

2016 Letnie Mistrzostwa Polski Juniorów 15 lat
Lublin, 15- - 17-7-2016

Konkurencja 19
2016-07-16 - 9:51

Dziewcz t, 400m dowolny

15 lat
Wyniki Eliminacje

RP 15 lat 4:16.54 KILIJA SKA Donata 00612 Tampere (FIN) 2009-07-20

Punkty: FINA 2016

Pozycja			Wiek			Czas	Pkt.		
1.	PIECHOTA Karolina		15	190 Łód		4:32.54	669	A	
	50m:	32.01 32.01	150m:	1:39.96 34.41	250m:	2:48.70 34.45	350m:	3:58.11 34.78	
	100m:	1:05.55 33.54	200m:	2:14.25 34.29	300m:	3:23.33 34.63	400m:	4:32.54 34.43	
2.	KOSSAKOWSKA Dominika		15	SiKReT Gliwice		4:33.98	658	A	
	50m:	31.27 31.27	150m:	1:39.89 34.92	250m:	2:50.66 35.63	350m:	4:01.13 35.27	
	100m:	1:04.97 33.70	200m:	2:15.03 35.14	300m:	3:25.86 35.20	400m:	4:33.98 32.85	
3.	W GRZYNOWSKA Aleksandra		15	I sk Wrocław		4:34.07	657	A	
	50m:	30.93 30.93	150m:	1:40.08 34.95	250m:	2:51.04 35.50	350m:	4:01.18 34.71	
	100m:	1:05.13 34.20	200m:	2:15.54 35.46	300m:	3:26.47 35.43	400m:	4:34.07 32.89	
4.	WICHA Karolina Soc		15	KSZO Ostrowiec w.		4:34.62	653	A	
	50m:	32.54 32.54	150m:	1:41.40 34.42	250m:	2:51.19 34.88	350m:	4:01.14 34.65	
	100m:	1:06.98 34.44	200m:	2:16.31 34.91	300m:	3:26.49 35.30	400m:	4:34.62 33.48	
5.	ST PI SKA Natalia		15	Korona Kraków		4:34.72	653	A	
	50m:	32.37 32.37	150m:	1:42.36 35.08	250m:	2:52.88 35.28	350m:	4:02.14 34.15	
	100m:	1:07.28 34.91	200m:	2:17.60 35.24	300m:	3:27.99 35.11	400m:	4:34.72 32.58	
6.	BEDNAREK Zuzanna		15	Jedynka Łód		4:34.92	651	A	
	50m:	32.39 32.39	150m:	1:42.22 34.92	250m:	2:51.86 34.87	350m:	4:02.58 35.12	
	100m:	1:07.30 34.91	200m:	2:16.99 34.77	300m:	3:27.46 35.60	400m:	4:34.92 32.34	
7.	KRAUZE Alicja		15	MAL WOPR Malbork		4:34.96	651	A	
	50m:	31.30 31.30	150m:	1:40.43 34.80	250m:	2:50.70 35.29	350m:	4:01.17 35.05	
	100m:	1:05.63 34.33	200m:	2:15.41 34.98	300m:	3:26.12 35.42	400m:	4:34.96 33.79	
8.	ŁYSAKOWSKA Julia SL		15	AZS UMCS Lublin		4:38.13	629	A	
	50m:	32.47 32.47	150m:	1:42.34 35.41	250m:	2:53.11 35.52	350m:	4:04.26 35.73	
	100m:	1:06.93 34.46	200m:	2:17.59 35.25	300m:	3:28.53 35.42	400m:	4:38.13 33.87	
