



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



Konkurencja 19
14-07-2018 - 9:43

Dziewcz t, 400m dowolny

16 lat
Wyniki Eliminacje

Rek Polski Seniorów	4:04.23	J drzejczak Otylia	AZWAR	Melbourne (AUS)	25-03-2007
Rek Polski Jun. 16-lat	4:12.62	ukowska Paula	ZROPO	Doha (QAT)	09-12-2009

Punkty: FINA 2017

Pozycja							Czas	Pkt.	
1.	Jaszczuk Ewa		Kormoran Olsztyn				4:30.63	667	A
	50m:	31.99 31.99	150m:	1:40.30 34.10	250m:	2:48.81 33.84	350m:	3:57.72 34.49	
	100m:	1:06.20 34.21	200m:	2:14.97 34.67	300m:	3:23.23 34.42	400m:	4:30.63 32.91	
2.	Skibiak Klaudia		UKS 190 Łódź				4:32.72	651	A
	50m:	31.97 31.97	150m:	1:40.91 34.34	250m:	2:49.90 34.37	350m:	3:59.32 34.50	
	100m:	1:06.57 34.60	200m:	2:15.53 34.62	300m:	3:24.82 34.92	400m:	4:32.72 33.40	
3.	D browska Tatiana		UKS 190 Łódź				4:34.08	642	A
	50m:	31.97 31.97	150m:	1:41.21 34.62	250m:	2:51.23 35.05	350m:	4:01.79 35.15	
	100m:	1:06.59 34.62	200m:	2:16.18 34.97	300m:	3:26.64 35.41	400m:	4:34.08 32.29	
4.	Miciak Agata		Słowianka Gorzów Wlkp.				4:34.54	638	A
	50m:	32.17 32.17	150m:	1:41.00 34.00	250m:	2:50.42 34.57	350m:	4:00.70 35.17	
	100m:	1:07.00 34.83	200m:	2:15.85 34.85	300m:	3:25.53 35.11	400m:	4:34.54 33.84	
5.	Cerlich Oliwia		IKAR Mielec				4:35.32	633	A
	50m:	31.58 31.58	150m:	1:41.19 35.16	250m:	2:51.49 35.31	350m:	4:01.79 35.03	
	100m:	1:06.03 34.45	200m:	2:16.18 34.99	300m:	3:26.76 35.27	400m:	4:35.32 33.53	
6.	Rajca Oliwia		UKS 190 Łódź				4:35.46	632	A
	50m:	31.37 31.37	150m:	1:41.52 35.30	250m:	2:51.82 35.08	350m:	4:01.80 35.03	
	100m:	1:06.22 34.85	200m:	2:16.74 35.22	300m:	3:26.77 34.95	400m:	4:35.46 33.66	
7.	Serafin Barbara		G-8 Bielany Warszawa				4:37.27	620	A
	50m:	32.17 32.17	150m:	1:42.78 35.56	250m:	2:53.55 35.44	350m:	4:04.03 34.95	
	100m:	1:07.22 35.05	200m:	2:18.11 35.33	300m:	3:29.08 35.53	400m:	4:37.27 33.24	
8.	Jaworska Maja		MZOS Płock				4:37.65	617	A
	50m:	32.00 32.00	150m:	1:41.92 35.18	250m:	2:53.13 35.89	350m:	4:04.60 35.53	
	100m:	1:06.74 34.74	200m:	2:17.24 35.32	300m:	3:29.07 35.94	400m:	4:37.65 33.05	
9.	Szl k Katarzyna		Olimpijczyk Aleksandrów Ł.				4:38.53	611	A
	50m:	32.03 32.03	150m:	1:42.58 35.61	250m:	2:52.97 34.97	350m:	4:03.50 34.86	
	100m:	1:06.97 34.94	200m:	2:18.00 35.42	300m:	3:28.64 35.67	400m:	4:38.53 35.03	
10.	Górnicka Aleksandra		MKP Szczecin				4:40.25	600	A
	50m:	32.06 32.06	150m:	1:42.48 35.62	250m:	2:55.03 36.20	350m:	4:06.65 35.54	
	100m:	1:06.86 34.80	200m:	2:18.83 36.35	300m:	3:31.11 36.08	400m:	4:40.25 33.60	
11.	Skarwecka Wiktoria		UNIA O wi cim				4:40.52	598	B
	50m:	31.96 31.96	150m:	1:42.28 35.50	250m:	2:54.38 35.99	350m:	4:06.19 35.45	
	100m:	1:06.78 34.82	200m:	2:18.39 36.11	300m:	3:30.74 36.36	400m:	4:40.52 34.33	
12.	Dom ol Zuzanna		Włókniarz Kalisz				4:41.33	593	B
	50m:	32.02 32.02	150m:	1:42.98 35.70	250m:	2:54.33 35.56	350m:	4:06.17 35.71	
	100m:	1:07.28 35.26	200m:	2:18.77 35.79	300m:	3:30.46 36.13	400m:	4:41.33 35.16	
13.	Fuks Emilia		Wodnik Siemianowice I				4:41.93	589	B
	50m:	32.04 32.04	150m:	1:42.53 35.34	250m:	2:54.87 36.26	350m:	4:07.70 36.14	
	100m:	1:07.19 35.15	200m:	2:18.61 36.08	300m:	3:31.56 36.69	400m:	4:41.93 34.23	
14.	Łuczak Dominika		TP Zielona Góra				4:42.50	586	B
	50m:	32.57 32.57	150m:	1:43.77 35.91	250m:	2:56.09 36.15	350m:	4:07.76 35.60	
	100m:	1:07.86 35.29	200m:	2:19.94 36.17	300m:	3:32.16 36.07	400m:	4:42.50 34.74	
15.	Kusion Weronika		UNIA O wi cim				4:43.26	581	B
	50m:	33.45 33.45	150m:	1:45.15 36.05	250m:	2:57.34 36.31	350m:	4:09.24 35.91	
	100m:	1:09.10 35.65	200m:	2:21.03 35.88	300m:	3:33.33 35.99	400m:	4:43.26 34.02	
16.	roda Dominika		MKP Szczecin				4:44.05	576	B
	50m:	32.37 32.37	150m:	1:44.03 35.82	250m:	2:56.60 35.96	350m:	4:09.23 36.45	
	100m:	1:08.21 35.84	200m:	2:20.64 36.61	300m:	3:32.78 36.18	400m:	4:44.05 34.82	



