

ARENA GRAND PRIX PUCHAR POLSKI  
Warszawa, 18. - 19.3.2017

Konkurencja 1  
18.03.2017 - 11:42

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2016

Pozycja	Rok ur.					Czas	Pkt.
1. WÓJTOWICZ, Gabriela	95	MTP KORMORAN Olsztyn				<b>4:58.76</b>	725
50m: 31.51 31.51	150m: 1:46.34	39.11	250m: 3:07.41	43.81	350m: 4:25.09	33.43	
100m: 1:07.23 35.72	200m: 2:23.60	37.26	300m: 3:51.66	44.25	400m: 4:58.76	33.67	
2. ADAMCZYK, Julia SL	99	KU AZS UMCS Lublin				<b>5:01.01</b>	709
50m: 31.76 31.76	150m: 1:47.64	39.94	250m: 3:08.68	42.56	350m: 4:26.91	35.25	
100m: 1:07.70 35.94	200m: 2:26.12	38.48	300m: 3:51.66	42.98	400m: 5:01.01	34.10	
3. KNOP, Aleksandra	03	UKS 190 Łódź				<b>5:03.72</b>	690
50m: 32.64 32.64	150m: 1:48.27	39.32	250m: 3:10.11	43.50	350m: 4:30.16	34.61	
100m: 1:08.95 36.31	200m: 2:26.61	38.34	300m: 3:55.55	45.44	400m: 5:03.72	33.56	
4. JANISZEWSKA, Dominika	99	Zs Awf Warszawa				<b>5:04.11</b>	687
50m: 31.96 31.96	150m: 1:50.13	42.16	250m: 3:11.94	40.99	350m: 4:30.14	34.61	
100m: 1:07.97 36.01	200m: 2:30.95	40.82	300m: 3:55.53	43.59	400m: 5:04.11	33.97	
5. RUTKOWSKA, Agnieszka	01	Skalar Słupsk				<b>5:05.59</b>	677
50m: 33.17 33.17	150m: 1:51.03	39.90	250m: 3:12.88	42.97	350m: 4:31.34	35.53	
100m: 1:11.13 37.96	200m: 2:29.91	38.88	300m: 3:55.81	42.93	400m: 5:05.59	34.25	
6. WILCZEWSKA, Aleksandra	02	KS Olimpia Lublin				<b>5:07.51</b>	665
50m: 34.38 34.38	150m: 1:50.68	38.76	250m: 3:13.86	45.65	350m: 4:32.96	36.27	
100m: 1:11.92 37.54	200m: 2:28.21	37.53	300m: 3:56.69	42.83	400m: 5:07.51	34.55	
7. GRALEWSKA, Kalina	96	MUKP Warszawianka Wodny Park				<b>5:08.45</b>	659
50m: 31.60 31.60	150m: 1:47.41	38.75	250m: 3:10.74	44.75	350m: 4:33.09	36.19	
100m: 1:08.66 37.06	200m: 2:25.99	38.58	300m: 3:56.90	46.16	400m: 5:08.45	35.36	
8. OSINIAK, Ewa SL	00	KU AZS UMCS Lublin				<b>5:09.16</b>	654
50m: 32.49 32.49	150m: 1:51.55	40.92	250m: 3:14.51	43.36	350m: 4:34.15	35.69	
100m: 1:10.63 38.14	200m: 2:31.15	39.60	300m: 3:58.46	43.95	400m: 5:09.16	35.01	
