

Zimowe Mistrzostwa Polski Juniorów 17-18 lat
Gorzów Wlkp., 29. - 31.1.2010

Konkurencja 19
2010-01-30

Kobiet, 400m dowolny

17 - 18 lat
Wyniki Eliminacje

Rekord Polski 17	4:09.11	SZCZEPANIAK Karolina	AZWAR	Gorzów Wlkp.	2009-11-28
Rekord Polski 18	4:09.11	SZCZEPANIAK Karolina	AZWAR	Gorzów Wlkp.	2009-11-28

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.		
1.	LIPIŃSKA Ma ³ gorzata		93	KSZO Ostrowiec				4:28.01	703 A		
	50m:	31.42 31.42	150m:	1:37.62	33.38	250m:	2:45.35	33.89	350m:	3:53.75	34.20
	100m:	1:04.24 32.82	200m:	2:11.46	33.84	300m:	3:19.55	34.20	400m:	4:28.01	34.26
2.	WAKUŁA Karolina SO		93	AZS AWF Katowice				4:29.60	690 A		
	50m:	32.16 32.16	150m:	1:40.06	33.96	250m:	2:48.33	34.08	350m:	3:56.32	33.91
	100m:	1:06.10 33.94	200m:	2:14.25	34.19	300m:	3:22.41	34.08	400m:	4:29.60	33.28
3.	WIKIEŁ Manuela SS		92	UCEKS Ostro ³ eka				4:30.55	683 A		
	50m:	31.70 31.70	150m:	1:39.64	34.18	250m:	2:47.86	34.01	350m:	3:56.65	34.39
	100m:	1:05.46 33.76	200m:	2:13.85	34.21	300m:	3:22.26	34.40	400m:	4:30.55	33.90
4.	GRZEGORCZYK Izabella		93	Posnania Poznań				4:30.62	682 A		
	50m:	31.61 31.61	150m:	1:39.73	34.37	250m:	2:48.77	34.42	350m:	3:57.64	34.41
	100m:	1:05.36 33.75	200m:	2:14.35	34.62	300m:	3:23.23	34.46	400m:	4:30.62	32.98
5.	UKOWSKA Paula SZG		93	Zryw Opole				4:31.75	674 A		
	50m:	32.52 32.52	150m:	1:40.63	33.05	250m:	2:49.96	34.88	350m:	3:58.11	32.51
	100m:	1:07.58 35.06	200m:	2:15.08	34.45	300m:	3:25.60	35.64	400m:	4:31.75	33.64
6.	PYSZKA Alicja SK		93	Jordan Kraków				4:32.65	667 A		
	50m:	31.13 31.13	150m:	1:39.46	34.31	250m:	2:49.16	34.91	350m:	3:59.05	34.72
	100m:	1:05.15 34.02	200m:	2:14.25	34.79	300m:	3:24.33	35.17	400m:	4:32.65	33.60
7.	JANKOWSKA Marta SO		92	AZS AWF Katowice				4:33.81	659 A		
	50m:	31.60 31.60	150m:	1:39.63	34.11	250m:	2:49.11	34.61	350m:	3:59.16	35.07
	100m:	1:05.52 33.92	200m:	2:14.50	34.87	300m:	3:24.09	34.98	400m:	4:33.81	34.65
8.	ZAGRODNIK Aleksandra SO		93	Unia O ^o ewi ^e cim				4:35.77	645 A		
	50m:	32.26 32.26	150m:	1:40.76	34.42	250m:	2:50.74	35.17	350m:	4:01.19	35.35
	100m:	1:06.34 34.08	200m:	2:15.57	34.81	300m:	3:25.84	35.10	400m:	4:35.77	34.58
9.	CHODYNA Monika		92	Kormoran Olsztyn				4:36.63	639 B		
	50m:	33.20 33.20	150m:	1:42.69	34.31	250m:	2:52.19	35.00	350m:	4:02.30	34.87
	100m:	1:08.38 35.18	200m:	2:17.19	34.50	300m:	3:27.43	35.24	400m:	4:36.63	34.33
10.	SAK Agnieszka		93	Unia Tarnów				4:36.69	639 B		
