

Mistrzostwa Polski Seniorów i Młodzieżowców
Ostrowiec Cew., 21. - 24.5.2009

Konkurencja 27
09-05-23

Kobiet, 400m dowolny

Open
Wyniki Eliminacje

Rekord Polski 4:04.23 Jedrzejczak Otylia Melbourne 07-03-25
Min MS Rzym 4:11.85

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.	
1.	Kilijańska 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.	Łukowska 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.	Gawęczyk 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	ŁELĘSK Wroc³aw				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 Poznań				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.	Pożarowszczyk Beata		91	ŁELĘSK Wroc³aw				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.	Kuzawińska Karolina		93	MZOS P³ock				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.	Grzegorzczak 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.	Kamińska 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		

Mistrzostwa Polski Seniorów i Młodzieżowców
Ostrowiec Cew., 21. - 24.5.2009

Konkurencja 27, Kobiet, 400m dowolny, Eliminacje, Open

Pozycja				Rok ur.					Czas	Pkt.	
15.	Wikie ³ Manuela SS			92	UCEKS Ostro ³ êka				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.	Lipińska Ma ³ gorzata			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.	Sêd ³ ak Katarzyna			94	ORKA Zamocœæ				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 ¹ 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 Poznań				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.	Borzêcka 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		

Mistrzostwa Polski Seniorów i Młodzieżowców
Ostrowiec Cew., 21. - 24.5.2009

Konkurencja 27, Kobiet, 400m dowolny, Eliminacje, Open

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. Rudzińska 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. Rasińska Daria	95 MMKS Kędzierzyn-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