

Grand Prix - Puchar Polski  
Warszawa, 18. - 19.12.2009

Konkurencja 1  
2009-12-18 - 10:20

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.
1.	ukowska Paula SZG		93	Zryw Opole				<b>4:44.36</b>	829
	50m:	30.70 30.70	150m:	1:42.23	36.76	250m:	2:58.76 41.26	350m:	4:12.69 32.42
	100m:	1:05.47 34.77	200m:	2:17.50	35.27	300m:	3:40.27 41.51	400m:	4:44.36 31.67
2.	ównowska Katarzyna		90	MZOS Póck				<b>4:49.42</b>	786
	50m:	31.09 31.09	150m:	1:42.70	36.93	250m:	2:59.89 40.80	350m:	4:16.23 34.37
	100m:	1:05.77 34.68	200m:	2:19.09	36.39	300m:	3:41.86 41.97	400m:	4:49.42 33.19
3.	Kowalska Agata		93	MKS Polonia Warszawa				<b>4:58.22</b>	719
	50m:	31.19 31.19	150m:	1:44.20	37.10	250m:	3:04.83 44.09	350m:	4:25.17 35.46
	100m:	1:07.10 35.91	200m:	2:20.74	36.54	300m:	3:49.71 44.88	400m:	4:58.22 33.05
4.	Sêktas Zuzanna		93	UKS G-8 Bielany				<b>5:06.46</b>	662
	50m:	32.21 32.21	150m:	1:49.96	40.43	250m:	3:12.21 43.01	350m:	4:32.24 36.63
	100m:	1:09.53 37.32	200m:	2:29.20	39.24	300m:	3:55.61 43.40	400m:	5:06.46 34.22
5.	Zacharska Inga		94	UKS "GIM 92 Ursynów" Warszawa				<b>5:09.96</b>	640
	50m:	32.90 32.90	150m:	1:49.43	39.36	250m:	3:12.53 44.92	350m:	4:34.72 37.41
	100m:	1:10.07 37.17	200m:	2:27.61	38.18	300m:	3:57.31 44.78	400m:	5:09.96 35.24
6.	Fiziar Monika		94	UKS "GIM 92 Ursynów" Warszawa				<b>5:29.98</b>	531
	50m:	32.81 32.81	150m:	1:55.26	43.67	250m:	3:22.58 45.52	350m:	4:51.02 41.25
	100m:	1:11.59 38.78	200m:	2:37.06	41.80	300m:	4:09.77 47.19	400m:	5:29.98 38.96
7.	Jezuita Joanna		94	MKS Polonia Warszawa				<b>5:36.32</b>	501
	50m:	35.24 35.24	150m:	2:01.07	44.42	250m:	3:31.14 47.13	350m:	4:58.26 38.68
	100m:	1:16.65 41.41	200m:	2:44.01	42.94	300m:	4:19.58 48.44	400m:	5:36.32 38.06