

Zimowe Mistrzostwa Polski Juniorów Mł - 16 lat  
Gorzów Wlkp., 14- - 16-3-2014

Konkurencja 19  
2014-03-15

Dziewcz t, 400m dowolny

16 lat  
Wyniki Eliminacje

Rekord Polski 16 lat 4:08.04 KILIJA SKA Donata 00612 Poznan 2011-12-17

Punkt: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.	
1.	JANKOWSKA Klaudia		98	Gim 92 Ursynów Warszawa				<b>4:27.71</b>	675	A
	50m: 30.48	30.48	150m: 1:38.18	33.94	250m: 2:46.29	33.98	350m: 3:54.35	33.94		
	100m: 1:04.24	33.76	200m: 2:12.31	34.13	300m: 3:20.41	34.12	400m: 4:27.71	33.36		
2.	GRUSZCZY SKA Aleksandra SO		98	Unia O wi cim				<b>4:29.04</b>	665	A
	50m: 30.56	30.56	150m: 1:36.54	33.39	250m: 2:45.32	34.53	350m: 3:55.22	35.10		
	100m: 1:03.15	32.59	200m: 2:10.79	34.25	300m: 3:20.12	34.80	400m: 4:29.04	33.82		
3.	KOTOWICZ Anna		98	MOS Ełk				<b>4:30.48</b>	654	A
	50m: 30.78	30.78	150m: 1:38.27	34.17	250m: 2:47.04	34.40	350m: 3:56.82	35.04		
	100m: 1:04.10	33.32	200m: 2:12.64	34.37	300m: 3:21.78	34.74	400m: 4:30.48	33.66		
4.	WARDZI SKA Martyna		98	Trójka Łód				<b>4:30.73</b>	652	A
	50m: 31.10	31.10	150m: 1:38.99	34.10	250m: 2:48.12	34.56	350m: 3:57.67	34.62		
	100m: 1:04.89	33.79	200m: 2:13.56	34.57	300m: 3:23.05	34.93	400m: 4:30.73	33.06		
5.	WOJCIECHOWSKA Joanna		98	Orlik Lublin				<b>4:31.17</b>	649	A
	50m: 31.04	31.04	150m: 1:39.31	34.40	250m: 2:48.33	34.33	350m: 3:57.74	34.68		
	100m: 1:04.91	33.87	200m: 2:14.00	34.69	300m: 3:23.06	34.73	400m: 4:31.17	33.43		
6.	BEDNAREK Aleksandra		98	Jedynka Łód				<b>4:31.80</b>	645	A
	50m: 31.22	31.22	150m: 1:39.16	34.32	250m: 2:48.27	34.55	350m: 3:58.13	34.99		
	100m: 1:04.84	33.62	200m: 2:13.72	34.56	300m: 3:23.14	34.87	400m: 4:31.80	33.67		
7.	ROGOWSKA Paulina		98	Salos Cortile Kielce				<b>4:36.14</b>	615	A
	50m: 30.76	30.76	150m: 1:39.80	34.28	250m: 2:49.22	34.72	350m: 4:01.12	36.27		
	100m: 1:05.52	34.76	200m: 2:14.50	34.70	300m: 3:24.85	35.63	400m: 4:36.14	35.02		
8.	ZAJ C Oliwia		98	Juvenia Wrocław				<b>4:36.48</b>	612	A
	50m: 32.23	32.23	150m: 1:43.11	35.51	250m: 2:53.29	34.99	350m: 4:03.20	34.84		
	100m: 1:07.60	35.37	200m: 2:18.30	35.19	300m: 3:28.36	35.07	400m: 4:36.48	33.28		
9.	MESJASZ Julia		98	Meduza Paj czno				<b>4:37.63</b>	605	B
	50m: 31.48	31.48	150m: 1:40.84	35.19	250m: 2:52.00	35.53	350m: 4:03.38	35.64		
	100m: 1:05.65	34.17	200m: 2:16.47	35.63	300m: 3:27.74	35.74	400m: 4:37.63	34.25		
10.	HASPERT Dorota SO		98	Unia O wi cim				<b>4:37.97</b>	603	B
	50m: 31.83	31.83	150m: 1:41.26	35.02	250m: 2:52.23	35.43	350m: 4:03.67	35.75		
	100m: 1:06.24	34.41	200m: 2:16.80	35.54	300m: 3:27.92	35.69	400m: 4:37.97	34.30		
11.	WIECZOREK Magdalena		98	Fala Kra nik				<b>4:39.04</b>	596	B
	50m: 31.96	31.96	150m: 1:41.61	34.96	250m: 2:53.50	36.05	350m: 4:05.20	35.88		
	100m: 1:06.65	34.69	200m: 2:17.45	35.84	300m: 3:29.32	35.82	400m: 4:39.04	33.84		
12.	POKRYWKA Karolina		98	190 Łód				<b>4:39.30</b>	594	B
	50m: 31.85	31.85	150m: 1:42.01	35.17	250m: 2:53.06	35.54	350m: 4:04.13	35.45		
	100m: 1:06.84	34.99	200m: 2:17.52	35.51	300m: 3:28.68	35.62	400m: 4:39.30	35.17		
13.	OLEBA Małgorzata		98	MKP Szczecin				<b>4:40.56</b>	586	B
	50m: 32.30	32.30	150m: 1:42.30	35.38	250m: 2:53.68	35.61	350m: 4:05.46	35.76		
	100m: 1:06.92	34.62	200m: 2:18.07	35.77	300m: 3:29.70	36.02	400m: 4:40.56	35.10		
14.	JAROCHA Wiktoria		98	KSZO Ostrowiec w.				<b>4:40.67</b>	585	B
	50m: 31.91	31.91	150m: 1:41.34	35.07	250m: 2:52.03	35.54	350m: 4:04.66	36.47		
	100m: 1:06.27	34.36	200m: 2:16.49	35.15	300m: 3:28.19	36.16	400m: 4:40.67	36.01		
15.	GAWLICKA Maja		98	Korner Z.Góra				<b>4:41.03</b>	583	B
	50m: 31.41	31.41	150m: 1:41.28	35.63	250m: 2:54.13	36.51	350m: 4:05.99	35.91		
	100m: 1:05.65	34.24	200m: 2:17.62	36.34	300m: 3:30.08	35.95	400m: 4:41.03	35.04		
16.	ZARYCHTA anita		98	Barakuda Starachowice				<b>4:41.99</b>	577	B
	50m: 32.26	32.26	150m: 1:43.40	35.92	250m: 2:55.38	35.93	350m: 4:07.51	35.82		
	100m: 1:07.48	35.22	200m: 2:19.45	36.05	300m: 3:31.69	36.31	400m: 4:41.99	34.48		
17.	WLEZIE Gabriela		98	AZS-AWF Wrocław				<b>4:42.41</b>	575	R
	50m: 31.20	31.20	150m: 1:40.90	35.42	250m: 2:53.57	36.41	350m: 4:07.37	36.99		
	100m: 1:05.48	34.28	200m: 2:17.16	36.26	300m: 3:30.38	36.81	400m: 4:42.41	35.04		

