

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 Fina<sup>3</sup>

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

Punkty: FINA 2009

Pozycja			Rok ur.							Czas	Pkt.	
<b>Fina<sup>3</sup> A</b>												
1.	SZCZEPANIAK Karolina		92	AZS AWF Warszawa						<b>4:38.72</b>	880	
	<i>Rekord Polski 17 lat</i>											
	50m:	28.93	28.93	150m:	1:37.24	35.50	250m:	2:52.83	40.63	350m:	4:07.16	32.90
	100m:	1:01.74	32.81	200m:	2:12.20	34.96	300m:	3:34.26	41.43	400m:	4:38.72	31.56
2.	UKOWSKA Paula SZG		93	Zryw Opole						<b>4:44.12</b>	831	
	50m:	30.05	30.05	150m:	1:39.09	35.33	250m:	2:55.26	41.92	350m:	4:11.91	33.73
	100m:	1:03.76	33.71	200m:	2:13.34	34.25	300m:	3:38.18	42.92	400m:	4:44.12	32.21
3.	OŁENOWSKA Katarzyna		90	KP MZOS P <sup>3</sup> ock						<b>4:44.33</b>	829	
	50m:	30.41	30.41	150m:	1:40.52	35.36	250m:	2:57.26	39.44	350m:	4:12.87	33.30
	100m:	1:05.16	34.75	200m:	2:17.82	37.30	300m:	3:39.57	42.31	400m:	4:44.33	31.46
4.	SZMAGALSKA Agata		95	MKP S <sup>3</sup> owianka Gorzów Wlkp.						<b>4:53.95</b>	751	
	<i>Rekord Polski 14 lat</i>											
	50m:	30.99	30.99	150m:	1:44.23	37.68	250m:	3:04.28	42.97	350m:	4:21.23	33.82
	100m:	1:06.55	35.56	200m:	2:21.31	37.08	300m:	3:47.41	43.13	400m:	4:53.95	32.72
5.	CHARŁOS Natalia		93	Polski Zwi <sup>1</sup> zek P <sup>3</sup> ywacki						<b>4:55.00</b>	743	
	50m:	31.29	31.29	150m:	1:44.85	37.75	250m:	3:05.95	44.19	350m:	4:23.85	33.50
	100m:	1:07.10	35.81	200m:	2:21.76	36.91	300m:	3:50.35	44.40	400m:	4:55.00	31.15
6.	JANKOWSKA Marta SO		92	AZS AWF Katowice						<b>4:55.11</b>	742	
	50m:	31.68	31.68	150m:	1:44.81	37.68	250m:	3:04.40	42.26	350m:	4:21.49	34.76
	100m:	1:07.13	35.45	200m:	2:22.14	37.33	300m:	3:46.73	42.33	400m:	4:55.11	33.62
7.	KORZENIOWSKA Marta SO		93	UKP Unia Ocewi <sup>ę</sup> cim						<b>4:57.78</b>	722	
	50m:	31.06	31.06	150m:	1:45.39	38.73	250m:	3:05.40	41.66	350m:	4:23.35	35.40
	100m:	1:06.66	35.60	200m:	2:23.74	38.35	300m:	3:47.95	42.55	400m:	4:57.78	34.43
8.	MÓZGOWSKA Jagoda		90	AZS AGH Kraków						<b>5:02.82</b>	687	
	50m:	31.43	31.43	150m:	1:45.31	38.17	250m:	3:06.01	43.28	350m:	4:27.06	37.15
	100m:	1:07.14	35.71	200m:	2:22.73	37.42	300m:	3:49.91	43.90	400m:	5:02.82	35.76