

2019 Zimowe Mistrzostwa Polski Juniorów 16 lat
Lublin, 13. - 15.12.2019

Konkurencja 19 Dziewcz t, 400m dowolny 16 lat
14.12.2019 - 9:33 Wyniki Eliminacje

Rekord Polski Open	4:05.77	BARZYCKA Paulina	POL	Gorzow	26.11.2005
Rekord Polski 16	4:08.04	KILIJA SKA Donata	POL	Poznan	17.12.2011

Punkty: FINA 2019

Pozycja			Wiek					Czas	Pkt.	
1.	KLIMEK Marta		16	UKP Unia O wi cim				4:24.84	689	A
	50m:	29.91 29.91	150m:	1:35.56	33.06	250m:	2:42.79	33.69	350m:	3:51.12 34.26
	100m:	1:02.50 32.59	200m:	2:09.10	33.54	300m:	3:16.86	34.07	400m:	4:24.84 33.72
2.	PIEPIÓRKA Martyna		16	UKS abianka Gda sk				4:25.39	684	A
	50m:	31.91 31.91	150m:	1:39.51	34.04	250m:	2:47.34	33.76	350m:	3:54.27 33.26
	100m:	1:05.47 33.56	200m:	2:13.58	34.07	300m:	3:21.01	33.67	400m:	4:25.39 31.12
3.	NOWAK Maja		16	AZS AWF Warszawa				4:25.59	683	A
	50m:	30.52 30.52	150m:	1:37.93	34.01	250m:	2:45.83	33.97	350m:	3:53.48 33.80
	100m:	1:03.92 33.40	200m:	2:11.86	33.93	300m:	3:19.68	33.85	400m:	4:25.59 32.11
4.	CELMER Wiktoria		16	KS Warta Pozna				4:25.78	681	A
	50m:	30.95 30.95	150m:	1:38.52	34.04	250m:	2:47.17	34.32	350m:	3:54.55 32.68
	100m:	1:04.48 33.53	200m:	2:12.85	34.33	300m:	3:21.87	34.70	400m:	4:25.78 31.23
5.	HELLAK Emilia		16	WKS I sk Wrocław				4:26.00	680	A
	50m:	30.31 30.31	150m:	1:37.27	33.77	250m:	2:45.25	33.98	350m:	3:53.44 34.32
	100m:	1:03.50 33.19	200m:	2:11.27	34.00	300m:	3:19.12	33.87	400m:	4:26.00 32.56
6.	ZIELI SKA Daria		16	UKP „Polonia Warszawa”				4:26.29	677	A
	50m:	30.82 30.82	150m:	1:37.52	33.64	250m:	2:45.14	33.67	350m:	3:53.59 34.22
	100m:	1:03.88 33.06	200m:	2:11.47	33.95	300m:	3:19.37	34.23	400m:	4:26.29 32.70
7.	MOLEND A Dominika		16	UKS abianka Gda sk				4:26.48	676	A
	50m:	31.13 31.13	150m:	1:38.69	33.95	250m:	2:47.20	34.20	350m:	3:54.72 33.21
	100m:	1:04.74 33.61	200m:	2:13.00	34.31	300m:	3:21.51	34.31	400m:	4:26.48 31.76
8.	CIOCH-GRADZIK Wiktoria		16	KU AZS UMCS Lublin				4:27.41	669	A
