

Mistrzostwa Polski 14 lat  
Szczecin, 6- - 8-7-2012

Event 19  
2012-07-07 - 9:48

Girls, 400m Freestyle

14 years  
Results Prelim

Top Times "Poland" 4:16.54 KILIJA SKA Donata 00612 Tampere (FIN) 2009-07-20

Points: FINA 2012

Rank			YB							Time	Pts	
1.	KOTOWICZ Anna		98	MOS Elk						<b>4:43.56</b>	599	A
	50m:	31.86	31.86	150m:	1:43.04	36.28	250m:	2:55.39	36.34	350m:	4:08.70	36.93
	100m:	1:06.76	34.90	200m:	2:19.05	36.01	300m:	3:31.77	36.38	400m:	4:43.56	34.86
2.	JANKOWSKA Klaudia		98	Gim 92 Ursynow						<b>4:44.63</b>	593	A
	50m:	31.31	31.31	150m:	1:43.85	36.99	250m:	2:57.04	36.21	350m:	4:10.13	36.74
	100m:	1:06.86	35.55	200m:	2:20.83	36.98	300m:	3:33.39	36.35	400m:	4:44.63	34.50
3.	POKRYWKA KAROLINA		98	190 Lodz						<b>4:46.74</b>	580	A
	50m:	33.84	33.84	150m:	1:44.44	35.78	250m:	2:57.48	36.64	350m:	4:10.93	36.70
	100m:	1:08.66	34.82	200m:	2:20.84	36.40	300m:	3:34.23	36.75	400m:	4:46.74	35.81
	GRUSZCZYNSKA Aleksandra SO		98	UNIA Oswiecim						<b>4:46.74</b>	580	A
	50m:	32.24	32.24	150m:	1:43.44	35.95	250m:	2:56.73	36.41	350m:	4:10.73	37.02
	100m:	1:07.49	35.25	200m:	2:20.32	36.88	300m:	3:33.71	36.98	400m:	4:46.74	36.01
5.	POPIEL Magdalena		98	Juvenia Bialystok						<b>4:46.86</b>	579	A
	50m:	31.92	31.92	150m:	1:44.06	36.59	250m:	2:58.33	37.12	350m:	4:12.19	36.41
	100m:	1:07.47	35.55	200m:	2:21.21	37.15	300m:	3:35.78	37.45	400m:	4:46.86	34.67
6.	WIECZOREK Magdalena		98	Fala Krasnik						<b>4:46.95</b>	578	A
	50m:	32.23	32.23	150m:	1:44.14	36.53	250m:	2:58.45	36.89	350m:	4:12.16	36.31
	100m:	1:07.61	35.38	200m:	2:21.56	37.42	300m:	3:35.85	37.40	400m:	4:46.95	34.79
7.	MYCAK Katarzyna SO		98	Zryw Opole						<b>4:48.24</b>	571	A
	50m:	32.35	32.35	150m:	1:44.42	36.54	250m:	2:58.87	37.29	350m:	4:12.75	36.29
	100m:	1:07.88	35.53	200m:	2:21.58	37.16	300m:	3:36.46	37.59	400m:	4:48.24	35.49
8.	WOJCIECHOWSKA Joanna		98	LUKS Orlik Lublin						<b>4:48.37</b>	570	A
	50m:	31.57	31.57	150m:	1:43.55	36.80	250m:	2:57.68	36.82	350m:	4:12.01	37.31
	100m:	1:06.75	35.18	200m:	2:20.86	37.31	300m:	3:34.70	37.02	400m:	4:48.37	36.36
9.	OLSZEWSKA Nikola		98	MTS Kwidzyn						<b>4:49.15</b>	565	A
	50m:	32.26	32.26	150m:	1:45.30	36.79	250m:	2:59.87	37.34	350m:	4:13.62	36.53
	100m:	1:08.51	36.25	200m:	2:22.53	37.23	300m:	3:37.09	37.22	400m:	4:49.15	35.53
10.	JAROCHA Wiktoria		98	KSZO Ostrowiec Sw.						<b>4:49.54</b>	563	A
	50m:	33.59	33.59	150m:	1:47.39	37.16	250m:	3:01.11	36.34	350m:	4:14.37	36.43
	100m:	1:10.23	36.64	200m:	2:24.77	37.38	300m:	3:37.94	36.83	400m:	4:49.54	35.17
11.	LEWANDOWSKA Aleksandra		98	MKP Szczecin						<b>4:49.79</b>	562	B
	50m:	32.60	32.60	150m:	1:44.81	36.32	250m:	2:59.58	37.42	350m:	4:14.51	37.26
	100m:	1:08.49	35.89	200m:	2:22.16	37.35	300m:	3:37.25	37.67	400m:	4:49.79	35.28
12.	PANKOWSKA Wiktoria		98	CKiS Skawina						<b>4:49.81</b>	561	B
	50m:	32.26	32.26	150m:	1:45.48	37.20	250m:	3:00.07	37.05	350m:	4:14.14	37.07
	100m:	1:08.28	36.02	200m:	2:23.02	37.54	300m:	3:37.07	37.00	400m:	4:49.81	35.67
13.	BARWICKA Aleksandra		98	Olimpijczyk Suwalki						<b>4:52.77</b>	545	B
	50m:	31.23	31.23	150m:	1:45.66	37.65	250m:	3:01.91	37.78	350m:	4:17.62	37.26
	100m:	1:08.01	36.78	200m:	2:24.13	38.47	300m:	3:40.36	38.45	400m:	4:52.77	35.15
14.	NOWAK Weronika		98	Jordan Krakow						<b>4:52.84</b>	544	B
	50m:	33.66	33.66	150m:	1:47.10	37.18	250m:	3:01.99	37.58	350m:	4:17.02	37.55
	100m:	1:09.92	36.26	200m:	2:24.41	37.31	300m:	3:39.47	37.48	400m:	4:52.84	35.82
15.	WARDZINSKA Martyna		98	Start Lodz						<b>4:54.20</b>	537	B
	50m:	34.16	34.16	150m:	1:48.88	37.34	250m:	3:03.23	36.98	350m:	4:18.12	36.97
	100m:	1:11.54	37.38	200m:	2:26.25	37.37	300m:	3:41.15	37.92	400m:	4:54.20	36.08
16.	MACHULA Sara		98	KSZO Ostrowiec Sw.						<b>4:55.26</b>	531	B
	50m:	33.91	33.91	150m:	1:49.87	38.40	250m:	3:05.15	37.23	350m:	4:19.28	36.86
	100m:	1:11.47	37.56	200m:	2:27.92	38.05	300m:	3:42.42	37.27	400m:	4:55.26	35.98
17.	WOSICKA Wiktoria		98	MKP Szczecin						<b>4:55.49</b>	530	B
	50m:	32.29	32.29	150m:	1:46.92	38.00	250m:	3:03.18	37.78	350m:	4:19.64	37.67
	100m:	1:08.92	36.63	200m:	2:25.40	38.48	300m:	3:41.97	38.79	400m:	4:55.49	35.85

