

Grand Prix - Puchar Polski w Pływaniu  
Opole, 9- - 10-5-2015

Konkurencja 10  
2015-05-09 - 17:00

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

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

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
<b>14 lat i starsi</b>									
1.	ukowska Paula		93	MKS Juwenia Wrocław			<b>4:57.08</b>	737	
	50m: 31.16	31.16	150m: 1:46.79	39.51	250m: 3:08.44	44.07	350m: 4:25.59	33.43	
	100m: 1:07.28	36.12	200m: 2:24.37	37.58	300m: 3:52.16	43.72	400m: 4:57.08	31.49	
2.	Piechota Paulina		99	UKS 190 Łódź			<b>5:03.64</b>	690	
	50m: 32.53	32.53	150m: 1:49.99	40.18	250m: 3:12.64	44.14	350m: 4:30.91	34.11	
	100m: 1:09.81	37.28	200m: 2:28.50	38.51	300m: 3:56.80	44.16	400m: 5:03.64	32.73	
3.	Magner Agata SK		97	MKS Jordan Kraków			<b>5:04.08</b>	687	
	50m: 32.89	32.89	150m: 1:48.53	38.45	250m: 3:10.79	45.45	350m: 4:30.93	35.10	
	100m: 1:10.08	37.19	200m: 2:25.34	36.81	300m: 3:55.83	45.04	400m: 5:04.08	33.15	
4.	Mendyk Adrianna SO		98	MKS Wodnik Radom			<b>5:11.57</b>	639	
	50m: 32.50	32.50	150m: 1:50.85	40.56	250m: 3:15.41	44.96	350m: 4:36.83	36.31	
	100m: 1:10.29	37.79	200m: 2:30.45	39.60	300m: 4:00.52	45.11	400m: 5:11.57	34.74	
5.	Pecyna Michalina		00	IKS Konstancin			<b>5:12.13</b>	636	
	50m: 33.28	33.28	150m: 1:52.71	40.16	250m: 3:18.12	46.06	350m: 4:38.15	35.51	
	100m: 1:12.55	39.27	200m: 2:32.06	39.35	300m: 4:02.64	44.52	400m: 5:12.13	33.98	
6.	Filipek Jagoda		99	WKS I sk Wrocław			<b>5:12.28</b>	635	
	50m: 32.17	32.17	150m: 1:50.98	41.20	250m: 3:14.97	44.55	350m: 4:37.47	37.81	
	100m: 1:09.78	37.61	200m: 2:30.42	39.44	300m: 3:59.66	44.69	400m: 5:12.28	34.81	
7.	Teresko Anna		97	CSiR MOS D browa Górnicza			<b>5:12.80</b>	631	
	50m: 33.82	33.82	150m: 1:53.20	41.23	250m: 3:18.57	45.88	350m: 4:39.56	35.90	
	100m: 1:11.97	38.15	200m: 2:32.69	39.49	300m: 4:03.66	45.09	400m: 5:12.80	33.24	
8.	Sproska Magdalena SK		97	MKS Zryw Opole			<b>5:15.98</b>	613	
	50m: 32.23	32.23	150m: 1:51.08	41.09	250m: 3:16.79	44.87	350m: 4:39.69	36.77	
	100m: 1:09.99	37.76	200m: 2:31.92	40.84	300m: 4:02.92	46.13	400m: 5:15.98	36.29	
9.	Wett Oliwia		01	Sambor Tczew			<b>5:17.53</b>	604	
	50m: 33.74	33.74	150m: 1:55.22	41.96	250m: 3:21.35	45.81	350m: 4:43.93	36.43	
	100m: 1:13.26	39.52	200m: 2:35.54	40.32	300m: 4:07.50	46.15	400m: 5:17.53	33.60	
10.	Dzwonnik Zuzanna		00	UKS SP19 Łódź			<b>5:17.89</b>	602	
	50m: 33.73	33.73	150m: 1:55.60	40.40	250m: 3:19.14	42.72	350m: 4:40.76	37.02	
	100m: 1:15.20	41.47	200m: 2:36.42	40.82	300m: 4:03.74	44.60	400m: 5:17.89	37.13	
11.	Król Oliwia		99	MKS Trójka Łódź			<b>5:18.45</b>	598	
	50m: 32.71	32.71	150m: 1:54.25	43.85	250m: 3:21.65	45.76	350m: 4:43.98	35.55	
	100m: 1:10.40	37.69	200m: 2:35.89	41.64	300m: 4:08.43	46.78	400m: 5:18.45	34.47	
12.	Adamiec Dominika SO		99	UKP UNIA O wi cim			<b>5:19.09</b>	595	
	50m: 32.42	32.42	150m: 1:53.12	41.21	250m: 3:18.79	45.88	350m: 4:42.87	37.17	
	100m: 1:11.91	39.49	200m: 2:32.91	39.79	300m: 4:05.70	46.91	400m: 5:19.09	36.22	
13.	Zawisza Alina SO		00	UKP UNIA O wi cim			<b>5:20.81</b>	585	
	50m: 35.04	35.04	150m: 1:56.37	40.27	250m: 3:23.83	47.32	350m: 4:45.97	35.89	
	100m: 1:16.10	41.06	200m: 2:36.51	40.14	300m: 4:10.08	46.25	400m: 5:20.81	34.84	
14.	Nowak Marta SO		99	MMKS K dzierzyn Ko le			<b>5:20.89</b>	585	
	50m: 34.45	34.45	150m: 1:56.13	42.45	250m: 3:21.00	43.31	350m: 4:44.22	39.21	
	100m: 1:13.68	39.23	200m: 2:37.69	41.56	300m: 4:05.01	44.01	400m: 5:20.89	36.67	
15.	Wołek Oliwia SOc		01	KS KSZO Ostrowiec w.			<b>5:21.22</b>	583	
	50m: 34.56	34.56	150m: 1:56.16	42.80	250m: 3:24.61	46.96	350m: 4:46.97	36.07	
	100m: 1:13.36	38.80	200m: 2:37.65	41.49	300m: 4:10.90	46.29	400m: 5:21.22	34.25	
16.	Wi niewska Oliwia		01	CSiR MOS D browa Górnicza			<b>5:22.21</b>	578	
	50m: 33.97	33.97	150m: 1:56.75	41.97	250m: 3:23.73	47.61	350m: 4:47.60	36.90	
	100m: 1:14.78	40.81	200m: 2:36.12	39.37	300m: 4:10.70	46.97	400m: 5:22.21	34.61	

