

G<sup>3</sup>ówne Mistrzostwa Polski Seniorów i M<sup>3</sup>odzie<sup>3</sup>owców  
Gliwice, 3. - 6.6.2010

Konkurencja 1  
2010-06-03 - 9:00

Kobiet, 1500m dowolny

Open  
Wyniki

|                             |          |                    |       |             |            |
|-----------------------------|----------|--------------------|-------|-------------|------------|
| Rekord Polski Seniorów      | 16:30.52 | DYSZKIEIWCZ, Magda | SLWRO | Minneapolis | 2000-08-06 |
| Min ME Sen Budapeszt        | 16:44.14 | ,                  |       |             |            |
| Min MEJun Helsinki 8-wynik  | 17:12.20 | ,                  |       |             |            |
| Min MEJun Helsinki 12-wynik | 17:37.40 | ,                  |       |             |            |

Punkty: FINA 2008

| Pozycja                                      | Rok ur. | Czas                                      | Pkt.                    |
|--|---------|---|-------------------------|
| <b>Open</b>                                  |         |   |                         |
| 1. KILJAŃSKA, Donata                         | 95      | KSZO Ostrowiec                            | <b>16:48.12</b> 855     |
| <i>RPJ 15/16/17 Min MEJ Helsinki wynik-8</i> |         |   |                         |
| 100m:  | 1:03.52 | 1:03.52                                   | 500m: 5:31.54 1:06.14   |
| 200m:  | 2:10.82 | 1:07.30                                   | 600m: 6:38.66 1:07.12   |
| 300m:  | 3:18.59 | 1:07.77                                   | 700m: 7:46.03 1:07.37   |
| 400m:  | 4:25.40 | 1:06.81                                   | 800m: 8:53.54 1:07.51   |
|  |         |   | 900m: 10:00.80 1:07.26  |
|  |         |   | 1000m: 11:08.96 1:08.16 |
|  |         |   | 1100m: 12:17.17 1:08.21 |
|  |         |   | 1200m: 13:25.58 1:08.41 |
|  |         |   | 1300m: 14:33.82 1:08.24 |
|  |         |   | 1400m: 15:42.47 1:08.65 |
|  |         |   | 1500m: 16:48.12 1:05.65 |
| 2. CHARLOS, Natalia                          | 93      | PZP                                       | <b>17:02.39</b> 819     |
| 100m:  | 1:03.93 | 1:03.93                                   | 500m: 5:35.06 1:08.26   |
| 200m:  | 2:11.19 | 1:07.26                                   | 600m: 6:43.91 1:08.85   |
| 300m:  | 3:19.03 | 1:07.84                                   | 700m: 7:52.53 1:08.62   |
| 400m:  | 4:26.80 | 1:07.77                                   | 800m: 9:01.00 1:08.47   |
|  |         |   | 900m: 10:10.09 1:09.09  |
|  |         |   | 1000m: 11:19.25 1:09.16 |
|  |         |   | 1100m: 12:28.49 1:09.24 |
|  |         |   | 1200m: 13:37.27 1:08.78 |
|  |         |   | 1300m: 14:46.64 1:09.37 |
|  |         |   | 1400m: 15:55.27 1:08.63 |
|  |         |   | 1500m: 17:02.39 1:07.12 |
| 3. ZACHOSZCZ, Joanna                         | 93      | MKP „S <sup>3</sup> owianka" Gorzów Wlkp. | <b>17:13.03</b> 794     |
| 100m:  | 1:04.84 | 1:04.84                                   | 500m: 5:41.43 1:08.90   |
| 200m:  | 2:14.07 | 1:09.23                                   | 600m: 6:50.91 1:09.48   |
| 300m:  | 3:23.34 | 1:09.27                                   | 700m: 7:59.98 1:09.07   |
| 400m:  | 4:32.53 | 1:09.19                                   | 800m: 9:09.21 1:09.23   |
|  |         |   | 900m: 10:18.02 1:08.81  |
|  |         |   | 1000m: 11:26.89 1:08.87 |
|  |         |   | 1100m: 12:36.33 1:09.44 |
|  |         |   | 1200m: 13:45.38 1:09.05 |
|  |         |   | 1300m: 14:54.73 1:09.35 |
|  |         |   | 1400m: 16:04.21 1:09.48 |
|  |         |   | 1500m: 17:13.03 1:08.82 |
| 4. UKOWSKA, Paula SZG                        | 93      | MKS Zryw Opole                            | <b>17:26.99</b> 763     |
| 100m:  | 1:03.88 | 1:03.88                                   | 500m: 5:35.01 1:08.54   |
| 200m:  | 2:11.11 | 1:07.23                                   | 600m: 6:44.49 1:09.48   |
| 300m:  | 3:18.95 | 1:07.84                                   | 700m: 7:55.56 1:11.07   |
| 400m:  | 4:26.47 | 1:07.52                                   | 800m: 9:06.88 1:11.32   |
|  |         |   | 900m: 10:17.06 1:10.18  |
|  |         |   | 1000m: 11:27.34 1:10.28 |
|  |         |   | 1100m: 12:38.98 1:11.64 |
|  |         |   | 1200m: 13:51.88 1:12.90 |
|  |         |   | 1300m: 15:04.74 1:12.86 |
