

Grand Prix Małopolski runda VI  
Kraków, 26-10-2013

Konkurencja 3  
2013-10-26 - 9:16

Kobiet, 400m dowolny

13 lat i starsi  
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.			Czas	Pkt.	
<b>16 lat i starsi</b>								
1.	ORCZYKOWSKA, Wioletta SK		97	KS Limanowa-swim		<b>4:23.43</b>	708	
	50m:	31.03 31.03	150m:	1:37.98 33.82	250m:	2:46.13 33.87	350m:	3:52.53 33.25
	100m:	1:04.16 33.13	200m:	2:12.26 34.28	300m:	3:19.28 33.15	400m:	4:23.43 30.90
2.	KUNKA, Kamila SO		96	UKP Unia O wi cim		<b>4:23.50</b>	707	
	50m:	30.92 30.92	150m:	1:38.18 33.91	250m:	2:45.49 33.40	350m:	3:52.32 33.05
	100m:	1:04.27 33.35	200m:	2:12.09 33.91	300m:	3:19.27 33.78	400m:	4:23.50 31.18
3.	MAGNER, Agata SK		97	MKS Jordan Kraków		<b>4:25.28</b>	693	
	50m:	31.31 31.31	150m:	1:38.39 33.76	250m:	2:46.20 33.83	350m:	3:52.95 33.24
	100m:	1:04.63 33.32	200m:	2:12.37 33.98	300m:	3:19.71 33.51	400m:	4:25.28 32.33
4.	BORKOWSKA, Lucyna SK		97	SMS Kraków		<b>4:25.78</b>	689	
	50m:	30.89 30.89	150m:	1:38.22 33.88	250m:	2:46.44 34.01	350m:	3:53.19 33.51
	100m:	1:04.34 33.45	200m:	2:12.43 34.21	300m:	3:19.68 33.24	400m:	4:25.78 32.59
5.	ULATOWSKA, Alicja		96	UKP Unia O wi cim		<b>4:26.67</b>	683	
	50m:	31.50 31.50	150m:	1:39.61 34.10	250m:	2:46.85 33.68	350m:	3:54.29 33.62
	100m:	1:05.51 34.01	200m:	2:13.17 33.56	300m:	3:20.67 33.82	400m:	4:26.67 32.38
6.	ARŁOK, Martyna SK		97	SMS Kraków		<b>4:29.66</b>	660	
	50m:	30.24 30.24	150m:	1:38.86 34.47	250m:	2:47.89 34.53	350m:	3:56.49 33.97
	100m:	1:04.39 34.15	200m:	2:13.36 34.50	300m:	3:22.52 34.63	400m:	4:29.66 33.17
7.	SIE CZYK, Jowita SK		97	SMS Kraków		<b>4:31.20</b>	649	
	50m:	31.37 31.37	150m:	1:39.74 34.76	250m:	2:48.92 34.47	350m:	3:57.53 34.18
	100m:	1:04.98 33.61	200m:	2:14.45 34.71	300m:	3:23.35 34.43	400m:	4:31.20 33.67
8.	PODLEWSKA, Miriam		97	Posnania Pozna		<b>4:31.23</b>	649	
	50m:	31.09 31.09	150m:	1:40.38 34.95	250m:	2:49.33 34.40	350m:	3:58.97 34.59
	100m:	1:05.43 34.34	200m:	2:14.93 34.55	300m:	3:24.38 35.05	400m:	4:31.23 32.26
9.	LEWANDOWSKA, Paulina SO		96	UKP Unia O wi cim		<b>4:43.54</b>	568	
	50m:	32.28 32.28	150m:	1:42.83 35.84	250m:	2:55.39 36.21	350m:	4:07.67 36.10
	100m:	1:06.99 34.71	200m:	2:19.18 36.35	300m:	3:31.57 36.18	400m:	4:43.54 35.87
10.	SZCZYRBAK, Kornelia SO		96	MKS Jordan Kraków		<b>4:46.92</b>	548	
	50m:	32.93 32.93	150m:	1:43.41 35.79	250m:	2:56.17 36.74	350m:	4:10.51 37.12
	100m:	1:07.62 34.69	200m:	2:19.43 36.02	300m:	3:33.39 37.22	400m:	4:46.92 36.41
<b>15 lat</b>								
1.	GRUSZCZY SKA, Aleksandra SO		98	UKP Unia O wi cim		<b>4:32.63</b>	639	
	50m:	31.18 31.18	150m:	1:38.53 34.07	250m:	2:48.47 34.70	350m:	3:58.43 34.96
	100m:	1:04.46 33.28	200m:	2:13.77 35.24	300m:	3:23.47 35.00	400m:	4:32.63 34.20
2.	MUSIOŁ, Wiktoria SO		98	UKP Unia O wi cim		<b>4:40.08</b>	589	
	50m:	32.33 32.33	150m:	1:43.18 35.71	250m:	2:54.50 35.48	350m:	4:05.35 34.92
	100m:	1:07.47 35.14	200m:	2:19.02 35.84	300m:	3:30.43 35.93	400m:	4:40.08 34.73
3.	PANKOWSKA, Wiktoria SO		98	UKP Unia O wi cim		<b>4:42.26</b>	576	
	50m:	32.20 32.20	150m:	1:43.08 35.30	250m:	2:54.74 35.70	350m:	4:07.10 36.18
	100m:	1:07.78 35.58	200m:	2:19.04 35.96	300m:	3:30.92 36.18	400m:	4:42.26 35.16
4.	MENDYK, Adrianna SO		98	MKS Wodnik Radom		<b>4:43.40</b>	569	
	50m:	31.60 31.60	150m:	1:44.26 37.36	250m:	2:58.37 36.90	350m:	4:11.64 36.20
	100m:	1:06.90 35.30	200m:	2:21.47 37.21	300m:	3:35.44 37.07	400m:	4:43.40 31.76
5.	HASPERT, Dorota SO		98	UKP Unia O wi cim		<b>4:43.45</b>	568	
	50m:	32.63 32.63	150m:	1:42.55 35.40	250m:	2:55.31 36.80	350m:	4:08.69 36.70
	100m:	1:07.15 34.52	200m:	2:18.51 35.96	300m:	3:31.99 36.68	400m:	4:43.45 34.76
6.	KOZIK, Anna SO		98	UKP Unia O wi cim		<b>4:44.97</b>	559	
	50m:	32.42 32.42	150m:	1:44.13 36.24	250m:	2:57.17 36.24	350m:	4:10.46 36.64
	100m:	1:07.89 35.47	200m:	2:20.93 36.80	300m:	3:33.82 36.65	400m:	4:44.97 34.51

