

Zimowe Mistrzostwa Polski Juniorów 16 lat
W³adys³awowo, 30.1. - 1.2.2009

Konkurencja 11
30.1.2009

Dziewcz¹t, 400m zmienny

16 lat
Wyniki Fina³

RP16 4:42.49 JĘDRZEJCZAK, Otylia PAKAT Spa³a 18.12.1999

Punkty: FINA 2008

Pozycja			Rok ur.							Czas	Pkt.	
Fina³ A												
1.	UKOWSKA, Paula		93	Zryw Opole						4:43.75	852	
	50m:	30.43	30.43	150m:	1:40.51	36.10	250m:	2:56.33	40.77	350m:	4:11.71	33.82
	100m:	1:04.41	33.98	200m:	2:15.56	35.05	300m:	3:37.89	41.56	400m:	4:43.75	32.04
2.	SIKORA, Paulina SO		93	Unia Oświęcim						4:51.45	787	
	50m:	31.21	31.21	150m:	1:43.54	38.06	250m:	3:02.01	41.38	350m:	4:18.63	34.52
	100m:	1:05.48	34.27	200m:	2:20.63	37.09	300m:	3:44.11	42.10	400m:	4:51.45	32.82
3.	CHARŁOS, Natalia		93	PZP						4:53.52	770	
	50m:	31.46	31.46	150m:	1:45.20	37.78	250m:	3:04.20	42.09	350m:	4:20.88	33.56
	100m:	1:07.42	35.96	200m:	2:22.11	36.91	300m:	3:47.32	43.12	400m:	4:53.52	32.64
4.	KORZENIOWSKA, Marta SO		93	Unia Oświęcim						4:58.92	729	
	50m:	32.32	32.32	150m:	1:47.50	38.59	250m:	3:05.39	40.83	350m:	4:22.34	35.88
	100m:	1:08.91	36.59	200m:	2:24.56	37.06	300m:	3:46.46	41.07	400m:	4:58.92	36.58
5.	DAWIDOWICZ, Anna		93	Piłtka Konstantynów						5:04.60	689	
	50m:	32.24	32.24	150m:	1:47.56	38.19	250m:	3:07.75	43.44	350m:	4:28.61	37.02
	100m:	1:09.37	37.13	200m:	2:24.31	36.75	300m:	3:51.59	43.84	400m:	5:04.60	35.99
6.	WICENIEWSKA, Magdalena		93	Poznania Poznań						5:06.39	677	
	50m:	32.97	32.97	150m:	1:50.80	39.32	250m:	3:11.15	42.04	350m:	4:31.43	36.73
	100m:	1:11.48	38.51	200m:	2:29.11	38.31	300m:	3:54.70	43.55	400m:	5:06.39	34.96
Fina³ B												
7.	KŁAPYTA, Karolina		93	Jordan Kraków						5:03.73	695	
	50m:	32.34	32.34	150m:	1:47.58	38.44	250m:	3:08.94	43.32	350m:	4:28.71	35.89
	100m:	1:09.14	36.80	200m:	2:25.62	38.04	300m:	3:52.82	43.88	400m:	5:03.73	35.02
8.	ZACHOSZCZ, Joanna		93	Znicz Koszalin						5:06.99	673	
	50m:	31.89	31.89	150m:	1:49.07	39.97	250m:	3:10.14	41.81	350m:	4:30.34	37.60
	100m:	1:09.10	37.21	200m:	2:28.33	39.26	300m:	3:52.74	42.60	400m:	5:06.99	36.65
9.	MICHALIK, Magdalena		93	MOS Dłbrowa Górnicza						5:14.07	629	
	50m:	33.82	33.82	150m:	1:52.88	41.02	250m:	3:17.26	44.85	350m:	4:38.65	36.93
	100m:	1:11.86	38.04	200m:	2:32.41	39.53	300m:	4:01.72	44.46	400m:	5:14.07	35.42
10.	MIŁKOWSKA, Marta SO		93	Orka Łędziny						5:15.56	620	
	50m:	33.04	33.04	150m:	1:50.95	40.03	250m:	3:16.57	45.87	350m:	4:40.23	37.06
	100m:	1:10.92	37.88	200m:	2:30.70	39.75	300m:	4:03.17	46.60	400m:	5:15.56	35.33