

Mistrzostwa Polski Seniorów  
Młodzie owców, Juniorów 17-18 lat  
Ostrowiec w., 18-22 grudnia 2019r



Konkurencja 43  
22-12-2019 - 17:27

Kobiet, 1500m dowolny

Open/Senior  
Wyniki

Rekord Polski Seniorów	16:08.78	Piechota Paulina	190LOD	Łód	21-12-2017
Rek.Polski Młodzie owców	16:08.78	Piechota Paulina	190LOD	Łód	21-12-2017
Rek.Polski Jun.18-lat	16:08.78	Piechota Paulina	190LOD	Łód	21-12-2017
Rek.Polski Jun.17-lat	16:14.02	Piechota Paulina	190LOD	Lublin	19-12-2015
Rek.Polski Jun.16-lat	16:14.02	Piechota Paulina	190LOD	Lublin	19-12-2015
Rek.Polski Jun.15-lat	16:16.38	Kilija ska Donata	KSOST	Szczecin	01-12-2010
Rek.Polski Jun.14-lat	16:23.78	Knop Aleksandra	190LOD	Łód	21-12-2017

Minimum ME Budapeszt Open: 16:03.04

Punkty: FINA 2019

Pozycja		Rok ur.			Czas	Pkt.
1.	Piechota Paulina	99	UKS 190 Łód		<b>15:56.62</b>	<b>888</b>
	<i>Rekord Polski Seniorów, Minimum ME Budapeszt, Rekord Polski Młodzie owców</i>					
	100m: 1:01.88	1:01.88	500m: 5:16.41	1:03.18	900m: 9:30.96	1:03.60
	200m: 2:05.84	1:03.96	600m: 6:19.77	1:03.36	1000m: 10:35.01	1:04.05
	300m: 3:09.69	1:03.85	700m: 7:23.44	1:03.67	1100m: 11:39.00	1:03.99
	400m: 4:13.23	1:03.54	800m: 8:27.36	1:03.92	1200m: 12:43.41	1:04.41
1500m:	15:56.62 1:03.51					
2.	Tarasiewicz Klaudia	04	UKP Polonia Warszawa		<b>16:38.05</b>	<b>782</b>
	100m: 1:03.46	1:03.46	500m: 5:30.93	1:07.52	900m: 9:54.08	1:06.74
	200m: 2:09.54	1:06.08	600m: 6:36.66	1:05.73	1000m: 11:01.20	1:07.12
	300m: 3:16.52	1:06.98	700m: 7:41.36	1:04.70	1100m: 12:08.27	1:07.07
	400m: 4:23.41	1:06.89	800m: 8:47.34	1:05.98	1200m: 13:15.92	1:07.65
1500m:	16:38.05 1:06.91					
3.	Nita Daria	01	KS Korona Kraków		<b>16:52.43</b>	<b>749</b>
	100m: 1:02.86	1:02.86	500m: 5:30.49	1:07.41	900m: 10:02.69	1:08.29
	200m: 2:09.19	1:06.33	600m: 6:37.65	1:07.16	1000m: 11:10.58	1:07.89
	300m: 3:16.10	1:06.91	700m: 7:45.82	1:08.17	1100m: 12:18.37	1:07.79
	400m: 4:23.08	1:06.98	800m: 8:54.40	1:08.58	1200m: 13:27.61	1:09.24
1500m:	16:52.43 1:07.39					
4.	Kuchta Maria	02	UKS Dwójka Tczew		<b>17:18.90</b>	<b>693</b>
	100m: 1:05.23	1:05.23	500m: 5:42.18	1:09.92	900m: 10:23.42	1:09.82
	200m: 2:13.77	1:08.54	600m: 6:52.53	1:10.35	1000m: 11:34.05	1:10.63
