

Zimowe Mistrzostwa Polski Seniorów i Młodzieżowców 19-20 lat  
Gorzów Wlkp., 26. - 29.11.2009

Konkurencja 27  
2009-11-28

Kobiet, 400m dowolny

Open  
Wyniki Eliminacje

Minimum Mistrzostw Europy Istambu<sup>3</sup> 4:03.25  
Top Times "Poland" 4:05.77 BARZYCKA Paulina AZWAR Gorzow 2005-11-26

Punkty: FINA 2009

Pozycja	Rok ur.				Czas				Pkt.
1.OLCZAK Mirela	93	MKP S <sup>3</sup> owianka Gorzów Wlkp.			<b>4:18.14</b>				786 A
50m: 30.29 30.29	150m: 1:35.78	32.49	250m: 2:41.04	32.72	350m: 3:46.34	32.46			
100m: 1:03.29 33.00	200m: 2:08.32	32.54	300m: 3:13.88	32.84	400m: 4:18.14	31.80			
2.GAWĘCZYK Dominika SWR	91	AZS AWF Katowice			<b>4:18.84</b>				780 A
50m: 29.52 29.52	150m: 1:35.10	33.28	250m: 2:40.86	33.07	350m: 3:46.81	33.09			
100m: 1:01.82 32.30	200m: 2:07.79	32.69	300m: 3:13.72	32.86	400m: 4:18.84	32.03			
3.SZCZEPANIAK Karolina	92	AZS AWF Warszawa			<b>4:18.89</b>				779 A
50m: 30.05 30.05	150m: 1:35.32	32.97	250m: 2:41.41	33.12	350m: 3:46.96	32.82			
100m: 1:02.35 32.30	200m: 2:08.29	32.97	300m: 3:14.14	32.73	400m: 4:18.89	31.93			
4.KILIJĄSKA Donata <i>Rekord Polski 14 lat</i>	95	KSZO Ostrowiec Œw.			<b>4:19.09</b>				778 A
50m: 29.84 29.84	150m: 1:36.02	32.99	250m: 2:41.53	32.99	350m: 3:47.61	33.08			
100m: 1:03.03 33.19	200m: 2:08.54	32.52	300m: 3:14.53	33.00	400m: 4:19.09	31.48			
5.ŁUKOWSKA Paula SZG	93	Zryw Opole			<b>4:20.09</b>				769 A
50m: 30.77 30.77	150m: 1:37.77	33.60	250m: 2:43.07	32.17	350m: 3:48.20	32.60			
100m: 1:04.17 33.40	200m: 2:10.90	33.13	300m: 3:15.60	32.53	400m: 4:20.09	31.89			
6.POŁAROWSZCZYK Beata SWR	91	WKS ŒEI <sup>3</sup> sk Wroc <sup>3</sup> aw			<b>4:20.96</b>				761 A
50m: 30.13 30.13	150m: 1:35.70	33.15	250m: 2:41.96	33.09	350m: 3:48.55	33.17			
100m: 1:02.55 32.42	200m: 2:08.87	33.17	300m: 3:15.38	33.42	400m: 4:20.96	32.41			
7.CISOWSKA Aleksandra	89	AZS AGH Kraków			<b>4:21.25</b>				759 A
50m: 30.06 30.06	150m: 1:35.59	33.10	250m: 2:41.68	33.10	350m: 3:48.63	33.56			
100m: 1:02.49 32.43	200m: 2:08.58	32.99	300m: 3:15.07	33.39	400m: 4:21.25	32.62			
8.WIKIEŁ Manuela SS	92	UŒEKS Ostro <sup>3</sup> êka			<b>4:22.23</b>				750 A
