

Zimowe Mistrzostwa Polski Seniorów i Młodzieżowców
Szczecin, 1. - 4.12.2010

Konkurencja 12
2010-12-01 - 12:00

Kobiet, 1500m dowolny

Open
Wyniki

Rekord Polski 16:35.51 KILIJA SKA Donata KSOST Gorzow Wielkopolski 2009-11-26

Punkty: FINA 2010

| Pozycja | Rok ur. | Czas | Pkt. |
|--|-----------------------|-------------------------|-------------------------|
| 1. KILIJA SKA Donata SS | 95 KSZO Ostrowiec | 16:16.38 | 860 |
| <i>Rekord Polski Seniorów, 18,17,16,15 lat</i> | | | |
| 100m: 1:02.33 1:02.33 | 500m: 5:22.47 1:05.12 | 900m: 9:43.53 1:05.31 | 1300m: 14:06.49 1:06.11 |
| 200m: 2:07.15 1:04.82 | 600m: 6:27.54 1:05.07 | 1000m: 10:49.31 1:05.78 | 1400m: 15:12.05 1:05.56 |
| 300m: 3:12.40 1:05.25 | 700m: 7:32.77 1:05.23 | 1100m: 11:54.78 1:05.47 | 1500m: 16:16.38 1:04.33 |
| 400m: 4:17.35 1:04.95 | 800m: 8:38.22 1:05.45 | 1200m: 13:00.38 1:05.60 | |
| 2. CHARLOS Natalia | 93 PZP | 16:25.58 | 836 |
| 100m: 1:02.58 1:02.58 | 500m: 5:24.48 1:05.84 | 900m: 9:48.42 1:06.41 | 1300m: 14:14.52 1:06.59 |
| 200m: 2:07.75 1:05.17 | 600m: 6:30.09 1:05.61 | 1000m: 10:55.03 1:06.61 | 1400m: 15:20.86 1:06.34 |
| 300m: 3:13.15 1:05.40 | 700m: 7:36.02 1:05.93 | 1100m: 12:01.52 1:06.49 | 1500m: 16:25.58 1:04.72 |
| 400m: 4:18.64 1:05.49 | 800m: 8:42.01 1:05.99 | 1200m: 13:07.93 1:06.41 | |
| 3. WIKIEŁ Manuela SS | 92 U KS Ostroł ka | 16:52.05 | 772 |
| 100m: 1:03.00 1:03.00 | 500m: 5:27.34 1:06.81 | 900m: 9:59.41 1:08.46 | 1300m: 14:34.06 1:09.04 |
| 200m: 2:08.32 1:05.32 | 600m: 6:35.13 1:07.79 | 1000m: 11:08.03 1:08.62 | 1400m: 15:43.17 1:09.11 |
| 300m: 3:14.15 1:05.83 | 700m: 7:42.86 1:07.73 | 1100m: 12:16.32 1:08.29 | 1500m: 16:52.05 1:08.88 |
| 400m: 4:20.53 1:06.38 | 800m: 8:50.95 1:08.09 | 1200m: 13:25.02 1:08.70 | |
| 4. ZACHOSZCZ Joanna | 93 Słowianka Gorzów | 17:01.34 | 751 |
| 100m: 1:02.64 1:02.64 | 500m: 5:30.85 1:07.63 | 900m: 10:04.11 1:08.74 | 1300m: 14:40.91 1:09.43 |
| 200m: 2:09.33 1:06.69 | 600m: 6:38.64 1:07.79 | 1000m: 11:13.36 1:09.25 | 1400m: 15:51.16 1:10.25 |
| 300m: 3:16.23 1:06.90 | 700m: 7:47.10 1:08.46 | 1100m: 12:22.14 1:08.78 | 1500m: 17:01.34 1:10.18 |
| 400m: 4:23.22 1:06.99 | 800m: 8:55.37 1:08.27 | 1200m: 13:31.48 1:09.34 | |
| 5. LIPI SKA Małgorzata SS | 93 KSZO Ostrowiec | 17:07.74 | 737 |
| 100m: 1:03.98 1:03.98 | 500m: 5:30.18 1:07.56 | 900m: 10:05.17 1:09.60 | 1300m: 14:46.79 1:10.80 |
| 200m: 2:09.27 1:05.29 | 600m: 6:38.02 1:07.84 | 1000m: 11:14.87 1:09.70 | 1400m: 15:57.64 1:10.85 |
| 300m: 3:15.52 1:06.25 | 700m: 7:46.80 1:08.78 | 1100m: 12:25.31 1:10.44 | 1500m: 17:07.74 1:10.10 |
| 400m: 4:22.62 1:07.10 | 800m: 8:55.57 1:08.77 | 1200m: 13:35.99 1:10.68 | |
