



Grand Prix Puchar Polski
Bochnia, 23. - 24.10.2010



Konkurencja 33
24/10/2010 - 12:15

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Top Times "Poland" 4:05.77 Barzycka Paulina AZWAR Gorzow 26/11/2005

Punkty: FINA 2009

Pozycja	Rok ur.	Czas	Pkt.
1. Kilijska Donata SS	95 KSZO Ostrowiec w.	4:16.46	802
50m: 30.33 30.33	150m: 1:35.40 32.61	250m: 2:40.38 32.42	350m: 3:45.11 32.28
100m: 1:02.79 32.46	200m: 2:07.96 32.56	300m: 3:12.83 32.45	400m: 4:16.46 31.35
2. Olczak Mirela	93 Słowianka Gorzów Wlkp.	4:18.20	786
50m: 31.11 31.11	150m: 1:35.98 32.53	250m: 2:41.22 32.63	350m: 3:46.82 32.75
100m: 1:03.45 32.34	200m: 2:08.59 32.61	300m: 3:14.07 32.85	400m: 4:18.20 31.38
3. Gawęłczyk Dominika	91 AZS AWF Katowice	4:18.83	780
50m: 30.17 30.17	150m: 1:36.03 33.04	250m: 2:41.45 32.67	350m: 3:46.80 32.55
100m: 1:02.99 32.82	200m: 2:08.78 32.75	300m: 3:14.25 32.80	400m: 4:18.83 32.03
4. ukowska Paula SZG	93 Zryw Opole	4:21.57	756
50m: 30.57 30.57	150m: 1:36.12 32.77	250m: 2:41.31 32.72	350m: 3:48.10 33.37
100m: 1:03.35 32.78	200m: 2:08.59 32.47	300m: 3:14.73 33.42	400m: 4:21.57 33.47
5. Pórowszczyk Beata	91 I sk Wrocław	4:24.32	732
50m: 30.74 30.74	150m: 1:36.80 33.28	250m: 2:43.61 33.28	350m: 3:50.78 33.42
100m: 1:03.52 32.78	200m: 2:10.33 33.53	300m: 3:17.36 33.75	400m: 4:24.32 33.54
6. Bajorska Dorota	94 Unia Owi cim	4:25.39	724
50m: 31.30 31.30	150m: 1:38.48 33.88	250m: 2:45.86 33.68	350m: 3:52.67 33.42
100m: 1:04.60 33.30	200m: 2:12.18 33.70	300m: 3:19.25 33.39	400m: 4:25.39 32.72
7. Sikora Paulina SO	93 Unia Owi cim	4:27.39	707
50m: 31.36 31.36	150m: 1:37.68 33.58	250m: 2:45.27 34.02	350m: 3:54.08 34.50
100m: 1:04.10 32.74	200m: 2:11.25 33.57	300m: 3:19.58 34.31	400m: 4:27.39 33.31
8. Wasilewska Barbara	94 Omega Kleszczów	4:28.10	702
50m: 31.80 31.80	150m: 1:39.37 34.04	250m: 2:47.21 33.93	350m: 3:55.00 33.94
100m: 1:05.33 33.53	200m: 2:13.28 33.91	300m: 3:21.06 33.85	400m: 4:28.10 33.10
9. Hrubiznova Katarina	93 STU Tmava	4:29.05	694
50m: 30.74 30.74	150m: 1:37.68 33.63	250m: 2:46.31 34.46	350m: 3:55.52 34.47
100m: 1:04.05 33.31	200m: 2:11.85 34.17	300m: 3:21.05 34.74	400m: 4:29.05 33.53
10. ołnowska Katarzyna	90 MZOS Płock	4:29.06	694
50m: 31.36 31.36	150m: 1:36.96 32.97	250m: 2:44.98 34.32	350m: 3:54.87 35.23
100m: 1:03.99 32.63	200m: 2:10.66 33.70	300m: 3:19.64 34.66	400m: 4:29.06 34.19
11. Pułka Magdalena	92 Unia Owi cim	4:30.30	685
50m: 31.93 31.93	150m: 1:40.30 34.38	250m: 2:48.70 33.88	350m: 3:57.10 34.46
100m: 1:05.92 33.99	200m: 2:14.82 34.52	300m: 3:22.64 33.94	400m: 4:30.30 33.20
12. Grzegorzczak Izabella	93 Posnania Pozna	4:30.41	684
50m: 32.11 32.11	150m: 1:41.04 34.50	250m: 2:49.03 34.17	350m: 3:57.36 34.06
100m: 1:06.54 34.43	200m: 2:14.86 33.82	300m: 3:23.30 34.27	400m: 4:30.41 33.05
13. Lipińska Małgorzata SS	93 KSZO Ostrowiec w.	4:30.49	683
50m: 30.89 30.89	150m: 1:37.86 33.89	250m: 2:46.54 34.53	350m: 3:56.47 35.11
100m: 1:03.97 33.08	200m: 2:12.01 34.15	300m: 3:21.36 34.82	400m: 4:30.49 34.02
14. Chodyna Monika	92 Kormoran Olsztyn	4:30.89	680
50m: 32.37 32.37	150m: 1:40.65 34.35	250m: 2:49.13 34.24	350m: 3:57.66 34.32
100m: 1:06.30 33.93	200m: 2:14.89 34.24	300m: 3:23.34 34.21	400m: 4:30.89 33.23
15. Nitka Aleksandra	93 Unia Owi cim	4:32.72	667
50m: 30.78 30.78	150m: 1:37.84 34.10	250m: 2:46.52 34.40	350m: 3:56.82 35.34
100m: 1:03.74 32.96	200m: 2:12.12 34.28	300m: 3:21.48 34.96	400m: 4:32.72 35.90
16. Kasperek Katarzyna	96 Warta Pozna	4:32.80	666
50m: 31.23 31.23	150m: 1:39.31 34.58	250m: 2:49.09 34.89	350m: 3:58.39 34.74
100m: 1:04.73 33.50	200m: 2:14.20 34.89	300m: 3:23.65 34.56	400m: 4:32.80 34.41



