

Główne Mistrzostwa Polski Seniorów i Młodzie owców
Olsztyn, 13- - 16-6-2013

Konkurencja 17
2013-06-14 - 11:05

Kobiet, 400m zmienny

Open
Wyniki Eliminacje

Rekord Polski	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	2008-08-09
Minimum Mistrzostwa wiata Seniorów	4:44.53				
Minimum Mistrzostwa wiata Juniorów	4:46.39				
Minimum Mistrzostwa Europy Juniorów	5:01.82				

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.	
1.	SZCZEPANIAK Karolina		92	AZS-AWF Katowice				4:57.41	735	A
	50m:	30.94 30.94	150m:	1:45.27	38.07	250m:	3:06.25	43.03	350m:	4:24.35 34.44
	100m:	1:07.20 36.26	200m:	2:23.22	37.95	300m:	3:49.91	43.66	400m:	4:57.41 33.06
2.	SIE CZYK Jowita SK <i>minimum MEJ</i>		97	MKS ak Biała Podlaska				5:00.47	713	A
	50m:	30.52 30.52	150m:	1:45.12	38.88	250m:	3:06.46	43.22	350m:	4:25.47 35.29
	100m:	1:06.24 35.72	200m:	2:23.24	38.12	300m:	3:50.18	43.72	400m:	5:00.47 35.00
3.	SIKORA Paulina		93	AZS AWF Warszawa				5:01.92	702	A
	50m:	31.28 31.28	150m:	1:47.30	39.73	250m:	3:08.86	42.69	350m:	4:27.88 35.39
	100m:	1:07.57 36.29	200m:	2:26.17	38.87	300m:	3:52.49	43.63	400m:	5:01.92 34.04
4.	SZPUCHA Katarzyna SK		96	Olimpijczyk Aleksan.Łódzki				5:02.09	701	A
	50m:	32.02 32.02	150m:	1:46.80	38.38	250m:	3:06.91	42.69	350m:	4:26.94 36.79
	100m:	1:08.42 36.40	200m:	2:24.22	37.42	300m:	3:50.15	43.24	400m:	5:02.09 35.15
5.	ZBROJEWSKA Michalina		96	Pi tka Konstanyńów Łódzki				5:03.84	689	A
	50m:	32.08 32.08	150m:	1:48.99	39.71	250m:	3:10.13	41.99	350m:	4:29.42 37.04
	100m:	1:09.28 37.20	200m:	2:28.14	39.15	300m:	3:52.38	42.25	400m:	5:03.84 34.42
6.	ZYGO Karolina		96	KS Olimpia Lublin				5:05.97	675	A
	50m:	32.07 32.07	150m:	1:47.81	38.42	250m:	3:10.14	44.70	350m:	4:31.80 35.26
	100m:	1:09.39 37.32	200m:	2:25.44	37.63	300m:	3:56.54	46.40	400m:	5:05.97 34.17
7.	NIENAŁTOWSKA Natalia		96	MKS Polonia Warszawa				5:06.57	671	A
	50m:	32.27 32.27	150m:	1:48.90	39.04	250m:	3:11.40	43.59	350m:	4:32.52 35.72
	100m:	1:09.86 37.59	200m:	2:27.81	38.91	300m:	3:56.80	45.40	400m:	5:06.57 34.05
8.	URBA SKA Karolina		92	AZS AWF Warszawa				5:07.19	667	A
	50m:	32.20 32.20	150m:	1:49.26	38.60	250m:	3:11.97	43.06	350m:	4:31.95 35.90
	100m:	1:10.66 38.46	200m:	2:28.91	39.65	300m:	3:56.05	44.08	400m:	5:07.19 35.24
9.	PIECHOTA Paulina		99	UKS 190 Łód				5:09.06	655	A
	50m:	31.93 31.93	150m:	1:49.77	40.15	250m:	3:13.89	44.42	350m:	4:34.80 36.65
	100m:	1:09.62 37.69	200m:	2:29.47	39.70	300m:	3:58.15	44.26	400m:	5:09.06 34.26
10.	BAKIES Gabriela		96	Pi tka Konstanyńów Łódzki				5:10.30	647	A
	50m:	33.05 33.05	150m:	1:49.11	39.39	250m:	3:13.44	46.27	350m:	4:35.89 35.75
	100m:	1:09.72 36.67	200m:	2:27.17	38.06	300m:	4:00.14	46.70	400m:	5:10.30 34.41
11.	WIERTEL Agata		95	MTP Lublinianka Lublin				5:12.25	635	B
	50m:	32.85 32.85	150m:	1:50.09	39.35	250m:	3:15.74	46.75	350m:	4:37.89 35.38
	100m:	1:10.74 37.89	200m:	2:28.99	38.90	300m:	4:02.51	46.77	400m:	5:12.25 34.36
12.	POPIEL Joanna		96	UKS "G-8 Bielany" Warszawa				5:12.28	635	B
	50m:	32.90 32.90	150m:	1:49.69	39.10	250m:	3:16.00	46.78	350m:	4:37.85 34.95
	100m:	1:10.59 37.69	200m:	2:29.22	39.53	300m:	4:02.90	46.90	400m:	5:12.28 34.43
13.	KLIMAS Paulina SO		95	AZS-AWF Katowice				5:15.17	617	B
	50m:	33.00 33.00	150m:	1:53.28	41.71	250m:	3:18.13	43.99	350m:	4:39.27 36.26
	100m:	1:11.57 38.57	200m:	2:34.14	40.86	300m:	4:03.01	44.88	400m:	5:15.17 35.90
14.	GRALEWSKA Kalina		96	MKS Polonia Warszawa				5:17.20	606	B
	50m:	32.65 32.65	150m:	1:53.47	41.41	250m:	3:18.88	45.04	350m:	4:42.32 37.49
	100m:	1:12.06 39.41	200m:	2:33.84	40.37	300m:	4:04.83	45.95	400m:	5:17.20 34.88
15.	MENDYK Adrianna SO		98	MKS Wodnik Radom				5:17.40	604	B
	50m:	33.08 33.08	150m:	1:51.01	39.83	250m:	3:17.27	46.29	350m:	4:41.00 37.21
	100m:	1:11.18 38.10	200m:	2:30.98	39.97	300m:	4:03.79	46.52	400m:	5:17.40 36.40
16.	MENDOWSKA Paulina		97	KS Warta Pozna				5:17.85	602	B
	50m:	32.44 32.44	150m:	1:51.13	41.38	250m:	3:17.79	45.29	350m:	4:40.12 36.83
	100m:	1:09.75 37.31	200m:	2:32.50	41.37	300m:	4:03.29	45.50	400m:	5:17.85 37.73

