

Zimowe Mistrzostwa Polski Seniorów i Młodzie owców 19-20 lat w Pływaniu
Pozna , 15- - 18-12-2011

Konkurencja 38
2011-12-18 - 9:27

Kobiet, 400m zmienny

Open
Wyniki Eliminacje

RP 4:31.89 BARANOWSKA, Katarzyna 2007-12-16

Punkty: FINA 2011

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. | | |
|---------|-------------------------|---------------|---------|---------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | OŁNOWSKA, Katarzyna | | 90 | KP MZOS Płock | | | | 4:52.76 | 708 | A | |
| | 50m: | 31.39 31.39 | 150m: | 1:44.78 | 37.78 | 250m: | 3:04.37 | 41.92 | 350m: | 4:20.40 | 33.67 |
| | 100m: | 1:07.00 35.61 | 200m: | 2:22.45 | 37.67 | 300m: | 3:46.73 | 42.36 | 400m: | 4:52.76 | 32.36 |
| 2. | SZCZEPANIAK, Karolina | | 92 | AZS-AWF Warszawa | | | | 4:52.84 | 708 | A | |
| | 50m: | 30.22 30.22 | 150m: | 1:44.24 | 38.51 | 250m: | 3:03.31 | 41.63 | 350m: | 4:20.06 | 34.97 |
| | 100m: | 1:05.73 35.51 | 200m: | 2:21.68 | 37.44 | 300m: | 3:45.09 | 41.78 | 400m: | 4:52.84 | 32.78 |
| 3. | URBA SKA, Karolina | | 92 | KS AZS-AWFis Gda sk | | | | 4:55.87 | 686 | A | |
| | 50m: | 31.50 31.50 | 150m: | 1:45.22 | 37.45 | 250m: | 3:04.00 | 41.60 | 350m: | 4:21.17 | 34.85 |
| | 100m: | 1:07.77 36.27 | 200m: | 2:22.40 | 37.18 | 300m: | 3:46.32 | 42.32 | 400m: | 4:55.87 | 34.70 |
| 4. | SIE CZYK, Jowita | | 97 | MKS" AK" Biała Podlaska | | | | 4:55.99 | 685 | A | |
| | 50m: | 31.72 31.72 | 150m: | 1:46.96 | 38.34 | 250m: | 3:04.03 | 40.20 | 350m: | 4:21.48 | 35.89 |
| | 100m: | 1:08.62 36.90 | 200m: | 2:23.83 | 36.87 | 300m: | 3:45.59 | 41.56 | 400m: | 4:55.99 | 34.51 |
| 5. | STASZKIEWICZ, Katarzyna | | 90 | WKS I sk Wrocław | | | | 4:56.60 | 681 | A | |
| | 50m: | 31.49 31.49 | 150m: | 1:45.83 | 37.80 | 250m: | 3:05.57 | 42.37 | 350m: | 4:23.15 | 35.07 |
| | 100m: | 1:08.03 36.54 | 200m: | 2:23.20 | 37.37 | 300m: | 3:48.08 | 42.51 | 400m: | 4:56.60 | 33.45 |
| 6. | KOZŁOWSKA, Anna | | 96 | MUKS Pi tnastka Bydgoszcz | | | | 4:57.77 | 673 | A | |
| | 50m: | 30.98 30.98 | 150m: | 1:45.02 | 37.56 | 250m: | 3:04.34 | 42.03 | 350m: | 4:23.52 | 35.83 |
| | 100m: | 1:07.46 36.48 | 200m: | 2:22.31 | 37.29 | 300m: | 3:47.69 | 43.35 | 400m: | 4:57.77 | 34.25 |
| 7. | UKOWSKA, Paula | | 93 | MKS ZRYW Opole | | | | 4:58.14 | 671 | A | |
| | 50m: | 31.68 31.68 | 150m: | 1:44.69 | 37.26 | 250m: | 3:06.31 | 44.43 | 350m: | 4:24.74 | 34.92 |
| | 100m: | 1:07.43 35.75 | 200m: | 2:21.88 | 37.19 | 300m: | 3:49.82 | 43.51 | 400m: | 4:58.14 | 33.40 |
| 8. | CZERNAK, Monika | | 92 | AZS UWM Olsztyn | | | | 4:58.68 | 667 | A | |
| | 50m: | 32.27 32.27 | 150m: | 1:48.33 | 39.01 | 250m: | 3:08.43 | 41.68 | 350m: | 4:25.32 | 34.98 |
| | 100m: | 1:09.32 37.05 | 200m: | 2:26.75 | 38.42 | 300m: | 3:50.34 | 41.91 | 400m: | 4:58.68 | 33.36 |
| 9. | SIKORA, Paulina SO | | 93 | UKP Unia O wi cim | | | | 4:59.08 | 664 | A | |
| | 50m: | 31.48 31.48 | 150m: | 1:45.49 | 38.62 | 250m: | 3:06.44 | 43.77 | 350m: | 4:25.12 | 35.49 |
| | 100m: | 1:06.87 35.39 | 200m: | 2:22.67 | 37.18 | 300m: | 3:49.63 | 43.19 | 400m: | 4:59.08 | 33.96 |
| 10. | KAMI SKA, Aleksandra | | 92 | MKS ZRYW Opole | | | | 5:00.99 | 652 | A | |