	300m: 3:22.71	1:08.94	700m: 8:03.15	1:10.62	1100m: 12:43.71	1:09.66
	400m: 4:32.26	1:09.55	800m: 9:13.60	1:10.45	1200m: 13:53.01	1:09.30
1500m:	17:18.90 1:06.25					
5.	Nowak Maja	03	AZS AWF Warszawa		<b>17:25.12</b>	<b>681</b>
	100m: 1:06.22	1:06.22	500m: 5:42.94	1:09.61	900m: 10:23.51	1:10.42
	200m: 2:15.22	1:09.00	600m: 6:52.68	1:09.74	1000m: 11:34.33	1:10.82
	300m: 3:24.02	1:08.80	700m: 8:02.66	1:09.98	1100m: 12:44.52	1:10.19
	400m: 4:33.33	1:09.31	800m: 9:13.09	1:10.43	1200m: 13:55.03	1:10.51
1500m:	17:25.12 1:09.09					
6.	roda Dominika	02	MKP Szczecin		<b>17:27.66</b>	<b>676</b>
	100m: 1:05.47	1:05.47	500m: 5:41.11	1:09.24	900m: 10:22.36	1:10.82
	200m: 2:14.06	1:08.59	600m: 6:50.97	1:09.86	1000m: 11:33.65	1:11.29
	300m: 3:22.80	1:08.74	700m: 8:01.09	1:10.12	1100m: 12:44.72	1:11.07
	400m: 4:31.87	1:09.07	800m: 9:11.54	1:10.45	1200m: 13:55.45	1:10.73
1500m:	17:27.66 1:09.98					
7.	Szl k Katarzyna	02	KU AZS Politechniki Łódzkiej		<b>17:35.59</b>	<b>661</b>
	100m: 1:04.74	1:04.74	500m: 5:42.64	1:09.15	900m: 10:25.08	1:11.79
	200m: 2:14.26	1:09.52	600m: 6:52.01	1:09.37	1000m: 11:37.23	1:12.15
	300m: 3:24.10	1:09.84	700m: 8:02.16	1:10.15	1100m: 12:49.15	1:11.92
	400m: 4:33.49	1:09.39	800m: 9:13.29	1:11.13	1200m: 14:00.82	1:11.67
1500m:	17:35.59 1:09.61					
8.	Bednarek Aleksandra	98	UKS SP-149 Łód		<b>17:48.65</b>	<b>637</b>
	100m: 1:06.55	1:06.55	500m: 5:44.36	1:10.14	900m: 10:32.82	1:11.81
	200m: 2:15.43	1:08.88	600m: 6:55.72	1:11.36	1000m: 11:46.19	1:13.37
	300m: 3:24.34	1:08.91	700m: 8:07.62	1:11.90	1100m: 12:58.06	1:11.87
	400m: 4:34.22	1:09.88	800m: 9:21.01	1:13.39	1200m: 14:11.01	1:12.95
1500m:	17:48.65 1:11.55					
9.	Dom ol Zuzanna	02	Włóknierz 1925 Kalisz		<b>17:52.62</b>	<b>630</b>
	100m: 1:06.52	1:06.52	500m: 5:50.42	1:11.39	900m: 10:38.80	1:12.39
	200m: 2:16.50	1:09.98	600m: 7:02.30	1:11.88	1000m: 11:51.53	1:12.73
	300m: 3:27.86	1:11.36	700m: 8:14.35	1:12.05	1100m: 13:04.33	1:12.80
	400m: 4:39.03	1:11.17	800m: 9:26.41	1:12.06	1200m: 14:17.00	1:12.67
1500m:	17:52.62 1:11.43					

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Młodzie ovców, Juniorów 17-18 lat  
Ostrowiec w., 18-22 grudnia 2019r



