

Mistrzostwa Polski Juniorów 16 letnich
Gliwice, 10. - 12.3.2017

Event 11
10.03.2017 - 18:39

Girls, 400m Medley

16 years
Results Finals

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

Points: FINA 2016

Rank			YB					Time	Pts	
Final A										
1.	Halicka Lidia		01	Slask Wroclaw				4:45.75	748	
	50m:	30.81 30.81	150m:	1:41.69	36.10	250m:	2:57.15	39.82	350m:	4:12.15 35.05
	100m:	1:05.59 34.78	200m:	2:17.33	35.64	300m:	3:37.10	39.95	400m:	4:45.75 33.60
2.	Rutkowska Agnieszka		01	Skalar Slupsk				4:52.68	696	
	50m:	31.54 31.54	150m:	1:44.84	37.36	250m:	3:01.12	39.90	350m:	4:17.96 35.98
	100m:	1:07.48 35.94	200m:	2:21.22	36.38	300m:	3:41.98	40.86	400m:	4:52.68 34.72
3.	Cochor Izabela		01	UKS Ostrobramska Warszawa				4:54.02	687	
	50m:	31.54 31.54	150m:	1:44.74	37.25	250m:	3:03.67	43.07	350m:	4:20.43 33.78
	100m:	1:07.49 35.95	200m:	2:20.60	35.86	300m:	3:46.65	42.98	400m:	4:54.02 33.59
4.	Wett Oliwia SOL		01	MTP KORMORAN Olsztyn				4:54.97	680	
	50m:	31.41 31.41	150m:	1:45.44	37.89	250m:	3:05.53	42.32	350m:	4:22.30 34.12
	100m:	1:07.55 36.14	200m:	2:23.21	37.77	300m:	3:48.18	42.65	400m:	4:54.97 32.67
5.	Wegrzynowska Aleksandra		01	Slask Wroclaw				4:59.67	649	
	50m:	32.12 32.12	150m:	1:48.07	39.25	250m:	3:10.07	43.28	350m:	4:26.69 33.79
	100m:	1:08.82 36.70	200m:	2:26.79	38.72	300m:	3:52.90	42.83	400m:	4:59.67 32.98
6.	Przybysz Olga		01	MKP Astromal Leszno				5:02.19	632	
	50m:	32.67 32.67	150m:	1:51.22	40.78	250m:	3:11.83	41.33	350m:	4:28.83 35.41
	100m:	1:10.44 37.77	200m:	2:30.50	39.28	300m:	3:53.42	41.59	400m:	5:02.19 33.36
7.	Piskorz Aleksandra		01	UKS WODNIK Siemianowice Slaski				5:03.23	626	
	50m:	32.19 32.19	150m:	1:48.41	38.27	250m:	3:07.87	41.63	350m:	4:27.50 37.29
	100m:	1:10.14 37.95	200m:	2:26.24	37.83	300m:	3:50.21	42.34	400m:	5:03.23 35.73
8.	Litwin Andrea SK		01	UKS SMS Galicja Krakow				5:08.89	592	
	50m:	32.47 32.47	150m:	1:50.43	40.38	250m:	3:13.55	43.69	350m:	4:33.97 35.83
	100m:	1:10.05 37.58	200m:	2:29.86	39.43	300m:	3:58.14	44.59	400m:	5:08.89 34.92
9.	Ostrowska Kamila		01	Csir Mos Dabrowa Gornicza				5:09.36	589	
	50m:	31.69 31.69	150m:	1:47.90	39.03	250m:	3:11.24	44.74	350m:	4:33.55 37.17
	100m:	1:08.87 37.18	200m:	2:26.50	38.60	300m:	3:56.38	45.14	400m:	5:09.36 35.81
10.	Kempa Anna SO		01	MMKS Kedzierzyn Kozle				5:09.68	588	
	50m:	33.56 33.56	150m:	1:53.18	40.74	250m:	3:13.55	41.04	350m:	4:35.37 37.86
	100m:	1:12.44 38.88	200m:	2:32.51	39.33	300m:	3:57.51	43.96	400m:	5:09.68 34.31

