

Grand Prix - Puchar Polski
Łódź , 16 - 17-11-2013

Konkurencja 33
2013-11-17 - 12:03

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Pkt.	Czas
1.	Zachoszcz Joanna		93	AZS UWM Olsztyn				777	4:15.39
	50m:	30.29 30.29	150m:	1:34.91 32.51	250m:	2:39.41 32.10	350m:	3:43.87 32.42	
	100m:	1:02.40 32.11	200m:	2:07.31 32.40	300m:	3:11.45 32.04	400m:	4:15.39 31.52	
2.	Karpisz Milena		97	UKS "Pi tka" Konstantinów Łódź				775	4:15.61
	50m:	30.76 30.76	150m:	1:35.09 32.22	250m:	2:39.93 32.34	350m:	3:44.65 32.22	
	100m:	1:02.87 32.11	200m:	2:07.59 32.50	300m:	3:12.43 32.50	400m:	4:15.61 30.96	
3.	Wikieł Manuela		92	AZS UWM Olsztyn				765	4:16.68
	50m:	30.70 30.70	150m:	1:34.99 32.25	250m:	2:39.32 32.02	350m:	3:44.35 32.62	
	100m:	1:02.74 32.04	200m:	2:07.30 32.31	300m:	3:11.73 32.41	400m:	4:16.68 32.33	
4.	Orczykowska Wioletta SK		97	Limanowa-swim				750	4:18.47
	50m:	30.06 30.06	150m:	1:35.62 32.96	250m:	2:41.34 33.01	350m:	3:46.98 32.82	
	100m:	1:02.66 32.60	200m:	2:08.33 32.71	300m:	3:14.16 32.82	400m:	4:18.47 31.49	
5.	Cieslak Joanna SP		96	K.S.Warta Pozna				747	4:18.78
	50m:	30.44 30.44	150m:	1:35.90 32.88	250m:	2:41.70 32.90	350m:	3:47.75 32.90	
	100m:	1:03.02 32.58	200m:	2:08.80 32.90	300m:	3:14.85 33.15	400m:	4:18.78 31.03	
6.	Wasilewska Barbara		94	LKS"OMEGA"Kleszczów				723	4:21.59
	50m:	31.31 31.31	150m:	1:36.78 32.61	250m:	2:42.26 32.65	350m:	3:48.76 33.44	
	100m:	1:04.17 32.86	200m:	2:09.61 32.83	300m:	3:15.32 33.06	400m:	4:21.59 32.83	
7.	Borkowska Lucyna SK		97	Sambor Tczew				718	4:22.19
	50m:	30.18 30.18	150m:	1:35.32 32.80	250m:	2:41.51 33.36	350m:	3:48.78 33.92	
	100m:	1:02.52 32.34	200m:	2:08.15 32.83	300m:	3:14.86 33.35	400m:	4:22.19 33.41	
8.	Kunka Kamila SO		96	UKP Unia O wi cim				709	4:23.27
	50m:	30.80 30.80	150m:	1:37.15 33.53	250m:	2:44.54 33.67	350m:	3:51.46 33.36	
	100m:	1:03.62 32.82	200m:	2:10.87 33.72	300m:	3:18.10 33.56	400m:	4:23.27 31.81	
9.	Kasperek Katarzyna SSZ		96	MKP Szczecin				702	4:24.24
	50m:	30.90 30.90	150m:	1:37.00 33.33	250m:	2:43.57 33.37	350m:	3:51.03 33.84	
	100m:	1:03.67 32.77	200m:	2:10.20 33.20	300m:	3:17.19 33.62	400m:	4:24.24 33.21	
10.	Kowali ska Oriana		93	AZS UWM Olsztyn				694	4:25.18
	50m:	31.65 31.65	150m:	1:39.51 34.06	250m:	2:47.05 33.47	350m:	3:53.34 32.98	
	100m:	1:05.45 33.80	200m:	2:13.58 34.07	300m:	3:20.36 33.31	400m:	4:25.18 31.84	
11.	Polarowski Beata		91	MKS Juwenia Wrocław				686	4:26.28
	50m:	30.19 30.19	150m:	1:36.08 33.28	250m:	2:43.30 33.79	350m:	3:52.17 34.84	
	100m:	1:02.80 32.61	200m:	2:09.51 33.43	300m:	3:17.33 34.03	400m:	4:26.28 34.11	
12.	Nowak Julia		97	Mkp Słowianka Gorzów				684	4:26.46
	50m:	31.38 31.38	150m:	1:38.39 33.57	250m:	2:46.41 33.85	350m:	3:54.22 33.71	
	100m:	1:04.82 33.44	200m:	2:12.56 34.17	300m:	3:20.51 34.10	400m:	4:26.46 32.24	
13.	Kotowicz Anna		98	Uks Mos Ełk				682	4:26.75
