

Grand Prix - Puchar Polski
Łódź, 24. - 25.10.2009

Konkurencja 33
2009-10-25 - 11:57

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2009

Pozycja			Rok ur.					Pkt.	Czas
1.	ukowska Paula SZG		93	MKS Zryw Opole				824	4:14.11
	50m:	29.59 29.59	150m:	1:33.25 32.17	250m:	2:37.66 32.14	350m:	3:42.55 32.22	
	100m:	1:01.08 31.49	200m:	2:05.52 32.27	300m:	3:10.33 32.67	400m:	4:14.11 31.56	
2.	Olczak Mirela		93	MKP „S³owianka” Gorzów Wlkp.				796	4:17.08
	50m:	30.17 30.17	150m:	1:34.51 32.33	250m:	2:39.60 32.56	350m:	3:45.51 32.95	
	100m:	1:02.18 32.01	200m:	2:07.04 32.53	300m:	3:12.56 32.96	400m:	4:17.08 31.57	
3.	Gawe³czyk Dominika SWR		91	AZS AWF Katowice				778	4:19.01
	50m:	29.96 29.96	150m:	1:34.79 32.58	250m:	2:40.54 32.78	350m:	3:46.38 32.84	
	100m:	1:02.21 32.25	200m:	2:07.76 32.97	300m:	3:13.54 33.00	400m:	4:19.01 32.63	
4.	Kamiñska Aleksandra SWR		92	MUKP Warszawianka Wodny Park				768	4:20.23
	50m:	30.61 30.61	150m:	1:36.10 32.88	250m:	2:41.71 32.72	350m:	3:47.60 33.12	
	100m:	1:03.22 32.61	200m:	2:08.99 32.89	300m:	3:14.48 32.77	400m:	4:20.23 32.63	
5.	³onowska Katarzyna		90	KP MZOS P³ock				766	4:20.41
	50m:	30.90 30.90	150m:	1:36.59 33.06	250m:	2:43.34 33.18	350m:	3:48.99 32.79	
	100m:	1:03.53 32.63	200m:	2:10.16 33.57	300m:	3:16.20 32.86	400m:	4:20.41 31.42	
6.	Bernat Aleksandra SP		90	Warta Poznañ				756	4:21.55
	50m:	30.56 30.56	150m:	1:36.00 33.01	250m:	2:42.37 33.24	350m:	3:49.30 33.48	
	100m:	1:02.99 32.43	200m:	2:09.13 33.13	300m:	3:15.82 33.45	400m:	4:21.55 32.25	
7.	Pożarowicz Beata SWR		91	Wks OEl'sk				750	4:22.28
	50m:	30.26 30.26	150m:	1:35.57 33.15	250m:	2:42.30 33.17	350m:	3:49.45 33.53	
	100m:	1:02.42 32.16	200m:	2:09.13 33.56	300m:	3:15.92 33.62	400m:	4:22.28 32.83	
8.	Trojanowska Kinga SO		95	EKS SKRA Be³chatów				706	4:27.52
	50m:	31.31 31.31	150m:	1:38.74 34.04	250m:	2:46.64 34.13	350m:	3:54.81 34.18	
	100m:	1:04.70 33.39	200m:	2:12.51 33.77	300m:	3:20.63 33.99	400m:	4:27.52 32.71	
9.	CISOWSKA ALEKSANDRA		89	AZS AGH Kraków				704	4:27.82
	50m:	30.88 30.88	150m:	1:38.53 33.74	250m:	2:45.74 33.53	350m:	3:54.01 34.26	
	100m:	1:04.79 33.91	200m:	2:12.21 33.68	300m:	3:19.75 34.01	400m:	4:27.82 33.81	
10.	Kuzawiñska Karolina		93	KP MZOS P³ock				703	4:27.98
	50m:	30.88 30.88	150m:	1:38.78 34.21	250m:	2:46.59 33.78	350m:	3:54.46 33.78	
	100m:	1:04.57 33.69	200m:	2:12.81 34.03	300m:	3:20.68 34.09	400m:	4:27.98 33.52	
11.	Chodyna Monika		92	Kormoran Olsztyn				687	4:30.06
	50m:	31.59 31.59	150m:	1:39.30 33.91	250m:	2:47.45 34.05	350m:	3:56.50 34.45	
	100m:	1:05.39 33.80	200m:	2:13.40 34.10	300m:	3:22.05 34.60	400m:	4:30.06 33.56	
12.	Wikie³ Manuela		92	USKS Ostro³eka				677	4:31.31
	50m:	31.27 31.27	150m:	1:37.93 33.81	250m:	2:46.75 34.51	350m:	3:56.49 34.99	
	100m:	1:04.12 32.85	200m:	2:12.24 34.31	300m:	3:21.50 34.75	400m:	4:31.31 34.82	
13.	Pyszka Alicja SK		93	MKS Jordan Kraków				672	4:31.96
	50m:	31.14 31.14	150m:	1:39.24 34.45	250m:	2:48.31 34.50	350m:	3:57.96 34.77	
	100m:	1:04.79 33.65	200m:	2:13.81 34.57	300m:	3:23.19 34.88	400m:	4:31.96 34.00	
14.	Kawecka Anna SK		92	Salos Cortile Kielce				670	4:32.22
	50m:	30.59 30.59	150m:	1:38.73 34.71	250m:	2:47.61 34.31	350m:	3:57.63 35.13	
	100m:	1:04.02 33.43	200m:	2:13.30 34.57	300m:	3:22.50 34.89	400m:	4:32.22 34.59	
15.	Wasilewska Barbara		94	OSiR Piotrków Tryb.				649	4:35.20
	50m:	32.14 32.14	150m:	1:40.97 34.54	250m:	2:50.82 34.98	350m:	4:00.88 34.85	
	100m:	1:06.43 34.29	200m:	2:15.84 34.87	300m:	3:26.03 35.21	400m:	4:35.20 34.32	
16.	Zagrodnik Aleksandra SO		93	UKP Unia Oœwiêcim				640	4:36.53
	50m:	31.68 31.68	150m:	1:40.12 34.51	250m:	2:50.22 35.21	350m:	4:01.29 35.68	
	100m:	1:05.61 33.93	200m:	2:15.01 34.89	300m:	3:25.61 35.39	400m:	4:36.53 35.24	
17.	Borek Aleksandra SK		94	Wodnik Krosno				639	4:36.68
	50m:	30.78 30.78	150m:	1:39.75 34.92	250m:	2:50.29 35.60	350m:	4:01.92 36.07	
	100m:	1:04.83 34.05	200m:	2:14.69 34.94	300m:	3:25.85 35.56	400m:	4:36.68 34.76	

