

ZIMOWE MISTRZOSTWA POLSKI W PŁYWANIU JUNIORÓW 16 LAT
Gliwice, 18- - 20-3-2011

Konkurencja 19 Dziewcz t, 400m dowolny 16 lat
2011-03-19 - 9:40 Wyniki Eliminacje

Rekordy Polski 16 lat 4:10.52 ZUKOWSKA Paula ZROPO Gorzow Wielkopolski 2009-11-28

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.	CR
1.	SZCZYTKO Alicja		95	MUKS Olimpijczyk Suwałki				4:27.35	678	+0,70
	50m:	30.92 30.92	150m:	1:39.17 34.31	250m:	2:46.56 33.32	350m:	3:54.21 33.88		
	100m:	1:04.86 33.94	200m:	2:13.24 34.07	300m:	3:20.33 33.77	400m:	4:27.35 33.14		
2.	BURSKA Justyna		95	UKS "Pi tka" Konstantinów Łódzki				4:28.93	666	+0,80
	50m:	31.47 31.47	150m:	1:39.57 34.03	250m:	2:47.15 33.66	350m:	3:54.89 33.93		
	100m:	1:05.54 34.07	200m:	2:13.49 33.92	300m:	3:20.96 33.81	400m:	4:28.93 34.04		
3.	KILIJA SKA Donata		95	Ks Kszo Ostrowiec				4:30.11	657	+0,81
	50m:	31.03 31.03	150m:	1:38.75 34.21	250m:	2:47.38 34.31	350m:	3:56.87 34.75		
	100m:	1:04.54 33.51	200m:	2:13.07 34.32	300m:	3:22.12 34.74	400m:	4:30.11 33.24		
4.	WOŁOSZYN Sonia		95	Ks Kszo Ostrowiec				4:32.88	638	+0,76
	50m:	31.41 31.41	150m:	1:39.36 34.33	250m:	2:48.48 34.64	350m:	3:58.48 34.95		
	100m:	1:05.03 33.62	200m:	2:13.84 34.48	300m:	3:23.53 35.05	400m:	4:32.88 34.40		
5.	SZCZYTKO Natalia		95	MUKS Olimpijczyk Suwałki				4:33.33	634	+0,78
	50m:	31.02 31.02	150m:	1:38.47 34.00	250m:	2:47.72 34.89	350m:	3:57.87 35.30		
	100m:	1:04.47 33.45	200m:	2:12.83 34.36	300m:	3:22.57 34.85	400m:	4:33.33 35.46		
6.	DEMBSKA Joanna		95	MKS Polonia Warszawa				4:38.78	598	+0,91
	50m:	31.68 31.68	150m:	1:41.76 35.47	250m:	2:52.26 35.15	350m:	4:03.88 36.03		
	100m:	1:06.29 34.61	200m:	2:17.11 35.35	300m:	3:27.85 35.59	400m:	4:38.78 34.90		
7.	WYSOCKA Michalina		95	MKP Szczecin				4:38.82	598	+0,70
	50m:	31.12 31.12	150m:	1:39.87 34.56	250m:	2:50.84 35.60	350m:	4:03.44 36.37		
	100m:	1:05.31 34.19	200m:	2:15.24 35.37	300m:	3:27.07 36.23	400m:	4:38.82 35.38		
8.	PARKOT Joanna		95	UKS Kapry-Armexim Pruszków				4:41.54	580	+0,71
	50m:	31.15 31.15	150m:	1:41.43 35.64	250m:	2:53.57 36.13	350m:	4:06.01 36.16		
	100m:	1:05.79 34.64	200m:	2:17.44 36.01	300m:	3:29.85 36.28	400m:	4:41.54 35.53		
9.	KRUK Anna SO		95	UKP UNIA O wi cim				4:45.84	555	+0,60
	50m:	32.38 32.38	150m:	1:43.97 36.51	250m:	2:56.85 36.54	350m:	4:10.10 36.32		
	100m:	1:07.46 35.08	200m:	2:20.31 36.34	300m:	3:33.78 36.93	400m:	4:45.84 35.74		
10.	SOBOLEWSKA Anna		95	Warta Pozna				4:46.38	551	+0,91
	50m:	31.63 31.63	150m:	1:43.07 36.36	250m:	2:56.73 36.77	350m:	4:11.24 37.40		
	100m:	1:06.71 35.08	200m:	2:19.96 36.89	300m:	3:33.84 37.11	400m:	4:46.38 35.14		
11.	SZKROBOCZ Martyna		95	UKS Ruda l ska Kochłowiczanka				4:49.94	531	+0,87
	50m:	31.38 31.38	150m:	1:41.33 35.34	250m:	2:55.02 37.42	350m:	4:12.33 38.68		
	100m:	1:05.99 34.61	200m:	2:17.60 36.27	300m:	3:33.65 38.63	400m:	4:49.94 37.61		
12.	RASI SKA Daria		95	MMKS K dzierzyn-Ko le				4:54.17	509	
	50m:	32.25 32.25	150m:	1:45.64 37.44	250m:	3:00.78 37.78	350m:	4:16.99 38.03		
	100m:	1:08.20 35.95	200m:	2:23.00 37.36	300m:	3:38.96 38.18	400m:	4:54.17 37.18		
13.	DYMNA ANNA MARIA		95	Slask Wrocław				4:56.18	498	+0,84
	50m:	31.55 31.55	150m:	1:42.86 36.49	250m:	2:59.45 38.47	350m:	4:17.92 39.88		
	100m:	1:06.37 34.82	200m:	2:20.98 38.12	300m:	3:38.04 38.59	400m:	4:56.18 38.26		
14.	CWYNAR Michalina		95	Mkp Bobry D bica				5:00.01	480	
	50m:	33.39 33.39	150m:	1:49.13 38.24	250m:	3:06.04 38.36	350m:	4:23.16 38.45		
	100m:	1:10.89 37.50	200m:	2:27.68 38.55	300m:	3:44.71 38.67	400m:	5:00.01 36.85		