

Zimowe Mistrzostwa Polski Juniorów Młodszych-14L
Olsztyn, 4- - 6-3-2016

Konkurencja 11
2016-03-04 - 12:36

Dziewcz t, 400m zmienny

14 lat
Wyniki Eliminacje

Rekord Polski Open	4:31.89	BARANOWSKA, Katarzyna	00116	Debrecen (HUN)	2007-12-16
Rekord Polski 14	4:53.86	SIE CZYK, Jowita	00903	Poznan	2011-12-18

Punkty: FINA 2015

Pozycja			Rok ur.							Czas	Pkt.	
1.	ZAR BA-PARADOWSKA, Julia		02	BUWAR Warszawa						5:02.68	632	A
	50m: 33.00	33.00	150m: 1:49.10	39.19	250m: 3:09.99	42.08	350m: 4:28.42	35.24				
	100m: 1:09.91	36.91	200m: 2:27.91	38.81	300m: 3:53.18	43.19	400m: 5:02.68	34.26				
2.	BUKO, Martyna		02	MKS Medyk Gi ycko						5:06.25	610	A
	50m: 31.44	31.44	150m: 1:48.21	38.80	250m: 3:09.77	42.51	350m: 4:30.38	36.78				
	100m: 1:09.41	37.97	200m: 2:27.26	39.05	300m: 3:53.60	43.83	400m: 5:06.25	35.87				
3.	RAJCA, Olivia		02	UKS190 Łód						5:07.35	604	A
	50m: 32.76	32.76	150m: 1:51.09	41.12	250m: 3:12.91	43.30	350m: 4:33.05	36.37				
	100m: 1:09.97	37.21	200m: 2:29.61	38.52	300m: 3:56.68	43.77	400m: 5:07.35	34.30				
4.	TRAMBOWICZ, Zuzanna		02	MKS SP-63 Bydgoszcz						5:09.07	594	A
	50m: 31.01	31.01	150m: 1:49.01	41.48	250m: 3:13.99	44.94	350m: 4:34.98	35.31				
	100m: 1:07.53	36.52	200m: 2:29.05	40.04	300m: 3:59.67	45.68	400m: 5:09.07	34.09				
5.	JASZCZUK, Ewa SOL		02	MTP KORMORAN Olsztyn						5:14.75	562	A
	50m: 32.30	32.30	150m: 1:49.38	39.91	250m: 3:15.13	46.41	350m: 4:38.21	37.35				
	100m: 1:09.47	37.17	200m: 2:28.72	39.34	300m: 4:00.86	45.73	400m: 5:14.75	36.54				
6.	BURA, Julia		02	UKS Aligator Gorzyce						5:15.87	556	A
	50m: 34.78	34.78	150m: 1:55.45	40.75	250m: 3:18.07	42.48	350m: 4:40.10	38.97				
	100m: 1:14.70	39.92	200m: 2:35.59	40.14	300m: 4:01.13	43.06	400m: 5:15.87	35.77				
7.	KRYPA, Marta		02	UKS Manta Warszawa Włochy						5:15.89	556	A
	50m: 34.12	34.12	150m: 1:55.54	41.13	250m: 3:20.11	44.02	350m: 4:41.36	37.17				
	100m: 1:14.41	40.29	200m: 2:36.09	40.55	300m: 4:04.19	44.08	400m: 5:15.89	34.53				
8.	PLUTA, Emilia		02	UKS Aligator Gorzyce						5:17.43	548	A
	50m: 33.31	33.31	150m: 1:52.99	42.05	250m: 3:18.67	44.82	350m: 4:41.85	36.47				
	100m: 1:10.94	37.63	200m: 2:33.85	40.86	300m: 4:05.38	46.71	400m: 5:17.43	35.58				
9.	WILCZEWSKA, Aleksandra		02	KS OLIMPIA Lublin						5:18.69	542	A
	50m: 35.47	35.47	150m: 1:56.05	39.27	250m: 3:19.69	45.90	350m: 4:42.93	37.49				
	100m: 1:16.78	41.31	200m: 2:33.79	37.74	300m: 4:05.44	45.75	400m: 5:18.69	35.76				
	KRÓL, Wiktoria		02	Galicja Kraków						5:18.69	542	A
	50m: 33.68	33.68	150m: 1:53.17	39.94	250m: 3:19.30	46.80	350m: 4:42.54	36.50				
	100m: 1:13.23	39.55	200m: 2:32.50	39.33	300m: 4:06.04	46.74	400m: 5:18.69	36.15				
11.	SOBIAK, Zuzanna		02	KS Warta Pozna						5:20.76	531	B
	50m: 33.24	33.24	150m: 1:52.98	40.58	250m: 3:20.59	47.11	350m: 4:44.95	36.63				
	100m: 1:12.40	39.16	200m: 2:33.48	40.50	300m: 4:08.32	47.73	400m: 5:20.76	35.81				
12.	TERLECKA, Anna		02	UKS Wodnik Krasnystaw						5:21.87	526	B
	50m: 33.30	33.30	150m: 1:56.31	43.53	250m: 3:21.06	44.10	350m: 4:45.59	40.10				
	100m: 1:12.78	39.48	200m: 2:36.96	40.65	300m: 4:05.49	44.43	400m: 5:21.87	36.28				
13.	KUSION, Weronika		02	BOSiR Brzesko						5:22.85	521	B
	50m: 33.11	33.11	150m: 1:54.15	41.93	250m: 3:21.26	47.26	350m: 4:47.02	37.84				
	100m: 1:12.22	39.11	200m: 2:34.00	39.85	300m: 4:09.18	47.92	400m: 5:22.85	35.83				
14.	BANACZKOWSKA, Aleksandra SOc		02	KS KSZO Ostrowiec w.						5:23.69	517	B
	50m: 33.40	33.40	150m: 1:56.05	42.23	250m: 3:23.21	45.27	350m: 4:46.86	37.92				
	100m: 1:13.82	40.42	200m: 2:37.94	41.89	300m: 4:08.94	45.73	400m: 5:23.69	36.83				
15.	KOCZUR, Julia SO		02	Ulks Victoria Kozy						5:23.93	516	B
	50m: 34.80	34.80	150m: 1:56.50	41.21	250m: 3:24.05	47.52	350m: 4:48.49	37.69				
	100m: 1:15.29	40.49	200m: 2:36.53	40.03	300m: 4:10.80	46.75	400m: 5:23.93	35.44				
16.	DZIERKACZ, Kaja		02	MKS SP-63 Bydgoszcz						5:26.79	502	B
	50m: 33.38	33.38	150m: 1:55.11	42.98	250m: 3:24.55	47.28	350m: 4:51.55	37.76				
	100m: 1:12.13	38.75	200m: 2:37.27	42.16	300m: 4:13.79	49.24	400m: 5:26.79	35.24				

