

Zimowe Mistrzostwa Polski Juniorów 15 lat  
Nowa Ruda - S<sup>3</sup>upiec, 23. - 25.1.2009

Konkurencja 19  
2009-01-24

Dziewcz<sup>1</sup>t, 400m dowolny

15 lat

Wyniki Eliminacje

Rekord Polski 4:13.34 OLCZAK Mirela SLGOR Gorzów Wlkp. 2008-11-29

Punkty: FINA 2008

| Pozycja |                      |               | Rok ur. |                           |       |       |         |       |       | Czas           | Pkt.      |
|---------|----------------------|---------------|---------|---------------------------|-------|-------|---------|-------|-------|----------------|-----------|
| 1.      | MAŃCZAK Agata        |               | 94      | PIĘTNASTKA AQUA Bydgoszcz |       |       |         |       |       | <b>4:28.34</b> | 714 A     |
|         | 50m:                 | 31.10 31.10   | 150m:   | 1:38.99                   | 34.23 | 250m: | 2:47.61 | 34.44 | 350m: | 3:56.36        | 34.65     |
|         | 100m:                | 1:04.76 33.66 | 200m:   | 2:13.17                   | 34.18 | 300m: | 3:21.71 | 34.10 | 400m: | 4:28.34        | 31.98     |
| 2.      | WASILEWSKA Barbara   |               | 94      | OSiR Piotrków Tryb.       |       |       |         |       |       | <b>4:34.52</b> | 667 A     |
|         | 50m:                 | 32.02 32.02   | 150m:   | 1:40.51                   | 34.81 | 250m: | 2:50.79 | 35.17 | 350m: | 4:00.98        | 34.82     |
|         | 100m:                | 1:05.70 33.68 | 200m:   | 2:15.62                   | 35.11 | 300m: | 3:26.16 | 35.37 | 400m: | 4:34.52        | 33.54     |
| 3.      | SĘDŁAK Katarzyna     |               | 94      | ORKA Zamość               |       |       |         |       |       | <b>4:36.15</b> | 655 A     |
|         | 50m:                 | 31.66 31.66   | 150m:   | 1:40.78                   | 34.61 | 250m: | 2:50.93 | 35.08 | 350m: | 4:01.91        | 35.59     |
|         | 100m:                | 1:06.17 34.51 | 200m:   | 2:15.85                   | 35.07 | 300m: | 3:26.32 | 35.39 | 400m: | 4:36.15        | 34.24     |
| 4.      | SMÓL Magda           |               | 94      | PIĘTNASTKA AQUA Bydgoszcz |       |       |         |       |       | <b>4:37.92</b> | 643 A     |
|         | 50m:                 | 31.97 31.97   | 150m:   | 1:41.22                   | 34.87 | 250m: | 2:51.78 | 35.71 | 350m: | 4:03.16        | 35.79     |
|         | 100m:                | 1:06.35 34.38 | 200m:   | 2:16.07                   | 34.85 | 300m: | 3:27.37 | 35.59 | 400m: | 4:37.92        | 34.76     |
| 5.      | MENDOWSKA Katarzyna  |               | 94      | WARTA Poznań              |       |       |         |       |       | <b>4:39.17</b> | 634 A     |
|         | 50m:                 | 31.54 31.54   | 150m:   | 1:42.66                   | 35.81 | 250m: | 2:54.77 | 35.99 | 350m: | 4:05.60        | 35.06     |
|         | 100m:                | 1:06.85 35.31 | 200m:   | 2:18.78                   | 36.12 | 300m: | 3:30.54 | 35.77 | 400m: | 4:39.17        | 33.57     |