| 6. BAJORSKA Dorota SO | 94 Unia O wi cim | 17:15.54 | 721 |
| 100m: 1:04.51 1:04.51 | 500m: 5:34.59 1:08.17 | 900m: 10:12.31 1:09.63 | 1300m: 14:55.44 1:11.70 |
| 200m: 2:11.20 1:06.69 | 600m: 6:43.08 1:08.49 | 1000m: 11:22.34 1:10.03 | 1400m: 16:06.37 1:10.93 |
| 300m: 3:19.13 1:07.93 | 700m: 7:52.82 1:09.74 | 1100m: 12:33.22 1:10.88 | 1500m: 17:15.54 1:09.17 |
| 400m: 4:26.42 1:07.29 | 800m: 9:02.68 1:09.86 | 1200m: 13:43.74 1:10.52 | |
| 7. CHODYNA Monika | 92 Kormoran Olsztyn | 17:17.10 | 717 |
| 100m: 1:05.80 1:05.80 | 500m: 5:41.99 1:09.07 | 900m: 10:19.56 1:09.68 | 1300m: 14:59.13 1:09.56 |
| 200m: 2:13.99 1:08.19 | 600m: 6:51.02 1:09.03 | 1000m: 11:29.50 1:09.94 | 1400m: 16:08.87 1:09.74 |
| 300m: 3:23.40 1:09.41 | 700m: 8:00.39 1:09.37 | 1100m: 12:39.25 1:09.75 | 1500m: 17:17.10 1:08.23 |
| 400m: 4:32.92 1:09.52 | 800m: 9:09.88 1:09.49 | 1200m: 13:49.57 1:10.32 | |
| 8. PO AROWSZCZYK Beata | 91 I sk Wrocław | 17:22.62 | 706 |
| 100m: 1:04.22 1:04.22 | 500m: 5:40.65 1:09.04 | 900m: 10:20.38 1:10.43 | 1300m: 15:02.63 1:10.87 |
| 200m: 2:12.21 1:07.99 | 600m: 6:49.84 1:09.19 | 1000m: 11:30.79 1:10.41 | 1400m: 16:13.50 1:10.87 |
| 300m: 3:21.83 1:09.62 | 700m: 7:59.63 1:09.79 | 1100m: 12:41.00 1:10.21 | 1500m: 17:22.62 1:09.12 |
| 400m: 4:31.61 1:09.78 | 800m: 9:09.95 1:10.32 | 1200m: 13:51.76 1:10.76 | |
| 9. KULIGOWSKA Marcela SS | 94 MKP Szczecin | 17:30.19 | 691 |
| 100m: 1:05.30 1:05.30 | 500m: 5:44.30 1:10.17 | 900m: 10:27.55 1:11.04 | 1300m: 15:12.06 1:10.99 |
| 200m: 2:14.36 1:09.06 | 600m: 6:54.75 1:10.45 | 1000m: 11:38.55 1:11.00 | 1400m: 16:23.20 1:11.14 |
| 300m: 3:24.19 1:09.83 | 700m: 8:05.64 1:10.89 | 1100m: 12:49.74 1:11.19 | 1500m: 17:30.19 1:06.99 |
| 400m: 4:34.13 1:09.94 | 800m: 9:16.51 1:10.87 | 1200m: 14:01.07 1:11.33 | |
| 10. PIEKARSKA Magdalena SS | 94 MKP Szczecin | 17:30.39 | 691 |
| 100m: 1:05.20 1:05.20 | 500m: 5:44.40 1:09.99 | 900m: 10:27.61 1:11.04 | 1300m: 15:12.06 1:10.96 |
| 200m: 2:14.23 1:09.03 | 600m: 6:54.70 1:10.30 | 1000m: 11:38.49 1:10.88 | 1400m: 16:23.00 1:10.94 |
| 300m: 3:24.41 1:10.18 | 700m: 8:05.72 1:11.02 | 1100m: 12:49.78 1:11.29 | 1500m: 17:30.39 1:07.39 |
| 400m: 4:34.41 1:10.00 | 800m: 9:16.57 1:10.85 | 1200m: 14:01.10 1:11.32 | |
| 11. WASILEWSKA Barbara | 94 Omega Kleszczów | 17:33.43 | 685 |
| 100m: 1:05.22 1:05.22 | 500m: 5:40.85 1:09.54 | 900m: 10:22.36 1:10.66 | 1300m: 15:10.31 1:12.54 |
| 200m: 2:13.25 1:08.03 | 600m: 6:50.50 1:09.65 | 1000m: 11:33.67 1:11.31 | 1400m: 16:22.74 1:12.43 |
| 300m: 3:21.86 1:08.61 | 700m: 8:00.93 1:10.43 | 1100m: 12:45.45 1:11.78 | 1500m: 17:33.43 1:10.69 |
| 400m: 4:31.31 1:09.45 | 800m: 9:11.70 1:10.77 | 1200m: 13:57.77 1:12.32 | |

