

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

Konkurencja 33  
2011-03-06 - 10:40

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.
1.	KILIJA	SKA Donata SSz	95	KSZO Ostrowiec				<b>4:13.90</b>	792
	50m:	29.77 29.77	150m:	1:33.13 31.77	250m:	2:37.46 32.14	350m:	3:42.14 32.28	
	100m:	1:01.36 31.59	200m:	2:05.32 32.19	300m:	3:09.86 32.40	400m:	4:13.90 31.76	
2.	SZCZEPANIAK	Karolina	92	AZS AWF Warszawa				<b>4:17.25</b>	761
	50m:	30.58 30.58	150m:	1:35.72 32.79	250m:	2:41.42 32.41	350m:	3:45.57 31.77	
	100m:	1:02.93 32.35	200m:	2:09.01 33.29	300m:	3:13.80 32.38	400m:	4:17.25 31.68	
3.	UKOWSKA	Paula SZG	93	Zryw Opole				<b>4:18.77</b>	748
	50m:	30.65 30.65	150m:	1:36.22 32.91	250m:	2:41.44 32.50	350m:	3:47.37 33.18	
	100m:	1:03.31 32.66	200m:	2:08.94 32.72	300m:	3:14.19 32.75	400m:	4:18.77 31.40	
4.	GAWĘŁCZYK	Dominika	91	AZS AWF Katowice				<b>4:20.28</b>	735
	50m:	30.24 30.24	150m:	1:34.79 32.41	250m:	2:40.58 33.02	350m:	3:47.08 33.20	
	100m:	1:02.38 32.14	200m:	2:07.56 32.77	300m:	3:13.88 33.30	400m:	4:20.28 33.20	
5.	WASILEWSKA	Barbara	94	LKS Omega Kleszczów				<b>4:25.17</b>	695
	50m:	31.38 31.38	150m:	1:38.32 33.67	250m:	2:45.53 33.60	350m:	3:52.35 33.49	
	100m:	1:04.65 33.27	200m:	2:11.93 33.61	300m:	3:18.86 33.33	400m:	4:25.17 32.82	
6.	BAJORSKA	Dorota SO	94	UKP Unia O wi cim				<b>4:27.30</b>	678
	50m:	31.71 31.71	150m:	1:37.94 33.18	250m:	2:45.27 33.77	350m:	3:53.84 34.52	
	100m:	1:04.76 33.05	200m:	2:11.50 33.56	300m:	3:19.32 34.05	400m:	4:27.30 33.46	
7.	CHODYNA	Monika	92	AZS UWM Olsztyn				<b>4:28.66</b>	668
	50m:	31.44 31.44	150m:	1:38.60 33.49	250m:	2:46.34 33.78	350m:	3:54.66 34.54	
	100m:	1:05.11 33.67	200m:	2:12.56 33.96	300m:	3:20.12 33.78	400m:	4:28.66 34.00	
8.	PAWLACZEK	Natalia SK	93	Zryw Opole				<b>4:28.69</b>	668
	50m:	30.72 30.72	150m:	1:37.91 33.93	250m:	2:46.15 33.99	350m:	3:54.88 34.52	
	100m:	1:03.98 33.26	200m:	2:12.16 34.25	300m:	3:20.36 34.21	400m:	4:28.69 33.81	
9.	CISOWSKA	ALEKSANDRA	89	AZS AGH Kraków				<b>4:30.82</b>	652
	50m:	31.52 31.52	150m:	1:39.69 34.24	250m:	2:47.71 33.82	350m:	3:56.65 34.64	
	100m:	1:05.45 33.93	200m:	2:13.89 34.20	300m:	3:22.01 34.30	400m:	4:30.82 34.17	
10.	SIKORA	Paulina SO	93	UKP Unia O wi cim				<b>4:32.57</b>	640
	50m:	32.05 32.05	150m:	1:39.68 34.00	250m:	2:48.25 34.27	350m:	3:57.46 34.73	
	100m:	1:05.68 33.63	200m:	2:13.98 34.30	300m:	3:22.73 34.48	400m:	4:32.57 35.11	
11.	S DŁAK	Katarzyna	94	UKS Orka Zamo				<b>4:33.34</b>	634
	50m:	31.56 31.56	150m:	1:39.81 34.36	250m:	2:49.38 34.78	350m:	3:59.52 35.00	
	100m:	1:05.45 33.89	200m:	2:14.60 34.79	300m:	3:24.52 35.14	400m:	4:33.34 33.82	
12.	POMIETŁO	Aleksandra	94	Kmita Zabierzów				<b>4:39.68</b>	592
	50m:	32.79 32.79	150m:	1:41.91 34.64	250m:	2:52.97 35.54	350m:	4:04.93 35.69	
	100m:	1:07.27 34.48	200m:	2:17.43 35.52	300m:	3:29.24 36.27	400m:	4:39.68 34.75	
13.	BORZ	CKA Katarzyna	95	UKS 23 Lublin				<b>4:41.86</b>	578
	50m:	32.79 32.79	150m:	1:43.65 35.60	250m:	2:55.30 35.82	350m:	4:07.00 35.78	
	100m:	1:08.05 35.26	200m:	2:19.48 35.83	300m:	3:31.22 35.92	400m:	4:41.86 34.86	
14.	ANDRZEJCZUK	Martynika	94	I sk Wrocław				<b>5:06.42</b>	450
	50m:	34.51 34.51	150m:	1:50.28 38.37	250m:	3:09.01 39.43	350m:	4:28.27 39.79	
	100m:	1:11.91 37.40	200m:	2:29.58 39.30	300m:	3:48.48 39.47	400m:	5:06.42 38.15	