

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

Event 33
2012-03-04 - 11:10

Women, 400m Freestyle

14 years and older
Results

Points: FINA 2011

Rank			YB					Time	Pts
1.	SZCZEPANIAK, Karolina		92	AZS AWF Warszawa				4:12.47	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.	KILIJANSKA, Donata SSz		95	KS KSZO Ostrowiec Swietokrzyski				4:13.18	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				4:16.62	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.	WIKIEL, Manuela		92	AZS UWM Olsztyn				4:19.26	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” Gorzow Wlkp.				4:20.65	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.	NIENALTOWSKA, NATALIA		96	Mks Polonia Warszawa				4:21.19	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				4:22.04	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				4:22.71	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				4:23.51	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 Suwalki				4:24.79	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 Oswiecim				4:25.20	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 Oswiecim				4:26.93	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” Gorzow Wlkp.				4:27.40	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.	LIPINSKA, Malgorzata SSz		93	KS KSZO Ostrowiec Swietokrzyski				4:30.11	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” Gorzow Wlkp.				4:30.46	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.	WOLOSZYN, Sonia		95	KS KSZO Ostrowiec Swietokrzyski				4:31.08	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				4:31.98	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

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Event 33, Women, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
18.	SEDLAK, Katarzyna				94	UKS Orka Zamosc				4:34.78	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.	KUZAWINSKA, Karolina				93	KP MZOS Plock				4:34.89	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				4:35.68	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 Plock				4:36.80	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				4:41.48	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 Krasnik				4:41.71	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				4:44.33	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.	GOLEN, Martyna				98	Fala Krasnik				4:48.33	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.	MIROSLAW, Klara				96	UKS Olimpijczyk 23				4:50.53	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 Gora				4:54.83	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” Gorzow Wilkp.				4:58.81	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