Konkurencja 27 | Kobiet, 400m dowolny | Open
21-12-2012 - 9:22 | Wyniki Eliminacje

Rek Polski Seniorów	4:05.77	Barzycka Paulina	AZWAR	Gorzów Wlkp.	26-11-2005
Rek Polski Jun 18-lat	4:08.04	Kilijańska Donata	KSOST	Poznań	17-12-2011
Rek Polski Jun 17-lat	4:08.04	Kilijańska Donata	KSOST	Poznań	17-12-2011
Rek Polski Jun 16-lat	4:08.04	Kilijańska Donata	KSOST	Poznań	17-12-2011
Rek Polski Jun 15-lat	4:11.12	Kilijańska Donata	KSOST	Łódź	21-11-2010
Rek Polski Jun 14-lat	4:16.92	Kilijańska Donata	KSOST	Gorzów Wlkp.	29-11-2009

Punkty: FINA 2011

Pozycja		Rok ur.		CR	Czas	Pkt.	
1.	Czerniak Monika	92	AZS UWM Olsztyn	+0,85	**4:15.05**	781	A
	50m: 30.64 30.64 150m: 1:35.73 32.74 250m: 2:40.39 32.10 350m: 3:43.92 31.41						
	100m: 1:02.99 32.35 200m: 2:08.29 32.56 300m: 3:12.51 32.12 400m: 4:15.05 31.13						
2.	Kilijańska Donata SSz	95	KS KSZO Ostrowiec	+0,89	**4:15.34**	778	A
	50m: 30.59 30.59 150m: 1:35.48 32.58 250m: 2:40.57 32.25 350m: 3:44.29 31.76						
	100m: 1:02.90 32.31 200m: 2:08.32 32.84 300m: 3:12.53 31.96 400m: 4:15.34 31.05						
3.	Burska Justyna	95	Piątka Konstantynów	+0,93	**4:15.77**	774	A
	50m: 30.75 30.75 150m: 1:36.09 32.64 250m: 2:40.85 31.91 350m: 3:44.45 31.66						
	100m: 1:03.45 32.70 200m: 2:08.94 32.85 300m: 3:12.79 31.94 400m: 4:15.77 31.32						
4.	Zachoszcz Joanna	93	AZS UWM Olsztyn	+0,92	**4:16.07**	772	A
	50m: 30.37 30.37 150m: 1:35.29 32.45 250m: 2:39.73 31.97 350m: 3:44.23 32.32						
	100m: 1:02.84 32.47 200m: 2:07.76 32.47 300m: 3:11.91 32.18 400m: 4:16.07 31.84						
5.	Karpisz Milena	97	Piątka Konstantynów	+0,99	**4:17.35**	760	A
	50m: 29.71 29.71 150m: 1:34.14 32.28 250m: 2:39.33 32.65 350m: 3:44.95 32.80						
	100m: 1:01.86 32.15 200m: 2:06.68 32.54 300m: 3:12.15 32.82 400m: 4:17.35 32.40						
6.	Sokołowska Diana SK	96	JUVENIA Białystok	+0,88	**4:17.98**	755	A
	50m: 29.82 29.82 150m: 1:35.24 32.83 250m: 2:40.68 32.69 350m: 3:46.37 32.87						
	100m: 1:02.41 32.59 200m: 2:07.99 32.75 300m: 3:13.50 32.82 400m: 4:17.98 31.61						
7.	Wikieł Manuela	92	AZS UWM Olsztyn	+0,89	**4:18.42**	751	A
