



Istniejemy
dla Was od 50 lat!

Mistrzostwa Polski Juniorów Młodszych 14-lat
Olsztyn, 8- - 10-7-2016

Konkurencja 19
2016-07-09 - 9:59

Dziewcz t, 400m dowolny

14 lat
Wyniki Eliminacje

Rekord Polski Open	4:04.23	JEDRZEJCZAK Otylia	00114	Melbourne (AUS)	2007-03-25
Rekord Polski 14	4:16.54	KILIJA SKA Donata	00612	Tampere (FIN)	2009-07-20

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.
1. TRAMBOWICZ Zuzanna	02 MKS SP-63 Bydgoszcz	4:35.26	649 A
50m: 30.77 30.77	150m: 1:40.22 35.25	250m: 2:50.92 35.17	350m: 4:00.58 34.75
100m: 1:04.97 34.20	200m: 2:15.75 35.53	300m: 3:25.83 34.91	400m: 4:35.26 34.68
2. PI KO Natalia	02 MKS Jedyńka Łód	4:36.47	640 A
50m: 31.26 31.26	150m: 1:41.30 35.38	250m: 2:51.81 34.71	350m: 4:01.93 34.55
100m: 1:05.92 34.66	200m: 2:17.10 35.80	300m: 3:27.38 35.57	400m: 4:36.47 34.54
3. SKIBIAK Klaudia	02 Dwójka Morena Gda sk	4:36.72	639 A
50m: 32.25 32.25	150m: 1:43.16 35.44	250m: 2:52.97 34.65	350m: 4:02.95 34.53
100m: 1:07.72 35.47	200m: 2:18.32 35.16	300m: 3:28.42 35.45	400m: 4:36.72 33.77
4. KUCHTA Maria	02 MKS Sambor Tczew	4:40.72	612 A
50m: 32.28 32.28	150m: 1:44.52 36.47	250m: 2:56.34 35.79	350m: 4:07.65 35.38
100m: 1:08.05 35.77	200m: 2:20.55 36.03	300m: 3:32.27 35.93	400m: 4:40.72 33.07
5. ZAREMBIK Katarzyna SR	02 MKS-SMS Victoria Racibórz	4:40.89	611 A
50m: 31.96 31.96	150m: 1:43.03 35.64	250m: 2:54.77 35.56	350m: 4:06.60 35.67
100m: 1:07.39 35.43	200m: 2:19.21 36.18	300m: 3:30.93 36.16	400m: 4:40.89 34.29
6. HERASIMOWICZ Zuzanna	02 Dwójka Morena Gda sk	4:40.95	610 A
50m: 33.69 33.69	150m: 1:46.55 35.98	250m: 2:56.26 34.14	350m: 4:06.95 35.44
100m: 1:10.57 36.88	200m: 2:22.12 35.57	300m: 3:31.51 35.25	400m: 4:40.95 34.00
7. KRYSZKOWSKA Natalia	02 KP MZOS Płock	4:42.33	601 A
50m: 31.85 31.85	150m: 1:42.15 35.47	250m: 2:54.00 35.92	350m: 4:06.80 36.34
100m: 1:06.68 34.83	200m: 2:18.08 35.93	300m: 3:30.46 36.46	400m: 4:42.33 35.53
8. SPIK Vanessa	02 DOKiS SP VEGA DOBRODZIE	4:42.45	601 A
50m: 31.66 31.66	150m: 1:43.07 36.03	250m: 2:55.33 35.84	350m: 4:07.88 36.23
100m: 1:07.04 35.38	200m: 2:19.49 36.42	300m: 3:31.65 36.32	400m: 4:42.45 34.57
9. KRYPA Marta	02 UKS Manta Włochy Warszawa	4:42.88	598 A
50m: 31.56 31.56	150m: 1:42.12 35.52	250m: 2:54.49 36.13	350m: 4:07.42 36.58
100m: 1:06.60 35.04	200m: 2:18.36 36.24	300m: 3:30.84 36.35	400m: 4:42.88 35.46
10. JABŁONOWSKA Nikola	02 UKS G-8 Bielany Warszawa	4:43.64	593 A
50m: 31.66 31.66	150m: 1:42.29 35.76	250m: 2:55.14 36.54	350m: 4:08.09 36.35
100m: 1:06.53 34.87	200m: 2:18.60 36.31	300m: 3:31.74 36.60	400m: 4:43.64 35.55
11. SZYMCZAK Patrycja	02 UKS MANTA Kochłowice Ruda l s	4:43.93	591 B
50m: 31.43 31.43	150m: 1:43.54 36.47	250m: 2:56.70 36.53	350m: 4:09.69 36.40
100m: 1:07.07 35.64	200m: 2:20.17 36.63	300m: 3:33.29 36.59	400m: 4:43.93 34.24
12. ZAWADZKA Hanna	02 Ks Rekin wiebodzice	4:44.58	587 B
50m: 31.69 31.69	150m: 1:43.03 36.34	250m: 2:56.54 36.96	350m: 4:10.36 36.51
100m: 1:06.69 35.00	200m: 2:19.58 36.55	300m: 3:33.85 37.31	400m: 4:44.58 34.22
13. CERLICH Oliwia	02 MKS IKAR Mielec	4:44.64	587 B
50m: 31.82 31.82	150m: 1:43.45 36.48	250m: 2:57.25 36.95	350m: 4:11.07 36.54
100m: 1:06.97 35.15	200m: 2:20.30 36.85	300m: 3:34.53 37.28	400m: 4:44.64 33.57
14. JASZCZUK Ewa SOL	02 MTP KORMORAN Olsztyn	4:44.65	587 B
50m: 31.81 31.81	150m: 1:42.99 36.04	250m: 2:56.16 36.72	350m: 4:09.39 36.71
100m: 1:06.95 35.14	200m: 2:19.44 36.45	300m: 3:32.68 36.52	400m: 4:44.65 35.26

