

Grand Prix - Puchar Polski
Łódź, 8-9-11-2014

Konkurencja 11
2014-11-08 - 12:05

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Pkt.	Czas			
1.	Burska Justyna		95	UKS "Piłka" Konstantynów Łódź				795	4:13.12			
	50m:	30.90	30.90	150m:	1:35.11	31.90	250m:	2:38.64	31.55	350m:	3:42.02	31.67
	100m:	1:03.21	32.31	200m:	2:07.09	31.98	300m:	3:10.35	31.71	400m:	4:13.12	31.10
2.	Zachoszcz Joanna		93	AZS UWM Olsztyn				794	4:13.23			
	50m:	30.87	30.87	150m:	1:34.81	31.96	250m:	2:38.49	31.69	350m:	3:42.18	31.89
	100m:	1:02.85	31.98	200m:	2:06.80	31.99	300m:	3:10.29	31.80	400m:	4:13.23	31.05
3.	Tchórz Alicja		92	MKS Juwenia Wrocław				784	4:14.29			
	50m:	29.65	29.65	150m:	1:34.86	32.90	250m:	2:40.15	31.89	350m:	3:43.80	31.64
	100m:	1:01.96	32.31	200m:	2:08.26	33.40	300m:	3:12.16	32.01	400m:	4:14.29	30.49
4.	Karpisz Milena		97	UKS "Piłka" Konstantynów Łódź				763	4:16.54			
	50m:	31.15	31.15	150m:	1:35.65	32.31	250m:	2:40.17	32.14	350m:	3:44.82	32.36
	100m:	1:03.34	32.19	200m:	2:08.03	32.38	300m:	3:12.46	32.29	400m:	4:16.54	31.72
5.	Piechota Paulina		99	Uks 190 Łódź				754	4:17.64			
	50m:	31.48	31.48	150m:	1:36.66	32.43	250m:	2:41.36	32.41	350m:	3:46.13	32.36
	100m:	1:04.23	32.75	200m:	2:08.95	32.29	300m:	3:13.77	32.41	400m:	4:17.64	31.51
6.	Wikieł Manuela		92	AZS UWM Olsztyn				751	4:17.94			
	50m:	31.61	31.61	150m:	1:36.37	32.34	250m:	2:41.23	32.34	350m:	3:46.76	32.91
	100m:	1:04.03	32.42	200m:	2:08.89	32.52	300m:	3:13.85	32.62	400m:	4:17.94	31.18
7.	Olczak Mirela		93	Azswaw				711	4:22.66			
	50m:	30.90	30.90	150m:	1:36.22	32.84	250m:	2:42.18	33.18	350m:	3:50.00	33.97
	100m:	1:03.38	32.48	200m:	2:09.00	32.78	300m:	3:16.03	33.85	400m:	4:22.66	32.66
8.	Margula Weronika		00	MKP Szczecin				683	4:26.26			
	50m:	31.28	31.28	150m:	1:36.94	33.04	250m:	2:44.45	33.91	350m:	3:53.00	34.30
	100m:	1:03.90	32.62	200m:	2:10.54	33.60	300m:	3:18.70	34.25	400m:	4:26.26	33.26
9.	Zbrojewska Michalina		96	UKS "Piłka" Konstantynów Łódź				674	4:27.39			
	50m:	31.33	31.33	150m:	1:38.51	33.64	250m:	2:46.33	33.99	350m:	3:54.13	33.87
	100m:	1:04.87	33.54	200m:	2:12.34	33.83	300m:	3:20.26	33.93	400m:	4:27.39	33.26
10.	Bakuniak Hanna		96	MKP Szczecin				672	4:27.64			
	50m:	31.57	31.57	150m:	1:38.72	33.74	250m:	2:46.65	34.05	350m:	3:54.57	34.08
	100m:	1:04.98	33.41	200m:	2:12.60	33.88	300m:	3:20.49	33.84	400m:	4:27.64	33.07
11.	SWr Nita Anna		97	Wks Slask Wroclaw				667	4:28.41			
	50m:	31.53	31.53	150m:	1:38.09	33.55	250m:	2:46.35	33.91	350m:	3:54.81	34.32
	100m:	1:04.54	33.01	200m:	2:12.44	34.35	300m:	3:20.49	34.14	400m:	4:28.41	33.60
12.	SWr Nowak Julia		97	Wks Slask Wroclaw				644	4:31.50			
	50m:	31.74	31.74	150m:	1:38.76	33.73	250m:	2:47.11	34.15	350m:	3:56.89	34.81
