

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

Konkurencja 38  
2009-11-29

Kobiet, 400m zmienny

Open  
Wyniki Eliminacje

Minimum Mistrzostw Europy Istambu<sup>3</sup> 4:36.98  
Top Times "Poland" 4:31.89 BARANOWSKA Katarzyna MKSZC Debrecen (HUN) 2007-12-16

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.
1.	ŁENOWSKA Katarzyna		90	KP MZOS P <sup>3</sup> ock				<b>4:53.23</b>	756 A
	50m:	31.19 31.19	150m:	1:44.39	38.03	250m:	3:02.54 41.21	350m:	4:19.30 35.28
	100m:	1:06.36 35.17	200m:	2:21.33	36.94	300m:	3:44.02 41.48	400m:	4:53.23 33.93
2.	UKOWSKA Paula SZG		93	Zryw Opole				<b>4:54.05</b>	750 A
	50m:	31.76 31.76	150m:	1:45.26	36.91	250m:	3:04.12 42.99	350m:	4:21.02 34.83
	100m:	1:08.35 36.59	200m:	2:21.13	35.87	300m:	3:46.19 42.07	400m:	4:54.05 33.03
3.	SZMAGALSKA Agata		95	MKP S <sup>3</sup> owianka Gorzów Wlkp.				<b>4:54.51</b>	746 A
	<i>Rekord Polski 14 lat</i>								
	50m:	31.12 31.12	150m:	1:44.01	37.33	250m:	3:03.45 41.85	350m:	4:21.38 33.88
	100m:	1:06.68 35.56	200m:	2:21.60	37.59	300m:	3:47.50 44.05	400m:	4:54.51 33.13
4.	JANKOWSKA Marta SO		92	AZS AWF Katowice				<b>4:56.83</b>	729 A
	50m:	31.93 31.93	150m:	1:45.90	38.56	250m:	3:05.86 42.68	350m:	4:23.13 34.97
	100m:	1:07.34 35.41	200m:	2:23.18	37.28	300m:	3:48.16 42.30	400m:	4:56.83 33.70
5.	MÓZGOWSKA Jagoda		90	AZS AGH Kraków				<b>4:58.80</b>	715 A
	50m:	30.92 30.92	150m:	1:44.37	37.81	250m:	3:02.67 41.43	350m:	4:22.92 36.92
	100m:	1:06.56 35.64	200m:	2:21.24	36.87	300m:	3:46.00 43.33	400m:	4:58.80 35.88
6.	KORZENIOWSKA Marta SO		93	UKP Unia O <sup>o</sup> wi <sup>e</sup> cim				<b>5:00.09</b>	705 A
	50m:	32.63 32.63	150m:	1:49.43	39.19	250m:	3:09.38 41.26	350m:	4:26.28 34.85
	100m:	1:10.24 37.61	200m:	2:28.12	38.69	300m:	3:51.43 42.05	400m:	5:00.09 33.81
7.	CHARŁOS Natalia		93	Polski Zwi <sup>z</sup> ek P <sup>z</sup> ywacki				<b>5:00.41</b>	703 A
	50m:	32.45 32.45	150m:	1:47.60	37.41	250m:	3:08.91 44.26	350m:	4:27.16 33.76
	100m:	1:10.19 37.74	200m:	2:24.65	37.05	300m:	3:53.40 44.49	400m:	5:00.41 33.25
8.	CIESIELSKA Sylwia		95	KS Warta Poznań				<b>5:01.98</b>	692 A
	50m:	32.76 32.76	150m:	1:48.37	38.37	250m:	3:10.11 43.53	350m:	4:28.44 34.50
	100m:	1:10.00 37.24	200m:	2:26.58	38.21	300m:	3:53.94 43.83	400m:	5:01.98 33.54
9.	ZACHARSKA Inga		94	UKS GIM 92 Ursynów Warszawa				<b>5:02.99</b>	685 R
	50m:	32.33 32.33	150m:	1:46.76	37.53	250m:	3:08.49 44.44	350m:	4:28.71 36.33
	100m:	1:09.23 36.90	200m:	2:24.05	37.29	300m:	3:52.38 43.89	400m:	5:02.99 34.28
10.	STASZKIEWICZ Katarzyna		90	AZS AWF Wroc <sup>3</sup> aw				<b>5:04.28</b>	677 R
	50m:	32.39 32.39	150m:	1:48.36	38.68	250m:	3:10.13 43.62	350m:	4:29.91 36.10
	100m:	1:09.68 37.29	200m:	2:26.51	38.15	300m:	3:53.81 43.68	400m:	5:04.28 34.37
11.	PIASECKA Marta SK		91	AZS AWF Katowice				<b>5:05.47</b>	669
	50m:	33.22 33.22	150m:	1:49.63	38.30	250m:	3:13.35 45.06	350m:	4:32.49 34.00
	100m:	1:11.33 38.11	200m:	2:28.29	38.66	300m:	3:58.49 45.14	400m:	5:05.47 32.98
12.	WIZNER Katarzyna		94	MUKS Pi <sup>e</sup> tnastka AQUA Bydgoszcz				<b>5:05.52</b>	668
	50m:	32.89 32.89	150m:	1:49.30	39.00	250m:	3:12.22 45.09	350m:	4:31.96 35.18
	100m:	1:10.30 37.41	200m:	2:27.13	37.83	300m:	3:56.78 44.56	400m:	5:05.52 33.56
13.	PELOWSKA Aleksandra, SG		93	UKS Jedylnka Solex L <sup>e</sup> bork				<b>5:06.03</b>	665
	50m:	32.58 32.58	150m:	1:47.31	38.64	250m:	3:09.66 42.88	350m:	4:29.93 37.25
	100m:	1:08.67 36.09	200m:	2:26.78	39.47	300m:	3:52.68 43.02	400m:	5:06.03 36.10
14.	SZCZEPANIAK Karolina		92	AZS AWF Warszawa				<b>5:06.10</b>	665
	50m:	30.84 30.84	150m:	1:44.64	38.25	250m:	3:02.36 40.18	350m:	4:19.38 35.20
	100m:	1:06.39 35.55	200m:	2:22.18	37.54	300m:	3:44.18 41.82	400m:	5:06.10 46.72
15.	SWITALSKA Martyna SP		92	KS Warta Poznań				<b>5:07.96</b>	653
	50m:	31.08 31.08	150m:	1:46.35	39.71	250m:	3:09.84 44.10	350m:	4:32.32 36.99
	100m:	1:06.64 35.56	200m:	2:25.74	39.39	300m:	3:55.33 45.49	400m:	5:07.96 35.64
16.	MAŃCZAK Agata		94	MKP S <sup>3</sup> owianka Gorzów Wlkp.				<b>5:08.70</b>	648
	50m:	30.98 30.98	150m:	1:47.81	41.31	250m:	3:11.68 44.45	350m:	4:33.14 35.57
	100m:	1:06.50 35.52	200m:	2:27.23	39.42	300m:	3:57.57 45.89	400m:	5:08.70 35.56

