

Grand Prix - Puchar Polski w Pływaniu
Gorzów Wlkp., 2 - 3-5-2015

Konkurencja 11
2015-05-02 - 11:18

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2014

Pozycja	Rok ur.	Czas	Pkt.
14 lat i starsi			
1. UKOWSKA Paula	93 Juwenia Wrocław	4:18.67	790
50m: 30.84 30.84	150m: 1:36.87 33.01	250m: 2:41.87 32.23	350m: 3:46.66 32.40
100m: 1:03.86 33.02	200m: 2:09.64 32.77	300m: 3:14.26 32.39	400m: 4:18.67 32.01
2. WIKIEŁ Manuela	92 AZS UWM Olsztyn	4:20.18	776
50m: 31.48 31.48	150m: 1:36.66 32.58	250m: 2:41.81 32.61	350m: 3:47.58 33.03
100m: 1:04.08 32.60	200m: 2:09.20 32.54	300m: 3:14.55 32.74	400m: 4:20.18 32.60
3. ZACHOSZCZ Joanna	93 AZS UWM Olsztyn	4:22.33	757
50m: 31.07 31.07	150m: 1:36.73 33.00	250m: 2:42.36 32.80	350m: 3:49.19 33.69
100m: 1:03.73 32.66	200m: 2:09.56 32.83	300m: 3:15.50 33.14	400m: 4:22.33 33.14
4. JANKOWSKA Klaudia	98 Gim 92 Ursynów	4:25.33	732
50m: 30.47 30.47	150m: 1:36.35 33.24	250m: 2:42.98 33.55	350m: 3:51.46 34.63
100m: 1:03.11 32.64	200m: 2:09.43 33.08	300m: 3:16.83 33.85	400m: 4:25.33 33.87
5. SZATANEK Julia SSz	99 MKP Szczecin	4:32.43	676
50m: 31.10 31.10	150m: 1:39.58 34.54	250m: 2:49.07 34.56	350m: 3:58.71 34.29
100m: 1:05.04 33.94	200m: 2:14.51 34.93	300m: 3:24.42 35.35	400m: 4:32.43 33.72
6. ZBROJEWSKA MICHALINA SSz	96 Pi tka Konstantinów Łódzki	4:32.82	673
50m: 32.21 32.21	150m: 1:40.89 34.35	250m: 2:50.03 34.63	350m: 3:59.54 34.87
100m: 1:06.54 34.33	200m: 2:15.40 34.51	300m: 3:24.67 34.64	400m: 4:32.82 33.28
7. BAKUNIAK HANNA SSz	96 MKP Szczecin	4:33.65	667
50m: 32.53 32.53	150m: 1:41.24 34.39	250m: 2:50.06 34.11	350m: 3:59.69 35.10
100m: 1:06.85 34.32	200m: 2:15.95 34.71	300m: 3:24.59 34.53	400m: 4:33.65 33.96
8. MARGULA Weronika	00 MKP Szczecin	4:33.70	667
50m: 31.87 31.87	150m: 1:39.57 33.96	250m: 2:49.32 35.09	350m: 3:59.76 35.37
100m: 1:05.61 33.74	200m: 2:14.23 34.66	300m: 3:24.39 35.07	400m: 4:33.70 33.94
9. ZROBEK Natalia	99 Jedyńka Łód	4:38.20	635
50m: 32.22 32.22	150m: 1:42.85 35.23	250m: 2:54.14 35.56	350m: 4:04.85 35.11
100m: 1:07.62 35.40	200m: 2:18.58 35.73	300m: 3:29.74 35.60	400m: 4:38.20 33.35
10. ZAJ C Oliwia	98 Juwenia Wrocław	4:39.38	627
50m: 32.32 32.32	150m: 1:43.26 35.60	250m: 2:54.37 35.52	350m: 4:05.32 35.51
100m: 1:07.66 35.34	200m: 2:18.85 35.59	300m: 3:29.81 35.44	400m: 4:39.38 34.06
11. WOJCIECHOWSKA Joanna	98 Orlik Lublin	4:39.64	625
50m: 31.61 31.61	150m: 1:41.05 35.11	250m: 2:52.57 35.87	350m: 4:04.59 36.23
100m: 1:05.94 34.33	200m: 2:16.70 35.65	300m: 3:28.36 35.79	400m: 4:39.64 35.05
12. GRZEGORCZYK Izabela	93 Warta Pozna	4:42.22	608
50m: 32.49 32.49	150m: 1:43.18 35.68	250m: 2:54.82 36.02	350m: 4:06.72 35.93
100m: 1:07.50 35.01	200m: 2:18.80 35.62	300m: 3:30.79 35.97	400m: 4:42.22 35.50
13. W CŁAWIAK Irena	98 Gim 92 Ursynów	4:42.24	608
50m: 34.11 34.11	150m: 1:45.51 35.78	250m: 2:55.94 34.96	350m: 4:08.05 36.03
100m: 1:09.73 35.62	200m: 2:20.98 35.47	300m: 3:32.02 36.08	400m: 4:42.24 34.19
14. OLEBA MAŁGORZATA SSz	98 MKP Szczecin	4:43.26	601
50m: 33.83 33.83	150m: 1:46.93 36.53	250m: 2:58.34 34.70	350m: 4:08.59 35.41
100m: 1:10.40 36.57	200m: 2:23.64 36.71	300m: 3:33.18 34.84	400m: 4:43.26 34.67
15. TRAFAS Kornelia	99 Warta Pozna	4:43.50	600
50m: 32.57 32.57	150m: 1:43.90 36.09	250m: 2:56.86 36.38	350m: 4:09.21 35.84
100m: 1:07.81 35.24	200m: 2:20.48 36.58	300m: 3:33.37 36.51	400m: 4:43.50 34.29
16. BEDNAREK Zuzanna	01 Jedyńka Łód	4:47.61	574
50m: 33.67 33.67	150m: 1:46.36 36.23	250m: 2:59.11 36.42	350m: 4:12.42 36.40
100m: 1:10.13 36.46	200m: 2:22.69 36.33	300m: 3:36.02 36.91	400m: 4:47.61 35.19
17. BŁAJET Oliwia	00 Warta Pozna	4:48.69	568
50m: 33.87 33.87	150m: 1:47.57 36.79	250m: 3:00.40 36.35	350m: 4:13.25 36.44
100m: 1:10.78 36.91	200m: 2:24.05 36.48	300m: 3:36.81 36.41	400m: 4:48.69 35.44

