

Zimowe Mistrzostwa Polski 15-lat
Katowice, 22. - 24.1.2010

Konkurencja 19
2010-01-23 - 9:50

Kobiet, 400m dowolny

Open
Wyniki Eliminacje

RP15 4:13.34 OLCZAK, Mirela POL Gorzów Wlkp 2008-11-29

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.	
1.	KILJJAŃSKA, Donata		95	KSZO Ostrowiec Œw				4:29.30	693	A
	50m:	30.68 30.68	150m:	1:38.50	34.69	250m:	2:48.48	34.94	350m:	3:56.22 32.88
	100m:	1:03.81 33.13	200m:	2:13.54	35.04	300m:	3:23.34	34.86	400m:	4:29.30 33.08
2.	LALAK, Patrycja		95	UTS Orlik Lublin				4:29.81	689	A
	50m:	30.33 30.33	150m:	1:37.53	34.16	250m:	2:46.91	34.81	350m:	3:56.29 34.81
	100m:	1:03.37 33.04	200m:	2:12.10	34.57	300m:	3:21.48	34.57	400m:	4:29.81 33.52
3.	TROJANOWSKA, Kinga SO		95	EKS SKRA Be ³ chatów				4:30.90	680	A
	50m:	31.44 31.44	150m:	1:39.28	34.19	250m:	2:48.01	34.30	350m:	3:56.91 34.41
	100m:	1:05.09 33.65	200m:	2:13.71	34.43	300m:	3:22.50	34.49	400m:	4:30.90 33.99
4.	BURSKA, Justyna		95	UKS "Piłtka" Konstantynów				4:31.83	673	A
	50m:	31.81 31.81	150m:	1:39.23	34.06	250m:	2:47.87	34.54	350m:	3:57.45 34.85
	100m:	1:05.17 33.36	200m:	2:13.33	34.10	300m:	3:22.60	34.73	400m:	4:31.83 34.38
5.	SZCZYTKO, ALICJA		95	MUKS Olimpijczyk Suwa ³ ki				4:33.33	662	A
	50m:	30.43 30.43	150m:	1:39.02	34.95	250m:	2:49.62	35.60	350m:	3:59.59 34.91
	100m:	1:04.07 33.64	200m:	2:14.02	35.00	300m:	3:24.68	35.06	400m:	4:33.33 33.74
6.	GRZEBAAŁA, Zuzanna		95	KSZO Ostrowiec Œw				4:33.42	662	A
	50m:	31.68 31.68	150m:	1:39.99	34.47	250m:	2:49.83	35.14	350m:	3:59.91 34.80
	100m:	1:05.52 33.84	200m:	2:14.69	34.70	300m:	3:25.11	35.28	400m:	4:33.42 33.51
7.	BIERNACKA, Katarzyna		95	"1" Ożarów Mazowiecki				4:34.12	657	B
	50m:	30.88 30.88	150m:	1:38.99	34.60	250m:	2:48.86	35.12	350m:	3:59.56 35.39
	100m:	1:04.39 33.51	200m:	2:13.74	34.75	300m:	3:24.17	35.31	400m:	4:34.12 34.56
8.	WALEWSKA, Agnieszka		95	Jagiellonka Warszawa				4:35.17	649	B
	50m:	31.73 31.73	150m:	1:40.56	34.85	250m:	2:50.58	35.26	350m:	4:00.60 35.31
	100m:	1:05.71 33.98	200m:	2:15.32	34.76	300m:	3:25.29	34.71	400m:	4:35.17 34.57
9.	ZGIET, Karina		95	Orze ³ Elbl'g				4:36.41	640	B
	50m:	32.52 32.52	150m:	1:41.35	34.62	250m:	2:51.24	35.18	350m:	4:01.97 35.42
	100m:	1:06.73 34.21	200m:	2:16.06	34.71	300m:	3:26.55	35.31	400m:	4:36.41 34.44
10.	SZCZYTKO, NATALIA		95	MUKS Olimpijczyk Suwa ³ ki				4:37.05	636	B
	50m:	31.22 31.22	150m:	1:39.45	34.83	250m:	2:50.19	35.57	350m:	4:02.02 36.02
	100m:	1:04.62 33.40	200m:	2:14.62	35.17	300m:	3:26.00	35.81	400m:	4:37.05 35.03
11.	WĘGRZYN, SYLWIA		95	Shark Rudna				4:39.35	620	B
	50m:	31.24 31.24	150m:	1:41.99	35.71	250m:	2:53.95	36.02	350m:	4:04.89 35.26
	100m:	1:06.28 35.04	200m:	2:17.93	35.94	300m:	3:29.63	35.68	400m:	4:39.35 34.46
12.	DEMBSKA, Joanna		95	MKS Polonia Warszawa				4:39.92	617	B
	50m:	30.84 30.84	150m:	1:39.69	34.95	250m:	2:50.79	36.05	350m:	4:04.14 36.87
	100m:	1:04.74 33.90	200m:	2:14.74	35.05	300m:	3:27.27	36.48	400m:	4:39.92 35.78
13.	BORZĘCKA, Katarzyna		95	UTS Orlik Lublin				4:40.76	611	R
	50m:	31.87 31.87	150m:	1:42.57	35.61	250m:	2:54.37	35.84	350m:	4:06.23 36.42
	100m:	1:06.96 35.09	200m:	2:18.53	35.96	300m:	3:29.81	35.44	400m:	4:40.76 34.53
14.	WYSOCKA, Michalina		95	MKP Szczecin				4:41.82	604	R
	50m:	32.11 32.11	150m:	1:42.77	35.97	250m:	2:55.29	36.24	350m:	4:07.38 36.01
	100m:	1:06.80 34.69	200m:	2:19.05	36.28	300m:	3:31.37	36.08	400m:	4:41.82 34.44
15.	ROSIK, Paulina		95	MKP Szczecin				4:41.96	603	
	50m:	32.79 32.79	150m:	1:44.10	36.16	250m:	2:56.43	35.91	350m:	4:08.15 35.67
	100m:	1:07.94 35.15	200m:	2:20.52	36.42	300m:	3:32.48	36.05	400m:	4:41.96 33.81
16.	WOŁOSZYN, Sonia		95	Salos Cortile Kielce				4:42.09	603	
	50m:	31.53 31.53	150m:	1:40.54	35.14	250m:	2:53.01	36.54	350m:	4:06.70 36.67
	100m:	1:05.40 33.87	200m:	2:16.47	35.93	300m:	3:30.03	37.02	400m:	4:42.09 35.39
17.	LEWITZKA, Paulina		95	Ruch Grudzi'dz				4:42.56	600	
	50m:	31.43 31.43	150m:	1:41.33	35.52	250m:	2:53.18	36.09	350m:	4:06.75 36.85
	100m:	1:05.81 34.38	200m:	2:17.09	35.76	300m:	3:29.90	36.72	400m:	4:42.56 35.81

