

Mistrzostwa Polski Juniorów 16 letnich
Gliwice, 11. - 13.3.2016

Event 19 Girls, 400m Freestyle 16 years
12.03.2016 - 9:32 Results Prelim

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

Points: FINA 2015

Rank			YB					Time	Pts	
1.	Szafranska Julia SOc		00	KS KSZO Ostrowiec Sw.				4:28.05	669	A
	50m:	31.48 31.48	150m:	1:39.65 33.80	250m:	2:47.62 34.12	350m:	3:55.81 33.98		
	100m:	1:05.85 34.37	200m:	2:13.50 33.85	300m:	3:21.83 34.21	400m:	4:28.05 32.24		
2.	Margula Weronika		00	Mkp Szczecin				4:29.80	656	A
	50m:	31.45 31.45	150m:	1:39.33 34.48	250m:	2:47.52 34.21	350m:	3:55.97 34.30		
	100m:	1:04.85 33.40	200m:	2:13.31 33.98	300m:	3:21.67 34.15	400m:	4:29.80 33.83		
3.	Reks Aleksandra		00	UKS G - 8 Bielany				4:30.10	654	A
	50m:	31.51 31.51	150m:	1:39.84 34.20	250m:	2:48.32 34.30	350m:	3:56.58 34.26		
	100m:	1:05.64 34.13	200m:	2:14.02 34.18	300m:	3:22.32 34.00	400m:	4:30.10 33.52		
4.	Baryla Julia		00	Dwojka Morena Gdansk				4:30.80	649	A
	50m:	32.25 32.25	150m:	1:41.58 34.70	250m:	2:49.44 33.51	350m:	3:57.29 33.82		
	100m:	1:06.88 34.63	200m:	2:15.93 34.35	300m:	3:23.47 34.03	400m:	4:30.80 33.51		
5.	Szuster Aleksandra SO		00	UKP UNIA Oswiecim				4:31.70	643	A
	50m:	31.16 31.16	150m:	1:40.18 34.83	250m:	2:49.23 34.32	350m:	3:58.19 34.34		
	100m:	1:05.35 34.19	200m:	2:14.91 34.73	300m:	3:23.85 34.62	400m:	4:31.70 33.51		
6.	Polanska Aleksandra		00	UKS Gos Raszyn				4:31.75	642	A
	50m:	31.90 31.90	150m:	1:39.92 34.13	250m:	2:48.26 33.96	350m:	3:57.56 34.88		
	100m:	1:05.79 33.89	200m:	2:14.30 34.38	300m:	3:22.68 34.42	400m:	4:31.75 34.19		
7.	Pecyna Michalina		00	Integracyjny Klub Sportowy Kon				4:33.19	632	A
	50m:	31.57 31.57	150m:	1:39.80 34.23	250m:	2:48.88 34.58	350m:	3:58.87 35.15		
	100m:	1:05.57 34.00	200m:	2:14.30 34.50	300m:	3:23.72 34.84	400m:	4:33.19 34.32		
8.	Broniek Martyna		00	UKS Aligator Gorzyce				4:33.68	629	A
	50m:	31.54 31.54	150m:	1:41.22 34.77	250m:	2:51.19 34.77	350m:	4:00.41 34.45		
	100m:	1:06.45 34.91	200m:	2:16.42 35.20	300m:	3:25.96 34.77	400m:	4:33.68 33.27		
9.	Zawisza Alina SO		00	UKP UNIA Oswiecim				4:34.08	626	A
	50m:	31.61 31.61	150m:	1:41.07 34.81	250m:	2:50.87 34.75	350m:	4:00.30 34.51		
	100m:	1:06.26 34.65	200m:	2:16.12 35.05	300m:	3:25.79 34.92	400m:	4:34.08 33.78		
10.	Klessa Helena		00	Mkp Szczecin				4:35.11	619	A
	50m:	31.53 31.53	150m:	1:40.03 34.60	250m:	2:50.02 35.24	350m:	4:00.48 35.47		
	100m:	1:05.43 33.90	200m:	2:14.78 34.75	300m:	3:25.01 34.99	400m:	4:35.11 34.63		
11.	Blajet Oliwia		00	KS Warta Poznan				4:37.80	601	B
	50m:	31.93 31.93	150m:	1:42.12 35.33	250m:	2:52.76 35.23	350m:	4:03.92 35.54		
	100m:	1:06.79 34.86	200m:	2:17.53 35.41	300m:	3:28.38 35.62	400m:	4:37.80 33.88		
12.	Duda Katarzyna		00	Mkp Szczecin				4:37.90	600	B
	50m:	31.97 31.97	150m:	1:43.22 35.69	250m:	2:54.13 35.52	350m:	4:05.14 35.13		
	100m:	1:07.53 35.56	200m:	2:18.61 35.39	300m:	3:30.01 35.88	400m:	4:37.90 32.76		
13.	Janczak Patrycja		00	Mkp Szczecin				4:38.00	600	B
	50m:	31.58 31.58	150m:	1:40.86 34.98	250m:	2:51.72 35.55	350m:	4:02.83 35.53		
	100m:	1:05.88 34.30	200m:	2:16.17 35.31	300m:	3:27.30 35.58	400m:	4:38.00 35.17		
14.	Kruszewska Kaja		00	MKS Juwenia Bialystok				4:38.48	597	B
	50m:	31.82 31.82	150m:	1:41.69 35.49	250m:	2:53.16 35.90	350m:	4:04.60 35.63		
	100m:	1:06.20 34.38	200m:	2:17.26 35.57	300m:	3:28.97 35.81	400m:	4:38.48 33.88		
15.	Wronska Marianna		00	Siodemka Sopot				4:39.68	589	B
	50m:	31.90 31.90	150m:	1:42.56 35.30	250m:	2:54.42 36.02	350m:	4:06.41 35.81		
	100m:	1:07.26 35.36	200m:	2:18.40 35.84	300m:	3:30.60 36.18	400m:	4:39.68 33.27		
16.	Malinowska Zuzanna		00	Wojskowy Klub Sportowy Slask				4:40.30	585	B
	50m:	32.97 32.97	150m:	1:45.48 36.50	250m:	2:58.37 36.43	350m:	4:06.62 34.39		
	100m:	1:08.98 36.01	200m:	2:21.94 36.46	300m:	3:32.23 33.86	400m:	4:40.30 33.68		
17.	Skibczak Natalia		00	UKS G - 8 Bielany				4:40.62	583	B
	50m:	31.49 31.49	150m:	1:41.26 35.36	250m:	2:53.61 36.12	350m:	4:06.15 36.22		
	100m:	1:05.90 34.41	200m:	2:17.49 36.23	300m:	3:29.93 36.32	400m:	4:40.62 34.47		

