

Zimowe Mistrzostwa Polski Juniorów M³odszych 14 lat
Gorzów Wlkp., 16. - 18.1.2009

Konkurencja 19
2009-01-17

Dziewcz¹t, 400m dowolny

14 lat
Wyniki Eliminacje

Top Times "Poland"14 4:17.21 SLÓSAREK Alicja POL ??? 1997-03-01
Punkty: FINA 2008

Pozycja			Wiek					Czas	Pkt.	
1.	KILIJANŃSKA Donata		14	KSZO Ostrowiec Œw.				4:28.75	711	A
	50m:	31.04 31.04	150m:	1:39.03	34.06	250m:	2:47.50	34.39	350m:	3:56.27 34.24
	100m:	1:04.97 33.93	200m:	2:13.11	34.08	300m:	3:22.03	34.53	400m:	4:28.75 32.48
2.	TROJANOWSKA KINGA		14	EKS SKRA Be ³ chatów				4:34.41	668	A
	50m:	31.49 31.49	150m:	1:40.83	35.10	250m:	2:50.30	34.65	350m:	4:00.01 35.08
	100m:	1:05.73 34.24	200m:	2:15.65	34.82	300m:	3:24.93	34.63	400m:	4:34.41 34.40
3.	DEMBSKA JOANNA		14	UKS Skalar Warszawa				4:34.72	666	A
	50m:	30.11 30.11	150m:	1:38.65	34.63	250m:	2:48.82	35.29	350m:	3:59.95 35.41
	100m:	1:04.02 33.91	200m:	2:13.53	34.88	300m:	3:24.54	35.72	400m:	4:34.72 34.77
4.	SZMAGALSKA Agata		14	MKP S ³ owianka Gorzów Wlkp.				4:38.22	641	A
	50m:	32.39 32.39	150m:	1:42.41	35.16	250m:	2:52.68	34.67	350m:	4:03.46 34.94
	100m:	1:07.25 34.86	200m:	2:18.01	35.60	300m:	3:28.52	35.84	400m:	4:38.22 34.76
5.	ZGIET Karina		14	KS ORZEŁ Elbl'g				4:39.29	634	A
	50m:	32.55 32.55	150m:	1:43.81	35.75	250m:	2:54.33	35.29	350m:	4:04.80 35.09
	100m:	1:08.06 35.51	200m:	2:19.04	35.23	300m:	3:29.71	35.38	400m:	4:39.29 34.49
6.	LEWITZKA Paulina		14	UKS Ruch Grudzi'dz				4:39.87	630	A
	50m:	31.07 31.07	150m:	1:41.34	35.60	250m:	2:52.02	35.24	350m:	4:04.26 36.40
	100m:	1:05.74 34.67	200m:	2:16.78	35.44	300m:	3:27.86	35.84	400m:	4:39.87 35.61
7.	SZCZYTKO ALICJA		14	MUKS Olimpijczyk Suwa ³ ki				4:40.51	625	A
	50m:	31.41 31.41	150m:	1:41.68	35.83	250m:	2:53.73	35.95	350m:	4:05.86 36.14
	100m:	1:05.85 34.44	200m:	2:17.78	36.10	300m:	3:29.72	35.99	400m:	4:40.51 34.65
8.	BURSKA Justyna		14	UKS "Pi'tka" Konstantynów				4:40.92	623	A
	50m:	32.06 32.06	150m:	1:42.35	35.56	250m:	2:54.11	36.22	350m:	4:06.46 36.07
	100m:	1:06.79 34.73	200m:	2:17.89	35.54	300m:	3:30.39	36.28	400m:	4:40.92 34.46