Grand Prix Małopolski runda VI  
Kraków, 26-10-2013

Konkurencja 3, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.				Czas				Pkt.	
7.	GRUCA, Marcelina	SO	98	UKP Unia O wi cim				<b>4:47.53</b>				544
	50m:	32.19	32.19	150m:	1:44.55	36.40	250m:	2:57.72	37.23	350m:	4:12.20	37.28
	100m:	1:08.15	35.96	200m:	2:20.49	35.94	300m:	3:34.92	37.20	400m:	4:47.53	35.33
8.	MA LANY, Katarzyna	SO	98	UKP Unia O wi cim				<b>4:50.86</b>				526
	50m:	33.31	33.31	150m:	1:46.84	37.01	250m:	3:01.00	37.09	350m:	4:15.01	36.61
	100m:	1:09.83	36.52	200m:	2:23.91	37.07	300m:	3:38.40	37.40	400m:	4:50.86	35.85
9.	WOLNY, Magdalena	SO	98	UKP Unia O wi cim				<b>4:52.26</b>				518
	50m:	32.79	32.79	150m:	1:46.76	37.29	250m:	3:03.03	37.86	350m:	4:16.87	37.12
	100m:	1:09.47	36.68	200m:	2:25.17	38.41	300m:	3:39.75	36.72	400m:	4:52.26	35.39
10.	KOLBER, Roksana		98	UKP Unia O wi cim				<b>4:53.51</b>				512
	50m:	33.17	33.17	150m:	1:46.77	37.02	250m:	3:01.28	36.82	350m:	4:16.63	37.34
	100m:	1:09.75	36.58	200m:	2:24.46	37.69	300m:	3:39.29	38.01	400m:	4:53.51	36.88
11.	TROJANOWSKA, Zuzanna	SO	98	MMKS K dzierzyn Ko le				<b>4:54.73</b>				505
	50m:	33.22	33.22	150m:	1:46.65	37.30	250m:	3:02.39	38.10	350m:	4:18.38	37.92
	100m:	1:09.35	36.13	200m:	2:24.29	37.64	300m:	3:40.46	38.07	400m:	4:54.73	36.35
12.	RYBAK, Aleksandra	SO	98	Motyl Stalowa Wola				<b>5:01.93</b>				470
	50m:	33.72	33.72	150m:	1:48.61	37.99	250m:	3:04.97	38.55	350m:	4:23.86	39.58
	100m:	1:10.62	36.90	200m:	2:26.42	37.81	300m:	3:44.28	39.31	400m:	5:01.93	38.07
13.	RUGAŁA, Anna		98	UKP Unia O wi cim				<b>5:20.40</b>				393
	50m:	34.31	34.31	150m:	1:53.62	40.89	250m:	3:17.12	42.05	350m:	4:40.67	41.55
	100m:	1:12.73	38.42	200m:	2:35.07	41.45	300m:	3:59.12	42.00	400m:	5:20.40	39.73

