



Letnie Mistrzostwa Polski w Pływaniu Juniorów Młodszych 16 lat
Opole, 14. - 16.7.2017

Event 11 Girls, 400m Medley 16 years
14.07.2017 - 18:20 Results Finals

Rekord Polski Open	4:36.95	Katarzyna Baranowska	POL	Beijing (CHN)	09.08.2008
Rekord Polski 16	4:48.17	Agnieszka Czopek	POL	Moskwa (RUS)	26.07.1980

Points: FINA 2016

Rank			YB					Time	Pts
Final A									
1.	Lidia Halicka		01	WKS Slask Wroclaw				4:55.93	746
	50m: 31.36	31.36	150m: 1:46.63	39.92	250m: 3:05.70	40.29	350m: 4:21.67	35.91	
	100m: 1:06.71	35.35	200m: 2:25.41	38.78	300m: 3:45.76	40.06	400m: 4:55.93	34.26	
2.	Agnieszka Rutkowska		01	TP SKALAR Slupsk				5:02.89	696
	50m: 32.92	32.92	150m: 1:51.32	40.25	250m: 3:10.77	42.04	350m: 4:28.97	34.13	
	100m: 1:11.07	38.15	200m: 2:28.73	37.41	300m: 3:54.84	44.07	400m: 5:02.89	33.92	
3.	Aleksandra Piskorz		01	UKS WODNIK Siemianowice Slaski				5:05.68	677
	50m: 33.03	33.03	150m: 1:51.19	39.82	250m: 3:11.87	42.11	350m: 4:30.58	36.42	
	100m: 1:11.37	38.34	200m: 2:29.76	38.57	300m: 3:54.16	42.29	400m: 5:05.68	35.10	
4.	Izabela Cochor		01	UKS Ostrobramska Warszawa				5:08.64	657
	50m: 32.40	32.40	150m: 1:51.48	40.36	250m: 3:14.53	43.31	350m: 4:33.33	34.18	
	100m: 1:11.12	38.72	200m: 2:31.22	39.74	300m: 3:59.15	44.62	400m: 5:08.64	35.31	
5.	Oliwia SOL Wett		01	MTP Kormoran Olsztyn				5:10.18	648
	50m: 32.23	32.23	150m: 1:49.31	39.87	250m: 3:13.07	44.50	350m: 4:35.36	36.57	
	100m: 1:09.44	37.21	200m: 2:28.57	39.26	300m: 3:58.79	45.72	400m: 5:10.18	34.82	
6.	Aleksandra Wegrzynowska		01	WKS Slask Wroclaw				5:11.69	638
	50m: 32.50	32.50	150m: 1:51.35	39.86	250m: 3:17.05	45.71	350m: 4:37.71	34.95	
	100m: 1:11.49	38.99	200m: 2:31.34	39.99	300m: 4:02.76	45.71	400m: 5:11.69	33.98	
7.	Wiktoria Wojtanek		01	UKS GOS Raszyn				5:17.81	602
	50m: 35.22	35.22	150m: 1:57.23	40.99	250m: 3:20.61	42.50	350m: 4:41.88	36.91	
	100m: 1:16.24	41.02	200m: 2:38.11	40.88	300m: 4:04.97	44.36	400m: 5:17.81	35.93	
8.	Anna SO Kempa		01	MMKS Kedzierzyn-Kozle				5:21.40	582
	50m: 34.27	34.27	150m: 1:57.36	43.89	250m: 3:21.89	43.12	350m: 4:44.20	38.35	
	100m: 1:13.47	39.20	200m: 2:38.77	41.41	300m: 4:05.85	43.96	400m: 5:21.40	37.20	
9.	Wiktoria SR Smetek		01	MMKS Kedzierzyn-Kozle				5:21.85	580
	50m: 35.35	35.35	150m: 1:59.80	41.39	250m: 3:23.36	43.60	350m: 4:46.70	37.15	
	100m: 1:18.41	43.06	200m: 2:39.76	39.96	300m: 4:09.55	46.19	400m: 5:21.85	35.15	
10.	Patrycja Faryna		01	TP Zielona Gora				5:21.96	579
	50m: 33.06	33.06	150m: 1:54.25	42.20	250m: 3:19.84	44.70	350m: 4:45.53	39.25	
	100m: 1:12.05	38.99	200m: 2:35.14	40.89	300m: 4:06.28	46.44	400m: 5:21.96	36.43	
Final B									
11.	Marta Holak		01	MUKS Pietnastka Bydgoszcz				5:20.40	588
	50m: 33.11	33.11	150m: 1:52.16	40.74	250m: 3:18.67	46.11	350m: 4:43.56	38.07	
	100m: 1:11.42	38.31	200m: 2:32.56	40.40	300m: 4:05.49	46.82	400m: 5:20.40	36.84	
12.	Kamila Ostrowska		01	CSIR MOS Dabrowa Gornicza				5:22.38	577
	50m: 32.57	32.57	150m: 1:53.62	42.14	250m: 3:20.37	46.13	350m: 4:44.52	38.41	
	100m: 1:11.48	38.91	200m: 2:34.24	40.62	300m: 4:06.11	45.74	400m: 5:22.38	37.86	
13.	Karolina Ciesiul		01	KS Wankan Legnica				5:26.52	555
	50m: 33.87	33.87	150m: 1:56.72	40.77	250m: 3:25.21	48.27	350m: 4:51.37	36.55	
	100m: 1:15.95	42.08	200m: 2:36.94	40.22	300m: 4:14.82	49.61	400m: 5:26.52	35.15	





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Rank					YB					Time	Pts	
14.	Klaudia Mandok				01	Nowy KP Bielsko-Biala				5:31.47	531	
	50m:	35.07	35.07	150m:	1:59.87	43.21	250m:	3:31.20	48.79	350m:	4:57.84	37.85
	100m:	1:16.66	41.59	200m:	2:42.41	42.54	300m:	4:19.99	48.79	400m:	5:31.47	33.63
15.	Laura Deszczka				01	MKS Trojka Lodz				5:31.77	529	
	50m:	35.94	35.94	150m:	1:59.14	42.36	250m:	3:27.87	46.87	350m:	4:54.51	39.33
	100m:	1:16.78	40.84	200m:	2:41.00	41.86	300m:	4:15.18	47.31	400m:	5:31.77	37.26
16.	Weronika SR Majewska				01	UKS Manta Kochlowice				5:37.70	502	
	50m:	34.12	34.12	150m:	1:59.08	43.69	250m:	3:31.77	50.05	350m:	5:00.48	38.24
	100m:	1:15.39	41.27	200m:	2:41.72	42.64	300m:	4:22.24	50.47	400m:	5:37.70	37.22
17.	Julia Rygiel				01	KS Swim2win Krosno				5:44.00	475	
	50m:	37.49	37.49	150m:	2:07.11	44.88	250m:	3:38.17	47.95	350m:	5:06.27	40.32
	100m:	1:22.23	44.74	200m:	2:50.22	43.11	300m:	4:25.95	47.78	400m:	5:44.00	37.73
18.	Anna Dechnik				01	UKS 3 Wodnik Wolsztyn				6:00.34	413	
	50m:	38.95	38.95	150m:	2:14.92	48.58	250m:	3:49.24	47.10	350m:	5:20.30	41.90
	100m:	1:26.34	47.39	200m:	3:02.14	47.22	300m:	4:38.40	49.16	400m:	6:00.34	40.04

