

GRAND PRIX WARMII I MAZUR W PŁYWANIU 10-11.12.2016  
OLSZTYN, 10 - 11-12-2016

Konkurencja 34

Kobiet, 400m dowolny

11 - 18 lat

2016-12-11 - 15:52

Wyniki

Rekord PL Open	4:05.77	Barzycka Paulina	00114	Gorzow	2005-11-26
Rekord PL - 11	4:57.22	Trambowicz Zuzanna	00202	Torun	2013-11-29
Rekord PL 12	4:35.51	Kowalska Agata	00914	Plock	2005-11-19
Rekord PL 13	4:18.09	Knop Aleksandra	01605	Ostrowiec Sw	2016-06-18
Rekord PL 14	4:16.92	Kilija ska Donata	00612	Gorzow Wielkopolski	2009-11-28
Rekord PL 15	4:11.12	Kilija ska Donata	00612	Lodz	2010-11-21
Rekord PL 16	4:08.04	Kilija ska Donata	00612	Poznan	2011-12-17
Rekord PL 17	4:08.41	Kilija ska Donata	00612	Ostrowiec Sw.	2012-12-21
Rekord PL 18	4:08.83	Kilija ska Donata	00612	Ostrowiec Sw	2013-12-21

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.
<b>11 lat</b>			
1. Tofil Emilia	05 DELFIN Gdynia	<b>5:14.85</b>	413
50m: 36.91 36.91	150m: 1:56.39 40.05	250m: 3:16.76 40.05	350m: 4:36.93 39.70
100m: 1:16.34 39.43	200m: 2:36.71 40.32	300m: 3:57.23 40.47	400m: 5:14.85 37.92
2. S dław Alicja	05 UKS "Ósemka" Toru	<b>5:15.04</b>	412
50m: 34.89 34.89	150m: 1:54.39 40.18	250m: 3:15.55 40.81	350m: 4:36.73 40.42
100m: 1:14.21 39.32	200m: 2:34.74 40.35	300m: 3:56.31 40.76	400m: 5:15.04 38.31
3. Hinc Julia	05 MTP Kormoran Olsztyn	<b>5:37.60</b>	335
50m: 38.38 38.38	150m: 2:04.81 43.70	250m: 3:31.74 43.10	350m: 4:57.77 42.53
100m: 1:21.11 42.73	200m: 2:48.64 43.83	300m: 4:15.24 43.50	400m: 5:37.60 39.83
4. Borczak Julia	05 Ukp Jedyńka Elbl g	<b>5:49.15</b>	303
50m: 39.28 39.28	150m: 2:10.02 45.78	250m: 3:41.61 45.51	350m: 5:10.50 43.66
100m: 1:24.24 44.96	200m: 2:56.10 46.08	300m: 4:26.84 45.23	400m: 5:49.15 38.65
5. Sujkowska Roksana	05 MTP Kormoran Olsztyn	<b>5:50.63</b>	299
50m: 38.86 38.86	150m: 2:06.36 44.31	250m: 3:35.88 45.50	350m: 5:07.83 46.13
100m: 1:22.05 43.19	200m: 2:50.38 44.02	300m: 4:21.70 45.82	400m: 5:50.63 42.80
6. Czy yk-Skoczyk Martyna	05 Ukp Jedyńka Elbl g	<b>5:54.09</b>	290
50m: 38.40 38.40	150m: 2:07.03 45.11	250m: 3:40.23 46.82	350m: 5:12.29 44.92
100m: 1:21.92 43.52	200m: 2:53.41 46.38	300m: 4:27.37 47.14	400m: 5:54.09 41.80
7. Jankowska Martyna	05 MTP Kormoran Olsztyn	<b>5:54.52</b>	289
50m: 37.29 37.29	150m: 2:06.51 45.87	250m: 3:39.08 46.71	350m: 5:12.48 45.95
100m: 1:20.64 43.35	200m: 2:52.37 45.86	300m: 4:26.53 47.45	400m: 5:54.52 42.04
8. Milchakova Anna	05 sdusshor 14 Kaliningrad	<b>5:57.84</b>	281
50m: 39.25 39.25	150m: 2:08.78 45.32	250m: 3:42.14 46.80	350m: 5:15.05 45.60
100m: 1:23.46 44.21	200m: 2:55.34 46.56	300m: 4:29.45 47.31	400m: 5:57.84 42.79
9. Tunkiewicz Zuzanna	05 MTP Kormoran Olsztyn	<b>6:11.24</b>	252
50m: 42.46 42.46	150m: 2:17.55 47.26	250m: 3:53.51 47.80	350m: 5:27.46 46.37
100m: 1:30.29 47.83	200m: 3:05.71 48.16	300m: 4:41.09 47.58	400m: 6:11.24 43.78
10. Stankiewicz Aneta	05 MTP Kormoran Olsztyn	<b>6:12.15</b>	250
50m: 40.38 40.38	150m: 2:14.84 47.38	250m: 3:51.16 48.82	350m: 5:26.46 47.87
100m: 1:27.46 47.08	200m: 3:02.34 47.50	300m: 4:38.59 47.43	400m: 6:12.15 45.69
11. Kluziak Natalia	05 MTP Kormoran Olsztyn	<b>6:32.15</b>	213
50m: 41.50 41.50	150m: 2:19.89 49.80	250m: 4:02.36 52.22	350m: 5:45.12 50.71
100m: 1:30.09 48.59	200m: 3:10.14 50.25	300m: 4:54.41 52.05	400m: 6:32.15 47.03
12. Zubkova Anna	05 Fitnes RUMYANTSEVO	<b>7:10.43</b>	161
50m: 43.30 43.30	150m: 2:33.65 55.76	250m: 4:24.73 57.53	350m: 6:16.08 54.40
100m: 1:37.89 54.59	200m: 3:27.20 53.55	300m: 5:21.68 56.95	400m: 7:10.43 54.35

