

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

Konkurencja 22  
2016-02-20 - 19:44

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.
1.	UKOWSKA Paula		93	MKS Juvenia Wrocław				<b>4:10.42</b>	821
	50m:	29.48 29.48	150m:	1:32.90 31.80	250m:	2:36.24 31.36	350m:	3:39.13 31.52	
	100m:	1:01.10 31.62	200m:	2:04.88 31.98	300m:	3:07.61 31.37	400m:	4:10.42 31.29	
2.	CZERNAK Monika		92	MTP KORMORAN Olsztyn				<b>4:11.88</b>	807
	50m:	29.50 29.50	150m:	1:32.67 31.82	250m:	2:36.44 31.71	350m:	3:40.47 32.08	
	100m:	1:00.85 31.35	200m:	2:04.73 32.06	300m:	3:08.39 31.95	400m:	4:11.88 31.41	
3.	ZACHOSZCZ Joanna		93	AZS UWM Olsztyn				<b>4:13.18</b>	794
	50m:	29.88 29.88	150m:	1:33.68 31.93	250m:	2:37.32 31.86	350m:	3:41.50 32.22	
	100m:	1:01.75 31.87	200m:	2:05.46 31.78	300m:	3:09.28 31.96	400m:	4:13.18 31.68	
4.	KUNKA Kamila		96	AZS-AGH Kraków				<b>4:13.78</b>	789
	50m:	29.73 29.73	150m:	1:34.11 32.38	250m:	2:38.79 31.98	350m:	3:42.38 31.87	
	100m:	1:01.73 32.00	200m:	2:06.81 32.70	300m:	3:10.51 31.72	400m:	4:13.78 31.40	
5.	BURSKA Justyna		95	AZS UWM Olsztyn				<b>4:15.86</b>	770
	50m:	30.65 30.65	150m:	1:34.94 32.11	250m:	2:39.34 32.24	350m:	3:43.43 32.06	
	100m:	1:02.83 32.18	200m:	2:07.10 32.16	300m:	3:11.37 32.03	400m:	4:15.86 32.43	
6.	JANISZEWSKA Dominika		99	AZS AWF Warszawa				<b>4:17.68</b>	753
	50m:	29.90 29.90	150m:	1:34.12 32.30	250m:	2:39.98 32.93	350m:	3:46.54 33.32	
	100m:	1:01.82 31.92	200m:	2:07.05 32.93	300m:	3:13.22 33.24	400m:	4:17.68 31.14	
7.	SZAFRA SKA Julia SOc		00	KSZO Ostrowiec w.				<b>4:25.28</b>	690
	50m:	30.58 30.58	150m:	1:37.85 33.62	250m:	2:45.89 34.03	350m:	3:52.96 33.59	
	100m:	1:04.23 33.65	200m:	2:11.86 34.01	300m:	3:19.37 33.48	400m:	4:25.28 32.32	
8.	MARGULA Weronika		00	MKP Szczecin				<b>4:25.46</b>	689
	50m:	30.95 30.95	150m:	1:38.03 33.48	250m:	2:45.46 33.77	350m:	3:52.70 33.81	
	100m:	1:04.55 33.60	200m:	2:11.69 33.66	300m:	3:18.89 33.43	400m:	4:25.46 32.76	
9.	ANDRZEJEWSKA Kamila SL		99	MKS Lider Chełm				<b>4:27.01</b>	677
	50m:	31.22 31.22	150m:	1:38.87 33.81	250m:		350m:	3:54.35 33.23	
	100m:	1:05.06 33.84	200m:	2:12.95 34.08	300m:	3:21.12	400m:	4:27.01 32.66	
10.	PI KO Natalia		02	MKS Jedyńka Łód				<b>4:27.86</b>	671
	50m:	30.13 30.13	150m:	1:38.38 34.41	250m:	2:47.02 34.51	350m:	3:54.87 33.66	
	100m:	1:03.97 33.84	200m:	2:12.51 34.13	300m:	3:21.21 34.19	400m:	4:27.86 32.99	
11.	FRYCKOWSKA Natalia		99	MKP Szczecin				<b>4:28.38</b>	667
	50m:	30.59 30.59	150m:	1:39.08 34.60	250m:	2:47.98 34.33	350m:	3:56.57 34.44	
	100m:	1:04.48 33.89	200m:	2:13.65 34.57	300m:	3:22.13 34.15	400m:	4:28.38 31.81	
12.	SAMUŁA Wiktoria		99	AZS UMCS Lublin				<b>4:30.09</b>	654
	50m:	31.25 31.25	150m:	1:39.72 34.17	250m:	2:47.97 33.61	350m:	3:56.17 34.31	