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Szczecin, 6- - 8-7-2012

Event 19, Girls, 400m Freestyle, Prelim, 14 years

Rank					YB					Time	Pts	
18.	KOWALIK Natalia				98	Znicz Koszalin				<b>4:56.89</b>	522	B
	50m:	33.30	33.30	150m:	1:47.50	37.88	250m:	3:03.25	38.00	350m:	4:19.48	38.11
	100m:	1:09.62	36.32	200m:	2:25.25	37.75	300m:	3:41.37	38.12	400m:	4:56.89	37.41
19.	KASPROWICZ AGATA				98	AZS-WSG-Astoria Bydgoszcz				<b>4:57.01</b>	522	B
	50m:	32.80	32.80	150m:	1:48.18	38.23	250m:	3:05.98	38.87	350m:	4:23.87	38.71
	100m:	1:09.95	37.15	200m:	2:27.11	38.93	300m:	3:45.16	39.18	400m:	4:57.01	33.14
	GAWLICKA Maja				98	KORNER Zielona Gora				<b>4:57.01</b>	522	B
	50m:	33.46	33.46	150m:	1:47.62	37.49	250m:	3:02.90	37.94	350m:	4:21.17	39.06
	100m:	1:10.13	36.67	200m:	2:24.96	37.34	300m:	3:42.11	39.21	400m:	4:57.01	35.84
21.	WOZNIAK Weronika				98	9 Kalisz				<b>4:57.24</b>	520	R
	50m:	31.32	31.32	150m:	1:44.27	37.65	250m:	3:01.39	38.78	350m:	4:20.06	39.14
	100m:	1:06.62	35.30	200m:	2:22.61	38.34	300m:	3:40.92	39.53	400m:	4:57.24	37.18
22.	MAZUR Maja				98	SALOS CORTILE Kielce				<b>4:57.40</b>	519	R
	50m:	33.64	33.64	150m:	1:47.96	37.86	250m:	3:03.81	37.46	350m:	4:20.18	38.08
	100m:	1:10.10	36.46	200m:	2:26.35	38.39	300m:	3:42.10	38.29	400m:	4:57.40	37.22
23.	MESJASZ Julia				98	Meduza Pajeczno				<b>4:58.26</b>	515	
	50m:	33.77	33.77	150m:	1:49.25	38.11	250m:	3:04.77	37.12	350m:	4:21.41	37.97
	100m:	1:11.14	37.37	200m:	2:27.65	38.40	300m:	3:43.44	38.67	400m:	4:58.26	36.85
24.	JERUZAL Jowita				98	Start Lodz				<b>4:58.28</b>	515	
	50m:	32.80	32.80	150m:	1:46.60	37.88	250m:	3:03.88	39.03	350m:	4:21.00	38.25
	100m:	1:08.72	35.92	200m:	2:24.85	38.25	300m:	3:42.75	38.87	400m:	4:58.28	37.28
25.	WLEZIEN GABRIELA				98	AZS AWF Wroclaw				<b>5:00.49</b>	504	
	50m:	32.74	32.74	150m:	1:47.50	37.62	250m:	3:05.11	38.91	350m:	4:22.72	38.19
	100m:	1:09.88	37.14	200m:	2:26.20	38.70	300m:	3:44.53	39.42	400m:	5:00.49	37.77
26.	ZIELENIEWICZ Paula				98	Jedynka Lodz				<b>5:00.88</b>	502	
	50m:	32.94	32.94	150m:	1:49.70	38.50	250m:	3:07.92	39.11	350m:	4:25.22	38.21
