

Grand Prix-Puchar Polski
Szczecin, 14. - 15.11.2009

Konkurencja 1 Kobiet, 400m zmienny 14 lat i starsi
14.11.09 - 10:25 Wyniki

Top Times "Poland" Open	4:31.89	BARANOWSKA, Katarzyna	MKSZC	Debrecen (HUN)	16.12.07
Top Times "Poland" 14	4:54.70	SIUDA, Katarzyna	POL	???	1.3.99
Top Times "Poland" 15	4:46.72	URBANCZYK, Aleksandra	POL	???	1.11.02
Top Times "Poland" 16	4:42.49	JEDRZEJCZAK, Otylia	POL	???	1.12.99
Top Times "Poland" 17	4:41.70	JEDRZEJCZAK, Otylia	AZWAR	Valencia (ESP)	17.12.00
Top Times "Poland" 18	4:33.70	BARANOWSKA, Katarzyna	POL	Trieste (ITA)	11.12.05

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.		
1.	SZCZEPANIAK, Karolina		92	AZS-AWF Warszawa				4:39.25	875		
	50m:	29.61 29.61	150m:	1:38.33	35.28	250m:	2:53.77	40.85	350m:	4:07.58	32.67
	100m:	1:03.05 33.44	200m:	2:12.92	34.59	300m:	3:34.91	41.14	400m:	4:39.25	31.67
2.	TCHÓRZ, Alicja		92	MKP S ³ owianka Gorzów Wlkp.				4:40.96	860		
	50m:	30.47 30.47	150m:	1:40.88	35.86	250m:	2:56.36	40.36	350m:	4:10.11	32.76
	100m:	1:05.02 34.55	200m:	2:16.00	35.12	300m:	3:37.35	40.99	400m:	4:40.96	30.85
3.	ZOLNOWSKA, Katarzyna		90	MZOS P ³ ock				4:48.76	792		
	50m:	30.90 30.90	150m:	1:42.12	36.53	250m:	3:00.18	41.65	350m:	4:16.31	33.95
	100m:	1:05.59 34.69	200m:	2:18.53	36.41	300m:	3:42.36	42.18	400m:	4:48.76	32.45
4.	KORZENIOWSKA, Marta SO		93	UKP UNIA Ocęwięcim				5:00.60	702		
	50m:	31.68 31.68	150m:	1:47.53	39.28	250m:	3:07.98	42.13	350m:	4:26.38	35.56
	100m:	1:08.25 36.57	200m:	2:25.85	38.32	300m:	3:50.82	42.84	400m:	5:00.60	34.22
5.	CIESIELSKA, Sylwia		95	KS WARTA Poznań				5:01.33	697		
	50m:	33.78 33.78	150m:	1:50.75	38.68	250m:	3:11.75	43.04	350m:	4:28.78	34.05
	100m:	1:12.07 38.29	200m:	2:28.71	37.96	300m:	3:54.73	42.98	400m:	5:01.33	32.55
6.	SZMAGALSKA, Agata		95	MKP S ³ owianka Gorzów Wlkp.				5:02.31	690		
	50m:	31.67 31.67	150m:	1:47.36	39.21	250m:	3:09.38	42.25	350m:	4:29.37	34.92
	100m:	1:08.15 36.48	200m:	2:27.13	39.77	300m:	3:54.45	45.07	400m:	5:02.31	32.94
7.	ZACHOSZCZ, Joanna		93	MKP S ³ owianka Gorzów Wlkp.				5:03.77	680		
	50m:	31.54 31.54	150m:	1:47.43	39.59	250m:	3:08.49	42.07	350m:	4:28.01	36.65
	100m:	1:07.84 36.30	200m:	2:26.42	38.99	300m:	3:51.36	42.87	400m:	5:03.77	35.76
8.	PORZELSKA, Anna		95	MKP S ³ owianka Gorzów Wlkp.				5:04.65	674		
	50m:	31.76 31.76	150m:	1:47.94	40.47	250m:	3:10.94	43.26	350m:	4:30.45	35.59
	100m:	1:07.47 35.71	200m:	2:27.68	39.74	300m:	3:54.86	43.92	400m:	5:04.65	34.20
9.	MALECKA, Agnieszka		93	UKS 1-Solex Lębork				5:09.27	644		
	50m:	32.33 32.33	150m:	1:48.33	38.98	250m:	3:11.15	45.26	350m:	4:34.11	37.33
	100m:	1:09.35 37.02	200m:	2:25.89	37.56	300m:	3:56.78	45.63	400m:	5:09.27	35.16
10.	MENDOWSKA, Katarzyna		94	KS WARTA Poznań				5:11.06	633		
	50m:	33.54 33.54	150m:	1:50.19	39.18	250m:	3:13.79	44.68	350m:	4:35.94	36.21
	100m:	1:11.01 37.47	200m:	2:29.11	38.92	300m:	3:59.73	45.94	400m:	5:11.06	35.12
11.	WISNIEWSKA, Magdalena SP		93	KS Posenania Poznań				5:13.22	620		
	50m:	33.66 33.66	150m:	1:53.95	39.97	250m:	3:16.23	43.81	350m:	4:37.44	37.60
	100m:	1:13.98 40.32	200m:	2:32.42	38.47	300m:	3:59.84	43.61	400m:	5:13.22	35.78
12.	BALICKA, Urszula		94	MKP Szczecin				5:28.81	536		
	50m:	34.95 34.95	150m:	1:57.76	42.00	250m:	3:24.93	45.96	350m:	4:50.81	39.39
	100m:	1:15.76 40.81	200m:	2:38.97	41.21	300m:	4:11.42	46.49	400m:	5:28.81	38.00
13.	MACIUPA, Kinga		94	MKP Szczecin				5:32.28	520		
	50m:	34.95 34.95	150m:	2:01.31	44.90	250m:	3:29.86	46.41	350m:	4:55.21	38.95
	100m:	1:16.41 41.46	200m:	2:43.45	42.14	300m:	4:16.26	46.40	400m:	5:32.28	37.07
14.	ZAJKO - IGNATOWICZ, Aleksandra		94	MKP Szczecin				5:33.42	514		
	50m:	35.01 35.01	150m:	1:59.21	43.52	250m:	3:28.68	46.51	350m:	4:56.91	40.15
	100m:	1:15.69 40.68	200m:	2:42.17	42.96	300m:	4:16.76	48.08	400m:	5:33.42	36.51
15.	MAJCHRZAK, Angelika		95	MKP S ³ owianka Gorzów Wlkp.				5:35.80	503		
	50m:	35.26 35.26	150m:	2:00.04	43.82	250m:	3:29.29	45.86	350m:	4:56.73	40.61
	100m:	1:16.22 40.96	200m:	2:43.43	43.39	300m:	4:16.12	46.83	400m:	5:35.80	39.07

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Pozycja				Rok ur.					Czas	Pkt.		
16.	PAJOR, Aleksandra			95	MKP Szczecin				5:40.67	482		
	50m:	36.54	36.54	150m:	2:04.16	44.35	250m:	3:35.55	48.01	350m:	5:03.32	39.38
	100m:	1:19.81	43.27	200m:	2:47.54	43.38	300m:	4:23.94	48.39	400m:	5:40.67	37.35
17.	RUTKOWSKA, Daria			95	MKP S ³ owianka Gorzów Wlkp.				5:41.09	480		
	50m:	35.20	35.20	150m:	1:59.70	44.15	250m:	3:32.28	48.78	350m:	5:02.43	39.03
	100m:	1:15.55	40.35	200m:	2:43.50	43.80	300m:	4:23.40	51.12	400m:	5:41.09	38.66