|  |         |   | 1400m: 16:16.73 1:11.99 |
|  |         |   | 1500m: 17:26.99 1:10.26 |
| 5. WASILEWSKA, Barbara                       | 94      | LKS Omega Kleszczów                       | <b>17:27.12</b> 763     |
| <i>Min MEJ Helsinki wynik-12</i>             |         |   |                         |
| 100m:  | 1:06.17 | 1:06.17                                   | 500m: 5:44.96 1:10.06   |
| 200m:  | 2:16.16 | 1:09.99                                   | 600m: 6:55.28 1:10.32   |
| 300m:  | 3:25.54 | 1:09.38                                   | 700m: 8:05.69 1:10.41   |
| 400m:  | 4:34.90 | 1:09.36                                   | 800m: 9:15.88 1:10.19   |
|  |         |   | 900m: 10:25.95 1:10.07  |
|  |         |   | 1000m: 11:36.76 1:10.81 |
|  |         |   | 1100m: 12:47.58 1:10.82 |
|  |         |   | 1200m: 13:58.50 1:10.92 |
|  |         |   | 1300m: 15:09.31 1:10.81 |
|  |         |   | 1400m: 16:19.28 1:09.97 |
|  |         |   | 1500m: 17:27.12 1:07.84 |
| 6. TROJANOWSKA, Kinga                        | 95      | LKS Omega Kleszczów                       | <b>17:31.86</b> 752     |
| <i>Min MEJ Helsinki wynik-12</i>             |         |   |                         |
| 100m:  | 1:05.03 | 1:05.03                                   | 500m: 5:43.82 1:10.54   |
| 200m:  | 2:14.34 | 1:09.31                                   | 600m: 6:54.69 1:10.87   |
| 300m:  | 3:23.71 | 1:09.37                                   | 700m: 8:05.76 1:11.07   |
| 400m:  | 4:33.28 | 1:09.57                                   | 800m: 9:16.97 1:11.21   |
|  |         |   | 900m: 10:28.55 1:11.58  |
|  |         |   | 1000m: 11:39.98 1:11.43 |
|  |         |   | 1100m: 12:50.81 1:10.83 |
|  |         |   | 1200m: 14:01.81 1:11.00 |
|  |         |   | 1300m: 15:12.36 1:10.55 |
|  |         |   | 1400m: 16:22.59 1:10.23 |
|  |         |   | 1500m: 17:31.86 1:09.27 |
| 7. WIKIEŁ, Manuela                           | 92      | USKS Ostro <sup>3</sup> eka               | <b>17:34.84</b> 746     |
| 100m:  | 1:05.14 | 1:05.14                                   | 500m: 5:42.46 1:10.22   |
| 200m:  | 2:13.45 | 1:08.31                                   | 600m: 6:53.30 1:10.84   |
| 300m:  | 3:22.84 | 1:09.39                                   | 700m: 8:04.16 1:10.86   |
| 400m:  | 4:32.24 | 1:09.40                                   | 800m: 9:14.60 1:10.44   |
|  |         |   | 900m: 10:24.89 1:10.29  |
|  |         |   | 1000m: 11:36.22 1:11.33 |
|  |         |   | 1100m: 12:48.14 1:11.92 |
|  |         |   | 1200m: 14:00.11 1:11.97 |
|  |         |   | 1300m: 15:11.84 1:11.73 |
|  |         |   | 1400m: 16:24.29 1:12.45 |
|  |         |   | 1500m: 17:34.84 1:10.55 |
| 8. BAJORSKA, Dorota SO                       | 94      | UKP UNIA Ocęwięcim                        | <b>17:52.47</b> 710     |
| 100m:  | 1:08.05 | 1:08.05                                   | 500m: 5:54.45 1:11.50   |
| 200m:  | 2:19.71 | 1:11.66                                   | 600m: 7:06.66 1:12.21   |
| 300m:  | 3:31.27 | 1:11.56                                   | 700m: 8:19.06 1:12.40   |
| 400m:  | 4:42.95 | 1:11.68                                   | 800m: 9:31.27 1:12.21   |
|  |         |   | 900m: 10:43.26 1:11.99  |
|  |         |   | 1000m: 11:55.38 1:12.12 |
|  |         |   | 1100m: 13:07.46 1:12.08 |
|  |         |   | 1200m: 14:19.75 1:12.29 |
|  |         |   | 1300m: 15:32.25 1:12.50 |
|  |         |   | 1400m: 16:43.44 1:11.19 |
|  |         |   | 1500m: 17:52.47 1:09.03 |
| 9. CHODYNA, Monika                           | 92      | Kormoran Olsztyn                          | <b>17:56.88</b> 701     |
| 100m:  | 1:10.08 | 1:10.08                                   | 500m: 5:56.54 1:11.39   |
| 200m:  | 2:21.38 | 1:11.30                                   | 600m: 7:08.91 1:12.37   |
| 300m:  | 3:32.68 | 1:11.30                                   | 700m: 8:20.93 1:12.02   |
| 400m:  | 4:45.15 | 1:12.47                                   | 800m: 9:32.80 1:11.87   |
|  |         |   | 900m: 10:45.41 1:12.61  |
|  |         |   | 1000m: 11:57.38 1:11.97 |
|  |         |   | 1100m: 13:09.21 1:11.83 |
|  |         |   | 1200m: 14:21.53 1:12.32 |
|  |         |   | 1300m: 15:33.82 1:12.29 |
|  |         |   | 1400m: 16:46.12 1:12.30 |
|  |         |   | 1500m: 17:56.88 1:10.76 |

