

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

Konkurencja 33  
15.3.09 - 10:52

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	Szczepaniak Karolina		92	AZS AWF Warszawa				<b>4:15.91</b>	824
	50m:	30.14 30.14	150m:	1:35.21 32.97	250m:	2:40.46 32.78	350m:	3:45.19 31.91	
	100m:	1:02.24 32.10	200m:	2:07.68 32.47	300m:	3:13.28 32.82	400m:	4:15.91 30.72	
2.	Łukowska Paula SZG		93	ZRYW Opole				<b>4:16.14</b>	821
	50m:	30.44 30.44	150m:	1:35.13 32.41	250m:	2:40.46 32.27	350m:	3:45.73 32.47	
	100m:	1:02.72 32.28	200m:	2:08.19 33.06	300m:	3:13.26 32.80	400m:	4:16.14 30.41	
3.	Łobnowska Katarzyna		90	KP MZOS Płock				<b>4:17.02</b>	813
	50m:	29.32 29.32	150m:	1:32.96 32.16	250m:	2:38.81 33.21	350m:	3:45.12 32.92	
	100m:	1:00.80 31.48	200m:	2:05.60 32.64	300m:	3:12.20 33.39	400m:	4:17.02 31.90	
4.	Grzegorzczuk Izabella		93	POSNANIA Poznań				<b>4:25.70</b>	736
	50m:	30.09 30.09	150m:	1:36.10 33.37	250m:	2:44.02 34.19	350m:	3:52.72 34.38	
	100m:	1:02.73 32.64	200m:	2:09.83 33.73	300m:	3:18.34 34.32	400m:	4:25.70 32.98	
5.	Kilijańska Donata		95	KSZO Ostrowiec Świę.				<b>4:27.67</b>	720
	50m:	31.37 31.37	150m:	1:38.96 34.13	250m:	2:47.12 33.69	350m:	3:54.75 33.90	
	100m:	1:04.83 33.46	200m:	2:13.43 34.47	300m:	3:20.85 33.73	400m:	4:27.67 32.92	
6.	Wikieś Manuela SS		92	UCEKS Ostrołęka				<b>4:27.92</b>	718
	50m:	30.76 30.76	150m:	1:37.00 33.47	250m:	2:44.92 33.90	350m:	3:53.82 34.39	
	100m:	1:03.53 32.77	200m:	2:11.02 34.02	300m:	3:19.43 34.51	400m:	4:27.92 34.10	
7.	Cisowska Aleksandra		89	AZS AGH Kraków				<b>4:29.87</b>	702
	50m:	30.81 30.81	150m:	1:37.24 33.24	250m:	2:45.64 34.46	350m:	3:55.14 35.11	
	100m:	1:04.00 33.19	200m:	2:11.18 33.94	300m:	3:20.03 34.39	400m:	4:29.87 34.73	
8.	Kawecka Anna SK		92	Salos Cortile Kielce				<b>4:31.54</b>	689
	50m:	29.71 29.71	150m:	1:35.95 33.57	250m:	2:45.23 35.19	350m:	3:56.09 35.91	
	100m:	1:02.38 32.67	200m:	2:10.04 34.09	300m:	3:20.18 34.95	400m:	4:31.54 35.45	
9.	Drab Magdalena SK		92	Trójka Czestochowa				<b>4:31.93</b>	686
	50m:	30.22 30.22	150m:	1:37.03 34.04	250m:	2:46.87 35.30	350m:	3:57.94 35.11	
	100m:	1:02.99 32.77	200m:	2:11.57 34.54	300m:	3:22.83 35.96	400m:	4:31.93 33.99	
10.	Sadłowska Kamila		94	KP AVIA Świdnik				<b>4:32.95</b>	679
	50m:	30.67 30.67	150m:	1:39.43 34.96	250m:	2:49.45 35.09	350m:	4:00.11 35.07	
	100m:	1:04.47 33.80	200m:	2:14.36 34.93	300m:	3:25.04 35.59	400m:	4:32.95 32.84	
11.	Pułka Magdalena SO		92	UKP UNIA Oświęcim				<b>4:33.71</b>	673
	50m:	31.58 31.58	150m:	1:40.01 34.41	250m:	2:49.15 34.51	350m:	3:59.39 34.95	
	100m:	1:05.60 34.02	200m:	2:14.64 34.63	300m:	3:24.44 35.29	400m:	4:33.71 34.32	
12.	Kamińska Aleksandra SK		92	WARSZAWIANKA Warszawa				<b>4:34.55</b>	667
	50m:	30.89 30.89	150m:	1:38.51 34.17	250m:	2:48.74 35.41	350m:	3:59.95 35.74	
	100m:	1:04.34 33.45	200m:	2:13.33 34.82	300m:	3:24.21 35.47	400m:	4:34.55 34.60	
13.	Iwankowska Anna		91	POLONIA Warszawa				<b>4:35.46</b>	660
	50m:	31.46 31.46	150m:	1:39.83 34.36	250m:	2:49.78 35.00	350m:	4:01.01 35.65	
	100m:	1:05.47 34.01	200m:	2:14.78 34.95	300m:	3:25.36 35.58	400m:	4:35.46 34.45	
14.	Mazurek Zuzanna SO		91	FALAKracenik				<b>4:37.07</b>	649
	50m:	31.80 31.80	150m:	1:41.82 35.33	250m:	2:52.00 34.70	350m:	4:02.41 35.39	
	100m:	1:06.49 34.69	200m:	2:17.30 35.48	300m:	3:27.02 35.02	400m:	4:37.07 34.66	
15.	Świątek Katarzyna		94	UKS ORKA Zamość				<b>4:38.39</b>	640
	50m:	32.28 32.28	150m:	1:41.72 35.16	250m:	2:52.56 35.68	350m:	4:03.68 35.62	
	100m:	1:06.56 34.28	200m:	2:16.88 35.16	300m:	3:28.06 35.50	400m:	4:38.39 34.71	
16.	Rudawska Adrianna		96	ORLIK Lublin				<b>4:44.35</b>	600
	50m:	32.16 32.16	150m:	1:43.79 36.07	250m:	2:56.21 36.24	350m:	4:08.88 36.31	
	100m:	1:07.72 35.56	200m:	2:19.97 36.18	300m:	3:32.57 36.36	400m:	4:44.35 35.47	
17.	Chwadczyk Zuzanna		95	ORLIK Lublin				<b>4:46.58</b>	586
	50m:	32.05 32.05	150m:	1:45.11 36.76	250m:	2:58.71 36.79	350m:	4:11.54 36.38	
	100m:	1:08.35 36.30	200m:	2:21.92 36.81	300m:	3:35.16 36.45	400m:	4:46.58 35.04	

