



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



Event 19  
14-07-2018 - 9:43

Girls, 400m Freestyle

16 years  
Results Prelim

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

Points: FINA 2017

Rank							Time	Pts				
1.	Jaszczuk Ewa		Kormoran Olsztyn				<b>4:30.63</b>	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 Lodz				<b>4:32.72</b>	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.	Dabrowska Tatiana		UKS 190 Lodz				<b>4:34.08</b>	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 Gorzow Wlkp.				<b>4:34.54</b>	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				<b>4:35.32</b>	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 Lodz				<b>4:35.46</b>	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				<b>4:37.27</b>	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 Plock				<b>4:37.65</b>	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.	Szelek Katarzyna		Olimpijczyk Aleksandrow L.				<b>4:38.53</b>	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.	Gornicka Aleksandra		MKP Szczecin				<b>4:40.25</b>	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 Oswiecim				<b>4:40.52</b>	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.	Domzol Zuzanna		Włokniarz Kalisz				<b>4:41.33</b>	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 Sl				<b>4:41.93</b>	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.	Luczak Dominika		TP Zielona Gora				<b>4:42.50</b>	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 Oswiecim				<b>4:43.26</b>	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.	Sroda Dominika		MKP Szczecin				<b>4:44.05</b>	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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Rank								Time	Pts	
17.	Pawlowska Barbara		UKS 190 Lodz					<b>4:44.90</b>	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.	Zareba-Paradowska Julia		BUKS Warszawa					<b>4:45.11</b>	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 Krasnik					<b>4:45.78</b>	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.	Kurasinska Oliwia		KS KSZO Ostrowiec					<b>4:48.75</b>	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.	Nocon Dominika		Manta Kochlowice Ruda Slaska					<b>4:49.49</b>	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					<b>4:49.88</b>	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 Swiebodzice					<b>4:50.44</b>	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 Targowek					<b>4:52.09</b>	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					<b>4:52.25</b>	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					<b>4:52.81</b>	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.	Zajac Wiktoria		Polonia Warszawa					<b>4:55.82</b>	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 Oswiecim					<b>4:56.79</b>	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.	Wozniak Karolina		UNIA Oswiecim					<b>4:58.13</b>	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		UKS SMS Galicja Krakow					<b>5:02.81</b>	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 Swiebodzice					<b>5:05.08</b>	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 Gizycko					<b>5:25.10</b>	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 Niepolomice					<b>5:28.68</b>	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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Rank									Time	Pts		
34.	Szuba-Lata Daria								<b>5:30.81</b>	<b>365</b>		
	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