Konkurencja 40 | Kobiet, 400m zmienny | Open
21-12-2014 - 16:05 | Wyniki Finał

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

Punkty: FINA 2014

Pozycja			Rok ur.			Czas	Pkt.

Finał A

1. Tchórz Alicja — 92 — JUVENIA Wrocław — **4:42.10** — 790

50m:	29.20	29.20	150m:	1:39.06	36.19	250m:	2:54.53	39.87	350m:	4:08.64	33.75
100m:	1:02.87	33.67	200m:	2:14.66	35.60	300m:	3:34.89	40.36	400m:	4:42.10	33.46

2. Sieńczyk Jowita SK — 97 — ŻAK Biała Podlaska — **4:45.58** — 762

50m:	29.68	29.68	150m:	1:40.91	36.53	250m:	2:57.37	41.01	350m:	4:12.50	33.80
100m:	1:04.38	34.70	200m:	2:16.36	35.45	300m:	3:38.70	41.33	400m:	4:45.58	33.08

3. Piechota Paulina — 99 — UKS 190 Łódź — **4:47.86** — 744

50m:	30.86	30.86	150m:	1:42.71	36.81	250m:	3:00.18	41.44	350m:	4:15.45	33.65
100m:	1:05.90	35.04	200m:	2:18.74	36.03	300m:	3:41.80	41.62	400m:	4:47.86	32.41

4. Adamczyk Julia — 99 — MTP Lublinianka — **4:51.74** — 714

50m:	31.63	31.63	150m:	1:45.10	37.35	250m:	3:04.06	42.86	350m:	4:19.75	33.15
100m:	1:07.75	36.12	200m:	2:21.20	36.10	300m:	3:46.60	42.54	400m:	4:51.74	31.99

5. Okaj Oliwia — 96 — ŚLĄSK Wrocław — **4:52.58** — 708

50m:	31.02	31.02	150m:	1:43.60	37.09	250m:	3:02.62	42.12	350m:	4:19.39	34.59
100m:	1:06.51	35.49	200m:	2:20.50	36.90	300m:	3:44.80	42.18	400m:	4:52.58	33.19

6. Sproska Magdalena SK — 97 — ZRYW Opole — **4:54.30** — 696

50m:	30.94	30.94	150m:	1:44.42	37.97	250m:	3:03.56	41.16	350m:	4:20.96	34.38
100m:	1:06.45	35.51	200m:	2:22.40	37.98	300m:	3:46.58	43.02	400m:	4:54.30	33.34

7. Zbrojewska Michalina SSz — 96 — Piątka Konstantynów Łódzki — **4:55.04** — 691

50m:	31.19	31.19	150m:	1:46.62	38.17	250m:	3:05.37	39.31	350m:	4:21.10	34.48
100m:	1:08.45	37.26	200m:	2:26.06	39.44	300m:	3:46.62	41.25	400m:	4:55.04	33.94

8. Musioł Wiktoria SO — 98 — UNIA Oświęcim — **4:55.91** — 685

50m:	31.12	31.12	150m:	1:44.24	37.74	250m:	3:05.54	43.88	350m:	4:22.85	34.27
100m:	1:06.50	35.38	200m:	2:21.66	37.42	300m:	3:48.58	43.04	400m:	4:55.91	33.06

9. Sajecka Zofia — 98 — Gim-92 Ursynów W-wa — **4:56.41** — 681

50m:	31.72	31.72	150m:	1:45.91	37.35	250m:	3:04.54	41.83	350m:	4:22.26	34.96
100m:	1:08.56	36.84	200m:	2:22.71	36.80	300m:	3:47.30	42.76	400m:	4:56.41	34.15

10. Giedzicz Katarzyna — 98 — Juvenia Białystok — **5:09.49** — 598

50m:	32.45	32.45	150m:	1:49.74	40.56	250m:	3:13.98	44.33	350m:	4:34.40	36.55
100m:	1:09.18	36.73	200m:	2:29.65	39.91	300m:	3:57.85	43.87	400m:	5:09.49	35.09

