

Zimowe Mistrzostwa Polski Juniorów 15 lat
Nowa Ruda - S³upiec, 23. - 25.1.2009

Konkurencja 11
2009-01-23

Dziewcz¹t, 400m zmienny

15 lat
Wyniki Eliminacje

Rekord Polski 4:46.72 URBANŹCYK Aleksandra TRLOD P³ock 2002-11-29
Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	MAŃCZAK Agata		94	PIĘTNASTKA AQUA Bydgoszcz				5:06.03	679 A
	50m: 32.25	32.25	150m: 1:48.25	39.59	250m: 3:11.73	44.95	350m: 4:32.33	35.64	
	100m: 1:08.66	36.41	200m: 2:26.78	38.53	300m: 3:56.69	44.96	400m: 5:06.03	33.70	
2.	WIZNER Katarzyna		94	PIĘTNASTKA AQUA Bydgoszcz				5:08.42	664 A
	50m: 32.33	32.33	150m: 1:48.48	38.82	250m: 3:11.23	44.58	350m: 4:32.82	36.15	
	100m: 1:09.66	37.33	200m: 2:26.65	38.17	300m: 3:56.67	45.44	400m: 5:08.42	35.60	
3.	POZORSKA Agata		94	PIĘTNASTKA AQUA Bydgoszcz				5:10.42	651 A
	50m: 33.37	33.37	150m: 1:52.29	40.51	250m: 3:15.01	43.65	350m: 4:35.25	36.05	
	100m: 1:11.78	38.41	200m: 2:31.36	39.07	300m: 3:59.20	44.19	400m: 5:10.42	35.17	
4.	MENDOWSKA Katarzyna		94	WARTA Poznań				5:11.92	642 A
	50m: 33.54	33.54	150m: 1:51.99	39.50	250m: 3:17.32	45.71	350m: 4:38.31	34.72	
	100m: 1:12.49	38.95	200m: 2:31.61	39.62	300m: 4:03.59	46.27	400m: 5:11.92	33.61	
5.	BAJORSKA Dorota		94	UNIA Oœwiêcim				5:12.93	635 A
	50m: 32.90	32.90	150m: 1:51.44	41.10	250m: 3:15.73	44.17	350m: 4:37.62	38.37	
	100m: 1:10.34	37.44	200m: 2:31.56	40.12	300m: 3:59.25	43.52	400m: 5:12.93	35.31	
6.	PAWLIKOWSKA Agata		94	JUVENIA Wroc ³ aw				5:13.18	634 A
	50m: 32.89	32.89	150m: 1:52.12	41.48	250m: 3:13.15	40.77	350m: 4:35.56	38.86	
	100m: 1:10.64	37.75	200m: 2:32.38	40.26	300m: 3:56.70	43.55	400m: 5:13.18	37.62	
7.	DUDEK Marlena		94	UNIA Oœwiêcim				5:14.33	627 A
	50m: 35.86	35.86	150m: 1:57.33	40.61	250m: 3:18.52	41.99	350m: 4:38.54	37.10	
	100m: 1:16.72	40.86	200m: 2:36.53	39.20	300m: 4:01.44	42.92	400m: 5:14.33	35.79	
8.	ZGODA Edyta		94	JORDAN Krakow				5:17.87	606 A
	50m: 34.85	34.85	150m: 1:55.00	40.62	250m: 3:19.21	43.91	350m: 4:41.17	38.27	
	100m: 1:14.38	39.53	200m: 2:35.30	40.30	300m: 4:02.90	43.69	400m: 5:17.87	36.70	
9.	NIEDBAŁA Magdalena		94	GIM 92 URSYNÓW Warszawa				5:20.15	593 B
	50m: 33.53	33.53	150m: 1:52.68	40.46	250m: 3:18.25	45.65	350m: 4:43.24	38.48	
	100m: 1:12.22	38.69	200m: 2:32.60	39.92	300m: 4:04.76	46.51	400m: 5:20.15	36.91	
10.	KRUCZALAK Paulina		94	UNIA Oœwiêcim				5:20.46	592 B
	50m: 34.08	34.08	150m: 1:52.21	39.55	250m: 3:18.61	47.58	350m: 4:44.31	37.79	
	100m: 1:12.66	38.58	200m: 2:31.03	38.82	300m: 4:06.52	47.91	400m: 5:20.46	36.15	
11.	STĚPNIAK Marta		94	ÓSEMKA Starogard Gd.				5:22.67	580 B
	50m: 34.97	34.97	150m: 1:54.43	40.01	250m: 3:19.77	46.24	350m: 4:45.07	38.11	
	100m: 1:14.42	39.45	200m: 2:33.53	39.10	300m: 4:06.96	47.19	400m: 5:22.67	37.60	
12.	MŁODZIANOWSKA Marcelina		94	FALA Kracœnik				5:23.94	573 B
	50m: 33.74	33.74	150m: 1:52.79	40.52	250m: 3:18.84	46.11	350m: 4:45.73	39.20	
	100m: 1:12.27	38.53	200m: 2:32.73	39.94	300m: 4:06.53	47.69	400m: 5:23.94	38.21	
13.	KAMIŃSKA Joanna		94	START ŁódŹ				5:26.17	561 B
	50m: 35.24	35.24	150m: 1:56.63	39.70	250m: 3:22.16	46.04	350m: 4:47.96	39.37	
	100m: 1:16.93	41.69	200m: 2:36.12	39.49	300m: 4:08.59	46.43	400m: 5:26.17	38.21	
14.	STASINOWSKA Katarzyna		94	START ŁódŹ				5:32.08	532 B
	50m: 35.29	35.29	150m: 1:58.14	43.31	250m: 3:27.59	47.10	350m: 4:54.20	39.19	
	100m: 1:14.83	39.54	200m: 2:40.49	42.35	300m: 4:15.01	47.42	400m: 5:32.08	37.88	
15.	UCHAŃSKA Karolina		94	KSZO Ostrowiec				5:32.19	531 B
	50m: 35.30	35.30	150m: 2:01.18	43.46	250m: 3:29.09	45.48	350m: 4:55.04	38.29	
	100m: 1:17.72	42.42	200m: 2:43.61	42.43	300m: 4:16.75	47.66	400m: 5:32.19	37.15	
16.	ABRAMOWICZ Agata		94	ROKITA Brzeg Dolny				5:36.40	511 B
	50m: 35.16	35.16	150m: 1:58.85	43.23	250m: 3:30.43	49.78	350m: 4:59.58	39.10	
	100m: 1:15.62	40.46	200m: 2:40.65	41.80	300m: 4:20.48	50.05	400m: 5:36.40	36.82	
17.	RACZKOWSKA Barbara		94	SOLEX Lêbork				5:37.95	504 R
	50m: 34.74	34.74	150m: 1:59.10	44.06	250m: 3:27.60	46.12	350m: 4:57.70	42.47	
	100m: 1:15.04	40.30	200m: 2:41.48	42.38	300m: 4:15.23	47.63	400m: 5:37.95	40.25	