Final B

11.	Smetek Wiktoria SR		01	MMKS Kedzierzyn Kozle				5:08.10	597	
	50m:	33.48 33.48	150m:	1:52.36	39.05	250m:	3:14.10	42.58	350m:	4:33.17 36.40
	100m:	1:13.31 39.83	200m:	2:31.52	39.16	300m:	3:56.77	42.67	400m:	5:08.10 34.93
12.	Mandok Klaudia		01	Nowy KP Bielsko				5:14.72	560	
	50m:	33.19 33.19	150m:	1:49.76	38.14	250m:	3:15.02	46.29	350m:	4:39.66 37.85
	100m:	1:11.62 38.43	200m:	2:28.73	38.97	300m:	4:01.81	46.79	400m:	5:14.72 35.06
13.	Ciesiul Karolina		01	KS WANKAMN Legnica				5:15.23	557	
	50m:	33.12 33.12	150m:	1:53.43	40.11	250m:	3:18.30	46.39	350m:	4:41.40 36.26
	100m:	1:13.32 40.20	200m:	2:31.91	38.48	300m:	4:05.14	46.84	400m:	5:15.23 33.83
14.	Faryna Patrycja		01	Towarzystwo Plywackie Zielona				5:16.85	549	
	50m:	32.61 32.61	150m:	1:53.62	41.21	250m:	3:17.74	43.84	350m:	4:40.90 38.05
	100m:	1:12.41 39.80	200m:	2:33.90	40.28	300m:	4:02.85	45.11	400m:	5:16.85 35.95



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

Rank			YB					Time	Pts			
15.	Rzadek Natalia		01	Nowy KP Bielsko				5:17.51	545			
	50m:	32.75	32.75	150m:	1:51.42	41.22	250m:	3:21.06	48.14	350m:	4:44.89	36.27
	100m:	1:10.20	37.45	200m:	2:32.92	41.50	300m:	4:08.62	47.56	400m:	5:17.51	32.62
16.	Majewska Weronika SR		01	UKS Manta Kochlowice Ruda Slaska				5:19.55	535			
	50m:	34.09	34.09	150m:	1:54.14	41.17	250m:	3:20.70	46.48	350m:	4:44.40	36.44
	100m:	1:12.97	38.88	200m:	2:34.22	40.08	300m:	4:07.96	47.26	400m:	5:19.55	35.15
17.	Holak Marta		01	MUKS Pietnastka Bydgoszcz				5:20.71	529			
	50m:	34.12	34.12	150m:	1:53.39	40.31	250m:	3:20.18	46.77	350m:	4:45.06	37.43
	100m:	1:13.08	38.96	200m:	2:33.41	40.02	300m:	4:07.63	47.45	400m:	5:20.71	35.65
18.	Hojol Agata SK		01	UKS SMS Galicja Krakow				5:21.52	525			
	50m:	33.32	33.32	150m:	1:53.92	42.71	250m:	3:22.82	47.28	350m:	4:48.07	37.87
	100m:	1:11.21	37.89	200m:	2:35.54	41.62	300m:	4:10.20	47.38	400m:	5:21.52	33.45
19.	Skrok Zuzanna		01	SP MOTYL MOSiR Stalowa Wola				5:30.03	485			
	50m:	35.45	35.45	150m:	1:57.99	43.02	250m:	3:27.10	46.94	350m:	4:53.00	38.58
	100m:	1:14.97	39.52	200m:	2:40.16	42.17	300m:	4:14.42	47.32	400m:	5:30.03	37.03
DSQ	Rygiel Julia		01	KS Swim2win Krosno								
	<i>M9 - Naprzeminnna lub równoczesna praca nóg (Time: 18:58)</i>											



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