9.	NOWIŃSKA Natalia		14	KS 1 O ³ arów Mazowiecki				4:41.07	622	B
	50m:	31.98 31.98	150m:	1:43.11	35.81	250m:	2:55.35	36.12	350m:	4:07.52 35.96
	100m:	1:07.30 35.32	200m:	2:19.23	36.12	300m:	3:31.56	36.21	400m:	4:41.07 33.55
10.	RYBSKA Agnieszka		14	ZKS Unia Tarnów				4:41.39	619	B
	50m:	31.23 31.23	150m:	1:41.10	35.68	250m:	2:53.33	36.07	350m:	4:05.76 36.06
	100m:	1:05.42 34.19	200m:	2:17.26	36.16	300m:	3:29.70	36.37	400m:	4:41.39 35.63
11.	AK KATARZYNA		14	EKS SKRA Be ³ chatów				4:41.74	617	B
	50m:	32.13 32.13	150m:	1:42.87	35.61	250m:	2:55.76	36.39	350m:	4:07.78 35.72
	100m:	1:07.26 35.13	200m:	2:19.37	36.50	300m:	3:32.06	36.30	400m:	4:41.74 33.96
12.	WALEWSKA Agnieszka		14	UKS Jagiellonka Warszawa				4:44.09	602	B
	50m:	32.45 32.45	150m:	1:43.56	35.95	250m:	2:55.54	35.95	350m:	4:08.36 36.58
	100m:	1:07.61 35.16	200m:	2:19.59	36.03	300m:	3:31.78	36.24	400m:	4:44.09 35.73
13.	BIERNACKA Katarzyna		14	KS 1 O ³ arów Mazowiecki				4:44.46	600	B
	50m:	32.15 32.15	150m:	1:43.33	35.93	250m:	2:56.34	36.65	350m:	4:09.15 36.29
	100m:	1:07.40 35.25	200m:	2:19.69	36.36	300m:	3:32.86	36.52	400m:	4:44.46 35.31
14.	FLAK Daria		14	Kmita Zabierzów				4:46.29	588	B
	50m:	32.37 32.37	150m:	1:45.22	36.54	250m:	2:58.16	36.78	350m:	4:11.29 37.28
	100m:	1:08.68 36.31	200m:	2:21.38	36.16	300m:	3:34.01	35.85	400m:	4:46.29 35.00
15.	SZCZYTKO NATALIA		14	MUKS Olimpijczyk Suwa ³ ki				4:46.30	588	B
	50m:	31.56 31.56	150m:	1:42.29	36.36	250m:	2:55.81	36.68	350m:	4:10.70 37.10
	100m:	1:05.93 34.37	200m:	2:19.13	36.84	300m:	3:33.60	37.79	400m:	4:46.30 35.60
16.	WIĘCKOWSKA KAJA		14	UKS Shark Rudna				4:46.39	588	B
	50m:	32.36 32.36	150m:	1:44.21	36.29	250m:	2:56.95	36.44	350m:	4:10.78 36.87
	100m:	1:07.92 35.56	200m:	2:20.51	36.30	300m:	3:33.91	36.96	400m:	4:46.39 35.61
17.	ROSOLSKA Karolina		14	Korner Zielona Góra				4:46.69	586	R
	50m:	32.52 32.52	150m:	1:44.31	36.66	250m:	2:58.07	36.50	350m:	4:11.83 36.51
	100m:	1:07.65 35.13	200m:	2:21.57	37.26	300m:	3:35.32	37.25	400m:	4:46.69 34.86

