

Letnie Mistrzostwa Polski Juniorów - 14 lat  
Gorzów Wlkp., 5- - 7-7-2013

Konkurencja 19  
2013-07-06

Dziewcz t, 400m dowolny

14 lat  
Wyniki Eliminacje

Rekord Polski 14 lat 4:16.54 KILIJA SKA Donata 00612 Tampere (FIN) 2009-07-20

Punkt: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.	
1.	ROMAN Magdalena		99	Polonia Warszawa			<b>4:41.02</b>	616	A	
	50m: 31.74	31.74	150m: 1:44.66	36.37	250m: 2:55.87	35.47	350m: 4:06.17	35.11		
	100m: 1:08.29	36.55	200m: 2:20.40	35.74	300m: 3:31.06	35.19	400m: 4:41.02	34.85		
2.	SZATANEK Julia		99	MKP Szczecin			<b>4:41.30</b>	614	A	
	50m: 31.21	31.21	150m: 1:41.89	35.97	250m: 2:54.14	36.02	350m: 4:07.04	36.41		
	100m: 1:05.92	34.71	200m: 2:18.12	36.23	300m: 3:30.63	36.49	400m: 4:41.30	34.26		
3.	PIECHOTA Paulina		99	190 Łód			<b>4:42.78</b>	604	A	
	50m: 31.53	31.53	150m: 1:44.27	36.16	250m: 2:55.15	35.23	350m: 4:06.42	35.49		
	100m: 1:08.11	36.58	200m: 2:19.92	35.65	300m: 3:30.93	35.78	400m: 4:42.78	36.36		
4.	LEO CZUK Sara		99	MOS Elk			<b>4:43.45</b>	600	A	
	50m: 31.45	31.45	150m: 1:42.16	35.70	250m: 2:54.75	36.44	350m: 4:07.64	36.17		
	100m: 1:06.46	35.01	200m: 2:18.31	36.15	300m: 3:31.47	36.72	400m: 4:43.45	35.81		
5.	SZYMULA Aleksandra		99	WOPR Malbork			<b>4:43.61</b>	599	A	
	50m: 32.99	32.99	150m: 1:44.05	35.60	250m: 2:56.76	36.52	350m: 4:09.19	36.14		
	100m: 1:08.45	35.46	200m: 2:20.24	36.19	300m: 3:33.05	36.29	400m: 4:43.61	34.42		
6.	LESZCZYNSKA Klaudia Julia		99	Fala Niepołomice			<b>4:44.33</b>	595	A	
	50m: 31.92	31.92	150m: 1:43.28	36.36	250m: 2:56.30	36.57	350m: 4:09.85	36.82		
	100m: 1:06.92	35.00	200m: 2:19.73	36.45	300m: 3:33.03	36.73	400m: 4:44.33	34.48		
7.	SKWARSKA Karolina		99	MZOS Płock			<b>4:44.40</b>	594	A	
	50m: 32.51	32.51	150m: 1:44.25	36.10	250m: 2:56.71	35.77	350m: 4:09.27	35.83		
	100m: 1:08.15	35.64	200m: 2:20.94	36.69	300m: 3:33.44	36.73	400m: 4:44.40	35.13		
8.	KAWCZAK Joanna		99	MKP Szczecin			<b>4:45.19</b>	589	A	
	50m: 31.82	31.82	150m: 1:43.50	36.35	250m: 2:56.97	36.50	350m: 4:09.93	36.07		
	100m: 1:07.15	35.33	200m: 2:20.47	36.97	300m: 3:33.86	36.89	400m: 4:45.19	35.26		
9.	BUKOWSKA Laura		99	Polonia Warszawa			<b>4:47.11</b>	577	B	
	50m: 31.92	31.92	150m: 1:44.50	36.86	250m: 2:56.54	36.05	350m: 4:10.33	37.23		
	100m: 1:07.64	35.72	200m: 2:20.49	35.99	300m: 3:33.10	36.56	400m: 4:47.11	36.78		
10.	LIWOWSKA Katarzyna SO		99	Unia O wi cim			<b>4:47.34</b>	576	B	
	50m: 32.13	32.13	150m: 1:44.51	36.73	250m: 2:58.14	37.13	350m: 4:11.55	36.79		
	100m: 1:07.78	35.65	200m: 2:21.01	36.50	300m: 3:34.76	36.62	400m: 4:47.34	35.79		
11.	LICHWA Dominika So		99	Unia O wi cim			<b>4:48.71</b>	568	B	
	50m: 32.38	32.38	150m: 1:45.37	36.75	250m: 2:59.12	36.84	350m: 4:13.23	36.59		
	100m: 1:08.62	36.24	200m: 2:22.28	36.91	300m: 3:36.64	37.52	400m: 4:48.71	35.48		
12.	BIELI SKA Karolina		99	Słowianka Gorzów			<b>4:49.34</b>	564	B	
	50m: 32.05	32.05	150m: 1:43.77	36.43	250m: 2:57.89	37.10	350m: 4:12.86	37.51		
	100m: 1:07.34	35.29	200m: 2:20.79	37.02	300m: 3:35.35	37.46	400m: 4:49.34	36.48		
13.	KRÓL Oliwia		99	Trójka Łód			<b>4:50.91</b>	555	B	
	50m: 33.83	33.83	150m: 1:48.66	37.58	250m: 3:03.34	37.22	350m: 4:16.79	36.34		
	100m: 1:11.08	37.25	200m: 2:26.12	37.46	300m: 3:40.45	37.11	400m: 4:50.91	34.12		
14.	BOCHE SKA Wiktoria SO		99	Unia O wi cim			<b>4:53.12</b>	543	B	
	50m: 32.93	32.93	150m: 1:46.95	37.63	250m: 3:02.20	37.49	350m: 4:17.70	37.12		
	100m: 1:09.32	36.39	200m: 2:24.71	37.76	300m: 3:40.58	38.38	400m: 4:53.12	35.42		
15.	SUCHCICKA Zuzanna		99	MOSiR Sopot			<b>4:53.97</b>	538	B	
	50m: 32.92	32.92	150m: 1:46.94	37.65	250m: 3:03.33	38.11	350m: 4:18.47	37.28		
	100m: 1:09.29	36.37	200m: 2:25.22	38.28	300m: 3:41.19	37.86	400m: 4:53.97	35.50		
16.	KAPŁON Aleksandra		99	Orka Zamo			<b>4:54.37</b>	536	B	
	50m: 33.28	33.28	150m: 1:46.91	37.28	250m: 3:02.55	37.77	350m: 4:18.47	37.67		
	100m: 1:09.63	36.35	200m: 2:24.78	37.87	300m: 3:40.80	38.25	400m: 4:54.37	35.90		
17.	PALKA Maria SO		99	Unia O wi cim			<b>4:54.85</b>	533	R	
	50m: 32.84	32.84	150m: 1:46.39	37.03	250m: 3:01.59	37.77	350m: 4:17.75	38.12		
	100m: 1:09.36	36.52	200m: 2:23.82	37.43	300m: 3:39.63	38.04	400m: 4:54.85	37.10		