| 6.      | SŁOPIECKA Maja       |               | 94      | KSZO Ostrowiec            |       |       |         |       |       | <b>4:40.39</b> | 626 A     |
|         | 50m:                 | 32.12 32.12   | 150m:   | 1:42.15                   | 35.27 | 250m: | 2:53.94 | 36.04 | 350m: | 4:05.35        | 35.81     |
|         | 100m:                | 1:06.88 34.76 | 200m:   | 2:17.90                   | 35.75 | 300m: | 3:29.54 | 35.60 | 400m: | 4:40.39        | 35.04     |
| 7.      | GŁĘB Weronika        |               | 94      | UNIA Tarnów               |       |       |         |       |       | <b>4:41.20</b> | 621 A     |
|         | 50m:                 | 31.93 31.93   | 150m:   | 1:42.18                   | 35.35 | 250m: | 2:53.92 | 35.90 | 350m: | 4:06.39        | 36.04     |
|         | 100m:                | 1:06.83 34.90 | 200m:   | 2:18.02                   | 35.84 | 300m: | 3:30.35 | 36.43 | 400m: | 4:41.20        | 34.81     |
| 8.      | KIJEWSKA Kaja        |               | 94      | SALOS-CORTILE Kielce      |       |       |         |       |       | <b>4:41.22</b> | 621 A     |
|         | 50m:                 | 32.12 32.12   | 150m:   | 1:41.65                   | 35.32 | 250m: | 2:54.27 | 36.45 | 350m: | 4:06.59        | 36.21     |
|         | 100m:                | 1:06.33 34.21 | 200m:   | 2:17.82                   | 36.17 | 300m: | 3:30.38 | 36.11 | 400m: | 4:41.22        | 34.63     |
| 9.      | STANISZEWSKA Zuzanna |               | 94      | OLIBORZ Warszawa          |       |       |         |       |       | <b>4:42.37</b> | 613 B     |
|         | 50m:                 | 32.18 32.18   | 150m:   | 1:42.87                   | 35.41 | 250m: | 2:54.65 | 35.98 | 350m: | 4:07.27        | 36.42     |
|         | 100m:                | 1:07.46 35.28 | 200m:   | 2:18.67                   | 35.80 | 300m: | 3:30.85 | 36.20 | 400m: | 4:42.37        | 35.10     |
| 10.     | POZORSKA Agata       |               | 94      | PIĘTNASTKA AQUA Bydgoszcz |       |       |         |       |       | <b>4:42.87</b> | 610 B skr |
|         | 50m:                 | 32.22 32.22   | 150m:   | 1:42.52                   | 35.61 | 250m: | 2:55.35 | 36.44 | 350m: | 4:07.81        | 36.31     |
|         | 100m:                | 1:06.91 34.69 | 200m:   | 2:18.91                   | 36.39 | 300m: | 3:31.50 | 36.15 | 400m: | 4:42.87        | 35.06     |
| 11.     | SEIBT Zuzanna        |               | 94      | JORDAN Krakow             |       |       |         |       |       | <b>4:43.14</b> | 608 B     |
|         | 50m:                 | 32.58 32.58   | 150m:   | 1:44.71                   | 36.62 | 250m: | 2:57.35 | 36.64 | 350m: | 4:09.54        | 35.95     |
|         | 100m:                | 1:08.09 35.51 | 200m:   | 2:20.71                   | 36.00 | 300m: | 3:33.59 | 36.24 | 400m: | 4:43.14        | 33.60     |