Zimowe Mistrzostwa Polski Juniorów Młodszych-14L
Olsztyn, 4- - 6-3-2016

Konkurencja 11, Dziewcz t, 400m zmienny, Eliminacje, 14 lat

Pozycja			Rok ur.					Czas	Pkt.	
17.	D BROWSKA, Tatiana	02	UKS "Pi tka"Konstantynów Łódzki	5:27.12	501	B				
	50m: 33.73 33.73	150m: 1:55.37	42.75	250m: 3:22.26	45.21	350m: 4:49.04	40.51			
	100m: 1:12.62 38.89	200m: 2:37.05	41.68	300m: 4:08.53	46.27	400m: 5:27.12	38.08			
18.	SZPIEGOWSKA, Wiktoria	02	WKS L SK	5:28.40	495	B				
	50m: 34.92 34.92	150m: 1:58.03	41.63	250m: 3:25.37	46.54	350m: 4:51.11	38.48			
	100m: 1:16.40 41.48	200m: 2:38.83	40.80	300m: 4:12.63	47.26	400m: 5:28.40	37.29			
19.	KAPCI SKA, Maja SO	02	Ukp „Unia" O wi cim	5:28.64	494	B				
	50m: 35.55 35.55	150m: 1:59.43	41.81	250m: 3:27.79	47.47	350m: 4:53.05	37.89			
	100m: 1:17.62 42.07	200m: 2:40.32	40.89	300m: 4:15.16	47.37	400m: 5:28.64	35.59			
20.	NOCO , Dominika	02	UKS MANTA Kochłowice	5:29.44	490	B				
	50m: 32.29 32.29	150m: 1:52.13	40.96	250m: 3:20.43	47.86	350m: 4:49.99	40.19			
	100m: 1:11.17 38.88	200m: 2:32.57	40.44	300m: 4:09.80	49.37	400m: 5:29.44	39.45			
21.	ZIENTARSKA, Karolina	02	Integracyjny KS Konstancin	5:30.20	487	R				
	50m: 35.84 35.84	150m: 2:01.64	42.09	250m: 3:28.45	45.88	350m: 4:53.27	38.60			
	100m: 1:19.55 43.71	200m: 2:42.57	40.93	300m: 4:14.67	46.22	400m: 5:30.20	36.93			
22.	CERLICH, Oliwia	02	Mks Ikar Mielec	5:31.09	483	R				
	50m: 35.58 35.58	150m: 1:59.18	41.77	250m: 3:29.21	48.53	350m: 4:55.21	37.00			
	100m: 1:17.41 41.83	200m: 2:40.68	41.50	300m: 4:18.21	49.00	400m: 5:31.09	35.88			
23.	KRZEMIENIECKA, Martyna	02	Znicz Koszalin	5:32.03	479					
	50m: 34.05 34.05	150m: 1:57.11	43.07	250m: 3:24.67	45.26	350m: 4:52.82	40.48			
	100m: 1:14.04 39.99	200m: 2:39.41	42.30	300m: 4:12.34	47.67	400m: 5:32.03	39.21			
24.	KULESZA, Weronika	02	M.K.P."Słowianka" Gorzów Wlkp.	5:32.05	479					
	50m: 34.51 34.51	150m: 1:58.33	44.53	250m: 3:27.12	45.45	350m: 4:53.61	39.85			
	100m: 1:13.80 39.29	200m: 2:41.67	43.34	300m: 4:13.76	46.64	400m: 5:32.05	38.44			
25.	DRA YK, Natalia SR	02	UKS MANTA Kochłowice	5:32.84	475					
	50m: 33.06 33.06	150m: 1:55.78	42.66	250m: 3:23.17	46.20	350m: 4:52.48	40.90			
