

ZIMOWE MISTRZOSTWA POLSKI W PŁYWANIU JUNIORÓW 15 LAT
Ciechanów, 11-13-03-2011

Konkurencja 19
2011-03-12 - 9:50

Dziewcz t, 400m dowolny

15 lat
Wyniki Eliminacje

Top Times "Poland" 4:11.12 KILIJA SKA Donata KSOST Lodz 2010-11-21

Punkty: FINA 2010

Pozycja			Rok ur.							Czas	Pkt.	
1.	KASPEREK Katarzyna		96	K.s.Warta Pozna						4:22.33	718	A
	50m:	30.88 30.88	150m:	1:37.07	33.17	250m:	2:43.99	33.44	350m:	3:50.27	33.09	
	100m:	1:03.90 33.02	200m:	2:10.55	33.48	300m:	3:17.18	33.19	400m:	4:22.33	32.06	
2.	RUDAWSKA Adrianna		96	Uzniowski Klub Sportowy 23 Lublin						4:23.15	711	A
	50m:	31.06 31.06	150m:	1:37.10	33.05	250m:	2:43.70	33.18	350m:	3:50.46	33.32	
	100m:	1:04.05 32.99	200m:	2:10.52	33.42	300m:	3:17.14	33.44	400m:	4:23.15	32.69	
3.	DWORACZEK Paulina		96	MKS Jordan Kraków						4:29.88	659	A
	50m:	31.26 31.26	150m:	1:39.52	34.51	250m:	2:48.50	34.46	350m:	3:57.11	34.47	
	100m:	1:05.01 33.75	200m:	2:14.04	34.52	300m:	3:22.64	34.14	400m:	4:29.88	32.77	
4.	ALEKSANDROWICZ Arleta		96	MUKS "Olimpijczyk" Suwałki						4:30.48	655	A
	50m:	30.90 30.90	150m:	1:39.50	34.51	250m:	2:49.08	34.85	350m:	3:58.19	34.54	
	100m:	1:04.99 34.09	200m:	2:14.23	34.73	300m:	3:23.65	34.57	400m:	4:30.48	32.29	
5.	CIE LAK Joanna		96	K.s.Warta Pozna						4:32.49	640	A
	50m:	31.17 31.17	150m:	1:38.92	33.89	250m:	2:48.22	34.61	350m:	3:58.14	35.03	
	100m:	1:05.03 33.86	200m:	2:13.61	34.69	300m:	3:23.11	34.89	400m:	4:32.49	34.35	
6.	HALAGIERA Joanna		96	MKP „Słowianka” Gorzów Wlkp.						4:32.68	639	A
	50m:	31.67 31.67	150m:	1:40.54	34.67	250m:	2:49.61	34.26	350m:	3:59.42	35.04	
	100m:	1:05.87 34.20	200m:	2:15.35	34.81	300m:	3:24.38	34.77	400m:	4:32.68	33.26	
7.	ZYGO Karolina		96	KS OLIMPIA Lublin						4:33.28	635	B
	50m:	31.77 31.77	150m:	1:40.70	34.37	250m:	2:49.55	34.83	350m:	3:59.87	34.45	
	100m:	1:06.33 34.56	200m:	2:14.72	34.02	300m:	3:25.42	35.87	400m:	4:33.28	33.41	
8.	KUNKA Kamila		96	GOSiR Piaseczno						4:33.60	633	B
	50m:	31.67 31.67	150m:	1:40.79	35.14	250m:	2:50.96	35.18	350m:	4:00.99	34.58	
	100m:	1:05.65 33.98	200m:	2:15.78	34.99	300m:	3:26.41	35.45	400m:	4:33.60	32.61	
