

Zimowe Mistrzostwa Polski Juniorów 17-18 lat
Gorzów Wlkp., 29. - 31.1.2010

Konkurencja 11
2010-01-29

Kobiet, 400m zmienny

17 - 18 lat
Wyniki Fina³

Rekord Polski 17	4:38.72	SZCZEPANIAK Karolina	AZWAR	Gorzów Wlkp.	2009-11-29
Rekord Polski 18	4:33.70	BARANOWSKA Katarzyna	MKSZC	Triest (ITA)	2005-12-11

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.			
Fina³ A												
1.	TCHÓRZ Alicja		92	S ³ owianka Gorzów				4:47.06	806			
	50m:	30.95	30.95	150m:	1:41.58	35.75	250m:	2:58.99	41.61	350m:	4:14.21	34.00
	100m:	1:05.83	34.88	200m:	2:17.38	35.80	300m:	3:40.21	41.22	400m:	4:47.06	32.85
2.	UKOWSKA Paula SZG		93	Zryw Opole				4:51.33	771			
	50m:	31.35	31.35	150m:	1:42.72	36.63	250m:	3:00.17	41.69	350m:	4:17.66	34.61
	100m:	1:06.09	34.74	200m:	2:18.48	35.76	300m:	3:43.05	42.88	400m:	4:51.33	33.67
3.	JANKOWSKA Marta SO		92	AZS AWF Katowice				4:52.66	761			
	50m:	31.39	31.39	150m:	1:43.98	37.16	250m:	3:02.63	41.69	350m:	4:18.74	34.24
	100m:	1:06.82	35.43	200m:	2:20.94	36.96	300m:	3:44.50	41.87	400m:	4:52.66	33.92
4.	ZACHOSZCZ Joanna		93	S ³ owianka Gorzów				4:59.73	708			
	50m:	31.13	31.13	150m:	1:44.12	38.57	250m:	3:03.07	41.08	350m:	4:23.20	37.10
	100m:	1:05.55	34.42	200m:	2:21.99	37.87	300m:	3:46.10	43.03	400m:	4:59.73	36.53
5.	PUŁKA Magdalena SO		92	Unia Oświęcim				5:01.63	695			
	50m:	31.95	31.95	150m:	1:46.26	37.59	250m:	3:07.88	43.64	350m:	4:26.86	34.47
	100m:	1:08.67	36.72	200m:	2:24.24	37.98	300m:	3:52.39	44.51	400m:	5:01.63	34.77
6.	KORZENIOWSKA Marta SO		93	Unia Oświęcim				5:08.70	648			
	50m:	32.37	32.37	150m:	1:49.77	40.31	250m:	3:11.37	42.37	350m:	4:31.85	37.57
	100m:	1:09.46	37.09	200m:	2:29.00	39.23	300m:	3:54.28	42.91	400m:	5:08.70	36.85
7.	CHLIPAŁA Patrycja SK		93	Jordan Kraków				5:09.10	646			
	50m:	33.39	33.39	150m:	1:49.91	38.25	250m:	3:13.12	45.53	350m:	4:34.88	35.18
	100m:	1:11.66	38.27	200m:	2:27.59	37.68	300m:	3:59.70	46.58	400m:	5:09.10	34.22
8.	KAMIŃSKA Aleksandra		92	Zryw Opole				5:09.28	644			
	50m:	33.73	33.73	150m:	1:51.64	38.78	250m:	3:16.03	44.49	350m:	4:35.72	35.08
	100m:	1:12.86	39.13	200m:	2:31.54	39.90	300m:	4:00.64	44.61	400m:	5:09.28	33.56