

Grand Prix Puchar Polski w pływaniu
Kozienice, 20- - 21-2-2016

Konkurencja 1
2016-02-20 - 8:00

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.
1.	TCHÓRZ Alicja		92	MKS Juvenia Wrocław				4:40.16	797
	50m:	30.12 30.12	150m:	1:40.85 36.32	250m:	2:56.17 39.62	350m:	4:08.26 32.81	
	100m:	1:04.53 34.41	200m:	2:16.55 35.70	300m:	3:35.45 39.28	400m:	4:40.16 31.90	
2.	UKOWSKA Paula		93	MKS Juvenia Wrocław				4:45.09	757
	50m:	29.64 29.64	150m:	1:39.62 36.13	250m:	2:58.37 42.70	350m:	4:13.02 32.73	
	100m:	1:03.49 33.85	200m:	2:15.67 36.05	300m:	3:40.29 41.92	400m:	4:45.09 32.07	
3.	ADAMCZYK Julia		99	AZS UMCS Lublin				4:49.60	722
	50m:	31.27 31.27	150m:		250m:	3:01.79 42.46	350m:		
	100m:	1:06.97 35.70	200m:	2:19.33	300m:	3:43.00 41.21	400m:	4:49.60	
4.	JANISZEWSKA Dominika		99	AZS AWF Warszawa				4:57.12	668
	50m:	31.54 31.54	150m:		250m:	3:06.40 39.89	350m:	4:23.65 34.86	
	100m:	1:07.38 35.84	200m:	2:26.51	300m:	3:48.79 42.39	400m:	4:57.12 33.47	
5.	MENDYK Adrianna SO		98	MKS WODNIK Radom				4:58.98	656
	50m:	31.42 31.42	150m:	1:45.06 37.46	250m:	3:06.19 43.70	350m:	4:24.95 34.85	
	100m:	1:07.60 36.18	200m:	2:22.49 37.43	300m:	3:50.10 43.91	400m:	4:58.98 34.03	
6.	WOŁEK Oliwia		01	KSZO Ostrowiec w.				5:02.77	632
	50m:	33.63 33.63	150m:		250m:	3:12.37 41.75	350m:	4:29.25 34.63	
	100m:	1:11.71 38.08	200m:	2:30.62	300m:	3:54.62 42.25	400m:	5:02.77 33.52	
7.	MARGULA Weronika		00	MKP Szczecin				5:04.38	622
	50m:	32.25 32.25	150m:	1:47.13 37.65	250m:	3:09.07 44.99	350m:	4:30.18 35.39	
	100m:	1:09.48 37.23	200m:	2:24.08 36.95	300m:	3:54.79 45.72	400m:	5:04.38 34.20	
8.	GOTOWSKA Weronika		00	UKS G-8 Bielany Warszawa				5:04.94	618
	50m:	32.97 32.97	150m:	1:49.92 39.92	250m:	3:11.92 42.05	350m:	4:30.62 34.55	
	100m:	1:10.00 37.03	200m:	2:29.87 39.95	300m:	3:56.07 44.15	400m:	5:04.94 34.32	
9.	WETT Oliwia		01	Sambor Tczew				5:05.32	616