Grand Prix - Puchar Polski w Pływaniu
Gorzów Wlkp., 2- - 3-5-2015

Konkurencja 11, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
18.	SKOWRO	SKA Wiktoria	01	Słowianka Gorzów				4:55.39	530		
	50m:	33.42 33.42	150m:	1:47.41	37.37	250m:	3:02.91	37.77	350m:	4:18.89	38.02
	100m:	1:10.04 36.62	200m:	2:25.14	37.73	300m:	3:40.87	37.96	400m:	4:55.39	36.50
19.	JANCZAK	Patrycja	00	MKP Szczecin				4:55.92	527		
	50m:	33.38 33.38	150m:	1:46.67	37.14	250m:	3:01.93	37.66	350m:	4:18.62	37.90
	100m:	1:09.53 36.15	200m:	2:24.27	37.60	300m:	3:40.72	38.79	400m:	4:55.92	37.30
20.	SKORUPA	Monik	99	Vega Dobrodzie				4:58.03	516		
	50m:	34.31 34.31	150m:	1:51.81	39.34	250m:	3:07.53	36.57	350m:	4:22.77	37.25
	100m:	1:12.47 38.16	200m:	2:30.96	39.15	300m:	3:45.52	37.99	400m:	4:58.03	35.26
21.	ZIELI	SKA Oliwia	01	MKP Szczecin				5:01.03	501		
	50m:	33.45 33.45	150m:	1:49.13	38.41	250m:	3:06.44	38.36	350m:	4:23.54	38.35
	100m:	1:10.72 37.27	200m:	2:28.08	38.95	300m:	3:45.19	38.75	400m:	5:01.03	37.49
22.	KRZY A	SKA Karolina	01	MKP Szczecin				5:02.42	494		
	50m:	34.66 34.66	150m:	1:51.11	38.24	250m:	3:07.64	38.10	350m:	4:25.02	38.53
	100m:	1:12.87 38.21	200m:	2:29.54	38.43	300m:	3:46.49	38.85	400m:	5:02.42	37.40
23.	MARKUNAS	Julia	01	MKP Szczecin				5:08.85	464		
	50m:	34.28 34.28	150m:	1:51.97	39.38	250m:	3:11.39	39.73	350m:	4:30.61	39.23
	100m:	1:12.59 38.31	200m:	2:31.66	39.69	300m:	3:51.38	39.99	400m:	5:08.85	38.24
24.	JAWORSKA	Aleksandra	99	Słowianka Gorzów				5:09.45	461		
	50m:	34.99 34.99	150m:	1:52.82	39.62	250m:	3:11.65	39.48	350m:	4:31.28	39.98
	100m:	1:13.20 38.21	200m:	2:32.17	39.35	300m:	3:51.30	39.65	400m:	5:09.45	38.17
25.	KOTWAS	Aleksandra	01	Iskra Konin				5:16.12	432		
	50m:	35.03 35.03	150m:	1:54.77	40.62	250m:	3:16.86	41.16	350m:	4:37.67	40.54
	100m:	1:14.15 39.12	200m:	2:35.70	40.93	300m:	3:57.13	40.27	400m:	5:16.12	38.45
26.	HARTLIEB	Klaudia	00	Shark Rudna				5:16.52	431		
