

Grand Prix - Puchar Polski
Pozna , 24- - 25-11-2012

Konkurencja 1
2012-11-24 - 11:55

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2012

Pozycja	Rok ur.	Czas	Pkt.
1. SZCZEPANIAK, Karolina <i>minimum M</i>	92 AZS AWF Katowice	4:40.26	808
50m: 29.71 29.71 150m: 1:39.70 35.97 250m: 2:55.68 40.61 350m: 4:09.20 32.59			
100m: 1:03.73 34.02 200m: 2:15.07 35.37 300m: 3:36.61 40.93 400m: 4:40.26 31.06			
2. TCHÓRZ, Alicja <i>minimum M</i>	92 MKS Juvenia Wrocław	4:40.77	803
50m: 29.93 29.93 150m: 1:41.13 36.69 250m: 2:56.55 39.62 350m: 4:09.78 33.00			
100m: 1:04.44 34.51 200m: 2:16.93 35.80 300m: 3:36.78 40.23 400m: 4:40.77 30.99			
3. CHWADECZKO, Zuzanna SSz	95 MTP Lublinianka	4:45.83	761
50m: 30.77 30.77 150m: 1:43.70 37.09 250m: 3:00.48 40.15 350m: 4:14.26 33.30			
100m: 1:06.61 35.84 200m: 2:20.33 36.63 300m: 3:40.96 40.48 400m: 4:45.83 31.57			
4. URBA SKA, Karolina	92 AZS Warszawa	4:51.76	716
50m: 31.12 31.12 150m: 1:43.28 36.28 250m: 3:01.59 42.19 350m: 4:18.67 33.98			
100m: 1:07.00 35.88 200m: 2:19.40 36.12 300m: 3:44.69 43.10 400m: 4:51.76 33.09			
5. SIE CZYK, Jowita SK <i>minimum juniorskie M</i>	97 MKS ak Biała Podlaska	4:52.72	709
50m: 30.84 30.84 150m: 1:44.27 37.96 250m: 3:01.71 41.00 350m: 4:18.58 35.55			
100m: 1:06.31 35.47 200m: 2:20.71 36.44 300m: 3:43.03 41.32 400m: 4:52.72 34.14			
6. SZPUCHA, Katarzyna SK	96 TP Olimpijczyk Aleksandrów Łód	4:57.62	674
50m: 31.83 31.83 150m: 1:44.60 37.36 250m: 3:03.30 42.10 350m: 4:21.70 35.90			
100m: 1:07.24 35.41 200m: 2:21.20 36.60 300m: 3:45.80 42.50 400m: 4:57.62 35.92			
7. BAKIES, Gabriela	96 UKS "Pi tka" Konstancynów Łódz	5:01.86	646
50m: 32.60 32.60 150m: 1:45.51 37.04 250m: 3:07.28 44.99 350m: 4:27.72 35.25			
100m: 1:08.47 35.87 200m: 2:22.29 36.78 300m: 3:52.47 45.19 400m: 5:01.86 34.14			
8. MENDOWSKA, Paulina	97 KS Warta Pozna	5:04.71	628
50m: 31.66 31.66 150m: 1:47.10 39.14 250m: 3:09.52 43.40 350m: 4:28.89 36.08			
100m: 1:07.96 36.30 200m: 2:26.12 39.02 300m: 3:52.81 43.29 400m: 5:04.71 35.82			
9. SPROSKA, Magda	97 MKS Zryw Opole	5:07.43	612
50m: 32.60 32.60 150m: 1:49.65 39.60 250m: 3:13.40 44.89 350m: 4:33.78 34.92			
100m: 1:10.05 37.45 200m: 2:28.51 38.86 300m: 3:58.86 45.46 400m: 5:07.43 33.65			
10. BIEDRZYCKA, Iga	97 MKS "Ros" Pisz	5:07.91	609
50m: 31.82 31.82 150m: 1:47.81 39.00 250m: 3:11.10 44.31 350m: 4:32.81 36.74			
100m: 1:08.81 36.99 200m: 2:26.79 38.98 300m: 3:56.07 44.97 400m: 5:07.91 35.10			
11. MIKOŁAJCZAK, Anna SSz	95 MKP Szczecin	5:09.07	602
50m: 31.95 31.95 150m: 1:49.07 40.56 250m: 3:13.53 44.39 350m: 4:34.56 36.12			
100m: 1:08.51 36.56 200m: 2:29.14 40.07 300m: 3:58.44 44.91 400m: 5:09.07 34.51			
12. STEFANIAK, Małgorzata	92 K.S.Warta Pozna	5:09.32	601
50m: 32.39 32.39 150m: 1:48.42 39.60 250m: 3:10.90 44.24 350m: 4:32.77 37.61			
100m: 1:08.82 36.43 200m: 2:26.66 38.24 300m: 3:55.16 44.26 400m: 5:09.32 36.55			
13. BARANOWSKA, Katarzyna	87 MKP Szczecin	5:09.84	598
50m: 32.62 32.62 150m: 1:49.75 39.55 250m: 3:12.16 43.54 350m: 4:33.63 37.46			
100m: 1:10.20 37.58 200m: 2:28.62 38.87 300m: 3:56.17 44.01 400m: 5:09.84 36.21			
14. HALAGIERA, Joanna	96 MKP Słowianka Gorzów WLKP	5:10.84	592
50m: 33.06 33.06 150m: 1:50.53 40.58 250m: 3:16.78 45.23 350m: 4:36.33 34.93			
100m: 1:09.95 36.89 200m: 2:31.55 41.02 300m: 4:01.40 44.62 400m: 5:10.84 34.51			
15. NIKLARZ, Maria	97 UKS Ruch Grudzi dz	5:11.19	590
50m: 34.35 34.35 150m: 1:54.72 39.68 250m: 3:15.64 42.03 350m: 4:35.52 37.20			
100m: 1:15.04 40.69 200m: 2:33.61 38.89 300m: 3:58.32 42.68 400m: 5:11.19 35.67			
16. BEJUK, Oliwia	98 MKP Słowianka Gorzów WLKP	5:12.84	580
50m: 33.20 33.20 150m: 1:51.73 39.93 250m: 3:15.21 43.79 350m: 4:36.64 37.47			
100m: 1:11.80 38.60 200m: 2:31.42 39.69 300m: 3:59.17 43.96 400m: 5:12.84 36.20			

