

Grand Prix Puchar Regionów i Miast Partnerskich Opola 2016  
Opole, 1- - 2-10-2016

Event 7  
2016-10-01 - 11:07

Women, 400m Freestyle

Open  
Results

Points: FINA 2016

Rank			YB					Time	Pts			
kat. C 2004 i mł.												
1.	Bociek Wiktoria		04	KS Gornik Sosnowiec				<b>4:52.92</b>	513			
	50m:	33.33	33.33	150m:	1:47.03	37.18	250m:	3:01.42	37.39	350m:	4:16.61	37.47
	100m:	1:09.85	36.52	200m:	2:24.03	37.00	300m:	3:39.14	37.72	400m:	4:52.92	36.31
2.	Wrzesinska Wiktoria		04	Uks 190 Lodz				<b>5:05.47</b>	452			
	50m:	35.15	35.15	150m:	1:52.56	39.15	250m:	3:10.05	38.53	350m:	4:28.01	38.29
	100m:	1:13.41	38.26	200m:	2:31.52	38.96	300m:	3:49.72	39.67	400m:	5:05.47	37.46
3.	Matthias Hannah		04	Potsdamer SV				<b>5:13.23</b>	419			
	50m:	33.27	33.27	150m:	1:49.72	38.99	250m:	3:11.22	41.19	350m:	4:34.34	41.54
	100m:	1:10.73	37.46	200m:	2:30.03	40.31	300m:	3:52.80	41.58	400m:	5:13.23	38.89
4.	Wolny Natalia		04	LKS Jednosc 32 Przyszowice				<b>5:13.73</b>	417			
	50m:	34.72	34.72	150m:	1:51.94	39.53	250m:	3:13.14	40.77	350m:	4:35.48	41.28
	100m:	1:12.41	37.69	200m:	2:32.37	40.43	300m:	3:54.20	41.06	400m:	5:13.73	38.25
5.	Spielhagen Hannah		04	Potsdamer SV				<b>5:19.82</b>	394			
	50m:	34.10	34.10	150m:	1:53.06	40.32	250m:	3:16.15	41.43	350m:	4:40.18	41.76
	100m:	1:12.74	38.64	200m:	2:34.72	41.66	300m:	3:58.42	42.27	400m:	5:19.82	39.64
6.	Browarska Emilia		04	LKS Jednosc 32 Przyszowice				<b>5:20.39</b>	392			
	50m:	33.81	33.81	150m:	1:54.14	41.48	250m:	3:17.15	41.56	350m:	4:41.02	41.70
	100m:	1:12.66	38.85	200m:	2:35.59	41.45	300m:	3:59.32	42.17	400m:	5:20.39	39.37
7.	Mleczek Natalia		05	LKS Jednosc 32 Przyszowice				<b>5:28.97</b>	362			
	50m:	36.71	36.71	150m:	2:00.72	42.32	250m:	3:25.08	42.38	350m:	4:49.07	41.70
	100m:	1:18.40	41.69	200m:	2:42.70	41.98	300m:	4:07.37	42.29	400m:	5:28.97	39.90
8.	Gorszanow Jagoda		05	LKS Jednosc 32 Przyszowice				<b>5:32.26</b>	351			
	50m:	37.30	37.30	150m:	2:01.87	42.91	250m:	3:27.19	42.66	350m:	4:52.16	42.34
	100m:	1:18.96	41.66	200m:	2:44.53	42.66	300m:	4:09.82	42.63	400m:	5:32.26	40.10
9.	Zofia Cencora		05	Uks 190 Lodz				<b>5:37.07</b>	336			
	50m:	37.62	37.62	150m:	2:03.76	43.93	250m:	3:31.00	43.81	350m:	4:57.37	43.10
	100m:	1:19.83	42.21	200m:	2:47.19	43.43	300m:	4:14.27	43.27	400m:	5:37.07	39.70
10.	Goj Aleksandra		05	KS Gornik Sosnowiec				<b>5:38.44</b>	332			
	50m:	36.83	36.83	150m:	2:04.33	44.17	250m:	3:31.42	43.83	350m:	4:57.48	42.42
	100m:	1:20.16	43.33	200m:	2:47.59	43.26	300m:	4:15.06	43.64	400m:	5:38.44	40.96
11.	Radek Wiktoria		05	MOSM Tychy				<b>5:48.77</b>	304			
	50m:	39.80	39.80	150m:	2:07.88	45.00	250m:	3:38.18	44.84	350m:	5:07.87	44.78
	100m:	1:22.88	43.08	200m:	2:53.34	45.46	300m:	4:23.09	44.91	400m:	5:48.77	40.90
12.	Gomulka Weronika		06	Uks 190 Lodz				<b>5:57.86</b>	281			
	50m:	39.60	39.60	150m:	2:08.40	44.85	250m:	3:40.80	46.46	350m:	5:13.54	46.36
	100m:	1:23.55	43.95	200m:	2:54.34	45.94	300m:	4:27.18	46.38	400m:	5:57.86	44.32
13.	Muszynska Jagoda		04	MMKS Kedzierzyn-Kozle				<b>6:05.38</b>	264			
	50m:	40.43	40.43	150m:	2:11.86	46.74	250m:	3:45.15	46.98	350m:	5:20.05	47.18
	100m:	1:25.12	44.69	200m:	2:58.17	46.31	300m:	4:32.87	47.72	400m:	6:05.38	45.33

