



Mistrzostwa Polski Juniorów 16-letnich
Ostrowiec w., 13-15 lipca 2018r



Konkurencja 11
13-07-2018 - 10:53

Dziewcz t, 400m zmienny

16 lat
Wyniki Eliminacje

Rek Polski Seniorów	4:36.95	Baranowska Katarzyna	MKSZC	Beijing (CHN)	09-08-2008
Rek Polski Jun. 16-lat	4:45.38	Knop Aleksandra	190LOD	Łód	25-05-2018

Punkty: FINA 2017

Pozycja							Czas	Pkt.	
1.	Wilczewska Aleksandra		Olimpia Lublin				5:08.89	641	A
	50m:	32.97 32.97	150m:	1:49.93 39.35	250m:	3:12.81 44.83	350m:	4:34.03 36.35	
	100m:	1:10.58 37.61	200m:	2:27.98 38.05	300m:	3:57.68 44.87	400m:	5:08.89 34.86	
2.	Kuchta Maria		Dwójka Tczew				5:09.45	637	A
	50m:	32.37 32.37	150m:	1:51.64 40.21	250m:	3:16.46 44.55	350m:	4:36.28 34.60	
	100m:	1:11.43 39.06	200m:	2:31.91 40.27	300m:	4:01.68 45.22	400m:	5:09.45 33.17	
3.	Krosta Emilia		Wodnik Siemianowice I				5:10.38	632	A
	50m:	33.31 33.31	150m:	1:49.13 39.08	250m:	3:14.48 43.59	350m:	4:34.81 35.63	
	100m:	1:10.05 36.74	200m:	2:30.89 41.76	300m:	3:59.18 44.70	400m:	5:10.38 35.57	
4.	Krypa Marta		Manta Warszawa Włochy				5:10.61	630	A
	50m:	31.87 31.87	150m:	1:48.57 40.15	250m:	3:13.83 44.74	350m:	4:35.40 35.58	
	100m:	1:08.42 36.55	200m:	2:29.09 40.52	300m:	3:59.82 45.99	400m:	5:10.61 35.21	
5.	Sobiak Zuzanna		WARTA Pozna				5:10.79	629	A
	50m:	32.90 32.90	150m:	1:49.78 39.67	250m:	3:14.31 45.90	350m:	4:36.52 35.98	
	100m:	1:10.11 37.21	200m:	2:28.41 38.63	300m:	4:00.54 46.23	400m:	5:10.79 34.27	
6.	Prochownik Martyna		UNIA O wi cim				5:11.29	626	A
	50m:	33.27 33.27	150m:	1:50.34 40.09	250m:	3:15.84 46.40	350m:	4:35.99 35.87	
	100m:	1:10.25 36.98	200m:	2:29.44 39.10	300m:	4:00.12 44.28	400m:	5:11.29 35.30	
7.	Nowak Zuzanna		UNIA O wi cim				5:17.09	592	A
	50m:	31.90 31.90	150m:	1:51.26 40.24	250m:	3:16.77 44.78	350m:	4:40.11 36.29	
	100m:	1:11.02 39.12	200m:	2:31.99 40.73	300m:	4:03.82 47.05	400m:	5:17.09 36.98	
8.	Rygiel Oliwia		Junior Kluczbork				5:17.57	590	A
	50m:	33.79 33.79	150m:	1:52.65 41.10	250m:	3:18.82 46.59	350m:	4:43.55 37.46	
	100m:	1:11.55 37.76	200m:	2:32.23 39.58	300m:	4:06.09 47.27	400m:	5:17.57 34.02	
9.	Miłek Marcelina		Galicja Kraków				5:18.07	587	A
	50m:	34.45 34.45	150m:	1:53.89 40.84	250m:	3:18.89 44.74	350m:	4:43.87 37.62	
	100m:	1:13.05 38.60	200m:	2:34.15 40.26	300m:	4:06.25 47.36	400m:	5:18.07 34.20	
10.	Skarwecka Wiktoria		UNIA O wi cim				5:18.34	585	A
	50m:	34.26 34.26	150m:	1:54.47 41.42	250m:	3:20.67 45.25	350m:	4:43.20 37.13	
	100m:	1:13.05 38.79	200m:	2:35.42 40.95	300m:	4:06.07 45.40	400m:	5:18.34 35.14	
11.	Zar ba-Paradowska Julia		BUKS Warszawa				5:18.87	582	B Skr.
	50m:	32.14 32.14	150m:	1:51.70 42.30	250m:	3:18.68 45.99	350m:	4:42.12 37.75	
	100m:	1:09.40 37.26	200m:	2:32.69 40.99	300m:	4:04.37 45.69	400m:	5:18.87 36.75	
12.	Cerlich Oliwia		IKAR Mielec				5:19.45	579	B Skr.
	50m:	34.92 34.92	150m:	1:55.30 42.50	250m:	3:22.88 46.73	350m:	4:44.53 35.35	
	100m:	1:12.80 37.88	200m:	2:36.15 40.85	300m:	4:09.18 46.30	400m:	5:19.45 34.92	
13.	Kurasi ska Oliwia		KS KSZO Ostrowiec				5:21.61	568	B
	50m:	35.04 35.04	150m:	1:54.91 40.90	250m:	3:22.45 46.20	350m:	4:44.90 37.37	
	100m:	1:14.01 38.97	200m:	2:36.25 41.34	300m:	4:07.53 45.08	400m:	5:21.61 36.71	
14.	Kapci ska Maja		UNIA O wi cim				5:22.60	562	B
	50m:	34.58 34.58	150m:	1:52.34 40.95	250m:	3:20.16 48.22	350m:	4:45.36 38.58	
	100m:	1:11.39 36.81	200m:	2:31.94 39.60	300m:	4:06.78 46.62	400m:	5:22.60 37.24	
15.	Pawłowska Julia		UNIA O wi cim				5:23.95	555	B
	50m:	34.45 34.45	150m:	1:55.72 42.37	250m:	3:21.67 43.36	350m:	4:45.80 38.96	
	100m:	1:13.35 38.90	200m:	2:38.31 42.59	300m:	4:06.84 45.17	400m:	5:23.95 38.15	
16.	Jasiorska Aleksandra		Polonia Warszawa				5:33.83	507	B
	50m:	33.57 33.57	150m:	1:59.35 43.46	250m:	3:30.00 47.30	350m:	4:55.63 38.12	
	100m:	1:15.89 42.32	200m:	2:42.70 43.35	300m:	4:17.51 47.51	400m:	5:33.83 38.20	