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

Pozycja			Rok ur.						Czas	Pkt.
18.	LESNER Zuzanna		99	MKP Szczecin				<b>4:55.04</b>	532 R	
	50m: 32.88	32.88	150m: 1:46.78	37.74	250m: 3:01.79	37.48	350m: 4:18.19	38.59		
	100m: 1:09.04	36.16	200m: 2:24.31	37.53	300m: 3:39.60	37.81	400m: 4:55.04	36.85		
19.	UKOWSKA Natalia		99	Galicja Kraków				<b>4:55.12</b>	532	
	50m: 33.73	33.73	150m: 1:49.42	37.90	250m: 3:04.69	37.69	350m: 4:18.96	36.74		
	100m: 1:11.52	37.79	200m: 2:27.00	37.58	300m: 3:42.22	37.53	400m: 4:55.12	36.16		
20.	GÓRALCZYK Anna SO		99	Unia O wi cim				<b>4:56.24</b>	526	
	50m: 33.24	33.24	150m: 1:47.50	37.46	250m: 3:04.10	38.26	350m: 4:19.69	37.49		
	100m: 1:10.04	36.80	200m: 2:25.84	38.34	300m: 3:42.20	38.10	400m: 4:56.24	36.55		
21.	WEJER Agata		99	Trops Kartuzy				<b>4:57.47</b>	519	
	50m: 32.62	32.62	150m: 1:47.17	37.96	250m: 3:03.81	38.29	350m: 4:21.53	38.70		
	100m: 1:09.21	36.59	200m: 2:25.52	38.35	300m: 3:42.83	39.02	400m: 4:57.47	35.94		
22.	RZO CA Patrycja		99	Pi tka Konstanyńów Łódzki				<b>4:58.04</b>	516	
	50m: 32.10	32.10	150m: 1:44.26	36.80	250m: 3:01.81	39.31	350m: 4:19.59	39.16		
	100m: 1:07.46	35.36	200m: 2:22.50	38.24	300m: 3:40.43	38.62	400m: 4:58.04	38.45		
23.	STAROS Sandra		99	Victoria Józefów				<b>4:58.64</b>	513	
	50m: 33.40	33.40	150m: 1:48.59	37.77	250m: 3:04.69	37.70	350m: 4:21.76	38.31		
	100m: 1:10.82	37.42	200m: 2:26.99	38.40	300m: 3:43.45	38.76	400m: 4:58.64	36.88		
24.	SMOŁA Monika		99	Delfin Toru				<b>4:58.73</b>	513	
	50m: 33.55	33.55	150m: 1:49.38	38.44	250m: 3:05.43	38.05	350m: 4:21.71	38.14		
	100m: 1:10.94	37.39	200m: 2:27.38	38.00	300m: 3:43.57	38.14	400m: 4:58.73	37.02		
25.	ZADUMI SKA Weronika		99	oliborz Warszawa				<b>4:58.87</b>	512	
	50m: 33.66	33.66	150m: 1:48.69	37.63	250m: 3:04.97	37.86	350m: 4:22.11	38.36		
	100m: 1:11.06	37.40	200m: 2:27.11	38.42	300m: 3:43.75	38.78	400m: 4:58.87	36.76		
26.	MAZUREK Magdalena		99	Lublinianka				<b>4:59.37</b>	509	
	50m: 33.87	33.87	150m: 1:51.01	38.99	250m: 3:08.17	38.58	350m: 4:24.17	37.43		
	100m: 1:12.02	38.15	200m: 2:29.59	38.58	300m: 3:46.74	38.57	400m: 4:59.37	35.20		
27.	OSEŁKOWSKA Julia		99	Kormoran Olsztyn				<b>4:59.90</b>	507	
	50m: 33.59	33.59	150m: 1:49.28	38.65	250m: 3:06.21	38.54	350m: 4:23.49	38.70		
	100m: 1:10.63	37.04	200m: 2:27.67	38.39	300m: 3:44.79	38.58	400m: 4:59.90	36.41		
28.	SKUDLIK Magdalena		99	Manta Kochłowice Ruda l s				<b>5:00.04</b>	506	
	50m: 34.80	34.80	150m: 1:50.93	38.54	250m: 3:07.63	38.77	350m: 4:23.67	37.79		
	100m: 1:12.39	37.59	200m: 2:28.86	37.93	300m: 3:45.88	38.25	400m: 5:00.04	36.37		
29.	BAZYŁKO Joanna		99	Jagiellonka Warszawa				<b>5:00.13</b>	505	
	50m: 34.33	34.33	150m: 1:51.37	38.77	250m: 3:08.09	37.49	350m: 4:24.36	38.01		
	100m: 1:12.60	38.27	200m: 2:30.60	39.23	300m: 3:46.35	38.26	400m: 5:00.13	35.77		
	WAŁEK Julia		99	Zryw Opole				<b>5:00.13</b>	505	
	50m: 33.93	33.93	150m: 1:49.56	38.04	250m: 3:07.11	39.08	350m: 4:24.65	38.99		
	100m: 1:11.52	37.59	200m: 2:28.03	38.47	300m: 3:45.66	38.55	400m: 5:00.13	35.48		
31.	JANECKA Zuzanna		99	MOS D browa Górn.				<b>5:00.98</b>	501	
	50m: 33.47	33.47	150m: 1:48.89	38.17	250m: 3:06.96	38.90	350m: 4:24.36	38.28		
	100m: 1:10.72	37.25	200m: 2:28.06	39.17	300m: 3:46.08	39.12	400m: 5:00.98	36.62		
32.	ADAMCZYK Agata		99	Aligator Gorzyce				<b>5:01.40</b>	499	
	50m: 34.83	34.83	150m: 1:51.19	38.69	250m: 3:08.39	38.30	350m: 4:25.39	38.19		
	100m: 1:12.50	37.67	200m: 2:30.09	38.90	300m: 3:47.20	38.81	400m: 5:01.40	36.01		
33.	KŁADOCZNA Julia		99	oliborz Warszawa				<b>5:01.75</b>	497	
	50m: 33.57	33.57	150m: 1:47.41	37.63	250m: 3:05.37	39.08	350m: 4:24.01	39.33		
	100m: 1:09.78	36.21	200m: 2:26.29	38.88	300m: 3:44.68	39.31	400m: 5:01.75	37.74		
34.	MYRCHA Maria		99	oliborz Warszawa				<b>5:02.13</b>	495	
	50m: 33.49	33.49	150m: 1:49.93	38.62	250m: 3:07.07	38.73	350m: 4:24.93	38.94		
	100m: 1:11.31	37.82	200m: 2:28.34	38.41	300m: 3:45.99	38.92	400m: 5:02.13	37.20		
35.	GRZYBEK Nadia		99	Foka Sandomierz				<b>5:03.07</b>	491	
	50m: 34.81	34.81	150m: 1:50.62	38.30	250m: 3:07.54	38.46	350m: 4:25.02	38.65		
	100m: 1:12.32	37.51	200m: 2:29.08	38.46	300m: 3:46.37	38.83	400m: 5:03.07	38.05		

