

SHERATON POZNAN CUP International Swim & Masters Meet  
Pozna , 6- - 8-2-2015

Konkurencja 5 Kobiet, 400m zmienny  
2015-02-06 - 16:45 400 IM 12 lat i starsi  
Wyniki

ISMM 5:12.99 NAGÓRSKA, Monika 2014-01-19

Punkty: FINA 2013

Pozycja	Rok ur.	Czas	Pkt.
<b>12 lat</b>			
1. KUŁAKOWSKA, Monika	03	MKS Medyk Gi ycko	<b>5:40.41</b> 450
50m: 35.85 35.85	150m: 2:05.66 43.77	250m: 3:35.78 47.25	350m: 5:02.63 39.82
100m: 1:21.89 46.04	200m: 2:48.53 42.87	300m: 4:22.81 47.03	400m: 5:40.41 37.78
2. GRO , Weronika	03	MUKS Rekin Bydgoszcz	<b>5:45.99</b> 429
50m: 37.65 37.65	150m: 2:06.79 45.60	250m: 3:38.19 46.66	350m: 5:06.31 41.11
100m: 1:21.19 43.54	200m: 2:51.53 44.74	300m: 4:25.20 47.01	400m: 5:45.99 39.68
3. PISKORSKA, Adela	03	UKP Torpeda Ole nica	<b>6:02.73</b> 372
50m: 38.53 38.53	150m: 2:09.16 44.39	250m: 3:45.41 52.26	350m: 5:22.77 42.73
100m: 1:24.77 46.24	200m: 2:53.15 43.99	300m: 4:40.04 54.63	400m: 6:02.73 39.96
4. RASOSHANKA, Alena	03	Minsk	<b>6:05.01</b> 365
50m: 36.56 36.56	150m: 2:09.54 49.40	250m: 3:45.70 49.92	350m: 5:22.03 44.37
100m: 1:20.14 43.58	200m: 2:55.78 46.24	300m: 4:37.66 51.96	400m: 6:05.01 42.98
5. MACIOŁA, Maja	03	Mks Rokita Brzeg Dolny	<b>6:07.24</b> 359
50m: 38.70 38.70	150m: 2:11.66 45.37	250m: 3:50.57 53.93	350m: 5:26.74 41.98
100m: 1:26.29 47.59	200m: 2:56.64 44.98	300m: 4:44.76 54.19	400m: 6:07.24 40.50
6. SHOSTAK, Anastasiya	03	Minsk	<b>6:07.56</b> 358
50m: 35.83 35.83	150m:	250m: 3:48.43 54.18	350m: 5:25.83 42.82
100m: 1:21.58 45.75	200m: 2:54.25	300m: 4:43.01 54.58	400m: 6:07.56 41.73
7. MARJA SKA, Agata	03	MUKS Rekin Bydgoszcz	<b>6:11.10</b> 348
50m: 40.05 40.05	150m: 2:15.16 47.89	250m: 3:53.89 53.03	350m: 5:29.60 41.69
100m: 1:27.27 47.22	200m: 3:00.86 45.70	300m: 4:47.91 54.02	400m: 6:11.10 41.50
8. BIGUS, Wiktoria	03	Ukp Gryf Debica	<b>6:15.54</b> 335
50m: 40.67 40.67	150m: 2:17.69 46.31	250m: 3:56.10 52.71	350m: 5:33.80 44.26
100m: 1:31.38 50.71	200m: 3:03.39 45.70	300m: 4:49.54 53.44	400m: 6:15.54 41.74
<b>13 lat</b>			
1. PAULIKOVICH, Alevtina	02	Region Minsk	<b>5:40.26</b> 451
50m: 36.52 36.52	150m: 2:03.09 42.63	250m: 3:33.26 49.06	350m: 5:02.33 39.84
100m: 1:20.46 43.94	200m: 2:44.20 41.11	300m: 4:22.49 49.23	400m: 5:40.26 37.93
2. DZIASHKEVICH, Darya	02	Minsk	<b>5:47.44</b> 424
50m: 38.45 38.45	150m: 2:08.57 44.51	250m: 3:39.64 47.64	350m: 5:07.72 40.75
100m: 1:24.06 45.61	200m: 2:52.00 43.43	300m: 4:26.97 47.33	400m: 5:47.44 39.72
3. RZANY, Wiktoria	02	Ukp Gryf Debica	<b>6:00.51</b> 379
50m: 36.56 36.56	150m: 2:10.10 48.85	250m: 3:44.32 48.07	350m: 5:18.01 44.75
100m: 1:21.25 44.69	200m: 2:56.25 46.15	300m: 4:33.26 48.94	400m: 6:00.51 42.50
4. KŁUSEK, Maria	02	Uks Delfinek	<b>6:01.44</b> 376
50m: 40.23 40.23	150m: 2:15.75 45.16	250m: 3:49.06 48.91	350m: 5:21.42 42.46
100m: 1:30.59 50.36	200m: 3:00.15 44.40	300m: 4:38.96 49.90	400m: 6:01.44 40.02
5. GRYLEWICZ, Zuzanna	02	Klub Sportowy REKIN	<b>6:03.76</b> 369
50m: 41.53 41.53	150m:	250m: 3:51.53 51.21	350m: 5:24.86 41.58
100m: 1:30.36 48.83	200m: 3:00.32	300m: 4:43.28 51.75	400m: 6:03.76 38.90
6. HRANOUSKAYA, Anna	02	Minsk	<b>6:03.99</b> 368
50m: 39.71 39.71	150m: 2:12.04 45.99	250m: 3:48.52 50.53	350m: 5:23.67 43.48
100m: 1:26.05 46.34	200m: 2:57.99 45.95	300m: 4:40.19 51.67	400m: 6:03.99 40.32
7. POLASIK, Natalia	02	MKS Medyk Gi ycko	<b>6:06.88</b> 360
50m: 40.05 40.05	150m: 2:16.83 45.32	250m: 3:52.93 52.52	350m: 5:26.55 41.14
100m: 1:31.51 51.46	200m: 3:00.41 43.58	300m: 4:45.41 52.48	400m: 6:06.88 40.33

