

Grand Prix - Puchar Polski
Warszawa, 18. - 19.12.2009

Konkurencja 33
2009-12-19 - 10:35

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.
1.	ukowska Paula SZG		93	Zryw Opole				4:12.13	844
	50m:	29.21 29.21	150m:	1:32.46	31.45	250m:	2:36.20 31.77	350m:	3:40.69 32.13
	100m:	1:01.01 31.80	200m:	2:04.43	31.97	300m:	3:08.56 32.36	400m:	4:12.13 31.44
2.	ównowska Katarzyna		90	MZOS Póck				4:18.16	786
	50m:	30.45 30.45	150m:	1:35.18	32.48	250m:	2:40.39 32.61	350m:	3:46.39 32.93
	100m:	1:02.70 32.25	200m:	2:07.78	32.60	300m:	3:13.46 33.07	400m:	4:18.16 31.77
3.	Nowacka Aleksandra		90	AZS AWF Warszawa				4:18.77	781
	50m:	30.32 30.32	150m:	1:35.35	32.79	250m:	2:41.27 32.92	350m:	3:47.41 32.76
	100m:	1:02.56 32.24	200m:	2:08.35	33.00	300m:	3:14.65 33.38	400m:	4:18.77 31.36
4.	Biernacka Katarzyna		95	Klub Sportowy "1" Ożarów Mazowiecki				4:36.87	637
	50m:	32.02 32.02	150m:	1:41.78	35.24	250m:	2:53.39 35.73	350m:	4:03.29 34.48
	100m:	1:06.54 34.52	200m:	2:17.66	35.88	300m:	3:28.81 35.42	400m:	4:36.87 33.58
5.	Parkot Joanna		95	Uks Kapry-Armexim Pruszków				4:38.06	629
	50m:	31.63 31.63	150m:	1:41.15	35.40	250m:	2:52.43 35.56	350m:	4:04.00 35.50
	100m:	1:05.75 34.12	200m:	2:16.87	35.72	300m:	3:28.50 36.07	400m:	4:38.06 34.06
6.	Walewska Agnieszka		95	UKS Jagiellonka				4:40.64	612
	50m:	32.45 32.45	150m:	1:42.90	35.58	250m:	2:54.91 36.01	350m:	4:06.82 36.17
	100m:	1:07.32 34.87	200m:	2:18.90	36.00	300m:	3:30.65 35.74	400m:	4:40.64 33.82
7.	Quarta Karolina		92	MKS Polonia Warszawa				4:43.88	591
	50m:	32.07 32.07	150m:	1:42.07	35.67	250m:	2:54.30 35.99	350m:	4:07.89 36.77
	100m:	1:06.40 34.33	200m:	2:18.31	36.24	300m:	3:31.12 36.82	400m:	4:43.88 35.99
8.	Olszewska Maja		95	UKS Skalar Warszawa				4:53.45	535
	50m:	32.69 32.69	150m:	1:45.04	36.84	250m:	3:01.24 38.24	350m:	4:16.54 37.58
	100m:	1:08.20 35.51	200m:	2:23.00	37.96	300m:	3:38.96 37.72	400m:	4:53.45 36.91
9.	Wiktorow Anna		94	UKS "GIM 92 Ursynów" Warszawa				4:53.66	534
	50m:	33.56 33.56	150m:	1:48.10	37.56	250m:	3:03.01 37.40	350m:	4:18.05 37.40
	100m:	1:10.54 36.98	200m:	2:25.61	37.51	300m:	3:40.65 37.64	400m:	4:53.66 35.61
10.	Jezuita Joanna		94	MKS Polonia Warszawa				4:56.03	521
	50m:	33.25 33.25	150m:	1:47.89	37.57	250m:	3:02.99 37.65	350m:	4:18.70 37.71
	100m:	1:10.32 37.07	200m:	2:25.34	37.45	300m:	3:40.99 38.00	400m:	4:56.03 37.33