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Pozycja			Rok ur.				Czas				Pkt.
36.	ŁASZCZ Julia	99	MTS Kwidzyn				<b>5:03.93</b>				487
	50m: 33.80	33.80	150m: 1:49.82	38.88	250m: 3:08.30	39.51	350m: 4:26.75	39.35			
	100m: 1:10.94	37.14	200m: 2:28.79	38.97	300m: 3:47.40	39.10	400m: 5:03.93	37.18			
37.	CIE LIKOWSKA Zuzanna	99	Pingwiny Warszawa				<b>5:04.50</b>				484
	50m: 33.80	33.80	150m: 1:49.55	38.03	250m: 3:07.22	39.03	350m: 4:26.25	39.54			
	100m: 1:11.52	37.72	200m: 2:28.19	38.64	300m: 3:46.71	39.49	400m: 5:04.50	38.25			
38.	TYMOFEJEWICZ Natalia SO	99	MOSiR Stalowa Wola				<b>5:05.26</b>				480
	50m: 33.57	33.57	150m: 1:50.06	39.08	250m: 3:08.88	39.57	350m: 4:27.81	39.56			
	100m: 1:10.98	37.41	200m: 2:29.31	39.25	300m: 3:48.25	39.37	400m: 5:05.26	37.45			
39.	GRYGIER Aleksandra	99	Fala Swarzędz				<b>5:06.22</b>				476
	50m: 34.33	34.33	150m: 1:51.50	39.23	250m: 3:10.84	39.89	350m: 4:29.94	39.43			
	100m: 1:12.27	37.94	200m: 2:30.95	39.45	300m: 3:50.51	39.67	400m: 5:06.22	36.28			
40.	JAWORSKA Aleksandra	99	Słowianka Gorzów				<b>5:06.46</b>				475
	50m: 35.16	35.16	150m: 1:52.03	38.86	250m: 3:10.66	39.43	350m: 4:29.07	38.97			
	100m: 1:13.17	38.01	200m: 2:31.23	39.20	300m: 3:50.10	39.44	400m: 5:06.46	37.39			
41.	NAWROCKA Paulina	99	Słowianka Gorzów				<b>5:06.52</b>				474
	50m: 35.23	35.23	150m: 1:53.76	39.28	250m: 3:13.78	40.28	350m: 4:29.31	36.04			
	100m: 1:14.48	39.25	200m: 2:33.50	39.74	300m: 3:53.27	39.49	400m: 5:06.52	37.21			
42.	NIEMCZYCKA Julia	99	I sk Wrocław				<b>5:06.59</b>				474
	50m: 33.67	33.67	150m: 1:50.76	38.88	250m: 3:09.63	38.74	350m: 4:29.19	39.82			
	100m: 1:11.88	38.21	200m: 2:30.89	40.13	300m: 3:49.37	39.74	400m: 5:06.59	37.40			
43.	ST PIE Kamila	99	Barakuda Starachowice				<b>5:06.64</b>				474
	50m: 33.82	33.82	150m: 1:51.72	39.47	250m: 3:11.00	39.72	350m: 4:29.39	39.31			
	100m: 1:12.25	38.43	200m: 2:31.28	39.56	300m: 3:50.08	39.08	400m: 5:06.64	37.25			
44.	LICZNIAK Weronika	99	Lublinianka				<b>5:07.00</b>				472
	50m: 33.93	33.93	150m: 1:48.84	38.11	250m: 3:07.42	39.60	350m: 4:27.44	40.40			
