

Grand Prix - Puchar Polski
Łódź, do 8-11-2015

Konkurencja 11
2015-11-07 - 11:45

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2015

Pozycja			Rok ur.					Pkt.	Czas			
1.	ukowska Paula		93	MKS Juvenia Wrocław				797	4:12.92			
	50m:	30.27	30.27	150m:	1:35.05	32.51	250m:	2:39.10	31.99	350m:	3:41.75	30.92
	100m:	1:02.54	32.27	200m:	2:07.11	32.06	300m:	3:10.83	31.73	400m:	4:12.92	31.17
2.	Czerniak Monika		92	MTP KORMORAN Olsztyn				789	4:13.72			
	50m:	30.26	30.26	150m:	1:34.26	32.00	250m:	2:38.60	32.20	350m:	3:43.04	32.09
	100m:	1:02.26	32.00	200m:	2:06.40	32.14	300m:	3:10.95	32.35	400m:	4:13.72	30.68
3.	Zachoszcz Joanna		93	AZS UWM Olsztyn				786	4:14.03			
	50m:	30.56	30.56	150m:	1:34.99	32.04	250m:	2:38.66	31.83	350m:	3:42.80	32.21
	100m:	1:02.95	32.39	200m:	2:06.83	31.84	300m:	3:10.59	31.93	400m:	4:14.03	31.23
4.	Piechota Paulina		99	Uks 190 Łódź				747	4:18.44			
	50m:	30.39	30.39	150m:	1:35.22	32.45	250m:	2:39.99	32.46	350m:	3:45.93	33.12
	100m:	1:02.77	32.38	200m:	2:07.53	32.31	300m:	3:12.81	32.82	400m:	4:18.44	32.51
5.	Karpisz Milena		97	UKS"Piłka"Konstancin Łódzki				717	4:21.91			
	50m:	31.08	31.08	150m:	1:36.52	32.83	250m:	2:42.42	32.86	350m:	3:48.99	33.42
	100m:	1:03.69	32.61	200m:	2:09.56	33.04	300m:	3:15.57	33.15	400m:	4:21.91	32.92
6.	Nienakłowska Natalia		96	Azsław				706	4:23.37			
	50m:	30.47	30.47	150m:	1:36.08	33.16	250m:	2:42.39	33.08	350m:	3:50.31	34.08
	100m:	1:02.92	32.45	200m:	2:09.31	33.23	300m:	3:16.23	33.84	400m:	4:23.37	33.06
7.	Cieslak Joanna		96	KS Warta Poznań				690	4:25.29			
	50m:	29.86	29.86	150m:	1:35.53	33.02	250m:	2:43.34	34.09	350m:	3:52.19	34.40
	100m:	1:02.51	32.65	200m:	2:09.25	33.72	300m:	3:17.79	34.45	400m:	4:25.29	33.10
8.	Polanska Aleksandra		00	UKS Gos Raszyn				658	4:29.50			
	50m:	31.45	31.45	150m:	1:37.46	33.35	250m:	2:45.97	34.39	350m:	3:55.30	34.76
	100m:	1:04.11	32.66	200m:	2:11.58	34.12	300m:	3:20.54	34.57	400m:	4:29.50	34.20
9.	Pogorzelska Inez		00	UKS Gos Raszyn				645	4:31.38			