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

Pozycja			Rok ur.				Czas				Pkt.	
17.	Cisowska Aleksandra		89	AZS AGH Kraków				4:34.36				655
	50m:	30.99	30.99	150m:	1:39.06	34.65	250m:	2:48.58	34.83	350m:	3:59.33	35.55
	100m:	1:04.41	33.42	200m:	2:13.75	34.69	300m:	3:23.78	35.20	400m:	4:34.36	35.03
18.	Pawlaczek Natalia SK		93	Zryw Opole				4:35.05				650
	50m:	30.99	30.99	150m:	1:38.89	34.42	250m:	2:49.16	35.06	350m:	4:00.33	35.35
	100m:	1:04.47	33.48	200m:	2:14.10	35.21	300m:	3:24.98	35.82	400m:	4:35.05	34.72
19.	Czerniak Gabriela		91	AZS AGH Kraków				4:35.13				649
	50m:	31.97	31.97	150m:	1:41.81	34.75	250m:	2:51.13	34.71	350m:	4:01.27	35.37
	100m:	1:07.06	35.09	200m:	2:16.42	34.61	300m:	3:25.90	34.77	400m:	4:35.13	33.86
20.	Wakuła Karolina SO		93	AZS AWF Katowice				4:35.73				645
	50m:	32.40	32.40	150m:	1:41.45	34.41	250m:	2:51.22	35.13	350m:	4:01.58	35.26
	100m:	1:07.04	34.64	200m:	2:16.09	34.64	300m:	3:26.32	35.10	400m:	4:35.73	34.15
21.	Jankowska Marta SO		92	AZS AWF Katowice				4:35.96				644
	50m:	32.04	32.04	150m:	1:41.24	34.87	250m:	2:51.38	35.09	350m:	4:01.56	35.18
	100m:	1:06.37	34.33	200m:	2:16.29	35.05	300m:	3:26.38	35.00	400m:	4:35.96	34.40
22.	Piekarska Magdalena SS		94	MKP Szczecin				4:36.03				643
	50m:	31.29	31.29	150m:	1:40.16	34.84	250m:	2:50.42	35.44	350m:	4:01.15	34.99
	100m:	1:05.32	34.03	200m:	2:14.98	34.82	300m:	3:26.16	35.74	400m:	4:36.03	34.88
23.	Pomietło Aleksandra		94	Kmity Zabierzów				4:36.47				640
	50m:	31.73	31.73	150m:	1:41.14	34.83	250m:	2:51.68	35.32	350m:	4:02.44	35.40
	100m:	1:06.31	34.58	200m:	2:16.36	35.22	300m:	3:27.04	35.36	400m:	4:36.47	34.03
24.	Przystalska Angelika SO		93	Unia O wi cim				4:37.59				632
	50m:	31.95	31.95	150m:	1:41.79	35.22	250m:	2:52.12	35.11	350m:	4:03.09	35.85
	100m:	1:06.57	34.62	200m:	2:17.01	35.22	300m:	3:27.24	35.12	400m:	4:37.59	34.50
25.	S dłak Katarzyna		94	Orka Zamo				4:38.04				629