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Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 16 lat

Pozycja								Czas	Pkt.			
17.	Pawłowska Barbara		UKS 190 Łódź					4:44.90	571 B Skr.			
	50m:	32.27	32.27	150m:	1:43.74	36.18	250m:	2:56.34	36.14	350m:	4:09.27	36.58
	100m:	1:07.56	35.29	200m:	2:20.20	36.46	300m:	3:32.69	36.35	400m:	4:44.90	35.63
18.	Zar ba-Paradowska Julia		BUKS Warszawa					4:45.11	570 B Skr.			
	50m:	32.28	32.28	150m:	1:43.61	36.03	250m:	2:56.19	36.40	350m:	4:09.26	36.50
	100m:	1:07.58	35.30	200m:	2:19.79	36.18	300m:	3:32.76	36.57	400m:	4:45.11	35.85
19.	Szewczyk Zofia		Fala Kra nik					4:45.78	566 B			
	50m:	32.68	32.68	150m:	1:44.08	35.52	250m:	2:57.71	36.38	350m:	4:09.65	35.35
	100m:	1:08.56	35.88	200m:	2:21.33	37.25	300m:	3:34.30	36.59	400m:	4:45.78	36.13
20.	Kurasi ska Oliwia		KS KSZO Ostrowiec					4:48.75	549 B			
	50m:	33.10	33.10	150m:	1:45.41	36.36	250m:	2:58.67	36.32	350m:	4:12.90	37.13
	100m:	1:09.05	35.95	200m:	2:22.35	36.94	300m:	3:35.77	37.10	400m:	4:48.75	35.85
21.	Noco Dominika		Manta Kochłowice Ruda l ska					4:49.49	544 R			
	50m:	32.49	32.49	150m:	1:44.09	36.30	250m:	2:57.65	36.82	350m:	4:12.49	37.38
	100m:	1:07.79	35.30	200m:	2:20.83	36.74	300m:	3:35.11	37.46	400m:	4:49.49	37.00
22.	Jasiorska Aleksandra		Polonia Warszawa					4:49.88	542 R Skr.			
	50m:	32.59	32.59	150m:	1:44.13	36.01	250m:	2:57.73	37.08	350m:	4:12.86	37.49
	100m:	1:08.12	35.53	200m:	2:20.65	36.52	300m:	3:35.37	37.64	400m:	4:49.88	37.02
23.	Maziar Alicja		Rekin wiebodzice					4:50.44	539			
	50m:	32.37	32.37	150m:	1:45.43	37.40	250m:	3:00.36	37.30	350m:	4:14.75	36.93
	100m:	1:08.03	35.66	200m:	2:23.06	37.63	300m:	3:37.82	37.46	400m:	4:50.44	35.69
24.	Kurzepa Adrianna		Pirania Targówek					4:52.09	530			
	50m:	32.88	32.88	150m:	1:44.95	36.33	250m:	2:59.54	37.61	350m:	4:15.22	37.77
	100m:	1:08.62	35.74	200m:	2:21.93	36.98	300m:	3:37.45	37.91	400m:	4:52.09	36.87
25.	Mruk Aleksandra		Manta Jelcz-Laskowice					4:52.25	529			
	50m:	31.93	31.93	150m:	1:44.10	36.22	250m:	2:58.59	37.33	350m:	4:14.62	38.20
