

GRAND PRIX – PUCHAR POLSKI W PŁYWANIU
Ciechanów, 18- - 19-2-2012

Konkurencja 1 Kobiet, 400m zmienny 14 lat i starsi
2012-02-18 - 10:25 Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.		
1.	SZCZEPANIAK, Karolina		92	AZS AWF Warszawa				4:41.51	797		
	50m:	30.03 30.03	150m:	1:39.55	35.56	250m:	2:55.48	40.93	350m:	4:09.74	33.11
	100m:	1:03.99 33.96	200m:	2:14.55	35.00	300m:	3:36.63	41.15	400m:	4:41.51	31.77
2.	TCHÓRZ, Alicja		92	MKS Juvenia Wrocław				4:47.48	748		
	50m:	30.80 30.80	150m:	1:42.48	37.07	250m:	3:00.09	41.43	350m:	4:15.45	33.75
	100m:	1:05.41 34.61	200m:	2:18.66	36.18	300m:	3:41.70	41.61	400m:	4:47.48	32.03
3.	SIE CZYK, Jowita		97	MKS " AK" Biała Podlaska				5:00.18	657		
	50m:	32.43 32.43	150m:	1:48.23	38.65	250m:	3:06.48	41.33	350m:	4:25.13	36.59
	100m:	1:09.58 37.15	200m:	2:25.15	36.92	300m:	3:48.54	42.06	400m:	5:00.18	35.05
4.	ZACHARSKA, Inga		94	UKS "GIM 92 Ursynów"				5:09.89	597		
	50m:	33.20 33.20	150m:	1:49.02	37.91	250m:	3:11.98	45.88	350m:	4:34.86	36.83
	100m:	1:11.11 37.91	200m:	2:26.10	37.08	300m:	3:58.03	46.05	400m:	5:09.89	35.03
5.	MACIUCH, Karolina		96	VEGA Dobrodzie				5:10.29	595		
	50m:	34.37 34.37	150m:	1:53.54	38.68	250m:	3:15.14	44.32	350m:	4:36.28	36.40
	100m:	1:14.86 40.49	200m:	2:30.82	37.28	300m:	3:59.88	44.74	400m:	5:10.29	34.01
6.	PODMAJSTRZY, JOANNA		93	Sks 137 Delfin Łódź				5:10.64	593		
	50m:	31.94 31.94	150m:	1:48.63	39.77	250m:	3:11.68	43.87	350m:	4:34.48	38.38
	100m:	1:08.86 36.92	200m:	2:27.81	39.18	300m:	3:56.10	44.42	400m:	5:10.64	36.16
7.	ROGACZ, Katarzyna SR		96	MKS-SMS Victoria Racibórz				5:10.67	593		
	50m:	32.89 32.89	150m:	1:51.39	39.39	250m:	3:13.42	43.16	350m:	4:34.77	37.45
	100m:	1:12.00 39.11	200m:	2:30.26	38.87	300m:	3:57.32	43.90	400m:	5:10.67	35.90
8.	POPIEL, Joanna		96	UKS G - 8 Bielany				5:11.06	591		
	50m:	32.51 32.51	150m:	1:48.61	38.65	250m:	3:14.01	46.80	350m:	4:36.52	35.65
	100m:	1:09.96 37.45	200m:	2:27.21	38.60	300m:	4:00.87	46.86	400m:	5:11.06	34.54
9.	KŁOPOCKA, Paulina		95	MKS Juvenia Wrocław				5:13.86	575		
	50m:	32.58 32.58	150m:	1:50.18	40.94	250m:	3:17.08	46.41	350m:	4:39.34	35.64
	100m:	1:09.24 36.66	200m:	2:30.67	40.49	300m:	4:03.70	46.62	400m:	5:13.86	34.52
10.	SPROSKA, Magdalena		97	MKS ZRYW Opole				5:15.26	567		
	50m:	32.57 32.57	150m:	1:52.00	41.73	250m:	3:18.85	45.97	350m:	4:41.08	35.70
	100m:	1:10.27 37.70	200m:	2:32.88	40.88	300m:	4:05.38	46.53	400m:	5:15.26	34.18
11.	BIEDRZYCKA, Iga		97	MKS "Ros" Pisz				5:16.92	558		
	50m:	32.85 32.85	150m:	1:51.12	39.85	250m:	3:14.71	44.49	350m:	4:39.22	38.39
	100m:	1:11.27 38.42	200m:	2:30.22	39.10	300m:	4:00.83	46.12	400m:	5:16.92	37.70
12.	TROJANOWSKA, Kinga		95	LKS Omega Kleszczów				5:18.47	550		
	50m:	34.81 34.81	150m:	1:55.90	40.86	250m:	3:22.36	46.55	350m:	4:43.93	35.08
	100m:	1:15.04 40.23	200m:	2:35.81	39.91	300m:	4:08.85	46.49	400m:	5:18.47	34.54
13.	TREPKA, Karolina		96	UKS "GIM 92 Ursynów"				5:19.20	546		
	50m:	33.37 33.37	150m:	1:53.38	40.43	250m:	3:18.87	46.76	350m:	4:43.33	37.19
	100m:	1:12.95 39.58	200m:	2:32.11	38.73	300m:	4:06.14	47.27	400m:	5:19.20	35.87
14.	CISZEWSKA, Sandra		97	UKS 9 Kalisz				5:20.07	542		
	50m:	33.88 33.88	150m:	1:55.13	40.31	250m:	3:21.22	46.83	350m:	4:44.00	36.30
	100m:	1:14.82 40.94	200m:	2:34.39	39.26	300m:	4:07.70	46.48	400m:	5:20.07	36.07
15.	BAGI SKA, Zofia		97	Siódemka Sopot				5:23.20	526		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	5:23.20	
16.	RYBI SKA, Magdalena		96	UKS "GIM 92 Ursynów"				5:28.87	500		
	50m:	35.49 35.49	150m:	1:58.76	42.67	250m:	3:24.48	44.45	350m:	4:50.09	40.08
	100m:	1:16.09 40.60	200m:	2:40.03	41.27	300m:	4:10.01	45.53	400m:	5:28.87	38.78
17.	SZTANDERA, Daria		97	UKS 9 Kalisz				5:29.52	497		
	50m:	35.26 35.26	150m:	1:58.91	42.60	250m:	3:27.41	47.76	350m:	4:53.15	38.25
	100m:	1:16.31 41.05	200m:	2:39.65	40.74	300m:	4:14.90	47.49	400m:	5:29.52	36.37

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Pozycja			Rok ur.						Czas	Pkt.		
18.	DUDA, Natasza		98	S.K.S."Start" Łód					5:30.62	492		
	50m:			250m:				350m:				
	100m:			300m:				400m:	5:30.62			
19.	HELBING, Justyna		97	UKS Wilanowa					5:32.33	484		
	50m:			250m:				350m:				
	100m:			300m:				400m:	5:32.33			
20.	STACHOWICZ, PATRYCJA		97	Azs-Wsg Astoria Bydgoszcz					5:35.42	471		
	50m:	33.74	33.74	150m:	1:56.90	43.01	250m:	3:27.71	48.37	350m:	4:55.74	39.85
	100m:	1:13.89	40.15	200m:	2:39.34	42.44	300m:	4:15.89	48.18	400m:	5:35.42	39.68