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Pozycja	Rok ur.							Czas	Pkt.	
17.	ROGACZ Katarzyna SR	96	MKS-SMS Victoria Racibórz	5:18.85	596	B				
	50m: 32.06 32.06	150m: 1:51.04 40.78	250m: 3:17.16 45.85	350m: 4:42.59 37.87						
	100m: 1:10.26 38.20	200m: 2:31.31 40.27	300m: 4:04.72 47.56	400m: 5:18.85 36.26						
18.	BŁOCKA Agnieszka	96	UKS Jagiellonka Warszawa	5:20.68	586	B				
	50m: 32.91 32.91	150m: 1:54.21 41.54	250m: 3:20.01 45.33	350m: 4:43.80 38.10						
	100m: 1:12.67 39.76	200m: 2:34.68 40.47	300m: 4:05.70 45.69	400m: 5:20.68 36.88						
19.	ADAMCZYK Julia	99	MTP Lublinianka Lublin	5:20.97	584	B				
	50m: 34.60 34.60	150m: 1:55.67 40.99	250m: 3:19.33 43.95	350m: 4:43.32 38.69						
	100m: 1:14.68 40.08	200m: 2:35.38 39.71	300m: 4:04.63 45.30	400m: 5:20.97 37.65						
20.	BIEDRZYCKA Iga	97	MKS "Ros" Pisz	5:22.34	577	B				
	50m: 32.49 32.49	150m: 1:50.51 39.91	250m: 3:17.49 45.50	350m: 4:44.12 40.05						
	100m: 1:10.60 38.11	200m: 2:31.99 41.48	300m: 4:04.07 46.58	400m: 5:22.34 38.22						
21.	NIED WIEDZKA Małgorzata SR	97	MMKS K dzierzyn-Ko le	5:24.12	568	R				
	50m: 34.05 34.05	150m: 1:56.45 43.05	250m: 3:23.02 44.13	350m: 4:46.37 38.48						
	100m: 1:13.40 39.35	200m: 2:38.89 42.44	300m: 4:07.89 44.87	400m: 5:24.12 37.75						
22.	GIEDZICZ Katarzyna	98	MKS MOS Juwenia Białystok	5:24.13	567	R				
	50m: 32.87 32.87	150m: 1:55.79 43.67	250m: 3:22.98 44.07	350m: 4:47.41 38.03						
	100m: 1:12.12 39.25	200m: 2:38.91 43.12	300m: 4:09.38 46.40	400m: 5:24.13 36.72						
23.	BIELI SKA Karolina	99	MKP Słowianka Gorzów	5:25.21	562					
	50m: 33.27 33.27	150m: 1:56.07 43.80	250m: 3:25.06 45.91	350m: 4:49.79 37.25						
	100m: 1:12.27 39.00	200m: 2:39.15 43.08	300m: 4:12.54 47.48	400m: 5:25.21 35.42						
24.	CISZEWSKA Sandra	97	UKS 9 Kalisz	5:25.80	559					
	50m: 33.31 33.31	150m: 1:52.84 40.07	250m: 3:21.39 48.68	350m: 4:48.55 37.82						
	100m: 1:12.77 39.46	200m: 2:32.71 39.87	300m: 4:10.73 49.34	400m: 5:25.80 37.25						
25.	BODALSKA Magdalena	97	UKS Jagiellonka Warszawa	5:27.84	548					
	50m: 34.80 34.80	150m: 1:58.00 40.56	250m: 3:25.29 47.01	350m: 4:51.23 38.20						