9.	KLIMASZEWSKA Monika		96	MKS "Neptun" Stargard Szczeci ski						4:34.08	629	B
	50m:	31.21 31.21	150m:	1:40.52	35.05	250m:	2:51.37	35.24	350m:	4:01.28	34.54	
	100m:	1:05.47 34.26	200m:	2:16.13	35.61	300m:	3:26.74	35.37	400m:	4:34.08	32.80	
10.	BOHDANOWICZ Michalina		96	CSiR MOS D browa Górnicza						4:34.38	627	B
	50m:	31.77 31.77	150m:	1:40.81	34.96	250m:	2:50.92	35.06	350m:	4:01.55	35.25	
	100m:	1:05.85 34.08	200m:	2:15.86	35.05	300m:	3:26.30	35.38	400m:	4:34.38	32.83	
11.	OKAJ Oliwia		96	Mks - Mos Katowice						4:34.71	625	B
	50m:	31.07 31.07	150m:	1:39.45	34.64	250m:	2:49.99	35.41	350m:	4:00.99	35.30	
	100m:	1:04.81 33.74	200m:	2:14.58	35.13	300m:	3:25.69	35.70	400m:	4:34.71	33.72	
12.	SKOWRO SKA Weronika		96	K.s.Warta Pozna						4:36.13	615	B
	50m:	32.05 32.05	150m:	1:41.40	34.80	250m:	2:51.40	35.07	350m:	4:01.64	35.26	
	100m:	1:06.60 34.55	200m:	2:16.33	34.93	300m:	3:26.38	34.98	400m:	4:36.13	34.49	
13.	WYDRYSZEK KINGA		96	Mks Polonia Warszawa						4:39.97	590	R
	50m:	32.03 32.03	150m:	1:41.69	35.19	250m:	2:53.18	35.68	350m:	4:04.97	35.82	
	100m:	1:06.50 34.47	200m:	2:17.50	35.81	300m:	3:29.15	35.97	400m:	4:39.97	35.00	
14.	TACZAŁA Alicja		96	MUKS Pi tnastka AQUA Bydgoszcz						4:40.05	590	R
	50m:	31.52 31.52	150m:	1:40.61	34.81	250m:	2:52.03	36.04	350m:	4:04.68	36.63	
	100m:	1:05.80 34.28	200m:	2:15.99	35.38	300m:	3:28.05	36.02	400m:	4:40.05	35.37	
15.	POPIEL Joanna		96	UKS G-8 Bielany						4:41.49	581	
	50m:	32.29 32.29	150m:	1:44.39	36.52	250m:	2:58.09	37.03	350m:	4:08.60	35.00	
	100m:	1:07.87 35.58	200m:	2:21.06	36.67	300m:	3:33.60	35.51	400m:	4:41.49	32.89	
16.	WI KAŁA OLGA SO		96	UKP „Unia” O wi cim						4:41.82	579	
	50m:	32.08 32.08	150m:	1:41.47	35.01	250m:	2:52.64	35.83	350m:	4:05.99	37.08	
	100m:	1:06.46 34.38	200m:	2:16.81	35.34	300m:	3:28.91	36.27	400m:	4:41.82	35.83	
17.	LEWANDOWSKA PAULINA SO		96	UKP „Unia” O wi cim						4:41.92	578	
	50m:	31.48 31.48	150m:	1:41.24	35.36	250m:	2:53.75	36.24	350m:	4:06.51	36.36	
	100m:	1:05.88 34.40	200m:	2:17.51	36.27	300m:	3:30.15	36.40	400m:	4:41.92	35.41	

