

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

Konkurencja 35
2012-11-25 - 12:00

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2012

Pozycja	Rok ur.	Czas	Pkt.
1. SZCZEPANIAK, Karolina	92 AZS AWF Katowice	4:12.44	805
50m: 29.80 29.80	150m: 1:34.22 32.39	250m: 2:38.97 32.47	350m: 3:42.02 30.91
100m: 1:01.83 32.03	200m: 2:06.50 32.28	300m: 3:11.11 32.14	400m: 4:12.44 30.42
2. KILIJA SKA, Donata SSz	95 KS KSZO Ostrowiec w	4:14.54	786
50m: 29.61 29.61	150m: 1:34.24 32.52	250m: 2:38.81 32.27	350m: 3:42.24 31.64
100m: 1:01.72 32.11	200m: 2:06.54 32.30	300m: 3:10.60 31.79	400m: 4:14.54 32.30
3. BURSKA, Justyna	95 UKS "Pi tka" Konstantynów Łódz	4:14.99	781
50m: 30.53 30.53	150m: 1:34.82 32.05	250m: 2:39.41 32.27	350m: 3:43.72 31.87
100m: 1:02.77 32.24	200m: 2:07.14 32.32	300m: 3:11.85 32.44	400m: 4:14.99 31.27
4. BERNAT, Aleksandra	90 K.S.Warta Pozna	4:15.35	778
50m: 29.77 29.77	150m: 1:34.37 32.41	250m: 2:39.28 32.34	350m: 3:44.43 32.52
100m: 1:01.96 32.19	200m: 2:06.94 32.57	300m: 3:11.91 32.63	400m: 4:15.35 30.92
5. WIKIEŁ, Manuela	92 AZS UWM Olsztyn	4:16.96	764
50m: 30.93 30.93	150m: 1:35.61 32.13	250m: 2:39.80 32.01	350m: 3:44.64 32.40
100m: 1:03.48 32.55	200m: 2:07.79 32.18	300m: 3:12.24 32.44	400m: 4:16.96 32.32
6. CZERNIAK, Monika	92 AZS UWM Olsztyn	4:19.88	738
50m: 31.26 31.26	150m: 1:35.89 32.14	250m: 2:40.38 32.18	350m: 3:46.05 33.11
100m: 1:03.75 32.49	200m: 2:08.20 32.31	300m: 3:12.94 32.56	400m: 4:19.88 33.83
7. KARPISZ, Milena	97 UKS "Pi tka" Konstantynów Łódz	4:20.29	735
50m: 31.04 31.04	150m: 1:36.32 32.69	250m: 2:42.24 32.90	350m: 3:48.21 32.67
100m: 1:03.63 32.59	200m: 2:09.34 33.02	300m: 3:15.54 33.30	400m: 4:20.29 32.08
8. ZACHOSZCZ, Joanna	93 AZS UWM Olsztyn	4:22.05	720
50m: 30.67 30.67	150m: 1:36.37 32.71	250m: 2:42.06 32.94	350m: 3:48.94 33.58
100m: 1:03.66 32.99	200m: 2:09.12 32.75	300m: 3:15.36 33.30	400m: 4:22.05 33.11
9. WASILEWSKA, Barbara	94 LKS"OMEGA"Kleszczów	4:23.22	710
50m: 30.51 30.51	150m: 1:36.19 32.97	250m: 2:42.43 33.02	350m: 3:49.96 34.16
100m: 1:03.22 32.71	200m: 2:09.41 33.22	300m: 3:15.80 33.37	400m: 4:23.22 33.26
10. CIE LAK, Joanna	96 K.S.Warta Pozna	4:23.77	706
50m: 31.27 31.27	150m: 1:38.05 33.49	250m: 2:44.98 33.34	350m: 3:51.55 33.28
100m: 1:04.56 33.29	200m: 2:11.64 33.59	300m: 3:18.27 33.29	400m: 4:23.77 32.22
11. WOŁOSZYN, Sonia	95 KS KSZO Ostrowiec wi tokrzysk	4:27.06	680
50m: 31.11 31.11	150m: 1:38.11 33.58	250m: 2:45.87 34.02	350m: 3:54.72 34.58
100m: 1:04.53 33.42	200m: 2:11.85 33.74	300m: 3:20.14 34.27	400m: 4:27.06 32.34
12. PO AROWSZCZYK, Beata	91 MKS Juvenia Wrocław	4:27.64	676
50m: 31.08 31.08	150m: 1:38.42 33.81	250m: 2:46.05 33.96	350m: 3:54.16 34.08
100m: 1:04.61 33.53	200m: 2:12.09 33.67	300m: 3:20.08 34.03	400m: 4:27.64 33.48
13. MACIUCH, Karolina	96 Vega	4:29.26	664
50m: 30.63 30.63	150m: 1:37.75 33.98	250m: 2:46.63 34.63	350m: 3:55.93 34.53
100m: 1:03.77 33.14	200m: 2:12.00 34.25	300m: 3:21.40 34.77	400m: 4:29.26 33.33
14. MAGNER, Agata SK	97 MKS Jordan Kraków	4:30.43	655
50m: 31.37 31.37	150m: 1:37.99 33.60	250m: 2:46.46 34.46	350m: 3:56.18 34.86
100m: 1:04.39 33.02	200m: 2:12.00 34.01	300m: 3:21.32 34.86	400m: 4:30.43 34.25
15. HALAGIERA, Joanna	96 MKP Słowianka Gorzów WLKP	4:32.36	641
50m: 31.50 31.50	150m: 1:40.24 34.73	250m: 2:49.59 34.69	350m: 3:58.72 34.46
100m: 1:05.51 34.01	200m: 2:14.90 34.66	300m: 3:24.26 34.67	400m: 4:32.36 33.64
16. KOWALSKA, Agata	93 AZS Warszawa	4:33.12	636
50m: 31.47 31.47	150m: 1:40.10 34.27	250m: 2:49.67 34.79	350m: 3:58.94 34.45
100m: 1:05.83 34.36	200m: 2:14.88 34.78	300m: 3:24.49 34.82	400m: 4:33.12 34.18
17. BARTOSZEK, Joanna SWR	96 AZS AWF Katowice	4:33.32	634
50m: 30.44 30.44	150m: 1:38.45 34.50	250m: 2:48.62 35.05	350m: 3:58.89 35.37
100m: 1:03.95 33.51	200m: 2:13.57 35.12	300m: 3:23.52 34.90	400m: 4:33.32 34.43

