

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

Konkurencja 19 Dziewcz t, 400m dowolny 16 lat  
14.12.2019 - 17:36 Wyniki Finał

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.
<b>Finał A</b>									
1.	HELLAK	Emilia	16	WKS	I sk Wrocław			<b>4:16.38</b>	759
	50m:	29.48	29.48	150m:	1:33.74	32.38	250m:	2:38.80	32.58
	100m:	1:01.36	31.88	200m:	2:06.22	32.48	300m:	3:11.26	32.46
							350m:	3:44.19	32.93
							400m:	4:16.38	32.19
2.	KLIMEK	Marta	16	UKP	Unia O wi cim			<b>4:16.83</b>	755
	50m:	28.48	28.48	150m:	1:32.45	32.47	250m:	2:38.57	33.02
	100m:	59.98	31.50	200m:	2:05.55	33.10	300m:	3:11.98	33.41
							350m:	3:45.14	33.16
							400m:	4:16.83	31.69
3.	NOWAK	Maja	16	AZS	AWF Warszawa			<b>4:20.03</b>	728
	50m:	30.00	30.00	150m:	1:35.13	32.70	250m:	2:41.13	33.08
	100m:	1:02.43	32.43	200m:	2:08.05	32.92	300m:	3:14.42	33.29
							350m:	3:47.58	33.16
							400m:	4:20.03	32.45
4.	PIEPIÓRKA	Martyna	16	UKS	abianka Gda sk			<b>4:21.88</b>	712
	50m:	31.11	31.11	150m:	1:37.43	33.31	250m:	2:43.78	33.27
	100m:	1:04.12	33.01	200m:	2:10.51	33.08	300m:	3:17.04	33.26
							350m:	3:49.86	32.82
							400m:	4:21.88	32.02
5.	CIOCH-GRADZIK	Wiktoria	16	KU	AZS UMCS Lublin			<b>4:25.04</b>	687
	50m:	30.74	30.74	150m:	1:37.07	33.38	250m:	2:44.18	33.58
	100m:	1:03.69	32.95	200m:	2:10.60	33.53	300m:	3:18.20	34.02
							350m:	3:51.86	33.66
							400m:	4:25.04	33.18
6.	MOLEND	Dominika	16	UKS	abianka Gda sk			<b>4:26.23</b>	678
	50m:	30.54	30.54	150m:	1:37.29	34.09	250m:	2:45.31	34.04
	100m:	1:03.20	32.66	200m:	2:11.27	33.98	300m:	3:19.49	34.18
							350m:	3:53.51	34.02
							400m:	4:26.23	32.72
7.	ZIELI	SKA Daria	16	UKP	„Polonia Warszawa"			<b>4:26.24</b>	678
	50m:	30.82	30.82	150m:	1:36.56	33.07	250m:	2:44.15	34.05
	100m:	1:03.49	32.67	200m:	2:10.10	33.54	300m:	3:18.26	34.11
							350m:	3:52.60	34.34
							400m:	4:26.24	33.64
8.	HAŁADYN	Karolina	16	UKS	190 Łód			<b>4:31.21</b>	641
	50m:	31.02	31.02	150m:	1:38.21	33.89	250m:	2:47.21	34.66
	100m:	1:04.32	33.30	200m:	2:12.55	34.34	300m:	3:22.19	34.98
							350m:	3:56.93	34.74
							400m:	4:31.21	34.28
9.	CELMER	Wiktoria	16	KS	Warta Pozna			<b>4:38.12</b>	594
	50m:	31.03	31.03	150m:	1:39.80	34.85	250m:	2:51.88	36.27
	100m:	1:04.95	33.92	200m:	2:15.61	35.81	300m:	3:28.07	36.19
							350m:	4:04.39	36.32
							400m:	4:38.12	33.73
10.	MO D AN	Milena	16	MKP	Szczecin			<b>4:41.87</b>	571
	50m:	32.92	32.92	150m:	1:44.10	35.81	250m:	2:56.09	35.81
	100m:	1:08.29	35.37	200m:	2:20.28	36.18	300m:	3:31.76	35.67
							350m:	4:07.09	35.33
							400m:	4:41.87	34.78
<b>Finał B</b>									
11.	ZMIERCZAK	Natalia	16	MTP	Kormoran Olsztyn			<b>4:28.77</b>	659
	50m:	29.81	29.81	150m:	1:36.91	34.17	250m:	2:45.81	34.37
	100m:	1:02.74	32.93	200m:	2:11.44	34.53	300m:	3:20.58	34.77
							350m:	3:55.90	35.32
							400m:	4:28.77	32.87
12.	POGO	Milena	16	UKP	Unia O wi cim			<b>4:29.82</b>	651
	50m:	31.47	31.47	150m:	1:39.00	33.99	250m:	2:47.20	34.12
	100m:	1:05.01	33.54	200m:	2:13.08	34.08	300m:	3:21.38	34.18
							350m:	3:55.67	34.29
							400m:	4:29.82	34.15
13.	GARBARCZYK	Weronika	16	MKP	Szczecin			<b>4:31.45</b>	639
	50m:	31.14	31.14	150m:	1:39.37	34.32	250m:	2:48.26	34.42
	100m:	1:05.05	33.91	200m:	2:13.84	34.47	300m:	3:22.87	34.61
							350m:	3:57.95	35.08
							400m:	4:31.45	33.50
14.	GANCARZ	Julia	16	MKS	„IKAR" Mielec			<b>4:31.46</b>	639
	50m:	31.34	31.34	150m:	1:39.72	34.25	250m:	2:48.55	33.96
	100m:	1:05.47	34.13	200m:	2:14.59	34.87	300m:	3:23.07	34.52
							350m:	3:57.74	34.67
							400m:	4:31.46	33.72
15.	FRYSIAK	Zuzanna	16	MUKS	"Pi tnastka"			<b>4:37.46</b>	599
	50m:	30.87	30.87	150m:	1:38.58	34.32	250m:	2:49.31	35.64
	100m:	1:04.26	33.39	200m:	2:13.67	35.09	300m:	3:25.61	36.30
							350m:	4:02.21	36.60
							400m:	4:37.46	35.25

