

Mistrzostwa Polski Juniorów 16 letnich  
Gliwice, 10. - 12.3.2017

Event 19  
11.03.2017 - 9:33

Girls, 400m Freestyle

16 years  
Results Prelim

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

Points: FINA 2016

Rank			YB						Time	Pts		
1.	Piechota Karolina		01	UKS 190 Lodz					<b>4:26.49</b>	681	A	
	50m:	31.19	31.19	150m:	1:38.06	33.74	250m:	2:45.59	33.94	350m:	3:53.48	34.20
	100m:	1:04.32	33.13	200m:	2:11.65	33.59	300m:	3:19.28	33.69	400m:	4:26.49	33.01
2.	Zaborowicz Julia		01	KS Gornik Sosnowiec					<b>4:27.55</b>	673	A	
	50m:	30.82	30.82	150m:	1:39.68	34.48	250m:	2:47.47	33.36	350m:	3:54.49	33.72
	100m:	1:05.20	34.38	200m:	2:14.11	34.43	300m:	3:20.77	33.30	400m:	4:27.55	33.06
3.	Nita Daria		01	KS Korona Krakow					<b>4:28.36</b>	667	A	
	50m:	30.76	30.76	150m:	1:37.80	33.67	250m:	2:46.05	34.37	350m:	3:55.24	34.68
	100m:	1:04.13	33.37	200m:	2:11.68	33.88	300m:	3:20.56	34.51	400m:	4:28.36	33.12
4.	Wegrzynowska Aleksandra		01	Slask Wroclaw					<b>4:28.95</b>	663	A	
	50m:	30.82	30.82	150m:	1:38.25	34.05	250m:	2:46.61	34.26	350m:	3:55.27	34.51
	100m:	1:04.20	33.38	200m:	2:12.35	34.10	300m:	3:20.76	34.15	400m:	4:28.95	33.68
5.	Wicha Karolina Soc		01	KS KSZO Ostrowiec Sw					<b>4:28.96</b>	662	A	
	50m:	31.34	31.34	150m:	1:38.67	33.77	250m:	2:46.82	34.19	350m:	3:55.68	34.26
	100m:	1:04.90	33.56	200m:	2:12.63	33.96	300m:	3:21.42	34.60	400m:	4:28.96	33.28
6.	Stepinska Natalia		01	KS Korona Krakow					<b>4:30.08</b>	654	A	
	50m:	32.25	32.25	150m:	1:40.57	33.86	250m:	2:48.77	34.00	350m:	3:56.98	34.13
	100m:	1:06.71	34.46	200m:	2:14.77	34.20	300m:	3:22.85	34.08	400m:	4:30.08	33.10
7.	Kossakowska Dominika		01	SiKReT Gliwice					<b>4:30.59</b>	651	A	
	50m:	30.88	30.88	150m:	1:39.31	34.31	250m:	2:47.89	33.87	350m:	3:56.94	34.73
	100m:	1:05.00	34.12	200m:	2:14.02	34.71	300m:	3:22.21	34.32	400m:	4:30.59	33.65
8.	Krauze Alicja		01	Mal Wopr					<b>4:31.54</b>	644	A	
	50m:	31.32	31.32	150m:	1:40.32	34.79	250m:	2:49.63	34.52	350m:	3:58.00	33.70
	100m:	1:05.53	34.21	200m:	2:15.11	34.79	300m:	3:24.30	34.67	400m:	4:31.54	33.54
9.	Lysakowska Julia SL		01	KU AZS UMCS Lublin					<b>4:31.79</b>	642	A	
	50m:	32.00	32.00	150m:	1:40.98	34.67	250m:	2:50.40	34.44	350m:	3:58.90	33.98
	100m:	1:06.31	34.31	200m:	2:15.96	34.98	300m:	3:24.92	34.52	400m:	4:31.79	32.89
10.	Bednarek Zuzanna		01	MKS Jedyńka Lodz					<b>4:31.80</b>	642	A	
	50m:	31.00	31.00	150m:	1:39.78	34.61	250m:	2:49.33	34.78	350m:	3:58.94	34.52
	100m:	1:05.17	34.17	200m:	2:14.55	34.77	300m:	3:24.42	35.09	400m:	4:31.80	32.86
11.	Włodarczyk Agnieszka		01	MUKS Pietnastka Bydgoszcz					<b>4:33.28</b>	631	B	
	50m:	32.25	32.25	150m:	1:41.22	34.89	250m:	2:50.65	34.68	350m:	4:00.29	34.93
	100m:	1:06.33	34.08	200m:	2:15.97	34.75	300m:	3:25.36	34.71	400m:	4:33.28	32.99
12.	Mandok Klaudia		01	Nowy KP Bielsko					<b>4:35.55</b>	616	B	
	50m:	31.73	31.73	150m:	1:42.06	35.68	250m:	2:52.48	34.94	350m:	4:01.87	34.44
	100m:	1:06.38	34.65	200m:	2:17.54	35.48	300m:	3:27.43	34.95	400m:	4:35.55	33.68
13.	Juzwicka Zuzanna		01	MKS Trojka Lodz					<b>4:36.71</b>	608	B	
	50m:	31.68	31.68	150m:	1:40.31	34.78	250m:	2:50.90	35.13	350m:	4:01.84	35.63
	100m:	1:05.53	33.85	200m:	2:15.77	35.46	300m:	3:26.21	35.31	400m:	4:36.71	34.87
14.	Serafin Magdalena		01	UKS SMS Galicja Krakow					<b>4:37.25</b>	605	B	
	50m:	32.48	32.48	150m:	1:41.82	34.95	250m:	2:52.34	35.29	350m:	4:02.83	35.46
	100m:	1:06.87	34.39	200m:	2:17.05	35.23	300m:	3:27.37	35.03	400m:	4:37.25	34.42
15.	Bilska Natalia		01	UKS Zabianka Gdansk					<b>4:37.71</b>	602	B	
	50m:	32.24	32.24	150m:	1:42.33	35.20	250m:	2:52.41	34.79	350m:	4:03.67	35.48
	100m:	1:07.13	34.89	200m:	2:17.62	35.29	300m:	3:28.19	35.78	400m:	4:37.71	34.04