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

Konkurencja 35, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.			
18.	NOWAK, Julia		97	MKP Słowianka Gorzów				4:33.58	633			
	50m:	30.90 30.90	150m:	1:39.52	35.18	250m:	2:49.83	34.96	350m:	3:59.84	34.54	
	100m:	1:04.34	33.44	200m:	2:14.87	35.35	300m:	3:25.30	35.47	400m:	4:33.58	33.74
19.	HACZKIEWICZ, Paulina SZG		97	KORNER Zielona Góra				4:34.35	627			
	50m:	31.22 31.22	150m:	1:41.06	35.28	250m:	2:51.67	35.07	350m:	4:01.30	34.74	
	100m:	1:05.78	34.56	200m:	2:16.60	35.54	300m:	3:26.56	34.89	400m:	4:34.35	33.05
20.	GRZEGORCZYK, Izabella		93	KS Posnania Pozna				4:34.75	625			
	50m:	31.62 31.62	150m:	1:40.47	34.87	250m:	2:50.34	34.89	350m:	4:00.53	35.26	
	100m:	1:05.60	33.98	200m:	2:15.45	34.98	300m:	3:25.27	34.93	400m:	4:34.75	34.22
21.	NIKLARZ, Maria		97	UKS Ruch Grudzi dz				4:35.43	620			
	50m:	31.59 31.59	150m:	1:41.06	34.98	250m:	2:50.68	34.87	350m:	4:01.22	35.23	
	100m:	1:06.08	34.49	200m:	2:15.81	34.75	300m:	3:25.99	35.31	400m:	4:35.43	34.21
22.	ZI BA, Katarzyna		97	KORNER Zielona Góra				4:36.87	610			
	50m:	31.89 31.89	150m:	1:41.62	35.12	250m:	2:52.55	35.36	350m:	4:03.52	35.44	
	100m:	1:06.50	34.61	200m:	2:17.19	35.57	300m:	3:28.08	35.53	400m:	4:36.87	33.35
23.	WYSOCKA, Klaudia		97	Siódemka Sopot				4:37.20	608			
	50m:	33.24 33.24	150m:	1:43.07	34.99	250m:	2:53.10	34.81	350m:	4:03.04	34.88	
	100m:	1:08.08	34.84	200m:	2:18.29	35.22	300m:	3:28.16	35.06	400m:	4:37.20	34.16
24.	WÓJCIK, Claudia		97	KS Warta Pozna				4:37.55	606			
	50m:	31.29 31.29	150m:	1:40.15	34.77	250m:	2:51.06	35.59	350m:	4:01.49	35.32	
	100m:	1:05.38	34.09	200m:	2:15.47	35.32	300m:	3:26.17	35.11	400m:	4:37.55	36.06
25.	SZYMA SKA, Monika		96	LKS"OMEGA"Kleszczów				4:38.29	601			
	50m:	32.19 32.19	150m:	1:42.44	35.38	250m:	2:53.37	35.29	350m:	4:04.01	35.36	
	100m:	1:07.06	34.87	200m:	2:18.08	35.64	300m:	3:28.65	35.28	400m:	4:38.29	34.28
26.	EJNIK, Sylwia		94	KP MZOS Płock				4:38.55	599			
	50m:	32.27 32.27	150m:	1:41.64	34.89	250m:	2:52.84	35.87	350m:	4:04.03	35.45	
	100m:	1:06.75	34.48	200m:	2:16.97	35.33	300m:	3:28.58	35.74	400m:	4:38.55	34.52