Grand Prix - Puchar Polski w Pływaniu  
Opole, 9- - 10-5-2015

Konkurencja 10, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
17.	Halicka Lidia		01	WKS I sk Wrocław			<b>5:22.78</b>	575	
	50m: 33.82	33.82	150m: 1:56.38	43.02	250m: 3:23.18	45.25	350m: 4:47.15	38.13	
	100m: 1:13.36	39.54	200m: 2:37.93	41.55	300m: 4:09.02	45.84	400m: 5:22.78	35.63	
18.	Bura Dominika		01	UKS Aligator Gorzyce			<b>5:22.86</b>	574	
	50m: 34.92	34.92	150m: 1:59.53	44.27	250m: 3:26.89	44.04	350m: 4:49.44	35.43	
	100m: 1:15.26	40.34	200m: 2:42.85	43.32	300m: 4:14.01	47.12	400m: 5:22.86	33.42	
19.	Tomo Martyna SOc		00	KS KSZO Ostrowiec w.			<b>5:24.08</b>	568	
	50m: 34.22	34.22	150m: 1:56.40	43.64	250m: 3:25.61	46.32	350m: 4:49.11	37.03	
	100m: 1:12.76	38.54	200m: 2:39.29	42.89	300m: 4:12.08	46.47	400m: 5:24.08	34.97	
20.	Pisarek Justyna SO		00	UKP UNIA O wi cim			<b>5:26.88</b>	553	
	50m: 34.32	34.32	150m: 1:58.01	44.11	250m: 3:27.14	44.69	350m: 4:51.08	37.29	
	100m: 1:13.90	39.58	200m: 2:42.45	44.44	300m: 4:13.79	46.65	400m: 5:26.88	35.80	
21.	Bednarek Aleksandra		98	MKS Jedynka Łód			<b>5:27.95</b>	548	
	50m: 35.69	35.69	150m: 2:00.86	43.91	250m: 3:29.26	47.01	350m: 4:52.49	37.20	
	100m: 1:16.95	41.26	200m: 2:42.25	41.39	300m: 4:15.29	46.03	400m: 5:27.95	35.46	
22.	Odziemczyk Maja		00	UKS Jagiellonka Warszawa			<b>5:30.56</b>	535	
	50m: 32.31	32.31	150m: 1:53.92	42.59	250m: 3:22.66	46.23	350m: 4:54.03	41.97	
	100m: 1:11.33	39.02	200m: 2:36.43	42.51	300m: 4:12.06	49.40	400m: 5:30.56	36.53	
23.	Wegrzynowska Aleksandra		01	WKS I sk Wrocław			<b>5:30.69</b>	534	
	50m: 34.64	34.64	150m: 1:58.15	43.75	250m: 3:29.87	48.54	350m: 4:54.67	36.23	
	100m: 1:14.40	39.76	200m: 2:41.33	43.18	300m: 4:18.44	48.57	400m: 5:30.69	36.02	
24.	Ostrowska Kamila		01	UKS Aligator Gorzyce			<b>5:31.45</b>	531	
	50m: 35.50	35.50	150m: 1:59.59	43.45	250m: 3:28.84	48.41	350m: 4:55.49	38.81	
	100m: 1:16.14	40.64	200m: 2:40.43	40.84	300m: 4:16.68	47.84	400m: 5:31.45	35.96	
25.	Cichowska Julia		01	WKS I sk Wrocław			<b>5:33.73</b>	520	
	50m: 35.01	35.01	150m: 2:05.56	46.94	250m: 3:34.36	43.93	350m: 4:57.73	36.75	