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Rank					YB					Time	Pts	
16.	Kosinska Dominika				01	AZS AWF Katowice				<b>4:39.59</b>	590 B	
	50m:	32.18	32.18	150m:	1:42.43	35.38	250m:	2:54.36	36.15	350m:	4:06.04	35.96
	100m:	1:07.05	34.87	200m:	2:18.21	35.78	300m:	3:30.08	35.72	400m:	4:39.59	33.55
17.	Gorzynik Aleksandra				01	KS Swim2win Krosno				<b>4:39.84</b>	588 B	
	50m:	32.52	32.52	150m:	1:41.78	35.06	250m:	2:52.97	35.70	350m:	4:04.91	35.92
	100m:	1:06.72	34.20	200m:	2:17.27	35.49	300m:	3:28.99	36.02	400m:	4:39.84	34.93
18.	Szeluga Wiktoria SOL				01	MTP KORMORAN Olsztyn				<b>4:40.50</b>	584 B	
	50m:	32.04	32.04	150m:	1:41.49	35.07	250m:	2:52.82	35.91	350m:	4:05.06	36.08
	100m:	1:06.42	34.38	200m:	2:16.91	35.42	300m:	3:28.98	36.16	400m:	4:40.50	35.44
19.	Smietana Karolina				01	UKS SMS Galicja Krakow				<b>4:40.56</b>	584 B	
	50m:	32.59	32.59	150m:	1:43.01	35.36	250m:	2:54.02	35.61	350m:	4:05.96	36.22
	100m:	1:07.65	35.06	200m:	2:18.41	35.40	300m:	3:29.74	35.72	400m:	4:40.56	34.60
20.	Bura Dominika				01	Csir Mos Dabrowa Gornicza				<b>4:41.59</b>	577 B	
	50m:	32.58	32.58	150m:	1:44.16	36.23	250m:	2:56.45	35.93	350m:	4:08.04	35.48
	100m:	1:07.93	35.35	200m:	2:20.52	36.36	300m:	3:32.56	36.11	400m:	4:41.59	33.55
21.	Kaczkowska Anna				01	UKS Skalar Warszawa				<b>4:41.79</b>	576 R	
	50m:	31.93	31.93	150m:	1:41.74	35.26	250m:	2:53.28	35.94	350m:	4:06.11	36.53
	100m:	1:06.48	34.55	200m:	2:17.34	35.60	300m:	3:29.58	36.30	400m:	4:41.79	35.68
22.	Kuropatwa Weronika				01	UKS Zabianka Gdansk				<b>4:42.64</b>	571 R	
	50m:	32.90	32.90	150m:	1:43.20	35.24	250m:	2:55.00	36.08	350m:	4:07.15	36.20
	100m:	1:07.96	35.06	200m:	2:18.92	35.72	300m:	3:30.95	35.95	400m:	4:42.64	35.49
23.	Szebesczyk Hanna				01	Slask Wroclaw				<b>4:43.86</b>	563	
	50m:	31.85	31.85	150m:	1:42.83	35.78	250m:	2:55.39	36.30	350m:	4:08.17	36.44
	100m:	1:07.05	35.20	200m:	2:19.09	36.26	300m:	3:31.73	36.34	400m:	4:43.86	35.69
