

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

Event 11 Girls, 400m Medley 16 years  
2013-03-08 - 10:50 Results Prelim

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

Points: FINA 2012

Rank	YB				Time	Pts
1.	Siencyk Jowita	97	MKS "ZAK" Biala Podlaska	<b>4:59.13</b>	664	A
	50m: 29.95 29.95	150m: 1:43.65 38.59	250m: 3:02.83 42.05	350m: 4:23.71 37.18		
	100m: 1:05.06 35.11	200m: 2:20.78 37.13	300m: 3:46.53 43.70	400m: 4:59.13 35.42		
2.	Mendowska Paulina	97	Ks Warta Poznan	<b>5:07.72</b>	610	A
	50m: 32.07 32.07	150m: 1:48.35 39.41	250m: 3:11.52 43.76	350m: 4:32.27 37.05		
	100m: 1:08.94 36.87	200m: 2:27.76 39.41	300m: 3:55.22 43.70	400m: 5:07.72 35.45		
3.	Sliwinska Marta	97	Csir Mos Dabrowa Gornicza	<b>5:09.52</b>	599	A
	50m: 31.87 31.87	150m: 1:49.07 40.77	250m: 3:13.91 44.30	350m: 4:34.76 35.99		
	100m: 1:08.30 36.43	200m: 2:29.61 40.54	300m: 3:58.77 44.86	400m: 5:09.52 34.76		
4.	Kaniak Aleksandra	97	Mks "Juvenia" Wroclaw	<b>5:10.89</b>	591	A
	50m: 33.78 33.78	150m: 1:53.63 39.58	250m: 3:15.61 42.53	350m: 4:35.87 36.91		
	100m: 1:14.05 40.27	200m: 2:33.08 39.45	300m: 3:58.96 43.35	400m: 5:10.89 35.02		
5.	Kubacka Magda SO	97	Ukp Unia Oswiecim	<b>5:11.65</b>	587	A
	50m: 31.96 31.96	150m: 1:48.63 39.80	250m: 3:14.17 45.80	350m: 4:36.50 36.68		
	100m: 1:08.83 36.87	200m: 2:28.37 39.74	300m: 3:59.82 45.65	400m: 5:11.65 35.15		
6.	Wisniewska Natalia	97	Ks Warta Poznan	<b>5:15.54</b>	566	A
	50m: 31.66 31.66	150m: 1:51.43 41.11	250m: 3:14.38 42.35	350m: 4:37.52 39.24		
	100m: 1:10.32 38.66	200m: 2:32.03 40.60	300m: 3:58.28 43.90	400m: 5:15.54 38.02		
7.	Teresko Anna	97	Csir Mos Dabrowa Gornicza	<b>5:15.63</b>	565	A
	50m: 32.72 32.72	150m: 1:50.64 39.59	250m: 3:15.98 45.74	350m: 4:39.88 37.15		
	100m: 1:11.05 38.33	200m: 2:30.24 39.60	300m: 4:02.73 46.75	400m: 5:15.63 35.75		
8.	Helbing Justyna	97	Robert	<b>5:15.88</b>	564	A
	50m: 32.90 32.90	150m: 1:52.19 41.29	250m: 3:16.65 43.84	350m: 4:38.70 37.49		
	100m: 1:10.90 38.00	200m: 2:32.81 40.62	300m: 4:01.21 44.56	400m: 5:15.88 37.18		
9.	Nagorska Monika	97	MUKS Pietnastka Bydgoszcz	<b>5:18.82</b>	548	B
	50m: 33.09 33.09	150m: 1:54.95 40.74	250m: 3:18.89 43.92	350m: 4:42.25 37.90		
	100m: 1:14.21 41.12	200m: 2:34.97 40.02	300m: 4:04.35 45.46	400m: 5:18.82 36.57		
10.	Blasiak Nikolina SO	97	Ukp Unia Oswiecim	<b>5:23.08</b>	527	B
	50m: 33.73 33.73	150m: 1:54.08 40.93	250m: 3:20.54 44.93	350m: 4:44.73 38.51		
	100m: 1:13.15 39.42	200m: 2:35.61 41.53	300m: 4:06.22 45.68	400m: 5:23.08 38.35		
11.	Walczak Katarzyna	97	Ks Warta Poznan	<b>5:23.49</b>	525	B
	50m: 34.32 34.32	150m: 1:55.42 40.92	250m: 3:22.75 47.23	350m: 4:46.65 37.56		
	100m: 1:14.50 40.18	200m: 2:35.52 40.10	300m: 4:09.09 46.34	400m: 5:23.49 36.84		
12.	Baginska Zofia	97	MOSiR Sopot	<b>5:24.41</b>	521	B
	50m: 33.32 33.32	150m: 1:54.06 41.61	250m: 3:20.70 45.47	350m: 4:46.21 39.08		
	100m: 1:12.45 39.13	200m: 2:35.23 41.17	300m: 4:07.13 46.43	400m: 5:24.41 38.20		
13.	Maj Wiktoria	97	Mks "Juvenia" Wroclaw	<b>5:31.24</b>	489	B
	50m: 34.39 34.39	150m: 1:57.59 43.15	250m: 3:25.62 46.96	350m: 4:53.13 39.69		
	100m: 1:14.44 40.05	200m: 2:38.66 41.07	300m: 4:13.44 47.82	400m: 5:31.24 38.11		
14.	Kolecek Natalia	97	DOKiS SP "Vega" Dobrodzien	<b>5:45.01</b>	433	B
	50m: 34.81 34.81	150m: 2:01.11 44.85	250m: 3:34.20 50.03	350m: 5:06.09 40.63		
	100m: 1:16.26 41.45	200m: 2:44.17 43.06	300m: 4:25.46 51.26	400m: 5:45.01 38.92		
DSQ	Bartniak Dorota	97	Mks Trojka Lodz			
	<i>K-11 - Praca nóg w płaszczy nie pionowej w dół z wyj tkiem jednego ruchu po starcie i nawrocie (Time: 11:25)</i>					
DSQ	Ciszewska Sandra	97	UKS 9 Kalisz			
	<i>G-8 - Wykonanie ruchu nog lub ramieniem nie zwiazanego z wykonaniem cyklu nawrotu (Time: 11:18), M-6</i>					
DNF	Buda Karolina	97	Csir Mos Dabrowa Gornicza			