Zimowe Mistrzostwa Polski 15-lat
Katowice, 22. - 24.1.2010

Konkurencja 19, Kobiety, 400m dowolny, Eliminacje, Open

Pozycja			Rok ur.				Czas	Pkt.			
18.	PARKOT, Joanna		95	Kapry-Armexim Pruszków				4:43.18	596		
	50m:	31.89 31.89	150m:	1:42.43	36.11	250m:	2:55.07	36.56	350m:	4:08.07	36.46
	100m:	1:06.32 34.43	200m:	2:18.51	36.08	300m:	3:31.61	36.54	400m:	4:43.18	35.11
19.	ROSOLSKA, Karolina		95	Korner Zielona Góra				4:48.65	562		
	50m:	32.76 32.76	150m:	1:43.99	36.18	250m:	2:57.63	36.93	350m:	4:12.21	37.28
	100m:	1:07.81 35.05	200m:	2:20.70	36.71	300m:	3:34.93	37.30	400m:	4:48.65	36.44
20.	KARCZEWSKA, Joanna		95	UKS Skarpa Lublin				4:49.14	560		
	50m:	32.31 32.31	150m:	1:44.25	36.38	250m:	2:58.25	36.84	350m:	4:12.61	37.31
	100m:	1:07.87 35.56	200m:	2:21.41	37.16	300m:	3:35.30	37.05	400m:	4:49.14	36.53
21.	TURLAKIEWICZ, KAROLINA		95	SKS 137 Delfin Łódź				4:49.77	556		
	50m:	33.12 33.12	150m:	1:45.29	36.66	250m:	2:59.19	37.00	350m:	4:13.51	37.18
	100m:	1:08.63 35.51	200m:	2:22.19	36.90	300m:	3:36.33	37.14	400m:	4:49.77	36.26
22.	TAK, Anna		95	MKP Bobry Dębica				4:50.14	554		
	50m:	33.01 33.01	150m:	1:45.93	36.80	250m:	3:00.48	37.16	350m:	4:14.95	37.04
	100m:	1:09.13 36.12	200m:	2:23.32	37.39	300m:	3:37.91	37.43	400m:	4:50.14	35.19
23.	DERDA, Natalia		95	MUKS Olimpijczyk Suwałki				4:50.62	551		
	50m:	32.88 32.88	150m:	1:45.36	36.89	250m:	2:59.62	37.38	350m:	4:14.73	37.59
	100m:	1:08.47 35.59	200m:	2:22.24	36.88	300m:	3:37.14	37.52	400m:	4:50.62	35.89
24.	WIĘCKOWSKA, KAJA		95	Shark Rudna				4:51.49	546		
	50m:	33.39 33.39	150m:	1:46.40	36.76	250m:	3:01.01	37.16	350m:	4:15.55	37.48
	100m:	1:09.64 36.25	200m:	2:23.85	37.45	300m:	3:38.07	37.06	400m:	4:51.49	35.94
25.	STĘPIEŃ, Olga		95	KSZO Ostrowiec Œw				4:52.61	540		
	50m:	34.45 34.45	150m:	1:49.15	37.46	250m:	3:03.75	37.13	350m:	4:17.31	36.40
	100m:	1:11.69 37.24	200m:	2:26.62	37.47	300m:	3:40.91	37.16	400m:	4:52.61	35.30
26.	KIERSZTYN, Magdalena SR		95	Victoria Racibórz				4:52.72	539		
	50m:	32.54 32.54	150m:	1:45.49	37.36	250m:	3:01.83	38.06	350m:	4:16.40	37.03
