

Grand Prix - Puchar Polski
Łódź, 20. - 21.11.2010

Konkurencja 33
2010-11-21 - 11:26

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Pkt.	Czas			
1.	Kilija ska Donata		95	KSZO Ostrowiec				818	4:11.12			
	<i>Rekord Polski Juniorek 15-letnich</i>											
	50m:	29.23	29.23	150m:	1:31.88	31.47	250m:	2:35.82	32.02	350m:	3:40.13	32.13
	100m:	1:00.41	31.18	200m:	2:03.80	31.92	300m:	3:08.00	32.18	400m:	4:11.12	30.99
2.	Olczak Mirela		93	MKP „Słowianka” Gorzów Wlkp.				773	4:15.97			
	50m:	30.11	30.11	150m:	1:33.22	31.78	250m:	2:38.07	32.65	350m:	3:43.86	32.90
	100m:	1:01.44	31.33	200m:	2:05.42	32.20	300m:	3:10.96	32.89	400m:	4:15.97	32.11
3.	Wikieł Manuela		92	USKS Ostroł ka				706	4:23.81			
	50m:	31.29	31.29	150m:	1:37.23	32.95	250m:	2:44.06	33.42	350m:	3:50.67	33.19
	100m:	1:04.28	32.99	200m:	2:10.64	33.41	300m:	3:17.48	33.42	400m:	4:23.81	33.14
4.	Bajorska Dorota SO		94	UKP Unia O wi cim				704	4:24.04			
	50m:	31.10	31.10	150m:	1:37.55	33.51	250m:	2:44.93	33.48	350m:	3:51.57	33.06
	100m:	1:04.04	32.94	200m:	2:11.45	33.90	300m:	3:18.51	33.58	400m:	4:24.04	32.47
5.	ukowska Paula SZG		93	Zryw Opole				690	4:25.78			
	50m:	31.02	31.02	150m:	1:38.10	33.34	250m:	2:45.56	33.51	350m:	3:52.68	33.46
	100m:	1:04.76	33.74	200m:	2:12.05	33.95	300m:	3:19.22	33.66	400m:	4:25.78	33.10
6.	CISOWSKA ALEKSANDRA		89	AZS AGH Kraków				690	4:25.80			
	50m:	31.46	31.46	150m:	1:38.08	33.45	250m:	2:45.64	33.86	350m:	3:52.97	33.89
	100m:	1:04.63	33.17	200m:	2:11.78	33.70	300m:	3:19.08	33.44	400m:	4:25.80	32.83
7.	Lipi ska Małgorzata		93	KSZO Ostrowiec				687	4:26.11			
	50m:	31.29	31.29	150m:	1:37.96	33.77	250m:	2:45.74	33.81	350m:	3:53.52	33.80
	100m:	1:04.19	32.90	200m:	2:11.93	33.97	300m:	3:19.72	33.98	400m:	4:26.11	32.59
8.	ołnowska Katarzyna		90	MZOS Płock				686	4:26.31			
	50m:	30.80	30.80	150m:	1:37.92	33.80	250m:	2:46.38	34.25	350m:	3:53.81	33.43
	100m:	1:04.12	33.32	200m:	2:12.13	34.21	300m:	3:20.38	34.00	400m:	4:26.31	32.50
9.	Grzegorzczuk Izabella		93	K S Pospnania				676	4:27.58			
	50m:	30.60	30.60	150m:	1:37.71	33.94	250m:	2:46.62	34.48	350m:	3:55.43	34.26
	100m:	1:03.77	33.17	200m:	2:12.14	34.43	300m:	3:21.17	34.55	400m:	4:27.58	32.15
10.	Burska Justyna		95	UKS 5 Konstanyńów				676	4:27.66			
	50m:	31.34	31.34	150m:	1:38.18	33.49	250m:	2:45.78	33.87	350m:	3:54.27	34.19
	100m:	1:04.69	33.35	200m:	2:11.91	33.73	300m:	3:20.08	34.30	400m:	4:27.66	33.39
11.	Bernat Aleksandra		90	K.S.Warta Pozna				674	4:27.85			
	50m:	30.52	30.52	150m:	1:37.80	34.15	250m:	2:46.67	34.33	350m:	3:55.56	34.39
	100m:	1:03.65	33.13	200m:	2:12.34	34.54	300m:	3:21.17	34.50	400m:	4:27.85	32.29
12.	WASILEWSKA BARBARA		94	LKS "omega" Kleszczów				648	4:31.35			
	50m:	31.90	31.90	150m:	1:40.18	34.38	250m:	2:48.71	34.40	350m:	3:57.39	34.36
	100m:	1:05.80	33.90	200m:	2:14.31	34.13	300m:	3:23.03	34.32	400m:	4:31.35	33.96
13.	Wakuła Karolina SO		93	AZS AWF Katowice				639	4:32.70			
	50m:	32.32	32.32	150m:	1:40.51	34.25	250m:	2:50.08	34.72	350m:	3:59.46	34.54
	100m:	1:06.26	33.94	200m:	2:15.36	34.85	300m:	3:24.92	34.84	400m:	4:32.70	33.24
14.	S dłak Katarzyna		94	Orka Zamo				628	4:34.21			
	50m:	31.52	31.52	150m:	1:40.55	34.89	250m:	2:50.20	34.98	350m:	4:00.50	35.20
	100m:	1:05.66	34.14	200m:	2:15.22	34.67	300m:	3:25.30	35.10	400m:	4:34.21	33.71
15.	Zembrzuska Dorota		93	UKS "G-8 Bielany" Warszawa				620	4:35.40			
	50m:	31.23	31.23	150m:	1:39.96	34.80	250m:	2:49.94	35.13	350m:	4:01.17	35.70
	100m:	1:05.16	33.93	200m:	2:14.81	34.85	300m:	3:25.47	35.53	400m:	4:35.40	34.23
16.	Pyszka Alicja		93	MOSM Tychy				565	4:44.13			
	50m:	31.76	31.76	150m:	1:41.52	35.19	250m:	2:53.01	35.85	350m:	4:04.76	35.79
	100m:	1:06.33	34.57	200m:	2:17.16	35.64	300m:	3:28.97	35.96	400m:	4:44.13	39.37
17.	Zyga Paulina		94	UKS NAWA Skierniewice				549	4:46.77			
	50m:	32.41	32.41	150m:	1:44.40	36.64	250m:	2:57.14	36.04	350m:	4:11.04	37.11
	100m:	1:07.76	35.35	200m:	2:21.10	36.70	300m:	3:33.93	36.79	400m:	4:46.77	35.73

