

Zimowe Mistrzostwa Polski w Pływaniu Juniorów M³odszych - 14 lat
Zamoce, 15. - 17.1.2010

Konkurencja 19
2010-01-16 - 9:44

Dziewcz¹t, 400m dowolny

14 lat

Wyniki Eliminacje

Top Times "Poland" 4:16.92 KILIJANSKA Donata KSOST Gorzow Wielkopolski 2009-11-28

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.
1.	RUDAWSKA Adrianna		96	Orlik Lublin				4:28.47	699 A
	50m:	31.19 31.19	150m:	1:38.78 34.17	250m:	2:47.18 34.06	350m:	3:55.20 33.97	
	100m:	1:04.61 33.42	200m:	2:13.12 34.34	300m:	3:21.23 34.05	400m:	4:28.47 33.27	
2.	SOKOŁOWSKA Diana		96	Juvenia Bia ³ ystok				4:29.76	689 A
	50m:	30.30 30.30	150m:	1:39.10 35.07	250m:	2:49.17 35.12	350m:	3:57.39 33.92	
	100m:	1:04.03 33.73	200m:	2:14.05 34.95	300m:	3:23.47 34.30	400m:	4:29.76 32.37	
3.	CIECŁAK Joanna		96	Warta Poznań				4:31.25	678 A
	50m:	31.41 31.41	150m:	1:39.92 34.72	250m:	2:49.44 34.87	350m:	3:58.28 34.65	
	100m:	1:05.20 33.79	200m:	2:14.57 34.65	300m:	3:23.63 34.19	400m:	4:31.25 32.97	
4.	KASPEREK Katarzyna		96	Warta Poznań				4:32.67	667 A
	50m:	30.72 30.72	150m:	1:39.00 34.48	250m:	2:49.24 35.17	350m:	3:59.67 35.11	
	100m:	1:04.52 33.80	200m:	2:14.07 35.07	300m:	3:24.56 35.32	400m:	4:32.67 33.00	
5.	ALEKSANDROWICZ Arleta		96	Olimpijczyk Suwa ³ ki				4:36.68	639 A
	50m:	30.93 30.93	150m:	1:39.73 35.03	250m:	2:50.42 35.43	350m:	4:01.88 35.60	
	100m:	1:04.70 33.77	200m:	2:14.99 35.26	300m:	3:26.28 35.86	400m:	4:36.68 34.80	
6.	SZYMAŃSKA Monika		96	Olimpijczyk Aleksandrów				4:42.25	602 A
	50m:	31.72 31.72	150m:	1:41.60 34.96	250m:	2:54.01 36.12	350m:	4:06.86 36.46	
	100m:	1:06.64 34.92	200m:	2:17.89 36.29	300m:	3:30.40 36.39	400m:	4:42.25 35.39	
7.	MACIESZA Agata		96	Orze ³ Elbl ¹ g				4:43.13	596 B
	50m:	31.98 31.98	150m:	1:41.70 34.92	250m:	2:53.10 35.89	350m:	4:06.58 36.99	
	100m:	1:06.78 34.80	200m:	2:17.21 35.51	300m:	3:29.59 36.49	400m:	4:43.13 36.55	
8.	BUCZKOWSKA Katarzyna		96	Shark Rudna				4:44.36	588 B
	50m:	30.61 30.61	150m:	1:41.05 35.95	250m:	2:54.80 37.16	350m:	4:08.43 36.53	
	100m:	1:05.10 34.49	200m:	2:17.64 36.59	300m:	3:31.90 37.10	400m:	4:44.36 35.93	
9.	WÓJCIK Paula		96	Aqua Bydgoszcz				4:45.56	581 B
	50m:	31.30 31.30	150m:	1:41.60 35.94	250m:	2:55.12 36.61	350m:	4:09.49 37.30	
	100m:	1:05.66 34.36	200m:	2:18.51 36.91	300m:	3:32.19 37.07	400m:	4:45.56 36.07	
10.	KAMIŃSKA Aleksandra		96	Orlik Lublin				4:46.28	576 B
	50m:	32.71 32.71	150m:	1:44.35 36.08	250m:	2:56.97 36.49	350m:	4:11.13 37.04	
	100m:	1:08.27 35.56	200m:	2:20.48 36.13	300m:	3:34.09 37.12	400m:	4:46.28 35.15	
11.	KLICH Maja		96	Unia Tarnów				4:46.36	576 B
	50m:	31.74 31.74	150m:	1:42.87 36.14	250m:	2:55.83 36.25	350m:	4:10.29 37.26	
	100m:	1:06.73 34.99	200m:	2:19.58 36.71	300m:	3:33.03 37.20	400m:	4:46.36 36.07	
12.	SIRIGNANO Luigia		96	Jordan Kraków				4:46.61	574 B
	50m:	31.71 31.71	150m:	1:43.56 36.65	250m:	2:57.32 37.12	350m:	4:11.21 36.95	
	100m:	1:06.91 35.20	200m:	2:20.20 36.64	300m:	3:34.26 36.94	400m:	4:46.61 35.40	
13.	MILEWSKA Marta		96	Pi ¹ tka Chorzów				4:47.11	571 R
	50m:	32.07 32.07	150m:	1:43.97 36.11	250m:	2:58.12 37.04	350m:	4:11.74 36.66	
	100m:	1:07.86 35.79	200m:	2:21.08 37.11	300m:	3:35.08 36.96	400m:	4:47.11 35.37	
14.	HALAGIERA Joanna		96	S ³ owianka Gorzów Wlkp.				4:47.67	568 R
	50m:	32.43 32.43	150m:	1:44.43 36.58	250m:	2:58.40 36.98	350m:	4:11.56 36.52	
	100m:	1:07.85 35.42	200m:	2:21.42 36.99	300m:	3:35.04 36.64	400m:	4:47.67 36.11	
15.	SZRUBKOWSKA Julia		96	Dwójka Morena Gdańsk				4:48.32	564
	50m:	33.19 33.19	150m:	1:45.87 36.73	250m:	2:59.57 36.92	350m:	4:13.33 36.69	
	100m:	1:09.14 35.95	200m:	2:22.65 36.78	300m:	3:36.64 37.07	400m:	4:48.32 34.99	
16.	BARAN Justyna		96	MKP Szczecin				4:48.72	562
	50m:	32.27 32.27	150m:	1:45.77 37.52	250m:	2:59.45 36.59	350m:	4:13.58 37.08	
	100m:	1:08.25 35.98	200m:	2:22.86 37.09	300m:	3:36.50 37.05	400m:	4:48.72 35.14	
17.	DZIEKAN Agnieszka		96	Ikar Mielec				4:48.90	561
	50m:	33.28 33.28	150m:	1:46.17 36.57	250m:	2:59.81 36.97	350m:	4:14.45 37.35	
	100m:	1:09.60 36.32	200m:	2:22.84 36.67	300m:	3:37.10 37.29	400m:	4:48.90 34.45	

