

Mistrzostwa Polski Juniorów 16 letnich  
Gliwice, 10. - 12.3.2017

Konkurencja 11  
10.03.2017 - 11:07

Dziewcz t, 400m zmienny

16 lat  
Wyniki Eliminacje

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

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.	
1.	Cochór Izabela		01	UKS Ostrobramska Warszawa				<b>4:59.15</b>	652	A
	50m:	32.01 32.01	150m:	1:45.85 37.51	250m:	3:05.75 43.46	350m:	4:24.95 35.39		
	100m:	1:08.34 36.33	200m:	2:22.29 36.44	300m:	3:49.56 43.81	400m:	4:59.15 34.20		
2.	Rutkowska Agnieszka		01	Skalar Słupsk				<b>4:59.77</b>	648	A
	50m:	31.71 31.71	150m:	1:46.64 38.13	250m:	3:05.95 41.86	350m:	4:24.82 37.46		
	100m:	1:08.51 36.80	200m:	2:24.09 37.45	300m:	3:47.36 41.41	400m:	4:59.77 34.95		
3.	Halicka Lidia		01	Slask Wroclaw				<b>5:00.28</b>	645	A
	50m:	31.85 31.85	150m:	1:46.84 38.52	250m:	3:06.55 42.07	350m:	4:24.99 36.64		
	100m:	1:08.32 36.47	200m:	2:24.48 37.64	300m:	3:48.35 41.80	400m:	5:00.28 35.29		
4.	Wett Oliwia SOL		01	MTP KORMORAN Olsztyn				<b>5:02.50</b>	631	A
	50m:	31.91 31.91	150m:	1:48.31 39.92	250m:	3:08.78 42.13	350m:	4:27.33 35.87		
	100m:	1:08.39 36.48	200m:	2:26.65 38.34	300m:	3:51.46 42.68	400m:	5:02.50 35.17		
5.	W grzynowska Aleksandra		01	Slask Wroclaw				<b>5:03.65</b>	623	A
	50m:	31.52 31.52	150m:	1:48.27 39.76	250m:	3:11.04 44.16	350m:	4:29.51 34.10		
	100m:	1:08.51 36.99	200m:	2:26.88 38.61	300m:	3:55.41 44.37	400m:	5:03.65 34.14		
6.	Piskorz Aleksandra		01	UKS WODNIK Siemianowice laski				<b>5:03.80</b>	622	A
	50m:	32.37 32.37	150m:	1:49.53 38.52	250m:	3:09.17 41.66	350m:	4:28.24 36.85		
	100m:	1:11.01 38.64	200m:	2:27.51 37.98	300m:	3:51.39 42.22	400m:	5:03.80 35.56		
7.	Przybysz Olga		01	MKP Astromal Leszno				<b>5:05.30</b>	613	A
	50m:	32.79 32.79	150m:	1:52.12 40.96	250m:	3:13.77 41.05	350m:	4:31.21 34.56		
	100m:	1:11.16 38.37	200m:	2:32.72 40.60	300m:	3:56.65 42.88	400m:	5:05.30 34.09		
8.	Kempa Anna SO		01	MMKS K dzierzyn Ko le				<b>5:07.38</b>	601	A
	50m:	33.54 33.54	150m:	1:53.82 41.42	250m:	3:13.88 39.78	350m:	4:31.63 36.66		
	100m:	1:12.40 38.86	200m:	2:34.10 40.28	300m:	3:54.97 41.09	400m:	5:07.38 35.75		
9.	Litwin Andrea SK		01	Galicja Kraków				<b>5:08.69</b>	593	A
	50m:	32.43 32.43	150m:	1:49.96 40.35	250m:	3:13.33 43.37	350m:	4:33.10 36.02		
	100m:	1:09.61 37.18	200m:	2:29.96 40.00	300m:	3:57.08 43.75	400m:	5:08.69 35.59		
10.	Ostrowska Kamila		01	Csir Mos D browa Górnicza				<b>5:08.82</b>	593	A
	50m:	31.79 31.79	150m:	1:46.83 37.74	250m:	3:09.60 44.59	350m:	4:31.84 37.44		
	100m:	1:09.09 37.30	200m:	2:25.01 38.18	300m:	3:54.40 44.80	400m:	5:08.82 36.98		
11.	Ma dok Klaudia		01	Nowy KP Bielsko				<b>5:10.87</b>	581	B
	50m:	32.67 32.67	150m:	1:48.02 37.98	250m:	3:12.11 45.63	350m:	4:36.82 37.09		
	100m:	1:10.04 37.37	200m:	2:26.48 38.46	300m:	3:59.73 47.62	400m:	5:10.87 34.05		
12.	Rzadek Natalia		01	Nowy KP Bielsko				<b>5:12.42</b>	572	B
	50m:	31.80 31.80	150m:	1:49.12 40.68	250m:	3:16.13 46.55	350m:	4:39.95 35.76		
	100m:	1:08.44 36.64	200m:	2:29.58 40.46	300m:	4:04.19 48.06	400m:	5:12.42 32.47		
13.	Sm tek Wiktoria SR		01	MMKS K dzierzyn Ko le				<b>5:14.85</b>	559	B
	50m:	34.04 34.04	150m:	1:53.76 38.88	250m:	3:15.55 43.27	350m:	4:38.66 38.18		
	100m:	1:14.88 40.84	200m:	2:32.28 38.52	300m:	4:00.48 44.93	400m:	5:14.85 36.19		
14.	Faryna Patrycja		01	Towarzystwo Pływackie Zielona				<b>5:19.42</b>	535	B
	50m:	33.96 33.96	150m:	1:54.98 41.05	250m:	3:20.42 44.90	350m:	4:44.81 38.44		
	100m:	1:13.93 39.97	200m:	2:35.52 40.54	300m:	4:06.37 45.95	400m:	5:19.42 34.61		
15.	Holak Marta		01	MUKS Pi tnastrka Bydgoszcz				<b>5:19.99</b>	533	B
	50m:	34.11 34.11	150m:	1:52.38 39.83	250m:	3:19.69 46.78	350m:	4:44.38 37.51		
	100m:	1:12.55 38.44	200m:	2:32.91 40.53	300m:	4:06.87 47.18	400m:	5:19.99 35.61		



