

Grand Prix Puchar Polski w Kozienicach 01-02.03.2014  
Kozienice, 1- - 2-3-2014

Konkurencja 1 Kobiet, 400m zmienny 14 lat i starsi  
2014-03-01 - 9:00 Wyniki

Top Times "Poland" 4:31.89 BARANOWSKA, Katarzyna 00116 Debrecen (HUN) 2007-12-16

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.
1.	NAZI BŁO, Klaudia		93	MKS Juvenia Wrocław			<b>4:41.65</b>	796	
	50m: 29.55 29.55	150m: 1:38.86	36.12	250m: 2:55.65	42.41	350m: 4:10.30	32.48		
	100m: 1:02.74 33.19	200m: 2:13.24	34.38	300m: 3:37.82	42.17	400m: 4:41.65	31.35		
2.	TCHÓRZ, Alicja		92	MKS Juvenia Wrocław			<b>4:41.99</b>	793	
	50m: 29.52 29.52	150m: 1:40.44	36.81	250m: 2:56.83	39.82	350m: 4:09.98	33.07		
	100m: 1:03.63 34.11	200m: 2:17.01	36.57	300m: 3:36.91	40.08	400m: 4:41.99	32.01		
3.	SZPUCHA, Katarzyna		96	MKS Trójka Łód			<b>4:52.04</b>	714	
	50m: 31.77 31.77	150m: 1:43.65	36.30	250m: 2:59.46	40.36	350m: 4:16.71	35.78		
	100m: 1:07.35 35.58	200m: 2:19.10	35.45	300m: 3:40.93	41.47	400m: 4:52.04	35.33		
4.	KILIJA SKA, Donata SWR		95	KS KSZO Ostrowiec w.			<b>4:55.98</b>	686	
	50m: 31.04 31.04	150m: 1:44.57	37.90	250m: 3:04.70	42.77	350m: 4:22.78	34.30		
	100m: 1:06.67 35.63	200m: 2:21.93	37.36	300m: 3:48.48	43.78	400m: 4:55.98	33.20		
5.	KUNKA, Kamila SO		96	UKP UNIA O wi cim			<b>4:56.82</b>	680	
	50m: 31.37 31.37	150m: 1:44.39	37.22	250m: 3:04.99	42.94	350m: 4:23.96	34.68		
	100m: 1:07.17 35.80	200m: 2:22.05	37.66	300m: 3:49.28	44.29	400m: 4:56.82	32.86		
6.	AKERSTROM, Emalie		95	Vaesby SS			<b>4:58.46</b>	669	
	50m: 31.27 31.27	150m: 1:45.90	38.77	250m: 3:07.62	43.35	350m: 4:25.53	34.99		
	100m: 1:07.13 35.86	200m: 2:24.27	38.37	300m: 3:50.54	42.92	400m: 4:58.46	32.93		
7.	SIKORA, Paulina		93	AZS AWF Warszawa			<b>4:58.73</b>	667	
	50m: 31.68 31.68	150m: 1:46.61	39.10	250m: 3:08.07	42.68	350m: 4:26.40	33.99		
	100m: 1:07.51 35.83	200m: 2:25.39	38.78	300m: 3:52.41	44.34	400m: 4:58.73	32.33		
8.	HIPPI, Jaqueline		96	Vaesby SS			<b>4:59.82</b>	659	
	50m: 30.53 30.53	150m: 1:45.21	39.54	250m: 3:07.43	44.17	350m: 4:26.24	34.78		
	100m: 1:05.67 35.14	200m: 2:23.26	38.05	300m: 3:51.46	44.03	400m: 4:59.82	33.58		
9.	KOWALI SKA, Oriana		93	MTP KORMORAN Olsztyn			<b>5:02.01</b>	645	
	50m: 31.04 31.04	150m: 1:46.71	40.86	250m: 3:11.10	45.51	350m: 4:29.33	34.00		
	100m: 1:05.85 34.81	200m: 2:25.59	38.88	300m: 3:55.33	44.23	400m: 5:02.01	32.68		
10.	OKAJ, Oliwia SWR		96	WKS I sk Wrocław			<b>5:06.05</b>	620	
	50m: 32.04 32.04	150m: 1:49.10	39.36	250m: 3:11.10	43.35	350m: 4:31.97	36.28		
	100m: 1:09.74 37.70	200m: 2:27.75	38.65	300m: 3:55.69	44.59	400m: 5:06.05	34.08		
11.	MENDYK, Adrianna SO		98	MKS Wodnik Radom			<b>5:06.26</b>	619	
	50m: 31.57 31.57	150m: 1:47.78	38.81	250m: 3:11.33	44.86	350m: 4:32.09	36.17		
	100m: 1:08.97 37.40	200m: 2:26.47	38.69	300m: 3:55.92	44.59	400m: 5:06.26	34.17		
12.	KAMI SKA, Joanna		94	MKS Trójka Łód			<b>5:09.45</b>	600	
	50m: 33.24 33.24	150m: 1:50.69	38.30	250m: 3:14.15	45.12	350m: 4:34.89	36.20		
	100m: 1:12.39 39.15	200m: 2:29.03	38.34	300m: 3:58.69	44.54	400m: 5:09.45	34.56		
13.	SPARMAN, Tove		96	Vaesby SS			<b>5:09.78</b>	598	
	50m: 32.13 32.13	150m: 1:50.65	40.66	250m: 3:14.49	44.27	350m: 4:35.63	36.14		
	100m: 1:09.99 37.86	200m: 2:30.22	39.57	300m: 3:59.49	45.00	400m: 5:09.78	34.15		
14.	ŁUCZY SKA, Martyna		98	UKS " oliborz" Warszawa			<b>5:22.45</b>	530	
	50m: 33.69 33.69	150m:		250m: 3:20.25		350m: 4:45.19	38.63		
	100m: 1:12.45 38.76	200m:		300m: 4:06.56	46.31	400m: 5:22.45	37.26		
15.	JAROCHA, Wiktoria		98	KS KSZO Ostrowiec w.			<b>5:24.29</b>	521	
	50m: 33.38 33.38	150m: 1:53.24	41.31	250m: 3:21.70	47.99	350m:			
	100m: 1:11.93 38.55	200m: 2:33.71	40.47	300m: 4:10.48	48.78	400m: 5:24.29			