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Konkurencja 5, Dziewcz t, 400m zmienny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.		
8.	SZERSZEN, Natalia		02	Ukp Gryf Debica				<b>6:08.36</b>	355		
	50m:	41.16 41.16	150m:	2:14.84	43.99	250m:	3:52.72	53.52	350m:	5:28.36	42.72
	100m:	1:30.85 49.69	200m:	2:59.20	44.36	300m:	4:45.64	52.92	400m:	6:08.36	40.00
9.	WIAZICKA, Aleksandra		02	Ukp Gryf Debica				<b>6:09.91</b>	351		
	50m:	38.96 38.96	150m:	2:14.27	47.76	250m:	3:53.20	52.44	350m:	5:29.42	44.45
	100m:	1:26.51 47.55	200m:	3:00.76	46.49	300m:	4:44.97	51.77	400m:	6:09.91	40.49
DYSKW.	PAPLAUSKAYA, Lizaveta		02	Minsk				<b>5:45.90</b>			
	<i>Z2 - Uko czenie poszczególnych odcinków niezgodnie z przepisami o danym stylu</i>										
	50m:	38.74 38.74	150m:	2:05.78	44.74	250m:	3:37.33	47.12	350m:	5:06.02	41.04
	100m:	1:21.04 42.30	200m:	2:50.21	44.43	300m:	4:24.98	47.65	400m:	5:45.90	39.88

14 - 15 lat

1.	BISIARYNA, Volha		01	Neptun				<b>5:10.73</b>	592		
	50m:	32.64 32.64	150m:	1:49.96	38.83	250m:	3:13.56	45.74	350m:	4:35.13	36.31
	100m:	1:11.13 38.49	200m:	2:27.82	37.86	300m:	3:58.82	45.26	400m:	5:10.73	35.60
2.	KUJAWSKA, Katarzyna		00	MTKP Delfin Toru				<b>5:26.74</b>	509		
	50m:	35.08 35.08	150m:	1:58.42	43.10	250m:	3:25.78	45.43	350m:	4:49.81	38.49
	100m:	1:15.32 40.24	200m:	2:40.35	41.93	300m:	4:11.32	45.54	400m:	5:26.74	36.93
3.	KLESSA, Helena		00	MKS Nielba Wagrowiec				<b>5:27.38</b>	506		
	50m:	34.72 34.72	150m:	1:55.29	40.28	250m:	3:22.39	47.71	350m:	4:49.61	39.32
	100m:	1:15.01 40.29	200m:	2:34.68	39.39	300m:	4:10.29	47.90	400m:	5:27.38	37.77
4.	W GLICKA, Julita		01	UKS Oxpess Bolesławiec				<b>5:49.59</b>	416		
	50m:	37.96 37.96	150m:	2:04.44	42.40	250m:	3:36.41	50.16	350m:	5:10.25	43.34
	100m:	1:22.04 44.08	200m:	2:46.25	41.81	300m:	4:26.91	50.50	400m:	5:49.59	39.34
5.	HUSEVA, Ksenia		01	Volna				<b>6:11.26</b>	347		
	50m:	40.61 40.61	150m:	2:19.78	47.35	250m:	3:56.70	49.51	350m:	5:29.97	42.62
	100m:	1:32.43 51.82	200m:	3:07.19	47.41	300m:	4:47.35	50.65	400m:	6:11.26	41.29

18 - 19 lat

1.	CIE LAK, Joanna SP		96	Warta Pozna				<b>4:52.46</b>	711		
	50m:	30.12 30.12	150m:	1:42.52	37.42	250m:	3:00.84	42.31	350m:	4:18.80	35.28
	100m:	1:05.10 34.98	200m:	2:18.53	36.01	300m:	3:43.52	42.68	400m:	4:52.46	33.66
2.	MENDOWSKA, Paulina SP		97	Warta Pozna				<b>4:59.71</b>	660		
	50m:	32.08 32.08	150m:	1:46.82	38.96	250m:	3:09.02	43.02	350m:	4:26.17	34.58
	100m:	1:07.86 35.78	200m:	2:26.00	39.18	300m:	3:51.59	42.57	400m:	4:59.71	33.54
3.	CZARNECKA, Klaudia SP		97	Warta Pozna				<b>5:17.94</b>	553		
	50m:	33.64 33.64	150m:	1:52.46	40.66	250m:	3:16.09	43.17	350m:	4:39.64	39.19
	100m:	1:11.80 38.16	200m:	2:32.92	40.46	300m:	4:00.45	44.36	400m:	5:17.94	38.30

20 lat i starsi

1.	GRZEGORCZYK, Izabela		93	Warta Pozna				<b>5:00.06</b>	658		
	50m:	31.27 31.27	150m:	1:47.31	39.19	250m:	3:09.66	44.11	350m:	4:27.61	33.87
	100m:	1:08.12 36.85	200m:	2:25.55	38.24	300m:	3:53.74	44.08	400m:	5:00.06	32.45