



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

Konkurencja 19  
15.07.2017 - 9:35

Dziewcz t, 400m dowolny

16 lat  
Wyniki Eliminacje

Rekord Polski Open	4:04.23	Jedrzejczak Otylia	POL	Melbourne (AUS)	25.03.2007
Rekord Polski 16	4:12.62	Zukowska Paula	POL	Doha (QAT)	09.12.2009

Punkty: FINA 2016

Pozycja			Rok ur.			Czas	Pkt.	
1.	Krauze Alicja		01	Mał Wopr		<b>4:33.34</b>	663	A
	50m: 31.86	31.86	150m: 1:41.27	34.73	250m: 2:50.88	34.68	350m: 3:59.71	34.11
	100m: 1:06.54	34.68	200m: 2:16.20	34.93	300m: 3:25.60	34.72	400m: 4:33.34	33.63
2.	Kossakowska Dominika		01	SiKR eT Gliwice		<b>4:33.70</b>	660	A
	50m: 32.00	32.00	150m: 1:42.01	34.82	250m: 2:50.83	34.34	350m: 4:00.41	34.70
	100m: 1:07.19	35.19	200m: 2:16.49	34.48	300m: 3:25.71	34.88	400m: 4:33.70	33.29
3.	Zaborowicz Julia		01	KS Górnik Sosnowiec		<b>4:34.03</b>	658	A
	50m: 32.29	32.29	150m: 1:42.98	35.34	250m: 2:54.00	35.57	350m: 4:02.48	34.08
	100m: 1:07.64	35.35	200m: 2:18.43	35.45	300m: 3:28.40	34.40	400m: 4:34.03	31.55
4.	W grzynowska Aleksandra		01	WKS I sk Wrocław		<b>4:34.14</b>	657	A
	50m: 32.10	32.10	150m: 1:41.52	34.98	250m: 2:51.42	35.02	350m: 4:01.04	34.73
	100m: 1:06.54	34.44	200m: 2:16.40	34.88	300m: 3:26.31	34.89	400m: 4:34.14	33.10
5.	Piechota Karolina		01	UKS 190 Łód		<b>4:34.20</b>	656	A
	50m: 32.44	32.44	150m: 1:41.18	34.62	250m: 2:50.95	34.88	350m: 4:00.36	34.85
	100m: 1:06.56	34.12	200m: 2:16.07	34.89	300m: 3:25.51	34.56	400m: 4:34.20	33.84
6.	Nita Daria		01	KS Korona Kraków		<b>4:36.76</b>	638	A
	50m: 32.23	32.23	150m: 1:42.63	35.28	250m: 2:53.24	35.05	350m: 4:03.33	34.86
	100m: 1:07.35	35.12	200m: 2:18.19	35.56	300m: 3:28.47	35.23	400m: 4:36.76	33.43
7.	Kosi ska Dominika		01	AZS AWF Katowice		<b>4:40.32</b>	614	A
	50m: 33.12	33.12	150m: 1:45.18	36.24	250m: 2:57.06	35.56	350m: 4:07.49	35.12
	100m: 1:08.94	35.82	200m: 2:21.50	36.32	300m: 3:32.37	35.31	400m: 4:40.32	32.83
8.	Włodarczyk Agnieszka		01	MUKS Pi tnaстка Bydgoszcz		<b>4:41.15</b>	609	A
	50m: 32.42	32.42	150m: 1:43.76	35.69	250m: 2:55.98	35.92	350m: 4:07.59	35.51
	100m: 1:08.07	35.65	200m: 2:20.06	36.30	300m: 3:32.08	36.10	400m: 4:41.15	33.56
9.	Ju wicka Zuzanna		01	MKS Trójka Łód		<b>4:41.22</b>	608	A
	50m: 32.59	32.59	150m: 1:44.46	36.05	250m: 2:55.52	34.92	350m: 4:06.80	35.44
	100m: 1:08.41	35.82	200m: 2:20.60	36.14	300m: 3:31.36	35.84	400m: 4:41.22	34.42
10.	Gorzynik Aleksandra		01	KS Swim2win Krosno		<b>4:42.01</b>	603	A
	50m: 33.50	33.50	150m: 1:45.96	35.89	250m: 2:58.08	36.13	350m: 4:08.93	35.11
	100m: 1:10.07	36.57	200m: 2:21.95	35.99	300m: 3:33.82	35.74	400m: 4:42.01	33.08
11.	Łysakowska Julia		01	KU AZS UMCS Lublin		<b>4:42.02</b>	603	B
	50m: 32.39	32.39	150m: 1:43.61	35.58	250m: 2:55.30	35.86	350m: 4:07.18	35.71
	100m: 1:08.03	35.64	200m: 2:19.44	35.83	300m: 3:31.47	36.17	400m: 4:42.02	34.84
12.	St pi ska Natalia		01	KS Korona Kraków		<b>4:42.23</b>	602	B
	50m: 32.38	32.38	150m: 1:44.68	36.40	250m: 2:56.99	35.96	350m: 4:08.25	35.30
	100m: 1:08.28	35.90	200m: 2:21.03	36.35	300m: 3:32.95	35.96	400m: 4:42.23	33.98
13.	Ciesiul Karolina		01	KS Wankan Legnica		<b>4:43.74</b>	592	B
	50m: 32.74	32.74	150m: 1:43.96	35.99	250m: 2:56.18	36.03	350m: 4:08.35	35.96
	100m: 1:07.97	35.23	200m: 2:20.15	36.19	300m: 3:32.39	36.21	400m: 4:43.74	35.39
14.	Serafin Magdalena		01	UKS SMS Galicja Kraków		<b>4:45.73</b>	580	B
	50m: 32.32	32.32	150m: 1:43.77	35.61	250m: 2:56.27	36.37	350m: 4:09.67	36.71
	100m: 1:08.16	35.84	200m: 2:19.90	36.13	300m: 3:32.96	36.69	400m: 4:45.73	36.06





