

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

Konkurencja 19
2012-07-14 - 9:30

Dziewcz t, 400m dowolny

16 lat
Wyniki Eliminacje

RP Senior	4:04.23	J drzejczak Otylia	AZS AWF Warszawa	2007-03-23
RP 16 lat	4:12.62	ukowska Paula	MKS Zryw Opole SZG	2009-12-09

Punkty: FINA 2012

Pozycja			Rok ur.							Czas	Pkt.
1.	Bartoszek Joanna		96	Muks Gilus Gilowice						4:32.82	673 A
	50m:	31.72 31.72	150m:	1:40.09	34.01	250m:	2:50.03	35.08	350m:	3:58.93	34.43
	100m:	1:06.08 34.36	200m:	2:14.95	34.86	300m:	3:24.50	34.47	400m:	4:32.82	33.89
2.	KUNKA KAMILA SO		96	Ukp „Unia” O wi cim						4:34.48	661 A
	50m:	31.66 31.66	150m:	1:41.53	34.87	250m:	2:51.58	34.53	350m:	4:01.00	34.51
	100m:	1:06.66 35.00	200m:	2:17.05	35.52	300m:	3:26.49	34.91	400m:	4:34.48	33.48
3.	Rudawska Adrianna		96	UKS Olimpijczyk 23 Lublin						4:34.51	661 A
	50m:	31.48 31.48	150m:	1:41.32	34.82	250m:	2:51.47	34.78	350m:	4:01.29	34.82
	100m:	1:06.50 35.02	200m:	2:16.69	35.37	300m:	3:26.47	35.00	400m:	4:34.51	33.22
4.	Halagiera Joanna		96	MKP Słowianka Gorzów Wlkp.						4:34.93	658 A
	50m:	32.11 32.11	150m:	1:41.81	35.12	250m:	2:52.08	35.08	350m:	4:01.69	34.57
	100m:	1:06.69 34.58	200m:	2:17.00	35.19	300m:	3:27.12	35.04	400m:	4:34.93	33.24
5.	ZYGO Karolina		96	KS OLIMPIA Lublin						4:34.95	658 A
	50m:	33.84 33.84	150m:	1:44.49	35.17	250m:	2:53.47	33.61	350m:	4:01.60	33.50
	100m:	1:09.32 35.48	200m:	2:19.86	35.37	300m:	3:28.10	34.63	400m:	4:34.95	33.35
6.	CIE LAK Joanna		96	K.S.Warta Pozna						4:35.76	652 A
	50m:	32.91 32.91	150m:	1:43.35	35.26	250m:	2:53.08	34.73	350m:	4:02.36	34.52
	100m:	1:08.09 35.18	200m:	2:18.35	35.00	300m:	3:27.84	34.76	400m:	4:35.76	33.40
7.	NIENAŁTOWSKA NATALIA		96	Mks Polonia Warszawa						4:36.25	648 A
	50m:	33.02 33.02	150m:	1:43.45	35.58	250m:	2:52.75	34.13	350m:	4:01.97	34.55
	100m:	1:07.87 34.85	200m:	2:18.62	35.17	300m:	3:27.42	34.67	400m:	4:36.25	34.28
8.	KLIMASZEWSKA Monika		96	MKS "Neptun"						4:38.17	635 A
	50m:	31.51 31.51	150m:	1:41.76	35.58	250m:	2:52.64	35.85	350m:	4:03.57	35.73
	100m:	1:06.18 34.67	200m:	2:16.79	35.03	300m:	3:27.84	35.20	400m:	4:38.17	34.60
9.	Kasperek Katarzyna SSZ		96	K.S.Warta Pozna						4:39.55	626 B
	50m:	31.80 31.80	150m:	1:41.78	35.10	250m:	2:52.80	35.44	350m:	4:04.10	35.51
	100m:	1:06.68 34.88	200m:	2:17.36	35.58	300m:	3:28.59	35.79	400m:	4:39.55	35.45
10.	MACIUCH Karolina		96	VEGA Dobrodzie						4:40.76	618 B
	50m:	31.82 31.82	150m:	1:42.33	35.56	250m:	2:54.15	36.05	350m:	4:06.18	36.16
	100m:	1:06.77 34.95	200m:	2:18.10	35.77	300m:	3:30.02	35.87	400m:	4:40.76	34.58
11.	Paciorkiewicz Agata		96	SKS Start Łód						4:42.29	608 B
	50m:	32.19 32.19	150m:	1:44.15	36.35	250m:	2:56.61	36.22	350m:	4:08.85	35.66
	100m:	1:07.80 35.61	200m:	2:20.39	36.24	300m:	3:33.19	36.58	400m:	4:42.29	33.44
12.	Nowak Sonia		96	AZS AWF Katowice						4:42.41	607 B
	50m:	33.09 33.09	150m:	1:44.34	35.56	250m:	2:56.80	36.10	350m:	4:08.88	35.49
	100m:	1:08.78 35.69	200m:	2:20.70	36.36	300m:	3:33.39	36.59	400m:	4:42.41	33.53
13.	Popiel Joanna		96	UKS G - 8 Bielany						4:42.63	605 B
	50m:	32.00 32.00	150m:	1:44.04	36.07	250m:	2:56.28	36.08	350m:	4:08.28	35.45
	100m:	1:07.97 35.97	200m:	2:20.20	36.16	300m:	3:32.83	36.55	400m:	4:42.63	34.35
14.	LEWANDOWSKA PAULINA SO		96	Ukp „Unia” O wi cim						4:45.11	590 B
	50m:	33.31 33.31	150m:	1:45.67	35.96	250m:	2:58.18	36.15	350m:	4:10.22	35.88
	100m:	1:09.71 36.40	200m:	2:22.03	36.36	300m:	3:34.34	36.16	400m:	4:45.11	34.89
15.	Aleksandrowicz Arleta		96	MUKS Olimpijczyk						4:45.71	586 B
	50m:	31.60 31.60	150m:	1:42.09	35.32	250m:	2:54.75	36.52	350m:	4:09.18	37.11
	100m:	1:06.77 35.17	200m:	2:18.23	36.14	300m:	3:32.07	37.32	400m:	4:45.71	36.53
16.	Dziewa Aleksandra		96	Lider Chełm						4:46.92	579 B
	50m:	32.29 32.29	150m:	1:43.57	35.61	250m:	2:57.18	36.77	350m:	4:11.34	36.79
	100m:	1:07.96 35.67	200m:	2:20.41	36.84	300m:	3:34.55	37.37	400m:	4:46.92	35.58

