



Grand Prix Puchar Polski  
Bochnia, 10. - 11.10.2009



Konkurencja 1  
10.10.2009 - 10:30

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Top Times "Poland" 4:31.89 Baranowska Katarzyna MKSZC Debrecen (HUN) 16.12.2007

Punkty: FINA 2009

Pozycja	Rok ur.	Czas	Pkt.
1. Łukowska Paula SZG	93 Zryw Opole	<b>4:51.10</b>	773
50m: 31.19 31.19	150m: 1:42.69 36.84	250m: 3:01.30 42.62	350m: 4:18.64 33.78
100m: 1:05.85 34.66	200m: 2:18.68 35.99	300m: 3:44.86 43.56	400m: 4:51.10 32.46
2. Jędrzejczak Otylia	83 AZS AWF Warszawa	<b>4:53.47</b>	754
50m: 31.65 31.65	150m: 1:44.69 37.68	250m: 3:03.44 42.12	350m: 4:20.58 35.10
100m: 1:07.01 35.36	200m: 2:21.32 36.63	300m: 3:45.48 42.04	400m: 4:53.47 32.89
3. Zachoszcz Joanna	93 S <sup>3</sup> owianka Gorzów Wlkp.	<b>4:57.63</b>	723
50m: 31.97 31.97	150m: 1:46.62 39.11	250m: 3:05.62 40.16	350m: 4:23.12 36.07
100m: 1:07.51 35.54	200m: 2:25.46 38.84	300m: 3:47.05 41.43	400m: 4:57.63 34.51
4. Lefanowicz Iwona	92 Orlik Lublin	<b>4:59.89</b>	707
50m: 31.82 31.82	150m: 1:43.85 35.95	250m: 3:04.46 45.40	350m: 4:25.45 35.57
100m: 1:07.90 36.08	200m: 2:19.06 35.21	300m: 3:49.88 45.42	400m: 4:59.89 34.44
5. Pułka Magdalena	92 Unia Oświęcim	<b>5:03.89</b>	679
50m: 33.31 33.31	150m: 1:49.18 39.01	250m: 3:11.40 44.19	350m: 4:30.53 34.79
100m: 1:10.17 36.86	200m: 2:27.21 38.03	300m: 3:55.74 44.34	400m: 5:03.89 33.36
6. Jankowska Marta SO	92 AZS AWF Katowice	<b>5:04.63</b>	674
50m: 32.87 32.87	150m: 1:48.50 38.62	250m: 3:10.57 44.01	350m: 4:29.92 36.03
100m: 1:09.88 37.01	200m: 2:26.56 38.06	300m: 3:53.89 43.32	400m: 5:04.63 34.71
7. Szmagalska Agata	95 S <sup>3</sup> owianka Gorzów Wlkp.	<b>5:05.43</b>	669
50m: 31.23 31.23	150m: 1:45.78 38.38	250m: 3:08.69 44.75	350m: 4:30.15 36.40
100m: 1:07.40 36.17	200m: 2:23.94 38.16	300m: 3:53.75 45.06	400m: 5:05.43 35.28
8. Pożarowicz Beata SWR	91 CEI'sk Wrocław	<b>5:07.70</b>	654
50m: 31.49 31.49	150m: 1:47.68 40.41	250m: 3:10.89 44.02	350m: 4:32.85 35.65
100m: 1:07.27 35.78	200m: 2:26.87 39.19	300m: 3:57.20 46.31	400m: 5:07.70 34.85
9. Korzeniowska Marta SO	93 Unia Oświęcim	<b>5:07.98</b>	653
50m: 32.54 32.54	150m: 1:50.52 41.09	250m: 3:13.23 43.06	350m: 4:32.94 36.19
100m: 1:09.43 36.89	200m: 2:30.17 39.65	300m: 3:56.75 43.52	400m: 5:07.98 35.04
10. Czerniak Monika SR	92 Bobry Dębica	<b>5:09.18</b>	645
50m: 32.89 32.89	150m: 1:49.33 38.49	250m: 3:12.20 44.80	350m: 4:33.68 36.14
100m: 1:10.84 37.95	200m: 2:27.40 38.07	300m: 3:57.54 45.34	400m: 5:09.18 35.50
11. Porzelska Anna	95 S <sup>3</sup> owianka Gorzów Wlkp.	<b>5:10.38</b>	638
50m: 31.09 31.09	150m: 1:46.76 40.32	250m: 3:11.09 44.84	350m: 4:34.16 37.09
100m: 1:06.44 35.35	200m: 2:26.25 39.49	300m: 3:57.07 45.98	400m: 5:10.38 36.22
12. Bajorska Dorota	94 Unia Oświęcim	<b>5:14.02</b>	616
50m: 34.22 34.22	150m: 1:54.87 42.18	250m: 3:18.64 43.53	350m: 4:39.50 36.54
100m: 1:12.69 38.47	200m: 2:35.11 40.24	300m: 4:02.96 44.32	400m: 5:14.02 34.52
13. Lewińska Karolina	93 Unia Oświęcim	<b>5:14.73</b>	612
50m: 33.25 33.25	150m: 1:53.88 41.31	250m: 3:16.25 41.86	350m: 4:37.84 39.24
100m: 1:12.57 39.32	200m: 2:34.39 40.51	300m: 3:58.60 42.35	400m: 5:14.73 36.89
14. Zgoda Edyta	94 Jordan Kraków	<b>5:15.53</b>	607
50m: 34.21 34.21	150m: 1:53.01 41.13	250m: 3:17.01 44.19	350m: 4:39.84 38.19
100m: 1:11.88 37.67	200m: 2:32.82 39.81	300m: 4:01.65 44.64	400m: 5:15.53 35.69
15. Dudek Marlena	94 Unia Oświęcim	<b>5:17.67</b>	595
50m: 36.05 36.05	150m: 1:57.88 40.64	250m: 3:21.16 44.19	350m: 4:42.07 37.39
100m: 1:17.24 41.19	200m: 2:36.97 39.09	300m: 4:04.68 43.52	400m: 5:17.67 35.60
16. Wiśniowska Magdalena	93 Posnania Poznań	<b>5:18.21</b>	592
50m: 33.59 33.59	150m: 1:52.99 40.24	250m: 3:17.70 45.36	350m: 4:41.73 38.56
100m: 1:12.75 39.16	200m: 2:32.34 39.35	300m: 4:03.17 45.47	400m: 5:18.21 36.48



