

Mistrzostwa Polski Młodzików 13-lat  
Ostrowiec Sw, 15. - 17.1.2010

Konkurencja 19  
16-01-2010

Dziewcz t, 400m dowolny

13 lat  
Wyniki Eliminacje

Rekord Polski Jun 14-lat	4:16.92	Kilija ska Donata	KSOST	Gorzów Wlkp	29-11-2009
Rekord Polski Młodz 13-lat	4:24.58	Anczykowska Joanna	WAPOZ	Pozna	28-11-1991

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	Magner Agata		97	GOSiR Piaseczno				<b>4:43.86</b>	603 A
	50m:	32.23 32.23	150m:	1:43.13 35.74	250m:	2:56.37 36.65	350m:	4:08.93 36.09	
	100m:	1:07.39 35.16	200m:	2:19.72 36.59	300m:	3:32.84 36.47	400m:	4:43.86 34.93	
2.	Zi ba Katarzyna		97	ROKITA Brzeg Dln				<b>4:47.16</b>	583 A
	50m:	32.08 32.08	150m:	1:44.00 36.39	250m:	2:57.80 36.71	350m:	4:12.45 37.42	
	100m:	1:07.61 35.53	200m:	2:21.09 37.09	300m:	3:35.03 37.23	400m:	4:47.16 34.71	
3.	Loranty Patrycja		97	KSZO Ostrowiec				<b>4:48.09</b>	577 A
	50m:	33.35 33.35	150m:	1:46.87 37.60	250m:	3:01.66 36.64	350m:	4:14.55 36.21	
	100m:	1:09.27 35.92	200m:	2:25.02 38.15	300m:	3:38.34 36.68	400m:	4:48.09 33.54	
4.	Borkowska Lucyna		97	SAMBOR Tczew				<b>4:48.82</b>	573 A
	50m:	33.40 33.40	150m:	1:44.67 35.86	250m:	2:58.66 37.49	350m:	4:13.01 36.79	
	100m:	1:08.81 35.41	200m:	2:21.17 36.50	300m:	3:36.22 37.56	400m:	4:48.82 35.81	
5.	Podlewska Miriam		97	DELFIN Oborniki				<b>4:49.74</b>	567 A
	50m:	32.48 32.48	150m:	1:45.40 36.93	250m:	3:00.51 37.36	350m:	4:14.38 36.29	
	100m:	1:08.47 35.99	200m:	2:23.15 37.75	300m:	3:38.09 37.58	400m:	4:49.74 35.36	
6.	Wójcik Magdalena		97	SOLEX Lebork				<b>4:50.34</b>	564 A
	50m:	33.22 33.22	150m:	1:46.45 37.03	250m:	3:00.84 37.23	350m:	4:14.37 36.93	
	100m:	1:09.42 36.20	200m:	2:23.61 37.16	300m:	3:37.44 36.60	400m:	4:50.34 35.97	
7.	Kubacka Magda		97	HAJDUKI Chorzów				<b>4:51.50</b>	557 A
	50m:	32.39 32.39	150m:	1:45.00 37.07	250m:	2:59.91 37.55	350m:	4:15.12 37.83	
	100m:	1:07.93 35.54	200m:	2:22.36 37.36	300m:	3:37.29 37.38	400m:	4:51.50 36.38	
8.	Wysocka Klaudia		97	SIÓDEMKA Sopot				<b>4:55.21</b>	536 A
	50m:	34.56 34.56	150m:	1:48.30 36.98	250m:	3:03.40 37.54	350m:	4:18.44 37.59	
	100m:	1:11.32 36.76	200m:	2:25.86 37.56	300m:	3:40.85 37.45	400m:	4:55.21 36.77	
9.	Nita Anna		97	TRÓJKA Łódz				<b>4:57.16</b>	526 B
	50m:	33.60 33.60	150m:	1:49.99 39.16	250m:	3:06.85 38.21	350m:	4:22.64 37.74	
	100m:	1:10.83 37.23	200m:	2:28.64 38.65	300m:	3:44.90 38.05	400m:	4:57.16 34.52	
10.	Pawlikowska Magdalena		97	SIÓDEMKA Sopot				<b>4:57.27</b>	525 B
	50m:	32.83 32.83	150m:	1:48.18 38.51	250m:	3:04.80 38.13	350m:	4:20.28 37.49	
	100m:	1:09.67 36.84	200m:	2:26.67 38.49	300m:	3:42.79 37.99	400m:	4:57.27 36.99	
11.	Bagi ska Zofia		97	SIÓDEMKA Sopot				<b>4:59.67</b>	513 B
	50m:	33.63 33.63	150m:	1:48.29 37.81	250m:	3:05.24 38.49	350m:	4:22.24 38.30	
	100m:	1:10.48 36.85	200m:	2:26.75 38.46	300m:	3:43.94 38.70	400m:	4:59.67 37.43	
12.	Wo niak Natalia		97	MOS Dabrowa Grn.				<b>5:01.60</b>	503 B
	50m:	33.79 33.79	150m:	1:49.92 38.70	250m:	3:07.57 38.77	350m:	4:25.65 39.30	
	100m:	1:11.22 37.43	200m:	2:28.80 38.88	300m:	3:46.35 38.78	400m:	5:01.60 35.95	
13.	Piechowiak Aisza		97	WARTA Pozna				<b>5:02.67</b>	498 B
	50m:	35.40 35.40	150m:	1:52.20 38.68	250m:	3:09.45 38.38	350m:	4:26.44 38.28	
	100m:	1:13.52 38.12	200m:	2:31.07 38.87	300m:	3:48.16 38.71	400m:	5:02.67 36.23	
14.	Zawolik Wiktoria		97	KSZO Ostrowiec				<b>5:02.71</b>	498 B
	50m:	33.56 33.56	150m:	1:49.52 38.55	250m:	3:07.09 38.65	350m:	4:25.00 38.92	
	100m:	1:10.97 37.41	200m:	2:28.44 38.92	300m:	3:46.08 38.99	400m:	5:02.71 37.71	
15.	Bartkowiak Patrycja		97	SŁOWIANKA Gorzów				<b>5:02.77</b>	497 B
	50m:	33.15 33.15	150m:	1:49.72 38.74	250m:	3:07.38 38.66	350m:	4:26.17 39.15	
	100m:	1:10.98 37.83	200m:	2:28.72 39.00	300m:	3:47.02 39.64	400m:	5:02.77 36.60	
16.	Bozek Dominika		97	UNIA Oswiecim				<b>5:05.69</b>	483 B
	50m:	34.59 34.59	150m:	1:51.33 38.85	250m:	3:09.16 39.49	350m:	4:27.54 38.98	
	100m:	1:12.48 37.89	200m:	2:29.67 38.34	300m:	3:48.56 39.40	400m:	5:05.69 38.15	