	50m:	31.37 31.37	150m:	1:38.71 33.87	250m:	2:46.64 33.86	350m:	3:54.49 33.73	
	100m:	1:04.84 33.47	200m:	2:12.78 34.07	300m:	3:20.76 34.12	400m:	4:26.75 32.26	
14.	Grzegorzcz Izabella		93	Klub Sportowy Poznania				679	4:27.09
	50m:	31.35 31.35	150m:	1:38.85 34.04	250m:	2:46.67 34.06	350m:	3:54.66 34.24	
	100m:	1:04.81 33.46	200m:	2:12.61 33.76	300m:	3:20.42 33.75	400m:	4:27.09 32.43	
15.	Nita Anna		97	UKS "Pi tka" Konstantinów Łódź				677	4:27.35
	50m:	31.36 31.36	150m:	1:38.43 33.57	250m:	2:46.27 33.58	350m:	3:54.27 33.93	
	100m:	1:04.86 33.50	200m:	2:12.69 34.26	300m:	3:20.34 34.07	400m:	4:27.35 33.08	
16.	Piechota Paulina		99	Uks 190 Łód				674	4:27.79
	50m:	29.94 29.94	150m:	1:36.72 33.46	250m:	2:45.66 34.73	350m:	3:54.54 34.51	
	100m:	1:03.26 33.32	200m:	2:10.93 34.21	300m:	3:20.03 34.37	400m:	4:27.79 33.25	
17.	Magner Agata SK		97	MKS Jordan Kraków				654	4:30.49
	50m:	31.53 31.53	150m:	1:38.78 34.06	250m:	2:47.59 34.53	350m:	3:56.56 34.50	
	100m:	1:04.72 33.19	200m:	2:13.06 34.28	300m:	3:22.06 34.47	400m:	4:30.49 33.93	

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

Pozycja			Rok ur.					Pkt.	Czas		
18.	Szyma ska Monika		96	LKS"OMEGA"Kleszczów				639	4:32.54		
	50m:	31.45 31.45	150m:	1:39.69	34.44	250m:	2:49.05	34.73	350m:	3:58.15	34.61
	100m:	1:05.25 33.80	200m:	2:14.32	34.63	300m:	3:23.54	34.49	400m:	4:32.54	34.39
19.	Szatanek JULIA SSz		99	MKP Szczecin				632	4:33.60		
	50m:	30.85 30.85	150m:	1:39.19	34.47	250m:	2:47.98	34.15	350m:	3:59.47	35.81
	100m:	1:04.72 33.87	200m:	2:13.83	34.64	300m:	3:23.66	35.68	400m:	4:33.60	34.13
20.	Jankowska Klaudia		98	UKS GIM 92 Ursynów				630	4:33.88		
	50m:	30.82 30.82	150m:	1:39.53	34.56	250m:	2:49.46	34.80	350m:	4:00.56	35.75
	100m:	1:04.97 34.15	200m:	2:14.66	35.13	300m:	3:24.81	35.35	400m:	4:33.88	33.32
21.	Sirignano Luigia SK		96	AZS AGH Kraków				629	4:34.05		
	50m:	31.02 31.02	150m:	1:39.62	34.45	250m:	2:49.47	34.90	350m:	4:00.06	35.21
	100m:	1:05.17 34.15	200m:	2:14.57	34.95	300m:	3:24.85	35.38	400m:	4:34.05	33.99
22.	Skwarska Karolina		99	KP MZOS Płock				618	4:35.70		
	50m:	32.54 32.54	150m:	1:41.63	34.59	250m:	2:51.69	35.01	350m:	4:01.75	34.79
	100m:	1:07.04 34.50	200m:	2:16.68	35.05	300m:	3:26.96	35.27	400m:	4:35.70	33.95
23.	Klimczak Adrianna		98	EKS SKRA Bełchatów				579	4:41.74		
	50m:	31.01 31.01	150m:	1:42.84	36.46	250m:	2:55.73	36.25	350m:	4:08.44	36.17
	100m:	1:06.38 35.37	200m:	2:19.48	36.64	300m:	3:32.27	36.54	400m:	4:41.74	33.30
24.	Zrobek Natalia		99	Uks 190 Łódź				578	4:41.91		
	50m:	30.81 30.81	150m:	1:41.26	35.73	250m:	2:53.73	36.38	350m:	4:07.07	36.40
	100m:	1:05.53 34.72	200m:	2:17.35	36.09	300m:	3:30.67	36.94	400m:	4:41.91	34.84
25.	Bednarek Aleksandra		98	Mks Jedyńka Łódź				577	4:42.03		
	50m:	32.68 32.68	150m:	1:41.83	35.10	250m:	2:53.21	36.20	350m:	4:06.58	36.79