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Rank					YB					Time	Pts	
18.	Nowicka Patrycja				00	MTS Kwidzyn				4:40.77	582	B
	50m:	32.65	32.65	150m:	1:43.57	35.73	250m:	2:55.49	35.89	350m:	4:06.60	35.33
	100m:	1:07.84	35.19	200m:	2:19.60	36.03	300m:	3:31.27	35.78	400m:	4:40.77	34.17
19.	Chodyna Kinga				00	MTP KORMORAN Olsztyn				4:41.50	578	B
	50m:	32.36	32.36	150m:	1:42.35	35.21	250m:	2:53.80	36.01	350m:	4:06.23	36.25
	100m:	1:07.14	34.78	200m:	2:17.79	35.44	300m:	3:29.98	36.18	400m:	4:41.50	35.27
20.	Chojcka Karolina				00	UKS OLIMPIC Warka				4:41.66	577	B
	50m:	1:06.62	1:06.62	150m:	2:18.39	35.99	250m:	3:30.66	36.41	350m:		
	100m:	1:42.40	35.78	200m:	2:54.25	35.86	300m:	4:06.92	36.26	400m:	4:41.66	
21.	Mikolajek Weronika				00	KP AVIA Swidnik				4:42.37	572	R
	50m:	32.27	32.27	150m:	1:43.86	36.35	250m:	2:56.13	36.05	350m:	4:07.65	35.78
	100m:	1:07.51	35.24	200m:	2:20.08	36.22	300m:	3:31.87	35.74	400m:	4:42.37	34.72
22.	Blazyczek Klaudia				00	KP Astromal Akwawit				4:42.90	569	R
	50m:	31.61	31.61	150m:	1:42.28	35.35	250m:	2:53.97	35.61	350m:	4:06.93	36.46
	100m:	1:06.93	35.32	200m:	2:18.36	36.08	300m:	3:30.47	36.50	400m:	4:42.90	35.97
23.	Jezowska Kamila				00	CSiR MOS Dabrowa Gornicza				4:43.17	568	
	50m:	33.05	33.05	150m:	1:44.31	35.90	250m:	2:55.96	35.56	350m:	4:08.18	36.13
	100m:	1:08.41	35.36	200m:	2:20.40	36.09	300m:	3:32.05	36.09	400m:	4:43.17	34.99
24.	Senczyszyn Barbara				00	Mkp Szczecin				4:43.37	566	
	50m:	31.62	31.62	150m:	1:42.39	35.97	250m:	2:55.27	36.15	350m:	4:08.47	36.76
	100m:	1:06.42	34.80	200m:	2:19.12	36.73	300m:	3:31.71	36.44	400m:	4:43.37	34.90
25.	Gorska Julia				00	UKS Skalar Warszawa				4:43.39	566	
	50m:	30.88	30.88	150m:	1:40.97	35.60	250m:	2:53.86	36.63	350m:	4:07.99	37.15
	100m:	1:05.37	34.49	200m:	2:17.23	36.26	300m:	3:30.84	36.98	400m:	4:43.39	35.40
26.	Abramowicz Julia				00	Integracyjny Klub Sportowy Kon				4:43.48	566	
	50m:	31.12	31.12	150m:	1:42.82	36.33	250m:	2:55.43	36.11	350m:	4:07.87	36.33
	100m:	1:06.49	35.37	200m:	2:19.32	36.50	300m:	3:31.54	36.11	400m:	4:43.48	35.61
