



Zimowe Mistrzostwa Polski Juniorów 16-letnich
O wi cim, 13/ - 15/3/2015



Event 11
13/3/2015 - 18:41

Girls, 400m Medley

16 years
Results Finals

Rekord Polski 16lat 4:42.49 Jedrzejczak Otylia POL ??? 1/12/1999
Minimum IE Baku 4:49.38

Points: FINA 2014

Rank		YB							Time	Pts
Final A										
1.	Piechota Paulina	99	UKS 190 Lodz						4:46.38	755
	<i>Minimum IE Baku</i>									
	50m: 30.60 30.60	150m: 1:41.24	36.15	250m: 2:57.98	40.88	350m: 4:13.77	34.15			
	100m: 1:05.09 34.49	200m: 2:17.10	35.86	300m: 3:39.62	41.64	400m: 4:46.38	32.61			
2.	Adamczyk Julia	99	Lublinianka Lublin						4:51.59	715
	50m: 31.29 31.29	150m: 1:43.82	36.95	250m: 3:01.64	41.36	350m: 4:18.50	33.44			
	100m: 1:06.87 35.58	200m: 2:20.28	36.46	300m: 3:45.06	43.42	400m: 4:51.59	33.09			
3.	Janiszewska Dominika SWwa	99	Polonia Warszawa						4:57.61	673
	50m: 31.06 31.06	150m: 1:45.80	39.03	250m: 3:04.81	41.07	350m: 4:22.00	35.02			
	100m: 1:06.77 35.71	200m: 2:23.74	37.94	300m: 3:46.98	42.17	400m: 4:57.61	35.61			
4.	Pajak Liliana SO	99	Unia Oswiecim						5:00.72	652
	50m: 32.34 32.34	150m: 1:46.87	38.21	250m: 3:07.32	42.99	350m: 4:26.38	35.35			
	100m: 1:08.66 36.32	200m: 2:24.33	37.46	300m: 3:51.03	43.71	400m: 5:00.72	34.34			
5.	Trafas Kornelia	99	Warta Poznan						5:04.21	630
	50m: 32.37 32.37	150m: 1:50.62	40.08	250m: 3:13.31	43.60	350m: 4:32.77	35.81			
	100m: 1:10.54 38.17	200m: 2:29.71	39.09	300m: 3:56.96	43.65	400m: 5:04.21	31.44			
6.	Prochownik Olimpia SO	99	Unia Oswiecim						5:05.73	621
	50m: 32.75 32.75	150m: 1:50.26	40.35	250m: 3:10.18	40.61	350m: 4:29.59	37.84			
	100m: 1:09.91 37.16	200m: 2:29.57	39.31	300m: 3:51.75	41.57	400m: 5:05.73	36.14			
7.	Leszczynska Klaudia Julia SO	99	Unia Oswiecim						5:08.32	605
	50m: 31.90 31.90	150m: 1:48.45	39.47	250m: 3:11.83	44.34	350m: 4:32.69	36.68			
	100m: 1:08.98 37.08	200m: 2:27.49	39.04	300m: 3:56.01	44.18	400m: 5:08.32	35.63			
8.	Filipek Jagoda	99	Slask Wroclaw						5:12.32	582
	50m: 31.61 31.61	150m: 1:48.82	40.55	250m: 3:12.66	44.44	350m: 4:35.66	37.94			
	100m: 1:08.27 36.66	200m: 2:28.22	39.40	300m: 3:57.72	45.06	400m: 5:12.32	36.66			
Final B										
9.	Nowak Marta SO	99	MMKS Kedzierzyn Kozle						5:11.89	585
	50m: 33.05 33.05	150m: 1:50.45	39.66	250m: 3:12.97	43.14	350m: 4:35.52	38.43			
	100m: 1:10.79 37.74	200m: 2:29.83	39.38	300m: 3:57.09	44.12	400m: 5:11.89	36.37			
10.	Bielinska Karolina	99	Slawianka Gorzow Wlkp.						5:15.13	567
	50m: 32.04 32.04	150m: 1:50.83	41.70	250m: 3:16.90	42.93	350m: 4:39.84	37.69			
	100m: 1:09.13 37.09	200m: 2:33.97	43.14	300m: 4:02.15	45.25	400m: 5:15.13	35.29			
11.	Smola Monika	99	Delfin Torun						5:16.74	558
	50m: 32.40 32.40	150m: 1:51.85	41.99	250m: 3:19.19	46.34	350m: 4:41.97	35.77			
	100m: 1:09.86 37.46	200m: 2:32.85	41.00	300m: 4:06.20	47.01	400m: 5:16.74	34.77			
12.	Zdunek Klaudia	99	Polonez Wyszkw						5:27.60	504
	50m: 34.21 34.21	150m: 1:58.19	42.96	250m: 3:25.01	45.21	350m: 4:51.31	39.03			
	100m: 1:15.23 41.02	200m: 2:39.80	41.61	300m: 4:12.28	47.27	400m: 5:27.60	36.29			
13.	Chamera Weronika SO	99	Motyl MOSiR St. Wola						5:27.61	504
	50m: 34.36 34.36	150m: 1:59.95	43.42	250m: 3:26.45	43.91	350m: 4:52.32	40.39			
	100m: 1:16.53 42.17	200m: 2:42.54	42.59	300m: 4:11.93	45.48	400m: 5:27.61	35.29			
14.	Raczka Marika	99	Pirania Targowek Warszawa						5:33.53	478
	50m: 34.87 34.87	150m: 2:01.51	45.53	250m: 3:32.46	47.00	350m: 4:57.91	37.39			
	100m: 1:15.98 41.11	200m: 2:45.46	43.95	300m: 4:20.52	48.06	400m: 5:33.53	35.62			
15.	Sikora Adrianna	99	SMS Galicja Krakow						5:33.82	477
	50m: 37.02 37.02	150m: 2:00.39	42.65	250m: 3:32.90	50.18	350m: 4:58.51	38.01			
	100m: 1:17.74 40.72	200m: 2:42.72	42.33	300m: 4:20.50	47.60	400m: 5:33.82	35.31			