

Grand Prix - Puchar Polski
Łódź, 5-6-11-2016

Konkurencja 1
2016-11-05 - 11:13

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Pkt.	Czas	
14 lat										
1.	Roman Matylda		02	Zryw Opole				568	5:13.29	
	50m:	34.69 35.69	150m:	1:54.92 37.81	250m:	3:17.87 45.65	350m:	4:38.31		
	100m:	1:17.11 41.42	200m:	2:32.22 37.30	300m:		400m:	5:13.29	34.98	
2.	Krypa Marta		02	UKS Manta Warszawa Włochy				563	5:14.07	
	50m:	34.48 34.48	150m:	1:54.40 40.54	250m:	3:18.73 44.33	350m:	4:39.66	36.26	
	100m:	1:13.86 39.38	200m:	2:34.40 40.00	300m:	4:03.40 44.67	400m:	5:14.07	34.41	
3.	Rajca Olivia		02	Uks 190 Łódź				551	5:16.33	
	50m:	34.17 34.17	150m:	1:56.51 43.86	250m:	3:21.21 43.96	350m:	4:42.26	36.52	
	100m:	1:12.65 38.48	200m:	2:37.25 40.74	300m:	4:05.74 44.53	400m:	5:16.33	34.07	
4.	D browska Tatiana		02	UKS"Pi tka"Konstantynów Łódzki				550	5:16.50	
	50m:	32.77 32.77	150m:	1:52.60 42.26	250m:	3:17.94 44.56	350m:	4:41.01	37.75	
	100m:	1:10.34 37.57	200m:	2:33.38 40.78	300m:	4:03.26 45.32	400m:	5:16.50	35.49	
5.	Zientarska Karolina		02	IKS Konstancin				514	5:23.76	
	50m:	36.04 36.04	150m:	2:00.27	250m:	3:25.13 44.87	350m:	4:48.31	38.23	
	100m:		200m:	2:40.26 39.99	300m:	4:10.08 44.95	400m:	5:23.76	35.45	
6.	miechowska Patrycja SWwa		02	Mks Polonia Warszawa				493	5:28.29	
	50m:	35.09 35.09	150m:	1:59.90 43.41	250m:	3:26.41 44.55	350m:	4:50.99	39.43	
	100m:	1:16.49 41.40	200m:	2:41.86 41.96	300m:	4:11.56 45.15	400m:	5:28.29	37.30	
7.	Pluta Emilia		02	UKS Aligator Gorzyce				492	5:28.49	
	50m:	36.25 36.25	150m:	2:03.30 44.10	250m:	3:30.40 44.57	350m:	4:52.10	37.36	
	100m:	1:19.20 42.95	200m:	2:45.83 42.53	300m:	4:14.74 44.34	400m:	5:28.49	36.39	
8.	Chmielewska Julia		02	MUKP Warszawianka Wodny Park				479	5:31.43	
	50m:	34.38 34.38	150m:	1:58.80 44.57	250m:	3:25.81 42.94	350m:	4:50.90	41.04	
	100m:	1:14.23 39.85	200m:	2:42.87 44.07	300m:	4:09.86 44.05	400m:	5:31.43	40.53	
9.	Białas Aniela SWwa		02	Mks Polonia Warszawa				467	5:34.36	
	50m:	35.59 35.59	150m:	1:58.99 42.15	250m:	3:28.56 49.05	350m:	4:56.63	37.33	
	100m:	1:16.84 41.25	200m:	2:39.51 40.52	300m:	4:19.30 50.74	400m:	5:34.36	37.73	
15 lat										
1.	Rutkowska Agnieszka		01	Skalar Słupsk				673	4:56.06	
	50m:	32.70 32.70	150m:	1:48.24 38.80	250m:	3:07.98 40.76	350m:	4:23.39	34.29	
	100m:	1:09.44 36.74	200m:	2:27.22 38.98	300m:	3:49.10 41.12	400m:	4:56.06	32.67	
2.	Przybysz Olga		01	KP Astromal Akwawit Leszno				584	5:10.36	
	50m:	33.94 33.94	150m:	1:54.57 42.28	250m:	3:16.97 41.08	350m:	4:36.37	36.95	
	100m:	1:12.29 38.35	200m:	2:35.89 41.32	300m:	3:59.42 42.45	400m:	5:10.36	33.99	
3.	Łysakowska Julia SL		01	AZS UMCS Lublin				542	5:18.16	
	50m:	33.65 33.65	150m:	1:52.64 41.16	250m:	3:18.39 47.60	350m:	4:43.31	36.75	
	100m:	1:11.48 37.83	200m:	2:30.79 38.15	300m:	4:06.56 48.17	400m:	5:18.16	34.85	
4.	Tomasiak Agnieszka		01	UKS Salmo ory				510	5:24.69	
	50m:	33.62 33.62	150m:	1:54.45 41.38	250m:	3:23.02 47.72	350m:	4:47.59	37.30	
	100m:	1:13.07 39.45	200m:	2:35.30 40.85	300m:	4:10.29 47.27	400m:	5:24.69	37.10	
5.	Deszczka Laura		01	Mks Trójka Łódź				477	5:32.00	
	50m:	36.23 36.23	150m:	1:59.19 42.37	250m:	3:28.90 47.30	350m:	4:55.51	38.61	
	100m:	1:16.82 40.59	200m:	2:41.60 42.41	300m:	4:16.90 48.00	400m:	5:32.00	36.49	
6.	Osi ska Wiktoria		01	Uks Sp 149				471	5:33.24	
	50m:	34.16 34.16	150m:	1:55.55 42.61	250m:	3:27.47 49.67	350m:	4:56.62	38.62	
	100m:	1:12.94 38.78	200m:	2:37.80 42.25	300m:	4:18.00 50.53	400m:	5:33.24	36.62	

