

Letnie Mistrzostwa Polski M³odzików 13 lat w P³ywaniu
Gorzów Wlkp., 3. - 5.7.2009

Konkurencja 19
2009-07-04

Dziewcz¹t, 400m dowolny

13 lat
Wyniki Fina³

Top Times "Poland" Open	4:04.23	JEDRZEJCZAK Otylia	AZWAR	Melbourne (AUS)	2007-03-25
Top Times "Poland" 13	4:29.54	OLCZAK Mirela	SLGOR	Gorzów	2006-11-25

Punkty: FINA 2008

Pozycja		Wiek			Czas	Pkt.
Fina³ A						
1.	KASPEREK Katarzyna	13	K.S.Warta Poznań		4:33.15	705
	50m: 30.76 30.76	150m: 1:38.96	34.46	250m: 2:49.22	35.29	350m: 4:00.16 35.09
	100m: 1:04.50 33.74	200m: 2:13.93	34.97	300m: 3:25.07	35.85	400m: 4:33.15 32.99
2.	CIEĆELAK Joanna	13	K.S.Warta Poznań		4:38.40	666
	50m: 31.01 31.01	150m: 1:39.99	35.09	250m: 2:51.53	35.84	350m: 4:03.36 36.08
	100m: 1:04.90 33.89	200m: 2:15.69	35.70	300m: 3:27.28	35.75	400m: 4:38.40 35.04
3.	RUDAWSKA Adrianna	13	UTS Orlik Lublin		4:40.12	654
	50m: 32.21 32.21	150m: 1:42.28	35.38	250m: 2:53.99	35.70	350m: 4:05.86 35.61
	100m: 1:06.90 34.69	200m: 2:18.29	36.01	300m: 3:30.25	36.26	400m: 4:40.12 34.26
4.	ALEKSANDROWICZ Arleta	13	MUKS Olimpijczyk Suwa ³ ki		4:42.49	638
	50m: 31.43 31.43	150m: 1:41.38	35.40	250m: 2:53.99	36.37	350m: 4:07.18 36.52
	100m: 1:05.98 34.55	200m: 2:17.62	36.24	300m: 3:30.66	36.67	400m: 4:42.49 35.31
5.	WÓJCIK Paula	13	MUKS Piętnastka AQUA Bydgoszcz		4:48.50	599
	50m: 32.53 32.53	150m: 1:43.87	36.47	250m: 2:57.86	37.16	350m: 4:12.52 37.26
	100m: 1:07.40 34.87	200m: 2:20.70	36.83	300m: 3:35.26	37.40	400m: 4:48.50 35.98
6.	SZYMAŃSKA Monika	13	EKS SKRA Be ³ chatów		4:52.61	574
	50m: 32.32 32.32	150m: 1:44.94	36.93	250m: 3:00.47	38.13	350m: 4:16.55 37.83
	100m: 1:08.01 35.69	200m: 2:22.34	37.40	300m: 3:38.72	38.25	400m: 4:52.61 36.06
7.	HALAGIERA Joanna	13	MKP S ³ owianka. Gorzów Wlkp.		4:53.08	571
	50m: 32.43 32.43	150m: 1:45.28	37.03	250m: 3:00.18	37.37	350m: 4:16.57 37.98
	100m: 1:08.25 35.82	200m: 2:22.81	37.53	300m: 3:38.59	38.41	400m: 4:53.08 36.51
8.	MACIUCH Karolina	13	DOKiS VEGA Dobrodzień		4:53.68	567
	50m: 32.90 32.90	150m: 1:46.62	37.50	250m: 3:02.97	38.49	350m: 4:18.44 37.72
	100m: 1:09.12 36.22	200m: 2:24.48	37.86	300m: 3:40.72	37.75	400m: 4:53.68 35.24
Fina³ B						
9.	MACIESZA Agata	13	KS Orze ³ Elbl ¹ g		4:53.85	566
	50m: 32.52 32.52	150m: 1:46.14	37.31	250m: 3:01.64	37.69	350m: 4:17.15 37.72
	100m: 1:08.83 36.31	200m: 2:23.95	37.81	300m: 3:39.43	37.79	400m: 4:53.85 36.70
10.	GRODZKA Maria	13	MUKS Wiking Tomaszów Maz.		4:54.89	560
	50m: 32.97 32.97	150m: 1:48.74	38.39	250m: 3:04.18	37.38	350m: 4:19.60 37.41
	100m: 1:10.35 37.38	200m: 2:26.80	38.06	300m: 3:42.19	38.01	400m: 4:54.89 35.29
11.	SZCZYRBAK Kornelia	13	CKiS SKAWINA		4:54.92	560
	50m: 32.89 32.89	150m: 1:46.29	37.54	250m: 3:02.24	38.12	350m: 4:18.85 38.32
	100m: 1:08.75 35.86	200m: 2:24.12	37.83	300m: 3:40.53	38.29	400m: 4:54.92 36.07
12.	BORKOWSKA Aleksandra	13	MUKS Olimpijczyk Suwa ³ ki		4:55.26	558
	50m: 31.97 31.97	150m: 1:46.34	38.02	250m: 3:02.65	38.41	350m: 4:19.01 38.12
	100m: 1:08.32 36.35	200m: 2:24.24	37.90	300m: 3:40.89	38.24	400m: 4:55.26 36.25
13.	BARAN JUSTYNA	13	MKP Szczecin		4:57.65	545
	50m: 33.07 33.07	150m: 1:48.38	38.22	250m: 3:05.20	38.31	350m: 4:21.25 37.88
	100m: 1:10.16 37.09	200m: 2:26.89	38.51	300m: 3:43.37	38.17	400m: 4:57.65 36.40
14.	KLICH Maja	13	ZKS Unia Tarnów		4:59.06	537
	50m: 33.21 33.21	150m: 1:48.33	38.31	250m: 3:05.08	38.57	350m: 4:22.67 38.84
	100m: 1:10.02 36.81	200m: 2:26.51	38.18	300m: 3:43.83	38.75	400m: 4:59.06 36.39
15.	SZRUBKOWSKA Julia	13	UKS Dwójka Morena Gdańsk		4:59.21	537
	50m: 33.30 33.30	150m: 1:48.38	38.18	250m: 3:05.71	38.44	350m: 4:22.74 38.12
	100m: 1:10.20 36.90	200m: 2:27.27	38.89	300m: 3:44.62	38.91	400m: 4:59.21 36.47
16.	DZIEWA Aleksandra	13	MUKS Lider Che ³ m		4:59.55	535
	50m: 32.73 32.73	150m: 1:48.34	38.55	250m: 3:06.02	38.58	350m: 4:23.24 38.23
	100m: 1:09.79 37.06	200m: 2:27.44	39.10	300m: 3:45.01	38.99	400m: 4:59.55 36.31