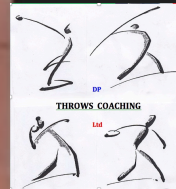


Original video document
courtesy of Fred HUGENELL



Maria ANDREJCZYK (Pol)

71,40m 09-05-2021 Split

Born 09-03-96

Age : 25 years

Height : 1,74m Weight : 77kg

Coach : Karol SIKORSKI

JAVELIN PROGRESSION

2011 : 41,21m

2012 : 44,58m

2013 : 41,24m

2014 : 56,53m

2015 : 62,11m

2016 : 67,11m

2017 : -

2018 : 54,24m

2019 : 63,39m

2020 : 65,70m

2021 : 71,40m

MARIA ANDREJCZYK

WOMEN'S JAVELIN

71.40M



Maria ANDREJCYK (Pol) 71,40m 09-05-2021 Split



Points of
interest

Original video document
courtesy of Fred HUGENELL

STARTING POSITION

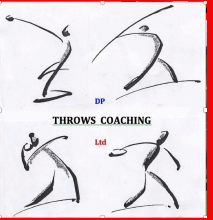
APPROACH RUN

JAVELIN SETTING





Maria ANDREJCYK (Pol) 71,40m 09-05-2021 Split



PREPARATION OF THE HOP

Points of interest

Original video document courtesy of Fred HUGENELL





Maria ANDREJCYK (Pol) 71,40m 09-05-2021 Split

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THE HOP

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TRANSFER PHASE

BLOCKING

BUILDING TENSION

