



Liga SMS 2015/16 - I runda
Ostrowiec Św., 27,28 listopada 2015r



Konkurencja 11
27-11-2015 - 18:02

Kobiet, 400m zmienny

Open
Wyniki

Rek Polski Seniorów	4:31.89	Baranowska Katarzyna	MKSZC	Debrecen (HUN)	16-12-2007
Rek Polski Jun. 18-lat	4:33.70	Baranowska Katarzyna	MKSZC	Trieste (ITA)	11-12-2005
Rek Polski Jun. 17-lat	4:38.72	Szczepaniak Karolina	AZWAR	Gorzów Wlkp.	29-11-2009
Rek Polski Jun. 16-lat	4:42.49	Jędrzejczak Otylia	PAKAT	Spała	01-12-1999
Rek Polski Jun. 15-lat	4:45.72	Szpucha Katarzyna	OLALE	Ciechanów	11-03-2011
Rek Polski Jun.14-lat	4:53.86	Sieńczyk Jowita	ZABIA	Poznań	18-12-2011
Rek Okręgu Świąt. Jun.14-lat	5:05.50	Wólek Oliwia SOc	KSOST	Ostrowiec Św.	14-11-2015

Punkty: FINA 2014

Pozycja	Rok ur.										Czas	Pkt.	
1.	Sieńczyk Jowita SK				97	SMS Kraków					4:47.83	744	27,00
	50m:	30.22	30.22	150m:	1:41.47	36.27	250m:	2:58.32	40.83	350m:	4:14.15	34.30	
	100m:	1:05.20	34.98	200m:	2:17.49	36.02	300m:	3:39.85	41.53	400m:	4:47.83	33.68	
2.	Gus Julia SB				99	SMS Bydgoszcz					4:50.37	724	25,00
	50m:	31.25	31.25	150m:	1:43.09	36.60	250m:	2:59.72	41.40	350m:	4:16.43	35.03	
	100m:	1:06.49	35.24	200m:	2:18.32	35.23	300m:	3:41.40	41.68	400m:	4:50.37	33.94	
3.	Adamczyk Julia				99	SMS Lublin					4:53.79	699	24,00
	50m:	31.39	31.39	150m:	1:44.23	37.27	250m:	3:03.34	42.30	350m:	4:20.13	34.47	
	100m:	1:06.96	35.57	200m:	2:21.04	36.81	300m:	3:45.66	42.32	400m:	4:53.79	33.66	
4.	Nita Anna				97	SMS Wrocław					4:57.95	671	23,00
	50m:	32.27	32.27	150m:	1:47.26	38.89	250m:	3:08.20	43.59	350m:	4:25.47	33.30	
	100m:	1:08.37	36.10	200m:	2:24.61	37.35	300m:	3:52.17	43.97	400m:	4:57.95	32.48	
5.	Wólek Oliwia SOc				01	SMS Ostrowiec Św					5:00.78	652	22,00
	Rekord Okręgu Świąt. Juniorów 14-lat												
	50m:	32.66	32.66	150m:	1:48.56	38.76	250m:	3:09.61	42.61	350m:	4:27.96	35.18	
	100m:	1:09.80	37.14	200m:	2:27.00	38.44	300m:	3:52.78	43.17	400m:	5:00.78	32.82	
6.	Samuła Wiktoria				99	SMS Lublin					5:01.00	650	21,00
	50m:	32.09	32.09	150m:	1:49.32	40.19	250m:	3:09.22	39.51	350m:	4:27.39	35.90	
	100m:	1:09.13	37.04	200m:	2:29.71	40.39	300m:	3:51.49	42.27	400m:	5:01.00	33.61	
7.	Mendyk Adrianna SO				98	SMS Oświęcim					5:01.47	647	20,00
	50m:	31.74	31.74	150m:	1:45.82	37.57	250m:	3:06.05	42.65	350m:	4:25.58	36.87	
	100m:	1:08.25	36.51	200m:	2:23.40	37.58	300m:	3:48.71	42.66	400m:	5:01.47	35.89	
8.	Majszutowicz Paulina				98	SMS Szczecin					5:02.66	640	19,00
	50m:	32.44	32.44	150m:	1:52.07	42.23	250m:	3:12.99	39.72	350m:	4:29.07	35.43	
	100m:	1:09.84	37.40	200m:	2:33.27	41.20	300m:	3:53.64	40.65	400m:	5:02.66	33.59	
9.	Szatanek Julia				99	SMS Szczecin					5:04.17	630	18,00
	50m:	32.39	32.39	150m:	1:49.10	39.14	250m:	3:10.84	42.99	350m:	4:30.31	35.34	
	100m:	1:09.96	37.57	200m:	2:27.85	38.75	300m:	3:54.97	44.13	400m:	5:04.17	33.86	
10.	Koral Julia SR				98	SMS Racibórz					5:04.82	626	17,00
	50m:	33.02	33.02	150m:	1:49.56	38.35	250m:	3:09.83	42.20	350m:	4:30.11	37.26	
	100m:	1:11.21	38.19	200m:	2:27.63	38.07	300m:	3:52.85	43.02	400m:	5:04.82	34.71	
11.	Pająk Liliana				99	SMS Zielona Góra					5:05.55	622	16,00
	50m:	33.02	33.02	150m:	1:49.57	38.01	250m:	3:10.54	43.77	350m:	4:30.53	35.96	
	100m:	1:11.56	38.54	200m:	2:26.77	37.20	300m:	3:54.57	44.03	400m:	5:05.55	35.02	
12.	Filipek Jagoda				99	SMS Wrocław					5:07.96	607	15,00
	50m:	32.15	32.15	150m:	1:47.74	38.81	250m:	3:10.28	43.70	350m:	4:30.97	36.81	
	100m:	1:08.93	36.78	200m:	2:26.58	38.84	300m:	3:54.16	43.88	400m:	5:07.96	36.99	
13.	Zawisza Alina				00	SMS Oświęcim					5:08.91	602	14,00
	50m:	33.54	33.54	150m:	1:50.39	38.28	250m:	3:14.00	45.92	350m:	4:34.39	35.27	
	100m:	1:12.11	38.57	200m:	2:28.08	37.69	300m:	3:59.12	45.12	400m:	5:08.91	34.52	
14.	Prochownik Olimpia SO				99	SMS Oświęcim					5:09.43	599	-
	50m:	32.82	32.82	150m:	1:52.11	42.20	250m:	3:14.46	41.92	350m:	4:34.04	36.90	
	100m:	1:09.91	37.09	200m:	2:32.54	40.43	300m:	3:57.14	42.68	400m:	5:09.43	35.39	



