

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

Konkurencja 33
2016-11-06 - 11:54

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Pkt.	Czas	
14 lat										
1.	Kryszkowska Natalia		02	MZOS Płock				636	4:32.59	
	50m:	31.44 31.44	150m:	1:39.35 34.40	250m:	2:48.67 34.92	350m:	3:58.70 34.88		
	100m:	1:04.95 33.51	200m:	2:13.75 34.40	300m:	3:23.82 35.15	400m:	4:32.59 33.89		
2.	Pi ko Natalia SŁ		02	Jedynka Łódź				606	4:37.07	
	50m:	31.62 31.62	150m:	1:40.39 34.75	250m:	2:50.91 35.36	350m:	4:02.90 36.14		
	100m:	1:05.64 34.02	200m:	2:15.55 35.16	300m:	3:26.76 35.85	400m:	4:37.07 34.17		
3.	Jaworska Maja		02	MZOS Płock				569	4:43.01	
	50m:	32.04 32.04	150m:	1:41.98 35.53	250m:	2:53.88 36.02	350m:	4:06.51 36.30		
	100m:	1:06.45 34.41	200m:	2:17.86 35.88	300m:	3:30.21 36.33	400m:	4:43.01 36.50		
4.	Szl k Katarzyna		02	Olimpijczyk - Sms Aleksandrów				553	4:45.71	
	50m:	32.89 32.89	150m:	1:43.88 35.63	250m:	2:56.67 36.94	350m:	4:10.82 37.02		
	100m:	1:08.25 35.36	200m:	2:19.73 35.85	300m:	3:33.80 37.13	400m:	4:45.71 34.89		
5.	Garula Wiktoria		02	CSiR MOS D browa Górnicza				552	4:45.88	
	50m:	32.75 32.75	150m:	1:44.20 36.28	250m:	2:57.20 36.50	350m:	4:10.79 36.59		
	100m:	1:07.92 35.17	200m:	2:20.70 36.50	300m:	3:34.20 37.00	400m:	4:45.88 35.09		
6.	Pluta Emilia		02	UKS Aligator Gorzyce				526	4:50.48	
	50m:	33.54 33.54	150m:		250m:	2:59.38 36.57	350m:			
	100m:		200m:	2:22.81	300m:	3:37.38 38.00	400m:	4:50.48		
7.	Szkoda Klaudia		02	CSiR MOS D browa Górnicza				465	5:02.70	
	50m:	33.78 33.78	150m:	1:49.98 38.75	250m:	3:07.15 38.89	350m:	4:24.47 38.58		
	100m:	1:11.23 37.45	200m:	2:28.26 38.28	300m:	3:45.89 38.74	400m:	5:02.70 38.23		
8.	egnałek Zofia		02	MKS Piaseczno				446	5:06.93	
	50m:	34.42 34.42	150m:	1:51.38 39.15	250m:	3:09.63 37.88	350m:	4:28.29 39.14		
	100m:	1:12.23 37.81	200m:	2:31.75 40.37	300m:	3:49.15 39.52	400m:	5:06.93 38.64		
15 lat										
1.	Piechota Karolina		01	Uks 190 Łódź				719	4:21.73	
	50m:	31.60 31.60	150m:	1:37.56 33.07	250m:	2:43.82 33.10	350m:	3:50.12 33.14		
	100m:	1:04.49 32.89	200m:	2:10.72 33.16	300m:	3:16.98 33.16	400m:	4:21.73 31.61		
2.	Wicha Karolina SOC		01	KS KSZO Ostrowiec wi tokrzyski				640	4:32.07	
	50m:	31.82 31.82	150m:	1:40.92 34.47	250m:	2:49.07 34.01	350m:	3:58.05 34.14		
	100m:	1:06.45 34.63	200m:	2:15.06 34.14	300m:	3:23.91 34.84	400m:	4:32.07 34.02		
3.	Łysakowska Julia SL		01	AZS UMCS Lublin				625	4:34.20	
	50m:	31.76 31.76	150m:	1:41.05 35.04	250m:	2:51.59 35.05	350m:	4:00.85 34.62		
	100m:	1:06.01 34.25	200m:	2:16.54 35.49	300m:	3:26.23 34.64	400m:	4:34.20 33.35		
4.	Krauze Alicja		01	Mał Wopr				612	4:36.11	
	50m:	31.48 31.48	150m:	1:41.81 35.54	250m:	2:52.52 35.06	350m:	4:02.39 34.94		
	100m:	1:06.27 34.79	200m:	2:17.46 35.65	300m:	3:27.45 34.93	400m:	4:36.11 33.72		
5.	Kaczkowska Anna		01	UKS Skalar Warszawa				553	4:45.71	
	50m:	32.39 32.39	150m:	1:43.90 35.97	250m:	2:56.64 36.59	350m:	4:10.17 36.77		
	100m:	1:07.93 35.54	200m:	2:20.05 36.15	300m:	3:33.40 36.76	400m:	4:45.71 35.54		
6.	Osi ska Wiktoria		01	Uks Sp 149				545	4:46.98	
	50m:	33.12 33.12	150m:	1:44.82 36.09	250m:	2:57.58 36.37	350m:	4:11.07 36.93		
	100m:	1:08.73 35.61	200m:	2:21.21 36.39	300m:	3:34.14 36.56	400m:	4:46.98 35.91		
7.	Tomasiak Agnieszka		01	UKS Salmo ory				509	4:53.57	
	50m:	33.21 33.21	150m:		250m:		350m:	4:17.60		
	100m:	1:09.22 36.01	200m:	3:01.92	300m:		400m:	4:53.57 35.97		
8.	Barczyk Dominika		01	UKS CITYZEN Pozna				480	4:59.44	
	50m:	32.22 32.22	150m:	1:46.61 37.77	250m:	3:04.66 39.19	350m:	4:22.80 38.56		
	100m:	1:08.84 36.62	200m:	2:25.47 38.86	300m:	3:44.24 39.58	400m:	4:59.44 36.64		