wyniki: www.megatiming.pl

obsługa infor.: zawody.olsztyn@interia.pl

El bieta Chodyna 600215732

Splash Meet Manager, 11.43808

Registered to Warmi sko-Mazurski Okr gowy Zwi zek Pływacki

2016-07-10 10:56 - Strona 1



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Mistrzostwa Polski Juniorów Młodszych 14-lat
Olsztyn, 8- - 10-7-2016

Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 14 lat

Pozycja				Rok ur.					Czas	Pkt.		
15.	ZAJ C Wiktoria			02	UKS oliborz	Warszawa			4:45.15	584 B		
	50m:	32.21	32.21	150m:	1:43.54	35.84	250m:	2:57.53	36.79	350m:	4:10.27	36.17
	100m:	1:07.70	35.49	200m:	2:20.74	37.20	300m:	3:34.10	36.57	400m:	4:45.15	34.88
16.	MICIAK Agata			02	MKP Słowianka	Gorzów Wlkp.			4:45.19	583 B		
	50m:	32.06	32.06	150m:	1:44.02	36.87	250m:	2:57.49	36.53	350m:	4:10.79	36.21
	100m:	1:07.15	35.09	200m:	2:20.96	36.94	300m:	3:34.58	37.09	400m:	4:45.19	34.40
17.	PLUTA Emilia			02	UKS Aligator	Gorzyce			4:45.73	580 B		
	50m:	33.95	33.95	150m:	1:47.25	36.84	250m:	2:59.82	35.79	350m:	4:10.90	35.26
	100m:	1:10.41	36.46	200m:	2:24.03	36.78	300m:	3:35.64	35.82	400m:	4:45.73	34.83
18.	MOZOŁOWSKA Emilia			02	UKS oliborz	Warszawa			4:46.50	575 B		
	50m:	31.99	31.99	150m:	1:44.19	36.79	250m:	2:58.20	37.49	350m:	4:11.27	36.49
	100m:	1:07.40	35.41	200m:	2:20.71	36.52	300m:	3:34.78	36.58	400m:	4:46.50	35.23
19.	SOBIAK Zuzanna			02	KS Warta	Pozna			4:47.04	572 B		
	50m:	33.09	33.09	150m:	1:45.41	36.28	250m:	2:58.06	36.42	350m:	4:11.31	36.49
	100m:	1:09.13	36.04	200m:	2:21.64	36.23	300m:	3:34.82	36.76	400m:	4:47.04	35.73
20.	WIELI SKA Paulina			02	KS WANKAN	Legnica			4:47.56	569 B		
	50m:	32.68	32.68	150m:	1:45.13	36.41	250m:	2:58.58	36.62	350m:	4:12.15	36.36
	100m:	1:08.72	36.04	200m:	2:21.96	36.83	300m:	3:35.79	37.21	400m:	4:47.56	35.41
21.	PAWŁOWSKA Barbara			02	UKS 190 Łód				4:47.67	568 R		
	50m:	32.92	32.92	150m:	1:45.48	36.29	250m:	2:58.47	36.74	350m:	4:12.49	36.92
	100m:	1:09.19	36.27	200m:	2:21.73	36.25	300m:	3:35.57	37.10	400m:	4:47.67	35.18