| 12.     | POMIĘŁO Aleksandra   |               | 94      | KMITA Zabierzów           |       |       |         |       |       | <b>4:44.91</b> | 597 B     |
|         | 50m:                 | 31.87 31.87   | 150m:   | 1:43.44                   | 36.33 | 250m: | 2:56.55 | 36.92 | 350m: | 4:09.19        | 36.35     |
|         | 100m:                | 1:07.11 35.24 | 200m:   | 2:19.63                   | 36.19 | 300m: | 3:32.84 | 36.29 | 400m: | 4:44.91        | 35.72     |
| 13.     | IĘWSKA Agnieszka     |               | 94      | JORDAN Krakow             |       |       |         |       |       | <b>4:48.07</b> | 577 B     |
|         | 50m:                 | 33.05 33.05   | 150m:   | 1:45.72                   | 36.45 | 250m: | 2:58.92 | 36.65 | 350m: | 4:12.29        | 36.44     |
|         | 100m:                | 1:09.27 36.22 | 200m:   | 2:22.27                   | 36.55 | 300m: | 3:35.85 | 36.93 | 400m: | 4:48.07        | 35.78     |
| 14.     | PIEKARSKA Magdalena  |               | 94      | MKP Szczecin              |       |       |         |       |       | <b>4:48.83</b> | 573 B     |
|         | 50m:                 | 31.60 31.60   | 150m:   | 1:43.29                   | 36.69 | 250m: | 2:58.29 | 37.45 | 350m: | 4:12.78        | 37.03     |
|         | 100m:                | 1:06.60 35.00 | 200m:   | 2:20.84                   | 37.55 | 300m: | 3:35.75 | 37.46 | 400m: | 4:48.83        | 36.05     |
| 15.     | ZYGA Paulina         |               | 94      | NAWA Skierniewice         |       |       |         |       |       | <b>4:48.95</b> | 572 B     |
|         | 50m:                 | 33.07 33.07   | 150m:   | 1:47.60                   | 37.78 | 250m: | 3:02.01 | 37.31 | 350m: | 4:14.47        | 35.55     |
|         | 100m:                | 1:09.82 36.75 | 200m:   | 2:24.70                   | 37.10 | 300m: | 3:38.92 | 36.91 | 400m: | 4:48.95        | 34.48     |
| 16.     | WYSOCKA Wiktoria     |               | 94      | ÓSEMKA Starogard Gd.      |       |       |         |       |       | <b>4:49.73</b> | 567 B     |
|         | 50m:                 | 32.72 32.72   | 150m:   | 1:44.15                   | 35.95 | 250m: | 2:58.54 | 36.98 | 350m: | 4:13.67        | 37.66     |
|         | 100m:                | 1:08.20 35.48 | 200m:   | 2:21.56                   | 37.41 | 300m: | 3:36.01 | 37.47 | 400m: | 4:49.73        | 36.06     |
| 17.     | ZGODA Anna           |               | 94      | JORDAN Krakow             |       |       |         |       |       | <b>4:50.73</b> | 562 R     |
|         | 50m:                 | 33.44 33.44   | 150m:   | 1:46.71                   | 36.85 | 250m: | 3:00.43 | 36.86 | 350m: | 4:14.21        | 36.97     |
|         | 100m:                | 1:09.86 36.42 | 200m:   | 2:23.57                   | 36.86 | 300m: | 3:37.24 | 36.81 | 400m: | 4:50.73        | 36.52     |

