

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

Konkurencja 19
2010-01-16 - 17:16

Dziewcz¹t, 400m dowolny

14 lat
Wyniki Fina³

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

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.	
Fina³ A										
1.	RUDAWSKA Adrianna		96	Orlik Lublin				4:22.99	744	
	50m:	30.73 30.73	150m:	1:36.55	33.25	250m:	2:43.43	33.46	350m:	3:50.43 33.40
	100m:	1:03.30 32.57	200m:	2:09.97	33.42	300m:	3:17.03	33.60	400m:	4:22.99 32.56
2.	KASPEREK Katarzyna		96	Warta Poznań				4:24.88	728	
	50m:	30.22 30.22	150m:	1:37.04	33.45	250m:	2:45.00	33.94	350m:	3:52.57 33.55
	100m:	1:03.59 33.37	200m:	2:11.06	34.02	300m:	3:19.02	34.02	400m:	4:24.88 32.31
3.	SOKOŁOWSKA Diana		96	Juvenia Bia ³ ystok				4:25.11	726	
	50m:	30.13 30.13	150m:	1:36.99	33.46	250m:	2:44.87	33.72	350m:	3:53.08 33.98
	100m:	1:03.53 33.40	200m:	2:11.15	34.16	300m:	3:19.10	34.23	400m:	4:25.11 32.03
4.	CIECIELAK Joanna		96	Warta Poznań				4:34.24	656	
	50m:	31.41 31.41	150m:	1:39.86	34.73	250m:	2:50.06	35.22	350m:	4:00.29 35.03
	100m:	1:05.13 33.72	200m:	2:14.84	34.98	300m:	3:25.26	35.20	400m:	4:34.24 33.95
5.	ALEKSANDROWICZ Arleta		96	Olimpijczyk Suwa ³ ki				4:34.49	654	
	50m:	30.98 30.98	150m:	1:39.44	34.66	250m:	2:49.97	35.31	350m:	4:01.27 35.64
	100m:	1:04.78 33.80	200m:	2:14.66	35.22	300m:	3:25.63	35.66	400m:	4:34.49 33.22
6.	SZYMAŃSKA Monika		96	Olimpijczyk Aleksandrów				4:40.96	610	
	50m:	31.73 31.73	150m:	1:40.96	35.24	250m:	2:52.21	35.78	350m:	4:05.17 36.72
	100m:	1:05.72 33.99	200m:	2:16.43	35.47	300m:	3:28.45	36.24	400m:	4:40.96 35.79
Fina³ B										
7.	WÓJCIK Paula		96	Aqua Bydgoszcz				4:37.54	633	
	50m:	31.41 31.41	150m:	1:40.69	35.00	250m:	2:51.51	35.39	350m:	4:03.27 35.78
	100m:	1:05.69 34.28	200m:	2:16.12	35.43	300m:	3:27.49	35.98	400m:	4:37.54 34.27
8.	MACIESZA Agata		96	Orze ³ Elbl ¹ g				4:43.80	592	
	50m:	31.50 31.50	150m:	1:41.29	35.22	250m:	2:53.57	36.08	350m:	4:07.41 37.06
	100m:	1:06.07 34.57	200m:	2:17.49	36.20	300m:	3:30.35	36.78	400m:	4:43.80 36.39
9.	KAMIŃSKA Aleksandra		96	Orlik Lublin				4:46.35	576	
	50m:	32.08 32.08	150m:	1:43.58	36.35	250m:	2:56.52	36.70	350m:	4:09.98 36.48
	100m:	1:07.23 35.15	200m:	2:19.82	36.24	300m:	3:33.50	36.98	400m:	4:46.35 36.37
10.	KLICH Maja		96	Unia Tarnów				4:47.62	568	
	50m:	31.67 31.67	150m:	1:42.58	36.01	250m:	2:56.77	37.53	350m:	4:11.82 37.61
	100m:	1:06.57 34.90	200m:	2:19.24	36.66	300m:	3:34.21	37.44	400m:	4:47.62 35.80
11.	SIRIGNANO Luigia		96	Jordan Kraków				4:47.70	568	
	50m:	31.03 31.03	150m:	1:42.84	36.91	250m:	2:57.08	37.13	350m:	4:12.37 37.59
	100m:	1:05.93 34.90	200m:	2:19.95	37.11	300m:	3:34.78	37.70	400m:	4:47.70 35.33
12.	MILEWSKA Marta		96	Pi ¹ tka Chorzów				4:51.26	547	
	50m:	32.47 32.47	150m:	1:45.59	37.11	250m:	2:59.97	37.21	350m:	4:14.81 37.25
	100m:	1:08.48 36.01	200m:	2:22.76	37.17	300m:	3:37.56	37.59	400m:	4:51.26 36.45