50m: 30.82 30.82	150m: 1:37.23	33.40	250m: 2:43.39	32.61	350m: 3:49.14	33.04			
100m: 1:03.83 33.01	200m: 2:10.78	33.55	300m: 3:16.10	32.71	400m: 4:22.23	33.09			
9.CHARŁOS Natalia	93	Polski Zwi <sup>3</sup> zek P <sup>3</sup> ywacki			<b>4:24.01</b>				735 R
50m: 30.70 30.70	150m: 1:37.80	33.81	250m: 2:44.95	33.52	350m: 3:52.22	33.56			
100m: 1:03.99 33.29	200m: 2:11.43	33.63	300m: 3:18.66	33.71	400m: 4:24.01	31.79			
10.BERNAT Aleksandra SP	90	KS Warta Poznań			<b>4:24.09</b>				734 R
50m: 30.78 30.78	150m: 1:37.92	33.79	250m: 2:45.02	33.42	350m: 3:52.09	33.47			
100m: 1:04.13 33.35	200m: 2:11.60	33.68	300m: 3:18.62	33.60	400m: 4:24.09	32.00			
11.KAMIŃSKA Aleksandra SWR	92	Zryw Opole			<b>4:26.10</b>				718
50m: 30.38 30.38	150m: 1:36.88	33.53	250m: 2:44.38	33.85	350m: 3:52.69	34.08			
100m: 1:03.35 32.97	200m: 2:10.53	33.65	300m: 3:18.61	34.23	400m: 4:26.10	33.41			
12.GRZEGORCZYK Izabella	93	KS Pospolania Poznań			<b>4:26.72</b>				713
50m: 30.71 30.71	150m: 1:37.16	33.71	250m: 2:44.74	33.93	350m: 3:52.96	34.03			
100m: 1:03.45 32.74	200m: 2:10.81	33.65	300m: 3:18.93	34.19	400m: 4:26.72	33.76			
13.CHODYNA Monika	92	Kormoran Olsztyn			<b>4:28.98</b>				695
50m: 31.28 31.28	150m: 1:38.13	33.89	250m: 2:46.53	34.57	350m: 3:55.27	34.43			
100m: 1:04.24 32.96	200m: 2:11.96	33.83	300m: 3:20.84	34.31	400m: 4:28.98	33.71			
14.WASILEWSKA Barbara	94	OSiR Piotrków Tryb.			<b>4:30.31</b>				685
50m: 31.31 31.31	150m: 1:39.28	34.02	250m: 2:47.88	34.34	350m: 3:56.72	34.20			
100m: 1:05.26 33.95	200m: 2:13.54	34.26	300m: 3:22.52	34.64	400m: 4:30.31	33.59			
15.WIZNER Katarzyna	94	MUKS Piętnastka AQUA Bydgoszcz			<b>4:30.76</b>				681
50m: 31.27 31.27	150m: 1:39.44	34.11	250m: 2:48.07	34.35	350m: 3:57.61	34.85			
100m: 1:05.33 34.06	200m: 2:13.72	34.28	300m: 3:22.76	34.69	400m: 4:30.76	33.15			
16.LIPIŃSKA Ma <sup>3</sup> gorzata	93	KSZO Ostrowiec Œw.			<b>4:31.62</b>				675
50m: 31.14 31.14	150m: 1:38.21	33.99	250m: 2:47.25	34.61	350m: 3:57.17	35.02			
100m: 1:04.22 33.08	200m: 2:12.64	34.43	300m: 3:22.15	34.90	400m: 4:31.62	34.45			