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

Pozycja	Rok ur.						Czas	Pkt.
17. MUZOLF, Weronika	98	MTS Kwidzyn					5:13.90	575
50m: 32.34 32.34	150m: 1:51.55	41.35	250m: 3:15.81	43.80	350m: 4:38.32	37.73		
100m: 1:10.20 37.86	200m: 2:32.01	40.46	300m: 4:00.59	44.78	400m: 5:13.90	35.58		
18. CIUPA, Aleksandra	96	MUKS Pi tnastka Bydgoszcz					5:17.16	557
50m: 34.18 34.18	150m: 1:53.65	40.05	250m: 3:19.29	46.52	350m: 4:41.25	35.96		
100m: 1:13.60 39.42	200m: 2:32.77	39.12	300m: 4:05.29	46.00	400m: 5:17.16	35.91		
19. SMAGA, Anna	98	Slask Wroclaw					5:20.74	539
50m: 33.88 33.88	150m: 1:53.10	39.94	250m: 3:19.96	47.37	350m: 4:45.04	37.03		
100m: 1:13.16 39.28	200m: 2:32.59	39.49	300m: 4:08.01	48.05	400m: 5:20.74	35.70		
20. MISZTAL, Dorota	96	UKS "GIM 92 Ursynów"					5:22.47	530
50m: 33.39 33.39	150m: 1:56.23	43.87	250m: 3:23.94	46.43	350m: 4:48.18	36.67		
100m: 1:12.36 38.97	200m: 2:37.51	41.28	300m: 4:11.51	47.57	400m: 5:22.47	34.29		
21. WALCZAK, Katarzyna	97	KS Warta Pozna					5:24.06	522
50m: 34.73 34.73	150m: 1:56.01	40.99	250m: 3:22.64	46.57	350m: 4:47.37	37.65		
100m: 1:15.02 40.29	200m: 2:36.07	40.06	300m: 4:09.72	47.08	400m: 5:24.06	36.69		
22. SZKARŁAT, Julia	98	Slask Wroclaw					5:25.12	517
50m: 31.57 31.57	150m: 1:50.17	40.96	250m: 3:19.23	48.96	350m: 4:47.03	39.02		
100m: 1:09.21 37.64	200m: 2:30.27	40.10	300m: 4:08.01	48.78	400m: 5:25.12	38.09		
23. MENDOWSKA, Katarzyna SP	94	K.S.Warta Pozna					5:25.50	515
50m: 33.80 33.80	150m: 1:55.84	41.38	250m: 3:23.38	46.91	350m: 4:48.11	37.71		
100m: 1:14.46 40.66	200m: 2:36.47	40.63	300m: 4:10.40	47.02	400m: 5:25.50	37.39		
24. WI NIEWSKA, Natalia	97	KS Warta Pozna					5:26.34	511
50m: 33.82 33.82	150m: 1:57.21	42.23	250m: 3:23.03	44.09	350m: 4:47.31	40.51		
100m: 1:14.98 41.16	200m: 2:38.94	41.73	300m: 4:06.80	43.77	400m: 5:26.34	39.03		
25. HORUDKO, Jolanta	98	Slask Wroclaw					5:28.83	500
50m: 37.07 37.07	150m: 2:02.32	41.90	250m: 3:27.63	45.02	350m: 4:51.52	39.05		
100m: 1:20.42 43.35	200m: 2:42.61	40.29	300m: 4:12.47	44.84	400m: 5:28.83	37.31		
26. BAGI SKA, Zofia	97	MOSiR Sopot					5:30.91	490
50m: 34.38 34.38	150m: 1:57.93	42.77	250m: 3:27.08	46.56	350m: 4:53.24	38.79		
100m: 1:15.16 40.78	200m: 2:40.52	42.59	300m: 4:14.45	47.37	400m: 5:30.91	37.67		