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Pozycja			Rok ur.					Czas	Pkt.			
16.	Hojół Agata SK		01	Galicja Kraków				<b>5:20.10</b>	532	B		
	50m:	32.19	32.19	150m:	1:50.86	41.81	250m:	3:16.94	45.23	350m:	4:43.49	38.17
	100m:	1:09.05	36.86	200m:	2:31.71	40.85	300m:	4:05.32	48.38	400m:	5:20.10	36.61
17.	Ciesiul Karolina		01	KS WANKAMN Legnica				<b>5:21.40</b>	526	B		
	50m:	33.97	33.97	150m:			250m:	3:19.62	46.88	350m:	4:45.67	37.18
	100m:	1:14.27	40.30	200m:	2:32.74		300m:	4:08.49	48.87	400m:	5:21.40	35.73
18.	Rygiel Julia		01	KS Swim2win Krosno				<b>5:23.41</b>	516	B		
	50m:	35.55	35.55	150m:	1:59.15	42.81	250m:	3:23.96	43.47	350m:	4:47.06	38.83
	100m:	1:16.34	40.79	200m:	2:40.49	41.34	300m:	4:08.23	44.27	400m:	5:23.41	36.35
19.	Skrok Zuzanna		01	SP MOTYL MOSiR Stalowa Wola				<b>5:24.67</b>	510	B		
	50m:	33.78	33.78	150m:	1:54.95	42.11	250m:	3:23.51	46.52	350m:	4:48.56	37.82
	100m:	1:12.84	39.06	200m:	2:36.99	42.04	300m:	4:10.74	47.23	400m:	5:24.67	36.11
20.	Majewska Weronika SR		01	UKS Manta Kochłowice Ruda I ska				<b>5:24.87</b>	509	B		
	50m:	33.63	33.63	150m:	1:55.09	41.28	250m:	3:23.21	47.18	350m:	4:48.18	37.21
	100m:	1:13.81	40.18	200m:	2:36.03	40.94	300m:	4:10.97	47.76	400m:	5:24.87	36.69
21.	Deszczka Laura		01	MKS Trójka Łód				<b>5:25.03</b>	508	R		
	50m:	34.59	34.59	150m:	1:54.60	40.95	250m:	3:21.03	46.30	350m:	4:47.26	39.50
	100m:	1:13.65	39.06	200m:	2:34.73	40.13	300m:	4:07.76	46.73	400m:	5:25.03	37.77
22.	Krzyńska Karolina		01	CKS-SMS Szczecin				<b>5:29.36</b>	488	R		
	50m:	34.83	34.83	150m:	1:59.80	42.00	250m:	3:27.17	46.78	350m:	4:52.63	37.41
	100m:	1:17.80	42.97	200m:	2:40.39	40.59	300m:	4:15.22	48.05	400m:	5:29.36	36.73
23.	Bigos Dominika		01	AZS AWF Katowice				<b>5:42.99</b>	432			
	50m:	37.62	37.62	150m:	2:05.28	44.68	250m:	3:37.74	49.30	350m:	5:05.40	39.50
	100m:	1:20.60	42.98	200m:	2:48.44	43.16	300m:	4:25.90	48.16	400m:	5:42.99	37.59