	50m:	34.66 34.66	150m:	1:54.68	40.78	250m:	3:14.91	40.10	350m:	4:35.85	39.51
	100m:	1:13.90 39.24	200m:	2:34.81	40.13	300m:	3:56.34	41.43	400m:	5:16.52	40.67
27.	OSIEWALSKA	Agnieszka	01	Shark Rudna				5:16.71	430		
	50m:	36.08 36.08	150m:	1:56.71	40.47	250m:	3:18.38	41.12	350m:	4:39.18	40.18
	100m:	1:16.24 40.16	200m:	2:37.26	40.55	300m:	3:59.00	40.62	400m:	5:16.71	37.53

14 lat

1.	BEDNAREK	Zuzanna	01	Jedynka Łód				4:47.61	574		
	50m:	33.67 33.67	150m:	1:46.36	36.23	250m:	2:59.11	36.42	350m:	4:12.42	36.40
	100m:	1:10.13 36.46	200m:	2:22.69	36.33	300m:	3:36.02	36.91	400m:	4:47.61	35.19
2.	SKOWRO	SKA Wiktoria	01	Słowianka Gorzów				4:55.39	530		
	50m:	33.42 33.42	150m:	1:47.41	37.37	250m:	3:02.91	37.77	350m:	4:18.89	38.02
	100m:	1:10.04 36.62	200m:	2:25.14	37.73	300m:	3:40.87	37.96	400m:	4:55.39	36.50
3.	ZIELI	SKA Oliwia	01	MKP Szczecin				5:01.03	501		
	50m:	33.45 33.45	150m:	1:49.13	38.41	250m:	3:06.44	38.36	350m:	4:23.54	38.35
	100m:	1:10.72 37.27	200m:	2:28.08	38.95	300m:	3:45.19	38.75	400m:	5:01.03	37.49
4.	KRZY A	SKA Karolina	01	MKP Szczecin				5:02.42	494		
	50m:	34.66 34.66	150m:	1:51.11	38.24	250m:	3:07.64	38.10	350m:	4:25.02	38.53
	100m:	1:12.87 38.21	200m:	2:29.54	38.43	300m:	3:46.49	38.85	400m:	5:02.42	37.40
5.	MARKUNAS	Julia	01	MKP Szczecin				5:08.85	464		
	50m:	34.28 34.28	150m:	1:51.97	39.38	250m:	3:11.39	39.73	350m:	4:30.61	39.23
	100m:	1:12.59 38.31	200m:	2:31.66	39.69	300m:	3:51.38	39.99	400m:	5:08.85	38.24
6.	KOTWAS	Aleksandra	01	Iskra Konin				5:16.12	432		
	50m:	35.03 35.03	150m:	1:54.77	40.62	250m:	3:16.86	41.16	350m:	4:37.67	40.54
	100m:	1:14.15 39.12	200m:	2:35.70	40.93	300m:	3:57.13	40.27	400m:	5:16.12	38.45
7.	OSIEWALSKA	Agnieszka	01	Shark Rudna				5:16.71	430		
	50m:	36.08 36.08	150m:	1:56.71	40.47	250m:	3:18.38	41.12	350m:	4:39.18	40.18
	100m:	1:16.24 40.16	200m:	2:37.26	40.55	300m:	3:59.00	40.62	400m:	5:16.71	37.53

