

Puchar ŁOZP III runda  
 Łódź, 29-10-2013

Konkurencja 5  
 2013-10-29 - 10:51

Kobiet, 400m dowolny

14 lat i starsi  
 Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.
<b>14 - 15 lat</b>									
1.	Piechota Paulina		99	UKS 190 Łódź				<b>4:30.07</b>	658
	50m:	30.70 30.70	150m:	1:38.95 34.59	250m:	2:48.00 34.73	350m:	3:57.38 34.91	
	100m:	1:04.36 33.66	200m:	2:13.27 34.32	300m:	3:22.47 34.47	400m:	4:30.07 32.69	
2.	Zrobek Natalia		99	UKS 190 Łódź				<b>4:43.73</b>	567
	50m:	30.86 30.86	150m:	1:43.21 36.99	250m:	2:56.65 36.83	350m:	4:09.21 36.18	
	100m:	1:06.22 35.36	200m:	2:19.82 36.61	300m:	3:33.03 36.38	400m:	4:43.73 34.52	
3.	Nieszporek Wiktoria		99	UKS 190 Łódź				<b>4:43.77</b>	567
	50m:	32.73 32.73	150m:	1:45.20 36.69	250m:	2:57.31 36.22	350m:	4:08.96 35.82	
	100m:	1:08.51 35.78	200m:	2:21.09 35.89	300m:	3:33.14 35.83	400m:	4:43.77 34.81	
4.	Bednarek Aleksandra		98	MKS Jedyńka Łódź				<b>4:48.17</b>	541
	50m:		150m:	1:43.85 36.12	250m:	2:57.12 36.56	350m:	4:11.84 37.56	
	100m:	1:07.73	200m:	2:20.56 36.71	300m:	3:34.28 37.16	400m:	4:48.17 36.33	
5.	Król Oliwia		99	MKS Trójka Łódź				<b>4:51.18</b>	525
	50m:	33.75 33.75	150m:	1:47.60 36.82	250m:	3:00.97 36.91	350m:	4:14.28 36.73	
	100m:	1:10.78 37.03	200m:	2:24.06 36.46	300m:	3:37.55 36.58	400m:	4:51.18 36.90	
6.	Pokrywka Karolina		98	UKS 190 Łódź				<b>4:52.49</b>	518
	50m:	32.39 32.39	150m:	1:45.12 36.80	250m:	2:59.21 37.18	350m:	4:14.92 37.71	
	100m:	1:08.32 35.93	200m:	2:22.03 36.91	300m:	3:37.21 38.00	400m:	4:52.49 37.57	
7.	Rzo ca Patrycja		99	UKS 5 Konstancynów				<b>4:54.04</b>	509
	50m:	32.52 32.52	150m:	1:46.28 37.58	250m:	3:00.97 37.12	350m:	4:17.08 37.67	
	100m:	1:08.70 36.18	200m:	2:23.85 37.57	300m:	3:39.41 38.44	400m:	4:54.04 36.96	
8.	Zieleniewicz Paula		98	MKS Jedyńka Łódź				<b>4:56.24</b>	498
	50m:	31.98 31.98	150m:	1:45.76 37.42	250m:	3:02.48 38.46	350m:	4:19.72 38.39	