Zimowe Mistrzostwa Polski Seniorów i Młodzieżowców 19-20 lat  
Gorzów Wlkp., 26. - 29.11.2009

Konkurencja 27, Kobiet, 400m dowolny, Eliminacje, Open

Pozycja			Rok ur.				Czas		Pkt.
17.	PYSZKA Alicja SK		93	MKS Jordan Kraków		<b>4:32.41</b>		669	
	50m:	31.27 31.27	150m:	1:39.21 34.27	250m:	2:48.34 34.64	350m:	3:58.53 35.12	
	100m:	1:04.94 33.67	200m:	2:13.70 34.49	300m:	3:23.41 35.07	400m:	4:32.41 33.88	
18.	BOREK Aleksandra SK		94	Wodnik Krosno		<b>4:32.44</b>		669	
	50m:	29.79 29.79	150m:	1:36.43 33.62	250m:	2:45.54 34.78	350m:	3:57.08 36.32	
	100m:	1:02.81 33.02	200m:	2:10.76 34.33	300m:	3:20.76 35.22	400m:	4:32.44 35.36	
19.	KASPEREK Katarzyna		96	KS Warta Poznań		<b>4:32.56</b>		668	
	50m:	30.88 30.88	150m:	1:37.88 33.85	250m:	2:47.51 35.15	350m:	3:58.49 35.17	
	100m:	1:04.03 33.15	200m:	2:12.36 34.48	300m:	3:23.32 35.81	400m:	4:32.56 34.07	
20.	PIETRZAK Sandra		89	AZS AWF Katowice		<b>4:32.77</b>		666	
	50m:	31.63 31.63	150m:	1:40.65 34.58	250m:	2:49.26 34.40	350m:	3:58.26 34.48	
	100m:	1:06.07 34.44	200m:	2:14.86 34.21	300m:	3:23.78 34.52	400m:	4:32.77 34.51	
21.	QUARTA Karolina		92	MKS Polonia Warszawa		<b>4:33.27</b>		663	
	50m:	31.19 31.19	150m:	1:38.04 33.79	250m:	2:46.63 34.40	350m:	3:58.02 36.24	
	100m:	1:04.25 33.06	200m:	2:12.23 34.19	300m:	3:21.78 35.15	400m:	4:33.27 35.25	
22.	SĘDŁAK Katarzyna		94	UKS Orka Zamocœæ		<b>4:33.68</b>		660	
	50m:	31.44 31.44	150m:	1:39.49 34.45	250m:	2:49.28 35.02	350m:	3:59.78 35.22	
	100m:	1:05.04 33.60	200m:	2:14.26 34.77	300m:	3:24.56 35.28	400m:	4:33.68 33.90	
23.	ZYGA Paulina		94	UKS Nawa Skierniewice		<b>4:37.75</b>		631	
	50m:	31.36 31.36	150m:	1:40.80 35.23	250m:	2:51.38 35.15	350m:	4:03.09 35.88	
	100m:	1:05.57 34.21	200m:	2:16.23 35.43	300m:	3:27.21 35.83	400m:	4:37.75 34.66	
24.	KUZAWIŃSKA Karolina		93	KP MZOS P³ock		<b>4:37.86</b>		630	
	50m:	30.93 30.93	150m:	1:39.32 34.52	250m:	2:49.90 35.42	350m:	4:01.69 36.02	
	100m:	1:04.80 33.87	200m:	2:14.48 35.16	300m:	3:25.67 35.77	400m:	4:37.86 36.17	
25.	CIECIELAK Joanna		96	KS Warta Poznań		<b>4:38.49</b>		626	
	50m:	31.16 31.16	150m:	1:40.36 35.01	250m:	2:51.78 35.68	350m:	4:05.45 36.82	
	100m:	1:05.35 34.19	200m:	2:16.10 35.74	300m:	3:28.63 36.85	400m:	4:38.49 33.04	
26.	LEWITZKA Paulina		95	UKS Ruch Grudzi¹dz		<b>4:38.89</b>		624	
	50m:	31.50 31.50	150m:	1:40.71 34.97	250m:	2:51.41 35.46	350m:	4:03.51 36.26	
	100m:	1:05.74 34.24	200m:	2:15.95 35.24	300m:	3:27.25 35.84	400m:	4:38.89 35.38	
27.	MENDOWSKA Katarzyna		94	KS Warta Poznań		<b>4:40.85</b>		611	
	50m:	31.61 31.61	150m:	1:42.19 35.62	250m:	2:54.32 36.09	350m:	4:06.52 35.82	
	100m:	1:06.57 34.96	200m:	2:18.23 36.04	300m:	3:30.70 36.38	400m:	4:40.85 34.33	
28.	SKOWROŃSKA Weronika		96	KS Warta Poznań		<b>4:49.08</b>		560	
	50m:	32.71 32.71	150m:	1:46.33 37.57	250m:	2:59.54 36.78	350m:	4:13.50 37.10	
	100m:	1:08.76 36.05	200m:	2:22.76 36.43	300m:	3:36.40 36.86	400m:	4:49.08 35.58	
29.	RODZEŃ Angelika		94	MKP S³owianka Gorzów Wlkp.		<b>4:49.67</b>		556	
	50m:	32.75 32.75	150m:	1:44.84 36.55	250m:	2:59.25 37.39	350m:	4:13.82 36.82	
	100m:	1:08.29 35.54	200m:	2:21.86 37.02	300m:	3:37.00 37.75	400m:	4:49.67 35.85	
30.	POZORSKA Agata		94	MUKS Piêtnastka AQUA Bydgoszcz		<b>4:50.62</b>		551	
	50m:	31.91 31.91	150m:	1:43.27 36.36	250m:	2:58.73 37.78	350m:	4:13.28 37.12	
	100m:	1:06.91 35.00	200m:	2:20.95 37.68	300m:	3:36.16 37.43	400m:	4:50.62 37.34	
31.	CABAJ Zofia		95	MKP S³owianka Gorzów Wlkp.		<b>4:52.66</b>		540	
	50m:	33.41 33.41	150m:	1:46.43 36.95	250m:	3:00.30 36.79	350m:	4:15.88 37.91	
	100m:	1:09.48 36.07	200m:	2:23.51 37.08	300m:	3:37.97 37.67	400m:	4:52.66 36.78	
32.	CHUDZIK Katarzyna		95	MKP S³owianka Gorzów Wlkp.		<b>5:07.08</b>		467	
	50m:	33.64 33.64	150m:	2:29.58 1:18.51	250m:	3:48.68 39.60	350m:		
	100m:	1:11.07 37.43	200m:	3:09.08 39.50	300m:	4:29.09 40.41	400m:	5:07.08	
33.	BANAK Karolina		95	MKP S³owianka Gorzów Wlkp.		<b>5:08.54</b>		460	
	50m:	34.65 34.65	150m:	1:50.21 38.33	250m:	3:09.31 39.86	350m:	4:29.37 40.16	
	100m:	1:11.88 37.23	200m:	2:29.45 39.24	300m:	3:49.21 39.90	400m:	5:08.54 39.17	