



Letnie Mistrzostwa Polski Juniorów 16-lat w pływaniu
Ostrowiec w tokrzycki, 14-17.07.2022

Konkurencja 14
15.07.2022 - 10:45

Dziewcz t, 400m zmienny

16 lat
Wyniki Eliminacje

Rekord Polski 16 lat 4:45.38 KNOP Aleksandra POL Łód 25.05.2018

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
1. PIEKARSKA Natalia	06 UKS 190 Łód	5:03.47	676 A	1:08.04	1:17.77	1:27.55	1:10.11
50m: 31.77	31.77	150m: 1:47.67	39.63	250m: 3:09.43	43.62	350m: 4:29.28	35.92
100m: 1:08.04	36.27	200m: 2:25.81	38.14	300m: 3:53.36	43.93	400m: 5:03.47	34.19
2. WILK Anna	06 UKP FALA Kra nik	5:08.38	644 A	1:10.84	1:21.11	1:26.25	1:10.18
50m: 33.30	33.30	150m: 1:52.37	41.53	250m: 3:15.63	43.68	350m: 4:34.10	35.90
100m: 1:10.84	37.54	200m: 2:31.95	39.58	300m: 3:58.20	42.57	400m: 5:08.38	34.28
3. LECHOWSKA Magdalena	06 WKS L SK Wrocław	5:08.71	642 A	1:10.28	1:20.25	1:26.93	1:11.25
50m: 32.03	32.03	150m: 1:50.76	40.48	250m: 3:13.45	42.92	350m: 4:33.76	36.30
100m: 1:10.28	38.25	200m: 2:30.53	39.77	300m: 3:57.46	44.01	400m: 5:08.71	34.95
4. B TKOWSKA Zuzanna	06 UKS SMS GALICJA Kraków	5:11.23	626 A	1:10.18	1:22.76	1:24.94	1:13.35
50m: 32.66	32.66	150m: 1:52.37	42.19	250m: 3:14.48	41.54	350m: 4:35.98	38.10
100m: 1:10.18	37.52	200m: 2:32.94	40.57	300m: 3:57.88	43.40	400m: 5:11.23	35.25
5. JUDA Aleksandra	06 UKP UNIA O wi cim	5:12.02	622 A	1:10.10	1:20.52	1:28.40	1:13.00
50m: 32.60	32.60	150m: 1:50.75	40.65	250m: 3:15.15	44.53	350m: 4:36.30	37.28
100m: 1:10.10	37.50	200m: 2:30.62	39.87	300m: 3:59.02	43.87	400m: 5:12.02	35.72
6. SULAK Antonina	06 UKS PI TKA Konstantynów	5:14.21	609 A	1:10.27	1:20.52	1:29.12	1:14.30
50m: 32.26	32.26	150m: 1:51.07	40.80	250m: 3:15.47	44.68	350m: 4:38.17	38.26
100m: 1:10.27	38.01	200m: 2:30.79	39.72	300m: 3:59.91	44.44	400m: 5:14.21	36.04
7. MIKUŁA Natalia	06 TP OLIMPIJCZYK Aleksand	5:29.89	526 A	1:15.69	1:23.94	1:31.22	1:19.04
50m: 35.28	35.28	150m: 1:58.35	42.66	250m: 3:24.83	45.20	350m: 4:51.28	40.43
100m: 1:15.69	40.41	200m: 2:39.63	41.28	300m: 4:10.85	46.02	400m: 5:29.89	38.61
8. KAMPCZYK Paulina	06 MKS SMS VICTORIA Racibó	5:34.33	505 A	1:18.65	1:29.52	1:31.10	1:15.06
50m: 36.25	36.25	150m: 2:04.37	45.72	250m: 3:33.06	44.89	350m: 4:57.54	38.27
100m: 1:18.65	42.40	200m: 2:48.17	43.80	300m: 4:19.27	46.21	400m: 5:34.33	36.79
9. SKROBISZ Urszula	06 UKS ÓSEMKA Starogard G	5:35.96	498 A	1:16.98	1:29.18	1:34.35	1:15.45