27.	Wisniewska Barbara				00	Uks,,Zoliborz" Warszawa				4:43.70	564	
	50m:	31.78	31.78	150m:	1:41.59	34.95	250m:	2:53.63	36.16	350m:	4:07.71	37.30
	100m:	1:06.64	34.86	200m:	2:17.47	35.88	300m:	3:30.41	36.78	400m:	4:43.70	35.99
28.	Kromolicka Wiktoria				00	KS Warta Poznan				4:44.79	558	
	50m:	31.84	31.84	150m:	1:42.18	35.99	250m:	2:54.35	36.25	350m:	4:08.24	36.85
	100m:	1:06.19	34.35	200m:	2:18.10	35.92	300m:	3:31.39	37.04	400m:	4:44.79	36.55
29.	Giemza Aleksandra				00	Mks Trojka Lodz				4:46.02	551	
	50m:	31.35	31.35	150m:	1:42.63	36.38	250m:	2:56.52	37.05	350m:	4:10.55	37.15
	100m:	1:06.25	34.90	200m:	2:19.47	36.84	300m:	3:33.40	36.88	400m:	4:46.02	35.47
30.	Pipczynska Kamila				00	MUKP Warszawianka				4:46.37	549	
	50m:	31.86	31.86	150m:	1:43.22	35.78	250m:	2:56.95	36.89	350m:	4:10.70	36.97
	100m:	1:07.44	35.58	200m:	2:20.06	36.84	300m:	3:33.73	36.78	400m:	4:46.37	35.67
31.	Rudek Wiktoria				00	Uks Orka Luban				4:46.63	547	
	50m:	31.57	31.57	150m:	1:42.37	35.72	250m:	2:55.16	36.51	350m:	4:09.43	37.30
	100m:	1:06.65	35.08	200m:	2:18.65	36.28	300m:	3:32.13	36.97	400m:	4:46.63	37.20
32.	Groblica Joanna				00	Mkp Szczecin				4:47.71	541	
	50m:	33.01	33.01	150m:	1:45.19	36.31	250m:	2:59.27	37.08	350m:	4:13.09	36.68
	100m:	1:08.88	35.87	200m:	2:22.19	37.00	300m:	3:36.41	37.14	400m:	4:47.71	34.62
33.	Julia Wojtowicz				00	Starachowicki Klub Plywacki BA				4:48.52	537	
	50m:	31.32	31.32	150m:	1:43.02	36.14	250m:	2:56.45	36.59	350m:	4:11.64	38.04
	100m:	1:06.88	35.56	200m:	2:19.86	36.84	300m:	3:33.60	37.15	400m:	4:48.52	36.88
34.	Hajdenraich Julia				00	Fala Krasnik				4:48.68	536	
	50m:	32.61	32.61	150m:	1:44.06	36.26	250m:	2:58.16	37.25	350m:	4:12.68	37.23
	100m:	1:07.80	35.19	200m:	2:20.91	36.85	300m:	3:35.45	37.29	400m:	4:48.68	36.00
35.	Kacprzak Patrycja				00	Mks Trojka Lodz				4:48.93	534	
	50m:	32.03	32.03	150m:	1:42.98	35.77	250m:	2:56.77	36.99	350m:	4:11.99	37.70
	100m:	1:07.21	35.18	200m:	2:19.78	36.80	300m:	3:34.29	37.52	400m:	4:48.93	36.94

