

Letnie Mistrzostwa Polski Juniorów Młodszych - 16 lat  
Gorzów Wlkp., 18- - 20-7-2014

Konkurencja 19  
2014-07-19

Dziewcz t, 400m dowolny

16 lat  
Wyniki Eliminacje

Rekord Polski 16 lat 4:12.62 ZUKOWSKA Paula 00107 Doha (QAT) 2009-12-09

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.	
1.	JANKOWSKA Klaudia	98	UKS Gim 92 Ursynów					<b>4:31.64</b>	682	A
	50m: 31.28	31.28	150m: 1:39.67	34.42	250m: 2:48.71	34.16	350m: 3:57.53	34.46		
	100m: 1:05.25	33.97	200m: 2:14.55	34.88	300m: 3:23.07	34.36	400m: 4:31.64	34.11		
2.	WOJCIECHOWSKA Joanna	98	Orlik Lublin					<b>4:35.55</b>	653	A
	50m: 31.26	31.26	150m: 1:39.69	34.44	250m: 2:49.71	34.96	350m: 4:00.78	35.72		
	100m: 1:05.25	33.99	200m: 2:14.75	35.06	300m: 3:25.06	35.35	400m: 4:35.55	34.77		
3.	ROGOWSKA Paulina	98	Salos Cortile Kielce					<b>4:38.54</b>	632	A
	50m: 31.29	31.29	150m: 1:40.24	34.71	250m: 2:51.85	35.93	350m: 4:04.43	36.59		
	100m: 1:05.53	34.24	200m: 2:15.92	35.68	300m: 3:27.84	35.99	400m: 4:38.54	34.11		
4.	MESJASZ Julia	98	Meduza Paj czno					<b>4:38.81</b>	631	A
	50m: 32.27	32.27	150m: 1:43.53	36.25	250m: 2:55.11	35.64	350m: 4:06.28	35.27		
	100m: 1:07.28	35.01	200m: 2:19.47	35.94	300m: 3:31.01	35.90	400m: 4:38.81	32.53		
5.	GAWLICKA Maja	98	Korner Z.Góra					<b>4:39.06</b>	629	A
	50m: 31.83	31.83	150m: 1:42.22	36.22	250m: 2:53.49	35.83	350m: 4:04.64	35.26		
	100m: 1:06.00	34.17	200m: 2:17.66	35.44	300m: 3:29.38	35.89	400m: 4:39.06	34.42		
6.	PANKOWSKA Wiktoria SO	98	Unia O wi cim					<b>4:39.55</b>	626	A
	50m: 32.12	32.12	150m: 1:43.21	35.92	250m: 2:55.19	35.81	350m: 4:06.11	35.16		
	100m: 1:07.29	35.17	200m: 2:19.38	36.17	300m: 3:30.95	35.76	400m: 4:39.55	33.44		
7.	WARDZI SKA Martyna	98	Trójka Łód					<b>4:39.87</b>	623	A
	50m: 31.61	31.61	150m: 1:41.45	35.44	250m: 2:53.51	36.21	350m: 4:05.67	35.99		
	100m: 1:06.01	34.40	200m: 2:17.30	35.85	300m: 3:29.68	36.17	400m: 4:39.87	34.20		
8.	GRUSZCZY SKA Aleksandra SO	98	Unia O wi cim					<b>4:40.45</b>	620	A
	50m: 31.25	31.25	150m: 1:40.42	35.03	250m: 2:51.97	35.89	350m: 4:04.93	36.70		
