

Mistrzostwa Polski Juniorów 16 letnich
Gliwice, 10. - 12.3.2017

Event 19
11.03.2017 - 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 2016

Rank			YB					Time	Pts
Final A									
1.	Zaborowicz Julia		01	KS Gornik Sosnowiec			4:16.68	762	
	50m: 30.08	30.08	150m: 1:34.23	32.32	250m: 2:39.72	32.45	350m: 3:45.12	32.39	
	100m: 1:01.91	31.83	200m: 2:07.27	33.04	300m: 3:12.73	33.01	400m: 4:16.68	31.56	
2.	Piechota Karolina		01	UKS 190 Lodz			4:16.78	761	
	50m: 30.96	30.96	150m: 1:35.71	32.50	250m: 2:40.63	32.62	350m: 3:45.60	32.26	
	100m: 1:03.21	32.25	200m: 2:08.01	32.30	300m: 3:13.34	32.71	400m: 4:16.78	31.18	
3.	Kossakowska Dominika		01	SiKReT Gliwice			4:22.16	715	
	50m: 29.72	29.72	150m: 1:34.49	32.68	250m: 2:40.89	33.06	350m: 3:48.80	34.06	
	100m: 1:01.81	32.09	200m: 2:07.83	33.34	300m: 3:14.74	33.85	400m: 4:22.16	33.36	
4.	Wicha Karolina Soc		01	KS KSZO Ostrowiec Sw			4:24.06	700	
	50m: 30.99	30.99	150m: 1:37.65	33.47	250m: 2:44.52	33.67	350m: 3:51.84	33.53	
	100m: 1:04.18	33.19	200m: 2:10.85	33.20	300m: 3:18.31	33.79	400m: 4:24.06	32.22	
5.	Wegrzynowska Aleksandra		01	Slask Wroclaw			4:25.40	689	
	50m: 30.12	30.12	150m: 1:36.14	33.36	250m: 2:44.21	34.19	350m: 3:52.48	33.99	
	100m: 1:02.78	32.66	200m: 2:10.02	33.88	300m: 3:18.49	34.28	400m: 4:25.40	32.92	
6.	Bednarek Zuzanna		01	MKS Jedynka Lodz			4:28.17	668	
	50m: 30.53	30.53	150m: 1:37.88	33.93	250m: 2:46.40	34.13	350m: 3:55.68	34.43	
	100m: 1:03.95	33.42	200m: 2:12.27	34.39	300m: 3:21.25	34.85	400m: 4:28.17	32.49	
7.	Stepinska Natalia		01	KS Korona Krakow			4:28.21	668	
	50m: 30.77	30.77	150m: 1:38.27	34.04	250m: 2:46.56	34.25	350m: 3:54.99	33.82	
	100m: 1:04.23	33.46	200m: 2:12.31	34.04	300m: 3:21.17	34.61	400m: 4:28.21	33.22	
8.	Lysakowska Julia SL		01	KU AZS UMCS Lublin			4:30.93	648	
	50m: 31.04	31.04	150m: 1:39.07	34.27	250m: 2:47.88	34.31	350m: 3:57.20	34.68	
	100m: 1:04.80	33.76	200m: 2:13.57	34.50	300m: 3:22.52	34.64	400m: 4:30.93	33.73	
9.	Nita Daria		01	KS Korona Krakow			4:31.59	643	
	50m: 30.81	30.81	150m: 1:38.30	33.85	250m: 2:47.25	34.54	350m: 3:57.27	35.27	
	100m: 1:04.45	33.64	200m: 2:12.71	34.41	300m: 3:22.00	34.75	400m: 4:31.59	34.32	
10.	Krauze Alicja		01	Mal Wopr			4:32.32	638	
	50m: 31.10	31.10	150m: 1:39.85	34.74	250m: 2:49.60	34.88	350m: 3:58.90	34.64	
	100m: 1:05.11	34.01	200m: 2:14.72	34.87	300m: 3:24.26	34.66	400m: 4:32.32	33.42	
Final B									
11.	Kosinska Dominika		01	AZS AWF Katowice			4:29.88	656	
	50m: 31.50	31.50	150m: 1:39.93	34.43	250m: 2:48.39	34.13	350m: 3:56.58	34.46	
	100m: 1:05.50	34.00	200m: 2:14.26	34.33	300m: 3:22.12	33.73	400m: 4:29.88	33.30	
12.	Wlodarczyk Agnieszka		01	MUKS Pietnastka Bydgoszcz			4:31.01	648	
	50m: 31.44	31.44	150m: 1:39.28	34.21	250m: 2:48.95	34.90	350m: 3:58.05	34.57	
	100m: 1:05.07	33.63	200m: 2:14.05	34.77	300m: 3:23.48	34.53	400m: 4:31.01	32.96	
13.	Serafin Magdalena		01	UKS SMS Galicja Krakow			4:34.12	626	
	50m: 31.74	31.74	150m: 1:40.40	34.64	250m: 2:50.67	35.10	350m: 4:00.91	35.04	
	100m: 1:05.76	34.02	200m: 2:15.57	35.17	300m: 3:25.87	35.20	400m: 4:34.12	33.21	
14.	Mandok Klaudia		01	Nowy KP Bielsko			4:34.26	625	
	50m: 31.93	31.93	150m: 1:40.80	34.64	250m: 2:51.03	35.13	350m: 4:00.95	35.52	
	100m: 1:06.16	34.23	200m: 2:15.90	35.10	300m: 3:25.43	34.40	400m: 4:34.26	33.31	



