

GRAND PRIX PUCHAR POLSKI
Kozienice, 3- - 4-3-2012

Konkurencja 1
2012-03-03 - 10:20

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.		
1.	SZCZEPANIAK, Karolina		92	AZS AWF Warszawa				4:41.84	794		
	50m:	29.46 29.46	150m:	1:40.28	37.04	250m:	2:56.12	40.18	350m:	4:09.68	33.10
	100m:	1:03.24 33.78	200m:	2:15.94	35.66	300m:	3:36.58	40.46	400m:	4:41.84	32.16
2.	SZPUCHA, KATARZYNA		96	Tp Olimpijczyk				4:50.62	724		
	50m:	31.10 31.10	150m:	1:42.04	35.92	250m:	2:57.94	40.26	350m:	4:15.52	35.96
	100m:	1:06.12 35.02	200m:	2:17.68	35.64	300m:	3:39.56	41.62	400m:	4:50.62	35.10
3.	PRZASNEK, Zuzanna		94	MKP Szczecin				4:56.42	682		
	50m:	31.87 31.87	150m:	1:43.63	35.96	250m:	3:03.47	44.46	350m:	4:23.02	34.33
	100m:	1:07.67 35.80	200m:	2:19.01	35.38	300m:	3:48.69	45.22	400m:	4:56.42	33.40
4.	CHWADECZKO, Zuzanna SSz		95	MTP Lublinianka				5:01.44	649		
	50m:	31.12 31.12	150m:	1:44.60	37.53	250m:	3:05.87	43.80	350m:	4:26.37	35.93
	100m:	1:07.07 35.95	200m:	2:22.07	37.47	300m:	3:50.44	44.57	400m:	5:01.44	35.07
5.	MAŁECKA, Agnieszka		93	MKP Szczecin				5:02.67	641		
	50m:	31.83 31.83	150m:	1:46.23	38.01	250m:	3:07.38	44.76	350m:	4:28.53	36.19
	100m:	1:08.22 36.39	200m:	2:22.62	36.39	300m:	3:52.34	44.96	400m:	5:02.67	34.14
6.	MIKOŁAJCZAK, Anna SSz		95	MKP Szczecin				5:02.82	640		
	50m:	31.76 31.76	150m:	1:46.68	39.39	250m:	3:08.65	43.56	350m:	4:28.66	36.08
	100m:	1:07.29 35.53	200m:	2:25.09	38.41	300m:	3:52.58	43.93	400m:	5:02.82	34.16
7.	ZYGO, Karolina		96	Klub Sportowy OLIMPIA Lublin				5:03.87	633		
	50m:	32.63 32.63	150m:	1:46.37	37.23	250m:	3:06.75	43.01	350m:	4:29.10	37.50
	100m:	1:09.14 36.51	200m:	2:23.74	37.37	300m:	3:51.60	44.85	400m:	5:03.87	34.77
8.	CICHOWSKA, Kinga		94	MKP „Słowianka” Gorzów Wlkp.				5:06.32	618		
	50m:	33.35 33.35	150m:	1:52.35	39.83	250m:	3:13.02	41.32	350m:	4:30.91	36.12
	100m:	1:12.52 39.17	200m:	2:31.70	39.35	300m:	3:54.79	41.77	400m:	5:06.32	35.41
9.	WIERTEL, Agata		95	MTP Lublinianka				5:08.58	605		
	50m:	32.15 32.15	150m:	1:48.87	39.12	250m:	3:11.90	44.92	350m:	4:34.01	36.45
	100m:	1:09.75 37.60	200m:	2:26.98	38.11	300m:	3:57.56	45.66	400m:	5:08.58	34.57
10.	K CKA, Natalia SO		95	UKP Unia O wi cim				5:11.06	591		
	50m:	31.80 31.80	150m:	1:49.21	40.37	250m:	3:13.33	45.00	350m:	4:35.52	36.57
	100m:	1:08.84 37.04	200m:	2:28.33	39.12	300m:	3:58.95	45.62	400m:	5:11.06	35.54
