

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

Konkurencja 27
2013-06-15 - 10:50

Kobiet, 400m dowolny

Open
Wyniki Eliminacje

Rekord Polski	4:04.23	JEDRZEJCZAK Otylia	00114	Melbourne (AUS)	2007-03-25
Minimum Mistrzostwa wiata Seniorów	4:09.81				
Minimum Mistrzostwa wiata Juniorów	4:13.46				
Minimum Mistrzostwa Europy Juniorów	4:26.16				

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.	
1.	WASILEWSKA Barbara		94	LKS"Omega"Kleszczów				4:24.84	736	A
	50m:	31.72 31.72	150m:	1:40.03	33.93	250m:	2:47.64 33.07	350m:	3:52.83 32.61	
	100m:	1:06.10 34.38	200m:	2:14.57	34.54	300m:	3:20.22 32.58	400m:	4:24.84 32.01	
2.	ZACHOSZCZ Joanna		93	AZS UWM Olsztyn				4:25.59	730	A
	50m:	31.44 31.44	150m:	1:39.77	34.39	250m:	2:47.34 33.04	350m:	3:53.38 32.71	
	100m:	1:05.38 33.94	200m:	2:14.30	34.53	300m:	3:20.67 33.33	400m:	4:25.59 32.21	
3.	KARPISZ Milena <i>minimum MEJ</i>		97	Pi tka Konstantynów Łódzki				4:25.65	729	A
	50m:	31.81 31.81	150m:	1:39.22	33.79	250m:	2:46.56 33.33	350m:	3:53.50 33.18	
	100m:	1:05.43 33.62	200m:	2:13.23	34.01	300m:	3:20.32 33.76	400m:	4:25.65 32.15	
4.	SZCZEPANIAK Karolina		92	AZS-AWF Katowice				4:25.66	729	A
	50m:	31.19 31.19	150m:	1:39.66	34.59	250m:	2:48.07 33.87	350m:	3:53.80 32.15	
	100m:	1:05.07 33.88	200m:	2:14.20	34.54	300m:	3:21.65 33.58	400m:	4:25.66 31.86	
5.	CZERNAK Monika		92	AZS UWM Olsztyn				4:25.84	728	A
	50m:	32.12 32.12	150m:	1:40.21	34.09	250m:	2:47.27 33.19	350m:	3:53.91 33.15	
	100m:	1:06.12 34.00	200m:	2:14.08	33.87	300m:	3:20.76 33.49	400m:	4:25.84 31.93	
6.	BURSKA Justyna		95	Pi tka Konstantynów Łódzki				4:25.85	727	A
	50m:	31.83 31.83	150m:	1:39.22	33.58	250m:	2:45.94 33.03	350m:	3:53.17 33.47	
	100m:	1:05.64 33.81	200m:	2:12.91	33.69	300m:	3:19.70 33.76	400m:	4:25.85 32.68	
7.	SOKOŁOWSKA Diana SK		96	MKS MOS Juwenia Białystok				4:27.42	715	A
	50m:	30.56 30.56	150m:	1:39.50	34.70	250m:	2:48.53 34.67	350m:	3:55.18 33.12	
	100m:	1:04.80 34.24	200m:	2:13.86	34.36	300m:	3:22.06 33.53	400m:	4:27.42 32.24	
8.	BERNAT Aleksandra		90	KS Warta Pozna				4:28.14	709	A