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Gorzów Wlkp., 14- - 16-3-2014

Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	TRZCI SKA Gabriela		98	Słowianka Gorzów				<b>4:42.46</b>	574 R
	50m: 31.25 31.25	150m: 1:42.38	36.06	250m: 2:55.04	36.24	350m: 4:07.86	36.50		
	100m: 1:06.32 35.07	200m: 2:18.80	36.42	300m: 3:31.36	36.32	400m: 4:42.46	34.60		
19.	PANKOWSKA Wiktoria SO		98	Unia O wi cim				<b>4:42.47</b>	574
	50m: 31.76 31.76	150m: 1:41.26	35.04	250m: 2:52.76	35.92	350m: 4:06.42	37.03		
	100m: 1:06.22 34.46	200m: 2:16.84	35.58	300m: 3:29.39	36.63	400m: 4:42.47	36.05		
20.	LEWANDOWSKA Aleksandra SSz		98	MKP Szczecin				<b>4:42.95</b>	571
	50m: 31.38 31.38	150m: 1:41.57	35.58	250m: 2:53.45	36.12	350m: 4:06.83	36.65		
	100m: 1:05.99 34.61	200m: 2:17.33	35.76	300m: 3:30.18	36.73	400m: 4:42.95	36.12		
21.	TROJANOWSKA Zuzanna SO		98	MMKS K dzierzyn Ko le				<b>4:43.00</b>	571
	50m: 32.55 32.55	150m: 1:44.42	36.09	250m: 2:56.92	36.05	350m: 4:08.36	35.72		
	100m: 1:08.33 35.78	200m: 2:20.87	36.45	300m: 3:32.64	35.72	400m: 4:43.00	34.64		
22.	MAZUR Maja		98	Salos Cortile Kielce				<b>4:43.19</b>	570
	50m: 31.59 31.59	150m: 1:42.20	35.88	250m: 2:54.85	36.21	350m: 4:07.88	36.56		
	100m: 1:06.32 34.73	200m: 2:18.64	36.44	300m: 3:31.32	36.47	400m: 4:43.19	35.31		
23.	MYCAK Katarzyna		98	Zryw Opole				<b>4:45.32</b>	557
	50m: 31.71 31.71	150m: 1:43.10	36.22	250m: 2:56.03	36.60	350m: 4:09.26	36.66		
	100m: 1:06.88 35.17	200m: 2:19.43	36.33	300m: 3:32.60	36.57	400m: 4:45.32	36.06		
24.	DYKIJ Dominika		98	I sk Wrocław				<b>4:46.41</b>	551
	50m: 31.71 31.71	150m: 1:42.91	36.35	250m: 2:56.28	36.73	350m: 4:10.46	37.03		
	100m: 1:06.56 34.85	200m: 2:19.55	36.64	300m: 3:33.43	37.15	400m: 4:46.41	35.95		
25.	ŁUCZY SKA Martyna		98	oliborz Warszawa				<b>4:47.39</b>	545
	50m: 31.99 31.99	150m: 1:42.64	35.81	250m: 2:55.58	36.55	350m: 4:09.83	37.71		
	100m: 1:06.83 34.84	200m: 2:19.03	36.39	300m: 3:32.12	36.54	400m: 4:47.39	37.56		
26.	KOLBER Roksana SO		98	Unia O wi cim				<b>4:47.72</b>	543
	50m: 32.83 32.83	150m: 1:45.61	36.77	250m: 2:58.88	36.39	350m: 4:13.01	36.96		