9.	GOŁ BIEWSKA Dominika		15	Gim 92 Ursynów W-wa		4:38.79	625	A	
	50m:	31.20 31.20	150m:	1:41.01 35.34	250m:	2:53.12 35.83	350m:	4:04.65 35.66	
	100m:	1:05.67 34.47	200m:	2:17.29 36.28	300m:	3:28.99 35.87	400m:	4:38.79 34.14	
10.	OSI SKA Wiktoria		15	149 Łód		4:39.25	621	A	
	50m:	32.50 32.50	150m:	1:43.26 35.54	250m:	2:53.99 35.41	350m:	4:05.10 35.48	
	100m:	1:07.72 35.22	200m:	2:18.58 35.32	300m:	3:29.62 35.63	400m:	4:39.25 34.15	
11.	WŁODARCZYK Agnieszka		15	MKP W growiec		4:40.46	613	B	
	50m:	32.20 32.20	150m:	1:42.83 35.87	250m:	2:54.42 35.81	350m:	4:05.92 35.66	
	100m:	1:06.96 34.76	200m:	2:18.61 35.78	300m:	3:30.26 35.84	400m:	4:40.46 34.54	
12.	GORZYNIK Aleksandra		15	Swim2Win Krosno		4:41.07	609	B	
	50m:	33.09 33.09	150m:	1:44.34 35.87	250m:	2:56.71 36.35	350m:	4:07.64 35.46	
	100m:	1:08.47 35.38	200m:	2:20.36 36.02	300m:	3:32.18 35.47	400m:	4:41.07 33.43	
13.	ŁUSZCZY SKA Natalia		15	Dwójka Morena Gda sk		4:41.74	605	B	
	50m:	32.31 32.31	150m:	1:43.76 36.14	250m:	2:55.14 35.48	350m:	4:06.86 35.76	
	100m:	1:07.62 35.31	200m:	2:19.66 35.90	300m:	3:31.10 35.96	400m:	4:41.74 34.88	
14.	SZEBESCZYK Hanna		15	I sk Wrocław		4:44.04	591	B	
	50m:	32.09 32.09	150m:	1:43.32 35.97	250m:	2:56.11 36.60	350m:	4:08.75 35.95	
	100m:	1:07.35 35.26	200m:	2:19.51 36.19	300m:	3:32.80 36.69	400m:	4:44.04 35.29	
15.	JU WICKA Zuzanna		15	Trójka Łód		4:44.74	586	B	
	50m:	32.79 32.79	150m:	1:42.92 34.99	250m:	2:54.76 36.49	350m:	4:08.88 37.25	
	100m:	1:07.93 35.14	200m:	2:18.27 35.35	300m:	3:31.63 36.87	400m:	4:44.74 35.86	
16.	NITA Daria		15	Korona Kraków		4:46.07	578	B	
	50m:	31.83 31.83	150m:	1:42.95 36.04	250m:	2:55.80 36.69	350m:	4:09.57 37.23	
	100m:	1:06.91 35.08	200m:	2:19.11 36.16	300m:	3:32.34 36.54	400m:	4:46.07 36.50	
17.	SZELUGA Wiktoria SOL		15	Kormoran Olsztyn		4:47.28	571	B	
	50m:	32.94 32.94	150m:	1:45.51 36.53	250m:	2:59.00 36.94	350m:	4:12.36 36.52	
	100m:	1:08.98 36.04	200m:	2:22.06 36.55	300m:	3:35.84 36.84	400m:	4:47.28 34.92	