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Konkurencja 34, Kobiet, 400m dowolny

12 lat

1.	Tarasiewicz Klaudia	04	UKP Polonia Warszawa	<b>4:54.29</b>	506
	50m: 32.78 32.78	150m: 1:46.86 37.72	250m: 3:02.08 37.45	350m: 4:17.99 37.85	
	100m: 1:09.14 36.36	200m: 2:24.63 37.77	300m: 3:40.14 38.06	400m: 4:54.29 36.30	
2.	Potiopa Karolina	04	MKS Ochota Warszawa	<b>5:03.90</b>	459
	50m: 33.62 33.62	150m: 1:50.19 38.97	250m: 3:08.09 39.22	350m: 4:26.01 38.80	
	100m: 1:11.22 37.60	200m: 2:28.87 38.68	300m: 3:47.21 39.12	400m: 5:03.90 37.89	
3.	Gutowska Maria	04	Ukp Jedyńka Elbl g	<b>5:14.79</b>	413
	50m: 34.46 34.46	150m: 1:52.45 39.85	250m: 3:14.63 41.53	350m: 4:36.66 40.91	
	100m: 1:12.60 38.14	200m: 2:33.10 40.65	300m: 3:55.75 41.12	400m: 5:14.79 38.13	
4.	Nagraba Oliwia	04	UKS 307 Warszawa-Mokotów	<b>5:17.35</b>	403
	50m: 36.02 36.02	150m: 1:56.36 41.19	250m: 3:17.96 40.32	350m: 4:39.25 40.26	
	100m: 1:15.17 39.15	200m: 2:37.64 41.28	300m: 3:58.99 41.03	400m: 5:17.35 38.10	
5.	Łotowska Maja	04	UKS G-8 Bielany Warszawa	<b>5:23.48</b>	381
	50m: 36.05 36.05	150m: 1:57.58 41.37	250m: 3:20.63 41.18	350m: 4:43.76 41.11	
	100m: 1:16.21 40.16	200m: 2:39.45 41.87	300m: 4:02.65 42.02	400m: 5:23.48 39.72	
6.	Krupi ska Lila	04	MTP Kormoran Olsztyn	<b>5:25.43</b>	374
	50m: 37.47 37.47	150m: 2:01.46 42.61	250m: 3:26.23 42.73	350m: 4:47.98 39.57	
	100m: 1:18.85 41.38	200m: 2:43.50 42.04	300m: 4:08.41 42.18	400m: 5:25.43 37.45	
7.	Szałkowska Oliwia	04	MTP Kormoran Olsztyn	<b>5:28.28</b>	364
	50m: 36.18 36.18	150m: 1:59.55 42.67	250m: 3:25.04 42.36	350m: 4:48.56 41.19	
	100m: 1:16.88 40.70	200m: 2:42.68 43.13	300m: 4:07.37 42.33	400m: 5:28.28 39.72	
8.	Łuszczyska Julia	04	Buks Warszawa	<b>5:45.63</b>	312
	50m: 37.64 37.64	150m: 2:04.92 44.87	250m: 3:34.18 44.34	350m: 5:02.98 44.75	
	100m: 1:20.05 42.41	200m: 2:49.84 44.92	300m: 4:18.23 44.05	400m: 5:45.63 42.65	
9.	Sobieska Agata	04	MTP Kormoran Olsztyn	<b>5:46.91</b>	308
	50m: 39.55 39.55	150m: 2:07.38 45.04	250m: 3:36.91 44.73	350m: 5:05.47 43.78	
	100m: 1:22.34 42.79	200m: 2:52.18 44.80	300m: 4:21.69 44.78	400m: 5:46.91 41.44	
10.	Grajek Sandra	04	MTP Kormoran Olsztyn	<b>5:57.65</b>	281
	50m: 39.88 39.88	150m: 2:09.92 45.79	250m: 3:41.92 46.17	350m: 5:13.59 45.63	
	100m: 1:24.13 44.25	200m: 2:55.75 45.83	300m: 4:27.96 46.04	400m: 5:57.65 44.06	
11.	Luferenko Veronika	04	sdusshor 14 Kaliningrad	<b>6:02.22</b>	271
	50m: 39.42 39.42	150m: 2:11.57 47.34	250m: 3:45.27 46.73	350m: 5:18.17 46.40	
	100m: 1:24.23 44.81	200m: 2:58.54 46.97	300m: 4:31.77 46.50	400m: 6:02.22 44.05	