	50m:	31.03 31.03	150m:	1:38.71	34.02	250m:	2:46.80 33.88	350m:	3:55.12 34.11	
	100m:	1:04.69 33.66	200m:	2:12.92	34.21	300m:	3:21.01 34.21	400m:	4:28.14 33.02	
9.	WIKIEŁ Manuela		92	AZS UWM Olsztyn				4:28.78	704	A
	50m:	31.90 31.90	150m:	1:40.17	34.11	250m:	2:48.12 33.55	350m:	3:55.36 33.82	
	100m:	1:06.06 34.16	200m:	2:14.57	34.40	300m:	3:21.54 33.42	400m:	4:28.78 33.42	
10.	KASPEREK Katarzyna SSZ		96	MKP Szczecin				4:28.85	703	A
	50m:	31.56 31.56	150m:	1:40.34	34.30	250m:	2:49.34 34.37	350m:	3:57.14 33.30	
	100m:	1:06.04 34.48	200m:	2:14.97	34.63	300m:	3:23.84 34.50	400m:	4:28.85 31.71	
11.	RUDAWSKA Adrianna		96	UKS Olimpijczyk				4:29.23	700	B
	50m:	31.19 31.19	150m:	1:39.20	33.97	250m:	2:47.76 34.40	350m:	3:56.83 34.23	
	100m:	1:05.23 34.04	200m:	2:13.36	34.16	300m:	3:22.60 34.84	400m:	4:29.23 32.40	
12.	ZYGO Karolina		96	KS Olimpia Lublin				4:29.47	699	B
	50m:	32.13 32.13	150m:	1:40.19	34.09	250m:	2:47.85 33.88	350m:	3:57.04 34.44	
	100m:	1:06.10 33.97	200m:	2:13.97	33.78	300m:	3:22.60 34.75	400m:	4:29.47 32.43	
13.	KUNKA Kamila SO		96	UKP Unia O wi cim				4:30.33	692	B
	50m:	31.73 31.73	150m:	1:40.41	34.39	250m:	2:48.91 34.24	350m:	3:57.45 34.05	
	100m:	1:06.02 34.29	200m:	2:14.67	34.26	300m:	3:23.40 34.49	400m:	4:30.33 32.88	
14.	KOTOWICZ Anna		98	UKS MOS Ełk				4:30.52	690	B
	50m:	30.27 30.27	150m:	1:38.28	34.45	250m:	2:47.50 34.43	350m:	3:57.16 34.46	
	100m:	1:03.83 33.56	200m:	2:13.07	34.79	300m:	3:22.70 35.20	400m:	4:30.52 33.36	
15.	NITA Anna		97	Pi tka Konstantynów Łódzki				4:31.33	684	B
	50m:	32.16 32.16	150m:	1:40.28	34.19	250m:	2:49.17 34.33	350m:	3:58.02 34.07	
	100m:	1:06.09 33.93	200m:	2:14.84	34.56	300m:	3:23.95 34.78	400m:	4:31.33 33.31	
16.	NIENAŁTOWSKA Natalia		96	MKS Polonia Warszawa				4:32.31	677	B
	50m:	32.09 32.09	150m:	1:40.19	34.30	250m:	2:49.16 34.53	350m:	3:58.95 34.70	
	100m:	1:05.89 33.80	200m:	2:14.63	34.44	300m:	3:24.25 35.09	400m:	4:32.31 33.36	

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Pozycja			Rok ur.				Czas		Pkt.	