Zimowe Mistrzostwa Polski w Pływaniu Juniorów M³odszych - 14 lat
Zamość, 15. - 17.1.2010

Konkurencja 19, Dziewcz¹t, 400m dowolny, Eliminacje, 14 lat

Pozycja			Rok ur.					Czas	Pkt.		
18.	BAKUNIAK Hanna		96	AZS WSG Bydgoszcz				4:49.02	560		
	50m:	31.74 31.74	150m:	1:43.41	36.63	250m:	2:57.72	37.57	350m:	4:13.65	37.82
	100m:	1:06.78 35.04	200m:	2:20.15	36.74	300m:	3:35.83	38.11	400m:	4:49.02	35.37
19.	SKOWROŃSKA Weronika		96	Warta Poznań				4:49.84	555		
	50m:	32.31 32.31	150m:	1:43.97	36.59	250m:	2:58.42	37.41	350m:	4:13.41	37.59
	100m:	1:07.38 35.07	200m:	2:21.01	37.04	300m:	3:35.82	37.40	400m:	4:49.84	36.43
20.	OLIŃSKA Wiktoria		96	Polonia Warszawa				4:49.87	555		
	50m:	32.82 32.82	150m:	1:45.74	36.90	250m:	2:59.86	37.03	350m:	4:14.23	36.85
	100m:	1:08.84 36.02	200m:	2:22.83	37.09	300m:	3:37.38	37.52	400m:	4:49.87	35.64
21.	KANIA Martyna		96	Polonez Wyszaków				4:49.95	555		
	50m:	33.72 33.72	150m:	1:45.81	36.10	250m:	3:00.03	37.14	350m:	4:14.18	36.92
	100m:	1:09.71 35.99	200m:	2:22.89	37.08	300m:	3:37.26	37.23	400m:	4:49.95	35.77
22.	BORKOWSKA Aleksandra		96	Olimpijczyk Suwa ³ ki				4:50.60	551		
	50m:	31.33 31.33	150m:	1:42.54	36.38	250m:	2:57.62	37.64	350m:	4:13.76	38.03
	100m:	1:06.16 34.83	200m:	2:19.98	37.44	300m:	3:35.73	38.11	400m:	4:50.60	36.84
23.	KUCZYŃSKA Aleksandra		96	Foka Sandomierz				4:53.23	536		
	50m:	32.97 32.97	150m:	1:46.73	37.41	250m:	3:02.05	37.57	350m:	4:17.50	37.38
	100m:	1:09.32 36.35	200m:	2:24.48	37.75	300m:	3:40.12	38.07	400m:	4:53.23	35.73
24.	BARTOSZEK Joanna		96	Gilus Gilowice				4:53.27	536		
	50m:	33.98 33.98	150m:	1:48.71	37.20	250m:	3:03.75	37.41	350m:	4:18.36	37.39
	100m:	1:11.51 37.53	200m:	2:26.34	37.63	300m:	3:40.97	37.22	400m:	4:53.27	34.91
25.	GRODZKA Maria		96	Wiking Tomaszów Maz.				4:54.19	531		
	50m:	32.84 32.84	150m:	1:46.24	37.08	250m:	3:01.65	37.80	350m:	4:17.49	37.61
	100m:	1:09.16 36.32	200m:	2:23.85	37.61	300m:	3:39.88	38.23	400m:	4:54.19	36.70
26.	SZCZYRBAK Kornelia		96	Jordan Kraków				4:54.27	531		
	50m:	32.56 32.56	150m:	1:44.30	36.53	250m:	2:59.24	37.83	350m:	4:15.91	38.30