	100m: 1:18.62	43.61	200m: 2:50.43	44.87	300m: 4:20.98	46.62	400m: 5:33.73	36.00	
26.	Chamera Weronika SO		99	Motyl Stalowa Wola			<b>5:35.25</b>	513	
	50m: 34.42	34.42	150m: 2:01.40	45.77	250m: 3:31.96	46.18	350m: 4:57.84	40.54	
	100m: 1:15.63	41.21	200m: 2:45.78	44.38	300m: 4:17.30	45.34	400m: 5:35.25	37.41	
27.	Ciesiul Karolina		01	Wankan Legnica			<b>5:36.03</b>	509	
	50m: 35.37	35.37	150m: 2:02.75	45.16	250m: 3:35.84	49.61	350m: 5:01.59	35.44	
	100m: 1:17.59	42.22	200m: 2:46.23	43.48	300m: 4:26.15	50.31	400m: 5:36.03	34.44	
28.	Czornik Julia		01	KS Pi tka Chorzów			<b>5:38.87</b>	497	
	50m: 34.80	34.80	150m: 2:00.60	43.56	250m: 3:32.81	49.16	350m: 5:01.67	39.73	
	100m: 1:17.04	42.24	200m: 2:43.65	43.05	300m: 4:21.94	49.13	400m: 5:38.87	37.20	
29.	Kempa Anna		01	MMKS K dzierzyn Ko le			<b>5:40.03</b>	491	
	50m: 36.09	36.09	150m: 2:03.61	45.29	250m: 3:32.26	45.24	350m: 5:00.24	41.41	
	100m: 1:18.32	42.23	200m: 2:47.02	43.41	300m: 4:18.83	46.57	400m: 5:40.03	39.79	
30.	Sroczy ska Paula		98	MKP Bobry D bica			<b>5:40.18</b>	491	
	50m: 39.27	39.27	150m: 2:07.67	44.69	250m: 3:38.28	46.73	350m: 5:03.80	37.77	
	100m: 1:22.98	43.71	200m: 2:51.55	43.88	300m: 4:26.03	47.75	400m: 5:40.18	36.38	
31.	Sokół Zuzanna		01	IKS Konstancin			<b>5:42.46</b>	481	
	50m: 34.67	34.67	150m: 2:01.77	44.84	250m: 3:35.97	51.17	350m: 5:05.56	38.48	
	100m: 1:16.93	42.26	200m: 2:44.80	43.03	300m: 4:27.08	51.11	400m: 5:42.46	36.90	
32.	wi der Patrycja		99	MKS Park Wodny Tarnowskie Góry			<b>5:42.58</b>	481	
	50m: 34.60	34.60	150m: 2:03.75	46.37	250m: 3:39.13	48.55	350m: 5:06.31	36.65	
	100m: 1:17.38	42.78	200m: 2:50.58	46.83	300m: 4:29.66	50.53	400m: 5:42.58	36.27	
33.	Piechota Karolina		01	UKS 190 Łód			<b>5:43.53</b>	477	
	50m: 36.52	36.52	150m: 2:03.65	45.15	250m: 3:37.03	49.62	350m: 5:06.67	38.21	
	100m: 1:18.50	41.98	200m: 2:47.41	43.76	300m: 4:28.46	51.43	400m: 5:43.53	36.86	
34.	Piskorz Aleksandra		01	UKS WODNIK Siemianowice laski			<b>5:43.71</b>	476	
	50m: 35.07	35.07	150m: 2:03.72	43.88	250m: 3:34.30	46.60	350m: 5:03.84	41.55	
	100m: 1:19.84	44.77	200m: 2:47.70	43.98	300m: 4:22.29	47.99	400m: 5:43.71	39.87	

