Event 38 | Women, 400m Medley | Open
22-12-2012 - 9:28 | Results Prelim

Rek Polski Seniorów	4:31.89	Baranowska Katarzyna	MKSZC	Debrecen (HUN)	16-12-2007
Rek Polski Jun 18-lat	4:33.70	Baranowska Katarzyna	MKSZC	Trieste (ITA)	11-12-2005
Rek Polski Jun 17-lat	4:38.72	Szczepaniak Karolina	AZWAR	Gorzów Wlkp.	29-11-2009
Rek Polski Jun 16-lat	4:42.49	Jędrzejczak Otylia	PAKAT	Spała	01-12-1999
Rek Polski Jun 15-lat	4:45.72	Szpucha Katarzyna	OLALE	Ciechanów	11-03-2011
Rek Polski Jun 14-lat	4:53.86	Sieńczyk Jowita	ZABIA	Poznań	18-12-2011

Points: FINA 2011

Rank		YB		RT	Time	Pts	
1.	Chwadeczko Zuzanna SSz	95	LUBLINIANKA	+1,87	**4:52.10**	713	A
	50m: 30.38 30.38 150m: 1:42.98 37.10 250m: 3:01.20 41.90 350m: 4:17.78 34.44						
	100m: 1:05.88 35.50 200m: 2:19.30 36.32 300m: 3:43.34 42.14 400m: 4:52.10 34.32						
2.	Szpucha Katarzyna SK	96	Olimpijczyk Aleksandrow	+0,78	**4:55.19**	691	A
	50m: 31.69 31.69 150m: 1:44.38 36.42 250m: 3:02.49 41.35 350m: 4:20.57 36.03						
	100m: 1:07.96 36.27 200m: 2:21.14 36.76 300m: 3:44.54 42.05 400m: 4:55.19 34.62						
3.	Sienczyk Jowita SK	97	ZAK Biala Podlaska	+0,93	**4:55.26**	691	A
	50m: 31.22 31.22 150m: 1:44.32 37.51 250m: 3:03.14 43.05 350m: 4:21.05 35.25						
	100m: 1:06.81 35.59 200m: 2:20.09 35.77 300m: 3:45.80 42.66 400m: 4:55.26 34.21						
4.	Zygo Karolina	96	OLIMPIA Lublin	+0,95	**4:56.23**	684	A
	50m: 32.53 32.53 150m: 1:45.80 37.63 250m: 3:05.82 43.05 350m: 4:23.91 34.33						
	100m: 1:08.17 35.64 200m: 2:22.77 36.97 300m: 3:49.58 43.76 400m: 4:56.23 32.32						
5.	Nienaltowska Natalia	96	POLONIA Warszawa	+0,83	**4:58.44**	669	A
	50m: 32.32 32.32 150m: 1:45.58 37.28 250m: 3:05.28 42.65 350m: 4:23.95 35.30						
	100m: 1:08.30 35.98 200m: 2:22.63 37.05 300m: 3:48.65 43.37 400m: 4:58.44 34.49						
6.	Urbanska Karolina	92	AZS AWF Warszawa	+0,88	**4:58.78**	666	A
	50m: 31.45 31.45 150m: 1:46.35 37.71 250m: 3:05.84 41.98 350m: 4:23.88 35.31						
	100m: 1:08.64 37.19 200m: 2:23.86 37.51 300m: 3:48.57 42.73 400m: 4:58.78 34.90						
7.	Sikora Paulina	93	AZS AWF Warszawa	+0,86	**5:01.06**	651	A
	50m: 31.88 31.88 150m: 1:46.81 38.49 250m: 3:09.20 43.72 350m: 4:27.75 34.47						
	100m: 1:08.32 36.44 200m: 2:25.48 38.67 300m: 3:53.28 44.08 400m: 5:01.06 33.31						
8.	Zbrojewska Michalina	96	Piatka Konstantynow	+0,97	**5:01.56**	648	A
	50m: 32.89 32.89 150m: 1:50.50 39.52 250m: 3:09.87 39.94 350m: 4:27.50 36.06						
	100m: 1:10.98 38.09 200m: 2:29.93 39.43 300m: 3:51.44 41.57 400m: 5:01.56 34.06						
9.	Rogacz Katarzyna SR	96	Victoria Raciborz	+0,83	**5:01.80**	647	R
	50m: 31.89 31.89 150m: 1:47.97 38.53 250m: 3:08.13 42.34 350m: 4:27.05 35.79						
	100m: 1:09.44 37.55 200m: 2:25.79 37.82 300m: 3:51.26 43.13 400m: 5:01.80 34.75						
10.	Mikolajczak Anna SSz	95	MKP Szczecin	+0,89	**5:05.60**	623	R
	50m: 31.72 31.72 150m: 1:47.38 39.75 250m: 3:10.43 43.69 350m: 4:30.58 35.92						
	100m: 1:07.63 35.91 200m: 2:26.74 39.36 300m: 3:54.66 44.23 400m: 5:05.60 35.02						
11.	Klimas Paulina SO	95	AZS AWF Katowice	+0,74	**5:06.55**	617	
	50m: 33.54 33.54 150m: 1:51.16 39.54 250m: 3:12.20 41.82 350m: 4:31.06 36.22						
	100m: 1:11.62 38.08 200m: 2:30.38 39.22 300m: 3:54.84 42.64 400m: 5:06.55 35.49						
12.	Sproska Magdalena	97	ZRYW Opole	+0,85	**5:06.91**	615	
	50m: 32.46 32.46 150m: 1:49.00 39.35 250m: 3:12.32 44.71 350m: 4:32.39 35.08						
	100m: 1:09.65 37.19 200m: 2:27.61 38.61 300m: 3:57.31 44.99 400m: 5:06.91 34.52						
13.	Biedrzycka Iga	97	MKS ROS Pisz	+0,88	**5:10.12**	596	
	50m: 32.65 32.65 150m: 1:48.97 38.86 250m: 3:12.21 44.45 350m: 4:34.20 37.25						
	100m: 1:10.11 37.46 200m: 2:27.76 38.79 300m: 3:56.95 44.74 400m: 5:10.12 35.92						
14.	Teresko Anna	97	MOS Dabrowa Grn	+0,81	**5:11.46**	588	
	50m: 32.80 32.80 150m: 1:49.84 39.38 250m: 3:15.11 45.95 350m: 4:37.64 36.48						
	100m: 1:10.46 37.66 200m: 2:29.16 39.32 300m: 4:01.16 46.05 400m: 5:11.46 33.82						
15.	Giedzicz Katarzyna	98	JUVENIA Bialystok	+0,72	**5:12.71**	581	
	50m: 32.44 32.44 150m: 1:52.88 42.12 250m: 3:15.94 43.03 350m: 4:38.18 37.30						
	100m: 1:10.76 38.32 200m: 2:32.91 40.03 300m: 4:00.88 44.94 400m: 5:12.71 34.53						