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Konkurencja 19, Dziewcz<sup>1</sup>t, 400m dowolny, Eliminacje, 15 lat

| Pozycja |                       |       | Rok ur.       |                            |               |       |                | Czas  | Pkt. |
|---------|-----------------------|-------|---------------|----------------------------|---------------|-------|----------------|-------|------|
| 18.     | KULIGOWSKA Marcela    |       | 94            | MKP Szczecin               |               |       | <b>4:51.55</b> | 557 R |      |
|         | 50m: 33.22            | 33.22 | 150m: 1:46.16 | 36.62                      | 250m: 3:00.25 | 37.26 | 350m: 4:15.10  | 37.44 |      |
|         | 100m: 1:09.54         | 36.32 | 200m: 2:22.99 | 36.83                      | 300m: 3:37.66 | 37.41 | 400m: 4:51.55  | 36.45 |      |
| 19.     | WASYŃCZUK Anna        |       | 94            | OLIBORZ Warszawa           |               |       | <b>4:51.72</b> | 556   |      |
|         | 50m: 33.93            | 33.93 | 150m: 1:47.96 | 37.42                      | 250m: 3:02.51 | 37.32 | 350m: 4:15.77  | 36.36 |      |
|         | 100m: 1:10.54         | 36.61 | 200m: 2:25.19 | 37.23                      | 300m: 3:39.41 | 36.90 | 400m: 4:51.72  | 35.95 |      |
| 20.     | TYRPA Aleksandra      |       | 94            | CKiS Skawina               |               |       | <b>4:52.09</b> | 554   |      |
|         | 50m: 33.86            | 33.86 | 150m: 1:49.23 | 37.96                      | 250m: 3:04.13 | 37.23 | 350m: 4:18.44  | 36.79 |      |
|         | 100m: 1:11.27         | 37.41 | 200m: 2:26.90 | 37.67                      | 300m: 3:41.65 | 37.52 | 400m: 4:52.09  | 33.65 |      |
| 21.     | ZGODA Edyta           |       | 94            | JORDAN Krakow              |               |       | <b>4:52.79</b> | 550   |      |
|         | 50m: 33.26            | 33.26 | 150m: 1:46.01 | 36.86                      | 250m: 3:01.21 | 37.90 | 350m: 4:15.91  | 37.06 |      |
|         | 100m: 1:09.15         | 35.89 | 200m: 2:23.31 | 37.30                      | 300m: 3:38.85 | 37.64 | 400m: 4:52.79  | 36.88 |      |
| 22.     | MAGIER Marta          |       | 94            | SKALAR S <sup>3</sup> upsk |               |       | <b>4:54.19</b> | 542   |      |
|         | 50m: 32.71            | 32.71 | 150m: 1:46.98 | 37.63                      | 250m: 3:02.85 | 37.56 | 350m: 4:18.53  | 37.67 |      |
|         | 100m: 1:09.35         | 36.64 | 200m: 2:25.29 | 38.31                      | 300m: 3:40.86 | 38.01 | 400m: 4:54.19  | 35.66 |      |
| 23.     | OPITEK Urszula        |       | 94            | UNIA Oœwiêcim              |               |       | <b>4:54.45</b> | 541   |      |
|         | 50m: 32.80            | 32.80 | 150m: 1:46.34 | 37.48                      | 250m: 3:01.50 | 37.44 | 350m: 4:17.21  | 37.48 |      |
|         | 100m: 1:08.86         | 36.06 | 200m: 2:24.06 | 37.72                      | 300m: 3:39.73 | 38.23 | 400m: 4:54.45  | 37.24 |      |
| 24.     | RODZEŃ Angelika       |       | 94            | SŁOWIANKA Gorzów           |               |       | <b>4:54.72</b> | 539   |      |
|         | 50m: 33.05            | 33.05 | 150m: 1:46.79 | 37.17                      | 250m: 3:02.45 | 37.57 | 350m: 4:18.91  | 38.31 |      |
|         | 100m: 1:09.62         | 36.57 | 200m: 2:24.88 | 38.09                      | 300m: 3:40.60 | 38.15 | 400m: 4:54.72  | 35.81 |      |
| 25.     | ABRAMOWICZ Agata      |       | 94            | ROKITA Brzeg Dolny         |               |       | <b>4:56.28</b> | 531   |      |
|         | 50m: 33.70            | 33.70 | 150m: 1:48.82 | 37.68                      | 250m: 3:04.22 | 37.67 | 350m: 4:19.85  | 37.73 |      |
|         | 100m: 1:11.14         | 37.44 | 200m: 2:26.55 | 37.73                      | 300m: 3:42.12 | 37.90 | 400m: 4:56.28  | 36.43 |      |
| 26.     | MAKOSZ Emilia         |       | 94            | ORKA Lêdziny               |               |       | <b>4:57.60</b> | 524   |      |
|         | 50m: 32.99            | 32.99 | 150m: 1:45.06 | 36.67                      | 250m: 3:00.92 | 38.08 | 350m: 4:19.19  | 39.50 |      |