Grand Prix - Puchar Polski w Pływaniu  
Opole, 9- - 10-5-2015

Konkurencja 10, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
35.	Walz Kornelia		00	UKS NAWA Skierniewice				<b>5:49.30</b>	453
	50m:	38.32 38.32	150m:	2:09.44 43.99	250m:	3:44.03 48.30	350m:	5:13.12 39.82	
	100m:	1:25.45 47.13	200m:	2:55.73 46.29	300m:	4:33.30 49.27	400m:	5:49.30 36.18	
36.	Peplak Julia		01	KS "1" O arów Mazowiecki				<b>5:49.71</b>	452
	50m:	36.53 36.53	150m:	2:04.72 43.49	250m:	3:39.49 51.54	350m:	5:12.18 38.82	
	100m:	1:21.23 44.70	200m:	2:47.95 43.23	300m:	4:33.36 53.87	400m:	5:49.71 37.53	
37.	Krótki Magdalena		01	UKS Aligator Gorzyce				<b>5:52.81</b>	440
	50m:	37.36 37.36	150m:	2:09.44 46.51	250m:	3:43.36 49.14	350m:	5:13.92 42.13	
	100m:	1:22.93 45.57	200m:	2:54.22 44.78	300m:	4:31.79 48.43	400m:	5:52.81 38.89	
38.	Balcer Julia		01	UKS 190 Łód				<b>5:55.76</b>	429
	50m:	36.41 36.41	150m:	2:06.72 46.30	250m:	3:43.14 52.89	350m:	5:16.80 40.25	
	100m:	1:20.42 44.01	200m:	2:50.25 43.53	300m:	4:36.55 53.41	400m:	5:55.76 38.96	
39.	Kacprzak Patrycja		00	MKS Trójka Łód				<b>5:59.63</b>	415
	50m:	36.82 36.82	150m:	2:12.59 50.25	250m:	3:47.61 48.40	350m:	5:18.43 42.34	
	100m:	1:22.34 45.52	200m:	2:59.21 46.62	300m:	4:36.09 48.48	400m:	5:59.63 41.20	
40.	Respondek Anna		00	DOKiS SP "Vega" Dobrodzie				<b>6:39.68</b>	302
	50m:	41.67 41.67	150m:	2:26.91 52.48	250m:	4:11.11 54.18	350m:	5:53.66 47.80	
	100m:	1:34.43 52.76	200m:	3:16.93 50.02	300m:	5:05.86 54.75	400m:	6:39.68 46.02	
DYSKW.	Ju wicka Zuzanna		01	MKS Trójka Łód					G-8