Event 38, Women, 400m Medley, Prelim, Open

Rank		YB		RT	Time	Pts
16.	Halagiera Joanna	96	Slowianka Gorzow Wlkp	+0,88	**5:15.05**	568
	50m: 33.17 33.17 150m: 1:53.03 41.56 250m: 3:19.25 45.14 350m: 4:39.51 33.81					
	100m: 1:11.47 38.30 200m: 2:34.11 41.08 300m: 4:05.70 46.45 400m: 5:15.05 35.54					
17.	Niklarz Maria	97	RUCH Grudziadz	+0,97	**5:15.39**	566
	50m: 34.34 34.34 150m: 1:55.58 40.03 250m: 3:18.56 42.37 350m: 4:39.23 37.18					
	100m: 1:15.55 41.21 200m: 2:36.19 40.61 300m: 4:02.05 43.49 400m: 5:15.39 36.16					
18.	Sliwinska Marta	97	MOS Dabrowa Grn	+0,83	**5:16.92**	558
	50m: 32.25 32.25 150m: 1:51.57 41.80 250m: 3:18.33 46.18 350m: 4:41.78 36.70					
	100m: 1:09.77 37.52 200m: 2:32.15 40.58 300m: 4:05.08 46.75 400m: 5:16.92 35.14					
19.	Helbing Justyna SK	97	Wilanowia Warszawa	+0,81	**5:17.33**	556
	50m: 33.37 33.37 150m: 1:55.02 42.39 250m: 3:19.45 43.59 350m: 4:41.55 37.08					
	100m: 1:12.63 39.26 200m: 2:35.86 40.84 300m: 4:04.47 45.02 400m: 5:17.33 35.78					
20.	Jarocha Wiktoria	98	KS KSZO Ostrowiec	+0,79	**5:25.71**	514
	50m: 33.29 33.29 150m: 1:53.05 40.83 250m: 3:21.36 47.68 350m: 4:48.99 38.78					
	100m: 1:12.22 38.93 200m: 2:33.68 40.63 300m: 4:10.21 48.85 400m: 5:25.71 36.72					
21.	Baginska Zofia	97	MOSiR Sopot	+0,82	**5:28.57**	501
	50m: 34.29 34.29 150m: 1:57.05 42.11 250m: 3:25.60 45.75 350m: 4:50.48 38.03					
	100m: 1:14.94 40.65 200m: 2:39.85 42.80 300m: 4:12.45 46.85 400m: 5:28.57 38.09					
DNS	Szczepaniak Karolina	92	AZS AWF Katowice			
DNS	Mazur Maja	98	SALOS Cortile Kielce			