Konkurencja 43, Kobiet, 1500m dowolny, Open/Senior

Pozycja			Rok ur.				Czas		Pkt.
10.	Kaczor Natalia		01 UKS Junior Kluczbork				<b>17:54.45</b>		<b>627</b>
	100m:	1:06.14 1:06.14	500m:	5:52.55 1:11.65	900m:	10:41.37 1:12.73	1300m:	15:31.15 1:12.55	
	200m:	2:17.21 1:11.07	600m:	7:04.60 1:12.05	1000m:	11:54.22 1:12.85	1400m:	16:44.30 1:13.15	
	300m:	3:28.87 1:11.66	700m:	8:16.45 1:11.85	1100m:	13:06.01 1:11.79	1500m:	17:54.45 1:10.15	
	400m:	4:40.90 1:12.03	800m:	9:28.64 1:12.19	1200m:	14:18.60 1:12.59			
11.	Haładyn Karolina		03 UKS 190 Łód				<b>17:58.49</b>		<b>620</b>
	100m:	1:06.06 1:06.06	500m:	5:51.82 1:12.15	900m:	10:43.49 1:13.32	1300m:	15:36.29 1:13.32	
	200m:	2:16.71 1:10.65	600m:	7:03.95 1:12.13	1000m:	11:57.15 1:13.66	1400m:	16:48.89 1:12.60	
	300m:	3:27.98 1:11.27	700m:	8:16.93 1:12.98	1100m:	13:09.75 1:12.60	1500m:	17:58.49 1:09.60	
	400m:	4:39.67 1:11.69	800m:	9:30.17 1:13.24	1200m:	14:22.97 1:13.22			
12.	Kurasi ska Oliwia		02 KS KSZO Ostrowiec w.				<b>18:21.32</b>		<b>582</b>
	100m:	1:09.04 1:09.04	500m:	5:59.50 1:13.18	900m:	10:53.20 1:13.80	1300m:	15:52.01 1:15.22	
	200m:	2:21.12 1:12.08	600m:	7:12.32 1:12.82	1000m:	12:07.43 1:14.23	1400m:	17:07.01 1:15.00	
	300m:	3:33.77 1:12.65	700m:	8:25.76 1:13.44	1100m:	13:21.89 1:14.46	1500m:	18:21.32 1:14.31	
	400m:	4:46.32 1:12.55	800m:	9:39.40 1:13.64	1200m:	14:36.79 1:14.90			
13.	Dadej Julia		05 BOSiR Brzesko				<b>18:38.36</b>		<b>556</b>
	100m:	1:08.23 1:08.23	500m:	6:03.09 1:14.58	900m:	11:01.23 1:14.98	1300m:	16:06.12 1:17.12	
	200m:	2:20.94 1:12.71	600m:	7:17.43 1:14.34	1000m:	12:16.90 1:15.67	1400m:	17:23.94 1:17.82	
	300m:	3:34.26 1:13.32	700m:	8:31.96 1:14.53	1100m:	13:32.87 1:15.97	1500m:	18:38.36 1:14.42	
	400m:	4:48.51 1:14.25	800m:	9:46.25 1:14.29	1200m:	14:49.00 1:16.13			
14.	Wi ckowska Alicja		03 UKS Delfin Garwolin				<b>18:58.09</b>		<b>527</b>
	100m:	1:07.63 1:07.63	500m:	6:09.00 1:16.23	900m:	11:17.37 1:17.49	1300m:	16:26.72 1:17.38	
	200m:	2:21.49 1:13.86	600m:	7:25.47 1:16.47	1000m:	12:34.70 1:17.33	1400m:	17:43.95 1:17.23	
	300m:	3:36.57 1:15.08	700m:	8:42.53 1:17.06	1100m:	13:52.20 1:17.50	1500m:	18:58.09 1:14.14	
	400m:	4:52.77 1:16.20	800m:	9:59.88 1:17.35	1200m:	15:09.34 1:17.14			
15.	Haładyn Kamila		04 UKS SP-149 Łód				<b>19:23.74</b>		<b>493</b>
	100m:	1:09.95 1:09.95	500m:	6:17.35 1:17.57	900m:	11:34.29 1:19.80	1300m:	16:51.97 1:16.77	
	200m:	2:25.31 1:15.36	600m:	7:35.55 1:18.20	1000m:	12:54.52 1:20.23	1400m:	18:10.92 1:18.95	
	300m:	3:41.64 1:16.33	700m:	8:54.63 1:19.08	1100m:	14:15.21 1:20.69	1500m:	19:23.74 1:12.82	
	400m:	4:59.78 1:18.14	800m:	10:14.49 1:19.86	1200m:	15:35.20 1:19.99			