

Grand Prix-Puchar Polski
Szczecin, 14. - 15.11.2009

Konkurencja 33 Kobiet, 400m dowolny 14 lat i starsi
15.11.09 - 10:40 Wyniki

Top Times "Poland" Open	4:05.77	BARZYCKA, Paulina	AZWAR	Gorzow	26.11.05
Top Times "Poland" 19 +	4:05.77	BARZYCKA, Paulina	AZWAR	Gorzow	26.11.05

Punkty: FINA 2009

Pozycja	Rok ur.	Czas	Pkt.
1. SZCZEPANIAK, Karolina	92	4:12.27	842
50m: 29.35 29.35	150m: 1:32.28 31.70	250m: 2:36.16 32.09	350m: 3:40.81 32.53
100m: 1:00.58 31.23	200m: 2:04.07 31.79	300m: 3:08.28 32.12	400m: 4:12.27 31.46
2. OLCZAK, Mirela	93	4:16.94	797
50m: 30.91 30.91	150m: 1:36.38 32.97	250m: 2:40.99 32.28	350m: 3:45.89 32.68
100m: 1:03.41 32.50	200m: 2:08.71 32.33	300m: 3:13.21 32.22	400m: 4:16.94 31.05
3. BERNAT, Aleksandra SP	90	4:17.13	796
50m: 29.54 29.54	150m: 1:33.58 32.23	250m: 2:39.50 33.03	350m: 3:45.44 32.94
100m: 1:01.35 31.81	200m: 2:06.47 32.89	300m: 3:12.50 33.00	400m: 4:17.13 31.69
4. ZOLNOWSKA, Katarzyna	90	4:17.23	795
50m: 29.98 29.98	150m: 1:34.31 32.44	250m: 2:39.97 32.92	350m: 3:45.14 32.72
100m: 1:01.87 31.89	200m: 2:07.05 32.74	300m: 3:12.42 32.45	400m: 4:17.23 32.09
5. WIKIEL, Manuela SS	92	4:24.58	730
50m: 31.08 31.08	150m: 1:37.85 33.55	250m: 2:44.27 32.47	350m: 3:51.34 33.93
100m: 1:04.30 33.22	200m: 2:11.80 33.95	300m: 3:17.41 33.14	400m: 4:24.58 33.24
6. NOWACKA, Aleksandra	90	4:28.09	702
50m: 31.53 31.53	150m: 1:39.59 34.18	250m: 2:47.95 34.01	350m: 3:55.60 33.75
100m: 1:05.41 33.88	200m: 2:13.94 34.35	300m: 3:21.85 33.90	400m: 4:28.09 32.49
7. GRZEGORCZYK, Izabella SP	93	4:29.02	695
50m: 30.39 30.39	150m: 1:37.89 34.30	250m: 2:47.11 34.70	350m: 3:55.79 34.29
100m: 1:03.59 33.20	200m: 2:12.41 34.52	300m: 3:21.50 34.39	400m: 4:29.02 33.23
8. PIEKARSKA, Magdalena SS	94	4:34.74	652
50m: 31.09 31.09	150m: 1:39.15 34.27	250m: 2:49.06 35.18	350m: 3:59.73 34.94
100m: 1:04.88 33.79	200m: 2:13.88 34.73	300m: 3:24.79 35.73	400m: 4:34.74 35.01
9. KULIGOWSKA, Marcela	94	4:37.70	632
50m: 31.17 31.17	150m: 1:40.64 35.07	250m: 2:51.29 35.50	350m: 4:02.82 35.77
100m: 1:05.57 34.40	200m: 2:15.79 35.15	300m: 3:27.05 35.76	400m: 4:37.70 34.88
10. WYSOCKA, Wiktoria	94	4:41.18	608
50m: 32.00 32.00	150m: 1:42.06 35.14	250m: 2:53.92 36.08	350m: 4:06.00 35.92
100m: 1:06.92 34.92	200m: 2:17.84 35.78	300m: 3:30.08 36.16	400m: 4:41.18 35.18
11. STEPNIAK, Marta	94	4:42.28	601
50m: 33.09 33.09	150m: 1:44.58 35.76	250m: 2:56.00 35.74	350m: 4:07.56 35.88
100m: 1:08.82 35.73	200m: 2:20.26 35.68	300m: 3:31.68 35.68	400m: 4:42.28 34.72
12. HANUSZEWICZ, Pamela	93	4:42.57	599
50m: 31.56 31.56	150m: 1:41.58 35.43	250m: 2:53.86 36.31	350m: 4:07.44 36.64
100m: 1:06.15 34.59	200m: 2:17.55 35.97	300m: 3:30.80 36.94	400m: 4:42.57 35.13
13. QUARTA, Karolina	92	4:43.73	592
50m: 31.89 31.89	150m: 1:41.58 35.15	250m: 2:54.37 36.44	350m: 4:07.43 36.42
100m: 1:06.43 34.54	200m: 2:17.93 36.35	300m: 3:31.01 36.64	400m: 4:43.73 36.30
14. MIKOLAJCZAK, Anna	95	4:45.05	584
50m: 32.88 32.88	150m: 1:45.10 36.51	250m: 2:57.00 36.10	350m: 4:09.69 36.57
100m: 1:08.59 35.71	200m: 2:20.90 35.80	300m: 3:33.12 36.12	400m: 4:45.05 35.36
15. ROSIAK, Paulina	95	4:47.95	567
50m: 32.47 32.47	150m: 1:44.11 36.06	250m: 2:57.93 36.91	350m: 4:11.93 36.84
100m: 1:08.05 35.58	200m: 2:21.02 36.91	300m: 3:35.09 37.16	400m: 4:47.95 36.02
16. PAJOR, Aleksandra	95	4:49.88	555
50m: 33.77 33.77	150m: 1:48.05 37.57	250m: 3:03.25 37.68	350m: 4:16.10 35.77
100m: 1:10.48 36.71	200m: 2:25.57 37.52	300m: 3:40.33 37.08	400m: 4:49.88 33.78
17. LEJA, Agata	95	4:54.43	530
50m: 33.63 33.63	150m: 1:48.15 37.53	250m: 3:03.12 37.45	350m: 4:17.85 37.07
100m: 1:10.62 36.99	200m: 2:25.67 37.52	300m: 3:40.78 37.66	400m: 4:54.43 36.58

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Pozycja			Rok ur.					Czas	Pkt.
18.	LEWANDOWSKA, Kamila		95	KS AZS-AWFIS Gdańsk				4:56.42	519
	50m: 32.62	32.62	150m: 1:45.03	36.42	250m: 3:00.59	38.24	350m: 4:18.57	39.32	
	100m: 1:08.61	35.99	200m: 2:22.35	37.32	300m: 3:39.25	38.66	400m: 4:56.42	37.85	
19.	WYSOCKA, Michalina		95	MKP Szczecin				4:58.25	510
	50m: 33.56	33.56	150m: 2:24.90	38.23	250m: 3:03.90		350m: 4:20.90	38.81	
	100m: 1:46.67	1:13.11	200m:		300m: 3:42.09	38.19	400m: 4:58.25	37.35	
20.	LEBOWSKA, Paulina		94	MKP Szczecin				5:04.05	481
	50m: 35.23	35.23	150m: 1:51.11	38.10	250m: 3:08.12	38.61	350m: 4:26.01	38.86	
	100m: 1:13.01	37.78	200m: 2:29.51	38.40	300m: 3:47.15	39.03	400m: 5:04.05	38.04	