22.	ROMAN Matylda			02	MKS ZRYW	Opole			4:47.73	568 R		
	50m:	31.53	31.53	150m:	1:43.42	36.34	250m:	2:57.63	37.14	350m:	4:11.79	36.89
	100m:	1:07.08	35.55	200m:	2:20.49	37.07	300m:	3:34.90	37.27	400m:	4:47.73	35.94
23.	NOWAKOWSKA Małgorzata			02	UKS 190 Łód				4:47.85	567		
	50m:	32.31	32.31	150m:	1:45.39	37.45	250m:	2:59.42	37.25	350m:	4:13.50	36.79
	100m:	1:07.94	35.63	200m:	2:22.17	36.78	300m:	3:36.71	37.29	400m:	4:47.85	34.35
24.	MUZYKA Izabela SOL			02	MTP KORMORAN	Olsztyn			4:48.79	562		
	50m:	33.00	33.00	150m:	1:46.43	37.06	250m:	3:00.87	37.18	350m:	4:14.96	36.78
	100m:	1:09.37	36.37	200m:	2:23.69	37.26	300m:	3:38.18	37.31	400m:	4:48.79	33.83
25.	RACZEWSKA Emilia SOL			02	MTP KORMORAN	Olsztyn			4:48.95	561		
	50m:	33.00	33.00	150m:	1:46.27	36.85	250m:	3:00.84	37.68	350m:	4:15.00	36.93
	100m:	1:09.42	36.42	200m:	2:23.16	36.89	300m:	3:38.07	37.23	400m:	4:48.95	33.95
26.	WILCZEWSKA Aleksandra			02	KS OLIMPIA	Lublin			4:49.86	556		
	50m:	32.95	32.95	150m:	1:45.81	36.87	250m:	3:00.37	37.26	350m:	4:14.75	37.09
	100m:	1:08.94	35.99	200m:	2:23.11	37.30	300m:	3:37.66	37.29	400m:	4:49.86	35.11
27.	SIENKIEWICZ Kaja			02	BUKS	Warszawa			4:50.03	555		
	50m:	32.53	32.53	150m:	1:45.24	36.71	250m:	3:00.05	37.27	350m:	4:14.48	37.02
	100m:	1:08.53	36.00	200m:	2:22.78	37.54	300m:	3:37.46	37.41	400m:	4:50.03	35.55
28.	FUKS Emilia			02	UKS WODNIK	Siemianowice laski			4:50.41	552		
	50m:	32.25	32.25	150m:	1:44.85	36.56	250m:	2:58.88	36.99	350m:	4:13.92	37.19
	100m:	1:08.29	36.04	200m:	2:21.89	37.04	300m:	3:36.73	37.85	400m:	4:50.41	36.49
29.	ZAR BA-PARADOWSKA Julia			02	BUKS	Warszawa			4:51.22	548		
	50m:	32.89	32.89	150m:	1:45.28	36.11	250m:	2:59.68	37.46	350m:	4:14.59	37.40
	100m:	1:09.17	36.28	200m:	2:22.22	36.94	300m:	3:37.19	37.51	400m:	4:51.22	36.63
30.	JASIORSKA Aleksandra			02	IUKS Muszelka	Warszawa			4:51.41	547		
	50m:	32.33	32.33	150m:	1:44.33	36.46	250m:	2:58.47	37.33	350m:	4:13.95	37.69
	100m:	1:07.87	35.54	200m:	2:21.14	36.81	300m:	3:36.26	37.79	400m:	4:51.41	37.46



