

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

Konkurencja 33
2012-11-11 - 11:50

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Pkt.	Czas	
1.	Szczepaniak Karolina		92	AZS AWF Katowice				788	4:14.32	
	50m:	30.54 30.54	150m:	1:34.93 32.26	250m:	2:39.91 32.78	350m:	3:43.98 31.50		
	100m:	1:02.67 32.13	200m:	2:07.13 32.20	300m:	3:12.48 32.57	400m:	4:14.32 30.34		
2.	ukowska Paula		93	MKS Juvenia Wrocław				779	4:15.28	
	50m:	29.84 29.84	150m:	1:34.34 32.43	250m:	2:39.69 32.66	350m:	3:43.97 31.88		
	100m:	1:01.91 32.07	200m:	2:07.03 32.69	300m:	3:12.09 32.40	400m:	4:15.28 31.31		
3.	Sokołowska Diana SK		96	MKS Juvenia Białystok				766	4:16.71	
	50m:	29.75 29.75	150m:	1:34.14 32.48	250m:	2:40.56 33.30	350m:	3:45.67 32.42		
	100m:	1:01.66 31.91	200m:	2:07.26 33.12	300m:	3:13.25 32.69	400m:	4:16.71 31.04		
4.	BERNAT ALEKSANDRA		90	K.S.Warta Pozna				762	4:17.09	
	50m:	30.42 30.42	150m:	1:35.47 32.81	250m:	2:40.29 32.60	350m:	3:45.19 32.40		
	100m:	1:02.66 32.24	200m:	2:07.69 32.22	300m:	3:12.79 32.50	400m:	4:17.09 31.90		
5.	Zachoszcz Joanna		93	AZS UWM Olsztyn				749	4:18.65	
	50m:	30.40 30.40	150m:	1:34.90 32.50	250m:	2:40.77 32.94	350m:	3:46.27 32.76		
	100m:	1:02.40 32.00	200m:	2:07.83 32.93	300m:	3:13.51 32.74	400m:	4:18.65 32.38		
6.	Wikieł Manuela		92	AZS UWM Olsztyn				727	4:21.23	
	50m:	30.73 30.73	150m:	1:36.12 32.66	250m:	2:41.41 32.43	350m:	3:48.00 33.37		
	100m:	1:03.46 32.73	200m:	2:08.98 32.86	300m:	3:14.63 33.22	400m:	4:21.23 33.23		
7.	Wasilewska Barbara		94	LKS"OMEGA"Kleszczó				702	4:24.25	
	50m:	30.62 30.62	150m:	1:36.01 32.84	250m:	2:42.40 33.24	350m:	3:50.42 34.19		
	100m:	1:03.17 32.55	200m:	2:09.16 33.15	300m:	3:16.23 33.83	400m:	4:24.25 33.83		
8.	Kunka Kamila SO		96	UKP Unia O wi cim				695	4:25.17	
	50m:	31.12 31.12	150m:	1:37.71 33.72	250m:	2:45.39 33.87	350m:	3:52.87 33.63		
	100m:	1:03.99 32.87	200m:	2:11.52 33.81	300m:	3:19.24 33.85	400m:	4:25.17 32.30		
9.	Nazi bło Klaudia		93	MKS Juvenia Wrocław				680	4:27.10	
	50m:	31.08 31.08	150m:	1:39.00 34.25	250m:	2:46.93 33.79	350m:	3:55.00 33.89		
	100m:	1:04.75 33.67	200m:	2:13.14 34.14	300m:	3:21.11 34.18	400m:	4:27.10 32.10		
10.	Borkowska Lucyna		97	MKS Sambor Tczew				675	4:27.73	
	50m:	30.64 30.64	150m:	1:37.12 33.79	250m:		350m:			
	100m:	1:03.33 32.69	200m:	2:10.91 33.79	300m:		400m:	4:27.73		
11.	Polarowski Beata		91	MKS Juvenia Wrocław				660	4:29.73	
	50m:	30.75 30.75	150m:	1:37.30 33.52	250m:	2:45.92 34.50	350m:	3:55.63 34.93		
	100m:	1:03.78 33.03	200m:	2:11.42 34.12	300m:	3:20.70 34.78	400m:	4:29.73 34.10		
12.	ZYGO Karolina		96	KS OLIMPIA Lublin				634	4:33.35	
	50m:	31.67 31.67	150m:	1:39.87 34.73	250m:	2:48.97 34.49	350m:	3:59.79 35.01		
	100m:	1:05.14 33.47	200m:	2:14.48 34.61	300m:	3:24.78 35.81	400m:	4:33.35 33.56		
13.	Kuzawiska Karolina		93	KP MZOS Płock				632	4:33.61	
	50m:	31.41 31.41	150m:	1:40.20 34.74	250m:	2:50.59 35.42	350m:	4:00.37 34.58		
	100m:	1:05.46 34.05	200m:	2:15.17 34.97	300m:	3:25.79 35.20	400m:	4:33.61 33.24		
14.	Halagiera Joanna		96	MKP Słowianka				607	4:37.37	
	50m:	31.87 31.87	150m:	1:40.36 34.47	250m:	2:50.58 35.28	350m:	4:02.21 35.85		
	100m:	1:05.89 34.02	200m:	2:15.30 34.94	300m:	3:26.36 35.78	400m:	4:37.37 35.16		
15.	NASKR T AGATA		98	Mks - Astoria Bydgoszcz				594	4:39.32	
	50m:	31.93 31.93	150m:	1:42.58 35.62	250m:	2:54.24 35.68	350m:	4:06.11 36.09		
	100m:	1:06.96 35.03	200m:	2:18.56 35.98	300m:	3:30.02 35.78	400m:	4:39.32 33.21		
16.	Lewandowska Aleksandra		98	Mkp Szczecin				591	4:39.85	
	50m:	31.84 31.84	150m:	1:41.07 35.14	250m:	2:52.41 35.73	350m:	4:04.59 36.14		
	100m:	1:05.93 34.09	200m:	2:16.68 35.61	300m:	3:28.45 36.04	400m:	4:39.85 35.26		
17.	Olejniczak Zuzanna		97	Jedynka Łódź				590	4:40.00	
	50m:	32.21 32.21	150m:	1:43.09 35.82	250m:	2:55.22 36.29	350m:	4:07.08 36.02		
	100m:	1:07.27 35.06	200m:	2:18.93 35.84	300m:	3:31.06 35.84	400m:	4:40.00 32.92		