	100m:	1:08.34 36.36	200m:	2:24.02 38.26	300m:	3:41.33 38.85	400m:	4:56.24 36.52	
9.	Nied wiecka Katarzyna		99	UKS 190 Łódź				<b>4:58.54</b>	487
	50m:	34.01 34.01	150m:	1:49.34 38.39	250m:	3:07.04 39.03	350m:	4:23.90 38.35	
	100m:	1:10.95 36.94	200m:	2:28.01 38.67	300m:	3:45.55 38.51	400m:	4:58.54 34.64	
10.	Duda Natasza		98	MKS Trójka Łódź				<b>4:59.22</b>	483
	50m:	33.48 33.48	150m:	1:48.96 38.17	250m:	3:06.70 38.92	350m:	4:23.39 38.11	
	100m:	1:10.79 37.31	200m:	2:27.78 38.82	300m:	3:45.28 38.58	400m:	4:59.22 35.83	
11.	Jeruzal Jowita		98	MKS Trójka Łódź				<b>5:05.61</b>	454
	50m:	34.33 34.33	150m:	1:49.54 37.99	250m:	3:07.61 39.40	350m:	4:26.42 39.50	
	100m:	1:11.55 37.22	200m:	2:28.21 38.67	300m:	3:46.92 39.31	400m:	5:05.61 39.19	
12.	Wardzi ska Martyna		98	MKS Trójka Łódź				<b>5:06.15</b>	451
	50m:	33.68 33.68	150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	5:06.15	
13.	Ługowska Oliwia		99	MKS Trójka Łódź				<b>5:09.77</b>	436
	50m:	35.47 35.47	150m:	1:53.00 39.13	250m:	3:12.24 39.47	350m:	4:32.21 40.02	
	100m:	1:13.87 38.40	200m:	2:32.77 39.77	300m:	3:52.19 39.95	400m:	5:09.77 37.56	
<b>16 lat i starsi</b>									
1.	Nita Anna		97	UKS 5 Konstancynów				<b>4:30.11</b>	657
	50m:	31.90 31.90	150m:	1:39.85 33.92	250m:	2:47.88 33.94	350m:	3:57.08 34.83	
	100m:	1:05.93 34.03	200m:	2:13.94 34.09	300m:	3:22.25 34.37	400m:	4:30.11 33.03	
2.	Misterka Kamila		97	MKS Trójka Łódź				<b>4:48.31</b>	540
	50m:	32.33 32.33	150m:	1:44.17 36.25	250m:	2:57.37 36.84	350m:	4:11.59 37.17	
	100m:	1:07.92 35.59	200m:	2:20.53 36.36	300m:	3:34.42 37.05	400m:	4:48.31 36.72	
3.	Zientarska Laura		95	MKS Jedyńka Łódź				<b>5:13.93</b>	419
	50m:	36.50 36.50	150m:	1:56.36 40.08	250m:	3:16.57 40.22	350m:	4:35.69 38.90	
	100m:	1:16.28 39.78	200m:	2:36.35 39.99	300m:	3:56.79 40.22	400m:	5:13.93 38.24	

