

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

Event 17 Women, 400m Medley Open
2013-06-14 - 18:30 Results Finals

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

Points: FINA 2013

Rank			YB					Time	Pts
Final A									
1.	SZCZEPANIAK Karolina		92	AZS-AWF Katowice				4:52.90	769
	50m: 30.71 30.71	150m: 1:43.76		37.42	250m: 3:03.43	42.76	350m: 4:20.32	33.90	
	100m: 1:06.34 35.63	200m: 2:20.67		36.91	300m: 3:46.42	42.99	400m: 4:52.90	32.58	
2.	SIENCZYK Jowita SK		97	MKS Zak Biala Podlaska				4:57.00	738
	<i>minimum MEJ</i>								
	50m: 30.37 30.37	150m: 1:44.34		38.19	250m: 3:04.20	42.56	350m: 4:22.97	35.46	
	100m: 1:06.15 35.78	200m: 2:21.64		37.30	300m: 3:47.51	43.31	400m: 4:57.00	34.03	
3.	SIKORA Paulina		93	AZS Warsaw				4:57.74	732
	50m: 31.54 31.54	150m: 1:46.27		38.89	250m: 3:07.85	42.92	350m: 4:25.47	34.13	
	100m: 1:07.38 35.84	200m: 2:24.93		38.66	300m: 3:51.34	43.49	400m: 4:57.74	32.27	
4.	ZYGO Karolina		96	KS Olimpia Lublin				5:01.13	708
	50m: 32.08 32.08	150m: 1:46.38		38.50	250m: 3:08.91	44.58	350m: 4:28.36	34.45	
	100m: 1:07.88 35.80	200m: 2:24.33		37.95	300m: 3:53.91	45.00	400m: 5:01.13	32.77	
5.	ZBROJEWSKA Michalina		96	Piatka Konstanynow Lodzki				5:02.21	700
	50m: 31.69 31.69	150m: 1:48.34		39.95	250m: 3:09.68	41.71	350m: 4:28.12	35.96	
	100m: 1:08.39 36.70	200m: 2:27.97		39.63	300m: 3:52.16	42.48	400m: 5:02.21	34.09	
6.	NIENALTOWSKA Natalia		96	MKS Polonia Warszawa				5:03.71	690
	50m: 31.70 31.70	150m: 1:47.12		38.81	250m: 3:10.34	43.79	350m: 4:29.87	35.59	
	100m: 1:08.31 36.61	200m: 2:26.55		39.43	300m: 3:54.28	43.94	400m: 5:03.71	33.84	
7.	SZPUCHA Katarzyna SK		96	Olimpijczyk Aleksan.Lodzki				5:03.77	690
	50m: 31.83 31.83	150m: 1:46.42		38.40	250m: 3:07.41	43.01	350m: 4:27.17	36.44	
	100m: 1:08.02 36.19	200m: 2:24.40		37.98	300m: 3:50.73	43.32	400m: 5:03.77	36.60	
8.	BAKIES Gabriela		96	Piatka Konstanynow Lodzki				5:10.22	647
	50m: 31.37 31.37	150m: 1:47.56		40.55	250m: 3:13.19	46.38	350m: 4:36.29	36.07	
	100m: 1:07.01 35.64	200m: 2:26.81		39.25	300m: 4:00.22	47.03	400m: 5:10.22	33.93	
9.	URBANSKA Karolina		92	AZS Warsaw				5:10.32	647
	50m: 31.36 31.36	150m: 1:48.63		39.68	250m: 3:12.68	45.00	350m: 4:33.87	36.43	
	100m: 1:08.95 37.59	200m: 2:27.68		39.05	300m: 3:57.44	44.76	400m: 5:10.32	36.45	
10.	PIECHOTA Paulina		99	UKS 190 Lodz				5:12.10	636
	50m: 31.75 31.75	150m: 1:49.67		40.83	250m: 3:15.02	45.01	350m: 4:37.12	36.60	
	100m: 1:08.84 37.09	200m: 2:30.01		40.34	300m: 4:00.52	45.50	400m: 5:12.10	34.98	
Final B									
11.	KLIMAS Paulina SO		95	AZS-AWF Katowice				5:10.27	647
	50m: 32.66 32.66	150m: 1:52.39		41.49	250m: 3:15.95	43.02	350m: 4:35.62	35.66	
	100m: 1:10.90 38.24	200m: 2:32.93		40.54	300m: 3:59.96	44.01	400m: 5:10.27	34.65	
12.	POPIEL Joanna		96	UKS "G-8 Bielany" Warszawa				5:10.51	646
	50m: 32.65 32.65	150m: 1:48.87		39.36	250m: 3:13.84	45.83	350m: 4:37.07	35.73	
	100m: 1:09.51 36.86	200m: 2:28.01		39.14	300m: 4:01.34	47.50	400m: 5:10.51	33.44	
13.	WIERTEL Agata		95	MTP Lublinianka Lublin				5:11.64	639
	50m: 32.72 32.72	150m: 1:49.86		39.06	250m: 3:15.16	46.75	350m: 4:37.63	35.55	
	100m: 1:10.80 38.08	200m: 2:28.41		38.55	300m: 4:02.08	46.92	400m: 5:11.64	34.01	
14.	MENDYK Adrianna SO		98	MKS Wodnik Radom				5:13.09	630
	50m: 32.54 32.54	150m: 1:50.81		39.30	250m: 3:15.81	45.35	350m: 4:37.45	35.97	
	100m: 1:11.51 38.97	200m: 2:30.46		39.65	300m: 4:01.48	45.67	400m: 5:13.09	35.64	
15.	GRALEWSKA Kalina		96	MKS Polonia Warszawa				5:15.55	615
	50m: 32.36 32.36	150m: 1:52.43		41.11	250m: 3:17.85	45.45	350m: 4:40.59	36.48	
	100m: 1:11.32 38.96	200m: 2:32.40		39.97	300m: 4:04.11	46.26	400m: 5:15.55	34.96	