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Pozycja			Rok ur.					Pkt.	Czas	
18.	Bednarek Aleksandra		98	Jedynka Łódź				589	4:40.23	
	50m:	32.95 32.95	150m:	1:43.18	35.44	250m:	2:54.39	35.48	350m:	4:06.19 35.71
	100m:	1:07.74 34.79	200m:	2:18.91	35.73	300m:	3:30.48	36.09	400m:	4:40.23 34.04
19.	POKRYWKA KAROLINA		98	Uks 190 Łódź				586	4:40.59	
	50m:	32.36 32.36	150m:	1:42.89	35.58	250m:	2:53.85	35.60	350m:	4:05.86 35.82
	100m:	1:07.31 34.95	200m:	2:18.25	35.36	300m:	3:30.04	36.19	400m:	4:40.59 34.73
20.	Kotowicz Anna		98	Uks Mos Elk				580	4:41.67	
	50m:	31.67 31.67	150m:	1:43.17	36.40	250m:	2:56.21	36.38	350m:	4:08.08 35.34
	100m:	1:06.77 35.10	200m:	2:19.83	36.66	300m:	3:32.74	36.53	400m:	4:41.67 33.59
21.	Sobolewska Anna SP		95	K.S.Warta Pozna				569	4:43.40	
	50m:	32.13 32.13	150m:	1:42.98	35.94	250m:	2:55.33	36.12	350m:	4:08.34 36.33
	100m:	1:07.04 34.91	200m:	2:19.21	36.23	300m:	3:32.01	36.68	400m:	4:43.40 35.06
22.	Ejnik Sylwia		94	KP MZOS Płock				565	4:44.02	
	50m:	33.18 33.18	150m:	1:45.02	36.28	250m:	2:57.16	35.82	350m:	4:09.10 35.87
	100m:	1:08.74 35.56	200m:	2:21.34	36.32	300m:	3:33.23	36.07	400m:	4:44.02 34.92
23.	Aleksandrowicz Arleta		96	MUKS Olimpijczyk Suwałki				557	4:45.46	
	50m:	31.78 31.78	150m:	1:41.72	35.40	250m:	2:54.79	36.50	350m:	4:08.99 36.88
	100m:	1:06.32 34.54	200m:	2:18.29	36.57	300m:	3:32.11	37.32	400m:	4:45.46 36.47
24.	Szyma ska Monika		96	LKS"OMEGA"Kleszczó				555	4:45.70	
	50m:	32.95 32.95	150m:	1:45.04	36.32	250m:	2:57.21	35.92	350m:	4:09.95 36.34
	100m:	1:08.72 35.77	200m:	2:21.29	36.25	300m:	3:33.61	36.40	400m:	4:45.70 35.75
25.	W cławiak Irena		98	UKS Wilanowa				538	4:48.80	
	50m:	32.55 32.55	150m:	1:44.54	36.77	250m:	2:59.50	37.97	350m:	4:13.17 36.79
	100m:	1:07.77 35.22	200m:	2:21.53	36.99	300m:	3:36.38	36.88	400m:	4:48.80 35.63
26.	Leszczy ska Zofia		98	KP MZOS Płock				538	4:48.83	
	50m:	33.60 33.60	150m:	1:46.12		250m:			350m:	
	100m:		200m:			300m:			400m:	4:48.83
27.	Walczak Anna		94	Mks Trójka Łodz				528	4:50.50	
	50m:	32.54 32.54	150m:	1:43.89	36.28	250m:	2:57.67	37.27	350m:	4:13.74 38.16
