

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

Konkurencja 17
2010-06-04 - 18:20

Kobiet, 400m zmienny

Open
Wyniki Fina³

Rekord Polski Seniorów	4:36.95	BARANOWSKA, Katarzyna	MKSZC	Pekin	2009-08-09
Min ME Sen Budapeszt	4:47.51	,			
Min MEJun Helsinki 8-wynik	4:59.80	,			
Min MEJun Helsinki 12-wynik	5:01.18	,			

Punkty: FINA 2010

Pozycja	Rok ur.	Czas	Pkt.
Fina³ A			
1. SZCZEPANIAK, Karolina	92	AZS AWF Warszawa	4:50.41 798
50m: 30.21 30.21	150m: 1:42.68 37.45	250m: 3:02.01 42.61	350m: 4:18.90 33.46
100m: 1:05.23 35.02	200m: 2:19.40 36.72	300m: 3:45.44 43.43	400m: 4:50.41 31.51
2. YEVCCHAK, Anna	93	MKS Zryw Opole	4:51.23 792
50m: 30.46 30.46	150m: 1:43.68 38.04	250m: 3:03.57 42.75	350m: 4:18.98 33.18
100m: 1:05.64 35.18	200m: 2:20.82 37.14	300m: 3:45.80 42.23	400m: 4:51.23 32.25
3. UKOWSKA, Paula SZG	93	MKS Zryw Opole	4:51.48 789
50m: 30.44 30.44	150m: 1:41.48 36.96	250m: 2:58.75 41.81	350m: 4:17.65 34.94
100m: 1:04.52 34.08	200m: 2:16.94 35.46	300m: 3:42.71 43.96	400m: 4:51.48 33.83
4. OŁENOWSKA, Katarzyna	90	KP MZOS P³ock	4:53.60 772
50m: 30.73 30.73	150m: 1:44.28 38.30	250m: 3:04.35 41.44	350m: 4:20.53 33.77
100m: 1:05.98 35.25	200m: 2:22.91 38.63	300m: 3:46.76 42.41	400m: 4:53.60 33.07
5. OLCZAK, Mirela	93	MKP, „S³owianka” Gorzów Wlkp.	4:55.94 754
50m: 29.75 29.75	150m: 1:41.15 37.66	250m: 3:02.63 43.39	350m: 4:21.27 35.13
100m: 1:03.49 33.74	200m: 2:19.24 38.09	300m: 3:46.14 43.51	400m: 4:55.94 34.67
6. CHARLOS, Natalia	93	PZP	4:59.01 731
50m: 31.59 31.59	150m: 1:46.03 38.62	250m: 3:08.47 44.36	350m: 4:26.05 33.19
100m: 1:07.41 35.82	200m: 2:24.11 38.08	300m: 3:52.86 44.39	400m: 4:59.01 32.96
7. CIESIELSKA, Sylwia	95	KS Warta Poznañ	5:04.86 690
50m: 32.76 32.76	150m: 1:49.42 39.57	250m: 3:11.88 43.96	350m: 4:30.92 35.36
100m: 1:09.85 37.09	200m: 2:27.92 38.50	300m: 3:55.56 43.68	400m: 5:04.86 33.94
8. DAWIDOWICZ, Anna	93	UKS "Pi³tka" Konstantynów	5:06.06 682
50m: 32.28 32.28	150m: 1:48.89 39.36	250m: 3:10.66 43.86	350m: 4:30.78 36.36
100m: 1:09.53 37.25	200m: 2:26.80 37.91	300m: 3:54.42 43.76	400m: 5:06.06 35.28
Fina³ B			
9. SZMAGALSKA, Agata	95	MKP, „S³owianka” Gorzów Wlkp.	5:04.10 695
50m: 30.14 30.14	150m: 1:44.93 39.34	250m: 3:09.36 45.97	350m: 4:29.83 34.77
100m: 1:05.59 35.45	200m: 2:23.39 38.46	300m: 3:55.06 45.70	400m: 5:04.10 34.27
10. KORZENIOWSKA, Marta SO	93	UKP UNIA Ocewiêcim	5:04.40 693
50m: 32.15 32.15	150m: 1:49.88 40.96	250m: 3:12.11 42.04	350m: 4:30.38 35.47
100m: 1:08.92 36.77	200m: 2:30.07 40.19	300m: 3:54.91 42.80	400m: 5:04.40 34.02
11. STASZKIEWICZ, Katarzyna	90	AZS AWF Wroc³aw	5:10.10 656
50m: 32.75 32.75	150m: 1:52.73 41.59	250m: 3:16.91 43.89	350m: 4:37.38 36.00
100m: 1:11.14 38.39	200m: 2:33.02 40.29	300m: 4:01.38 44.47	400m: 5:10.10 32.72
12. KOZŁOWSKA, Anna	96	MUKS Piêtnastka AQUA Bydgoszcz	5:10.60 652
50m: 32.98 32.98	150m: 1:50.02 39.60	250m: 3:14.41 44.84	350m: 4:35.74 35.86
100m: 1:10.42 37.44	200m: 2:29.57 39.55	300m: 3:59.88 45.47	400m: 5:10.60 34.86
13. MÓZGOWSKA, JAGODA	90	AZS AGH Kraków	5:11.39 647
50m: 31.29 31.29	150m: 1:49.64 41.17	250m: 3:13.61 43.98	350m: 4:36.31 37.86
100m: 1:08.47 37.18	200m: 2:29.63 39.99	300m: 3:58.45 44.84	400m: 5:11.39 35.08
14. PIASECKA, Marta SK	91	AZS AWF Katowice	5:11.46 647
50m: 32.52 32.52	150m: 1:50.67 39.25	250m: 3:16.97 46.46	350m: 4:36.98 33.83
100m: 1:11.42 38.90	200m: 2:30.51 39.84	300m: 4:03.15 46.18	400m: 5:11.46 34.48
15. PELOWSKA, Aleksandra, SG	93	UKS Jedynka Solex Lêbork	5:13.81 633
50m: 32.54 32.54	150m: 1:50.71 40.75	250m: 3:14.85 43.57	350m: 4:36.69 38.04
100m: 1:09.96 37.42	200m: 2:31.28 40.57	300m: 3:58.65 43.80	400m: 5:13.81 37.12

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Pozycja	Rok ur.								Czas	Pkt.	
16. WIERTEL, Agata	95 MTP Lublinianka Lublin								5:14.68	627	
50m:	32.81	32.81	150m:	1:50.43	39.15	250m:	3:16.64	48.03	350m:	4:40.10	36.15
100m:	1:11.28	38.47	200m:	2:28.61	38.18	300m:	4:03.95	47.31	400m:	5:14.68	34.58