	100m:	1:05.55 34.30	200m:	2:14.36 34.64	300m:	3:21.86 33.89	400m:	4:30.09 33.92	
13.	KRAUZE Alicja		01	Mał Wopr Malbork				<b>4:30.22</b>	653
	50m:	30.26 30.26	150m:	1:38.30 34.33	250m:	2:48.17 34.74	350m:	3:57.47 34.37	
	100m:	1:03.97 33.71	200m:	2:13.43 35.13	300m:	3:23.10 34.93	400m:	4:30.22 32.75	
14.	MENDYK Adrianna SO		98	MKS WODNIK Radom				<b>4:31.34</b>	645
	50m:	30.29 30.29	150m:	1:39.17 35.06	250m:	2:48.00 34.50	350m:	3:57.84 34.78	
	100m:	1:04.11 33.82	200m:	2:13.50 34.33	300m:	3:23.06 35.06	400m:	4:31.34 33.50	
15.	WARDZI SKA Martyna		98	MKS Trójka Łód				<b>4:32.93</b>	634
	50m:	32.19 32.19	150m:	1:41.08 34.70	250m:	3:23.69	350m:	3:57.67	
	100m:	1:06.38 34.19	200m:		300m:		400m:	4:32.93 35.26	
16.	NIENAŁTOWSKA Natalia		96	AZS AWF Warszawa				<b>4:35.49</b>	616
	50m:	30.79 30.79	150m:	1:38.02 33.70	250m:	2:48.34 35.80	350m:	4:00.16 35.83	
	100m:	1:04.32 33.53	200m:	2:12.54 34.52	300m:	3:24.33 35.99	400m:	4:35.49 35.33	
17.	WETT Oliwia		01	Sambor Tczew				<b>4:36.08</b>	612
	50m:	31.89 31.89	150m:	1:42.81 35.23	250m:	2:53.63 35.33	350m:	4:03.46 34.53	
	100m:	1:07.58 35.69	200m:	2:18.30 35.49	300m:	3:28.93 35.30	400m:	4:36.08 32.62	

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Pozycja			Rok ur.					Czas	Pkt.
18.	ŁYSAKOWSKA Julia	01	AZS UMCS Lublin					<b>4:36.15</b>	612
	50m: 32.62 32.62	150m: 1:42.78	35.16	250m: 2:53.76	35.58	350m: 4:03.59	34.85		
	100m: 1:07.62 35.00	200m: 2:18.18	35.40	300m: 3:28.74	34.98	400m: 4:36.15	32.56		
19.	KRÓL Oliwia	99	MKS Trójka Łód					<b>4:36.28</b>	611
	50m: 32.43 32.43	150m: 1:41.61	34.79	250m: 2:52.01	35.03	350m: 4:02.31	35.08		
	100m: 1:06.82 34.39	200m: 2:16.98	35.37	300m: 3:27.23	35.22	400m: 4:36.28	33.97		
20.	JU WICKA Zuzanna	01	MKS Trójka Łód					<b>4:36.69</b>	608
	50m: 31.82 31.82	150m: 1:42.03	35.82	250m:		350m: 4:02.21	34.52		
	100m: 1:06.21 34.39	200m: 2:17.46	35.43	300m: 3:27.69		400m: 4:36.69	34.48		
21.	ZADUMI SKA Weronika	99	AZS AWF Warszawa					<b>4:37.20</b>	605
	50m: 31.36 31.36	150m: 1:39.89	34.64	250m: 2:50.52	35.60	350m: 4:01.75	35.68		
	100m: 1:05.25 33.89	200m: 2:14.92	35.03	300m: 3:26.07	35.55	400m: 4:37.20	35.45		
22.	OSI SKA Wiktoria	01	UKS SP 149 Łód					<b>4:37.25</b>	605
	50m: 32.03 32.03	150m: 1:43.03	35.40	250m: 2:53.06	35.03	350m: 4:03.61	35.10		
	100m: 1:07.63 35.60	200m: 2:18.03	35.00	300m: 3:28.51	35.45	400m: 4:37.25	33.64		
23.	CZARNECKA Wiktoria SL	99	UKS Skarpa Lublin					<b>4:38.35</b>	598
	50m: 31.37 31.37	150m: 1:40.46	35.01	250m: 2:51.07	35.28	350m: 4:02.88	36.06		
	100m: 1:05.45 34.08	200m: 2:15.79	35.33	300m: 3:26.82	35.75	400m: 4:38.35	35.47		
24.	KUCHTA Maria	02	Sambor Tczew					<b>4:38.86</b>	594
	50m: 32.84 32.84	150m: 1:44.16		250m:		350m: 4:38.86			