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Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 14 lat

Pozycja	Rok ur.	Czas	Pkt.
31. PROCHOWNIK Martyna SO	02 UKP Unia O wi cim	4:51.80	545
50m: 32.36 32.36	150m: 1:45.86 37.37	250m: 3:01.22 37.51	350m: 4:16.28 37.33
100m: 1:08.49 36.13	200m: 2:23.71 37.85	300m: 3:38.95 37.73	400m: 4:51.80 35.52
32. JAWORSKA Maja	02 KP MZOS Płock	4:52.57	540
50m: 32.07 32.07	150m: 1:45.17 37.01	250m: 3:00.56 37.63	350m: 4:15.59 37.39
100m: 1:08.16 36.09	200m: 2:22.93 37.76	300m: 3:38.20 37.64	400m: 4:52.57 36.98
33. ŁUCZAK Dominika	02 Towarzystwo Pływackie Zielona	4:53.04	538
50m: 32.95 32.95	150m: 1:46.25 37.08	250m: 3:01.25 37.94	350m: 4:16.85 37.81
100m: 1:09.17 36.22	200m: 2:23.31 37.06	300m: 3:39.04 37.79	400m: 4:53.04 36.19
34. SZKODA Klaudia	02 CSIR MOS D browa Górnicza	4:54.14	532
50m: 33.09 33.09	150m: 1:46.48 37.14	250m: 3:01.61 37.66	350m: 4:17.49 37.84
100m: 1:09.34 36.25	200m: 2:23.95 37.47	300m: 3:39.65 38.04	400m: 4:54.14 36.65
35. DEDO Katarzyna	02 St. SIEMACHA ASP Kraków	4:55.25	526
50m: 33.10 33.10	150m: 1:47.80 37.95	250m: 3:03.62 37.95	350m: 4:19.21 37.66
100m: 1:09.85 36.75	200m: 2:25.67 37.87	300m: 3:41.55 37.93	400m: 4:55.25 36.04
36. HAŁAWCZAK Marcelina	02 MKP Szczecin	4:56.01	522
50m: 32.41 32.41	150m: 1:46.04 37.49	250m: 3:02.99 38.58	350m: 4:19.86 38.29
100m: 1:08.55 36.14	200m: 2:24.41 38.37	300m: 3:41.57 38.58	400m: 4:56.01 36.15
37. KRAWCZYK Paulina	02 Integracyjny KS Kostancin	4:57.05	516
50m: 32.33 32.33	150m: 1:46.11 37.70	250m: 3:02.62 38.17	350m: 4:19.87 38.76
100m: 1:08.41 36.08	200m: 2:24.45 38.34	300m: 3:41.11 38.49	400m: 4:57.05 37.18
38. KURZEPA Adrianna	02 UKS Pirania Targówek	4:57.12	516
50m: 35.33 35.33	150m: 1:50.88 37.86	250m: 3:05.99 37.32	350m: 4:21.41 37.60
100m: 1:13.02 37.69	200m: 2:28.67 37.79	300m: 3:43.81 37.82	400m: 4:57.12 35.71
39. CHOŁUJ Julia	02 MKP Szczecin	4:57.36	515
50m: 32.80 32.80	150m: 1:46.66 37.57	250m: 3:02.74 38.08	350m: 4:19.72 38.19
100m: 1:09.09 36.29	200m: 2:24.66 38.00	300m: 3:41.53 38.79	400m: 4:57.36 37.64
40. DOM OL Zuzanna	02 KKS WŁÓKNIARZ 1925 Kalisz	4:57.96	512
50m: 33.74 33.74	150m: 1:48.16 37.90	250m: 3:05.51 38.62	350m: 4:21.54 37.67
100m: 1:10.26 36.52	200m: 2:26.89 38.73	300m: 3:43.87 38.36	400m: 4:57.96 36.42
41. LEWANDOWSKA Magdalena	02 UKS abianka Gda sk	4:58.03	511
50m: 33.61 33.61	150m: 1:49.70 37.60	250m: 3:06.57 37.88	350m: 4:21.40 36.79
100m: 1:12.10 38.49	200m: 2:28.69 38.99	300m: 3:44.61 38.04	400m: 4:58.03 36.63
42. CHOMICZKA Zofia	02 UKS Pirania Targówek	4:59.12	506
50m: 34.62 34.62	150m: 1:50.58 38.23	250m: 3:07.35 38.41	350m: 4:23.09 37.46
100m: 1:12.35 37.73	200m: 2:28.94 38.36	300m: 3:45.63 38.28	400m: 4:59.12 36.03
43. MIKSA Paulina	02 UKS 190 Łód	4:59.59	503
50m: 34.39 34.39	150m: 1:50.88 38.00	250m: 3:06.49 37.83	350m: 4:22.50 38.03
100m: 1:12.88 38.49	200m: 2:28.66 37.78	300m: 3:44.47 37.98	400m: 4:59.59 37.09
44. BIAŁAS Aniela	02 MKS POLONIA Warszawa	5:00.22	500
50m: 33.02 33.02	150m: 1:47.35 37.58	250m: 3:04.11 38.68	350m: 4:21.35 38.54
100m: 1:09.77 36.75	200m: 2:25.43 38.08	300m: 3:42.81 38.70	400m: 5:00.22 38.87
45. PALONKA Zuzanna	02 WKS lask Wrocław	5:00.25	500
50m: 33.37 33.37	150m: 1:48.58 38.19	250m: 3:05.41 38.28	350m: 4:22.53 38.49
100m: 1:10.39 37.02	200m: 2:27.13 38.55	300m: 3:44.04 38.63	400m: 5:00.25 37.72
46. ORŁOWSKA Zuzanna	02 UKS NAWA Skierniewice	5:00.53	498
50m: 34.49 34.49	150m: 1:52.17 39.23	250m: 3:08.90 37.80	350m: 4:24.06 37.42
100m: 1:12.94 38.45	200m: 2:31.10 38.93	300m: 3:46.64 37.74	400m: 5:00.53 36.47