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Pozycja			Wiek						Czas	Pkt.
16.	KANTECKA Julia		16	Kaliski Klub Sportowy „Włókniarz” 1924				<b>4:37.84</b>	596	
	50m:	31.37 31.37	150m:	1:41.21 35.14	250m:	2:52.74 36.05	350m:	4:04.34 35.83		
	100m:	1:06.07 34.70	200m:	2:16.69 35.48	300m:	3:28.51 35.77	400m:	4:37.84 33.50		
17.	KOŁODZIEJCZYK Oliwia		16	KU AZS UMCS Lublin				<b>4:38.91</b>	589	
	50m:	31.36 31.36	150m:	1:41.52 35.72	250m:	2:53.40 35.82	350m:	4:04.84 35.81		
	100m:	1:05.80 34.44	200m:	2:17.58 36.06	300m:	3:29.03 35.63	400m:	4:38.91 34.07		
18.	WODECKA Roksana		16	UKS 190 Łódź				<b>4:39.18</b>	588	
	50m:	30.95 30.95	150m:	1:41.42 35.70	250m:	2:53.20 36.01	350m:	4:04.85 35.62		
	100m:	1:05.72 34.77	200m:	2:17.19 35.77	300m:	3:29.23 36.03	400m:	4:39.18 34.33		
19.	PTASZY SKA Weronika		16	UKP Unia O wi cim				<b>4:39.42</b>	586	
	50m:	32.29 32.29	150m:	1:42.26 35.24	250m:	2:53.31 35.57	350m:	4:04.91 36.03		
	100m:	1:07.02 34.73	200m:	2:17.74 35.48	300m:	3:28.88 35.57	400m:	4:39.42 34.51		
20.	ZIEMACKA Julia		16	UKS G-8 Bielany Warszawa				<b>4:43.83</b>	559	
	50m:	32.67 32.67	150m:	1:44.98 36.68	250m:	2:56.34 36.02	350m:	4:07.91 35.72		
	100m:	1:08.30 35.63	200m:	2:20.32 35.34	300m:	3:32.19 35.85	400m:	4:43.83 35.92		