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Konkurencja 11, Kobiety, 400m zmienny, Open

Pozycja			Rok ur.							Czas	Pkt.	
15.	Czaja Barbara SK		99	SMS Kraków						5:10.37	593	13,00
	50m: 32.58 32.58	150m: 1:51.15 39.76	250m: 3:15.11 43.86	350m: 4:35.87 35.48								
	100m: 1:11.39 38.81	200m: 2:31.25 40.10	300m: 4:00.39 45.28	400m: 5:10.37 34.50								
16.	Mendowska Paulina		97	SMS Poznań						5:12.88	579	12,00
	50m: 32.01 32.01	150m: 1:49.12 40.05	250m: 3:14.07 44.63	350m: 4:36.46 37.68								
	100m: 1:09.07 37.06	200m: 2:29.44 40.32	300m: 3:58.78 44.71	400m: 5:12.88 36.42								
17.	Bajura Marta SR		98	SMS Racibórz						5:16.19	561	11,00
	50m: 33.12 33.12	150m: 1:52.22 40.25	250m: 3:16.56 44.84	350m: 4:39.41 37.58								
	100m: 1:11.97 38.85	200m: 2:31.72 39.50	300m: 4:01.83 45.27	400m: 5:16.19 36.78								
18.	Tomaszek Aleksandra		00	SMS Warszawa						5:18.48	549	10,00
	50m: 34.59 34.59	150m: 1:56.82 42.38	250m: 3:19.18 40.76	350m: 4:40.99 38.94								
	100m: 1:14.44 39.85	200m: 2:38.42 41.60	300m: 4:02.05 42.87	400m: 5:18.48 37.49								
19.	Tomoń Martyna SOc		00	SMS Ostrowiec Św						5:19.52	544	9,00
	50m: 33.78 33.78	150m: 1:53.94 41.45	250m: 3:20.27 45.56	350m: 4:43.32 37.28								
	100m: 1:12.49 38.71	200m: 2:34.71 40.77	300m: 4:06.04 45.77	400m: 5:19.52 36.20								
20.	Bieniecka Natalia		01	SMS Warszawa						5:19.68	543	8,00
	50m: 34.12 34.12	150m: 1:55.64 41.86	250m: 3:20.10 43.77	350m: 4:43.23 38.40								
	100m: 1:13.78 39.66	200m: 2:36.33 40.69	300m: 4:04.83 44.73	400m: 5:19.68 36.45								
21.	Jaszczuk Ewa SOL		02	SMS Olsztyn						5:22.62	528	7,00
	50m: 33.66 33.66	150m: 1:56.15 42.52	250m: 3:23.23 45.96	350m: 4:47.18 37.12								
	100m: 1:13.63 39.97	200m: 2:37.27 41.12	300m: 4:10.06 46.83	400m: 5:22.62 35.44								
22.	Sikora Adrianna SK		99	SMS Kraków						5:22.99	526	-
	50m: 35.22 35.22	150m: 1:54.41 40.27	250m: 3:19.93 45.48	350m: 4:45.68 38.91								
	100m: 1:14.14 38.92	200m: 2:34.45 40.04	300m: 4:06.77 46.84	400m: 5:22.99 37.31								
23.	Łosak Wiktoria SK		98	SMS Kraków						5:25.83	513	-
	50m: 33.94 33.94	150m: 1:55.75 42.33	250m: 3:23.97 46.49	350m: 4:48.78 37.41								
	100m: 1:13.42 39.48	200m: 2:37.48 41.73	300m: 4:11.37 47.40	400m: 5:25.83 37.05								
24.	Śmiechowska Patrycja		02	SMS Warszawa						5:37.92	459	-
	50m: 36.76 36.76	150m: 2:04.53 43.34	250m: 3:31.53 43.68	350m: 4:58.42 40.88								
	100m: 1:21.19 44.43	200m: 2:47.85 43.32	300m: 4:17.54 46.01	400m: 5:37.92 39.50								
25.	Matracka Anastazja SOc		02	SMS Ostrowiec Św						5:55.61	394	-
	50m: 36.61 36.61	150m: 2:05.11 44.49	250m: 3:41.28 51.44	350m: 5:14.92 41.58								
	100m: 1:20.62 44.01	200m: 2:49.84 44.73	300m: 4:33.34 52.06	400m: 5:55.61 40.69								