

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

Event 19 Girls, 400m Freestyle 16 years  
2012-07-14 - 9:30 Results Prelim

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
1.	Bartoszek Joanna		96	Muks Gilus Gilowice						<b>4:32.82</b>	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” Oswiecim						<b>4:34.48</b>	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						<b>4:34.51</b>	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 Slowianka Gorzow Wilk.						<b>4:34.93</b>	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						<b>4:34.95</b>	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.	CIESLAK Joanna		96	K.S.Warta Poznan						<b>4:35.76</b>	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.	NIENALTOWSKA NATALIA		96	Mks Polonia Warszawa						<b>4:36.25</b>	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"						<b>4:38.17</b>	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 Poznan						<b>4:39.55</b>	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 Dobrodzien						<b>4:40.76</b>	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 Lodz						<b>4:42.29</b>	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						<b>4:42.41</b>	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						<b>4:42.63</b>	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” Oswiecim						<b>4:45.11</b>	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						<b>4:45.71</b>	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 Chelm						<b>4:46.92</b>	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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Rank			YB					Time	Pts
17.	Bakuniak Hanna		96	MUKS Pietnastka Bydgoszcz				<b>4:47.99</b>	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.	Szymanska Monika		96	LKS OMEGA Kleszczow				<b>4:48.35</b>	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				<b>4:48.68</b>	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 Krakow				<b>4:54.61</b>	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				<b>4:58.50</b>	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.	Stanczyk Olga		96	UKS G - 8 Bielany				<b>5:08.94</b>	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.	Nawarynska Katarzyna SR		96	MKS-SMS Victoria Raciborz				<b>5:10.70</b>	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.	Zajac Martyna		96	Uczniowski Klub Sportowy "Orlik"				<b>5:11.85</b>	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