

Grand Prix - Puchar Polski  
Gorzów Wlkp., 14- - 15-4-2012

Konkurencja 1 Kobiet, 400m zmienny 14 lat i starsi  
2012-04-14 - 10:25 Wyniki

Rekord Polski 14	4:56.38	SZCZEPANIAK Karolina	00914	Ostrowiec	2006-05-19
Rekord Polski 15	4:49.27	SZCZEPANIAK Karolina	00114	Gorzow Wlkp.	2007-11-30
Rekord Polski 16	4:50.40	SZCZEPANIAK Karolina	00114	Prague (CZE)	2008-06-21
Rekord Polski 16	4:50.40	ZUKOWSKA Paula	00107	Ostrowiec Sw.	2009-05-22
Rekord Polski 17	4:45.13	SZCZEPANIAK Karolina	00114	Rome (ITA)	2009-08-02
Rekord Polski 18	4:43.39	BARANOWSKA Katarzyna	00116	Debica	2005-05-20
Rekord Polski 19 +	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	2008-08-09

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.			
1.	SZCZEPANIAK Karolina		92	AZS AWF Warszawa				<b>4:52.06</b>	785			
	50m:	29.51 29.51	150m:	1:42.02	37.80	250m:	3:01.32	41.80	350m:	4:19.32	33.39	
	100m:	1:04.22	34.71	200m:	2:19.52	37.50	300m:	3:45.93	44.61	400m:	4:52.06	32.74
2.	TCHÓRZ Alicja		92	Juvenia Wrocław				<b>4:54.29</b>	767			
	50m:	30.73 30.73	150m:	1:44.69	39.10	250m:	3:05.46	41.84	350m:	4:21.64	33.02	
	100m:	1:05.59	34.86	200m:	2:23.62	38.93	300m:	3:48.62	43.16	400m:	4:54.29	32.65
3.	NAZI BŁO Klaudia		93	Juvenia Wrocław				<b>4:57.42</b>	743			
	50m:	30.21 30.21	150m:	1:42.85	37.82	250m:	3:04.03	44.86	350m:	4:23.70	34.54	
	100m:	1:05.03	34.82	200m:	2:19.17	36.32	300m:	3:49.16	45.13	400m:	4:57.42	33.72
4.	CHWADECZKO Zuzanna SSz		95	Lublinianka				<b>5:03.12</b>	702			
	50m:	31.88 31.88	150m:	1:47.82	39.07	250m:	3:10.30	44.57	350m:	4:29.94	35.00	
	100m:	1:08.75	36.87	200m:	2:25.73	37.91	300m:	3:54.94	44.64	400m:	5:03.12	33.18
5.	SIKORA Paulina SO		93	Unia O wi cim				<b>5:03.40</b>	700			
	50m:	32.01 32.01	150m:	1:47.47	39.43	250m:	3:11.25	44.51	350m:	4:31.12	34.96	
	100m:	1:08.04	36.03	200m:	2:26.74	39.27	300m:	3:56.16	44.91	400m:	5:03.40	32.28
6.	KOZŁOWSKA Anna		96	Pi tnatka Bydgoszcz				<b>5:04.58</b>	692			
	50m:	31.61 31.61	150m:	1:46.91	38.77	250m:	3:09.42	44.95	350m:	4:30.55	36.27	
	100m:	1:08.14	36.53	200m:	2:24.47	37.56	300m:	3:54.28	44.86	400m:	5:04.58	34.03
7.	PRZASNEK Zuzanna		94	MKP Szczecin				<b>5:04.76</b>	691			
	50m:	32.33 32.33	150m:	1:47.68	37.90	250m:	3:10.01	45.06	350m:	4:30.92	35.26	
	100m:	1:09.78	37.45	200m:	2:24.95	37.27	300m:	3:55.66	45.65	400m:	5:04.76	33.84
8.	CIE LAK Joanna		96	Warta Pozna				<b>5:11.47</b>	647			
	50m:	31.84 31.84	150m:	1:49.22	40.51	250m:	3:13.98	46.73	350m:	4:37.35	36.41	
	100m:	1:08.71	36.87	200m:	2:27.25	38.03	300m:	4:00.94	46.96	400m:	5:11.47	34.12
9.	WIERTEL Agata		95	Lublinianka				<b>5:14.25</b>	630			
	50m:	33.41 33.41	150m:	1:51.09	40.02	250m:	3:17.06	47.53	350m:	4:39.55	35.78	
	100m:	1:11.07	37.66	200m:	2:29.53	38.44	300m:	4:03.77	46.71	400m:	5:14.25	34.70
10.	KLIMAS Paulina SO		95	AZS AWF Katowice				<b>5:14.74</b>	627			
	50m:	34.35 34.35	150m:	1:56.81	41.75	250m:	3:20.35	43.45	350m:	4:39.47	36.23	
	100m:	1:15.06	40.71	200m:	2:36.90	40.09	300m:	4:03.24	42.89	400m:	5:14.74	35.27
11.	ROGACZ Katarzyna SR		96	Victoria Racibórz				<b>5:15.07</b>	625			
	50m:	32.70 32.70	150m:	1:51.44	40.30	250m:	3:16.21	44.93	350m:	4:39.48	36.16	
	100m:	1:11.14	38.44	200m:	2:31.28	39.84	300m:	4:03.32	47.11	400m:	5:15.07	35.59
12.	MAŁECKA Agnieszka		93	MKP Szczecin				<b>5:16.17</b>	618			
	50m:	33.17 33.17	150m:	1:52.47	41.04	250m:	3:18.59	45.99	350m:	4:41.49	36.16	
	100m:	1:11.43	38.26	200m:	2:32.60	40.13	300m:	4:05.33	46.74	400m:	5:16.17	34.68
13.	MACIUCH Karolina		96	Vega Dobrodzie				<b>5:20.56</b>	593			
	50m:	34.86 34.86	150m:	1:56.29	40.61	250m:	3:22.03	46.48	350m:	4:45.04	36.19	
	100m:	1:15.68	40.82	200m:	2:35.55	39.26	300m:	4:08.85	46.82	400m:	5:20.56	35.52
14.	BIEDRZYCKA Iga		97	Ro Pisz				<b>5:21.65</b>	587			
	50m:	33.19 33.19	150m:	1:53.36	40.70	250m:	3:20.38	46.19	350m:	4:45.54	38.05	
	100m:	1:12.66	39.47	200m:	2:34.19	40.83	300m:	4:07.49	47.11	400m:	5:21.65	36.11
15.	MIKOŁAJCZAK Anna SSz		95	MKP Szczecin				<b>5:22.22</b>	584			
	50m:	32.41 32.41	150m:	1:52.76	43.11	250m:	3:22.62	47.07	350m:	4:46.65	36.91	
	100m:	1:09.65	37.24	200m:	2:35.55	42.79	300m:	4:09.74	47.12	400m:	5:22.22	35.57