	50m: 30.77 30.77 150m: 1:35.78 32.59 250m: 2:40.76 32.31 350m: 3:45.99 32.65						
	100m: 1:03.19 32.42 200m: 2:08.45 32.67 300m: 3:13.34 32.58 400m: 4:18.42 32.43						
8.	Szczepaniak Karolina	92	AZS AWF Katowice		**4:19.05**	745	A
	50m: 29.70 29.70 150m: 1:34.38 32.62 250m: 2:40.68 33.18 350m: 3:46.93 33.20						
	100m: 1:01.76 32.06 200m: 2:07.50 33.12 300m: 3:13.73 33.05 400m: 4:19.05 32.12						
9.	Bernat Aleksandra	90	WARTA Poznań	+0,80	**4:19.61**	740	R
	50m: 30.22 30.22 150m: 1:35.25 32.79 250m: 2:41.28 33.11 350m: 3:47.49 33.08						
	100m: 1:02.46 32.24 200m: 2:08.17 32.92 300m: 3:14.41 33.13 400m: 4:19.61 32.12						
10.	Wasilewska Barbara	94	Omega Kleszczów	+0,82	**4:20.25**	735	R
	50m: 30.29 30.29 150m: 1:34.89 32.44 250m: 2:40.81 33.03 350m: 3:47.65 33.57						
	100m: 1:02.45 32.16 200m: 2:07.78 32.89 300m: 3:14.08 33.27 400m: 4:20.25 32.60						
11.	Kunka Kamila SO	96	UNIA Oświęcim	+0,67	**4:23.52**	708	
	50m: 29.43 29.43 150m: 1:35.10 33.25 250m: 2:43.19 34.23 350m: 3:51.09 33.61						
	100m: 1:01.85 32.42 200m: 2:08.96 33.86 300m: 3:17.48 34.29 400m: 4:23.52 32.43						
12.	Zygo Karolina	96	OLIMPIA Lublin	+0,96	**4:24.94**	697	
	50m: 31.20 31.20 150m: 1:36.94 33.05 250m: 2:43.37 33.32 350m: 3:51.64 33.97						
	100m: 1:03.89 32.69 200m: 2:10.05 33.11 300m: 3:17.67 34.30 400m: 4:24.94 33.30						
13.	Nienałtowska Natalia	96	POLONIA Warszawa	+0,84	**4:25.13**	695	
	50m: 30.51 30.51 150m: 1:35.45 32.65 250m: 2:42.13 33.57 350m: 3:51.07 34.48						
	100m: 1:02.80 32.29 200m: 2:08.56 33.11 300m: 3:16.59 34.46 400m: 4:25.13 34.06						
14.	Borkowska Lucyna	97	SAMBOR Tczew	+1,00	**4:25.82**	690	
	50m: 30.07 30.07 150m: 1:36.04 33.48 250m: 2:43.41 33.80 350m: 3:52.31 34.33						
	100m: 1:02.56 32.49 200m: 2:09.61 33.57 300m: 3:17.98 34.57 400m: 4:25.82 33.51						
15.	Wołoszyn Sonia SOc	95	KS KSZO Ostrowiec	+0,80	**4:27.16**	679	
	50m: 30.80 30.80 150m: 1:36.86 33.34 250m: 2:44.72 34.30 350m: 3:53.60 34.40						
	100m: 1:03.52 32.72 200m: 2:10.42 33.56 300m: 3:19.20 34.48 400m: 4:27.16 33.56						

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Pozycja		Rok ur.		CR	Czas	Pkt.