	100m:	1:11.20	38.26	200m:	2:28.81	39.11	300m:	3:47.01	39.09	400m:	5:00.88	35.66
27.	KORAL Julia				98	H2O Jastrzebie-Zdroj				<b>5:01.14</b>	500	
	50m:	33.79	33.79	150m:	1:50.41	38.63	250m:	3:07.98	38.56	350m:	4:24.75	38.32
	100m:	1:11.78	37.99	200m:	2:29.42	39.01	300m:	3:46.43	38.45	400m:	5:01.14	36.39
28.	OLEBA Malgorzata				98	MKP Szczecin				<b>5:01.23</b>	500	
	50m:	33.83	33.83	150m:	1:49.62	38.07	250m:	3:06.65	38.23	350m:	4:23.89	38.49
	100m:	1:11.55	37.72	200m:	2:28.42	38.80	300m:	3:45.40	38.75	400m:	5:01.23	37.34
29.	GOLEN Martyna				98	Fala Krasnik				<b>5:01.68</b>	498	
	50m:	33.65	33.65	150m:	1:50.06	38.97	250m:	3:08.32	39.26	350m:	4:25.20	37.88
	100m:	1:11.09	37.44	200m:	2:29.06	39.00	300m:	3:47.32	39.00	400m:	5:01.68	36.48
30.	KOZIK Anna				98	Fala Niepolomice				<b>5:01.76</b>	497	
	50m:	33.84	33.84	150m:	1:50.37	38.52	250m:	3:07.65	38.53	350m:	4:25.12	38.98
	100m:	1:11.85	38.01	200m:	2:29.12	38.75	300m:	3:46.14	38.49	400m:	5:01.76	36.64
31.	KROLEWICZ Konstancja				98	Ikar Mielec				<b>5:02.40</b>	494	
	50m:	33.61	33.61	150m:	1:50.32	39.11	250m:	3:08.39	38.95	350m:	4:25.62	38.03
	100m:	1:11.21	37.60	200m:	2:29.44	39.12	300m:	3:47.59	39.20	400m:	5:02.40	36.78
32.	TRZCINSKA Gabriela				98	Słowianka Gorzow Wlkp.				<b>5:03.24</b>	490	
	50m:	33.60	33.60	150m:	1:50.62	39.19	250m:	3:08.66	38.55	350m:	4:26.39	38.55
	100m:	1:11.43	37.83	200m:	2:30.11	39.49	300m:	3:47.84	39.18	400m:	5:03.24	36.85
33.	BRODOWSKA Aleksandra				98	Olimpijczyk Suwalki				<b>5:03.93</b>	487	
	50m:	33.74	33.74	150m:	1:50.59	38.83	250m:	3:08.06	38.43	350m:	4:26.40	38.47
	100m:	1:11.76	38.02	200m:	2:29.63	39.04	300m:	3:47.93	39.87	400m:	5:03.93	37.53
34.	YOKOKURA Mairi				98	Posnania Poznan				<b>5:04.84</b>	482	
	50m:	32.81	32.81	150m:	1:48.58	38.82	250m:	3:08.53	40.08	350m:	4:27.24	38.46
	100m:	1:09.76	36.95	200m:	2:28.45	39.87	300m:	3:48.78	40.25	400m:	5:04.84	37.60
35.	MIERZEJEWSKA Wiktoria				98	KS1 Ozarow Mazowiecki				<b>5:04.96</b>	482	
	50m:	34.48	34.48	150m:	1:50.77	38.62	250m:	3:08.38	38.87	350m:	4:26.86	39.37
	100m:	1:12.15	37.67	200m:	2:29.51	38.74	300m:	3:47.49	39.11	400m:	5:04.96	38.10