kat. B 2002-2003

1.	Gehrke Tabea		02	Potsdamer SV				<b>4:40.37</b>	585			
	50m:	30.24	30.24	150m:	1:39.23	35.31	250m:	2:51.07	36.02	350m:	4:04.68	36.93
	100m:	1:03.92	33.68	200m:	2:15.05	35.82	300m:	3:27.75	36.68	400m:	4:40.37	35.69
2.	Kocur Sandra		03	LKS Jednosc 32 Przyszowice				<b>4:44.54</b>	559			
	50m:	31.99	31.99	150m:	1:42.25	35.71	250m:	2:54.25	36.06	350m:	4:08.99	37.19
	100m:	1:06.54	34.55	200m:	2:18.19	35.94	300m:	3:31.80	37.55	400m:	4:44.54	35.55
3.	Garula Wiktoria		02	CSiR MOS Dabrowa Gornicza				<b>4:45.24</b>	555			
	50m:	31.21	31.21	150m:	1:42.15	36.01	250m:	2:54.95	36.25	350m:	4:09.31	37.26
	100m:	1:06.14	34.93	200m:	2:18.70	36.55	300m:	3:32.05	37.10	400m:	4:45.24	35.93

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Event 7, Girls, 400m Freestyle, kat. B 2002-2003

Rank			YB					Time	Pts			
4.	Haladyn Karolina		03	Uks 190 Lodz				<b>4:51.60</b>	520			
	50m:	32.93	32.93	150m:	1:45.90	37.09	250m:	3:01.08	37.73	350m:	4:16.10	37.32
	100m:	1:08.81	35.88	200m:	2:23.35	37.45	300m:	3:38.78	37.70	400m:	4:51.60	35.50
5.	Szymczak Patrycja		02	UKS MANTA Kochlowice Ruda Slas				<b>4:51.86</b>	518			
	50m:	30.97	30.97	150m:	1:41.75	36.42	250m:	2:58.00	38.56	350m:	4:15.18	38.67
	100m:	1:05.33	34.36	200m:	2:19.44	37.69	300m:	3:36.51	38.51	400m:	4:51.86	36.68
6.	Szkoda Klaudia		02	CSiR MOS Dabrowa Gornicza				<b>4:53.86</b>	508			
	50m:	33.00	33.00	150m:	1:46.37	37.43	250m:	3:02.02	38.00	350m:	4:17.61	37.50
	100m:	1:08.94	35.94	200m:	2:24.02	37.65	300m:	3:40.11	38.09	400m:	4:53.86	36.25
7.	Swaczyna Magdalena		03	LKS Jednosc 32 Przyszowice				<b>4:56.80</b>	493			
	50m:	32.94	32.94	150m:	1:47.49	38.02	250m:	3:04.34	38.38	350m:	4:20.01	37.04
	100m:	1:09.47	36.53	200m:	2:25.96	38.47	300m:	3:42.97	38.63	400m:	4:56.80	36.79
8.	Szpiegowska Wiktoria		02	WKS Slask Wroclaw				<b>4:59.52</b>	480			
	50m:	32.75	32.75	150m:	1:47.18	37.86	250m:	3:04.23	38.58	350m:	4:21.67	38.72
	100m:	1:09.32	36.57	200m:	2:25.65	38.47	300m:	3:42.95	38.72	400m:	4:59.52	37.85
9.	Palonka Zuzanna		02	WKS Slask Wroclaw				<b>5:02.53</b>	465			
	50m:	34.78	34.78	150m:	1:51.27	39.02	250m:	3:09.03	39.02	350m:	4:25.51	37.78
	100m:	1:12.25	37.47	200m:	2:30.01	38.74	300m:	3:47.73	38.70	400m:	5:02.53	37.02
10.	Mitka Klaudia		02	UKP Kmita Zabierzow				<b>5:16.62</b>	406			
	50m:	34.22	34.22	150m:	1:51.79	39.88	250m:	3:12.90	40.90	350m:	4:34.96	41.35
	100m:	1:11.91	37.69	200m:	2:32.00	40.21	300m:	3:53.61	40.71	400m:	5:16.62	41.66
11.	Tatarzynska Agata		02	WKS Slask Wroclaw				<b>5:16.86</b>	405			
	50m:	34.83	34.83	150m:	1:54.08	40.42	250m:	3:15.95	40.81	350m:	4:37.40	40.78
	100m:	1:13.66	38.83	200m:	2:35.14	41.06	300m:	3:56.62	40.67	400m:	5:16.86	39.46
12.	Pajerska Wiktoria		02	UKP Kmita Zabierzow				<b>5:54.79</b>	288			
	50m:	38.40	38.40	150m:	2:07.16	45.22	250m:	3:38.92	46.05	350m:	5:10.81	45.76
	100m:	1:21.94	43.54	200m:	2:52.87	45.71	300m:	4:25.05	46.13	400m:	5:54.79	43.98
13.	Kalendauskaite Guoda		02	Alytus SRC				<b>6:00.62</b>	275			
	50m:	36.54	36.54	150m:	2:01.85	43.60	250m:	3:36.48	47.64	350m:	5:15.27	50.27
	100m:	1:18.25	41.71	200m:	2:48.84	46.99	300m:	4:25.00	48.52	400m:	6:00.62	45.35

