

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

Konkurencja 31
2012-04-15 - 10:40

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Rekord Polski 14	4:16.54	KILIJA SKA Donata	00612	Tampere (FIN)	2009-07-20
Rekord Polski 15	4:16.70	KILIJA SKA Donata	00612	Helsinki (FIN)	2010-07-15
Rekord Polski 16	4:12.62	ZUKOWSKA Paula	00107	Doha (QAT)	2009-12-09
Rekord Polski 17	4:17.11	BUDZIS Joanna	00914	Debica	2007-04-14
Rekord Polski 18	4:16.05	BUDZIS Joanna	00914	Prague (CZE)	2008-06-21
Rekord Polski 19 +	4:04.23	JEDRZEJCZAK Otylia	00114	Melbourne (AUS)	2007-03-25

Punkty: FINA 2012

Pozycja			Rok ur.			Czas	Pkt.
1.	SZCZEPANIAK Karolina	92	AZS AWF Warszawa	4:18.72	789		
	50m: 30.65 30.65	150m: 1:36.32	33.09	250m: 2:41.78	32.32	350m: 3:47.36	32.55
	100m: 1:03.23 32.58	200m: 2:09.46	33.14	300m: 3:14.81	33.03	400m: 4:18.72	31.36
2.	BERNAT Aleksandra	90	Warta Pozna	4:20.20	776		
	50m: 30.21 30.21	150m: 1:35.78	33.03	250m: 2:41.90	33.28	350m: 3:48.25	33.15
	100m: 1:02.75 32.54	200m: 2:08.62	32.84	300m: 3:15.10	33.20	400m: 4:20.20	31.95
3.	KILIJA SKA Donata SSz	95	KSZO Ostrowiec Sw.	4:23.37	748		
	50m: 30.39 30.39	150m: 1:36.71	33.63	250m: 2:43.77	33.50	350m: 3:50.43	33.47
	100m: 1:03.08 32.69	200m: 2:10.27	33.56	300m: 3:16.96	33.19	400m: 4:23.37	32.94
4.	ZACHOSZCZ Joanna	93	Słowianka Gorzów	4:25.01	734		
	50m: 31.20 31.20	150m: 1:37.70	33.35	250m: 2:44.97	33.47	350m: 3:51.93	33.19
	100m: 1:04.35 33.15	200m: 2:11.50	33.80	300m: 3:18.74	33.77	400m: 4:25.01	33.08
5.	WIKIEŁ Manuela	92	AZS UWM Olsztyn	4:28.51	706		
	50m: 32.03 32.03	150m: 1:39.69	33.79	250m: 2:47.17	33.76	350m: 3:55.42	34.30
	100m: 1:05.90 33.87	200m: 2:13.41	33.72	300m: 3:21.12	33.95	400m: 4:28.51	33.09
6.	PIEKARSKA Magdalena SSz	94	MKP Szczecin	4:28.95	703		
	50m: 31.57 31.57	150m: 1:38.90	34.24	250m: 2:47.69	34.77	350m: 3:56.04	33.99
	100m: 1:04.66 33.09	200m: 2:12.92	34.02	300m: 3:22.05	34.36	400m: 4:28.95	32.91
7.	KASPEREK Katarzyna SSZ	96	Warta Pozna	4:29.64	697		
	50m: 31.27 31.27	150m: 1:39.24	34.32	250m: 2:48.22	34.64	350m: 3:56.73	34.17
	100m: 1:04.92 33.65	200m: 2:13.58	34.34	300m: 3:22.56	34.34	400m: 4:29.64	32.91
8.	CZERNIAK Monika	92	AZS UWM Olsztyn	4:30.81	688		
	50m: 30.63 30.63	150m: 1:38.34	34.17	250m: 2:47.56	34.68	350m: 3:57.05	34.64
	100m: 1:04.17 33.54	200m: 2:12.88	34.54	300m: 3:22.41	34.85	400m: 4:30.81	33.76
9.	SZCZYTKO Alicja	95	Olimpijczyk Suwałki	4:32.42	676		
	50m: 30.73 30.73	150m: 1:38.27	34.18	250m: 2:47.56	35.04	350m: 3:57.69	35.35
	100m: 1:04.09 33.36	200m: 2:12.52	34.25	300m: 3:22.34	34.78	400m: 4:32.42	34.73
10.	STASZKIEWICZ Katarzyna	90	I sk Wrocław	4:33.71	667		
	50m: 31.94 31.94	150m: 1:41.89	35.35	250m: 2:52.02	34.95	350m: 4:01.34	34.72
	100m: 1:06.54 34.60	200m: 2:17.07	35.18	300m: 3:26.62	34.60	400m: 4:33.71	32.37
11.	CIE LAK Joanna	96	Warta Pozna	4:34.01	664		
	50m: 32.15 32.15	150m: 1:41.93	35.16	250m: 2:52.32	35.22	350m: 4:02.47	35.08
	100m: 1:06.77 34.62	200m: 2:17.10	35.17	300m: 3:27.39	35.07	400m: 4:34.01	31.54
12.	PRZASNEK Zuzanna	94	MKP Szczecin	4:35.38	654		
	50m: 31.22 31.22	150m: 1:41.04	35.36	250m: 2:51.89	35.48	350m: 4:02.08	34.73
	100m: 1:05.68 34.46	200m: 2:16.41	35.37	300m: 3:27.35	35.46	400m: 4:35.38	33.30
13.	LIPI SKA Małgorzata SSz	93	KSZO Ostrowiec Sw.	4:36.21	649		
	50m: 32.07 32.07	150m: 1:41.45	35.11	250m: 2:51.12	35.24	350m: 4:01.54	35.43
	100m: 1:06.34 34.27	200m: 2:15.88	34.43	300m: 3:26.11	34.99	400m: 4:36.21	34.67
14.	HALAGIERA Joanna	96	Słowianka Gorzów	4:37.85	637		
	50m: 32.12 32.12	150m: 1:42.12	35.42	250m: 2:53.09	35.74	350m: 4:03.87	35.42
	100m: 1:06.70 34.58	200m: 2:17.35	35.23	300m: 3:28.45	35.36	400m: 4:37.85	33.98
15.	PO AROWSZCZYK Beata	91	Juvenia Wrocław	4:39.22	628		
	50m: 31.82 31.82	150m: 1:41.84	35.32	250m: 2:52.92	35.69	350m: 4:04.33	35.69
	100m: 1:06.52 34.70	200m: 2:17.23	35.39	300m: 3:28.64	35.72	400m: 4:39.22	34.89