Zimowe Mistrzostwa Polski Juniorów M³odszych 14 lat
Gorzów Wlkp., 16. - 18.1.2009

Konkurencja 19, Dziewcz¹t, 400m dowolny, Eliminacje, 14 lat

Pozycja			Wiek				Czas	Pkt.
18.	WYSOCKA Michalina	14	MKP Szczecin	4:46.84	585	R		
	50m: 32.24	32.24	150m: 1:44.38	36.64	250m: 2:58.44	37.01	350m: 4:12.45	36.60
	100m: 1:07.74	35.50	200m: 2:21.43	37.05	300m: 3:35.85	37.41	400m: 4:46.84	34.39
19.	RYTER AMANDA	14	TP Olimpijczyk Aleksandrów ŁódŸki	4:48.77	573			
	50m: 32.47	32.47	150m: 1:45.27	36.61	250m: 2:59.54	37.36	350m: 4:13.78	37.31
	100m: 1:08.66	36.19	200m: 2:22.18	36.91	300m: 3:36.47	36.93	400m: 4:48.77	34.99
20.	AK Anna	14	MKP Bobry Dębica	4:48.94	572			
	50m: 33.16	33.16	150m: 1:45.46	36.57	250m: 2:59.46	37.21	350m: 4:13.55	37.15
	100m: 1:08.89	35.73	200m: 2:22.25	36.79	300m: 3:36.40	36.94	400m: 4:48.94	35.39
21.	RUTKOWSKA Daria	14	MKP S ³ owianka Gorzów Wlkp.	4:50.26	564			
	50m: 31.78	31.78	150m: 1:43.37	36.39	250m: 2:57.91	37.43	350m: 4:13.61	37.98
	100m: 1:06.98	35.20	200m: 2:20.48	37.11	300m: 3:35.63	37.72	400m: 4:50.26	36.65
22.	KARCZEWSKA Joanna	14	UKS Skarpa Skalub	4:52.87	549			
	50m: 33.34	33.34	150m: 1:46.99	37.04	250m: 3:02.01	37.32	350m: 4:16.63	37.25
	100m: 1:09.95	36.61	200m: 2:24.69	37.70	300m: 3:39.38	37.37	400m: 4:52.87	36.24
23.	CHRUŒCIŃSKA Katarzyna	14	MKS Jordan Kraków	4:52.89	549			
	50m: 34.07	34.07	150m: 1:47.30	37.10	250m: 3:02.34	37.56	350m: 4:17.25	37.43
	100m: 1:10.20	36.13	200m: 2:24.78	37.48	300m: 3:39.82	37.48	400m: 4:52.89	35.64
24.	MUSIAŁ Natalia SO	14	UKP Unia Ocwiêcim	4:53.77	544			
	50m: 32.54	32.54	150m: 1:45.53	37.33	250m: 3:00.94	37.62	350m: 4:16.73	37.80
	100m: 1:08.20	35.66	200m: 2:23.32	37.79	300m: 3:38.93	37.99	400m: 4:53.77	37.04
25.	BOJKO Justyna	14	CKiS w Skawinie	4:54.25	542			
	50m: 33.39	33.39	150m: 1:48.04	37.94	250m: 3:02.61	37.34	350m: 4:17.32	37.11
	100m: 1:10.10	36.71	200m: 2:25.27	37.23	300m: 3:40.21	37.60	400m: 4:54.25	36.93
26.	WINIARSKA Dominika	14	WKS Flota Gdynia	4:54.52	540			
	50m: 33.37	33.37	150m: 1:47.13	37.36	250m: 3:02.26	37.76	350m: 4:17.48	37.56