	100m:	200m: 2:19.44	35.28	300m:		400m: 4:38.86			
25.	SIENKIEWICZ Kaja	02	BUKS Warszawa					<b>4:40.27</b>	585
	50m: 31.77 31.77	150m: 1:42.29	35.50	250m: 2:53.53	35.68	350m: 4:05.43	35.83		
	100m: 1:06.79 35.02	200m: 2:17.85	35.56	300m: 3:29.60	36.07	400m: 4:40.27	34.84		
26.	ZARYCHTA Anita SOc	98	SKP Barakuda Starachowice					<b>4:40.65</b>	583
	50m: 31.52 31.52	150m: 1:42.49	36.03	250m: 2:54.97	36.08	350m: 4:06.87	35.49		
	100m: 1:06.46 34.94	200m: 2:18.89	36.40	300m: 3:31.38	36.41	400m: 4:40.65	33.78		
27.	PECYNA Michalina	00	IKS Konstancin					<b>4:40.89</b>	582
	50m: 32.91 32.91	150m: 1:43.96	35.62	250m: 2:54.98	35.28	350m: 4:06.42	35.46		
	100m: 1:08.34 35.43	200m: 2:19.70	35.74	300m: 3:30.96	35.98	400m: 4:40.89	34.47		
28.	CHOJECKA Karolina	00	UKS OLIMPIC Warka					<b>4:40.90</b>	581
	50m: 31.86 31.86	150m: 1:41.85	35.34	250m: 2:53.28	35.80	350m: 4:06.09	36.73		
	100m: 1:06.51 34.65	200m: 2:17.48	35.63	300m: 3:29.36	36.08	400m: 4:40.90	34.81		
29.	JABŁONOWSKA Nikola	02	UKS G-8 Bielany Warszawa					<b>4:43.40</b>	566
	50m: 31.55 31.55	150m: 1:43.90	36.03	250m: 2:55.46	35.66	350m: 4:07.89	36.24		
	100m: 1:07.87 36.32	200m: 2:19.80	35.90	300m: 3:31.65	36.19	400m: 4:43.40	35.51		
30.	MOZOŁOWSKA Emilia	02	UKS " oliborz" Warszawa					<b>4:43.82</b>	564
	50m: 32.58 32.58	150m: 1:45.06	36.38	250m: 2:58.44	36.81	350m: 4:10.31	35.57		
	100m: 1:08.68 36.10	200m: 2:21.63	36.57	300m: 3:34.74	36.30	400m: 4:43.82	33.51		
31.	ZAJ C Wiktoria	02	UKS " oliborz" Warszawa					<b>4:43.91</b>	563
	50m: 32.15 32.15	150m: 1:44.46	36.25	250m: 2:57.83	36.49	350m: 4:09.81	35.59		
	100m: 1:08.21 36.06	200m: 2:21.34	36.88	300m: 3:34.22	36.39	400m: 4:43.91	34.10		
32.	KRYPA Marta	02	UKS Manta Warszawa Włochy					<b>4:44.01</b>	563
	50m: 31.58 31.58	150m: 1:43.70	36.41	250m: 2:56.38	36.37	350m: 4:09.66	36.56		
	100m: 1:07.29 35.71	200m: 2:20.01	36.31	300m: 3:33.10	36.72	400m: 4:44.01	34.35		
33.	GALICKA Wiktoria	99	UKS Kapry Armexim Pruszków					<b>4:44.50</b>	560
	50m: 31.42 31.42	150m: 1:42.20	36.11	250m: 2:54.86	36.68	350m: 4:08.78	37.03		
	100m: 1:06.09 34.67	200m: 2:18.18	35.98	300m: 3:31.75	36.89	400m: 4:44.50	35.72		
34.	CHODYNA Kinga	00	MTP KORMORAN Olsztyn					<b>4:44.62</b>	559
	50m: 32.70 32.70	150m: 1:43.83	35.70	250m: 2:56.04	35.93	350m: 4:08.72	36.41		
	100m: 1:08.13 35.43	200m: 2:20.11	36.28	300m: 3:32.31	36.27	400m: 4:44.62	35.90		
35.	POKRYWKA Karolina	98	MKS Trójka Łód					<b>4:44.65</b>	559
	50m: 31.09 31.09	150m: 1:39.64	34.90	250m: 2:52.04	36.61	350m: 4:06.93	37.56		
	100m: 1:04.74 33.65	200m: 2:15.43	35.79	300m: 3:29.37	37.33	400m: 4:44.65	37.72		

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Pozycja			Rok ur.					Czas	Pkt.