17.	MAGNER Agata SK	97	MKS Jordan Kraków				4:32.99	672	B	
	50m: 30.85 30.85	150m: 1:38.90	34.38	250m: 2:48.08	34.61	350m: 3:58.35	35.20			
	100m: 1:04.52 33.67	200m: 2:13.47	34.57	300m: 3:23.15	35.07	400m: 4:32.99	34.64			
18.	ORCZYKOWSKA Wioletta SK	97	Limanowa-swim				4:33.25	670	B	
	50m: 30.99 30.99	150m: 1:40.07	34.93	250m: 2:49.93	35.05	350m: 3:59.31	34.73			
	100m: 1:05.14 34.15	200m: 2:14.88	34.81	300m: 3:24.58	34.65	400m: 4:33.25	33.94			
19.	PODLEWSKA Miriam	97	KS Posnania Pozna				4:34.99	657	B	
	50m: 30.65 30.65	150m: 1:39.80	34.82	250m: 2:50.13	35.34	350m: 4:00.53	35.12			
	100m: 1:04.98 34.33	200m: 2:14.79	34.99	300m: 3:25.41	35.28	400m: 4:34.99	34.46			
20.	SZYMA SKA Monika	96	LKS"Omega"Kleszczów				4:35.15	656	B	
	50m: 31.88 31.88	150m: 1:40.98	34.78	250m: 2:50.57	34.83	350m: 4:00.80	35.08			
	100m: 1:06.20 34.32	200m: 2:15.74	34.76	300m: 3:25.72	35.15	400m: 4:35.15	34.35			
21.	HALAGIERA Joanna	96	MKP Słowianka Gorzów				4:35.61	653	R	
	50m: 32.32 32.32	150m: 1:41.59	34.80	250m: 2:51.27	34.89	350m: 4:01.24	34.93			
	100m: 1:06.79 34.47	200m: 2:16.38	34.79	300m: 3:26.31	35.04	400m: 4:35.61	34.37			
22.	LEO CZUK Sara	99	UKS MOS Ełk				4:35.64	653	R	
	50m: 30.54 30.54	150m: 1:40.00	35.04	250m: 2:50.55	35.57	350m: 4:02.26	35.92			
	100m: 1:04.96 34.42	200m: 2:14.98	34.98	300m: 3:26.34	35.79	400m: 4:35.64	33.38			
23.	BORKOWSKA Lucyna	97	MKS Sambor Tczew				4:35.72	652		
	50m: 32.49 32.49	150m: 1:42.17	35.01	250m: 2:52.85	35.09	350m: 4:01.92	33.90			
	100m: 1:07.16 34.67	200m: 2:17.76	35.59	300m: 3:28.02	35.17	400m: 4:35.72	33.80			
24.	PIECHOTA Paulina	99	UKS 190 Łód				4:36.51	646		
	50m: 30.51 30.51	150m: 1:39.58	34.80	250m: 2:50.72	35.79	350m: 4:02.48	35.76			
	100m: 1:04.78 34.27	200m: 2:14.93	35.35	300m: 3:26.72	36.00	400m: 4:36.51	34.03			
25.	JANKOWSKA Klaudia	98	UKS GIM92 Ursynów				4:37.55	639		
	50m: 31.13 31.13	150m: 1:40.31	34.79	250m: 2:50.30	35.12	350m: 4:02.81	36.94			
	100m: 1:05.52 34.39	200m: 2:15.18	34.87	300m: 3:25.87	35.57	400m: 4:37.55	34.74			
26.	WIERTEL Agata	95	MTP Lublinianka Lublin				4:38.01	636		
	50m: 32.57 32.57	150m: 1:41.45	34.97	250m: 2:52.03	35.49	350m: 4:03.44	35.69			
	100m: 1:06.48 33.91	200m: 2:16.54	35.09	300m: 3:27.75	35.72	400m: 4:38.01	34.57			
27.	LORANTY Patrycja	97	KSZO Ostrowiec				4:38.11	635		
	50m: 32.23 32.23	150m: 1:43.30	35.58	250m: 2:55.17	35.55	350m: 4:05.29	34.75			
	100m: 1:07.72 35.49	200m: 2:19.62	36.32	300m: 3:30.54	35.37	400m: 4:38.11	32.82			