	100m:	1:07.77 35.21	200m:	2:21.41	37.11	300m:	3:37.61	38.37	400m:	4:54.27	38.36
27.	BUCHALSKA Patrycja		96	Orze ³ Elbl ¹ g				4:55.87	522		
	50m:	33.73 33.73	150m:	1:47.29	37.46	250m:	3:03.27	38.03	350m:	4:19.30	37.94
	100m:	1:09.83 36.10	200m:	2:25.24	37.95	300m:	3:41.36	38.09	400m:	4:55.87	36.57
28.	JOBDA Jagoda		96	Toliborz Warszawa				4:56.57	519		
	50m:	33.23 33.23	150m:	1:47.97	38.24	250m:	3:04.15	38.19	350m:	4:19.86	37.90
	100m:	1:09.73 36.50	200m:	2:25.96	37.99	300m:	3:41.96	37.81	400m:	4:56.57	36.71
29.	MNICH Olimpia		96	AZS AWF Poznań				4:56.69	518		
	50m:	34.78 34.78	150m:	1:49.83	37.07	250m:	3:04.46	37.06	350m:	4:19.47	37.70
	100m:	1:12.76 37.98	200m:	2:27.40	37.57	300m:	3:41.77	37.31	400m:	4:56.69	37.22
30.	NOWAK Sonia		96	Piłtka Chorzów				4:57.50	514		
	50m:	34.17 34.17	150m:	1:49.15	37.50	250m:	3:05.19	37.99	350m:	4:20.72	37.53
	100m:	1:11.65 37.48	200m:	2:27.20	38.05	300m:	3:43.19	38.00	400m:	4:57.50	36.78
31.	BIAŁOWYS Karolina		96	Jedynka Ożarów Maz.				4:57.79	512		
	50m:	33.10 33.10	150m:	1:48.23	38.55	250m:	3:04.49	38.48	350m:	4:21.02	38.15
	100m:	1:09.68 36.58	200m:	2:26.01	37.78	300m:	3:42.87	38.38	400m:	4:57.79	36.77
32.	KOZON Kaja		96	Polonez Wyszaków				5:00.30	499		
	50m:	32.39 32.39	150m:	1:46.11	37.90	250m:	3:03.71	39.25	350m:	4:22.42	39.39
	100m:	1:08.21 35.82	200m:	2:24.46	38.35	300m:	3:43.03	39.32	400m:	5:00.30	37.88
33.	JANUSZ Marta		96	Gilus Gilowice				5:00.51	498		
	50m:	32.54 32.54	150m:	1:47.49	38.49	250m:	3:05.66	39.11	350m:	4:23.41	38.69
	100m:	1:09.00 36.46	200m:	2:26.55	39.06	300m:	3:44.72	39.06	400m:	5:00.51	37.10
34.	STAŃCZYK Olga		96	GOSiR Piaseczno				5:01.08	496		
	50m:	33.14 33.14	150m:	1:48.92	38.35	250m:	3:06.97	38.93	350m:	4:24.60	38.72
	100m:	1:10.57 37.43	200m:	2:28.04	39.12	300m:	3:45.88	38.91	400m:	5:01.08	36.48
35.	SIKORA Justyna		96	Unia Oświęcim				5:01.25	495		
	50m:	34.04 34.04	150m:	1:49.17	38.32	250m:	3:06.47	38.90	350m:	4:24.00	38.44
	100m:	1:10.85 36.81	200m:	2:27.57	38.40	300m:	3:45.56	39.09	400m:	5:01.25	37.25

