

Grand Prix - Puchar Polski
Szczecin, 30-4- - 1-5-2016

Konkurencja 1
2016-04-30 - 9:00

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Top Times "Poland"	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	2008-08-09
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Punkty: FINA 2015

Pozycja	Rok ur.	Czas	Pkt.
1. ADAMCZYK Julia SL	99 AZS UMCS Lublin	4:58.42	727
50m: 31.38 31.38	150m: 1:46.19 38.61	250m: 3:05.97 42.66	350m: 4:24.44 35.61
100m: 1:07.58 36.20	200m: 2:23.31 37.12	300m: 3:48.83 42.86	400m: 4:58.42 33.98
2. GRALEWSKA Kalina	96 MUKP Warszawianka Wodny Park	5:00.12	715
50m: 30.64 30.64	150m: 1:45.77 39.13	250m: 3:07.26 43.38	350m: 4:26.36 35.23
100m: 1:06.64 36.00	200m: 2:23.88 38.11	300m: 3:51.13 43.87	400m: 5:00.12 33.76
3. WÓJTOWICZ Gabriela	95 AZS-AWFIS Gda sk	5:00.62	711
50m: 30.81 30.81	150m: 1:44.80 38.85	250m: 3:06.48 44.96	350m: 4:27.03 34.76
100m: 1:05.95 35.14	200m: 2:21.52 36.72	300m: 3:52.27 45.79	400m: 5:00.62 33.59
4. FILIPEK Jagoda SWR	99 Iask Wroclaw	5:07.52	665
50m: 31.99 31.99	150m: 1:48.95 39.89	250m: 3:12.18 44.01	350m: 4:33.52 36.44
100m: 1:09.06 37.07	200m: 2:28.17 39.22	300m: 3:57.08 44.90	400m: 5:07.52 34.00
5. OSINIAK Ewa	00 UKS Olimpijczyk 23 Lublin	5:08.21	660
50m: 32.51 32.51	150m: 1:50.26 39.81	250m: 3:13.61 44.05	350m: 4:33.95 35.14
100m: 1:10.45 37.94	200m: 2:29.56 39.30	300m: 3:58.81 45.20	400m: 5:08.21 34.26
6. PARADOWSKA Kinga SB	01 MUKS Pi tnastrka Bydgoszcz	5:15.46	616
50m: 31.77 31.77	150m: 1:50.63 40.78	250m: 3:15.46 44.28	350m: 4:39.28 37.22
100m: 1:09.85 38.08	200m: 2:31.18 40.55	300m: 4:02.06 46.60	400m: 5:15.46 36.18
7. ZAR BA-PARADOWSKA Julia	02 BUKS Warszawa	5:16.93	607
50m: 32.23 32.23	150m: 1:50.97 41.31	250m: 3:17.06 45.43	350m: 4:40.24 37.45
100m: 1:09.66 37.43	200m: 2:31.63 40.66	300m: 4:02.79 45.73	400m: 5:16.93 36.69
8. MARGULA WERONIKA SSz	00 MKP Szczecin	5:17.48	604
50m: 32.81 32.81	150m: 1:51.14 39.30	250m: 3:17.39 47.34	350m: 4:41.86 36.90
100m: 1:11.84 39.03	200m: 2:30.05 38.91	300m: 4:04.96 47.57	400m: 5:17.48 35.62
9. W GRZYNOWSKA Aleksandra	01 Iask Wroclaw	5:20.74	586
50m: 33.49 33.49	150m: 1:53.74 41.37	250m: 3:21.66 47.30	350m: 4:45.59 36.31
100m: 1:12.37 38.88	200m: 2:34.36 40.62	300m: 4:09.28 47.62	400m: 5:20.74 35.15
10. PECYNA Michalina	00 IKS Konstancin	5:21.23	583
50m: 33.13 33.13	150m: 1:55.47 43.14	250m: 3:22.29 46.55	350m: 4:44.96 37.65
100m: 1:12.33 39.20	200m: 2:35.74 40.27	300m: 4:07.31 45.02	400m: 5:21.23 36.27
11. BEDNAREK Aleksandra	98 MKS Jedylnka Łód	5:23.60	570
50m: 35.15 35.15	150m: 1:57.16 40.94	250m: 3:23.93 46.33	350m: 4:47.85 37.05
100m: 1:16.22 41.07	200m: 2:37.60 40.44	300m: 4:10.80 46.87	400m: 5:23.60 35.75
12. PAJ K Liliana ZG	99 TP Zielona Góra	5:23.92	569
50m: 34.14 34.14	150m: 1:53.85 40.58	250m: 3:20.93 47.00	350m: 4:46.50 38.02
100m: 1:13.27 39.13	200m: 2:33.93 40.08	300m: 4:08.48 47.55	400m: 5:23.92 37.42
13. KONDRASIUK Małgorzata	98 MUKP Warszawianka Wodny Park	5:29.14	542
50m: 33.03 33.03	150m: 1:55.79 42.55	250m: 3:24.73 47.87	350m: 4:52.15 38.14
100m: 1:13.24 40.21	200m: 2:36.86 41.07	300m: 4:14.01 49.28	400m: 5:29.14 36.99
JASZCZUK Ewa SOL	02 KORMORAN Olsztyn	5:29.14	542
50m: 33.35 33.35	150m: 1:52.77 41.82	250m: 3:23.84 48.84	350m: 4:51.09 38.88
100m: 1:10.95 37.60	200m: 2:35.00 42.23	300m: 4:12.21 48.37	400m: 5:29.14 38.05