	50m:	33.26 33.26	150m:	1:51.34	250m:	3:14.38 44.16	350m:	4:31.71 34.68	
	100m:		200m:	2:30.22 38.88	300m:	3:57.03 42.65	400m:	5:05.32 33.61	
10.	PECYNA Michalina		00	IKS Konstancin				5:08.00	600
	50m:	32.57 32.57	150m:	1:49.30 38.43	250m:	3:11.79 44.30	350m:	4:32.70 36.75	
	100m:	1:10.87 38.30	200m:	2:27.49 38.19	300m:	3:55.95 44.16	400m:	5:08.00 35.30	
11.	ZAR BA-PARADOWSKA Julia		02	BUKS Warszawa				5:09.03	594
	50m:	32.90 32.90	150m:	1:48.24	250m:	3:13.64 45.36	350m:	4:33.27 35.91	
	100m:		200m:	2:28.28 40.04	300m:	3:57.36 43.72	400m:	5:09.03 35.76	
12.	WARDZI SKA Martyna		98	MKS Trójka Łód				5:09.10	594
	50m:	34.37 34.37	150m:	1:51.31 38.91	250m:	3:15.97 45.55	350m:	4:35.28 34.76	
	100m:	1:12.40 38.03	200m:	2:30.42 39.11	300m:	4:00.52 44.55	400m:	5:09.10 33.82	
13.	SZAFRA SKA Julia SOc		00	KSZO Ostrowiec w.				5:09.89	589
	50m:	33.18 33.18	150m:	1:51.89 39.62	250m:	3:16.94 45.05	350m:	4:37.22 34.22	
	100m:	1:12.27 39.09	200m:	2:31.89 40.00	300m:	4:03.00 46.06	400m:	5:09.89 32.67	
14.	BEDNAREK Aleksandra		98	MKS Jedyńka Łód				5:11.15	582
	50m:	34.36 34.36	150m:	1:53.64 40.05	250m:	3:16.59 44.17	350m:	4:36.14 36.25	
	100m:	1:13.59 39.23	200m:	2:32.42 38.78	300m:	3:59.89 43.30	400m:	5:11.15 35.01	
15.	KORAL Julia SR		98	KS Górnik Radlin				5:12.48	575
	50m:	32.91 32.91	150m:	1:51.83 39.25	250m:	3:14.09 43.23	350m:	4:36.43 37.12	
	100m:	1:12.58 39.67	200m:	2:30.86 39.03	300m:	3:59.31 45.22	400m:	5:12.48 36.05	
16.	KRÓL Oliwia		99	MKS Trójka Łód				5:14.30	565
	50m:	33.38 33.38	150m:	1:53.26 42.23	250m:	3:18.27 44.15	350m:	4:39.47 35.51	
	100m:	1:11.03 37.65	200m:	2:34.12 40.86	300m:	4:03.96 45.69	400m:	5:14.30 34.83	
17.	KOWALSKA Dominika		00	MKS Trójka Łód				5:15.54	558
	50m:	32.22 32.22	150m:		250m:	3:20.06 40.93	350m:	4:40.55 37.25	
	100m:	1:09.65 37.43	200m:	2:39.13	300m:	4:03.30 43.24	400m:	5:15.54 34.99	