50m: 35.87	35.87	150m: 2:02.03	45.05	250m: 3:33.22	47.06	350m: 4:59.39	38.88
100m: 1:16.98	41.11	200m: 2:46.16	44.13	300m: 4:20.51	47.29	400m: 5:35.96	36.57
10. KAROLCZAK Pola	06 MUKS PI TNASTKA Bydgo	5:36.52	495 A	1:15.00	1:26.91	1:34.64	1:19.97
50m: 33.76	33.76	150m: 1:58.96	43.96	250m: 3:28.74	46.83	350m: 4:57.43	40.88
100m: 1:15.00	41.24	200m: 2:41.91	42.95	300m: 4:16.55	47.81	400m: 5:36.52	39.09
11. SOLI SKA Patrycja	06 UKP POLONIA Warszawa	5:40.47	478 B	1:16.19	1:25.10	1:38.85	1:20.33
50m: 34.55	34.55	150m: 1:59.88	43.69	250m: 3:30.44	49.15	350m: 5:01.11	40.97
100m: 1:16.19	41.64	200m: 2:41.29	41.41	300m: 4:20.14	49.70	400m: 5:40.47	39.36
12. BAŁDYGA Kamila	06 MTP Kormoran Olsztyn	5:41.46	474 B	1:15.61	1:28.64	1:39.32	1:17.89
50m: 34.56	34.56	150m: 2:00.68	45.07	250m: 3:33.30	49.05	350m: 5:02.63	39.06
100m: 1:15.61	41.05	200m: 2:44.25	43.57	300m: 4:23.57	50.27	400m: 5:41.46	38.83
13. PAWEŁEK Zuzanna	06 KP SOKÓŁ Rzeszów	5:50.88	437 B	1:21.04	1:30.99	1:43.06	1:15.79
50m: 36.38	36.38	150m: 2:07.88	46.84	250m: 3:43.23	51.20	350m: 5:14.30	39.21
100m: 1:21.04	44.66	200m: 2:52.03	44.15	300m: 4:35.09	51.86	400m: 5:50.88	36.58
14. ŁADZIAK Nadia	06 MKS JEDYNKA Łód	5:53.34	428 B	1:16.07	1:33.89	1:39.78	1:23.60
50m: 34.68	34.68	150m: 2:03.64	47.57	250m: 3:39.56	49.60	350m: 5:12.10	42.36
100m: 1:16.07	41.39	200m: 2:49.96	46.32	300m: 4:29.74	50.18	400m: 5:53.34	41.24
15. JONAK Jagoda	06 UKS DELFIN Garwolin	5:56.19	418 B	1:19.00	1:34.71	1:37.00	1:25.48
50m: 35.53	35.53	150m: 2:06.85	47.85	250m: 3:41.33	47.62	350m: 5:13.98	43.27
100m: 1:19.00	43.47	200m: 2:53.71	46.86	300m: 4:30.71	49.38	400m: 5:56.19	42.21
16. KARWACKA Kinga	06 UKS AQUATICA Pawłowice	5:59.10	408 B	1:15.85	1:30.52	1:47.08	1:25.65
50m: 35.34	35.34	150m: 2:00.89	45.04	250m: 3:38.85	52.48	350m: 5:17.78	44.33
100m: 1:15.85	40.51	200m: 2:46.37	45.48	300m: 4:33.45	54.60	400m: 5:59.10	41.32
17. BRZYSKA Jagoda	06 MKS Park Wodny Tarnowsk	6:02.48	396 B	1:25.88	1:36.67	1:37.82	1:22.11
50m: 37.32	37.32	150m: 2:15.53	49.65	250m: 3:51.10	48.55	350m: 5:22.73	42.36
100m: 1:25.88	48.56	200m: 3:02.55	47.02	300m: 4:40.37	49.27	400m: 6:02.48	39.75
18. MA NICKA Martyna	06 UKS FENIKS D bica	6:05.09	388 B	1:26.50	1:35.19	1:41.36	1:22.04
50m: 39.48	39.48	150m: 2:14.28	47.78	250m: 3:52.07	50.38	350m: 5:24.85	41.80
100m: 1:26.50	47.02	200m: 3:01.69	47.41	300m: 4:43.05	50.98	400m: 6:05.09	40.24