

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

Konkurencja 33  
2012-03-04 - 11:10

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.		
1.	SZCZEPANIAK, Karolina		92	AZS AWF Warszawa				<b>4:12.47</b>	805		
	50m:	30.11 30.11	150m:	1:34.82	32.67	250m:	2:39.67	32.48	350m:	3:42.28	30.31
	100m:	1:02.15 32.04	200m:	2:07.19	32.37	300m:	3:11.97	32.30	400m:	4:12.47	30.19
2.	KILIJA SKA, Donata SSz		95	KS KSZO Ostrowiec wi tokrzyski				<b>4:13.18</b>	798		
	50m:	30.05 30.05	150m:	1:34.56	32.51	250m:	2:39.49	32.41	350m:	3:42.70	30.98
	100m:	1:02.05 32.00	200m:	2:07.08	32.52	300m:	3:11.72	32.23	400m:	4:13.18	30.48
3.	BERNAT, ALEKSANDRA		90	Ks Warta Poznan				<b>4:16.62</b>	767		
	50m:	29.93 29.93	150m:	1:34.59	32.44	250m:	2:39.82	32.52	350m:	3:44.45	32.14
	100m:	1:02.15 32.22	200m:	2:07.30	32.71	300m:	3:12.31	32.49	400m:	4:16.62	32.17
4.	WIKIEŁ, Manuela		92	AZS UWM Olsztyn				<b>4:19.26</b>	743		
	50m:	31.23 31.23	150m:	1:36.85	33.00	250m:	2:41.98	32.26	350m:	3:47.08	32.54
	100m:	1:03.85 32.62	200m:	2:09.72	32.87	300m:	3:14.54	32.56	400m:	4:19.26	32.18
5.	ZACHOSZCZ, Joanna		93	MKP „Słowianka” Gorzów Wlkp.				<b>4:20.65</b>	732		
	50m:	29.98 29.98	150m:	1:35.13	32.87	250m:	2:41.26	33.22	350m:	3:48.00	33.53
	100m:	1:02.26 32.28	200m:	2:08.04	32.91	300m:	3:14.47	33.21	400m:	4:20.65	32.65
6.	NIENAŁTOWSKA, NATALIA		96	Mks Polonia Warszawa				<b>4:21.19</b>	727		
	50m:	30.36 30.36	150m:	1:34.98	32.59	250m:	2:40.72	33.01	350m:	3:48.10	33.77
	100m:	1:02.39 32.03	200m:	2:07.71	32.73	300m:	3:14.33	33.61	400m:	4:21.19	33.09
7.	KOWALSKA, Agata		93	AZS AWF Warszawa				<b>4:22.04</b>	720		
	50m:	30.83 30.83	150m:	1:36.74	33.28	250m:	2:43.74	33.35	350m:	3:49.89	32.86
	100m:	1:03.46 32.63	200m:	2:10.39	33.65	300m:	3:17.03	33.29	400m:	4:22.04	32.15
8.	KASPEREK, Katarzyna SSZ		96	Ks Warta Poznan				<b>4:22.71</b>	715		
	50m:	30.89 30.89	150m:	1:37.55	33.50	250m:	2:44.21	33.37	350m:	3:50.55	33.09
	100m:	1:04.05 33.16	200m:	2:10.84	33.29	300m:	3:17.46	33.25	400m:	4:22.71	32.16
9.	CZERNIAK, Monika		92	AZS UWM Olsztyn				<b>4:23.51</b>	708		
	50m:	31.67 31.67	150m:	1:36.97	32.87	250m:	2:42.67	33.01	350m:	3:50.23	34.00
	100m:	1:04.10 32.43	200m:	2:09.66	32.69	300m:	3:16.23	33.56	400m:	4:23.51	33.28
10.	SZCZYTKO, Alicja		95	MUKS Olimpijczyk Suwałki				<b>4:24.79</b>	698		
	50m:	30.86 30.86	150m:	1:36.69	33.01	250m:	2:43.38	33.31	350m:	3:51.20	
	100m:	1:03.68 32.82	200m:	2:10.07	33.38	300m:			400m:	4:24.79	33.59
11.	KUNKA, Kamila SO		96	UKP Unia O wi cim				<b>4:25.20</b>	695		
	50m:	30.13 30.13	150m:	1:36.60	33.64	250m:	2:44.94	34.00	350m:	3:52.92	33.92
	100m:	1:02.96 32.83	200m:	2:10.94	34.34	300m:	3:19.00	34.06	400m:	4:25.20	32.28
12.	BAJORSKA, Dorota SO		94	UKP Unia O wi cim				<b>4:26.93</b>	681		
	50m:	31.41 31.41	150m:	1:37.94	33.47	250m:	2:46.01	34.15	350m:	3:53.44	33.68
	100m:	1:04.47 33.06	200m:	2:11.86	33.92	300m:	3:19.76	33.75	400m:	4:26.93	33.49
13.	ZACHOSZCZ, Paulina		93	MKP „Słowianka” Gorzów Wlkp.				<b>4:27.40</b>	678		
	50m:	30.96 30.96	150m:	1:36.98	33.17	250m:	2:44.90	34.21	350m:	3:53.75	34.58
	100m:	1:03.81 32.85	200m:	2:10.69	33.71	300m:	3:19.17	34.27	400m:	4:27.40	33.65
14.	LIPI SKA, Małgorzata SSz		93	KS KSZO Ostrowiec wi tokrzyski				<b>4:30.11</b>	657		
	50m:	31.60 31.60	150m:	1:39.09	34.00	250m:	2:47.84	34.26	350m:	3:56.59	34.54
	100m:	1:05.09 33.49	200m:	2:13.58	34.49	300m:	3:22.05	34.21	400m:	4:30.11	33.52
15.	HALAGIERA, Joanna		96	MKP „Słowianka” Gorzów Wlkp.				<b>4:30.46</b>	655		
	50m:	31.70 31.70	150m:	1:39.38	34.09	250m:	2:47.84	34.44	350m:	3:57.17	34.71
	100m:	1:05.29 33.59	200m:	2:13.40	34.02	300m:	3:22.46	34.62	400m:	4:30.46	33.29
16.	WOŁOSZYN, Sonia		95	KS KSZO Ostrowiec wi tokrzyski				<b>4:31.08</b>	650		
	50m:	31.55 31.55	150m:	1:39.68	34.24	250m:	2:48.89	34.79	350m:	3:57.82	34.25
	100m:	1:05.44 33.89	200m:	2:14.10	34.42	300m:	3:23.57	34.68	400m:	4:31.08	33.26
17.	WIERTEL, Agata		95	MTP Lublinianka				<b>4:31.98</b>	644		
	50m:	31.80 31.80	150m:	1:41.56	35.18	250m:	2:51.20	34.97	350m:	3:59.46	33.54
	100m:	1:06.38 34.58	200m:	2:16.23	34.67	300m:	3:25.92	34.72	400m:	4:31.98	32.52

