

Mistrzostwa Polski Juniorów 16 lat w pływaniu  
Gliwice, 8-10.3.2013

Event 11  
2013-03-08 - 18:20

Girls, 400m Medley

16 years  
Results Finals

Rekordy Polski 16 lat 4:42.49 Jedrzejczak Otylia MKS Pałac Katowice 1999-12-01

Points: FINA 2012

Rank			YB					Time	Pts
<b>Final A</b>									
1.	Siencyk Jowita		97	MKS "ZAK" Biala Podlaska				<b>4:53.06</b>	706
	50m:	30.13 30.13	150m:	1:42.65 37.49	250m:	2:59.75 40.88	350m:	4:18.34 36.43	
	100m:	1:05.16 35.03	200m:	2:18.87 36.22	300m:	3:41.91 42.16	400m:	4:53.06 34.72	
2.	Mendowska Paulina		97	Ks Warta Poznan				<b>5:03.91</b>	633
	50m:	32.01 32.01	150m:	1:48.33 39.57	250m:	3:10.26 42.81	350m:	4:29.43 35.85	
	100m:	1:08.76 36.75	200m:	2:27.45 39.12	300m:	3:53.58 43.32	400m:	5:03.91 34.48	
3.	Sliwinska Marta		97	Csir Mos Dabrowa Gornicza				<b>5:04.48</b>	630
	50m:	31.71 31.71	150m:	1:47.72 39.40	250m:	3:11.94 44.25	350m:	4:30.93 34.70	
	100m:	1:08.32 36.61	200m:	2:27.69 39.97	300m:	3:56.23 44.29	400m:	5:04.48 33.55	
4.	Kubacka Magda SO		97	Ukp Unia Oswiecim				<b>5:08.77</b>	604
	50m:	32.40 32.40	150m:	1:48.76 39.59	250m:	3:12.17 44.47	350m:	4:33.69 36.10	
	100m:	1:09.17 36.77	200m:	2:27.70 38.94	300m:	3:57.59 45.42	400m:	5:08.77 35.08	
5.	Wisniewska Natalia		97	Ks Warta Poznan				<b>5:11.92</b>	586
	50m:	32.70 32.70	150m:	1:52.17 41.14	250m:	3:13.06 42.05	350m:	4:35.32 38.77	
	100m:	1:11.03 38.33	200m:	2:31.01 38.84	300m:	3:56.55 43.49	400m:	5:11.92 36.60	
6.	Kaniak Aleksandra		97	Mks "Juvenia" Wroclaw				<b>5:11.99</b>	585
	50m:	33.89 33.89	150m:	1:53.80 40.02	250m:	3:17.01 43.42	350m:	4:37.64 37.28	
	100m:	1:13.78 39.89	200m:	2:33.59 39.79	300m:	4:00.36 43.35	400m:	5:11.99 34.35	
7.	Helbing Justyna		97	Robert				<b>5:17.56</b>	555
	50m:	33.31 33.31	150m:	1:54.66 43.01	250m:	3:20.06 43.79	350m:	4:41.10 37.05	
	100m:	1:11.65 38.34	200m:	2:36.27 41.61	300m:	4:04.05 43.99	400m:	5:17.56 36.46	
8.	Teresko Anna		97	Csir Mos Dabrowa Gornicza				<b>5:21.67</b>	534
	50m:	32.88 32.88	150m:	1:52.65 41.12	250m:	3:19.78 46.75	350m:	4:45.22 37.91	
	100m:	1:11.53 38.65	200m:	2:33.03 40.38	300m:	4:07.31 47.53	400m:	5:21.67 36.45	
<b>Final B</b>									
9.	Nagorska Monika		97	MUKS Pietnastka Bydgoszcz				<b>5:18.51</b>	550
	50m:	33.77 33.77	150m:	1:55.60 41.50	250m:	3:20.10 43.51	350m:	4:42.25 36.54	
	100m:	1:14.10 40.33	200m:	2:36.59 40.99	300m:	4:05.71 45.61	400m:	5:18.51 36.26	
10.	Blasiak Nikolina SO		97	Ukp Unia Oswiecim				<b>5:21.27</b>	536
	50m:	33.40 33.40	150m:	1:52.21 40.24	250m:	3:18.19 45.39	350m:	4:42.93 38.51	
	100m:	1:11.97 38.57	200m:	2:32.80 40.59	300m:	4:04.42 46.23	400m:	5:21.27 38.34	
11.	Baginska Zofia		97	MOSiR Sopot				<b>5:24.19</b>	522
	50m:	34.05 34.05	150m:	1:56.76 42.50	250m:	3:24.09 45.61	350m:	4:47.33 37.62	
	100m:	1:14.26 40.21	200m:	2:38.48 41.72	300m:	4:09.71 45.62	400m:	5:24.19 36.86	
12.	Maj Wiktoria		97	Mks "Juvenia" Wroclaw				<b>5:24.78</b>	519
	50m:	34.21 34.21	150m:	1:55.94 42.44	250m:	3:23.58 45.38	350m:	4:47.94 36.90	
	100m:	1:13.50 39.29	200m:	2:38.20 42.26	300m:	4:11.04 47.46	400m:	5:24.78 36.84	
13.	Walczak Katarzyna		97	Ks Warta Poznan				<b>5:27.55</b>	506
	50m:	34.00 34.00	150m:	1:55.37 40.91	250m:	3:23.55 47.73	350m:	4:49.83 38.14	
	100m:	1:14.46 40.46	200m:	2:35.82 40.45	300m:	4:11.69 48.14	400m:	5:27.55 37.72	