

Grand Prix Puchar Polski w Pływaniu
Kozienice, 16- - 17-2-2013

Konkurencja 1
2013-02-16 - 10:20

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.
1.	KILIJA SKA, Donata SSz	95	KSZO Ostrowiec w					4:50.46	725
	50m: 31.46 31.46	150m: 1:44.01	36.74	250m: 3:00.91	41.13	350m: 4:16.98	35.02		
	100m: 1:07.27 35.81	200m: 2:19.78	35.77	300m: 3:41.96	41.05	400m: 4:50.46	33.48		
2.	CHWADECZKO, Zuzanna SSz	95	MTP Lublinianka Lublin					4:58.08	671
	50m: 31.60 31.60	150m: 1:44.92	37.01	250m: 3:03.42	41.47	350m: 4:22.79	36.12		
	100m: 1:07.91 36.31	200m: 2:21.95	37.03	300m: 3:46.67	43.25	400m: 4:58.08	35.29		
3.	ZACHOSZCZ, Paulina	93	MKP Szczecin					4:59.33	663
	50m: 31.10 31.10	150m: 1:47.46	40.63	250m: 3:07.87	40.77	350m: 4:24.87	35.82		
	100m: 1:06.83 35.73	200m: 2:27.10	39.64	300m: 3:49.05	41.18	400m: 4:59.33	34.46		
4.	POPIEL, Joanna	96	UKS G - 8 Bielany Warszawa					5:02.56	642
	50m: 33.24 33.24	150m: 1:47.63	37.84	250m: 3:11.05	45.36	350m: 4:29.67	34.09		
	100m: 1:09.79 36.55	200m: 2:25.69	38.06	300m: 3:55.58	44.53	400m: 5:02.56	32.89		
5.	NIENAŁTOWSKA, Natalia	96	MKS Polonia Warszawa					5:02.69	641
	50m: 32.38 32.38	150m: 1:46.87	37.91	250m: 3:08.42	43.75	350m: 4:28.26	35.86		
	100m: 1:08.96 36.58	200m: 2:24.67	37.80	300m: 3:52.40	43.98	400m: 5:02.69	34.43		
6.	ZYGO, Karolina	96	KS OLIMPIA Lublin					5:05.21	625
	50m: 32.99 32.99	150m: 1:48.06	38.47	250m: 3:11.33	45.04	350m: 4:31.15	34.94		
	100m: 1:09.59 36.60	200m: 2:26.29	38.23	300m: 3:56.21	44.88	400m: 5:05.21	34.06		
7.	SZCZYTKO, Alicja	95	MUKS Olimpijczyk Suwałki					5:08.42	606
	50m: 31.82 31.82	150m: 1:48.45	39.37	250m: 3:11.89	44.78	350m: 4:33.59	36.42		
	100m: 1:09.08 37.26	200m: 2:27.11	38.66	300m: 3:57.17	45.28	400m: 5:08.42	34.83		
8.	PIECHOTA, Paulina	99	UKS 190 Łódź					5:08.60	605
	50m: 32.90 32.90	150m: 1:50.71	40.09	250m: 3:12.78	42.43	350m: 4:33.05	36.72		
	100m: 1:10.62 37.72	200m: 2:30.35	39.64	300m: 3:56.33	43.55	400m: 5:08.60	35.55		
9.	KOTOWICZ, Anna	98	UKS MOS Ełk					5:12.06	585
	50m: 32.28 32.28	150m: 1:52.10	41.62	250m: 3:15.46	43.24	350m: 4:36.90	36.40		
	100m: 1:10.48 38.20	200m: 2:32.22	40.12	300m: 4:00.50	45.04	400m: 5:12.06	35.16		
10.	MIKOŁAJCZAK, Anna SSz	95	MKP Szczecin					5:13.09	579
	50m: 32.57 32.57	150m: 1:50.93	41.09	250m: 3:16.01	45.15	350m: 4:38.18	36.71		
	100m: 1:09.84 37.27	200m: 2:30.86	39.93	300m: 4:01.47	45.46	400m: 5:13.09	34.91		
11.	WOŁOSZYN, Sonia	95	KSZO Ostrowiec w					5:13.29	578
	50m: 31.94 31.94	150m: 1:49.51	40.20	250m: 3:13.83	45.31	350m: 4:38.03	37.24		
	100m: 1:09.31 37.37	200m: 2:28.52	39.01	300m: 4:00.79	46.96	400m: 5:13.29	35.26		
12.	SZMIT, Dominika	95	MTP KORMORAN Olsztyn					5:14.13	573
	50m: 33.51 33.51	150m: 1:51.74	39.41	250m: 3:16.21	46.06	350m: 4:38.25	36.34		
	100m: 1:12.33 38.82	200m: 2:30.15	38.41	300m: 4:01.91	45.70	400m: 5:14.13	35.88		
13.	GRALEWSKA, Kalina	96	MKS Polonia Warszawa					5:14.64	571
	50m: 32.86 32.86	150m: 1:51.27	40.09	250m: 3:15.97	45.73	350m: 4:39.45	37.64		
	100m: 1:11.18 38.32	200m: 2:30.24	38.97	300m: 4:01.81	45.84	400m: 5:14.64	35.19		
14.	NIKLARZ, Maria	97	Ruch Grudzi dz					5:15.85	564
	50m: 34.89 34.89	150m: 1:55.33	40.26	250m: 3:18.25	42.67	350m: 4:38.69	37.22		
	100m: 1:15.07 40.18	200m: 2:35.58	40.25	300m: 4:01.47	43.22	400m: 5:15.85	37.16		
15.	NIESZPOREK, Wiktoria	99	UKS 190 Łódź					5:16.10	563
	50m: 34.56 34.56	150m: 1:55.94	40.67	250m: 3:17.74	41.62	350m: 4:39.88	38.42		
	100m: 1:15.27 40.71	200m: 2:36.12	40.18	300m: 4:01.46	43.72	400m: 5:16.10	36.22		
16.	ŁUKASIK, Wiktoria	99	MKS Medyk Gi ycko					5:16.53	560
	50m: 32.95 32.95	150m: 1:51.49	40.53	250m: 3:16.91	44.90	350m: 4:40.83	37.22		
	100m: 1:10.96 38.01	200m: 2:32.01	40.52	300m: 4:03.61	46.70	400m: 5:16.53	35.70		
17.	BARTNIAK, Dorota	97	MKS Trójka Łódź					5:21.80	533
	50m: 34.81 34.81	150m: 1:56.23	41.44	250m: 3:21.41	45.38	350m: 4:45.44	37.83		
	100m: 1:14.79 39.98	200m: 2:36.03	39.80	300m: 4:07.61	46.20	400m: 5:21.80	36.36		