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Konkurencja 1, Kobiet, 400m zmienny

16 lat

1.	Pecyna Michalina	00	IKS Konstancin	625	5:03.32
	50m: 33.32 33.32	150m: 1:49.41 38.59	250m: 3:10.60 43.16	350m: 4:29.15 35.44	
	100m: 1:10.82 37.50	200m: 2:27.44 38.03	300m: 3:53.71 43.11	400m: 5:03.32 34.17	
2.	Osiniak Ewa SL	00	AZS UMCS Lublin	608	5:06.11
	50m: 32.95 32.95	150m: 1:49.70 38.69	250m: 3:11.63 43.51	350m: 4:31.54 35.70	
	100m: 1:11.01 38.06	200m: 2:28.12 38.42	300m: 3:55.84 44.21	400m: 5:06.11 34.57	
3.	Kowalska Dominika	00	Mks Trójka Łódź	600	5:07.53
	50m: 32.33 32.33	150m: 1:51.74 42.94	250m: 3:15.71 41.36	350m: 4:33.56 35.40	
	100m: 1:08.80 36.47	200m: 2:34.35 42.61	300m: 3:58.16 42.45	400m: 5:07.53 33.97	
4.	Lisowska Wiktoria SOL	00	MKS JUVENIA Białystok	557	5:15.23
	50m: 32.55 32.55	150m: 1:48.83 38.72	250m: 3:13.97 47.12	350m: 4:38.92 37.90	
	100m: 1:10.11 37.56	200m: 2:26.85 38.02	300m: 4:01.02 47.05	400m: 5:15.23 36.31	
5.	Odziemczyk Maja	00	JAGIELLONKA Warszawa	538	5:18.89
	50m: 32.95 32.95	150m: 1:50.35 40.06	250m: 3:15.32 45.57	350m: 4:42.27 39.87	
	100m: 1:10.29 37.34	200m: 2:29.75 39.40	300m: 4:02.40 47.08	400m: 5:18.89 36.62	

17 - 18 lat

1.	Adamczyk Julia SL	99	AZS UMCS Lublin	713	4:50.41
	50m: 31.64 31.64	150m: 1:44.11 37.28	250m: 3:00.90 40.44	350m: 4:16.77 34.74	
	100m: 1:06.83 35.19	200m: 2:20.46 36.35	300m: 3:42.03 41.13	400m: 4:50.41 33.64	
2.	Wardzi ska Martyna	98	Mks Trójka Łódź	600	5:07.54
	50m: 33.35 33.35	150m:	250m: 3:14.13 44.01	350m: 4:34.07 34.98	
	100m: 1:11.01 37.66	200m: 2:30.12	300m: 3:59.09 44.96	400m: 5:07.54 33.47	
3.	Król Oliwia	99	Mks Trójka Łódź	565	5:13.84
	50m: 32.88 32.88	150m: 1:52.70 42.76	250m: 3:17.62	350m: 4:39.07 35.77	
	100m: 1:09.94 37.06	200m:	300m: 4:03.30 45.68	400m: 5:13.84 34.77	
4.	Bednarek Aleksandra	98	Uks Sp 149	562	5:14.26
	50m: 34.33 34.33	150m: 1:53.35 40.77	250m: 3:17.71 44.82	350m: 4:38.65 36.44	
	100m: 1:12.58 38.25	200m: 2:32.89 39.54	300m: 4:02.21 44.50	400m: 5:14.26 35.61	

