

Zimowe Mistrzostwa Polski Juniorów 17-18 lat, Puławy 2011
Puławy, 18- - 20-3-2011

Konkurencja 19 Kobiet, 400m dowolny 17 - 18 lat
2011-03-19 - 9:31 Wyniki Eliminacje

Rekord Polski Open	4:05.77	BARZYCKA Paulina	AZWAR	Gorzow Wielk.	2005-11-26
Rekord Polski 17	4:09.11	SZCZEPANIAK Karolina	AZWAR	Gorzow Wielkopolski	2009-11-28
Rekord Polski 18	4:09.11	SZCZEPANIAK Karolina	AZWAR	Gorzow Wielk.	2009-11-28

Punkty: FINA 2010

Pozycja	Rok ur.	Czas	Pkt.	
1. UKOWSKA Paula SZG	93	Zryw Opole	4:19.27	743 A
50m: 30.07 30.07	150m: 1:34.90 32.44	250m: 2:40.47 32.97	350m: 3:46.52 33.02	
100m: 1:02.46 32.39	200m: 2:07.50 32.60	300m: 3:13.50 33.03	400m: 4:19.27 32.75	
2. OLCZAK Mirela	93	Słowianka Gorzów Wlkp.	4:21.44	725 A
50m: 30.19 30.19	150m: 1:35.40 32.96	250m: 2:42.10 33.39	350m: 3:49.69 33.59	
100m: 1:02.44 32.25	200m: 2:08.71 33.31	300m: 3:16.10 34.00	400m: 4:21.44 31.75	
3. LIPI SKA Małgorzata SS	93	KSZO Ostrzowiec w.	4:21.92	721 A
50m: 30.48 30.48	150m: 1:35.82 32.84	250m: 2:42.45 33.36	350m: 3:49.83 33.81	
100m: 1:02.98 32.50	200m: 2:09.09 33.27	300m: 3:16.02 33.57	400m: 4:21.92 32.09	
4. WASILEWSKA Barbara	94	Omega Kleszczów	4:22.14	719 A
50m: 30.68 30.68	150m: 1:36.14 32.98	250m: 2:42.39 33.22	350m: 3:49.63 33.36	
100m: 1:03.16 32.48	200m: 2:09.17 33.03	300m: 3:16.27 33.88	400m: 4:22.14 32.51	
5. ZACHOSZCZ Joanna	93	Słowianka Gorzów Wlkp.	4:22.46	717 A
50m: 30.60 30.60	150m: 1:35.94 32.88	250m: 2:42.56 33.29	350m: 3:49.59 33.57	
100m: 1:03.06 32.46	200m: 2:09.27 33.33	300m: 3:16.02 33.46	400m: 4:22.46 32.87	
6. KOWALSKA Agata	93	Polonia Warszawa	4:22.80	714 A
50m: 28.93 28.93	150m: 1:34.89 33.29	250m: 2:41.60 33.27	350m: 3:49.36 33.74	
100m: 1:01.60 32.67	200m: 2:08.33 33.44	300m: 3:15.62 34.02	400m: 4:22.80 33.44	
7. BAJORSKA Dorota SO	94	Unia O wi cim	4:25.99	688 B
50m: 30.63 30.63	150m: 1:36.77 33.44	250m: 2:44.45 33.88	350m: 3:52.61 34.11	
100m: 1:03.33 32.70	200m: 2:10.57 33.80	300m: 3:18.50 34.05	400m: 4:25.99 33.38	
8. PIEKARSKA Magdalena SS	94	MKP Szczecin	4:32.44	641 B
50m: 31.03 31.03	150m: 1:39.39 34.64	250m: 2:48.87 34.88	350m: 3:58.53 34.54	
100m: 1:04.75 33.72	200m: 2:13.99 34.60	300m: 3:23.99 35.12	400m: 4:32.44 33.91	
9. S DŁAK Katarzyna	94	Orka Zamo	4:33.29	635 B
50m: 31.27 31.27	150m: 1:39.74 34.64	250m: 2:49.54 34.90	350m: 3:59.51 34.93	
100m: 1:05.10 33.83	200m: 2:14.64 34.90	300m: 3:24.58 35.04	400m: 4:33.29 33.78	
10. POMIETŁO Aleksandra	94	Kmity Zabierzów	4:34.04	629 B
50m: 31.90 31.90	150m: 1:40.01 34.54	250m: 2:49.15 34.56	350m: 3:59.67 35.56	
100m: 1:05.47 33.57	200m: 2:14.59 34.58	300m: 3:24.11 34.96	400m: 4:34.04 34.37	
11. KUZAWI SKA Karolina	93	MZOS Płock	4:34.32	628 B
50m: 30.54 30.54	150m: 1:37.51 34.07	250m: 2:47.95 35.20	350m: 3:59.16 35.77	
100m: 1:03.44 32.90	200m: 2:12.75 35.24	300m: 3:23.39 35.44	400m: 4:34.32 35.16	
12. WAKUŁA Karolina SO	93	AWF Katowice	4:35.58	619 B
50m: 31.92 31.92	150m: 1:41.19 34.87	250m: 2:51.38 35.25	350m: 4:02.05 35.13	
100m: 1:06.32 34.40	200m: 2:16.13 34.94	300m: 3:26.92 35.54	400m: 4:35.58 33.53	
13. GRZEGORCZYK Izabella	93	Posnania Pozna	4:35.65	618 R
50m: 29.94 29.94	150m: 1:38.16 34.98	250m: 2:49.68 35.85	350m: 4:01.10 35.54	
100m: 1:03.18 33.24	200m: 2:13.83 35.67	300m: 3:25.56 35.88	400m: 4:35.65 34.55	
14. ZYGA Paulina	94	Nawa Skierniewice	4:36.09	616 R
50m: 32.38 32.38	150m: 1:42.36 35.18	250m: 2:51.93 34.64	350m: 4:02.64 35.14	
100m: 1:07.18 34.80	200m: 2:17.29 34.93	300m: 3:27.50 35.57	400m: 4:36.09 33.45	
15. KULIGOWSKA Marcela SS	94	MKP Szczecin	4:36.19	615
50m: 31.99 31.99	150m: 1:40.21 34.59	250m: 2:50.50 35.12	350m: 4:01.70 35.44	
100m: 1:05.62 33.63	200m: 2:15.38 35.17	300m: 3:26.26 35.76	400m: 4:36.19 34.49	
16. ZEMBRZUSKA Dorota	93	G8 Bielany	4:36.53	613
50m: 30.86 30.86	150m: 1:41.17 35.52	250m: 2:52.32 35.47	350m: 4:02.79 34.53	
100m: 1:05.65 34.79	200m: 2:16.85 35.68	300m: 3:28.26 35.94	400m: 4:36.53 33.74	