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

Rank			YB					Time	Pts
15.	Szeluga Wiktoria SOL		01	MTP KORMORAN Olsztyn				4:37.57	603
	50m:	32.11 32.11	150m:	1:41.17	34.99	250m:	2:51.61 35.04	350m:	4:02.47 35.66
	100m:	1:06.18 34.07	200m:	2:16.57	35.40	300m:	3:26.81 35.20	400m:	4:37.57 35.10
16.	Bilska Natalia		01	UKS Zabianka Gdansk				4:38.43	597
	50m:	32.36 32.36	150m:	1:42.24	35.37	250m:	2:53.18 35.55	350m:	4:04.24 35.97
	100m:	1:06.87 34.51	200m:	2:17.63	35.39	300m:	3:28.27 35.09	400m:	4:38.43 34.19
17.	Juzwicka Zuzanna		01	MKS Trojka Lodz				4:40.40	585
	50m:	31.34 31.34	150m:	1:39.40	34.56	250m:	2:50.08 35.39	350m:	4:04.37 37.58
	100m:	1:04.84 33.50	200m:	2:14.69	35.29	300m:	3:26.79 36.71	400m:	4:40.40 36.03
18.	Gorzynik Aleksandra		01	KS Swim2win Krosno				4:40.62	583
	50m:	33.10 33.10	150m:	1:44.36	36.07	250m:	2:56.05 35.72	350m:	4:07.16 35.52
	100m:	1:08.29 35.19	200m:	2:20.33	35.97	300m:	3:31.64 35.59	400m:	4:40.62 33.46
19.	Smietana Karolina		01	UKS SMS Galicja Krakow				4:40.94	581
	50m:	33.11 33.11	150m:	1:44.27	35.93	250m:	2:55.82 35.74	350m:	4:07.34 35.44
	100m:	1:08.34 35.23	200m:	2:20.08	35.81	300m:	3:31.90 36.08	400m:	4:40.94 33.60
20.	Bura Dominika		01	Csir Mos Dabrowa Gornicza				4:41.12	580
	50m:	31.59 31.59	150m:	1:40.98	35.29	250m:	2:53.03 36.18	350m:	4:06.00 36.59
	100m:	1:05.69 34.10	200m:	2:16.85	35.87	300m:	3:29.41 36.38	400m:	4:41.12 35.12



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