Mistrzostwa Polski Młodzików 13-lat  
Ostrowiec Sw, 15. - 17.1.2010

Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 13 lat

Pozycja			Rok ur.					Czas	Pkt.		
17.	Filipiak Wiktoria		97	WARTA Pozna				<b>5:05.86</b>	482 R		
	50m:	33.71 33.71	150m:	1:51.02	39.16	250m:	3:09.80	39.74	350m:	4:28.71	39.34
	100m:	1:11.86 38.15	200m:	2:30.06	39.04	300m:	3:49.37	39.57	400m:	5:05.86	37.15
18.	Walczak Katarzyna		97	WARTA Pozna				<b>5:05.96</b>	482 R		
	50m:	34.56 34.56	150m:	1:50.53	38.63	250m:	3:09.27	39.59	350m:	4:27.88	39.12
	100m:	1:11.90 37.34	200m:	2:29.68	39.15	300m:	3:48.76	39.49	400m:	5:05.96	38.08
19.	Trojgo Bogna		97	SKALAR Warszawa				<b>5:06.29</b>	480		
	50m:	33.84 33.84	150m:	1:50.77	39.01	250m:	3:08.48	39.41	350m:	4:27.94	40.04
	100m:	1:11.76 37.92	200m:	2:29.07	38.30	300m:	3:47.90	39.42	400m:	5:06.29	38.35
20.	Jabło ska Natalia		97	MOSM Tychy				<b>5:06.43</b>	480		
	50m:	34.87 34.87	150m:	1:53.95	39.89	250m:	3:13.17	39.85	350m:	4:30.97	39.14
	100m:	1:14.06 39.19	200m:	2:33.32	39.37	300m:	3:51.83	38.66	400m:	5:06.43	35.46
21.	Frelan Marta		97	SKALAR Warszawa				<b>5:06.58</b>	479		
	50m:	33.55 33.55	150m:	1:51.11	38.73	250m:	3:09.22	39.06	350m:	4:28.04	39.30
	100m:	1:12.38 38.83	200m:	2:30.16	39.05	300m:	3:48.74	39.52	400m:	5:06.58	38.54
22.	Maj Wiktoria		97	JUVENIA Wrocław				<b>5:07.93</b>	473		
	50m:	34.72 34.72	150m:	1:53.22	39.80	250m:	3:12.43	39.86	350m:	4:28.76	36.86
	100m:	1:13.42 38.70	200m:	2:32.57	39.35	300m:	3:51.90	39.47	400m:	5:07.93	39.17
23.	Miliszewska Justyna		97	SIÓDEMKĄ Sopot				<b>5:08.19</b>	471		
	50m:	35.07 35.07	150m:	1:51.89	38.75	250m:	3:10.42	39.32	350m:	4:29.29	39.36
	100m:	1:13.14 38.07	200m:	2:31.10	39.21	300m:	3:49.93	39.51	400m:	5:08.19	38.90
24.	Marzec Sara		97	ORKA Ledziny				<b>5:08.75</b>	469		
	50m:	34.62 34.62	150m:	1:52.98	39.81	250m:	3:13.12	40.48	350m:	4:31.37	38.25
	100m:	1:13.17 38.55	200m:	2:32.64	39.66	300m:	3:53.12	40.00	400m:	5:08.75	37.38
25.	Przymus Agata		97	START Łódź				<b>5:09.99</b>	463		
	50m:	34.76 34.76	150m:	1:52.79	39.28	250m:	3:11.43	39.03	350m:	4:31.04	39.69
	100m:	1:13.51 38.75	200m:	2:32.40	39.61	300m:	3:51.35	39.92	400m:	5:09.99	38.95