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Pozycja			Rok ur.					Pkt.	Czas			
18.	Lewandowska Agata		93	UKS "GIM 92 Ursynów" Warszawa				544	4:47.70			
	50m:	32.45	32.45	150m:	1:45.51	37.06	250m:	2:58.66	36.79	350m:	4:12.42	36.63
	100m:	1:08.45	36.00	200m:	2:21.87	36.36	300m:	3:35.79	37.13	400m:	4:47.70	35.28
19.	ZYGO Karolina		96	KS OLIMPIA Lublin				539	4:48.60			
	50m:	31.43	31.43	150m:	1:43.56	35.99	250m:	2:58.06	36.98	350m:	4:12.71	37.29
	100m:	1:07.57	36.14	200m:	2:21.08	37.52	300m:	3:35.42	37.36	400m:	4:48.60	35.89
20.	Małki ska Zuzanna		95	UKS "GIM 92 Ursynów" Warszawa				518	4:52.44			
	50m:	33.70	33.70	150m:	1:48.08	37.49	250m:	3:02.27	36.72	350m:	4:16.16	36.99
	100m:	1:10.59	36.89	200m:	2:25.55	37.47	300m:	3:39.17	36.90	400m:	4:52.44	36.28
21.	DYMNA ANNA MARIA		95	Slask Wroclaw				498	4:56.21			
	50m:	32.11	32.11	150m:	1:45.78	37.88	250m:	3:01.20	36.96	350m:	4:18.95	38.99
	100m:	1:07.90	35.79	200m:	2:24.24	38.46	300m:	3:39.96	38.76	400m:	4:56.21	37.26
22.	Zadylak Angelika		95	MOSM Tychy				486	4:58.74			
	50m:	33.18	33.18	150m:	1:46.62	37.34	250m:	3:03.42	38.50	350m:	4:20.79	38.72
	100m:	1:09.28	36.10	200m:	2:24.92	38.30	300m:	3:42.07	38.65	400m:	4:58.74	37.95
23.	Glanert Daria		96	UKS Osemka Starogard Gdanski				459	5:04.49			
	50m:	33.33	33.33	150m:	1:49.01	38.43	250m:	3:06.87	39.10	350m:	4:25.86	39.73
	100m:	1:10.58	37.25	200m:	2:27.77	38.76	300m:	3:46.13	39.26	400m:	5:04.49	38.63