

Grand Prix Polski Seniorów  
Ciechanów, 6. - 7.11.2010

Konkurencja 33  
2010-11-07 - 11:25

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2010

Pozycja	Rok ur.	Czas	Pkt.
1. Olczak Mirela	93 MKP „Słowianka” Gorzów Wlkp.	<b>4:17.09</b>	762
50m: 30.90 30.90	150m: 1:35.68 32.52	250m: 2:41.08 32.68	350m: 3:45.87 32.31
100m: 1:03.16 32.26	200m: 2:08.40 32.72	300m: 3:13.56 32.48	400m: 4:17.09 31.22
2. ukowska Paula, SzG	93 Zryw Opole	<b>4:18.82</b>	747
50m: 30.39 30.39	150m: 1:35.31 32.58	250m: 2:41.22 33.07	350m: 3:46.58 32.49
100m: 1:02.73 32.34	200m: 2:08.15 32.84	300m: 3:14.09 32.87	400m: 4:18.82 32.24
3. Gawęłczyk Dominika	91 AZS AWF Katowice	<b>4:20.08</b>	736
50m: 30.57 30.57	150m: 1:35.55 32.75	250m: 2:41.21 33.00	350m: 3:47.54 33.13
100m: 1:02.80 32.23	200m: 2:08.21 32.66	300m: 3:14.41 33.20	400m: 4:20.08 32.54
4. Zachoszcz Joanna	93 MKP „Słowianka” Gorzów Wlkp.	<b>4:24.72</b>	698
50m: 30.33 30.33	150m: 1:35.69 32.97	250m: 2:43.00 33.75	350m: 3:51.16 34.19
100m: 1:02.72 32.39	200m: 2:09.25 33.56	300m: 3:16.97 33.97	400m: 4:24.72 33.56
5. Chodyna Monika	92 MTP Kormoran Olsztyn	<b>4:29.12</b>	665
50m: 31.25 31.25	150m: 1:38.44 33.87	250m: 2:46.30 34.09	350m: 3:55.19 34.51
100m: 1:04.57 33.32	200m: 2:12.21 33.77	300m: 3:20.68 34.38	400m: 4:29.12 33.93
6. Czerniak Monika SR	92 Bobry D bica	<b>4:30.33</b>	656
50m: 31.48 31.48	150m: 1:41.77 34.97	250m: 2:49.68 34.12	350m: 3:57.80 34.00
100m: 1:06.80 35.32	200m: 2:15.56 33.79	300m: 3:23.80 34.12	400m: 4:30.33 32.53
7. Szmagalska Agata	95 MKP „Słowianka” Gorzów Wlkp.	<b>4:33.87</b>	631
50m: 31.45 31.45	150m: 1:40.21 35.01	250m: 2:50.06 34.87	350m: 4:00.17 34.91
100m: 1:05.20 33.75	200m: 2:15.19 34.98	300m: 3:25.26 35.20	400m: 4:33.87 33.70
8. Nowacka Aleksandra	90 AZS AWF Warszawa	<b>4:35.74</b>	618
50m: 31.82 31.82	150m: 1:41.36 35.01	250m: 2:51.75 35.25	350m: 4:01.86 34.75
100m: 1:06.35 34.53	200m: 2:16.50 35.14	300m: 3:27.11 35.36	400m: 4:35.74 33.88
9. Walewska Agnieszka	95 UKS Jagiellonka Warszawa	<b>4:36.17</b>	615
50m: 31.97 31.97	150m: 1:40.56 34.72	250m: 2:50.99 35.33	350m: 4:02.21 35.62
100m: 1:05.84 33.87	200m: 2:15.66 35.10	300m: 3:26.59 35.60	400m: 4:36.17 33.96
10. Aleksandrowicz Arleta	96 Mi dzyszkołny Uczniowski Klub Sportowy „MŁCZYK” Suwałki	<b>4:36.27</b>	614
50m: 31.52 31.52	150m: 1:41.01 35.20	250m: 2:52.04 35.47	350m: 4:02.85 35.14
100m: 1:05.81 34.29	200m: 2:16.57 35.56	300m: 3:27.71 35.67	400m: 4:36.27 33.42
11. Wiertel Agata	95 Lublinianka	<b>4:37.10</b>	609
50m: 31.27 31.27	150m: 1:41.07 35.41	250m: 2:52.28 35.71	350m: 4:03.72 35.56
100m: 1:05.66 34.39	200m: 2:16.57 35.50	300m: 3:28.16 35.88	400m: 4:37.10 33.38
12. Lewitzka Paulina	95 Uks Ruch Grudzi dz	<b>4:38.10</b>	602
50m: 31.91 31.91	150m: 1:42.81 35.86	250m: 2:53.84 35.14	350m: 4:04.51 35.36
100m: 1:06.95 35.04	200m: 2:18.70 35.89	300m: 3:29.15 35.31	400m: 4:38.10 33.59
13. POZORSKA AGATA	94 AZS-WSG-Astoria Bydgoszcz	<b>4:39.38</b>	594
50m: 31.57 31.57	150m: 1:41.49 35.41	250m: 2:52.53 35.46	350m: 4:03.96 35.78
100m: 1:06.08 34.51	200m: 2:17.07 35.58	300m: 3:28.18 35.65	400m: 4:39.38 35.42
14. Paciorkiewicz Agata	96 SKS Start Łód	<b>4:40.13</b>	589
50m: 32.04 32.04	150m: 1:42.76 35.65	250m: 2:54.52 35.94	350m: 4:06.25 35.92
100m: 1:07.11 35.07	200m: 2:18.58 35.82	300m: 3:30.33 35.81	400m: 4:40.13 33.88
15. Nazi ło Klaudia	93 MKS Juwenia Wrocław	<b>4:40.43</b>	587
50m: 31.92 31.92	150m: 1:42.15 35.63	250m: 2:53.42 35.25	350m: 4:05.22 36.14
100m: 1:06.52 34.60	200m: 2:18.17 36.02	300m: 3:29.08 35.66	400m: 4:40.43 35.21
16. Morkowska Joanna SZG	94 Korner Zielona Góra	<b>4:40.67</b>	586
50m: 32.86 32.86	150m: 1:44.75 35.99	250m: 2:55.99 34.90	350m: 4:05.95 34.95
100m: 1:08.76 35.90	200m: 2:21.09 36.34	300m: 3:31.00 35.01	400m: 4:40.67 34.72
17. Krojna Klaudia SG	93 UKS Ruch SP 21 Grudziadz	<b>4:43.96</b>	566
50m: 32.03 32.03	150m: 1:43.09 35.62	250m: 2:54.98 36.16	350m: 4:08.56 37.01
100m: 1:07.47 35.44	200m: 2:18.82 35.73	300m: 3:31.55 36.57	400m: 4:43.96 35.40

