

Mistrzostwa Polski Juniorów 16 letnich  
Gliwice, 11. - 13.3.2016

Event 11  
11.03.2016 - 18:37

Girls, 400m Medley

16 years  
Results Finals

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

Points: FINA 2015

Rank			YB					Time	Pts	
<b>Final A</b>										
1.	Dzwonnik Zuzanna		00	SKS 137 Delfin Lodz				<b>4:51.36</b>	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				<b>4:55.75</b>	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				<b>4:57.76</b>	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 Oswiecim				<b>4:59.59</b>	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				<b>5:00.72</b>	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 Oswiecim				<b>5:06.24</b>	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 Bialystok				<b>5:11.38</b>	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 Raciborz				<b>5:15.13</b>	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	Delfin Torun				<b>5:17.24</b>	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.	Niziolek Kinga		00	Mks Ikar Mielec				<b>5:26.00</b>	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
<b>Final B</b>										
11.	Mikolajek Aleksandra		00	KP AVIA Swidnik				<b>5:14.50</b>	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				<b>5:23.45</b>	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 Gora				<b>5:24.79</b>	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.	Zylska Joanna		00	KS Korona Krakow				<b>5:30.41</b>	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 Swiebodzice				<b>5:30.68</b>	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 Krakow				<b>5:30.91</b>	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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Event 11, Girls, 400m Medley, Final, 16 years

Rank			YB					Time	Pts
17.	Kacprzak Patrycja		00	Mks Trojka Lodz				<b>5:31.63</b>	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 Kedzierzyn-Kozle				<b>5:33.81</b>	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.	Lotecka Aleksandra SR		00	Gornik Radlin				<b>5:43.72</b>	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	
DNS	Giemza Aleksandra		00	Mks Trojka Lodz					