

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

Event 19 Girls, 400m Freestyle 16 years
2013-03-09 - 9:30 Results Prelim

Rekordy Polski 16 lat 4:08.04 Kilija ska Donata KSZO Ostrowiec w. SSz 2011-12-17

Points: FINA 2012

Rank					YB					Time	Pts	
1.	Karpisz Milena				97	UKS "Piatka" Konstantynow Lodz				4:26.62	684	A
	50m:	31.00	31.00	150m:	1:37.82	33.61	250m:	2:45.17	33.73	350m:	3:53.04	33.86
	100m:	1:04.21	33.21	200m:	2:11.44	33.62	300m:	3:19.18	34.01	400m:	4:26.62	33.58
2.	Magner Agata SO				97	MKS Jordan Krakow				4:27.75	675	A
	50m:	31.19	31.19	150m:	1:38.41	33.57	250m:	2:46.39	34.07	350m:	3:54.50	33.99
	100m:	1:04.84	33.65	200m:	2:12.32	33.91	300m:	3:20.51	34.12	400m:	4:27.75	33.25
3.	Borkowska Lucyna				97	MKS Sambor Tczew				4:28.41	670	A
	50m:	30.65	30.65	150m:	1:37.78	33.96	250m:	2:46.06	34.32	350m:	3:54.95	34.04
	100m:	1:03.82	33.17	200m:	2:11.74	33.96	300m:	3:20.91	34.85	400m:	4:28.41	33.46
4.	Orczykowska Wioletta				97	K.S.Limanowa-Swim				4:29.90	659	A
	50m:	31.10	31.10	150m:	1:39.12	34.35	250m:	2:48.15	34.46	350m:	3:57.44	34.25
	100m:	1:04.77	33.67	200m:	2:13.69	34.57	300m:	3:23.19	35.04	400m:	4:29.90	32.46
5.	Loranty Patrycja				97	KSZO Ostrowiec				4:30.48	655	A
	50m:	31.41	31.41	150m:	1:40.62	34.57	250m:	2:49.65	34.38	350m:	3:58.47	34.17
	100m:	1:06.05	34.64	200m:	2:15.27	34.65	300m:	3:24.30	34.65	400m:	4:30.48	32.01
6.	Wojcik Claudia				97	Ks Warta Poznan				4:31.04	651	A
	50m:	31.42	31.42	150m:	1:39.61	34.43	250m:	2:49.18	34.67	350m:	3:58.31	34.57
	100m:	1:05.18	33.76	200m:	2:14.51	34.90	300m:	3:23.74	34.56	400m:	4:31.04	32.73
7.	Wojcik Magdalena				97	1 Solex Lebork				4:31.23	649	A
	50m:	31.33	31.33	150m:	1:40.00	34.41	250m:	2:48.99	34.48	350m:	3:58.16	34.40
	100m:	1:05.59	34.26	200m:	2:14.51	34.51	300m:	3:23.76	34.77	400m:	4:31.23	33.07
8.	Nita Anna				97	UKS "Piatka" Konstantynow Lodz				4:32.34	641	A
	50m:	31.24	31.24	150m:	1:38.74	34.04	250m:	2:48.15	34.47	350m:	3:57.93	34.90
	100m:	1:04.70	33.46	200m:	2:13.68	34.94	300m:	3:23.03	34.88	400m:	4:32.34	34.41
