

Grand Prix Polski w Pływaniu w Kozienicach
Kozienice ul. Legionów 4, 10. - 11.1.2009

Konkurencja 1
10.1.09 - 10:15

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Top Times "Poland" 4:31.89 Baranowska Katarzyna MKSZC Debrecen (HUN) 16.12.07

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	Sikora Paulina SO		93	UKP UNIA Ocęwięcim				4:57.34	741
	50m:	32.48 32.48	150m:	1:46.40 38.72	250m:	3:06.97 42.58	350m:	4:23.54 33.89	
	100m:	1:07.68 35.20	200m:	2:24.39 37.99	300m:	3:49.65 42.68	400m:	4:57.34 33.80	
2.	ukowska Paula SZG		93	MKS ZRYW Opole				5:00.77	716
	50m:	31.76 31.76	150m:	1:45.68 37.46	250m:	3:05.53 42.81	350m:	4:25.78 35.62	
	100m:	1:08.22 36.46	200m:	2:22.72 37.04	300m:	3:50.16 44.63	400m:	5:00.77 34.99	
3.	Puška Magdalena SO		92	UKP UNIA Ocęwięcim				5:02.88	701
	50m:	33.20 33.20	150m:	1:49.28 39.50	250m:	3:11.64 43.70	350m:	4:29.86 34.75	
	100m:	1:09.78 36.58	200m:	2:27.94 38.66	300m:	3:55.11 43.47	400m:	5:02.88 33.02	
4.	Kamińska Aleksandra SK		92	MKS POLONIA Warszawa				5:03.36	697
	50m:	33.03 33.03	150m:	1:49.12 38.59	250m:	3:10.93 43.42	350m:	4:29.91 35.50	
	100m:	1:10.53 37.50	200m:	2:27.51 38.39	300m:	3:54.41 43.48	400m:	5:03.36 33.45	
5.	Mazurek Zuzanna SO		91	UKP FALA Kraøenik				5:05.39	684
	50m:	33.29 33.29	150m:	1:49.60 37.98	250m:	3:11.42 45.03	350m:	4:31.58 35.39	
	100m:	1:11.62 38.33	200m:	2:26.39 36.79	300m:	3:56.19 44.77	400m:	5:05.39 33.81	
6.	Czerniak Monika SK		92	BOBRY Dębica				5:09.70	656
	50m:	33.43 33.43	150m:	1:51.18 39.47	250m:	3:13.64 43.46	350m:	4:34.24 36.28	
	100m:	1:11.71 38.28	200m:	2:30.18 39.00	300m:	3:57.96 44.32	400m:	5:09.70 35.46	
7.	Jagodzka Aleksandra SO		91	KORONA SWIM Kielce				5:10.97	648
	50m:	32.78 32.78	150m:	1:51.46 41.65	250m:	3:15.18 44.01	350m:	4:36.00 36.94	
	100m:	1:09.81 37.03	200m:	2:31.17 39.71	300m:	3:59.06 43.88	400m:	5:10.97 34.97	
8.	Niedbała Magdalena		94	GIM92 Ursynów Warszawa				5:14.95	623
	50m:	33.67 33.67	150m:	1:53.13 41.20	250m:	3:17.51 45.08	350m:	4:39.76 37.21	
	100m:	1:11.93 38.26	200m:	2:32.43 39.30	300m:	4:02.55 45.04	400m:	5:14.95 35.19	
9.	Janiczek Olga		91	MTP LUBLINIANKA Lublin				5:15.09	622
	50m:	34.88 34.88	150m:	1:54.89 39.26	250m:	3:19.22 46.23	350m:	4:41.78 35.86	
	100m:	1:15.63 40.75	200m:	2:32.99 38.10	300m:	4:05.92 46.70	400m:	5:15.09 33.31	
10.	Lewińska Karolina SO		93	UKP UNIA Ocęwięcim				5:16.16	616
	50m:	34.01 34.01	150m:	1:55.97 41.95	250m:	3:19.04 42.43	350m:	4:39.48 38.75	
	100m:	1:14.02 40.01	200m:	2:36.61 40.64	300m:	4:00.73 41.69	400m:	5:16.16 36.68	
11.	Młodzianowska Marcelina		94	UKP FALA Kraøenik				5:22.26	582
	50m:	33.81 33.81	150m:	1:54.60 41.37	250m:	3:20.71 46.16	350m:	4:45.69 38.25	
	100m:	1:13.23 39.42	200m:	2:34.55 39.95	300m:	4:07.44 46.73	400m:	5:22.26 36.57	
12.	Rybak Iwona		94	KP AVIA Cęwidnik				5:29.86	543
	50m:	35.14 35.14	150m:	2:00.82 45.16	250m:	3:29.21 44.57	350m:	4:53.84 40.04	
	100m:	1:15.66 40.52	200m:	2:44.64 43.82	300m:	4:13.80 44.59	400m:	5:29.86 36.02	