

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

Konkurencja 38
2010-12-04 - 9:24

Kobiet, 400m zmienny

Open
Wyniki Eliminacje

Minimum Mistrz. świata 4:37.97
Rekord Polski 4:31.89 BARANOWSKA Katarzyna MKSZC Debrecen (HUN) 2007-12-16

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.	
1.	URBA SKA Karolina	92	AZS AWFIS Gda sk				4:51.56	717	A	
	50m: 30.53 30.53	150m: 1:42.63	36.37	250m: 3:00.60	42.04	350m: 4:17.90	34.74			
	100m: 1:06.26 35.73	200m: 2:18.56	35.93	300m: 3:43.16	42.56	400m: 4:51.56	33.66			
2.	OŁNOWSKA Katarzyna	90	MZOS Płock				4:54.84	694	A	
	50m: 31.63 31.63	150m: 1:45.25	37.65	250m: 3:04.49	41.60	350m: 4:21.47	34.90			
	100m: 1:07.60 35.97	200m: 2:22.89	37.64	300m: 3:46.57	42.08	400m: 4:54.84	33.37			
3.	CZERNIAK Monika SR	92	Bobry D bica				4:57.10	678	A	
	50m: 31.59 31.59	150m: 1:47.01	38.55	250m: 3:07.26	42.69	350m: 4:24.82	34.46			
	100m: 1:08.46 36.87	200m: 2:24.57	37.56	300m: 3:50.36	43.10	400m: 4:57.10	32.28			
4.	SZMAGALSKA Agata	95	Słowianka Gorzów				4:57.12	678	A	
	50m: 30.56 30.56	150m: 1:44.61	38.10	250m: 3:05.54	43.65	350m: 4:24.75	34.39			
	100m: 1:06.51 35.95	200m: 2:21.89	37.28	300m: 3:50.36	44.82	400m: 4:57.12	32.37			
5.	UKOWSKA Paula SZG	93	Zryw Opole				4:59.79	660	A	
	50m: 31.78 31.78	150m: 1:45.95	37.54	250m: 3:06.66	44.73	350m: 4:26.40	36.31			
	100m: 1:08.41 36.63	200m: 2:21.93	35.98	300m: 3:50.09	43.43	400m: 4:59.79	33.39			
6.	STASZKIEWICZ Katarzyna	90	I sk Wrocław				4:59.83	659	A	
	50m: 31.95 31.95	150m: 1:47.63	38.00	250m: 3:08.78	42.92	350m: 4:26.32	35.57			
	100m: 1:09.63 37.68	200m: 2:25.86	38.23	300m: 3:50.75	41.97	400m: 4:59.83	33.51			
7.	PELOWSKA Aleksandra, SG	93	Solex Jedyńka L bork				5:00.06	658	A	
	50m: 31.76 31.76	150m: 1:46.94	38.23	250m: 3:05.86	41.22	350m: 4:24.58	36.62			
	100m: 1:08.71 36.95	200m: 2:24.64	37.70	300m: 3:47.96	42.10	400m: 5:00.06	35.48			
8.	JANKOWSKA Marta SO	92	AZS AWF Katowice				5:00.16	657	A	
	50m: 32.21 32.21	150m: 1:48.00	39.57	250m: 3:09.15	42.68	350m: 4:26.19	34.81			
	100m: 1:08.43 36.22	200m: 2:26.47	38.47	300m: 3:51.38	42.23	400m: 5:00.16	33.97			
9.	CHARLOS Natalia	93	PZP				5:00.37	656	A	
	50m: 32.31 32.31	150m: 1:47.43	38.63	250m: 3:09.26	44.06	350m: 4:27.37	33.82			
	100m: 1:08.80 36.49	200m: 2:25.20	37.77	300m: 3:53.55	44.29	400m: 5:00.37	33.00			
10.	KORZENIOWSKA Marta SO	93	Unia O wi cim				5:00.50	655	A	
	50m: 31.18 31.18	150m: 1:47.00	40.26	250m: 3:08.65	42.75	350m: 4:27.18	36.00			
	100m: 1:06.74 35.56	200m: 2:25.90	38.90	300m: 3:51.18	42.53	400m: 5:00.50	33.32			
11.	CIESIELSKA Sylwia	95	Warta Pozna				5:02.34	643	R	
	50m: 32.38 32.38	150m: 1:48.30	38.30	250m: 3:10.23	44.40	350m: 4:28.62	34.57			
	100m: 1:10.00 37.62	200m: 2:25.83	37.53	300m: 3:54.05	43.82	400m: 5:02.34	33.72			
12.	KOZŁOWSKA Anna	96	Pi tnastka Bydgoszcz				5:03.51	636	R	
	50m: 31.65 31.65	150m: 1:46.19	37.61	250m: 3:08.58	44.15	350m: 4:29.11	35.43			
	100m: 1:08.58 36.93	200m: 2:24.43	38.24	300m: 3:53.68	45.10	400m: 5:03.51	34.40			
13.	BAKIES Gabriela	96	Pi tka Konstantynów				5:04.08	632		
	50m: 32.51 32.51	150m: 1:45.66	37.11	250m: 3:08.44	46.00	350m: 4:29.93	34.80			
	100m: 1:08.55 36.04	200m: 2:22.44	36.78	300m: 3:55.13	46.69	400m: 5:04.08	34.15			
14.	SZPUCHA Katarzyna	96	Olimpijczyk Aleksandrów Ł.				5:04.90	627		
	50m: 32.30 32.30	150m: 1:47.02	38.08	250m: 3:07.84	43.11	350m: 4:28.20	36.89			
	100m: 1:08.94 36.64	200m: 2:24.73	37.71	300m: 3:51.31	43.47	400m: 5:04.90	36.70			
15.	PIASECKA Marta	91	AZS AWF Katowice				5:05.32	624		
	50m: 33.30 33.30	150m: 1:49.74	38.36	250m: 3:13.52	45.36	350m: 4:32.77	33.37			
	100m: 1:11.38 38.08	200m: 2:28.16	38.42	300m: 3:59.40	45.88	400m: 5:05.32	32.55			
16.	MIKOŁAJCZAK Anna SSz	95	Solex Jedyńka L bork				5:07.78	610		
	50m: 31.68 31.68	150m: 1:47.80	39.54	250m: 3:11.08	44.18	350m: 4:32.37	36.43			
	100m: 1:08.26 36.58	200m: 2:26.90	39.10	300m: 3:55.94	44.86	400m: 5:07.78	35.41			

