

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

Konkurencja 33  
2012-02-19 - 11:40

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.		
1.	SZCZEPANIAK, Karolina		92	AZS AWF Warszawa				<b>4:13.37</b>	797		
	50m:	29.92 29.92	150m:	1:34.28	32.47	250m:	2:38.88	32.06	350m:	3:42.44	31.40
	100m:	1:01.81 31.89	200m:	2:06.82	32.54	300m:	3:11.04	32.16	400m:	4:13.37	30.93
2.	BERNAT, Aleksandra		90	Ks Warta Pozna				<b>4:15.73</b>	775		
	50m:	30.06 30.06	150m:	1:34.37	32.35	250m:	2:39.41	32.41	350m:	3:43.96	32.04
	100m:	1:02.02 31.96	200m:	2:07.00	32.63	300m:	3:11.92	32.51	400m:	4:15.73	31.77
3.	WIKIEŁ, Manuela		92	AZS UWM Olsztyn				<b>4:18.96</b>	746		
	50m:	30.80 30.80	150m:	1:35.52	32.28	250m:	2:40.20	32.19	350m:	3:45.92	33.17
	100m:	1:03.24 32.44	200m:	2:08.01	32.49	300m:	3:12.75	32.55	400m:	4:18.96	33.04
4.	CZERNAK, Monika		92	AZS UWM Olsztyn				<b>4:22.60</b>	715		
	50m:	30.72 30.72	150m:	1:35.71	32.58	250m:	2:41.85	33.36	350m:	3:49.04	33.79
	100m:	1:03.13 32.41	200m:	2:08.49	32.78	300m:	3:15.25	33.40	400m:	4:22.60	33.56
5.	WASILEWSKA, Barbara		94	LKS Omega Kleszczów				<b>4:28.29</b>	671		
	50m:	31.17 31.17	150m:	1:38.35	33.88	250m:	2:46.47	33.94	350m:	3:55.10	34.55
	100m:	1:04.47 33.30	200m:	2:12.53	34.18	300m:	3:20.55	34.08	400m:	4:28.29	33.19
6.	DEMBSKA, Joanna		95	UKS G - 8 Bielany				<b>4:29.81</b>	660		
	50m:	31.72 31.72	150m:	1:40.60	34.53	250m:	2:49.09	33.76	350m:	3:56.95	33.88
	100m:	1:06.07 34.35	200m:	2:15.33	34.73	300m:	3:23.07	33.98	400m:	4:29.81	32.86
7.	PO AROWSZCZYK, Beata		91	MKS Juvenia Wrocław				<b>4:30.26</b>	656		
	50m:	32.06 32.06	150m:	1:40.71	34.66	250m:	2:49.76	34.24	350m:	3:57.28	33.72
	100m:	1:06.05 33.99	200m:	2:15.52	34.81	300m:	3:23.56	33.80	400m:	4:30.26	32.98
8.	TCHÓRZ, Alicja		92	MKS Juvenia Wrocław				<b>4:31.60</b>	647		
	50m:	30.50 30.50	150m:	1:37.60	33.95	250m:	2:47.85	35.22	350m:	3:57.75	34.63
	100m:	1:03.65 33.15	200m:	2:12.63	35.03	300m:	3:23.12	35.27	400m:	4:31.60	33.85
9.	POPIEL, Joanna		96	UKS G - 8 Bielany				<b>4:33.41</b>	634		
	50m:	31.14 31.14	150m:	1:39.74	34.48	250m:	2:50.03	35.31	350m:	3:59.73	34.25
	100m:	1:05.26 34.12	200m:	2:14.72	34.98	300m:	3:25.48	35.45	400m:	4:33.41	33.68
10.	KŁOPOCKA, Paulina		95	MKS Juvenia Wrocław				<b>4:33.54</b>	633		
	50m:	32.22 32.22	150m:	1:41.19	34.65	250m:	2:50.64	34.87	350m:	4:00.09	34.49
	100m:	1:06.54 34.32	200m:	2:15.77	34.58	300m:	3:25.60	34.96	400m:	4:33.54	33.45
11.	BORKOWSKA, Lucyna		97	MKS Sambor Tczew				<b>4:33.69</b>	632		
	50m:	32.10 32.10	150m:	1:41.22	34.63	250m:	2:51.22	34.96	350m:	4:00.73	34.36
	100m:	1:06.59 34.49	200m:	2:16.26	35.04	300m:	3:26.37	35.15	400m:	4:33.69	32.96
12.	KOWALI SKA, Oriana		93	AZS UWM Olsztyn				<b>4:36.15</b>	615		
	50m:	32.56 32.56	150m:	1:42.34	34.96	250m:	2:53.29	35.31	350m:	4:03.57	34.77
	100m:	1:07.38 34.82	200m:	2:17.98	35.64	300m:	3:28.80	35.51	400m:	4:36.15	32.58
13.	KUZAWI SKA, Karolina		93	KP MZOS Płock				<b>4:37.16</b>	608		
	50m:	31.82 31.82	150m:	1:40.68	34.79	250m:	2:51.44	35.70	350m:	4:03.35	35.82
	100m:	1:05.89 34.07	200m:	2:15.74	35.06	300m:	3:27.53	36.09	400m:	4:37.16	33.81
14.	ROGACZ, Katarzyna SR		96	MKS-SMS Victoria Racibórz				<b>4:37.48</b>	606		
	50m:	31.40 31.40	150m:	1:39.96	34.74	250m:	2:50.66	35.58	350m:	4:02.25	35.75
	100m:	1:05.22 33.82	200m:	2:15.08	35.12	300m:	3:26.50	35.84	400m:	4:37.48	35.23
15.	KALI SKA, Magdalena		95	KP MZOS Płock				<b>4:39.09</b>	596		
	50m:	31.79 31.79	150m:	1:42.36	35.56	250m:	2:53.75	35.89	350m:	4:04.86	35.37
	100m:	1:06.80 35.01	200m:	2:17.86	35.50	300m:	3:29.49	35.74	400m:	4:39.09	34.23
16.	BARTOSZEWICZ, Ewelina		95	MUKS Olimpijczyk Suwałki				<b>4:42.50</b>	575		
	50m:	32.39 32.39	150m:	1:43.27	35.50	250m:	2:55.23	36.13	350m:	4:07.44	36.00
	100m:	1:07.77 35.38	200m:	2:19.10	35.83	300m:	3:31.44	36.21	400m:	4:42.50	35.06
17.	JANKOWSKA, Klaudia		98	UKS "GIM 92 Ursynów"				<b>4:42.53</b>	574		
	50m:	31.74 31.74	150m:	1:42.40	35.69	250m:	2:54.39	35.94	350m:	4:07.14	36.34
	100m:	1:06.71 34.97	200m:	2:18.45	36.05	300m:	3:30.80	36.41	400m:	4:42.53	35.39