13 lat

1.	Cynarska Weronika	03	Iuks Muszelka	<b>4:37.45</b>	603
	50m: 32.12 32.12	150m: 1:41.93 35.28	250m: 2:53.14 35.78	350m: 4:03.75 35.09	
	100m: 1:06.65 34.53	200m: 2:17.36 35.43	300m: 3:28.66 35.52	400m: 4:37.45 33.70	
2.	Badzian Natalia	03	Iuks Muszelka	<b>4:43.18</b>	568
	50m: 32.81 32.81	150m: 1:44.20 36.14	250m: 2:56.35 36.10	350m: 4:08.44 35.96	
	100m: 1:08.06 35.25	200m: 2:20.25 36.05	300m: 3:32.48 36.13	400m: 4:43.18 34.74	
3.	Ambroży Antonina	03	MKS Ochota Warszawa	<b>4:44.66</b>	559
	50m: 31.99 31.99	150m: 1:43.83 36.46	250m: 2:56.56 36.19	350m: 4:09.51 36.41	
	100m: 1:07.37 35.38	200m: 2:20.37 36.54	300m: 3:33.10 36.54	400m: 4:44.66 35.15	
4.	Nowak Zofia	03	UKS G-8 Bielany Warszawa	<b>4:50.35</b>	526
	50m: 32.20 32.20	150m: 1:44.55 36.67	250m: 2:59.44 37.83	350m: 4:15.07 38.01	
	100m: 1:07.88 35.68	200m: 2:21.61 37.06	300m: 3:37.06 37.62	400m: 4:50.35 35.28	

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Konkurencja 34, Dziewcz t, 400m dowolny, 13 lat

Pozycja					Rok ur.					Czas	Pkt.	
5.	Topp Zofia				03	UKS G-8 Bielany Warszawa				<b>4:56.75</b>	493	
	50m:	33.16	33.16	150m:	1:47.40	37.76	250m:	3:03.69	38.12	350m:	4:19.90	38.05
	100m:	1:09.64	36.48	200m:	2:25.57	38.17	300m:	3:41.85	38.16	400m:	4:56.75	36.85
6.	era ska Ula				03	Buks Warszawa				<b>4:57.29</b>	490	
	50m:	32.86	32.86	150m:	1:46.29	37.49	250m:	3:03.44	38.75	350m:	4:20.05	38.36
	100m:	1:08.80	35.94	200m:	2:24.69	38.40	300m:	3:41.69	38.25	400m:	4:57.29	37.24
7.	Łubisz Wiktorja				03	UKS G-8 Bielany Warszawa				<b>5:00.50</b>	475	
	50m:	33.64	33.64	150m:	1:48.47	37.95	250m:	3:04.91	37.86	350m:	4:22.64	39.02
	100m:	1:10.52	36.88	200m:	2:27.05	38.58	300m:	3:43.62	38.71	400m:	5:00.50	37.86
8.	Schwarz Helena				03	Siódemka Sopot				<b>5:01.46</b>	470	
	50m:	34.06	34.06	150m:	1:49.26	38.10	250m:	3:06.84	39.12	350m:	4:24.31	38.32
	100m:	1:11.16	37.10	200m:	2:27.72	38.46	300m:	3:45.99	39.15	400m:	5:01.46	37.15
9.	Kielak Julia SOL				03	MTP Kormoran Olsztyn				<b>5:05.09</b>	454	
	50m:	33.82	33.82	150m:	1:51.43	39.27	250m:	3:09.87	39.36	350m:	4:27.41	38.70
	100m:	1:12.16	38.34	200m:	2:30.51	39.08	300m:	3:48.71	38.84	400m:	5:05.09	37.68
10.	Przybysz Dominika				03	Buks Warszawa				<b>5:05.26</b>	453	
	50m:	33.59	33.59	150m:	1:48.11	38.13	250m:	3:06.59	39.49	350m:	4:26.11	39.80
	100m:	1:09.98	36.39	200m:	2:27.10	38.99	300m:	3:46.31	39.72	400m:	5:05.26	39.15
11.	Wo niak Zuzanna				03	UKS G-8 Bielany Warszawa				<b>5:21.76</b>	387	
	50m:	36.65	36.65	150m:	1:57.61	40.79	250m:	3:20.49	41.20	350m:	4:42.45	40.51
	100m:	1:16.82	40.17	200m:	2:39.29	41.68	300m:	4:01.94	41.45	400m:	5:21.76	39.31

