

Zimowe Mistrzostwa Polski Juniorów 16 lat
W³adys³awowo, 30.1. - 1.2.2009

Konkurencja 19
31.1.2009 - 9:37

Dziewcz¹t, 400m dowolny

16 lat

Wyniki Eliminacje

RP16	4:12.69	ŁEŁÓSAREK, Alicja	POL	Gelsenkirchen (GER)	28.2.1999
Punkty: FINA 2008					
Pozycja	Rok ur.		Czas		Pkt.
1.	UKOWSKA, Paula	93	Zryw Opole	4:24.59	745 A
	50m: 30.55 30.55	150m: 1:36.63 33.20	250m: 2:43.77 33.18	350m: 3:51.18 33.81	
	100m: 1:03.43 32.88	200m: 2:10.59 33.96	300m: 3:17.37 33.60	400m: 4:24.59 33.41	
2.	PAWLACZEK, Natalia	93	Zryw Opole	4:26.05	733 A
	50m: 30.66 30.66	150m: 1:36.65 33.25	250m: 2:44.09 33.56	350m: 3:51.86 34.22	
	100m: 1:03.40 32.74	200m: 2:10.53 33.88	300m: 3:17.64 33.55	400m: 4:26.05 34.19	
3.	OLCZAK, Mirela	93	S ³ owianka Gorzów	4:26.79	727 A
	50m: 30.49 30.49	150m: 1:37.38 33.72	250m: 2:45.65 34.78	350m: 3:54.61 33.84	
	100m: 1:03.66 33.17	200m: 2:10.87 33.49	300m: 3:20.77 35.12	400m: 4:26.79 32.18	
4.	GRZEGORCZYK, Izabella	93	Posnania Poznań	4:27.38	722 A
	50m: 30.49 30.49	150m: 1:38.04 34.42	250m: 2:45.80 34.29	350m: 3:55.19 34.63	
	100m: 1:03.62 33.13	200m: 2:11.51 33.47	300m: 3:20.56 34.76	400m: 4:27.38 32.19	
5.	ZAGRODNIK, Aleksandra SO	93	Unia Oe ³ więcim	4:28.69	711 A
	50m: 31.44 31.44	150m: 1:39.26 33.99	250m: 2:46.82 33.75	350m: 3:55.00 34.13	
	100m: 1:05.27 33.83	200m: 2:13.07 33.81	300m: 3:20.87 34.05	400m: 4:28.69 33.69	
6.	STAWICKA, Joanna	93	Zryw Opole	4:29.57	705 A
	50m: 31.08 31.08	150m: 1:37.89 33.61	250m: 2:46.01 34.22	350m: 3:55.65 35.22	
	100m: 1:04.28 33.20	200m: 2:11.79 33.90	300m: 3:20.43 34.42	400m: 4:29.57 33.92	
7.	JACKOWSKA, Adrianna	93	Warszawianka Wodny Park	4:31.13	692 B
	50m: 30.84 30.84	150m: 1:38.97 34.20	250m: 2:48.46 34.57	350m: 3:57.73 34.59	
	100m: 1:04.77 33.93	200m: 2:13.89 34.92	300m: 3:23.14 34.68	400m: 4:31.13 33.40	
8.	KUZAWIŃSKA, Karolina	93	MZOS P ³ ock	4:32.23	684 B
	50m: 31.46 31.46	150m: 1:39.89 34.40	250m: 2:48.17 33.91	350m: 3:57.92 35.06	
	100m: 1:05.49 34.03	200m: 2:14.26 34.37	300m: 3:22.86 34.69	400m: 4:32.23 34.31	
9.	PODMAJSTRZY, Joanna	93	SKS 137 Delfin Łódź	4:33.44	675 B SKR
	50m: 31.23 31.23	150m: 1:39.82 34.53	250m: 2:50.03 35.25	350m: 4:00.10 34.82	
	100m: 1:05.29 34.06	200m: 2:14.78 34.96	300m: 3:25.28 35.25	400m: 4:33.44 33.34	
10.	PYSZKA, Alicja	93	Jordan Kraków	4:34.07	670 B
	50m: 31.54 31.54	150m: 1:40.29 34.89	250m: 2:50.10 35.01	350m: 4:00.24 34.93	
	100m: 1:05.40 33.86	200m: 2:15.09 34.80	300m: 3:25.31 35.21	400m: 4:34.07 33.83	
11.	LIPIŃSKA, Ma ³ gorzata	93	KSZO Ostrowiec	4:35.25	662 B
	50m: 31.28 31.28	150m: 1:39.91 34.69	250m: 2:49.99 35.19	350m: 4:01.03 35.51	
	100m: 1:05.22 33.94	200m: 2:14.80 34.89	300m: 3:25.52 35.53	400m: 4:35.25 34.22	
12.	WAKUŁA, Karolina	93	AZS AWF Katowice	4:35.73	658 B
	50m: 32.79 32.79	150m: 1:42.65 34.88	250m: 2:53.04 35.26	350m: 4:02.57 34.75	
	100m: 1:07.77 34.98	200m: 2:17.78 35.13	300m: 3:27.82 34.78	400m: 4:35.73 33.16	
13.	CHLIPAŁA, Patrycja	93	Jordan Kraków	4:37.01	649 R
	50m: 31.23 31.23	150m: 1:40.03 34.79	250m: 2:50.37 35.13	350m: 4:01.72 35.66	
	100m: 1:05.24 34.01	200m: 2:15.24 35.21	300m: 3:26.06 35.69	400m: 4:37.01 35.29	
14.	SUCHANIAK, Irena	93	Korona Kraków	4:37.76	644 R
	50m: 32.11 32.11	150m: 1:42.03 35.61	250m: 2:53.32 35.74	350m: 4:03.48 34.66	
	100m: 1:06.42 34.31	200m: 2:17.58 35.55	300m: 3:28.82 35.50	400m: 4:37.76 34.28	
15.	SKWIRA, Gracjana	93	WKS ŒE'isk Wroc ³ aw	4:38.19	641
	50m: 31.99 31.99	150m: 1:42.55 35.69	250m: 2:54.09 35.56	350m: 4:04.59 35.28	
	100m: 1:06.86 34.87	200m: 2:18.53 35.98	300m: 3:29.31 35.22	400m: 4:38.19 33.60	
16.	MAZUR, Sara	93	Jordan Kraków	4:39.22	634
	50m: 31.58 31.58	150m: 1:41.57 35.49	250m: 2:53.21 35.88	350m: 4:05.63 36.16	
	100m: 1:06.08 34.50	200m: 2:17.33 35.76	300m: 3:29.47 36.26	400m: 4:39.22 33.59	
17.	BRZOZOWSKA, Zuzanna	93	Kormoran Olsztyn	4:39.24	634
	50m: 32.45 32.45	150m: 1:41.80 34.73	250m: 2:52.60 35.61	350m: 4:04.50 36.15	
	100m: 1:07.07 34.62	200m: 2:16.99 35.19	300m: 3:28.35 35.75	400m: 4:39.24 34.74	