36.	SUCHECKA Katarzyna		99	UKS Ostrobramska Warszawa				<b>4:44.96</b>	557
	50m: 31.60	31.60	150m: 1:42.12	35.66	250m: 2:55.78	37.37	350m: 4:10.41	36.93	
	100m: 1:06.46	34.86	200m: 2:18.41	36.29	300m: 3:33.48	37.70	400m: 4:44.96	34.55	
37.	HAJDENRAICH Julia		00	Fala Kra nik				<b>4:46.12</b>	550
	50m: 32.58	32.58	150m: 1:44.69	36.26	250m: 2:57.88	36.63	350m: 4:11.00	36.72	
	100m: 1:08.43	35.85	200m: 2:21.25	36.56	300m: 3:34.28	36.40	400m: 4:46.12	35.12	
38.	WI NIEWSKA Barbara		00	UKS " oliborz" Warszawa				<b>4:46.39</b>	549
	50m: 31.98	31.98	150m: 1:43.15	36.01	250m: 2:55.91	36.46	350m: 4:10.27	37.28	
	100m: 1:07.14	35.16	200m: 2:19.45	36.30	300m: 3:32.99	37.08	400m: 4:46.39	36.12	
39.	SPIK Vanessa		02	DOKiS SP"Vega" Dobrodzie				<b>4:46.66</b>	547
	50m: 31.82	31.82	150m: 1:44.74	36.71	250m: 2:58.16	36.76	350m: 4:11.84	36.97	
	100m: 1:08.03	36.21	200m: 2:21.40	36.66	300m: 3:34.87	36.71	400m: 4:46.66	34.82	
40.	SKORUPA Monika		99	DOKiS SP"Vega" Dobrodzie				<b>4:47.90</b>	540
	50m: 32.35	32.35	150m: 1:45.26	36.60	250m: 2:58.54	36.43	350m: 4:12.64	36.86	
	100m: 1:08.66	36.31	200m: 2:22.11	36.85	300m: 3:35.78	37.24	400m: 4:47.90	35.26	
41.	RUDZI SKA Aleksandra		94	UKS Manta Warszawa Włochy				<b>4:48.57</b>	536
	50m: 32.45	32.45	150m: 1:43.86	36.02	250m: 2:57.55	37.09	350m: 4:13.04	37.96	
	100m: 1:07.84	35.39	200m: 2:20.46	36.60	300m: 3:35.08	37.53	400m: 4:48.57	35.53	
42.	SKIBCZAK Natalia		00	UKS G-8 Bielany Warszawa				<b>4:49.77</b>	530
	50m: 32.52	32.52	150m: 1:46.01	36.94	250m: 3:00.11	36.97	350m: 4:14.38	37.28	
	100m: 1:09.07	36.55	200m: 2:23.14	37.13	300m: 3:37.10	36.99	400m: 4:49.77	35.39	
43.	GIEMZA Aleksandra		00	MKS Trójka Łód				<b>4:50.85</b>	524
	50m: 32.75	32.75	150m: 1:46.35		250m: 3:02.15	37.52	350m: 4:16.13	36.87	
	100m:		200m: 2:24.63	38.28	300m: 3:39.26	37.11	400m: 4:50.85	34.72	
44.	JAWORSKA Marcelina		00	MKS Piaseczno				<b>4:50.86</b>	524
	50m: 32.63	32.63	150m: 1:46.23		250m:		350m: 4:14.73		
	100m:		200m: 2:23.76	37.53	300m:		400m: 4:50.86	36.13	
45.	SOJA Małgorzata		01	UKS G-8 Bielany Warszawa				<b>4:51.63</b>	520
	50m: 33.28	33.28	150m:		250m: 2:59.10	36.94	350m: 4:14.59	37.91	
	100m: 1:09.29	36.01	200m: 2:22.16		300m: 3:36.68	37.58	400m: 4:51.63	37.04	
46.	NIZIOŁEK Kinga		00	MKS Ikar Mielec				<b>4:52.99</b>	512
	50m: 32.47	32.47	150m: 1:46.28	37.52	250m: 3:01.20	37.39	350m: 4:16.73	37.99	
	100m: 1:08.76	36.29	200m: 2:23.81	37.53	300m: 3:38.74	37.54	400m: 4:52.99	36.26	
