

Zimowe Mistrzostwa Polski Juniorów 16 lat  
W<sup>3</sup>adys<sup>3</sup>awowo, 30.1. - 1.2.2009

Konkurencja 37  
1.2.2009 - 11:01

Dziewcz<sup>1</sup>t, 800m dowolny

16 lat  
Wyniki

RP16 8:42.13 OLCZAK, Mirela SLGOR Gorzów Wlkp. 28.11.2008

Punkty: FINA 2008

Pozycja	Rok ur.		Czas								Pkt.		
1.	UKOWSKA, Paula		93	Zryw Opole								<b>8:41.08</b>	839
	<i>Rekord Polski 16 lat</i>												
	100m:	1:00.87	1:00.87	300m:	3:12.27	1:06.01	500m:	5:24.71	1:06.35	700m:	7:36.58	1:05.55	
	200m:	2:06.26	1:05.39	400m:	4:18.36	1:06.09	600m:	6:31.03	1:06.32	800m:	8:41.08	1:04.50	
2.	CHARŁOS, Natalia		93	PZP								<b>8:53.42</b>	783
	100m:	1:02.75	1:02.75	300m:	3:16.88	1:07.53	500m:	5:32.18	1:07.53	700m:	7:47.47	1:07.19	
	200m:	2:09.35	1:06.60	400m:	4:24.65	1:07.77	600m:	6:40.28	1:08.10	800m:	8:53.42	1:05.95	
3.	OLCZAK, Mirela		93	S <sup>3</sup> owianka Gorzów								<b>8:58.07</b>	762
	100m:	1:02.16	1:02.16	300m:	3:15.22	1:07.14	500m:	5:30.89	1:08.30	700m:	7:50.42	1:10.21	
	200m:	2:08.08	1:05.92	400m:	4:22.59	1:07.37	600m:	6:40.21	1:09.32	800m:	8:58.07	1:07.65	
4.	GRZEGORCZYK, Izabella		93	Poznania Poznań								<b>9:03.88</b>	738
	100m:	1:05.82	1:05.82	300m:	3:23.51	1:08.39	500m:	5:40.88	1:08.71	700m:	7:57.56	1:07.97	
	200m:	2:15.12	1:09.30	400m:	4:32.17	1:08.66	600m:	6:49.59	1:08.71	800m:	9:03.88	1:06.32	
5.	ZAGRODNIK, Aleksandra SO		93	Unia Oświęcim								<b>9:11.77</b>	707
	100m:	1:06.27	1:06.27	300m:	3:23.84	1:08.78	500m:	5:42.25	1:09.42	700m:	8:02.39	1:10.12	
	200m:	2:15.06	1:08.79	400m:	4:32.83	1:08.99	600m:	6:52.27	1:10.02	800m:	9:11.77	1:09.38	
6.	PYSZKA, Alicja		93	Jordan Kraków								<b>9:15.68</b>	692
	100m:	1:04.31	1:04.31	300m:	3:22.16	1:09.15	500m:	5:41.81	1:10.61	700m:	8:04.91	1:12.13	
	200m:	2:13.01	1:08.70	400m:	4:31.20	1:09.04	600m:	6:52.78	1:10.97	800m:	9:15.68	1:10.77	
7.	JACKOWSKA, Adrianna		93	Warszawianka Wodny Park								<b>9:17.31</b>	686
	100m:	1:06.07	1:06.07	300m:	3:26.69	1:10.16	500m:	5:48.21	1:11.14	700m:	8:08.67	1:10.24	
	200m:	2:16.53	1:10.46	400m:	4:37.07	1:10.38	600m:	6:58.43	1:10.22	800m:	9:17.31	1:08.64	
8.	KRZYŃOSTANIAK, Agnieszka		93	MKP Szczecin								<b>9:20.26</b>	675
	100m:	1:05.61	1:05.61	300m:	3:26.46	1:10.65	500m:	5:49.18	1:11.96	700m:	8:11.42	1:11.39	
	200m:	2:15.81	1:10.20	400m:	4:37.22	1:10.76	600m:	7:00.03	1:10.85	800m:	9:20.26	1:08.84	
9.	KUZAWIŃSKA, Karolina		93	MZOS P <sup>3</sup> ock								<b>9:21.49</b>	671
	100m:	1:06.66	1:06.66	300m:	3:27.58	1:10.49	500m:	5:49.66	1:11.16	700m:	8:12.15	1:10.86	
	200m:	2:17.09	1:10.43	400m:	4:38.50	1:10.92	600m:	7:01.29	1:11.63	800m:	9:21.49	1:09.34	
10.	SAK, Agnieszka		93	Unia Tarnów								<b>9:21.57</b>	671
	100m:	1:07.33	1:07.33	300m:	3:30.17	1:11.27	500m:	5:52.47	1:10.74	700m:	8:13.17	1:10.53	
	200m:	2:18.90	1:11.57	400m:	4:41.73	1:11.56	600m:	7:02.64	1:10.17	800m:	9:21.57	1:08.40	
11.	SKWIRA, Gracjana		93	WKS ŒEI <sup>3</sup> sk Wroc <sup>3</sup> aw								<b>9:24.14</b>	662
	100m:	1:06.55	1:06.55	300m:	3:30.21	1:11.60	500m:	5:52.37	1:10.51	700m:	8:14.57	1:10.85	
	200m:	2:18.61	1:12.06	400m:	4:41.86	1:11.65	600m:	7:03.72	1:11.35	800m:	9:24.14	1:09.57	
12.	LIPIŃSKA, Ma <sup>3</sup> gorzata		93	KSZO Ostrowiec								<b>9:26.61</b>	653
	100m:	1:06.34	1:06.34	300m:	3:26.58	1:10.36	500m:	5:49.02	1:11.56	700m:	8:14.05	1:12.89	
	200m:	2:16.22	1:09.88	400m:	4:37.46	1:10.88	600m:	7:01.16	1:12.14	800m:	9:26.61	1:12.56	
13.	MICHALIK, Magdalena		93	MOS D <sup>1</sup> browa Górnicza								<b>9:30.97</b>	638
	100m:	1:06.91	1:06.91	300m:	3:29.44	1:11.51	500m:	5:54.11	1:12.60	700m:	8:20.52	1:13.20	
	200m:	2:17.93	1:11.02	400m:	4:41.51	1:12.07	600m:	7:07.32	1:13.21	800m:	9:30.97	1:10.45	
14.	SUCHANIAK, Irena		93	Korona Kraków								<b>9:31.23</b>	637
	100m:	1:07.25	1:07.25	300m:	3:32.72	1:13.54	500m:	5:58.44	1:12.92	700m:	8:23.37	1:12.37	
	200m:	2:19.18	1:11.93	400m:	4:45.52	1:12.80	600m:	7:11.00	1:12.56	800m:	9:31.23	1:07.86	
15.	BRZOZOWSKA, Zuzanna		93	Kormoran Olsztyn								<b>9:36.94</b>	618
	100m:	1:08.19	1:08.19	300m:	3:31.11	1:11.57	500m:	5:55.98	1:12.69	700m:	8:23.34	1:13.79	
	200m:	2:19.54	1:11.35	400m:	4:43.29	1:12.18	600m:	7:09.55	1:13.57	800m:	9:36.94	1:13.60	
16.	CHLIPAŁA, Patrycja		93	Jordan Kraków								<b>9:42.42</b>	601
	100m:	1:05.69	1:05.69	300m:	3:29.75	1:12.91	500m:	5:58.39	1:14.58	700m:	8:29.28	1:15.50	
	200m:	2:16.84	1:11.15	400m:	4:43.81	1:14.06	600m:	7:13.78	1:15.39	800m:	9:42.42	1:13.14	

