



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

Konkurencja 19
15.07.2017 - 17:25

Dziewcz t, 400m dowolny

16 lat
Wyniki Finał

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.
Finał A			
1. Kossakowska Dominika	01 SiKR eT Gliwice	4:22.81	746
50m: 30.42 30.42	150m: 1:36.78 33.36	250m: 2:44.02 33.33	350m: 3:50.97 33.01
100m: 1:03.42 33.00	200m: 2:10.69 33.91	300m: 3:17.96 33.94	400m: 4:22.81 31.84
2. Piechota Karolina	01 UKS 190 Łód	4:26.45	715
50m: 31.24 31.24	150m: 1:38.49 33.87	250m: 2:45.85 33.59	350m: 3:53.07 33.38
100m: 1:04.62 33.38	200m: 2:12.26 33.77	300m: 3:19.69 33.84	400m: 4:26.45 33.38
3. Zaborowicz Julia	01 KS Górnik Sosnowiec	4:27.52	707
50m: 31.03 31.03	150m: 1:38.87 34.41	250m: 2:47.53 34.30	350m: 3:56.17 33.96
100m: 1:04.46 33.43	200m: 2:13.23 34.36	300m: 3:22.21 34.68	400m: 4:27.52 31.35
4. W grzynowska Aleksandra	01 WKS I sk Wrocław	4:30.00	688
50m: 30.44 30.44	150m: 1:38.44 34.16	250m: 2:47.31 34.32	350m: 3:56.79 34.53
100m: 1:04.28 33.84	200m: 2:12.99 34.55	300m: 3:22.26 34.95	400m: 4:30.00 33.21
5. Krauze Alicja	01 Mał Wopr	4:33.44	662
50m: 31.57 31.57	150m: 1:40.45 34.67	250m: 2:50.42 35.09	350m: 3:59.94 34.69
100m: 1:05.78 34.21	200m: 2:15.33 34.88	300m: 3:25.25 34.83	400m: 4:33.44 33.50
6. Nita Daria	01 KS Korona Kraków	4:35.96	644
50m: 31.31 31.31	150m: 1:39.43 34.62	250m: 2:50.01 35.49	350m: 4:00.87 35.43
100m: 1:04.81 33.50	200m: 2:14.52 35.09	300m: 3:25.44 35.43	400m: 4:35.96 35.09
7. Ju wicka Zuzanna	01 MKS Trójka Łód	4:38.48	627
50m: 32.12 32.12	150m: 1:42.04 35.05	250m: 2:52.39 35.00	350m: 4:03.57 35.56
100m: 1:06.99 34.87	200m: 2:17.39 35.35	300m: 3:28.01 35.62	400m: 4:38.48 34.91
8. Kosi ska Dominika	01 AZS AWF Katowice	4:39.63	619
50m: 32.82 32.82	150m: 1:43.91 35.45	250m: 2:55.51 35.74	350m: 4:06.52 35.21
100m: 1:08.46 35.64	200m: 2:19.77 35.86	300m: 3:31.31 35.80	400m: 4:39.63 33.11
9. Włodarczyk Agnieszka	01 MUKS Pi tnaстка Bydgoszcz	4:41.89	604
50m: 32.37 32.37	150m: 1:43.64 36.21	250m: 2:56.54 36.71	350m: 4:08.35 35.78
100m: 1:07.43 35.06	200m: 2:19.83 36.19	300m: 3:32.57 36.03	400m: 4:41.89 33.54
10. Gorzynek Aleksandra	01 KS Swim2win Krosno	4:43.24	596
50m: 33.21 33.21	150m: 1:44.92 35.75	250m: 2:57.66 36.24	350m: 4:09.48 35.33
100m: 1:09.17 35.96	200m: 2:21.42 36.50	300m: 3:34.15 36.49	400m: 4:43.24 33.76
Finał B			
11. Łysakowska Julia	01 KU AZS UMCS Lublin	4:35.91	644
50m: 32.51 32.51	150m: 1:41.43 34.81	250m: 2:50.93 34.78	350m: 4:01.32 35.33
100m: 1:06.62 34.11	200m: 2:16.15 34.72	300m: 3:25.99 35.06	400m: 4:35.91 34.59
12. St pi ska Natalia	01 KS Korona Kraków	4:42.21	602
50m: 32.47 32.47	150m: 1:44.12 36.19	250m: 2:56.72 35.97	350m: 4:08.19 35.12
100m: 1:07.93 35.46	200m: 2:20.75 36.63	300m: 3:33.07 36.35	400m: 4:42.21 34.02
13. Serafin Magdalena	01 UKS SMS Galicja Kraków	4:45.12	584
50m: 32.29 32.29	150m: 1:43.71 36.15	250m: 2:56.40 36.19	350m: 4:09.94 36.56
100m: 1:07.56 35.27	200m: 2:20.21 36.50	300m: 3:33.38 36.98	400m: 4:45.12 35.18





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Pozycja			Rok ur.					Czas	Pkt.
14.	Ciesiul Karolina		01	KS Wankan Legnica				4:45.46	582
	50m:	32.97 32.97	150m:	1:44.71 36.25	250m:	2:58.14 36.77	350m:	4:10.97 36.28	
	100m:	1:08.46 35.49	200m:	2:21.37 36.66	300m:	3:34.69 36.55	400m:	4:45.46 34.49	
15.	Bilska Natalia SG		01	UKS abianka Gda sk				4:47.03	572
	50m:	33.51 33.51	150m:	1:46.07 36.43	250m:	2:59.28 35.95	350m:	4:12.67 36.04	
	100m:	1:09.64 36.13	200m:	2:23.33 37.26	300m:	3:36.63 37.35	400m:	4:47.03 34.36	
16.	Ma dok Klaudia		01	Nowy KP Bielsko-Biała				4:51.56	546
	50m:	33.18 33.18	150m:	1:47.08 37.37	250m:	3:02.11 37.18	350m:	4:16.61 36.44	
	100m:	1:09.71 36.53	200m:	2:24.93 37.85	300m:	3:40.17 38.06	400m:	4:51.56 34.95	
17.	Jeziorna Julia		01	WKS I sk Wrocław				4:52.54	541
	50m:	33.14 33.14	150m:	1:47.63 37.69	250m:	3:02.09 37.28	350m:	4:16.99 37.53	
	100m:	1:09.94 36.80	200m:	2:24.81 37.18	300m:	3:39.46 37.37	400m:	4:52.54 35.55	
18.	Szebesczyk Hanna		01	WKS I sk Wrocław				4:53.75	534
	50m:	32.92 32.92	150m:	1:45.81 36.89	250m:	3:00.84 37.48	350m:	4:16.91 37.89	
	100m:	1:08.92 36.00	200m:	2:23.36 37.55	300m:	3:39.02 38.18	400m:	4:53.75 36.84	
19.	Majewska Weronika SR		01	UKS Manta Kochłowice				4:54.42	530
	50m:	33.31 33.31	150m:	1:47.45 37.30	250m:	3:03.63 38.17	350m:	4:18.44 36.73	
	100m:	1:10.15 36.84	200m:	2:25.46 38.01	300m:	3:41.71 38.08	400m:	4:54.42 35.98	
20.	Dudziak Agata		01	UKS 3 Wodnik Wolsztyn				4:57.70	513
	50m:	33.21 33.21	150m:	1:48.61 38.41	250m:	3:05.06 38.36	350m:	4:21.64 38.22	
	100m:	1:10.20 36.99	200m:	2:26.70 38.09	300m:	3:43.42 38.36	400m:	4:57.70 36.06	

