

Mistrzostwa Polski Seniorów i Młodzie owców
Ostrowiec w., 21- - 24-5-2009

Konkurencja 27
23-05-2009

Kobiet, 400m dowolny

Open
Wyniki Eliminacje

Rekord Polski 4:04.23 Jędrzejczak Otylia Melbourne 25-03-2007
Min MS Rzym 4:11.85

Punkty: FINA 2008

Pozycja			Rok ur.			Czas	Pkt.		
1.	Kilija ska Donata		95	KSZO Ostrowiec		4:22.46	795	A	
	<i>RP Jun 14-lat</i>								
	50m:	30.92 30.92	150m:	1:37.27 33.31	250m:	2:43.34 32.71	350m:	3:49.91 33.59	
	100m:	1:03.96 33.04	200m:	2:10.63 33.36	300m:	3:16.32 32.98	400m:	4:22.46 32.55	
2.	ukowska Paula		93	ZRYW Opole		4:23.69	784	A	
	50m:	30.95 30.95	150m:	1:37.68 33.44	250m:	2:44.51 32.83	350m:	3:51.97 33.51	
	100m:	1:04.24 33.29	200m:	2:11.68 34.00	300m:	3:18.46 33.95	400m:	4:23.69 31.72	
3.	Hampel Justyna		90	KSZO Ostrowiec		4:24.04	781	A	
	50m:	31.03 31.03	150m:	1:37.57 33.45	250m:	2:44.49 33.67	350m:	3:51.66 33.63	
	100m:	1:04.12 33.09	200m:	2:10.82 33.25	300m:	3:18.03 33.54	400m:	4:24.04 32.38	
4.	Olczak Mirela		93	SŁOWIANKA Gorzów W		4:24.14	780	A	
	50m:	30.70 30.70	150m:	1:38.14 34.12	250m:	2:46.21 34.21	350m:	3:52.90 32.13	
	100m:	1:04.02 33.32	200m:	2:12.00 33.86	300m:	3:20.77 34.56	400m:	4:24.14 31.24	
5.	Gawęłczyk Dominika SK		91	AZS AWF Katowice		4:26.31	761	A	
	50m:	30.00 30.00	150m:	1:36.09 33.58	250m:	2:43.98 34.15	350m:	3:52.68 34.49	
	100m:	1:02.51 32.51	200m:	2:09.83 33.74	300m:	3:18.19 34.21	400m:	4:26.31 33.63	
6.	Cisowska Aleksandra		89	AZS AGH Kraków		4:27.16	754	A	
	50m:	31.26 31.26	150m:	1:38.43 33.99	250m:	2:46.10 34.00	350m:	3:54.23 34.01	
	100m:	1:04.44 33.18	200m:	2:12.10 33.67	300m:	3:20.22 34.12	400m:	4:27.16 32.93	
7.	Majda Aleksandra		90	L SK Wrocław		4:28.55	742	A	
	50m:	30.76 30.76	150m:	1:38.38 34.00	250m:	2:46.70 34.20	350m:	3:55.19 34.13	
	100m:	1:04.38 33.62	200m:	2:12.50 34.12	300m:	3:21.06 34.36	400m:	4:28.55 33.36	
8.	Bernat Aleksandra		90	WARTA Pozna		4:28.56	742	A	
	50m:	30.52 30.52	150m:	1:37.73 33.87	250m:	2:45.91 34.23	350m:	3:55.13 34.58	
	100m:	1:03.86 33.34	200m:	2:11.68 33.95	300m:	3:20.55 34.64	400m:	4:28.56 33.43	
9.	P o arowszczyk Beata		91	L SK Wrocław		4:29.71	733	B	
	50m:	31.38 31.38	150m:	1:38.66 33.93	250m:	2:46.84 34.10	350m:	3:55.32 34.37	
	100m:	1:04.73 33.35	200m:	2:12.74 34.08	300m:	3:20.95 34.11	400m:	4:29.71 34.39	
10.	Kuzawi ska Karolina		93	MZOS Płock		4:30.90	723	B	
	50m:	31.30 31.30	150m:	1:38.53 33.88	250m:	2:47.32 34.36	350m:	3:56.85 34.56	
	100m:	1:04.65 33.35	200m:	2:12.96 34.43	300m:	3:22.29 34.97	400m:	4:30.90 34.05	
11.	Grzegorczyk Izabella		93	POSNANIA		4:31.11	721	B	
	50m:	30.41 30.41	150m:	1:38.04 34.22	250m:	2:47.19 34.51	350m:	3:56.39 34.16	
	100m:	1:03.82 33.41	200m:	2:12.68 34.64	300m:	3:22.23 35.04	400m:	4:31.11 34.72	
12.	Kami ska Aleksandra SK		92	Warszawianka		4:31.17	721	B	
	50m:	31.04 31.04	150m:	1:38.25 33.79	250m:	2:47.04 34.57	350m:	3:56.80 35.11	
	100m:	1:04.46 33.42	200m:	2:12.47 34.22	300m:	3:21.69 34.65	400m:	4:31.17 34.37	
13.	Chodyna Monika		92	Kormoran Olsztyn		4:31.44	719	B	
	50m:	31.47 31.47	150m:	1:39.88 34.45	250m:	2:48.87 34.22	350m:	3:57.55 34.13	
	100m:	1:05.43 33.96	200m:	2:14.65 34.77	300m:	3:23.42 34.55	400m:	4:31.44 33.89	
14.	Pawlaczek Natalia		93	ZRYW Opole		4:31.88	715	B	
	50m:	30.61 30.61	150m:	1:37.35 33.42	250m:	2:46.03 34.76	350m:	3:56.44 35.46	
	100m:	1:03.93 33.32	200m:	2:11.27 33.92	300m:	3:20.98 34.95	400m:	4:31.88 35.44	