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Konkurencja 33, Kobiet, 400m dowolny

16 lat

1.	Szafranska Julia SOC	00	KS KSZO Ostrowiec wi tokrzyski	677	4:27.06
	50m: 32.18 32.18	150m: 1:39.30 33.85	250m: 2:47.38 34.21	350m: 3:54.91 33.86	
	100m: 1:05.45 33.27	200m: 2:13.17 33.87	300m: 3:21.05 33.67	400m: 4:27.06 32.15	
2.	muda Weronika SL	00	AZS UMCS Lublin	578	4:41.44
	50m: 32.83 32.83	150m: 1:44.23 36.05	250m: 3:31.65	350m: 4:07.09 35.44	
	100m: 1:08.18 35.35	200m:	300m: 3:31.65	400m: 4:41.44 34.35	
3.	Dzwonnik Zuzanna	00	Azs Uł Pł Łód	571	4:42.66
	50m: 32.63 32.63	150m: 1:44.50 36.07	250m: 2:56.37 35.65	350m: 4:07.83 35.47	
	100m: 1:08.43 35.80	200m: 2:20.72 36.22	300m: 3:32.36 35.99	400m: 4:42.66 34.83	
4.	Błajet Oliwia SP	00	KS Warta Pozna	561	4:44.31
	50m: 32.63 32.63	150m: 1:44.74 36.30	250m: 2:56.63 35.99	350m: 4:09.00 36.16	
	100m: 1:08.44 35.81	200m: 2:20.64 35.90	300m: 3:32.84 36.21	400m: 4:44.31 35.31	
5.	Osiniak Ewa SL	00	AZS UMCS Lublin	546	4:46.78
	50m: 32.75 32.75	150m: 1:43.76 35.97	250m: 2:57.01 36.56	350m: 4:10.58 36.97	
	100m: 1:07.79 35.04	200m: 2:20.45 36.69	300m: 3:33.61 36.60	400m: 4:46.78 36.20	