	100m:	1:06.73 34.05	200m:	2:17.01	35.18	300m:	3:29.79	36.58	400m:	4:42.03	35.45
26.	Filipek Jagoda		99	WKS I sk Wrocław				571	4:42.93		
	50m:	32.30 32.30	150m:	1:43.16	36.01	250m:	2:56.05	36.62	350m:	4:08.53	36.12
	100m:	1:07.15 34.85	200m:	2:19.43	36.27	300m:	3:32.41	36.36	400m:	4:42.93	34.40
27.	Wardzi ska Martyna		98	MKS Trójka Łódź				563	4:44.28		
	50m:	33.10 33.10	150m:	1:43.14	35.16	250m:	2:55.42	36.59	350m:	4:08.79	36.76
	100m:	1:07.98 34.88	200m:	2:18.83	35.69	300m:	3:32.03	36.61	400m:	4:44.28	35.49
28.	Fryckowska Natalia		99	MUKS Pi tnastka Bydgoszcz				553	4:46.04		
	50m:	31.11 31.11	150m:	1:42.89	36.54	250m:	2:56.78	36.82	350m:	4:10.66	36.65
	100m:	1:06.35 35.24	200m:	2:19.96	37.07	300m:	3:34.01	37.23	400m:	4:46.04	35.38
29.	Misterka Kamila		97	MKS Trójka Łódź				552	4:46.24		
	50m:	33.24 33.24	150m:	1:45.57	36.45	250m:	2:58.43	36.28	350m:	4:11.34	36.52
	100m:	1:09.12 35.88	200m:	2:22.15	36.58	300m:	3:34.82	36.39	400m:	4:46.24	34.90
30.	Sadowska Klaudia		99	WKS I sk Wrocław				548	4:46.86		
	50m:	33.11 33.11	150m:	1:46.02	36.68	250m:	2:58.69	36.48	350m:	4:11.56	36.41
	100m:	1:09.34 36.23	200m:	2:22.21	36.19	300m:	3:35.15	36.46	400m:	4:46.86	35.30
31.	Rado Sonia SK		98	SMS Galicja Kraków				548	4:46.94		
	50m:	31.78 31.78	150m:	1:43.66	36.59	250m:	2:57.53	36.88	350m:	4:11.26	36.66
	100m:	1:07.07 35.29	200m:	2:20.65	36.99	300m:	3:34.60	37.07	400m:	4:46.94	35.68
32.	Woroniecka Dominika		96	MUKS Pi tnastka Bydgoszcz				542	4:47.89		
	50m:	33.09 33.09	150m:	1:45.79	36.59	250m:	2:59.57	37.06	350m:	4:12.40	36.16
	100m:	1:09.20 36.11	200m:	2:22.51	36.72	300m:	3:36.24	36.67	400m:	4:47.89	35.49
33.	Sosnowska Patrycja		99	Znicz Koszalin				541	4:48.10		
	50m:	32.07 32.07	150m:	1:43.55	36.11	250m:	2:56.95	36.99	350m:	4:11.62	37.38
	100m:	1:07.44 35.37	200m:	2:19.96	36.41	300m:	3:34.24	37.29	400m:	4:48.10	36.48
34.	Mesjasz Julia		98	SP Meduza Paj czno				538	4:48.67		
	50m:	32.34 32.34	150m:	1:44.82	36.09	250m:	2:58.41	37.01	350m:	4:13.32	37.56
	100m:	1:08.73 36.39	200m:	2:21.40	36.58	300m:	3:35.76	37.35	400m:	4:48.67	35.35
35.	Kładoczna Julia		99	Uks,, oliborz" Warszawa				537	4:48.91		
	50m:	32.40 32.40	150m:	1:43.61	35.62	250m:	2:57.29	37.26	350m:	4:12.49	37.49
	100m:	1:07.99 35.59	200m:	2:20.03	36.42	300m:	3:35.00	37.71	400m:	4:48.91	36.42

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Pozycja					Rok ur.					Pkt.	Czas	
36.	Dymna Olimpia				97	UKS 9 Kalisz				535	4:49.22	
	50m:	31.47	31.47	150m:	1:43.72	37.01	250m:	2:58.62	37.29	350m:	4:13.44	37.22
	100m:	1:06.71	35.24	200m:	2:21.33	37.61	300m:	3:36.22	37.60	400m:	4:49.22	35.78
37.	Zieleniewicz Paula				98	Mks Jedyńka Łódź				529	4:50.30	
	50m:	31.90	31.90	150m:	1:44.04	36.72	250m:	2:58.79	37.57	350m:	4:14.27	37.79
	100m:	1:07.32	35.42	200m:	2:21.22	37.18	300m:	3:36.48	37.69	400m:	4:50.30	36.03
38.	W cławiak Irena				98	UKS GIM 92 Ursynów				527	4:50.57	