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Event 17, Women, 400m Medley, Final, Open

Rank			YB					Time	Pts
16.	BLOCKA Agnieszka		96	UKS Jagiellonka Warszawa				5:15.58	615
	50m:	32.34 32.34	150m:	1:51.68	40.05	250m:	3:16.03 43.93	350m:	4:39.65 37.51
	100m:	1:11.63 39.29	200m:	2:32.10	40.42	300m:	4:02.14 46.11	400m:	5:15.58 35.93
17.	ADAMCZYK Julia		99	MTP Lublinianka Lublin				5:17.40	604
	50m:	34.09 34.09	150m:	1:55.72	41.56	250m:	3:20.19 44.60	350m:	4:41.74 36.91
	100m:	1:14.16 40.07	200m:	2:35.59	39.87	300m:	4:04.83 44.64	400m:	5:17.40 35.66
18.	ROGACZ Katarzyna SR		96	MKS-SMS Victoria Raciborz				5:19.54	592
	50m:	34.00 34.00	150m:	1:54.47	41.13	250m:	3:20.35 45.42	350m:	4:43.71 36.84
	100m:	1:13.34 39.34	200m:	2:34.93	40.46	300m:	4:06.87 46.52	400m:	5:19.54 35.83
19.	NIEDZWIEDZKA Malgorzata SR		97	MMKS Kedzierzyn-Kozle				5:24.61	565
	50m:	34.00 34.00	150m:	1:56.05	42.01	250m:	3:23.02 44.70	350m:	4:47.74 38.67
	100m:	1:14.04 40.04	200m:	2:38.32	42.27	300m:	4:09.07 46.05	400m:	5:24.61 36.87
20.	BIEDRZYCKA Iga		97	MKS "Ros" Pisz				5:28.80	544
	50m:	32.96 32.96	150m:	1:50.72	39.03	250m:	3:16.74 45.63	350m:	4:48.63 44.58
	100m:	1:11.69 38.73	200m:	2:31.11	40.39	300m:	4:04.05 47.31	400m:	5:28.80 40.17