

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

Konkurencja 19
2010-01-23 - 10:40

Kobiet, 400m dowolny

Open
Wyniki Fina³

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

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.	
Fina³ A										
1.	KILIJANŃSKA, Donata		95	KSZO Ostrowiec Œw				4:19.53	774	
	50m:	29.49 29.49	150m:	1:34.39	32.73	250m:	2:40.57	33.14	350m:	3:46.97 33.14
	100m:	1:01.66 32.17	200m:	2:07.43	33.04	300m:	3:13.83	33.26	400m:	4:19.53 32.56
2.	LALAK, Patrycja		95	UTS Orlik Lublin				4:26.18	717	
	50m:	30.81 30.81	150m:	1:37.31	33.61	250m:	2:45.71	34.17	350m:	3:54.38 34.05
	100m:	1:03.70 32.89	200m:	2:11.54	34.23	300m:	3:20.33	34.62	400m:	4:26.18 31.80
3.	TROJANOWSKA, Kinga SO		95	EKS SKRA Be ³ chatów				4:26.56	714	
	50m:	30.86 30.86	150m:	1:37.57	33.56	250m:	2:44.96	33.78	350m:	3:53.37 34.39
	100m:	1:04.01 33.15	200m:	2:11.18	33.61	300m:	3:18.98	34.02	400m:	4:26.56 33.19
4.	BURSKA, Justyna		95	UKS "Piłtka" Konstanyńów				4:27.26	709	
	50m:	31.20 31.20	150m:	1:37.69	33.53	250m:	2:45.76	34.15	350m:	3:54.13 34.24
	100m:	1:04.16 32.96	200m:	2:11.61	33.92	300m:	3:19.89	34.13	400m:	4:27.26 33.13
5.	SZCZYTKO, ALICJA		95	MUKS Olimpijczyk Suwa ³ ki				4:27.56	706	
	50m:	29.69 29.69	150m:	1:35.62	33.48	250m:	2:44.30	34.51	350m:	3:54.42 35.16
	100m:	1:02.14 32.45	200m:	2:09.79	34.17	300m:	3:19.26	34.96	400m:	4:27.56 33.14
6.	GRZEBAŁA, Zuzanna		95	KSZO Ostrowiec Œw				4:32.04	672	
	50m:	31.58 31.58	150m:	1:39.52	34.24	250m:	2:48.55	34.70	350m:	3:58.02 34.86
	100m:	1:05.28 33.70	200m:	2:13.85	34.33	300m:	3:23.16	34.61	400m:	4:32.04 34.02
Fina³ B										
7.	BIERNACKA, Katarzyna		95	"1" Ożarów Mazowiecki				4:33.30	663	
	50m:	31.40 31.40	150m:	1:40.59	34.79	250m:	2:50.86	35.24	350m:	3:59.95 33.96
	100m:	1:05.80 34.40	200m:	2:15.62	35.03	300m:	3:25.99	35.13	400m:	4:33.30 33.35
8.	WALEWSKA, Agnieszka		95	Jagiellonka Warszawa				4:33.62	660	
	50m:	31.33 31.33	150m:	1:39.71	34.63	250m:	2:49.33	34.89	350m:	3:59.97 35.65
	100m:	1:05.08 33.75	200m:	2:14.44	34.73	300m:	3:24.32	34.99	400m:	4:33.62 33.65
9.	SZCZYTKO, NATALIA		95	MUKS Olimpijczyk Suwa ³ ki				4:35.85	644	
	50m:	31.22 31.22	150m:	1:38.81	34.05	250m:	2:49.21	35.46	350m:	4:00.62 35.89
	100m:	1:04.76 33.54	200m:	2:13.75	34.94	300m:	3:24.73	35.52	400m:	4:35.85 35.23
10.	ZGIET, Karina		95	Orze ³ Elbl ¹ g				4:37.64	632	
	50m:	31.99 31.99	150m:	1:41.41	34.99	250m:	2:51.96	35.24	350m:	4:02.57 35.31
	100m:	1:06.42 34.43	200m:	2:16.72	35.31	300m:	3:27.26	35.30	400m:	4:37.64 35.07
11.	BORZĘCKA, Katarzyna		95	UTS Orlik Lublin				4:40.55	613	
	50m:	31.89 31.89	150m:	1:42.32	35.41	250m:	2:53.88	35.89	350m:	4:05.62 36.02
	100m:	1:06.91 35.02	200m:	2:17.99	35.67	300m:	3:29.60	35.72	400m:	4:40.55 34.93
12.	WYSOCKA, Michalina		95	MKP Szczecin				4:44.06	590	
	50m:	31.61 31.61	150m:	1:42.18	36.00	250m:	2:55.29	36.48	350m:	4:08.62 36.63
	100m:	1:06.18 34.57	200m:	2:18.81	36.63	300m:	3:31.99	36.70	400m:	4:44.06 35.44