



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



Konkurencja 11  
14-12-2018 - 18:39

Dziewcz t, 400m zmienny

15 lat  
Wyniki Finał

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.
<b>Finał A</b>								
1.	Knop Aleksandra		UKS 190 Łód			+0,62	<b>4:46.72</b>	741
	50m: 29.60	29.60	150m: 1:40.12	36.56	250m: 2:58.13	42.00	350m: 4:13.84	33.29
	100m: 1:03.56	33.96	200m: 2:16.13	36.01	300m: 3:40.55	42.42	400m: 4:46.72	32.88
2.	Nowak Maja		AZS AWF Warszawa			+0,78	<b>4:53.78</b>	688
	50m: 31.31	31.31	150m: 1:44.68	37.40	250m: 3:05.48	43.89	350m: 4:21.58	33.38
	100m: 1:07.28	35.97	200m: 2:21.59	36.91	300m: 3:48.20	42.72	400m: 4:53.78	32.20
3.	Herbreder Gabriela		Gim-92 Ursynów W-wa			+0,46	<b>4:54.16</b>	686
	50m: 30.56	30.56	150m: 1:46.69	39.88	250m: 3:07.07	41.22	350m: 4:23.04	34.11
	100m: 1:06.81	36.25	200m: 2:25.85	39.16	300m: 3:48.93	41.86	400m: 4:54.16	31.12
4.	Famulok Zuzanna		Aquatica Pawłowice			+0,68	<b>4:54.44</b>	684
	50m: 30.31	30.31	150m: 1:44.32	38.94	250m: 3:04.88	42.63	350m: 4:22.42	34.66
	100m: 1:05.38	35.07	200m: 2:22.25	37.93	300m: 3:47.76	42.88	400m: 4:54.44	32.02
5.	Cynarska Weronika		UKP Polonia Warszawa			+0,72	<b>4:56.39</b>	670
	50m: 31.84	31.84	150m: 1:48.22	38.64	250m: 3:08.10	42.03	350m: 4:24.03	33.97
	100m: 1:09.58	37.74	200m: 2:26.07	37.85	300m: 3:50.06	41.96	400m: 4:56.39	32.36
6.	Maciejewska Beata		SP-149 Łód			+0,75	<b>4:59.15</b>	652
	50m: 32.50	32.50	150m: 1:47.71	38.45	250m: 3:08.41	42.79	350m: 4:25.48	34.24
	100m: 1:09.26	36.76	200m: 2:25.62	37.91	300m: 3:51.24	42.83	400m: 4:59.15	33.67
7.	Mo d an Milena		UKS Shark Rudna			+0,72	<b>5:03.19</b>	626
	50m: 31.97	31.97	150m: 1:46.89	37.87	250m: 3:08.25	43.81	350m: 4:28.18	35.07
	100m: 1:09.02	37.05	200m: 2:24.44	37.55	300m: 3:53.11	44.86	400m: 5:03.19	35.01
8.	Cioch-Gradzik Wiktoria		Manta Kochłowice Ruda I			+0,75	<b>5:07.39</b>	601
	50m: 33.29	33.29	150m: 1:51.28	40.19	250m: 3:15.57	44.41	350m: 4:34.14	33.97
	100m: 1:11.09	37.80	200m: 2:31.16	39.88	300m: 4:00.17	44.60	400m: 5:07.39	33.25
9.	Cynarska Natalia		UKP Polonia Warszawa			+0,66	<b>5:07.45</b>	601
	50m: 33.94	33.94	150m: 1:49.49	36.94	250m: 3:13.11	45.12	350m: 4:33.97	35.22
	100m: 1:12.55	38.61	200m: 2:27.99	38.50	300m: 3:58.75	45.64	400m: 5:07.45	33.48
10.	Sterniczuk Weronika		Pi tka Konstanyńów Łódzki			+0,80	<b>5:12.91</b>	570
	50m: 31.89	31.89	150m: 1:51.30	41.24	250m: 3:16.49	45.02	350m: 4:37.64	36.08
	100m: 1:10.06	38.17	200m: 2:31.47	40.17	300m: 4:01.56	45.07	400m: 5:12.91	35.27
<b>Finał B</b>								
11.	Kostrzewska Maria		UKS 190 Łód			+0,79	<b>5:08.00</b>	597
	50m: 33.16	33.16	150m: 1:52.51	40.85	250m: 3:16.08	43.70	350m: 4:35.39	34.90
	100m: 1:11.66	38.50	200m: 2:32.38	39.87	300m: 4:00.49	44.41	400m: 5:08.00	32.61
12.	Dach Wiktoria		SMS Galicja Kraków			+0,70	<b>5:08.39</b>	595
	50m: 31.41	31.41	150m: 1:49.58	41.34	250m: 3:12.06	41.95	350m: 4:33.31	37.60
	100m: 1:08.24	36.83	200m: 2:30.11	40.53	300m: 3:55.71	43.65	400m: 5:08.39	35.08
13.	Sadlik Martyna		Unia O wi cim			+0,84	<b>5:09.35</b>	590
	50m: 33.10	33.10	150m: 1:52.57	42.25	250m: 3:15.72	42.16	350m: 4:35.09	36.30
	100m: 1:10.32	37.22	200m: 2:33.56	40.99	300m: 3:58.79	43.07	400m: 5:09.35	34.26
14.	Słowik Martyna		IKS Konstancin			+0,75	<b>5:12.61</b>	571
	50m: 33.13	33.13	150m: 1:51.07	40.11	250m: 3:15.49	45.00	350m: 4:37.49	35.92
	100m: 1:10.96	37.83	200m: 2:30.49	39.42	300m: 4:01.57	46.08	400m: 5:12.61	35.12
15.	Domoradzka Aleksandra		Olimpijczyk Suwałki			+0,60	<b>5:15.05</b>	558
	50m: 34.97	34.97	150m: 1:56.10	41.29	250m: 3:20.07	43.45	350m: 4:40.02	36.40
	100m: 1:14.81	39.84	200m: 2:36.62	40.52	300m: 4:03.62	43.55	400m: 5:15.05	35.03