14 lat i starsi

1.	Adamczyk Julia SL	99	AZS UMCS Lublin	713	4:50.41
	50m: 31.64 31.64	150m: 1:44.11 37.28	250m: 3:00.90 40.44	350m: 4:16.77 34.74	
	100m: 1:06.83 35.19	200m: 2:20.46 36.35	300m: 3:42.03 41.13	400m: 4:50.41 33.64	
2.	Rutkowska Agnieszka	01	Skalar Słupsk	673	4:56.06
	50m: 32.70 32.70	150m: 1:48.24 38.80	250m: 3:07.98 40.76	350m: 4:23.39 34.29	
	100m: 1:09.44 36.74	200m: 2:27.22 38.98	300m: 3:49.10 41.12	400m: 4:56.06 32.67	
3.	Cie lak Joanna	96	KS Warta Pozna	650	4:59.48
	50m: 30.82 30.82	150m: 1:46.42 40.25	250m: 3:07.81 43.78	350m: 4:26.92 34.47	
	100m: 1:06.17 35.35	200m: 2:24.03 37.61	300m: 3:52.45 44.64	400m: 4:59.48 32.56	
4.	Pecyna Michalina	00	IKS Konstancin	625	5:03.32
	50m: 33.32 33.32	150m: 1:49.41 38.59	250m: 3:10.60 43.16	350m: 4:29.15 35.44	
	100m: 1:10.82 37.50	200m: 2:27.44 38.03	300m: 3:53.71 43.11	400m: 5:03.32 34.17	
5.	Osiniak Ewa SL	00	AZS UMCS Lublin	608	5:06.11
	50m: 32.95 32.95	150m: 1:49.70 38.69	250m: 3:11.63 43.51	350m: 4:31.54 35.70	
	100m: 1:11.01 38.06	200m: 2:28.12 38.42	300m: 3:55.84 44.21	400m: 5:06.11 34.57	
6.	Kowalska Dominika	00	Mks Trójka Łódź	600	5:07.53
	50m: 32.33 32.33	150m: 1:51.74 42.94	250m: 3:15.71 41.36	350m: 4:33.56 35.40	
	100m: 1:08.80 36.47	200m: 2:34.35 42.61	300m: 3:58.16 42.45	400m: 5:07.53 33.97	
7.	Wardzi ska Martyna	98	Mks Trójka Łódź	600	5:07.54
	50m: 33.35 33.35	150m:	250m: 3:14.13 44.01	350m: 4:34.07 34.98	
	100m: 1:11.01 37.66	200m: 2:30.12	300m: 3:59.09 44.96	400m: 5:07.54 33.47	

