

Grand Prix - Puchar Polski
Łódź , 12- - 13-11-2011

Konkurencja 1
2011-11-12 - 10:21

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Pkt.	Czas	
1.	Szczepaniak Karolina		92	AZS AWF Warszawa				821	4:38.72	
	50m:	29.88 29.88	150m:	1:39.92	36.56	250m:	2:54.38	39.56	350m:	4:07.51 32.73
	100m:	1:03.36 33.48	200m:	2:14.82	34.90	300m:	3:34.78	40.40	400m:	4:38.72 31.21
2.	Olczak Mirela		93	MKP „Słowianka” Gorzów Wlkp.				691	4:55.18	
	50m:	30.60 30.60	150m:	1:43.97	38.72	250m:	3:05.32	43.02	350m:	4:21.56 34.42
	100m:	1:05.25 34.65	200m:	2:22.30	38.33	300m:	3:47.14	41.82	400m:	4:55.18 33.62
3.	Nienąłowska Natalia		96	MKS Polonia Warszawa				674	4:57.59	
	50m:	32.26 32.26	150m:	1:44.91	36.34	250m:	3:05.04	43.03	350m:	4:23.59 34.67
	100m:	1:08.57 36.31	200m:	2:22.01	37.10	300m:	3:48.92	43.88	400m:	4:57.59 34.00
4.	Kami ska Aleksandra		92	MKS Zryw Opole				668	4:58.59	
	50m:	32.13 32.13	150m:	1:46.47	38.28	250m:	3:07.20	42.47	350m:	4:25.01 34.67
	100m:	1:08.19 36.06	200m:	2:24.73	38.26	300m:	3:50.34	43.14	400m:	4:58.59 33.58
5.	Sie czyk Jowita		97	MKS" AK" Biała Podlaska				662	4:59.37	
	50m:	31.21 31.21	150m:	1:46.27	38.28	250m:	3:05.45	41.90	350m:	4:23.86 35.95
	100m:	1:07.99 36.78	200m:	2:23.55	37.28	300m:	3:47.91	42.46	400m:	4:59.37 35.51
6.	dawidowicz Anna		93	Mks Trójka Łódź				649	5:01.49	
	50m:	32.30 32.30	150m:	1:47.81	38.81	250m:	3:09.39	44.00	350m:	4:28.63 35.76
	100m:	1:09.00 36.70	200m:	2:25.39	37.58	300m:	3:52.87	43.48	400m:	5:01.49 32.86
7.	Mikołajczak Anna SSz		95	MKP Szczecin				647	5:01.78	
	50m:	31.78 31.78	150m:	1:46.71	39.49	250m:	3:08.33	42.66	350m:	4:27.52 35.47
	100m:	1:07.22 35.44	200m:	2:25.67	38.96	300m:	3:52.05	43.72	400m:	5:01.78 34.26
8.	Chwadeczko Zuzanna		95	MTP Lublinianka				633	5:04.02	
	50m:	30.57 30.57	150m:	1:45.33	38.37	250m:	3:07.67	44.21	350m:	4:28.85 36.57
	100m:	1:06.96 36.39	200m:	2:23.46	38.13	300m:	3:52.28	44.61	400m:	5:04.02 35.17
9.	Paciorkiewicz Agata		96	SKS Start Łódź				583	5:12.47	
	50m:	34.52 34.52	150m:	1:53.54	39.93	250m:	3:16.83	44.24	350m:	4:38.10 36.32
	100m:	1:13.61 39.09	200m:	2:32.59	39.05	300m:	4:01.78	44.95	400m:	5:12.47 34.37
10.	ZYGO Karolina		96	KS OLIMPIA Lublin				579	5:13.03	
	50m:	33.99 33.99	150m:	1:51.37	39.01	250m:	3:15.67	45.39	350m:	4:38.53 36.40
	100m:	1:12.36 38.37	200m:	2:30.28	38.91	300m:	4:02.13	46.46	400m:	5:13.03 34.50
11.	Rogacz Katarzyna SR		96	MKS-SMS Victoria Racibórz				571	5:14.56	
	50m:	33.79 33.79	150m:	1:54.15	39.94	250m:	3:17.26	44.05	350m:	4:39.41 37.15
	100m:	1:14.21 40.42	200m:	2:33.21	39.06	300m:	4:02.26	45.00	400m:	5:14.56 35.15
12.	WO NICZAK PAULINA		97	Towarzystwo Pływackie Olimpijczyk				564	5:15.77	
	50m:	31.48 31.48	150m:	1:48.85	38.81	250m:	3:13.63	46.40	350m:	4:38.84 38.23
	100m:	1:10.04 38.56	200m:	2:27.23	38.38	300m:	4:00.61	46.98	400m:	5:15.77 36.93
13.	Zacharska Inga		94	UKS "GIM 92 Ursynów" Warszawa				554	5:17.73	
	50m:	33.68 33.68	150m:	1:53.17	39.86	250m:	3:18.04	46.43	350m:	4:41.59 37.23
	100m:	1:13.31 39.63	200m:	2:31.61	38.44	300m:	4:04.36	46.32	400m:	5:17.73 36.14
14.	Magner Agata SK		97	GOSiR Piaseczno				551	5:18.29	
	50m:	33.76 33.76	150m:	1:50.89	38.48	250m:	3:16.15	47.56	350m:	4:41.93 37.69
	100m:	1:12.41 38.65	200m:	2:28.59	37.70	300m:	4:04.24	48.09	400m:	5:18.29 36.36
15.	MACIUCH Karolina		96	Vega				539	5:20.73	
	50m:	35.48 35.48	150m:	1:57.07	40.14	250m:	3:21.07	45.73	350m:	4:45.24 37.86
	100m:	1:16.93 41.45	200m:	2:35.34	38.27	300m:	4:07.38	46.31	400m:	5:20.73 35.49
16.	Bednarek Paulina		96	Mks Trójka Łódź				519	5:24.68	
	50m:	35.49 35.49	150m:	1:56.91	39.54	250m:	3:23.68	47.94	350m:	4:49.25 37.70
	100m:	1:17.37 41.88	200m:	2:35.74	38.83	300m:	4:11.55	47.87	400m:	5:24.68 35.43
17.	Wydryszek Kinga		96	MKS Polonia Warszawa				516	5:25.27	
	50m:	35.27 35.27	150m:	1:56.68	40.71	250m:	3:24.01	47.26	350m:	4:48.88 37.50
	100m:	1:15.97 40.70	200m:	2:36.75	40.07	300m:	4:11.38	47.37	400m:	5:25.27 36.39

