

Grand Prix - Puchar Polski w Pływaniu 2013-2014
Opole, 3- - 4-5-2014

Event 22 Women, 400m Medley 14 years and older
2014-05-04 - 9:00 Results

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

Points: FINA 2013

Rank			YB					Time	Pts
14 years and older									
1.	TCHORZ, Alicja		92	MKS Juvenia Wroclaw				4:50.74	787
	50m:	30.18 30.18	150m:	1:43.31 38.43	250m:	3:03.16 41.87	350m:	4:18.65 33.59	
	100m:	1:04.88 34.70	200m:	2:21.29 37.98	300m:	3:45.06 41.90	400m:	4:50.74 32.09	
2.	NAZIEBLO, Klaudia		93	MKS Juvenia Wroclaw				4:52.82	770
	50m:	30.72 30.72	150m:	1:43.18 37.63	250m:	3:03.39 43.88	350m:	4:20.71 33.10	
	100m:	1:05.55 34.83	200m:	2:19.51 36.33	300m:	3:47.61 44.22	400m:	4:52.82 32.11	
3.	OLCZAK, Mirella		93	AZS Warsaw				5:03.63	690
	50m:	30.99 30.99	150m:	1:45.23 39.50	250m:	3:08.52 44.59	350m:	4:29.06 36.33	
	100m:	1:05.73 34.74	200m:	2:23.93 38.70	300m:	3:52.73 44.21	400m:	5:03.63 34.57	
4.	SIKORA, Paulina		93	AZS Warsaw				5:06.50	671
	50m:	31.59 31.59	150m:	1:48.09 40.34	250m:	3:12.53 44.86	350m:	4:33.10 35.57	
	100m:	1:07.75 36.16	200m:	2:27.67 39.58	300m:	3:57.53 45.00	400m:	5:06.50 33.40	
5.	SPROSKA, Magdalena		97	MKS ZRYW Opole				5:15.84	613
	50m:	32.82 32.82	150m:	1:51.85 41.30	250m:	3:18.42 45.21	350m:	4:40.92 36.13	
	100m:	1:10.55 37.73	200m:	2:33.21 41.36	300m:	4:04.79 46.37	400m:	5:15.84 34.92	
6.	LESZCZYNSKA, Klaudia Julia SO		99	UKP Unia Oswiecim				5:16.30	611
	50m:	33.07 33.07	150m:	1:53.64 41.97	250m:	3:19.06 45.18	350m:	4:41.18 36.48	
	100m:	1:11.67 38.60	200m:	2:33.88 40.24	300m:	4:04.70 45.64	400m:	5:16.30 35.12	
7.	FILIPEK, Jagoda		99	WKS Slask Wroclaw				5:18.72	597
	50m:	32.94 32.94	150m:	1:54.44 42.42	250m:	3:19.88 45.44	350m:	4:43.78 37.43	
	100m:	1:12.02 39.08	200m:	2:34.44 40.00	300m:	4:06.35 46.47	400m:	5:18.72 34.94	
8.	SMAGA, Anna		98	WKS Slask Wroclaw				5:19.59	592
	50m:	33.52 33.52	150m:	1:56.24 41.58	250m:	3:23.41 46.54	350m:	4:45.64 35.42	
	100m:	1:14.66 41.14	200m:	2:36.87 40.63	300m:	4:10.22 46.81	400m:	5:19.59 33.95	
9.	PROCHOWNIK, Olimpia SO		99	UKP Unia Oswiecim				5:19.91	590
	50m:	34.21 34.21	150m:	1:56.92 43.89	250m:	3:22.30 43.86	350m:	4:44.95 38.76	
	100m:	1:13.03 38.82	200m:	2:38.44 41.52	300m:	4:06.19 43.89	400m:	5:19.91 34.96	
10.	WOLOSZYN, Sonia SOc		95	KSZO Ostrowiec				5:23.52	571
	50m:	33.09 33.09	150m:	1:54.87 43.74	250m:	3:25.26 48.84	350m:	4:49.27 35.86	
	100m:	1:11.13 38.04	200m:	2:36.42 41.55	300m:	4:13.41 48.15	400m:	5:23.52 34.25	
11.	PAJAK, Liliana SO		99	UKP Unia Oswiecim				5:24.39	566
	50m:	35.15 35.15	150m:	1:56.95 40.52	250m:	3:22.49 46.08	350m:	4:47.67 38.71	
	100m:	1:16.43 41.28	200m:	2:36.41 39.46	300m:	4:08.96 46.47	400m:	5:24.39 36.72	
12.	NOWAK, Marta SO		99	MMKS Kedzierzyn-Kozle				5:29.35	541
	50m:	34.18 34.18	150m:	1:56.64 43.19	250m:	3:23.89 45.89	350m:	4:50.24 40.50	
	100m:	1:13.45 39.27	200m:	2:38.00 41.36	300m:	4:09.74 45.85	400m:	5:29.35 39.11	
13.	SMYLEK, Karolina		00	Skarpa Lublin				5:37.34	503
	50m:	35.33 35.33	150m:	1:59.30 42.88	250m:	3:28.70 48.62	350m:	4:58.70 40.55	
	100m:	1:16.42 41.09	200m:	2:40.08 40.78	300m:	4:18.15 49.45	400m:	5:37.34 38.64	
14.	RYBINSKA, Marcelina		99	WKS Slask Wroclaw				5:42.87	479
	50m:	36.18 36.18	150m:	2:03.35 44.70	250m:	3:34.65 47.80	350m:	5:04.07 39.74	
	100m:	1:18.65 42.47	200m:	2:46.85 43.50	300m:	4:24.33 49.68	400m:	5:42.87 38.80	
15.	WALZ, Kornelia		00	UKS NAWA Skierniewice				5:51.79	444
	50m:	36.13 36.13	150m:	2:08.33 46.90	250m:	3:41.05 47.01	350m:	5:11.76 41.76	
	100m:	1:21.43 45.30	200m:	2:54.04 45.71	300m:	4:30.00 48.95	400m:	5:51.79 40.03	
DNS	SKUDLIK, Magdalena		99	UKS Mata Kochlowice Ruda Slask					