Grand Prix Puchar Polski  
Bochnia, 10. - 11.10.2009



Konkurencja 1, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja	Rok ur.								Czas	Pkt.	
17. Kalika Katarzyna	94 S <sup>3</sup> owianka Gorzów Wlkp.								<b>5:18.22</b>	592	
50m:	32.84	32.84	150m:	1:52.41	41.17	250m:	3:18.45	44.43	350m:	4:41.54	38.03
100m:	1:11.24	38.40	200m:	2:34.02	41.61	300m:	4:03.51	45.06	400m:	5:18.22	36.68
18. Chlipa <sup>3</sup> a Patrycja SK	93 Jordan Kraków								<b>5:19.44</b>	585	
50m:	35.03	35.03	150m:	1:54.65	39.57	250m:	3:20.24	46.59	350m:	4:43.51	36.47
100m:	1:15.08	40.05	200m:	2:33.65	39.00	300m:	4:07.04	46.80	400m:	5:19.44	35.93
19. Terda Paulina	94 Jordan Kraków								<b>5:20.01</b>	582	
50m:	34.42	34.42	150m:	1:56.77	42.59	250m:	3:20.87	43.77	350m:	4:43.52	37.49
100m:	1:14.18	39.76	200m:	2:37.10	40.33	300m:	4:06.03	45.16	400m:	5:20.01	36.49
20. Kruczalak Paulina	94 Unia O <sup>3</sup> ewi <sup>3</sup> cim								<b>5:23.13</b>	565	
50m:	34.38	34.38	150m:	1:54.53	40.17	250m:	3:20.49	46.94	350m:	4:46.26	38.34
100m:	1:14.36	39.98	200m:	2:33.55	39.02	300m:	4:07.92	47.43	400m:	5:23.13	36.87