

Grand Prix Polski  
Szczecin, 15. - 16.11.2008

Konkurencja 33  
2008-11-16

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Top Times "Poland" 4:05.77 Barzycka Paulina AZWAR Gorzów 2005-11-26

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.		
1.	Bernat Aleksandra		90	Warta Poznań				<b>4:17.82</b>	805		
	50m:	30.10 30.10	150m:	1:34.93	32.45	250m:	2:40.84	33.15	350m:	3:46.28	32.75
	100m:	1:02.48 32.38	200m:	2:07.69	32.76	300m:	3:13.53	32.69	400m:	4:17.82	31.54
2.	Olczak Mirela		93	S <sup>3</sup> owianka Gorzów				<b>4:21.37</b>	773		
	50m:	30.26 30.26	150m:	1:34.82	32.51	250m:	2:40.92	33.28	350m:	3:48.05	33.73
	100m:	1:02.31 32.05	200m:	2:07.64	32.82	300m:	3:14.32	33.40	400m:	4:21.37	33.32
3.	Wikie <sup>3</sup> Manuela Ss		92	USKS Ostro <sup>3</sup> êka				<b>4:28.81</b>	711		
	50m:	30.87 30.87	150m:	1:36.91	33.44	250m:	2:45.03	34.12	350m:	3:54.61	34.73
	100m:	1:03.47 32.60	200m:	2:10.91	34.00	300m:	3:19.88	34.85	400m:	4:28.81	34.20
4.	Bukszowana Malwina		81	MKP Szczecin				<b>4:29.04</b>	709		
	50m:	31.81 31.81	150m:	1:38.08	33.12	250m:	2:45.38	33.72	350m:	3:54.91	35.10
	100m:	1:04.96 33.15	200m:	2:11.66	33.58	300m:	3:19.81	34.43	400m:	4:29.04	34.13
5.	Cisowska Aleksandra		89	AZS AGH Kraków				<b>4:33.44</b>	675		
	50m:	31.84 31.84	150m:	1:41.06	34.46	250m:	2:50.86	34.72	350m:	3:59.48	34.58
	100m:	1:06.60 34.76	200m:	2:16.14	35.08	300m:	3:24.90	34.04	400m:	4:33.44	33.96
6.	Krzyżostaniak Agnieszka Ss		93	MKP Szczecin				<b>4:34.63</b>	666		
	50m:	31.48 31.48	150m:	1:40.76	34.91	250m:	2:51.11	35.26	350m:	4:01.30	34.91
	100m:	1:05.85 34.37	200m:	2:15.85	35.09	300m:	3:26.39	35.28	400m:	4:34.63	33.33
7.	Kwiatkowska Anna		90	MOSiR Sopot				<b>4:36.63</b>	652		
	50m:	31.42 31.42	150m:	1:40.99	35.19	250m:	2:51.90	35.26	350m:	4:02.25	35.22
	100m:	1:05.80 34.38	200m:	2:16.64	35.65	300m:	3:27.03	35.13	400m:	4:36.63	34.38
8.	Bożym Katarzyna		90	oliborz Warszawa				<b>4:40.02</b>	629		
	50m:	32.36 32.36	150m:	1:41.57	34.76	250m:	2:52.36	35.52	350m:	4:04.76	36.24
	100m:	1:06.81 34.45	200m:	2:16.84	35.27	300m:	3:28.52	36.16	400m:	4:40.02	35.26
9.	Krzemińska Mariola		92	MMKS Kêdzierzyn-KoŸle				<b>4:43.17</b>	608		
	50m:	31.90 31.90	150m:	1:40.92	35.28	250m:	2:52.41	35.97	350m:	4:06.00	37.21
	100m:	1:05.64 33.74	200m:	2:16.44	35.52	300m:	3:28.79	36.38	400m:	4:43.17	37.17
10.	Przasnek Zuzanna Ss		94	MKP Szczecin				<b>4:44.58</b>	599		
	50m:	33.02 33.02	150m:	1:45.26	36.41	250m:	2:57.67	35.99	350m:	4:09.53	35.67
	100m:	1:08.85 35.83	200m:	2:21.68	36.42	300m:	3:33.86	36.19	400m:	4:44.58	35.05
11.	Stacewicz Dominika Sg		93	AZS AWFIS Gdańsk				<b>4:47.64</b>	580		
	50m:	32.85 32.85	150m:	1:45.53	37.07	250m:	2:59.22	36.90	350m:	4:12.64	36.69
	100m:	1:08.46 35.61	200m:	2:22.32	36.79	300m:	3:35.95	36.73	400m:	4:47.64	35.00
12.	Piekarska Magdalena		94	MKP Szczecin				<b>4:47.95</b>	578		
	50m:	32.03 32.03	150m:	1:45.03	36.94	250m:	2:58.05	36.38	350m:	4:11.79	36.59
	100m:	1:08.09 36.06	200m:	2:21.67	36.64	300m:	3:35.20	37.15	400m:	4:47.95	36.16
13.	Nizio Nicola Ss		93	MKP Szczecin				<b>4:48.77</b>	573		
	50m:	32.30 32.30	150m:	1:45.14	36.69	250m:	2:59.87	37.38	350m:	4:14.58	37.19
	100m:	1:08.45 36.15	200m:	2:22.49	37.35	300m:	3:37.39	37.52	400m:	4:48.77	34.19
14.	Staniszewska Zuzanna		94	oliborz Warszawa				<b>4:49.48</b>	569		
	50m:	32.31 32.31	150m:	1:44.92	36.66	250m:	2:59.56	37.40	350m:	4:14.15	37.24
	100m:	1:08.26 35.95	200m:	2:22.16	37.24	300m:	3:36.91	37.35	400m:	4:49.48	35.33
15.	Kuligowska Marcela		94	MKP Szczecin				<b>4:50.08</b>	565		
	50m:	32.80 32.80	150m:	1:44.91	36.16	250m:	2:59.66	37.35	350m:	4:14.68	37.36
	100m:	1:08.75 35.95	200m:	2:22.31	37.40	300m:	3:37.32	37.66	400m:	4:50.08	35.40
16.	Magier Marta		94	Skalar S <sup>3</sup> upsk				<b>4:50.09</b>	565		
	50m:	33.52 33.52	150m:	1:46.33	36.50	250m:	3:00.26	37.10	350m:	4:14.76	37.28
	100m:	1:09.83 36.31	200m:	2:23.16	36.83	300m:	3:37.48	37.22	400m:	4:50.09	35.33
17.	Panek Agata		93	UKS 1-Solex Lêbork				<b>4:53.02</b>	549		
	50m:	33.81 33.81	150m:	1:48.13	37.38	250m:	3:02.58	37.27	350m:	4:17.49	37.50
	100m:	1:10.75 36.94	200m:	2:25.31	37.18	300m:	3:39.99	37.41	400m:	4:53.02	35.53