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Konkurencja 19, Dziewcz¹t, 400m dowolny, Eliminacje, 16 lat

Pozycja			Rok ur.				Czas		Pkt.		
18.	ŁELUSARCZYK, Anna		93 S ³ owianka Gorzów				4:39.53		632		
	50m:	31.85 31.85	150m:	1:42.52	35.70	250m:	2:53.77	35.51	350m:	4:05.19	35.79
	100m:	1:06.82 34.97	200m:	2:18.26	35.74	300m:	3:29.40	35.63	400m:	4:39.53	34.34
19.	MIŁKOWSKA, Marta SO		93 Orka Łêdziny				4:40.54		625		
	50m:	31.33 31.33	150m:	1:41.43	35.58	250m:	2:53.40	36.09	350m:	4:05.58	36.20
	100m:	1:05.85 34.52	200m:	2:17.31	35.88	300m:	3:29.38	35.98	400m:	4:40.54	34.96
20.	PRZYSTALSKA, Angelika SO		93 Unia Oœwiêcim				4:41.17		621		
	50m:	31.51 31.51	150m:	1:41.25	35.56	250m:	2:53.35	36.21	350m:	4:05.91	36.51
	100m:	1:05.69 34.18	200m:	2:17.14	35.89	300m:	3:29.40	36.05	400m:	4:41.17	35.26
21.	STACEWICZ, Dominika		93 KS AZS-AWFis Gdańsk				4:42.63		611		
	50m:	31.22 31.22	150m:	1:40.13	35.28	250m:	2:53.37	36.95	350m:	4:07.26	36.92
	100m:	1:04.85 33.63	200m:	2:16.42	36.29	300m:	3:30.34	36.97	400m:	4:42.63	35.37
22.	MICHALIK, Magdalena		93 MOS D ¹ browa Górnica				4:44.19		601		
	50m:	32.59 32.59	150m:	1:43.75	35.90	250m:	2:56.04	36.20	350m:	4:08.65	36.29
	100m:	1:07.85 35.26	200m:	2:19.84	36.09	300m:	3:32.36	36.32	400m:	4:44.19	35.54
23.	LEWANDOWSKA, Agata		93 BUKS Warszawa				4:46.58		586		
	50m:	32.58 32.58	150m:	1:44.04	36.12	250m:	2:57.70	36.72	350m:	4:11.18	36.65
	100m:	1:07.92 35.34	200m:	2:20.98	36.94	300m:	3:34.53	36.83	400m:	4:46.58	35.40
24.	RUMIŃSKA, Marlena		93 Manta Jelcz-Laskowice				4:48.65		574		
	50m:	32.56 32.56	150m:	1:44.09	36.23	250m:	2:57.76	36.87	350m:	4:12.38	37.30
	100m:	1:07.86 35.30	200m:	2:20.89	36.80	300m:	3:35.08	37.32	400m:	4:48.65	36.27
25.	ŁEWIŃTKOWSKA, Anna		93 Juwenia Wroc ³ aw				4:50.12		565		
	50m:	32.60 32.60	150m:	1:44.45	36.40	250m:	2:58.31	36.89	350m:	4:13.28	37.30
	100m:	1:08.05 35.45	200m:	2:21.42	36.97	300m:	3:35.98	37.67	400m:	4:50.12	36.84