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Olsztyn, 8- - 10-7-2016

Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 14 lat

Pozycja		Rok ur.						Czas	Pkt.
47.	NIEMCZYK Wiktoria	02	MOSM Tychy					5:00.71	498
	50m: 33.04 33.04		150m: 1:49.93 39.10		250m: 3:08.01 39.37		350m: 4:24.92 38.76		
	100m: 1:10.83 37.79		200m: 2:28.64 38.71		300m: 3:46.16 38.15		400m: 5:00.71 35.79		
48.	SZPIEGOWSKA Wiktoria	02	WKS Iask Wrocław					5:01.13	496
	50m: 33.00 33.00		150m: 1:49.18 38.26		250m: 3:06.53 38.24		350m: 4:23.73 38.28		
	100m: 1:10.92 37.92		200m: 2:28.29 39.11		300m: 3:45.45 38.92		400m: 5:01.13 37.40		
49.	GONET Katarzyna	02	KS Swim2win Krosno					5:01.60	493
	50m: 35.02 35.02		150m: 1:52.72 39.17		250m: 3:09.63 38.32		350m: 4:25.86 37.74		
	100m: 1:13.55 38.53		200m: 2:31.31 38.59		300m: 3:48.12 38.49		400m: 5:01.60 35.74		
50.	GABOR Martyna	02	UKS Shark Rudna					5:02.21	490
	50m: 33.77 33.77		150m: 1:49.67 38.04		250m: 3:06.28 38.27		350m: 4:23.83 38.76		
	100m: 1:11.63 37.86		200m: 2:28.01 38.34		300m: 3:45.07 38.79		400m: 5:02.21 38.38		
51.	SZEWczyk Zofia	02	Fala Kra nik					5:02.49	489
	50m: 32.97 32.97		150m: 1:47.85 38.62		250m: 3:06.31 39.24		350m: 4:24.73 39.23		
	100m: 1:09.23 36.26		200m: 2:27.07 39.22		300m: 3:45.50 39.19		400m: 5:02.49 37.76		
	MAZIAR Alicja	02	Ks Rekin wiebodzice					5:02.49	489
	50m: 32.43 32.43		150m: 1:48.62 38.78		250m: 3:06.84 39.73		350m: 4:25.55 39.36		
	100m: 1:09.84 37.41		200m: 2:27.11 38.49		300m: 3:46.19 39.35		400m: 5:02.49 36.94		
53.	WOJTASIK Anita	02	UKS Aligator Gorzyce					5:02.67	488
	50m: 34.23 34.23		150m: 1:51.55 39.33		250m: 3:09.61 39.04		350m: 4:26.35 38.29		
	100m: 1:12.22 37.99		200m: 2:30.57 39.02		300m: 3:48.06 38.45		400m: 5:02.67 36.32		
54.	SZYDŁOWSKA Patrycja	02	MKS IKAR Mielec					5:02.80	487
	50m: 34.10 34.10		150m: 1:51.60 39.23		250m: 3:09.52 38.78		350m: 4:26.56 38.37		
