

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

Konkurencja 27  
2013-06-15 - 18:15

Kobiet, 400m dowolny

Open  
Wyniki Finał

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.
<b>Finał A</b>									
1.	BURSKA Justyna		95	Pi tka Konstantynów Łódzki				<b>4:18.65</b>	790
	50m:	31.39 31.39	150m:	1:37.81	32.99	250m:	2:43.06 32.00	350m:	3:47.62 32.09
	100m:	1:04.82 33.43	200m:	2:11.06	33.25	300m:	3:15.53 32.47	400m:	4:18.65 31.03
2.	ZACHOSZCZ Joanna		93	AZS UWM Olsztyn				<b>4:19.81</b>	779
	50m:	31.43 31.43	150m:	1:37.47	32.93	250m:	2:42.87 32.03	350m:	3:47.70 32.26
	100m:	1:04.54 33.11	200m:	2:10.84	33.37	300m:	3:15.44 32.57	400m:	4:19.81 32.11
3.	CZERNIAK Monika		92	AZS UWM Olsztyn				<b>4:20.12</b>	777
	50m:	31.54 31.54	150m:	1:38.10	33.29	250m:	2:44.05 32.62	350m:	3:48.97 32.24
	100m:	1:04.81 33.27	200m:	2:11.43	33.33	300m:	3:16.73 32.68	400m:	4:20.12 31.15
4.	KARPISZ Milena <i>minimum MEJ</i>		97	Pi tka Konstantynów Łódzki				<b>4:20.72</b>	771
	50m:	31.45 31.45	150m:	1:38.10	33.20	250m:	2:43.87 32.62	350m:	3:48.91 32.26
	100m:	1:04.90 33.45	200m:	2:11.25	33.15	300m:	3:16.65 32.78	400m:	4:20.72 31.81
5.	WASILEWSKA Barbara		94	LKS"Omega"Kleszczów				<b>4:21.32</b>	766
	50m:	30.85 30.85	150m:	1:37.18	33.01	250m:	2:43.17 32.68	350m:	3:49.16 33.04
	100m:	1:04.17 33.32	200m:	2:10.49	33.31	300m:	3:16.12 32.95	400m:	4:21.32 32.16
6.	KASPEREK Katarzyna SSZ		96	MKP Szczecin				<b>4:21.63</b>	763
	50m:	30.69 30.69	150m:	1:37.16	33.57	250m:	2:44.00 33.39	350m:	3:50.61 33.28
	100m:	1:03.59 32.90	200m:	2:10.61	33.45	300m:	3:17.33 33.33	400m:	4:21.63 31.02
7.	BERNAT Aleksandra		90	KS Warta Pozna				<b>4:26.30</b>	724
	50m:	30.81 30.81	150m:	1:37.51	33.67	250m:	2:45.34 33.97	350m:	3:53.44 34.12
	100m:	1:03.84 33.03	200m:	2:11.37	33.86	300m:	3:19.32 33.98	400m:	4:26.30 32.86
8.	WIKIEŁ Manuela		92	AZS UWM Olsztyn				<b>4:26.79</b>	720
	50m:	31.60 31.60	150m:	1:38.68	33.55	250m:	2:45.89 33.38	350m:	3:53.76 34.06
	100m:	1:05.13 33.53	200m:	2:12.51	33.83	300m:	3:19.70 33.81	400m:	4:26.79 33.03
9.	RUDAWSKA Adrianna		96	UKS Olimpijczyk				<b>4:32.47</b>	676
	50m:	31.32 31.32	150m:	1:39.61	34.36	250m:	2:48.48 34.55	350m:	3:58.61 35.13
	100m:	1:05.25 33.93	200m:	2:13.93	34.32	300m:	3:23.48 35.00	400m:	4:32.47 33.86
10.	ZYGO Karolina		96	KS Olimpia Lublin				<b>4:36.68</b>	645
	50m:	31.72 31.72	150m:	1:39.20	33.82	250m:	2:48.88 34.88	350m:	4:00.79 36.08
	100m:	1:05.38 33.66	200m:	2:14.00	34.80	300m:	3:24.71 35.83	400m:	4:36.68 35.89
<b>Finał B</b>									
11.	KUNKA Kamila SO		96	UKP Unia O wi cim				<b>4:26.17</b>	725
	50m:	29.94 29.94	150m:	1:36.68	33.58	250m:	2:44.85 33.90	350m:	3:52.89 33.67
	100m:	1:03.10 33.16	200m:	2:10.95	34.27	300m:	3:19.22 34.37	400m:	4:26.17 33.28
12.	NIENAŁTOWSKA Natalia		96	MKS Polonia Warszawa				<b>4:27.14</b>	717
	50m:	30.97 30.97	150m:	1:37.72	33.76	250m:	2:46.10 33.94	350m:	3:53.80 33.54
	100m:	1:03.96 32.99	200m:	2:12.16	34.44	300m:	3:20.26 34.16	400m:	4:27.14 33.34
13.	KOTOWICZ Anna		98	UKS MOS Ełk				<b>4:28.84</b>	703
	50m:	30.52 30.52	150m:	1:38.13	34.10	250m:	2:46.73 34.21	350m:	3:56.21 34.69
	100m:	1:04.03 33.51	200m:	2:12.52	34.39	300m:	3:21.52 34.79	400m:	4:28.84 32.63
14.	NITA Anna		97	Pi tka Konstantynów Łódzki				<b>4:30.27</b>	692
	50m:	31.63 31.63	150m:	1:38.87	33.78	250m:	2:47.75 34.42	350m:	3:56.85 34.20
	100m:	1:05.09 33.46	200m:	2:13.33	34.46	300m:	3:22.65 34.90	400m:	4:30.27 33.42
15.	PODLEWSKA Miriam		97	KS Posnania Pozna				<b>4:32.42</b>	676
	50m:	30.66 30.66	150m:	1:38.87	34.38	250m:	2:48.69 34.87	350m:	3:58.99 34.88
	100m:	1:04.49 33.83	200m:	2:13.82	34.95	300m:	3:24.11 35.42	400m:	4:32.42 33.43

