

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

Konkurencja 33  
2013-02-17 - 11:35

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2012

Pozycja	Rok ur.	Czas	Pkt.
1. KILIJA SKA, Donata SSz	95 KSZO Ostrowiec w	<b>4:15.86</b>	774
50m: 31.17 31.17	150m: 1:37.21 32.85	250m: 2:42.00 32.20	350m: 3:45.10 31.22
100m: 1:04.36 33.19	200m: 2:09.80 32.59	300m: 3:13.88 31.88	400m: 4:15.86 30.76
2. ZACHOSZCZ, Joanna	93 AZS UWM Olsztyn	<b>4:16.91</b>	764
50m: 31.24 31.24	150m: 1:37.16 32.69	250m: 2:41.86 32.01	350m: 3:45.70 31.86
100m: 1:04.47 33.23	200m: 2:09.85 32.69	300m: 3:13.84 31.98	400m: 4:16.91 31.21
3. CZERNIAK, Monika	92 AZS UWM Olsztyn	<b>4:19.21</b>	744
50m: 31.22 31.22	150m: 1:37.25 32.94	250m: 2:42.29 32.42	350m: 3:47.59 32.71
100m: 1:04.31 33.09	200m: 2:09.87 32.62	300m: 3:14.88 32.59	400m: 4:19.21 31.62
4. ZYGO, Karolina	96 KS OLIMPIA Lublin	<b>4:24.58</b>	699
50m: 32.27 32.27	150m: 1:39.60 33.93	250m: 2:46.51 33.28	350m: 3:53.35 33.14
100m: 1:05.67 33.40	200m: 2:13.23 33.63	300m: 3:20.21 33.70	400m: 4:24.58 31.23
5. RUDAWSKA, Adrianna	96 UKS Olimpijczyk 23 Lublin	<b>4:24.66</b>	699
50m: 31.26 31.26	150m: 1:39.06 34.00	250m: 2:46.48 33.55	350m: 3:53.35 33.16
100m: 1:05.06 33.80	200m: 2:12.93 33.87	300m: 3:20.19 33.71	400m: 4:24.66 31.31
6. WASILEWSKA, Barbara	94 LKS"OMEGA"Kleszczów	<b>4:26.14</b>	687
50m: 31.87 31.87	150m: 1:39.11 33.56	250m: 2:46.06 33.40	350m: 3:53.01 33.40
100m: 1:05.55 33.68	200m: 2:12.66 33.55	300m: 3:19.61 33.55	400m: 4:26.14 33.13
7. WOŁOSZYN, Sonia	95 KSZO Ostrowiec w	<b>4:29.73</b>	660
50m: 31.26 31.26	150m: 1:38.79 34.01	250m: 2:47.51 34.54	350m: 3:56.32 34.19
100m: 1:04.78 33.52	200m: 2:12.97 34.18	300m: 3:22.13 34.62	400m: 4:29.73 33.41
8. SZCZYTKO, Alicja	95 MUKS Olimpijczyk Suwałki	<b>4:30.51</b>	654
50m: 31.63 31.63	150m: 1:38.88 33.79	250m: 2:46.93 33.92	350m: 3:56.31 34.93
100m: 1:05.09 33.46	200m: 2:13.01 34.13	300m: 3:21.38 34.45	400m: 4:30.51 34.20
9. WIERTEL, Agata	95 MTP Lublinianka Lublin	<b>4:31.79</b>	645
50m: 31.47 31.47	150m: 1:40.47 34.65	250m: 2:49.64 34.53	350m: 3:58.25 34.30
100m: 1:05.82 34.35	200m: 2:15.11 34.64	300m: 3:23.95 34.31	400m: 4:31.79 33.54
10. MACIUCH, Karolina	96 SP DOKiS "Vega: Dobrodzie	<b>4:32.39</b>	641
50m: 31.25 31.25	150m: 1:39.03 34.27	250m: 2:48.41 35.04	350m: 3:58.28 34.78
100m: 1:04.76 33.51	200m: 2:13.37 34.34	300m: 3:23.50 35.09	400m: 4:32.39 34.11
11. NIENAŁTOWSKA, Natalia	96 MKS Polonia Warszawa	<b>4:33.71</b>	632
50m: 31.96 31.96	150m: 1:39.81 33.99	250m: 2:48.97 34.69	350m: 3:59.31 35.10
100m: 1:05.82 33.86	200m: 2:14.28 34.47	300m: 3:24.21 35.24	400m: 4:33.71 34.40
12. NOGAJ, Paulina	98 Wodnik Radom	<b>4:34.18</b>	629
50m: 31.47 31.47	150m: 1:41.36 35.14	250m: 2:51.81 35.44	350m: 4:01.94 34.97
100m: 1:06.22 34.75	200m: 2:16.37 35.01	300m: 3:26.97 35.16	400m: 4:34.18 32.24
13. NIKLARZ, Maria	97 Ruch Grudzi dz	<b>4:34.30</b>	628
50m: 32.06 32.06	150m: 1:41.92 34.97	250m: 2:51.66 34.60	350m: 4:00.63 34.13
100m: 1:06.95 34.89	200m: 2:17.06 35.14	300m: 3:26.50 34.84	400m: 4:34.30 33.67
14. S DŁAK, Katarzyna	94 UKS Orka Zamo	<b>4:36.08</b>	616
50m: 31.80 31.80	150m: 1:41.29 35.20	250m: 2:51.28 35.01	350m: 4:01.65 35.21
100m: 1:06.09 34.29	200m: 2:16.27 34.98	300m: 3:26.44 35.16	400m: 4:36.08 34.43
15. LORANTY, Patrycja	97 KSZO Ostrowiec w	<b>4:36.57</b>	612
50m: 31.50 31.50	150m: 1:40.76 34.91	250m: 2:51.56 35.33	350m: 4:03.09 35.73
100m: 1:05.85 34.35	200m: 2:16.23 35.47	300m: 3:27.36 35.80	400m: 4:36.57 33.48
16. SZYMA SKA, Monika	96 LKS"OMEGA"Kleszczów	<b>4:37.07</b>	609
50m: 32.16 32.16	150m: 1:41.05 34.76	250m: 2:51.85 35.54	350m: 4:02.69 35.46
100m: 1:06.29 34.13	200m: 2:16.31 35.26	300m: 3:27.23 35.38	400m: 4:37.07 34.38
17. PIECHOTA, Paulina	99 UKS 190 Łód	<b>4:37.60</b>	606
50m: 31.74 31.74	150m: 1:42.39 35.32	250m: 2:52.94 35.34	350m: 4:04.03 35.48
100m: 1:07.07 35.33	200m: 2:17.60 35.21	300m: 3:28.55 35.61	400m: 4:37.60 33.57