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Pozycja			Wiek					Czas	Pkt.	
18.	SERAFIN Magdalena		15	Galicja Kraków				4:48.43	564	B
	50m:	32.86 32.86	150m:	1:43.83	36.47	250m:	2:58.18	37.04	350m:	4:12.80 37.34
	100m:	1:07.36 34.50	200m:	2:21.14	37.31	300m:	3:35.46	37.28	400m:	4:48.43 35.63
	MIETANA Karolina		15	Galicja Kraków				4:48.43	564	B
	50m:	32.61 32.61	150m:	1:44.91	36.38	250m:	2:58.26	36.56	350m:	4:11.69 36.15
	100m:	1:08.53 35.92	200m:	2:21.70	36.79	300m:	3:35.54	37.28	400m:	4:48.43 36.74
20.	KOSI SKA Dominika		15	Pi tka Chorzów				4:48.89	561	B
	50m:	32.72 32.72	150m:	1:46.29	37.08	250m:	3:01.65	37.43	350m:	4:14.70 35.90
	100m:	1:09.21 36.49	200m:	2:24.22	37.93	300m:	3:38.80	37.15	400m:	4:48.89 34.19
21.	KACZKOWSKA Anna		15	Skalar Warszawa				4:49.50	558	R
	50m:	33.13 33.13	150m:	1:46.71	37.12	250m:	3:00.47	36.87	350m:	4:14.17 36.50
	100m:	1:09.59 36.46	200m:	2:23.60	36.89	300m:	3:37.67	37.20	400m:	4:49.50 35.33
22.	MA DOK Klaudia		15	NKP Bielsko-Biała				4:49.78	556	R
	50m:	33.28 33.28	150m:	1:46.79	37.06	250m:	3:01.61	37.39	350m:	4:15.07 36.21
	100m:	1:09.73 36.45	200m:	2:24.22	37.43	300m:	3:38.86	37.25	400m:	4:49.78 34.71
23.	SOJA Małgorzata		15	G-8 Bielany W-wa				4:51.38	547	
	50m:	32.52 32.52	150m:	1:43.94	36.21	250m:	2:57.93	37.20	350m:	4:13.78 37.90
	100m:	1:07.73 35.21	200m:	2:20.73	36.79	300m:	3:35.88	37.95	400m:	4:51.38 37.60
24.	SOLIWODA Julia		15	Nawa Skierniewice				4:51.76	545	
	50m:	33.78 33.78	150m:	1:46.85	36.96	250m:	3:01.64	37.49	350m:	4:16.30 37.28
	100m:	1:09.89 36.11	200m:	2:24.15	37.30	300m:	3:39.02	37.38	400m:	4:51.76 35.46
25.	GAZDA Zuzanna		15	MOS D browa Górnicza				4:52.11	543	
	50m:	33.46 33.46	150m:	1:46.89	37.18	250m:	3:01.24	37.09	350m:	4:16.38 37.48
	100m:	1:09.71 36.25	200m:	2:24.15	37.26	300m:	3:38.90	37.66	400m:	4:52.11 35.73
26.	PEPLAK Julia		15	1 O arów Mazowiecki				4:55.20	526	
	50m:	33.62 33.62	150m:	1:48.47	37.62	250m:	3:04.76	37.84	350m:	4:19.21 37.13
	100m:	1:10.85 37.23	200m:	2:26.92	38.45	300m:	3:42.08	37.32	400m:	4:55.20 35.99
27.	MARCZUK Zuzanna		15	Neptun Stargard Szcz.				4:55.38	525	
	50m:	33.68 33.68	150m:	1:48.86	37.84	250m:	3:04.62	37.92	350m:	4:19.85 37.44
	100m:	1:11.02 37.34	200m:	2:26.70	37.84	300m:	3:42.41	37.79	400m:	4:55.38 35.53
28.	MICHNIEWSKA Anna		15	G-8 Bielany W-wa				4:56.00	522	
	50m:	33.05 33.05	150m:	1:48.03	38.00	250m:	3:05.18	38.14	350m:	4:21.05 37.38
	100m:	1:10.03 36.98	200m:	2:27.04	39.01	300m:	3:43.67	38.49	400m:	4:56.00 34.95
29.	URBA SKA Paulina		15	Słowianka Gorzów Wlkp.				4:56.71	518	
	50m:	34.25 34.25	150m:	1:50.59	38.89	250m:	3:08.10	38.46	350m:	4:23.99 36.85
	100m:	1:11.70 37.45	200m:	2:29.64	39.05	300m:	3:47.14	39.04	400m:	4:56.71 32.72
30.	TROJA Delfina SOL		15	Kormoran Olsztyn				4:56.72	518	
	50m:	33.73 33.73	150m:	1:49.98	38.67	250m:	3:06.62	38.44	350m:	4:22.05 37.23
	100m:	1:11.31 37.58	200m:	2:28.18	38.20	300m:	3:44.82	38.20	400m:	4:56.72 34.67
31.	TOBIASZ Anna		15	Victoria Józefów				4:56.73	518	
	50m:	32.49 32.49	150m:	1:46.64	37.58	250m:	3:03.63	38.82	350m:	4:20.27 37.91
	100m:	1:09.06 36.57	200m:	2:24.81	38.17	300m:	3:42.36	38.73	400m:	4:56.73 36.46
32.	CZECH Wiktoria		15	Swim2Win Krosno				4:57.65	513	
	50m:	34.91 34.91	150m:	1:51.15	38.27	250m:	3:06.91	38.23	350m:	4:22.13 37.55
	100m:	1:12.88 37.97	200m:	2:28.68	37.53	300m:	3:44.58	37.67	400m:	4:57.65 35.52
33.	BATOR Aleksandra SO		15	Unia O wi cim				4:57.94	512	
	50m:	33.00 33.00	150m:	1:48.36	38.35	250m:	3:05.88	38.97	350m:	4:22.07 37.74
	100m:	1:10.01 37.01	200m:	2:26.91	38.55	300m:	3:44.33	38.45	400m:	4:57.94 35.87
34.	PRZEWO NIAK Patrycja SO		15	Unia O wi cim				4:58.13	511	
	50m:	35.01 35.01	150m:	1:51.31	37.74	250m:	3:07.04	37.73	350m:	4:21.91 36.82
	100m:	1:13.57 38.56	200m:	2:29.31	38.00	300m:	3:45.09	38.05	400m:	4:58.13 36.22
35.	G SOWSKA Martyna		15	Delfin Toru				4:59.55	503	
	50m:	34.63 34.63	150m:	1:51.08	38.49	250m:	3:07.83	38.47	350m:	4:23.93 37.59
	100m:	1:12.59 37.96	200m:	2:29.36	38.28	300m:	3:46.34	38.51	400m:	4:59.55 35.62

