

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

Event 35
2012-11-25 - 12:00

Women, 400m Freestyle

14 years and older
Results

Points: FINA 2012

Rank			YB					Time	Pts
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.	KILIJANSKA, Donata SSz		95	KS KSZO Ostrowiec Sw				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 "Piatka" Konstanynow Lodz				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 Poznan				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.	WIKIEL, 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.	CZERNAK, 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 "Piatka" Konstanynow Lodz				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"Kleszczow				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.	CIESLAK, Joanna		96	K.S.Warta Poznan				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.	WOLOSZYN, Sonia		95	KS KSZO Ostrowiec Swietokrzysk				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.	POZAROWSZCZYK, Beata		91	MKS Juvenia Wroclaw				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 Krakow				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 Slowianka Gorzow 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 Warsaw				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

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Event 35, Women, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
18.	NOWAK, Julia				97	MKP Slowianka Gorzow				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 Gora				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 Poznan				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 Grudziadz				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.	ZIEBA, Katarzyna				97	KORNER Zielona Gora				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	Siodemka 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.	WOJCIK, Claudia				97	KS Warta Poznan				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.	SZYMANSKA, Monika				96	LKS"OMEGA"Kleszczow				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	MZOS Plock				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 Swietokrzysk				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 Gora				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 Gdansk				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 Swietokrzysk				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 Pietnastka 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 Poznan				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

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Event 35, Women, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
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.	LESZCZYNSKA, Zofia				98	MZOS Plock				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 Gora				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 Swietokrzysk				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.	NAZIEBLO, Klaudia				93	MKS Juvenia Wroclaw				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.	POPLONYK, 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.	KRZYZAN, Maria				98	KS Warta Poznan				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 Poznan				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
DNF	TCHORZ, Alicja				92	MKS Juvenia Wroclaw						
	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:		