

Letnie Mistrzostwa Polski Juniorów Młodszych 16 lat
Gorzów Wlkp., 9. - 11.7.2010

Konkurencja 11
2010-07-09

Dziewcz't, 400m zmienny

16 lat
Wyniki Eliminacje

Rekord Polski 16 lat 4:48.17 CZOPEK Agnieszka JOKRA Moskwa (RUS) 1980-07-26

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.		
1.	POZORSKA Agata		94	Pietnastka Bydgoszcz				5:14.57	628 A		
	50m:	33.06 33.06	150m:	1:50.62	39.73	250m:	3:15.68	45.61	350m:	4:39.20	36.24
	100m:	1:10.89 37.83	200m:	2:30.07	39.45	300m:	4:02.96	47.28	400m:	5:14.57	35.37
2.	MAŃCZAK Agata		94	Pietnastka Bydgoszcz				5:15.40	623 A		
	50m:	32.67 32.67	150m:	1:51.34	41.38	250m:	3:17.31	46.22	350m:	4:40.70	36.96
	100m:	1:09.96 37.29	200m:	2:31.09	39.75	300m:	4:03.74	46.43	400m:	5:15.40	34.70
3.	PAWLIKOWSKA Agata		94	Juvenia Wroc ³ aw				5:16.86	614 A		
	50m:	31.45 31.45	150m:	1:51.47	42.22	250m:	3:15.02	42.77	350m:	4:39.60	39.24
	100m:	1:09.25 37.80	200m:	2:32.25	40.78	300m:	4:00.36	45.34	400m:	5:16.86	37.26
4.	BAJORSKA Dorota		94	Unia Oe ^w ie ^c im				5:17.22	612 A		
	50m:	33.30 33.30	150m:	1:54.03	42.55	250m:	3:19.48	44.58	350m:	4:40.84	36.43
	100m:	1:11.48 38.18	200m:	2:34.90	40.87	300m:	4:04.41	44.93	400m:	5:17.22	36.38
5.	DUDEK Marlena		94	Unia Oe ^w ie ^c im				5:17.39	611 A		
	50m:	35.61 35.61	150m:	1:59.20	42.56	250m:	3:22.79	43.25	350m:	4:42.63	36.60
	100m:	1:16.64 41.03	200m:	2:39.54	40.34	300m:	4:06.03	43.24	400m:	5:17.39	34.76
6.	MENDOWSKA Katarzyna		94	Warta Poznań				5:17.85	609 A		
	50m:	33.03 33.03	150m:	1:55.10	42.27	250m:	3:21.36	45.58	350m:	4:44.09	36.53
	100m:	1:12.83 39.80	200m:	2:35.78	40.68	300m:	4:07.56	46.20	400m:	5:17.85	33.76
7.	WNUK Sylwia		94	Huragan Międzyrzec Podl.				5:19.33	600 A		
	50m:	32.28 32.28	150m:	1:51.81	42.51	250m:	3:16.85	42.75	350m:	4:40.29	39.83
	100m:	1:09.30 37.02	200m:	2:34.10	42.29	300m:	4:00.46	43.61	400m:	5:19.33	39.04
8.	ZACHARSKA Inga		94	Gim 92 Warszawa				5:20.25	595 A		
	50m:	34.42 34.42	150m:	1:54.91	40.61	250m:	3:20.35	46.04	350m:	4:43.55	37.42
	100m:	1:14.30 39.88	200m:	2:34.31	39.40	300m:	4:06.13	45.78	400m:	5:20.25	36.70
9.	UCHAŃSKA Karolina		94	KSZO Ostrowiec				5:21.03	591 R		
	50m:	34.49 34.49	150m:	1:56.24	41.32	250m:	3:22.52	44.27	350m:	4:45.11	36.60
	100m:	1:14.92 40.43	200m:	2:38.25	42.01	300m:	4:08.51	45.99	400m:	5:21.03	35.92
10.	STĘPNIAK Marta		94	Ósemka Starogard Gd.				5:29.10	548 R		
	50m:	35.52 35.52	150m:	1:58.56	42.31	250m:	3:26.61	46.31	350m:	4:51.88	38.47
	100m:	1:16.25 40.73	200m:	2:40.30	41.74	300m:	4:13.41	46.80	400m:	5:29.10	37.22
11.	KRUCZALAK Paulina		94	Unia Oe ^w ie ^c im				5:35.88	516		
	50m:	34.47 34.47	150m:	1:57.41	42.29	250m:	3:26.81	48.59	350m:	4:56.78	40.08
	100m:	1:15.12 40.65	200m:	2:38.22	40.81	300m:	4:16.70	49.89	400m:	5:35.88	39.10
12.	JEZUITA Joanna		94	Polonia Warszawa				5:47.35	466		
	50m:	34.63 34.63	150m:	2:03.02	47.76	250m:	3:36.81	48.46	350m:	5:08.07	41.33
	100m:	1:15.26 40.63	200m:	2:48.35	45.33	300m:	4:26.74	49.93	400m:	5:47.35	39.28