16.	Bajorska Dorota SO	94	UNIA Oświęcim	+0,93	**4:27.78**	675
	50m: 31.09 31.09 150m: 1:37.91 33.84 250m: 2:45.33 33.75 350m: 3:54.00 34.43					
	100m: 1:04.07 32.98 200m: 2:11.58 33.67 300m: 3:19.57 34.24 400m: 4:27.78 33.78					
17.	Ulatowska Alicja SO	96	UNIA Oświęcim	+0,82	**4:27.94**	673
	50m: 30.98 30.98 150m: 1:38.97 34.20 250m: 2:47.00 33.89 350m: 3:55.00 33.90					
	100m: 1:04.77 33.79 200m: 2:13.11 34.14 300m: 3:21.10 34.10 400m: 4:27.94 32.94					
18.	Nita Anna	97	Piątka Konstantynów		**4:28.19**	672
	50m: 31.26 31.26 150m: 1:37.89 33.37 250m: 2:46.10 34.19 350m: 3:54.88 34.35					
	100m: 1:04.52 33.26 200m: 2:11.91 34.02 300m: 3:20.53 34.43 400m: 4:28.19 33.31					
19.	Orczykowska Wioletta SK	97	KS Limanowa-Swim	+1,04	**4:28.32**	671
	50m: 31.42 31.42 150m: 1:38.60 34.02 250m: 2:47.37 34.25 350m: 3:55.26 32.77					
	100m: 1:04.58 33.16 200m: 2:13.12 34.52 300m: 3:22.49 35.12 400m: 4:28.32 33.06					
20.	Rudawska Adrianna	96	Olimpijczyk 23 Lublin	+0,81	**4:28.76**	667
	50m: 30.22 30.22 150m: 1:38.09 34.20 250m: 2:46.61 34.34 350m: 3:55.56 34.56					
	100m: 1:03.89 33.67 200m: 2:12.27 34.18 300m: 3:21.00 34.39 400m: 4:28.76 33.20					
21.	Maciuch Karolina	96	VEGA Dobrodzień	+0,96	**4:28.82**	667
	50m: 30.82 30.82 150m: 1:37.93 33.94 250m: 2:46.36 34.42 350m: 3:55.56 34.42					
	100m: 1:03.99 33.17 200m: 2:11.94 34.01 300m: 3:21.14 34.78 400m: 4:28.82 33.26					
22.	Popiel Joanna	96	Bielany Warszawa	+0,85	**4:30.02**	658
	50m: 31.31 31.31 150m: 1:39.93 34.48 250m: 2:48.62 34.24 350m: 3:57.18 33.71					
	100m: 1:05.45 34.14 200m: 2:14.38 34.45 300m: 3:23.47 34.85 400m: 4:30.02 32.84					
23.	Zbrojewska Michalina	96	Piątka Konstantynów	+0,91	**4:30.47**	655
	50m: 31.05 31.05 150m: 1:39.04 34.11 250m: 2:47.36 34.15 350m: 3:56.93 34.65					
	100m: 1:04.93 33.88 200m: 2:13.21 34.17 300m: 3:22.28 34.92 400m: 4:30.47 33.54					
24.	Kowalska Agata	93	AZS AWF Warszawa	+0,91	**4:31.08**	650
	50m: 30.97 30.97 150m: 1:38.71 34.47 250m: 2:48.14 34.68 350m: 3:56.93 34.05					
	100m: 1:04.24 33.27 200m: 2:13.46 34.75 300m: 3:22.88 34.74 400m: 4:31.08 34.15					
25.	Kuzawińska Karolina	93	MZOS Płock	+0,88	**4:31.24**	649
	50m: 30.92 30.92 150m: 1:39.28 34.41 250m: 2:48.31 34.34 350m: 3:57.65 34.68					
	100m: 1:04.87 33.95 200m: 2:13.97 34.69 300m: 3:22.97 34.66 400m: 4:31.24 33.59					
26.	Rogacz Katarzyna SR	96	Victoria Racibórz	+0,79	**4:31.75**	646
	50m: 31.29 31.29 150m: 1:39.81 34.50 250m: 2:48.58 34.01 350m: 3:57.39 34.70					
	100m: 1:05.31 34.02 200m: 2:14.57 34.76 300m: 3:22.69 34.11 400m: 4:31.75 34.36					
27.	Sędłak Katarzyna	94	ORKA Zamość	+0,89	**4:31.82**	645
	50m: 31.13 31.13 150m: 1:39.37 34.31 250m: 2:48.77 34.60 350m: 3:58.01 34.57					