24.	Jeziorna Julia				01	Slask Wroclaw				<b>4:45.51</b>	554	
	50m:	32.06	32.06	150m:	1:43.30	36.00	250m:	2:55.45	36.17	350m:	4:09.35	36.76
	100m:	1:07.30	35.24	200m:	2:19.28	35.98	300m:	3:32.59	37.14	400m:	4:45.51	36.16
25.	Majewska Weronika SR				01	UKS Manta Kochlowice Ruda Slaska				<b>4:47.51</b>	542	
	50m:	32.41	32.41	150m:	1:45.49	36.96	250m:	2:58.60	36.17	350m:	4:12.48	36.97
	100m:	1:08.53	36.12	200m:	2:22.43	36.94	300m:	3:35.51	36.91	400m:	4:47.51	35.03
26.	Bator Aleksandra SO				01	Unia Oswiecim				<b>4:47.59</b>	542	
	50m:	33.46	33.46	150m:	1:46.84	36.92	250m:	3:00.61	36.88	350m:	4:13.24	35.95
	100m:	1:09.92	36.46	200m:	2:23.73	36.89	300m:	3:37.29	36.68	400m:	4:47.59	34.35
27.	Graz Gabriela				01	SP MOTYL MOSiR Stalowa Wola				<b>4:48.90</b>	534	
	50m:	33.20	33.20	150m:	1:46.82	37.32	250m:	3:00.76	36.03	350m:	4:13.33	36.65
	100m:	1:09.50	36.30	200m:	2:24.73	37.91	300m:	3:36.68	35.92	400m:	4:48.90	35.57
28.	Gazda Zuzanna				01	Csir Mos Dabrowa Gornicza				<b>4:49.42</b>	532	
	50m:	32.54	32.54	150m:	1:44.27	36.26	250m:	2:58.48	37.24	350m:	4:13.40	37.43
	100m:	1:08.01	35.47	200m:	2:21.24	36.97	300m:	3:35.97	37.49	400m:	4:49.42	36.02
29.	Grychtol Weronika				01	UKS Wodnik 29 Katowice				<b>4:49.47</b>	531	
	50m:	32.38	32.38	150m:	1:45.22	37.07	250m:	3:00.03	37.25	350m:	4:13.54	36.46
	100m:	1:08.15	35.77	200m:	2:22.78	37.56	300m:	3:37.08	37.05	400m:	4:49.47	35.93
30.	Przewozniak Partycja SO				01	Unia Oswiecim				<b>4:49.55</b>	531	
	50m:	33.83	33.83	150m:	1:47.06	36.99	250m:	3:00.39	36.75	350m:	4:14.24	36.91
	100m:	1:10.07	36.24	200m:	2:23.64	36.58	300m:	3:37.33	36.94	400m:	4:49.55	35.31
31.	Marczuk Zuzanna				01	MKS Neptun Stargard				<b>4:49.90</b>	529	
	50m:	32.04	32.04	150m:	1:42.80	35.57	250m:	2:56.93	37.20	350m:	4:12.51	38.18
	100m:	1:07.23	35.19	200m:	2:19.73	36.93	300m:	3:34.33	37.40	400m:	4:49.90	37.39



