

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

Konkurencja 24  
2014-11-09 - 9:00

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Pkt.	Czas		
1.	Tchórz Alicja		92	MKS Juvenia Wrocław				752	<b>4:46.79</b>		
	50m:	31.24 31.24	150m:	1:43.70	37.44	250m:	3:00.96	40.32	350m:	4:14.61	33.29
	100m:	1:06.26 35.02	200m:	2:20.64	36.94	300m:	3:41.32	40.36	400m:	4:46.79	32.18
2.	Szpucha Katarzyna		96	Mks Trójka Łódź				703	<b>4:53.34</b>		
	50m:	32.46 32.46	150m:	1:46.22	37.79	250m:	3:02.68	39.24	350m:	4:19.12	35.42
	100m:	1:08.43 35.97	200m:	2:23.44	37.22	300m:	3:43.70	41.02	400m:	4:53.34	34.22
3.	Piechota Paulina		99	Uks 190 Łódź				694	<b>4:54.59</b>		
	50m:	31.26 31.26	150m:	1:44.89	37.48	250m:	3:04.89	43.50	350m:	4:21.21	33.29
	100m:	1:07.41 36.15	200m:	2:21.39	36.50	300m:	3:47.92	43.03	400m:	4:54.59	33.38
4.	Wójtowicz Gabriela		95	KS AZS-AWFIS Gdańsk				642	<b>5:02.32</b>		
	50m:	30.97 30.97	150m:	1:44.23	37.43	250m:	3:05.56	45.52	350m:	4:28.62	36.91
	100m:	1:06.80 35.83	200m:	2:20.04	35.81	300m:	3:51.71	46.15	400m:	5:02.32	33.70
5.	Zbrojewska Michalina		96	UKS "Piłkarz" Konstancin				639	<b>5:02.80</b>		
	50m:	33.26 33.26	150m:	1:50.95	39.84	250m:	3:11.08	41.08	350m:	4:28.56	36.04
	100m:	1:11.11 37.85	200m:	2:30.00	39.05	300m:	3:52.52	41.44	400m:	5:02.80	34.24
6.	SWR Nita Anna		97	Wks Śląsk Wrocław				625	<b>5:05.03</b>		
	50m:	33.41 33.41	150m:	1:50.40	39.57	250m:	3:12.40	43.90	350m:	4:31.86	34.74
	100m:	1:10.83 37.42	200m:	2:28.50	38.10	300m:	3:57.12	44.72	400m:	5:05.03	33.17
7.	SWR Nieniałowska Natalia		96	Mks Polonia Warszawa				611	<b>5:07.30</b>		
	50m:	33.51 33.51	150m:	1:50.51	38.86	250m:	3:12.26	43.13	350m:	4:31.29	36.02
	100m:	1:11.65 38.14	200m:	2:29.13	38.62	300m:	3:55.27	43.01	400m:	5:07.30	36.01
8.	SP Mendowska Paulina		97	KS Warta Poznań				604	<b>5:08.51</b>		
	50m:	33.13 33.13	150m:	1:50.17	40.08	250m:	3:13.08	43.64	350m:	4:32.96	35.97
	100m:	1:10.09 36.96	200m:	2:29.44	39.27	300m:	3:56.99	43.91	400m:	5:08.51	35.55
9.	Filipek Jagoda		99	Wks Śląsk Wrocław				594	<b>5:10.16</b>		
	50m:	32.82 32.82	150m:	1:52.46	40.59	250m:	3:15.53	43.32	350m:	4:35.58	36.19
	100m:	1:11.87 39.05	200m:	2:32.21	39.75	300m:	3:59.39	43.86	400m:	5:10.16	34.58
10.	Dudek Marlena		94	AZS AWF Katowice				592	<b>5:10.59</b>		
	50m:	35.12 35.12	150m:	1:55.20	40.33	250m:	3:15.67	41.13	350m:	4:34.64	37.08
	100m:	1:14.87 39.75	200m:	2:34.54	39.34	300m:	3:57.56	41.89	400m:	5:10.59	35.95
11.	Pecyna Michalina		00	IKS Konstancin				583	<b>5:12.18</b>		
	50m:	34.89 34.89	150m:	1:53.43	38.72	250m:	3:17.24	45.55	350m:	4:38.25	35.62
	100m:	1:14.71 39.82	200m:	2:31.69	38.26	300m:	4:02.63	45.39	400m:	5:12.18	33.93
12.	Halagiera Joanna		96	MKP Słowianka Gorzów				581	<b>5:12.43</b>		
	50m:	34.00 34.00	150m:	1:52.90	40.77	250m:	3:18.34	45.28	350m:	4:38.86	35.24
	100m:	1:12.13 38.13	200m:	2:33.06	40.16	300m:	4:03.62	45.28	400m:	5:12.43	33.57
13.	Bednarek Aleksandra		98	Jedynka Łódź				579	<b>5:12.88</b>		
	50m:	34.90 34.90	150m:	1:56.01	41.16	250m:	3:19.03	43.29	350m:	4:38.88	35.30
	100m:	1:14.85 39.95	200m:	2:35.74	39.73	300m:	4:03.58	44.55	400m:	5:12.88	34.00
14.	Dudek Sylwia		99	UKS GIM 92 Ursynów				578	<b>5:13.06</b>		
	50m:	33.40 33.40	150m:	1:52.46	41.32	250m:	3:15.14	42.18	350m:	4:36.83	38.47
	100m:	1:11.14 37.74	200m:	2:32.96	40.50	300m:	3:58.36	43.22	400m:	5:13.06	36.23
15.	Wardzińska Martyna		98	Mks Trójka Łódź				569	<b>5:14.67</b>		
	50m:	35.14 35.14	150m:	1:54.51	40.74	250m:	3:20.61	45.85	350m:	4:41.23	34.02
	100m:	1:13.77 38.63	200m:	2:34.76	40.25	300m:	4:07.21	46.60	400m:	5:14.67	33.44
16.	Kamińska Joanna		94	Mks Trójka Łódź				558	<b>5:16.82</b>		
	50m:	33.79 33.79	150m:	1:55.15	41.33	250m:	3:19.27	44.60	350m:	4:40.89	36.62
	100m:	1:13.82 40.03	200m:	2:34.67	39.52	300m:	4:04.27	45.00	400m:	5:16.82	35.93
17.	Kowalska Oriana		93	MTP KORMORAN Olsztyn				557	<b>5:17.00</b>		
	50m:	32.44 32.44	150m:	1:50.13	41.32	250m:	3:17.06	46.26	350m:	4:41.28	37.19
	100m:	1:08.81 36.37	200m:	2:30.80	40.67	300m:	4:04.09	47.03	400m:	5:17.00	35.72

