

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

Event 27
2013-06-15 - 10:50

Women, 400m Freestyle

Open
Results Prelim

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				

Points: FINA 2013

Rank		YB		Time	Pts
1.	WASILEWSKA Barbara	94	LKS"Omega"Kleszczow	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	Piatka Konstantynow Lodzki	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	Piatka Konstantynow Lodzki	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.	SOKOLOWSKA Diana SK	96	MKS MOS Juwenia Bialystok	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 Poznan	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.	WIKIEL 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 Oswiecim	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 Elk	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	Piatka Konstantynow Lodzki	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.	NIENALTOWSKA 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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Rank			YB					Time	Pts	
17.	MAGNER Agata SK		97	MKS Jordan Krakow				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 Poznan				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.	SZYMANSKA Monika		96	LKS"Omega"Kleszczow				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 Slowianka Gorzow				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.	LEONCZUK Sara		99	UKS MOS Elk				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 Lodz				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 Ursynow				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 Oswiecim				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.	SEDLAK Katarzyna		94	UKS Orka Zamosc				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 Suwalki				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.	POZAROWSZCZYK Beata		91	MKS Juvenia Wroclaw				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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Rank					YB					Time	Pts	
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.	WOLOSZYN 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 Bialystok				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.	BIELINSKA Karolina				99	MKP Słowianka Gorzow				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	MZOS Plock				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 „Zoliborz” 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 Gora				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.	WISNIEWSKA Klaudia				95	TP Skalar Slupsk				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.	WECLAWIAK 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.	SROCZYNSKA Paula				98	MKP Bobry Debica				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 Bialystok				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 Lodz				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.	OSELKOWSKA 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.	WIETRZYNSKA 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.	CWIL 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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Rank					YB					Time	Pts	
53.	SMOLUCHOWSKA Magdalena				98	UKS Dwojka Morena Gdansk				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 Pletwal Mlawa				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.	WISNIEWSKA Ilona				97	KP Pletwal Mlawa				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.	WECKOWSKA 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 "Pietnastka" 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 Pruszkow				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.	STEPIEN 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