

Mistrzostwa Polski Juniorów 16 lat w Pływaniu.  
Gliwice, 13-15.07.2012

Konkurencja 11  
2012-07-13 - 10:50

Dziewcz t, 400m zmienny

16 lat  
Wyniki Eliminacje

RP Senior	4:36.95	Baranowska Katarzyna	MKP Szczecin	2008-08-09
RP 16 lat	4:48.17	Czopek Agnieszka	MKS Jordan Kraków	1980-07-26

Punkty: FINA 2012

Pozycja			Rok ur.							Czas	Pkt.	
1.	Zbrojewska Michalina		96	UKS "Pi tka" Konstaktynow Łódzki						<b>5:07.99</b>	669 A	
	50m:	32.79	32.79	150m:	1:52.38	41.56	250m:	3:14.72	41.87	350m:	4:33.56	37.00
	100m:	1:10.82	38.03	200m:	2:32.85	40.47	300m:	3:56.56	41.84	400m:	5:07.99	34.43
2.	SZPUCHA KATARZYNA		96	Tp Olimpijczyk Aleksandrów Łódzki						<b>5:08.38</b>	667 A	
	50m:	32.31	32.31	150m:	1:48.19	39.73	250m:	3:11.00	43.88	350m:	4:33.69	37.73
	100m:	1:08.46	36.15	200m:	2:27.12	38.93	300m:	3:55.96	44.96	400m:	5:08.38	34.69
3.	Bakies Gabriela		96	UKS "Pi tka" Konstaktynow Łódzki						<b>5:09.63</b>	659 A	
	50m:	32.84	32.84	150m:	1:48.40	39.32	250m:	3:13.59	45.86	350m:	4:35.28	35.73
	100m:	1:09.08	36.24	200m:	2:27.73	39.33	300m:	3:59.55	45.96	400m:	5:09.63	34.35
4.	ZYGO Karolina		96	KS OLIMPIA Lublin						<b>5:11.03</b>	650 A	
	50m:	34.12	34.12	150m:	1:51.57	39.36	250m:	3:13.88	43.90	350m:	4:35.71	35.92
	100m:	1:12.21	38.09	200m:	2:29.98	38.41	300m:	3:59.79	45.91	400m:	5:11.03	35.32
5.	NIENAŁTOWSKA NATALIA		96	Mks Polonia Warszawa						<b>5:15.73</b>	621 A	
	50m:	33.59	33.59	150m:	1:50.11	38.34	250m:	3:14.44	46.13	350m:	4:38.84	38.65
	100m:	1:11.77	38.18	200m:	2:28.31	38.20	300m:	4:00.19	45.75	400m:	5:15.73	36.89
6.	Rogacz Katarzyna SR		96	MKS-SMS Victoria Racibórz						<b>5:19.16</b>	601 A	
	50m:	33.08	33.08	150m:	1:52.87	40.35	250m:	3:18.05	44.56	350m:	4:42.21	37.63
	100m:	1:12.52	39.44	200m:	2:33.49	40.62	300m:	4:04.58	46.53	400m:	5:19.16	36.95
7.	Halagiera Joanna		96	MKP Słowianka Gorzów Wlkp.						<b>5:19.19</b>	601 A	
	50m:	33.76	33.76	150m:	1:54.37	42.14	250m:	3:23.04	47.24	350m:	4:45.49	35.40
	100m:	1:12.23	38.47	200m:	2:35.80	41.43	300m:	4:10.09	47.05	400m:	5:19.19	33.70
8.	Popiel Joanna		96	UKS G - 8 Bielany						<b>5:19.36</b>	600 A	
	50m:	34.37	34.37	150m:	1:54.07	40.15	250m:	3:22.59	48.13	350m:	4:45.95	35.99
	100m:	1:13.92	39.55	200m:	2:34.46	40.39	300m:	4:09.96	47.37	400m:	5:19.36	33.41
9.	CZŁOWIEK ROKSANA SO		96	Ukp „Unia” O wi cim						<b>5:20.32</b>	595 R	
	50m:	33.85	33.85	150m:	1:55.56	41.95	250m:	3:20.80	44.73	350m:	4:44.32	38.12
	100m:	1:13.61	39.76	200m:	2:36.07	40.51	300m:	4:06.20	45.40	400m:	5:20.32	36.00
10.	WYDRYSZEK KINGA		96	Mks Polonia Warszawa						<b>5:23.18</b>	579 R	
	50m:	33.55	33.55	150m:	1:56.29	42.59	250m:	3:23.64	45.24	350m:	4:47.39	37.30
	100m:	1:13.70	40.15	200m:	2:38.40	42.11	300m:	4:10.09	46.45	400m:	5:23.18	35.79
11.	Ciupa Aleksandra		96	MUKS Pi tnatka Bydgoszcz						<b>5:26.18</b>	563	
	50m:	35.04	35.04	150m:	1:56.78	42.54	250m:	3:24.43	46.51	350m:	4:49.11	37.50
	100m:	1:14.24	39.20	200m:	2:37.92	41.14	300m:	4:11.61	47.18	400m:	5:26.18	37.07
12.	Majos Paulina		96	SL SALOS Cortile Kielce						<b>5:26.93</b>	559	
	50m:	33.92	33.92	150m:	1:56.01	42.67	250m:	3:25.45	47.69	350m:	4:51.02	37.16
	100m:	1:13.34	39.42	200m:	2:37.76	41.75	300m:	4:13.86	48.41	400m:	5:26.93	35.91
13.	Kwiatkowska Kaja		96	KS Korona Kraków						<b>5:48.58</b>	461	
	50m:	36.47	36.47	150m:	2:04.38	45.48	250m:	3:38.06	51.41	350m:	5:10.52	41.35
	100m:	1:18.90	42.43	200m:	2:46.65	42.27	300m:	4:29.17	51.11	400m:	5:48.58	38.06