	50m:	31.77	31.77	150m:	1:43.60	37.09	250m:	2:58.63	37.59	350m:	4:14.25	38.05
	100m:	1:06.51	34.74	200m:	2:21.04	37.44	300m:	3:36.20	37.57	400m:	4:50.57	36.32
39.	Rzo ca Patrycja				99	UKS "Pi tka" Konstancynów Łódź				525	4:51.00	
	50m:	32.12	32.12	150m:	1:44.60	36.80	250m:	2:57.96	37.06	350m:	4:13.73	38.40
	100m:	1:07.80	35.68	200m:	2:20.90	36.30	300m:	3:35.33	37.37	400m:	4:51.00	37.27
40.	Kiec Magdalena				96	Uks,, oliborz" Warszawa				521	4:51.70	
	50m:	32.38	32.38	150m:	1:44.07	36.37	250m:	2:58.71	37.53	350m:	4:14.69	37.80
	100m:	1:07.70	35.32	200m:	2:21.18	37.11	300m:	3:36.89	38.18	400m:	4:51.70	37.01
41.	Duda Zuzanna				99	WKS I sk Wrocław				511	4:53.61	
	50m:	33.20	33.20	150m:	1:46.62	37.02	250m:	3:01.36	37.54	350m:	4:17.16	37.96
	100m:	1:09.60	36.40	200m:	2:23.82	37.20	300m:	3:39.20	37.84	400m:	4:53.61	36.45
42.	Sztandera Dominika				97	MKS Juwenia Wrocław				509	4:54.08	
	50m:	31.21	31.21	150m:	1:40.17	34.34	250m:	2:55.87	41.72	350m:	4:16.38	40.54
	100m:	1:05.83	34.62	200m:	2:14.15	33.98	300m:	3:35.84	39.97	400m:	4:54.08	37.70
43.	Zaj c Aleksandra				98	UKS GIM 92 Ursynów				509	4:54.13	
	50m:	33.25	33.25	150m:	1:45.96	35.99	250m:	3:00.58	37.50	350m:	4:17.19	38.11
	100m:	1:09.97	36.72	200m:	2:23.08	37.12	300m:	3:39.08	38.50	400m:	4:54.13	36.94
44.	Wo niak Weronika				98	UKS 9 Kalisz				502	4:55.49	
	50m:	33.00	33.00	150m:	1:46.31	37.27	250m:	3:02.46	38.13	350m:	4:19.30	38.20
	100m:	1:09.04	36.04	200m:	2:24.33	38.02	300m:	3:41.10	38.64	400m:	4:55.49	36.19
45.	Nied wiecka Katarzyna				99	Uks 190 Łódź				499	4:56.04	
	50m:	32.29	32.29	150m:	1:46.20	37.84	250m:	3:03.28	38.82	350m:	4:20.12	38.14
	100m:	1:08.36	36.07	200m:	2:24.46	38.26	300m:	3:41.98	38.70	400m:	4:56.04	35.92
46.	Rzeczycy ska Patrycja				99	EKS SKRA Bełchatów				482	4:59.34	
	50m:	33.69	33.69	150m:	1:47.44	37.30	250m:	3:04.52	39.22	350m:	4:23.08	39.32
	100m:	1:10.14	36.45	200m:	2:25.30	37.86	300m:	3:43.76	39.24	400m:	4:59.34	36.26
47.	Niemczycka Julia				99	WKS I sk Wrocław				476	5:00.67	
	50m:	34.44	34.44	150m:	1:49.86	38.02	250m:	3:06.96	38.17	350m:	4:23.36	37.93
	100m:	1:11.84	37.40	200m:	2:28.79	38.93	300m:	3:45.43	38.47	400m:	5:00.67	37.31
48.	Jastrz bska Joanna				97	Mks Jedyńka Łódź				476	5:00.71	
	50m:	33.06	33.06	150m:	1:47.42	37.78	250m:	3:04.87	38.83	350m:	4:23.45	39.13
	100m:	1:09.64	36.58	200m:	2:26.04	38.62	300m:	3:44.32	39.45	400m:	5:00.71	37.26
49.	Zabłocka Zuzanna				99	WKS I sk Wrocław				468	5:02.43	
	50m:	35.54	35.54	150m:	1:52.03	38.78	250m:	3:08.88	38.06	350m:	4:25.22	38.28
	100m:	1:13.25	37.71	200m:	2:30.82	38.79	300m:	3:46.94	38.06	400m:	5:02.43	37.21
50.	Ziółkowska Daria				98	MTKP Delfin Toru				450	5:06.34	
	50m:	35.13	35.13	150m:	1:50.33	37.85	250m:	3:08.41	39.09	350m:	4:27.42	39.91
	100m:	1:12.48	37.35	200m:	2:29.32	38.99	300m:	3:47.51	39.10	400m:	5:06.34	38.92