	100m: 1:10.73	36.80	200m: 2:27.82	38.98	300m: 3:47.04	39.62	400m: 5:07.00	39.56			
45.	KORONOWSKA Anna	99	Płetwal Mława				<b>5:07.90</b>				468
	50m: 35.09	35.09	150m: 1:53.70	39.75	250m: 3:11.41	38.45	350m: 4:31.03	40.04			
	100m: 1:13.95	38.86	200m: 2:32.96	39.26	300m: 3:50.99	39.58	400m: 5:07.90	36.87			
46.	FUKS Gabriela	99	Gilus Gilowice				<b>5:08.26</b>				466
	50m: 33.87	33.87	150m: 1:50.93	39.61	250m: 3:10.19	39.87	350m: 4:30.13	40.62			
	100m: 1:11.32	37.45	200m: 2:30.32	39.39	300m: 3:49.51	39.32	400m: 5:08.26	38.13			
47.	FOLTYN Matylda	99	Salos Kielce				<b>5:09.56</b>				461
	50m: 34.50	34.50	150m: 1:52.18	39.06	250m: 3:11.02	39.34	350m: 4:31.55	40.18			
	100m: 1:13.12	38.62	200m: 2:31.68	39.50	300m: 3:51.37	40.35	400m: 5:09.56	38.01			
48.	TOMIAŁOWICZ Karolina	99	Kapry-Armexim Pruszków				<b>5:10.24</b>				458
	50m: 33.96	33.96	150m: 1:49.59	38.39	250m: 3:10.15	40.00	350m: 4:30.87	39.54			
	100m: 1:11.20	37.24	200m: 2:30.15	40.56	300m: 3:51.33	41.18	400m: 5:10.24	39.37			
49.	CIERPKA Marta	99	Piłka Chorzów				<b>5:10.88</b>				455
	50m: 34.22	34.22	150m: 1:52.22	39.54	250m: 3:12.42	40.06	350m: 4:32.31	39.95			
	100m: 1:12.68	38.46	200m: 2:32.36	40.14	300m: 3:52.36	39.94	400m: 5:10.88	38.57			
50.	NOWORZYN Wiktoria	99	MOS Dłubrowa Gór.				<b>5:11.29</b>				453
	50m: 35.25	35.25	150m: 1:53.48	39.51	250m: 3:14.24	40.35	350m: 4:34.84	40.21			
	100m: 1:13.97	38.72	200m: 2:33.89	40.41	300m: 3:54.63	40.39	400m: 5:11.29	36.45			
51.	ZDUNEK Klaudia	99	Polonez Wyszaków				<b>5:13.18</b>				445
	50m: 31.80	31.80	150m: 1:47.20	39.05	250m: 3:09.49	41.78	350m: 4:32.91	41.74			
	100m: 1:08.15	36.35	200m: 2:27.71	40.51	300m: 3:51.17	41.68	400m: 5:13.18	40.27			
52.	TARKOWSKA Paulina	99	Słowianka Gorzów				<b>5:13.59</b>				443
	50m: 34.28	34.28	150m: 1:52.05	39.21	250m: 3:11.50	39.59	350m: 4:33.61	41.84			
	100m: 1:12.84	38.56	200m: 2:31.91	39.86	300m: 3:51.77	40.27	400m: 5:13.59	39.98			
53.	PYRLIK Paulina	99	CKiS Skawina				<b>5:13.61</b>				443
	50m: 33.31	33.31	150m: 1:51.42	39.68	250m: 3:12.11	40.20	350m: 4:34.33	41.29			
	100m: 1:11.74	38.43	200m: 2:31.91	40.49	300m: 3:53.04	40.93	400m: 5:13.61	39.28			