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Rank					YB					Time	Pts	
36.	Ciporska Katarzyna				00	MKS Polonia Warszawa				4:52.58	514	
	50m:	33.15	33.15	150m:	1:45.92	36.85	250m:	2:59.90	37.05	350m:	4:15.23	37.91
	100m:	1:09.07	35.92	200m:	2:22.85	36.93	300m:	3:37.32	37.42	400m:	4:52.58	37.35
37.	Sobik Oliwia				00	CSiR MOS Dabrowa Gornicza				4:53.27	511	
	50m:	31.89	31.89	150m:	1:44.99	37.06	250m:	2:58.81	36.40	350m:	4:14.82	38.44
	100m:	1:07.93	36.04	200m:	2:22.41	37.42	300m:	3:36.38	37.57	400m:	4:53.27	38.45
38.	Ziemian Weronika				00	Siodemka Sopot				4:54.27	506	
	50m:	33.65	33.65	150m:	1:47.49	37.37	250m:	3:02.51	37.35	350m:	4:17.25	37.53
	100m:	1:10.12	36.47	200m:	2:25.16	37.67	300m:	3:39.72	37.21	400m:	4:54.27	37.02
39.	Rogowicz Aleksandra				00	Uks Omega Sokolka				4:54.81	503	
	50m:	32.43	32.43	150m:	1:45.02	36.93	250m:	3:01.52	38.59	350m:	4:18.66	38.64
	100m:	1:08.09	35.66	200m:	2:22.93	37.91	300m:	3:40.02	38.50	400m:	4:54.81	36.15
40.	Siatecka Weronika				00	UKP Wodnik				4:56.58	494	
	50m:	32.91	32.91	150m:	1:47.95	38.03	250m:	3:03.35	37.49	350m:	4:17.84	36.80
	100m:	1:09.92	37.01	200m:	2:25.86	37.91	300m:	3:41.04	37.69	400m:	4:56.58	38.74
41.	Kustra Julita				00	Ks Mariosport				4:57.82	488	
	50m:	32.78	32.78	150m:	1:46.41	37.54	250m:	3:03.51	38.69	350m:	4:20.79	38.49
	100m:	1:08.87	36.09	200m:	2:24.82	38.41	300m:	3:42.30	38.79	400m:	4:57.82	37.03
42.	Michalak Weronika				00	KS Warta Poznan				4:59.69	479	
	50m:	33.78	33.78	150m:	1:48.16	37.56	250m:	3:05.44	38.61	350m:	4:22.86	38.59
	100m:	1:10.60	36.82	200m:	2:26.83	38.67	300m:	3:44.27	38.83	400m:	4:59.69	36.83
43.	Radecka Anna				00	Starachowicki Klub Plywacki BA				5:00.55	475	
	50m:	31.62	31.62	150m:	1:45.67	37.80	250m:	3:04.40	39.60	350m:	4:22.05	39.10
	100m:	1:07.87	36.25	200m:	2:24.80	39.13	300m:	3:42.95	38.55	400m:	5:00.55	38.50
44.	Grieger Weronika				00	Buks Warszawa				5:01.30	471	
	50m:	32.62	32.62	150m:	1:46.11	37.83	250m:	3:03.77	39.12	350m:	4:23.23	40.09
	100m:	1:08.28	35.66	200m:	2:24.65	38.54	300m:	3:43.14	39.37	400m:	5:01.30	38.07
45.	Buzycka Maja				00	Klub Plywacki Pletwal Mlawa				5:09.31	435	
	50m:	33.75	33.75	150m:	1:48.65	37.70	250m:	3:05.46	38.52	350m:	4:27.72	41.78
	100m:	1:10.95	37.20	200m:	2:26.94	38.29	300m:	3:45.94	40.48	400m:	5:09.31	41.59
46.	Tkacz Aleksandra				00	MMKS Kedzierzyn-Kozle				5:13.49	418	
	50m:	33.88	33.88	150m:	1:50.75	39.03	250m:	3:10.02	39.62	350m:	4:32.13	41.53
	100m:	1:11.72	37.84	200m:	2:30.40	39.65	300m:	3:50.60	40.58	400m:	5:13.49	41.36
DNS	Kozikowska Joanna				00	Uks,,Zoliborz" Warszawa						