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Pozycja			Wiek					Czas	Pkt.			
36.	CIE LAR	Zuzanna	15	Galicja Kraków				5:00.48	499			
	50m:	33.75	33.75	150m:	1:50.12	38.57	250m:	3:07.19	38.31	350m:	4:23.98	38.47
	100m:	1:11.55	37.80	200m:	2:28.88	38.76	300m:	3:45.51	38.32	400m:	5:00.48	36.50
37.	SZYMA	SKA	Magda	15	BUKS Warszawa				5:01.20	495		
	50m:	32.83	32.83	150m:	1:49.36	38.86	250m:	3:08.32	39.57	350m:	4:25.51	37.93
	100m:	1:10.50	37.67	200m:	2:28.75	39.39	300m:	3:47.58	39.26	400m:	5:01.20	35.69
38.	MAJEWSKA	Weronika	SR	15	Manta Kochłowice Ruda I.				5:01.81	492		
	50m:	33.75	33.75	150m:	1:49.62	38.40	250m:	3:06.74	38.40	350m:	4:24.88	38.53
	100m:	1:11.22	37.47	200m:	2:28.34	38.72	300m:	3:46.35	39.61	400m:	5:01.81	36.93
39.	SKÓRKA	Julia		15	MOS D browa Górnicza				5:02.62	488		
	50m:	34.33	34.33	150m:	1:51.64	39.06	250m:	3:08.88	38.43	350m:	4:25.21	37.92
	100m:	1:12.58	38.25	200m:	2:30.45	38.81	300m:	3:47.29	38.41	400m:	5:02.62	37.41
40.	OLEKSY	Aleksandra		15	MKS Piaseczno				5:03.31	485		
	50m:	33.22	33.22	150m:	1:49.18	38.42	250m:	3:06.75	38.81	350m:	4:25.75	38.98
	100m:	1:10.76	37.54	200m:	2:27.94	38.76	300m:	3:46.77	40.02	400m:	5:03.31	37.56
41.	WIKTOR	Marika	SOL	15	Kormoran Olsztyn				5:03.42	484		
	50m:	34.46	34.46	150m:	1:51.90	39.67	250m:	3:11.64	40.08	350m:	4:28.67	38.14
	100m:	1:12.23	37.77	200m:	2:31.56	39.66	300m:	3:50.53	38.89	400m:	5:03.42	34.75
42.	KABA	SKA	Nicol	15	MOS D browa Górnicza				5:04.78	478		
	50m:	34.16	34.16	150m:	1:50.86	38.92	250m:	3:09.37	38.63	350m:	4:27.91	39.13
	100m:	1:11.94	37.78	200m:	2:30.74	39.88	300m:	3:48.78	39.41	400m:	5:04.78	36.87
	POPIEL	Anna		15	SMS Szczecin				5:04.78	478		
	50m:	32.72	32.72	150m:	1:46.16	37.62	250m:	3:05.46	39.79	350m:	4:26.56	40.17
	100m:	1:08.54	35.82	200m:	2:25.67	39.51	300m:	3:46.39	40.93	400m:	5:04.78	38.22
44.	BIENIECKA	Natalia		15	Polonia Warszawa				5:05.21	476		
	50m:	33.38	33.38	150m:	1:49.11	38.47	250m:	3:06.94	39.29	350m:	4:26.80	40.29
	100m:	1:10.64	37.26	200m:	2:27.65	38.54	300m:	3:46.51	39.57	400m:	5:05.21	38.41
45.	BRONIECKA	Sandra		15	MKP W growiec				5:05.31	475		
	50m:	33.93	33.93	150m:	1:50.08	38.39	250m:	3:08.38	39.24	350m:	4:27.19	39.52
	100m:	1:11.69	37.76	200m:	2:29.14	39.06	300m:	3:47.67	39.29	400m:	5:05.31	38.12
46.	B	K	Julia	15	Victoria Józefów				5:07.78	464		
	50m:	34.06	34.06	150m:	1:51.67	39.38	250m:	3:10.78	39.26	350m:	4:30.19	39.36
	100m:	1:12.29	38.23	200m:	2:31.52	39.85	300m:	3:50.83	40.05	400m:	5:07.78	37.59
47.	MAZIK	Maria		15	Meduza Paj czno				5:08.13	462		
	50m:	33.89	33.89	150m:	1:51.47	39.42	250m:	3:12.51	40.25	350m:	4:31.15	38.47
	100m:	1:12.05	38.16	200m:	2:32.26	40.79	300m:	3:52.68	40.17	400m:	5:08.13	36.98
48.	KICI	SKA	Julia	15	Manta Jelcz-Laskowice				5:09.12	458		
	50m:	34.40	34.40	150m:	1:52.58	39.34	250m:	3:11.72	40.07	350m:	4:31.12	39.32
	100m:	1:13.24	38.84	200m:	2:31.65	39.07	300m:	3:51.80	40.08	400m:	5:09.12	38.00
49.	KRZY A	SKA	Karolina	15	SMS Szczecin				5:09.87	455		
	50m:	33.43	33.43	150m:	1:51.81	39.83	250m:	3:12.15	39.77	350m:	4:32.17	39.47
	100m:	1:11.98	38.55	200m:	2:32.38	40.57	300m:	3:52.70	40.55	400m:	5:09.87	37.70
50.	JAKOWICKA	Aleksandra		15	Barracuda Białystok				5:10.16	453		
	50m:	34.08	34.08	150m:	1:51.11	39.52	250m:	3:11.65	40.42	350m:	4:32.73	40.48
	100m:	1:11.59	37.51	200m:	2:31.23	40.12	300m:	3:52.25	40.60	400m:	5:10.16	37.43
51.	ZI	BA	Gabriela	SO	15	Unia O wi cim				5:10.56	452	
	50m:	33.32	33.32	150m:	1:50.30	39.12	250m:	3:10.69	40.98	350m:	4:31.33	40.58
	100m:	1:11.18	37.86	200m:	2:29.71	39.41	300m:	3:50.75	40.06	400m:	5:10.56	39.23
52.	ZOLKOWSKA	Anna		15	Skarpa Lublin				5:12.34	444		
	50m:	34.00	34.00	150m:	1:51.50	39.89	250m:	3:12.70	40.89	350m:	4:33.78	40.42
	100m:	1:11.61	37.61	200m:	2:31.81	40.31	300m:	3:53.36	40.66	400m:	5:12.34	38.56
53.	CHWAŁCZY	SKA	Aleksandra	15	I sk Wrocław				5:12.83	442		
	50m:	34.55	34.55	150m:	1:52.75	40.10	250m:	3:12.81	39.81	350m:	4:33.49	40.32
	100m:	1:12.65	38.10	200m:	2:33.00	40.25	300m:	3:53.17	40.36	400m:	5:12.83	39.34