27.	JAROCHA, Wiktoria		98	KS KSZO Ostrowiec wi tokrzysk				4:40.11	589			
	50m:	32.46 32.46	150m:	1:40.62	34.34	250m:	2:51.19	35.39	350m:	4:03.95	36.73	
	100m:	1:06.28	33.82	200m:	2:15.80	35.18	300m:	3:27.22	36.03	400m:	4:40.11	36.16
28.	RODZIEWICZ, Ewa		94	MTP KORMORAN Olsztyn				4:41.83	579			
	50m:	32.68 32.68	150m:	1:43.97	35.73	250m:	2:55.95	35.94	350m:	4:07.46	35.68	
	100m:	1:08.24	35.56	200m:	2:20.01	36.04	300m:	3:31.78	35.83	400m:	4:41.83	34.37
29.	BUCZKOWSKA, Katarzyna		96	KORNER Zielona Góra				4:42.28	576			
	50m:	31.41 31.41	150m:	1:42.10	36.06	250m:	2:54.72	36.43	350m:	4:07.53	36.39	
	100m:	1:06.04	34.63	200m:	2:18.29	36.19	300m:	3:31.14	36.42	400m:	4:42.28	34.75
30.	OLSZEWSKA, Nikola		98	MTS Kwidzyn				4:44.32	564			
	50m:	32.47 32.47	150m:	1:44.13	35.98	250m:	2:56.93	36.58	350m:	4:09.40	36.12	
	100m:	1:08.15	35.68	200m:	2:20.35	36.22	300m:	3:33.28	36.35	400m:	4:44.32	34.92
31.	LEWANDOWSKA, Kamila SG		95	KS AZS-AWFis Gda sk				4:45.79	555			
	50m:	33.09 33.09	150m:	1:44.51	35.44	250m:	2:56.68	36.44	350m:	4:09.41	36.21	
	100m:	1:09.07	35.98	200m:	2:20.24	35.73	300m:	3:33.20	36.52	400m:	4:45.79	36.38
32.	ZAWOLIK, Wiktoria		97	KS KSZO Ostrowiec wi tokrzysk				4:45.87	554			
	50m:	31.92 31.92	150m:	1:43.42	36.21	250m:	2:56.48	36.41	350m:	4:10.08	36.66	
	100m:	1:07.21	35.29	200m:	2:20.07	36.65	300m:	3:33.42	36.94	400m:	4:45.87	35.79
33.	WALENDZEWICZ, Aleksandra		95	MUKS"Olimpijczyk" Suwalki				4:46.05	553			
	50m:	32.40 32.40	150m:	1:44.59	36.41	250m:	2:56.48	36.15	350m:	4:09.93	36.92	
	100m:	1:08.18	35.78	200m:	2:20.33	35.74	300m:	3:33.01	36.53	400m:	4:46.05	36.12
34.	WORONIECKA, Dominika		96	MUKS Pi tnastka Bydgoszcz				4:47.17	547			
	50m:	32.15 32.15	150m:	1:43.39	36.12	250m:	2:56.38	36.66	350m:	4:10.40	37.25	
	100m:	1:07.27	35.12	200m:	2:19.72	36.33	300m:	3:33.15	36.77	400m:	4:47.17	36.77
35.	WALCZAK, Katarzyna		97	KS Warta Pozna				4:47.51	545			
	50m:	32.73 32.73	150m:	1:44.30	36.17	250m:	2:57.13	36.69	350m:	4:11.26	37.13	
	100m:	1:08.13	35.40	200m:	2:20.44	36.14	300m:	3:34.13	37.00	400m:	4:47.51	36.25

