

Grand Prix Polski Seniorów - Dialog Telecom
Warszawa, 19. - 20.12.2008

Konkurencja 33
2008-12-20 - 10:50

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	OLCZAK, Mirela		93	MKP,,S ³ owianka" Gorzów Wlkp.				4:19.74	788
	50m:	30.62 30.62	150m:	1:36.25 33.14	250m:	2:42.21 32.78	350m:	3:48.56 32.77	
	100m:	1:03.11 32.49	200m:	2:09.43 33.18	300m:	3:15.79 33.58	400m:	4:19.74 31.18	
2.	GAWEŁCZYK, Dominika SK		91	AZS AWF Katowice				4:20.01	785
	50m:	30.57 30.57	150m:	1:36.40 33.09	250m:	2:42.68 33.04	350m:	3:48.47 32.70	
	100m:	1:03.31 32.74	200m:	2:09.64 33.24	300m:	3:15.77 33.09	400m:	4:20.01 31.54	
3.	UKOWSKA, Paula SZG		93	Zryw Opole				4:24.13	749
	50m:	30.73 30.73	150m:	1:36.74 33.24	250m:	2:43.82 33.62	350m:	3:51.16 34.03	
	100m:	1:03.50 32.77	200m:	2:10.20 33.46	300m:	3:17.13 33.31	400m:	4:24.13 32.97	
4.	NOWACKA, Aleksandra SZG		90	Zryw Opole				4:26.44	730
	50m:	30.74 30.74	150m:	1:37.41 33.65	250m:	2:45.95 34.27	350m:	3:53.81 33.68	
	100m:	1:03.76 33.02	200m:	2:11.68 34.27	300m:	3:20.13 34.18	400m:	4:26.44 32.63	
5.	KUZAWIŃSKA, Karolina		93	Klub P ³ ywacki MZOS P ³ ock				4:30.73	696
	50m:	30.69 30.69	150m:	1:37.39 33.74	250m:	2:46.28 34.42	350m:	3:56.59 35.17	
	100m:	1:03.65 32.96	200m:	2:11.86 34.47	300m:	3:21.42 35.14	400m:	4:30.73 34.14	
6.	GRZEGORCZYK, Izabella		93	KS Posnania Poznań				4:38.62	638
	50m:	31.29 31.29	150m:	1:41.08 35.62	250m:	2:52.88 35.63	350m:	4:04.19 35.58	
	100m:	1:05.46 34.17	200m:	2:17.25 36.17	300m:	3:28.61 35.73	400m:	4:38.62 34.43	
7.	LEWANDOWSKA, Agata		93	Buks Warszawa				4:50.41	563
	50m:	33.25 33.25	150m:	1:46.64 36.74	250m:	3:01.09 37.04	350m:	4:15.48 36.91	
	100m:	1:09.90 36.65	200m:	2:24.05 37.41	300m:	3:38.57 37.48	400m:	4:50.41 34.93	
8.	BOŁEKOWSKA, MARIA		94	Uks łoliborz Warszawa				4:55.35	536
	50m:	33.30 33.30	150m:	1:47.60 37.59	250m:	3:02.84 37.73	350m:	4:18.62 38.01	
	100m:	1:10.01 36.71	200m:	2:25.11 37.51	300m:	3:40.61 37.77	400m:	4:55.35 36.73	
9.	EGALSKI, Aleksandra		93	KS Posnania Poznań				5:02.22	500
	50m:	34.41 34.41	150m:	1:50.34 38.35	250m:	3:07.45 38.36	350m:	4:24.47 38.40	
	100m:	1:11.99 37.58	200m:	2:29.09 38.75	300m:	3:46.07 38.62	400m:	5:02.22 37.75	
10.	MARKOWSKA-WÓJCIK, ANNA		94	Uks łoliborz Warszawa				5:05.21	485
	50m:	35.28 35.28	150m:	1:52.62 39.16	250m:	3:11.02 39.21	350m:	4:28.94 38.87	
	100m:	1:13.46 38.18	200m:	2:31.81 39.19	300m:	3:50.07 39.05	400m:	5:05.21 36.27	
11.	BORUCKA, KAROLINA		94	Uks łoliborz Warszawa				5:06.54	479
	50m:	35.28 35.28	150m:	1:52.93 39.26	250m:	3:11.19 39.08	350m:	4:28.82 38.57	
	100m:	1:13.67 38.39	200m:	2:32.11 39.18	300m:	3:50.25 39.06	400m:	5:06.54 37.72	