

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

Konkurencja 33
2011-11-13 - 12:17

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Pkt.	Czas	
1.	Szczepaniak Karolina		92	AZS AWF Warszawa				835	4:09.40	
	50m:	29.38 29.38	150m:	1:32.24 31.69	250m:	2:35.73 31.57	350m:	3:38.75 31.16		
	100m:	1:00.55 31.17	200m:	2:04.16 31.92	300m:	3:07.59 31.86	400m:	4:09.40 30.65		
2.	Kilija ska Donata SSz <i>Rekord Polski 16 Latków</i>		95	KS KSZO Ostrowiec w				826	4:10.37	
	50m:	29.47 29.47	150m:	1:32.40 31.56	250m:	2:35.91 31.64	350m:	3:39.34 31.60		
	100m:	1:00.84 31.37	200m:	2:04.27 31.87	300m:	3:07.74 31.83	400m:	4:10.37 31.03		
3.	Putra Aleksandra		86	AZS UWM Olsztyn				802	4:12.82	
	50m:	29.21 29.21	150m:	1:32.95 32.15	250m:	2:37.07 31.66	350m:	3:41.43 32.40		
	100m:	1:00.80 31.59	200m:	2:05.41 32.46	300m:	3:09.03 31.96	400m:	4:12.82 31.39		
4.	Bernat Aleksandra		90	Warta Pozna				794	4:13.66	
	50m:	29.38 29.38	150m:	1:32.89 31.97	250m:	2:37.29 32.15	350m:	3:42.20 32.58		
	100m:	1:00.92 31.54	200m:	2:05.14 32.25	300m:	3:09.62 32.33	400m:	4:13.66 31.46		
5.	Kowalska Agata		93	AZS AWF Warszawa				751	4:18.37	
	50m:	30.15 30.15	150m:	1:35.68 32.87	250m:	2:41.09 32.64	350m:	3:47.23 33.03		
	100m:	1:02.81 32.66	200m:	2:08.45 32.77	300m:	3:14.20 33.11	400m:	4:18.37 31.14		
6.	Zachoszcz Joanna		93	MKP „Słowianka” Gorzów Wlkp.				742	4:19.45	
	50m:	30.24 30.24	150m:	1:35.15 32.81	250m:	2:40.89 32.91	350m:	3:47.17 33.20		
	100m:	1:02.34 32.10	200m:	2:07.98 32.83	300m:	3:13.97 33.08	400m:	4:19.45 32.28		
7.	Wikieł Manuela		92	AZS UWM Olsztyn				728	4:21.11	
	50m:	31.22 31.22	150m:	1:36.17 32.20	250m:	2:41.52 32.66	350m:	3:48.10 33.49		
	100m:	1:03.97 32.75	200m:	2:08.86 32.69	300m:	3:14.61 33.09	400m:	4:21.11 33.01		
8.	Burska Justyna		95	UKS "Pi tka" Konstancynów Łódzki				721	4:21.90	
	50m:	31.24 31.24	150m:	1:37.45 33.25	250m:	2:43.78 33.03	350m:	3:50.31 33.33		
	100m:	1:04.20 32.96	200m:	2:10.75 33.30	300m:	3:16.98 33.20	400m:	4:21.90 31.59		
9.	Piekarska Magdalena SSz		94	MKP Szczecin				721	4:21.91	
	50m:	30.44 30.44	150m:	1:35.82 32.91	250m:	2:42.83 33.34	350m:	3:49.57 33.10		
	100m:	1:02.91 32.47	200m:	2:09.49 33.67	300m:	3:16.47 33.64	400m:	4:21.91 32.34		
10.	Szczytko Alicja		95	MUKS Olimpijczyk Suwałki				716	4:22.58	
	50m:	29.48 29.48	150m:	1:34.01 32.84	250m:	2:41.14 33.59	350m:	3:48.88 34.05		
	100m:	1:01.17 31.69	200m:	2:07.55 33.54	300m:	3:14.83 33.69	400m:	4:22.58 33.70		
11.	Dworaczek Paulina SSz		96	MKS Jordan Kraków				701	4:24.40	