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

Pozycja			Rok ur.					Pkt.	Czas		
18.	Grzegorzczuk Izabela		93	KS Posenania Poznań				631	4:37.81		
	50m:	31.00 31.00	150m:	1:39.43	34.89	250m:	2:51.12	35.80	350m:	4:03.03	35.90
	100m:	1:04.54 33.54	200m:	2:15.32	35.89	300m:	3:27.13	36.01	400m:	4:37.81	34.78
19.	Krzyżostaniak Agnieszka		93	MKP Szczecin				630	4:37.93		
	50m:	30.90 30.90	150m:	1:40.29	35.05	250m:	2:51.58	35.61	350m:	4:02.88	35.50
	100m:	1:05.24 34.34	200m:	2:15.97	35.68	300m:	3:27.38	35.80	400m:	4:37.93	35.05
20.	Zyga Paulina		94	UKS NAWA Skierniewice				605	4:41.75		
	50m:	32.50 32.50	150m:	1:44.23	36.24	250m:	2:56.47	35.98	350m:	4:07.59	35.45
	100m:	1:07.99 35.49	200m:	2:20.49	36.26	300m:	3:32.14	35.67	400m:	4:41.75	34.16
21.	Sędzak Katarzyna		94	UKS ORKA Zamocław				595	4:43.33		
	50m:	32.81 32.81	150m:	1:44.72	36.54	250m:	2:56.69	35.74	350m:	4:08.38	35.66
	100m:	1:08.18 35.37	200m:	2:20.95	36.23	300m:	3:32.72	36.03	400m:	4:43.33	34.95
22.	Quarta Karolina		92	MKS Polonia Warszawa				593	4:43.55		
	50m:	32.13 32.13	150m:	1:42.88	35.71	250m:	2:55.18	36.49	350m:	4:07.68	36.51
	100m:	1:07.17 35.04	200m:	2:18.69	35.81	300m:	3:31.17	35.99	400m:	4:43.55	35.87
23.	Chlipańska Patrycja SK		93	MKS Jordan Kraków				583	4:45.14		
	50m:	32.09 32.09	150m:	1:42.26	35.51	250m:	2:54.76	36.62	350m:	4:08.71	36.78
	100m:	1:06.75 34.66	200m:	2:18.14	35.88	300m:	3:31.93	37.17	400m:	4:45.14	36.43
24.	Belczewska Katarzyna		92	UKS "Ósemka" Starogard Gdański				576	4:46.36		
	50m:	32.59 32.59	150m:	1:43.82	35.82	250m:	2:56.88	36.58	350m:	4:10.64	36.89
	100m:	1:08.00 35.41	200m:	2:20.30	36.48	300m:	3:33.75	36.87	400m:	4:46.36	35.72
25.	Rasińska Daria		95	MMKS Kędzierzyn-Koźle				574	4:46.63		
	50m:	32.79 32.79	150m:	1:44.40	36.18	250m:	2:57.28	36.27	350m:	4:10.86	36.51
	100m:	1:08.22 35.43	200m:	2:21.01	36.61	300m:	3:34.35	37.07	400m:	4:46.63	35.77
26.	Stefańska Katarzyna		93	SKS Start Łódź				571	4:47.16		
	50m:	31.66 31.66	150m:	1:42.27	36.15	250m:	2:56.03	37.08	350m:	4:10.65	37.46
