



Mistrzostwa Polski Juniorów 15-lat
Ostrowiec w., 14-16 grudnia 2018r



Konkurencja 11
14-12-2018 - 11:27

Dziewcz t, 400m zmienny

15 lat
Wyniki Eliminacje

Rek Polski Seniorów	4:31.89	Baranowska Katarzyna	MKSZC	Debrecen (HUN)	16-12-2007
Rek Polski Jun. 15-lat	4:41.20	Knop Aleksandra	190LOD	Łód	10-11-2018

Punkty: FINA 2017

Pozycja					CR	Czas	Pkt.	
1.	Knop Aleksandra	UKS 190 Łód		+0,62	4:49.52	719	A	
	50m: 30.15	30.15	150m: 1:41.35	36.65	250m: 2:59.08	42.03	350m: 4:16.35	34.07
	100m: 1:04.70	34.55	200m: 2:17.05	35.70	300m: 3:42.28	43.20	400m: 4:49.52	33.17
2.	Herbreder Gabriela	Gim-92 Ursynów W-wa		+0,58	4:58.05	659	A	
	50m: 30.93	30.93	150m: 1:46.52	39.02	250m: 3:05.68	40.94	350m: 4:23.55	35.38
	100m: 1:07.50	36.57	200m: 2:24.74	38.22	300m: 3:48.17	42.49	400m: 4:58.05	34.50
3.	Cynarska Weronika	UKP Polonia Warszawa		+0,52	4:59.26	651	A	
	50m: 31.78	31.78	150m: 1:47.25	38.00	250m: 3:08.29	42.98	350m: 4:26.38	34.55
	100m: 1:09.25	37.47	200m: 2:25.31	38.06	300m: 3:51.83	43.54	400m: 4:59.26	32.88
4.	Famulok Zuzanna	Aquatica Pawłowice		+0,71	4:59.73	648	A	
	50m: 31.07	31.07	150m: 1:46.85	39.83	250m: 3:08.20	42.52	350m: 4:25.98	34.72
	100m: 1:07.02	35.95	200m: 2:25.68	38.83	300m: 3:51.26	43.06	400m: 4:59.73	33.75
5.	Nowak Maja	AZS AWF Warszawa		+0,80	4:59.85	647	A	
	50m: 32.02	32.02	150m: 1:45.59	36.46	250m: 3:08.05	44.93	350m: 4:26.24	33.72
	100m: 1:09.13	37.11	200m: 2:23.12	37.53	300m: 3:52.52	44.47	400m: 4:59.85	33.61
6.	Maciejewska Beata	SP-149 Łód		+0,59	5:00.14	646	A	
	50m: 33.79	33.79	150m: 1:48.25	38.64	250m: 3:08.81	41.73	350m: 4:26.40	33.50
	100m: 1:09.61	35.82	200m: 2:27.08	38.83	300m: 3:52.90	44.09	400m: 5:00.14	33.74
7.	Mo d an Milena	UKS Shark Rudna		+0,62	5:02.60	630	A	
	50m: 32.25	32.25	150m: 1:47.30	38.07	250m: 3:08.04	42.54	350m: 4:27.71	34.96
	100m: 1:09.23	36.98	200m: 2:25.50	38.20	300m: 3:52.75	44.71	400m: 5:02.60	34.89
8.	Cioch-Gradzik Wiktoria	Manta Kochłowice Ruda I		+0,76	5:05.02	615	A	
	50m: 34.64	34.64	150m: 1:51.12	39.85	250m: 3:15.02	44.76	350m: 4:31.29	33.03
	100m: 1:11.27	36.63	200m: 2:30.26	39.14	300m: 3:58.26	43.24	400m: 5:05.02	33.73
9.	Cynarska Natalia	UKP Polonia Warszawa		+0,65	5:05.98	609	A	
	50m: 33.58	33.58	150m: 1:48.24	36.81	250m: 3:10.32	44.25	350m: 4:31.63	36.08
	100m: 1:11.43	37.85	200m: 2:26.07	37.83	300m: 3:55.55	45.23	400m: 5:05.98	34.35
10.	Sterniczuk Weronika	Pi tka Konstanyńów Łódzki		+0,75	5:12.00	575	A	
	50m: 31.90	31.90	150m: 1:50.32	40.57	250m: 3:15.44	45.24	350m: 4:36.65	36.36
	100m: 1:09.75	37.85	200m: 2:30.20	39.88	300m: 4:00.29	44.85	400m: 5:12.00	35.35
11.	Dach Wiktoria	SMS Galicja Kraków		+0,70	5:13.00	569	B	
	50m: 31.31	31.31	150m: 1:48.65	40.92	250m: 3:12.71	43.11	350m: 4:36.40	38.97
	100m: 1:07.73	36.42	200m: 2:29.60	40.95	300m: 3:57.43	44.72	400m: 5:13.00	36.60
12.	Budzi ska Paulina	MMKS K dzierzyn-Ko le		+0,62	5:14.03	564	B	
	50m: 36.07	36.07	150m: 1:56.94	41.18	250m: 3:19.97	42.24	350m: 4:38.68	35.79
	100m: 1:15.76	39.69	200m: 2:37.73	40.79	300m: 4:02.89	42.92	400m: 5:14.03	35.35
13.	Kostrzewska Maria	UKS 190 Łód		+0,75	5:14.37	562	B	
	50m: 33.61	33.61	150m: 1:53.37	41.32	250m: 3:19.19	45.05	350m: 4:40.51	35.15
	100m: 1:12.05	38.44	200m: 2:34.14	40.77	300m: 4:05.36	46.17	400m: 5:14.37	33.86
14.	Domoradzka Aleksandra	Olimpijczyk Suwałki		+0,63	5:15.79	554	B	
	50m: 33.03	33.03	150m: 1:52.60	41.01	250m: 3:18.13	44.70	350m: 4:40.62	37.51
	100m: 1:11.59	38.56	200m: 2:33.43	40.83	300m: 4:03.11	44.98	400m: 5:15.79	35.17
15.	Sadlik Martyna	Unia O wi cim		+0,85	5:16.87	548	B	
	50m: 33.20	33.20	150m: 1:53.56	42.21	250m: 3:18.00	43.10	350m: 4:40.72	38.24
	100m: 1:11.35	38.15	200m: 2:34.90	41.34	300m: 4:02.48	44.48	400m: 5:16.87	36.15
16.	Kołodziejczyk Oliwia	Olimpia Lublin		+0,71	5:17.88	543	B	
	50m: 33.45	33.45	150m: 1:52.92	40.87	250m: 3:18.65	45.85	350m: 4:42.16	37.07
	100m: 1:12.05	38.60	200m: 2:32.80	39.88	300m: 4:05.09	46.44	400m: 5:17.88	35.72