	50m:	31.18 31.18	150m:	1:37.03 33.20	250m:	2:44.52 33.68	350m:	3:51.99 33.74		
	100m:	1:03.83 32.65	200m:	2:10.84 33.81	300m:	3:18.25 33.73	400m:	4:24.40 32.41		
12.	Zachoszcz Paulina		93	MKP „Słowianka” Gorzów Wlkp.				700	4:24.54	
	50m:	30.27 30.27	150m:	1:35.92 33.25	250m:	2:43.37 33.86	350m:	3:51.29 34.06		
	100m:	1:02.67 32.40	200m:	2:09.51 33.59	300m:	3:17.23 33.86	400m:	4:24.54 33.25		
13.	Nienalowska Natalia		96	MKS Polonia Warszawa				692	4:25.47	
	50m:	30.95 30.95	150m:	1:36.25 33.14	250m:	2:44.25 34.03	350m:	3:52.41 33.98		
	100m:	1:03.11 32.16	200m:	2:10.22 33.97	300m:	3:18.43 34.18	400m:	4:25.47 33.06		
14.	Karpisz Milena		97	UKS "Pi tka" Konstancynów Łódzki				687	4:26.17	
	50m:	31.55 31.55	150m:	1:38.22 33.54	250m:	2:45.83 33.85	350m:	3:53.43 33.50		
	100m:	1:04.68 33.13	200m:	2:11.98 33.76	300m:	3:19.93 34.10	400m:	4:26.17 32.74		
15.	Kami ska Aleksandra		92	MKS Zryw Opole				673	4:28.04	
	50m:	31.24 31.24	150m:	1:39.08 34.11	250m:	2:46.98 33.74	350m:	3:54.54 33.70		
	100m:	1:04.97 33.73	200m:	2:13.24 34.16	300m:	3:20.84 33.86	400m:	4:28.04 33.50		
16.	elazna Paulina		94	Wks SI sk				660	4:29.72	
	50m:	31.59 31.59	150m:	1:39.93 34.45	250m:	2:48.43 34.16	350m:	3:57.48 34.39		
	100m:	1:05.48 33.89	200m:	2:14.27 34.34	300m:	3:23.09 34.66	400m:	4:29.72 32.24		
17.	Aleksandrowicz Arleta		96	MUKS Olimpijczyk Suwałki				654	4:30.55	
	50m:	31.03 31.03	150m:	1:38.57 34.05	250m:	2:48.17 34.69	350m:	3:57.05 34.44		
	100m:	1:04.52 33.49	200m:	2:13.48 34.91	300m:	3:22.61 34.44	400m:	4:30.55 33.50		

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Konkurencja 33, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Pkt.	Czas	
18.	Kowalska Oriana		93	MTP KORMORAN Olsztyn				647	4:31.52	
	50m:	32.20 32.20	150m:	1:41.06 34.66	250m:	2:50.36 34.70	350m:	3:58.90 34.07		
	100m:	1:06.40 34.20	200m:	2:15.66 34.60	300m:	3:24.83 34.47	400m:	4:31.52 32.62		
19.	ZYGO Karolina		96	KS OLIMPIA Lublin				638	4:32.80	
	50m:	32.29 32.29	150m:	1:40.66 34.25	250m:	2:49.98 34.39	350m:	3:59.79 34.82		
	100m:	1:06.41 34.12	200m:	2:15.59 34.93	300m:	3:24.97 34.99	400m:	4:32.80 33.01		
20.	Szałak Katarzyna		94	Orka				633	4:33.48	
	50m:	31.40 31.40	150m:	1:40.09 34.76	250m:	2:50.34 34.87	350m:	4:00.13 34.75		
	100m:	1:05.33 33.93	200m:	2:15.47 35.38	300m:	3:25.38 35.04	400m:	4:33.48 33.35		
21.	Borkowska Lucyna		97	MKS Sambor Tczew				633	4:33.49	
	50m:	31.92 31.92	150m:	1:41.12 34.69	250m:	2:50.78 34.92	350m:	4:00.33 34.71		
	100m:	1:06.43 34.51	200m:	2:15.86 34.74	300m:	3:25.62 34.84	400m:	4:33.49 33.16		
