

Grand Prix Polski Seniorów  
Ciechanów, 6. - 7.11.2010

Konkurencja 1  
2010-11-06 - 10:25

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2010

| Pozycja |   |         |       |       | Rok ur. |                               |       |         |       | Czas           | Pkt.    |       |
|---------|---|---------|-------|-------|---------|-------------------------------|-------|---------|-------|----------------|---------|-------|
| 1.      | Tchórz Alicja   |         |       |       | 92      | MKP „Słowianka” Gorzów Wlkp.  |       |         |       | <b>4:44.44</b> | 772     |       |
|         | 50m:  | 31.03   | 31.03 | 150m: | 1:42.33 | 36.38                         | 250m: | 2:58.66 | 40.59 | 350m:          | 4:12.65 | 33.08 |
|         | 100m:   | 1:05.95 | 34.92 | 200m: | 2:18.07 | 35.74                         | 300m: | 3:39.57 | 40.91 | 400m:          | 4:44.44 | 31.79 |
| 2.      | Olczak Mirela   |         |       |       | 93      | MKP „Słowianka” Gorzów Wlkp.  |       |         |       | <b>4:47.90</b> | 745     |       |
|         | 50m:  | 30.89   | 30.89 | 150m: | 1:42.56 | 37.40                         | 250m: | 3:00.16 | 40.90 | 350m:          | 4:15.21 | 33.84 |
|         | 100m:   | 1:05.16 | 34.27 | 200m: | 2:19.26 | 36.70                         | 300m: | 3:41.37 | 41.21 | 400m:          | 4:47.90 | 32.69 |
| 3.      | Urba ska Karolina SG  |         |       |       | 92      | KS AZS-AWFis Gda sk           |       |         |       | <b>4:51.47</b> | 718     |       |
|         | 50m:  | 31.46   | 31.46 | 150m: | 1:44.33 | 36.69                         | 250m: | 3:03.02 | 42.63 | 350m:          | 4:18.58 | 33.43 |
|         | 100m:   | 1:07.64 | 36.18 | 200m: | 2:20.39 | 36.06                         | 300m: | 3:45.15 | 42.13 | 400m:          | 4:51.47 | 32.89 |
| 4.      | ukowska Paula, SzG  |         |       |       | 93      | Zryw Opole                    |       |         |       | <b>4:53.89</b> | 700     |       |
|         | 50m:  | 31.45   | 31.45 | 150m: | 1:43.15 | 36.80                         | 250m: | 3:00.94 | 42.30 | 350m:          | 4:19.85 | 34.97 |
|         | 100m:   | 1:06.35 | 34.90 | 200m: | 2:18.64 | 35.49                         | 300m: | 3:44.88 | 43.94 | 400m:          | 4:53.89 | 34.04 |
| 5.      | Kowalska Agata  |         |       |       | 93      | MKS Polonia Warszawa          |       |         |       | <b>4:55.38</b> | 690     |       |
|         | 50m:  | 30.03   | 30.03 | 150m: | 1:43.11 | 37.88                         | 250m: | 3:03.46 | 43.73 | 350m:          | 4:22.91 | 34.90 |
|         | 100m:   | 1:05.23 | 35.20 | 200m: | 2:19.73 | 36.62                         | 300m: | 3:48.01 | 44.55 | 400m:          | 4:55.38 | 32.47 |
| 6.      | Radli ska Marcelina   |         |       |       | 93      | UKS Orka Zamo                 |       |         |       | <b>4:56.10</b> | 685     |       |
|         | 50m:  | 31.15   | 31.15 | 150m: | 1:44.42 | 38.12                         | 250m: | 3:04.50 | 41.91 | 350m:          | 4:21.73 | 34.95 |
|         | 100m:   | 1:06.30 | 35.15 | 200m: | 2:22.59 | 38.17                         | 300m: | 3:46.78 | 42.28 | 400m:          | 4:56.10 | 34.37 |
| 7.      | Szmagalska Agata  |         |       |       | 95      | MKP „Słowianka” Gorzów Wlkp.  |       |         |       | <b>5:01.70</b> | 647     |       |
|         | 50m:  | 31.41   | 31.41 | 150m: | 1:45.44 | 38.24                         | 250m: | 3:06.58 | 43.78 | 350m:          | 4:27.51 | 35.94 |
|         | 100m:   | 1:07.20 | 35.79 | 200m: | 2:22.80 | 37.36                         | 300m: | 3:51.57 | 44.99 | 400m:          | 5:01.70 | 34.19 |
| 8.      | Kuzawi ska Karolina   |         |       |       | 93      | KP MZOS Plock                 |       |         |       | <b>5:02.66</b> | 641     |       |
|         | 50m:  | 31.24   | 31.24 | 150m: | 1:46.04 | 39.69                         | 250m: | 3:08.81 | 44.24 | 350m:          | 4:28.76 | 34.75 |
|         | 100m:   | 1:06.35 | 35.11 | 200m: | 2:24.57 | 38.53                         | 300m: | 3:54.01 | 45.20 | 400m:          | 5:02.66 | 33.90 |
| 9.      | Czerniak Monika SR  |         |       |       | 92      | Bobry D bica                  |       |         |       | <b>5:04.24</b> | 631     |       |