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Gorzów Wlkp., 5- - 7-7-2013

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

Pozycja				Rok ur.					Czas	Pkt.	
54.	AMBROZIAK	Ada		99	Jagiellonka	Warszawa			<b>5:14.24</b>	440	
	50m:	36.46	36.46	150m:	1:56.00	40.30	250m:	3:15.93	39.67	350m: 4:35.56	39.48
	100m:	1:15.70	39.24	200m:	2:36.26	40.26	300m:	3:56.08	40.15	400m: 5:14.24	38.68
55.	BREMBOR	Patrycja		99	Pi tka	Chorzów			<b>5:18.30</b>	424	
	50m:	34.76	34.76	150m:	1:53.52	39.57	250m:	3:14.96	41.16	350m: 4:38.19	41.95
	100m:	1:13.95	39.19	200m:	2:33.80	40.28	300m:	3:56.24	41.28	400m: 5:18.30	40.11
56.	ZAGRODNIK	Alicja	SO	99	Unia	O wi cim			<b>5:24.17</b>	401	
	50m:	35.64	35.64	150m:	1:56.60	41.55	250m:	3:19.35	41.48	350m: 4:43.46	42.73
	100m:	1:15.05	39.41	200m:	2:37.87	41.27	300m:	4:00.73	41.38	400m: 5:24.17	40.71