	Wasilewska Barbara		94	LKS Omega Kleszczów				633	4:33.49	
	50m:	31.58 31.58	150m:	1:39.88 34.42	250m:	2:49.24 34.52	350m:	3:59.23 34.74		
	100m:	1:05.46 33.88	200m:	2:14.72 34.84	300m:	3:24.49 35.25	400m:	4:33.49 34.26		
23.	Mikołajczak Anna SSz		95	MKP Szczecin				620	4:35.37	
	50m:	31.85 31.85	150m:	1:41.20 34.86	250m:	2:51.11 34.85	350m:	4:01.27 35.14		
	100m:	1:06.34 34.49	200m:	2:16.26 35.06	300m:	3:26.13 35.02	400m:	4:35.37 34.10		
24.	Halagiera Joanna		96	MKP „Słowianka” Gorzów Wlkp.				615	4:36.16	
	50m:	32.00 32.00	150m:	1:40.71 34.72	250m:	2:50.42 35.02	350m:	4:01.20 35.56		
	100m:	1:05.99 33.99	200m:	2:15.40 34.69	300m:	3:25.64 35.22	400m:	4:36.16 34.96		
25.	CIE LAK Joanna		96	Warta Pozna				609	4:37.06	
	50m:	30.84 30.84	150m:	1:39.88 35.28	250m:	2:51.17 35.50	350m:	4:02.56 35.71		
	100m:	1:04.60 33.76	200m:	2:15.67 35.79	300m:	3:26.85 35.68	400m:	4:37.06 34.50		
26.	Paciorkiewicz Agata		96	SKS Start Łódź				609	4:37.13	
	50m:	32.31 32.31	150m:	1:43.26 35.70	250m:	2:54.07 35.44	350m:	4:04.33 34.96		
	100m:	1:07.56 35.25	200m:	2:18.63 35.37	300m:	3:29.37 35.30	400m:	4:37.13 32.80		
27.	Strugała Honorata		95	Warta Pozna				604	4:37.77	
	50m:	31.85 31.85	150m:	1:43.17 36.03	250m:	2:54.07 35.35	350m:	4:04.60 35.16		
	100m:	1:07.14 35.29	200m:	2:18.72 35.55	300m:	3:29.44 35.37	400m:	4:37.77 33.17		
28.	Kuzawiska Karolina		93	KP MZOS Płock				604	4:37.89	
	50m:	31.56 31.56	150m:	1:40.59 35.12	250m:	2:51.67 35.46	350m:	4:03.36 35.69		
	100m:	1:05.47 33.91	200m:	2:16.21 35.62	300m:	3:27.67 36.00	400m:	4:37.89 34.53		
29.	Nita Anna		97	UKS "Piłka" Konstancynów Łódzki				602	4:38.16	
	50m:	32.43 32.43	150m:	1:42.47 35.11	250m:	2:53.86 35.58	350m:	4:04.59 35.13		
	100m:	1:07.36 34.93	200m:	2:18.28 35.81	300m:	3:29.46 35.60	400m:	4:38.16 33.57		
30.	Miszta Beata SWR		94	Wks Siłsk				600	4:38.40	
	50m:	32.00 32.00	150m:	1:42.91 35.49	250m:	2:54.45 35.59	350m:	4:05.36 35.51		
	100m:	1:07.42 35.42	200m:	2:18.86 35.95	300m:	3:29.85 35.40	400m:	4:38.40 33.04		
31.	Sobolewska Anna		95	Warta Pozna				596	4:39.00	
	50m:	31.77 31.77	150m:	1:41.92 35.61	250m:	2:53.60 35.81	350m:	4:04.71 35.30		
	100m:	1:06.31 34.54	200m:	2:17.79 35.87	300m:	3:29.41 35.81	400m:	4:39.00 34.29		
32.	Uchalska Karolina SSz		94	KS KSZO Ostrowiec w				596	4:39.08	
	50m:	32.15 32.15	150m:	1:41.85 35.06	250m:	2:52.78 35.46	350m:	4:04.38 36.18		
	100m:	1:06.79 34.64	200m:	2:17.32 35.47	300m:	3:28.20 35.42	400m:	4:39.08 34.70		
33.	Ejnik Sylwia		94	KP MZOS Płock				594	4:39.32	
