

Zimowe Mistrzostwa Polski Juniorów 16 - lat
Puławy, 29. - 31.1.2010

Konkurencja 19
2010-01-30 - 10:05

Dziewcząt, 400m dowolny

16 lat

Wyniki Eliminacje

Top Times Poland - 16 lat 4:10.52 ZUKOWSKA Paula ZROPO Gorzow Wielkopolski 2009-11-28

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.
1.	WASILEWSKA Barbara		94	Omega Kleszczów				4:31.22	678 A
	50m:	31.38 31.38	150m:	1:39.01 34.16	250m:	2:48.33 34.59	350m:	3:57.09 34.09	
	100m:	1:04.85 33.47	200m:	2:13.74 34.73	300m:	3:23.00 34.67	400m:	4:31.22 34.13	
2.	PIEKARSKA Magdalena SS		94	MKP Szczecin				4:32.52	668 A
	50m:	30.48 30.48	150m:	1:38.67 34.71	250m:	2:48.93 35.10	350m:	3:58.78 34.70	
	100m:	1:03.96 33.48	200m:	2:13.83 35.16	300m:	3:24.08 35.15	400m:	4:32.52 33.74	
3.	BAJORSKA Dorota SO		94	Unia Oświęcim				4:34.10	657 A
	50m:	32.03 32.03	150m:	1:40.78 34.97	250m:	2:50.64 34.65	350m:	3:59.77 34.59	
	100m:	1:05.81 33.78	200m:	2:15.99 35.21	300m:	3:25.18 34.54	400m:	4:34.10 34.33	
4.	SĘDŁAK Katarzyna		94	Orka Zamość				4:35.18	649 A
	50m:	31.65 31.65	150m:	1:40.40 34.90	250m:	2:51.27 35.61	350m:	4:02.11 35.25	
	100m:	1:05.50 33.85	200m:	2:15.66 35.26	300m:	3:26.86 35.59	400m:	4:35.18 33.07	
5.	KULIGOWSKA Marcela		94	MKP Szczecin				4:35.65	646 A
	50m:	31.58 31.58	150m:	1:39.68 34.36	250m:	2:49.86 35.38	350m:	4:01.46 35.83	
	100m:	1:05.32 33.74	200m:	2:14.48 34.80	300m:	3:25.63 35.77	400m:	4:35.65 34.19	
6.	BOREK Aleksandra		94	Wodnik Krosno				4:36.29	641 A
	50m:	31.57 31.57	150m:	1:41.62 34.96	250m:	2:51.42 34.85	350m:	4:02.38 35.61	
	100m:	1:06.66 35.09	200m:	2:16.57 34.95	300m:	3:26.77 35.35	400m:	4:36.29 33.91	
7.	ZYGA Paulina		94	Nawa Skierniewice				4:39.63	619 B
	50m:	32.23 32.23	150m:	1:41.99 35.09	250m:	2:52.78 35.54	350m:	4:04.35 35.89	
	100m:	1:06.90 34.67	200m:	2:17.24 35.25	300m:	3:28.46 35.68	400m:	4:39.63 35.28	
8.	WIZNER Katarzyna		94	Aqua Bydgoszcz				4:41.15	609 B
	50m:	32.84 32.84	150m:	1:43.33 35.41	250m:	2:54.30 35.35	350m:	4:06.25 36.10	
	100m:	1:07.92 35.08	200m:	2:18.95 35.62	300m:	3:30.15 35.85	400m:	4:41.15 34.90	
9.	POMIETŁO Aleksandra		94	Kmity Zabierzów				4:43.78	592 B
	50m:	32.37 32.37	150m:	1:44.07 36.09	250m:	2:56.49 36.30	350m:	4:09.22 36.24	
	100m:	1:07.98 35.61	200m:	2:20.19 36.12	300m:	3:32.98 36.49	400m:	4:43.78 34.56	
10.	MAŃCZAK Agata		94	Słowianka Gorzów Wlkp.				4:43.86	591 B
	50m:	32.55 32.55	150m:	1:43.17 35.52	250m:	2:55.53 36.30	350m:	4:07.87 35.95	
	100m:	1:07.65 35.10	200m:	2:19.23 36.06	300m:	3:31.92 36.39	400m:	4:43.86 35.99	
11.	PAWŁOWSKA Dagmara		94	Jedynka Ożarów Maz.				4:44.71	586 B
	50m:	32.69 32.69	150m:	1:44.01 35.84	250m:	2:56.50 36.40	350m:	4:09.23 36.26	
	100m:	1:08.17 35.48	200m:	2:20.10 36.09	300m:	3:32.97 36.47	400m:	4:44.71 35.48	
12.	RODZEŃ Angelika		94	Słowianka Gorzów Wlkp.				4:47.65	568 B
	50m:	32.71 32.71	150m:	1:44.77 36.53	250m:	2:58.37 37.06	350m:	4:11.44 36.05	
	100m:	1:08.24 35.53	200m:	2:21.31 36.54	300m:	3:35.39 37.02	400m:	4:47.65 36.21	
13.	OPITEK Urszula SO		94	Unia Oświęcim				4:48.78	562 R
	50m:	32.79 32.79	150m:	1:45.17 36.57	250m:	2:59.16 36.91	350m:	4:12.86 36.74	
	100m:	1:08.60 35.81	200m:	2:22.25 37.08	300m:	3:36.12 36.96	400m:	4:48.78 35.92	
14.	TYRPA Aleksandra		94	CKiS Skawina				4:52.15	542 R
	50m:	33.08 33.08	150m:	1:45.35 36.48	250m:	2:59.42 37.20	350m:	4:13.91 37.18	
	100m:	1:08.87 35.79	200m:	2:22.22 36.87	300m:	3:36.73 37.31	400m:	4:52.15 38.24	
15.	KIJEWSKA Kaja		94	Salos Kielce				4:52.90	538
	50m:	33.30 33.30	150m:	1:44.30 36.02	250m:	3:00.16 37.97	350m:	4:15.81 37.60	
	100m:	1:08.28 34.98	200m:	2:22.19 37.89	300m:	3:38.21 38.05	400m:	4:52.90 37.09	
16.	MAGIER Marta		94	Skalar Słupsk				4:53.22	537
	50m:	33.48 33.48	150m:	1:47.88 37.70	250m:	3:02.62 37.51	350m:	4:17.42 37.63	
	100m:	1:10.18 36.70	200m:	2:25.11 37.23	300m:	3:39.79 37.17	400m:	4:53.22 35.80	
17.	EJNIK Sylwia		94	MZOS Póck				4:54.10	532
	50m:	31.61 31.61	150m:	1:45.05 37.34	250m:	3:00.95 38.17	350m:	4:17.25 38.03	
	100m:	1:07.71 36.10	200m:	2:22.78 37.73	300m:	3:39.22 38.27	400m:	4:54.10 36.85	