	100m: 1:12.37 38.27		200m: 2:30.74 39.14		300m: 3:48.19 38.67		400m: 5:02.80 36.24		
55.	LISZTWAN Alicja	02	MKS Znicz Koszalin					5:02.92	487
	50m: 34.59 34.59		150m: 1:50.48 38.10		250m: 3:07.47 38.77		350m: 4:25.50 38.76		
	100m: 1:12.38 37.79		200m: 2:28.70 38.22		300m: 3:46.74 39.27		400m: 5:02.92 37.42		
56.	FIGURSKA Natalia	02	UKS G-8 Bielany Warszawa					5:03.25	485
	50m: 33.43 33.43		150m: 1:49.45 38.50		250m: 3:07.46 39.28		350m: 4:25.58 38.94		
	100m: 1:10.95 37.52		200m: 2:28.18 38.73		300m: 3:46.64 39.18		400m: 5:03.25 37.67		
57.	CZEPULANIS Alicja	02	MKP Słowianka Gorzów Wlkp.					5:04.24	480
	50m: 34.69 34.69		150m: 1:52.71 39.06		250m: 3:11.22 38.87		350m: 4:28.71 37.64		
	100m: 1:13.65 38.96		200m: 2:32.35 39.64		300m: 3:51.07 39.85		400m: 5:04.24 35.53		
58.	BORO Paulina SOc	02	KS KSZO Ostrowiec w.					5:05.64	474
	50m: 35.12 35.12		150m: 1:52.96 38.92		250m: 3:11.34 38.99		350m: 4:29.97 39.04		
	100m: 1:14.04 38.92		200m: 2:32.35 39.39		300m: 3:50.93 39.59		400m: 5:05.64 35.67		
59.	WIAZICKA Aleksandra	02	UKP GRYF D bica					5:05.65	474
	50m: 33.79 33.79		150m: 1:51.38 39.22		250m: 3:10.14 39.06		350m: 4:28.54 39.16		
	100m: 1:12.16 38.37		200m: 2:31.08 39.70		300m: 3:49.38 39.24		400m: 5:05.65 37.11		
60.	NOWAK Adrianna SOc	02	KS KSZO Ostrowiec w.					5:07.94	463
	50m: 34.04 34.04		150m: 1:50.73 38.68		250m: 3:10.29 39.70		350m: 4:29.74 39.35		
	100m: 1:12.05 38.01		200m: 2:30.59 39.86		300m: 3:50.39 40.10		400m: 5:07.94 38.20		
61.	MIECZKOWSKA Wiktoria	02	MKS Ro Pisz					5:09.56	456
	50m: 33.96 33.96		150m: 1:52.50 39.35		250m: 3:12.50 39.90		350m: 4:32.06 39.57		
	100m: 1:13.15 39.19		200m: 2:32.60 40.10		300m: 3:52.49 39.99		400m: 5:09.56 37.50		
62.	KUKIEŁKA Liliana	02	SSP Orka Iława					5:11.57	447
	50m: 34.70 34.70		150m: 1:54.29 40.25		250m: 3:14.22 40.27		350m: 4:33.82 39.49		
	100m: 1:14.04 39.34		200m: 2:33.95 39.66		300m: 3:54.33 40.11		400m: 5:11.57 37.75		