	100m:	1:05.03	33.29	200m:	2:12.96	34.20	300m:	3:22.08	34.97	400m:	4:31.50	34.61
13.	Kowalska Oriana		93	MTP KORMORAN Olsztyn				641	4:31.94			
	50m:	32.15	32.15	150m:	1:40.81	34.51	250m:	2:50.06	34.59	350m:	3:59.04	34.51
	100m:	1:06.30	34.15	200m:	2:15.47	34.66	300m:	3:24.53	34.47	400m:	4:31.94	32.90
14.	Zrobek Natalia		99	Jedynka Łódź				636	4:32.58			
	50m:	31.45	31.45	150m:	1:41.12	35.43	250m:	2:50.85	34.54	350m:	3:59.80	34.51
	100m:	1:05.69	34.24	200m:	2:16.31	35.19	300m:	3:25.29	34.44	400m:	4:32.58	32.78
15.	Kasperek Katarzyna		96	MKP Szczecin				633	4:33.07			
	50m:	32.11	32.11	150m:	1:41.02	34.61	250m:	2:50.70	34.77	350m:	3:59.54	34.29
	100m:	1:06.41	34.30	200m:	2:15.93	34.91	300m:	3:25.25	34.55	400m:	4:33.07	33.53
16.	Baryła Julia		00	Mogda				630	4:33.55			
	50m:	31.25	31.25	150m:	1:39.97	34.43	250m:	2:49.60	34.75	350m:	3:59.59	35.07
	100m:	1:05.54	34.29	200m:	2:14.85	34.88	300m:	3:24.52	34.92	400m:	4:33.55	33.96
17.	Klonowska Julia		00	Mogda				625	4:34.23			
	50m:	31.39	31.39	150m:	1:42.19	35.64	250m:	2:52.43	35.16	350m:	4:01.88	34.67
	100m:	1:06.55	35.16	200m:	2:17.27	35.08	300m:	3:27.21	34.78	400m:	4:34.23	32.35

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Konkurencja 11, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja					Rok ur.					Pkt.	Czas	
18.	Halagiera Joanna				96	MKP Słowianka Gorzów				624	4:34.32	
	50m:	32.81	32.81	150m:	1:43.23	35.47	250m:	2:53.04	34.82	350m:	4:01.09	33.57
	100m:	1:07.76	34.95	200m:	2:18.22	34.99	300m:	3:27.52	34.48	400m:	4:34.32	33.23
19.	emajtis Maria				00	MTP KORMORAN Olsztyn				624	4:34.41	
	50m:	31.58	31.58	150m:	1:40.92	34.91	250m:	2:50.81	34.92	350m:	4:00.83	35.01
	100m:	1:06.01	34.43	200m:	2:15.89	34.97	300m:	3:25.82	35.01	400m:	4:34.41	33.58
20.	Filipek Jagoda				99	Wks Slask Wroclaw				612	4:36.15	
	50m:	32.05	32.05	150m:	1:41.99	35.37	250m:	2:51.83	34.79	350m:	4:01.95	35.15
	100m:	1:06.62	34.57	200m:	2:17.04	35.05	300m:	3:26.80	34.97	400m:	4:36.15	34.20
21.	Pecyna Michalina				00	IKS Konstancin				610	4:36.39	
	50m:	31.42	31.42	150m:	1:41.16	35.04	250m:	2:52.10	35.59	350m:	4:02.51	35.06
	100m:	1:06.12	34.70	200m:	2:16.51	35.35	300m:	3:27.45	35.35	400m:	4:36.39	33.88
22.	Rzonca Patrycja				99	Wks Slask Wroclaw				608	4:36.78	
	50m:	31.25	31.25	150m:	1:41.08	35.46	250m:	2:52.25	34.96	350m:	4:02.67	34.98
	100m:	1:05.62	34.37	200m:	2:17.29	36.21	300m:	3:27.69	35.44	400m:	4:36.78	34.11
23.	Wardzi ska Martyna				98	Mks Trójka Łódź				603	4:37.49	
	50m:	31.49	31.49	150m:	1:39.49	34.40	250m:	2:50.00	35.54	350m:	4:02.32	36.40
	100m:	1:05.09	33.60	200m:	2:14.46	34.97	300m:	3:25.92	35.92	400m:	4:37.49	35.17
24.	SSz Szatanek Julia				99	MKP Szczecin				602	4:37.70	