	100m: 1:08.84 36.01	200m: 2:22.49	36.88	300m: 3:36.05	37.17	400m: 4:47.72	34.71		
27.	W CŁAWIAK Irena		98	Gim 92 Ursynów Warszawa				<b>4:47.81</b>	543
	50m: 31.61 31.61	150m: 1:42.37	36.16	250m: 2:55.92	37.12	350m: 4:11.65	38.29		
	100m: 1:06.21 34.60	200m: 2:18.80	36.43	300m: 3:33.36	37.44	400m: 4:47.81	36.16		
28.	KERN Dominika SR		98	Victoria Racibórz				<b>4:47.82</b>	543
	50m: 32.62 32.62	150m: 1:45.46	37.13	250m: 2:59.10	36.96	350m: 4:12.10	35.99		
	100m: 1:08.33 35.71	200m: 2:22.14	36.68	300m: 3:36.11	37.01	400m: 4:47.82	35.72		
29.	KOZIK Anna SO		98	Unia O wi cim				<b>4:47.86</b>	543
	50m: 32.16 32.16	150m: 1:43.58	35.96	250m: 2:57.32	37.07	350m: 4:11.87	37.65		
	100m: 1:07.62 35.46	200m: 2:20.25	36.67	300m: 3:34.22	36.90	400m: 4:47.86	35.99		
30.	SMOLUCHOWSKA Magdalena		98	Dwójka Morena Gda sk				<b>4:48.15</b>	541
	50m: 32.13 32.13	150m: 1:44.69	36.83	250m: 2:58.67	36.95	350m: 4:13.35	37.30		
	100m: 1:07.86 35.73	200m: 2:21.72	37.03	300m: 3:36.05	37.38	400m: 4:48.15	34.80		
31.	LACH Paulina		98	Korner Z.Góra				<b>4:48.57</b>	539
	50m: 31.06 31.06	150m: 1:41.47	35.86	250m: 2:55.64	37.33	350m: 4:11.40	38.11		
	100m: 1:05.61 34.55	200m: 2:18.31	36.84	300m: 3:33.29	37.65	400m: 4:48.57	37.17		
32.	ZAJ C Aleksandra		98	Gim 92 Ursynów Warszawa				<b>4:48.89</b>	537
	50m: 33.63 33.63	150m: 1:46.94	37.03	250m: 3:00.04	36.12	350m: 4:12.78	36.32		
	100m: 1:09.91 36.28	200m: 2:23.92	36.98	300m: 3:36.46	36.42	400m: 4:48.89	36.11		
33.	VAN DOORNE Gabriela		98	Słowianka Gorzów				<b>4:49.20</b>	535
	50m: 32.36 32.36	150m: 1:45.47	37.06	250m: 3:00.59	37.52	350m: 4:14.19	36.77		
	100m: 1:08.41 36.05	200m: 2:23.07	37.60	300m: 3:37.42	36.83	400m: 4:49.20	35.01		
34.	KRZY AN Maria		98	Warta Pozna				<b>4:49.66</b>	532
	50m: 33.08 33.08	150m: 1:45.38	36.37	250m: 2:58.90	36.85	350m: 4:13.92	37.48		
	100m: 1:09.01 35.93	200m: 2:22.05	36.67	300m: 3:36.44	37.54	400m: 4:49.66	35.74		
35.	POPŁONYK Aleksandra		98	9 Kalisz				<b>4:49.67</b>	532
	50m: 31.41 31.41	150m: 1:42.85	36.44	250m: 2:57.79	37.77	350m: 4:14.43	38.32		
	100m: 1:06.41 35.00	200m: 2:20.02	37.17	300m: 3:36.11	38.32	400m: 4:49.67	35.24		