|         | 100m: 1:08.39         | 35.40 | 200m: 2:22.84 | 37.78                      | 300m: 3:39.69 | 38.77 | 400m: 4:57.60  | 38.41 |      |
| 27.     | BOÆKOWSKA Maria       |       | 94            | OLIBORZ Warszawa           |               |       | <b>5:00.99</b> | 506   |      |
|         | 50m: 33.42            | 33.42 | 150m: 1:49.58 | 38.89                      | 250m: 3:06.97 | 38.52 | 350m: 4:24.14  | 38.64 |      |
|         | 100m: 1:10.69         | 37.27 | 200m: 2:28.45 | 38.87                      | 300m: 3:45.50 | 38.53 | 400m: 5:00.99  | 36.85 |      |
| 28.     | MAÆEKOWIAK Angelika   |       | 94            | SŁOWIANKA Gorzów           |               |       | <b>5:02.07</b> | 501   |      |
|         | 50m: 33.54            | 33.54 | 150m: 1:49.73 | 38.64                      | 250m: 3:06.73 | 38.60 | 350m: 4:24.45  | 38.78 |      |
|         | 100m: 1:11.09         | 37.55 | 200m: 2:28.13 | 38.40                      | 300m: 3:45.67 | 38.94 | 400m: 5:02.07  | 37.62 |      |
| 29.     | HARTWICH Paulina      |       | 94            | TRÓJKA ŁódŹ                |               |       | <b>5:02.25</b> | 500   |      |
|         | 50m: 33.04            | 33.04 | 150m: 1:47.59 | 37.83                      | 250m: 3:05.34 | 39.14 | 350m: 4:23.77  | 39.17 |      |
|         | 100m: 1:09.76         | 36.72 | 200m: 2:26.20 | 38.61                      | 300m: 3:44.60 | 39.26 | 400m: 5:02.25  | 38.48 |      |
| 30.     | BORUCKA Karolina      |       | 94            | OLIBORZ Warszawa           |               |       | <b>5:04.21</b> | 490   |      |
|         | 50m: 34.49            | 34.49 | 150m: 1:39.49 | 27.35                      | 250m: 3:07.70 | 38.71 | 350m: 4:26.02  | 39.20 |      |
|         | 100m: 1:12.14         | 37.65 | 200m: 2:28.99 | 49.50                      | 300m: 3:46.82 | 39.12 | 400m: 5:04.21  | 38.19 |      |
| 31.     | MARKOWSKA-WÓJCIK Anna |       | 94            | OLIBORZ Warszawa           |               |       | <b>5:04.39</b> | 489   |      |
|         | 50m: 35.02            | 35.02 | 150m: 1:52.48 | 39.21                      | 250m: 3:10.88 | 39.06 | 350m: 4:27.25  | 37.85 |      |
|         | 100m: 1:13.27         | 38.25 | 200m: 2:31.82 | 39.34                      | 300m: 3:49.40 | 38.52 | 400m: 5:04.39  | 37.14 |      |
| 32.     | LEWANDOWSKA Joanna    |       | 94            | PIRANIE Lubin              |               |       | <b>5:04.84</b> | 487   |      |
|         | 50m: 34.61            | 34.61 | 150m: 1:51.49 | 39.00                      | 250m: 3:10.03 | 39.04 | 350m: 4:28.01  | 38.38 |      |
|         | 100m: 1:12.49         | 37.88 | 200m: 2:30.99 | 39.50                      | 300m: 3:49.63 | 39.60 | 400m: 5:04.84  | 36.83 |      |
| 33.     | BŹK Anna              |       | 94            | PAŁAC Katowice             |               |       | <b>5:06.21</b> | 481   |      |
|         | 50m: 32.99            | 32.99 | 150m: 1:49.23 | 38.70                      | 250m: 3:07.30 | 38.59 | 350m: 4:27.83  | 40.02 |      |
|         | 100m: 1:10.53         | 37.54 | 200m: 2:28.71 | 39.48                      | 300m: 3:47.81 | 40.51 | 400m: 5:06.21  | 38.38 |      |
| 34.     | WIKTOROW Anna         |       | 94            | GIM 92 URSYNÓW Warszawa    |               |       | <b>5:06.22</b> | 481   |      |
|         | 50m: 34.00            | 34.00 | 150m: 1:49.21 | 38.37                      | 250m: 3:07.93 | 39.76 | 350m: 4:27.50  | 39.79 |      |
|         | 100m: 1:10.84         | 36.84 | 200m: 2:28.17 | 38.96                      | 300m: 3:47.71 | 39.78 | 400m: 5:06.22  | 38.72 |      |
| 35.     | LEBOWSKA Paulina      |       | 94            | MKP Szczecin               |               |       | <b>5:06.90</b> | 477   |      |
|         | 50m: 35.27            | 35.27 | 150m: 1:52.48 | 39.07                      | 250m: 3:10.55 | 39.17 | 350m: 4:28.95  | 38.94 |      |
|         | 100m: 1:13.41         | 38.14 | 200m: 2:31.38 | 38.90                      | 300m: 3:50.01 | 39.46 | 400m: 5:06.90  | 37.95 |      |