9.	Kubacka Magda SO				97	Ukp Unia Oswiecim				4:32.77	638	B
	50m:	30.99	30.99	150m:	1:39.26	34.41	250m:	2:49.10	34.59	350m:	3:58.92	35.24
	100m:	1:04.85	33.86	200m:	2:14.51	35.25	300m:	3:23.68	34.58	400m:	4:32.77	33.85
10.	Dyrda Karolina				97	Skarpa Lublin				4:35.27	621	B
	50m:	31.71	31.71	150m:	1:41.02	35.08	250m:	2:50.72	34.70	350m:	4:00.69	34.89
	100m:	1:05.94	34.23	200m:	2:16.02	35.00	300m:	3:25.80	35.08	400m:	4:35.27	34.58
11.	Zieba Katarzyna				97	KORNER Zielona Gora				4:35.43	620	B
	50m:	31.68	31.68	150m:	1:41.32	35.18	250m:	2:52.25	35.43	350m:	4:02.21	35.18
	100m:	1:06.14	34.46	200m:	2:16.82	35.50	300m:	3:27.03	34.78	400m:	4:35.43	33.22
12.	Podlewska Miriam				97	KS Posenania Poznan				4:36.00	616	B
	50m:	30.91	30.91	150m:	1:39.37	34.65	250m:	2:50.46	35.77	350m:	4:02.06	35.78
	100m:	1:04.72	33.81	200m:	2:14.69	35.32	300m:	3:26.28	35.82	400m:	4:36.00	33.94
13.	Zawolik Wiktoria				97	KSZO Ostrowiec				4:36.12	615	B
	50m:	31.66	31.66	150m:	1:40.72	34.64	250m:	2:51.00	34.93	350m:	4:01.22	35.22
	100m:	1:06.08	34.42	200m:	2:16.07	35.35	300m:	3:26.00	35.00	400m:	4:36.12	34.90
14.	Jasek Alicja				97	WKS Slask				4:36.45	613	B
	50m:	31.38	31.38	150m:	1:41.01	35.26	250m:	2:52.15	35.65	350m:	4:02.89	35.57
	100m:	1:05.75	34.37	200m:	2:16.50	35.49	300m:	3:27.32	35.17	400m:	4:36.45	33.56
15.	Wysocka Klaudia				97	Siodemka Sopot				4:38.28	601	B
	50m:	33.15	33.15	150m:	1:42.64	34.75	250m:	2:52.83	35.15	350m:	4:03.36	35.29
	100m:	1:07.89	34.74	200m:	2:17.68	35.04	300m:	3:28.07	35.24	400m:	4:38.28	34.92
16.	Haczkiewicz Paulina				97	KORNER Zielona Gora				4:41.48	581	B
	50m:	30.67	30.67	150m:	1:40.52	35.30	250m:	2:52.26	35.76	350m:	4:06.56	36.83
	100m:	1:05.22	34.55	200m:	2:16.50	35.98	300m:	3:29.73	37.47	400m:	4:41.48	34.92
17.	Olejniczak Zuzanna				97	Mks Jedylnka Lodz				4:41.67	580	R
	50m:	32.00	32.00	150m:	1:43.02	36.18	250m:	2:54.86	35.74	350m:	4:06.60	35.91
	100m:	1:06.84	34.84	200m:	2:19.12	36.10	300m:	3:30.69	35.83	400m:	4:41.67	35.07