14 lat

1.	LIWOWSKA, Katarzyna	So	99	UKP Unia O wi cim				<b>4:36.52</b>				612
	50m:	31.40	31.40	150m:	1:41.37	35.45	250m:	2:51.76	35.17	350m:	4:02.45	35.21
	100m:	1:05.92	34.52	200m:	2:16.59	35.22	300m:	3:27.24	35.48	400m:	4:36.52	34.07
2.	LESZCZY SKA, Klaudia	Julia So	99	UKP Unia O wi cim				<b>4:39.10</b>				595
	50m:	31.63	31.63	150m:	1:41.60	35.57	250m:	2:53.56	36.03	350m:	4:04.77	35.27
	100m:	1:06.03	34.40	200m:	2:17.53	35.93	300m:	3:29.50	35.94	400m:	4:39.10	34.33
3.	LICHWA, Dominika	So	99	UKP Unia O wi cim				<b>4:39.77</b>				591
	50m:	31.61	31.61	150m:	1:41.76	35.49	250m:	2:53.78	36.15	350m:	4:05.46	35.66
	100m:	1:06.27	34.66	200m:	2:17.63	35.87	300m:	3:29.80	36.02	400m:	4:39.77	34.31
4.	JANKOWSKA, Justyna		99	Kmita Zabierzów				<b>4:46.71</b>				549
	50m:	30.97	30.97	150m:	1:41.96	36.11	250m:	2:55.21	36.78	350m:	4:09.91	37.49
	100m:	1:05.85	34.88	200m:	2:18.43	36.47	300m:	3:32.42	37.21	400m:	4:46.71	36.80
5.	PAJ K, Liliana	So	99	UKP Unia O wi cim				<b>4:48.71</b>				538
	50m:	32.32	32.32	150m:	1:44.00	36.36	250m:	2:58.31	37.16	350m:	4:12.86	36.70
	100m:	1:07.64	35.32	200m:	2:21.15	37.15	300m:	3:36.16	37.85	400m:	4:48.71	35.85
6.	UKOWSKA, Natalia		99	UKS SMS Galicja Kraków				<b>4:49.44</b>				534
	50m:	31.54	31.54	150m:	1:43.14	36.27	250m:	2:57.30	37.41	350m:	4:12.92	37.77
	100m:	1:06.87	35.33	200m:	2:19.89	36.75	300m:	3:35.15	37.85	400m:	4:49.44	36.52
7.	PALKA, Maria	So	99	UKP Unia O wi cim				<b>4:50.10</b>				530
	50m:	32.66	32.66	150m:	1:45.42	36.40	250m:	2:59.96	37.23	350m:	4:13.85	37.13
	100m:	1:09.02	36.36	200m:	2:22.73	37.31	300m:	3:36.72	36.76	400m:	4:50.10	36.25
8.	KU , Natalia	So	99	UKP Unia O wi cim				<b>4:51.99</b>				520
	50m:	32.51	32.51	150m:	1:44.54	36.49	250m:	2:59.23	37.26	350m:	4:15.33	37.95
	100m:	1:08.05	35.54	200m:	2:21.97	37.43	300m:	3:37.38	38.15	400m:	4:51.99	36.66
9.	GÓRALCZYK, Anna	So	99	UKP Unia O wi cim				<b>4:53.42</b>				512
	50m:	33.42	33.42	150m:	1:47.70	37.61	250m:	3:02.11	37.04	350m:	4:17.49	37.87
	100m:	1:10.09	36.67	200m:	2:25.07	37.37	300m:	3:39.62	37.51	400m:	4:53.42	35.93
10.	ROGOWSKA, Angelika		99	UKS SMS Galicja Kraków				<b>4:58.50</b>				487
	50m:	34.96	34.96	150m:	1:50.31	37.95	250m:	3:05.46	37.29	350m:	4:21.82	38.10
	100m:	1:12.36	37.40	200m:	2:28.17	37.86	300m:	3:43.72	38.26	400m:	4:58.50	36.68