11.	PACIORKIEWICZ, Agata		96	S.K.S."Start" Łód				5:11.69	587		
	50m:	33.94 33.94	150m:	1:53.54	39.30	250m:	3:16.35	44.46	350m:	4:37.88	35.97
	100m:	1:14.24 40.30	200m:	2:31.89	38.35	300m:	4:01.91	45.56	400m:	5:11.69	33.81
12.	POPIEL, Joanna		96	UKS "G-8 Bielany" Warszawa				5:11.92	586		
	50m:	33.94 33.94	150m:	1:49.86	37.41	250m:	3:15.43	47.04	350m:	4:37.60	35.35
	100m:	1:12.45 38.51	200m:	2:28.39	38.53	300m:	4:02.25	46.82	400m:	5:11.92	34.32
13.	WYDRYSZEK, KINGA		96	Mks Polonia Warszawa				5:14.58	571		
	50m:	32.97 32.97	150m:	1:52.10	40.75	250m:	3:17.13	45.45	350m:	4:39.71	36.45
	100m:	1:11.35 38.38	200m:	2:31.68	39.58	300m:	4:03.26	46.13	400m:	5:14.58	34.87
14.	GOLE , Martyna		98	Fala Kra nik				5:20.38	540		
	50m:	34.87 34.87	150m:	1:56.48	41.13	250m:	3:21.92	45.65	350m:	4:44.63	36.59
	100m:	1:15.35 40.48	200m:	2:36.27	39.79	300m:	4:08.04	46.12	400m:	5:20.38	35.75
15.	RYBI SKA, Magdalena		96	UKS "GIM 92 Ursynów"				5:28.46	501		
	50m:	34.85 34.85	150m:	1:57.92	42.53	250m:	3:24.75	45.48	350m:	4:50.51	40.13
	100m:	1:15.39 40.54	200m:	2:39.27	41.35	300m:	4:10.38	45.63	400m:	5:28.46	37.95
16.	JACNIACKA, Karolina		98	Fala Kra nik				5:34.21	476		
	50m:	33.17 33.17	150m:	1:52.52	41.00	250m:	3:21.90	48.66	350m:	4:53.21	41.14
	100m:	1:11.52 38.35	200m:	2:33.24	40.72	300m:	4:12.07	50.17	400m:	5:34.21	41.00
17.	FITZ, Patrycja		96	MUKP Warszawianka Wodny Park				5:37.01	464		
	50m:	36.89 36.89	150m:	2:06.66	45.33	250m:	3:33.31	43.75	350m:	4:59.08	40.08
	100m:	1:21.33 44.44	200m:	2:49.56	42.90	300m:	4:19.00	45.69	400m:	5:37.01	37.93

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Pozycja				Rok ur.					Czas	Pkt.		
18.	MACIEJEWSKA, Joanna			97	MTP Lublinianka				5:39.00	456		
	50m:	35.92	35.92	150m:	2:00.46	43.56	250m:	3:31.23	47.27	350m:	5:00.87	40.58
	100m:	1:16.90	40.98	200m:	2:43.96	43.50	300m:	4:20.29	49.06	400m:	5:39.00	38.13
19.	ILCEWICZ, Edyta			96	UKS Victoria Józefów				5:55.77	395		
	50m:	38.65	38.65	150m:	2:11.12	46.06	250m:	3:45.53	49.69	350m:	5:15.73	40.72
	100m:	1:25.06	46.41	200m:	2:55.84	44.72	300m:	4:35.01	49.48	400m:	5:55.77	40.04
20.	MILEK, Antonina			94	KS Wisła Puławy				6:03.65	369		
	50m:	40.39	40.39	150m:	2:13.21	46.54	250m:	3:48.49	49.21	350m:	5:22.70	44.00
	100m:	1:26.67	46.28	200m:	2:59.28	46.07	300m:	4:38.70	50.21	400m:	6:03.65	40.95