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Pozycja	Rok ur.								Czas	Pkt.	
18. MAKOSZ Emilia	94 ORKA Lędziny								5:40.10	495 R	
50m:	33.38	33.38	150m:	1:55.91	43.87	250m:	3:28.89	49.19	350m:	5:00.33	40.95
100m:	1:12.04	38.66	200m:	2:39.70	43.79	300m:	4:19.38	50.49	400m:	5:40.10	39.77
19. RYFA Paulina	94 AZS AWF Katowice								5:49.16	457	
50m:	35.76	35.76	150m:	2:03.61	44.46	250m:	3:36.14	49.01	350m:		
100m:	1:19.15	43.39	200m:	2:47.13	43.52	300m:	4:27.44	51.30	400m:	5:49.16	
20. URBAŃSKA Paulina	94 AZS WSG-ASTORIA Bydgoszcz								5:49.89	455	
50m:	35.99	35.99	150m:	2:03.09	44.01	250m:	3:36.45	51.12	350m:	5:08.96	41.07
100m:	1:19.08	43.09	200m:	2:45.33	42.24	300m:	4:27.89	51.44	400m:	5:49.89	40.93
DYSKW. NOWAK Kaja	94 KORNER Zielona Góra								5:36.81	K 12	
50m:	35.78	35.78	150m:	1:59.28	42.16	250m:	3:27.62	47.16	350m:	4:57.12	40.56
100m:	1:17.12	41.34	200m:	2:40.46	41.18	300m:	4:16.56	48.94	400m:	5:36.81	39.69