



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



Event 11  
13-07-2018 - 10:53

Girls, 400m Medley

16 years  
Results Prelim

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				
1.	Wilczewska Aleksandra		Olimpia Lublin				<b>5:08.89</b>	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		Dwojka Tczew				<b>5:09.45</b>	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 Sl				<b>5:10.38</b>	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 Wlochy				<b>5:10.61</b>	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 Poznan				<b>5:10.79</b>	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 Oswiecim				<b>5:11.29</b>	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 Oswiecim				<b>5:17.09</b>	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				<b>5:17.57</b>	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.	Milek Marcelina		UKS SMS Galicja Krakow				<b>5:18.07</b>	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 Oswiecim				<b>5:18.34</b>	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.	Zareba-Paradowska Julia		BUKS Warszawa				<b>5:18.87</b>	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				<b>5:19.45</b>	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.	Kurasinska Oliwia		KS KSZO Ostrowiec				<b>5:21.61</b>	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.	Kapcinska Maja		UNIA Oswiecim				<b>5:22.60</b>	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.	Pawlowska Julia		UNIA Oswiecim				<b>5:23.95</b>	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				<b>5:33.83</b>	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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Rank								Time	Pts
17.	Szpiegowska Wiktoria							<b>5:37.02</b>	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							<b>5:38.77</b>	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.	Drazyk Natalia							<b>5:40.20</b>	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	
	Palka Aleksandra							<b>5:40.20</b>	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.	Błaszczuk Weronika							<b>5:44.58</b>	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							<b>5:57.68</b>	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	