Mistrzostwa Polski 14 lat  
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Event 19, Girls, 400m Freestyle, Prelim, 14 years

Rank			YB					Time	Pts		
36.	MICHALOWSKA Olga		98	Skarpa Lublin				<b>5:05.20</b>	481		
	50m:	34.84 34.84	150m:	1:53.54	39.42	250m:	3:12.78	39.86	350m:	4:28.91	36.96
	100m:	1:14.12 39.28	200m:	2:32.92	39.38	300m:	3:51.95	39.17	400m:	5:05.20	36.29
37.	KRZYZAN MARIA		98	Warta Poznan				<b>5:05.93</b>	477		
	50m:	34.97 34.97	150m:	1:53.07	39.38	250m:	3:11.32	39.13	350m:	4:28.70	38.60
	100m:	1:13.69 38.72	200m:	2:32.19	39.12	300m:	3:50.10	38.78	400m:	5:05.93	37.23
38.	SROCZYNSKA Paula		98	Bobry Debica				<b>5:06.55</b>	474		
	50m:	33.65 33.65	150m:	1:51.14	39.47	250m:	3:10.53	39.46	350m:	4:29.81	39.23
	100m:	1:11.67 38.02	200m:	2:31.07	39.93	300m:	3:50.58	40.05	400m:	5:06.55	36.74
39.	RABCZYNSKA Marta		98	AVIA Swidnik				<b>5:06.95</b>	472		
	50m:	34.54 34.54	150m:	1:53.36	39.33	250m:	3:12.74	39.49	350m:	4:30.16	37.74
	100m:	1:14.03 39.49	200m:	2:33.25	39.89	300m:	3:52.42	39.68	400m:	5:06.95	36.79
40.	DYKIJ DOMINIKA		98	Slask Wroclaw				<b>5:07.02</b>	472		
	50m:	34.51 34.51	150m:	1:52.15	39.20	250m:	3:11.43	39.99	350m:	4:29.36	38.81
	100m:	1:12.95 38.44	200m:	2:31.44	39.29	300m:	3:50.55	39.12	400m:	5:07.02	37.66
41.	SOFINSKA Martyna SO		98	MMKS Kedzierzyn Kozle				<b>5:07.31</b>	471		
	50m:	34.71 34.71	150m:	1:53.58	40.03	250m:	3:13.22	39.79	350m:	4:30.87	38.28
	100m:	1:13.55 38.84	200m:	2:33.43	39.85	300m:	3:52.59	39.37	400m:	5:07.31	36.44
42.	GIERCZAK ANNA		98	190 Lodz				<b>5:07.37</b>	471		
	50m:	34.94 34.94	150m:	1:53.04	39.22	250m:	3:10.69	38.33	350m:	4:29.10	39.02
	100m:	1:13.82 38.88	200m:	2:32.36	39.32	300m:	3:50.08	39.39	400m:	5:07.37	38.27
43.	DZIUBLINSKA Maja		98	Szczyglowice Knurów				<b>5:07.53</b>	470		
	50m:	32.91 32.91	150m:	1:49.21	39.06	250m:	3:08.84	39.91	350m:	4:28.29	40.18
	100m:	1:10.15 37.24	200m:	2:28.93	39.72	300m:	3:48.11	39.27	400m:	5:07.53	39.24
44.	KAJKO PAULA		98	Pietnastka Bydgoszcz				<b>5:08.00</b>	468		
	50m:	34.05 34.05	150m:	1:53.59	40.45	250m:	3:14.17	39.91	350m:	4:33.95	39.25