28.	ULATOWSKA Alicja SO	96	UKP Unia O wi cim				4:39.11	629		
	50m: 31.23 31.23	150m: 1:41.42	35.55	250m: 2:52.88	35.82	350m: 4:05.06	36.08			
	100m: 1:05.87 34.64	200m: 2:17.06	35.64	300m: 3:28.98	36.10	400m: 4:39.11	34.05			
29.	S DŁAK Katarzyna	94	UKS Orka Zamo				4:39.23	628		
	50m: 31.86 31.86	150m: 1:41.86	35.36	250m: 2:52.55	35.31	350m: 4:04.44	35.87			
	100m: 1:06.50 34.64	200m: 2:17.24	35.38	300m: 3:28.57	36.02	400m: 4:39.23	34.79			
30.	SZCZYTKO Alicja	95	MUKS Olimpijczyk Suwałki				4:40.21	621		
	50m: 31.83 31.83	150m: 1:41.87	35.08	250m: 2:52.44	35.37	350m: 4:04.61	36.12			
	100m: 1:06.79 34.96	200m: 2:17.07	35.20	300m: 3:28.49	36.05	400m: 4:40.21	35.60			
31.	PO AROWSZCZYK Beata	91	MKS Juwenia Wrocław				4:41.35	614		
	50m: 31.23 31.23	150m: 1:40.20	34.80	250m: 2:52.17	36.11	350m: 4:05.19	36.76			
	100m: 1:05.40 34.17	200m: 2:16.06	35.86	300m: 3:28.43	36.26	400m: 4:41.35	36.16			
32.	BARTOSZEK Joanna	96	AZS-AWF Katowice				4:41.80	611		
	50m: 31.89 31.89	150m: 1:42.23	35.58	250m: 2:54.63	36.54	350m: 4:06.89	36.13			
	100m: 1:06.65 34.76	200m: 2:18.09	35.86	300m: 3:30.76	36.13	400m: 4:41.80	34.91			
33.	SZATANEK Julia	99	MKP Szczecin				4:42.93	603		
	50m: 31.36 31.36	150m: 1:42.11	36.00	250m: 2:55.16	36.57	350m: 4:07.99	36.24			
	100m: 1:06.11 34.75	200m: 2:18.59	36.48	300m: 3:31.75	36.59	400m: 4:42.93	34.94			
34.	CISZEWSKA Sandra	97	UKS 9 Kalisz				4:44.81	592		
	50m: 31.43 31.43	150m: 1:42.68	35.82	250m: 2:55.53	36.24	350m: 4:09.21	36.60			
	100m: 1:06.86 35.43	200m: 2:19.29	36.61	300m: 3:32.61	37.08	400m: 4:44.81	35.60			

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Pozycja			Rok ur.					Czas	Pkt.			
35.	JAROCHA	Wiktoria	98	KSZO	Ostrowiec		4:45.77	586				
	50m:	33.30	33.30	150m:	1:45.45	36.45	250m:	2:58.64	36.32	350m:	4:10.61	35.40
	100m:	1:09.00	35.70	200m:	2:22.32	36.87	300m:	3:35.21	36.57	400m:	4:45.77	35.16
36.	WOŁOSZYN	Sonia	95	KSZO	Ostrowiec		4:45.87	585				
	50m:	32.77	32.77	150m:	1:43.52	35.75	250m:	2:56.20	36.24	350m:	4:09.36	36.62
	100m:	1:07.77	35.00	200m:	2:19.96	36.44	300m:	3:32.74	36.54	400m:	4:45.87	36.51
37.	POPIEL	Magdalena	98	MKS	MOS Juwenia Białystok		4:47.17	577				
	50m:	31.85	31.85	150m:	1:43.04	36.02	250m:	2:57.34	37.34	350m:	4:12.44	37.38
	100m:	1:07.02	35.17	200m:	2:20.00	36.96	300m:	3:35.06	37.72	400m:	4:47.17	34.73
38.	BIELI	SKA Karolina	99	MKP	Słowianka Gorzów		4:47.66	574				
