



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

Event 19 Girls, 400m Freestyle 16 years
15.07.2017 - 9:35 Results Prelim

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

Points: FINA 2016

Rank			YB							Time	Pts
1.	Krauze Alicja		01	Mał Wopr						4:33.34	663
	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						4:33.70	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 Gornik Sosnowiec						4:34.03	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.	Wegrzynowska Aleksandra		01	WKS Slask Wroclaw						4:34.14	657
	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 Lodz						4:34.20	656
	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 Krakow						4:36.76	638
	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.	Kosinska Dominika		01	AZS AWF Katowice						4:40.32	614
	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 Pietnastka Bydgoszcz						4:41.15	609
	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.	Juzwicka Zuzanna		01	MKS Trojka Lodz						4:41.22	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						4:42.01	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.	Lysakowska Julia		01	KU AZS UMCS Lublin						4:42.02	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.	Stepinska Natalia		01	KS Korona Krakow						4:42.23	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						4:43.74	592
	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 Krakow						4:45.73	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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Rank					YB					Time	Pts	
15.	Wojtanek Wiktoria				01	UKS GOS Raszyn				4:46.83	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 Slask Wroclaw				4:49.48	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.	Mandok Klaudia				01	Nowy KP Bielsko-Biala				4:50.15	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 Zabianka Gdansk				4:52.55	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.	Smietana Karolina				01	UKS SMS Galicja Krakow				4:53.04	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 Slask Wroclaw				4:53.12	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 Pietnastka Bydgoszcz				4:55.40	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 Kochlowice				4:57.45	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				4:57.87	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.	Grychtol Weronika				01	UKS Wodnik 29 Katowice				4:59.56	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.	Graz Gabriela				01	SP MOTYL MOSiR Stalowa Wola				4:59.74	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 Dabrowa Gornicza				5:00.30	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.	Krol Wiktoria				01	KS Warta Poznan				5:01.27	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.	Kabanska Nicol				01	CSIR MOS Dabrowa Gornicza				5:02.36	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.	Gasowska Martyna				01	MUKS Pietnastka Bydgoszcz				5:02.40	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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Rank					YB					Time	Pts	
30.	Skorka Maja				01	CSIR MOS Dabrowa Gornicza				5:02.96	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.	Chwalczynska Aleksandra				01	WKS Slask Wroclaw				5:03.39	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.	Kicinska Julia				01	UKP MANTA Jelcz-Laskowice				5:06.33	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.	Blaszczyk Klaudia				01	MKS Polonia Warszawa				5:08.80	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				5:26.10	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