26.	Pawłowska aneta		97	JEDYNKA Ozarów Maz				<b>5:10.55</b>	461		
	50m:	33.59 33.59	150m:	1:51.46	39.12	250m:	3:11.47	40.02	350m:	4:31.74	40.22
	100m:	1:12.34 38.75	200m:	2:31.45	39.99	300m:	3:51.52	40.05	400m:	5:10.55	38.81
27.	Procek Jagoda		97	DELFIN Inowrocław				<b>5:11.60</b>	456		
	50m:	34.34 34.34	150m:	1:52.23	39.83	250m:	3:13.85	40.88	350m:	4:33.98	40.25
	100m:	1:12.40 38.06	200m:	2:32.97	40.74	300m:	3:53.73	39.88	400m:	5:11.60	37.62
28.	Olczyk Martyna		97	AQUATICA Pawlowice				<b>5:11.61</b>	456		
	50m:	33.88 33.88	150m:	1:51.58	39.70	250m:	3:12.68	40.69	350m:	4:33.65	40.62
	100m:	1:11.88 38.00	200m:	2:31.99	40.41	300m:	3:53.03	40.35	400m:	5:11.61	37.96
29.	Dyna Angelika		97	JORDAN Kraków				<b>5:11.74</b>	456		
	50m:	34.41 34.41	150m:	1:54.13	40.12	250m:	3:13.82	39.13	350m:	4:33.03	39.36
	100m:	1:14.01 39.60	200m:	2:34.69	40.56	300m:	3:53.67	39.85	400m:	5:11.74	38.71
30.	Strzelczyk Aleksandra		97	SLASK Wrocław				<b>5:11.88</b>	455		
	50m:	35.76 35.76	150m:	1:54.76	39.73	250m:	3:15.35	40.21	350m:	4:34.35	39.53
	100m:	1:15.03 39.27	200m:	2:35.14	40.38	300m:	3:54.82	39.47	400m:	5:11.88	37.53
31.	Gniewosz Olga		97	SHARK Rudna				<b>5:13.48</b>	448		
	50m:	36.48 36.48	150m:	1:55.83	40.00	250m:	3:16.59	40.59	350m:	4:36.07	39.70
	100m:	1:15.83 39.35	200m:	2:36.00	40.17	300m:	3:56.37	39.78	400m:	5:13.48	37.41
32.	Orczykowska Wioletta		97	STP Nowy Sacz				<b>5:15.89</b>	438		
	50m:	34.38 34.38	150m:	1:53.91	40.65	250m:	3:16.65	41.28	350m:	4:37.86	40.35
	100m:	1:13.26 38.88	200m:	2:35.37	41.46	300m:	3:57.51	40.86	400m:	5:15.89	38.03
33.	Gambu Martyna		97	VEGA Dobrodzie				<b>5:16.90</b>	434		
	50m:	34.64 34.64	150m:	1:55.00	40.85	250m:	3:17.19	41.18	350m:	4:39.07	40.75
	100m:	1:14.15 39.51	200m:	2:36.01	41.01	300m:	3:58.32	41.13	400m:	5:16.90	37.83
34.	Jasek Alicja		97	SLASK Wrocław				<b>5:16.97</b>	433		
	50m:	36.59 36.59	150m:	1:56.39	40.47	250m:	3:18.14	41.15	350m:	4:38.75	39.91
	100m:	1:15.92 39.33	200m:	2:36.99	40.60	300m:	3:58.84	40.70	400m:	5:16.97	38.22

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Ostrowiec Sw, 15. - 17.1.2010

Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 13 lat

Pozycja			Rok ur.					Czas	Pkt.		
35.	Onoszko Magdalena		97	SŁOWIANKA Gorzów				<b>5:17.10</b>	433		
	50m:	35.97 35.97	150m:	1:58.52	41.71	250m:	3:20.03	41.04	350m:	4:40.98	39.75
	100m:	1:16.81 40.84	200m:	2:38.99	40.47	300m:	4:01.23	41.20	400m:	5:17.10	36.12
36.	Moskal Karolina		97	JORDAN Kraków				<b>5:17.17</b>	433		
	50m:	35.79 35.79	150m:	1:54.80	39.74	250m:	3:17.02	41.18	350m:	4:38.15	40.75
	100m:	1:15.06 39.27	200m:	2:35.84	41.04	300m:	3:57.40	40.38	400m:	5:17.17	39.02
37.	Rutkowska Zuzanna		97	MKS ROS Pisz				<b>5:18.23</b>	428		
	50m:	35.82 35.82	150m:	1:54.72	40.02	250m:	3:17.06	41.61	350m:	4:39.67	40.74
	100m:	1:14.70 38.88	200m:	2:35.45	40.73	300m:	3:58.93	41.87	400m:	5:18.23	38.56
38.	K dziora Magdalena		97	MORENA Gda sk				<b>5:18.28</b>	428		
	50m:	35.28 35.28	150m:	1:56.73	41.11	250m:	3:18.32	40.96	350m:	4:39.51	40.32
	100m:	1:15.62 40.34	200m:	2:37.36	40.63	300m:	3:59.19	40.87	400m:	5:18.28	38.77
39.	Wierzchowska Kinga		97	UKS MOS Elk				<b>5:19.60</b>	423		
	50m:	35.29 35.29	150m:	1:54.38	39.72	250m:	3:16.67	41.44	350m:	4:40.19	41.59
	100m:	1:14.66 39.37	200m:	2:35.23	40.85	300m:	3:58.60	41.93	400m:	5:19.60	39.41
40.	Wlazlak Agata		97	REKIN Swiebodzice				<b>5:19.82</b>	422		
	50m:	35.19 35.19	150m:	1:55.36	40.69	250m:	3:19.03	42.27	350m:	4:42.45	41.09
	100m:	1:14.67 39.48	200m:	2:36.76	41.40	300m:	4:01.36	42.33	400m:	5:19.82	37.37
41.	Doma ska Julia		97	DELFIN Legionowo				<b>5:23.49</b>	408		
	50m:	35.29 35.29	150m:	1:54.43	40.17	250m:	3:18.21	42.40	350m:	4:43.46	42.71
	100m:	1:14.26 38.97	200m:	2:35.81	41.38	300m:	4:00.75	42.54	400m:	5:23.49	40.03
42.	Sadowska Natalia		97	OLIMPIJCZYK Suwalki				<b>5:26.82</b>	395		
	50m:	37.27 37.27	150m:	1:59.25	41.73	250m:	3:22.47	41.38	350m:	4:46.72	42.54
	100m:	1:17.52 40.25	200m:	2:41.09	41.84	300m:	4:04.18	41.71	400m:	5:26.82	40.10
43.	Buzanowska Natalia		97	REKIN Bydgoszcz				<b>5:30.45</b>	382		
	50m:	36.11 36.11	150m:	1:57.51	41.57	250m:	3:22.29	43.13	350m:	4:48.34	43.06
	100m:	1:15.94 39.83	200m:	2:39.16	41.65	300m:	4:05.28	42.99	400m:	5:30.45	42.11
44.	Le niewska Barbara		97	JORDAN Kraków				<b>5:35.40</b>	366		
	50m:	38.02 38.02	150m:	2:02.86	43.29	250m:	3:28.49	42.67	350m:	4:54.83	42.84
	100m:	1:19.57 41.55	200m:	2:45.82	42.96	300m:	4:11.99	43.50	400m:	5:35.40	40.57
45.	Gawlik Mariola		97	SALOS Cortile Kielce				<b>5:36.01</b>	364		
	50m:	36.43 36.43	150m:	2:00.47	43.00	250m:	3:27.59	43.45	350m:	4:54.36	43.09
	100m:	1:17.47 41.04	200m:	2:44.14	43.67	300m:	4:11.27	43.68	400m:	5:36.01	41.65
46.	Wleklik Katarzyna		97	SHARK Rudna				<b>5:37.17</b>	360		
	50m:	37.42 37.42	150m:	2:03.31	43.82	250m:	3:30.62	43.92	350m:	4:56.29	42.49
	100m:	1:19.49 42.07	200m:	2:46.70	43.39	300m:	4:13.80	43.18	400m:	5:37.17	40.88
47.	Romanowicz Anna		97	SHARK Rudna				<b>5:38.13</b>	357		
	50m:	37.83 37.83	150m:	2:02.96	43.28	250m:	3:30.15	43.53	350m:	4:55.94	42.84
	100m:	1:19.68 41.85	200m:	2:46.62	43.66	300m:	4:13.10	42.95	400m:	5:38.13	42.19