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Pozycja			Rok ur.					Pkt.	Czas
18.	Bagi ska Zofia		97	Siódemka Sopot				505	5:27.65
	50m: 34.93	34.93	150m: 1:57.55	41.89	250m: 3:24.54	45.03	350m: 4:49.59		38.28
	100m: 1:15.66	40.73	200m: 2:39.51	41.96	300m: 4:11.31	46.77	400m: 5:27.65		38.06
19.	Kwiatkowska Magdalena		96	AZS-AWF Pozna				505	5:27.67
	50m: 35.58	35.58	150m: 1:59.27	41.56	250m: 3:26.05	45.83	350m: 4:50.62		38.02
	100m: 1:17.71	42.13	200m: 2:40.22	40.95	300m: 4:12.60	46.55	400m: 5:27.67		37.05
20.	Czech Magdalena		97	Mks Jedyńka Łód				424	5:47.46
	50m: 36.05	36.05	150m: 2:03.95	44.51	250m: 3:38.02	50.10	350m: 5:09.07		40.97
	100m: 1:19.44	43.39	200m: 2:47.92	43.97	300m: 4:28.10	50.08	400m: 5:47.46		38.39
DYSKW.	Bartniak Dorota		97	Mks Trójka Łód					5:31.16
	<i>k15</i>								
	50m: 35.34	35.34	150m: 1:59.14	43.55	250m: 3:27.05	46.18	350m: 4:53.63		39.16
	100m: 1:15.59	40.25	200m: 2:40.87	41.73	300m: 4:14.47	47.42	400m: 5:31.16		37.53