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Event 22, Women, 400m Medley

19 - 23 years

1.	TCHORZ, Alicja		92	MKS Juvenia Wroclaw		4:50.74	787	
	50m: 30.18	30.18	150m: 1:43.31	38.43	250m: 3:03.16	41.87	350m: 4:18.65	33.59
	100m: 1:04.88	34.70	200m: 2:21.29	37.98	300m: 3:45.06	41.90	400m: 4:50.74	32.09
2.	NAZIEBLO, Klaudia		93	MKS Juvenia Wroclaw		4:52.82	770	
	50m: 30.72	30.72	150m: 1:43.18	37.63	250m: 3:03.39	43.88	350m: 4:20.71	33.10
	100m: 1:05.55	34.83	200m: 2:19.51	36.33	300m: 3:47.61	44.22	400m: 4:52.82	32.11
3.	OLCZAK, Mirella		93	AZS Warsaw		5:03.63	690	
	50m: 30.99	30.99	150m: 1:45.23	39.50	250m: 3:08.52	44.59	350m: 4:29.06	36.33
	100m: 1:05.73	34.74	200m: 2:23.93	38.70	300m: 3:52.73	44.21	400m: 5:03.63	34.57
4.	SIKORA, Paulina		93	AZS Warsaw		5:06.50	671	
	50m: 31.59	31.59	150m: 1:48.09	40.34	250m: 3:12.53	44.86	350m: 4:33.10	35.57
	100m: 1:07.75	36.16	200m: 2:27.67	39.58	300m: 3:57.53	45.00	400m: 5:06.50	33.40
5.	WOLOSZYN, Sonia SOc		95	KSZO Ostrowiec		5:23.52	571	
	50m: 33.09	33.09	150m: 1:54.87	43.74	250m: 3:25.26	48.84	350m: 4:49.27	35.86
	100m: 1:11.13	38.04	200m: 2:36.42	41.55	300m: 4:13.41	48.15	400m: 5:23.52	34.25