19 - 23 lat

1.	ukowska Paula		93	MKS Juwenia Wrocław				<b>4:57.08</b>	737
	50m:	31.16 31.16	150m:	1:46.79 39.51	250m:	3:08.44 44.07	350m:	4:25.59 33.43	
	100m:	1:07.28 36.12	200m:	2:24.37 37.58	300m:	3:52.16 43.72	400m:	4:57.08 31.49	

17 - 18 lat

1.	Magner Agata SK		97	MKS Jordan Kraków				<b>5:04.08</b>	687
	50m:	32.89 32.89	150m:	1:48.53 38.45	250m:	3:10.79 45.45	350m:	4:30.93 35.10	
	100m:	1:10.08 37.19	200m:	2:25.34 36.81	300m:	3:55.83 45.04	400m:	5:04.08 33.15	
2.	Mendyk Adrianna SO		98	MKS Wodnik Radom				<b>5:11.57</b>	639
	50m:	32.50 32.50	150m:	1:50.85 40.56	250m:	3:15.41 44.96	350m:	4:36.83 36.31	
	100m:	1:10.29 37.79	200m:	2:30.45 39.60	300m:	4:00.52 45.11	400m:	5:11.57 34.74	
3.	Teresko Anna		97	CSiR MOS D browa Górnicza				<b>5:12.80</b>	631
	50m:	33.82 33.82	150m:	1:53.20 41.23	250m:	3:18.57 45.88	350m:	4:39.56 35.90	
	100m:	1:11.97 38.15	200m:	2:32.69 39.49	300m:	4:03.66 45.09	400m:	5:12.80 33.24	
4.	Sproska Magdalena SK		97	MKS Zryw Opole				<b>5:15.98</b>	613
	50m:	32.23 32.23	150m:	1:51.08 41.09	250m:	3:16.79 44.87	350m:	4:39.69 36.77	
	100m:	1:09.99 37.76	200m:	2:31.92 40.84	300m:	4:02.92 46.13	400m:	5:15.98 36.29	
5.	Bednarek Aleksandra		98	MKS Jedyńka Łód				<b>5:27.95</b>	548
	50m:	35.69 35.69	150m:	2:00.86 43.91	250m:	3:29.26 47.01	350m:	4:52.49 37.20	
	100m:	1:16.95 41.26	200m:	2:42.25 41.39	300m:	4:15.29 46.03	400m:	5:27.95 35.46	
6.	Sroczy ska Paula		98	MKP Bobry D bica				<b>5:40.18</b>	491
	50m:	39.27 39.27	150m:	2:07.67 44.69	250m:	3:38.28 46.73	350m:	5:03.80 37.77	
	100m:	1:22.98 43.71	200m:	2:51.55 43.88	300m:	4:26.03 47.75	400m:	5:40.18 36.38	

16 lat

1.	Piechota Paulina		99	UKS 190 Łód				<b>5:03.64</b>	690
	50m:	32.53 32.53	150m:	1:49.99 40.18	250m:	3:12.64 44.14	350m:	4:30.91 34.11	
	100m:	1:09.81 37.28	200m:	2:28.50 38.51	300m:	3:56.80 44.16	400m:	5:03.64 32.73	
2.	Filipek Jagoda		99	WKS I sk Wrocław				<b>5:12.28</b>	635
	50m:	32.17 32.17	150m:	1:50.98 41.20	250m:	3:14.97 44.55	350m:	4:37.47 37.81	
	100m:	1:09.78 37.61	200m:	2:30.42 39.44	300m:	3:59.66 44.69	400m:	5:12.28 34.81	