G³ówne Mistrzostwa Polski Seniorów i M³odzie¿owców  
Gliwice, 3. - 6.6.2010

Konkurencja 1, Kobiet, 1500m dowolny, Open

| Pozycja |                        |                 | Rok ur.                     |                  |        |                  | Czas            |                  | Pkt. |
|---------|------------------------|-----------------|-----------------------------|------------------|--------|------------------|-----------------|------------------|------|
| 10.     | LIPIŃSKA, Ma³gorzata   |                 | 93 KSZO Ostrowiec           |                  |        |                  | <b>17:59.03</b> |                  | 697  |
|         | 100m:                  | 1:07.61 1:07.61 | 500m:                       | 5:54.06 1:12.10  | 900m:  | 10:43.59 1:12.31 | 1300m:          | 15:34.22 1:13.37 |      |
|         | 200m:                  | 2:19.00 1:11.39 | 600m:                       | 7:06.33 1:12.27  | 1000m: | 11:55.82 1:12.23 | 1400m:          | 16:47.43 1:13.21 |      |
|         | 300m:                  | 3:30.64 1:11.64 | 700m:                       | 8:18.58 1:12.25  | 1100m: | 13:08.15 1:12.33 | 1500m:          | 17:59.03 1:11.60 |      |
|         | 400m:                  | 4:41.96 1:11.32 | 800m:                       | 9:31.28 1:12.70  | 1200m: | 14:20.85 1:12.70 |                 |                  |      |
| 11.     | PO`AROWSZCZYK, BEATA   |                 | 91 WKS ŒEI'sk Wroc³aw       |                  |        |                  | <b>18:00.04</b> |                  | 695  |
|         | 100m:                  | 1:06.78 1:06.78 | 500m:                       | 5:50.85 1:11.58  | 900m:  | 10:37.30 1:12.26 | 1300m:          | 15:32.57 1:15.07 |      |
|         | 200m:                  | 2:17.05 1:10.27 | 600m:                       | 7:02.33 1:11.48  | 1000m: | 11:50.13 1:12.83 | 1400m:          | 16:46.54 1:13.97 |      |
|         | 300m:                  | 3:28.19 1:11.14 | 700m:                       | 8:13.43 1:11.10  | 1100m: | 13:03.82 1:13.69 | 1500m:          | 18:00.04 1:13.50 |      |
|         | 400m:                  | 4:39.27 1:11.08 | 800m:                       | 9:25.04 1:11.61  | 1200m: | 14:17.50 1:13.68 |                 |                  |      |
| 12.     | SĒDŁAK, Katarzyna      |                 | 94 UKS Orka Zamocœæ         |                  |        |                  | <b>18:19.74</b> |                  | 658  |
|         | 100m:                  | 1:08.08 1:08.08 | 500m:                       | 5:56.33 1:12.59  | 900m:  | 10:49.93 1:13.43 | 1300m:          | 15:50.52 1:15.67 |      |
|         | 200m:                  | 2:20.00 1:11.92 | 600m:                       | 7:09.04 1:12.71  | 1000m: | 12:04.78 1:14.85 | 1400m:          | 17:05.54 1:15.02 |      |
|         | 300m:                  | 3:31.61 1:11.61 | 700m:                       | 8:22.93 1:13.89  | 1100m: | 13:19.01 1:14.23 | 1500m:          | 18:19.74 1:14.20 |      |
|         | 400m:                  | 4:43.74 1:12.13 | 800m:                       | 9:36.50 1:13.57  | 1200m: | 14:34.85 1:15.84 |                 |                  |      |
| 13.     | SZCZYTKO, NATALIA      |                 | 95 MUKS Olimpijczyk Suwa³ki |                  |        |                  | <b>19:00.54</b> |                  | 590  |
|         | 100m:                  | 1:08.40 1:08.40 | 500m:                       | 6:10.60 1:16.48  | 900m:  | 11:20.28 1:17.45 | 1300m:          | 16:29.99 1:17.40 |      |
|         | 200m:                  | 2:22.39 1:13.99 | 600m:                       | 7:27.51 1:16.91  | 1000m: | 12:38.20 1:17.92 | 1400m:          | 17:46.53 1:16.54 |      |
|         | 300m:                  | 3:37.47 1:15.08 | 700m:                       | 8:45.03 1:17.52  | 1100m: | 13:54.45 1:16.25 | 1500m:          | 19:00.54 1:14.01 |      |