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Pozycja			Wiek						Czas	Pkt.
54.	DUDZIAK Agata		15				Wodnik Wolsztyn		5:13.75	438
	50m:	34.68 34.68	150m:	1:52.94 39.35	250m:	3:13.68 40.50	350m:	4:35.04 40.91		
	100m:	1:13.59 38.91	200m:	2:33.18 40.24	300m:	3:54.13 40.45	400m:	5:13.75 38.71		
55.	MAZURKIEWICZ Zuzanna		15				Polonia Warszawa		5:13.81	438
	50m:	35.42 35.42	150m:	1:56.21 40.89	250m:	3:17.89 40.66	350m:	4:36.49 38.48		
	100m:	1:15.32 39.90	200m:	2:37.23 41.02	300m:	3:58.01 40.12	400m:	5:13.81 37.32		
56.	RADECKA Maja		15				Posejdon Pułtusk		5:15.82	429
	50m:	34.16 34.16	150m:	1:54.73 40.63	250m:	3:17.32 41.46	350m:	4:38.17 40.32		
	100m:	1:14.10 39.94	200m:	2:35.86 41.13	300m:	3:57.85 40.53	400m:	5:15.82 37.65		
57.	KRUPI SKA Laura SOL		15				Kormoran Olsztyn		5:18.54	419
	50m:	35.17 35.17	150m:	1:55.55 40.97	250m:	3:17.88 41.80	350m:	4:38.72 40.98		
	100m:	1:14.58 39.41	200m:	2:36.08 40.53	300m:	3:57.74 39.86	400m:	5:18.54 39.82		
58.	KAPRO Aleksandra		15				Fala Kra nik		5:29.06	380
	50m:	35.82 35.82	150m:	1:58.62 42.42	250m:	3:23.44 42.20	350m:	4:48.13 41.93		
	100m:	1:16.20 40.38	200m:	2:41.24 42.62	300m:	4:06.20 42.76	400m:	5:29.06 40.93		