Zimowe Mistrzostwa Polski Seniorów i Młodzieżowców
Szczecin, 1. - 4.12.2010

Konkurencja 12, Kobiet, 1500m dowolny, Open

| Pozycja | | | Rok ur. | | | | Czas | | Pkt. |
|---------|-----------------------|---------|----------------|---------------------|-----------------|---------|-----------------|------------|------|
| 12. | GRZEGORCZYK Izabella | | 93 | Poznania Pozna | | | 17:34.46 | 683 | |
| | 100m: 1:06.59 | 1:06.59 | 500m: 5:51.67 | 1:11.23 | 900m: 10:36.84 | 1:10.82 | 1300m: 15:17.14 | 1:09.71 | |
| | 200m: 2:17.91 | 1:11.32 | 600m: 7:02.93 | 1:11.26 | 1000m: 11:47.36 | 1:10.52 | 1400m: 16:26.57 | 1:09.43 | |
| | 300m: 3:29.05 | 1:11.14 | 700m: 8:14.87 | 1:11.94 | 1100m: 12:57.24 | 1:09.88 | 1500m: 17:34.46 | 1:07.89 | |
| | 400m: 4:40.44 | 1:11.39 | 800m: 9:26.02 | 1:11.15 | 1200m: 14:07.43 | 1:10.19 | | | |
| 13. | UCHA SKA Karollina SS | | 94 | KSZO Ostrowiec | | | 17:37.46 | 677 | |
| | 100m: 1:06.12 | 1:06.12 | 500m: 5:46.35 | 1:10.56 | 900m: 10:28.74 | 1:10.75 | 1300m: 15:14.91 | 1:11.23 | |
| | 200m: 2:15.50 | 1:09.38 | 600m: 6:56.58 | 1:10.23 | 1000m: 11:40.32 | 1:11.58 | 1400m: 16:26.53 | 1:11.62 | |
| | 300m: 3:25.54 | 1:10.04 | 700m: 8:07.05 | 1:10.47 | 1100m: 12:51.65 | 1:11.33 | 1500m: 17:37.46 | 1:10.93 | |
| | 400m: 4:35.79 | 1:10.25 | 800m: 9:17.99 | 1:10.94 | 1200m: 14:03.68 | 1:12.03 | | | |
| 14. | RUDAWSKA Adrianna | | 96 | Orlik Lublin | | | 17:47.32 | 658 | |
| | 100m: 1:06.18 | 1:06.18 | 500m: 5:51.02 | 1:11.11 | 900m: 10:37.63 | 1:12.01 | 1300m: 15:24.03 | 1:11.82 | |
| | 200m: 2:17.12 | 1:10.94 | 600m: 7:02.48 | 1:11.46 | 1000m: 11:48.60 | 1:10.97 | 1400m: 16:35.71 | 1:11.68 | |
| | 300m: 3:28.63 | 1:11.51 | 700m: 8:13.77 | 1:11.29 | 1100m: 13:00.50 | 1:11.90 | 1500m: 17:47.32 | 1:11.61 | |
| | 400m: 4:39.91 | 1:11.28 | 800m: 9:25.62 | 1:11.85 | 1200m: 14:12.21 | 1:11.71 | | | |
| 15. | BORZ CKA Katarzyna | | 95 | Orlik Lublin | | | 17:54.51 | 645 | |
