

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

Konkurencja 19
2010-01-30

Kobiet, 400m dowolny

17 - 18 lat
Wyniki Fina³

Rekord Polski 17	4:09.11	SZCZEPANIAK Karolina	AZWAR	Gorzów Wlkp.	2009-11-28
Rekord Polski 18	4:09.11	SZCZEPANIAK Karolina	AZWAR	Gorzów Wlkp.	2009-11-28

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.			
Fina³ A												
1.	WIKIEŁ Manuela	SS	92	UŁKS Ostro ³ ka				4:18.35	784			
	50m:	29.91	29.91	150m:	1:33.71	32.25	250m:	2:38.94	32.59	350m:	3:45.19	33.30
	100m:	1:01.46	31.55	200m:	2:06.35	32.64	300m:	3:11.89	32.95	400m:	4:18.35	33.16
2.	UKOWSKA Paula	SZG	93	Zryw Opole				4:21.11	760			
	50m:	30.01	30.01	150m:	1:34.90	32.62	250m:	2:40.24	32.88	350m:	3:46.98	33.46
	100m:	1:02.28	32.27	200m:	2:07.36	32.46	300m:	3:13.52	33.28	400m:	4:21.11	34.13
3.	LIPIŃSKA Ma ³ gorzata		93	KSZO Ostrowiec				4:22.35	749			
	50m:	30.22	30.22	150m:	1:35.05	32.62	250m:	2:41.31	33.32	350m:	3:48.73	33.89
	100m:	1:02.43	32.21	200m:	2:07.99	32.94	300m:	3:14.84	33.53	400m:	4:22.35	33.62
4.	GRZEGORCZYK Izabella		93	Posnania Poznań				4:28.52	699			
	50m:	30.82	30.82	150m:	1:36.62	33.46	250m:	2:44.47	33.96	350m:	3:54.36	35.18
	100m:	1:03.16	32.34	200m:	2:10.51	33.89	300m:	3:19.18	34.71	400m:	4:28.52	34.16
5.	WAKUŁA Karolina	SO	93	AZS AWF Katowice				4:29.81	689			
	50m:	31.39	31.39	150m:	1:38.97	34.14	250m:	2:47.54	34.48	350m:	3:56.30	34.33
	100m:	1:04.83	33.44	200m:	2:13.06	34.09	300m:	3:21.97	34.43	400m:	4:29.81	33.51
6.	PYSZKA Alicja	SK	93	Jordan Kraków				4:32.03	672			
	50m:	30.99	30.99	150m:	1:39.25	34.49	250m:	2:48.66	34.72	350m:	3:58.29	34.63
	100m:	1:04.76	33.77	200m:	2:13.94	34.69	300m:	3:23.66	35.00	400m:	4:32.03	33.74
7.	ZAGRODNIK Aleksandra	SO	93	Unia Oe ³ wie ³ cim				4:33.13	664			
	50m:	31.58	31.58	150m:	1:39.89	34.66	250m:	2:49.53	34.94	350m:	3:59.17	34.70
	100m:	1:05.23	33.65	200m:	2:14.59	34.70	300m:	3:24.47	34.94	400m:	4:33.13	33.96
8.	JANKOWSKA Marta	SO	92	AZS AWF Katowice				4:34.35	655			
	50m:	30.90	30.90	150m:	1:38.39	34.25	250m:	2:48.40	35.09	350m:	3:59.18	35.48
	100m:	1:04.14	33.24	200m:	2:13.31	34.92	300m:	3:23.70	35.30	400m:	4:34.35	35.17
Fina³ B												
9.	CHODYNA Monika		92	Kormoran Olsztyn				4:30.20	686			
	50m:	30.80	30.80	150m:	1:38.47	34.48	250m:	2:47.40	34.73	350m:	3:56.45	34.61
	100m:	1:03.99	33.19	200m:	2:12.67	34.20	300m:	3:21.84	34.44	400m:	4:30.20	33.75
10.	LEWANDOWSKA Agata		93	Gim 92 Ursynów Warszawa				4:36.37	641			
	50m:	31.95	31.95	150m:	1:41.24	35.26	250m:	2:51.35	35.05	350m:	4:01.43	34.53
	100m:	1:05.98	34.03	200m:	2:16.30	35.06	300m:	3:26.90	35.55	400m:	4:36.37	34.94
11.	PIASECKA Ewa		92	AZS AWF Katowice				4:38.02	629			
	50m:	31.41	31.41	150m:	1:39.86	34.66	250m:	2:50.95	35.81	350m:	4:03.39	36.30
	100m:	1:05.20	33.79	200m:	2:15.14	35.28	300m:	3:27.09	36.14	400m:	4:38.02	34.63
12.	CHLIPAŁA Patrycja	SK	93	Jordan Kraków				4:39.47	620			
	50m:	31.68	31.68	150m:	1:40.42	34.79	250m:	2:51.81	35.94	350m:	4:04.25	36.29
	100m:	1:05.63	33.95	200m:	2:15.87	35.45	300m:	3:27.96	36.15	400m:	4:39.47	35.22
13.	SKWIRA Gracjana		93	ŁEI'sk Wroc ³ aw				4:43.31	595			
	50m:	31.93	31.93	150m:	1:42.98	35.93	250m:	2:55.54	36.18	350m:	4:08.26	36.49
	100m:	1:07.05	35.12	200m:	2:19.36	36.38	300m:	3:31.77	36.23	400m:	4:43.31	35.05
14.	SUCHANIAK Irena		93	Korona Kraków				4:47.87	567			
	50m:	32.53	32.53	150m:	1:44.15	36.22	250m:	2:57.94	37.12	350m:	4:12.03	36.70
	100m:	1:07.93	35.40	200m:	2:20.82	36.67	300m:	3:35.33	37.39	400m:	4:47.87	35.84
15.	BŹCZYK Paula		93	Trójka Łód ³ Ź				4:49.40	558			
	50m:	32.16	32.16	150m:	1:42.28	35.56	250m:	2:55.64	37.19	350m:	4:11.77	38.29
	100m:	1:06.72	34.56	200m:	2:18.45	36.17	300m:	3:33.48	37.84	400m:	4:49.40	37.63
16.	KOŁODZIEJ Alicja		93	AZS AWF Katowice				4:50.27	553			
	50m:	32.59	32.59	150m:	1:44.91	36.55	250m:	2:59.26	37.24	350m:	4:13.56	37.55
	100m:	1:08.36	35.77	200m:	2:22.02	37.11	300m:	3:36.01	36.75	400m:	4:50.27	36.71