

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

Event 17 Open
2013-06-14 - 11:05 Results Prelim

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				

Points: FINA 2013

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

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

Rank					YB					Time	Pts	
17.	ROGACZ Katarzyna SR				96	MKS-SMS Victoria Raciborz				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.	BLOCKA 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.	NIEDZWIEDZKA Malgorzata SR				97	MMKS Kedzierzyn-Kozle				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 Juvenia Bialystok				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.	BIELINSKA Karolina				99	MKP Slowianka Gorzow				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 Slowianka Gorzow				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.	LUKASIK Wiktoria				99	MKS Medyk Gizycko				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 Trojka Lodz				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.	KAMINSKA Joanna				94	AZS-ULPL Lodz				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.	NAGORSKA Monika				97	MUKS "Pietnastka" 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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Rank			YB					Time	Pts		
35.	LUCZYNSKA Martyna		98	UKS,,Zoliborz" 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.	BLUS Barbara Bozena		98	MUKS Olimpijczyk Suwalki				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 Elbląg				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
DNF	WIESIOLEK Karolina		99	MTP Kormoran Olsztyn							
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:		