

Mistrzostwa Polski Juniorów 16 letnich
Gliwice, 11. - 13.3.2016

Event 11
11.03.2016 - 10:58

Girls, 400m Medley

16 years
Results Prelim

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

Points: FINA 2015

Rank			YB							Time	Pts	
1.	Dzwonnik Zuzanna		00	SKS 137 Delfin Lodz						5:04.32	622	A
	50m:	33.51 33.51	150m:	1:49.80	37.69	250m:	3:10.13	42.64	350m:	4:29.17	36.50	
	100m:	1:12.11 38.60	200m:	2:27.49	37.69	300m:	3:52.67	42.54	400m:	5:04.32	35.15	
2.	Pecyna Michalina		00	Integracyjny Klub Sportowy Kon						5:05.05	618	A
	50m:	33.55 33.55	150m:	1:51.44	38.76	250m:	3:12.60	43.53	350m:	4:31.71	36.33	
	100m:	1:12.68 39.13	200m:	2:29.07	37.63	300m:	3:55.38	42.78	400m:	5:05.05	33.34	
3.	Zawisza Alina SO		00	UKP UNIA Oswiecim						5:05.87	613	A
	50m:	33.32 33.32	150m:	1:49.44	37.72	250m:	3:12.14	45.36	350m:	4:31.90	34.71	
	100m:	1:11.72 38.40	200m:	2:26.78	37.34	300m:	3:57.19	45.05	400m:	5:05.87	33.97	
4.	Pisarek Justyna SO		00	UKP UNIA Oswiecim						5:07.07	606	A
	50m:	33.35 33.35	150m:	1:52.27	40.35	250m:	3:15.77	43.59	350m:	4:33.15	34.60	
	100m:	1:11.92 38.57	200m:	2:32.18	39.91	300m:	3:58.55	42.78	400m:	5:07.07	33.92	
5.	Adamska Alicja		00	UKS Aligator Gorzyce						5:09.96	589	A
	50m:	32.60 32.60	150m:	1:49.59	39.45	250m:	3:12.46	44.01	350m:	4:33.16	36.84	
	100m:	1:10.14 37.54	200m:	2:28.45	38.86	300m:	3:56.32	43.86	400m:	5:09.96	36.80	
6.	Osiniak Ewa		00	UKS Olimpijczyk 23						5:10.90	583	A
	50m:	32.30 32.30	150m:	1:50.26	39.59	250m:	3:13.17	44.16	350m:	4:35.43	36.41	
	100m:	1:10.67 38.37	200m:	2:29.01	38.75	300m:	3:59.02	45.85	400m:	5:10.90	35.47	
7.	Kruszewska Kaja		00	MKS Juvenia Bialystok						5:12.94	572	A
	50m:	33.68 33.68	150m:	1:54.47	42.34	250m:	3:18.29	43.54	350m:	4:38.60	36.13	
	100m:	1:12.13 38.45	200m:	2:34.75	40.28	300m:	4:02.47	44.18	400m:	5:12.94	34.34	
8.	Kujawska Katarzyna		00	Delfin Torun						5:15.43	559	A
	50m:	34.10 34.10	150m:	1:53.57	41.02	250m:	3:17.44	43.99	350m:	4:39.19	37.50	
	100m:	1:12.55 38.45	200m:	2:33.45	39.88	300m:	4:01.69	44.25	400m:	5:15.43	36.24	
9.	Kocjan Victoria SR		00	MKS-SMS Victoria Raciborz						5:16.78	552	A
	50m:	35.50 35.50	150m:	1:59.01	41.70	250m:	3:21.52	41.70	350m:	4:41.60	37.61	
	100m:	1:17.31 41.81	200m:	2:39.82	40.81	300m:	4:03.99	42.47	400m:	5:16.78	35.18	
10.	Niziolek Kinga		00	Mks Ikar Mielec						5:18.35	543	A
	50m:	32.44 32.44	150m:	1:50.93	41.44	250m:	3:17.23	46.15	350m:	4:42.27	38.58	
	100m:	1:09.49 37.05	200m:	2:31.08	40.15	300m:	4:03.69	46.46	400m:	5:18.35	36.08	
11.	Giemza Aleksandra		00	Mks Trojka Lodz						5:22.81	521	B
	50m:	32.52 32.52	150m:	1:51.83	41.29	250m:	3:19.18	46.83	350m:	4:44.69	37.87	
	100m:	1:10.54 38.02	200m:	2:32.35	40.52	300m:	4:06.82	47.64	400m:	5:22.81	38.12	
12.	Mikolajek Aleksandra		00	KP AVIA Swidnik						5:23.18	519	B
	50m:	33.16 33.16	150m:	1:53.18	41.63	250m:	3:18.52	44.71	350m:	4:44.31	39.48	
	100m:	1:11.55 38.39	200m:	2:33.81	40.63	300m:	4:04.83	46.31	400m:	5:23.18	38.87	
13.	Senczyszyn Barbara		00	Mkp Szczecin						5:24.21	514	B
	50m:	33.48 33.48	150m:	1:55.37	41.41	250m:	3:23.01	47.23	350m:	4:48.37	38.05	
	100m:	1:13.96 40.48	200m:	2:35.78	40.41	300m:	4:10.32	47.31	400m:	5:24.21	35.84	
14.	Stojanowska Aleksandra		00	KORNER Zielona Gora						5:28.96	492	B
	50m:	37.93 37.93	150m:	2:03.55	42.14	250m:	3:28.35	43.70	350m:	4:51.88	39.16	
	100m:	1:21.41 43.48	200m:	2:44.65	41.10	300m:	4:12.72	44.37	400m:	5:28.96	37.08	
15.	Borczyk Martyna		00	KS Rekin Swiebodzice						5:30.31	486	B
	50m:	34.26 34.26	150m:	1:57.41	42.84	250m:	3:25.08	46.91	350m:	4:52.90	39.89	
	100m:	1:14.57 40.31	200m:	2:38.17	40.76	300m:	4:13.01	47.93	400m:	5:30.31	37.41	
16.	Zylska Joanna		00	KS Korona Krakow						5:31.45	481	B
	50m:	36.73 36.73	150m:	2:00.01	40.64	250m:	3:25.87	45.28	350m:	4:51.95	39.01	
	100m:	1:19.37 42.64	200m:	2:40.59	40.58	300m:	4:12.94	47.07	400m:	5:31.45	39.50	
17.	Kacprzak Patrycja		00	Mks Trojka Lodz						5:32.95	475	B
	50m:	34.83 34.83	150m:	2:01.10	43.99	250m:	3:29.79	44.65	350m:	4:55.17	39.41	
	100m:	1:17.11 42.28	200m:	2:45.14	44.04	300m:	4:15.76	45.97	400m:	5:32.95	37.78	