	50m:	31.00	31.00	150m:	1:41.75	36.25	250m:	2:56.34	37.47	350m:	4:11.13	37.37
	100m:	1:05.50	34.50	200m:	2:18.87	37.12	300m:	3:33.76	37.42	400m:	4:47.66	36.53
39.	SKWARSKA	Karolina	99	KP	MZOS Płock		4:49.34	564				
	50m:	32.69	32.69	150m:	1:45.85	36.97	250m:	3:00.70	37.57	350m:	4:14.15	36.71
	100m:	1:08.88	36.19	200m:	2:23.13	37.28	300m:	3:37.44	36.74	400m:	4:49.34	35.19
40.	KIEC	Magdalena	96	UKS,,	oliborz" Warszawa		4:51.76	550				
	50m:	32.29	32.29	150m:	1:46.19	37.46	250m:	3:01.60	37.65	350m:	4:17.11	37.70
	100m:	1:08.73	36.44	200m:	2:23.95	37.76	300m:	3:39.41	37.81	400m:	4:51.76	34.65
41.	HACZKIEWICZ	Paulina SZG	97	Korner	Zielona Góra		4:52.51	546				
	50m:	30.56	30.56	150m:	1:41.78	36.80	250m:	2:57.28	37.77	350m:	4:13.77	38.67
	100m:	1:04.98	34.42	200m:	2:19.51	37.73	300m:	3:35.10	37.82	400m:	4:52.51	38.74
42.	WI	NIEMSKA Klaudia	95	TP	Skalar Słupsk		4:53.49	541				
	50m:	32.14	32.14	150m:	1:45.00	36.76	250m:	3:00.92	38.20	350m:	4:17.14	37.90
	100m:	1:08.24	36.10	200m:	2:22.72	37.72	300m:	3:39.24	38.32	400m:	4:53.49	36.35
43.	W	CLAWIAK Irena	98	UKS	Wilanowia Warszawa		4:53.88	538				
	50m:	32.49	32.49	150m:	1:46.51	37.71	250m:	3:00.16	37.33	350m:	4:16.82	37.90
	100m:	1:08.80	36.31	200m:	2:22.83	36.32	300m:	3:38.92	38.76	400m:	4:53.88	37.06
44.	ADAMOWICZ	Maja	96	UKS	Jagiellonka Warszawa		4:54.35	536				
	50m:	32.08	32.08	150m:	1:45.46	37.18	250m:	3:00.81	37.51	350m:	4:17.49	38.67
	100m:	1:08.28	36.20	200m:	2:23.30	37.84	300m:	3:38.82	38.01	400m:	4:54.35	36.86
45.	SROCZY	SKA Paula	98	MKP	Bobry D bica		4:55.54	529				
	50m:	33.15	33.15	150m:	1:47.40	37.52	250m:	3:03.32	37.90	350m:	4:19.05	37.48
	100m:	1:09.88	36.73	200m:	2:25.42	38.02	300m:	3:41.57	38.25	400m:	4:55.54	36.49
46.	ZARYCHTA	Anita	98	SKP	Barakuda Starachowice		4:56.53	524				
	50m:	32.96	32.96	150m:	1:47.91	37.91	250m:	3:05.02	38.68	350m:	4:21.05	37.55
	100m:	1:10.00	37.04	200m:	2:26.34	38.43	300m:	3:43.50	38.48	400m:	4:56.53	35.48
47.	ANDRUSZKIEWICZ	Monika	95	MKS	MOS Juwenia Białystok		4:57.28	520				
	50m:	32.38	32.38	150m:	1:47.24	37.90	250m:	3:04.85	38.67	350m:	4:21.50	37.64
	100m:	1:09.34	36.96	200m:	2:26.18	38.94	300m:	3:43.86	39.01	400m:	4:57.28	35.78
48.	MYCAK	Katarzyna	98	MKS	Zryw Opole		5:00.81	502				
	50m:	33.59	33.59	150m:	1:47.91	37.53	250m:	3:04.88	38.35	350m:	4:23.26	38.92
	100m:	1:10.38	36.79	200m:	2:26.53	38.62	300m:	3:44.34	39.46	400m:	5:00.81	37.55
49.	POKRYWKA	Karolina	98	UKS	190 Łód		5:03.05	491				