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

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

Pozycja			Rok ur.					Czas	Pkt.
18.	S DŁAK, Katarzyna		94	UKS Orka Zamo			<b>4:34.78</b>	624	
	50m: 31.80 31.80	150m: 1:40.98	34.75	250m: 2:50.54	34.63	350m: 4:00.65	34.98		
	100m: 1:06.23 34.43	200m: 2:15.91	34.93	300m: 3:25.67	35.13	400m: 4:34.78	34.13		
19.	KUZAWI SKA, Karolina		93	KP MZOS Płock			<b>4:34.89</b>	624	
	50m: 31.30 31.30	150m: 1:40.35	35.02	250m: 2:51.05	35.30	350m: 4:01.25	34.96		
	100m: 1:05.33 34.03	200m: 2:15.75	35.40	300m: 3:26.29	35.24	400m: 4:34.89	33.64		
20.	KULIGOWSKA, Marcela SSz		94	MKP Szczecin			<b>4:35.68</b>	618	
	50m: 32.08 32.08	150m: 1:40.29	34.46	250m: 2:50.31	35.06	350m: 4:01.17	35.48		
	100m: 1:05.83 33.75	200m: 2:15.25	34.96	300m: 3:25.69	35.38	400m: 4:35.68	34.51		
21.	EJNIK, Sylwia		94	KP MZOS Płock			<b>4:36.80</b>	611	
	50m: 31.66 31.66	150m: 1:40.91	35.07	250m: 2:51.25	35.05	350m:			
	100m: 1:05.84 34.18	200m: 2:16.20	35.29	300m: 3:26.69	35.44	400m: 4:36.80			
22.	TYRPA, Aleksandra SO		94	CKiS Skawina			<b>4:41.48</b>	581	
	50m: 32.42 32.42	150m: 1:42.84	35.49	250m: 2:54.24	35.70	350m: 4:05.87	35.96		
	100m: 1:07.35 34.93	200m: 2:18.54	35.70	300m: 3:29.91	35.67	400m: 4:41.48	35.61		
23.	WIECZOREK, Magdalena		98	Fala Kra nik			<b>4:41.71</b>	579	
	50m: 31.67 31.67	150m: 1:42.10	35.64	250m: 2:54.61	36.31	350m: 4:07.25	36.24		
	100m: 1:06.46 34.79	200m: 2:18.30	36.20	300m: 3:31.01	36.40	400m: 4:41.71	34.46		
24.	WYDRYSZEK, KINGA		96	Mks Polonia Warszawa			<b>4:44.33</b>	564	
	50m: 32.68 32.68	150m: 1:43.83	35.95	250m: 2:56.33	36.14	350m: 4:09.04	36.52		
	100m: 1:07.88 35.20	200m: 2:20.19	36.36	300m: 3:32.52	36.19	400m: 4:44.33	35.29		
25.	GOLE , Martyna		98	Fala Kra nik			<b>4:48.33</b>	540	
	50m: 32.33 32.33	150m: 1:44.26	36.51	250m: 2:57.72	36.87	350m: 4:12.53	37.23		
	100m: 1:07.75 35.42	200m: 2:20.85	36.59	300m: 3:35.30	37.58	400m: 4:48.33	35.80		
26.	MIROSŁAW, Klara		96	UKS Olimpijczyk 23			<b>4:50.53</b>	528	
	50m: 32.99 32.99	150m: 1:45.88	37.19	250m: 3:00.21	37.18	350m: 4:14.63	37.28		
	100m: 1:08.69 35.70	200m: 2:23.03	37.15	300m: 3:37.35	37.14	400m: 4:50.53	35.90		
27.	NIEMCZYK, Mirosława		95	KORNER Zielona Góra			<b>4:54.83</b>	505	
	50m: 33.08 33.08	150m: 1:47.71	37.54	250m: 3:02.90	37.20	350m: 4:17.94	37.48		
	100m: 1:10.17 37.09	200m: 2:25.70	37.99	300m: 3:40.46	37.56	400m: 4:54.83	36.89		
28.	CHUDZIK, Katarzyna		95	MKP „Słowianka" Gorzów Wlkp.			<b>4:58.81</b>	485	
	50m: 32.37 32.37	150m: 2:25.60	38.76	250m:		350m: 4:21.17	38.76		
	100m: 1:46.84 1:14.47	200m:		300m: 3:42.41		400m: 4:58.81	37.64		