

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

Event 19 Girls, 400m Freestyle 16 years
2012-07-14 - 17:35 Results Finals

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

Points: FINA 2012

Rank			YB					Time	Pts
Final A									
1.	Bartoszek Joanna		96	Muks Gilus Gilowice				4:26.13	725
	50m:	30.45 30.45	150m:	1:37.23 33.28	250m:	2:45.33 33.77	350m:	3:52.83 33.39	
	100m:	1:03.95 33.50	200m:	2:11.56 34.33	300m:	3:19.44 34.11	400m:	4:26.13 33.30	
2.	KUNKA KAMILA SO		96	Ukp „Unia” Oswiecim				4:27.43	715
	50m:	30.82 30.82	150m:	1:38.42 33.90	250m:	2:46.55 33.85	350m:	3:54.41 33.82	
	100m:	1:04.52 33.70	200m:	2:12.70 34.28	300m:	3:20.59 34.04	400m:	4:27.43 33.02	
3.	ZYGO Karolina		96	KS OLIMPIA Lublin				4:30.97	687
	50m:	32.89 32.89	150m:	1:41.10 33.72	250m:	2:49.62 33.76	350m:	3:57.65 33.39	
	100m:	1:07.38 34.49	200m:	2:15.86 34.76	300m:	3:24.26 34.64	400m:	4:30.97 33.32	
4.	CIESLAK Joanna		96	K.S.Warta Poznan				4:32.63	674
	50m:	31.61 31.61	150m:	1:40.17 34.53	250m:	2:49.59 34.64	350m:	3:59.13 34.55	
	100m:	1:05.64 34.03	200m:	2:14.95 34.78	300m:	3:24.58 34.99	400m:	4:32.63 33.50	
5.	KLIMASZEWSKA Monika		96	MKS "Neptun"				4:33.62	667
	50m:	32.03 32.03	150m:	1:41.53 35.11	250m:	2:51.66 35.06	350m:	4:01.24 34.90	
	100m:	1:06.42 34.39	200m:	2:16.60 35.07	300m:	3:26.34 34.68	400m:	4:33.62 32.38	
6.	NIENALTOWSKA NATALIA		96	Mks Polonia Warszawa				4:33.96	665
	50m:	30.63 30.63	150m:	1:37.84 34.12	250m:	2:47.89 35.21	350m:	3:58.40 35.33	
	100m:	1:03.72 33.09	200m:	2:12.68 34.84	300m:	3:23.07 35.18	400m:	4:33.96 35.56	
7.	Rudawska Adrianna		96	UKS Olimpijczyk 23 Lublin				4:34.15	663
	50m:	31.53 31.53	150m:	1:40.20 34.57	250m:	2:50.13 34.93	350m:	4:00.92 35.27	
	100m:	1:05.63 34.10	200m:	2:15.20 35.00	300m:	3:25.65 35.52	400m:	4:34.15 33.23	
8.	Halagiera Joanna		96	MKP Słowianka Gorzow Wilkp.				4:35.59	653
	50m:	31.28 31.28	150m:	1:39.77 34.41	250m:	2:50.19 35.34	350m:	4:01.08 35.56	
	100m:	1:05.36 34.08	200m:	2:14.85 35.08	300m:	3:25.52 35.33	400m:	4:35.59 34.51	
Final B									
9.	Kasperek Katarzyna SSZ		96	K.S.Warta Poznan				4:23.90	744
	50m:	30.23 30.23	150m:	1:36.67 33.53	250m:	2:44.27 33.63	350m:	3:51.82 33.58	
	100m:	1:03.14 32.91	200m:	2:10.64 33.97	300m:	3:18.24 33.97	400m:	4:23.90 32.08	
10.	LEWANDOWSKA PAULINA SO		96	Ukp „Unia” Oswiecim				4:37.69	638
	50m:	31.82 31.82	150m:	1:41.77 35.27	250m:	2:53.21 35.58	350m:	4:04.21 35.18	
	100m:	1:06.50 34.68	200m:	2:17.63 35.86	300m:	3:29.03 35.82	400m:	4:37.69 33.48	
11.	MACIUCH Karolina		96	VEGA Dobrozdien				4:40.15	622
	50m:	31.41 31.41	150m:	1:41.33 35.32	250m:	2:53.43 35.97	350m:	4:05.39 35.46	
	100m:	1:06.01 34.60	200m:	2:17.46 36.13	300m:	3:29.93 36.50	400m:	4:40.15 34.76	
12.	Nowak Sonia		96	AZS AWF Katowice				4:40.32	620
	50m:	32.34 32.34	150m:	1:42.85 35.72	250m:	2:54.37 35.64	350m:	4:06.34 36.08	
	100m:	1:07.13 34.79	200m:	2:18.73 35.88	300m:	3:30.26 35.89	400m:	4:40.32 33.98	
13.	Popiel Joanna		96	UKS G - 8 Bielany				4:41.87	610
	50m:	32.13 32.13	150m:	1:43.15 35.55	250m:	2:56.34 36.43	350m:	4:08.30 34.99	
	100m:	1:07.60 35.47	200m:	2:19.91 36.76	300m:	3:33.31 36.97	400m:	4:41.87 33.57	
14.	Aleksandrowicz Arleta		96	MUKS Olimpijczyk				4:41.96	610
	50m:	31.97 31.97	150m:	1:42.83 35.66	250m:	2:54.87 36.02	350m:	4:07.48 36.09	
	100m:	1:07.17 35.20	200m:	2:18.85 36.02	300m:	3:31.39 36.52	400m:	4:41.96 34.48	
15.	Dziewa Aleksandra		96	Lider Chelm				4:44.13	596
	50m:	31.53 31.53	150m:	1:41.81 35.57	250m:	2:53.93 36.17	350m:	4:07.73 36.82	
	100m:	1:06.24 34.71	200m:	2:17.76 35.95	300m:	3:30.91 36.98	400m:	4:44.13 36.40	

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Rank				YB				Time	Pts			
16.	Paciorkiewicz Agata			96	SKS Start Lodz			4:45.97	584			
	50m:	31.94	31.94	150m:	1:43.57	35.99	250m:	2:56.84	36.46	350m:	4:10.35	36.69
	100m:	1:07.58	35.64	200m:	2:20.38	36.81	300m:	3:33.66	36.82	400m:	4:45.97	35.62