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Rank					YB					Time	Pts	
32.	Kaczor Natalia				01	UKS Junior Kluczbork				<b>4:50.23</b>	527	
	50m:	32.59	32.59	150m:	1:47.18	37.35	250m:	3:01.51	37.24	350m:	4:15.66	36.53
	100m:	1:09.83	37.24	200m:	2:24.27	37.09	300m:	3:39.13	37.62	400m:	4:50.23	34.57
33.	Czech Wiktoria				01	KS Swim2win Krosno				<b>4:50.24</b>	527	
	50m:	34.33	34.33	150m:	1:47.32	37.01	250m:	3:00.76	36.58	350m:	4:13.86	36.52
	100m:	1:10.31	35.98	200m:	2:24.18	36.86	300m:	3:37.34	36.58	400m:	4:50.24	36.38
34.	Peplak Julia				01	KS Fenix Ozarow Mazowiecki				<b>4:51.25</b>	522	
	50m:	32.79	32.79	150m:	1:46.78	37.17	250m:	3:01.39	37.20	350m:	4:15.32	36.94
	100m:	1:09.61	36.82	200m:	2:24.19	37.41	300m:	3:38.38	36.99	400m:	4:51.25	35.93
35.	Dudziak Agata				01	UKS "3 Wodnik Wolsztyn"				<b>4:51.64</b>	519	
	50m:	33.02	33.02	150m:	1:46.95	37.31	250m:	3:01.65	37.01	350m:	4:16.47	37.02
	100m:	1:09.64	36.62	200m:	2:24.64	37.69	300m:	3:39.45	37.80	400m:	4:51.64	35.17
36.	Gasowska Martyna				01	MUKS Pietnastka Bydgoszcz				<b>4:52.34</b>	516	
	50m:	32.27	32.27	150m:	1:45.20	37.03	250m:	3:00.18	37.41	350m:	4:15.78	37.94
	100m:	1:08.17	35.90	200m:	2:22.77	37.57	300m:	3:37.84	37.66	400m:	4:52.34	36.56
37.	Popiel Anna				01	CKS-SMS Szczecin				<b>4:53.54</b>	509	
	50m:	32.95	32.95	150m:	1:45.69	36.37	250m:	3:00.07	37.38	350m:	4:16.77	38.69
	100m:	1:09.32	36.37	200m:	2:22.69	37.00	300m:	3:38.08	38.01	400m:	4:53.54	36.77
38.	Skorka Maja				01	Csir Mos Dabrowa Gornicza				<b>4:53.55</b>	509	
	50m:	32.94	32.94	150m:	1:46.64	37.13	250m:	3:01.67	37.54	350m:	4:17.36	37.83
	100m:	1:09.51	36.57	200m:	2:24.13	37.49	300m:	3:39.53	37.86	400m:	4:53.55	36.19
39.	Krol Wiktoria				01	KS Warta Poznan				<b>4:53.83</b>	508	
	50m:	31.92	31.92	150m:	1:44.96	37.01	250m:	2:59.56	37.54	350m:	4:16.58	38.94
	100m:	1:07.95	36.03	200m:	2:22.02	37.06	300m:	3:37.64	38.08	400m:	4:53.83	37.25
40.	Soja Malgorzata				01	UKS G-8 Bielany Warszawa				<b>4:53.91</b>	508	
	50m:	32.20	32.20	150m:	1:45.03	36.77	250m:	3:00.86	37.78	350m:	4:16.74	37.95
	100m:	1:08.26	36.06	200m:	2:23.08	38.05	300m:	3:38.79	37.93	400m:	4:53.91	37.17
41.	Kicinska Julia				01	UKP MANTA Jelcz-Laskowice				<b>4:55.02</b>	502	
	50m:	34.53	34.53	150m:	1:48.75	37.22	250m:	3:04.18	37.74	350m:	4:19.30	37.45
	100m:	1:11.53	37.00	200m:	2:26.44	37.69	300m:	3:41.85	37.67	400m:	4:55.02	35.72
42.	Chwalczynska Aleksandra				01	Slask Wroclaw				<b>4:56.32</b>	495	
	50m:	33.50	33.50	150m:	1:46.99	36.71	250m:	3:02.32	38.01	350m:	4:18.40	38.20
	100m:	1:10.28	36.78	200m:	2:24.31	37.32	300m:	3:40.20	37.88	400m:	4:56.32	37.92
43.	Kabanska Nicol				01	Csir Mos Dabrowa Gornicza				<b>4:57.42</b>	490	
	50m:	33.91	33.91	150m:	1:49.06	37.95	250m:	3:04.69	37.79	350m:	4:21.18	38.15
	100m:	1:11.11	37.20	200m:	2:26.90	37.84	300m:	3:43.03	38.34	400m:	4:57.42	36.24
44.	Skudlik Marta				01	UKS Manta Kochlowice Ruda Slaska				<b>4:58.73</b>	483	
	50m:	34.12	34.12	150m:	1:48.58	37.67	250m:	3:04.74	37.79	350m:	4:21.05	38.18
	100m:	1:10.91	36.79	200m:	2:26.95	38.37	300m:	3:42.87	38.13	400m:	4:58.73	37.68
45.	Zurawska Sabina SO				01	Unia Oswiecim				<b>5:01.89</b>	468	
	50m:	34.05	34.05	150m:	1:49.46	38.20	250m:	3:06.79	38.67	350m:	4:25.10	39.26
	100m:	1:11.26	37.21	200m:	2:28.12	38.66	300m:	3:45.84	39.05	400m:	5:01.89	36.79
46.	Mazurkiewicz Zuzanna				01	MKS Polonia Warszawa				<b>5:02.59</b>	465	
	50m:	34.21	34.21	150m:	1:52.73	39.57	250m:	3:10.16	38.38	350m:	4:26.67	37.76
	100m:	1:13.16	38.95	200m:	2:31.78	39.05	300m:	3:48.91	38.75	400m:	5:02.59	35.92
47.	Broniecka Sandra				01	MKP Wagrowiec				<b>5:08.34</b>	439	
	50m:	34.91	34.91	150m:	1:50.84	38.24	250m:	3:09.53	39.57	350m:	4:29.20	40.26
	100m:	1:12.60	37.69	200m:	2:29.96	39.12	300m:	3:48.94	39.41	400m:	5:08.34	39.14