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Łódź, 5- 6-11-2016

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

Pozycja			Rok ur.					Pkt.	Czas	
8.	Przybysz Olga		01	KP Astromal Akwawit Leszno				584	5:10.36	
	50m:	33.94 33.94	150m:	1:54.57 42.28	250m:	3:16.97 41.08	350m:	4:36.37 36.95		
	100m:	1:12.29 38.35	200m:	2:35.89 41.32	300m:	3:59.42 42.45	400m:	5:10.36 33.99		
9.	Roman Matylda		02	Zryw Opole				568	5:13.29	
	50m:	35.69 35.69	150m:	1:54.92 37.81	250m:	3:17.87 45.65	350m:	4:38.31		
	100m:	1:17.11 41.42	200m:	2:32.22 37.30	300m:		400m:	5:13.29 34.98		
10.	Król Oliwia		99	Mks Trójka Łódź				565	5:13.84	
	50m:	32.88 32.88	150m:	1:52.70 42.76	250m:	3:17.62	350m:	4:39.07 35.77		
	100m:	1:09.94 37.06	200m:		300m:	4:03.30 45.68	400m:	5:13.84 34.77		
11.	Krypa Marta		02	UKS Manta Warszawa Włochy				563	5:14.07	
	50m:	34.48 34.48	150m:	1:54.40 40.54	250m:	3:18.73 44.33	350m:	4:39.66 36.26		
	100m:	1:13.86 39.38	200m:	2:34.40 40.00	300m:	4:03.40 44.67	400m:	5:14.07 34.41		
12.	Bednarek Aleksandra		98	Uks Sp 149				562	5:14.26	
	50m:	34.33 34.33	150m:	1:53.35 40.77	250m:	3:17.71 44.82	350m:	4:38.65 36.44		
	100m:	1:12.58 38.25	200m:	2:32.89 39.54	300m:	4:02.21 44.50	400m:	5:14.26 35.61		
13.	Lisowska Wiktoria SOL		00	MKS JUVENIA Białystok				557	5:15.23	
	50m:	32.55 32.55	150m:	1:48.83 38.72	250m:	3:13.97 47.12	350m:	4:38.92 37.90		
	100m:	1:10.11 37.56	200m:	2:26.85 38.02	300m:	4:01.02 47.05	400m:	5:15.23 36.31		
14.	Rajca Oliwia		02	Uks 190 Łódź				551	5:16.33	
	50m:	34.17 34.17	150m:	1:56.51 43.86	250m:	3:21.21 43.96	350m:	4:42.26 36.52		
	100m:	1:12.65 38.48	200m:	2:37.25 40.74	300m:	4:05.74 44.53	400m:	5:16.33 34.07		
15.	D browska Tatiana		02	UKS"Pi tka"Konstantynów Łódzki				550	5:16.50	
	50m:	32.77 32.77	150m:	1:52.60 42.26	250m:	3:17.94 44.56	350m:	4:41.01 37.75		
	100m:	1:10.34 37.57	200m:	2:33.38 40.78	300m:	4:03.26 45.32	400m:	5:16.50 35.49		
16.	Łysakowska Julia SL		01	AZS UMCS Lublin				542	5:18.16	
	50m:	33.65 33.65	150m:	1:52.64 41.16	250m:	3:18.39 47.60	350m:	4:43.31 36.75		
	100m:	1:11.48 37.83	200m:	2:30.79 38.15	300m:	4:06.56 48.17	400m:	5:18.16 34.85		
17.	Odziemczyk Maja		00	JAGIELLONKA Warszawa				538	5:18.89	
	50m:	32.95 32.95	150m:	1:50.35 40.06	250m:	3:15.32 45.57	350m:	4:42.27 39.87		
	100m:	1:10.29 37.34	200m:	2:29.75 39.40	300m:	4:02.40 47.08	400m:	5:18.89 36.62		
18.	Zientarska Karolina		02	IKS Konstancin				514	5:23.76	
	50m:	36.04 36.04	150m:	2:00.27	250m:	3:25.13 44.87	350m:	4:48.31 38.23		
	100m:		200m:	2:40.26 39.99	300m:	4:10.08 44.95	400m:	5:23.76 35.45		
19.	Tomasiak Agnieszka		01	UKS Salmo ory				510	5:24.69	
	50m:	33.62 33.62	150m:	1:54.45 41.38	250m:	3:23.02 47.72	350m:	4:47.59 37.30		
	100m:	1:13.07 39.45	200m:	2:35.30 40.85	300m:	4:10.29 47.27	400m:	5:24.69 37.10		
20.	miechowska Patrycja SWwa		02	Mks Polonia Warszawa				493	5:28.29	
	50m:	35.09 35.09	150m:	1:59.90 43.41	250m:	3:26.41 44.55	350m:	4:50.99 39.43		
	100m:	1:16.49 41.40	200m:	2:41.86 41.96	300m:	4:11.56 45.15	400m:	5:28.29 37.30		
21.	Pluta Emilia		02	UKS Aligator Gorzyce				492	5:28.49	
	50m:	36.25 36.25	150m:	2:03.30 44.10	250m:	3:30.40 44.57	350m:	4:52.10 37.36		
	100m:	1:19.20 42.95	200m:	2:45.83 42.53	300m:	4:14.74 44.34	400m:	5:28.49 36.39		
22.	Chmielewska Julia		02	MUKP Warszawianka Wodny Park				479	5:31.43	
	50m:	34.38 34.38	150m:	1:58.80 44.57	250m:	3:25.81 42.94	350m:	4:50.90 41.04		
	100m:	1:14.23 39.85	200m:	2:42.87 44.07	300m:	4:09.86 44.05	400m:	5:31.43 40.53		
23.	Deszczka Laura		01	Mks Trójka Łódź				477	5:32.00	
	50m:	36.23 36.23	150m:	1:59.19 42.37	250m:	3:28.90 47.30	350m:	4:55.51 38.61		
	100m:	1:16.82 40.59	200m:	2:41.60 42.41	300m:	4:16.90 48.00	400m:	5:32.00 36.49		
24.	Osi ska Wiktoria		01	Uks Sp 149				471	5:33.24	
	50m:	34.16 34.16	150m:	1:55.55 42.61	250m:	3:27.47 49.67	350m:	4:56.62 38.62		
	100m:	1:12.94 38.78	200m:	2:37.80 42.25	300m:	4:18.00 50.53	400m:	5:33.24 36.62		
25.	Białas Aniela SWwa		02	Mks Polonia Warszawa				467	5:34.36	
	50m:	35.59 35.59	150m:	1:58.99 42.15	250m:	3:28.56 49.05	350m:	4:56.63 37.33		
	100m:	1:16.84 41.25	200m:	2:39.51 40.52	300m:	4:19.30 50.74	400m:	5:34.36 37.73		