	50m:	31.65 31.65	150m:	1:39.58	34.19	250m:	2:49.00	34.87	350m:	4:00.62	36.01
	100m:	1:05.39 33.74	200m:	2:14.13	34.55	300m:	3:24.61	35.61	400m:	4:36.69	36.07
11.	PIASECKA Ewa		92	AZS AWF Katowice				4:41.60	606 B		
	50m:	32.24 32.24	150m:	1:41.32	34.78	250m:	2:52.63	35.76	350m:	4:05.65	36.90
	100m:	1:06.54 34.30	200m:	2:16.87	35.55	300m:	3:28.75	36.12	400m:	4:41.60	35.95
12.	CHLIPAŁA Patrycja SK		93	Jordan Kraków				4:43.58	593 B		
	50m:	31.93 31.93	150m:	1:41.30	35.18	250m:	2:53.45	36.13	350m:	4:07.23	37.23
	100m:	1:06.12 34.19	200m:	2:17.32	36.02	300m:	3:30.00	36.55	400m:	4:43.58	36.35
13.	LEWANDOWSKA Agata		93	Gim 92 Ursynów Warszawa				4:44.12	590 B		
	50m:	32.24 32.24	150m:	1:44.11	36.28	250m:	2:56.06	35.74	350m:	4:08.92	36.90
	100m:	1:07.83 35.59	200m:	2:20.32	36.21	300m:	3:32.02	35.96	400m:	4:44.12	35.20
14.	SKWIRA Gracjana		93	CEI ¹ sk Wroc ³ aw				4:49.10	560 B		
	50m:	32.98 32.98	150m:	1:45.09	36.32	250m:	2:58.89	36.83	350m:	4:12.74	37.05
	100m:	1:08.77 35.79	200m:	2:22.06	36.97	300m:	3:35.69	36.80	400m:	4:49.10	36.36
15.	SUCHANIAK Irena		93	Korona Kraków				4:50.13	554 B		
	50m:	32.49 32.49	150m:	1:45.10	36.58	250m:	3:00.00	37.50	350m:	4:15.28	37.28
	100m:	1:08.52 36.03	200m:	2:22.50	37.40	300m:	3:38.00	38.00	400m:	4:50.13	34.85
16.	BŹCZYK Paula		93	Trójka Łód ^Ź				4:54.03	532 B		
	50m:	32.11 32.11	150m:	1:43.69	36.69	250m:	2:59.26	37.78	350m:	4:16.14	38.80
	100m:	1:07.00 34.89	200m:	2:21.48	37.79	300m:	3:37.34	38.08	400m:	4:54.03	37.89
17.	KOŁODZIEJ Alicja		93	AZS AWF Katowice				4:56.65	518 R		
	50m:	31.89 31.89	150m:	1:44.26	36.80	250m:	3:00.08	38.37	350m:	4:18.36	39.33
	100m:	1:07.46 35.57	200m:	2:21.71	37.45	300m:	3:39.03	38.95	400m:	4:56.65	38.29

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Pozycja				Rok ur.					Czas	Pkt.		
18.	SWIĄTKOWSKA Anna			93	Juvenia Wrocław				4:56.70	518 R		
	50m:	33.65	33.65	150m:	1:46.77	36.84	250m:	3:02.17	37.92	350m:	4:19.03	38.48
	100m:	1:09.93	36.28	200m:	2:24.25	37.48	300m:	3:40.55	38.38	400m:	4:56.70	37.67
19.	ZADROŃNA Karolina			92	Korona Kraków				4:59.40	504		
	50m:	34.47	34.47	150m:	1:50.31	38.13	250m:	3:06.88	37.86	350m:	4:23.14	38.05
	100m:	1:12.18	37.71	200m:	2:29.02	38.71	300m:	3:45.09	38.21	400m:	4:59.40	36.26
20.	ZAKRZEWSKA Katarzyna			92	Olimpijczyk Suwałki				5:03.76	483		
	50m:	33.61	33.61	150m:	1:48.65	38.04	250m:	3:05.71	38.59	350m:	4:24.51	39.50
	100m:	1:10.61	37.00	200m:	2:27.12	38.47	300m:	3:45.01	39.30	400m:	5:03.76	39.25