

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

Konkurencja 22
2015-05-03 - 9:00

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	UKOWSKA Paula		93	Juwenia Wrocław				5:06.82	669
	50m:	31.67 31.67	150m:	1:49.15 40.18	250m:	3:14.54 46.04	350m:	4:34.19 33.96	
	100m:	1:08.97 37.30	200m:	2:28.50 39.35	300m:	4:00.23 45.69	400m:	5:06.82 32.63	
2.	HALAGIERA Joanna		96	Słowianka Gorzów				5:20.73	586
	50m:	33.16 33.16	150m:	1:54.22 42.75	250m:	3:21.95 45.94	350m:	4:44.99 36.12	
	100m:	1:11.47 38.31	200m:	2:36.01 41.79	300m:	4:08.87 46.92	400m:	5:20.73 35.74	
3.	MARGULA Weronika		00	MKP Szczecin				5:25.41	561
	50m:	31.95 31.95	150m:	1:51.17 39.44	250m:	3:20.77 49.62	350m:	4:48.27 37.57	
	100m:	1:11.73 39.78	200m:	2:31.15 39.98	300m:	4:10.70 49.93	400m:	5:25.41 37.14	
4.	TRAFAS Kornelia		99	Warta Pozna				5:26.25	556
	50m:	33.30 33.30	150m:	1:57.34 44.63	250m:	3:26.31 47.03	350m:	4:51.18 37.94	
	100m:	1:12.71 39.41	200m:	2:39.28 41.94	300m:	4:13.24 46.93	400m:	5:26.25 35.07	
5.	JANKOWSKA Klaudia		98	Gim 92 Ursynów				5:26.87	553
	50m:	32.89 32.89	150m:	1:59.66 45.80	250m:	3:30.85 48.09	350m:	4:54.09 34.45	
	100m:	1:13.86 40.97	200m:	2:42.76 43.10	300m:	4:19.64 48.79	400m:	5:26.87 32.78	
6.	BEDNAREK Aleksandra		98	Jedynka Łód				5:30.24	537
	50m:	35.59 35.59	150m:	2:01.03 43.31	250m:	3:30.53 47.05	350m:	4:55.05 36.82	
	100m:	1:17.72 42.13	200m:	2:43.48 42.45	300m:	4:18.23 47.70	400m:	5:30.24 35.19	
7.	BIELI SKA Karolina		99	Słowianka Gorzów				5:30.37	536
	50m:	34.95 34.95	150m:	2:02.00 44.94	250m:	3:33.17 46.76	350m:	4:55.35 36.01	
	100m:	1:17.06 42.11	200m:	2:46.41 44.41	300m:	4:19.34 46.17	400m:	5:30.37 35.02	
8.	ADAMSKA Alicja		00	Aligator Gorzyce				5:32.18	527
	50m:	34.25 34.25	150m:	1:57.30 41.77	250m:	3:27.79 48.11	350m:	4:54.62 38.36	
	100m:	1:15.53 41.28	200m:	2:39.68 42.38	300m:	4:16.26 48.47	400m:	5:32.18 37.56	
9.	MI SKO Julia		01	Neptun Stargard				5:39.89	492
	50m:	35.12 35.12	150m:	2:00.12 44.77	250m:	3:32.80 48.22	350m:	5:01.60 39.73	
	100m:	1:15.35 40.23	200m:	2:44.58 44.46	300m:	4:21.87 49.07	400m:	5:39.89 38.29	
14 lat									
1.	MI SKO Julia		01	Neptun Stargard				5:39.89	492
	50m:	35.12 35.12	150m:	2:00.12 44.77	250m:	3:32.80 48.22	350m:	5:01.60 39.73	
	100m:	1:15.35 40.23	200m:	2:44.58 44.46	300m:	4:21.87 49.07	400m:	5:39.89 38.29	
15 lat									
1.	MARGULA Weronika		00	MKP Szczecin				5:25.41	561
	50m:	31.95 31.95	150m:	1:51.17 39.44	250m:	3:20.77 49.62	350m:	4:48.27 37.57	
	100m:	1:11.73 39.78	200m:	2:31.15 39.98	300m:	4:10.70 49.93	400m:	5:25.41 37.14	
2.	ADAMSKA Alicja		00	Aligator Gorzyce				5:32.18	527
	50m:	34.25 34.25	150m:	1:57.30 41.77	250m:	3:27.79 48.11	350m:	4:54.62 38.36	
	100m:	1:15.53 41.28	200m:	2:39.68 42.38	300m:	4:16.26 48.47	400m:	5:32.18 37.56	
16 lat									
1.	TRAFAS Kornelia		99	Warta Pozna				5:26.25	556
	50m:	33.30 33.30	150m:	1:57.34 44.63	250m:	3:26.31 47.03	350m:	4:51.18 37.94	
	100m:	1:12.71 39.41	200m:	2:39.28 41.94	300m:	4:13.24 46.93	400m:	5:26.25 35.07	
2.	BIELI SKA Karolina		99	Słowianka Gorzów				5:30.37	536
	50m:	34.95 34.95	150m:	2:02.00 44.94	250m:	3:33.17 46.76	350m:	4:55.35 36.01	
	100m:	1:17.06 42.11	200m:	2:46.41 44.41	300m:	4:19.34 46.17	400m:	5:30.37 35.02	

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17 - 18 lat

1.	JANKOWSKA Klaudia	98	Gim 92 Ursynów					5:26.87	553
	50m: 32.89 32.89	150m: 1:59.66	45.80	250m: 3:30.85	48.09	350m: 4:54.09	34.45		
	100m: 1:13.86 40.97	200m: 2:42.76	43.10	300m: 4:19.64	48.79	400m: 5:26.87	32.78		
2.	BEDNAREK Aleksandra	98	Jedynka Łód					5:30.24	537
	50m: 35.59 35.59	150m: 2:01.03	43.31	250m: 3:30.53	47.05	350m: 4:55.05	36.82		
	100m: 1:17.72 42.13	200m: 2:43.48	42.45	300m: 4:18.23	47.70	400m: 5:30.24	35.19		

19 - 23 lat

1.	UKOWSKA Paula	93	Juvenia Wrocław					5:06.82	669
	50m: 31.67 31.67	150m: 1:49.15	40.18	250m: 3:14.54	46.04	350m: 4:34.19	33.96		
	100m: 1:08.97 37.30	200m: 2:28.50	39.35	300m: 4:00.23	45.69	400m: 5:06.82	32.63		
2.	HALAGIERA Joanna	96	Słowianka Gorzów					5:20.73	586
	50m: 33.16 33.16	150m: 1:54.22	42.75	250m: 3:21.95	45.94	350m: 4:44.99	36.12		
	100m: 1:11.47 38.31	200m: 2:36.01	41.79	300m: 4:08.87	46.92	400m: 5:20.73	35.74		