| | 100m: 1:06.17 | 1:06.17 | 500m: 5:50.50 | 1:11.53 | 900m: 10:39.62 | 1:12.41 | 1300m: 15:31.28 | 1:12.54 | |
| | 200m: 2:16.53 | 1:10.36 | 600m: 7:02.52 | 1:12.02 | 1000m: 11:52.88 | 1:13.26 | 1400m: 16:43.53 | 1:12.25 | |
| | 300m: 3:27.55 | 1:11.02 | 700m: 8:14.69 | 1:12.17 | 1100m: 13:05.66 | 1:12.78 | 1500m: 17:54.51 | 1:10.98 | |
| | 400m: 4:38.97 | 1:11.42 | 800m: 9:27.21 | 1:12.52 | 1200m: 14:18.74 | 1:13.08 | | | |
| 16. | SZCZYTKO Natalia | | 95 | Olimpijczyk Suwałki | | | 18:15.55 | 609 | |
| | 100m: 1:04.48 | 1:04.48 | 500m: 5:51.39 | 1:13.53 | 900m: 10:50.66 | 1:16.44 | 1300m: 15:48.25 | 1:13.50 | |
| | 200m: 2:14.86 | 1:10.38 | 600m: 7:05.02 | 1:13.63 | 1000m: 12:05.38 | 1:14.72 | 1400m: 17:03.41 | 1:15.16 | |
| | 300m: 3:25.53 | 1:10.67 | 700m: 8:19.28 | 1:14.26 | 1100m: 13:20.92 | 1:15.54 | 1500m: 18:15.55 | 1:12.14 | |
| | 400m: 4:37.86 | 1:12.33 | 800m: 9:34.22 | 1:14.94 | 1200m: 14:34.75 | 1:13.83 | | | |
| 17. | PIASECKA Marta | | 91 | AZS AWF Katowice | | | 18:32.07 | 582 | |
| | 100m: 1:08.84 | 1:08.84 | 500m: 6:01.04 | 1:13.96 | 900m: 11:02.81 | 1:15.33 | 1300m: 16:05.05 | 1:15.22 | |
| | 200m: 2:20.58 | 1:11.74 | 600m: 7:16.10 | 1:15.06 | 1000m: 12:18.91 | 1:16.10 | 1400m: 17:19.12 | 1:14.07 | |
| | 300m: 3:33.88 | 1:13.30 | 700m: 8:31.94 | 1:15.84 | 1100m: 13:34.11 | 1:15.20 | 1500m: 18:32.07 | 1:12.95 | |
| | 400m: 4:47.08 | 1:13.20 | 800m: 9:47.48 | 1:15.54 | 1200m: 14:49.83 | 1:15.72 | | | |
| 18. | WIDZIK Katarzyna | | 90 | AZS PWSZ Racibórz | | | 19:36.19 | 492 | |
| | 100m: 1:12.82 | 1:12.82 | 500m: 6:27.25 | 1:18.67 | 900m: 11:44.29 | 1:19.61 | 1300m: 17:01.11 | 1:18.82 | |
| | 200m: 2:30.85 | 1:18.03 | 600m: 7:46.03 | 1:18.78 | 1000m: 13:03.70 | 1:19.41 | 1400m: 18:19.04 | 1:17.93 | |
| | 300m: 3:49.52 | 1:18.67 | 700m: 9:05.27 | 1:19.24 | 1100m: 14:23.40 | 1:19.70 | 1500m: 19:36.19 | 1:17.15 | |
| | 400m: 5:08.58 | 1:19.06 | 800m: 10:24.68 | 1:19.41 | 1200m: 15:42.29 | 1:18.89 | | | |