	50m:	31.66 31.66	150m:	1:42.44 35.86	250m:	2:54.00 35.58	350m:	4:05.32 35.57		
	100m:	1:06.58 34.92	200m:	2:18.42 35.98	300m:	3:29.75 35.75	400m:	4:39.32 34.00		
34.	Wójcik Magdalena		97	UKS Jedynka Solex L bork				589	4:40.12	
	50m:	32.33 32.33	150m:	1:42.67 35.34	250m:	2:53.58 35.75	350m:	4:05.14 35.81		
	100m:	1:07.33 35.00	200m:	2:17.83 35.16	300m:	3:29.33 35.75	400m:	4:40.12 34.98		
35.	Zińska Katarzyna		97	KORNER Zielona Góra				588	4:40.26	
	50m:	31.94 31.94	150m:	1:43.20 35.87	250m:	2:54.72 35.91	350m:	4:06.54 35.81		
	100m:	1:07.33 35.39	200m:	2:18.81 35.61	300m:	3:30.73 36.01	400m:	4:40.26 33.72		

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Pozycja			Rok ur.					Pkt.	Czas	
36.	Zawieja Daria		94	Warta Pozna			586	4:40.60		
	50m: 32.83	32.83	150m: 1:43.87	35.66	250m: 2:54.89	35.52	350m: 4:06.30	35.89		
	100m: 1:08.21	35.38	200m: 2:19.37	35.50	300m: 3:30.41	35.52	400m: 4:40.60	34.30		
37.	Ciesielska Sylwia		95	Warta Pozna			582	4:41.21		
	50m: 31.11	31.11	150m: 1:40.94	35.63	250m: 2:53.44	36.10	350m: 4:06.05	36.25		
	100m: 1:05.31	34.20	200m: 2:17.34	36.40	300m: 3:29.80	36.36	400m: 4:41.21	35.16		
38.	Parkot Joanna		95	Uks Kapry-Armexim Pruszków			582	4:41.30		
	50m: 32.22	32.22	150m: 1:43.52	36.08	250m: 2:55.28	35.83	350m: 4:06.43	35.30		
	100m: 1:07.44	35.22	200m: 2:19.45	35.93	300m: 3:31.13	35.85	400m: 4:41.30	34.87		
39.	Piaskowska Weronika		96	Towarzystwo Pływackie Olimpijczyk			566	4:43.96		
	50m: 32.40	32.40	150m: 1:43.96	35.90	250m: 2:57.10	36.61	350m: 4:09.54	35.86		
	100m: 1:08.06	35.66	200m: 2:20.49	36.53	300m: 3:33.68	36.58	400m: 4:43.96	34.42		
40.	Stasinowska Katarzyna		94	SKS Start Łódź			565	4:44.02		
	50m: 31.83	31.83	150m: 1:44.26	36.43	250m: 2:57.15	36.39	350m: 4:10.67	36.53		
	100m: 1:07.83	36.00	200m: 2:20.76	36.50	300m: 3:34.14	36.99	400m: 4:44.02	33.35		
41.	Bartkowiak Patrycja		97	MKP „Słowianka” Gorzów Wlkp.			565	4:44.12		
	50m: 32.11	32.11	150m: 1:43.98	36.12	250m: 2:56.42	36.25	350m: 4:09.33	36.62		
	100m: 1:07.86	35.75	200m: 2:20.17	36.19	300m: 3:32.71	36.29	400m: 4:44.12	34.79		
42.	Wysocka Klaudia		97	Siódemka Sopot			550	4:46.70		
	50m: 34.24	34.24	150m: 1:46.92	36.58	250m: 2:59.78	36.23	350m: 4:11.58	35.60		
	100m: 1:10.34	36.10	200m: 2:23.55	36.63	300m: 3:35.98	36.20	400m: 4:46.70	35.12		
43.	KLINGER Anna		94	UKS Shark Rudna			544	4:47.72		
	50m: 32.72	32.72	150m: 1:46.29	36.90	250m: 2:59.73	36.70	350m: 4:13.64	36.80		
	100m: 1:09.39	36.67	200m: 2:23.03	36.74	300m: 3:36.84	37.11	400m: 4:47.72	34.08		