	50m:	32.17	32.17	150m:	1:41.39	34.88	250m:	2:51.51	35.29	350m:	4:03.07	36.02
	100m:	1:06.51	34.34	200m:	2:16.22	34.83	300m:	3:27.05	35.54	400m:	4:38.04	34.97
26.	Dudek Marlena		94	Unia O wi cim				4:39.01				623
	50m:	32.91	32.91	150m:	1:44.03	35.80	250m:	2:54.72	34.93	350m:	4:04.59	35.00
	100m:	1:08.23	35.32	200m:	2:19.79	35.76	300m:	3:29.59	34.87	400m:	4:39.01	34.42
27.	Jagodzka Aleksandra		91	Korona Swim Kielce				4:39.53				619
	50m:	33.49	33.49	150m:	1:44.43	35.68	250m:	2:55.28	35.27	350m:	4:05.75	35.25
	100m:	1:08.75	35.26	200m:	2:20.01	35.58	300m:	3:30.50	35.22	400m:	4:39.53	33.78
28.	Lee Grace		95	Bishops Stortford SC				4:39.97				616
	50m:	32.36	32.36	150m:	1:44.57	36.50	250m:	2:56.03	34.31	350m:	4:06.02	35.21
	100m:	1:08.07	35.71	200m:	2:21.72	37.15	300m:	3:30.81	34.78	400m:	4:39.97	33.95
29.	Borek Aleksandra SK		94	Wodnik Krosno				4:40.71				611
	50m:	32.51	32.51	150m:	1:42.70	35.54	250m:	2:54.19	35.77	350m:	4:05.70	36.07
	100m:	1:07.16	34.65	200m:	2:18.42	35.72	300m:	3:29.63	35.44	400m:	4:40.71	35.01
30.	Bord oł Katarzyna		94	Skarpa Lublin				4:41.47				607
	50m:	32.32	32.32	150m:	1:43.58	35.87	250m:	2:55.37	35.84	350m:	4:07.20	36.03
	100m:	1:07.71	35.39	200m:	2:19.53	35.95	300m:	3:31.17	35.80	400m:	4:41.47	34.27
31.	Tyrpa Aleksandra		94	CKiS Skawina				4:42.18				602
	50m:	32.91	32.91	150m:	1:44.07	35.96	250m:	2:57.00	36.53	350m:	4:09.03	35.59
	100m:	1:08.11	35.20	200m:	2:20.47	36.40	300m:	3:33.44	36.44	400m:	4:42.18	33.15
32.	Szywał Ludwika		94	Skarpa Lublin				4:42.76				598
	50m:	32.00	32.00	150m:	1:42.62	35.32	250m:	2:54.17	35.48	350m:	4:07.18	36.38
	100m:	1:07.30	35.30	200m:	2:18.69	36.07	300m:	3:30.80	36.63	400m:	4:42.76	35.58
33.	K cka Natalia		95	Unia O wi cim				4:45.76				580
	50m:	32.17	32.17	150m:	1:43.75	36.42	250m:	2:57.51	36.90	350m:	4:11.08	36.86
	100m:	1:07.33	35.16	200m:	2:20.61	36.86	300m:	3:34.22	36.71	400m:	4:45.76	34.68



