

Mistrzostwa Polski Juniorów 16 letnich
Gliwice, 11. - 13.3.2016

Konkurencja 11
11.03.2016 - 18:37

Dziewcz t, 400m zmienny

16 lat
Wyniki Finał

Rekordy Polski 16 lat 4:42.49 Jedrzejczak Otylia MKS Pałac Katowice 01.12.1999

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.
Finał A									
1.	Dzwonnik Zuzanna		00	SKS 137 Delfin Łód				4:51.36	709
	50m:	31.60 31.60	150m:	1:44.38 36.42	250m:	3:01.63 40.83	350m:	4:16.95 34.47	
	100m:	1:07.96 36.36	200m:	2:20.80 36.42	300m:	3:42.48 40.85	400m:	4:51.36 34.41	
2.	Pecyna Michalina		00	Integracyjny Klub Sportowy Kon				4:55.75	678
	50m:	31.52 31.52	150m:	1:45.52 37.22	250m:	3:04.71 42.26	350m:	4:21.76 34.89	
	100m:	1:08.30 36.78	200m:	2:22.45 36.93	300m:	3:46.87 42.16	400m:	4:55.75 33.99	
3.	Adamska Alicja		00	UKS Aligator Gorzyce				4:57.76	664
	50m:	31.93 31.93	150m:	1:45.38 36.70	250m:	3:05.70 43.41	350m:	4:24.54 34.57	
	100m:	1:08.68 36.75	200m:	2:22.29 36.91	300m:	3:49.97 44.27	400m:	4:57.76 33.22	
4.	Zawisza Alina SO		00	UKP UNIA O wi cim				4:59.59	652
	50m:	32.62 32.62	150m:	1:46.78 36.59	250m:	3:08.19 44.42	350m:	4:25.76 33.70	
	100m:	1:10.19 37.57	200m:	2:23.77 36.99	300m:	3:52.06 43.87	400m:	4:59.59 33.83	
5.	Osiniak Ewa		00	UKS Olimpijczyk 23				5:00.72	645
	50m:	31.89 31.89	150m:	1:46.96 37.95	250m:	3:08.10 43.44	350m:	4:26.59 34.71	
	100m:	1:09.01 37.12	200m:	2:24.66 37.70	300m:	3:51.88 43.78	400m:	5:00.72 34.13	
6.	Pisarek Justyna SO		00	UKP UNIA O wi cim				5:06.24	610
	50m:	32.28 32.28	150m:	1:49.65 40.35	250m:	3:12.85 43.34	350m:	4:31.76 35.10	
	100m:	1:09.30 37.02	200m:	2:29.51 39.86	300m:	3:56.66 43.81	400m:	5:06.24 34.48	
7.	Kruszewska Kaja		00	MKS Juvenia Białystok				5:11.38	581
	50m:	33.80 33.80	150m:	1:53.69 41.08	250m:	3:17.80 43.47	350m:	4:37.84 35.93	
	100m:	1:12.61 38.81	200m:	2:34.33 40.64	300m:	4:01.91 44.11	400m:	5:11.38 33.54	
8.	Kocjan Victoria SR		00	MKS-SMS Victoria Racibórz				5:15.13	560
	50m:	35.36 35.36	150m:	1:59.42 42.31	250m:	3:22.44 41.95	350m:	4:41.30 36.12	
	100m:	1:17.11 41.75	200m:	2:40.49 41.07	300m:	4:05.18 42.74	400m:	5:15.13 33.83	
9.	Kujawska Katarzyna		00	MTKP Delfin Toru				5:17.24	549
	50m:	33.34 33.34	150m:	1:51.86 40.95	250m:	3:17.56 44.70	350m:	4:40.91 38.04	
	100m:	1:10.91 37.57	200m:	2:32.86 41.00	300m:	4:02.87 45.31	400m:	5:17.24 36.33	
10.	Niziołek Kinga		00	Mks Ikar Mielec				5:26.00	506
	50m:	32.67 32.67	150m:	1:54.96 44.41	250m:	3:23.86 46.70	350m:	4:49.39 38.34	
	100m:	1:10.55 37.88	200m:	2:37.16 42.20	300m:	4:11.05 47.19	400m:	5:26.00 36.61	
Finał B									
11.	Mikołajek Aleksandra		00	KP AVIA widnik				5:14.50	564
	50m:	33.44 33.44	150m:	1:54.84 42.47	250m:	3:19.17 43.66	350m:	4:39.36 37.15	
	100m:	1:12.37 38.93	200m:	2:35.51 40.67	300m:	4:02.21 43.04	400m:	5:14.50 35.14	
12.	Senczyszyn Barbara		00	Mkp Szczecin				5:23.45	518
	50m:	33.13 33.13	150m:	1:55.54 42.49	250m:	3:23.76 46.39	350m:	4:48.14 37.38	
	100m:	1:13.05 39.92	200m:	2:37.37 41.83	300m:	4:10.76 47.00	400m:	5:23.45 35.31	
13.	Stojanowska Aleksandra		00	KORNER Zielona Góra				5:24.79	512
	50m:	36.43 36.43	150m:	2:00.08 41.10	250m:	3:25.20 44.15	350m:	4:48.69 39.03	
	100m:	1:18.98 42.55	200m:	2:41.05 40.97	300m:	4:09.66 44.46	400m:	5:24.79 36.10	
14.	ylska Joanna		00	KS Korona Kraków				5:30.41	486
	50m:	37.21 37.21	150m:	1:59.28 40.40	250m:	3:25.23 45.11	350m:	4:50.93 38.59	
	100m:	1:18.88 41.67	200m:	2:40.12 40.84	300m:	4:12.34 47.11	400m:	5:30.41 39.48	
15.	Borczyk Martyna		00	KS Rekin wiebodzice				5:30.68	485
	50m:	34.42 34.42	150m:	1:58.11 42.74	250m:	3:26.98 46.99	350m:	4:53.68 38.93	
	100m:	1:15.37 40.95	200m:	2:39.99 41.88	300m:	4:14.75 47.77	400m:	5:30.68 37.00	
16.	Pawelska Dominika		00	SSKSiT Glosator Kraków				5:30.91	484
	50m:	36.06 36.06	150m:	2:04.40 45.90	250m:	3:31.60 43.74	350m:	4:56.53 40.47	
	100m:	1:18.50 42.44	200m:	2:47.86 43.46	300m:	4:16.06 44.46	400m:	5:30.91 34.38	

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Pozycja			Rok ur.					Czas	Pkt.			
17.	Kacprzak Patrycja		00	Mks Trójka Łód				5:31.63	481			
	50m:	35.78	35.78	150m:	2:02.42	44.23	250m:	3:30.42	43.59	350m:	4:54.55	38.04
	100m:	1:18.19	42.41	200m:	2:46.83	44.41	300m:	4:16.51	46.09	400m:	5:31.63	37.08
18.	Lisowska Aleksandra		00	MMKS K dzierzyn-Ko le				5:33.81	471			
	50m:	34.07	34.07	150m:	1:57.96	43.29	250m:	3:26.84	45.57	350m:	4:55.09	41.24
	100m:	1:14.67	40.60	200m:	2:41.27	43.31	300m:	4:13.85	47.01	400m:	5:33.81	38.72
19.	Łotecka Aleksandra SR		00	Górnik Radlin				5:43.72	432			
	50m:	36.37	36.37	150m:			250m:	3:38.08	49.38	350m:	5:05.54	39.03
	100m:	1:17.89	41.52	200m:	2:48.70		300m:	4:26.51	48.43	400m:	5:43.72	38.18
NW	Giemza Aleksandra		00	Mks Trójka Łód								