	100m: 1:09.77	36.40	200m: 2:24.50	37.37	300m: 3:39.92	37.66	400m: 4:54.52	37.04
27.	KRAKOWSKA ZUZANNA	14	UKS ōoliborz Warszawa	4:54.97	538			
	50m: 33.51	33.51	150m: 1:46.99	37.06	250m: 3:03.12	37.73	350m: 4:17.76	37.49
	100m: 1:09.93	36.42	200m: 2:25.39	38.40	300m: 3:40.27	37.15	400m: 4:54.97	37.21
28.	LESIŃSKA Kinga	14	MKS Znicz Koszalin	4:57.98	522			
	50m: 31.64	31.64	150m: 1:45.69	38.10	250m: 3:03.06	38.45	350m: 4:20.49	39.02
	100m: 1:07.59	35.95	200m: 2:24.61	38.92	300m: 3:41.47	38.41	400m: 4:57.98	37.49
29.	RUDKOWSKA SANDRA	14	UKS ōoliborz Warszawa	4:58.93	517			
	50m: 34.62	34.62	150m: 1:49.88	38.07	250m: 3:06.11	38.04	350m: 4:22.17	38.01
	100m: 1:11.81	37.19	200m: 2:28.07	38.19	300m: 3:44.16	38.05	400m: 4:58.93	36.76
30.	ELSNER MAGDALENA	14	UKS Skalar Warszawa	5:00.70	508			
	50m: 34.39	34.39	150m: 1:49.75	38.09	250m: 3:06.08	38.04	350m: 4:22.96	38.49
	100m: 1:11.66	37.27	200m: 2:28.04	38.29	300m: 3:44.47	38.39	400m: 5:00.70	37.74
31.	PARKOT JOANNA	14	UKS Kapry Armexim Pruszków	5:00.78	507			
	50m: 32.93	32.93	150m: 1:48.23	38.49	250m: 3:05.84	38.98	350m: 4:23.13	39.32
	100m: 1:09.74	36.81	200m: 2:26.86	38.63	300m: 3:43.81	37.97	400m: 5:00.78	37.65
32.	RASIŃSKA Daria	14	MMKS Kêdzierzyn-KoŸle	5:01.93	501			
	50m: 33.15	33.15	150m: 1:48.34	38.20	250m: 3:06.32	39.18	350m: 4:23.66	38.52
	100m: 1:10.14	36.99	200m: 2:27.14	38.80	300m: 3:45.14	38.82	400m: 5:01.93	38.27
33.	TURLAKIEWICZ Karolina	14	SKS 137 Delfin ŁódŸ	5:03.75	492			
	50m: 32.52	32.52	150m: 1:46.22	37.54	250m: 3:04.91	39.59	350m: 4:23.89	39.52
	100m: 1:08.68	36.16	200m: 2:25.32	39.10	300m: 3:44.37	39.46	400m: 5:03.75	39.86
34.	STÊPIEŃ Olga	14	KSZO Ostrowiec Œw.	5:04.54	489			
	50m: 34.39	34.39	150m: 1:51.17	38.67	250m: 3:08.55	38.62	350m: 4:25.57	38.92
	100m: 1:12.50	38.11	200m: 2:29.93	38.76	300m: 3:46.65	38.10	400m: 5:04.54	38.97
35.	CHUDZIK Katarzyna	14	MKP S ³ owianka Gorzów Wlkp.	5:05.44	484			
	50m: 33.78	33.78	150m: 1:50.99	39.06	250m: 3:09.79	39.42	350m: 4:28.47	39.22
	100m: 1:11.93	38.15	200m: 2:30.37	39.38	300m: 3:49.25	39.46	400m: 5:05.44	36.97

