

Arena Grand Prix Puchar Polski
Kozienice, 18. - 19.2.2017

Konkurencja 13
18.02.2017 - 17:00

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.		
1.	UKOWSKA, Paula		93	WKS I sk Wrocław				4:47.23	737		
	50m:	30.93 30.93	150m:	1:43.07	37.37	250m:	3:00.98	42.00	350m:	4:16.17	32.96
	100m:	1:05.70 34.77	200m:	2:18.98	35.91	300m:	3:43.21	42.23	400m:	4:47.23	31.06
2.	PIECHOTA, Paulina		99	UKS 190 Łód				4:47.26	736		
	50m:	31.47 31.47	150m:	1:42.62	35.77	250m:	3:00.71	42.20	350m:	4:16.06	33.22
	100m:	1:06.85 35.38	200m:	2:18.51	35.89	300m:	3:42.84	42.13	400m:	4:47.26	31.20
3.	GRALEWSKA, Kalina		96	MUKP Warszawianka Wodny Park				4:51.39	705		
	50m:	30.87 30.87	150m:	1:43.16	36.88	250m:	3:00.26	41.02	350m:	4:17.81	34.79
	100m:	1:06.28 35.41	200m:	2:19.24	36.08	300m:	3:43.02	42.76	400m:	4:51.39	33.58
4.	JANISZEWSKA, Dominika		99	AZS AWF Warszawa				4:54.88	681		
	50m:	31.97 31.97	150m:	1:47.10	39.74	250m:	3:06.07	40.39	350m:	4:22.67	35.26
	100m:	1:07.36 35.39	200m:	2:25.68	38.58	300m:	3:47.41	41.34	400m:	4:54.88	32.21
5.	ZAWISZA, Alina SO		00	UKP Unia O wi cim				4:57.41	663		
	50m:	32.47 32.47	150m:	1:48.12	38.13	250m:	3:08.94	43.39	350m:	4:25.11	33.70
	100m:	1:09.99 37.52	200m:	2:25.55	37.43	300m:	3:51.41	42.47	400m:	4:57.41	32.30
6.	DZWONNIK, Zuzanna		00	AZS UŁ PŁ Łód				4:57.76	661		
	50m:	32.41 32.41	150m:	1:47.84	37.81	250m:	3:08.24	42.33	350m:	4:24.97	34.27
	100m:	1:10.03 37.62	200m:	2:25.91	38.07	300m:	3:50.70	42.46	400m:	4:57.76	32.79
7.	ZAR BA-PARADOWSKA, Julia		02	BUKS Warszawa				4:59.63	649		
	50m:	32.08 32.08	150m:	1:46.56	38.81	250m:	3:07.30	42.31	350m:	4:25.32	35.72
	100m:	1:07.75 35.67	200m:	2:24.99	38.43	300m:	3:49.60	42.30	400m:	4:59.63	34.31
8.	WILCZEWSKA, Aleksandra		02	Olimpia Lublin				5:00.48	643		
	50m:	33.06 33.06	150m:	1:48.64	37.87	250m:	3:07.51	42.53	350m:	4:26.25	35.67
	100m:	1:10.77 37.71	200m:	2:24.98	36.34	300m:	3:50.58	43.07	400m:	5:00.48	34.23
9.	WETT, Oliwia SOL		01	MTP KORMORAN Olsztyn				5:02.85	628		
	50m:	32.84 32.84	150m:	1:48.95	39.17	250m:	3:09.79	43.09	350m:	4:28.91	35.15
	100m:	1:09.78 36.94	200m:	2:26.70	37.75	300m:	3:53.76	43.97	400m:	5:02.85	33.94
10.	NIESZPOREK, Wiktoria		99	UKS 190 Łód				5:06.43	607		
	50m:	34.38 34.38	150m:	1:54.84	40.45	250m:	3:15.69	41.43	350m:	4:32.43	35.33
	100m:	1:14.39 40.01	200m:	2:34.26	39.42	300m:	3:57.10	41.41	400m:	5:06.43	34.00
11.	BANACZKOWSKA, Aleksandra Soc		02	KS KSZO Ostrowiec w.				5:06.71	605		
	50m:	34.51 34.51	150m:	1:51.89	38.88	250m:	3:13.98	42.31	350m:	4:32.48	35.98
	100m:	1:13.01 38.50	200m:	2:31.67	39.78	300m:	3:56.50	42.52	400m:	5:06.71	34.23
12.	D BROWSKA, Tatiana		02	UKS 190 Łód				5:07.55	600		
	50m:	32.85 32.85	150m:	1:50.88	40.80	250m:	3:13.90	43.26	350m:	4:33.25	35.58
	100m:	1:10.08 37.23	200m:	2:30.64	39.76	300m:	3:57.67	43.77	400m:	5:07.55	34.30
13.	SZAFRA SKA, Julia Soc		00	KS KSZO Ostrowiec w.				5:07.62	600		
	50m:	32.77 32.77	150m:	1:49.84	39.13	250m:	3:14.37	46.05	350m:	4:35.56	33.93
	100m:	1:10.71 37.94	200m:	2:28.32	38.48	300m:	4:01.63	47.26	400m:	5:07.62	32.06
	LEWANDOWSKA, Natalia SO		01	UKP Unia O wi cim				5:07.62	600		
	50m:	32.76 32.76	150m:	1:52.27	40.05	250m:	3:15.39	43.38	350m:	4:34.35	35.29
	100m:	1:12.22 39.46	200m:	2:32.01	39.74	300m:	3:59.06	43.67	400m:	5:07.62	33.27
15.	PIECHOTA, Karolina		01	UKS 190 Łód				5:08.01	597		
	50m:	34.97 34.97	150m:	1:52.87	40.28	250m:	3:17.38	45.33	350m:	4:36.30	33.86
	100m:	1:12.59 37.62	200m:	2:32.05	39.18	300m:	4:02.44	45.06	400m:	5:08.01	31.71
16.	FILIPEK, Jagoda SWR		99	WKS I sk Wrocław				5:08.20	596		
	50m:	32.10 32.10	150m:	1:49.83	40.15	250m:	3:13.06	43.33	350m:	4:34.17	37.13
	100m:	1:09.68 37.58	200m:	2:29.73	39.90	300m:	3:57.04	43.98	400m:	5:08.20	34.03
17.	RAJCA, Olivia		02	UKS 190 Łód				5:09.48	589		
	50m:	33.50 33.50	150m:	1:52.22	41.17	250m:	3:15.78	43.78	350m:		
	100m:	1:11.05 37.55	200m:	2:32.00	39.78	300m:	3:59.49	43.71	400m:	5:09.48	

