



Grand Prix Puchar Polski
Bochnia, 10. - 11.10.2009



Konkurencja 33
11.10.2009 - 11:45

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Top Times "Poland" 4:05.77 Barzycka Paulina AZWAR Gorzow 26.11.2005

Punkty: FINA 2009

Pozycja	Rok ur.	Czas	Pkt.
1. Łukowska Paula SZG	93 Zryw Opole	4:16.00	806
50m: 30.69 30.69	150m: 1:35.25 32.36	250m: 2:40.25 31.95	350m: 3:44.35 31.89
100m: 1:02.89 32.20	200m: 2:08.30 33.05	300m: 3:12.46 32.21	400m: 4:16.00 31.65
2. Olczak Mirela	93 S ³ owianka Gorzów Wlkp.	4:17.45	793
50m: 31.00 31.00	150m: 1:35.65 32.25	250m: 2:40.71 32.48	350m: 3:46.20 32.83
100m: 1:03.40 32.40	200m: 2:08.23 32.58	300m: 3:13.37 32.66	400m: 4:17.45 31.25
3. Gawe ³ czyk Dominika SWR	91 AZS AWF Katowice	4:18.10	787
50m: 29.90 29.90	150m: 1:34.94 32.64	250m: 2:40.09 32.47	350m: 3:45.69 33.04
100m: 1:02.30 32.40	200m: 2:07.62 32.68	300m: 3:12.65 32.56	400m: 4:18.10 32.41
4. Połarowski Beata SWR	91 CEI'sk Wroc ³ aw	4:20.62	764
50m: 30.13 30.13	150m: 1:33.56 31.92	250m: 2:39.30 32.95	350m: 3:46.89 33.98
100m: 1:01.64 31.51	200m: 2:06.35 32.79	300m: 3:12.91 33.61	400m: 4:20.62 33.73
5. Kamińska Aleksandra SWR	92 Warszawianka Warszawa	4:23.14	742
50m: 30.72 30.72	150m: 1:36.85 33.14	250m: 2:43.33 33.17	350m: 3:50.50 33.34
100m: 1:03.71 32.99	200m: 2:10.16 33.31	300m: 3:17.16 33.83	400m: 4:23.14 32.64
6. Bernat Aleksandra	90 Warta Poznań	4:23.66	738
50m: 30.29 30.29	150m: 1:36.21 33.15	250m: 2:43.51 33.63	350m: 3:51.16 33.85
100m: 1:03.06 32.77	200m: 2:09.88 33.67	300m: 3:17.31 33.80	400m: 4:23.66 32.50
7. Pawlaczek Natalia SK	93 Zryw Opole	4:27.61	706
50m: 30.75 30.75	150m: 1:38.13 33.72	250m: 2:45.96 33.51	350m: 3:53.09 33.90
100m: 1:04.41 33.66	200m: 2:12.45 34.32	300m: 3:19.19 33.23	400m: 4:27.61 34.52
8. Cisowska Aleksandra	89 AZS AGH Kraków	4:29.39	692
50m: 31.49 31.49	150m: 1:39.41 34.07	250m: 2:47.04 33.89	350m: 3:55.79 33.92
100m: 1:05.34 33.85	200m: 2:13.15 33.74	300m: 3:21.87 34.83	400m: 4:29.39 33.60
9. Wikie ³ Manuela	92 USKS Ostro ³ êka	4:30.68	682
50m: 30.95 30.95	150m: 1:37.68 33.60	250m: 2:46.16 34.33	350m: 3:55.93 35.05
100m: 1:04.08 33.13	200m: 2:11.83 34.15	300m: 3:20.88 34.72	400m: 4:30.68 34.75
10. Pyszka Alicja SK	93 Jordan Kraków	4:30.90	680
50m: 30.78 30.78	150m: 1:37.37 33.68	250m: 2:46.39 34.63	350m: 3:56.62 35.16
100m: 1:03.69 32.91	200m: 2:11.76 34.39	300m: 3:21.46 35.07	400m: 4:30.90 34.28
11. Lefanowicz Iwona	92 Orlik Lublin	4:32.69	667
50m: 31.32 31.32	150m: 1:40.26 34.68	250m: 2:49.78 34.43	350m: 3:59.12 34.88
100m: 1:05.58 34.26	200m: 2:15.35 35.09	300m: 3:24.24 34.46	400m: 4:32.69 33.57
12. Kawecka Anna SK	92 Salos Cortile Kielce	4:32.79	666
50m: 30.31 30.31	150m: 1:38.05 34.57	250m: 2:47.74 34.77	350m: 3:57.85 35.54
100m: 1:03.48 33.17	200m: 2:12.97 34.92	300m: 3:22.31 34.57	400m: 4:32.79 34.94
13. Zagrodnik Aleksandra	93 Unia Oœwiêcim	4:34.30	655
50m: 31.36 31.36	150m: 1:39.50 34.27	250m: 2:48.91 34.95	350m: 3:59.70 35.31
100m: 1:05.23 33.87	200m: 2:13.96 34.46	300m: 3:24.39 35.48	400m: 4:34.30 34.60
14. Nitka Aleksandra	93 Unia Oœwiêcim	4:35.95	644
50m: 31.13 31.13	150m: 1:40.36 35.07	250m: 2:50.34 35.28	350m: 4:00.85 35.48
100m: 1:05.29 34.16	200m: 2:15.06 34.70	300m: 3:25.37 35.03	400m: 4:35.95 35.10
15. Bajorska Dorota	94 Unia Oœwiêcim	4:36.00	643
50m: 33.35 33.35	150m: 1:43.48 35.05	250m: 2:53.89 34.97	350m: 4:02.94 34.28
100m: 1:08.43 35.08	200m: 2:18.92 35.44	300m: 3:28.66 34.77	400m: 4:36.00 33.06
16. Sêd ³ ak Katarzyna	94 Orka Zamocœæ	4:39.64	619
50m: 33.08 33.08	150m: 1:43.54 35.18	250m: 2:55.12 36.06	350m: 4:05.81 35.45
100m: 1:08.36 35.28	200m: 2:19.06 35.52	300m: 3:30.36 35.24	400m: 4:39.64 33.83