	100m:	1:07.88	35.95	200m:	2:21.26	37.16	300m:	3:36.42	37.83	400m:	4:52.25	37.63
26.	Niemczyk Wiktoria		MOSM Tychy					4:52.81	526			
	50m:	32.89	32.89	150m:	1:45.31	36.89	250m:	3:00.27	37.52	350m:	4:16.65	38.58
	100m:	1:08.42	35.53	200m:	2:22.75	37.44	300m:	3:38.07	37.80	400m:	4:52.81	36.16
27.	Zaj c Wiktoria		Polonia Warszawa					4:55.82	510			
	50m:	32.51	32.51	150m:	1:46.11	37.34	250m:	3:03.75	38.80	350m:	4:18.51	37.49
	100m:	1:08.77	36.26	200m:	2:24.95	38.84	300m:	3:41.02	37.27	400m:	4:55.82	37.31
28.	Gabor Martyna		UNIA O wi cim					4:56.79	505			
	50m:	33.39	33.39	150m:	1:47.86	37.52	250m:	3:03.01	37.37	350m:	4:19.50	38.00
	100m:	1:10.34	36.95	200m:	2:25.64	37.78	300m:	3:41.50	38.49	400m:	4:56.79	37.29
29.	Wo niak Karolina		UNIA O wi cim					4:58.13	498			
	50m:	33.29	33.29	150m:	1:46.56	37.27	250m:	3:02.83	38.28	350m:	4:20.63	38.81
	100m:	1:09.29	36.00	200m:	2:24.55	37.99	300m:	3:41.82	38.99	400m:	4:58.13	37.50
30.	Kulisiewicz Adrianna		Galicja Kraków					5:02.81	476			
	50m:	33.97	33.97	150m:	1:49.20	38.28	250m:	3:06.73	39.11	350m:	4:24.94	39.28
	100m:	1:10.92	36.95	200m:	2:27.62	38.42	300m:	3:45.66	38.93	400m:	5:02.81	37.87
31.	Proce Marta		Rekin wiebodzice					5:05.08	465			
	50m:	33.07	33.07	150m:	1:49.33	38.67	250m:	3:07.80	39.31	350m:	4:27.02	39.46
	100m:	1:10.66	37.59	200m:	2:28.49	39.16	300m:	3:47.56	39.76	400m:	5:05.08	38.06
32.	Polasik Natalia		Medyk Gi ycko					5:25.10	384			
	50m:	34.32	34.32	150m:	1:54.57	41.05	250m:	3:17.98	42.05	350m:	4:42.79	42.46
	100m:	1:13.52	39.20	200m:	2:35.93	41.36	300m:	4:00.33	42.35	400m:	5:25.10	42.31
33.	Martemianow Natalia		Fala Niepołomice					5:28.68	372			
	50m:	36.87	36.87	150m:	1:58.53	41.62	250m:	3:22.62	42.28	350m:	4:46.79	42.52
	100m:	1:16.91	40.04	200m:	2:40.34	41.81	300m:	4:04.27	41.65	400m:	5:28.68	41.89



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Pozycja									Czas	Pkt.		
34.	Szuba-Łata Daria								5:30.81	365		
	50m:	35.48	35.48	150m:	1:56.46	41.62	250m:	3:23.28	43.39	350m:	4:50.45	43.51
	100m:	1:14.84	39.36	200m:	2:39.89	43.43	300m:	4:06.94	43.66	400m:	5:30.81	40.36