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Pozycja			Rok ur.						Czas	Pkt.
18.	MAKOSZ Emilia SO		94 Orka Łódziny						4:54.48	530
	50m:	33.49 33.49	150m:	1:47.83 37.61	250m:	3:04.01 38.07	350m:	4:18.83 37.86		
	100m:	1:10.22 36.73	200m:	2:25.94 38.11	300m:	3:40.97 36.96	400m:	4:54.48 35.65		
19.	WALCZAK Barbara		94 Warta Poznań						4:58.92	506
	50m:	34.00 34.00	150m:	1:47.77 37.00	250m:	3:03.86 38.15	350m:	4:21.66 39.31		
	100m:	1:10.77 36.77	200m:	2:25.71 37.94	300m:	3:42.35 38.49	400m:	4:58.92 37.26		
20.	LEWANDOWSKA Joanna		94 Piranie Lubin						4:59.01	506
	50m:	33.80 33.80	150m:	1:48.67 38.10	250m:	3:04.56 38.36	350m:	4:21.77 39.05		
	100m:	1:10.57 36.77	200m:	2:26.20 37.53	300m:	3:42.72 38.16	400m:	4:59.01 37.24		
21.	ZGODA Anna		94 Jordan Kraków						4:59.11	505
	50m:	33.99 33.99	150m:	1:47.87 37.29	250m:	3:04.07 38.17	350m:	4:21.03 38.64		
	100m:	1:10.58 36.59	200m:	2:25.90 38.03	300m:	3:42.39 38.32	400m:	4:59.11 38.08		
22.	ANDRZEJCZUK Martynika		94 CEI'sk Wrocław						5:01.85	492
	50m:	32.26 32.26	150m:	1:46.35 37.73	250m:	3:03.83 38.94	350m:	4:23.05 39.85		
	100m:	1:08.62 36.36	200m:	2:24.89 38.54	300m:	3:43.20 39.37	400m:	5:01.85 38.80		
23.	WIKTOROW Anna		94 Gim 92 Ursynów						5:07.08	467
	50m:	34.11 34.11	150m:	1:50.65 38.90	250m:	3:09.60 39.44	350m:	4:28.22 39.02		
	100m:	1:11.75 37.64	200m:	2:30.16 39.51	300m:	3:49.20 39.60	400m:	5:07.08 38.86		
24.	NIKELEWSKA Aleksandra		94 Jedyńka Elbląg						5:09.67	455
	50m:	33.93 33.93	150m:	1:50.30 38.74	250m:	3:09.75 39.83	350m:	4:30.58 40.50		
	100m:	1:11.56 37.63	200m:	2:29.92 39.62	300m:	3:50.08 40.33	400m:	5:09.67 39.09		
25.	SICIŃSKA Ewelina		94 Znicz Koszalin						5:29.71	377
	50m:	34.58 34.58	150m:	1:53.96 40.72	250m:	3:19.69 43.13	350m:	4:46.95 43.82		
	100m:	1:13.24 38.66	200m:	2:36.56 42.60	300m:	4:03.13 43.44	400m:	5:29.71 42.76		