| | 50m: | 31.42 31.42 | 150m: | 1:46.16 | 38.81 | 250m: | 3:07.72 | 42.93 | 350m: | 4:26.68 | 35.39 |
| | 100m: | 1:07.35 35.93 | 200m: | 2:24.79 | 38.63 | 300m: | 3:51.29 | 43.57 | 400m: | 5:00.99 | 34.31 |
| 11. | MIKOŁAJCZAK, Anna SSz | | 95 | MKP Szczecin | | | | 5:03.54 | 636 | R | |
| | 50m: | 31.59 31.59 | 150m: | 1:46.70 | 39.17 | 250m: | 3:08.00 | 43.20 | 350m: | 4:28.69 | 36.52 |
| | 100m: | 1:07.53 35.94 | 200m: | 2:24.80 | 38.10 | 300m: | 3:52.17 | 44.17 | 400m: | 5:03.54 | 34.85 |
| 12. | KIERSZTYN, Magdalena SR | | 95 | MKS-SMS Victoria Racibórz | | | | 5:05.44 | 624 | R | |
| | 50m: | 33.06 33.06 | 150m: | 1:48.00 | 37.18 | 250m: | 3:07.32 | 43.03 | 350m: | 4:29.39 | 37.00 |
| | 100m: | 1:10.82 37.76 | 200m: | 2:24.29 | 36.29 | 300m: | 3:52.39 | 45.07 | 400m: | 5:05.44 | 36.05 |
| 13. | CHWADECZKO, Zuzanna SSz | | 95 | MTP Lublinianka | | | | 5:07.83 | 609 | | |
| | 50m: | 31.30 31.30 | 150m: | 1:45.86 | 37.83 | 250m: | 3:08.44 | 44.50 | 350m: | 4:31.77 | 37.46 |
| | 100m: | 1:08.03 36.73 | 200m: | 2:23.94 | 38.08 | 300m: | 3:54.31 | 45.87 | 400m: | 5:07.83 | 36.06 |
| 14. | ROGACZ, Katarzyna SR | | 96 | MKS-SMS Victoria Racibórz | | | | 5:08.15 | 607 | | |
| | 50m: | 33.28 33.28 | 150m: | 1:51.48 | 39.07 | 250m: | 3:13.12 | 43.32 | 350m: | 4:33.59 | 36.13 |
| | 100m: | 1:12.41 39.13 | 200m: | 2:29.80 | 38.32 | 300m: | 3:57.46 | 44.34 | 400m: | 5:08.15 | 34.56 |
| 15. | MENDOWSKA, Paulina | | 97 | K.S. Warta Pozna | | | | 5:11.29 | 589 | | |
| | 50m: | 32.87 32.87 | 150m: | 1:51.20 | 40.36 | 250m: | 3:14.45 | 43.76 | 350m: | 4:35.26 | 36.91 |
| | 100m: | 1:10.84 37.97 | 200m: | 2:30.69 | 39.49 | 300m: | 3:58.35 | 43.90 | 400m: | 5:11.29 | 36.03 |
| 16. | MACIUCH, Karolina | | 96 | VEGA Dobrodzie | | | | 5:11.64 | 587 | | |
| | 50m: | 33.49 33.49 | 150m: | 1:50.61 | 38.17 | 250m: | 3:13.29 | 45.42 | 350m: | 4:36.55 | 37.63 |
| | 100m: | 1:12.44 38.95 | 200m: | 2:27.87 | 37.26 | 300m: | 3:58.92 | 45.63 | 400m: | 5:11.64 | 35.09 |
| 17. | BIEDRZYCKA, Iga | | 97 | MKS "Ros" Pisz | | | | 5:18.87 | 548 | | |
| | 50m: | 33.65 33.65 | 150m: | 1:52.92 | 39.93 | 250m: | 3:18.12 | 46.03 | 350m: | 4:41.70 | 37.27 |
| | 100m: | 1:12.99 39.34 | 200m: | 2:32.09 | 39.17 | 300m: | 4:04.43 | 46.31 | 400m: | 5:18.87 | 37.17 |

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| Pozycja | | | | Rok ur. | | | | | Czas | Pkt. | | |
|---------|------------------------|---------|-------|---------|---------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 18. | NAGÓRSKA, Monika | | | 97 | MUKS Pi tnastka Bydgoszcz | | | | 5:30.88 | 491 | | |
| | 50m: | 34.88 | 34.88 | 150m: | 1:59.20 | 42.31 | 250m: | 3:26.33 | 44.71 | 350m: | 4:52.71 | 39.54 |
| | 100m: | 1:16.89 | 42.01 | 200m: | 2:41.62 | 42.42 | 300m: | 4:13.17 | 46.84 | 400m: | 5:30.88 | 38.17 |
| 19. | KWIATKOWSKA, Magdalena | | | 96 | AZS-AWF Pozna | | | | 5:33.46 | 479 | | |
| | 50m: | 35.60 | 35.60 | 150m: | 2:00.34 | 41.40 | 250m: | 3:29.74 | 47.72 | 350m: | 4:55.95 | 38.41 |
| | 100m: | 1:18.94 | 43.34 | 200m: | 2:42.02 | 41.68 | 300m: | 4:17.54 | 47.80 | 400m: | 5:33.46 | 37.51 |