

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

Konkurencja 19 Dziewcz't, 400m dowolny 16 lat
2010-07-10 Wyniki Fina³

Rekord Polski 16 lat 4:12.62 UKOWSKA Paula ZROPO Doha (QAT) 2009-12-09

Punkty: FINA 2010

Pozycja			Rok ur.							Czas	Pkt.	
Fina³ A												
1.	BAJORSKA Dorota		94	Unia Oświęcim						4:30.13	693	
	50m:	31.23	31.23	150m:	1:39.53	34.13	250m:	2:48.69	34.80	350m:	3:56.56	34.28
	100m:	1:05.40	34.17	200m:	2:13.89	34.36	300m:	3:22.28	33.59	400m:	4:30.13	33.57
2.	SĘDŁAK Katarzyna		94	Orka Zamocław						4:33.43	669	
	50m:	32.15	32.15	150m:	1:41.88	35.15	250m:	2:52.48	35.32	350m:	4:02.04	34.24
	100m:	1:06.73	34.58	200m:	2:17.16	35.28	300m:	3:27.80	35.32	400m:	4:33.43	31.39
3.	MAŃCZAK Agata		94	Pietnastka Bydgoszcz						4:33.46	668	
	50m:	31.61	31.61	150m:	1:40.97	34.67	250m:	2:51.45	35.54	350m:	4:00.95	34.46
	100m:	1:06.30	34.69	200m:	2:15.91	34.94	300m:	3:26.49	35.04	400m:	4:33.46	32.51
4.	PIEKARSKA Magdalena		94	MKP Szczecin						4:36.30	648	
	50m:	31.24	31.24	150m:	1:40.36	34.88	250m:	2:51.18	35.50	350m:	4:01.93	34.86
	100m:	1:05.48	34.24	200m:	2:15.68	35.32	300m:	3:27.07	35.89	400m:	4:36.30	34.37
5.	BOREK Aleksandra SK		94	Wodnik Krosno						4:36.90	644	
	50m:	31.67	31.67	150m:	1:41.20	35.04	250m:	2:51.54	35.19	350m:	4:02.16	34.97
	100m:	1:06.16	34.49	200m:	2:16.35	35.15	300m:	3:27.19	35.65	400m:	4:36.90	34.74
6.	UCHAŃSKA Karolina		94	KSZO Ostrowiec						4:38.39	633	
	50m:	31.92	31.92	150m:	1:42.07	35.29	250m:	2:52.08	35.17	350m:	4:03.08	35.60
	100m:	1:06.78	34.86	200m:	2:16.91	34.84	300m:	3:27.48	35.40	400m:	4:38.39	35.31
7.	KULIGOWSKA Marcela		94	MKP Szczecin						4:43.48	600	
	50m:	32.20	32.20	150m:	1:42.41	35.62	250m:	2:54.40	36.08	350m:	4:07.64	36.88
	100m:	1:06.79	34.59	200m:	2:18.32	35.91	300m:	3:30.76	36.36	400m:	4:43.48	35.84
8.	SADŁO Kamila SK		94	Avia Œwidnik						4:43.87	597	
	50m:	31.17	31.17	150m:	1:41.98	36.03	250m:	2:55.54	36.94	350m:	4:08.62	36.18
	100m:	1:05.95	34.78	200m:	2:18.60	36.62	300m:	3:32.44	36.90	400m:	4:43.87	35.25
Fina³ B												
9.	ZYGA Paulina		94	Nawa Skierniowice						4:43.28	601	
	50m:	32.74	32.74	150m:	1:44.22	35.88	250m:	2:55.79	35.50	350m:	4:08.63	36.28
	100m:	1:08.34	35.60	200m:	2:20.29	36.07	300m:	3:32.35	36.56	400m:	4:43.28	34.65
10.	POMIETŁO Aleksandra		94	Kmity Zabierzów						4:45.08	590	
	50m:	32.84	32.84	150m:	1:45.19	36.35	250m:	2:57.67	36.37	350m:	4:10.82	36.42
	100m:	1:08.84	36.00	200m:	2:21.30	36.11	300m:	3:34.40	36.73	400m:	4:45.08	34.26
11.	TYRPA Aleksandra		94	CKSiS Skawina						4:47.51	575	
	50m:	32.93	32.93	150m:	1:45.76	36.46	250m:	3:00.23	36.98	350m:	4:13.48	36.00
	100m:	1:09.30	36.37	200m:	2:23.25	37.49	300m:	3:37.48	37.25	400m:	4:47.51	34.03
12.	STĘPNIAK Marta		94	Ósemka Starogard Gd.						4:48.96	566	
	50m:	33.49	33.49	150m:	1:45.67	36.42	250m:	2:58.93	36.75	350m:	4:13.03	37.37
	100m:	1:09.25	35.76	200m:	2:22.18	36.51	300m:	3:35.66	36.73	400m:	4:48.96	35.93
13.	MAGIER Marta		94	Skalar S ³ upsk						4:51.16	554	
	50m:	33.13	33.13	150m:	1:46.34	36.94	250m:	3:00.27	36.49	350m:	4:15.15	37.28
	100m:	1:09.40	36.27	200m:	2:23.78	37.44	300m:	3:37.87	37.60	400m:	4:51.16	36.01
14.	PAWŁOWSKA Dagmara		94	1 Ożarów Mazowiecki						4:53.23	542	
	50m:	33.02	33.02	150m:	1:46.46	36.92	250m:	3:01.28	37.49	350m:	4:16.57	37.49
	100m:	1:09.54	36.52	200m:	2:23.79	37.33	300m:	3:39.08	37.80	400m:	4:53.23	36.66
15.	EJNIK Sylwia		94	MZOS P ³ ock						4:53.75	539	
	50m:	31.98	31.98	150m:	1:45.42	37.64	250m:	3:01.36	38.36	350m:	4:17.88	38.17
	100m:	1:07.78	35.80	200m:	2:23.00	37.58	300m:	3:39.71	38.35	400m:	4:53.75	35.87
16.	MAKOSZ Emilia		94	Orka Lędziny						5:03.12	491	
	50m:	33.55	33.55	150m:	1:47.91	37.68	250m:	3:04.51	38.80	350m:	4:24.56	39.99
	100m:	1:10.23	36.68	200m:	2:25.71	37.80	300m:	3:44.57	40.06	400m:	5:03.12	38.56