Event 11 | Girls, 400m Medley | 14 years
06-12-2019 - 18:39 | Results Finals

Rek Polski Seniorów	4:31.89	Baranowska Katarzyna	MKSZC	Debrecen (HUN)	16-12-2007
Rek Polski Juniorów 14-lat	4:43.77	Knop Aleksandra	190LOD	Łódź	22-12-2017

Points: FINA 2018

Rank									RT	Time	Pts
Final A											
1.	Lubinska Alicja				Unia Oswiecim				+0,51	**5:00.26**	641
	50m: 31.21	31.21	150m: 1:46.71	39.22	250m: 3:05.99	41.51	350m: 4:25.51	36.23			
	100m: 1:07.49	36.28	200m: 2:24.48	37.77	300m: 3:49.28	43.29	400m: 5:00.26	34.75			
2.	Szalast Karolina				Tri-Team Rumia				+0,79	**5:02.22**	628
	50m: 32.89	32.89	150m: 1:48.07	37.62	250m: 3:09.79	44.70	350m: 4:29.54	34.79			
	100m: 1:10.45	37.56	200m: 2:25.09	37.02	300m: 3:54.75	44.96	400m: 5:02.22	32.68			
3.	Slabosz Emilia				Wodnik 29 Tychy				+0,58	**5:08.30**	592
	50m: 32.70	32.70	150m: 1:49.21	37.89	250m: 3:11.84	45.82	350m: 4:34.67	36.53			
	100m: 1:11.32	38.62	200m: 2:26.02	36.81	300m: 3:58.14	46.30	400m: 5:08.30	33.63			
4.	Burdyn Dominika				AZS UMCS Lublin				+0,68	**5:09.15**	587
	50m: 31.22	31.22	150m: 1:48.65	39.62	250m: 3:12.44	45.35	350m: 4:34.79	36.45			
	100m: 1:09.03	37.81	200m: 2:27.09	38.44	300m: 3:58.34	45.90	400m: 5:09.15	34.36			
5.	Cicha Aleksandra				SMS Galicja Krakow				+0,72	**5:11.27**	575
	50m: 33.35	33.35	150m: 1:51.64	39.76	250m: 3:15.75	45.10	350m: 4:36.97	35.47			
	100m: 1:11.88	38.53	200m: 2:30.65	39.01	300m: 4:01.50	45.75	400m: 5:11.27	34.30			
6.	Sedlak Alicja				Pietnastka Bydgoszcz				+0,71	**5:12.66**	568
	50m: 32.24	32.24	150m: 1:52.48	41.64	250m: 3:16.06	42.53	350m: 4:37.55	37.42			
	100m: 1:10.84	38.60	200m: 2:33.53	41.05	300m: 4:00.13	44.07	400m: 5:12.66	35.11			
7.	Urbanska Patrycja				Jedynka Lodz				+0,64	**5:15.24**	554
	50m: 33.47	33.47	150m: 1:53.34	39.88	250m: 3:16.72	44.30	350m: 4:39.74	36.06			
	100m: 1:13.46	39.99	200m: 2:32.42	39.08	300m: 4:03.68	46.96	400m: 5:15.24	35.50			
8.	Jakubik Julia				Unia Oswiecim				+0,75	**5:16.61**	547
	50m: 33.21	33.21	150m: 1:54.02	40.40	250m: 3:17.94	45.18	350m: 4:40.77	37.09			
	100m: 1:13.62	40.41	200m: 2:32.76	38.74	300m: 4:03.68	45.74	400m: 5:16.61	35.84			
9.	Koral Milena				KS Gornik Radlin				+0,72	**5:16.63**	546
	50m: 32.87	32.87	150m: 1:50.97	39.98	250m: 3:16.88	46.22	350m: 4:40.48	36.86			
	100m: 1:10.99	38.12	200m: 2:30.66	39.69	300m: 4:03.62	46.74	400m: 5:16.63	36.15			
10.	Michalska Julia				Korona-Swim Kielce					**5:20.07**	529
	50m: 34.53	34.53	150m: 1:56.68	41.33	250m: 3:23.56	47.24	350m: 4:45.50	35.20			
	100m: 1:15.35	40.82	200m: 2:36.32	39.64	300m: 4:10.30	46.74	400m: 5:20.07	34.57			
Final B											
11.	Luszczewska Emilia				Juvenia Bialystok				+0,75	**5:21.44**	522
	50m: 33.94	33.94	150m: 1:55.36	39.90	250m: 3:22.34	47.10	350m: 4:45.72	36.82			
	100m: 1:15.46	41.52	200m: 2:35.24	39.88	300m: 4:08.90	46.56	400m: 5:21.44	35.72			
12.	Samoraj Oliwia				MKS Piaseczno				+0,61	**5:21.84**	520
	50m: 33.00	33.00	150m: 1:55.63	42.50	250m: 3:23.16	46.76	350m: 4:47.60	37.13			
	100m: 1:13.13	40.13	200m: 2:36.40	40.77	300m: 4:10.47	47.31	400m: 5:21.84	34.24			
13.	Zieba Anastazja				Delfin Torun				+0,62	**5:24.06**	510
	50m: 32.68	32.68	150m: 1:56.29	44.06	250m: 3:24.56	46.27	350m: 4:47.70	37.09			
	100m: 1:12.23	39.55	200m: 2:38.29	42.00	300m: 4:10.61	46.05	400m: 5:24.06	36.36			
14.	Rapkiewicz Natalia				SMS Galicja Krakow				+0,78	**5:26.37**	499
	50m: 33.22	33.22	150m: 1:55.59	43.81	250m: 3:23.74	45.98	350m: 4:48.88	39.07			
	100m: 1:11.78	38.56	200m: 2:37.76	42.17	300m: 4:09.81	46.07	400m: 5:26.37	37.49			
15.	Bukowska Olga				Palac Mlodziezy Katowice				+0,67	**5:28.68**	488
	50m: 33.84	33.84	150m: 1:58.81	43.80	250m: 3:26.67	45.96	350m: 4:52.36	38.21			
	100m: 1:15.01	41.17	200m: 2:40.71	41.90	300m: 4:14.15	47.48	400m: 5:28.68	36.32			