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Pozycja	Rok ur.						Czas	Pkt.
17. PAWLIKOWSKA Agata	94	Juwenia Wrocław				5:07.81	609	
50m: 32.08 32.08	150m: 1:49.47	40.49	250m: 3:11.05	42.19	350m: 4:31.27	37.41		
100m: 1:08.98 36.90	200m: 2:28.86	39.39	300m: 3:53.86	42.81	400m: 5:07.81	36.54		
18. MÓZGOWSKA Jagoda	90	AZS AGH Kraków				5:08.20	607	
50m: 32.40 32.40	150m: 1:49.05	39.64	250m: 3:10.67	43.78	350m: 4:32.40	37.24		
100m: 1:09.41 37.01	200m: 2:26.89	37.84	300m: 3:55.16	44.49	400m: 5:08.20	35.80		
19. ZBROJEWSKA Michalina	96	Piłka Konstantynów				5:12.21	584	
50m: 34.62 34.62	150m: 1:55.58	40.71	250m: 3:18.61	42.98	350m: 4:38.04	35.89		
100m: 1:14.87 40.25	200m: 2:35.63	40.05	300m: 4:02.15	43.54	400m: 5:12.21	34.17		
20. KOWALI SKA Oriana	93	Kormoran Olsztyn				5:12.94	580	
50m: 32.39 32.39	150m: 1:51.60	42.65	250m: 3:17.57	45.63	350m: 4:38.93	36.13		
100m: 1:08.95 36.56	200m: 2:31.94	40.34	300m: 4:02.80	45.23	400m: 5:12.94	34.01		
21. POZORSKA AGATA	94	Astoria Bydgoszcz				5:16.08	563	
50m: 32.98 32.98	150m: 1:52.23	40.62	250m: 3:17.67	46.12	350m: 4:40.54	36.38		
100m: 1:11.61 38.63	200m: 2:31.55	39.32	300m: 4:04.16	46.49	400m: 5:16.08	35.54		
22. CHLIPAŁA Patrycja	93	Jordan Kraków				5:16.11	563	
50m: 33.63 33.63	150m: 1:50.95	38.66	250m: 3:15.45	46.25	350m: 4:39.39	37.14		
100m: 1:12.29 38.66	200m: 2:29.20	38.25	300m: 4:02.25	46.80	400m: 5:16.11	36.72		
23. CHWADECZKO Zuzanna	95	Orlik Lublin				5:19.79	543	
50m: 32.39 32.39	150m: 1:51.42	40.23	250m: 3:17.79	46.00	350m: 4:43.08	38.30		
100m: 1:11.19 38.80	200m: 2:31.79	40.37	300m: 4:04.78	46.99	400m: 5:19.79	36.71		
24. ROGACZ Katarzyna SR	96	Victoria Racibórz				5:22.85	528	
50m: 35.21 35.21	150m: 1:58.93	40.99	250m: 3:22.01	44.20	350m: 4:45.96	38.91		
100m: 1:17.94 42.73	200m: 2:37.81	38.88	300m: 4:07.05	45.04	400m: 5:22.85	36.89		
25. ŁUKU Natalia	94	Olimpijczyk Suwałki				5:24.93	518	
50m: 33.07 33.07	150m: 1:52.70	41.15	250m: 3:20.40	47.77	350m: 4:46.60	38.82		
100m: 1:11.55 38.48	200m: 2:32.63	39.93	300m: 4:07.78	47.38	400m: 5:24.93	38.33		
26. ZYGO Karolina	96	Olimpia Lublin				5:29.49	497	
50m: 32.25 32.25	150m: 1:52.35	40.64	250m: 3:21.26	49.02	350m: 4:51.44	39.20		
100m: 1:11.71 39.46	200m: 2:32.24	39.89	300m: 4:12.24	50.98	400m: 5:29.49	38.05		
27. KWIATKOWSKA Magdalena	96	AZS AWF Poznań				5:37.72	461	
50m: 36.18 36.18	150m: 2:00.37	41.40	250m: 3:30.12	48.20	350m: 4:58.69	39.58		
100m: 1:18.97 42.79	200m: 2:41.92	41.55	300m: 4:19.11	48.99	400m: 5:37.72	39.03		