Grand Prix - Puchar Polski w Pływaniu  
Opole, 9- - 10-5-2015

Konkurencja 10, Dziewcz t, 400m zmienny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.		
3.	Król Oliwia		99	MKS Trójka Łód				<b>5:18.45</b>	598		
	50m:	32.71 32.71	150m:	1:54.25	43.85	250m:	3:21.65	45.76	350m:	4:43.98	35.55
	100m:	1:10.40 37.69	200m:	2:35.89	41.64	300m:	4:08.43	46.78	400m:	5:18.45	34.47
4.	Adamiec Dominika SO		99	UKP UNIA O wi cim				<b>5:19.09</b>	595		
	50m:	32.42 32.42	150m:	1:53.12	41.21	250m:	3:18.79	45.88	350m:	4:42.87	37.17
	100m:	1:11.91 39.49	200m:	2:32.91	39.79	300m:	4:05.70	46.91	400m:	5:19.09	36.22
5.	Nowak Marta SO		99	MMKS K dzierzyn Ko le				<b>5:20.89</b>	585		
	50m:	34.45 34.45	150m:	1:56.13	42.45	250m:	3:21.00	43.31	350m:	4:44.22	39.21
	100m:	1:13.68 39.23	200m:	2:37.69	41.56	300m:	4:05.01	44.01	400m:	5:20.89	36.67
6.	Chamera Weronika SO		99	Motyl Stalowa Wola				<b>5:35.25</b>	513		
	50m:	34.42 34.42	150m:	2:01.40	45.77	250m:	3:31.96	46.18	350m:	4:57.84	40.54
	100m:	1:15.63 41.21	200m:	2:45.78	44.38	300m:	4:17.30	45.34	400m:	5:35.25	37.41
7.	wi der Patrycja		99	MKS Park Wodny Tarnowskie Góry				<b>5:42.58</b>	481		
	50m:	34.60 34.60	150m:	2:03.75	46.37	250m:	3:39.13	48.55	350m:	5:06.31	36.65
	100m:	1:17.38 42.78	200m:	2:50.58	46.83	300m:	4:29.66	50.53	400m:	5:42.58	36.27

15 lat

1.	Pecyna Michalina		00	IKS Konstancin				<b>5:12.13</b>	636		
	50m:	33.28 33.28	150m:	1:52.71	40.16	250m:	3:18.12	46.06	350m:	4:38.15	35.51
	100m:	1:12.55 39.27	200m:	2:32.06	39.35	300m:	4:02.64	44.52	400m:	5:12.13	33.98
2.	Dzwonnik Zuzanna		00	UKS SP19 Łód				<b>5:17.89</b>	602		
	50m:	33.73 33.73	150m:	1:55.60	40.40	250m:	3:19.14	42.72	350m:	4:40.76	37.02
	100m:	1:15.20 41.47	200m:	2:36.42	40.82	300m:	4:03.74	44.60	400m:	5:17.89	37.13
3.	Zawisza Alina SO		00	UKP UNIA O wi cim				<b>5:20.81</b>	585		
	50m:	35.04 35.04	150m:	1:56.37	40.27	250m:	3:23.83	47.32	350m:	4:45.97	35.89
	100m:	1:16.10 41.06	200m:	2:36.51	40.14	300m:	4:10.08	46.25	400m:	5:20.81	34.84
4.	Tomo Martyna SOc		00	KS KSZO Ostrowiec w.				<b>5:24.08</b>	568		
	50m:	34.22 34.22	150m:	1:56.40	43.64	250m:	3:25.61	46.32	350m:	4:49.11	37.03
	100m:	1:12.76 38.54	200m:	2:39.29	42.89	300m:	4:12.08	46.47	400m:	5:24.08	34.97
5.	Pisarek Justyna SO		00	UKP UNIA O wi cim				<b>5:26.88</b>	553		
	50m:	34.32 34.32	150m:	1:58.01	44.11	250m:	3:27.14	44.69	350m:	4:51.08	37.29
	100m:	1:13.90 39.58	200m:	2:42.45	44.44	300m:	4:13.79	46.65	400m:	5:26.88	35.80
6.	Odziemczyk Maja		00	UKS Jagiellonka Warszawa				<b>5:30.56</b>	535		
	50m:	32.31 32.31	150m:	1:53.92	42.59	250m:	3:22.66	46.23	350m:	4:54.03	41.97
	100m:	1:11.33 39.02	200m:	2:36.43	42.51	300m:	4:12.06	49.40	400m:	5:30.56	36.53
7.	Walz Kornelia		00	UKS NAWA Skierniewice				<b>5:49.30</b>	453		
	50m:	38.32 38.32	150m:	2:09.44	43.99	250m:	3:44.03	48.30	350m:	5:13.12	39.82
	100m:	1:25.45 47.13	200m:	2:55.73	46.29	300m:	4:33.30	49.27	400m:	5:49.30	36.18
8.	Kacprzak Patrycja		00	MKS Trójka Łód				<b>5:59.63</b>	415		
	50m:	36.82 36.82	150m:	2:12.59	50.25	250m:	3:47.61	48.40	350m:	5:18.43	42.34
	100m:	1:22.34 45.52	200m:	2:59.21	46.62	300m:	4:36.09	48.48	400m:	5:59.63	41.20
9.	Respondek Anna		00	DOKiS SP "Vega" Dobrodzie				<b>6:39.68</b>	302		
	50m:	41.67 41.67	150m:	2:26.91	52.48	250m:	4:11.11	54.18	350m:	5:53.66	47.80
	100m:	1:34.43 52.76	200m:	3:16.93	50.02	300m:	5:05.86	54.75	400m:	6:39.68	46.02