17 - 18 lat

1.	Piechota Paulina	99	Uks 190 Łód	799	4:12.67
	50m: 30.40 30.40	150m: 1:34.69 32.20	250m: 2:38.56 31.81	350m: 3:42.49 31.84	
	100m: 1:02.49 32.09	200m: 2:06.75 32.06	300m: 3:10.65 32.09	400m: 4:12.67 30.18	
2.	Samuła Wiktoria SL	99	AZS UMCS Lublin	652	4:30.37
	50m: 31.35 31.35	150m: 1:38.60 33.85	250m: 2:47.09 35.01	350m: 3:57.04 34.77	
	100m: 1:04.75 33.40	200m: 2:12.08 33.48	300m: 3:22.27 35.18	400m: 4:30.37 33.33	
3.	Adamczyk Julia SL	99	AZS UMCS Lublin	652	4:30.42
	50m: 31.90 31.90	150m: 1:39.86 34.10	250m: 2:49.09 34.81	350m: 3:57.23 33.75	
	100m: 1:05.76 33.86	200m: 2:14.28 34.42	300m: 3:23.48 34.39	400m: 4:30.42 33.19	
4.	Wojciechowska Joanna SL	98	Lubelski Uczniowski Klub Sport	644	4:31.53
	50m: 31.96 31.96	150m: 1:39.90 34.17	250m: 2:48.43 34.22	350m: 3:57.55 34.50	
	100m: 1:05.73 33.77	200m: 2:14.21 34.31	300m: 3:23.05 34.62	400m: 4:31.53 33.98	
5.	Wardzi ska Martyna	98	Mks Trójka Łód	628	4:33.78
	50m: 32.12 32.12	150m: 1:42.49 35.41	250m: 2:52.83 34.63	350m: 4:00.23 33.37	
	100m: 1:07.08 34.96	200m: 2:18.20 35.71	300m: 3:26.86 34.03	400m: 4:33.78 33.55	
6.	Król Oliwia	99	Mks Trójka Łód	623	4:34.48
	50m: 32.23 32.23	150m: 1:41.74 35.18	250m: 2:51.99 35.01	350m: 4:01.40 34.75	
	100m: 1:06.56 34.33	200m: 2:16.98 35.24	300m: 3:26.65 34.66	400m: 4:34.48 33.08	
7.	Czarnecka Wiktoria SL	99	AZS UMCS Lublin	611	4:36.33
	50m: 31.68 31.68	150m: 1:40.68 34.33	250m: 2:51.05 34.96	350m: 4:02.00 34.82	
	100m: 1:06.35 34.67	200m: 2:16.09 35.41	300m: 3:27.18 36.13	400m: 4:36.33 34.33	
8.	Nieszporek Wiktoria	99	Uks 190 Łód	598	4:38.24
	50m: 30.88 30.88	150m: 1:40.62 35.40	250m: 2:52.21 35.62	350m: 4:03.37 35.78	
	100m: 1:05.22 34.34	200m: 2:16.59 35.97	300m: 3:27.59 35.38	400m: 4:38.24 34.87	
9.	liczniak Weronika SL	99	AZS UMCS Lublin	580	4:41.13
	50m: 32.51 32.51	150m: 1:43.20 35.73	250m: 2:54.45 35.46	350m: 4:05.68 35.81	
	100m: 1:07.47 34.96	200m: 2:18.99 35.79	300m: 3:29.87 35.42	400m: 4:41.13 35.45	
10.	Bednarek Aleksandra	98	Uks Sp 149	578	4:41.41
	50m: 33.83 33.83	150m: 1:45.01 35.74	250m: 2:56.25 35.42	350m: 4:07.25 35.15	
	100m: 1:09.27 35.44	200m: 2:20.83 35.82	300m: 3:32.10 35.85	400m: 4:41.41 34.16	
11.	Redner Sandra	99	UKS Skarpa Lublin	558	4:44.77
	50m: 32.98 32.98	150m: 1:44.63 36.11	250m: 2:57.70 36.65	350m: 4:09.98 35.76	
	100m: 1:08.52 35.54	200m: 2:21.05 36.42	300m: 3:34.22 36.52	400m: 4:44.77 34.79	

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Konkurencja 33, Kobiet, 400m dowolny