	100m:	1:13.14 39.09	200m:	2:34.26	40.67	300m:	3:54.70	40.53	400m:	5:08.00	34.05
45.	VAN DOORNE Gabriela		98	Słowianka Gorzów Wlkp.				<b>5:08.82</b>	464		
	50m:	33.60 33.60	150m:	1:50.14	39.22	250m:	3:10.06	40.32	350m:	4:30.68	1:56.59
	100m:	1:10.92 37.32	200m:	2:29.74	39.60	300m:	2:34.09		400m:	5:08.82	38.14
46.	PIWKO DOMINIKA		98	Pietnastka Bydgoszcz				<b>5:09.24</b>	462		
	50m:	34.74 34.74	150m:	1:52.93	39.68	250m:	3:12.93	40.06	350m:	4:31.51	38.74
	100m:	1:13.25 38.51	200m:	2:32.87	39.94	300m:	3:52.77	39.84	400m:	5:09.24	37.73
47.	TEUL Patrycja		98	Jordan Kraków				<b>5:10.00</b>	459		
	50m:	34.37 34.37	150m:	1:54.49	40.68	250m:	3:16.98	41.88	350m:	4:33.76	36.59
	100m:	1:13.81 39.44	200m:	2:35.10	40.61	300m:	3:57.17	40.19	400m:	5:10.00	36.24
48.	LUKASZEWICZ Nikola		98	Neptun Stargard				<b>5:10.04</b>	458		
	50m:	33.97 33.97	150m:	1:52.11	39.83	250m:	3:12.51	40.39	350m:	4:32.93	39.76
	100m:	1:12.28 38.31	200m:	2:32.12	40.01	300m:	3:53.17	40.66	400m:	5:10.04	37.11
49.	GOMOLA MONIKA		98	Warta Poznan				<b>5:11.59</b>	452		
	50m:	34.96 34.96	150m:	1:53.37	39.65	250m:	3:13.35	39.94	350m:	4:33.08	39.78
	100m:	1:13.72 38.76	200m:	2:33.41	40.04	300m:	3:53.30	39.95	400m:	5:11.59	38.51
50.	GOSZTYLA Antonina		98	Zoliborz Warszawa				<b>5:12.58</b>	447		
	50m:	33.27 33.27	150m:	1:48.68	38.93	250m:	3:10.13	40.32	350m:	4:32.76	41.29
	100m:	1:09.75 36.48	200m:	2:29.81	41.13	300m:	3:51.47	41.34	400m:	5:12.58	39.82
51.	PRZYBYSZ Karolina		98	Pirania Targówek				<b>5:14.10</b>	441		
	50m:	36.06 36.06	150m:	1:55.72	39.83	250m:	3:16.06	40.42	350m:	4:36.09	39.57
	100m:	1:15.89 39.83	200m:	2:35.64	39.92	300m:	3:56.52	40.46	400m:	5:14.10	38.01
52.	RYZINSKA Daria		98	Ros Pisz				<b>5:16.49</b>	431		
	50m:	35.50 35.50	150m:	1:55.10	40.26	250m:	3:16.56	40.24	350m:	4:38.12	40.48
	100m:	1:14.84 39.34	200m:	2:36.32	41.22	300m:	3:57.64	41.08	400m:	5:16.49	38.37
53.	ZDUNIAK Katarzyna		98	G - 8 Bielany				<b>5:20.17</b>	416		
	50m:	33.18 33.18	150m:	1:52.60	40.81	250m:	3:17.17	42.21	350m:	4:41.73	42.18
	100m:	1:11.79 38.61	200m:	2:34.96	42.36	300m:	3:59.55	42.38	400m:	5:20.17	38.44

