

Grand Prix Puchar Polski w Pływaniu  
Olsztyn, 1- - 2-6-2013

Konkurencja 31  
2013-06-02 - 10:58

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2012

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
1. Szczepaniak Karolina	92	<b>4:20.19</b>	776	1:04.46	1:06.58	1:05.84	1:03.31
50m: 31.10	31.10	150m: 1:37.76	33.30	33.41	350m: 3:48.98	32.10	
100m: 1:04.46	33.36	200m: 2:11.04	33.28	32.43	400m: 4:20.19	31.21	
2. Burska Justyna	95	<b>4:20.91</b>	770	1:05.50	1:06.78	1:05.11	1:03.52
50m: 32.07	32.07	150m: 1:38.78	33.28	32.56	350m: 3:49.93	32.54	
100m: 1:05.50	33.43	200m: 2:12.28	33.50	32.55	400m: 4:20.91	30.98	
3. Zachoszcz Joanna	93	<b>4:21.33</b>	766	1:05.20	1:05.58	1:05.48	1:05.07
50m: 31.73	31.73	150m: 1:38.16	32.96	32.70	350m: 3:49.20	32.94	
100m: 1:05.20	33.47	200m: 2:10.78	32.62	32.78	400m: 4:21.33	32.13	
4. Czerniak Monika	92	<b>4:22.18</b>	758	1:05.06	1:06.26	1:06.32	1:04.54
50m: 31.64	31.64	150m: 1:38.21	33.15	33.13	350m: 3:50.61	32.97	
100m: 1:05.06	33.42	200m: 2:11.32	33.11	33.19	400m: 4:22.18	31.57	
5. Karpisz Milena	97	<b>4:24.36</b>	740	1:04.93	1:06.68	1:06.49	1:06.26
50m: 31.82	31.82	150m: 1:38.12	33.19	33.09	350m: 3:51.56	33.46	
100m: 1:04.93	33.11	200m: 2:11.61	33.49	33.40	400m: 4:24.36	32.80	
6. Wiekł Manuela	92	<b>4:26.09</b>	725	1:05.42	1:07.07	1:06.75	1:06.85
50m: 31.99	31.99	150m: 1:39.18	33.76	33.32	350m: 3:53.11	33.87	
100m: 1:05.42	33.43	200m: 2:12.49	33.31	33.43	400m: 4:26.09	32.98	
7. Maciuch Karolina	96	<b>4:33.71</b>	667	1:06.18	1:09.39	1:09.71	1:08.43
50m: 31.76	31.76	150m: 1:40.63	34.45	34.52	350m: 3:59.74	34.46	
100m: 1:06.18	34.42	200m: 2:15.57	34.94	35.19	400m: 4:33.71	33.97	
8. Borkowska Lucyna	97	<b>4:34.13</b>	663	1:06.46	1:09.39	1:10.02	1:08.26
50m: 32.05	32.05	150m: 1:41.04	34.58	35.26	350m: 4:00.44	34.57	
100m: 1:06.46	34.41	200m: 2:15.85	34.81	34.76	400m: 4:34.13	33.69	
9. Nita Anna	97	<b>4:34.77</b>	659	1:06.41	1:09.59	1:10.08	1:08.69
50m: 32.02	32.02	150m: 1:41.17	34.76	35.03	350m: 4:00.79	34.71	
100m: 1:06.41	34.39	200m: 2:16.00	34.83	35.05	400m: 4:34.77	33.98	
10. Podlewska Miriam	97	<b>4:34.93</b>	658	1:06.94	1:10.55	1:10.05	1:07.39
50m: 31.75	31.75	150m: 1:42.24	35.30	34.85	350m: 4:01.75	34.21	