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

Pozycja			Rok ur.					Czas	Pkt.		
18.	WYDRYSZEK, Kinga		96	MKS Polonia Warszawa				5:23.78	524		
	50m:	34.30 34.30	150m:	1:55.46	41.33	250m:	3:22.79	47.00	350m:	4:47.70	37.71
	100m:	1:14.13 39.83	200m:	2:35.79	40.33	300m:	4:09.99	47.20	400m:	5:23.78	36.08
19.	ADAMCZYK, Julia		99	MTP Lublinianka Lublin				5:24.17	522		
	50m:	33.39 33.39	150m:	1:53.46	40.47	250m:	3:19.84	45.71	350m:	4:45.34	38.96
	100m:	1:12.99 39.60	200m:	2:34.13	40.67	300m:	4:06.38	46.54	400m:	5:24.17	38.83
20.	WI NIEWSKA, Klaudia		95	Skalar Słupsk				5:24.46	520		
	50m:	35.02 35.02	150m:	1:59.49	42.46	250m:	3:25.61	45.06	350m:	4:49.64	36.97
	100m:	1:17.03 42.01	200m:	2:40.55	41.06	300m:	4:12.67	47.06	400m:	5:24.46	34.82
21.	GOLE , Martyna		98	Fala Kra nik				5:26.65	510		
	50m:	35.29 35.29	150m:	1:57.87	41.79	250m:	3:24.39	45.83	350m:	4:49.10	38.56
	100m:	1:16.08 40.79	200m:	2:38.56	40.69	300m:	4:10.54	46.15	400m:	5:26.65	37.55
22.	JACNIACKA, Karolina		98	Fala Kra nik				5:30.41	493		
	50m:	34.42 34.42	150m:	1:55.29	41.06	250m:	3:23.22	48.02	350m:	4:51.80	39.62
	100m:	1:14.23 39.81	200m:	2:35.20	39.91	300m:	4:12.18	48.96	400m:	5:30.41	38.61
23.	KRUSZCZY SKA, Julia		99	Ruch Grudzi dz				5:33.39	480		
	50m:	36.67 36.67	150m:	2:02.61	40.37	250m:	3:29.96	46.42	350m:	4:55.61	39.32
	100m:	1:22.24 45.57	200m:	2:43.54	40.93	300m:	4:16.29	46.33	400m:	5:33.39	37.78
24.	WAWRZYNKIEWICZ, Wiktoria		99	UKS " oliborz" Warszawa				5:38.48	458		
	50m:	36.79 36.79	150m:	2:08.66	45.18	250m:	3:37.84	46.44	350m:	5:03.05	38.56
	100m:	1:23.48 46.69	200m:	2:51.40	42.74	300m:	4:24.49	46.65	400m:	5:38.48	35.43
25.	SAMUŁA, Wiktoria		99	MTP Lublinianka Lublin				5:39.57	454		
	50m:	36.27 36.27	150m:	2:03.13	43.94	250m:	3:32.19	46.11	350m:	5:00.09	40.56
	100m:	1:19.19 42.92	200m:	2:46.08	42.95	300m:	4:19.53	47.34	400m:	5:39.57	39.48
26.	TOMASZEWSKA, Aleksandra		99	SALOS CORTILE Kielce				5:47.40	424		
	50m:	35.67 35.67	150m:	2:02.04	44.20	250m:	3:37.16	51.79	350m:	5:09.17	39.63
	100m:	1:17.84 42.17	200m:	2:45.37	43.33	300m:	4:29.54	52.38	400m:	5:47.40	38.23
27.	LICZNIAK, Weronika		99	MTP Lublinianka Lublin				5:54.29	399		
	50m:	35.52 35.52	150m:	2:05.59	47.47	250m:	3:42.09	49.15	350m:	5:13.30	41.15
	100m:	1:18.12 42.60	200m:	2:52.94	47.35	300m:	4:32.15	50.06	400m:	5:54.29	40.99
NIE UK.	GAIK, Natalia		99	SALOS CORTILE Kielce							
	50m:	35.27 35.27	150m:	2:02.33	44.40	250m:	3:37.11	50.85	350m:		
	100m:	1:17.93 42.66	200m:	2:46.26	43.93	300m:	4:30.97	53.86	400m:		