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Konkurencja 31, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
16.	SZMAGALSKA Agata		95	Słowianka Gorzów				4:39.98	623
	50m: 32.14 32.14	150m: 1:42.80	35.65	250m: 2:54.49	35.71	350m: 4:06.20	35.63		
	100m: 1:07.15 35.01	200m: 2:18.78	35.98	300m: 3:30.57	36.08	400m: 4:39.98	33.78		
17.	KULIGOWSKA Marcela SSz		94	MKP Szczecin				4:40.28	621
	50m: 32.74 32.74	150m: 1:43.39	35.42	250m: 2:54.36	35.37	350m: 4:05.62	35.37		
	100m: 1:07.97 35.23	200m: 2:18.99	35.60	300m: 3:30.25	35.89	400m: 4:40.28	34.66		
18.	SOBOLEWSKA Anna		95	Warta Pozna				4:45.46	587
	50m: 32.44 32.44	150m: 1:44.24	36.28	250m: 2:57.09	36.72	350m: 4:10.08	36.55		
	100m: 1:07.96 35.52	200m: 2:20.37	36.13	300m: 3:33.53	36.44	400m: 4:45.46	35.38		
19.	POMIETŁO Aleksandra SO		94	Kmita Zabierzów				4:50.67	556
	50m: 33.19 33.19	150m: 1:45.87	36.83	250m: 2:59.76	37.04	350m: 4:14.12	37.39		
	100m: 1:09.04 35.85	200m: 2:22.72	36.85	300m: 3:36.73	36.97	400m: 4:50.67	36.55		
20.	NOWAK Julia		97	Słowianka Gorzów				4:50.71	556
	50m: 32.72 32.72	150m: 1:46.66	37.81	250m: 3:01.48	37.03	350m: 4:15.79	36.89		
	100m: 1:08.85 36.13	200m: 2:24.45	37.79	300m: 3:38.90	37.42	400m: 4:50.71	34.92		
21.	ZI BA Katarzyna		97	KORNER Zielona Góra				4:51.91	549
	50m: 32.71 32.71	150m: 1:46.65	37.63	250m: 3:02.18	37.92	350m: 4:17.27	37.44		
	100m: 1:09.02 36.31	200m: 2:24.26	37.61	300m: 3:39.83	37.65	400m: 4:51.91	34.64		
22.	WACHOWIAK Patrycja		97	Słowianka Gorzów				4:59.95	506
	50m: 34.10 34.10	150m: 1:49.76	38.09	250m: 3:06.42	38.29	350m: 4:23.30	38.45		
	100m: 1:11.67 37.57	200m: 2:28.13	38.37	300m: 3:44.85	38.43	400m: 4:59.95	36.65		