	100m:	1:07.61 35.07	200m:	2:20.40	36.51	300m:	3:35.58	37.91	400m:	4:50.50 36.76
28.	Misterka Kamila		97	Mks Trójka Łodz				525	4:51.15	
	50m:	32.95 32.95	150m:	1:46.55	37.07	250m:	3:00.28	37.03	350m:	4:15.20 37.41
	100m:	1:09.48 36.53	200m:	2:23.25	36.70	300m:	3:37.79	37.51	400m:	4:51.15 35.95
29.	Wardzi ska Martyna		98	S.K.S."Start" Łódź				524	4:51.29	
	50m:	33.68 33.68	150m:	1:46.53	36.77	250m:	3:00.87	36.87	350m:	4:15.80 37.48
	100m:	1:09.76 36.08	200m:	2:24.00	37.47	300m:	3:38.32	37.45	400m:	4:51.29 35.49
30.	Borowska Beata		97	UKS Wilanowa				516	4:52.87	
	50m:	32.95 32.95	150m:	1:46.05	36.82	250m:	3:01.13	37.20	350m:	4:16.20 37.37
	100m:	1:09.23 36.28	200m:	2:23.93	37.88	300m:	3:38.83	37.70	400m:	4:52.87 36.67
31.	Ilcewicz Edyta		96	Victoria Józefów				514	4:53.10	
	50m:	33.61 33.61	150m:	1:47.90	37.42	250m:	3:02.06	37.06	350m:	4:17.41 37.42
	100m:	1:10.48 36.87	200m:	2:25.00	37.10	300m:	3:39.99	37.93	400m:	4:53.10 35.69
32.	Czaplicka Weronika		95	Mks Trójka Łodz				506	4:54.78	
	50m:	32.67 32.67	150m:	1:45.78	36.88	250m:	3:01.82	38.32	350m:	4:18.43 38.36
	100m:	1:08.90 36.23	200m:	2:23.50	37.72	300m:	3:40.07	38.25	400m:	4:54.78 36.35
33.	Zieleniewicz Paula		98	Jedynka Łódź				499	4:56.15	
	50m:	32.29 32.29	150m:	1:46.70	37.98	250m:	3:03.65	38.40	350m:	4:20.20 38.47
	100m:	1:08.72 36.43	200m:	2:25.25	38.55	300m:	3:41.73	38.08	400m:	4:56.15 35.95
34.	Jeruzal Jowita		98	S.K.S."Start" Łódź				493	4:57.21	
	50m:	33.44 33.44	150m:	1:47.81	37.71	250m:	3:03.87	37.80	350m:	4:20.32 38.51
	100m:	1:10.10 36.66	200m:	2:26.07	38.26	300m:	3:41.81	37.94	400m:	4:57.21 36.89
35.	Duda Natasza		98	S.K.S."Start" Łódź				491	4:57.59	
	50m:	34.62 34.62	150m:	1:50.18	38.25	250m:	3:06.33	38.12	350m:	4:21.94 37.14
	100m:	1:11.93 37.31	200m:	2:28.21	38.03	300m:	3:44.80	38.47	400m:	4:57.59 35.65

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Pozycja				Rok ur.				Pkt.	Czas			
36.	Kaniak Aleksandra			97	MKS Juwenia Wrocław			476	5:00.71			
	50m:	33.97	33.97	150m:	1:49.79	38.39	250m:	3:06.53	38.20	350m:	4:23.94	38.34
	100m:	1:11.40	37.43	200m:	2:28.33	38.54	300m:	3:45.60	39.07	400m:	5:00.71	36.77