

Grand Prix - Puchar Polski w pływaniu  
Kozienice, 5- - 6-3-2011

Konkurencja 1  
2011-03-05 - 10:20

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.
1.	RADLI SKA Marcelina		93	UKS Orka Zamo			<b>4:46.61</b>	755	
	50m: 30.51 30.51	150m: 1:42.16		36.49	250m: 2:59.06	39.90	350m: 4:13.69	34.01	
	100m: 1:05.67 35.16	200m: 2:19.16		37.00	300m: 3:39.68	40.62	400m: 4:46.61	32.92	
2.	URBA SKA Karolina		92	KS AZS-AWFis Gda sk			<b>4:49.84</b>	730	
	50m: 31.33 31.33	150m: 1:44.08		36.83	250m: 3:01.86	41.74	350m: 4:16.97	33.39	
	100m: 1:07.25 35.92	200m: 2:20.12		36.04	300m: 3:43.58	41.72	400m: 4:49.84	32.87	
3.	OŁNOWSKA Katarzyna		90	MZOS Płock			<b>4:50.85</b>	722	
	50m: 31.64 31.64	150m: 1:45.08		37.61	250m: 3:03.21	41.30	350m: 4:18.68	33.53	
	100m: 1:07.47 35.83	200m: 2:21.91		36.83	300m: 3:45.15	41.94	400m: 4:50.85	32.17	
4.	SZCZEPANIAK Karolina		92	AZS AWF Warszawa			<b>4:52.78</b>	708	
	50m: 30.57 30.57	150m: 1:42.50		37.52	250m: 3:01.36	42.65	350m: 4:19.37	34.89	
	100m: 1:04.98 34.41	200m: 2:18.71		36.21	300m: 3:44.48	43.12	400m: 4:52.78	33.41	
5.	SIKORA Paulina SO		93	UKP Unia O wi cim			<b>4:55.43</b>	689	
	50m: 31.44 31.44	150m:			250m: 3:04.49	41.96	350m: 4:21.62	34.63	
	100m: 1:06.50 35.06	200m: 2:22.53			300m: 3:46.99	42.50	400m: 4:55.43	33.81	
6.	MAŁECKA Agnieszka SSz		93	UKS Jedyńka Solex L bork			<b>4:59.35</b>	663	
	50m: 32.15 32.15	150m: 1:46.65		38.19	250m: 3:07.53	43.84	350m: 4:26.34	34.57	
	100m: 1:08.46 36.31	200m: 2:23.69		37.04	300m: 3:51.77	44.24	400m: 4:59.35	33.01	
7.	LEFANOWICZ Iwona		92	UKS 23 Lublin			<b>5:00.14</b>	657	
	50m: 31.34 31.34	150m: 1:44.13		36.10	250m: 3:04.22	44.43	350m: 4:25.20	35.16	
	100m: 1:08.03 36.69	200m: 2:19.79		35.66	300m: 3:50.04	45.82	400m: 5:00.14	34.94	
8.	UKOWSKA Paula SZG		93	Zryw Opole			<b>5:02.00</b>	645	
	50m: 31.62 31.62	150m: 1:44.92		37.79	250m: 3:07.44	45.21	350m: 4:27.39	35.39	
	100m: 1:07.13 35.51	200m: 2:22.23		37.31	300m: 3:52.00	44.56	400m: 5:02.00	34.61	
9.	CZERNIAK Monika SR		92	AZS UWM Olsztyn			<b>5:05.29</b>	625	
	50m: 32.21 32.21	150m: 1:47.60		38.80	250m: 3:09.09	43.09	350m: 4:30.04	36.97	
	100m: 1:08.80 36.59	200m: 2:26.00		38.40	300m: 3:53.07	43.98	400m: 5:05.29	35.25	
10.	K CKA Natalia		95	UKP Unia O wi cim			<b>5:12.34</b>	583	
	50m: 32.73 32.73	150m: 1:52.27		41.50	250m: 3:16.61	44.22	350m: 4:37.90	36.46	
	100m: 1:10.77 38.04	200m: 2:32.39		40.12	300m: 4:01.44	44.83	400m: 5:12.34	34.44	
11.	MILEK Antonina		94	Wisła Puławy			<b>5:53.47</b>	402	
	50m: 38.93 38.93	150m: 2:07.79		45.33	250m: 3:40.49	49.06	350m: 5:13.81	43.64	
	100m: 1:22.46 43.53	200m: 2:51.43		43.64	300m: 4:30.17	49.68	400m: 5:53.47	39.66	