	100m: 1:13.12 40.06	200m: 2:36.97	41.19	300m: 4:11.58	48.41	400m: 5:32.84	40.36			
26.	PAWŁOWSKA, Julia SO	02	Ukp „Unia" O wi cim	5:33.10	474					
	50m: 35.51 35.51	150m: 2:00.93	45.05	250m: 3:29.83	46.01	350m: 4:55.72	39.94			
	100m: 1:15.88 40.37	200m: 2:43.82	42.89	300m: 4:15.78	45.95	400m: 5:33.10	37.38			
27.	KUMOREK, Kamila SO	02	Ukp „Unia" O wi cim	5:33.22	474					
	50m: 33.28 33.28	150m: 1:57.38	43.41	250m: 3:26.39	46.95	350m: 4:55.46	40.36			
	100m: 1:13.97 40.69	200m: 2:39.44	42.06	300m: 4:15.10	48.71	400m: 5:33.22	37.76			
28.	DOBOSZ, Kalina	02	Uks,, oliborz" Warszawa	5:34.08	470					
	50m: 34.38 34.38	150m: 2:00.80	45.18	250m: 3:28.85	44.69	350m: 4:55.61	40.82			
	100m: 1:15.62 41.24	200m: 2:44.16	43.36	300m: 4:14.79	45.94	400m: 5:34.08	38.47			
29.	MIROWSKA, Zuzanna	02	TS Wisła Kraków	5:36.87	459					
	50m: 35.72 35.72	150m: 2:00.77	43.72	250m: 3:32.26	49.34	350m: 4:59.67	38.19			
	100m: 1:17.05 41.33	200m: 2:42.92	42.15	300m: 4:21.48	49.22	400m: 5:36.87	37.20			
30.	DEDO, Katarzyna	02	SIEMACHA ASP Kraków	5:37.41	456					
	50m: 36.61 36.61	150m: 2:02.63	42.79	250m: 3:34.89	49.26	350m: 5:00.74	36.64			
	100m: 1:19.84 43.23	200m: 2:45.63	43.00	300m: 4:24.10	49.21	400m: 5:37.41	36.67			
31.	JASIORSKA, Aleksandra	02	Iuks Muszelka Warszawa	5:40.15	445					
	50m: 39.01 39.01	150m: 2:07.50	42.84	250m: 3:36.51	47.07	350m: 5:01.97	37.23			
	100m: 1:24.66 45.65	200m: 2:49.44	41.94	300m: 4:24.74	48.23	400m: 5:40.15	38.18			
32.	KRAWCZYK, Paulina	02	Integracyjny KS Konstancin	5:40.20	445					
	50m: 34.18 34.18	150m: 1:59.81	43.48	250m: 3:31.68	49.78	350m: 5:01.46	39.16			
	100m: 1:16.33 42.15	200m: 2:41.90	42.09	300m: 4:22.30	50.62	400m: 5:40.20	38.74			
33.	GRYLEWICZ, Zuzanna	02	KS REKIN wiebodzice	5:40.45	444					
	50m: 35.71 35.71	150m: 2:03.40	43.42	250m: 3:34.10	48.43	350m: 5:03.44	39.88			
	100m: 1:19.98 44.27	200m: 2:45.67	42.27	300m: 4:23.56	49.46	400m: 5:40.45	37.01			
34.	MADYCKA, Marcelina	02	Mks Ikar Mielec	5:40.98	442					
	50m: 34.03 34.03	150m: 2:01.48	44.95	250m: 3:33.44	48.06	350m: 5:02.78	40.79			
	100m: 1:16.53 42.50	200m: 2:45.38	43.90	300m: 4:21.99	48.55	400m: 5:40.98	38.20			