14 lat

1.	Wett Oliwia		01	Sambor Tczew				<b>5:17.53</b>	604		
	50m:	33.74 33.74	150m:	1:55.22	41.96	250m:	3:21.35	45.81	350m:	4:43.93	36.43
	100m:	1:13.26 39.52	200m:	2:35.54	40.32	300m:	4:07.50	46.15	400m:	5:17.53	33.60
2.	Wołek Oliwia SOc		01	KS KSZO Ostrowiec w.				<b>5:21.22</b>	583		
	50m:	34.56 34.56	150m:	1:56.16	42.80	250m:	3:24.61	46.96	350m:	4:46.97	36.07
	100m:	1:13.36 38.80	200m:	2:37.65	41.49	300m:	4:10.90	46.29	400m:	5:21.22	34.25

Grand Prix - Puchar Polski w Pływaniu  
Opole, 9- - 10-5-2015

Konkurencja 10, Dziewcz t, 400m zmienny, 14 lat

Pozycja					Rok ur.					Czas	Pkt.	
3.	Wi niewska Oliwia				01	CSiR MOS D browa Górnicza				<b>5:22.21</b>	578	
	50m:	33.97	33.97	150m:	1:56.75	41.97	250m:	3:23.73	47.61	350m:	4:47.60	36.90
	100m:	1:14.78	40.81	200m:	2:36.12	39.37	300m:	4:10.70	46.97	400m:	5:22.21	34.61
4.	Halicka Lidia				01	WKS I sk Wrocław				<b>5:22.78</b>	575	
	50m:	33.82	33.82	150m:	1:56.38	43.02	250m:	3:23.18	45.25	350m:	4:47.15	38.13
	100m:	1:13.36	39.54	200m:	2:37.93	41.55	300m:	4:09.02	45.84	400m:	5:22.78	35.63
5.	Bura Dominika				01	UKS Aligator Gorzyce				<b>5:22.86</b>	574	
	50m:	34.92	34.92	150m:	1:59.53	44.27	250m:	3:26.89	44.04	350m:	4:49.44	35.43
	100m:	1:15.26	40.34	200m:	2:42.85	43.32	300m:	4:14.01	47.12	400m:	5:22.86	33.42
6.	Wegrzynowska Aleksandra				01	WKS I sk Wrocław				<b>5:30.69</b>	534	
	50m:	34.64	34.64	150m:	1:58.15	43.75	250m:	3:29.87	48.54	350m:	4:54.67	36.23
	100m:	1:14.40	39.76	200m:	2:41.33	43.18	300m:	4:18.44	48.57	400m:	5:30.69	36.02
7.	Ostrowska Kamila				01	UKS Aligator Gorzyce				<b>5:31.45</b>	531	
	50m:	35.50	35.50	150m:	1:59.59	43.45	250m:	3:28.84	48.41	350m:	4:55.49	38.81
	100m:	1:16.14	40.64	200m:	2:40.43	40.84	300m:	4:16.68	47.84	400m:	5:31.45	35.96
8.	Cichowska Julia				01	WKS I sk Wrocław				<b>5:33.73</b>	520	
	50m:	35.01	35.01	150m:	2:05.56	46.94	250m:	3:34.36	43.93	350m:	4:57.73	36.75
	100m:	1:18.62	43.61	200m:	2:50.43	44.87	300m:	4:20.98	46.62	400m:	5:33.73	36.00
9.	Ciesiul Karolina				01	Wankan Legnica				<b>5:36.03</b>	509	
