



Zimowe Mistrzostwa Polski Juniorów Młodszych w Pływaniu 16 lat
Poznań, 13. - 15.12.2024

Konkurencja 19
2024.12.14 - 17:36

Dziewcząt, 400m dowolny

16 lat
Wyniki Finał

Rekord Polski 16 lat 4:08.04 Kilijańska Donata 00612 Poznań 2011.12.17

Punkty: AQUA 2024

Pozycja			Rok ur.							Czas	Pkt.	
Finał A												
1.	Łakoma Maria		08	UKS SMS Galicja Kraków						4:20.24	702	
	50m:	30.39	30.39	150m:	1:36.57	33.23	250m:	2:42.67	32.94	350m:	3:48.02	32.41
	100m:	1:03.34	32.95	200m:	2:09.73	33.16	300m:	3:15.61	32.94	400m:	4:20.24	32.22
2.	Jakubczyk Natalia		08	CSiR MOS w D browie Górnicy						4:22.46	684	
	50m:	30.47	30.47	150m:	1:36.94	33.45	250m:	2:44.28	33.54	350m:	3:51.06	33.17
	100m:	1:03.49	33.02	200m:	2:10.74	33.80	300m:	3:17.89	33.61	400m:	4:22.46	31.40
3.	Kondrasiuk Zofia		08	UKS „GIM 92 Ursynów”						4:25.02	664	
	50m:	29.94	29.94	150m:	1:36.04	33.27	250m:	2:43.14	33.59	350m:	3:51.22	34.12
	100m:	1:02.77	32.83	200m:	2:09.55	33.51	300m:	3:17.10	33.96	400m:	4:25.02	33.80
4.	wi tek Amelia		08	WKS I sk						4:26.79	651	
	50m:	30.76	30.76	150m:	1:38.06	33.87	250m:	2:46.08	34.09	350m:	3:53.84	33.64
	100m:	1:04.19	33.43	200m:	2:11.99	33.93	300m:	3:20.20	34.12	400m:	4:26.79	32.95
5.	Kazanowska Klaudia		08	KU AZS UMCS Lublin						4:28.66	638	
	50m:	31.60	31.60	150m:	1:38.55	33.79	250m:	2:46.59	34.14	350m:	3:55.38	34.46
	100m:	1:04.76	33.16	200m:	2:12.45	33.90	300m:	3:20.92	34.33	400m:	4:28.66	33.28
6.	Rodziewicz Alicja		08	UKS Nawa Skierniewice						4:32.65	610	
	50m:	31.39	31.39	150m:	1:39.39	34.31	250m:	2:47.63	34.13	350m:	3:57.74	35.11
	100m:	1:05.08	33.69	200m:	2:13.50	34.11	300m:	3:22.63	35.00	400m:	4:32.65	34.91
7.	Batyra Julia		08	UKS SP5 Swim						4:33.91	602	
	50m:	30.84	30.84	150m:	1:38.81	34.37	250m:	2:49.30	35.39	350m:	4:00.01	35.52
	100m:	1:04.44	33.60	200m:	2:13.91	35.10	300m:	3:24.49	35.19	400m:	4:33.91	33.90
8.	Grzech Maja		08	UKS abianka Gdańsk						4:34.36	599	
	50m:	31.24	31.24	150m:	1:40.50	34.96	250m:	2:51.01	35.24	350m:	4:01.51	35.50
	100m:	1:05.54	34.30	200m:	2:15.77	35.27	300m:	3:26.01	35.00	400m:	4:34.36	32.85
9.	Jałowiecka Gabriela		08	KU AZS UMCS Lublin						4:34.51	598	
	50m:	30.82	30.82	150m:	1:40.33	34.86	250m:	2:50.66	35.11	350m:	4:00.95	35.11
	100m:	1:05.47	34.65	200m:	2:15.55	35.22	300m:	3:25.84	35.18	400m:	4:34.51	33.56
10.	Łukasik Zuzanna		08	CSiR MOS w D browie Górnicy						4:37.27	580	
	50m:	32.06	32.06	150m:	1:41.77	35.22	250m:	2:51.67	34.73	350m:	4:02.48	35.12
	100m:	1:06.55	34.49	200m:	2:16.94	35.17	300m:	3:27.36	35.69	400m:	4:37.27	34.79
Finał B												
11.	Zielińska Małgorzata		08	UKS abianka Gdańsk						4:34.98	595	
	50m:	31.31	31.31	150m:	1:40.72	34.99	250m:	2:51.08	35.06	350m:	4:01.71	35.48
	100m:	1:05.73	34.42	200m:	2:16.02	35.30	300m:	3:26.23	35.15	400m:	4:34.98	33.27
12.	Gebel Maja		08	IKS Konstancin						4:35.77	590	
	50m:	30.88	30.88	150m:	1:40.97	35.29	250m:	2:51.69	35.47	350m:	4:02.34	35.24
	100m:	1:05.68	34.80	200m:	2:16.22	35.25	300m:	3:27.10	35.41	400m:	4:35.77	33.43
13.	Belzyt Maja		08	MKS Juvenia Wrocław						4:35.89	589	
	50m:	31.36	31.36	150m:	1:41.17	35.23	250m:	2:51.73	35.06	350m:	4:03.01	35.44
	100m:	1:05.94	34.58	200m:	2:16.67	35.50	300m:	3:27.57	35.84	400m:	4:35.89	32.88
14.	Wrona Maria		08	UKP Unia Olimpijczki						4:37.91	576	
	50m:	32.44	32.44	150m:	1:41.89	34.91	250m:	2:52.43	35.39	350m:	4:03.47	35.54
	100m:	1:06.98	34.54	200m:	2:17.04	35.15	300m:	3:27.93	35.50	400m:	4:37.91	34.44
15.	Ornowska Zuzanna		08	UKP „Polonia Warszawa”						4:39.25	568	
	50m:	30.90	30.90	150m:	1:41.08	35.63	250m:	2:52.68	35.80	350m:	4:04.30	35.90
	100m:	1:05.45	34.55	200m:	2:16.88	35.80	300m:	3:28.40	35.72	400m:	4:39.25	34.95
16.	Dolata Olga		08	KS Poznań						4:40.19	562	
	50m:	30.16	30.16	150m:	1:41.07	36.05	250m:	2:53.36	36.18	350m:	4:05.96	36.52
	100m:	1:05.02	34.86	200m:	2:17.18	36.11	300m:	3:29.44	36.08	400m:	4:40.19	34.23