47.	BŁASZKIEWICZ Wiktoria SOc		02	KSZO Ostrowiec w.				<b>4:54.68</b>	504
	50m: 32.88	32.88	150m: 1:47.70	37.61	250m: 3:02.76	37.55	350m: 4:18.74	37.24	
	100m: 1:10.09	37.21	200m: 2:25.21	37.51	300m: 3:41.50	38.74	400m: 4:54.68	35.94	
48.	ZIÓŁKOWSKA Daria		98	MTKP Delfin Toru				<b>4:54.95</b>	502
	50m: 33.49	33.49	150m: 1:47.03	36.83	250m: 3:01.48	37.47	350m: 4:17.36	38.12	
	100m: 1:10.20	36.71	200m: 2:24.01	36.98	300m: 3:39.24	37.76	400m: 4:54.95	37.59	
49.	KRYMOW Natalia		01	MZOS Płock				<b>4:56.15</b>	496
	50m: 31.97	31.97	150m: 1:45.76	37.68	250m:		350m: 4:19.99	38.35	
	100m: 1:08.08	36.11	200m: 2:24.21	38.45	300m: 3:41.64		400m: 4:56.15	36.16	
50.	NOWAK Adrianna SOc		02	KSZO Ostrowiec w.				<b>4:58.81</b>	483
	50m:		150m:		250m: 3:04.07	37.90	350m: 4:22.01	39.21	
	100m: 1:10.73		200m: 2:26.17		300m: 3:42.80	38.73	400m: 4:58.81	36.80	
51.	SZYDŁOWSKA Patrycja		02	MKS Ikar Mielec				<b>5:00.04</b>	477
	50m: 32.63	32.63	150m: 1:47.96	37.56	250m: 3:05.12	38.67	350m: 4:22.83	38.30	
	100m: 1:10.40	37.77	200m: 2:26.45	38.49	300m: 3:44.53	39.41	400m: 5:00.04	37.21	
52.	OLEKSY Aleksandra		01	MKS Piaseczno				<b>5:00.73</b>	474
	50m: 33.38	33.38	150m: 1:48.20	38.14	250m: 3:05.64	38.80	350m: 4:23.32	38.71	
	100m: 1:10.06	36.68	200m: 2:26.84	38.64	300m: 3:44.61	38.97	400m: 5:00.73	37.41	
53.	BORO Paulina SOc		02	KSZO Ostrowiec w.				<b>5:01.76</b>	469
	50m:		150m: 1:51.29		250m: 3:08.36	38.59	350m:		
	100m:		200m: 2:29.77	38.48	300m: 3:47.33	38.97	400m: 5:01.76		

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54.	PICHOLA Weronika		02	MKS Piaseczno				<b>5:03.29</b>	462			
	50m:	32.72	32.72	150m:	1:47.83	38.14	250m:	3:05.96	39.29	350m:	4:24.98	39.49
	100m:	1:09.69	36.97	200m:	2:26.67	38.84	300m:	3:45.49	39.53	400m:	5:03.29	38.31
55.	FIL Konstancja SL		99	UKS Skarpa Lublin				<b>5:07.45</b>	443			
	50m:	34.46	34.46	150m:	1:51.09	38.77	250m:	3:10.78	40.14	350m:	4:30.53	39.65
	100m:	1:12.32	37.86	200m:	2:30.64	39.55	300m:	3:50.88	40.10	400m:	5:07.45	36.92
56.	FIGURSKA Natalia		02	UKS G-8 Bielany Warszawa				<b>5:10.06</b>	432			
	50m:	33.22	33.22	150m:	1:49.09	38.65	250m:	3:08.70	40.29	350m:	4:30.14	40.57
	100m:	1:10.44	37.22	200m:	2:28.41	39.32	300m:	3:49.57	40.87	400m:	5:10.06	39.92
57.	BOJARSKA Zuzanna		02	UKS Manta Warszawa Włochy				<b>5:33.37</b>	348			
	50m:	35.78	35.78	150m:	1:58.82	42.58	250m:	3:25.99	43.38	350m:	4:53.42	43.55
	100m:	1:16.24	40.46	200m:	2:42.61	43.79	300m:	4:09.87	43.88	400m:	5:33.37	39.95