14 lat i starsi

1.	Piechota Paulina	99	Uks 190 Łódź	799	4:12.67
	50m: 30.40 30.40	150m: 1:34.69 32.20	250m: 2:38.56 31.81	350m: 3:42.49 31.84	
	100m: 1:02.49 32.09	200m: 2:06.75 32.06	300m: 3:10.65 32.09	400m: 4:12.67 30.18	
2.	Burska Justyna	95	AZS UWM Olsztyn	799	4:12.70
	50m: 30.59 30.59	150m: 1:34.62 31.98	250m: 2:38.53 31.72	350m: 3:41.92 31.53	
	100m: 1:02.64 32.05	200m: 2:06.81 32.19	300m: 3:10.39 31.86	400m: 4:12.70 30.78	
3.	Karpisz Milena	97	UKS"Pi tka"Konstantynów Łódzki	761	4:16.84
	50m: 30.81 30.81	150m: 1:35.35 32.24	250m: 2:40.14 32.24	350m: 3:44.98 32.30	
	100m: 1:03.11 32.30	200m: 2:07.90 32.55	300m: 3:12.68 32.54	400m: 4:16.84 31.86	
4.	Piechota Karolina	01	Uks 190 Łódź	719	4:21.73
	50m: 31.60 31.60	150m: 1:37.56 33.07	250m: 2:43.82 33.10	350m: 3:50.12 33.14	
	100m: 1:04.49 32.89	200m: 2:10.72 33.16	300m: 3:16.98 33.16	400m: 4:21.73 31.61	
5.	Zachoszcz Paulina	93	MTP KORMORAN Olsztyn	694	4:24.88
	50m: 30.84 30.84	150m: 1:37.25 33.37	250m: 2:44.32 33.58	350m: 3:51.87 33.61	
	100m: 1:03.88 33.04	200m: 2:10.74 33.49	300m: 3:18.26 33.94	400m: 4:24.88 33.01	
6.	Szafrańska Julia SOC	00	KS KSZO Ostrowiec wi tokrzyski	677	4:27.06
	50m: 32.18 32.18	150m: 1:39.30 33.85	250m: 2:47.38 34.21	350m: 3:54.91 33.86	
	100m: 1:05.45 33.27	200m: 2:13.17 33.87	300m: 3:21.05 33.67	400m: 4:27.06 32.15	
7.	Samuła Wiktoria SL	99	AZS UMCS Lublin	652	4:30.37
	50m: 31.35 31.35	150m: 1:38.60 33.85	250m: 2:47.09 35.01	350m: 3:57.04 34.77	
	100m: 1:04.75 33.40	200m: 2:12.08 33.48	300m: 3:22.27 35.18	400m: 4:30.37 33.33	
8.	Adamczyk Julia SL	99	AZS UMCS Lublin	652	4:30.42
	50m: 31.90 31.90	150m: 1:39.86 34.10	250m: 2:49.09 34.81	350m: 3:57.23 33.75	
	100m: 1:05.76 33.86	200m: 2:14.28 34.42	300m: 3:23.48 34.39	400m: 4:30.42 33.19	
9.	Wojciechowska Joanna SL	98	Lubelski Uczniowski Klub Sport	644	4:31.53
	50m: 31.96 31.96	150m: 1:39.90 34.17	250m: 2:48.43 34.22	350m: 3:57.55 34.50	
	100m: 1:05.73 33.77	200m: 2:14.21 34.31	300m: 3:23.05 34.62	400m: 4:31.53 33.98	