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Konkurencja 33, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja	Rok ur.								Czas	Pkt.
18.	EJNIK, Sylwia		94	KP MZOS Płock				<b>4:47.75</b>	544	
	50m:	32.70 32.70	150m:	1:45.69 36.74	250m:	2:59.45 36.80	350m:	4:12.08 36.17		
	100m:	1:08.95 36.25	200m:	2:22.65 36.96	300m:	3:35.91 36.46	400m:	4:47.75 35.67		
19.	SZYMA SKA, Monika		96	LKS Omega Kleszczów				<b>4:50.94</b>	526	
	50m:	33.13 33.13	150m:	1:44.99 36.09	250m:	2:58.88 37.07	350m:	4:13.53 37.54		
	100m:	1:08.90 35.77	200m:	2:21.81 36.82	300m:	3:35.99 37.11	400m:	4:50.94 37.41		
20.	KONDRASIUK, Małgorzata		98	UKS "GIM 92 Ursynów"				<b>4:53.43</b>	513	
	50m:	33.44 33.44	150m:	1:45.16 36.41	250m:	2:59.84 37.87	350m:	4:16.80 38.51		
	100m:	1:08.75 35.31	200m:	2:21.97 36.81	300m:	3:38.29 38.45	400m:	4:53.43 36.63		
21.	TREPKA, Karolina		96	UKS "GIM 92 Ursynów"				<b>4:54.37</b>	508	
	50m:	34.05 34.05	150m:	1:48.23 37.24	250m:	3:03.03 36.96	350m:	4:17.74 37.40		
	100m:	1:10.99 36.94	200m:	2:26.07 37.84	300m:	3:40.34 37.31	400m:	4:54.37 36.63		
22.	BOROWSKA, Beata		97	UKS Wilanowa				<b>4:54.55</b>	507	
	50m:	34.14 34.14	150m:	1:48.94 37.48	250m:	3:03.99 37.59	350m:	4:18.56 36.93		
	100m:	1:11.46 37.32	200m:	2:26.40 37.46	300m:	3:41.63 37.64	400m:	4:54.55 35.99		
23.	W CŁAWIAK, Irena		98	UKS Wilanowa				<b>4:59.72</b>	481	
	50m:	34.36 34.36	150m:	1:49.89 38.32	250m:	3:06.22 38.06	350m:	4:22.80 37.93		
	100m:	1:11.57 37.21	200m:	2:28.16 38.27	300m:	3:44.87 38.65	400m:	4:59.72 36.92		
24.	KASPROWICZ, AGATA		98	Azs-Wsg Astoria Bydgoszcz				<b>5:17.33</b>	405	
	50m:	33.42 33.42	150m:	1:50.11 39.35	250m:	3:12.01 41.08	350m:	4:35.97 42.49		
	100m:	1:10.76 37.34	200m:	2:30.93 40.82	300m:	3:53.48 41.47	400m:	5:17.33 41.36		