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Konkurencja 13, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
18.	URBANIAK, Dominika		03	UKS 190 Łód				5:11.18	579		
	50m:	32.95 32.95	150m:	1:53.07	41.73	250m:	3:17.75	44.83	350m:	4:37.37	34.65
	100m:	1:11.34 38.39	200m:	2:32.92	39.85	300m:	4:02.72	44.97	400m:	5:11.18	33.81
19.	BOREJSZO, Paula		00	MKP Szczecin				5:13.06	569		
	50m:	32.83 32.83	150m:	1:52.40	41.04	250m:	3:16.12	43.49	350m:	4:38.05	36.97
	100m:	1:11.36 38.53	200m:	2:32.63	40.23	300m:	4:01.08	44.96	400m:	5:13.06	35.01
20.	CHMIELEWSKA, Julia		02	MUKP Warszawianka Wodny Park				5:17.59	545		
	50m:	33.52 33.52	150m:	1:54.77	42.37	250m:	3:17.49	41.46	350m:	4:39.98	39.56
	100m:	1:12.40 38.88	200m:	2:36.03	41.26	300m:	4:00.42	42.93	400m:	5:17.59	37.61
21.	MISIORNY, Anna		00	MKS Trójka Łód				5:21.61	525		
	50m:	34.68 34.68	150m:	1:53.85	40.44	250m:	3:21.30	47.27	350m:	4:45.80	37.62
	100m:	1:13.41 38.73	200m:	2:34.03	40.18	300m:	4:08.18	46.88	400m:	5:21.61	35.81
22.	KURZYNA, Aleksandra		03	Fala Kra nik				5:24.65	510		
	50m:	35.70 35.70	150m:	1:58.92	40.92	250m:	3:24.75	45.70	350m:	4:49.06	37.48
	100m:	1:18.00 42.30	200m:	2:39.05	40.13	300m:	4:11.58	46.83	400m:	5:24.65	35.59
23.	LUTKIEWICZ, Gabriela		03	KS Wisła Puławy				5:25.59	506		
	50m:	34.40 34.40	150m:	1:56.33	41.31	250m:	3:23.64	46.95	350m:	4:49.06	37.62
	100m:	1:15.02 40.62	200m:	2:36.69	40.36	300m:	4:11.44	47.80	400m:	5:25.59	36.53
24.	REKS, Aleksandra		00	MKP Szczecin				5:26.74	500		
	50m:	34.36 34.36	150m:	1:56.55	41.58	250m:	3:25.63	48.32	350m:	4:51.90	36.42
	100m:	1:14.97 40.61	200m:	2:37.31	40.76	300m:	4:15.48	49.85	400m:	5:26.74	34.84
25.	DESZCZKA, Laura		01	MKS Trójka Łód				5:28.46	492		
	50m:	36.37 36.37	150m:	2:00.53	42.18	250m:	3:27.90	47.11	350m:	4:52.00	37.90
	100m:	1:18.35 41.98	200m:	2:40.79	40.26	300m:	4:14.10	46.20	400m:	5:28.46	36.46
26.	ORŁOWSKA, Zuzanna		02	UKS NAWA Skierniewice				5:36.05	460		
	50m:	34.28 34.28	150m:	1:58.83	44.71	250m:	3:31.53	49.98	350m:	4:59.54	38.17
	100m:	1:14.12 39.84	200m:	2:41.55	42.72	300m:	4:21.37	49.84	400m:	5:36.05	36.51