

Zawody P³ywackie Grand Prix - Puchar Polski Lublin 2009
Lublin, 14. - 15.3.2009

Konkurencja 1
14.3.09 - 10:24

Kobiet, 400m zmienny

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Wyniki

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	Ło ³ nowska Katarzyna		90	KP MZOS P ³ ock				4:43.89	851
	50m:	30.87 30.87	150m:	1:41.01 35.93	250m:	2:57.20 40.43	350m:	4:11.52 34.00	
	100m:	1:05.08 34.21	200m:	2:16.77 35.76	300m:	3:37.52 40.32	400m:	4:43.89 32.37	
2.	Szczepaniak Karolina		92	AZS AWF Warszawa				4:47.97	815
	50m:	30.88 30.88	150m:	1:42.52 37.07	250m:	3:00.51 42.11	350m:	4:15.64 32.90	
	100m:	1:05.45 34.57	200m:	2:18.40 35.88	300m:	3:42.74 42.23	400m:	4:47.97 32.33	
3.	Łukowska Paula SZG		93	ZRYW Opole				4:51.61	785
	50m:	30.84 30.84	150m:	1:42.18 36.29	250m:	3:00.49 42.59	350m:	4:17.60 33.93	
	100m:	1:05.89 35.05	200m:	2:17.90 35.72	300m:	3:43.67 43.18	400m:	4:51.61 34.01	
4.	Radlińska Marcelina		93	UKS ORKA Zamocœæ				4:56.62	746
	50m:	31.58 31.58	150m:	1:45.54 37.63	250m:	3:04.00 42.04	350m:	4:22.32 35.63	
	100m:	1:07.91 36.33	200m:	2:21.96 36.42	300m:	3:46.69 42.69	400m:	4:56.62 34.30	
5.	Dawidowicz Anna		93	PIŁTKA Konstantynów				4:57.84	737
	50m:	32.35 32.35	150m:	1:46.72 37.89	250m:	3:05.70 42.16	350m:	4:23.44 35.45	
	100m:	1:08.83 36.48	200m:	2:23.54 36.82	300m:	3:47.99 42.29	400m:	4:57.84 34.40	
6.	BUDZIS Joanna		90	POLONIA Warszawa				5:00.24	719
	50m:	31.29 31.29	150m:	1:46.26 38.32	250m:	3:06.40 42.87	350m:	4:25.79 35.50	
	100m:	1:07.94 36.65	200m:	2:23.53 37.27	300m:	3:50.29 43.89	400m:	5:00.24 34.45	
7.	Pu ³ ka Magdalena SO		92	UKP UNIA Ocœwiêcim				5:02.56	703
	50m:	32.31 32.31	150m:	1:47.97 39.12	250m:	3:09.37 43.14	350m:	4:28.30 35.44	
	100m:	1:08.85 36.54	200m:	2:26.23 38.26	300m:	3:52.86 43.49	400m:	5:02.56 34.26	
8.	Jagodzka Aleksandra SO		91	Korona Swim Kielce				5:06.07	679
	50m:	33.04 33.04	150m:	1:50.80 40.94	250m:	3:14.38 43.91	350m:	4:32.27 35.73	
	100m:	1:09.86 36.82	200m:	2:30.47 39.67	300m:	3:56.54 42.16	400m:	5:06.07 33.80	
9.	Sêktas Zuzanna		93	POLONIA Warszawa				5:06.22	678
	50m:	32.11 32.11	150m:	1:49.55 40.05	250m:	3:11.67 42.03	350m:	4:31.33 37.01	
	100m:	1:09.50 37.39	200m:	2:29.64 40.09	300m:	3:54.32 42.65	400m:	5:06.22 34.89	
10.	Jackowska Adrianna		93	WARSZAWIANKA Warszawa				5:09.90	654
	50m:	32.30 32.30	150m:	1:49.08 39.82	250m:	3:14.72 46.69	350m:	4:36.02 35.14	
	100m:	1:09.26 36.96	200m:	2:28.03 38.95	300m:	4:00.88 46.16	400m:	5:09.90 33.88	
11.	Pustu ³ a Agnieszka SO		92	UKP UNIA Ocœwiêcim				5:11.36	645
	50m:	32.31 32.31	150m:	1:50.58 40.92	250m:	3:15.89 44.77	350m:	4:36.80 35.63	
	100m:	1:09.66 37.35	200m:	2:31.12 40.54	300m:	4:01.17 45.28	400m:	5:11.36 34.56	
12.	Chwadeczko Zuzanna		95	ORLIK Lublin				5:16.69	613
	50m:	33.95 33.95	150m:	1:53.55 39.62	250m:	3:18.07 44.61	350m:	4:41.32 37.78	
	100m:	1:13.93 39.98	200m:	2:33.46 39.91	300m:	4:03.54 45.47	400m:	5:16.69 35.37	
13.	Kuzawińska Karolina		93	KP MZOS P ³ ock				5:19.15	599
	50m:	31.89 31.89	150m:	1:49.51 40.51	250m:	3:16.49 47.14	350m:	4:42.72 38.04	
	100m:	1:09.00 37.11	200m:	2:29.35 39.84	300m:	4:04.68 48.19	400m:	5:19.15 36.43	
14.	Rudawska Adrianna		96	ORLIK Lublin				5:19.89	595
	50m:	34.09 34.09	150m:	1:55.11 41.48	250m:	3:19.59 44.17	350m:	4:42.93 38.05	
	100m:	1:13.63 39.54	200m:	2:35.42 40.31	300m:	4:04.88 45.29	400m:	5:19.89 36.96	
15.	Podlecka Agnieszka SS		94	MKP Szczecin				5:21.09	588
	50m:	34.79 34.79	150m:	1:56.72 39.74	250m:	3:22.74 46.92	350m:	4:46.31 36.31	
	100m:	1:16.98 42.19	200m:	2:35.82 39.10	300m:	4:10.00 47.26	400m:	5:21.09 34.78	
16.	M ³ odzianowska Marcelina		94	FALAKraœenik				5:28.67	548
	50m:	34.34 34.34	150m:	1:55.98 41.99	250m:	3:23.72 46.45	350m:	4:51.13 39.21	
	100m:	1:13.99 39.65	200m:	2:37.27 41.29	300m:	4:11.92 48.20	400m:	5:28.67 37.54	