Mistrzostwa Polski 14 lat  
Szczecin, 6- - 8-7-2012

Event 19, Girls, 400m Freestyle, Prelim, 14 years

Rank					YB					Time	Pts	
54.	PAWLICKA Jozefina				98	MKP Szczecin				<b>5:20.87</b>	414	
	50m:	33.75	33.75	150m:	1:52.80	40.13	250m:	3:16.15	42.14	350m:	4:39.49	41.40
	100m:	1:12.67	38.92	200m:	2:34.01	41.21	300m:	3:58.09	41.94	400m:	5:20.87	41.38
55.	JAMROZY Kinga				98	Jordan Krakow				<b>5:23.62</b>	403	
	50m:	35.50	35.50	150m:	1:58.00	42.34	250m:	3:23.06	42.78	350m:	4:46.67	41.03
	100m:	1:15.66	40.16	200m:	2:40.28	42.28	300m:	4:05.64	42.58	400m:	5:23.62	36.95
56.	KONDRASIUK Malgorzata				98	Gim 92 Ursynow				<b>5:25.28</b>	397	
	50m:	34.39	34.39	150m:	1:54.66	41.02	250m:	3:18.82	42.57	350m:	4:44.67	43.08
	100m:	1:13.64	39.25	200m:	2:36.25	41.59	300m:	4:01.59	42.77	400m:	5:25.28	40.61
57.	GRABEK Anna Maria				98	Olimpijczyk Suwalki				<b>5:29.80</b>	381	
	50m:	34.86	34.86	150m:	1:55.52	41.57	250m:	3:23.25	45.10	350m:	4:49.27	43.21
	100m:	1:13.95	39.09	200m:	2:38.15	42.63	300m:	4:06.06	42.81	400m:	5:29.80	40.53
58.	WOZNIAK Karina				98	MKP Szczecin				<b>5:33.76</b>	367	
	50m:	36.58	36.58	150m:	2:01.53	43.38	250m:	3:28.33	43.56	350m:	4:52.82	42.19
	100m:	1:18.15	41.57	200m:	2:44.77	43.24	300m:	4:10.63	42.30	400m:	5:33.76	40.94
59.	ZIOLKOWSKA Daria				98	DELFIN Torun				<b>5:41.44</b>	343	
	50m:	37.68	37.68	150m:	2:02.79	43.62	250m:	3:30.59	44.05	350m:	4:59.53	44.30
	100m:	1:19.17	41.49	200m:	2:46.54	43.75	300m:	4:15.23	44.64	400m:	5:41.44	41.91