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Konkurencja 33, Kobiety, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.			
17.	Wasilewska Barbara		94	OSiR Piotrków Tryb.				4:41.29	608			
	50m:	32.89	32.89	150m:	1:43.37	35.59	250m:	2:54.98	36.02	350m:	4:06.51	35.60
	100m:	1:07.78	34.89	200m:	2:18.96	35.59	300m:	3:30.91	35.93	400m:	4:41.29	34.78
18.	Jankowska Marta SO		92	AZS AWF Katowice				4:41.79	604			
	50m:	31.51	31.51	150m:	1:41.35	35.52	250m:	2:53.36	36.03	350m:	4:06.22	36.61
	100m:	1:05.83	34.32	200m:	2:17.33	35.98	300m:	3:29.61	36.25	400m:	4:41.79	35.57
19.	Kamińska Joanna		94	SKS Start Łódź				4:42.82	598			
	50m:	32.27	32.27	150m:	1:43.91	36.05	250m:	2:56.28	36.02	350m:	4:08.10	35.66
	100m:	1:07.86	35.59	200m:	2:20.26	36.35	300m:	3:32.44	36.16	400m:	4:42.82	34.72
20.	Porzelska Anna		95	S ³ owianka Gorzów Wlkp.				4:43.04	596			
	50m:	32.03	32.03	150m:	1:43.63	36.22	250m:	2:56.14	36.11	350m:	4:08.70	36.16
	100m:	1:07.41	35.38	200m:	2:20.03	36.40	300m:	3:32.54	36.40	400m:	4:43.04	34.34
21.	Zyga Paulina		94	Nawa Skierniewice				4:43.06	596			
	50m:	32.33	32.33	150m:	1:44.02	36.24	250m:	2:56.15	35.90	350m:	4:09.33	36.72
	100m:	1:07.78	35.45	200m:	2:20.25	36.23	300m:	3:32.61	36.46	400m:	4:43.06	33.73
22.	Borzêcka Katarzyna		95	Orlik Lublin				4:43.89	591			
	50m:	32.76	32.76	150m:	1:44.00	35.75	250m:	2:56.25	35.98	350m:	4:08.95	36.42
	100m:	1:08.25	35.49	200m:	2:20.27	36.27	300m:	3:32.53	36.28	400m:	4:43.89	34.94
23.	Miśkowska Marta		93	Orka Łódziny				4:45.21	583			
	50m:	31.74	31.74	150m:	1:41.97	35.59	250m:	2:55.30	36.93	350m:	4:09.49	36.97
	100m:	1:06.38	34.64	200m:	2:18.37	36.40	300m:	3:32.52	37.22	400m:	4:45.21	35.72
24.	Chwadczyk Zuzanna		95	Orlik Lublin				4:51.04	549			
	50m:	32.63	32.63	150m:	1:45.65	36.59	250m:	3:00.04	37.25	350m:	4:14.54	37.57
	100m:	1:09.06	36.43	200m:	2:22.79	37.14	300m:	3:36.97	36.93	400m:	4:51.04	36.50
25.	Karczewska Joanna		95	Skarpa Lublin				4:51.88	544			
	50m:	32.91	32.91	150m:	1:46.33	37.32	250m:	3:00.81	36.62	350m:	4:15.67	37.44
	100m:	1:09.01	36.10	200m:	2:24.19	37.86	300m:	3:38.23	37.42	400m:	4:51.88	36.21
26.	Praźmowska Aleksandra		95	Zryw Opole				5:00.77	497			
	50m:	33.89	33.89	150m:	1:49.25	38.04	250m:	3:05.91	38.22	350m:	4:23.10	38.56
	100m:	1:11.21	37.32	200m:	2:27.69	38.44	300m:	3:44.54	38.63	400m:	5:00.77	37.67