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Pozycja			Rok ur.					Czas	Pkt.
15.	Wojtanek	Wiktoria	01	UKS GOS	Raszyn		<b>4:46.83</b>	573	
	50m:	33.35 33.35	150m:	1:46.11 36.57	250m:	2:58.82 36.39	350m:	4:11.54 36.42	
	100m:	1:09.54 36.19	200m:	2:22.43 36.32	300m:	3:35.12 36.30	400m:	4:46.83 35.29	
16.	Szebesczyk	Hanna	01	WKS	I sk Wrocław		<b>4:49.48</b>	558 B	
	50m:	32.95 32.95	150m:	1:46.28 37.37	250m:	3:01.50 37.99	350m:	4:15.35 36.74	
	100m:	1:08.91 35.96	200m:	2:23.51 37.23	300m:	3:38.61 37.11	400m:	4:49.48 34.13	
17.	Ma dok	Klaudia	01	Nowy KP	Bielsko-Biała		<b>4:50.15</b>	554 B	
	50m:	33.34 33.34	150m:	1:47.05 37.20	250m:	3:00.95 36.84	350m:	4:15.87 37.45	
	100m:	1:09.85 36.51	200m:	2:24.11 37.06	300m:	3:38.42 37.47	400m:	4:50.15 34.28	
18.	Bilska	Natalia SG	01	UKS	abianka Gda sk		<b>4:52.55</b>	540	
	50m:	32.89 32.89	150m:	1:45.74 37.04	250m:	3:00.97 37.64	350m:	4:17.35 38.07	
	100m:	1:08.70 35.81	200m:	2:23.33 37.59	300m:	3:39.28 38.31	400m:	4:52.55 35.20	
19.	mietana	Karolina	01	UKS SMS	Galicja Kraków		<b>4:53.04</b>	538 B	
	50m:	33.49 33.49	150m:	1:46.92 37.10	250m:	3:00.70 36.97	350m:	4:15.87 37.76	
	100m:	1:09.82 36.33	200m:	2:23.73 36.81	300m:	3:38.11 37.41	400m:	4:53.04 37.17	
20.	Jeziorna	Julia	01	WKS	I sk Wrocław		<b>4:53.12</b>	537	
	50m:	33.21 33.21	150m:	1:47.22 37.19	250m:	3:02.98 37.86	350m:	4:17.49 37.63	
	100m:	1:10.03 36.82	200m:	2:25.12 37.90	300m:	3:39.86 36.88	400m:	4:53.12 35.63	
21.	Wolska	Karolina	01	MUKS Pi	tnastka Bydgoszcz		<b>4:55.40</b>	525	
	50m:	33.13 33.13	150m:	1:47.00 37.15	250m:	3:01.77 37.56	350m:	4:18.02 38.46	
	100m:	1:09.85 36.72	200m:	2:24.21 37.21	300m:	3:39.56 37.79	400m:	4:55.40 37.38	
22.	Majewska	Weronika SR	01	UKS Manta	Kochłowice		<b>4:57.45</b>	514	
	50m:	33.41 33.41	150m:	1:48.69 37.95	250m:	3:05.52 38.62	350m:	4:21.26 37.20	
	100m:	1:10.74 37.33	200m:	2:26.90 38.21	300m:	3:44.06 38.54	400m:	4:57.45 36.19	
23.	Dudziak	Agata	01	UKS 3	Wodnik Wolsztyn		<b>4:57.87</b>	512	
	50m:	33.02 33.02	150m:	1:48.44 37.97	250m:	3:06.41 39.08	350m:	4:22.48 37.04	
	100m:	1:10.47 37.45	200m:	2:27.33 38.89	300m:	3:45.44 39.03	400m:	4:57.87 35.39	
24.	Grychtoł	Weronika	01	UKS	Wodnik 29 Katowice		<b>4:59.56</b>	503	
	50m:	33.10 33.10	150m:	1:47.67 37.56	250m:	3:03.78 38.12	350m:	4:21.12 38.88	
	100m:	1:10.11 37.01	200m:	2:25.66 37.99	300m:	3:42.24 38.46	400m:	4:59.56 38.44	
25.	Gr z	Gabriela	01	SP MOTYL	MOSiR Stalowa Wola		<b>4:59.74</b>	502	
	50m:	33.00 33.00	150m:	1:47.82 38.00	250m:	3:04.79 38.49	350m:	4:22.36 38.57	
	100m:	1:09.82 36.82	200m:	2:26.30 38.48	300m:	3:43.79 39.00	400m:	4:59.74 37.38	
26.	Gazda	Zuzanna	01	CSIR MOS D	browa Górnicza		<b>5:00.30</b>	500	
	50m:	33.57 33.57	150m:	1:47.28 37.34	250m:	3:03.85 38.76	350m:	4:22.52 39.01	
	100m:	1:09.94 36.37	200m:	2:25.09 37.81	300m:	3:43.51 39.66	400m:	5:00.30 37.78	
27.	Król	Wiktoria	01	KS	Warta Pozna		<b>5:01.27</b>	495	
	50m:	32.22 32.22	150m:	1:47.30 38.06	250m:	3:04.70 38.60	350m:	4:22.49 38.69	
	100m:	1:09.24 37.02	200m:	2:26.10 38.80	300m:	3:43.80 39.10	400m:	5:01.27 38.78	
28.	Kaba ska	Nicol	01	CSIR MOS D	browa Górnicza		<b>5:02.36</b>	489	
	50m:	34.39 34.39	150m:	1:49.85 38.38	250m:	3:07.04 38.76	350m:	4:24.65 38.61	
	100m:	1:11.47 37.08	200m:	2:28.28 38.43	300m:	3:46.04 39.00	400m:	5:02.36 37.71	
29.	G sowska	Martyna	01	MUKS Pi	tnastka Bydgoszcz		<b>5:02.40</b>	489	
	50m:	33.43 33.43	150m:	1:49.82 38.77	250m:	3:07.51 38.30	350m:	4:24.90 38.66	
	100m:	1:11.05 37.62	200m:	2:29.21 39.39	300m:	3:46.24 38.73	400m:	5:02.40 37.50	