10.	Wicha Karolina SOC	01	KS KSZO Ostrowiec wi tokrzyski	640	4:32.07
	50m: 31.82 31.82	150m: 1:40.92 34.47	250m: 2:49.07 34.01	350m: 3:58.05 34.14	
	100m: 1:06.45 34.63	200m: 2:15.06 34.14	300m: 3:23.91 34.84	400m: 4:32.07 34.02	
11.	Kryszkowska Natalia	02	MZOS Płock	636	4:32.59
	50m: 31.44 31.44	150m: 1:39.35 34.40	250m: 2:48.67 34.92	350m: 3:58.70 34.88	
	100m: 1:04.95 33.51	200m: 2:13.75 34.40	300m: 3:23.82 35.15	400m: 4:32.59 33.89	
12.	Wardzi ska Martyna	98	Mks Trójka Łódź	628	4:33.78
	50m: 32.12 32.12	150m: 1:42.49 35.41	250m: 2:52.83 34.63	350m: 4:00.23 33.37	
	100m: 1:07.08 34.96	200m: 2:18.20 35.71	300m: 3:26.86 34.03	400m: 4:33.78 33.55	
13.	Łysakowska Julia SL	01	AZS UMCS Lublin	625	4:34.20
	50m: 31.76 31.76	150m: 1:41.05 35.04	250m: 2:51.59 35.05	350m: 4:00.85 34.62	
	100m: 1:06.01 34.25	200m: 2:16.54 35.49	300m: 3:26.23 34.64	400m: 4:34.20 33.35	
14.	Król Oliwia	99	Mks Trójka Łódź	623	4:34.48
	50m: 32.23 32.23	150m: 1:41.74 35.18	250m: 2:51.99 35.01	350m: 4:01.40 34.75	
	100m: 1:06.56 34.33	200m: 2:16.98 35.24	300m: 3:26.65 34.66	400m: 4:34.48 33.08	
15.	Krauze Alicja	01	Mał Wopr	612	4:36.11
	50m: 31.48 31.48	150m: 1:41.81 35.54	250m: 2:52.52 35.06	350m: 4:02.39 34.94	
	100m: 1:06.27 34.79	200m: 2:17.46 35.65	300m: 3:27.45 34.93	400m: 4:36.11 33.72	
16.	Czarnecka Wiktoria SL	99	AZS UMCS Lublin	611	4:36.33
	50m: 31.68 31.68	150m: 1:40.68 34.33	250m: 2:51.05 34.96	350m: 4:02.00 34.82	
	100m: 1:06.35 34.67	200m: 2:16.09 35.41	300m: 3:27.18 36.13	400m: 4:36.33 34.33	
17.	Pi ko Natalia SŁ	02	Jedynka Łódź	606	4:37.07
	50m: 31.62 31.62	150m: 1:40.39 34.75	250m: 2:50.91 35.36	350m: 4:02.90 36.14	
	100m: 1:05.64 34.02	200m: 2:15.55 35.16	300m: 3:26.76 35.85	400m: 4:37.07 34.17	
18.	Nieszporek Wiktoria	99	Uks 190 Łódź	598	4:38.24
	50m: 30.88 30.88	150m: 1:40.62 35.40	250m: 2:52.21 35.62	350m: 4:03.37 35.78	
	100m: 1:05.22 34.34	200m: 2:16.59 35.97	300m: 3:27.59 35.38	400m: 4:38.24 34.87	

