

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

Konkurencja 27

Kobiet, 400m dowolny

Open

2010-06-05 - 10:47

Wyniki Eliminacje

Rekord Polski Seniorów	4:04.23	JĘDRZEJCZAK, Otylia	AZWAR	Melbourne	2007-03-25
Min ME Sen Budapeszt	4:13.50	,			
Min MEJun Helsinki 8-wynik	4:21.20	,			
Min MEJun Helsinki 12-wynik	4:24.18	,			

Punkty: FINA 2010

Pozycja	Rok ur.	Czas	Pkt.	
1. KILIJAŃSKA, Donata	95	4:25.82	728	A
50m: 31.02 31.02	150m: 1:39.06 34.31	250m: 2:46.05 33.55	350m: 3:53.07 32.60	
100m: 1:04.75 33.73	200m: 2:12.50 33.44	300m: 3:20.47 34.42	400m: 4:25.82 32.75	
2. UKOWSKA, Paula SZG	93	4:26.01	726	A
50m: 30.37 30.37	150m: 1:37.88 33.86	250m: 2:45.09 33.38	350m: 3:52.66 33.46	
100m: 1:04.02 33.65	200m: 2:11.71 33.83	300m: 3:19.20 34.11	400m: 4:26.01 33.35	
3. CHARLOS, Natalia	93	4:26.64	721	A
50m: 30.68 30.68	150m: 1:37.85 33.79	250m: 2:45.67 33.94	350m: 3:53.69 33.70	
100m: 1:04.06 33.38	200m: 2:11.73 33.88	300m: 3:19.99 34.32	400m: 4:26.64 32.95	
4. NOWACKA, Aleksandra	90	4:26.88	719	A
50m: 30.69 30.69	150m: 1:37.92 33.65	250m: 2:46.20 33.86	350m: 3:54.03 33.34	
100m: 1:04.27 33.58	200m: 2:12.34 34.42	300m: 3:20.69 34.49	400m: 4:26.88 32.85	
5. WIKIEŁ, Manuela	92	4:26.90	719	A
50m: 30.80 30.80	150m: 1:37.17 33.43	250m: 2:45.30 33.73	350m: 3:53.58 33.63	
100m: 1:03.74 32.94	200m: 2:11.57 34.40	300m: 3:19.95 34.65	400m: 4:26.90 33.32	
6. OŁNOWSKA, Katarzyna	90	4:27.11	717	A
50m: 30.88 30.88	150m: 1:37.63 33.46	250m: 2:45.64 34.09	350m: 3:54.22 34.27	
100m: 1:04.17 33.29	200m: 2:11.55 33.92	300m: 3:19.95 34.31	400m: 4:27.11 32.89	
7. ZACHOSZCZ, Joanna	93	4:27.12	717	A
50m: 31.22 31.22	150m: 1:38.69 33.63	250m: 2:46.19 33.73	350m: 3:54.18 33.88	
100m: 1:05.06 33.84	200m: 2:12.46 33.77	300m: 3:20.30 34.11	400m: 4:27.12 32.94	