Istniejemy
dla Was od 50 lat!

Mistrzostwa Polski Juniorów Młodszych 14-lat
Olsztyn, 8- - 10-7-2016

Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 14 lat

Pozycja	Rok ur.	Czas	Pkt.
63. KORYCKA Zuzanna	02 MKP Słowianka Gorzów Wlkp.	5:11.79	446
50m: 34.10 34.10	150m: 1:53.19 40.18	250m: 3:14.49 40.60	350m: 4:34.62 38.88
100m: 1:13.01 38.91	200m: 2:33.89 40.70	300m: 3:55.74 41.25	400m: 5:11.79 37.17
64. MIROWSKA Zuzanna	02 TS Wisła Kraków	5:12.06	445
50m: 34.87 34.87	150m: 1:53.51 39.76	250m: 3:13.93 40.17	350m: 4:34.27 39.88
100m: 1:13.75 38.88	200m: 2:33.76 40.25	300m: 3:54.39 40.46	400m: 5:12.06 37.79
65. KURASI SKA Oliwia SOc	02 KS KSZO Ostrowiec w.	5:13.78	438
50m: 34.65 34.65	150m: 1:52.99 39.43	250m: 3:13.59 40.53	350m: 4:34.59 40.63
100m: 1:13.56 38.91	200m: 2:33.06 40.07	300m: 3:53.96 40.37	400m: 5:13.78 39.19
66. BUCO Anna	02 Fala Kra nik	5:14.39	435
50m: 34.93 34.93	150m: 1:53.72 39.96	250m: 3:14.01 40.34	350m: 4:34.67 40.03
100m: 1:13.76 38.83	200m: 2:33.67 39.95	300m: 3:54.64 40.63	400m: 5:14.39 39.72
67. BUGAŁA Martyna	02 MTP Lublinianka Lublin	5:15.35	431
50m: 35.59 35.59	150m: 1:55.09 40.33	250m: 3:16.54 40.29	350m: 4:37.45 40.03
100m: 1:14.76 39.17	200m: 2:36.25 41.16	300m: 3:57.42 40.88	400m: 5:15.35 37.90
68. GRZEGOLEC Weronika	02 MKP Słowianka Gorzów Wlkp.	5:16.31	427
50m: 34.58 34.58	150m: 1:54.07 40.16	250m: 3:15.53 40.99	350m: 4:37.47 40.44
100m: 1:13.91 39.33	200m: 2:34.54 40.47	300m: 3:57.03 41.50	400m: 5:16.31 38.84
69. WO NIAK Karolina SO	02 UKP Unia O wi cim	5:16.68	426
50m: 34.25 34.25	150m: 1:53.80 40.37	250m: 3:15.89 41.28	350m: 4:37.44 40.66
100m: 1:13.43 39.18	200m: 2:34.61 40.81	300m: 3:56.78 40.89	400m: 5:16.68 39.24
70. GABRY Kamila	02 MKP Słowianka Gorzów Wlkp.	5:16.90	425
50m: 36.17 36.17	150m: 1:56.67 40.15	250m: 3:17.54 40.20	350m: 4:38.36 40.00
