

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

Konkurencja 11
2009-01-23

Dziewcz¹t, 400m zmienny

15 lat
Wyniki Fina³

Rekord Polski 4:46.72 URBANŹZYK Aleksandra TRLOD P³ock 2002-11-29

Punkty: FINA 2008

Pozycja			Rok ur.							Czas	Pkt.	
Fina³ A												
1.	MAŃCZAK Agata		94	PIĘTNASTKA AQUA Bydgoszcz						4:58.33	733	
	50m:	31.64	31.64	150m:	1:45.32	38.12	250m:	3:06.74	42.90	350m:	4:25.27	34.13
	100m:	1:07.20	35.56	200m:	2:23.84	38.52	300m:	3:51.14	44.40	400m:	4:58.33	33.06
2.	BAJORSKA Dorota		94	UNIA Oœwiêcim						5:08.36	664	
	50m:	32.45	32.45	150m:	1:51.38	41.12	250m:	3:13.22	42.65	350m:	4:34.18	37.40
	100m:	1:10.26	37.81	200m:	2:30.57	39.19	300m:	3:56.78	43.56	400m:	5:08.36	34.18
3.	WIZNER Katarzyna		94	PIĘTNASTKA AQUA Bydgoszcz						5:10.36	651	
	50m:	32.76	32.76	150m:	1:50.11	39.73	250m:	3:14.22	45.69	350m:	4:35.14	35.42
	100m:	1:10.38	37.62	200m:	2:28.53	38.42	300m:	3:59.72	45.50	400m:	5:10.36	35.22
4.	PAWLIKOWSKA Agata		94	JUVENIA Wroc ³ aw						5:12.39	639	
	50m:	32.30	32.30	150m:	1:51.35	41.68	250m:	3:13.71	41.72	350m:	4:36.63	38.39
	100m:	1:09.67	37.37	200m:	2:31.99	40.64	300m:	3:58.24	44.53	400m:	5:12.39	35.76
5.	POZORSKA Agata		94	PIĘTNASTKA AQUA Bydgoszcz						5:12.45	638	
	50m:	32.04	32.04	150m:	1:50.43	40.37	250m:	3:14.07	44.23	350m:	4:36.43	36.74
	100m:	1:10.06	38.02	200m:	2:29.84	39.41	300m:	3:59.69	45.62	400m:	5:12.45	36.02
6.	ZGODA Edyta		94	JORDAN Krakow						5:12.99	635	
	50m:	33.96	33.96	150m:	1:52.85	40.37	250m:	3:15.50	43.90	350m:	4:37.79	38.07
	100m:	1:12.48	38.52	200m:	2:31.60	38.75	300m:	3:59.72	44.22	400m:	5:12.99	35.20
7.	DUDEK Marlena		94	UNIA Oœwiêcim						5:13.39	633	
	50m:	35.94	35.94	150m:	1:57.47	40.77	250m:	3:18.95	42.59	350m:	4:38.45	36.90
	100m:	1:16.70	40.76	200m:	2:36.36	38.89	300m:	4:01.55	42.60	400m:	5:13.39	34.94
8.	MENDOWSKA Katarzyna		94	WARTA Poznañ						5:21.94	584	
	50m:	34.06	34.06	150m:	1:55.80	41.46	250m:	3:23.50	47.32	350m:	4:46.74	36.22
	100m:	1:14.34	40.28	200m:	2:36.18	40.38	300m:	4:10.52	47.02	400m:	5:21.94	35.20
Fina³ B												
9.	NIEDBAŁA Magdalena		94	GIM 92 URSYNÓW Warszawa						5:17.32	609	
	50m:	33.64	33.64	150m:	1:54.08	41.30	250m:	3:19.31	45.45	350m:	4:41.55	36.45
	100m:	1:12.78	39.14	200m:	2:33.86	39.78	300m:	4:05.10	45.79	400m:	5:17.32	35.77
10.	KRUCZALAK Paulina		94	UNIA Oœwiêcim						5:19.38	598	
	50m:	33.64	33.64	150m:	1:51.55	38.91	250m:	3:17.68	47.65	350m:	4:42.92	37.55
	100m:	1:12.64	39.00	200m:	2:30.03	38.48	300m:	4:05.37	47.69	400m:	5:19.38	36.46
11.	MŁODZIANOWSKA Marcelina		94	FALA Kracenik						5:20.71	590	
	50m:	33.28	33.28	150m:	1:52.87	41.10	250m:	3:19.83	46.25	350m:	4:45.09	37.41
	100m:	1:11.77	38.49	200m:	2:33.58	40.71	300m:	4:07.68	47.85	400m:	5:20.71	35.62
12.	STĒPNIAK Marta		94	ÓSEMKA Starogard Gd.						5:20.87	589	
	50m:	34.61	34.61	150m:	1:53.84	39.73	250m:	3:19.57	46.61	350m:	4:43.95	37.41
	100m:	1:14.11	39.50	200m:	2:32.96	39.12	300m:	4:06.54	46.97	400m:	5:20.87	36.92
13.	KAMIŃSKA Joanna		94	START ŁódŹ						5:23.96	573	
	50m:	35.55	35.55	150m:	1:57.37	39.60	250m:	3:23.12	46.57	350m:	4:47.31	37.82
	100m:	1:17.77	42.22	200m:	2:36.55	39.18	300m:	4:09.49	46.37	400m:	5:23.96	36.65
14.	UCHAŃSKA Karolina		94	KSZO Ostrowiec						5:30.92	537	
	50m:	34.84	34.84	150m:	2:00.85	43.00	250m:	3:28.75	45.58	350m:	4:54.06	38.87
	100m:	1:17.85	43.01	200m:	2:43.17	42.32	300m:	4:15.19	46.44	400m:	5:30.92	36.86
15.	STASINOWSKA Katarzyna		94	START ŁódŹ						5:31.43	535	
	50m:	34.22	34.22	150m:	1:56.99	43.68	250m:	3:26.69	47.11	350m:	4:53.59	39.60
	100m:	1:13.31	39.09	200m:	2:39.58	42.59	300m:	4:13.99	47.30	400m:	5:31.43	37.84
16.	ABRAMOWICZ Agata		94	ROKITA Brzeg Dolny						5:32.67	529	
	50m:	34.70	34.70	150m:	1:57.23	42.55	250m:	3:28.65	49.21	350m:	4:56.33	38.60
	100m:	1:14.68	39.98	200m:	2:39.44	42.21	300m:	4:17.73	49.08	400m:	5:32.67	36.34