14 lat

1.	Sienkiewicz Kaja				02	Buks Warszawa				<b>4:33.21</b>	632	
	50m:	31.20	31.20	150m:	1:38.56	33.84	250m:	2:47.96	34.80	350m:	3:58.24	35.11
	100m:	1:04.72	33.52	200m:	2:13.16	34.60	300m:	3:23.13	35.17	400m:	4:33.21	34.97
2.	Pawłowska Barbara				02	UKS 190 Łód				<b>4:37.67</b>	602	
	50m:	32.07	32.07	150m:	1:41.52	34.91	250m:	2:52.49	35.45	350m:	4:03.46	35.54
	100m:	1:06.61	34.54	200m:	2:17.04	35.52	300m:	3:27.92	35.43	400m:	4:37.67	34.21
3.	Wykrzykowska Zofia				02	Siódemka Sopot				<b>4:39.85</b>	588	
	50m:	32.72	32.72	150m:	1:42.66	35.49	250m:	2:54.10	35.68	350m:	4:05.07	35.01
	100m:	1:07.17	34.45	200m:	2:18.42	35.76	300m:	3:30.06	35.96	400m:	4:39.85	34.78
4.	Figurska Natalia				02	UKS G-8 Bielany Warszawa				<b>4:49.52</b>	531	
	50m:	32.59	32.59	150m:	1:46.22	37.11	250m:	3:00.77	37.23	350m:	4:14.67	36.60
	100m:	1:09.11	36.52	200m:	2:23.54	37.32	300m:	3:38.07	37.30	400m:	4:49.52	34.85
5.	Ci Zuzanna				02	MKS Medyk Gi ycko				<b>4:58.59</b>	484	
	50m:	32.50	32.50	150m:	1:46.60	37.63	250m:	3:03.58	38.89	350m:	4:20.74	38.82
	100m:	1:08.97	36.47	200m:	2:24.69	38.09	300m:	3:41.92	38.34	400m:	4:58.59	37.85
6.	Pocevi i t Meda				02	Šiauli PM "Delfinas" - VJSUC				<b>4:59.76</b>	478	
	50m:	34.06	34.06	150m:	1:48.36	37.77	250m:	3:04.71	38.24	350m:	4:22.16	39.21
	100m:	1:10.59	36.53	200m:	2:26.47	38.11	300m:	3:42.95	38.24	400m:	4:59.76	37.60
7.	Skipare Kate				02	SC"Jekabpils"				<b>5:16.19</b>	408	
	50m:	35.08	35.08	150m:	1:55.28	40.59	250m:	3:17.74	41.40	350m:	4:38.64	40.19
	100m:	1:14.69	39.61	200m:	2:36.34	41.06	300m:	3:58.45	40.71	400m:	5:16.19	37.55

DYSKW. Siuda Paulina 02 UKS Pirania Targówek

GRAND PRIX WARMII I MAZUR W PŁYWANIU 10-11.12.2016  
OLSZTYN, 10 - 11-12-2016

Konkurencja 34, Kobiet, 400m dowolny

16 lat

1. Górska Julia		00	MUKP Warszawianka WP	<b>4:32.20</b>	639		
50m: 30.92	30.92	150m: 1:38.69	34.17	250m: 2:48.30	34.96	350m: 3:58.56	35.17
100m: 1:04.52	33.60	200m: 2:13.34	34.65	300m: 3:23.39	35.09	400m: 4:32.20	33.64
2. Wrońska Marianna		00	MOSiR Sopot	<b>4:51.18</b>	522		
50m: 32.70	32.70	150m: 1:45.13	37.15	250m: 2:59.50	36.99	350m: 4:15.16	37.82
100m: 1:07.98	35.28	200m: 2:22.51	37.38	300m: 3:37.34	37.84	400m: 4:51.18	36.02

17 - 18 lat

1. Kondrasiuk Małgorzata		98	MUKP Warszawianka WP	<b>4:31.84</b>	642		
50m: 30.45	30.45	150m: 1:36.92	33.67	250m: 2:45.92	34.82	350m: 3:57.81	36.31
100m: 1:03.25	32.80	200m: 2:11.10	34.18	300m: 3:21.50	35.58	400m: 4:31.84	34.03