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Pozycja			Rok ur.					Czas	Pkt.			
16.	CIESIELSKA Sylwia		95	Warta Pozna				<b>5:22.58</b>	582			
	50m:	33.12	33.12	150m:	1:55.24	42.35	250m:	3:23.51	46.73	350m:	4:46.28	35.77
	100m:	1:12.89	39.77	200m:	2:36.78	41.54	300m:	4:10.51	47.00	400m:	5:22.58	36.30
17.	NOWAK Julia		97	Słowianka Gorzów				<b>5:27.31</b>	557			
	50m:	33.28	33.28	150m:	1:55.86	43.46	250m:	3:24.79	46.45	350m:	4:50.53	38.07
	100m:	1:12.40	39.12	200m:	2:38.34	42.48	300m:	4:12.46	47.67	400m:	5:27.31	36.78
18.	BEJUK Oliwia		98	Słowianka Gorzów				<b>5:31.85</b>	535			
	50m:	35.74	35.74	150m:	2:00.82	43.10	250m:	3:29.27	46.64	350m:	4:54.08	38.52
	100m:	1:17.72	41.98	200m:	2:42.63	41.81	300m:	4:15.56	46.29	400m:	5:31.85	37.77
19.	NAGÓRSKA Monika		97	Pi tnastka Bydgoszcz				<b>5:37.64</b>	508			
	50m:	34.09	34.09	150m:	2:01.89	44.77	250m:	3:31.19	46.62	350m:	4:58.28	39.23
	100m:	1:17.12	43.03	200m:	2:44.57	42.68	300m:	4:19.05	47.86	400m:	5:37.64	39.36