	100m: 1:05.06 33.93 200m: 2:14.17 34.80 300m: 3:23.44 34.67 400m: 4:31.82 33.81					
28.	Pożarowszczyk Beata	91	JUVENIA Wrocław	+0,85	**4:32.99**	637
	50m: 31.36 31.36 150m: 1:38.88 34.12 250m: 2:47.49 34.24 350m: 3:57.78 35.21					
	100m: 1:04.76 33.40 200m: 2:13.25 34.37 300m: 3:22.57 35.08 400m: 4:32.99 35.21					
29.	Bartoszek Joanna SWr	96	AZS AWF Katowice	+0,86	**4:33.03**	636
	50m: 30.60 30.60 150m: 1:37.88 33.75 250m: 2:47.36 34.97 350m: 3:57.81 35.51					
	100m: 1:04.13 33.53 200m: 2:12.39 34.51 300m: 3:22.30 34.94 400m: 4:33.03 35.22					
30.	Szpak Zofia	92	AZS AWFiS Gdańsk	+0,88	**4:33.32**	634
	50m: 30.34 30.34 150m: 1:39.06 34.72 250m: 2:48.91 34.84 350m: 3:59.41 35.26					
	100m: 1:04.34 34.00 200m: 2:14.07 35.01 300m: 3:24.15 35.24 400m: 4:33.32 33.91					
31.	Wójcik Magdalena	97	SOLEX Lębork	+0,95	**4:34.21**	628
	50m: 31.10 31.10 150m: 1:40.11 34.70 250m: 2:49.98 34.85 350m: 3:59.89 35.07					
	100m: 1:05.41 34.31 200m: 2:15.13 35.02 300m: 3:24.82 34.84 400m: 4:34.21 34.32					
32.	Jankowska Klaudia	98	Ursynów Warszawa	+0,80	**4:34.51**	626
	50m: 30.90 30.90 150m: 1:39.78 34.65 250m: 2:49.27 34.73 350m: 3:59.78 35.24					
	100m: 1:05.13 34.23 200m: 2:14.54 34.76 300m: 3:24.54 35.27 400m: 4:34.51 34.73					

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Pozycja		Rok ur.		CR	Czas	Pkt.
33.	Loranty Patrycja	97	KS KSZO Ostrowiec	+0,79	**4:35.36**	620
	50m: 31.27 31.27 150m: 1:40.31 34.86 250m: 2:50.65 35.15 350m: 4:01.48 35.20					
	100m: 1:05.45 34.18 200m: 2:15.50 35.19 300m: 3:26.28 35.63 400m: 4:35.36 33.88					
34.	Haczkiewicz Paulina SZG	97	KORNER Zielona G.	+0,76	**4:35.45**	620
	50m: 30.42 30.42 150m: 1:39.19 34.79 250m: 2:49.39 35.17 350m: 4:00.73 35.64					
	100m: 1:04.40 33.98 200m: 2:14.22 35.03 300m: 3:25.09 35.70 400m: 4:35.45 34.72					
35.	Niklarz Maria	97	RUCH Grudziądz	+0,71	**4:35.94**	617
	50m: 31.08 31.08 150m: 1:39.72 34.55 250m: 2:49.33 35.10 350m: 4:01.29 36.05					
	100m: 1:05.17 34.09 200m: 2:14.23 34.51 300m: 3:25.24 35.91 400m: 4:35.94 34.65					
36.	Nogaj Paulina	98	WODNIK Radom	+0,91	**4:36.75**	611
	50m: 32.45 32.45 150m: 1:42.84 35.33 250m: 2:53.75 35.07 350m: 4:03.68 35.22					
	100m: 1:07.51 35.06 200m: 2:18.68 35.84 300m: 3:28.46 34.71 400m: 4:36.75 33.07					
37.	Szymańska Monika	96	Omega Kleszczów	+0,94	**4:37.33**	607
	50m: 31.49 31.49 150m: 1:40.62 34.82 250m: 2:50.70 35.01 350m: 4:02.09 35.76					
	100m: 1:05.80 34.31 200m: 2:15.69 35.07 300m: 3:26.33 35.63 400m: 4:37.33 35.24					
38.	Halagiera Joanna	96	Słowianka Gorzów Wlkp	+0,90	**4:37.51**	606
	50m: 31.27 31.27 150m: 1:39.13 34.56 250m: 2:49.79 35.33 350m: 4:01.70 36.12					
	100m: 1:04.57 33.30 200m: 2:14.46 35.33 300m: 3:25.58 35.79 400m: 4:37.51 35.81					