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Pozycja			Rok ur.					Czas	Pkt.		
17.	WICENIEWSKA Magdalena		93	KS Posenia Poznań				<b>5:11.51</b>	631		
	50m:	32.41 32.41	150m:	1:51.80	39.02	250m:	3:14.03	42.88	350m:	4:35.21	36.46
	100m:	1:12.78 40.37	200m:	2:31.15	39.35	300m:	3:58.75	44.72	400m:	5:11.51	36.30
18.	KALIKA Katarzyna		94	MKP Słowianka Gorzów Wlkp.				<b>5:11.63</b>	630		
	50m:	31.92 31.92	150m:	1:50.42	39.34	250m:	3:15.25	43.47	350m:	4:36.36	37.25
	100m:	1:11.08 39.16	200m:	2:31.78	41.36	300m:	3:59.11	43.86	400m:	5:11.63	35.27
19.	ŁUKUŃ NATALIA		94	MUKS Olimpijczyk Suwałki				<b>5:22.52</b>	568		
	50m:	31.76 31.76	150m:	1:48.34	39.80	250m:	3:16.09	47.74	350m:	4:43.30	39.01
	100m:	1:08.54 36.78	200m:	2:28.35	40.01	300m:	4:04.29	48.20	400m:	5:22.52	39.22
20.	POZORSKA Agata		94	MUKS Piłnastka AQUA Bydgoszcz				<b>5:27.36</b>	543		
	50m:	33.69 33.69	150m:	1:55.54	42.25	250m:	3:24.66	47.39	350m:	4:50.37	37.79
	100m:	1:13.29 39.60	200m:	2:37.27	41.73	300m:	4:12.58	47.92	400m:	5:27.36	36.99
21.	JABŁOŃSKA Agnieszka		95	AZS WSG Bydgoszcz				<b>5:29.59</b>	532		
	50m:	34.50 34.50	150m:	1:56.60	41.70	250m:	3:25.17	46.06	350m:	4:51.20	39.14
	100m:	1:14.90 40.40	200m:	2:39.11	42.51	300m:	4:12.06	46.89	400m:	5:29.59	38.39