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Pozycja			Rok ur.					Czas	Pkt.
17.	Bakuniak Hanna		96	MUKS Pi tnatka Bydgoszcz				4:47.99	572 R
	50m:	33.76 33.76	150m:	1:46.94	36.60	250m:	2:59.64 36.31	350m:	4:12.92 36.43
	100m:	1:10.34 36.58	200m:	2:23.33	36.39	300m:	3:36.49 36.85	400m:	4:47.99 35.07
18.	Szyma ska Monika		96	LKS OMEGA Kleszczów				4:48.35	570 R
	50m:	33.93 33.93	150m:	1:46.72	36.29	250m:	2:59.17 35.83	350m:	4:12.52 36.43
	100m:	1:10.43 36.50	200m:	2:23.34	36.62	300m:	3:36.09 36.92	400m:	4:48.35 35.83
19.	WYDRYSZEK KINGA		96	Mks Polonia Warszawa				4:48.68	568
	50m:	32.54 32.54	150m:	1:45.20	36.63	250m:	2:59.22 37.11	350m:	4:13.15 36.93
	100m:	1:08.57 36.03	200m:	2:22.11	36.91	300m:	3:36.22 37.00	400m:	4:48.68 35.53
20.	Chmielek Anna		96	MKS Jordan Kraków				4:54.61	534
	50m:	33.76 33.76	150m:	1:48.36	37.15	250m:	3:03.30 37.15	350m:	4:17.75 36.80
	100m:	1:11.21 37.45	200m:	2:26.15	37.79	300m:	3:40.95 37.65	400m:	4:54.61 36.86
21.	Kiec Magdalena		96	UKS G - 8 Bielany				4:58.50	514
	50m:	32.53 32.53	150m:	1:47.08	38.10	250m:	3:04.44 38.90	350m:	4:21.44 38.37
	100m:	1:08.98 36.45	200m:	2:25.54	38.46	300m:	3:43.07 38.63	400m:	4:58.50 37.06
22.	Staczyk Olga		96	UKS G - 8 Bielany				5:08.94	463
	50m:	33.68 33.68	150m:	1:50.68	39.64	250m:	3:09.65 39.54	350m:	4:31.35 40.44
	100m:	1:11.04 37.36	200m:	2:30.11	39.43	300m:	3:50.91 41.26	400m:	5:08.94 37.59
23.	Nawary ska Katarzyna SR		96	MKS-SMS Victoria Racibórz				5:10.70	456
	50m:	31.35 31.35	150m:	1:42.80	36.29	250m:	2:59.04 38.37	350m:	4:27.11 44.47
	100m:	1:06.51 35.16	200m:	2:20.67	37.87	300m:	3:42.64 43.60	400m:	5:10.70 43.59
24.	Zaj c Martyna		96	Uczniowski Klub Sportowy "Orlik"				5:11.85	450
	50m:	34.00 34.00	150m:	1:51.88	39.45	250m:	3:12.93 40.44	350m:	4:33.60 40.32
	100m:	1:12.43 38.43	200m:	2:32.49	40.61	300m:	3:53.28 40.35	400m:	5:11.85 38.25