Zawody P<sup>3</sup>ywackie Grand Prix - Puchar Polski Lublin 2009  
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Konkurencja 33, Kobiet, 400m dowolny, Open

Pozycja				Rok ur.					Czas	Pkt.		
18.	Zyga Paulina			94	UKS NAWA Skierniewice				<b>4:51.17</b>	559		
	50m:	33.43	33.43	150m:	1:47.13	37.10	250m:	2:59.87	36.57	350m:	4:14.80	37.60
	100m:	1:10.03	36.60	200m:	2:23.30	36.17	300m:	3:37.20	37.33	400m:	4:51.17	36.37
19.	Borzêcka Katarzyna			95	ORLIK Lublin				<b>4:52.54</b>	551		
	50m:	33.41	33.41	150m:	1:47.50	37.18	250m:	3:02.09	37.31	350m:	4:16.82	37.30
	100m:	1:10.32	36.91	200m:	2:24.78	37.28	300m:	3:39.52	37.43	400m:	4:52.54	35.72
20.	Karczewska Joanna			95	SKARPA Lublin				<b>4:53.56</b>	546		
	50m:	33.01	33.01	150m:	1:46.43	37.22	250m:	3:01.98	37.89	350m:	4:17.59	37.65
	100m:	1:09.21	36.20	200m:	2:24.09	37.66	300m:	3:39.94	37.96	400m:	4:53.56	35.97
21.	Burzyńska Iga			94	UKS NAWA Skierniewice				<b>4:53.58</b>	545		
	50m:	33.33	33.33	150m:	1:46.18	36.85	250m:	3:02.30	38.16	350m:	4:18.39	38.07
	100m:	1:09.33	36.00	200m:	2:24.14	37.96	300m:	3:40.32	38.02	400m:	4:53.58	35.19