



Grand Prix Puchar Polski
Bochnia, 23. - 24.10.2010



Konkurencja 1
23/10/2010 - 10:30

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Top Times "Poland" 4:31.89 Baranowska Katarzyna MKSZC Debrecen (HUN) 16/12/2007

Punkty: FINA 2009

Pozycja	Rok ur.	Czas	Pkt.
1. Tchórz Alicja	92 Słowianka Gorzów Wlkp.	4:45.81	817
50m: 30.32 30.32	150m: 1:41.96 37.03	250m: 2:58.71 40.71	350m: 4:13.87 33.88
100m: 1:04.93 34.61	200m: 2:18.00 36.04	300m: 3:39.99 41.28	400m: 4:45.81 31.94
2. Urba ska Karolina SG	92 AZS AWFIS Gda sk	4:52.42	762
50m: 31.64 31.64	150m: 1:44.01 36.95	250m: 3:03.08 42.74	350m: 4:19.28 33.95
100m: 1:07.06 35.42	200m: 2:20.34 36.33	300m: 3:45.33 42.25	400m: 4:52.42 33.14
3. Lefanowicz Iwona	92 Orlik Lublin	4:55.51	739
50m: 32.02 32.02	150m: 1:43.55 34.99	250m: 3:01.74 43.42	350m: 4:21.49 35.56
100m: 1:08.56 36.54	200m: 2:18.32 34.77	300m: 3:45.93 44.19	400m: 4:55.51 34.02
4. Arpal Salvador Elisabeth	92 Club Natacio Terrassa	4:55.85	736
50m: 31.57 31.57	150m: 1:45.64 38.21	250m: 3:05.40 42.55	350m: 4:21.82 34.11
100m: 1:07.43 35.86	200m: 2:22.85 37.21	300m: 3:47.71 42.31	400m: 4:55.85 34.03
5. Radli ska Marcelina	93 Orka Zamo	4:56.87	729
50m: 30.58 30.58	150m: 1:43.05 37.50	250m: 3:03.31 42.24	350m: 4:22.05 35.23
100m: 1:05.55 34.97	200m: 2:21.07 38.02	300m: 3:46.82 43.51	400m: 4:56.87 34.82
6. ołnowska Katarzyna	90 MZOS Płock	4:58.42	717
50m: 31.43 31.43	150m: 1:45.21 37.81	250m: 3:06.32 43.58	350m: 4:24.45 34.41
100m: 1:07.40 35.97	200m: 2:22.74 37.53	300m: 3:50.04 43.72	400m: 4:58.42 33.97
7. Paluszek Weronika SWR	93 I sk Wrocław	4:58.98	713
50m: 32.46 32.46	150m: 1:49.41 39.43	250m: 3:07.49 39.44	350m: 4:23.84 36.26
100m: 1:09.98 37.52	200m: 2:28.05 38.64	300m: 3:47.58 40.09	400m: 4:58.98 35.14
8. Staszkiwicz Katarzyna	90 I sk Wrocław	4:59.64	709
50m: 31.38 31.38	150m: 1:46.92 39.41	250m: 3:09.22 43.45	350m: 4:26.45 34.69
100m: 1:07.51 36.13	200m: 2:25.77 38.85	300m: 3:51.76 42.54	400m: 4:59.64 33.19
9. Pelowska Aleksandra SG	93 Jedyńka Solex L bork	5:01.95	692
50m: 32.62 32.62	150m: 1:47.65 38.84	250m: 3:08.23 42.65	350m: 4:26.76 36.40
100m: 1:08.81 36.19	200m: 2:25.58 37.93	300m: 3:50.36 42.13	400m: 5:01.95 35.19
10. Korzeniowska Marta SO	93 Unia O wi cim	5:02.84	686
50m: 31.98 31.98	150m: 1:48.42 39.92	250m: 3:10.15 42.53	350m: 4:28.92 35.82
100m: 1:08.50 36.52	200m: 2:27.62 39.20	300m: 3:53.10 42.95	400m: 5:02.84 33.92
11. Kami ska Aleksandra SWR	92 Zryw Opole	5:03.41	683
50m: 32.21 32.21	150m: 1:48.15 39.20	250m: 3:11.24 43.45	350m: 4:29.72 35.28
100m: 1:08.95 36.74	200m: 2:27.79 39.64	300m: 3:54.44 43.20	400m: 5:03.41 33.69
12. Mózgowska Jagoda	90 AZS AGH Kraków	5:03.83	680
50m: 32.55 32.55	150m: 1:48.49 39.04	250m: 3:08.86 42.57	350m: 4:29.19 36.84
100m: 1:09.45 36.90	200m: 2:26.29 37.80	300m: 3:52.35 43.49	400m: 5:03.83 34.64
13. Jankowska Marta SO	92 AZS AWF Katowice	5:04.34	676
50m: 32.23 32.23	150m: 1:47.55 39.19	250m: 3:08.59 42.66	350m: 4:28.72 36.46
100m: 1:08.36 36.13	200m: 2:25.93 38.38	300m: 3:52.26 43.67	400m: 5:04.34 35.62
14. Małecka Agnieszka SS	93 Jedyńka Solex L bork	5:05.40	669
50m: 31.99 31.99	150m: 1:46.86 38.71	250m: 3:09.11 44.70	350m: 4:30.50 36.84
100m: 1:08.15 36.16	200m: 2:24.41 37.55	300m: 3:53.66 44.55	400m: 5:05.40 34.90
15. Szydło Paulina	92 Juwenia Wrocław	5:06.81	660
50m: 33.65 33.65	150m: 1:53.50 41.13	250m: 3:14.43 41.35	350m: 4:32.27 36.86
100m: 1:12.37 38.72	200m: 2:33.08 39.58	300m: 3:55.41 40.98	400m: 5:06.81 34.54
16. Wiertel Agata	95 Lublinianka Lublin	5:07.42	656
50m: 32.81 32.81	150m: 1:47.99 37.76	250m: 3:11.04 46.18	350m: 4:32.80 36.42
100m: 1:10.23 37.42	200m: 2:24.86 36.87	300m: 3:56.38 45.34	400m: 5:07.42 34.62