Grand Prix - Puchar Polski w Pływaniu
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Konkurencja 11, Kobiet, 400m dowolny

15 lat

1.	MARGULA Weronika	00	MKP Szczecin	4:33.70	667
	50m: 31.87 31.87	150m: 1:39.57 33.96	250m: 2:49.32 35.09	350m: 3:59.76 35.37	
	100m: 1:05.61 33.74	200m: 2:14.23 34.66	300m: 3:24.39 35.07	400m: 4:33.70 33.94	
2.	BŁAJET Oliwia	00	Warta Pozna	4:48.69	568
	50m: 33.87 33.87	150m: 1:47.57 36.79	250m: 3:00.40 36.35	350m: 4:13.25 36.44	
	100m: 1:10.78 36.91	200m: 2:24.05 36.48	300m: 3:36.81 36.41	400m: 4:48.69 35.44	
3.	JANCZAK Patrycja	00	MKP Szczecin	4:55.92	527
	50m: 33.38 33.38	150m: 1:46.67 37.14	250m: 3:01.93 37.66	350m: 4:18.62 37.90	
	100m: 1:09.53 36.15	200m: 2:24.27 37.60	300m: 3:40.72 38.79	400m: 4:55.92 37.30	
4.	HARTLIEB Klaudia	00	Shark Rudna	5:16.52	431
	50m: 34.66 34.66	150m: 1:54.68 40.78	250m: 3:14.91 40.10	350m: 4:35.85 39.51	
	100m: 1:13.90 39.24	200m: 2:34.81 40.13	300m: 3:56.34 41.43	400m: 5:16.52 40.67	

16 lat

1.	SZATANEK Julia SSz	99	MKP Szczecin	4:32.43	676
	50m: 31.10 31.10	150m: 1:39.58 34.54	250m: 2:49.07 34.56	350m: 3:58.71 34.29	
	100m: 1:05.04 33.94	200m: 2:14.51 34.93	300m: 3:24.42 35.35	400m: 4:32.43 33.72	
2.	ZROBEK Natalia	99	Jedynka Łód	4:38.20	635
	50m: 32.22 32.22	150m: 1:42.85 35.23	250m: 2:54.14 35.56	350m: 4:04.85 35.11	
	100m: 1:07.62 35.40	200m: 2:18.58 35.73	300m: 3:29.74 35.60	400m: 4:38.20 33.35	
3.	TRAFAS Kornelia	99	Warta Pozna	4:43.50	600
	50m: 32.57 32.57	150m: 1:43.90 36.09	250m: 2:56.86 36.38	350m: 4:09.21 35.84	
	100m: 1:07.81 35.24	200m: 2:20.48 36.58	300m: 3:33.37 36.51	400m: 4:43.50 34.29	
4.	SKORUPA Monika	99	Vega Dobrodzie	4:58.03	516
	50m: 34.31 34.31	150m: 1:51.81 39.34	250m: 3:07.53 36.57	350m: 4:22.77 37.25	
	100m: 1:12.47 38.16	200m: 2:30.96 39.15	300m: 3:45.52 37.99	400m: 4:58.03 35.26	
5.	JAWORSKA Aleksandra	99	Słowianka Gorzów	5:09.45	461
	50m: 34.99 34.99	150m: 1:52.82 39.62	250m: 3:11.65 39.48	350m: 4:31.28 39.98	
	100m: 1:13.20 38.21	200m: 2:32.17 39.35	300m: 3:51.30 39.65	400m: 5:09.45 38.17	