Finał B

11. Filipek Jagoda — 99 — ŚLĄSK Wrocław — **5:05.03** — 625

50m:	31.62	31.62	150m:	1:48.36	39.66	250m:	3:10.96	43.04	350m:	4:31.57	36.33
100m:	1:08.70	37.08	200m:	2:27.92	39.56	300m:	3:55.24	44.28	400m:	5:05.03	33.46

12. Mendyk Adrianna SO — 98 — Wodnik Radom — **5:05.21** — 624

50m:	31.40	31.40	150m:	1:47.06	38.33	250m:	3:09.27	43.56	350m:	4:29.06	35.26
100m:	1:08.73	37.33	200m:	2:25.71	38.65	300m:	3:53.80	44.53	400m:	5:05.21	36.15

13. Teresko Anna — 97 — MOS Dąbrowa Grn — **5:07.21** — 612

50m:	33.37	33.37	150m:	1:51.18	39.84	250m:	3:14.54	44.62	350m:	4:33.56	34.70
100m:	1:11.34	37.97	200m:	2:29.92	38.74	300m:	3:58.86	44.32	400m:	5:07.21	33.65

14. Iwanowska Alexandra — 00 — JUVENIA Wrocław — **5:07.26** — 611

50m:	33.13	33.13	150m:	1:54.28	41.45	250m:	3:16.45	41.72	350m:	4:33.70	34.78
100m:	1:12.83	39.70	200m:	2:34.73	40.45	300m:	3:58.92	42.47	400m:	5:07.26	33.56

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

Pozycja		Rok ur.		Czas	Pkt.
15.	Prochownik Olimpia SO	99	UNIA Oświęcim	**5:07.47**	610
	50m: 33.19 33.19	150m: 1:53.70 41.74	250m: 3:14.89 40.42	350m: 4:32.76	36.77
	100m: 1:11.96 38.77	200m: 2:34.47 40.77	300m: 3:55.99 41.10	400m: 5:07.47	34.71
16.	Urbańska Karolina	92	AZS AWF Warszawa	**5:08.09**	606
	50m: 32.99 32.99	150m: 1:50.04 38.20	250m: 3:11.80 43.38	350m: 4:32.80	36.18
	100m: 1:11.84 38.85	200m: 2:28.42 38.38	300m: 3:56.62 44.82	400m: 5:08.09	35.29
17.	Gotowska Weronika	00	G-8 Bielany Warszawa	**5:09.77**	597
	50m: 33.07 33.07	150m: 1:49.75 39.38	250m: 3:13.41 45.00	350m: 4:34.50	35.02
	100m: 1:10.37 37.30	200m: 2:28.41 38.66	300m: 3:59.48 46.07	400m: 5:09.77	35.27
18.	Śliwińska Marta	97	MOS Dąbrowa Grn	**5:14.13**	572
	50m: 32.46 32.46	150m: 1:51.27 41.34	250m: 3:17.01 45.14	350m: 4:39.12	36.43
	100m: 1:09.93 37.47	200m: 2:31.87 40.60	300m: 4:02.69 45.68	400m: 5:14.13	35.01
19.	Tomoń Martyna	00	KS KSZO Ostrowiec	**5:16.83**	558
	50m: 33.40 33.40	150m: 1:54.25 41.86	250m: 3:20.06 44.65	350m: 4:41.51	36.48
	100m: 1:12.39 38.99	200m: 2:35.41 41.16	300m: 4:05.03 44.97	400m: 5:16.83	35.32
20.	Kruszewska Kaja	00	Juvenia Białystok	**5:18.23**	550
	50m: 33.38 33.38	150m: 1:55.58 43.14	250m: 3:21.65 44.60	350m: 4:43.70	37.60
	100m: 1:12.44 39.06	200m: 2:37.05 41.47	300m: 4:06.10 44.45	400m: 5:18.23	34.53