8. WASILEWSKA, Barbara	94	4:29.00	702	A
50m: 31.68 31.68	150m: 1:39.63 34.44	250m: 2:47.46 33.73	350m: 3:55.53 34.04	
100m: 1:05.19 33.51	200m: 2:13.73 34.10	300m: 3:21.49 34.03	400m: 4:29.00 33.47	
9. BAJORSKA, Dorota SO	94	4:29.54	698	B
50m: 31.54 31.54	150m: 1:39.51 33.96	250m: 2:47.70 33.90	350m: 3:56.03 34.01	
100m: 1:05.55 34.01	200m: 2:13.80 34.29	300m: 3:22.02 34.32	400m: 4:29.54 33.51	
10. POAROWSZCZYK, BEATA	91	4:29.79	696	B
50m: 31.30 31.30	150m: 1:39.49 34.44	250m: 2:47.53 34.19	350m: 3:56.21 34.34	
100m: 1:05.05 33.75	200m: 2:13.34 33.85	300m: 3:21.87 34.34	400m: 4:29.79 33.58	
11. TROJANOWSKA, Kinga	95	4:30.48	691	B
50m: 31.02 31.02	150m: 1:39.47 34.56	250m: 2:48.24 34.47	350m: 3:57.06 34.46	
100m: 1:04.91 33.89	200m: 2:13.77 34.30	300m: 3:22.60 34.36	400m: 4:30.48 33.42	
12. CISOWSKA, ALEKSANDRA	89	4:30.97	687	B
50m: 31.55 31.55	150m: 1:39.77 34.47	250m: 2:48.69 34.44	350m: 3:57.40 34.35	
100m: 1:05.30 33.75	200m: 2:14.25 34.48	300m: 3:23.05 34.36	400m: 4:30.97 33.57	
13. RUDAWSKA, Adrianna	96	4:31.13	686	B
50m: 31.45 31.45	150m: 1:39.49 34.19	250m: 2:48.26 34.40	350m: 3:57.55 34.87	
100m: 1:05.30 33.85	200m: 2:13.86 34.37	300m: 3:22.68 34.42	400m: 4:31.13 33.58	
14. CHODYNA, Monika	92	4:32.05	679	B
50m: 31.86 31.86	150m: 1:39.53 34.16	250m: 2:49.10 34.82	350m: 3:58.34 34.60	
100m: 1:05.37 33.51	200m: 2:14.28 34.75	300m: 3:23.74 34.64	400m: 4:32.05 33.71	
15. WAKUŁA, Karolina SO	93	4:33.15	671	B
50m: 31.82 31.82	150m: 1:41.13 34.85	250m: 2:50.54 34.64	350m: 3:59.63 34.50	
100m: 1:06.28 34.46	200m: 2:15.90 34.77	300m: 3:25.13 34.59	400m: 4:33.15 33.52	
16. SĘDŁAK, Katarzyna	94	4:35.37	655	B
50m: 31.75 31.75	150m: 1:40.19 34.52	250m: 2:50.48 35.26	350m: 4:01.11 35.58	
100m: 1:05.67 33.92	200m: 2:15.22 35.03	300m: 3:25.53 35.05	400m: 4:35.37 34.26	

