

GRAND PRIX - PUCHAR POLSKI W PŁYWANIU  
Ciechanów, 3. - 4.10.2009

Konkurencja 1 Kobiet, 400m zmienny 14 lat i starsi  
2009-10-03 - 11:20 Wyniki

Top Times "Poland" Open	4:31.89	BARANOWSKA, Katarzyna	MKSZC	Debrecen (HUN)	2007-12-16
Top Times "Poland" 14	4:54.70	SIUDA, Katarzyna	POL	???	1999-03-01
Top Times "Poland" 15	4:46.72	URBANCZYK, Aleksandra	POL	???	2002-11-01
Top Times "Poland" 16	4:42.49	JEDRZEJCZAK, Otylia	POL	???	1999-12-01
Top Times "Poland" 17	4:41.70	JEDRZEJCZAK, Otylia	AZWAR	Valencia (ESP)	2000-12-17
Top Times "Poland" 18	4:33.70	BARANOWSKA, Katarzyna	POL	Trieste (ITA)	2005-12-11
Top Times "Poland" 19 +	4:31.89	BARANOWSKA, Katarzyna	MKSZC	Debrecen (HUN)	2007-12-16

Punkty: FINA 2009

Pozycja			Rok ur.							Czas	Pkt.	
1.	UKOWSKA, Paula		93	MKS Zryw Opole						<b>4:45.75</b>	817	
	50m:	30.97	30.97	150m:	1:41.50	36.77	250m:	2:58.36	41.69	350m:	4:13.93	33.21
	100m:	1:04.73	33.76	200m:	2:16.67	35.17	300m:	3:40.72	42.36	400m:	4:45.75	31.82
2.	TCHÓRZ, Alicja		92	MKP „S <sup>3</sup> owianka" Gorzów Wlkp.						<b>4:46.77</b>	808	
	50m:	30.99	30.99	150m:	1:42.40	36.86	250m:	3:00.99	41.29	350m:	4:15.68	33.56
	100m:	1:05.54	34.55	200m:	2:19.70	37.30	300m:	3:42.12	41.13	400m:	4:46.77	31.09
3.	OŁNOWSKA, Katarzyna		90	KP MZOS P <sup>3</sup> ock						<b>4:51.82</b>	767	
	50m:	31.33	31.33	150m:	1:43.69	36.75	250m:	3:01.61	41.15	350m:	4:18.64	34.59
	100m:	1:06.94	35.61	200m:	2:20.46	36.77	300m:	3:44.05	42.44	400m:	4:51.82	33.18
4.	SZCZEPANIAK, Karolina		92	AZS AWF Warszawa						<b>5:00.49</b>	703	
	50m:	31.89	31.89	150m:	1:47.18	39.07	250m:	3:07.16	42.47	350m:	4:26.12	35.95
	100m:	1:08.11	36.22	200m:	2:24.69	37.51	300m:	3:50.17	43.01	400m:	5:00.49	34.37
5.	JĘDRZEJCZAK, Otylia		83	AZS AWF Warszawa						<b>5:04.84</b>	673	
	50m:	31.59	31.59	150m:	1:46.91	38.67	250m:	3:08.89	44.04	350m:	4:30.58	36.74
	100m:	1:08.24	36.65	200m:	2:24.85	37.94	300m:	3:53.84	44.95	400m:	5:04.84	34.26
6.	CZERNIAK, Monika		92	Bobry Dębica						<b>5:13.96</b>	616	
	50m:	33.01	33.01	150m:	1:50.83	39.88	250m:	3:15.34	44.67	350m:	4:37.92	37.51
	100m:	1:10.95	37.94	200m:	2:30.67	39.84	300m:	4:00.41	45.07	400m:	5:13.96	36.04
7.	BARTOSZEWICZ, EWELINA		95	MUKS Olimpijczyk Suwa <sup>3</sup> ki						<b>5:15.37</b>	608	
	50m:	33.04	33.04	150m:	1:52.49	41.53	250m:	3:17.11	44.11	350m:	4:40.44	36.83
	100m:	1:10.96	37.92	200m:	2:33.00	40.51	300m:	4:03.61	46.50	400m:	5:15.37	34.93
8.	ŁUKUJE, NATALIA		94	MUKS Olimpijczyk Suwa <sup>3</sup> ki						<b>5:29.45</b>	533	
	50m:	34.09	34.09	150m:	1:55.51	42.47	250m:	3:23.94	47.55	350m:	4:51.05	38.96
	100m:	1:13.04	38.95	200m:	2:36.39	40.88	300m:	4:12.09	48.15	400m:	5:29.45	38.40