	100m: 1:05.39	34.14	200m: 2:16.08	35.66	300m: 3:28.23	36.26	400m: 4:40.45	35.52		
9.	MUSIOŁ Wiktoria SO	98	Unia O wi cim					<b>4:41.40</b>	613	B
	50m: 31.46	31.46	150m: 1:41.99	35.37	250m: 2:53.37	35.47	350m: 4:05.72	36.09		
	100m: 1:06.62	35.16	200m: 2:17.90	35.91	300m: 3:29.63	36.26	400m: 4:41.40	35.68		
10.	JAROCHA Wiktoria	98	KSZO Ostrowiec					<b>4:44.73</b>	592	B
	50m: 32.30	32.30	150m: 1:42.86	35.85	250m: 2:55.53	36.44	350m: 4:09.37	36.86		
	100m: 1:07.01	34.71	200m: 2:19.09	36.23	300m: 3:32.51	36.98	400m: 4:44.73	35.36		
11.	BEDNAREK Aleksandra	98	Jedynka Łód					<b>4:44.83</b>	591	B
	50m: 32.95	32.95	150m: 1:43.67	35.72	250m: 2:57.14	36.75	350m: 4:10.11	36.03		
	100m: 1:07.95	35.00	200m: 2:20.39	36.72	300m: 3:34.08	36.94	400m: 4:44.83	34.72		
12.	HASPERT Dorota SO	98	Unia O wi cim					<b>4:45.98</b>	584	B
	50m:		150m:		250m:		350m:			
	100m: 1:07.49		200m: 2:20.86		300m: 3:34.19		400m: 4:45.98			
13.	ZAJ C Oliwia	98	Juvenia Wrocław					<b>4:46.31</b>	582	B
	50m: 32.91	32.91	150m: 1:45.45	36.60	250m: 2:58.86	36.68	350m: 4:11.53	36.00		
	100m: 1:08.85	35.94	200m: 2:22.18	36.73	300m: 3:35.53	36.67	400m: 4:46.31	34.78		
14.	POKRYWKA Karolina	98	UKS 190 Łód					<b>4:47.59</b>	575	B
	50m: 32.81	32.81	150m: 1:44.77	35.43	250m: 2:56.19	35.18	350m: 4:09.62	36.80		
	100m: 1:09.34	36.53	200m: 2:21.01	36.24	300m: 3:32.82	36.63	400m: 4:47.59	37.97		
15.	W CŁAWIAK Irena	98	UKS Gim 92 Ursynów					<b>4:48.27</b>	570	B
	50m: 32.28	32.28	150m: 1:42.13	35.70	250m: 2:55.68	37.28	350m: 4:11.37	38.19		
	100m: 1:06.43	34.15	200m: 2:18.40	36.27	300m: 3:33.18	37.50	400m: 4:48.27	36.90		
16.	WLEZIE Gabriela	98	AZS-AWF Wrocław					<b>4:48.75</b>	568	B
	50m:		150m:		250m:		350m:			
	100m: 1:08.92		200m: 2:23.45		300m: 3:37.85		400m: 4:48.75			
17.	MAZUR Maja	98	Salos Cortile Kielce					<b>4:50.55</b>	557	R
	50m: 32.35	32.35	150m: 1:44.67	36.59	250m: 2:58.85	36.73	350m: 4:13.65	37.15		
	100m: 1:08.08	35.73	200m: 2:22.12	37.45	300m: 3:36.50	37.65	400m: 4:50.55	36.90		