Zimowe Mistrzostwa Polski w Pływaniu Juniorów M³odszych - 14 lat
Zamość, 15. - 17.1.2010

Konkurencja 19, Dziewcz¹t, 400m dowolny, Eliminacje, 14 lat

Pozycja			Rok ur.					Czas	Pkt.		
36.	ÆWIÊKAŁA Olga		96	Unia Oœwiêcim				5:01.50	494		
	50m:	33.62 33.62	150m:	1:49.29	38.25	250m:	3:06.51	38.61	350m:	4:24.63	39.11
	100m:	1:11.04 37.42	200m:	2:27.90	38.61	300m:	3:45.52	39.01	400m:	5:01.50	36.87
37.	SOBCZAK Agnieszka		96	Skra Be ³ chatów				5:01.53	493		
	50m:	34.99 34.99	150m:	1:51.47	38.60	250m:	3:09.05	38.70	350m:	4:25.24	38.03
	100m:	1:12.87 37.88	200m:	2:30.35	38.88	300m:	3:47.21	38.16	400m:	5:01.53	36.29
38.	MAJOS Paulina		96	Korona-Swim Kielce				5:02.01	491		
	50m:	33.82 33.82	150m:	1:49.01	38.35	250m:	3:06.92	38.84	350m:	4:25.68	39.55
	100m:	1:10.66 36.84	200m:	2:28.08	39.07	300m:	3:46.13	39.21	400m:	5:02.01	36.33
39.	WLIZŁO Patrycja		96	Warta Poznań				5:02.72	488		
	50m:	33.07 33.07	150m:	1:47.99	37.99	250m:	3:05.73	38.99	350m:	4:24.88	39.57
	100m:	1:10.00 36.93	200m:	2:26.74	38.75	300m:	3:45.31	39.58	400m:	5:02.72	37.84
	SOWA Marta		96	Jordan Kraków				5:02.72	488		
	50m:	33.53 33.53	150m:	1:49.92	38.86	250m:	3:08.08	39.43	350m:	4:26.33	39.25
	100m:	1:11.06 37.53	200m:	2:28.65	38.73	300m:	3:47.08	39.00	400m:	5:02.72	36.39
41.	KIEC Magda		96	oliborz Warszawa				5:03.89	482		
	50m:	33.68 33.68	150m:	1:50.60	39.17	250m:	3:09.48	39.38	350m:	4:27.43	38.74
	100m:	1:11.43 37.75	200m:	2:30.10	39.50	300m:	3:48.69	39.21	400m:	5:03.89	36.46
42.	NIMIEROWICZ Anna		96	Juwenia Bia ³ ystok				5:03.91	482		
	50m:	34.32 34.32	150m:	1:51.60	39.16	250m:	3:09.41	38.71	350m:	4:27.01	38.41
	100m:	1:12.44 38.12	200m:	2:30.70	39.10	300m:	3:48.60	39.19	400m:	5:03.91	36.90
43.	KLEMCZYŃSKA Magda		96	Juwenia Wroc ³ aw				5:04.40	480		
	50m:	33.31 33.31	150m:	1:49.79	38.41	250m:	3:08.09	38.82	350m:	4:26.89	39.43
	100m:	1:11.38 38.07	200m:	2:29.27	39.48	300m:	3:47.46	39.37	400m:	5:04.40	37.51
44.	RÓŁSKA Martyna		96	G-8 Bielany				5:04.44	479		
	50m:	31.83 31.83	150m:	1:45.88	38.12	250m:	3:04.50	39.74	350m:	4:25.68	40.59
	100m:	1:07.76 35.93	200m:	2:24.76	38.88	300m:	3:45.09	40.59	400m:	5:04.44	38.76