|         | 50m:  | 31.34   | 31.34 | 150m: | 1:47.56 | 39.27                         | 250m: | 3:09.07 | 43.28 | 350m:          | 4:29.15 | 36.10 |
|         | 100m:   | 1:08.29 | 36.95 | 200m: | 2:25.79 | 38.23                         | 300m: | 3:53.05 | 43.98 | 400m:          | 5:04.24 | 35.09 |
| 10.     | Piasecka Marta  |         |       |       | 91      | AZS AWF Katowice              |       |         |       | <b>5:09.65</b> | 599     |       |
|         | 50m:  | 32.98   | 32.98 | 150m: | 1:49.80 | 38.94                         | 250m: | 3:13.79 | 45.20 | 350m:          | 4:34.51 | 36.09 |
|         | 100m:   | 1:10.86 | 37.88 | 200m: | 2:28.59 | 38.79                         | 300m: | 3:58.42 | 44.63 | 400m:          | 5:09.65 | 35.14 |
| 11.     | POZORSKA AGATA  |         |       |       | 94      | AZS-WSG-Astoria Bydgoszcz     |       |         |       | <b>5:13.62</b> | 576     |       |
|         | 50m:  | 32.92   | 32.92 | 150m: | 1:51.21 | 40.01                         | 250m: | 3:16.18 | 45.67 | 350m:          | 4:38.72 | 36.39 |
|         | 100m:   | 1:11.20 | 38.28 | 200m: | 2:30.51 | 39.30                         | 300m: | 4:02.33 | 46.15 | 400m:          | 5:13.62 | 34.90 |
| 12.     | Szydło Paulina  |         |       |       | 92      | MKS Juvenia Wrocław           |       |         |       | <b>5:13.99</b> | 574     |       |
|         | 50m:  | 33.80   | 33.80 | 150m: | 1:56.92 | 42.58                         | 250m: | 3:19.52 | 41.97 | 350m:          | 4:38.91 | 37.96 |
|         | 100m:   | 1:14.34 | 40.54 | 200m: | 2:37.55 | 40.63                         | 300m: | 4:00.95 | 41.43 | 400m:          | 5:13.99 | 35.08 |
| 13.     | B czyk Paula  |         |       |       | 93      | MKS "Trójka" Łód              |       |         |       | <b>5:21.08</b> | 537     |       |
|         | 50m:  | 33.37   | 33.37 | 150m: | 1:52.68 | 40.96                         | 250m: | 3:18.11 | 46.01 | 350m:          | 4:43.73 | 38.67 |
|         | 100m:   | 1:11.72 | 38.35 | 200m: | 2:32.10 | 39.42                         | 300m: | 4:05.06 | 46.95 | 400m:          | 5:21.08 | 37.35 |
| 14.     | Morkowska Joanna SZG  |         |       |       | 94      | Korner Zielona Góra           |       |         |       | <b>5:21.34</b> | 536     |       |
|         | 50m:  | 35.22   | 35.22 | 150m: | 1:54.24 | 38.56                         | 250m: | 3:18.31 | 46.77 | 350m:          | 4:44.27 | 38.73 |
|         | 100m:   | 1:15.68 | 40.46 | 200m: | 2:31.54 | 37.30                         | 300m: | 4:05.54 | 47.23 | 400m:          | 5:21.34 | 37.07 |
| 15.     | R yska Anna   |         |       |       | 96      | MTP Kormoran Olsztyn          |       |         |       | <b>5:32.18</b> | 485     |       |
|         | 50m:  | 34.75   | 34.75 | 150m: | 1:57.58 | 43.37                         | 250m: | 3:27.24 | 47.58 | 350m:          | 4:54.26 | 39.00 |
|         | 100m:   | 1:14.21 | 39.46 | 200m: | 2:39.66 | 42.08                         | 300m: | 4:15.26 | 48.02 | 400m:          | 5:32.18 | 37.92 |
| 16.     | KLINGER ANNA  |         |       |       | 94      | UKS Shark Rudna               |       |         |       | <b>5:33.15</b> | 481     |       |
|         | 50m:  | 33.06   | 33.06 | 150m: | 1:56.96 | 44.81                         | 250m: | 3:28.15 | 48.45 | 350m:          | 4:55.62 | 39.35 |
|         | 100m:   | 1:12.15 | 39.09 | 200m: | 2:39.70 | 42.74                         | 300m: | 4:16.27 | 48.12 | 400m:          | 5:33.15 | 37.53 |
| DYSKW.  | Rybi ska Magdalena  |         |       |       | 96      | UKS "GIM 92 Ursynów" Warszawa |       |         |       | <b>5:27.94</b> |         |       |
|         | <i>Z-2 - Uko czenie poszczególnych odcinków niezgodnie z przepisami o danym stylu</i> |         |       |       |         |                               |       |         |       |                |         |       |
|         | 50m:  | 35.75   | 35.75 | 150m: | 1:59.66 | 42.95                         | 250m: | 3:24.36 | 43.86 | 350m:          | 4:49.23 | 40.40 |
|         | 100m:   | 1:16.71 | 40.96 | 200m: | 2:40.50 | 40.84                         | 300m: | 4:08.83 | 44.47 | 400m:          | 5:27.94 | 38.71 |