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Pozycja							CR	Czas	Pkt.
16.	Kołodziejczyk Oliwia		Olimpia Lublin				+0,59	<b>5:17.33</b>	546
	50m: 31.74 31.74	150m: 1:50.27 41.23	250m: 3:16.88 45.92	350m: 4:41.01 37.19					
	100m: 1:09.04 37.30	200m: 2:30.96 40.69	300m: 4:03.82 46.94	400m: 5:17.33 36.32					
17.	Skrzypiec Nika		Juvenia Wrocław				+0,67	<b>5:17.86</b>	543
	50m: 34.06 34.06	150m: 1:55.57 41.56	250m: 3:20.08 44.25	350m: 4:42.41 36.81					
	100m: 1:14.01 39.95	200m: 2:35.83 40.26	300m: 4:05.60 45.52	400m: 5:17.86 35.45					
18.	Budzińska Paulina		MMKS Kędzierzyn-Koźle				+0,62	<b>5:19.85</b>	533
	50m: 34.48 34.48	150m: 1:57.00 41.90	250m: 3:21.48 43.44	350m: 4:43.39 37.66					
	100m: 1:15.10 40.62	200m: 2:38.04 41.04	300m: 4:05.73 44.25	400m: 5:19.85 36.46					
19.	Jodłowska Zuzanna		SMS Galicja Kraków				+0,72	<b>5:23.93</b>	513
	50m: 33.74 33.74	150m: 1:55.94 41.45	250m: 3:22.71 46.22	350m: 4:46.97 38.48					
	100m: 1:14.49 40.75	200m: 2:36.49 40.55	300m: 4:08.49 45.78	400m: 5:23.93 36.96					
20.	Ptaszyńska Weronika		Unia Opole				+0,69	<b>5:32.50</b>	475
	50m: 33.76 33.76	150m: 1:58.00 44.16	250m: 3:28.02 46.84	350m: 4:54.60 38.60					
	100m: 1:13.84 40.08	200m: 2:41.18 43.18	300m: 4:16.00 47.98	400m: 5:32.50 37.90					