45.	ŁUKUÆ Anna		96	Olimpijczyk Suwa ³ ki				5:04.73	478		
	50m:	35.22 35.22	150m:	1:52.99	39.11	250m:	3:10.55	38.89	350m:	4:29.63	40.23
	100m:	1:13.88 38.66	200m:	2:31.66	38.67	300m:	3:49.40	38.85	400m:	5:04.73	35.10
46.	BANACH Aleksandra		96	Jordan Kraków				5:04.96	477		
	50m:	34.61 34.61	150m:	1:50.73	38.66	250m:	3:09.01	39.18	350m:	4:27.53	39.10
	100m:	1:12.07 37.46	200m:	2:29.83	39.10	300m:	3:48.43	39.42	400m:	5:04.96	37.43
47.	BUSSE Sylwia		96	Wodnik Radom				5:05.04	477		
	50m:	33.26 33.26	150m:	1:48.71	38.39	250m:	3:06.64	39.26	350m:	4:26.01	39.78
	100m:	1:10.32 37.06	200m:	2:27.38	38.67	300m:	3:46.23	39.59	400m:	5:05.04	39.03
48.	ZIOMKOWSKA Agata		96	Dwójka Morena Gdańsk				5:05.33	475		
	50m:	35.65 35.65	150m:	1:51.22	38.07	250m:	3:09.49	38.92	350m:	4:27.84	39.03
	100m:	1:13.15 37.50	200m:	2:30.57	39.35	300m:	3:48.81	39.32	400m:	5:05.33	37.49
49.	JASIŃSKA Justyna		96	MOSiR Mys ³ owice				5:06.15	471		
	50m:	32.59 32.59	150m:	1:47.89	38.93	250m:	3:06.74	38.93	350m:	4:26.89	40.21
	100m:	1:08.96 36.37	200m:	2:27.81	39.92	300m:	3:46.68	39.94	400m:	5:06.15	39.26
50.	WONDOŁOWSKA Anita		96	Olimpijczyk Suwa ³ ki				5:07.11	467		
	50m:	34.55 34.55	150m:	1:51.56	38.98	250m:	3:10.16	39.32	350m:	4:28.27	38.92
	100m:	1:12.58 38.03	200m:	2:30.84	39.28	300m:	3:49.35	39.19	400m:	5:07.11	38.84
51.	CHMIELEK Anna		96	Jordan Kraków				5:07.12	467		
	50m:	34.05 34.05	150m:	1:49.30	37.99	250m:	3:07.61	39.47	350m:	4:27.77	40.53
	100m:	1:11.31 37.26	200m:	2:28.14	38.84	300m:	3:47.24	39.63	400m:	5:07.12	39.35
52.	ZYGA Izabela		96	Nawa Skierniewice				5:07.72	464		
	50m:	33.98 33.98	150m:	1:51.93	39.36	250m:	3:11.76	39.77	350m:	4:30.93	39.50
	100m:	1:12.57 38.59	200m:	2:31.99	40.06	300m:	3:51.43	39.67	400m:	5:07.72	36.79
53.	ELECHOWSKA Maria		96	oliborz Warszawa				5:10.36	452		
	50m:	35.31 35.31	150m:	1:55.25	40.26	250m:	3:14.72	39.63	350m:	4:34.33	39.72
	100m:	1:14.99 39.68	200m:	2:35.09	39.84	300m:	3:54.61	39.89	400m:	5:10.36	36.03

Zimowe Mistrzostwa Polski w Pływaniu Juniorów Młodszych - 14 lat
Zamość, 15. - 17.1.2010