	50m:	30.93	30.93	150m:	1:39.54	34.77	250m:	2:48.55	34.01	350m:	3:57.66	34.65
	100m:	1:04.77	33.84	200m:	2:14.54	35.00	300m:	3:23.01	34.46	400m:	4:31.38	33.72
10.	Grzegorzczak Izabella		93	KS Warta Poznań				640	4:32.03			
	50m:	31.24	31.24	150m:	1:39.00	34.39	250m:	2:48.14	34.55	350m:	3:57.78	35.05
	100m:	1:04.61	33.37	200m:	2:13.59	34.59	300m:	3:22.73	34.59	400m:	4:32.03	34.25
11.	SOc Szafrańska Julia		00	KS KSZO Ostrowiec Świętokrzyski				630	4:33.52			
	50m:	31.96	31.96	150m:	1:40.65	34.99	250m:	2:50.05	34.67	350m:	3:59.24	34.55
	100m:	1:05.66	33.70	200m:	2:15.38	34.73	300m:	3:24.69	34.64	400m:	4:33.52	34.28
12.	Zygo Karolina		96	KS OLIMPIA Lublin				618	4:35.19			
	50m:	31.16	31.16	150m:	1:38.84	34.51	250m:	2:49.55	35.22	350m:	4:00.93	35.37
	100m:	1:04.33	33.17	200m:	2:14.33	35.49	300m:	3:25.56	36.01	400m:	4:35.19	34.26
13.	Pecyna Michałina		00	IKS Konstancin				615	4:35.71			
	50m:	31.51	31.51	150m:	1:40.06	34.30	250m:	2:50.72	35.24	350m:	4:01.87	35.40
	100m:	1:05.76	34.25	200m:	2:15.48	35.42	300m:	3:26.47	35.75	400m:	4:35.71	33.84
14.	Nieszporek Wiktoria		99	Uks 190 Łódź				613	4:35.96			
	50m:	31.59	31.59	150m:	1:41.29	35.17	250m:	2:51.43	34.91	350m:	4:01.38	35.07
	100m:	1:06.12	34.53	200m:	2:16.52	35.23	300m:	3:26.31	34.88	400m:	4:35.96	34.58
15.	Bochenek Anna		01	UKS Skalar Warszawa				607	4:36.83			
	50m:	32.19	32.19	150m:	1:41.23	34.83	250m:	2:51.81	35.16	350m:	4:02.19	34.58
	100m:	1:06.40	34.21	200m:	2:16.65	35.42	300m:	3:27.61	35.80	400m:	4:36.83	34.64
16.	Kit Zuzanna		97	KKS Włókniarz 1925 Kalisz				599	4:38.11			
	50m:	32.27	32.27	150m:	1:42.08	35.05	250m:	2:52.93	35.51	350m:	4:03.79	35.37
	100m:	1:07.03	34.76	200m:	2:17.42	35.34	300m:	3:28.42	35.49	400m:	4:38.11	34.32
17.	Bednarek Aleksandra		98	Jedynka Łódź				592	4:39.18			
	50m:	32.24	32.24	150m:	1:41.74	35.35	250m:	2:52.65	35.65	350m:	4:04.30	35.67
	100m:	1:06.39	34.15	200m:	2:17.00	35.26	300m:	3:28.63	35.98	400m:	4:39.18	34.88