|         | 400m:                  | 4:54.12 1:16.65 | 800m:                       | 10:02.83 1:17.80 | 1200m: | 15:12.59 1:18.14 |                 |                  |      |
| 14.     | MNICH, OLIMPIA         |                 | 96 AZS-AWF Poznañ           |                  |        |                  | <b>19:36.57</b> |                  | 538  |
|         | 100m:                  | 1:12.61 1:12.61 | 500m:                       | 6:25.27 1:18.56  | 900m:  | 11:41.46 1:19.07 | 1300m:          | 17:00.70 1:19.17 |      |
|         | 200m:                  | 2:30.90 1:18.29 | 600m:                       | 7:44.33 1:19.06  | 1000m: | 13:01.75 1:20.29 | 1400m:          | 18:19.96 1:19.26 |      |
|         | 300m:                  | 3:48.62 1:17.72 | 700m:                       | 9:03.21 1:18.88  | 1100m: | 14:21.12 1:19.37 | 1500m:          | 19:36.57 1:16.61 |      |
|         | 400m:                  | 5:06.71 1:18.09 | 800m:                       | 10:22.39 1:19.18 | 1200m: | 15:41.53 1:20.41 |                 |                  |      |
| 15.     | PIASECKA, Marta SK     |                 | 91 AZS AWF Katowice         |                  |        |                  | <b>19:37.39</b> |                  | 537  |
|         | 100m:                  | 1:10.60 1:10.60 | 500m:                       | 6:17.67 1:17.64  | 900m:  | 11:31.00 1:19.35 | 1300m:          | 16:56.11 1:20.85 |      |
|         | 200m:                  | 2:25.97 1:15.37 | 600m:                       | 7:35.41 1:17.74  | 1000m: | 12:51.67 1:20.67 | 1400m:          | 18:18.09 1:21.98 |      |
|         | 300m:                  | 3:42.66 1:16.69 | 700m:                       | 8:52.90 1:17.49  | 1100m: | 14:13.60 1:21.93 | 1500m:          | 19:37.39 1:19.30 |      |
|         | 400m:                  | 5:00.03 1:17.37 | 800m:                       | 10:11.65 1:18.75 | 1200m: | 15:35.26 1:21.66 |                 |                  |      |
| 16.     | WIDZIK, KATARZYNA      |                 | 90 AZS PWSZ Racibórz        |                  |        |                  | <b>19:52.82</b> |                  | 516  |
|         | 100m:                  | 1:14.22 1:14.22 | 500m:                       | 6:33.43 1:20.43  | 900m:  | 11:54.90 1:20.81 | 1300m:          | 17:17.08 1:19.42 |      |
|         | 200m:                  | 2:33.36 1:19.14 | 600m:                       | 7:53.93 1:20.50  | 1000m: | 13:16.48 1:21.58 | 1400m:          | 18:36.38 1:19.30 |      |
|         | 300m:                  | 3:52.74 1:19.38 | 700m:                       | 9:13.69 1:19.76  | 1100m: | 14:37.28 1:20.80 | 1500m:          | 19:52.82 1:16.44 |      |
|         | 400m:                  | 5:13.00 1:20.26 | 800m:                       | 10:34.09 1:20.40 | 1200m: | 15:57.66 1:20.38 |                 |                  |      |
| 17.     | KWIATKOWSKA, MAGDALENA |                 | 96 AZS-AWF Poznañ           |                  |        |                  | <b>20:04.29</b> |                  | 501  |
|         | 100m:                  | 1:12.31 1:12.31 | 500m:                       | 6:30.49 1:20.03  | 900m:  | 11:52.39 1:21.51 | 1300m:          | 17:18.40 1:21.80 |      |
|         | 200m:                  | 2:31.09 1:18.78 | 600m:                       | 7:51.31 1:20.82  | 1000m: | 13:13.14 1:20.75 | 1400m:          | 18:40.60 1:22.20 |      |
|         | 300m:                  | 3:50.22 1:19.13 | 700m:                       | 9:11.29 1:19.98  | 1100m: | 14:34.08 1:20.94 | 1500m:          | 20:04.29 1:23.69 |      |
|         | 400m:                  | 5:10.46 1:20.24 | 800m:                       | 10:30.88 1:19.59 | 1200m: | 15:56.60 1:22.52 |                 |                  |      |