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Rank					YB					Time	Pts	
18.	Misterka Kamila				97	Mks Trojka Lodz				4:43.06	571 R	
	50m:	33.47	33.47	150m:	1:44.71	35.78	250m:	2:56.16	35.97	350m:	4:07.86	35.83
	100m:	1:08.93	35.46	200m:	2:20.19	35.48	300m:	3:32.03	35.87	400m:	4:43.06	35.20
19.	Buda Karolina				97	Csir Mos Dabrowa Gornicza				4:43.37	569	
	50m:	32.24	32.24	150m:	1:43.67	36.30	250m:	2:56.29	36.16	350m:	4:08.91	36.11
	100m:	1:07.37	35.13	200m:	2:20.13	36.46	300m:	3:32.80	36.51	400m:	4:43.37	34.46
20.	Cekala Aleksandra				97	Mks "Juvenia" Wroclaw				4:43.60	568	
	50m:	32.46	32.46	150m:	1:43.89	35.95	250m:	2:55.84	36.24	350m:	4:08.87	36.30
	100m:	1:07.94	35.48	200m:	2:19.60	35.71	300m:	3:32.57	36.73	400m:	4:43.60	34.73
21.	Rostowska Wiktoria				97	Csir Mos Dabrowa Gornicza				4:43.81	567	
	50m:	32.01	32.01	150m:	1:42.48	35.96	250m:	2:55.60	36.45	350m:	4:08.86	36.34
	100m:	1:06.52	34.51	200m:	2:19.15	36.67	300m:	3:32.52	36.92	400m:	4:43.81	34.95
22.	Walczak Katarzyna				97	Ks Warta Poznan				4:46.69	550	
	50m:	32.18	32.18	150m:	1:43.83	36.49	250m:	2:56.34	36.27	350m:	4:10.13	36.96
	100m:	1:07.34	35.16	200m:	2:20.07	36.24	300m:	3:33.17	36.83	400m:	4:46.69	36.56
23.	Ciszewska Sandra				97	UKS 9 Kalisz				4:47.37	546	
	50m:	30.87	30.87	150m:	1:41.04	35.80	250m:	2:54.84	37.12	350m:	4:10.53	38.17
	100m:	1:05.24	34.37	200m:	2:17.72	36.68	300m:	3:32.36	37.52	400m:	4:47.37	36.84
24.	Borowska Beata				97	Robert				4:48.10	542	
	50m:	32.24	32.24	150m:	1:44.07	36.19	250m:	2:57.48	36.81	350m:	4:11.15	36.84
	100m:	1:07.88	35.64	200m:	2:20.67	36.60	300m:	3:34.31	36.83	400m:	4:48.10	36.95
25.	Olczyk Martyna SO				97	Ukp Unia Oswiecim				4:49.39	534	
	50m:	32.37	32.37	150m:	1:44.07	36.29	250m:	2:58.22	37.24	350m:	4:13.87	37.70
	100m:	1:07.78	35.41	200m:	2:20.98	36.91	300m:	3:36.17	37.95	400m:	4:49.39	35.52
26.	Kotonska Dominika				97	Iukp Wodnik Police				4:54.50	507	
	50m:	33.53	33.53	150m:	1:48.34	37.63	250m:	3:03.65	37.36	350m:	4:18.30	37.09
	100m:	1:10.71	37.18	200m:	2:26.29	37.95	300m:	3:41.21	37.56	400m:	4:54.50	36.20
27.	Machnik Monika				97	DOKiS SP "Vega" Dobrodzien				5:02.15	469	
	50m:	36.21	36.21	150m:	1:53.20	38.21	250m:	3:09.41	37.85	350m:	4:26.07	37.99
	100m:	1:14.99	38.78	200m:	2:31.56	38.36	300m:	3:48.08	38.67	400m:	5:02.15	36.08
28.	Dymna Olimpia				97	UKS 9 Kalisz				5:03.63	463	
	50m:	31.92	31.92	150m:	1:46.75	38.37	250m:	3:04.93	39.16	350m:	4:24.03	39.80
	100m:	1:08.38	36.46	200m:	2:25.77	39.02	300m:	3:44.23	39.30	400m:	5:03.63	39.60
29.	Stradomska Natalia				97	MKS Neptun				5:06.52	450	
	50m:	33.00	33.00	150m:	1:49.65	39.71	250m:	3:09.43	39.51	350m:	4:29.11	39.61
	100m:	1:09.94	36.94	200m:	2:29.92	40.27	300m:	3:49.50	40.07	400m:	5:06.52	37.41
30.	Golus Karolina				97	Iukp Wodnik Police				5:08.88	439	
	50m:	34.10	34.10	150m:	1:51.05	39.16	250m:	3:11.04	40.05	350m:	4:30.41	39.69
	100m:	1:11.89	37.79	200m:	2:30.99	39.94	300m:	3:50.72	39.68	400m:	5:08.88	38.47
31.	Rozniewska Agata				97	MKS Park Wodny Tarnowskie Gory				5:35.52	343	
	50m:	36.26	36.26	150m:	2:00.00	42.86	250m:	3:27.70	43.78	350m:	4:53.60	42.71
	100m:	1:17.14	40.88	200m:	2:43.92	43.92	300m:	4:10.89	43.19	400m:	5:35.52	41.92