Grand Prix - Puchar Polski
Łódź, do 8-11-2015

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

Pozycja			Rok ur.					Pkt.	Czas			
18.	Bart Patrycja		97	MKS Pałac Młodzie y Katowice				591	4:39.32			
	50m:	31.97	31.97	150m:	1:42.25	35.18	250m:	2:54.23	35.92	350m:	4:05.31	35.46
	100m:	1:07.07	35.10	200m:	2:18.31	36.06	300m:	3:29.85	35.62	400m:	4:39.32	34.01
19.	Solak Anna		00	Psp Swim Płock				583	4:40.72			
	50m:	31.75	31.75	150m:	1:41.72	35.14	250m:	2:52.88	35.58	350m:	4:05.40	36.11
	100m:	1:06.58	34.83	200m:	2:17.30	35.58	300m:	3:29.29	36.41	400m:	4:40.72	35.32
20.	Król Oliwia		99	Mks Trójka Łód				576	4:41.72			
	50m:	32.00	32.00	150m:	1:41.28	35.08	250m:	2:53.61	36.52	350m:	4:06.33	36.44
	100m:	1:06.20	34.20	200m:	2:17.09	35.81	300m:	3:29.89	36.28	400m:	4:41.72	35.39
21.	Osi ska Wiktoria		01	Uks Sp 149				566	4:43.43			
	50m:	32.55	32.55	150m:	1:43.71	36.00	250m:	2:56.13	36.04	350m:	4:08.81	36.43
	100m:	1:07.71	35.16	200m:	2:20.09	36.38	300m:	3:32.38	36.25	400m:	4:43.43	34.62
22.	Piechota Karolina		01	Uks 190 Łód				565	4:43.53			
	50m:	33.02	33.02	150m:	1:43.71	35.55	250m:	2:55.15	35.84	350m:	4:08.28	36.72
	100m:	1:08.16	35.14	200m:	2:19.31	35.60	300m:	3:31.56	36.41	400m:	4:43.53	35.25
23.	Pokrywka Karolina		98	Mks Trójka Łód				565	4:43.60			
	50m:	31.97	31.97	150m:	1:40.70	34.74	250m:	2:52.76	36.13	350m:	4:06.76	37.40
	100m:	1:05.96	33.99	200m:	2:16.63	35.93	300m:	3:29.36	36.60	400m:	4:43.60	36.84
24.	Balcer Julia		01	Uks 190 Łód				565	4:43.63			
	50m:	32.55	32.55	150m:	1:43.58	35.98	250m:	2:55.48	36.03	350m:	4:08.10	36.14
	100m:	1:07.60	35.05	200m:	2:19.45	35.87	300m:	3:31.96	36.48	400m:	4:43.63	35.53
25.	Jaworska Marcelina		00	Mks Piaseczno				557	4:44.95			
	50m:	32.32	32.32	150m:	1:43.66	36.05	250m:	2:56.44	36.04	350m:	4:09.20	36.40
	100m:	1:07.61	35.29	200m:	2:20.40	36.74	300m:	3:32.80	36.36	400m:	4:44.95	35.75
26.	Abramowicz Julia		00	IKS Konstancin				533	4:49.22			
	50m:	30.67	30.67	150m:	1:42.72	36.41	250m:	2:57.36	37.22	350m:	4:12.53	37.59
	100m:	1:06.31	35.64	200m:	2:20.14	37.42	300m:	3:34.94	37.58	400m:	4:49.22	36.69
27.	Rabiniak Zuzanna		01	Mks Wodnik Radom				523	4:51.07			
	50m:	32.14	32.14	150m:	1:44.96	36.72	250m:	3:00.29	38.05	350m:	4:14.70	37.11
	100m:	1:08.24	36.10	200m:	2:22.24	37.28	300m:	3:37.59	37.30	400m:	4:51.07	36.37
28.	Kaczkowska Anna		01	UKS Skalar Warszawa				517	4:52.14			
	50m:	34.04	34.04	150m:	1:47.36	37.05	250m:	3:01.89	37.12	350m:	4:16.00	37.02
	100m:	1:10.31	36.27	200m:	2:24.77	37.41	300m:	3:38.98	37.09	400m:	4:52.14	36.14
29.	Oleksy Aleksandra		01	Mks Piaseczno				502	4:55.05			
	50m:	33.33	33.33	150m:	1:47.58		250m:			350m:	4:19.82	
	100m:			200m:			300m:			400m:	4:55.05	35.23
30.	Kit Natalia		99	KKS Włókniarz 1925 Kalisz				488	4:57.77			
	50m:			150m:			250m:	3:03.88		350m:	4:20.52	
	100m:	1:11.05		200m:			300m:			400m:	4:57.77	37.25
31.	Mikołajczyk Julia		01	Uks 190 Łód				468	5:01.92			
	50m:	33.92	33.92	150m:	1:49.49	38.15	250m:	3:06.39	38.62	350m:	4:24.01	38.69
	100m:	1:11.34	37.42	200m:	2:27.77	38.28	300m:	3:45.32	38.93	400m:	5:01.92	37.91
32.	G sowska Martyna		01	MTKP Delfin Toru				445	5:07.09			
	50m:	33.94	33.94	150m:	1:50.43	38.27	250m:	3:08.09	39.20	350m:	4:27.92	40.09
	100m:	1:12.16	38.22	200m:	2:28.89	38.46	300m:	3:47.83	39.74	400m:	5:07.09	39.17
33.	Warszowska Zofia		01	KKS Włókniarz 1925 Kalisz				356	5:30.60			
	50m:	36.54	36.54	150m:	1:59.43	42.05	250m:	3:25.02	42.94	350m:	4:49.19	41.74
	100m:	1:17.38	40.84	200m:	2:42.08	42.65	300m:	4:07.45	42.43	400m:	5:30.60	41.41