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Pozycja			Rok ur.					Pkt.	Czas
19.	licznik Weronika SL		99	AZS UMCS Lublin				580	4:41.13
	50m: 32.51	32.51	150m: 1:43.20	35.73	250m: 2:54.45	35.46	350m: 4:05.68	35.81	
	100m: 1:07.47	34.96	200m: 2:18.99	35.79	300m: 3:29.87	35.42	400m: 4:41.13	35.45	
20.	Bednarek Aleksandra		98	Uks Sp 149				578	4:41.41
	50m: 33.83	33.83	150m: 1:45.01	35.74	250m: 2:56.25	35.42	350m: 4:07.25	35.15	
	100m: 1:09.27	35.44	200m: 2:20.83	35.82	300m: 3:32.10	35.85	400m: 4:41.41	34.16	
21.	muda Weronika SL		00	AZS UMCS Lublin				578	4:41.44
	50m: 32.83	32.83	150m: 1:44.23	36.05	250m:		350m: 4:07.09	35.44	
	100m: 1:08.18	35.35	200m:		300m: 3:31.65		400m: 4:41.44	34.35	
22.	Dzwonnik Zuzanna		00	Azs Uł Pł Łódź				571	4:42.66
	50m: 32.63	32.63	150m: 1:44.50	36.07	250m: 2:56.37	35.65	350m: 4:07.83	35.47	
	100m: 1:08.43	35.80	200m: 2:20.72	36.22	300m: 3:32.36	35.99	400m: 4:42.66	34.83	
23.	Jaworska Maja		02	MZOS Płock				569	4:43.01
	50m: 32.04	32.04	150m: 1:41.98	35.53	250m: 2:53.88	36.02	350m: 4:06.51	36.30	
	100m: 1:06.45	34.41	200m: 2:17.86	35.88	300m: 3:30.21	36.33	400m: 4:43.01	36.50	
24.	Błajet Oliwia SP		00	KS Warta Pozna				561	4:44.31
	50m: 32.63	32.63	150m: 1:44.74	36.30	250m: 2:56.63	35.99	350m: 4:09.00	36.16	
	100m: 1:08.44	35.81	200m: 2:20.64	35.90	300m: 3:32.84	36.21	400m: 4:44.31	35.31	
25.	Redner Sandra		99	UKS Skarpa Lublin				558	4:44.77
	50m: 32.98	32.98	150m: 1:44.63	36.11	250m: 2:57.70	36.65	350m: 4:09.98	35.76	
	100m: 1:08.52	35.54	200m: 2:21.05	36.42	300m: 3:34.22	36.52	400m: 4:44.77	34.79	
26.	Szl k Katarzyna		02	Olimpijczyk - Sms Aleksandrów				553	4:45.71
	50m: 32.89	32.89	150m: 1:43.88	35.63	250m: 2:56.67	36.94	350m: 4:10.82	37.02	
	100m: 1:08.25	35.36	200m: 2:19.73	35.85	300m: 3:33.80	37.13	400m: 4:45.71	34.89	
	Kaczkowska Anna		01	UKS Skalar Warszawa				553	4:45.71
	50m: 32.39	32.39	150m: 1:43.90	35.97	250m: 2:56.64	36.59	350m: 4:10.17	36.77	
	100m: 1:07.93	35.54	200m: 2:20.05	36.15	300m: 3:33.40	36.76	400m: 4:45.71	35.54	
28.	Garula Wiktoria		02	CSiR MOS D browa Górnicza				552	4:45.88
	50m: 32.75	32.75	150m: 1:44.20	36.28	250m: 2:57.20	36.50	350m: 4:10.79	36.59	
	100m: 1:07.92	35.17	200m: 2:20.70	36.50	300m: 3:34.20	37.00	400m: 4:45.88	35.09	
29.	Osiniak Ewa SL		00	AZS UMCS Lublin				546	4:46.78
	50m: 32.75	32.75	150m: 1:43.76	35.97	250m: 2:57.01	36.56	350m: 4:10.58	36.97	
	100m: 1:07.79	35.04	200m: 2:20.45	36.69	300m: 3:33.61	36.60	400m: 4:46.78	36.20	
30.	Osi ska Wiktoria		01	Uks Sp 149				545	4:46.98
	50m: 33.12	33.12	150m: 1:44.82	36.09	250m: 2:57.58	36.37	350m: 4:11.07	36.93	
	100m: 1:08.73	35.61	200m: 2:21.21	36.39	300m: 3:34.14	36.56	400m: 4:46.98	35.91	
31.	Pluta Emilia		02	UKS Aligator Gorzyce				526	4:50.48
	50m: 33.54	33.54	150m:		250m: 2:59.38	36.57	350m:		
	100m:		200m: 2:22.81		300m: 3:37.38	38.00	400m: 4:50.48		
32.	Tomasiak Agnieszka		01	UKS Salmo ory				509	4:53.57
	50m: 33.21	33.21	150m:		250m:		350m: 4:17.60		
	100m: 1:09.22	36.01	200m: 3:01.92		300m:		400m: 4:53.57	35.97	
33.	Barczyk Dominika		01	UKS CITYZEN Pozna				480	4:59.44
	50m: 32.22	32.22	150m: 1:46.61	37.77	250m: 3:04.66	39.19	350m: 4:22.80	38.56	
	100m: 1:08.84	36.62	200m: 2:25.47	38.86	300m: 3:44.24	39.58	400m: 4:59.44	36.64	
34.	Szkoda Klaudia		02	CSiR MOS D browa Górnicza				465	5:02.70
	50m: 33.78	33.78	150m: 1:49.98	38.75	250m: 3:07.15	38.89	350m: 4:24.47	38.58	
	100m: 1:11.23	37.45	200m: 2:28.26	38.28	300m: 3:45.89	38.74	400m: 5:02.70	38.23	
35.	egnałek Zofia		02	MKS Piaseczno				446	5:06.93
	50m: 34.42	34.42	150m: 1:51.38	39.15	250m: 3:09.63	37.88	350m: 4:28.29	39.14	
	100m: 1:12.23	37.81	200m: 2:31.75	40.37	300m: 3:49.15	39.52	400m: 5:06.93	38.64	