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

Pozycja								CR	Czas	Pkt.	
17.	Skrzypiec Nika			Juvenia Wrocław				+0,62	5:20.98	528	B
	50m: 33.29	33.29	150m: 1:53.89	41.10	250m: 3:19.43	45.22	350m: 4:44.00	38.04			
	100m: 1:12.79	39.50	200m: 2:34.21	40.32	300m: 4:05.96	46.53	400m: 5:20.98	36.98			
18.	Słowik Martyna			IKS Konstancin				+0,72	5:22.91	518	B
	50m: 33.13	33.13	150m: 1:53.61	39.92	250m: 3:21.52	46.86	350m: 4:46.72	36.37			
	100m: 1:13.69	40.56	200m: 2:34.66	41.05	300m: 4:10.35	48.83	400m: 5:22.91	36.19			
19.	Jodłowska Zuzanna			SMS Galicja Kraków				+0,77	5:23.28	516	B
	50m: 33.41	33.41	150m: 1:54.88	41.46	250m: 3:20.95	46.16	350m:				
	100m: 1:13.42	40.01	200m: 2:34.79	39.91	300m: 4:06.92	45.97	400m: 5:23.28				
20.	Ptaszy ska Weronika			Unia O wi cim				+0,68	5:25.49	506	B
	50m: 33.36	33.36	150m: 1:55.66	43.79	250m: 3:24.63	45.57	350m: 4:49.37	37.14			
	100m: 1:11.87	38.51	200m: 2:39.06	43.40	300m: 4:12.23	47.60	400m: 5:25.49	36.12			
21.	Góral Paula			Dwójka Tczew				+0,65	5:26.80	500	R
	50m: 34.86	34.86	150m: 1:58.63	42.58	250m: 3:28.46	46.84	350m: 4:51.37	35.74			
	100m: 1:16.05	41.19	200m: 2:41.62	42.99	300m: 4:15.63	47.17	400m: 5:26.80	35.43			
22.	Oliwa Laura			Vega Dobrodzie				+0,68	5:28.55	492	R
	50m: 34.11	34.11	150m: 1:55.22	41.99	250m: 3:26.57	49.36	350m: 4:52.21	36.80			
	100m: 1:13.23	39.12	200m: 2:37.21	41.99	300m: 4:15.41	48.84	400m: 5:28.55	36.34			
23.	Niewiadomska Nikola			Manta Kochłowice Ruda I				+0,90	5:29.22	489	
	50m: 34.27	34.27	150m: 1:57.65	43.52	250m: 3:26.81	47.28	350m: 4:51.80	37.15			
	100m: 1:14.13	39.86	200m: 2:39.53	41.88	300m: 4:14.65	47.84	400m: 5:29.22	37.42			
24.	Witek Aleksandra			abianka Gda sk				+0,67	5:30.03	485	
	50m: 34.32	34.32	150m: 1:57.40	42.10	250m: 3:26.81	46.69	350m: 4:52.17	37.64			
	100m: 1:15.30	40.98	200m: 2:40.12	42.72	300m: 4:14.53	47.72	400m: 5:30.03	37.86			
25.	Krywiel Karolina			SMS Victoria Racibórz				+0,70	5:30.84	482	
	50m: 37.73	37.73	150m: 2:01.94	41.51	250m: 3:29.72	47.63	350m: 4:55.59	38.57			
	100m: 1:20.43	42.70	200m: 2:42.09	40.15	300m: 4:17.02	47.30	400m: 5:30.84	35.25			
26.	Kumor Aleksandra			Unia O wi cim				+0,64	5:31.54	479	
	50m: 35.37	35.37	150m: 1:58.86	42.84	250m: 3:29.21	48.67	350m: 4:55.48	37.60			
	100m: 1:16.02	40.65	200m: 2:40.54	41.68	300m: 4:17.88	48.67	400m: 5:31.54	36.06			
27.	W sik Julia			Unia O wi cim				+0,82	5:32.86	473	
	50m: 34.36	34.36	150m: 1:56.73	43.17	250m: 3:25.54	47.40	350m: 4:54.58	39.63			
	100m: 1:13.56	39.20	200m: 2:38.14	41.41	300m: 4:14.95	49.41	400m: 5:32.86	38.28			
28.	Fr ckiewicz Emilia			Delfin Garwolin				+0,60	5:44.61	426	
	50m: 38.15	38.15	150m: 2:06.73	44.35	250m: 3:39.03	47.39	350m: 5:06.96	38.64			
	100m: 1:22.38	44.23	200m: 2:51.64	44.91	300m: 4:28.32	49.29	400m: 5:44.61	37.65			

DYSKW. Kulik Wiktoria Kormoran Olsztyn

K6 - nierównoczesne ruchy ramion