

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

Konkurencja 19
2011-03-19 - 17:20

Kobiet, 400m dowolny

17 - 18 lat
Wyniki Finał

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.	
Finał A												
1.	UKOWSKA Paula SZG		93	Zryw Opole						4:13.49	795	
	50m:	30.00	30.00	150m:	1:33.25	31.69	250m:	2:36.99	31.80	350m:	3:41.98	32.45
	100m:	1:01.56	31.56	200m:	2:05.19	31.94	300m:	3:09.53	32.54	400m:	4:13.49	31.51
2.	LIPI SKA Małgorzata SS		93	KSZO Ostrzowiec w.						4:17.65	758	
	50m:	30.60	30.60	150m:	1:34.65	32.24	250m:	2:40.44	32.93	350m:	3:46.31	32.75
	100m:	1:02.41	31.81	200m:	2:07.51	32.86	300m:	3:13.56	33.12	400m:	4:17.65	31.34
3.	OLCZAK Mirela		93	Słowianka Gorzów Wlkp.						4:17.72	757	
	50m:	30.22	30.22	150m:	1:34.72	32.70	250m:	2:40.86	33.14	350m:	3:46.84	32.87
	100m:	1:02.02	31.80	200m:	2:07.72	33.00	300m:	3:13.97	33.11	400m:	4:17.72	30.88
4.	WASILEWSKA Barbara		94	Omega Kleszczów						4:19.22	744	
	50m:	30.34	30.34	150m:	1:35.12	32.66	250m:	2:41.44	33.13	350m:	3:47.22	32.71
	100m:	1:02.46	32.12	200m:	2:08.31	33.19	300m:	3:14.51	33.07	400m:	4:19.22	32.00
5.	ZACHOSZCZ Joanna		93	Słowianka Gorzów Wlkp.						4:19.98	737	
	50m:	30.61	30.61	150m:	1:35.48	32.72	250m:	2:41.48	33.00	350m:	3:47.45	32.99
	100m:	1:02.76	32.15	200m:	2:08.48	33.00	300m:	3:14.46	32.98	400m:	4:19.98	32.53
6.	KOWALSKA Agata		93	Polonia Warszawa						4:24.34	701	
	50m:	29.17	29.17	150m:	1:35.36	33.48	250m:	2:42.39	33.46	350m:	3:50.72	34.16
	100m:	1:01.88	32.71	200m:	2:08.93	33.57	300m:	3:16.56	34.17	400m:	4:24.34	33.62
Finał B												
7.	BAJORSKA Dorota SO		94	Unia O wi cim						4:23.99	704	
	50m:	30.55	30.55	150m:	1:36.27	33.02	250m:	2:43.55	33.94	350m:	3:51.08	33.91
	100m:	1:03.25	32.70	200m:	2:09.61	33.34	300m:	3:17.17	33.62	400m:	4:23.99	32.91
8.	PIEKARSKA Magdalena SS		94	MKP Szczecin						4:29.94	659	
	50m:	31.10	31.10	150m:	1:38.96	34.23	250m:	2:48.06	34.61	350m:	3:57.01	34.21
	100m:	1:04.73	33.63	200m:	2:13.45	34.49	300m:	3:22.80	34.74	400m:	4:29.94	32.93
9.	KUZAWI SKA Karolina		93	MZOS Płock						4:30.03	658	
	50m:	31.47	31.47	150m:	1:39.90	34.69	250m:	2:48.56	34.25	350m:	3:57.44	33.96
	100m:	1:05.21	33.74	200m:	2:14.31	34.41	300m:	3:23.48	34.92	400m:	4:30.03	32.59
10.	POMIETŁO Aleksandra		94	Kmita Zabierzów						4:31.56	647	
	50m:	31.66	31.66	150m:	1:39.53	34.09	250m:	2:48.46	34.31	350m:	3:58.31	34.82
	100m:	1:05.44	33.78	200m:	2:14.15	34.62	300m:	3:23.49	35.03	400m:	4:31.56	33.25
11.	WAKUŁA Karolina SO		93	AWF Katowice						4:31.60	647	
	50m:	31.76	31.76	150m:	1:40.05	34.42	250m:	2:49.63	34.68	350m:	3:58.85	34.51
	100m:	1:05.63	33.87	200m:	2:14.95	34.90	300m:	3:24.34	34.71	400m:	4:31.60	32.75
12.	S DŁAK Katarzyna		94	Orka Zamo						4:32.29	642	
	50m:	31.37	31.37	150m:	1:39.70	34.65	250m:	2:48.96	34.65	350m:	3:58.62	34.93
	100m:	1:05.05	33.68	200m:	2:14.31	34.61	300m:	3:23.69	34.73	400m:	4:32.29	33.67