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Pozycja								Czas	Pkt.
17.	Szpiegowska Wiktoria			L SK Wrocław				5:37.02	493 B
	50m: 34.85 34.85	150m: 1:57.39 43.24	250m: 3:27.20 47.64	350m: 4:55.78 37.42					
	100m: 1:14.15 39.30	200m: 2:39.56 42.17	300m: 4:18.36 51.16	400m: 5:37.02 41.24					
18.	Mirowska Zuzanna			TS Wisła Kraków				5:38.77	486 B
	50m: 34.94 34.94	150m: 1:59.44 42.44	250m: 3:31.77 49.61	350m: 5:01.37 40.17					
	100m: 1:17.00 42.06	200m: 2:42.16 42.72	300m: 4:21.20 49.43	400m: 5:38.77 37.40					
19.	Dra yk Natalia			Victoria Racibórz				5:40.20	479 B
	50m: 33.43 33.43	150m: 1:54.44 42.66	250m: 3:26.54 48.84	350m: 4:58.33 41.00					
	100m: 1:11.78 38.35	200m: 2:37.70 43.26	300m: 4:17.33 50.79	400m: 5:40.20 41.87					
	Pałka Aleksandra			UNIA O wi cim				5:40.20	479 B
	50m: 36.45 36.45	150m: 2:04.49 45.40	250m: 3:34.14 46.69	350m: 5:01.94 40.33					
	100m: 1:19.09 42.64	200m: 2:47.45 42.96	300m: 4:21.61 47.47	400m: 5:40.20 38.26					
21.	Błaszczyk Weronika			Junior Kluczbork				5:44.58	461 R
	50m: 34.29 34.29	150m: 2:01.60 45.90	250m: 3:35.48 47.58	350m: 5:05.13 40.44					
	100m: 1:15.70 41.41	200m: 2:47.90 46.30	300m: 4:24.69 49.21	400m: 5:44.58 39.45					
22.	Osman Magdalena			Salos Cortile Kielce				5:57.68	412 R
	50m: 35.87 35.87	150m: 2:09.61 47.71	250m: 3:48.16 53.23	350m: 5:19.82 40.09					
	100m: 1:21.90 46.03	200m: 2:54.93 45.32	300m: 4:39.73 51.57	400m: 5:57.68 37.86					