

Liga SMS runda I 2010
Kraków, 11. - 12.12.2010

Konkurencja 34
2010-12-12 - 10:23

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.
1.	KILIJA SKA, Donata		95	SMS Szczecin				4:16.10	771
	50m: 30.33	30.33	150m: 1:34.93	32.40	250m: 2:39.60	32.30	350m: 3:44.43	32.56	
	100m: 1:02.53	32.20	200m: 2:07.30	32.37	300m: 3:11.87	32.27	400m: 4:16.10	31.67	
2.	UKOWSKA, Paula		93	SMS Zielona Góra				4:23.07	712
	50m: 30.54	30.54	150m: 1:36.16	32.45	250m: 2:41.02	32.22	350m: 3:48.92	34.62	
	100m: 1:03.71	33.17	200m: 2:08.80	32.64	300m: 3:14.30	33.28	400m: 4:23.07	34.15	
3.	WIKIEŁ, Manuela		92	SMS Szczecin				4:24.44	701
	50m: 31.28	31.28	150m: 1:37.47	33.31	250m: 2:43.63	32.60	350m: 3:51.29	34.02	
	100m: 1:04.16	32.88	200m: 2:11.03	33.56	300m: 3:17.27	33.64	400m: 4:24.44	33.15	
4.	BAJORSKA, Dorota SO		94	SMS O wi cim				4:25.67	691
	50m: 31.43	31.43	150m: 1:38.06	33.77	250m: 2:45.27	33.66	350m: 3:52.66	33.78	
	100m: 1:04.29	32.86	200m: 2:11.61	33.55	300m: 3:18.88	33.61	400m: 4:25.67	33.01	
5.	PUŁKA, Magda SO		92	SMS O wi cim				4:28.31	671
	50m: 30.68	30.68	150m: 1:38.21	33.72	250m: 2:45.83	33.73	350m: 3:54.47	34.39	
	100m: 1:04.49	33.81	200m: 2:12.10	33.89	300m: 3:20.08	34.25	400m: 4:28.31	33.84	
6.	WAKUŁA, Karolina SO		93	SMS O wi cim				4:29.54	662
	50m: 31.48	31.48	150m: 1:39.45	33.98	250m: 2:47.85	34.06	350m: 3:56.71	34.40	
	100m: 1:05.47	33.99	200m: 2:13.79	34.34	300m: 3:22.31	34.46	400m: 4:29.54	32.83	
7.	KOWALSKA, Agata		93	SMS Warszawa				4:32.14	643
	50m: 31.13	31.13	150m: 1:39.96	34.66	250m: 2:50.00	34.92	350m: 3:58.64	33.60	
	100m: 1:05.30	34.17	200m: 2:15.08	35.12	300m: 3:25.04	35.04	400m: 4:32.14	33.50	
8.	DUDEK, Marlena SO		94	SMS O wi cim				4:33.46	633
	50m: 31.75	31.75	150m: 1:40.42	34.52	250m: 2:49.89	34.77	350m: 3:59.38	34.56	
	100m: 1:05.90	34.15	200m: 2:15.12	34.70	300m: 3:24.82	34.93	400m: 4:33.46	34.08	
9.	SZWARC, Alicja		92	SMS Pozna				4:33.76	631
	50m: 32.08	32.08	150m: 1:41.08	34.55	250m: 2:51.09	34.80	350m: 4:00.59	34.73	
	100m: 1:06.53	34.45	200m: 2:16.29	35.21	300m: 3:25.86	34.77	400m: 4:33.76	33.17	
10.	BOREK, Aleksandra		94	SMS Kraków				4:34.35	627
	50m: 31.08	31.08	150m: 1:40.07	34.70	250m: 2:50.53	35.52	350m: 4:01.38	35.32	
	100m: 1:05.37	34.29	200m: 2:15.01	34.94	300m: 3:26.06	35.53	400m: 4:34.35	32.97	
11.	DEMBSKA, Joanna		95	SMS Warszawa				4:34.64	625
	50m: 30.72	30.72	150m: 1:39.62	34.74	250m: 2:49.26	34.86	350m: 4:00.57	35.36	
	100m: 1:04.88	34.16	200m: 2:14.40	34.78	300m: 3:25.21	35.95	400m: 4:34.64	34.07	
12.	MISZTAL, Beata		94	SMS Wrocław				4:35.39	620
	50m: 31.50	31.50	150m: 1:41.50	34.97	250m: 2:51.06	34.70	350m: 4:00.89	34.90	
	100m: 1:06.53	35.03	200m: 2:16.36	34.86	300m: 3:25.99	34.93	400m: 4:35.39	34.50	
13.	PRYZYSTALSKA, Angelika SO		93	SMS O wi cim				4:39.16	595
	50m: 31.40	31.40	150m: 1:39.88	34.43	250m: 2:51.03	35.85	350m: 4:03.44	36.43	
	100m: 1:05.45	34.05	200m: 2:15.18	35.30	300m: 3:27.01	35.98	400m: 4:39.16	35.72	
14.	CZŁOWIEK, Roksana		96	SMS O wi cim				4:39.74	592
	50m: 31.30	31.30	150m: 1:42.45	35.63	250m: 2:53.12	35.45	350m: 4:05.88	36.53	
	100m: 1:06.82	35.52	200m: 2:17.67	35.22	300m: 3:29.35	36.23	400m: 4:39.74	33.86	
15.	SYLWESTRZAK, Izabella SG		96	SMS Gda sk				4:47.22	547
	50m: 32.59	32.59	150m: 1:46.25	37.17	250m: 3:00.00	37.04	350m: 4:12.77	35.90	
	100m: 1:09.08	36.49	200m: 2:22.96	36.71	300m: 3:36.87	36.87	400m: 4:47.22	34.45	
16.	KIERSZTYN, Magdalena		95	SMS Racibórz				4:47.58	545
	50m: 31.66	31.66	150m: 1:42.73	36.10	250m: 2:56.98	37.57	350m: 4:11.74	36.78	
	100m: 1:06.63	34.97	200m: 2:19.41	36.68	300m: 3:34.96	37.98	400m: 4:47.58	35.84	
17.	KROJNA, Klaudia SG		93	SMS Gda sk				4:47.95	543
	50m: 32.03	32.03	150m: 1:43.21	36.14	250m: 2:56.42	36.96	350m: 4:11.21	37.76	
	100m: 1:07.07	35.04	200m: 2:19.46	36.25	300m: 3:33.45	37.03	400m: 4:47.95	36.74	

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18.	WALCZAK, Barbara			94	SMS Pozna				5:00.28	478		
	50m:	32.69	32.69	150m:	1:46.41	37.40	250m:	3:01.50	37.28	350m:	4:21.38	40.73
	100m:	1:09.01	36.32	200m:	2:24.22	37.81	300m:	3:40.65	39.15	400m:	5:00.28	38.90
19.	ANDRZEJCZUK, Martynika			94	SMS Wrocław				5:05.55	454		
	50m:	33.32	33.32	150m:	1:48.85	38.66	250m:	3:07.39	39.63	350m:	4:26.80	39.63
	100m:	1:10.19	36.87	200m:	2:27.76	38.91	300m:	3:47.17	39.78	400m:	5:05.55	38.75