G³ówne Mistrzostwa Polski Seniorów i M³odzieźowców
Gliwice, 3. - 6.6.2010

Konkurencja 27, Kobiety, 400m dowolny, Eliminacje, Open

Pozycja			Rok ur.					Czas	Pkt.		
17.	LIPIŃSKA, Ma ³ gorzata		93	KSZO Ostrowiec				4:35.92	651 R		
	50m:	31.31 31.31	150m:	1:39.45	34.41	250m:	2:50.15	35.38	350m:	4:01.40	35.55
	100m:	1:05.04 33.73	200m:	2:14.77	35.32	300m:	3:25.85	35.70	400m:	4:35.92	34.52
18.	BERNAT, Aleksandra		90	KS Warta Poznań				4:37.54	639 R		
	50m:	31.30 31.30	150m:	1:40.16	34.88	250m:	2:51.31	35.76	350m:	4:03.16	35.97
	100m:	1:05.28 33.98	200m:	2:15.55	35.39	300m:	3:27.19	35.88	400m:	4:37.54	34.38
19.	KUZAWIŃSKA, Karolina		93	KP MZOS P ³ ock				4:38.97	629		
	50m:	31.27 31.27	150m:	1:39.29	34.47	250m:	2:50.13	35.56	350m:	4:02.69	36.32
	100m:	1:04.82 33.55	200m:	2:14.57	35.28	300m:	3:26.37	36.24	400m:	4:38.97	36.28
20.	WÓJCIK, Paula		96	MUKS Piętnastka AQUA Bydgoszcz				4:39.33	627		
	50m:	31.69 31.69	150m:	1:41.16	34.91	250m:	2:52.01	35.11	350m:	4:04.64	36.49
	100m:	1:06.25 34.56	200m:	2:16.90	35.74	300m:	3:28.15	36.14	400m:	4:39.33	34.69
21.	PIEKARSKA, Magdalena		94	MKP Szczecin				4:39.38	627		
	50m:	31.69 31.69	150m:	1:40.90	35.14	250m:	2:52.12	36.35	350m:	4:04.56	36.59
	100m:	1:05.76 34.07	200m:	2:15.77	34.87	300m:	3:27.97	35.85	400m:	4:39.38	34.82
22.	KULIGOWSKA, Marcela		94	MKP Szczecin				4:41.89	610		
	50m:	31.64 31.64	150m:	1:41.36	35.26	250m:	2:53.14	35.99	350m:	4:06.07	36.44
	100m:	1:06.10 34.46	200m:	2:17.15	35.79	300m:	3:29.63	36.49	400m:	4:41.89	35.82
23.	BOREK, Aleksandra SK		94	Wodnik Krosno				4:43.58	599		
	50m:	31.74 31.74	150m:	1:40.85	35.33	250m:	2:53.58	36.56	350m:	4:07.57	36.74
	100m:	1:05.52 33.78	200m:	2:17.02	36.17	300m:	3:30.83	37.25	400m:	4:43.58	36.01
24.	ZYGA, Paulina		94	UKS Nawa Skierniewice				4:44.86	591		
	50m:	33.10 33.10	150m:	1:44.86	36.10	250m:	2:57.44	36.10	350m:	4:10.23	36.17
	100m:	1:08.76 35.66	200m:	2:21.34	36.48	300m:	3:34.06	36.62	400m:	4:44.86	34.63
25.	BIERNACKA, Katarzyna		95	KS "1" O ³ arów Mazowiecki				4:45.11	590		
	50m:	31.43 31.43	150m:	1:40.98	35.05	250m:	2:54.06	36.95	350m:	4:08.60	37.09
	100m:	1:05.93 34.50	200m:	2:17.11	36.13	300m:	3:31.51	37.45	400m:	4:45.11	36.51
26.	PIASECKA, Ewa		92	AZS AWF Katowice				4:47.23	577		
	50m:	31.62 31.62	150m:	1:41.60	35.37	250m:	2:54.80	36.56	350m:	4:10.67	38.06
	100m:	1:06.23 34.61	200m:	2:18.24	36.64	300m:	3:32.61	37.81	400m:	4:47.23	36.56
27.	MACIESZA, Agata		96	KS ORZEŁ Elbl ³ g				4:47.37	576		
	50m:	32.61 32.61	150m:	1:44.11	36.15	250m:	2:57.27	36.79	350m:	4:11.33	37.25
	100m:	1:07.96 35.35	200m:	2:20.48	36.37	300m:	3:34.08	36.81	400m:	4:47.37	36.04
28.	SZCZYTKO, NATALIA		95	MUKS Olimpijczyk Suwa ³ ki				4:48.33	570		
	50m:	31.81 31.81	150m:	1:42.97	36.23	250m:	2:56.86	37.00	350m:	4:11.55	37.53
	100m:	1:06.74 34.93	200m:	2:19.86	36.89	300m:	3:34.02	37.16	400m:	4:48.33	36.78
29.	SUCHANIAK, Irena		93	KS Korona Kraków				4:51.93	549		
	50m:	32.95 32.95	150m:	1:46.86	37.55	250m:	3:01.52	37.88	350m:	4:17.09	37.93
	100m:	1:09.31 36.36	200m:	2:23.64	36.78	300m:	3:39.16	37.64	400m:	4:51.93	34.84
30.	BARTOSZEWICZ, EWELINA		95	MUKS Olimpijczyk Suwa ³ ki				4:53.54	540		
	50m:	32.91 32.91	150m:	1:46.34	37.19	250m:	3:00.85	36.94	350m:	4:16.42	37.71
	100m:	1:09.15 36.24	200m:	2:23.91	37.57	300m:	3:38.71	37.86	400m:	4:53.54	37.12
31.	MNICH, OLIMPIA		96	AZS-AWF Poznań				5:04.00	486		
	50m:	35.05 35.05	150m:	1:50.39	37.48	250m:	3:07.21	38.38	350m:	4:25.56	38.97
	100m:	1:12.91 37.86	200m:	2:28.83	38.44	300m:	3:46.59	39.38	400m:	5:04.00	38.44