

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

Konkurencja 33 Kobiet, 400m dowolny 14 lat i starsi
11.1.09 - 10:15 Wyniki

Top Times "Poland" 4:05.77 Barzycka Paulina AZWAR Gorzów 26.11.05

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.			
1.	Gawe ³ czyk Dominika SK		91	AZS AWF Katowice				4:22.45	763			
	50m:	30.15	30.15	150m:	1:35.59	33.13	250m:	2:42.25	33.31	350m:	3:49.41	33.74
	100m:	1:02.46	32.31	200m:	2:08.94	33.35	300m:	3:15.67	33.42	400m:	4:22.45	33.04
2.	Wilk Katarzyna SK		92	MKS JORDAN Kraków				4:24.34	747			
	50m:	30.22	30.22	150m:	1:35.34	32.93	250m:	2:42.86	33.92	350m:	3:50.89	34.49
	100m:	1:02.41	32.19	200m:	2:08.94	33.60	300m:	3:16.40	33.54	400m:	4:24.34	33.45
3.	Kamińska Aleksandra SK		92	MKS POLONIA Warszawa				4:28.05	717			
	50m:	30.82	30.82	150m:	1:37.36	33.58	250m:	2:44.95	33.89	350m:	3:54.10	34.84
	100m:	1:03.78	32.96	200m:	2:11.06	33.70	300m:	3:19.26	34.31	400m:	4:28.05	33.95
4.	ukowska Paula SZG		93	MKS ZRYW Opole				4:32.35	683			
	50m:	31.65	31.65	150m:	1:39.43	33.96	250m:	2:49.31	35.07	350m:	3:58.81	34.59
	100m:	1:05.47	33.82	200m:	2:14.24	34.81	300m:	3:24.22	34.91	400m:	4:32.35	33.54
5.	Nowacka Aleksandra SZG		90	MKS ZRYW Opole				4:32.47	682			
	50m:	31.88	31.88	150m:	1:40.56	34.58	250m:	2:50.47	34.93	350m:	3:59.73	34.42
	100m:	1:05.98	34.10	200m:	2:15.54	34.98	300m:	3:25.31	34.84	400m:	4:32.47	32.74
6.	Sad ^o Kamila		94	KP AVIA Œwidnik				4:37.09	649			
	50m:	31.15	31.15	150m:	1:40.86	35.46	250m:	2:51.91	35.41	350m:	4:02.61	35.21
	100m:	1:05.40	34.25	200m:	2:16.50	35.64	300m:	3:27.40	35.49	400m:	4:37.09	34.48
7.	Sêd ^{ak} Katarzyna		94	UKS ORKA Zamocœæ				4:38.20	641			
	50m:	31.85	31.85	150m:	1:41.05	35.05	250m:	2:51.79	35.43	350m:	4:04.19	36.44
	100m:	1:06.00	34.15	200m:	2:16.36	35.31	300m:	3:27.75	35.96	400m:	4:38.20	34.01
8.	Piasecka Marta SK		91	AZS AWF Katowice				4:40.90	623			
	50m:	32.95	32.95	150m:	1:43.41	35.37	250m:	2:54.27	35.09	350m:	4:06.18	35.60
	100m:	1:08.04	35.09	200m:	2:19.18	35.77	300m:	3:30.58	36.31	400m:	4:40.90	34.72
9.	Janiczek Olga		91	MTP LUBLINIANKA Lublin				4:43.15	608			
	50m:	31.99	31.99	150m:	1:43.34	35.98	250m:	2:54.73	35.85	350m:	4:07.72	36.65
	100m:	1:07.36	35.37	200m:	2:18.88	35.54	300m:	3:31.07	36.34	400m:	4:43.15	35.43
10.	Zyga Paulina		94	UKS NAWA Skierniewice				4:47.88	578			
	50m:	32.75	32.75	150m:	1:44.92	36.45	250m:	2:58.28	36.75	350m:	4:12.25	36.87
	100m:	1:08.47	35.72	200m:	2:21.53	36.61	300m:	3:35.38	37.10	400m:	4:47.88	35.63