

GRAND PRIX PUCHAR POLSKI  
OLSZTYN, 24 - 25-5-2014

Konkurencja 1  
2014-05-24 - 9:00

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Top Times "Poland" Open	4:36.95	Baranowska Katarzyna	00116	Beijing (CHN)	2008-08-09
Top Times "Poland" 14	4:56.38	Szczepaniak Karolina	00914	Ostrowiec	2006-05-19
Top Times "Poland" 15	4:49.27	Szczepaniak Karolina	00114	Gorzow Wlkp.	2007-11-30
Top Times "Poland" 16	4:50.40	Szczepaniak Karolina	00114	Prague (CZE)	2008-06-21
Top Times "Poland" 16	4:50.40	Zukowska Paula	00107	Ostrowiec Sw.	2009-05-22
Top Times "Poland" 17	4:45.13	Szczepaniak Karolina	00114	Rome (ITA)	2009-08-02
Top Times "Poland" 18	4:43.39	Baranowska Katarzyna	00116	Debica	2005-05-20
Top Times "Poland" 19 +	4:36.95	Baranowska Katarzyna	00116	Beijing (CHN)	2008-08-09

Punkty: FINA 2014

Pozycja			Rok ur.			Czas	Pkt.	
1.	Czeriak Monika		92	AZS UWM Olsztyn		<b>4:58.52</b>	727	
	50m: 33.03	33.03	150m: 1:49.42	38.93	250m: 3:09.34	41.79	350m: 4:25.51	33.58
	100m: 1:10.49	37.46	200m: 2:27.55	38.13	300m: 3:51.93	42.59	400m: 4:58.52	33.01
2.	Sikora Paulina		93	AZS Warszawa		<b>5:04.21</b>	687	
	50m: 31.61	31.61	150m: 1:46.62	39.65	250m: 3:10.84	44.38	350m: 4:30.70	35.18
	100m: 1:06.97	35.36	200m: 2:26.46	39.84	300m: 3:55.52	44.68	400m: 5:04.21	33.51
3.	Piechota Paulina		99	UKS 190 Łódź		<b>5:04.44</b>	685	
	50m: 31.83	31.83	150m: 1:48.21	39.51	250m: 3:12.27	44.34	350m: 4:31.46	34.23
	100m: 1:08.70	36.87	200m: 2:27.93	39.72	300m: 3:57.23	44.96	400m: 5:04.44	32.98
4.	Wołoszyn Sonia SOc		95	KSZO Ostrowiec		<b>5:17.99</b>	601	
	50m: 32.56	32.56	150m: 1:52.64	42.34	250m: 3:21.54	47.63	350m: 4:44.71	36.35
	100m: 1:10.30	37.74	200m: 2:33.91	41.27	300m: 4:08.36	46.82	400m: 5:17.99	33.28
5.	Nienakłowska Natalia		96	MMS Polonia W-wa		<b>5:18.09</b>	600	
	50m: 32.11	32.11	150m: 1:49.40	40.21	250m: 3:15.92	46.83	350m: 4:42.96	38.43
	100m: 1:09.19	37.08	200m: 2:29.09	39.69	300m: 4:04.53	48.61	400m: 5:18.09	35.13
6.	Karaszewicz Daria		99	MTS Kwidzyn		<b>5:26.85</b>	553	
	50m: 33.53	33.53	150m: 1:54.36	41.30	250m: 3:23.50	48.75	350m: 4:50.25	37.70
	100m: 1:13.06	39.53	200m: 2:34.75	40.39	300m: 4:12.55	49.05	400m: 5:26.85	36.60
7.	Bednarek Aleksandra		98	MKS Jedynka Łódź		<b>5:27.09</b>	552	
	50m: 35.52	35.52	150m: 2:00.61	43.76	250m: 3:27.47	44.90	350m: 4:51.57	38.00
	100m: 1:16.85	41.33	200m: 2:42.57	41.96	300m: 4:13.57	46.10	400m: 5:27.09	35.52
8.	Osiniak Ewa		00	UKS Olimpijczyk 23		<b>5:30.26</b>	536	
	50m: 36.36	36.36	150m: 2:02.95	42.86	250m: 3:29.75	45.40	350m: 4:54.76	38.01
	100m: 1:20.09	43.73	200m: 2:44.35	41.40	300m: 4:16.75	47.00	400m: 5:30.26	35.50
9.	Kowalska Dominika		00	MKS Trójka Łódź		<b>5:34.18</b>	518	
	50m: 36.05	36.05	150m: 2:04.15	45.89	250m: 3:32.11	45.06	350m: 4:58.59	39.06
	100m: 1:18.26	42.21	200m: 2:47.05	42.90	300m: 4:19.53	47.42	400m: 5:34.18	35.59
10.	Nagórska Monika		97	MUKS Piłsnica Bydgoszcz		<b>5:39.65</b>	493	
	50m: 36.05	36.05	150m: 2:04.86	44.83	250m: 3:34.11	45.69	350m: 5:01.34	39.72
	100m: 1:20.03	43.98	200m: 2:48.42	43.56	300m: 4:21.62	47.51	400m: 5:39.65	38.31
11.	Mytlewska Oliwia		99	MUKS Piłsnica Bydgoszcz		<b>5:42.93</b>	479	
	50m: 33.57	33.57	150m: 1:59.60	46.07	250m: 3:31.43	47.38	350m: 5:02.63	42.26
	100m: 1:13.53	39.96	200m: 2:44.05	44.45	300m: 4:20.37	48.94	400m: 5:42.93	40.30
12.	Szafrańska Julia SOc		00	KSZO Ostrowiec		<b>5:43.55</b>	477	
	50m: 35.92	35.92	150m: 2:03.18	43.88	250m: 3:38.46	52.23	350m: 5:07.27	36.87
	100m: 1:19.30	43.38	200m: 2:46.23	43.05	300m: 4:30.40	51.94	400m: 5:43.55	36.28
DYSKW.	Szczygieł Oliwia Z2-G8		00	MTKP Delfin Toruń				
	50m: 35.53	35.53	150m: 2:03.89	46.27	250m: 3:39.03	50.26	350m: 5:07.97	36.75
	100m: 1:17.62	42.09	200m: 2:48.77	44.88	300m: 4:31.22	52.19	400m:	