100m: 1:06.94	35.19	200m: 2:17.49	35.25	35.20	400m: 4:34.93	33.18	
11. Jankowska Klaudia	98	<b>4:36.15</b>	649	1:07.41	1:10.96	1:10.22	1:07.56
50m: 32.29	32.29	150m: 1:42.95	35.54	35.09	350m: 4:02.83	34.24	
100m: 1:07.41	35.12	200m: 2:18.37	35.42	35.13	400m: 4:36.15	33.32	
12. Bednarek Aleksandra	98	<b>4:42.79</b>	604	1:09.08	1:10.97	1:11.76	1:10.98
50m: 33.21	33.21	150m: 1:43.81	34.73	35.46	350m: 4:07.79	35.98	
100m: 1:09.08	35.87	200m: 2:20.05	36.24	36.30	400m: 4:42.79	35.00	
13. S dłaK Katarzyna	94	<b>4:44.94</b>	591	1:08.12	1:12.26	1:12.73	1:11.83
50m: 32.74	32.74	150m: 1:44.02	35.90	36.52	350m: 4:09.31	36.20	
100m: 1:08.12	35.38	200m: 2:20.38	36.36	36.21	400m: 4:44.94	35.63	
14. Wardzi ska Martyna	98	<b>4:50.09</b>	560	1:09.79	1:14.51	1:13.91	1:11.88
50m: 33.14	33.14	150m: 1:46.95	37.16	37.16	350m: 4:14.41	36.20	
100m: 1:09.79	36.65	200m: 2:24.30	37.35	36.75	400m: 4:50.09	35.68	
15. Rzo ca Patrycja	99	<b>4:50.94</b>	555	1:07.88	1:14.63	1:15.29	1:13.14
50m: 32.26	32.26	150m: 1:45.08	37.20	37.42	350m: 4:15.37	37.57	
100m: 1:07.88	35.62	200m: 2:22.51	37.43	37.87	400m: 4:50.94	35.57	
16. Skwarska Karolina	99	<b>4:51.61</b>	551	1:09.76	1:15.03	1:14.78	1:12.04
50m: 33.35	33.35	150m: 1:47.08	37.32	37.76	350m: 4:16.61	37.04	
100m: 1:09.76	36.41	200m: 2:24.79	37.71	37.02	400m: 4:51.61	35.00	
17. Wi niewska Klaudia	95	<b>4:52.40</b>	547	1:09.29	1:14.83	1:15.53	1:12.75
50m: 32.66	32.66	150m: 1:46.66	37.37	38.18	350m: 4:16.89	37.24	
100m: 1:09.29	36.63	200m: 2:24.12	37.46	37.35	400m: 4:52.40	35.51	
18. Wysocka Klaudia	97	<b>4:54.00</b>	538	1:10.87	1:14.56	1:14.86	1:13.71
50m: 34.26	34.26	150m: 1:48.03	37.16	37.42	350m: 4:17.55	37.26	
100m: 1:10.87	36.61	200m: 2:25.43	37.40	37.44	400m: 4:54.00	36.45	
19. Zieleniewicz Paula	98	<b>4:54.64</b>	534	1:08.74	1:15.71	1:15.82	1:14.37
50m: 32.21	32.21	150m: 1:46.40	37.66	37.79	350m: 4:18.31	38.04	
100m: 1:08.74	36.53	200m: 2:24.45	38.05	38.03	400m: 4:54.64	36.33	
20. Duda Natasza	98	<b>4:54.71</b>	534	1:09.94	1:15.32	1:15.30	1:14.15
50m: 32.69	32.69	150m: 1:47.75	37.81	37.58	350m: 4:18.60	38.04	
100m: 1:09.94	37.25	200m: 2:25.26	37.51	37.72	400m: 4:54.71	36.11	