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Pozycja			Rok ur.					Pkt.	Czas
18.	SWr Nowak Julia		97	Wks Slask Wroclaw				540	<b>5:20.19</b>
	50m:	32.56 32.56	150m:	1:52.62 42.73	250m:	3:21.07 46.70	350m:	4:44.32 36.35	
	100m:	1:09.89 37.33	200m:	2:34.37 41.75	300m:	4:07.97 46.90	400m:	5:20.19 35.87	
19.	Wikieł aklina		00	MTP KORMORAN Olsztyn				539	<b>5:20.38</b>
	50m:	33.85 33.85	150m:	1:54.14 41.37	250m:	3:18.46 43.35	350m:	4:42.09 39.74	
	100m:	1:12.77 38.92	200m:	2:35.11 40.97	300m:	4:02.35 43.89	400m:	5:20.38 38.29	
20.	Król Oliwia		99	Mks Trójka Łód				536	<b>5:21.11</b>
	50m:	33.36 33.36	150m:	1:53.24 41.90	250m:	3:21.17 46.09	350m:	4:45.08 36.03	
	100m:	1:11.34 37.98	200m:	2:35.08 41.84	300m:	4:09.05 47.88	400m:	5:21.11 36.03	
21.	Redner Sandra		99	Mks Trójka Łód				530	<b>5:22.17</b>
	50m:	34.54 34.54	150m:	1:53.20 39.94	250m:	3:19.14 46.45	350m:	4:44.68 38.21	
	100m:	1:13.26 38.72	200m:	2:32.69 39.49	300m:	4:06.47 47.33	400m:	5:22.17 37.49	
22.	Wosicka Wiktoria		98	MKP Szczecin				528	<b>5:22.59</b>
	50m:	34.84 34.84	150m:	1:54.80 40.72	250m:	3:19.48 46.37	350m:	4:45.96 39.24	
	100m:	1:14.08 39.24	200m:	2:33.11 38.31	300m:	4:06.72 47.24	400m:	5:22.59 36.63	
23.	Majszutowicz Paulina		98	MKP Szczecin				521	<b>5:24.01</b>
	50m:	35.45 35.45	150m:	2:44.81 1:27.86	250m:		350m:	4:48.84 37.20	
	100m:	1:16.95 41.50	200m:	3:28.33 43.52	300m:	4:11.64	400m:	5:24.01 35.17	
24.	Bili ska Karolina		99	MKP Słowianka Gorzów				507	<b>5:26.98</b>
	50m:	34.55 34.55	150m:	1:56.70 42.47	250m:	3:25.66 45.56	350m:	4:50.18 38.24	
	100m:	1:14.23 39.68	200m:	2:40.10 43.40	300m:	4:11.94 46.28	400m:	5:26.98 36.80	
25.	SG Gasin Nadia		98	Ikar Mielec				503	<b>5:27.79</b>
	50m:	35.97 35.97	150m:	2:01.17 42.02	250m:	3:25.30 44.29	350m:	4:49.83 39.98	
	100m:	1:19.15 43.18	200m:	2:41.01 39.84	300m:	4:09.85 44.55	400m:	5:27.79 37.96	
26.	Giemza Aleksandra		00	Mks Trójka Łód				484	<b>5:32.11</b>
	50m:	34.85 34.85	150m:	1:58.27 43.28	250m:	3:28.29 47.35	350m:	4:54.65 38.59	
	100m:	1:14.99 40.14	200m:	2:40.94 42.67	300m:	4:16.06 47.77	400m:	5:32.11 37.46	
27.	Rybi ska Marcelina		99	Wks Slask Wroclaw				480	<b>5:32.99</b>
	50m:	35.98 35.98	150m:	2:00.21 43.01	250m:	3:30.37 48.83	350m:	4:56.66 37.79	
	100m:	1:17.20 41.22	200m:	2:41.54 41.33	300m:	4:18.87 48.50	400m:	5:32.99 36.33	
28.	Sroczy ska Paula		98	Mkp Bobry D bica				475	<b>5:34.11</b>
	50m:	37.46 37.46	150m:	2:02.98 42.21	250m:	3:31.42 46.72	350m:	4:56.73 38.29	
	100m:	1:20.77 43.31	200m:	2:44.70 41.72	300m:	4:18.44 47.02	400m:	5:34.11 37.38	
29.	Walz Kornelia		00	UKS NAWA Skierniewice				437	<b>5:43.48</b>
	50m:	37.34 37.34	150m:	2:05.09 43.16	250m:	3:36.20 47.72	350m:	5:04.13 39.86	
	100m:	1:21.93 44.59	200m:	2:48.48 43.39	300m:	4:24.27 48.07	400m:	5:43.48 39.35	