Zimowe Mistrzostwa Polski Juniorów Młodszych-14L
Olsztyn, 4- - 6-3-2016

Konkurencja 11, Dziewcz t, 400m zmienny, Eliminacje, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
35.	RA NA, Aleksandra		02	SIEMACHA ASP Kraków				5:42.60	436
	50m: 37.52	37.52	150m: 2:05.39	43.19	250m: 3:35.02	48.42	350m: 5:04.10	39.60	
	100m: 1:22.20	44.68	200m: 2:46.60	41.21	300m: 4:24.50	49.48	400m: 5:42.60	38.50	
36.	BŁASZCZYK, Weronika		02	Uks Junior Kluczbork				5:42.87	435
	50m: 35.19	35.19	150m: 2:02.40	45.03	250m: 3:36.60	49.01	350m: 5:04.63	39.42	
	100m: 1:17.37	42.18	200m: 2:47.59	45.19	300m: 4:25.21	48.61	400m: 5:42.87	38.24	
37.	BLACHURA, Julia SO		02	Ukp „Unia" O wi cim				5:43.70	432
	50m: 36.66	36.66	150m: 2:01.30	42.81	250m: 3:34.59	51.46	350m: 5:05.69	39.67	
	100m: 1:18.49	41.83	200m: 2:43.13	41.83	300m: 4:26.02	51.43	400m: 5:43.70	38.01	
38.	GLEJZER, Marcelina		02	KS REKIN wiebodzice				5:51.61	403
	50m: 36.25	36.25	150m: 2:06.38	46.88	250m: 3:39.53	47.21	350m: 5:11.23	43.62	
	100m: 1:19.50	43.25	200m: 2:52.32	45.94	300m: 4:27.61	48.08	400m: 5:51.61	40.38	
39.	KALETA, Karolina		02	SiKReT Gliwice				6:02.25	369
	50m: 36.72	36.72	150m: 2:08.40	46.12	250m: 3:44.53	50.93	350m: 5:20.75	42.72	
	100m: 1:22.28	45.56	200m: 2:53.60	45.20	300m: 4:38.03	53.50	400m: 6:02.25	41.50	
DYSKW.	WANIC, Klaudia		02	UKS JAGIELLONKA Warszawa					
	<u>Z2/G8</u>								