	50m:	31.15 31.15	150m:	1:39.11	34.17	250m:	2:47.22	33.96	350m:	3:54.52 33.46
	100m:	1:04.94 33.79	200m:	2:13.26	34.15	300m:	3:21.06	33.84	400m:	4:27.41 32.89
9.	MO D AN Milena		16	MKP Szczecin				4:30.40	647	A
	50m:	31.33 31.33	150m:	1:38.61	33.90	250m:	2:46.74	33.91	350m:	3:55.76 34.74
	100m:	1:04.71 33.38	200m:	2:12.83	34.22	300m:	3:21.02	34.28	400m:	4:30.40 34.64
10.	HAŁADYN Karolina		16	UKS 190 Łód				4:31.15	642	A
	50m:	31.34 31.34	150m:	1:39.06	34.01	250m:	2:47.56	34.29	350m:	3:56.64 34.58
	100m:	1:05.05 33.71	200m:	2:13.27	34.21	300m:	3:22.06	34.50	400m:	4:31.15 34.51
11.	GANCARZ Julia		16	MKS „IKAR” Mielec				4:34.42	619	B
	50m:	31.48 31.48	150m:	1:39.70	34.28	250m:	2:48.95	34.73	350m:	3:59.48 35.27
	100m:	1:05.42 33.94	200m:	2:14.22	34.52	300m:	3:24.21	35.26	400m:	4:34.42 34.94
12.	POGO Milena		16	UKP Unia O wi cim				4:34.94	615	B
	50m:	32.62 32.62	150m:	1:41.42	34.49	250m:	2:50.71	34.56	350m:	4:00.81 35.06
	100m:	1:06.93 34.31	200m:	2:16.15	34.73	300m:	3:25.75	35.04	400m:	4:34.94 34.13
13.	GARBARCZYK Weronika		16	MKP Szczecin				4:35.38	612	B
	50m:	31.88 31.88	150m:	1:40.89	34.53	250m:	2:50.32	34.76	350m:	4:00.87 35.27
	100m:	1:06.36 34.48	200m:	2:15.56	34.67	300m:	3:25.60	35.28	400m:	4:35.38 34.51
14.	ZMIERCZAK Natalia		16	MTP Kormoran Olsztyn				4:37.53	598	B
	50m:	30.60 30.60	150m:	1:39.38	34.86	250m:	2:49.56	35.06	350m:	4:01.64 36.34
	100m:	1:04.52 33.92	200m:	2:14.50	35.12	300m:	3:25.30	35.74	400m:	4:37.53 35.89
15.	FRYSIAK Zuzanna		16	MUKS "Pi tnastka"				4:38.82	590	B
	50m:	31.34 31.34	150m:	1:40.33	34.95	250m:	2:51.53	35.73	350m:	4:03.95 36.25
	100m:	1:05.38 34.04	200m:	2:15.80	35.47	300m:	3:27.70	36.17	400m:	4:38.82 34.87
16.	KANTECKA Julia		16	Kaliski Klub Sportowy „Włókniarz” 192				4:39.67	585	B
	50m:	30.74 30.74	150m:	1:39.96	35.23	250m:	2:51.79	36.20	350m:	4:04.68 36.43
	100m:	1:04.73 33.99	200m:	2:15.59	35.63	300m:	3:28.25	36.46	400m:	4:39.67 34.99

