

Zimowe Mistrzostwa Polski Seniorów i Młodzieowców 19-20 lat w Pływaniu  
Poznań, 15- - 18-12-2011

Konkurencja 38  
2011-12-18

Kobiet, 400m zmienny

Open  
Wyniki Finał

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

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.	
<b>Finał A</b>										
1.	SZCZEPANIAK, Karolina		92	AZS-AWF Warszawa				<b>4:38.89</b>	820	
	50m:	28.93 28.93	150m:	1:37.60	35.67	250m:	2:52.84	40.12	350m:	4:07.24 33.29
	100m:	1:01.93 33.00	200m:	2:12.72	35.12	300m:	3:33.95	41.11	400m:	4:38.89 31.65
2.	UKOWSKA, Paula		93	MKS ZRYW Opole				<b>4:44.66</b>	771	
	50m:	31.16 31.16	150m:	1:41.91	36.42	250m:	2:59.09	42.00	350m:	4:13.37 32.52
	100m:	1:05.49 34.33	200m:	2:17.09	35.18	300m:	3:40.85	41.76	400m:	4:44.66 31.29
3.	URBA SKA, Karolina		92	KS AZS-AWFis Gdańsk				<b>4:46.15</b>	759	
	50m:	30.40 30.40	150m:	1:41.21	35.97	250m:	2:58.91	41.37	350m:	4:13.97 33.53
	100m:	1:05.24 34.84	200m:	2:17.54	36.33	300m:	3:40.44	41.53	400m:	4:46.15 32.18
4.	OŁNOWSKA, Katarzyna		90	KP MZOS Płock				<b>4:46.56</b>	755	
	50m:	30.41 30.41	150m:	1:41.97	36.56	250m:	2:59.45	41.31	350m:	4:14.81 33.22
	100m:	1:05.41 35.00	200m:	2:18.14	36.17	300m:	3:41.59	42.14	400m:	4:46.56 31.75
5.	KOZŁOWSKA, Anna		96	MUKS Piastka Bydgoszcz				<b>4:47.69</b>	747	
	50m:	31.10 31.10	150m:	1:43.82	36.48	250m:	3:00.28	40.62	350m:	4:15.46 33.90
	100m:	1:07.34 36.24	200m:	2:19.66	35.84	300m:	3:41.56	41.28	400m:	4:47.69 32.23
6.	STASZKIEWICZ, Katarzyna		90	WKS I sk Wrocław				<b>4:49.53</b>	732	
	50m:	30.88 30.88	150m:	1:43.65	36.85	250m:	3:00.99	40.99	350m:	4:16.16 33.98
	100m:	1:06.80 35.92	200m:	2:20.00	36.35	300m:	3:42.18	41.19	400m:	4:49.53 33.37
7.	CZERNIAK, Monika		92	AZS UWM Olsztyn				<b>4:51.82</b>	715	
	50m:	31.21 31.21	150m:	1:45.45	37.86	250m:	3:03.77	41.23	350m:	4:20.17 34.26
	100m:	1:07.59 36.38	200m:	2:22.54	37.09	300m:	3:45.91	42.14	400m:	4:51.82 31.65
8.	KAMI SKA, Aleksandra		92	MKS ZRYW Opole				<b>4:52.55</b>	710	
	50m:	31.11 31.11	150m:	1:43.96	37.75	250m:	3:03.58	42.23	350m:	4:20.10 34.05
	100m:	1:06.21 35.10	200m:	2:21.35	37.39	300m:	3:46.05	42.47	400m:	4:52.55 32.45
9.	SIECZYK, Jowita		97	MKS "AK" Biała Podlaska				<b>4:53.86</b>	700	
	<i>Rekord Polski Juniorów 14-letnich</i>									
	50m:	31.05 31.05	150m:	1:45.89	37.80	250m:	3:02.16	40.50	350m:	4:19.00 35.71
	100m:	1:08.09 37.04	200m:	2:21.66	35.77	300m:	3:43.29	41.13	400m:	4:53.86 34.86
10.	SIKORA, Paulina SO		93	UKP Unia Olimpijczyków				<b>4:55.83</b>	687	
	50m:	31.00 31.00	150m:	1:44.01	38.07	250m:	3:03.64	42.51	350m:	4:21.45 34.57
	100m:	1:05.94 34.94	200m:	2:21.13	37.12	300m:	3:46.88	43.24	400m:	4:55.83 34.38