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Pozycja	Rok ur.								Czas	Pkt.
15. Wikieł Manuela SS	92	U KS Ostroł ka							4:33.30	704 B
50m: 31.06 31.06	150m: 1:38.42	34.27	250m: 2:47.58	34.50	350m: 3:58.36	35.26				
100m: 1:04.15 33.09	200m: 2:13.08	34.66	300m: 3:23.10	35.52	400m: 4:33.30	34.94				
16. Jackowska Adrianna	93	Warszawianka							4:33.84	700 B
50m: 30.87 30.87	150m: 1:38.70	34.37	250m: 2:48.85	35.27	350m: 3:59.63	35.48				
100m: 1:04.33 33.46	200m: 2:13.58	34.88	300m: 3:24.15	35.30	400m: 4:33.84	34.21				
17. Lipi ska Małgorzata	93	KSZO Ostrowiec							4:35.26	689 R
50m: 32.22 32.22	150m: 1:40.35	34.65	250m: 2:50.18	35.27	350m: 4:01.16	35.57				
100m: 1:05.70 33.48	200m: 2:14.91	34.56	300m: 3:25.59	35.41	400m: 4:35.26	34.10				
18. Wasilewska Barbara	94	OSiR Piotrków							4:37.39	673 R
50m: 32.12 32.12	150m: 1:42.00	34.93	250m: 2:53.37	35.55	350m: 4:03.86	35.13				
100m: 1:07.07 34.95	200m: 2:17.82	35.82	300m: 3:28.73	35.36	400m: 4:37.39	33.53				
19. S dłak Katarzyna	94	ORKA Zamo							4:37.64	672 R
50m: 31.51 31.51	150m: 1:41.28	35.35	250m: 2:52.70	35.64	350m: 4:04.04	35.72				
100m: 1:05.93 34.42	200m: 2:17.06	35.78	300m: 3:28.32	35.62	400m: 4:37.64	33.60				
20. Kijewska Kaja	94	SALOS Kielce							4:39.28	660
50m: 32.39 32.39	150m: 1:43.24	35.89	250m: 2:55.27	36.16	350m: 4:05.97	35.19				
100m: 1:07.35 34.96	200m: 2:19.11	35.87	300m: 3:30.78	35.51	400m: 4:39.28	33.31				
21. Smól Magda	94	AQUA 15tka Bydgoszcz							4:39.69	657
50m: 32.18 32.18	150m: 1:42.64	35.65	250m: 2:54.21	35.99	350m: 4:05.54	35.54				
100m: 1:06.99 34.81	200m: 2:18.22	35.58	300m: 3:30.00	35.79	400m: 4:39.69	34.15				
22. Pyszka Alicja SK	93	JORDAN Kraków							4:41.23	646
50m: 32.19 32.19	150m: 1:42.12	35.67	250m: 2:53.28	35.93	350m: 4:05.80	36.52				
100m: 1:06.45 34.26	200m: 2:17.35	35.23	300m: 3:29.28	36.00	400m: 4:41.23	35.43				
23. Pietrzak Sandra	89	AZS AWF Katowice							4:41.37	645
50m: 32.42 32.42	150m: 1:43.71	36.08	250m: 2:54.71	35.35	350m: 4:06.07	35.67				
100m: 1:07.63 35.21	200m: 2:19.36	35.65	300m: 3:30.40	35.69	400m: 4:41.37	35.30				
24. Lewitzka Paulina	95	RUCH Grudzi dz							4:42.22	639
50m: 32.32 32.32	150m: 1:42.92	35.59	250m: 2:55.42	36.32	350m: 4:07.37	35.83				
100m: 1:07.33 35.01	200m: 2:19.10	36.18	300m: 3:31.54	36.12	400m: 4:42.22	34.85				
25. Iwankowska Anna	91	POLONIA Warszawa							4:42.55	637
50m: 32.21 32.21	150m: 1:42.49	35.60	250m: 2:54.25	36.09	350m: 4:07.88	36.95				
100m: 1:06.89 34.68	200m: 2:18.16	35.67	300m: 3:30.93	36.68	400m: 4:42.55	34.67				
26. Wilmanowicz Marta	89	WARTA Pozna							4:46.84	609
50m: 31.94 31.94	150m: 1:41.41	35.45	250m: 2:54.12	36.63	350m: 4:09.29	37.76				
100m: 1:05.96 34.02	200m: 2:17.49	36.08	300m: 3:31.53	37.41	400m: 4:46.84	37.55				
27. Borz cka Katarzyna	95	ORLIK Lublin							4:47.21	607
50m: 33.02 33.02	150m: 1:45.71	36.67	250m: 2:58.51	36.50	350m: 4:11.35	36.50				
100m: 1:09.04 36.02	200m: 2:22.01	36.30	300m: 3:34.85	36.34	400m: 4:47.21	35.86				
28. Wójcik Paula	96	AQUA 15tka Bydgoszcz							4:47.94	602
50m: 32.25 32.25	150m: 1:44.56	36.89	250m: 2:57.93	37.03	350m: 4:12.23	37.28				
100m: 1:07.67 35.42	200m: 2:20.90	36.34	300m: 3:34.95	37.02	400m: 4:47.94	35.71				
29. Pozorska Agata	94	AQUA 15tka Bydgoszcz							4:48.98	596
50m: 32.17 32.17	150m: 1:45.08	37.06	250m: 2:59.25	37.01	350m: 4:12.72	36.47				
100m: 1:08.02 35.85	200m: 2:22.24	37.16	300m: 3:36.25	37.00	400m: 4:48.98	36.26				
30. Kwiatkowska Anna	90	MOSiR Sopot							4:53.82	567
50m: 32.87 32.87	150m: 1:46.61	37.18	250m: 3:01.37	37.12	350m: 4:16.49	37.43				
100m: 1:09.43 36.56	200m: 2:24.25	37.64	300m: 3:39.06	37.69	400m: 4:53.82	37.33				