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Event 11, Girls, 400m Medley, Prelim, 16 years

Rank			YB					Time	Pts		
18.	Pawelska Dominika		00	SSKSIT Glosator Krakow				5:34.74	467 B		
	50m:	37.31 37.31	150m:	2:06.62	46.16	250m:	3:33.29	43.28	350m:	4:59.03	40.54
	100m:	1:20.46 43.15	200m:	2:50.01	43.39	300m:	4:18.49	45.20	400m:	5:34.74	35.71
19.	Lotecka Aleksandra SR		00	Gornik Radlin				5:37.70	455 B		
	50m:	35.65 35.65	150m:			250m:	3:34.54	48.41	350m:	5:00.72	38.32
	100m:	1:16.55 40.90	200m:	2:46.13		300m:	4:22.40	47.86	400m:	5:37.70	36.98
20.	Lisowska Aleksandra		00	MMKS Kedzierzyn-Kozle				5:38.70	451 B		
	50m:	33.67 33.67	150m:	1:58.26	44.54	250m:	3:29.80	46.29	350m:	4:58.30	41.77
	100m:	1:13.72 40.05	200m:	2:43.51	45.25	300m:	4:16.53	46.73	400m:	5:38.70	40.40
21.	Kaczmarczyk Julia		00	Gornik Radlin				5:41.74	439 R		
	50m:	35.06 35.06	150m:	2:03.67	44.89	250m:	3:33.07	46.36	350m:	5:02.27	41.47
	100m:	1:18.78 43.72	200m:	2:46.71	43.04	300m:	4:20.80	47.73	400m:	5:41.74	39.47
22.	Podlesny Emilia		00	TS Wisla Krakow				5:44.59	428 R		
	50m:	35.83 35.83	150m:	2:04.24	45.43	250m:	3:34.18	46.62	350m:	5:05.33	42.54
	100m:	1:18.81 42.98	200m:	2:47.56	43.32	300m:	4:22.79	48.61	400m:	5:44.59	39.26
DNS	Kowalska Dominika		00	Mks Trojka Lodz							