Konkurencja 19, Dziewczyna, 400m dowolny, Eliminacje, 14 lat

Pozycja			Rok ur.					Czas	Pkt.			
54.	ILCEWICZ Edyta		96	Victoria Józefów				5:13.04	441			
	50m:	33.70	33.70	150m:	1:51.88	40.01	250m:	3:13.66	40.69	350m:	4:33.73	40.08
	100m:	1:11.87	38.17	200m:	2:32.97	41.09	300m:	3:53.65	39.99	400m:	5:13.04	39.31
55.	KULIK Natalia		96	MOS E³k				5:14.34	435			
	50m:	35.15	35.15	150m:	1:55.13	40.84	250m:	3:15.96	40.86	350m:	4:36.31	39.80
	100m:	1:14.29	39.14	200m:	2:35.10	39.97	300m:	3:56.51	40.55	400m:	5:14.34	38.03
56.	NOWICKA Magdalena		96	Juwenia Bia³ystok				5:15.43	431			
	50m:	35.79	35.79	150m:	1:54.06	39.61	250m:	3:15.32	40.79	350m:	4:36.34	40.38
	100m:	1:14.45	38.66	200m:	2:34.53	40.47	300m:	3:55.96	40.64	400m:	5:15.43	39.09
57.	OSZWA Emilia		96	Orze³ Elbl³g				5:20.00	413			
	50m:	35.49	35.49	150m:	1:54.85	40.45	250m:	3:16.78	41.86	350m:	4:39.40	40.75
	100m:	1:14.40	38.91	200m:	2:34.92	40.07	300m:	3:58.65	41.87	400m:	5:20.00	40.60
58.	LINKOWSKA Emilia		96	Korner Zielona G³ra				5:20.66	410			
	50m:	35.37	35.37	150m:	1:56.28	40.82	250m:	3:19.05	41.27	350m:	4:41.19	40.95
	100m:	1:15.46	40.09	200m:	2:37.78	41.50	300m:	4:00.24	41.19	400m:	5:20.66	39.47
59.	POTÊPA Karolina		96	Jordan Krak³w				5:22.41	404			
	50m:	33.79	33.79	150m:	1:54.09	41.67	250m:	3:16.88	40.94	350m:	4:41.13	41.60
	100m:	1:12.42	38.63	200m:	2:35.94	41.85	300m:	3:59.53	42.65	400m:	5:22.41	41.28
60.	SAŁEK Natalia		96	Orka Zamość				5:25.16	393			
	50m:	35.05	35.05	150m:	1:54.85	40.72	250m:	3:18.58	42.37	350m:	4:44.10	43.08
	100m:	1:14.13	39.08	200m:	2:36.21	41.36	300m:	4:01.02	42.44	400m:	5:25.16	41.06
61.	SKOWRON Weronika		96	Gilus Gilowice				5:28.88	380			
	50m:	36.86	36.86	150m:	2:01.46	42.53	250m:	3:25.88	42.09	350m:	4:49.64	41.44
	100m:	1:18.93	42.07	200m:	2:43.79	42.33	300m:	4:08.20	42.32	400m:	5:28.88	39.24
62.	FROSZTÊGA Agnieszka		96	Aquarius Myœlenice				5:30.87	373			
	50m:	34.50	34.50	150m:	1:56.68	42.39	250m:	3:22.54	43.14	350m:	4:49.11	43.21
	100m:	1:14.29	39.79	200m:	2:39.40	42.72	300m:	4:05.90	43.36	400m:	5:30.87	41.76
63.	DUDARYK Kamila		96	Juwenia Bia³ystok				5:33.12	366			
	50m:	37.83	37.83	150m:	2:01.99	42.55	250m:	3:28.10	42.99	350m:	4:54.27	43.05
	100m:	1:19.44	41.61	200m:	2:45.11	43.12	300m:	4:11.22	43.12	400m:	5:33.12	38.85
64.	OÅAREK Monika		96	Jagiellonka Warszawa				5:51.63	311			
	50m:	36.56	36.56	150m:	2:02.82	44.01	250m:	3:34.27	45.90	350m:	5:05.71	45.74
	100m:	1:18.81	42.25	200m:	2:48.37	45.55	300m:	4:19.97	45.70	400m:	5:51.63	45.92