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

Konkurencja 35, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja	Rok ur.								Czas	Pkt.
36. MAZUR, Maja	98 Salos Cortile								4:47.52	545
50m: 31.95 31.95	150m: 1:44.10	37.01	250m: 2:58.56	37.25	350m: 4:13.12	37.11				
100m: 1:07.09 35.14	200m: 2:21.31	37.21	300m: 3:36.01	37.45	400m: 4:47.52	34.40				
37. LESZCZY SKA, Zofia	98 KP MZOS Płock								4:49.16	536
50m: 33.12 33.12	150m: 1:45.25	36.43	250m: 2:59.27	37.11	350m: 4:13.84	37.25				
100m: 1:08.82 35.70	200m: 2:22.16	36.91	300m: 3:36.59	37.32	400m: 4:49.16	35.32				
38. NIEMCZYK, Mirosława	95 KORNER Zielona Góra								4:50.11	530
50m: 32.80 32.80	150m: 1:46.65	37.49	250m: 3:00.77	37.06	350m: 4:14.73	36.78				
100m: 1:09.16 36.36	200m: 2:23.71	37.06	300m: 3:37.95	37.18	400m: 4:50.11	35.38				
39. MACHULA, Sara	98 KS KSZO Ostrowiec wi tokrzysk								4:53.94	510
50m: 33.81 33.81	150m: 1:47.27	37.10	250m: 3:01.90	37.12	350m: 4:17.18	37.71				
100m: 1:10.17 36.36	200m: 2:24.78	37.51	300m: 3:39.47	37.57	400m: 4:53.94	36.76				
40. NAZI BŁO, Klaudia	93 MKS Juvenia Wrocław								4:55.67	501
50m: 32.47 32.47	150m: 1:45.64	37.33	250m: 3:02.21	38.07	350m: 4:18.57	37.81				
100m: 1:08.31 35.84	200m: 2:24.14	38.50	300m: 3:40.76	38.55	400m: 4:55.67	37.10				
41. POPŁONYK, Aleksandra	98 UKS 9 Kalisz								4:55.70	501
50m: 32.63 32.63	150m: 1:45.98	37.43	250m: 3:01.68	38.00	350m: 4:18.86	38.74				
100m: 1:08.55 35.92	200m: 2:23.68	37.70	300m: 3:40.12	38.44	400m: 4:55.70	36.84				
42. KRZY AN, Maria	98 KS Warta Pozna								4:58.49	487
50m: 34.32 34.32	150m: 1:49.43	37.51	250m: 3:05.52	38.45	350m: 4:21.86	38.02				
100m: 1:11.92 37.60	200m: 2:27.07	37.64	300m: 3:43.84	38.32	400m: 4:58.49	36.63				
43. STAWARZ, Sandra	98 Slask Wroclaw								4:58.68	486
50m: 33.56 33.56	150m: 1:47.90	37.93	250m: 3:04.07	37.93	350m: 4:21.05	38.39				
100m: 1:09.97 36.41	200m: 2:26.14	38.24	300m: 3:42.66	38.59	400m: 4:58.68	37.63				
44. FILIPIAK, Wiktoria	97 KS Warta Pozna								5:01.10	474
50m: 33.35 33.35	150m: 1:48.27	37.75	250m: 3:04.97	38.45	350m: 4:23.42	39.23				
100m: 1:10.52 37.17	200m: 2:26.52	38.25	300m: 3:44.19	39.22	400m: 5:01.10	37.68				
45. KIT, Zuzanna	97 UKS 9 Kalisz								5:01.36	473
50m: 32.59 32.59	150m: 1:45.99	37.21	250m: 3:02.95	38.99	350m: 4:22.20	39.49				
100m: 1:08.78 36.19	200m: 2:23.96	37.97	300m: 3:42.71	39.76	400m: 5:01.36	39.16				
NIE UK. TCHÓRZ, Alicja	92 MKS Juvenia Wrocław									
50m: 29.32 29.32	150m: 1:36.60	34.04	250m:		350m:					
100m: 1:02.56 33.24	200m: 2:11.95	35.35	300m:		400m:					