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Pozycja				Rok ur.					Czas	Pkt.		
30.	Skórka Maja			01	CSIR MOS D	browa Górnicza			<b>5:02.96</b>	487		
	50m:	34.17	34.17	150m:	1:50.07	38.33	250m:	3:08.10	38.54	350m:	4:25.93	38.40
	100m:	1:11.74	37.57	200m:	2:29.56	39.49	300m:	3:47.53	39.43	400m:	5:02.96	37.03
31.	Chwałczy ska Aleksandra			01	WKS I sk	Wrocław			<b>5:03.39</b>	485		
	50m:	33.88	33.88	150m:	1:50.11	38.47	250m:	3:06.88	38.36	350m:	4:25.04	38.94
	100m:	1:11.64	37.76	200m:	2:28.52	38.41	300m:	3:46.10	39.22	400m:	5:03.39	38.35
32.	Kici ska Julia			01	UKP MANTA	Jelcz-Laskowice			<b>5:06.33</b>	471		
	50m:	33.89	33.89	150m:	1:50.88	38.79	250m:	3:08.57	38.95	350m:	4:27.71	38.94
	100m:	1:12.09	38.20	200m:	2:29.62	38.74	300m:	3:48.77	40.20	400m:	5:06.33	38.62
33.	Błaszczyk Klaudia			01	MKS Polonia	Warszawa			<b>5:08.80</b>	459		
	50m:	34.32	34.32	150m:	1:51.30	39.22	250m:	3:09.74	39.35	350m:	4:29.78	39.81
	100m:	1:12.08	37.76	200m:	2:30.39	39.09	300m:	3:49.97	40.23	400m:	5:08.80	39.02
34.	Bigos Dominika			01	AZS AWF	Katowice			<b>5:26.10</b>	390		
	50m:	36.61	36.61	150m:	1:59.73	41.87	250m:	3:23.38	41.48	350m:	4:45.82	41.09
	100m:	1:17.86	41.25	200m:	2:41.90	42.17	300m:	4:04.73	41.35	400m:	5:26.10	40.28