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Open

1.	Piechota Paulina		99	UKS 190 Łódź		<b>4:30.07</b>	658					
	50m:	30.70	30.70	150m:	1:38.95	34.59	250m:	2:48.00	34.73	350m:	3:57.38	34.91
	100m:	1:04.36	33.66	200m:	2:13.27	34.32	300m:	3:22.47	34.47	400m:	4:30.07	32.69
2.	Nita Anna		97	UKS 5 Konstancynów		<b>4:30.11</b>	657					
	50m:	31.90	31.90	150m:	1:39.85	33.92	250m:	2:47.88	33.94	350m:	3:57.08	34.83
	100m:	1:05.93	34.03	200m:	2:13.94	34.09	300m:	3:22.25	34.37	400m:	4:30.11	33.03
3.	Zrobek Natalia		99	UKS 190 Łódź		<b>4:43.73</b>	567					
	50m:	30.86	30.86	150m:	1:43.21	36.99	250m:	2:56.65	36.83	350m:	4:09.21	36.18
	100m:	1:06.22	35.36	200m:	2:19.82	36.61	300m:	3:33.03	36.38	400m:	4:43.73	34.52
4.	Nieszporek Wiktoria		99	UKS 190 Łódź		<b>4:43.77</b>	567					
	50m:	32.73	32.73	150m:	1:45.20	36.69	250m:	2:57.31	36.22	350m:	4:08.96	35.82
	100m:	1:08.51	35.78	200m:	2:21.09	35.89	300m:	3:33.14	35.83	400m:	4:43.77	34.81
5.	Bednarek Aleksandra		98	MKS Jedyńka Łódź		<b>4:48.17</b>	541					
	50m:			150m:	1:43.85	36.12	250m:	2:57.12	36.56	350m:	4:11.84	37.56
	100m:	1:07.73		200m:	2:20.56	36.71	300m:	3:34.28	37.16	400m:	4:48.17	36.33
6.	Misterka Kamila		97	MKS Trójka Łódź		<b>4:48.31</b>	540					
	50m:	32.33	32.33	150m:	1:44.17	36.25	250m:	2:57.37	36.84	350m:	4:11.59	37.17
	100m:	1:07.92	35.59	200m:	2:20.53	36.36	300m:	3:34.42	37.05	400m:	4:48.31	36.72
7.	Król Oliwia		99	MKS Trójka Łódź		<b>4:51.18</b>	525					
	50m:	33.75	33.75	150m:	1:47.60	36.82	250m:	3:00.97	36.91	350m:	4:14.28	36.73
	100m:	1:10.78	37.03	200m:	2:24.06	36.46	300m:	3:37.55	36.58	400m:	4:51.18	36.90
8.	Pokrywka Karolina		98	UKS 190 Łódź		<b>4:52.49</b>	518					
	50m:	32.39	32.39	150m:	1:45.12	36.80	250m:	2:59.21	37.18	350m:	4:14.92	37.71
	100m:	1:08.32	35.93	200m:	2:22.03	36.91	300m:	3:37.21	38.00	400m:	4:52.49	37.57
9.	Rzodca Patrycja		99	UKS 5 Konstancynów		<b>4:54.04</b>	509					
	50m:	32.52	32.52	150m:	1:46.28	37.58	250m:	3:00.97	37.12	350m:	4:17.08	37.67
	100m:	1:08.70	36.18	200m:	2:23.85	37.57	300m:	3:39.41	38.44	400m:	4:54.04	36.96
10.	Zieleniewicz Paula		98	MKS Jedyńka Łódź		<b>4:56.24</b>	498					
	50m:	31.98	31.98	150m:	1:45.76	37.42	250m:	3:02.48	38.46	350m:	4:19.72	38.39
	100m:	1:08.34	36.36	200m:	2:24.02	38.26	300m:	3:41.33	38.85	400m:	4:56.24	36.52
11.	Niedwiecka Katarzyna		99	UKS 190 Łódź		<b>4:58.54</b>	487					
	50m:	34.01	34.01	150m:	1:49.34	38.39	250m:	3:07.04	39.03	350m:	4:23.90	38.35
	100m:	1:10.95	36.94	200m:	2:28.01	38.67	300m:	3:45.55	38.51	400m:	4:58.54	34.64
12.	Duda Natasza		98	MKS Trójka Łódź		<b>4:59.22</b>	483					
	50m:	33.48	33.48	150m:	1:48.96	38.17	250m:	3:06.70	38.92	350m:	4:23.39	38.11
	100m:	1:10.79	37.31	200m:	2:27.78	38.82	300m:	3:45.28	38.58	400m:	4:59.22	35.83
13.	Jeruzal Jowita		98	MKS Trójka Łódź		<b>5:05.61</b>	454					
	50m:	34.33	34.33	150m:	1:49.54	37.99	250m:	3:07.61	39.40	350m:	4:26.42	39.50
	100m:	1:11.55	37.22	200m:	2:28.21	38.67	300m:	3:46.92	39.31	400m:	5:05.61	39.19
14.	Wardzińska Martyna		98	MKS Trójka Łódź		<b>5:06.15</b>	451					
	50m:	33.68	33.68	150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:06.15	
15.	Ługowska Oliwia		99	MKS Trójka Łódź		<b>5:09.77</b>	436					
	50m:	35.47	35.47	150m:	1:53.00	39.13	250m:	3:12.24	39.47	350m:	4:32.21	40.02
	100m:	1:13.87	38.40	200m:	2:32.77	39.77	300m:	3:52.19	39.95	400m:	5:09.77	37.56
16.	Zientarska Laura		95	MKS Jedyńka Łódź		<b>5:13.93</b>	419					
	50m:	36.50	36.50	150m:	1:56.36	40.08	250m:	3:16.57	40.22	350m:	4:35.69	38.90
	100m:	1:16.28	39.78	200m:	2:36.35	39.99	300m:	3:56.79	40.22	400m:	5:13.93	38.24