	100m:	1:06.12 34.46	200m:	2:18.95	36.68	300m:	3:33.19	37.16	400m:	4:47.16	36.51
27.	Wysocka Wiktoria		94	UKS "Ósemka" Starogard Gdański				564	4:48.36		
	50m:	32.06 32.06	150m:	1:43.94	36.16	250m:	2:57.45	37.03	350m:	4:12.05	37.40
	100m:	1:07.78 35.72	200m:	2:20.42	36.48	300m:	3:34.65	37.20	400m:	4:48.36	36.31
28.	Smól Magdalena		94	MUKS Piętnastka AQUA Bydgoszcz				559	4:49.31		
	50m:	33.32 33.32	150m:	1:46.25	36.88	250m:	2:59.65	36.90	350m:	4:13.54	36.98
	100m:	1:09.37 36.05	200m:	2:22.75	36.50	300m:	3:36.56	36.91	400m:	4:49.31	35.77
29.	Pozorska Agata		94	MUKS Piętnastka AQUA Bydgoszcz				558	4:49.49		
	50m:	32.59 32.59	150m:	1:45.77	36.93	250m:	2:59.61	36.69	350m:	4:13.37	36.75
	100m:	1:08.84 36.25	200m:	2:22.92	37.15	300m:	3:36.62	37.01	400m:	4:49.49	36.12
30.	Stępnia Marta		94	UKS "Ósemka" Starogard Gdański				553	4:50.25		
	50m:	32.90 32.90	150m:	1:46.21	37.17	250m:	3:00.41	37.21	350m:	4:14.42	36.94
	100m:	1:09.04 36.14	200m:	2:23.20	36.99	300m:	3:37.48	37.07	400m:	4:50.25	35.83
31.	Mendowska Katarzyna		94	Warta Poznań				552	4:50.38		
	50m:	32.75 32.75	150m:	1:45.77	36.88	250m:	3:00.01	36.95	350m:	4:14.60	37.27
	100m:	1:08.89 36.14	200m:	2:23.06	37.29	300m:	3:37.33	37.32	400m:	4:50.38	35.78
32.	Zgoda Anna		94	MKS Jordan Kraków				531	4:54.29		
	50m:	32.80 32.80	150m:	1:44.85	36.62	250m:	2:59.82	37.65	350m:	4:16.70	38.54
	100m:	1:08.23 35.43	200m:	2:22.17	37.32	300m:	3:38.16	38.34	400m:	4:54.29	37.59
33.	Winiarska Dominika		95	WKS Flota Gdynia				523	4:55.76		
	50m:	34.23 34.23	150m:	1:49.56	38.14	250m:	3:05.28	37.68	350m:	4:20.37	37.27
	100m:	1:11.42 37.19	200m:	2:27.60	38.04	300m:	3:43.10	37.82	400m:	4:55.76	35.39
34.	Magier Marta		94	Skalar S³upsk				521	4:56.15		
	50m:	33.79 33.79	150m:	1:47.68	37.47	250m:			350m:	4:20.96	38.26
	100m:	1:10.21 36.42	200m:			300m:	3:42.70		400m:	4:56.15	35.19
35.	Kaczmarek Wiktoria		94	Warta Poznań				433	5:15.04		
	50m:	34.19 34.19	150m:	1:51.57	39.53	250m:	3:12.72	41.32	350m:	4:34.89	40.84
	100m:	1:12.04 37.85	200m:	2:31.40	39.83	300m:	3:54.05	41.33	400m:	5:15.04	40.15