17 - 18 years

1.	SPROSKA, Magdalena		97	MKS ZRYW Opole		5:15.84	613	
	50m: 32.82	32.82	150m: 1:51.85	41.30	250m: 3:18.42	45.21	350m: 4:40.92	36.13
	100m: 1:10.55	37.73	200m: 2:33.21	41.36	300m: 4:04.79	46.37	400m: 5:15.84	34.92

16 years

1.	SMAGA, Anna		98	WKS Slask Wroclaw		5:19.59	592	
	50m: 33.52	33.52	150m: 1:56.24	41.58	250m: 3:23.41	46.54	350m: 4:45.64	35.42
	100m: 1:14.66	41.14	200m: 2:36.87	40.63	300m: 4:10.22	46.81	400m: 5:19.59	33.95

15 years

1.	LESZCZYNSKA, Klaudia Julia SO		99	UKP Unia Oswiecim		5:16.30	611	
	50m: 33.07	33.07	150m: 1:53.64	41.97	250m: 3:19.06	45.18	350m: 4:41.18	36.48
	100m: 1:11.67	38.60	200m: 2:33.88	40.24	300m: 4:04.70	45.64	400m: 5:16.30	35.12
2.	FILIPEK, Jagoda		99	WKS Slask Wroclaw		5:18.72	597	
	50m: 32.94	32.94	150m: 1:54.44	42.42	250m: 3:19.88	45.44	350m: 4:43.78	37.43
	100m: 1:12.02	39.08	200m: 2:34.44	40.00	300m: 4:06.35	46.47	400m: 5:18.72	34.94
3.	PROCHOWNIK, Olimpia SO		99	UKP Unia Oswiecim		5:19.91	590	
	50m: 34.21	34.21	150m: 1:56.92	43.89	250m: 3:22.30	43.86	350m: 4:44.95	38.76
	100m: 1:13.03	38.82	200m: 2:38.44	41.52	300m: 4:06.19	43.89	400m: 5:19.91	34.96
4.	PAJAK, Liliana SO		99	UKP Unia Oswiecim		5:24.39	566	
	50m: 35.15	35.15	150m: 1:56.95	40.52	250m: 3:22.49	46.08	350m: 4:47.67	38.71
	100m: 1:16.43	41.28	200m: 2:36.41	39.46	300m: 4:08.96	46.47	400m: 5:24.39	36.72
5.	NOWAK, Marta SO		99	MMKS Kedzierzyn-Kozle		5:29.35	541	
	50m: 34.18	34.18	150m: 1:56.64	43.19	250m: 3:23.89	45.89	350m: 4:50.24	40.50
	100m: 1:13.45	39.27	200m: 2:38.00	41.36	300m: 4:09.74	45.85	400m: 5:29.35	39.11
6.	RYBINSKA, Marcelina		99	WKS Slask Wroclaw		5:42.87	479	
	50m: 36.18	36.18	150m: 2:03.35	44.70	250m: 3:34.65	47.80	350m: 5:04.07	39.74
	100m: 1:18.65	42.47	200m: 2:46.85	43.50	300m: 4:24.33	49.68	400m: 5:42.87	38.80

DNS SKUDLIK, Magdalena 99 UKS Mata Kochlowice Ruda Slask

14 years

1.	SMYLEK, Karolina		00	Skarpa Lublin		5:37.34	503	
	50m: 35.33	35.33	150m: 1:59.30	42.88	250m: 3:28.70	48.62	350m: 4:58.70	40.55
	100m: 1:16.42	41.09	200m: 2:40.08	40.78	300m: 4:18.15	49.45	400m: 5:37.34	38.64

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Opole, 3- - 4-5-2014

Event 22, Girls, 400m Medley, 14 years

Rank				YB					Time	Pts		
2.	WALZ, Kornelia			00	UKS NAWA Skierniewice				5:51.79	444		
	50m:	36.13	36.13	150m:	2:08.33	46.90	250m:	3:41.05	47.01	350m:	5:11.76	41.76
	100m:	1:21.43	45.30	200m:	2:54.04	45.71	300m:	4:30.00	48.95	400m:	5:51.79	40.03