44.	KASPEREK Katarzyna		96	Warta Pozna			538	4:48.81		
	50m: 32.50	32.50	150m: 1:45.38	36.86	250m: 2:59.74	37.03	350m: 4:13.43	36.77		
	100m: 1:08.52	36.02	200m: 2:22.71	37.33	300m: 3:36.66	36.92	400m: 4:48.81	35.38		
45.	Chudzik Katarzyna		95	MKP „Słowianka” Gorzów Wlkp.			525	4:51.07		
	50m: 31.75	31.75	150m: 1:44.50	36.87	250m: 2:59.16	37.45	350m: 4:14.34	37.58		
	100m: 1:07.63	35.88	200m: 2:21.71	37.21	300m: 3:36.76	37.60	400m: 4:51.07	36.73		
46.	Bagi ska Zofia		97	Siódemka Sopot			509	4:54.11		
	50m: 33.73	33.73	150m: 1:49.05	37.84	250m: 3:04.54	37.75	350m: 4:18.83	36.67		
	100m: 1:11.21	37.48	200m: 2:26.79	37.74	300m: 3:42.16	37.62	400m: 4:54.11	35.28		
47.	Adamska Nikola		96	MKS Polonia Warszawa			507	4:54.50		
	50m: 32.28	32.28	150m: 1:47.08	37.56	250m: 3:03.23	38.29	350m: 4:18.26	36.76		
	100m: 1:09.52	37.24	200m: 2:24.94	37.86	300m: 3:41.50	38.27	400m: 4:54.50	36.24		
48.	Miliszewska Justyna		97	Siódemka Sopot			499	4:56.10		
	50m: 33.05	33.05	150m: 1:46.17	37.31	250m: 3:01.76	37.90	350m: 4:18.15	37.95		
	100m: 1:08.86	35.81	200m: 2:23.86	37.69	300m: 3:40.20	38.44	400m: 4:56.10	37.95		
49.	Włodarczyk Ewelina		96	SKS Start Łódź			494	4:57.05		
	50m: 32.66	32.66	150m: 1:47.84	38.21	250m: 3:04.58	38.58	350m: 4:20.69	37.90		
	100m: 1:09.63	36.97	200m: 2:26.00	38.16	300m: 3:42.79	38.21	400m: 4:57.05	36.36		
50.	Kali ska Magdalena		95	KP MZOS Płock			491	4:57.58		
	50m: 33.44	33.44	150m: 1:47.91	37.73	250m: 3:04.10	38.55	350m: 4:20.03	37.91		
	100m: 1:10.18	36.74	200m: 2:25.55	37.64	300m: 3:42.12	38.02	400m: 4:57.58	37.55		
51.	Przymus Agata		97	SKS Start Łódź			486	4:58.72		
	50m: 33.41	33.41	150m: 1:49.33	38.36	250m: 3:05.38	37.76	350m: 4:21.68	38.25		
	100m: 1:10.97	37.56	200m: 2:27.62	38.29	300m: 3:43.43	38.05	400m: 4:58.72	37.04		
52.	Olejniczak Zuzanna		97	Mks Jedynka Łódź			482	4:59.55		
	50m: 33.82	33.82	150m: 1:49.53	38.59	250m: 3:05.76	37.94	350m: 4:22.36	37.96		
	100m: 1:10.94	37.12	200m: 2:27.82	38.29	300m: 3:44.40	38.64	400m: 4:59.55	37.19		
53.	Misterka Kamila		97	Mks Trójka Łódź			460	5:04.16		
	50m: 34.28	34.28	150m: 1:50.62	38.73	250m: 3:08.58	38.90	350m: 4:26.24	39.08		
	100m: 1:11.89	37.61	200m: 2:29.68	39.06	300m: 3:47.16	38.58	400m: 5:04.16	37.92		

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Pozycja				Rok ur.				Pkt.	Czas			
54.	ROMANOWICZ Anna			97	UKS Shark Rudna			387	5:22.09			
	50m:	35.51	35.51	150m:	1:57.69	41.95	250m:	3:20.60	41.37	350m:	4:41.69	40.18
	100m:	1:15.74	40.23	200m:	2:39.23	41.54	300m:	4:01.51	40.91	400m:	5:22.09	40.40