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Pozycja			Rok ur.					Czas	Pkt.
17.	UCHA SKA	Karolina SS	94	KSZO	Ostrzowiec	w.	4:36.97	610	
	50m:	31.83 31.83	150m:	1:41.15 34.89	250m:	2:51.29 35.40	350m:	4:02.10 35.18	
	100m:	1:06.26 34.43	200m:	2:15.89 34.74	300m:	3:26.92 35.63	400m:	4:36.97 34.87	
18.	KOWALI SKA	Oriana	93	Kormoran	Olsztyn		4:37.42	607	
	50m:	32.19 32.19	150m:	1:41.93 35.27	250m:	2:52.10 34.98	350m:	4:02.92 35.28	
	100m:	1:06.66 34.47	200m:	2:17.12 35.19	300m:	3:27.64 35.54	400m:	4:37.42 34.50	
19.	B CZYK	Paula	93	Trójka	Łódź		4:40.61	586	
	50m:	32.09 32.09	150m:	1:42.93 35.96	250m:	2:54.65 35.84	350m:	4:05.58 35.35	
	100m:	1:06.97 34.88	200m:	2:18.81 35.88	300m:	3:30.23 35.58	400m:	4:40.61 35.03	
20.	EJNIK	Sylwia	94	MZOS	Płock		4:42.38	575	
	50m:	31.91 31.91	150m:	1:43.17 36.03	250m:	2:55.70 36.22	350m:	4:07.92 35.72	
	100m:	1:07.14 35.23	200m:	2:19.48 36.31	300m:	3:32.20 36.50	400m:	4:42.38 34.46	
21.	ZAGRODNIK	Aleksandra	93	Unia O	wi cim		4:44.27	564	
	50m:	32.21 32.21	150m:	1:42.79 35.61	250m:	2:55.30 36.31	350m:	4:08.63 36.80	
	100m:	1:07.18 34.97	200m:	2:18.99 36.20	300m:	3:31.83 36.53	400m:	4:44.27 35.64	
22.	MAGIER	Marta	94	Skalar	Słupsk		4:49.57	533	
	50m:	33.41 33.41	150m:	1:45.88 36.55	250m:	2:59.51 36.86	350m:	4:13.58 37.14	
	100m:	1:09.33 35.92	200m:	2:22.65 36.77	300m:	3:36.44 36.93	400m:	4:49.57 35.99	
23.	KACZMAREK	Wiktoria SWR	94	Warta	Pozna		4:53.40	513	
	50m:	32.62 32.62	150m:	1:44.79 36.52	250m:	3:00.08 38.08	350m:	4:15.95 38.04	
	100m:	1:08.27 35.65	200m:	2:22.00 37.21	300m:	3:37.91 37.83	400m:	4:53.40 37.45	
24.	JEZUITA	Joanna	94	Polonia	Warszawa		4:56.98	494	
	50m:	33.25 33.25	150m:	1:48.02 37.67	250m:	3:03.95 37.68	350m:	4:20.17 38.22	
	100m:	1:10.35 37.10	200m:	2:26.27 38.25	300m:	3:41.95 38.00	400m:	4:56.98 36.81	
25.	WALCZAK	Barbara	94	Warta	Pozna		4:58.97	485	
	50m:	34.26 34.26	150m:	1:48.01 37.33	250m:	3:03.07 37.54	350m:	4:20.71 39.10	
	100m:	1:10.68 36.42	200m:	2:25.53 37.52	300m:	3:41.61 38.54	400m:	4:58.97 38.26	
26.	ANDRZEJCZUK	Martynika SWR	94	I sk	Wrocław		5:03.50	463	
	50m:	33.94 33.94	150m:	1:49.52 38.16	250m:	3:07.01 38.95	350m:	4:25.74 39.59	
	100m:	1:11.36 37.42	200m:	2:28.06 38.54	300m:	3:46.15 39.14	400m:	5:03.50 37.76	