

Mistrzostwa Polski Juniorów 16 letnich
Gliwice, 11. - 13.3.2016

Event 19
12.03.2016 - 17:28

Girls, 400m Freestyle

16 years
Results Finals

Rekordy Polski 16 lat 4:08.04 Kilija ska Donata KSZO Ostrowiec w. SSz 17.12.2011

Points: FINA 2015

Rank			YB					Time	Pts
Final A									
1.	Polanska Aleksandra		00	UKS Gos Raszyn				4:18.21	749
	50m:	30.24 30.24	150m:	1:35.66 33.02	250m:	2:41.31 32.67	350m:	3:45.95 32.23	
	100m:	1:02.64 32.40	200m:	2:08.64 32.98	300m:	3:13.72 32.41	400m:	4:18.21 32.26	
2.	Baryla Julia		00	Dwojka Morena Gdansk				4:18.66	745
	50m:	30.09 30.09	150m:	1:35.45 32.88	250m:	2:40.97 32.35	350m:	3:47.03 32.89	
	100m:	1:02.57 32.48	200m:	2:08.62 33.17	300m:	3:14.14 33.17	400m:	4:18.66 31.63	
3.	Szafranska Julia SOc		00	KS KSZO Ostrowiec Sw.				4:19.52	737
	50m:	30.52 30.52	150m:	1:36.07 32.91	250m:	2:41.77 32.77	350m:	3:47.90 32.94	
	100m:	1:03.16 32.64	200m:	2:09.00 32.93	300m:	3:14.96 33.19	400m:	4:19.52 31.62	
4.	Margula Weronika		00	Mkp Szczecin				4:23.51	704
	50m:	30.31 30.31	150m:	1:35.98 33.07	250m:	2:42.53 33.23	350m:	3:50.09 33.99	
	100m:	1:02.91 32.60	200m:	2:09.30 33.32	300m:	3:16.10 33.57	400m:	4:23.51 33.42	
5.	Reks Aleksandra		00	UKS G - 8 Bielany				4:26.56	681
	50m:	30.16 30.16	150m:	1:36.57 33.35	250m:	2:44.32 33.99	350m:	3:52.71 34.23	
	100m:	1:03.22 33.06	200m:	2:10.33 33.76	300m:	3:18.48 34.16	400m:	4:26.56 33.85	
6.	Pecyna Michalina		00	Integracyjny Klub Sportowy Kon				4:29.48	659
	50m:	30.25 30.25	150m:	1:37.20 33.90	250m:	2:45.97 34.65	350m:	3:55.60 34.60	
	100m:	1:03.30 33.05	200m:	2:11.32 34.12	300m:	3:21.00 35.03	400m:	4:29.48 33.88	
7.	Zawisza Alina SO		00	UKP UNIA Oswiecim				4:31.46	644
	50m:	30.62 30.62	150m:	1:38.05 34.03	250m:	2:47.20 34.61	350m:	3:57.06 34.92	
	100m:	1:04.02 33.40	200m:	2:12.59 34.54	300m:	3:22.14 34.94	400m:	4:31.46 34.40	
8.	Broniek Martyna		00	UKS Aligator Gorzyce				4:32.59	636
	50m:	30.60 30.60	150m:	1:37.60 33.89	250m:	2:47.05 34.95	350m:	3:57.60 35.29	
	100m:	1:03.71 33.11	200m:	2:12.10 34.50	300m:	3:22.31 35.26	400m:	4:32.59 34.99	
9.	Klessa Helena		00	Mkp Szczecin				4:36.35	611
	50m:	31.27 31.27	150m:	1:40.01 35.00	250m:	2:50.47 35.32	350m:	4:01.55 35.70	
	100m:	1:05.01 33.74	200m:	2:15.15 35.14	300m:	3:25.85 35.38	400m:	4:36.35 34.80	
10.	Szuster Aleksandra SO		00	UKP UNIA Oswiecim				4:40.48	584
	50m:	31.03 31.03	150m:	1:39.40 34.74	250m:	2:51.10 35.95	350m:	4:04.20 36.83	
	100m:	1:04.66 33.63	200m:	2:15.15 35.75	300m:	3:27.37 36.27	400m:	4:40.48 36.28	
Final B									
11.	Wronska Marianna		00	Siodemka Sopot				4:36.01	613
	50m:	32.00 32.00	150m:	1:41.71 35.07	250m:	2:52.16 35.24	350m:	4:02.79 35.13	
	100m:	1:06.64 34.64	200m:	2:16.92 35.21	300m:	3:27.66 35.50	400m:	4:36.01 33.22	
12.	Blajet Oliwia		00	KS Warta Poznan				4:36.34	611
	50m:	30.90 30.90	150m:	1:39.92 34.94	250m:	2:51.06 35.85	350m:	4:02.29 35.45	
	100m:	1:04.98 34.08	200m:	2:15.21 35.29	300m:	3:26.84 35.78	400m:	4:36.34 34.05	
13.	Kruszewska Kaja		00	MKS Juvenia Bialystok				4:36.48	610
	50m:	31.36 31.36	150m:	1:40.22 34.87	250m:	2:51.51 35.65	350m:	4:02.95 35.71	
	100m:	1:05.35 33.99	200m:	2:15.86 35.64	300m:	3:27.24 35.73	400m:	4:36.48 33.53	
14.	Janczak Patrycja		00	Mkp Szczecin				4:37.28	605
	50m:	31.68 31.68	150m:	1:41.93 35.93	250m:	2:53.52 36.23	350m:	4:03.17 34.40	
	100m:	1:06.00 34.32	200m:	2:17.29 35.36	300m:	3:28.77 35.25	400m:	4:37.28 34.11	
15.	Nowicka Patrycja		00	MTS Kwidzyn				4:37.49	603
	50m:	31.91 31.91	150m:	1:42.03 35.43	250m:	2:53.03 35.76	350m:	4:03.77 35.16	
	100m:	1:06.60 34.69	200m:	2:17.27 35.24	300m:	3:28.61 35.58	400m:	4:37.49 33.72	
16.	Malinowska Zuzanna		00	Wojskowy Klub Sportowy Slask				4:37.95	600
	50m:	33.27 33.27	150m:	1:45.45 36.08	250m:	2:57.61 36.14	350m:	4:04.46 33.97	
	100m:	1:09.37 36.10	200m:	2:21.47 36.02	300m:	3:30.49 32.88	400m:	4:37.95 33.49	