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Pozycja			Rok ur.					Czas	Pkt.
18.	Szydło Paulina		92	MKS Juwenia Wrocław				<b>4:44.29</b>	564
	50m:	32.43 32.43	150m:	1:44.52 36.50	250m:	2:57.32 36.51	350m:	4:09.90 36.14	
	100m:	1:08.02 35.59	200m:	2:20.81 36.29	300m:	3:33.76 36.44	400m:	4:44.29 34.39	
19.	Bczyk Paula		93	MKS "Trójka" Łódź				<b>4:45.66</b>	556
	50m:	32.13 32.13	150m:	1:44.13 36.29	250m:	2:57.14 36.41	350m:	4:10.00 36.17	
	100m:	1:07.84 35.71	200m:	2:20.73 36.60	300m:	3:33.83 36.69	400m:	4:45.66 35.66	
20.	Macieszka Agata		96	KS ORZEŁ Elbląg				<b>4:46.06</b>	553
	50m:	32.19 32.19	150m:	1:44.36 36.56	250m:	2:58.01 36.62	350m:	4:11.51 36.73	
	100m:	1:07.80 35.61	200m:	2:21.39 37.03	300m:	3:34.78 36.77	400m:	4:46.06 34.55	
21.	Parkot Joanna		95	Klub Sportowy "1" Oarów Mazowiecki				<b>4:46.10</b>	553
	50m:	31.22 31.22	150m:	1:42.92 36.56	250m:	2:56.44 36.43	350m:	4:10.84 37.05	
	100m:	1:06.36 35.14	200m:	2:20.01 37.09	300m:	3:33.79 37.35	400m:	4:46.10 35.26	
22.	Lewandowska Agata		93	UKS "GIM 92 Ursynów" Warszawa				<b>4:48.08</b>	542
	50m:	32.44 32.44	150m:	1:42.91 35.88	250m:	2:56.02 36.68	350m:	4:11.44 37.72	
	100m:	1:07.03 34.59	200m:	2:19.34 36.43	300m:	3:33.72 37.70	400m:	4:48.08 36.64	
23.	Zembruska Dorota		93	UKS "G-8 Bielany" Warszawa				<b>4:50.16</b>	530
	50m:	32.85 32.85	150m:	1:45.25 36.51	250m:	2:59.61 37.24	350m:	4:13.76 37.09	
	100m:	1:08.74 35.89	200m:	2:22.37 37.12	300m:	3:36.67 37.06	400m:	4:50.16 36.40	
24.	KLINGER ANNA		94	UKS Shark Rudna				<b>4:51.11</b>	525
	50m:	32.66 32.66	150m:	1:46.36 37.46	250m:	3:01.52 37.64	350m:	4:16.29 37.29	
	100m:	1:08.90 36.24	200m:	2:23.88 37.52	300m:	3:39.00 37.48	400m:	4:51.11 34.82	
25.	Starczyk Olga		96	GOSiR Piaseczno				<b>4:51.98</b>	520
	50m:	32.94 32.94	150m:	1:46.66 37.12	250m:	3:01.67 37.44	350m:	4:16.60 36.89	
	100m:	1:09.54 36.60	200m:	2:24.23 37.57	300m:	3:39.71 38.04	400m:	4:51.98 35.38	
26.	Cewińska Ida		94	SKS Start Łódź				<b>4:58.04</b>	489
	50m:	32.89 32.89	150m:	1:45.46 36.47	250m:	3:00.76 37.84	400m:	4:58.04 37.78	
	100m:	1:08.99 36.10	200m:	2:22.92 37.46	300m:	4:20.26 1:19.50			
27.	Sylwestrzak Izabella SG		96	KS AZS-AWFiS Gdańsk				<b>4:58.96</b>	485
	50m:	33.08 33.08	150m:	1:48.51 38.22	250m:	3:04.62 38.10	350m:	4:21.29 38.14	
	100m:	1:10.29 37.21	200m:	2:26.52 38.01	300m:	3:43.15 38.53	400m:	4:58.96 37.67	
28.	Olszewska Maja		95	Uks Skalar Warszawa				<b>5:04.55</b>	458
	50m:	33.88 33.88	150m:	1:50.86 38.98	250m:	3:09.27 38.78	350m:	4:26.77 38.49	
	100m:	1:11.88 38.00	200m:	2:30.49 39.63	300m:	3:48.28 39.01	400m:	5:04.55 37.78	