M³odziejowcy

|    |                      |                 |                       |                  |        |                  |                 |                  |     |
|----|----------------------|-----------------|-----------------------|------------------|--------|------------------|-----------------|------------------|-----|
| 1. | PO`AROWSZCZYK, BEATA |                 | 91 WKS ŒEI'sk Wroc³aw |                  |        |                  | <b>18:00.04</b> |                  | 695 |
|    | 100m:                | 1:06.78 1:06.78 | 500m:                 | 5:50.85 1:11.58  | 900m:  | 10:37.30 1:12.26 | 1300m:          | 15:32.57 1:15.07 |     |
|    | 200m:                | 2:17.05 1:10.27 | 600m:                 | 7:02.33 1:11.48  | 1000m: | 11:50.13 1:12.83 | 1400m:          | 16:46.54 1:13.97 |     |
|    | 300m:                | 3:28.19 1:11.14 | 700m:                 | 8:13.43 1:11.10  | 1100m: | 13:03.82 1:13.69 | 1500m:          | 18:00.04 1:13.50 |     |
|    | 400m:                | 4:39.27 1:11.08 | 800m:                 | 9:25.04 1:11.61  | 1200m: | 14:17.50 1:13.68 |                 |                  |     |
| 2. | PIASECKA, Marta SK   |                 | 91 AZS AWF Katowice   |                  |        |                  | <b>19:37.39</b> |                  | 537 |
|    | 100m:                | 1:10.60 1:10.60 | 500m:                 | 6:17.67 1:17.64  | 900m:  | 11:31.00 1:19.35 | 1300m:          | 16:56.11 1:20.85 |     |
|    | 200m:                | 2:25.97 1:15.37 | 600m:                 | 7:35.41 1:17.74  | 1000m: | 12:51.67 1:20.67 | 1400m:          | 18:18.09 1:21.98 |     |
|    | 300m:                | 3:42.66 1:16.69 | 700m:                 | 8:52.90 1:17.49  | 1100m: | 14:13.60 1:21.93 | 1500m:          | 19:37.39 1:19.30 |     |
|    | 400m:                | 5:00.03 1:17.37 | 800m:                 | 10:11.65 1:18.75 | 1200m: | 15:35.26 1:21.66 |                 |                  |     |
| 3. | WIDZIK, KATARZYNA    |                 | 90 AZS PWSZ Racibórz  |                  |        |                  | <b>19:52.82</b> |                  | 516 |
|    | 100m:                | 1:14.22 1:14.22 | 500m:                 | 6:33.43 1:20.43  | 900m:  | 11:54.90 1:20.81 | 1300m:          | 17:17.08 1:19.42 |     |
|    | 200m:                | 2:33.36 1:19.14 | 600m:                 | 7:53.93 1:20.50  | 1000m: | 13:16.48 1:21.58 | 1400m:          | 18:36.38 1:19.30 |     |
|    | 300m:                | 3:52.74 1:19.38 | 700m:                 | 9:13.69 1:19.76  | 1100m: | 14:37.28 1:20.80 | 1500m:          | 19:52.82 1:16.44 |     |
|    | 400m:                | 5:13.00 1:20.26 | 800m:                 | 10:34.09 1:20.40 | 1200m: | 15:57.66 1:20.38 |                 |                  |     |