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Rank			YB					Time	Pts		
48.	Frankiewicz Zuzanna		01	UKS "Osemka" Torun				<b>5:08.45</b>	439		
	50m:	34.46 34.46	150m:	1:50.98	38.84	250m:	3:10.12	40.04	350m:	4:30.09	39.87
	100m:	1:12.14 37.68	200m:	2:30.08	39.10	300m:	3:50.22	40.10	400m:	5:08.45	38.36
49.	Krol Patrycja		01	UKS Zabianka Gdansk				<b>5:09.40</b>	435		
	50m:	34.81 34.81	150m:	1:51.51	38.45	250m:	3:08.72	38.37	350m:	4:29.56	41.22
	100m:	1:13.06 38.25	200m:	2:30.35	38.84	300m:	3:48.34	39.62	400m:	5:09.40	39.84
50.	Kotlenga Agata		01	UKS Zabianka Gdansk				<b>5:15.07</b>	412		
	50m:	34.48 34.48	150m:	1:51.87	39.02	250m:	3:11.73	40.29	350m:	4:34.83	41.95
	100m:	1:12.85 38.37	200m:	2:31.44	39.57	300m:	3:52.88	41.15	400m:	5:15.07	40.24
51.	Tylkie Karolina		01	UKS PIRAT Elblag				<b>5:21.18</b>	389		
	50m:	34.52 34.52	150m:	1:56.06	41.27	250m:	3:19.41	42.01	350m:	4:41.93	41.84
	100m:	1:14.79 40.27	200m:	2:37.40	41.34	300m:	4:00.09	40.68	400m:	5:21.18	39.25
52.	Urbanska Natalia		01	SSP Orka Ilawa				<b>5:23.05</b>	382		
	50m:	34.42 34.42	150m:	1:54.85	40.71	250m:	3:18.85	42.55	350m:	4:43.08	41.73
	100m:	1:14.14 39.72	200m:	2:36.30	41.45	300m:	4:01.35	42.50	400m:	5:23.05	39.97
53.	Szczygiel Aleksandra		01	MKS Mos Katowice				<b>5:29.06</b>	362		
	50m:	34.49 34.49	150m:	1:54.25	40.60	250m:	3:19.90	43.63	350m:	4:47.29	43.40
	100m:	1:13.65 39.16	200m:	2:36.27	42.02	300m:	4:03.89	43.99	400m:	5:29.06	41.77
DNF	Kapron Aleksandra		01	Fala Krasnik							
	50m:	35.40 35.40	150m:	1:53.42	39.76	250m:	3:15.39	41.10	350m:		
	100m:	1:13.66 38.26	200m:	2:34.29	40.87	300m:			400m:		