	50m:	35.37	35.37	150m:	2:02.75	45.16	250m:	3:35.84	49.61	350m:	5:01.59	35.44
	100m:	1:17.59	42.22	200m:	2:46.23	43.48	300m:	4:26.15	50.31	400m:	5:36.03	34.44
10.	Czornik Julia				01	KS Pi tka Chorzów				<b>5:38.87</b>	497	
	50m:	34.80	34.80	150m:	2:00.60	43.56	250m:	3:32.81	49.16	350m:	5:01.67	39.73
	100m:	1:17.04	42.24	200m:	2:43.65	43.05	300m:	4:21.94	49.13	400m:	5:38.87	37.20
11.	Kempa Anna				01	MMKS K dzierzyn Ko le				<b>5:40.03</b>	491	
	50m:	36.09	36.09	150m:	2:03.61	45.29	250m:	3:32.26	45.24	350m:	5:00.24	41.41
	100m:	1:18.32	42.23	200m:	2:47.02	43.41	300m:	4:18.83	46.57	400m:	5:40.03	39.79
12.	Sokół Zuzanna				01	IKS Konstancin				<b>5:42.46</b>	481	
	50m:	34.67	34.67	150m:	2:01.77	44.84	250m:	3:35.97	51.17	350m:	5:05.56	38.48
	100m:	1:16.93	42.26	200m:	2:44.80	43.03	300m:	4:27.08	51.11	400m:	5:42.46	36.90
13.	Piechota Karolina				01	UKS 190 Łód				<b>5:43.53</b>	477	
	50m:	36.52	36.52	150m:	2:03.65	45.15	250m:	3:37.03	49.62	350m:	5:06.67	38.21
	100m:	1:18.50	41.98	200m:	2:47.41	43.76	300m:	4:28.46	51.43	400m:	5:43.53	36.86
14.	Piskorz Aleksandra				01	UKS WODNIK Siemianowice laski				<b>5:43.71</b>	476	
	50m:	35.07	35.07	150m:	2:03.72	43.88	250m:	3:34.30	46.60	350m:	5:03.84	41.55
	100m:	1:19.84	44.77	200m:	2:47.70	43.98	300m:	4:22.29	47.99	400m:	5:43.71	39.87
15.	Peplak Julia				01	KS "1" O arów Mazowiecki				<b>5:49.71</b>	452	
	50m:	36.53	36.53	150m:	2:04.72	43.49	250m:	3:39.49	51.54	350m:	5:12.18	38.82
	100m:	1:21.23	44.70	200m:	2:47.95	43.23	300m:	4:33.36	53.87	400m:	5:49.71	37.53
16.	Krótka Magdalena				01	UKS Aligator Gorzyce				<b>5:52.81</b>	440	
	50m:	37.36	37.36	150m:	2:09.44	46.51	250m:	3:43.36	49.14	350m:	5:13.92	42.13
	100m:	1:22.93	45.57	200m:	2:54.22	44.78	300m:	4:31.79	48.43	400m:	5:52.81	38.89
17.	Balcer Julia				01	UKS 190 Łód				<b>5:55.76</b>	429	
	50m:	36.41	36.41	150m:	2:06.72	46.30	250m:	3:43.14	52.89	350m:	5:16.80	40.25
	100m:	1:20.42	44.01	200m:	2:50.25	43.53	300m:	4:36.55	53.41	400m:	5:55.76	38.96
DYSKW.	Ju wicka Zuzanna				01	MKS Trójka Łód					G-8	