	50m:	30.63	30.63	150m:	1:39.27	34.62	250m:	2:49.49	35.34	350m:	4:02.11	36.53
	100m:	1:04.65	34.02	200m:	2:14.15	34.88	300m:	3:25.58	36.09	400m:	4:37.70	35.59
25.	Polanska Aleksandra				00	UKS Gos Raszyn				600	4:37.99	
	50m:	31.58	31.58	150m:	1:40.46	34.82	250m:	2:51.22	35.62	350m:	4:02.52	35.68
	100m:	1:05.64	34.06	200m:	2:15.60	35.14	300m:	3:26.84	35.62	400m:	4:37.99	35.47
26.	Kami ska Joanna				94	Mks Trójka Łódź				598	4:38.25	
	50m:	31.76	31.76	150m:	1:41.88	35.20	250m:	2:52.42	35.09	350m:	4:03.03	35.67
	100m:	1:06.68	34.92	200m:	2:17.33	35.45	300m:	3:27.36	34.94	400m:	4:38.25	35.22
27.	Bednarek Aleksandra				98	Jedynka Łódź				588	4:39.82	
	50m:	32.59	32.59	150m:	1:42.16	35.16	250m:	2:53.18	35.58	350m:	4:04.82	35.82
	100m:	1:07.00	34.41	200m:	2:17.60	35.44	300m:	3:29.00	35.82	400m:	4:39.82	35.00
28.	Mesjasz Julia				98	SP Meduza Paj czno				582	4:40.82	
	50m:	32.34	32.34	150m:	1:42.05	35.41	250m:	2:53.95	36.15	350m:	4:06.67	36.46
	100m:	1:06.64	34.30	200m:	2:17.80	35.75	300m:	3:30.21	36.26	400m:	4:40.82	34.15
29.	Sadowska Klaudia				99	Wks Slask Wroclaw				581	4:41.02	
	50m:	33.09	33.09	150m:	1:45.44	36.46	250m:	2:56.98	34.74	350m:	4:07.37	35.34
	100m:	1:08.98	35.89	200m:	2:22.24	36.80	300m:	3:32.03	35.05	400m:	4:41.02	33.65
30.	Pipczy ska Kamila				00	UKS Victoria Józefów				575	4:41.89	
	50m:	32.34	32.34	150m:	1:43.11	35.62	250m:	2:55.08	35.91	350m:	4:06.94	36.00
	100m:	1:07.49	35.15	200m:	2:19.17	36.06	300m:	3:30.94	35.86	400m:	4:41.89	34.95
31.	Solak Anna				00	Psp Swim Płock				571	4:42.61	
	50m:	30.34	30.34	150m:	1:40.39	35.78	250m:	2:53.21	35.97	350m:	4:07.19	36.99
	100m:	1:04.61	34.27	200m:	2:17.24	36.85	300m:	3:30.20	36.99	400m:	4:42.61	35.42
32.	Walek Julia				99	Wks Slask Wroclaw				569	4:42.89	
	50m:	32.21	32.21	150m:	1:44.04	36.27	250m:	2:55.87	35.99	350m:	4:07.88	35.92
	100m:	1:07.77	35.56	200m:	2:19.88	35.84	300m:	3:31.96	36.09	400m:	4:42.89	35.01
33.	Duda Zuzanna				99	Wks Slask Wroclaw				569	4:43.01	
	50m:	32.96	32.96	150m:	1:44.46	35.84	250m:	2:56.98	36.21	350m:	4:08.51	35.79
	100m:	1:08.62	35.66	200m:	2:20.77	36.31	300m:	3:32.72	35.74	400m:	4:43.01	34.50
34.	wi der Patrycja				99	MKS Park Wodny Tarnowskie Góry				568	4:43.12	
	50m:	32.70	32.70	150m:	1:43.39	35.22	250m:	2:54.59	35.68	350m:		
	100m:	1:08.17	35.47	200m:	2:18.91	35.52	300m:	3:30.74	36.15	400m:	4:43.12	
35.	Redner Sandra				99	Mks Trójka Łódź				566	4:43.47	
	50m:	33.17	33.17	150m:	1:45.34	36.56	250m:	2:57.54	35.97	350m:	4:09.05	35.47
	100m:	1:08.78	35.61	200m:	2:21.57	36.23	300m:	3:33.58	36.04	400m:	4:43.47	34.42

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Pozycja			Rok ur.					Pkt.	Czas