Grand Prix Polski  
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Konkurencja 33, Kobiety, 400m dowolny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
18.	Jordan Franziska			88	SC Empor Rostock 2000				<b>4:56.56</b>	529		
	50m:	33.09	33.09	150m:	1:46.68	37.20	250m:	3:02.17	37.92	350m:	4:19.28	38.36
	100m:	1:09.48	36.39	200m:	2:24.25	37.57	300m:	3:40.92	38.75	400m:	4:56.56	37.28
19.	Hanuszewicz Pamela			93	MKP Szczecin				<b>5:00.46</b>	509		
	50m:	33.45	33.45	150m:	1:49.80	38.76	250m:	3:06.41	37.71	350m:	4:23.61	38.12
	100m:	1:11.04	37.59	200m:	2:28.70	38.90	300m:	3:45.49	39.08	400m:	5:00.46	36.85
20.	Maciupa Kinga			94	MKP Szczecin				<b>5:00.97</b>	506		
	50m:	32.92	32.92	150m:	1:46.41	37.55	250m:	3:03.55	38.75	350m:	4:22.53	39.60
	100m:	1:08.86	35.94	200m:	2:24.80	38.39	300m:	3:42.93	39.38	400m:	5:00.97	38.44
21.	Boækowska Maria			94	oliborz Warszawa				<b>5:01.08</b>	506		
	50m:	34.00	34.00	150m:	2:28.63	39.04	250m:	3:46.38	39.00	350m:	4:24.70	
	100m:	1:49.59	1:15.59	200m:	3:07.38	38.75	300m:			400m:	5:01.08	36.38
22.	Ko³acz Vivienne Ss			91	MKP Szczecin				<b>5:08.19</b>	471		
	50m:	33.56	33.56	150m:	1:50.45	39.31	250m:	3:10.23	40.04	350m:	4:30.31	40.00
	100m:	1:11.14	37.58	200m:	2:30.19	39.74	300m:	3:50.31	40.08	400m:	5:08.19	37.88
23.	Lebowska Paulina			94	MKP Szczecin				<b>5:08.95</b>	468		
	50m:	35.29	35.29	150m:	1:52.79	39.07	250m:	3:11.65	39.60	350m:	4:31.03	39.95
	100m:	1:13.72	38.43	200m:	2:32.05	39.26	300m:	3:51.08	39.43	400m:	5:08.95	37.92