9. PECYNA, Michalina	00	IKS Konstancin				<b>5:12.88</b>	631
50m: 31.29 31.29	150m: 1:48.69	39.52	250m: 3:14.35	44.59	350m: 4:36.54	36.11	
100m: 1:09.17 37.88	200m: 2:29.76	41.07	300m: 4:00.43	46.08	400m: 5:12.88	36.34	
10. ZAR BA-PARADOWSKA, Julia	02	Buks				<b>5:13.08</b>	630
50m: 32.79 32.79	150m: 1:51.36	41.42	250m: 3:15.97	44.65	350m: 4:37.78	37.35	
100m: 1:09.94 37.15	200m: 2:31.32	39.96	300m: 4:00.43	44.46	400m: 5:13.08	35.30	
11. SKORUPA, Monika	99	DOKiS SP Vega Dobrodzie				<b>5:13.96</b>	624
50m: 33.16 33.16	150m: 1:51.36	38.83	250m: 3:14.69	45.30	350m: 4:38.13	37.85	
100m: 1:12.53 39.37	200m: 2:29.39	38.03	300m: 4:00.28	45.59	400m: 5:13.96	35.83	
12. D BROWSKA, Tatiana	02	UKS 190 Łódź				<b>5:14.31</b>	622
50m: 32.78 32.78	150m: 1:53.76	41.23	250m: 3:19.74	44.32	350m: 4:39.62	34.77	
100m: 1:12.53 39.75	200m: 2:35.42	41.66	300m: 4:04.85	45.11	400m: 5:14.31	34.69	
13. CYNARSKA, Natalia	03	Iuks Muszelka				<b>5:15.58</b>	615
50m: 34.83 34.83	150m: 1:52.95	39.01	250m: 3:16.91	44.80	350m: 4:39.34	36.37	
100m: 1:13.94 39.11	200m: 2:32.11	39.16	300m: 4:02.97	46.06	400m: 5:15.58	36.24	
14. MENDYK, Adrianna	98	Mks Wodnik Radom				<b>5:15.59</b>	615
50m: 32.19 32.19	150m: 1:51.06	41.69	250m: 3:15.62	45.55	350m: 4:38.42	37.02	
100m: 1:09.37 37.18	200m: 2:30.07	39.01	300m: 4:01.40	45.78	400m: 5:15.59	37.17	
15. MOZOŁOWSKA, Emilia	02	UKS oliborz				<b>5:19.97</b>	590
50m: 33.39 33.39	150m: 1:53.55	40.12	250m: 3:17.67	45.22	350m: 4:42.99	38.39	
100m: 1:13.43 40.04	200m: 2:32.45	38.90	300m: 4:04.60	46.93	400m: 5:19.97	36.98	
16. KRYPA, Marta	02	UKS Manta Warszawa Włochy				<b>5:20.85</b>	585
50m: 32.85 32.85	150m: 1:52.82	41.16	250m: 3:20.38	45.96	350m: 4:44.09	37.05	
100m: 1:11.66 38.81	200m: 2:34.42	41.60	300m: 4:07.04	46.66	400m: 5:20.85	36.76	
17. RUSSEK, Agata	03	UKS oliborz				<b>5:21.25</b>	583
50m: 32.02 32.02	150m: 1:53.07	43.60	250m: 3:21.18	44.55	350m: 4:44.16	38.26	
100m: 1:09.47 37.45	200m: 2:36.63	43.56	300m: 4:05.90	44.72	400m: 5:21.25	37.09	