Grand Prix Puchar Polski w pływaniu
Kozienice, 20- - 21-2-2016

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

Pozycja			Rok ur.					Czas	Pkt.
18.	LITWIN Andrea		01	MKS Ikar Mielec			5:15.58	558	
	50m: 32.53	32.53	150m: 1:51.51	40.88	250m: 3:39.62	43.02	350m: 4:39.62	35.96	
	100m: 1:10.63	38.10	200m: 2:31.75	40.24	300m: 4:03.66		400m: 5:15.58	35.96	
19.	BEDNAREK Zuzanna		01	MKS Jedynka Łódź			5:18.15	544	
	50m: 36.19	36.19	150m: 1:56.68	39.62	250m: 3:21.42	43.02	350m: 4:42.94	37.09	
	100m: 1:17.06	40.87	200m: 2:38.40	41.72	300m: 4:05.85	44.43	400m: 5:18.15	35.21	
20.	SMOŁA Monika		99	MTKP Delfin Toruń			5:18.45	543	
	50m: 34.01	34.01	150m: 1:54.35	42.43	250m: 3:22.23	46.49	350m: 4:43.73	34.89	
	100m: 1:11.92	37.91	200m: 2:35.74	41.39	300m: 4:08.84	46.61	400m: 5:18.45	34.72	
21.	KRYPA Marta		02	UKS Manta Warszawa Włochy			5:22.63	522	
	50m: 34.57	34.57	150m: 1:57.43	41.16	250m: 3:23.42	45.03	350m: 4:46.16	38.17	
	100m: 1:16.27	41.70	200m: 2:38.39	40.96	300m: 4:07.99	44.57	400m: 5:22.63	36.47	
22.	NIZIOŁEK Kinga		00	MKS Ikar Mielec			5:25.49	508	
	50m: 33.76	33.76	150m: 1:55.77		250m: 3:25.66	46.94	350m: 4:49.93	37.54	
	100m:		200m: 2:38.72	42.95	300m: 4:12.39	46.73	400m: 5:25.49	35.56	
23.	GIEMZA Aleksandra		00	MKS Trójka Łódź			5:25.80	507	
	50m: 33.62	33.62	150m: 1:55.48	42.60	250m: 3:24.67	47.70	350m: 4:50.10	37.57	
	100m: 1:12.88	39.26	200m: 2:36.97	41.49	300m: 4:12.53	47.86	400m: 5:25.80	35.70	
24.	SPIK Vanessa		02	DOKIŚ SP"Vega" Dobrodzie			5:26.23	505	
	50m: 34.76	34.76	150m: 1:59.73	42.89	250m: 3:26.49	46.05	350m: 4:50.28	37.38	
	100m: 1:16.84	42.08	200m: 2:40.44	40.71	300m: 4:12.90	46.41	400m: 5:26.23	35.95	
25.	OSI SKA Wiktoria		01	UKS SP 149 Łódź			5:26.79	502	
	50m: 34.29	34.29	150m: 1:55.44	41.82	250m: 3:26.11	49.21	350m: 4:52.46	36.29	
	100m: 1:13.62	39.33	200m: 2:36.90	41.46	300m: 4:16.17	50.06	400m: 5:26.79	34.33	
26.	MIKOŁAJEK Aleksandra		00	KP AVIA widnik			5:26.83	502	
	50m: 33.68	33.68	150m: 1:57.76	44.36	250m: 3:24.95	45.08	350m: 4:49.62	39.08	
	100m: 1:13.40	39.72	200m: 2:39.87	42.11	300m: 4:10.54	45.59	400m: 5:26.83	37.21	
27.	WIECZOREK Magdalena		98	Fala Krańnik			5:28.23	496	
	50m: 34.37	34.37	150m: 1:58.24	42.65	250m: 3:25.46	43.84	350m: 4:51.37	39.20	
	100m: 1:15.59	41.22	200m: 2:41.62	43.38	300m: 4:12.17	46.71	400m: 5:28.23	36.86	
28.	SKROK Zuzanna		01	SP Motyl Mosir Stalowa Wola			5:29.45	490	
	50m: 36.25	36.25	150m: 1:59.29	42.85	250m: 3:26.91	44.30	350m:		
	100m: 1:16.44	40.19	200m: 2:42.61	43.32	300m: 4:13.84	46.93	400m: 5:29.45		
29.	DOBOSZ Kalina		02	UKS "oliborz" Warszawa			5:32.54	477	
	50m: 35.00	35.00	150m: 2:01.57		250m: 3:29.42	44.99	350m:		
	100m:		200m: 2:44.43	42.86	300m: 4:14.10	44.68	400m: 5:32.54		
30.	MADYCKA Marcelina		02	MKS Ikar Mielec			5:42.21	437	
	50m: 34.87	34.87	150m: 2:04.13	45.20	250m: 3:36.48		350m: 5:03.97		
	100m: 1:18.93	44.06	200m:		300m:		400m: 5:42.21	38.24	
31.	CERLICH Oliwia		02	MKS Ikar Mielec			5:42.62	436	
	50m: 35.59	35.59	150m: 2:02.73	43.70	250m: 3:35.93	50.18	350m: 5:04.71	38.42	
	100m: 1:19.03	43.44	200m: 2:45.75	43.02	300m: 4:26.29	50.36	400m: 5:42.62	37.91	
32.	KOPICZY SKA Agata		02	UKS G-8 Bielany Warszawa			5:47.05	419	
	50m: 35.95	35.95	150m: 2:01.34		250m: 3:34.36	49.65	350m: 5:07.35	40.87	
	100m:		200m: 2:44.71	43.37	300m: 4:26.48	52.12	400m: 5:47.05	39.70	
DYSKW.	BŁU Barbara Bo ena		98	MUKS Olimpijczyk Suwałki					
	Z2/K16								