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Pozycja			Rok ur.					Czas	Pkt.		
18.	ZWICK Vanessa SR		96	Victoria Racibórz				4:43.92	566		
	50m:	31.87 31.87	150m:	1:42.49	35.95	250m:	2:54.90	36.32	350m:	4:08.27	36.53
	100m:	1:06.54 34.67	200m:	2:18.58	36.09	300m:	3:31.74	36.84	400m:	4:43.92	35.65
19.	BAKUNIAK HANNA		96	AZS-WSG Astoria Bydgoszcz				4:45.02	559		
	50m:	30.87 30.87	150m:	1:40.43	35.24	250m:	2:53.24	36.91	350m:	4:09.65	37.22
	100m:	1:05.19 34.32	200m:	2:16.33	35.90	300m:	3:32.43	39.19	400m:	4:45.02	35.37
20.	MACIESZA Agata		96	Klub Sportowy Orzeł Elbl g				4:45.15	559		
	50m:	32.06 32.06	150m:	1:42.24	35.39	250m:	2:55.25	36.48	350m:	4:09.18	36.87
	100m:	1:06.85 34.79	200m:	2:18.77	36.53	300m:	3:32.31	37.06	400m:	4:45.15	35.97
21.	MILEWSKA Marta		96	KS Pi tka Chorzów				4:45.71	555		
	50m:	31.99 31.99	150m:	1:42.71	35.95	250m:	2:56.42	37.09	350m:	4:10.31	36.89
	100m:	1:06.76 34.77	200m:	2:19.33	36.62	300m:	3:33.42	37.00	400m:	4:45.71	35.40
22.	KOZON Kaja		96	UKS "Polonez" Wyszaków				4:45.78	555		
	50m:	31.97 31.97	150m:	1:43.35	36.31	250m:	2:56.81	37.03	350m:	4:10.36	36.37
	100m:	1:07.04 35.07	200m:	2:19.78	36.43	300m:	3:33.99	37.18	400m:	4:45.78	35.42
23.	CHMIELEK Anna		96	MKS Jordan Kraków				4:46.40	551		
	50m:	31.78 31.78	150m:	1:42.96	36.34	250m:	2:57.20	37.09	350m:	4:10.69	36.53
	100m:	1:06.62 34.84	200m:	2:20.11	37.15	300m:	3:34.16	36.96	400m:	4:46.40	35.71
24.	SZYMA SKA MONIKA		96	Tp Olimpijczyk Aleksandrów Łódzki				4:46.71	550		
	50m:	32.24 32.24	150m:	1:43.22	35.73	250m:	2:56.15	36.61	350m:	4:10.25	37.21
	100m:	1:07.49 35.25	200m:	2:19.54	36.32	300m:	3:33.04	36.89	400m:	4:46.71	36.46
25.	WLIZŁO Patrycja		96	K.s.Warta Pozna				4:47.17	547		
	50m:	32.23 32.23	150m:	1:44.38	36.63	250m:	2:57.96	36.78	350m:	4:11.81	36.80
	100m:	1:07.75 35.52	200m:	2:21.18	36.80	300m:	3:35.01	37.05	400m:	4:47.17	35.36
26.	NOWAK Sonia		96	KS Pi tka Chorzów				4:47.50	545		
	50m:	33.69 33.69	150m:	1:45.99	36.25	250m:	2:58.85	36.31	350m:	4:11.63	36.48
	100m:	1:09.74 36.05	200m:	2:22.54	36.55	300m:	3:35.15	36.30	400m:	4:47.50	35.87
27.	KIEC Magdalena		96	UKS G-8 Bielany				4:47.71	544		
	50m:	31.97 31.97	150m:	1:42.98	36.09	250m:	2:56.79	37.10	350m:	4:11.30	37.39
	100m:	1:06.89 34.92	200m:	2:19.69	36.71	300m:	3:33.91	37.12	400m:	4:47.71	36.41
28.	BUCHALSKA Patrycja		96	Klub Sportowy Orzeł Elbl g				4:47.80	543		
	50m:	32.22 32.22	150m:	1:44.07	36.38	250m:	2:57.82	36.99	350m:	4:12.14	37.12
	100m:	1:07.69 35.47	200m:	2:20.83	36.76	300m:	3:35.02	37.20	400m:	4:47.80	35.66
29.	KANIA Martyna		96	UKS "Polonez" Wyszaków				4:49.17	536		
	50m:	33.04 33.04	150m:	1:43.93	35.87	250m:	2:58.47	37.53	350m:	4:11.43	35.92
	100m:	1:08.06 35.02	200m:	2:20.94	37.01	300m:	3:35.51	37.04	400m:	4:49.17	37.74
30.	SYLWESTRZAK Izabella		96	KS AZS AWFis Gda sk				4:50.96	526		
	50m:	33.15 33.15	150m:	1:46.72	37.26	250m:	3:01.29	37.40	350m:	4:15.93	36.73
	100m:	1:09.46 36.31	200m:	2:23.89	37.17	300m:	3:39.20	37.91	400m:	4:50.96	35.03
31.	BLASCHKE Izabella		96	Siódemka Sopot				4:51.64	522		
	50m:	32.33 32.33	150m:	1:43.76	36.14	250m:	2:57.97	37.35	350m:	4:13.98	37.95
	100m:	1:07.62 35.29	200m:	2:20.62	36.86	300m:	3:36.03	38.06	400m:	4:51.64	37.66
32.	DZIEKAN Agnieszka		96	MKS IKAR Mielec				4:54.24	508		
	50m:	33.04 33.04	150m:	1:46.86	37.30	250m:	3:02.17	37.89	350m:	4:17.93	37.92
	100m:	1:09.56 36.52	200m:	2:24.28	37.42	300m:	3:40.01	37.84	400m:	4:54.24	36.31
33.	SIWAKOWSKA Aleksandra		96	Siódemka Sopot				4:56.11	499		
	50m:	33.18 33.18	150m:	1:46.90	37.61	250m:	3:04.01	39.01	350m:	4:20.29	37.80
	100m:	1:09.29 36.11	200m:	2:25.00	38.10	300m:	3:42.49	38.48	400m:	4:56.11	35.82
34.	NIMIEROWICZ Anna		96	MKS Juvenia Białystok				4:56.47	497		
	50m:	33.70 33.70	150m:	1:47.92	37.59	250m:	3:04.37	38.21	350m:	4:20.37	37.58
	100m:	1:10.33 36.63	200m:	2:26.16	38.24	300m:	3:42.79	38.42	400m:	4:56.47	36.10
35.	MAJOS Paulina		96	Salos Cortile Kielce				5:00.52	477		
	50m:	32.78 32.78	150m:	1:47.59	38.20	250m:	3:04.89	38.65	350m:	4:23.41	39.28
	100m:	1:09.39 36.61	200m:	2:26.24	38.65	300m:	3:44.13	39.24	400m:	5:00.52	37.11