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Konkurencja 19, Dziewczyny, 400m dowolny, Finał, 16 lat

Pozycja				Rok ur.					Czas	Pkt.		
17.	Zabraniak Karina			08	MKP Szczecin				4:40.99	557		
	50m:	31.45	31.45	150m:	1:42.09	35.59	250m:	2:53.80	36.05	350m:	4:06.37	36.24
	100m:	1:06.50	35.05	200m:	2:17.75	35.66	300m:	3:30.13	36.33	400m:	4:40.99	34.62
18.	Masierek Marika			08	Toru Multisport Team				4:41.15	556		
	50m:	31.40	31.40	150m:	1:42.28	36.15	250m:	2:54.87	36.14	350m:	4:07.17	36.17
	100m:	1:06.13	34.73	200m:	2:18.73	36.45	300m:	3:31.00	36.13	400m:	4:41.15	33.98
19.	Jabłońska Natalia			08	MTP Kormoran Olsztyn				4:41.40	555		
	50m:	32.80	32.80	150m:	1:43.62	35.54	250m:	2:54.51	35.37	350m:	4:06.15	35.78
	100m:	1:08.08	35.28	200m:	2:19.14	35.52	300m:	3:30.37	35.86	400m:	4:41.40	35.25
20.	Rybacka Małgorzata			08	O AZS w Poznaniu				4:41.48	554		
	50m:	31.35	31.35	150m:	1:42.95	36.42	250m:	2:55.51	36.60	350m:	4:08.29	35.98
	100m:	1:06.53	35.18	200m:	2:18.91	35.96	300m:	3:32.31	36.80	400m:	4:41.48	33.19