.27 30.27	150m: 1:42.59 37.24	250m: 3:00.22 40.67	350m: 4:16.47 34.85	
	100m: 1:05.35 35.08	200m: 2:19.55 36.96	300m: 3:41.62 41.40	400m: 4:49.98 33.51	
6.	<b>DUJANI Iva</b>	<b>14</b>	<b>Uks Gim92 Ursynów Warszawa</b>	<b>4:50.99</b>	<b>708</b>
	50m: 31.00 31.00	150m: 1:43.84 37.63	250m: 3:01.49 40.39	350m: 4:17.39 34.84	
	100m: 1:06.21 35.21	200m: 2:21.10 37.26	300m: 3:42.55 41.06	400m: 4:50.99 33.60	
7.	<b>WILCZEWSKA Aleksandra</b>	<b>15</b>	<b>Olimpia Lublin</b>	<b>4:53.29</b>	<b>692</b>
	50m: 31.40 31.40	150m: 1:44.62 37.41	250m: 3:03.05 41.89	350m: 4:19.80 35.12	
	100m: 1:07.21 35.81	200m: 2:21.16 36.54	300m: 3:44.68 41.63	400m: 4:53.29 33.49	
8.	<b>GU Wiktoria</b>	<b>13</b>	<b>Delfin Piotrków Trybunalski</b>	<b>4:55.20</b>	<b>678</b>
	50m: 31.10 31.10	150m: 1:44.97 37.69	250m: 3:03.81 41.69	350m: 4:22.48 35.24	
	100m: 1:07.28 36.18	200m: 2:22.12 37.15	300m: 3:47.24 43.43	400m: 4:55.20 32.72	
9.	<b>MUSIOŁ Wiktoria</b>	<b>19</b>	<b>AZS AWF Katowice</b>	<b>4:57.65</b>	<b>662</b>
	50m: 30.73 30.73	150m: 1:43.97 38.14	250m: 3:04.65 43.57	350m: 4:23.49 35.09	
	100m: 1:05.83 35.10	200m: 2:21.08 37.11	300m: 3:48.40 43.75	400m: 4:57.65 34.16	
10.	<b>W GRZYNOWSKA Aleksandra</b>	<b>16</b>	<b>WKS I sk Wrocław</b>	<b>4:58.76</b>	<b>655</b>
	50m: 31.63 31.63	150m: 1:46.94 38.05	250m: 3:08.23 43.45	350m: 4:26.09 34.30	
	100m: 1:08.89 37.26	200m: 2:24.78 37.84	300m: 3:51.79 43.56	400m: 4:58.76 32.67	
<b>Finał B</b>					
11.	<b>GRZEGORCZYK Izabella</b>	<b>24</b>	<b>K.S.Warta Pozna</b>	<b>4:58.90</b>	<b>654</b>
	50m: 31.70 31.70	150m: 1:47.03 37.75	250m: 3:07.76 43.87	350m: 4:25.31 33.53	
	100m: 1:09.28 37.58	200m: 2:23.89 36.86	300m: 3:51.78 44.02	400m: 4:58.90 33.59	

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Konkurencja 40, Kobiet, 400m zmienny, Finał, OPEN

Pozycja					Wiek					Czas	Pkt.	
12.	COCHÓR Izabela				16	MUKP Warszawianka Wodny Park				<b>5:00.01</b>	646	
	50m:	31.85	31.85	150m:	1:47.03	37.97	250m:	3:06.12	42.31	350m:	4:25.51	35.95
	100m:	1:09.06	37.21	200m:	2:23.81	36.78	300m:	3:49.56	43.44	400m:	5:00.01	34.50
13.	MENDYK Adrianna				19	Mks Wodnik Radom				<b>5:00.48</b>	643	
	50m:	31.44	31.44	150m:	1:45.96	37.52	250m:	3:06.94	43.43	350m:	4:26.23	35.26
	100m:	1:08.44	37.00	200m:	2:23.51	37.55	300m:	3:50.97	44.03	400m:	5:00.48	34.25
14.	KRYPA Marta				15	UKS Manta Warszawa Włochy				<b>5:00.79</b>	641	
	50m:	31.51	31.51	150m:	1:45.39	38.01	250m:	3:07.13	43.01	350m:	4:26.10	35.42
	100m:	1:07.38	35.87	200m:	2:24.12	38.73	300m:	3:50.68	43.55	400m:	5:00.79	34.69
15.	BANACZKOWSKA Aleksandra Soc				15	KS KSZO Ostrowiec w				<b>5:01.05</b>	640	
	50m:	33.65	33.65	150m:	1:51.59	40.03	250m:	3:10.89	39.93	350m:	4:27.23	36.22
	100m:	1:11.56	37.91	200m:	2:30.96	39.37	300m:	3:51.01	40.12	400m:	5:01.05	33.82
16.	CYNARSKA Natalia				14	UKP Polonia Warszawa				<b>5:01.85</b>	635	
	50m:	33.05	33.05	150m:	1:48.59	37.38	250m:	3:08.35	42.91	350m:	4:27.82	35.39
	100m:	1:11.21	38.16	200m:	2:25.44	36.85	300m:	3:52.43	44.08	400m:	5:01.85	34.03
17.	MACIEJEWSKA Beata				14	UKS SP 149 Łód				<b>5:02.09</b>	633	
	50m:	32.31	32.31	150m:	1:48.76	38.23	250m:	3:10.36	43.73	350m:	4:28.28	34.62
	100m:	1:10.53	38.22	200m:	2:26.63	37.87	300m:	3:53.66	43.30	400m:	5:02.09	33.81
18.	RAJCA Olivia				15	UKS 190 Łód				<b>5:03.54</b>	624	
	50m:	33.15	33.15	150m:	1:51.86	40.92	250m:	3:13.82	42.99	350m:	4:31.52	34.29
	100m:	1:10.94	37.79	200m:	2:30.83	38.97	300m:	3:57.23	43.41	400m:	5:03.54	32.02
19.	GANCARZ Julia				14	MKS Ikar Mielec				<b>5:06.70</b>	605	
	50m:	32.04	32.04	150m:	1:48.28	39.28	250m:	3:12.32	44.53	350m:	4:32.31	34.77
	100m:	1:09.00	36.96	200m:	2:27.79	39.51	300m:	3:57.54	45.22	400m:	5:06.70	34.39
20.	TERESKO Anna				20	CSIR MOS D browa Górnicza				<b>5:09.08</b>	591	
	50m:	31.99	31.99	150m:	1:49.33	40.32	250m:	3:12.92	44.60	350m:	4:34.16	35.75
	100m:	1:09.01	37.02	200m:	2:28.32	38.99	300m:	3:58.41	45.49	400m:	5:09.08	34.92