ARENA GRAND PRIX PUCHAR POLSKI  
Warszawa, 18. - 19.3.2017

Konkurencja 1, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
18.	BADZIAN, Natalia		03	Iuks Muszelka				<b>5:25.89</b>	558		
	50m:	32.28 32.28	150m:	1:55.40	45.20	250m:	3:25.21	46.89	350m:	4:49.44	37.27
	100m:	1:10.20 37.92	200m:	2:38.32	42.92	300m:	4:12.17	46.96	400m:	5:25.89	36.45
19.	PLUTA, Emilia SO		02	UKP UNIA O wi cim				<b>5:26.60</b>	555		
	50m:	36.36 36.36	150m:	1:58.94	43.15	250m:	3:25.73	44.13	350m:	4:49.89	37.90
	100m:	1:15.79 39.43	200m:	2:41.60	42.66	300m:	4:11.99	46.26	400m:	5:26.60	36.71
20.	KRUSZEWSKA, Kaja		00	MKS JUVENIA Białystok				<b>5:33.41</b>	521		
	50m:	34.92 34.92	150m:	2:00.77	46.06	250m:	3:32.61	48.00	350m:	4:57.77	37.55
	100m:	1:14.71 39.79	200m:	2:44.61	43.84	300m:	4:20.22	47.61	400m:	5:33.41	35.64
21.	JASIORSKA, Aleksandra		02	MKS Polonia Warszawa				<b>5:34.77</b>	515		
	50m:	34.72 34.72	150m:	2:00.43	42.91	250m:	3:31.77	48.81	350m:	4:58.23	37.62
	100m:	1:17.52 42.80	200m:	2:42.96	42.53	300m:	4:20.61	48.84	400m:	5:34.77	36.54
22.	DOBOSZ, Kalina		02	UKS oliborz				<b>5:39.21</b>	495		
	50m:	34.65 34.65	150m:	2:02.90	47.68	250m:	3:34.03	46.16	350m:	5:00.34	40.36
	100m:	1:15.22 40.57	200m:	2:47.87	44.97	300m:	4:19.98	45.95	400m:	5:39.21	38.87
23.	KOŁODZIEJCZYK, Oliwia		03	KS Olimpia Lublin				<b>5:39.58</b>	493		
	50m:	35.97 35.97	150m:	2:03.81	45.61	250m:	3:35.75	47.50	350m:	5:04.18	39.76
	100m:	1:18.20 42.23	200m:	2:48.25	44.44	300m:	4:24.42	48.67	400m:	5:39.58	35.40
24.	MIECHOWSKA, Patrycja SWwa		02	MKS Polonia Warszawa				<b>5:42.25</b>	482		
	50m:	34.94 34.94	150m:	2:04.53	46.65	250m:	3:35.60	45.27	350m:	5:03.05	40.85
	100m:	1:17.88 42.94	200m:	2:50.33	45.80	300m:	4:22.20	46.60	400m:	5:42.25	39.20
25.	LUTKIEWICZ, Gabriela		03	KS Wisła Puławy				<b>5:43.71</b>	476		
	50m:	33.87 33.87	150m:	1:58.61	44.24	250m:	3:32.88	51.62	350m:	5:04.77	39.68
	100m:	1:14.37 40.50	200m:	2:41.26	42.65	300m:	4:25.09	52.21	400m:	5:43.71	38.94
26.	BIAŁAS, Aniela SWwa		02	MKS Polonia Warszawa				<b>5:49.87</b>	451		
	50m:		150m:	1:59.73	43.82	250m:	3:38.03	53.05	350m:	5:10.30	38.45
	100m:	1:15.91	200m:	2:44.98	45.25	300m:	4:31.85	53.82	400m:	5:49.87	39.57
27.	BIEGA SKA, Weronika		03	UKS G-8 Bielany				<b>5:50.25</b>	450		
	50m:	35.73 35.73	150m:	2:01.07	43.91	250m:	3:35.63	48.89	350m:	5:07.67	41.48
	100m:	1:17.16 41.43	200m:	2:46.74	45.67	300m:	4:26.19	50.56	400m:	5:50.25	42.58
28.	OBUCHOWICZ, Natasza		03	Legia Warszawa				<b>5:56.53</b>	426		
	50m:	36.72 36.72	150m:	2:05.96	44.42	250m:	3:41.78	52.12	350m:	5:16.06	41.40
	100m:	1:21.54 44.82	200m:	2:49.66	43.70	300m:	4:34.66	52.88	400m:	5:56.53	40.47
29.	KACPERSKA, Laura		03	MKS Polonia Warszawa				<b>5:58.12</b>	421		
	50m:	36.82 36.82	150m:	2:10.01	48.50	250m:	3:47.16	51.53	350m:	5:18.64	39.08
	100m:	1:21.51 44.69	200m:	2:55.63	45.62	300m:	4:39.56	52.40	400m:	5:58.12	39.48
DYSKW.	CYNARSKA, Weronika		03	Iuks Muszelka				<b>5:19.62</b>			
	<i>K 14 - Praca nóg w płaszczy nie pionowej w dół /z wyj tkiem jednego ruchu po starcie i nawrocie/</i>										
	50m:	35.03 35.03	150m:	1:55.12	41.35	250m:	3:22.14	45.22	350m:	4:43.94	35.03
	100m:	1:13.77 38.74	200m:	2:36.92	41.80	300m:	4:08.91	46.77	400m:	5:19.62	35.68
DYSKW.	LASKA, Kornelia		03	UKS Manta Warszawa Włochy				<b>6:14.93</b>			
	<i>G 8 - Uko czenie wy cigu nie w poło eniu na plecach</i>										
	50m:	40.05 40.05	150m:	2:18.39	49.89	250m:	3:58.22	50.18	350m:	5:33.54	43.36
	100m:	1:28.50 48.45	200m:	3:08.04	49.65	300m:	4:50.18	51.96	400m:	6:14.93	41.39