

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

Konkurencja 33
2009-10-04 - 10:25

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.		
1.	UKOWSKA, Paula		93	MKS Zryw Opole				4:16.03	806		
	50m:	30.92 30.92	150m:	1:35.92	32.53	250m:	2:40.83	31.89	350m:	3:45.20	32.03
	100m:	1:03.39 32.47	200m:	2:08.94	33.02	300m:	3:13.17	32.34	400m:	4:16.03	30.83
2.	GAWEŁCZYK, Dominika		91	AZS AWF Katowice				4:19.24	776		
	50m:	30.09 30.09	150m:	1:35.71	32.84	250m:	2:41.23	32.75	350m:	3:46.83	32.80
	100m:	1:02.87 32.78	200m:	2:08.48	32.77	300m:	3:14.03	32.80	400m:	4:19.24	32.41
3.	KAMIŃSKA, Aleksandra		92	MUKP Warszawianka Wodny Park				4:20.75	763		
	50m:	30.61 30.61	150m:	1:36.54	33.01	250m:	2:42.05	32.66	350m:	3:48.17	33.19
	100m:	1:03.53 32.92	200m:	2:09.39	32.85	300m:	3:14.98	32.93	400m:	4:20.75	32.58
4.	OLCZAK, Mirela		93	MKP „S ³ owianka" Gorzów Wlkp.				4:23.01	743		
	50m:	31.07 31.07	150m:	1:35.79	32.29	250m:	2:42.06	33.14	350m:	3:50.09	33.89
	100m:	1:03.50 32.43	200m:	2:08.92	33.13	300m:	3:16.20	34.14	400m:	4:23.01	32.92
5.	KILIJAŃSKA, Donata		95	KSZO Ostrowiec Œwi ³ tokszyski				4:25.11	726		
	50m:	30.98 30.98	150m:	1:37.48	33.31	250m:	2:44.98	33.59	350m:	3:52.43	33.58
	100m:	1:04.17 33.19	200m:	2:11.39	33.91	300m:	3:18.85	33.87	400m:	4:25.11	32.68
6.	SZCZEPANIAK, Karolina		92	AZS AWF Warszawa				4:28.16	701		
	50m:	31.85 31.85	150m:	1:39.86	34.09	250m:	2:47.69	33.90	350m:	3:54.99	33.52
	100m:	1:05.77 33.92	200m:	2:13.79	33.93	300m:	3:21.47	33.78	400m:	4:28.16	33.17
7.	KUZAWIŃSKA, Karolina		93	KP MZOS P ³ ock				4:31.84	673		
	50m:	31.16 31.16	150m:	1:39.41	34.29	250m:	2:48.53	34.34	350m:	3:58.02	34.69
	100m:	1:05.12 33.96	200m:	2:14.19	34.78	300m:	3:23.33	34.80	400m:	4:31.84	33.82
8.	WIKIEŁ, Manuela SS		92	UCEKS Ostro ³ ka				4:34.22	656		
	50m:	31.34 31.34	150m:	1:39.19	34.11	250m:	2:48.46	34.83	350m:	3:59.11	35.64
	100m:	1:05.08 33.74	200m:	2:13.63	34.44	300m:	3:23.47	35.01	400m:	4:34.22	35.11
9.	SZCZYTKO, NATALIA		95	MUKS Olimpijczyk Suwa ³ ki				4:34.78	652		
	50m:	30.76 30.76	150m:	1:38.17	34.19	250m:	2:48.62	35.47	350m:	4:00.23	35.97
	100m:	1:03.98 33.22	200m:	2:13.15	34.98	300m:	3:24.26	35.64	400m:	4:34.78	34.55
10.	PAWLACZEK, Natalia SK		93	MKS Zryw Opole				4:35.43	647		
	50m:	31.66 31.66	150m:	1:40.61	34.95	250m:	2:50.91	34.82	350m:	4:00.90	34.96
	100m:	1:05.66 34.00	200m:	2:16.09	35.48	300m:	3:25.94	35.03	400m:	4:35.43	34.53
11.	BOREK, Aleksandra SK		94	Wodnik Krosno				4:36.03	643		
	50m:	31.45 31.45	150m:	1:40.56	35.00	250m:	2:50.66	35.12	350m:	4:01.41	35.82
	100m:	1:05.56 34.11	200m:	2:15.54	34.98	300m:	3:25.59	34.93	400m:	4:36.03	34.62
12.	SZCZYTKO, ALICJA		95	MUKS Olimpijczyk Suwa ³ ki				4:37.31	634		
	50m:	31.28 31.28	150m:	1:39.69	34.74	250m:	2:51.10	36.10	350m:	4:02.61	35.64
	100m:	1:04.95 33.67	200m:	2:15.00	35.31	300m:	3:26.97	35.87	400m:	4:37.31	34.70
13.	KAWECKA, Anna SK		92	Salos Cortile Kielce				4:38.05	629		
	50m:	31.32 31.32	150m:	1:40.88	34.55	250m:	2:50.25	34.62	350m:	4:02.44	35.99
	100m:	1:06.33 35.01	200m:	2:15.63	34.75	300m:	3:26.45	36.20	400m:	4:38.05	35.61
14.	SADŁO, Kamila SK		94	Avia Œwidnik				4:38.23	628		
	50m:	31.62 31.62	150m:	1:41.79	35.68	250m:	2:53.20	35.80	350m:	4:04.24	35.26
	100m:	1:06.11 34.49	200m:	2:17.40	35.61	300m:	3:28.98	35.78	400m:	4:38.23	33.99
15.	BARTOSZEWICZ, EWELINA		95	MUKS Olimpijczyk Suwa ³ ki				4:41.81	604		
	50m:	32.93 32.93	150m:	1:44.42	35.72	250m:			350m:	4:06.74	35.49
	100m:	1:08.70 35.77	200m:	2:55.68	1:11.26	300m:	3:31.25		400m:	4:41.81	35.07
16.	LIPIŃSKA, Ma ³ gorzata		93	KSZO Ostrowiec Œwi ³ tokszyski				4:41.83	604		
	50m:	32.43 32.43	150m:	1:42.81	35.27	250m:	2:54.83	35.96	350m:	4:06.62	36.07
	100m:	1:07.54 35.11	200m:	2:18.87	36.06	300m:	3:30.55	35.72	400m:	4:41.83	35.21
17.	SIENKIEWICZ, Anna		95	MKS Zryw Opole				4:55.90	522		
	50m:	33.73 33.73	150m:	1:49.45	38.26	250m:	3:05.42	38.12	350m:	4:20.85	37.09
	100m:	1:11.19 37.46	200m:	2:27.30	37.85	300m:	3:43.76	38.34	400m:	4:55.90	35.05

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18.	ŁUKUÆ, NATALIA			94	MUKS Olimpijczyk Suwa³ki				4:59.09	506		
	50m:	33.20	33.20	150m:	1:47.40	37.89	250m:	3:03.76	38.28	350m:	4:21.36	38.83
	100m:	1:09.51	36.31	200m:	2:25.48	38.08	300m:	3:42.53	38.77	400m:	4:59.09	37.73
19.	SIERADZKA, Wioletta			95	KP Delfin Inowroc³aw				5:25.69	392		
	50m:	35.90	35.90	150m:	1:58.19	41.49	250m:	3:21.41	41.22	350m:	4:44.82	41.76
	100m:	1:16.70	40.80	200m:	2:40.19	42.00	300m:	4:03.06	41.65	400m:	5:25.69	40.87