	100m: 1:17.44 42.64	200m: 2:38.28 40.28	300m: 4:13.03 47.74	400m: 5:27.84 36.61						
26.	SAJECKA Zofia	98	UKS Skalar Warszawa	5:27.99	548					
	50m: 33.08 33.08	150m: 1:55.91 41.90	250m: 3:24.79 47.95	350m: 4:51.22 38.17						
	100m: 1:14.01 40.93	200m: 2:36.84 40.93	300m: 4:13.05 48.26	400m: 5:27.99 36.77						
27.	HALAGIERA Joanna	96	MKP Słowianka Gorzów	5:28.01	548					
	50m: 34.52 34.52	150m: 1:57.28 43.20	250m: 3:28.47 48.23	350m: 4:52.63 35.36						
	100m: 1:14.08 39.56	200m: 2:40.24 42.96	300m: 4:17.27 48.80	400m: 5:28.01 35.38						
28.	ŁUKASIK Wiktoria	99	MKS Medyk Gi ycko	5:30.65	535					
	50m: 33.42 33.42	150m: 1:56.70 43.95	250m: 3:26.31 46.42	350m: 4:53.76 39.87						
	100m: 1:12.75 39.33	200m: 2:39.89 43.19	300m: 4:13.89 47.58	400m: 5:30.65 36.89						
29.	STASINOWSKA Katarzyna	94	MKS Trójka Łód	5:31.25	532					
	50m: 33.61 33.61	150m: 1:59.36 44.85	250m: 3:30.65 47.87	350m: 4:56.11 38.29						
	100m: 1:14.51 40.90	200m: 2:42.78 43.42	300m: 4:17.82 47.17	400m: 5:31.25 35.14						
30.	HELBING Justyna SK	97	UKS Wilanowia Warszawa	5:31.34	531					
	50m: 33.63 33.63	150m: 1:57.76 43.87	250m: 3:26.86 45.89	350m: 4:52.84 39.32						
	100m: 1:13.89 40.26	200m: 2:40.97 43.21	300m: 4:13.52 46.66	400m: 5:31.34 38.50						
31.	KAMI SKA Joanna	94	AZS-UŁPŁ Łód	5:32.12	527					
	50m: 36.21 36.21	150m: 2:00.37 40.49	250m: 3:31.98 50.33	350m: 4:57.78 35.79						
	100m: 1:19.88 43.67	200m: 2:41.65 41.28	300m: 4:21.99 50.01	400m: 5:32.12 34.34						
32.	HASNY Marta SR	98	MKS Zryw Opole	5:32.31	527					
	50m: 33.11 33.11	150m: 1:54.93 43.59	250m: 3:26.47 48.03	350m: 4:54.24 38.91						
	100m: 1:11.34 38.23	200m: 2:38.44 43.51	300m: 4:15.33 48.86	400m: 5:32.31 38.07						
33.	JAROCHA Wiktoria	98	KSZO Ostrowiec	5:32.54	525					
	50m: 34.48 34.48	150m: 1:57.75 42.47	250m: 3:28.78 49.60	350m: 4:56.86 37.24						
	100m: 1:15.28 40.80	200m: 2:39.18 41.43	300m: 4:19.62 50.84	400m: 5:32.54 35.68						
34.	NAGÓRSKA Monika	97	MUKS "Pi tnastka" Bydgoszcz	5:32.98	523					
	50m: 35.23 35.23	150m: 2:01.25 43.92	250m: 3:29.66 45.71	350m: 4:55.58 38.93						
	100m: 1:17.33 42.10	200m: 2:43.95 42.70	300m: 4:16.65 46.99	400m: 5:32.98 37.40						