Grand Prix Małopolski runda VI  
Kraków, 26-10-2013

Konkurencja 3, Dziewcz t, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.		
11.	LIPIARSKA, Zofia		99	Kmita Zabierzów				<b>5:04.79</b>	457		
	50m:	33.74 33.74	150m:	1:50.40	39.09	250m:	3:08.51	39.09	350m:	4:26.91	39.21
	100m:	1:11.31 37.57	200m:	2:29.42	39.02	300m:	3:47.70	39.19	400m:	5:04.79	37.88
12.	TYMOFEJEWICZ, Natalia So		99	Motyl Stalowa Wola				<b>5:05.78</b>	453		
	50m:	34.48 34.48	150m:	1:50.60	38.65	250m:	3:09.01	38.96	350m:	4:27.50	39.33
	100m:	1:11.95 37.47	200m:	2:30.05	39.45	300m:	3:48.17	39.16	400m:	5:05.78	38.28
13.	GRELA, Karolina		99	Kmita Zabierzów				<b>5:26.93</b>	370		
	50m:	36.09 36.09	150m:	1:56.86	40.98	250m:	3:20.95	42.50	350m:	4:46.71	42.19
	100m:	1:15.88 39.79	200m:	2:38.45	41.59	300m:	4:04.52	43.57	400m:	5:26.93	40.22

13 lat

1.	W GRZYN, Natalia SO		00	UKP Unia O wi cim				<b>4:50.87</b>	526		
	50m:	32.00 32.00	150m:	1:43.76	36.78	250m:	2:58.65	37.10	350m:	4:15.45	38.42
	100m:	1:06.98 34.98	200m:	2:21.55	37.79	300m:	3:37.03	38.38	400m:	4:50.87	35.42
2.	SIKORA, Marta		00	UKS "Jasie " Sucha Beskidzka				<b>5:07.97</b>	443		
	50m:	35.00 35.00	150m:	1:51.36	38.54	250m:	3:10.69	40.07	350m:	4:30.20	39.45
	100m:	1:12.82 37.82	200m:	2:30.62	39.26	300m:	3:50.75	40.06	400m:	5:07.97	37.77
3.	LECHOWICZ, Nadia		00	UKS SMS Galicja Kraków				<b>5:08.06</b>	443		
	50m:	34.99 34.99	150m:	1:53.83	39.84	250m:	3:12.83	39.10	350m:	4:31.85	39.01
	100m:	1:13.99 39.00	200m:	2:33.73	39.90	300m:	3:52.84	40.01	400m:	5:08.06	36.21
4.	MYDLARZ, Wiktoria SO		00	UKP Unia O wi cim				<b>5:08.71</b>	440		
	50m:	35.11 35.11	150m:	1:54.07	39.97	250m:	3:13.50	39.32	350m:	4:32.38	39.07
	100m:	1:14.10 38.99	200m:	2:34.18	40.11	300m:	3:53.31	39.81	400m:	5:08.71	36.33
5.	KACER, Julia		00	"Sokół - Mo cice" - Tarnów				<b>5:22.80</b>	385		
	50m:	35.43 35.43	150m:	1:57.62	41.84	250m:	3:21.09	41.17	350m:	4:43.89	41.12
	100m:	1:15.78 40.35	200m:	2:39.92	42.30	300m:	4:02.77	41.68	400m:	5:22.80	38.91
6.	LUSINA, Gabriela		00	UKS SMS Galicja Kraków				<b>5:23.24</b>	383		
	50m:	37.25 37.25	150m:	1:59.54	41.83	250m:	3:21.45	40.42	350m:	4:45.16	41.93
	100m:	1:17.71 40.46	200m:	2:41.03	41.49	300m:	4:03.23	41.78	400m:	5:23.24	38.08
7.	BACHORCZYK, Kinga		00	UKS "Jasie " Sucha Beskidzka				<b>5:52.10</b>	296		
	50m:	37.78 37.78	150m:	2:04.81	44.32	250m:	3:36.01	45.70	350m:	5:08.63	46.41
	100m:	1:20.49 42.71	200m:	2:50.31	45.50	300m:	4:22.22	46.21	400m:	5:52.10	43.47