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Pozycja			Rok ur.					Czas	Pkt.
36.	BIĄŁOW S Karolina		96	KS 1 O arów Mazowiecki				5:06.51	450
	50m: 33.48 33.48	150m: 1:49.06 38.69		250m: 3:07.99 39.57	350m: 4:27.85 39.85				
	100m: 1:10.37 36.89	200m: 2:28.42 39.36		300m: 3:48.00 40.01	400m: 5:06.51 38.66				
37.	MIKUŁOWSKA Adrianna		96	Uks Kapry-armexim Pruszków				5:07.85	444
	50m: 34.46 34.46	150m: 1:50.86 38.60		250m: 3:08.66 38.65	350m: 4:29.30 40.38				
	100m: 1:12.26 37.80	200m: 2:30.01 39.15		300m: 3:48.92 40.26	400m: 5:07.85 38.55				
38.	SANKOWSKA Weronika		96	GOSiR Piaseczno				5:20.97	392
	50m: 33.57 33.57	150m: 1:51.47 39.77		250m: 3:14.30 41.70	350m: 4:39.40 42.51				
	100m: 1:11.70 38.13	200m: 2:32.60 41.13		300m: 3:56.89 42.59	400m: 5:20.97 41.57				
39.	FROSZT GA Agnieszka		96	AQARIUS My lenice				5:27.30	369
	50m: 34.55 34.55	150m: 1:55.50 41.30		250m: 3:20.60 42.78	350m: 4:45.66 42.69				
	100m: 1:14.20 39.65	200m: 2:37.82 42.32		300m: 4:02.97 42.37	400m: 5:27.30 41.64				