Mistrzostwa Polski Juniorów 16 letnich
Gliwice, 11. - 13.3.2016

Event 19, Girls, 400m Freestyle, Final, 16 years

Rank			YB					Time	Pts			
17.	Mikolajek Weronika		00	KP AVIA Swidnik				4:40.49	584			
	50m:	32.11	32.11	150m:	1:42.54	35.28	250m:	2:53.93	35.85	350m:	4:05.32	35.56
	100m:	1:07.26	35.15	200m:	2:18.08	35.54	300m:	3:29.76	35.83	400m:	4:40.49	35.17
18.	Chojcka Karolina		00	UKS OLIMPIC Warka				4:40.59	583			
	50m:	31.89	31.89	150m:	1:42.85	35.62	250m:	2:54.46	35.95	350m:	4:07.01	36.52
	100m:	1:07.23	35.34	200m:	2:18.51	35.66	300m:	3:30.49	36.03	400m:	4:40.59	33.58
19.	Blazyczek Klaudia		00	KP Astromal Akwawit				4:41.23	579			
	50m:	32.11	32.11	150m:	1:43.16	35.83	250m:	2:54.61	35.59	350m:	4:06.80	35.88
	100m:	1:07.33	35.22	200m:	2:19.02	35.86	300m:	3:30.92	36.31	400m:	4:41.23	34.43
20.	Skibczak Natalia		00	UKS G - 8 Bielany				4:41.36	579			
	50m:	32.82	32.82	150m:	1:43.77	35.39	250m:	2:55.27	36.02	350m:	4:06.99	35.92
	100m:	1:08.38	35.56	200m:	2:19.25	35.48	300m:	3:31.07	35.80	400m:	4:41.36	34.37