39.	Ejnik Sylwia	94	MZOS Płock	+1,15	**4:38.51**	600
	50m: 31.45 31.45 150m: 1:41.01 35.17 250m: 2:51.88 35.43 350m: 4:03.54 35.98					
	100m: 1:05.84 34.39 200m: 2:16.45 35.44 300m: 3:27.56 35.68 400m: 4:38.51 34.97					
40.	Giedzicz Katarzyna	98	JUVENIA Białystok	+0,70	**4:39.36**	594
	50m: 30.95 30.95 150m: 1:40.88 35.34 250m: 2:51.68 35.73 350m: 4:04.09 37.00					
	100m: 1:05.54 34.59 200m: 2:15.95 35.07 300m: 3:27.09 35.41 400m: 4:39.36 35.27					
41.	Trojanowska Kinga	95	Omega Kleszczów	+0,85	**4:39.70**	592
	50m: 31.53 31.53 150m: 1:42.04 35.70 250m: 2:52.94 34.90 350m: 4:04.01 35.53					
	100m: 1:06.34 34.81 200m: 2:18.04 36.00 300m: 3:28.48 35.54 400m: 4:39.70 35.69					
42.	Popiel Magdalena	98	JUVENIA Białystok	+0,86	**4:41.13**	583
	50m: 31.78 31.78 150m: 1:41.84 35.40 250m: 2:53.97 36.08 350m: 4:06.63 36.39					
	100m: 1:06.44 34.66 200m: 2:17.89 36.05 300m: 3:30.24 36.27 400m: 4:41.13 34.50					
43.	Gralewska Kalina	96	POLONIA Warszawa	+0,82	**4:42.17**	577
	50m: 31.12 31.12 150m: 1:41.38 35.70 250m: 2:53.52 36.11 350m: 4:06.64 36.61					
	100m: 1:05.68 34.56 200m: 2:17.41 36.03 300m: 3:30.03 36.51 400m: 4:42.17 35.53					
44.	Zawolik Wiktoria	97	KS KSZO Ostrowiec	+0,84	**4:43.01**	571
	50m: 31.74 31.74 150m: 1:41.49 35.39 250m: 2:53.52 36.50 350m: 4:06.92 36.93					
	100m: 1:06.10 34.36 200m: 2:17.02 35.53 300m: 3:29.99 36.47 400m: 4:43.01 36.09					
45.	Jarocha Wiktoria	98	KS KSZO Ostrowiec	+0,77	**4:44.33**	564
	50m: 31.75 31.75 150m: 1:41.03 35.16 250m: 2:52.68 35.99 350m: 4:07.30 37.64					
	100m: 1:05.87 34.12 200m: 2:16.69 35.66 300m: 3:29.66 36.98 400m: 4:44.33 37.03					
46.	Kiec Magda	96	Żoliborz W-wa	+0,90	**4:50.53**	528
	50m: 32.14 32.14 150m: 1:45.16 37.05 250m: 3:00.23 37.66 350m: 4:14.98 37.18					
	100m: 1:08.11 35.97 200m: 2:22.57 37.41 300m: 3:37.80 37.57 400m: 4:50.53 35.55					
47.	Andruszkiewicz Monika	95	JUVENIA Białystok	+0,85	**4:50.56**	528
	50m: 32.42 32.42 150m: 1:44.72 36.73 250m: 2:59.21 37.04 350m: 4:13.96 37.19					
	100m: 1:07.99 35.57 200m: 2:22.17 37.45 300m: 3:36.77 37.56 400m: 4:50.56 36.60					
48.	Niemczyk Mirosława	95	KORNER Zielona G.	+0,77	**4:52.33**	518
	50m: 32.66 32.66 150m: 1:46.67 37.36 250m: 3:01.32 37.08 350m: 4:16.38 37.48					
	100m: 1:09.31 36.65 200m: 2:24.24 37.57 300m: 3:38.90 37.58 400m: 4:52.33 35.95					
49.	Wysocka Karolina	96	JUVENIA Białystok	+0,83	**5:02.57**	468
	50m: 32.48 32.48 150m: 1:46.05 37.68 250m: 3:04.88 39.54 350m: 4:24.69 39.83					
	100m: 1:08.37 35.89 200m: 2:25.34 39.29 300m: 3:44.86 39.98 400m: 5:02.57 37.88					

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Pozycja		Rok ur.		CR	Czas	Pkt.
NW	Mazur Maja	98	SALOS Cortile Kielce			
NW	Podlewska Miriam	97	POSNANIA			