



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



Event 11  
13-07-2018 - 18:38

Girls, 400m Medley

16 years  
Results Finals

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	Łódź	25-05-2018

Points: FINA 2017

Rank							Time	Pts
<b>Final A</b>								
1.	Wilczewska Aleksandra		Olimpia Lublin				<b>5:02.37</b>	683
	50m:	32.81 32.81	150m:	1:47.96 38.72	250m:	3:08.62 43.36	350m:	4:28.59 36.46
	100m:	1:09.24 36.43	200m:	2:25.26 37.30	300m:	3:52.13 43.51	400m:	5:02.37 33.78
2.	Kuchta Maria		Dwojka Tczew				<b>5:03.60</b>	675
	50m:	31.86 31.86	150m:	1:50.20 40.77	250m:	3:13.78 43.63	350m:	4:31.28 34.84
	100m:	1:09.43 37.57	200m:	2:30.15 39.95	300m:	3:56.44 42.66	400m:	5:03.60 32.32
3.	Sobiak Zuzanna		WARTA Poznan				<b>5:07.42</b>	650
	50m:	32.00 32.00	150m:	1:48.98 39.81	250m:	3:12.68 45.65	350m:	4:33.03 35.01
	100m:	1:09.17 37.17	200m:	2:27.03 38.05	300m:	3:58.02 45.34	400m:	5:07.42 34.39
4.	Krypa Marta		Manta Warszawa Wlochy				<b>5:09.41</b>	637
	50m:	31.70 31.70	150m:	1:48.45 40.72	250m:	3:13.00 44.06	350m:	4:33.45 35.05
	100m:	1:07.73 36.03	200m:	2:28.94 40.49	300m:	3:58.40 45.40	400m:	5:09.41 35.96
5.	Krosta Emilia		Wodnik Siemianowice Sl				<b>5:12.32</b>	620
	50m:	33.26 33.26	150m:	1:50.60 41.75	250m:	3:17.62 44.41	350m:	4:37.72 35.72
	100m:	1:08.85 35.59	200m:	2:33.21 42.61	300m:	4:02.00 44.38	400m:	5:12.32 34.60
6.	Nowak Zuzanna		UNIA Oswiecim				<b>5:18.80</b>	583
	50m:	32.22 32.22	150m:	1:50.90 41.69	250m:	3:17.59 45.68	350m:	4:42.40 37.35
	100m:	1:09.21 36.99	200m:	2:31.91 41.01	300m:	4:05.05 47.46	400m:	5:18.80 36.40
7.	Rygiel Oliwia		Junior Kluczbork				<b>5:20.37</b>	574
	50m:	33.25 33.25	150m:	1:51.89 41.03	250m:	3:19.06 47.72	350m:	4:44.86 37.80
	100m:	1:10.86 37.61	200m:	2:31.34 39.45	300m:	4:07.06 48.00	400m:	5:20.37 35.51
8.	Skarwecka Wiktoria		UNIA Oswiecim				<b>5:22.32</b>	564
	50m:	33.59 33.59	150m:	1:55.06 41.73	250m:	3:22.37 46.32	350m:	4:46.18 37.18
	100m:	1:13.33 39.74	200m:	2:36.05 40.99	300m:	4:09.00 46.63	400m:	5:22.32 36.14
DSQ	Prochownik Martyna		UNIA Oswiecim					
	<i>Z3/G8 - uko czenie odcinka stylu grzbietowego niezgodnie z przepisami o zako czeniu wy cigu w danym stylu</i>							
DSQ	Milek Marcelina		UKS SMS Galicja Krakow					
	<i>G4 - wykonanie wi cej ni jednego poci gni cia ramieniem po obróceniu si na piersi w trakcie nawrotu</i>							
<b>Final B</b>								
11.	Kurasinska Oliwia		KS KSZO Ostrowiec				<b>5:17.07</b>	592
	50m:	33.57 33.57	150m:	1:53.42 40.95	250m:	3:19.07 45.51	350m:	4:41.36 37.66
	100m:	1:12.47 38.90	200m:	2:33.56 40.14	300m:	4:03.70 44.63	400m:	5:17.07 35.71
12.	Pawlowska Julia		UNIA Oswiecim				<b>5:17.17</b>	592
	50m:	35.54 35.54	150m:	1:58.24 44.23	250m:	3:24.34 43.79	350m:	4:43.13 35.69
	100m:	1:14.01 38.47	200m:	2:40.55 42.31	300m:	4:07.44 43.10	400m:	5:17.17 34.04
13.	Kapcinska Maja		UNIA Oswiecim				<b>5:20.05</b>	576
	50m:	33.64 33.64	150m:	1:52.96 40.91	250m:	3:20.47 47.43	350m:	4:44.21 36.81
	100m:	1:12.05 38.41	200m:	2:33.04 40.08	300m:	4:07.40 46.93	400m:	5:20.05 35.84
14.	Szpiegowska Wiktoria		SLASK Wroclaw				<b>5:27.34</b>	538
	50m:	33.84 33.84	150m:	1:56.66 42.47	250m:	3:24.81 46.78	350m:	4:50.49 37.75
	100m:	1:14.19 40.35	200m:	2:38.03 41.37	300m:	4:12.74 47.93	400m:	5:27.34 36.85
15.	Drazyk Natalia		Victoria Raciborz				<b>5:35.24</b>	501
	50m:	33.15 33.15	150m:	1:54.94 43.53	250m:	3:26.30 48.46	350m:	4:55.33 40.53
	100m:	1:11.41 38.26	200m:	2:37.84 42.90	300m:	4:14.80 48.50	400m:	5:35.24 39.91
16.	Palka Aleksandra		UNIA Oswiecim				<b>5:38.44</b>	487
	50m:	35.40 35.40	150m:	2:02.68 45.47	250m:	3:32.59 47.18	350m:	4:59.71 39.78
	100m:	1:17.21 41.81	200m:	2:45.41 42.73	300m:	4:19.93 47.34	400m:	5:38.44 38.73



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Rank								Time	Pts
17.	Blaszczyk Weronika							<b>5:39.70</b>	482
	50m: 34.30	34.30	150m: 2:00.60	45.12	250m: 3:33.22	47.15	350m: 5:01.50	39.51	
	100m: 1:15.48	41.18	200m: 2:46.07	45.47	300m: 4:21.99	48.77	400m: 5:39.70	38.20	
18.	Mirowska Zuzanna							<b>5:39.90</b>	481
	50m: 35.23	35.23	150m: 1:59.32	41.77	250m: 3:32.04	48.57	350m: 5:02.30	40.01	
	100m: 1:17.55	42.32	200m: 2:43.47	44.15	300m: 4:22.29	50.25	400m: 5:39.90	37.60	
19.	Osman Magdalena							<b>5:57.47</b>	413
	50m: 35.19	35.19	150m: 2:07.23	46.25	250m: 3:45.19	52.30	350m: 5:19.24	40.65	
	100m: 1:20.98	45.79	200m: 2:52.89	45.66	300m: 4:38.59	53.40	400m: 5:57.47	38.23	