Zimowe Mistrzostwa Polski Juniorów 16 lat  
W<sup>3</sup>adys<sup>3</sup>awowo, 30.1. - 1.2.2009

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Konkurencja 37, Dziewcz<sup>1</sup>t, 800m dowolny, 16 lat

Pozycja				Rok ur.					Czas	Pkt.		
17.	MAZUR, Sara			93	Jordan	Kraków			<b>9:43.43</b>	598		
	100m:	1:07.19	1:07.19	300m:	3:34.29	1:14.04	500m:	6:03.16	1:14.39	700m:	8:31.81	1:14.24
	200m:	2:20.25	1:13.06	400m:	4:48.77	1:14.48	600m:	7:17.57	1:14.41	800m:	9:43.43	1:11.62
18.	KROJNA, Klaudia			93	Ruch	Grudzi <sup>1</sup> dz			<b>9:49.84</b>	579		
	100m:	1:07.67	1:07.67	300m:	3:35.69	1:14.29	500m:	6:05.58	1:14.86	700m:	8:36.11	1:15.23
	200m:	2:21.40	1:13.73	400m:	4:50.72	1:15.03	600m:	7:20.88	1:15.30	800m:	9:49.84	1:13.73
19.	CEWIŃTKOWSKA, Anna			93	Juvenia	Wroc <sup>3</sup> aw			<b>9:50.69</b>	576		
	100m:	1:08.57	1:08.57	300m:	3:36.82	1:14.55	500m:	6:06.56	1:14.71	700m:	8:37.30	1:15.47
	200m:	2:22.27	1:13.70	400m:	4:51.85	1:15.03	600m:	7:21.83	1:15.27	800m:	9:50.69	1:13.39