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

Pozycja			Rok ur.					Czas	Pkt.
18.	MYCAK Katarzyna		98	Unia O wi cim				<b>4:51.31</b>	553 R
	50m: 32.55	32.55	150m: 1:44.69	36.80	250m: 2:59.59	37.59	350m: 4:14.98	37.50	
	100m: 1:07.89	35.34	200m: 2:22.00	37.31	300m: 3:37.48	37.89	400m: 4:51.31	36.33	
19.	SMOLUCHOWSKA Magdalena		98	Dwójka Morena Gda sk				<b>4:52.81</b>	544
	50m: 33.15	33.15	150m: 1:47.98	37.77	250m: 3:03.51	37.86	350m: 4:19.05	37.62	
	100m: 1:10.21	37.06	200m: 2:25.65	37.67	300m: 3:41.43	37.92	400m: 4:52.81	33.76	
20.	ZAJ C Aleksandra		98	UKS Gim 92 Ursynów				<b>4:53.02</b>	543
	50m: 33.21	33.21	150m: 1:46.53	36.80	250m: 3:00.48	37.32	350m: 4:16.19	37.91	
	100m: 1:09.73	36.52	200m: 2:23.16	36.63	300m: 3:38.28	37.80	400m: 4:53.02	36.83	
21.	WIECZOREK Magdalena		98	Fala Kra nik				<b>4:54.28</b>	536
	50m: 32.89	32.89	150m: 1:45.92	37.21	250m: 3:00.86	37.72	350m: 4:17.12	38.31	
	100m: 1:08.71	35.82	200m: 2:23.14	37.22	300m: 3:38.81	37.95	400m: 4:54.28	37.16	
22.	KOZIK Anna SO		98	Unia O wi cim				<b>4:54.35</b>	536
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m: 3:40.03		400m: 4:54.35		
23.	JERUZAL Jowita		98	Trójka Łód				<b>4:55.91</b>	527
	50m: 32.67	32.67	150m: 1:44.60	36.19	250m: 2:59.55	37.45	350m: 4:16.68	38.55	
	100m: 1:08.41	35.74	200m: 2:22.10	37.50	300m: 3:38.13	38.58	400m: 4:55.91	39.23	
24.	ŁUCZY SKA Martyna		98	oliborz Warszawa				<b>4:57.24</b>	520
	50m: 33.70	33.70	150m: 1:48.05	37.65	250m: 3:03.44	37.30	350m: 4:19.41	37.68	
	100m: 1:10.40	36.70	200m: 2:26.14	38.09	300m: 3:41.73	38.29	400m: 4:57.24	37.83	
25.	RABCZY SKA Marta		98	Avia widnik				<b>4:57.72</b>	518
	50m: 33.60	33.60	150m: 1:48.76	37.98	250m: 3:05.19	38.52	350m: 4:21.21	37.77	
	100m: 1:10.78	37.18	200m: 2:26.67	37.91	300m: 3:43.44	38.25	400m: 4:57.72	36.51	
26.	MAŁEK Julia		98	Skarpa Lublin				<b>4:58.41</b>	514
	50m: 33.51	33.51	150m: 1:48.14	37.83	250m: 3:04.78	38.16	350m: 4:21.76	38.62	
	100m: 1:10.31	36.80	200m: 2:26.62	38.48	300m: 3:43.14	38.36	400m: 4:58.41	36.65	
27.	PAWLICKA Józefina		98	MKP Szczecin				<b>4:58.90</b>	512
	50m: 33.02	33.02	150m: 1:48.10	38.22	250m: 3:06.10	39.04	350m: 4:22.84	38.24	
	100m: 1:09.88	36.86	200m: 2:27.06	38.96	300m: 3:44.60	38.50	400m: 4:58.90	36.06	
28.	POPŁONYK Aleksandra		98	UKS 9 Kalisz				<b>4:59.32</b>	510
	50m: 32.37	32.37	150m: 1:48.00	38.42	250m: 3:05.69	39.01	350m: 4:24.21	39.37	
	100m: 1:09.58	37.21	200m: 2:26.68	38.68	300m: 3:44.84	39.15	400m: 4:59.32	35.11	
29.	SROCZY SKA Paula		98	Bobry D bica				<b>4:59.42</b>	509
	50m: 32.86	32.86	150m: 1:47.68	38.19	250m: 3:05.47	38.96	350m: 4:23.14	38.95	
	100m: 1:09.49	36.63	200m: 2:26.51	38.83	300m: 3:44.19	38.72	400m: 4:59.42	36.28	
30.	KERN Dominika SR		98	Victoria Racibórz				<b>5:00.09</b>	506
	50m: 33.92	33.92	150m: 1:49.13	37.47	250m: 3:05.51	37.86	350m: 4:22.62	38.16	
	100m: 1:11.66	37.74	200m: 2:27.65	38.52	300m: 3:44.46	38.95	400m: 5:00.09	37.47	
31.	KRZY AN Maria		98	Warta Pozna				<b>5:00.38</b>	504
	50m: 32.97	32.97	150m: 1:46.48	37.35	250m: 3:03.60	38.91	350m: 4:22.02	38.84	
	100m: 1:09.13	36.16	200m: 2:24.69	38.21	300m: 3:43.18	39.58	400m: 5:00.38	38.36	
32.	KOLBER Roksana SO		98	Unia O wi cim				<b>5:03.87</b>	487
	50m: 33.38	33.38	150m: 1:48.77	38.56	250m: 3:06.73	39.17	350m: 4:25.66	39.48	
	100m: 1:10.21	36.83	200m: 2:27.56	38.79	300m: 3:46.18	39.45	400m: 5:03.87	38.21	
33.	ZIÓLKOWSKA Daria		98	Delfin Toru				<b>5:12.07</b>	450
	50m: 35.19	35.19	150m: 1:50.93	39.00	250m: 3:10.28	39.77	350m: 4:31.85	41.17	
	100m: 1:11.93	36.74	200m: 2:30.51	39.58	300m: 3:50.68	40.40	400m: 5:12.07	40.22	
34.	CZAPSKA Alina		98	Polna Warszawa				<b>5:29.24</b>	383
	50m: 35.25	35.25	150m: 1:54.72	40.82	250m: 3:21.05	43.29	350m: 4:47.70	43.09	
	100m: 1:13.90	38.65	200m: 2:37.76	43.04	300m: 4:04.61	43.56	400m: 5:29.24	41.54	