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

Pozycja			Rok ur.					Czas	Pkt.			
15.	D BROWSKA	Tatiana	02	Pi tka Konstantynów Łódzki				5:29.72	539			
	50m:	34.55	34.55	150m:	1:59.42	44.13	250m:	3:27.73	45.58	350m:	4:53.12	38.72
	100m:	1:15.29	40.74	200m:	2:42.15	42.73	300m:	4:14.40	46.67	400m:	5:29.72	36.60
16.	PLUTA	Emilia	02	UKS Aligator Gorzyce				5:30.79	534			
	50m:	36.20	36.20	150m:	2:02.12	44.00	250m:	3:31.35	46.26	350m:	4:55.09	36.96
	100m:	1:18.12	41.92	200m:	2:45.09	42.97	300m:	4:18.13	46.78	400m:	5:30.79	35.70
17.	BOREJSZO	Paula	00	MKP Szczecin				5:33.34	522			
	50m:	34.90	34.90	150m:	1:57.80	42.80	250m:	3:26.88	48.17	350m:	4:55.38	39.37
	100m:	1:15.00	40.10	200m:	2:38.71	40.91	300m:	4:16.01	49.13	400m:	5:33.34	37.96
18.	SZEBESCZYK	Hanna	01	lask Wroclaw				5:37.94	501			
	50m:	34.22	34.22	150m:	2:03.55	44.69	250m:	3:33.97	47.42	350m:	5:01.20	38.77
	100m:	1:18.86	44.64	200m:	2:46.55	43.00	300m:	4:22.43	48.46	400m:	5:37.94	36.74
19.	FARYNA	Patrycja	01	KS WANKAN Legnica				5:41.75	484			
	50m:	35.60	35.60	150m:	2:03.84	45.26	250m:	3:34.13	46.59	350m:	5:01.89	39.58
	100m:	1:18.58	42.98	200m:	2:47.54	43.70	300m:	4:22.31	48.18	400m:	5:41.75	39.86
20.	KULESZA	Weronika	02	MKP Słowianka Gorzów				5:43.99	475			
	50m:	35.03	35.03	150m:	2:03.02	46.72	250m:	3:37.16	47.47	350m:	5:05.67	40.03
	100m:	1:16.30	41.27	200m:	2:49.69	46.67	300m:	4:25.64	48.48	400m:	5:43.99	38.32
21.	CIESIUL	Karolina	01	KS WANKAN Legnica				5:46.83	463			
	50m:	34.90	34.90	150m:	2:00.97	43.43	250m:	3:33.67	51.30	350m:	5:07.32	41.14
	100m:	1:17.54	42.64	200m:	2:42.37	41.40	300m:	4:26.18	52.51	400m:	5:46.83	39.51
22.	WIELI SKA	Paulina	02	KS WANKAN Legnica				5:47.42	461			
	50m:	35.23	35.23	150m:	2:08.58	49.76	250m:	3:41.88	48.06	350m:	5:09.91	38.55
	100m:	1:18.82	43.59	200m:	2:53.82	45.24	300m:	4:31.36	49.48	400m:	5:47.42	37.51
23.	PYDYSZEWSKA	Ewa	02	Pi tka Konstantynów Łódzki				5:49.99	451			
	50m:	38.62	38.62	150m:	2:10.30	45.07	250m:	3:41.80	47.68	350m:	5:11.33	40.34
	100m:	1:25.23	46.61	200m:	2:54.12	43.82	300m:	4:30.99	49.19	400m:	5:49.99	38.66
24.	KRÓL	Wiktoria	01	Warta Pozna				5:50.72	448			
	50m:	36.47	36.47	150m:	2:06.23	43.52	250m:	3:39.55	51.89	350m:	5:11.36	39.29
	100m:	1:22.71	46.24	200m:	2:47.66	41.43	300m:	4:32.07	52.52	400m:	5:50.72	39.36