Zimowe Mistrzostwa Polski Juniorów M³odszych 14 lat
Gorzów Wlkp., 16. - 18.1.2009

Konkurencja 19, Dziewcz¹t, 400m dowolny, Eliminacje, 14 lat

Pozycja			Wiek				Czas				Pkt.	
36.	TOMANEK Marlena		14				MKS IKAR Mielec				5:05.50	484
	50m:	33.64	33.64	150m:	1:51.14	39.78	250m:	3:10.96	39.73	350m:	4:29.02	38.66
	100m:	1:11.36	37.72	200m:	2:31.23	40.09	300m:	3:50.36	39.40	400m:	5:05.50	36.48
37.	PAWLIK Marta		14				AZS AWF Katowice				5:06.84	478
	50m:	35.15	35.15	150m:	1:51.32	38.25	250m:	3:09.84	39.34	350m:	4:28.42	38.91
	100m:	1:13.07	37.92	200m:	2:30.50	39.18	300m:	3:49.51	39.67	400m:	5:06.84	38.42
38.	MAŁEŁANKA Zofia		14				UKS Jagiellonka Warszawa				5:06.85	478
	50m:	33.83	33.83	150m:	1:51.13	38.98	250m:	3:10.02	39.04	350m:	4:28.84	39.40
	100m:	1:12.15	38.32	200m:	2:30.98	39.85	300m:	3:49.44	39.42	400m:	5:06.85	38.01
39.	PIŁAT GABRIELA		14				MUKS Olimpijczyk Suwa ³ ki				5:07.32	476
	50m:	33.36	33.36	150m:	1:50.72	39.25	250m:	3:09.60	39.11	350m:	4:28.51	39.78
	100m:	1:11.47	38.11	200m:	2:30.49	39.77	300m:	3:48.73	39.13	400m:	5:07.32	38.81
40.	DRUCIS IGA		14				MUKS Olimpijczyk Suwa ³ ki				5:07.84	473
	50m:	35.01	35.01	150m:	1:53.13	39.11	250m:	3:11.18	39.14	350m:	4:29.14	38.94
	100m:	1:14.02	39.01	200m:	2:32.04	38.91	300m:	3:50.20	39.02	400m:	5:07.84	38.70
41.	KALKA Natalia		14				MKP S ³ owianka Gorzów Wlkp.				5:08.27	471
	50m:	33.98	33.98	150m:	1:50.48	38.98	250m:	3:10.09	40.20	350m:	4:29.14	39.43
	100m:	1:11.50	37.52	200m:	2:29.89	39.41	300m:	3:49.71	39.62	400m:	5:08.27	39.13
42.	HOŁUBKOW Natalia		14				MKS Polonia Warszawa				5:10.08	463
	50m:	32.49	32.49	150m:	1:48.78	39.05	250m:	3:09.81	40.70	350m:	4:30.41	40.00
	100m:	1:09.73	37.24	200m:	2:29.11	40.33	300m:	3:50.41	40.60	400m:	5:10.08	39.67
43.	SZEWCZYK Karolina		14				MKS Znicz Koszalin				5:10.93	459
	50m:	34.29	34.29	150m:	1:51.38	39.16	250m:	3:10.63	39.92	350m:	4:32.20	41.45
	100m:	1:12.22	37.93	200m:	2:30.71	39.33	300m:	3:50.75	40.12	400m:	5:10.93	38.73
44.	SALLOUM Natalia		14				MKS Juwenia Wroc ³ aw				5:11.13	458
	50m:	35.54	35.54	150m:	1:51.43	38.59	250m:	3:11.19	40.25	350m:	4:32.03	40.52
	100m:	1:12.84	37.30	200m:	2:30.94	39.51	300m:	3:51.51	40.32	400m:	5:11.13	39.10
45.	KASPRZAK Justyna		14				UKS Dziewi ¹ tka Kalisz				5:12.11	454
	50m:	34.11	34.11	150m:	1:52.10	39.55	250m:	3:11.90	40.07	350m:	4:32.27	40.48
	100m:	1:12.55	38.44	200m:	2:31.83	39.73	300m:	3:51.79	39.89	400m:	5:12.11	39.84
46.	CWYNAR Michalina		14				MKP Bobry Dębica				5:13.11	450
	50m:	34.53	34.53	150m:	1:53.10	39.55	250m:	3:13.75	40.41	350m:	4:34.42	40.16
	100m:	1:13.55	39.02	200m:	2:33.34	40.24	300m:	3:54.26	40.51	400m:	5:13.11	38.69
47.	BANASIK Paula		14				KSZO Ostrowiec Ćw.				5:14.95	442
	50m:	35.90	35.90	150m:	1:55.65	39.90	250m:	3:15.72	40.25	350m:	4:36.75	40.33
	100m:	1:15.75	39.85	200m:	2:35.47	39.82	300m:	3:56.42	40.70	400m:	5:14.95	38.20
48.	WICENIEWSKA Karolina		14				MKS Jedyńka Łód ³ Ź				5:15.50	439
	50m:	36.22	36.22	150m:	1:54.38	39.28	250m:	3:15.37	40.71	350m:	4:36.43	40.48
	100m:	1:15.10	38.88	200m:	2:34.66	40.28	300m:	3:55.95	40.58	400m:	5:15.50	39.07
49.	KRAWCZYK Justyna		14				UKS Dziewi ¹ tka Kalisz				5:18.60	427
	50m:	36.44	36.44	150m:	1:57.55	40.75	250m:	3:18.41	40.19	350m:	4:40.00	40.80
	100m:	1:16.80	40.36	200m:	2:38.22	40.67	300m:	3:59.20	40.79	400m:	5:18.60	38.60
50.	DYMNA Anna Maria		14				WKS ĆEł'sk Wroc ³ aw				5:21.10	417
	50m:	34.66	34.66	150m:	1:53.26	39.99	250m:	3:16.05	41.91	350m:	4:40.50	41.69
	100m:	1:13.27	38.61	200m:	2:34.14	40.88	300m:	3:58.81	42.76	400m:	5:21.10	40.60
51.	FRŹCKIEWICZ WERONIKA		14				BUKS Warszawa				5:25.54	400
	50m:	33.15	33.15	150m:	1:51.26	40.11	250m:	3:15.57	42.67	350m:	4:42.86	43.90
	100m:	1:11.15	38.00	200m:	2:32.90	41.64	300m:	3:58.96	43.39	400m:	5:25.54	42.68
52.	KASPRZYK Edyta		14				WKS ĆEł'sk Wroc ³ aw				5:26.30	397
	50m:	35.29	35.29	150m:	1:55.38	41.34	250m:	3:20.85	42.62	350m:	4:44.32	41.73
	100m:	1:14.04	38.75	200m:	2:38.23	42.85	300m:	4:02.59	41.74	400m:	5:26.30	41.98