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Pozycja	Rok ur.								Czas	Pkt.
35.	ŁUCZY SKA Martyna		98	UKS,, oliborz" Warszawa				5:34.19	518	
	50m: 34.85 34.85	150m: 2:00.14	44.52	250m: 3:30.46	46.81	350m: 4:56.35	39.09			
	100m: 1:15.62 40.77	200m: 2:43.65	43.51	300m: 4:17.26	46.80	400m: 5:34.19	37.84			
36.	BŁU Barbara Bo ena		98	MUKS Olimpijczyk Suwałki				5:35.68	511	
	50m: 35.07 35.07	150m: 2:00.91	42.57	250m: 3:28.47	46.66	350m: 4:55.39	39.25			
	100m: 1:18.34 43.27	200m: 2:41.81	40.90	300m: 4:16.14	47.67	400m: 5:35.68	40.29			
37.	PAWELEC Natalia		98	UKS 9 Kalisz				5:36.19	509	
	50m: 33.28 33.28	150m: 1:59.48	46.68	250m: 3:31.78	47.78	350m: 4:59.56	38.33			
	100m: 1:12.80 39.52	200m: 2:44.00	44.52	300m: 4:21.23	49.45	400m: 5:36.19	36.63			
38.	MACIESZA Agata		96	KS Orzeł Elbl g				5:38.30	499	
	50m: 34.94 34.94	150m: 2:03.63	43.85	250m: 3:33.17	47.69	350m: 5:00.10	38.48			
	100m: 1:19.78 44.84	200m: 2:45.48	41.85	300m: 4:21.62	48.45	400m: 5:38.30	38.20			
NIE UK.	WIESIOLEK Karolina		99	MTP Kormoran Olsztyn						
	50m:	150m:		250m:		350m:				
	100m:	200m:		300m:		400m:				