

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

Konkurencja 38  
2010-12-04 - 16:08

Kobiet, 400m zmienny

Open  
Wyniki Finał

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

Punkty: FINA 2010

Pozycja			Rok ur.							Czas	Pkt.
<b>Finał A</b>											
1.	URBA SKA Karolina		92	AZS AWFIS Gda sk						<b>4:40.65</b>	804
	50m: 29.76 29.76	150m: 1:38.57		34.14	250m: 2:53.57	40.83	350m: 4:08.16			33.42	
	100m: 1:04.43 34.67	200m: 2:12.74		34.17	300m: 3:34.74	41.17	400m: 4:40.65			32.49	
2.	STASZKIEWICZ Katarzyna		90	I sk Wrocław						<b>4:45.92</b>	761
	50m: 30.49 30.49	150m: 1:44.37		37.43	250m: 3:02.27	40.75	350m: 4:14.68			32.22	
	100m: 1:06.94 36.45	200m: 2:21.52		37.15	300m: 3:42.46	40.19	400m: 4:45.92			31.24	
3.	OŁNOWSKA Katarzyna		90	MZOS Płock						<b>4:46.10</b>	759
	50m: 30.76 30.76	150m: 1:43.74		37.46	250m: 3:00.64	39.96	350m: 4:14.52			33.42	
	100m: 1:06.28 35.52	200m: 2:20.68		36.94	300m: 3:41.10	40.46	400m: 4:46.10			31.58	
4.	UKOWSKA Paula SZG		93	Zryw Opole						<b>4:46.53</b>	756
	50m: 30.74 30.74	150m: 1:41.79		36.34	250m: 2:58.71	41.82	350m: 4:15.16			33.67	
	100m: 1:05.45 34.71	200m: 2:16.89		35.10	300m: 3:41.49	42.78	400m: 4:46.53			31.37	
5.	KORZENIOWSKA Marta SO		93	Unia O wi cim						<b>4:53.28</b>	705
	50m: 30.61 30.61	150m: 1:44.33		38.54	250m: 3:03.90	41.33	350m: 4:20.32			34.86	
	100m: 1:05.79 35.18	200m: 2:22.57		38.24	300m: 3:45.46	41.56	400m: 4:53.28			32.96	
6.	CZERNAK Monika SR		92	Bobry D bica						<b>4:54.72</b>	694
	50m: 31.45 31.45	150m: 1:46.08		37.80	250m: 3:05.12	41.65	350m: 4:21.26			33.80	
	100m: 1:08.28 36.83	200m: 2:23.47		37.39	300m: 3:47.46	42.34	400m: 4:54.72			33.46	
7.	PELOWSKA Aleksandra, SG		93	Solex Jedynka L bork						<b>4:56.68</b>	681
	50m: 31.64 31.64	150m: 1:46.69		38.53	250m: 3:05.27	40.47	350m: 4:21.31			35.12	
	100m: 1:08.16 36.52	200m: 2:24.80		38.11	300m: 3:46.19	40.92	400m: 4:56.68			35.37	
8.	SZMAGALSKA Agata		95	Słowianka Gorzów						<b>4:57.86</b>	673
	50m: 30.38 30.38	150m: 1:44.13		38.24	250m: 3:05.32	44.16	350m: 4:23.93			34.12	
	100m: 1:05.89 35.51	200m: 2:21.16		37.03	300m: 3:49.81	44.49	400m: 4:57.86			33.93	
9.	JANKOWSKA Marta SO		92	AZS AWF Katowice						<b>4:59.03</b>	665
	50m: 32.17 32.17	150m: 1:47.11		38.54	250m: 3:07.19	41.96	350m: 4:24.61			34.87	
	100m: 1:08.57 36.40	200m: 2:25.23		38.12	300m: 3:49.74	42.55	400m: 4:59.03			34.42	
10.	CIESIELSKA Sylwia		95	Warta Pozna						<b>5:02.04</b>	645
	50m: 32.06 32.06	150m: 1:48.41		38.69	250m: 3:10.77	44.38	350m: 4:28.67			34.18	
	100m: 1:09.72 37.66	200m: 2:26.39		37.98	300m: 3:54.49	43.72	400m: 5:02.04			33.37	