kat. A 2001 i st.

1.	Wegrzynowska Aleksandra		01	WKS Slask Wroclaw				<b>4:35.65</b>	615			
	50m:	30.14	30.14	150m:	1:37.29	34.21	250m:	2:47.78	35.46	350m:	4:00.36	36.47
	100m:	1:03.08	32.94	200m:	2:12.32	35.03	300m:	3:23.89	36.11	400m:	4:35.65	35.29
2.	Szebesczyk Hanna		01	WKS Slask Wroclaw				<b>4:50.32</b>	527			
	50m:	32.62	32.62	150m:	1:45.16	37.41	250m:	2:59.01	36.82	350m:	4:13.64	37.31
	100m:	1:07.75	35.13	200m:	2:22.19	37.03	300m:	3:36.33	37.32	400m:	4:50.32	36.68
3.	Kicinska Julia		01	UKP MANTA Jelcz-Laskowice				<b>4:59.83</b>	478			
	50m:	32.98	32.98	150m:	1:48.69	38.92	250m:	3:04.19	38.06	350m:	4:23.54	40.05
	100m:	1:09.77	36.79	200m:	2:26.13	37.44	300m:	3:43.49	39.30	400m:	4:59.83	36.29
4.	Smetek Wiktoria SR		01	MMKS Kedzierzyn-Kozle				<b>5:01.39</b>	471			
	50m:	32.95	32.95	150m:	1:48.66	38.66	250m:	3:06.73	38.70	350m:	4:24.64	38.60
	100m:	1:10.00	37.05	200m:	2:28.03	39.37	300m:	3:46.04	39.31	400m:	5:01.39	36.75
5.	Chwalczynska Aleksandra		01	WKS Slask Wroclaw				<b>5:03.65</b>	460			
	50m:	33.52	33.52	150m:	1:49.23	38.23	250m:	3:07.39	39.17	350m:	4:25.95	39.10
	100m:	1:11.00	37.48	200m:	2:28.22	38.99	300m:	3:46.85	39.46	400m:	5:03.65	37.70
6.	Alosina Erika		00	Ridzene-Dsn				<b>5:10.34</b>	431			
	50m:	33.61	33.61	150m:	1:49.65	38.61	250m:	3:09.13	40.00	350m:	4:30.45	40.78
	100m:	1:11.04	37.43	200m:	2:29.13	39.48	300m:	3:49.67	40.54	400m:	5:10.34	39.89