

Grand Prix - Puchar Polski
Łódź, 10- - 11-11-2012

Konkurencja 1
2012-11-10 - 10:22

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Pkt.	Czas
1.	Szczepaniak Karolina		92	AZS AWF Katowice				789	4:42.44
	50m:	30.33 30.33	150m:	1:40.56 36.23	250m:	2:57.12 40.24	350m:	4:11.12 32.95	
	100m:	1:04.33 34.00	200m:	2:16.88 36.32	300m:	3:38.17 41.05	400m:	4:42.44 31.32	
2.	Olczak Mirela		93	AZS AWF Warszawa				678	4:57.10
	50m:	31.70 31.70	150m:	1:46.49 39.02	250m:	3:07.74 43.30	350m:	4:23.93 34.04	
	100m:	1:07.47 35.77	200m:	2:24.44 37.95	300m:	3:49.89 42.15	400m:	4:57.10 33.17	
3.	SZPUCHA KATARZYNA		96	TP Olimpijczyk Aleksandrów Łódzki				666	4:58.90
	50m:	31.88 31.88	150m:	1:44.39 36.98	250m:	3:03.77 42.87	350m:	4:23.17 36.35	
	100m:	1:07.41 35.53	200m:	2:20.90 36.51	300m:	3:46.82 43.05	400m:	4:58.90 35.73	
4.	Nazi bło Klaudia		93	MKS Juvenia Wrocław				662	4:59.44
	50m:	30.81 30.81	150m:	1:44.37 38.47	250m:	3:06.27 45.22	350m:	4:26.50 35.05	
	100m:	1:05.90 35.09	200m:	2:21.05 36.68	300m:	3:51.45 45.18	400m:	4:59.44 32.94	
5.	ZYGO Karolina		96	KS OLIMPIA Lublin				653	5:00.78
	50m:	32.87 32.87	150m:	1:46.81 37.23	250m:	3:09.70 45.82	350m:	4:28.51 34.46	
	100m:	1:09.58 36.71	200m:	2:23.88 37.07	300m:	3:54.05 44.35	400m:	5:00.78 32.27	
6.	Pelowska Aleksandra		93	KS AZS-AWFIS Gdańsk				650	5:01.33
	50m:	33.10 33.10	150m:	1:50.21 39.28	250m:	3:09.89 41.08	350m:	4:27.46 36.07	
	100m:	1:10.93 37.83	200m:	2:28.81 38.60	300m:	3:51.39 41.50	400m:	5:01.33 33.87	
7.	Sikora Paulina		93	AZS AWF Warszawa				640	5:02.78
	50m:	32.68 32.68	150m:	1:48.72 39.95	250m:	3:11.29 43.94	350m:	4:29.78 34.85	
	100m:	1:08.77 36.09	200m:	2:27.35 38.63	300m:	3:54.93 43.64	400m:	5:02.78 33.00	
8.	Sieńczyk Jowita SK		97	MKS Łask Biła Podlaska				635	5:03.61
	50m:	32.19 32.19	150m:	1:47.37 38.46	250m:	3:07.71 42.73	350m:	4:27.49 36.48	
	100m:	1:08.91 36.72	200m:	2:24.98 37.61	300m:	3:51.01 43.30	400m:	5:03.61 36.12	
9.	BERNAT ALEKSANDRA		90	K.S.Warta Poznań				628	5:04.73
	50m:	32.49 32.49	150m:	1:50.55 40.94	250m:	3:13.96 43.63	350m:	4:32.52 34.57	
	100m:	1:09.61 37.12	200m:	2:30.33 39.78	300m:	3:57.95 43.99	400m:	5:04.73 32.21	
10.	Biedrzycka Iga		97	MKS "Ros" Pisz				602	5:09.11
	50m:	33.16 33.16	150m:	1:49.07 38.22	250m:	3:11.18 43.60	350m:	4:33.07 37.27	
	100m:	1:10.85 37.69	200m:	2:27.58 38.51	300m:	3:55.80 44.62	400m:	5:09.11 36.04	
11.	Mendyk Adrianna SO		98	MKS Wodnik Radom				597	5:10.01
	50m:	33.06 33.06	150m:	1:49.00 38.33	250m:	3:13.14 45.19	350m:	4:36.00 37.52	
	100m:	1:10.67 37.61	200m:	2:27.95 38.95	300m:	3:58.48 45.34	400m:	5:10.01 34.01	
12.	Stefaniak Małgorzata		92	K.S.Warta Poznań				589	5:11.40
	50m:	33.29 33.29	150m:	1:50.10 40.19	250m:	3:13.76 44.75	350m:	4:35.19 37.22	
	100m:	1:09.91 36.62	200m:	2:29.01 38.91	300m:	3:57.97 44.21	400m:	5:11.40 36.21	
13.	GRZEGORCZYK IZABELLA		93	Klub Sportowy Poznań				585	5:12.10
	50m:	33.33 33.33	150m:	1:51.19 38.22	250m:	3:15.78 46.30	350m:	4:37.85 35.34	
	100m:	1:12.97 39.64	200m:	2:29.48 38.29	300m:	4:02.51 46.73	400m:	5:12.10 34.25	
14.	Musioł Wiktoria SO		98	UKP Unia Olimpijczyki				576	5:13.64
	50m:	32.11 32.11	150m:	1:48.14 39.54	250m:	3:12.31 45.57	350m:	4:37.43 38.29	
	100m:	1:08.60 36.49	200m:	2:26.74 38.60	300m:	3:59.14 46.83	400m:	5:13.64 36.21	
15.	Kwiatek Miriam		98	Muks Gilus Gilowice				571	5:14.64
	50m:	32.80 32.80	150m:	1:50.87 41.06	250m:	3:16.98 46.07	350m:	4:39.26 36.51	
	100m:	1:09.81 37.01	200m:	2:30.91 40.04	300m:	4:02.75 45.77	400m:	5:14.64 35.38	
16.	Gruca Marcelina SO		98	UKP Unia Olimpijczyki				563	5:15.95
	50m:	32.38 32.38	150m:	2:30.13 1:19.40	250m:	4:03.42 47.59	350m:	4:39.33	
	100m:	1:10.73 38.35	200m:	3:15.83 45.70	300m:		400m:	5:15.95 36.62	
17.	Kopiczko Karina		94	ATP Augustów				546	5:19.30
	50m:	33.13 33.13	150m:	1:52.56 40.92	250m:	3:18.05 45.43	350m:	4:42.08 37.87	
	100m:	1:11.64 38.51	200m:	2:32.62 40.06	300m:	4:04.21 46.16	400m:	5:19.30 37.22	