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Konkurencja 1, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.
17.	Ulatowska Alicja			96	Unia O wi cim				5:07.46	656	
	50m: 33.06	33.06	150m: 1:51.19	39.63	250m: 3:13.24	43.86	350m: 4:32.84	35.32			
	100m: 1:11.56	38.50	200m: 2:29.38	38.19	300m: 3:57.52	44.28	400m: 5:07.46	34.62			
18.	Dworaczek Paulina			96	Jordan Kraków				5:07.71	654	
	50m: 32.72	32.72	150m: 1:49.56	38.84	250m: 3:12.97	44.71	350m: 4:34.01	35.69			
	100m: 1:10.72	38.00	200m: 2:28.26	38.70	300m: 3:58.32	45.35	400m: 5:07.71	33.70			
19.	Chwadeczko Zuzanna			95	Orlik Lublin				5:09.85	641	
	50m: 32.45	32.45	150m: 1:49.40	39.22	250m: 3:12.81	44.68	350m: 4:35.13	36.67			
	100m: 1:10.18	37.73	200m: 2:28.13	38.73	300m: 3:58.46	45.65	400m: 5:09.85	34.72			
20.	Mikołajczak Anna SS			95	Jedynka Solex L bork				5:11.69	630	
	50m: 32.59	32.59	150m: 1:50.99	41.01	250m: 3:15.93	44.97	350m: 4:37.75	36.54			
	100m: 1:09.98	37.39	200m: 2:30.96	39.97	300m: 4:01.21	45.28	400m: 5:11.69	33.94			
21.	Przasnek Zuzanna SS			94	MKP Szczecin				5:11.98	628	
	50m: 34.41	34.41	150m: 1:51.39	38.12	250m: 3:15.38	46.34	350m: 4:37.72	35.92			
	100m: 1:13.27	38.86	200m: 2:29.04	37.65	300m: 4:01.80	46.42	400m: 5:11.98	34.26			
22.	Puchla Monika			94	STU Trnava				5:12.70	623	
	50m: 33.80	33.80	150m: 1:51.86	39.51	250m: 3:15.51	44.88	350m: 4:37.53	36.82			
	100m: 1:12.35	38.55	200m: 2:30.63	38.77	300m: 4:00.71	45.20	400m: 5:12.70	35.17			
23.	Piasecka Marta			91	AZS AWF Katowice				5:12.81	623	
	50m: 33.39	33.39	150m: 1:51.41	39.15	250m: 3:16.62	45.93	350m: 4:38.39	35.92			
	100m: 1:12.26	38.87	200m: 2:30.69	39.28	300m: 4:02.47	45.85	400m: 5:12.81	34.42			
24.	Kicka Natalia			95	Unia O wi cim				5:15.27	608	
	50m: 33.04	33.04	150m: 1:51.68	41.63	250m: 3:16.47	44.53	350m: 4:38.93	37.48			
	100m: 1:10.05	37.01	200m: 2:31.94	40.26	300m: 4:01.45	44.98	400m: 5:15.27	36.34			
25.	Bordół Katarzyna			94	Skarpa Lublin				5:15.91	605	
	50m: 34.77	34.77	150m: 1:53.05	38.11	250m: 3:16.45	46.01	350m: 4:39.89	36.56			
	100m: 1:14.94	40.17	200m: 2:30.44	37.39	300m: 4:03.33	46.88	400m: 5:15.91	36.02			