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Pozycja	Rok ur.								Czas	Pkt.
31. Zera Patrycja	89 POLONIA Warszawa								4:54.02	565
50m: 33.22 33.22	150m: 1:45.54	36.76	250m: 3:00.60	37.91	350m: 4:16.67	37.69				
100m: 1:08.78 35.56	200m: 2:22.69	37.15	300m: 3:38.98	38.38	400m: 4:54.02	37.35				
32. Rudzi ska Adrianna	95 AQUA 15tka Bydgoszcz								4:56.69	550
50m: 33.21 33.21	150m: 1:47.37	37.78	250m: 3:03.23	38.26	350m: 4:20.15	38.26				
100m: 1:09.59 36.38	200m: 2:24.97	37.60	300m: 3:41.89	38.66	400m: 4:56.69	36.54				
33. Rasi ska Daria	95 MMKS K dzierzyn-K								4:58.43	541
50m: 32.87 32.87	150m: 1:46.88	37.67	250m: 3:03.52	38.18	350m: 4:20.65	38.78				
100m: 1:09.21 36.34	200m: 2:25.34	38.46	300m: 3:41.87	38.35	400m: 4:58.43	37.78				
34. Janiczek Olga	91 LUBLINIANKA								4:58.65	540
50m: 32.87 32.87	150m: 1:47.49	38.23	250m: 3:04.20	38.45	350m: 4:20.87	38.28				
100m: 1:09.26 36.39	200m: 2:25.75	38.26	300m: 3:42.59	38.39	400m: 4:58.65	37.78				
35. Buczkowska Katarzyna	96 SHARK Rudna								4:59.87	533
50m: 32.44 32.44	150m: 1:47.75	38.82	250m: 3:05.47	38.87	350m: 4:23.30	38.64				
100m: 1:08.93 36.49	200m: 2:26.60	38.85	300m: 3:44.66	39.19	400m: 4:59.87	36.57				
36. Kita Katarzyna	95 PIRANIE Lubin								5:10.82	479
50m: 34.36 34.36	150m: 1:52.05	39.96	250m: 3:13.25	40.96	350m: 4:33.01	39.15				
100m: 1:12.09 37.73	200m: 2:32.29	40.24	300m: 3:53.86	40.61	400m: 5:10.82	37.81				
37. Zakrzewska Katarzyna	92 Olimpijczyk Suwałki								5:14.87	460
50m: 34.38 34.38	150m: 1:52.01	40.00	250m: 3:12.36	40.42	350m: 4:34.05	40.74				
100m: 1:12.01 37.63	200m: 2:31.94	39.93	300m: 3:53.31	40.95	400m: 5:14.87	40.82				