Zimowe Mistrzostwa Polski Juniorów 15 lat  
Nowa Ruda - S<sup>3</sup>upiec, 23. - 25.1.2009

Konkurencja 19, Dziewcz<sup>1</sup>t, 400m dowolny, Eliminacje, 15 lat

| Pozycja |                                   |         |       | Rok ur. |                           |       |       |         | Czas           | Pkt.  |         |       |
|---------|-----------------------------------|---------|-------|---------|---------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 36.     | RYFA Paulina                      |         |       | 94      | AZS AWF Katowice          |       |       |         | <b>5:07.44</b> | 475   |         |       |
|         | 50m:                              | 34.06   | 34.06 | 150m:   | 1:50.39                   | 38.23 | 250m: | 3:08.73 | 39.76          | 350m: | 4:28.71 | 40.25 |
|         | 100m:                             | 1:12.16 | 38.10 | 200m:   | 2:28.97                   | 38.58 | 300m: | 3:48.46 | 39.73          | 400m: | 5:07.44 | 38.73 |
| 37.     | SZCZEPAŃSKA Maja                  |         |       | 94      | MZOS P <sup>3</sup> ock   |       |       |         | <b>5:14.43</b> | 444   |         |       |
|         | 50m:                              | 34.99   | 34.99 | 150m:   | 1:53.17                   | 39.46 | 250m: | 3:13.95 | 40.62          | 350m: | 4:34.70 | 40.05 |
|         | 100m:                             | 1:13.71 | 38.72 | 200m:   | 2:33.33                   | 40.16 | 300m: | 3:54.65 | 40.70          | 400m: | 5:14.43 | 39.73 |
| 38.     | URBAŃSKA Paulina                  |         |       | 94      | AZS WSG-ASTORIA Bydgoszcz |       |       |         | <b>5:15.11</b> | 441   |         |       |
|         | 50m:                              | 34.70   | 34.70 | 150m:   | 1:51.79                   | 39.02 | 250m: | 3:11.43 | 39.77          | 350m: | 4:33.78 | 41.93 |
|         | 100m:                             | 1:12.77 | 38.07 | 200m:   | 2:31.66                   | 39.87 | 300m: | 3:51.85 | 40.42          | 400m: | 5:15.11 | 41.33 |
| 39.     | GRELEWICZ Ma <sup>3</sup> gorzata |         |       | 94      | ASTROMAL AKWAWIT Leszno   |       |       |         | <b>5:20.63</b> | 419   |         |       |
|         | 50m:                              | 35.66   | 35.66 | 150m:   | 1:56.52                   | 40.75 | 250m: | 3:19.21 | 41.69          | 350m: | 4:41.10 | 41.23 |
|         | 100m:                             | 1:15.77 | 40.11 | 200m:   | 2:37.52                   | 41.00 | 300m: | 3:59.87 | 40.66          | 400m: | 5:20.63 | 39.53 |