36.	Szyma ska Monika		96	LKS"OMEGA"Kleszczów				559	4:44.64
	50m:	32.50 32.50	150m:	1:43.36 35.74	250m:	2:55.34 36.08	350m:	4:07.99 36.38	
	100m:	1:07.62 35.12	200m:	2:19.26 35.90	300m:	3:31.61 36.27	400m:	4:44.64 36.65	
37.	Pokrywka Karolina		98	Mks Trójka Łódź				553	4:45.62
	50m:	32.12 32.12	150m:	1:41.29 34.91	250m:	2:53.39 36.49	350m:	4:08.34 38.25	
	100m:	1:06.38 34.26	200m:	2:16.90 35.61	300m:	3:30.09 36.70	400m:	4:45.62 37.28	
38.	Wawrzynkiewicz Wiktoria		99	Uks,, oliborz" Warszawa				553	4:45.71
	50m:	32.30 32.30	150m:	1:43.61 35.60	250m:	2:57.34 36.80	350m:	4:10.34 36.18	
	100m:	1:08.01 35.71	200m:	2:20.54 36.93	300m:	3:34.16 36.82	400m:	4:45.71 35.37	
39.	Wosicka Wiktoria		98	MKP Szczecin				551	4:45.95
	50m:	32.52 32.52	150m:	1:43.96 35.85	250m:	2:56.55 36.36	350m:	4:09.93 36.80	
	100m:	1:08.11 35.59	200m:	2:20.19 36.23	300m:	3:33.13 36.58	400m:	4:45.95 36.02	
40.	Wi niewska Barbara		00	Uks,, oliborz" Warszawa				550	4:46.14
	50m:	32.71 32.71	150m:	1:45.06 36.47	250m:	2:58.20 36.70	350m:	4:11.11 36.38	
	100m:	1:08.59 35.88	200m:	2:21.50 36.44	300m:	3:34.73 36.53	400m:	4:46.14 35.03	
41.	Kładoczna Julia		99	Uks,, oliborz" Warszawa				548	4:46.49
	50m:	32.19 32.19	150m:	1:42.97 35.94	250m:	2:56.30 36.82	350m:	4:10.73 36.87	
	100m:	1:07.03 34.84	200m:	2:19.48 36.51	300m:	3:33.86 37.56	400m:	4:46.49 35.76	
42.	Klimczak Adrianna		98	SKRA Bełchatów				545	4:47.07
	50m:	31.90 31.90	150m:	1:44.31 36.68	250m:	2:58.13 37.06	350m:	4:13.36 37.84	
	100m:	1:07.63 35.73	200m:	2:21.07 36.76	300m:	3:35.52 37.39	400m:	4:47.07 33.71	
43.	Smoła Monika		99	MTKP Delfin Toru				539	4:48.15
	50m:	32.17 32.17	150m:	1:45.01 36.88	250m:	2:58.92 36.86	350m:	4:13.13 37.32	
	100m:	1:08.13 35.96	200m:	2:22.06 37.05	300m:	3:35.81 36.89	400m:	4:48.15 35.02	
44.	A ciukiewicz Marta		00	MKP Kołobrzeg				538	4:48.32
	50m:	32.85 32.85	150m:	1:46.18 37.36	250m:	3:00.76 36.88	350m:	4:13.37 35.74	
	100m:	1:08.82 35.97	200m:	2:23.88 37.70	300m:	3:37.63 36.87	400m:	4:48.32 34.95	
45.	Machnik Monika		97	DOKiS SP "Vega" Dobrodzie				533	4:49.07
	50m:	33.07 33.07	150m:	1:43.43 35.88	250m:	2:57.51 37.86	350m:	4:12.31 37.60	
	100m:	1:07.55 34.48	200m:	2:19.65 36.22	300m:	3:34.71 37.20	400m:	4:49.07 36.76	
46.	Sztandera Dominika		97	MKS Juvenia Wrocław				533	4:49.08
	50m:	32.63 32.63	150m:	1:46.67 37.59	250m:	3:00.90 36.67	350m:	4:14.38 36.54	
	100m:	1:09.08 36.45	200m:	2:24.23 37.56	300m:	3:37.84 36.94	400m:	4:49.08 34.70	
47.	Skwarska Karolina		99	KP MZOS Płock				530	4:49.79
	50m:	33.09 33.09	150m:	1:45.62 36.72	250m:	2:59.80 37.03	350m:	4:13.61 36.71	
	100m:	1:08.90 35.81	200m:	2:22.77 37.15	300m:	3:36.90 37.10	400m:	4:49.79 36.18	
48.	Szczygieł Oliwia		00	MTKP Delfin Toru				527	4:50.31