	100m:	1:08.13 35.59	200m:	2:23.77	38.28	300m:	3:39.37	37.54	400m:	4:52.72	36.32
27.	PIĘT, GABRIELA		95	MUKS Olimpijczyk Suwałki				4:53.31	536		
	50m:	32.23 32.23	150m:	1:44.80	36.71	250m:	2:59.84	37.59	350m:	4:16.45	38.34
	100m:	1:08.09 35.86	200m:	2:22.25	37.45	300m:	3:38.11	38.27	400m:	4:53.31	36.86
28.	KRUK, Anna		95	UKP Unia Oświęcim				4:53.46	535		
	50m:	32.93 32.93	150m:	1:46.26	37.23	250m:	3:01.69	37.72	350m:	4:17.35	37.84
	100m:	1:09.03 36.10	200m:	2:23.97	37.71	300m:	3:39.51	37.82	400m:	4:53.46	36.11
29.	MUSIAŁ, Natalia		95	MUKS "Unia" Busko-Zdrój				4:53.69	534		
	50m:	32.49 32.49	150m:	1:45.19	36.88	250m:	3:01.03	37.77	350m:	4:17.07	38.21
	100m:	1:08.31 35.82	200m:	2:23.26	38.07	300m:	3:38.86	37.83	400m:	4:53.69	36.62
30.	RASIŃSKA, Daria		95	MMKS Kędzierzyn-Koźle				4:53.97	532		
	50m:	32.69 32.69	150m:	1:45.99	36.96	250m:	3:01.20	37.50	350m:	4:16.75	37.74
	100m:	1:09.03 36.34	200m:	2:23.70	37.71	300m:	3:39.01	37.81	400m:	4:53.97	37.22
31.	RUTKOWSKA, Daria		95	MKP Słowianka Gorzów				4:54.50	530		
	50m:	32.70 32.70	150m:	1:46.04	36.77	250m:	3:00.57	37.06	350m:	4:16.81	38.41
	100m:	1:09.27 36.57	200m:	2:23.51	37.47	300m:	3:38.40	37.83	400m:	4:54.50	37.69
32.	SOBOLEWSKA, Anna		95	Warta Poznań				4:54.58	529		
	50m:	32.81 32.81	150m:	1:47.70	38.43	250m:	3:04.46	38.58	350m:	4:20.73	37.96
	100m:	1:09.27 36.46	200m:	2:25.88	38.18	300m:	3:42.77	38.31	400m:	4:54.58	33.85
33.	MAŁKIŃSKA, Zuzanna		95	GIM92 Ursynów W-wa				4:55.07	526		
	50m:	33.74 33.74	150m:	1:47.19	37.10	250m:	3:02.32	37.79	350m:	4:18.60	38.07
	100m:	1:10.09 36.35	200m:	2:24.53	37.34	300m:	3:40.53	38.21	400m:	4:55.07	36.47
34.	LEJA, Agata		95	MKP Szczecin				4:56.68	518		
	50m:	33.35 33.35	150m:	1:47.15	37.39	250m:	3:02.25	37.73	350m:	4:18.57	38.58
	100m:	1:09.76 36.41	200m:	2:24.52	37.37	300m:	3:39.99	37.74	400m:	4:56.68	38.11
35.	LEWANDOWSKA, Kamila		95	KS AZS AWFis Gdańsk				4:57.26	515		
	50m:	33.23 33.23	150m:	1:48.84	38.28	250m:	3:04.81	37.86	350m:	4:20.23	38.13
	100m:	1:10.56 37.33	200m:	2:26.95	38.11	300m:	3:42.10	37.29	400m:	4:57.26	37.03