Event 11, Girls, 400m Medley, Final, 14 years

Rank											RT	Time	Pts
16.	Zarzeczna Olga				Posnania Poznan						+0,81	**5:29.76**	484
	50m:	36.53	36.53	150m:	2:02.02	42.63	250m:	3:28.92	44.93	350m:		4:52.79	38.26
	100m:	1:19.39	42.86	200m:	2:43.99	41.97	300m:	4:14.53	45.61	400m:		5:29.76	36.97
17.	Motor Magdalena				Sokol Rzeszow						+0,79	**5:31.84**	475
	50m:	35.82	35.82	150m:	2:02.18	43.87	250m:	3:32.59	47.96	350m:		4:56.55	36.07
	100m:	1:18.31	42.49	200m:	2:44.63	42.45	300m:	4:20.48	47.89	400m:		5:31.84	35.29
18.	Sosnowka Oliwia				Fala Krasnik						+0,65	**5:33.86**	466
	50m:	33.66	33.66	150m:	1:57.64	45.31	250m:	3:27.22	45.99	350m:		4:56.01	39.69
	100m:	1:12.33	38.67	200m:	2:41.23	43.59	300m:	4:16.32	49.10	400m:		5:33.86	37.85
19.	Kryza Maja				Unia Oswiecim							**5:42.10**	433
	50m:	36.38	36.38	150m:	2:02.35	43.20	250m:	3:33.56	48.53	350m:		5:03.88	40.28
	100m:	1:19.15	42.77	200m:	2:45.03	42.68	300m:	4:23.60	50.04	400m:		5:42.10	38.22
DSQ	Koprowska Kinga				SP 63 Bydgoszcz								
	K14 - praca nóg w płaszczyźnie pionowej w dół												