17 - 18 lat

1.	JANKOWSKA Klaudia	98	Gim 92 Ursynów	4:25.33	732
	50m: 30.47 30.47	150m: 1:36.35 33.24	250m: 2:42.98 33.55	350m: 3:51.46 34.63	
	100m: 1:03.11 32.64	200m: 2:09.43 33.08	300m: 3:16.83 33.85	400m: 4:25.33 33.87	
2.	ZAJ C Oliwia	98	Juvenia Wrocław	4:39.38	627
	50m: 32.32 32.32	150m: 1:43.26 35.60	250m: 2:54.37 35.52	350m: 4:05.32 35.51	
	100m: 1:07.66 35.34	200m: 2:18.85 35.59	300m: 3:29.81 35.44	400m: 4:39.38 34.06	
3.	WOJCIECHOWSKA Joanna	98	Orlik Lublin	4:39.64	625
	50m: 31.61 31.61	150m: 1:41.05 35.11	250m: 2:52.57 35.87	350m: 4:04.59 36.23	
	100m: 1:05.94 34.33	200m: 2:16.70 35.65	300m: 3:28.36 35.79	400m: 4:39.64 35.05	
4.	W CŁAWIAK Irena	98	Gim 92 Ursynów	4:42.24	608
	50m: 34.11 34.11	150m: 1:45.51 35.78	250m: 2:55.94 34.96	350m: 4:08.05 36.03	
	100m: 1:09.73 35.62	200m: 2:20.98 35.47	300m: 3:32.02 36.08	400m: 4:42.24 34.19	
5.	OLEBA MAŁGORZATA SSz	98	MKP Szczecin	4:43.26	601
	50m: 33.83 33.83	150m: 1:46.93 36.53	250m: 2:58.34 34.70	350m: 4:08.59 35.41	
	100m: 1:10.40 36.57	200m: 2:23.64 36.71	300m: 3:33.18 34.84	400m: 4:43.26 34.67	

Grand Prix - Puchar Polski w Pływaniu
Gorzów Wlkp., 2- - 3-5-2015

Konkurencja 11, Kobiet, 400m dowolny

19 - 23 lat

1.	UKOWSKA Paula	93	Juvenia Wrocław	4:18.67	790
	50m: 30.84 30.84	150m: 1:36.87 33.01	250m: 2:41.87 32.23	350m: 3:46.66 32.40	
	100m: 1:03.86 33.02	200m: 2:09.64 32.77	300m: 3:14.26 32.39	400m: 4:18.67 32.01	
2.	WIKIEŁ Manuela	92	AZS UWM Olsztyn	4:20.18	776
	50m: 31.48 31.48	150m: 1:36.66 32.58	250m: 2:41.81 32.61	350m: 3:47.58 33.03	
	100m: 1:04.08 32.60	200m: 2:09.20 32.54	300m: 3:14.55 32.74	400m: 4:20.18 32.60	
3.	ZACHOSZCZ Joanna	93	AZS UWM Olsztyn	4:22.33	757
	50m: 31.07 31.07	150m: 1:36.73 33.00	250m: 2:42.36 32.80	350m: 3:49.19 33.69	
	100m: 1:03.73 32.66	200m: 2:09.56 32.83	300m: 3:15.50 33.14	400m: 4:22.33 33.14	
4.	ZBROJEWSKA MICHALINA SSz	96	Pi tka Konstantynów Łódzki	4:32.82	673
	50m: 32.21 32.21	150m: 1:40.89 34.35	250m: 2:50.03 34.63	350m: 3:59.54 34.87	
	100m: 1:06.54 34.33	200m: 2:15.40 34.51	300m: 3:24.67 34.64	400m: 4:32.82 33.28	
5.	BAKUNIAK HANNA SSz	96	MKP Szczecin	4:33.65	667
	50m: 32.53 32.53	150m: 1:41.24 34.39	250m: 2:50.06 34.11	350m: 3:59.69 35.10	
	100m: 1:06.85 34.32	200m: 2:15.95 34.71	300m: 3:24.59 34.53	400m: 4:33.65 33.96	
6.	GRZEGORCZYK Izabela	93	Warta Pozna	4:42.22	608
	50m: 32.49 32.49	150m: 1:43.18 35.68	250m: 2:54.82 36.02	350m: 4:06.72 35.93	
	100m: 1:07.50 35.01	200m: 2:18.80 35.62	300m: 3:30.79 35.97	400m: 4:42.22 35.50	