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Pozycja			Wiek					Czas	Pkt.
17.	PTASZY SKA Weronika		16	UKP Unia Olimpijczycki				4:40.52	579 B
	50m: 32.32	32.32	150m: 1:42.50	35.27	250m: 2:54.37	35.94	350m: 4:06.53	35.92	
	100m: 1:07.23	34.91	200m: 2:18.43	35.93	300m: 3:30.61	36.24	400m: 4:40.52	33.99	
18.	WODECKA Roksana		16	UKS 190 Łódź				4:41.66	572 B
	50m: 31.81	31.81	150m: 1:42.32	35.51	250m: 2:54.35	36.17	350m: 4:07.06	36.62	
	100m: 1:06.81	35.00	200m: 2:18.18	35.86	300m: 3:30.44	36.09	400m: 4:41.66	34.60	
19.	ZIEMACKA Julia		16	UKS G-8 Bielany Warszawa				4:42.17	569 B
	50m: 31.63	31.63	150m: 1:41.32	35.42	250m: 2:54.09	36.65	350m: 4:06.98	36.30	
	100m: 1:05.90	34.27	200m: 2:17.44	36.12	300m: 3:30.68	36.59	400m: 4:42.17	35.19	
20.	KOŁODZIEJCZYK Oliwia		16	KU AZS UMCS Lublin				4:42.20	569 B
	50m: 32.10	32.10	150m: 1:42.12	35.25	250m: 2:54.21	36.21	350m: 4:07.04	36.51	
	100m: 1:06.87	34.77	200m: 2:18.00	35.88	300m: 3:30.53	36.32	400m: 4:42.20	35.16	
21.	CH CIAK Sandra		16	UKS „GIM 92 Ursynów”				4:42.57	567 R
	50m: 32.24	32.24	150m: 1:42.04	34.90	250m: 2:53.59	36.04	350m: 4:07.16	37.06	
	100m: 1:07.14	34.90	200m: 2:17.55	35.51	300m: 3:30.10	36.51	400m: 4:42.57	35.41	
22.	KOZD BA Karolina		16	UKS SMS Galicja Kraków				4:44.02	558 R
	50m: 32.78	32.78	150m: 1:44.42	35.93	250m: 2:57.13	36.35	350m: 4:09.11	35.82	
	100m: 1:08.49	35.71	200m: 2:20.78	36.36	300m: 3:33.29	36.16	400m: 4:44.02	34.91	
23.	SZYNAL Amelia		16	Uks Skarpa Lublin				4:51.04	519
	50m: 32.48	32.48	150m: 1:45.81	37.00	250m: 3:00.36	37.32	350m: 4:15.23	37.60	
	100m: 1:08.81	36.33	200m: 2:23.04	37.23	300m: 3:37.63	37.27	400m: 4:51.04	35.81	
24.	WI CKOWSKA Alicja		16	UKS Delfin Garwolin				4:51.29	517
	50m: 31.73	31.73	150m: 1:44.06	36.73	250m: 2:59.48	37.76	350m: 4:15.82	38.14	
	100m: 1:07.33	35.60	200m: 2:21.72	37.66	300m: 3:37.68	38.20	400m: 4:51.29	35.47	
25.	KACZMAREK Marta		16	MKP H2O Koszalin				4:55.09	498
	50m: 32.66	32.66	150m: 1:45.62	36.73	250m: 3:00.71	37.77	350m: 4:17.36	38.48	
	100m: 1:08.89	36.23	200m: 2:22.94	37.32	300m: 3:38.88	38.17	400m: 4:55.09	37.73	
26.	DOBROWOLSKA Natalia		16	MKS SMS Victoria Racibórz				4:55.58	495
	50m: 33.43	33.43	150m: 1:46.52	37.02	250m: 3:01.70	37.60	350m: 4:18.99	38.68	
	100m: 1:09.50	36.07	200m: 2:24.10	37.58	300m: 3:40.31	38.61	400m: 4:55.58	36.59	
27.	KARWOWSKA Anna		16	MKS CKS-SMS Szczecin				5:06.28	445
	50m: 34.32	34.32	150m: 1:50.97	38.70	250m: 3:09.40	39.59	350m: 4:28.95	39.68	
	100m: 1:12.27	37.95	200m: 2:29.81	38.84	300m: 3:49.27	39.87	400m: 5:06.28	37.33	
28.	ZAWALNIUK Daria		16	UKS SP-149 Łódź				5:24.73	373
	50m: 34.90	34.90	150m: 1:56.27	41.83	250m: 3:20.99	42.66	350m: 4:45.07	41.80	
	100m: 1:14.44	39.54	200m: 2:38.33	42.06	300m: 4:03.27	42.28	400m: 5:24.73	39.66	
29.	CIESIELSKA Natalia		16	UKS SP-149 Łódź				5:30.69	353
	50m: 37.49	37.49	150m: 1:59.44	41.33	250m: 3:23.72	42.29	350m: 4:49.38	43.19	
	100m: 1:18.11	40.62	200m: 2:41.43	41.99	300m: 4:06.19	42.47	400m: 5:30.69	41.31	