



Zimowe Mistrzostwa Polski Juniorów Młodszych 16-lat w pływaniu
Bydgoszcz, 15-17.12.2023

Konkurencja 11
2023-12-15 - 18:38

Dziewcz t, 400m zmienny

16 lat
Wyniki Finał

Rekord Polski 16-lat 4:35.65 KNOP Aleksandra 01605 Ostrowiec Sw 2019-12-18

Punkty: FINA 2023

Pozycja			Rok	ur.				Czas	Pkt.
Finał A									
1.	GLI SKA Oliwia		07		TP Zielona Góra			4:49.78	713
	50m: 31.43 31.43	150m: 1:42.68 35.61	250m: 2:59.37 41.43	350m: 4:15.75 34.35					
	100m: 1:07.07 35.64	200m: 2:17.94 35.26	300m: 3:41.40 42.03	400m: 4:49.78 34.03					
2.	PRZYBYLSKA Oliwia		07		KU AZS UMCS Lublin			4:53.02	690
	50m: 31.15 31.15	150m: 1:43.43 36.19	250m: 3:00.32 40.49	350m: 4:17.46 35.44					
	100m: 1:07.24 36.09	200m: 2:19.83 36.40	300m: 3:42.02 41.70	400m: 4:53.02 35.56					
3.	SKRZYPCZAK Natalia		07		Akademia Sms Racibórz			4:59.93	643
	50m: 31.73 31.73	150m: 1:47.77 39.38	250m: 3:07.94 41.73	350m: 4:25.47 35.71					
	100m: 1:08.39 36.66	200m: 2:26.21 38.44	300m: 3:49.76 41.82	400m: 4:59.93 34.46					
4.	PLAGA Olga		07		TP SKALAR Słupsk			5:04.16	617
	50m: 32.85 32.85	150m: 1:49.73 40.22	250m: 3:10.46 41.17	350m: 4:28.37 36.70					
	100m: 1:09.51 36.66	200m: 2:29.29 39.56	300m: 3:51.67 41.21	400m: 5:04.16 35.79					
5.	SKROK Julia		07		WKS L SK Wrocław			5:04.30	616
	50m: 32.12 32.12	150m: 1:50.38 40.21	250m: 3:11.65 42.29	350m: 4:30.32 36.28					
	100m: 1:10.17 38.05	200m: 2:29.36 38.98	300m: 3:54.04 42.39	400m: 5:04.30 33.98					
6.	CI SZCZYK Emilia		07		MTP Lublinianka			5:08.28	592
	50m: 33.38 33.38	150m: 1:49.93 38.37	250m: 3:13.28 46.36	350m: 4:34.59 35.31					
	100m: 1:11.56 38.18	200m: 2:26.92 36.99	300m: 3:59.28 46.00	400m: 5:08.28 33.69					
7.	TEODOROWICZ Michalina		07		UKS SMS GALICJA Kraków			5:10.62	579
	50m: 32.00 32.00	150m: 1:50.02 40.40	250m: 3:15.28 44.82	350m: 4:35.40 35.66					
	100m: 1:09.62 37.62	200m: 2:30.46 40.44	300m: 3:59.74 44.46	400m: 5:10.62 35.22					
8.	ZAKRZEWSKA Oliwia		07		UKS NAWA Skierniewice			5:12.97	566
	50m: 32.31 32.31	150m: 1:50.63 40.39	250m: 3:16.72 46.97	350m: 4:39.43 35.43					
	100m: 1:10.24 37.93	200m: 2:29.75 39.12	300m: 4:04.00 47.28	400m: 5:12.97 33.54					
9.	MARCINIAK Aleksandra		07		UKS SMS GALICJA Kraków			5:14.66	557
	50m: 31.58 31.58	150m: 1:48.55 40.41	250m: 3:12.90 44.45	350m: 4:36.33 38.03					
	100m: 1:08.14 36.56	200m: 2:28.45 39.90	300m: 3:58.30 45.40	400m: 5:14.66 38.33					
10.	JAROS Aleksandra		07		KS NEPTUN widnica			5:27.77	493
	50m: 32.51 32.51	150m: 1:55.85 44.33	250m: 3:27.37 48.19	350m: 4:52.86 36.98					
	100m: 1:11.52 39.01	200m: 2:39.18 43.33	300m: 4:15.88 48.51	400m: 5:27.77 34.91					