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Pozycja			Rok ur.					Czas	Pkt.
18.	WIECZOREK, Magdalena		98	Fala Kra nik			<b>4:38.66</b>	599	
	50m: 32.00	32.00	150m: 1:41.96	35.42	250m: 2:53.54	36.18	350m: 4:04.96	35.75	
	100m: 1:06.54	34.54	200m: 2:17.36	35.40	300m: 3:29.21	35.67	400m: 4:38.66	33.70	
19.	DYRDA, Karolina		97	Skarpa Lublin			<b>4:38.78</b>	598	
	50m: 31.98	31.98	150m: 1:42.72	35.78	250m: 2:53.33	35.37	350m: 4:04.52	35.53	
	100m: 1:06.94	34.96	200m: 2:17.96	35.24	300m: 3:28.99	35.66	400m: 4:38.78	34.26	
20.	ZAWOLIK, Wiktoria		97	KSZO Ostrowiec w			<b>4:40.24</b>	589	
	50m: 31.72	31.72	150m: 1:41.62	35.35	250m: 2:52.94	35.70	350m: 4:05.29	36.30	
	100m: 1:06.27	34.55	200m: 2:17.24	35.62	300m: 3:28.99	36.05	400m: 4:40.24	34.95	
21.	SZYNAL, Ludwika		94	Skarpa Lublin			<b>4:40.92</b>	584	
	50m: 31.80	31.80	150m: 1:41.82	35.36	250m: 2:53.56	35.97	350m: 4:05.90	35.92	
	100m: 1:06.46	34.66	200m: 2:17.59	35.77	300m: 3:29.98	36.42	400m: 4:40.92	35.02	
22.	JAROCHA, Wiktoria		98	KSZO Ostrowiec w			<b>4:41.37</b>	582	
	50m: 33.13	33.13	150m: 1:43.84	35.64	250m: 2:55.03	35.59	350m: 4:07.16	36.08	
	100m: 1:08.20	35.07	200m: 2:19.44	35.60	300m: 3:31.08	36.05	400m: 4:41.37	34.21	
23.	SIKORA, Paulina		93	AZS AWF Warszawa			<b>4:41.58</b>	580	
	50m: 31.76	31.76	150m: 1:42.15	35.41	250m: 2:53.44	35.35	350m: 4:05.70	36.39	
	100m: 1:06.74	34.98	200m: 2:18.09	35.94	300m: 3:29.31	35.87	400m: 4:41.58	35.88	
24.	WI NIEWSKA, Klaudia		95	Skalar Słupsk			<b>4:42.71</b>	573	
	50m: 32.51	32.51	150m: 1:43.45	35.65	250m: 2:55.41	35.76	350m: 4:08.07	36.08	
	100m: 1:07.80	35.29	200m: 2:19.65	36.20	300m: 3:31.99	36.58	400m: 4:42.71	34.64	
25.	ALEKSANDROWICZ, Arleta		96	MUKS Olimpijczyk Suwałki			<b>4:43.54</b>	568	
	50m: 31.98	31.98	150m: 1:42.47	35.43	250m: 2:54.44	35.91	350m: 4:07.75	36.73	
	100m: 1:07.04	35.06	200m: 2:18.53	36.06	300m: 3:31.02	36.58	400m: 4:43.54	35.79	
26.	MACHULA, Sara		98	KSZO Ostrowiec w			<b>4:47.46</b>	545	
	50m: 33.42	33.42	150m: 1:45.80	36.34	250m: 2:59.13	36.71	350m: 4:12.28	36.81	
	100m: 1:09.46	36.04	200m: 2:22.42	36.62	300m: 3:35.47	36.34	400m: 4:47.46	35.18	
27.	KIEC, Magdalena		96	UKS " oliborz" Warszawa			<b>4:47.87</b>	543	
	50m: 32.35	32.35	150m: 1:44.99	36.64	250m: 2:58.87	36.88	350m: 4:12.85	36.80	
	100m: 1:08.35	36.00	200m: 2:21.99	37.00	300m: 3:36.05	37.18	400m: 4:47.87	35.02	