	50m:	33.16 33.16	150m:	1:45.81 36.62	250m:	3:00.93 37.40	350m:	4:15.45 37.23	
	100m:	1:09.19 36.03	200m:	2:23.53 37.72	300m:	3:38.22 37.29	400m:	4:50.31 34.86	
49.	Rybi ska Marcelina		99	Wks Slask Wroclaw				522	4:51.18
	50m:	34.16 34.16	150m:	1:48.12 37.11	250m:	3:02.26 37.01	350m:	4:15.42 36.32	
	100m:	1:11.01 36.85	200m:	2:25.25 37.13	300m:	3:39.10 36.84	400m:	4:51.18 35.76	
50.	Nied wiecka Katarzyna		99	Uks 190 Łódź				521	4:51.42
	50m:	32.43 32.43	150m:	1:45.48 36.96	250m:	3:00.54 37.36	350m:	4:15.72 37.49	
	100m:	1:08.52 36.09	200m:	2:23.18 37.70	300m:	3:38.23 37.69	400m:	4:51.42 35.70	
51.	Giemza Aleksandra		00	Mks Trójka Łódź				515	4:52.40
	50m:	33.11 33.11	150m:	1:46.28 37.18	250m:	3:01.89 37.81	350m:	4:16.70 37.35	
	100m:	1:09.10 35.99	200m:	2:24.08 37.80	300m:	3:39.35 37.46	400m:	4:52.40 35.70	
52.	Król Oliwia		99	Mks Trójka Łódź				511	4:53.25
	50m:	31.75 31.75	150m:	1:43.27 36.53	250m:	2:58.82 38.08	350m:	4:16.01 38.93	
	100m:	1:06.74 34.99	200m:	2:20.74 37.47	300m:	3:37.08 38.26	400m:	4:53.25 37.24	
53.	Niemczycka Julia		99	Wks Slask Wroclaw				509	4:53.64
	50m:	32.92 32.92	150m:	1:45.66 36.72	250m:	3:00.93 37.51	350m:	4:16.81 37.76	
	100m:	1:08.94 36.02	200m:	2:23.42 37.76	300m:	3:39.05 38.12	400m:	4:53.64 36.83	

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Pozycja				Rok ur.					Pkt.	Czas		
54.	Wrzosek Iga			00	KS 1 O arów Mazowiecki				495	4:56.33		
	50m:	32.36	32.36	150m:	1:45.05	36.88	250m:	3:01.18	38.24	350m:	4:18.57	38.48
	100m:	1:08.17	35.81	200m:	2:22.94	37.89	300m:	3:40.09	38.91	400m:	4:56.33	37.76
55.	Ziółkowska Daria			98	MTKP Delfin Toru				492	4:56.88		
	50m:	33.49	33.49	150m:	1:47.33	37.22	250m:	3:02.51	37.68	350m:	4:19.09	38.34
	100m:	1:10.11	36.62	200m:	2:24.83	37.50	300m:	3:40.75	38.24	400m:	4:56.88	37.79
56.	Chojecka Karolina			00	UKS OLIMPIC Warka				484	4:58.69		
	50m:	33.78	33.78	150m:	1:47.98	37.47	250m:	3:03.53	37.93	350m:	4:20.82	38.74
	100m:	1:10.51	36.73	200m:	2:25.60	37.62	300m:	3:42.08	38.55	400m:	4:58.69	37.87
57.	Zabłocka Zuzanna			99	Wks Slask Wroclaw				444	5:07.28		
	50m:	35.71	35.71	150m:	1:53.27	39.27	250m:	3:11.07	39.07	350m:	4:29.22	39.05
	100m:	1:14.00	38.29	200m:	2:32.00	38.73	300m:	3:50.17	39.10	400m:	5:07.28	38.06
58.	Abramowicz Julia			00	IKS Konstancin				441	5:07.94		
	50m:	33.14	33.14	150m:	1:49.28	38.59	250m:	3:08.46	39.82	350m:	4:28.18	39.96
	100m:	1:10.69	37.55	200m:	2:28.64	39.36	300m:	3:48.22	39.76	400m:	5:07.94	39.76
59.	Bereza Agata			00	MTKP Delfin Toru				398	5:18.80		
	50m:	35.59	35.59	150m:	1:56.50	40.98	250m:	3:18.33	40.96	350m:	4:39.89	40.91
	100m:	1:15.52	39.93	200m:	2:37.37	40.87	300m:	3:58.98	40.65	400m:	5:18.80	38.91