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Pozycja	Rok ur.						Czas	Pkt.
34. Zagrodnik Aleksandra	93	Unia O wi cim					4:46.10	578
50m: 32.52 32.52	150m: 1:44.15 35.97	250m: 2:56.57 36.26	350m: 4:10.05 36.75	100m: 1:08.18 35.66	200m: 2:20.31 36.16	300m: 3:33.30 36.73	400m: 4:46.10 36.05	
35. Bczyk Paula	93	Trójka Łód					4:46.16	577
50m: 32.13 32.13	150m: 1:43.17 35.98	250m: 2:56.30 36.61	350m: 4:09.97 36.71	100m: 1:07.19 35.06	200m: 2:19.69 36.52	300m: 3:33.26 36.96	400m: 4:46.16 36.19	
36. Dymarek Ewa	95	Unia O wi cim					4:46.18	577
50m: 33.36 33.36	150m: 1:45.69 36.45	250m: 2:58.52 36.43	350m: 4:10.75 36.06	100m: 1:09.24 35.88	200m: 2:22.09 36.40	300m: 3:34.69 36.17	400m: 4:46.18 35.43	
37. Skowrońska Weronika	96	Warta Pozna					4:46.33	576
50m: 33.12 33.12	150m: 1:44.54 35.89	250m: 2:57.19 36.40	350m: 4:10.55 36.71	100m: 1:08.65 35.53	200m: 2:20.79 36.25	300m: 3:33.84 36.65	400m: 4:46.33 35.78	
38. Lewandowska Paulina	96	Unia O wi cim					4:46.59	575
50m: 33.03 33.03	150m: 1:45.04 36.61	250m: 2:58.11 36.60	350m: 4:11.61 36.85	100m: 1:08.43 35.40	200m: 2:21.51 36.47	300m: 3:34.76 36.65	400m: 4:46.59 34.98	
39. Zyga Paulina	94	Nawa Skierniewice					4:49.22	559
50m: 32.73 32.73	150m: 1:44.80 36.55	250m: 2:58.60 36.71	350m: 4:12.84 37.30	100m: 1:08.25 35.52	200m: 2:21.89 37.09	300m: 3:35.54 36.94	400m: 4:49.22 36.38	
40. Kruk Anna	95	Unia O wi cim					4:50.38	552
50m: 32.93 32.93	150m: 1:45.90 36.61	250m: 3:00.04 36.90	350m: 4:13.95 37.09	100m: 1:09.29 36.36	200m: 2:23.14 37.24	300m: 3:36.86 36.82	400m: 4:50.38 36.43	
41. Walczak Barbara	94	Warta Pozna					4:50.75	550
50m: 33.86 33.86	150m: 1:47.63 37.31	250m: 3:01.80 36.76	350m: 4:15.29 36.76	100m: 1:10.32 36.46	200m: 2:25.04 37.41	300m: 3:38.53 36.73	400m: 4:50.75 35.46	
42. Stasinowska Katarzyna	94	Start Łód					4:55.64	523
50m: 33.48 33.48	150m: 1:48.07 37.68	250m: 3:04.05 37.72	350m: 4:19.65 37.91	100m: 1:10.39 36.91	200m: 2:26.33 38.26	300m: 3:41.74 37.69	400m: 4:55.64 35.99	
43. Wlizio Patrycja	96	Warta Pozna					4:56.85	517
50m: 33.61 33.61	150m: 1:48.83 37.97	250m: 3:04.99 38.03	350m: 4:20.97 37.91	100m: 1:10.86 37.25	200m: 2:26.96 38.13	300m: 3:43.06 38.07	400m: 4:56.85 35.88	
44. Sobolewska Anna	95	Warta Pozna					4:57.04	516
50m: 33.76 33.76	150m: 1:48.74 37.86	250m: 3:05.79 38.73	350m: 4:21.96 37.67	100m: 1:10.88 37.12	200m: 2:27.06 38.32	300m: 3:44.29 38.50	400m: 4:57.04 35.08	
45. Tabi Gabriela	95	CKiS Skawina					5:04.53	479
50m: 34.49 34.49	150m: 1:50.40 38.24	250m: 3:07.76 38.77	350m: 4:25.65 38.91	100m: 1:12.16 37.67	200m: 2:28.99 38.59	300m: 3:46.74 38.98	400m: 5:04.53 38.88	
46. Banach Aleksandra	96	Jordan Kraków					5:11.77	446
50m: 36.26 36.26	150m: 1:54.98 40.16	250m: 3:14.89 40.04	350m: 4:34.09 39.34	100m: 1:14.82 38.56	200m: 2:34.85 39.87	300m: 3:54.75 39.86	400m: 5:11.77 37.68	
47. Kotynia Katarzyna	95	Start Łód					5:21.80	406
50m: 37.01 37.01	150m: 1:59.15 42.23	250m: 3:19.99 39.21	350m: 4:40.82 41.39	100m: 1:16.92 39.91	200m: 2:40.78 41.63	300m: 3:59.43 39.44	400m: 5:21.80 40.98	