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Pozycja			Rok ur.					Czas	Pkt.			
16.	HALAGIERA Joanna		96	MKP Słowianka Gorzów				<b>4:32.49</b>	676			
	50m:	31.43	31.43	150m:	1:40.14	34.80	250m:	2:49.92	35.02	350m:	3:59.63	34.91
	100m:	1:05.34	33.91	200m:	2:14.90	34.76	300m:	3:24.72	34.80	400m:	4:32.49	32.86
17.	SZYMA SKA Monika		96	LKS"Omega"Kleszczów				<b>4:33.40</b>	669			
	50m:	31.90	31.90	150m:	1:40.33	34.47	250m:	2:49.52	34.62	350m:	3:59.36	34.85
	100m:	1:05.86	33.96	200m:	2:14.90	34.57	300m:	3:24.51	34.99	400m:	4:33.40	34.04
18.	PIECHOTA Paulina		99	UKS 190 Łód				<b>4:33.79</b>	666			
	50m:	30.39	30.39	150m:	1:40.24	35.37	250m:	2:50.16	35.15	350m:	4:00.83	35.19
	100m:	1:04.87	34.48	200m:	2:15.01	34.77	300m:	3:25.64	35.48	400m:	4:33.79	32.96
19.	LEO CZUK Sara		99	UKS MOS Ełk				<b>4:35.90</b>	651			
	50m:	30.60	30.60	150m:	1:39.06	34.73	250m:	2:49.65	35.43	350m:	4:01.29	35.98
	100m:	1:04.33	33.73	200m:	2:14.22	35.16	300m:	3:25.31	35.66	400m:	4:35.90	34.61