Zimowe Mistrzostwa Polski Juniorów Mł - 16 lat  
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Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 16 lat

Pozycja			Rok ur.				Czas	Pkt.	
36.	SROCZY	SKA Paula	98	Boby D bica			<b>4:50.57</b>	527	
	50m:	32.68 32.68	150m:	1:44.84	36.62	250m:	2:58.69 37.02	350m:	4:13.68 37.46
	100m:	1:08.22 35.54	200m:	2:21.67	36.83	300m:	3:36.22 37.53	400m:	4:50.57 36.89
37.	STAWARZ	Sandra	98	I sk Wrocław			<b>4:51.28</b>	524	
	50m:	32.09 32.09	150m:	1:42.11	35.53	250m:	4:12.86 38.86	350m:	
	100m:	1:06.58 34.49	200m:	3:34.00	1:51.89	300m:		400m:	4:51.28
38.	KLIMCZAK	Adrianna	98	Skra Bełchatów			<b>4:53.70</b>	511	
	50m:	31.85 31.85	150m:	1:43.68	36.41	250m:	3:00.86 39.09	350m:	4:17.50 37.96
	100m:	1:07.27 35.42	200m:	2:21.77	38.09	300m:	3:39.54 38.68	400m:	4:53.70 36.20
39.	ZIÓŁKOWSKA	Daria	98	Delfin Toru			<b>4:54.37</b>	507	
	50m:	32.77 32.77	150m:	1:44.86	36.57	250m:	2:59.40 37.30	350m:	4:16.27 38.80
	100m:	1:08.29 35.52	200m:	2:22.10	37.24	300m:	3:37.47 38.07	400m:	4:54.37 38.10
40.	DZIUBLI	SKA Maja SR	98	TKKF Szczygłowie			<b>4:57.33</b>	492	
	50m:	33.45 33.45	150m:	1:47.69	37.72	250m:	3:03.46 38.04	350m:	4:19.88 37.97
	100m:	1:09.97 36.52	200m:	2:25.42	37.73	300m:	3:41.91 38.45	400m:	4:57.33 37.45
41.	JERUZAL	Jowita	98	Trójka Łód			<b>5:00.21</b>	478	
	50m:	33.78 33.78	150m:	1:48.28	37.53	250m:	3:04.48 38.56	350m:	4:21.95 38.74
	100m:	1:10.75 36.97	200m:	2:25.92	37.64	300m:	3:43.21 38.73	400m:	5:00.21 38.26
42.	JACKIEWICZ	Weronika	98	Gim 92 Ursynów Warszawa			<b>5:03.85</b>	461	
	50m:	33.11 33.11	150m:	1:47.12	37.64	250m:	3:04.68 38.87	350m:	4:24.58 40.08
	100m:	1:09.48 36.37	200m:	2:25.81	38.69	300m:	3:44.50 39.82	400m:	5:03.85 39.27
43.	ŁOSAK	Wiktoria	98	KSZO Ostrowiec w.			<b>5:10.61</b>	432	
	50m:	33.28 33.28	150m:	1:50.35	38.63	250m:	3:10.68 40.48	350m:	4:31.32 39.86
	100m:	1:11.72 38.44	200m:	2:30.20	39.85	300m:	3:51.46 40.78	400m:	5:10.61 39.29
44.	TRZEJA	Marta	98	Huragan Sosnowiec			<b>5:13.99</b>	418	
	50m:	34.07 34.07	150m:	1:52.25	39.93	250m:	3:13.08 40.48	350m:	4:35.02 41.02
	100m:	1:12.32 38.25	200m:	2:32.60	40.35	300m:	3:54.00 40.92	400m:	5:13.99 38.97