28.	MISTERKA, Kamila		97	MKS Trójka Łód			<b>4:50.48</b>	528	
	50m: 32.76	32.76	150m: 1:45.11	36.51	250m: 2:58.47	36.88	350m: 4:13.50	37.38	
	100m: 1:08.60	35.84	200m: 2:21.59	36.48	300m: 3:36.12	37.65	400m: 4:50.48	36.98	
29.	ŁUKASIK, Wiktoria		99	MKS Medyk Gi ycko			<b>4:50.72</b>	527	
	50m: 33.21	33.21	150m: 1:47.28	37.34	250m: 3:01.87	37.32	350m: 4:16.24	36.94	
	100m: 1:09.94	36.73	200m: 2:24.55	37.27	300m: 3:39.30	37.43	400m: 4:50.72	34.48	
30.	ZROBEK, Natalia		99	UKS 190 Łód			<b>4:50.97</b>	526	
	50m: 31.90	31.90	150m: 1:45.95	37.33	250m: 3:00.25	37.50	350m: 4:15.57	37.80	
	100m: 1:08.62	36.72	200m: 2:22.75	36.80	300m: 3:37.77	37.52	400m: 4:50.97	35.40	
31.	KASPROWICZ, Agata		98	MKS "Astoria" Bydgoszcz			<b>4:52.49</b>	518	
	50m: 32.66	32.66	150m: 1:47.13	37.52	250m: 3:01.73	37.29	350m: 4:18.79	38.73	
	100m: 1:09.61	36.95	200m: 2:24.44	37.31	300m: 3:40.06	38.33	400m: 4:52.49	33.70	
32.	KUKOWKA, Eliza		99	SP DOKiS "Vega: Dobrodzie			<b>4:56.69</b>	496	
	50m: 33.84	33.84	150m: 1:48.88	37.91	250m: 3:05.65	38.31	350m: 4:21.22	37.63	
	100m: 1:10.97	37.13	200m: 2:27.34	38.46	300m: 3:43.59	37.94	400m: 4:56.69	35.47	
33.	GOLE , Martyna		98	Fala Kra nik			<b>4:57.02</b>	494	
	50m: 32.80	32.80	150m: 1:45.28	37.21	250m: 3:02.23	38.57	350m: 4:19.69	39.00	
	100m: 1:08.07	35.27	200m: 2:23.66	38.38	300m: 3:40.69	38.46	400m: 4:57.02	37.33	
34.	MICHAŁOWSKA, Olga		98	Skarpa Lublin			<b>4:58.71</b>	486	
	50m: 34.76	34.76	150m: 1:50.76	38.32	250m: 3:08.02	38.59	350m: 4:23.17	36.87	
	100m: 1:12.44	37.68	200m: 2:29.43	38.67	300m: 3:46.30	38.28	400m: 4:58.71	35.54	
35.	WIL, Angela		99	MKS Piaseczno			<b>5:05.72</b>	453	
	50m: 34.22	34.22	150m: 1:51.90	39.34	250m: 3:10.41	39.25	350m: 4:28.48	38.74	
	100m: 1:12.56	38.34	200m: 2:31.16	39.26	300m: 3:49.74	39.33	400m: 5:05.72	37.24	

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Pozycja				Rok ur.					Czas	Pkt.		
36.	JAKÓBIK, Sara			98	RWKS SPARTA Biłgoraj				<b>5:06.75</b>	449		
	50m:	34.48	34.48	150m:	1:52.65	39.45	250m:	3:11.84	39.29	350m:	4:31.09	39.15
	100m:	1:13.20	38.72	200m:	2:32.55	39.90	300m:	3:51.94	40.10	400m:	5:06.75	35.66
37.	SZCZECI SKA, Paulina			98	MKS Polonia Warszawa				<b>5:13.37</b>	421		
	50m:	36.03	36.03	150m:	1:54.29	39.71	250m:	3:14.59	40.12	350m:	4:35.05	40.10
	100m:	1:14.58	38.55	200m:	2:34.47	40.18	300m:	3:54.95	40.36	400m:	5:13.37	38.32