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Katowice, 22. - 24.1.2010

Konkurencja 19, Kobiety, 400m dowolny, Eliminacje, Open

Pozycja			Rok ur.					Czas	Pkt.		
36.	MACELANKA, Zofia		95	Jagiellonka Warszawa				4:57.27	515		
	50m:	33.04 33.04	150m:	1:47.84	38.37	250m:	3:05.21	38.96	350m:	4:21.84	38.60
	100m:	1:09.47 36.43	200m:	2:26.25	38.41	300m:	3:43.24	38.03	400m:	4:57.27	35.43
37.	TOMANEK, Marlena		95	Ikar Mielec				4:58.74	507		
	50m:	32.70 32.70	150m:	1:46.96	37.49	250m:	3:03.00	38.59	350m:	4:20.12	37.94
	100m:	1:09.47 36.77	200m:	2:24.41	37.45	300m:	3:42.18	39.18	400m:	4:58.74	38.62
38.	ZADYLAK, Angelika		95	UKP Unia Oœwiêcim				4:59.24	505		
	50m:	34.23 34.23	150m:	1:48.32	37.47	250m:	3:04.91	38.29	350m:	4:21.76	37.92
	100m:	1:10.85 36.62	200m:	2:26.62	38.30	300m:	3:43.84	38.93	400m:	4:59.24	37.48
39.	CWYNAR, Michalina		95	MKP Bobry Dêbica				4:59.51	503		
	50m:	33.07 33.07	150m:	1:48.31	38.34	250m:	3:05.48	38.75	350m:	4:22.65	38.27
	100m:	1:09.97 36.90	200m:	2:26.73	38.42	300m:	3:44.38	38.90	400m:	4:59.51	36.86
40.	PAWLIK, Marta		95	AZS AWF Katowice				5:00.00	501		
	50m:	33.44 33.44	150m:	1:47.93	37.71	250m:	3:04.64	38.44	350m:	4:22.26	38.95
	100m:	1:10.22 36.78	200m:	2:26.20	38.27	300m:	3:43.31	38.67	400m:	5:00.00	37.74
41.	ZACHARSKA, Adriana		95	Ikar Mielec				5:00.21	500		
	50m:	34.41 34.41	150m:	1:50.17	38.64	250m:	3:07.31	38.39	350m:	4:23.75	37.80
	100m:	1:11.53 37.12	200m:	2:28.92	38.75	300m:	3:45.95	38.64	400m:	5:00.21	36.46
42.	SALLOUM, Natalia		95	MKS Juwenia Wroc³aw				5:00.35	499		
	50m:	32.92 32.92	150m:	1:45.57	36.71	250m:	3:02.21	38.70	350m:	4:21.61	40.04
	100m:	1:08.86 35.94	200m:	2:23.51	37.94	300m:	3:41.57	39.36	400m:	5:00.35	38.74
43.	SZKROBOCZ, Martyna		95	AZS AWF Katowice				5:03.98	482		
	50m:	32.68 32.68	150m:	1:48.15	38.21	250m:	3:05.93	39.06	350m:	4:25.59	39.31
	100m:	1:09.94 37.26	200m:	2:26.87	38.72	300m:	3:46.28	40.35	400m:	5:03.98	38.39
43.	KARCZEWSKA, Karolina		95	Pa³ac M³odz. Katowice				5:03.98	482		
	50m:	33.47 33.47	150m:	1:48.93	38.40	250m:	3:07.77	39.70	350m:	4:25.96	38.91
	100m:	1:10.53 37.06	200m:	2:28.07	39.14	300m:	3:47.05	39.28	400m:	5:03.98	38.02
45.	PAJOR, Aleksandra		95	MKP Szczecin				5:04.23	480		
	50m:	34.68 34.68	150m:	1:49.90	37.95	250m:	3:07.13	38.57	350m:	4:25.50	39.20