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Konkurencja 31, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja	Rok	ur.	Czas	Pkt.	100m	200m	300m	400m
21. Muzolf Weronika	98	MTS Kwidzyn	<b>4:55.93</b>	527	1:10.09	1:15.03	1:16.11	1:14.70
50m: 33.36	33.36	150m: 1:47.55	37.46	250m: 3:03.08	37.96	350m: 4:18.67	37.44	
100m: 1:10.09	36.73	200m: 2:25.12	37.57	300m: 3:41.23	38.15	400m: 4:55.93	37.26	
22. Suchcicka Zuzanna	99	MOSiR Sopot	<b>4:58.80</b>	512	1:11.53	1:16.29	1:17.12	1:13.86
50m: 34.18	34.18	150m: 1:49.31	37.78	250m: 3:06.23	38.41	350m: 4:22.72	37.78	
100m: 1:11.53	37.35	200m: 2:27.82	38.51	300m: 3:44.94	38.71	400m: 4:58.80	36.08	
23. Smoła Monika	99	MTKP Delfin Toru	<b>4:59.97</b>	506	1:11.95	1:17.64	1:17.12	1:13.26
50m: 33.99	33.99	150m: 1:50.75	38.80	250m: 3:08.62	39.03	350m: 4:24.21	37.50	
100m: 1:11.95	37.96	200m: 2:29.59	38.84	300m: 3:46.71	38.09	400m: 4:59.97	35.76	
24. Kapłon Aleksandra	99	Orka Zamo	<b>5:00.00</b>	506	1:10.75	1:17.10	1:18.25	1:13.90
50m: 33.37	33.37	150m: 1:49.15	38.40	250m: 3:06.78	38.93	350m: 4:24.69	38.59	
100m: 1:10.75	37.38	200m: 2:27.85	38.70	300m: 3:46.10	39.32	400m: 5:00.00	35.31	
25. Zaj c Aleksandra	98	UKS GIM 92 Ursynów	<b>5:00.67</b>	503	1:10.78	1:16.62	1:17.42	1:15.85
50m: 33.32	33.32	150m: 1:49.02	38.24	250m: 3:05.16	37.76	350m: 4:23.74	38.92	
100m: 1:10.78	37.46	200m: 2:27.40	38.38	300m: 3:44.82	39.66	400m: 5:00.67	36.93	
26. Misterka Kamila	97	MKS Trójka Łód	<b>5:01.35</b>	499	1:11.97	1:17.14	1:17.57	1:14.67
50m: 34.41	34.41	150m: 1:50.49	38.52	250m: 3:08.60	39.49	350m: 4:25.43	38.75	
100m: 1:11.97	37.56	200m: 2:29.11	38.62	300m: 3:46.68	38.08	400m: 5:01.35	35.92	
27. Szmit Dominika	95	MTP KORMORAN Olsztyn	<b>5:01.57</b>	498	1:13.18	1:19.11	1:16.64	1:12.64
50m: 34.34	34.34	150m: 1:52.93	39.75	250m: 3:10.47	38.18	350m: 4:26.38	37.45	
100m: 1:13.18	38.84	200m: 2:32.29	39.36	300m: 3:48.93	38.46	400m: 5:01.57	35.19	
28. Kukowka Eliza	99	DOKiS SP "Vega" Dobrozdzi	<b>5:02.30</b>	495	1:12.20	1:18.07	1:17.94	1:14.09
50m: 34.47	34.47	150m: 1:51.11	38.91	250m: 3:09.08	38.81	350m: 4:26.07	37.86	
100m: 1:12.20	37.73	200m: 2:30.27	39.16	300m: 3:48.21	39.13	400m: 5:02.30	36.23	
29. Łaszcz Julia	99	MTS Kwidzyn	<b>5:03.05</b>	491	1:11.39	1:17.60	1:18.33	1:15.73
50m: 34.02	34.02	150m: 1:50.11	38.72	250m: 3:07.77	38.78	350m: 4:25.93	38.61	
100m: 1:11.39	37.37	200m: 2:28.99	38.88	300m: 3:47.32	39.55	400m: 5:03.05	37.12	
30. Osełkowska Julia	99	MTP KORMORAN Olsztyn	<b>5:03.76</b>	487	1:13.26	1:17.77	1:17.88	1:14.85
50m: 34.80	34.80	150m: 1:52.13	38.87	250m: 3:10.12	39.09	350m: 4:27.77	38.86	
100m: 1:13.26	38.46	200m: 2:31.03	38.90	300m: 3:48.91	38.79	400m: 5:03.76	35.99	
31. Bartniak Dorota	97	MKS Trójka Łód	<b>5:04.06</b>	486	1:13.61	1:17.71	1:17.61	1:15.13
50m: 35.04	35.04	150m: 1:52.56	38.95	250m: 3:10.23	38.91	350m: 4:27.36	38.43	
100m: 1:13.61	38.57	200m: 2:31.32	38.76	300m: 3:48.93	38.70	400m: 5:04.06	36.70	
32. Dudek Sylwia	99	UKS GIM 92 Ursynów	<b>5:07.87</b>	468	1:10.62	1:17.88	1:20.95	1:18.42
50m: 33.18	33.18	150m: 1:49.33	38.71	250m: 3:08.13	39.63	350m: 4:29.39	39.94	
100m: 1:10.62	37.44	200m: 2:28.50	39.17	300m: 3:49.45	41.32	400m: 5:07.87	38.48	
33. Szypulska Julia	99	UKS GIM 92 Ursynów	<b>5:14.58</b>	439	1:10.46	1:20.82	1:22.93	1:20.37
50m: 33.05	33.05	150m: 1:50.07	39.61	250m: 3:13.18	41.90	350m: 4:35.04	40.83	
100m: 1:10.46	37.41	200m: 2:31.28	41.21	300m: 3:54.21	41.03	400m: 5:14.58	39.54	
34. Lipka Julia	98	UKS GIM 92 Ursynów	<b>5:16.12</b>	432	1:14.84	1:20.75	1:20.97	1:19.56
50m: 35.48	35.48	150m: 1:55.26	40.42	250m: 3:16.06	40.47	350m: 4:37.03	40.47	
100m: 1:14.84	39.36	200m: 2:35.59	40.33	300m: 3:56.56	40.50	400m: 5:16.12	39.09	
35. Jaworska Karolina	99	MTS Kwidzyn	<b>5:17.28</b>	428	1:15.50	1:21.26	1:21.57	1:18.95
50m: 35.58	35.58	150m: 1:55.73	40.23	250m: 3:17.99	41.23	350m: 4:38.67	40.34	
100m: 1:15.50	39.92	200m: 2:36.76	41.03	300m: 3:58.33	40.34	400m: 5:17.28	38.61	