	50m:	31.38	31.38	150m:	1:44.84	37.86	250m:	3:02.86	39.53	350m:	4:23.06	40.10
	100m:	1:06.98	35.60	200m:	2:23.33	38.49	300m:	3:42.96	40.10	400m:	5:03.05	39.99
50.	OSEŁKOWSKA	Julia	99	MTP	Kormoran Olsztyn		5:03.07	491				
	50m:	34.57	34.57	150m:	1:51.39	38.51	250m:	3:08.73	38.80	350m:	4:26.47	38.57
	100m:	1:12.88	38.31	200m:	2:29.93	38.54	300m:	3:47.90	39.17	400m:	5:03.07	36.60
51.	WIETRZY	SKA Renata	99	MKS	Wodnik Radom		5:04.50	484				
	50m:	33.55	33.55	150m:	1:50.72	39.19	250m:	3:08.78	38.66	350m:	4:27.34	39.41
	100m:	1:11.53	37.98	200m:	2:30.12	39.40	300m:	3:47.93	39.15	400m:	5:04.50	37.16
52.	WIL	Angela	99	MKS	Piaseczno		5:06.28	476				
	50m:	32.84	32.84	150m:	1:49.14	38.67	250m:	3:07.52	39.48	350m:	4:27.18	39.76
	100m:	1:10.47	37.63	200m:	2:28.04	38.90	300m:	3:47.42	39.90	400m:	5:06.28	39.10

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Pozycja			Rok ur.					Czas	Pkt.
53.	SMOLUCHOWSKA Magdalena		98	UKS Dwójka Morena Gda sk				5:06.44	475
	50m:	33.96 33.96	150m:	1:51.57	39.33	250m:	3:10.65 39.88	350m:	4:30.12 40.04
	100m:	1:12.24 38.28	200m:	2:30.77	39.20	300m:	3:50.08 39.43	400m:	5:06.44 36.32
54.	KORONOWSKA Anna		99	KP Płetwal Mława				5:09.61	460
	50m:	34.76 34.76	150m:	1:54.56	40.03	250m:	3:14.52 39.44	350m:	4:34.28 39.69
	100m:	1:14.53 39.77	200m:	2:35.08	40.52	300m:	3:54.59 40.07	400m:	5:09.61 35.33
55.	WI NIEWSKA Ilona		97	KP Płetwal Mława				5:10.87	455
	50m:	34.63 34.63	150m:	1:53.97	39.69	250m:	3:13.38 39.40	350m:	4:32.85 39.42
	100m:	1:14.28 39.65	200m:	2:33.98	40.01	300m:	3:53.43 40.05	400m:	5:10.87 38.02
56.	W CKOWSKA Ewa		99	UKS Shark Rudna				5:14.08	441
	50m:	34.35 34.35	150m:	1:54.33	40.54	250m:	3:16.06 41.09	350m:	4:38.24 40.89
	100m:	1:13.79 39.44	200m:	2:34.97	40.64	300m:	3:57.35 41.29	400m:	5:14.08 35.84
57.	WORONIECKA Dominika		96	MUKS "Pi tnastka" Bydgoszcz				5:14.75	438
	50m:	30.25 30.25	150m:	1:49.91	46.12	250m:	3:12.50 41.49	350m:	4:34.89 41.17
	100m:	1:03.79 33.54	200m:	2:31.01	41.10	300m:	3:53.72 41.22	400m:	5:14.75 39.86
58.	JACKIEWICZ Weronika		98	Kapry-Armexim Pruszków				5:14.86	438
	50m:	33.49 33.49	150m:	1:50.63	39.26	250m:	3:11.97 41.14	350m:	4:35.12 41.32
	100m:	1:11.37 37.88	200m:	2:30.83	40.20	300m:	3:53.80 41.83	400m:	5:14.86 39.74
59.	ST PIE Kamila		99	SKP Barakuda Starachowice				5:15.80	434
	50m:	34.64 34.64	150m:	1:54.50	40.46	250m:	3:16.10 41.06	350m:	4:37.14 40.43
	100m:	1:14.04 39.40	200m:	2:35.04	40.54	300m:	3:56.71 40.61	400m:	5:15.80 38.66