Grand Prix - Puchar Polski
 Łódź , 10- - 11-11-2012

Konkurencja 1, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Pkt.	Czas
18.	Bartniak Dorota		97	Mks Trójka Łódź				527	5:23.15
	50m:	35.84 35.84	150m:	1:57.30 41.33	250m:	3:23.24 45.51	350m:	4:47.42 37.74	
	100m:	1:15.97 40.13	200m:	2:37.73 40.43	300m:	4:09.68 46.44	400m:	5:23.15 35.73	
19.	Duda Natasza		98	S.K.S."Start" Łódź				518	5:24.97
	50m:	35.15 35.15	150m:	1:58.30 42.19	250m:	3:24.21 43.68	350m:	4:47.54 38.57	
	100m:	1:16.11 40.96	200m:	2:40.53 42.23	300m:	4:08.97 44.76	400m:	5:24.97 37.43	
20.	Kaniak Aleksandra		97	MKS Juvenia Wrocław				517	5:25.20
	50m:	35.57 35.57	150m:	1:58.55 40.50	250m:	3:22.63 43.86	350m:	4:46.68 39.14	
	100m:	1:18.05 42.48	200m:	2:38.77 40.22	300m:	4:07.54 44.91	400m:	5:25.20 38.52	
21.	Bednarek Paulina		96	Mks Trójka Łódź				507	5:27.22
	50m:	35.91 35.91	150m:	1:57.72 39.77	250m:	3:26.42 49.01	350m:	4:51.72 37.70	
	100m:	1:17.95 42.04	200m:	2:37.41 39.69	300m:	4:14.02 47.60	400m:	5:27.22 35.50	
22.	WYDRYSZEK KINGA		96	Mks Polonia Warszawa				507	5:27.24
	50m:	33.54 33.54	150m:	1:56.22 41.88	250m:	3:25.13 47.66	350m:	4:50.94 37.84	
	100m:	1:14.34 40.80	200m:	2:37.47 41.25	300m:	4:13.10 47.97	400m:	5:27.24 36.30	
23.	Yokokura Mairi		98	Klub Sportowy Posnania				443	5:42.23
	50m:	34.20 34.20	150m:	2:01.88 46.72	250m:	3:35.45 48.52	350m:	5:03.56 39.80	
	100m:	1:15.16 40.96	200m:	2:46.93 45.05	300m:	4:23.76 48.31	400m:	5:42.23 38.67	
DYSKW.	PISARSKA AGNIESZKA		98	Uks 190 Łódź					5:33.37
	<i>k14</i>								
	50m:	35.08 35.08	150m:	1:57.11 41.53	250m:	3:24.01 46.19	350m:	4:53.36 41.36	
	100m:	1:15.58 40.50	200m:	2:37.82 40.71	300m:	4:12.00 47.99	400m:	5:33.37 40.01	