26.	Lee Grace			95	Bishops Stortford SC				5:16.98	599	
	50m: 32.80	32.80	150m: 1:53.15	40.59	250m: 3:17.80	45.76	350m: 4:41.53	36.72			
	100m: 1:12.56	39.76	200m: 2:32.04	38.89	300m: 4:04.81	47.01	400m: 5:16.98	35.45			
27.	Bartoszek Joanna			96	MUKS Gilus Gilowice				5:20.72	578	
	50m: 36.05	36.05	150m: 1:57.05	39.77	250m: 3:21.49	44.79	350m: 4:44.32	36.84			
	100m: 1:17.28	41.23	200m: 2:36.70	39.65	300m: 4:07.48	45.99	400m: 5:20.72	36.40			
28.	Człowiek Roksana			96	Unia O wi cim				5:21.74	572	
	50m: 34.33	34.33	150m: 1:55.76	41.61	250m: 3:21.37	44.27	350m: 4:45.84	38.91			
	100m: 1:14.15	39.82	200m: 2:37.10	41.34	300m: 4:06.93	45.56	400m: 5:21.74	35.90			
29.	Kruk Anna			95	Unia O wi cim				5:21.99	571	
	50m: 34.18	34.18	150m: 1:55.55	42.38	250m: 3:21.24	44.69	350m: 4:45.70	38.77			
	100m: 1:13.17	38.99	200m: 2:36.55	41.00	300m: 4:06.93	45.69	400m: 5:21.99	36.29			
30.	Tyrpa Aleksandra			94	CKiS Skawina				5:26.15	549	
	50m: 33.13	33.13	150m: 1:56.14	43.94	250m: 3:25.00	45.66	350m: 4:49.31	38.06			
	100m: 1:12.20	39.07	200m: 2:39.34	43.20	300m: 4:11.25	46.25	400m: 5:26.15	36.84			
31.	Zygo Karolina			96	Olimpia Lublin				5:26.21	549	
	50m: 33.77	33.77	150m: 1:52.79	39.20	250m: 3:19.39	48.48	350m: 4:47.97	38.46			
	100m: 1:13.59	39.82	200m: 2:30.91	38.12	300m: 4:09.51	50.12	400m: 5:26.21	38.24			
32.	Sowa Marta			96	Jordan Kraków				5:27.60	542	
	50m: 34.23	34.23	150m: 1:57.45	43.32	250m: 3:26.21	46.91	350m: 4:51.39	37.96			
	100m: 1:14.13	39.90	200m: 2:39.30	41.85	300m: 4:13.43	47.22	400m: 5:27.60	36.21			
33.	Buraczy ska Adrianna			96	Unia O wi cim				5:27.91	541	
	50m: 34.08	34.08	150m: 1:55.83	42.07	250m: 3:23.21	46.54	350m: 4:49.82	39.60			
	100m: 1:13.76	39.68	200m: 2:36.67	40.84	300m: 4:10.22	47.01	400m: 5:27.91	38.09			



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Pozycja	Rok ur.								Czas	Pkt.	
34. Klimas Paulina	95 MUKS Gilus Gilowice								5:32.80	517	
50m:	35.58	35.58	150m:	2:00.10	42.61	250m:	3:28.17	45.25	350m:	4:54.44	39.94
100m:	1:17.49	41.91	200m:	2:42.92	42.82	300m:	4:14.50	46.33	400m:	5:32.80	38.36