	100m:	1:11.95 37.27	200m:	2:28.56	38.66	300m:	3:46.30	39.17	400m:	5:04.23	38.73
46.	PTASZEK, KATARZYNA		95	MUKS Gilus Gilowice				5:05.18	476		
	50m:	33.25 33.25	150m:	1:48.96	38.52	250m:	3:08.19	40.00	350m:	4:26.60	39.21
	100m:	1:10.44 37.19	200m:	2:28.19	39.23	300m:	3:47.39	39.20	400m:	5:05.18	38.58
47.	SIENKIEWICZ, Anna		95	MKS Zryw Opole				5:06.48	470		
	50m:	34.55 34.55	150m:	1:51.08	38.60	250m:	3:09.00	39.23	350m:	4:27.83	39.17
	100m:	1:12.48 37.93	200m:	2:29.77	38.69	300m:	3:48.66	39.66	400m:	5:06.48	38.65
48.	DRUCIS, IGA		95	MUKS Olimpijczyk Suwa³ki				5:08.63	460		
	50m:	34.88 34.88	150m:	1:52.40	39.30	250m:	3:11.01	39.29	350m:	4:30.07	39.70
	100m:	1:13.10 38.22	200m:	2:31.72	39.32	300m:	3:50.37	39.36	400m:	5:08.63	38.56
49.	WICENIEWSKA, Karolina		95	Jedynka ŁódŸ				5:09.38	457		
	50m:	33.67 33.67	150m:	1:50.55	39.63	250m:	3:10.75	40.14	350m:	4:30.04	39.39
	100m:	1:10.92 37.25	200m:	2:30.61	40.06	300m:	3:50.65	39.90	400m:	5:09.38	39.34
50.	BANASIK, Paula		95	KSZO Ostrowiec Œw				5:10.08	454		
	50m:	35.28 35.28	150m:	1:52.85	39.07	250m:	3:11.30	39.23	350m:	4:31.70	40.15
	100m:	1:13.78 38.50	200m:	2:32.07	39.22	300m:	3:51.55	40.25	400m:	5:10.08	38.38
51.	SZEWCZYK, Karolina		95	Znicz Koszalin				5:10.33	453		
	50m:	33.68 33.68	150m:	1:50.52	39.17	250m:	3:11.08	40.63	350m:	4:32.28	40.61
	100m:	1:11.35 37.67	200m:	2:30.45	39.93	300m:	3:51.67	40.59	400m:	5:10.33	38.05
52.	LESIŃSKA, Kinga		95	Znicz Koszalin				5:12.22	444		
	50m:	33.90 33.90	150m:	1:50.33	38.83	250m:	3:11.31	40.70	350m:	4:32.01	39.71
	100m:	1:11.50 37.60	200m:	2:30.61	40.28	300m:	3:52.30	40.99	400m:	5:12.22	40.21
53.	KASPRZYK, EDYTA		95	ŒEI'sk Wroclaw				5:20.45	411		
	50m:	35.20 35.20	150m:	1:53.57	40.13	250m:	3:16.63	42.00	350m:	4:39.95	41.44
	100m:	1:13.44 38.24	200m:	2:34.63	41.06	300m:	3:58.51	41.88	400m:	5:20.45	40.50

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Konkurencja 19, Kobiet, 400m dowolny, Eliminacje, Open

Pozycja				Rok ur.					Czas	Pkt.		
54.	BUCHWALD, Aleksandra			95	Astromal-Akwawit Leszno				5:25.77	391		
	50m:	36.64	36.64	150m:	1:58.09	41.35	250m:	3:22.69	42.60	350m:	4:46.46	41.75
	100m:	1:16.74	40.10	200m:	2:40.09	42.00	300m:	4:04.71	42.02	400m:	5:25.77	39.31