100m: 1:16.52 40.35	200m: 2:37.34 40.67	300m: 3:58.36 40.82	400m: 5:16.90 38.54
71. POLASIK Natalia	02 MKS Medyk Gi ycko	5:18.19	420
50m: 34.54 34.54	150m: 1:54.52 41.57	250m: 3:17.23 41.83	350m: 4:38.39 40.09
100m: 1:12.95 38.41	200m: 2:35.40 40.88	300m: 3:58.30 41.07	400m: 5:18.19 39.80
72. STROI SKA Katarzyna	02 Extreme Team Oborniki	5:20.62	410
50m: 36.38 36.38	150m: 1:57.07 41.02	250m: 3:19.58 41.51	350m: 4:41.88 40.88
100m: 1:16.05 39.67	200m: 2:38.07 41.00	300m: 4:01.00 41.42	400m: 5:20.62 38.74
73. MICHALAK Laura	02 MOSM Tychy	5:22.65	403
50m: 34.90 34.90	150m: 1:58.92 42.56	250m: 3:22.82 41.48	350m: 4:44.62 39.84
100m: 1:16.36 41.46	200m: 2:41.34 42.42	300m: 4:04.78 41.96	400m: 5:22.65 38.03
74. MRUK Aleksandra	02 UKP MANTA Jelcz-Laskowice	5:22.67	403
50m: 35.19 35.19	150m: 1:56.78 40.84	250m: 3:20.39 40.57	350m: 4:44.20 40.58
100m: 1:15.94 40.75	200m: 2:39.82 43.04	300m: 4:03.62 43.23	400m: 5:22.67 38.47
75. WTULICH Anna SOL	02 MTP KORMORAN Olsztyn	5:22.94	402
50m: 34.24 34.24	150m: 1:53.36 41.31	250m: 3:17.75 42.12	350m: 4:41.66 41.84
100m: 1:12.05 37.81	200m: 2:35.63 42.27	300m: 3:59.82 42.07	400m: 5:22.94 41.28
76. TATARZY SKA Agata	02 WKS lask Wrocław	5:23.92	398
50m: 35.21 35.21	150m: 1:55.76 41.34	250m: 3:19.21 41.82	350m: 4:44.28 42.18
100m: 1:14.42 39.21	200m: 2:37.39 41.63	300m: 4:02.10 42.89	400m: 5:23.92 39.64
77. RUTKOWSKA Julia	02 KS DELFIN Gdynia	5:25.33	393
50m: 36.45 36.45	150m: 1:58.96 42.17	250m: 3:23.26 42.01	350m: 4:46.60 41.41
100m: 1:16.79 40.34	200m: 2:41.25 42.29	300m: 4:05.19 41.93	400m: 5:25.33 38.73
78. REZNER Julia	02 UKS Kapry Armexim Pruszków	5:26.61	388
50m: 36.48 36.48	150m: 1:58.81 41.58	250m: 3:22.70 41.48	350m: 4:46.26 41.02
100m: 1:17.23 40.75	200m: 2:41.22 42.41	300m: 4:05.24 42.54	400m: 5:26.61 40.35