



Grand Prix Puchar Polski
Kraków, 27/ - 28/10/2012



Konkurencja 33
28/10/2012 - 11:44

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2012

Pozycja				Rok ur.					Czas	Pkt.		
1.	ukowska Paula			93	Juvenia Wrocław				4:12.73	803		
	50m:	29.20	29.20	150m:	1:32.73	32.07	250m:	2:36.52	31.89	350m:	3:41.22	32.50
	100m:	1:00.66	31.46	200m:	2:04.63	31.90	300m:	3:08.72	32.20	400m:	4:12.73	31.51
2.	Szczepaniak Karolina			92	AZS AWF Katowice				4:14.70	784		
	50m:	30.01	30.01	150m:	1:34.99	32.87	250m:	2:40.36	32.84	350m:	3:44.19	31.23
	100m:	1:02.12	32.11	200m:	2:07.52	32.53	300m:	3:12.96	32.60	400m:	4:14.70	30.51
3.	Bernat Aleksandra			90	Warta Pozna				4:15.80	774		
	50m:	29.91	29.91	150m:	1:34.35	32.36	250m:	2:39.36	32.64	350m:	3:44.35	32.50
	100m:	1:01.99	32.08	200m:	2:06.72	32.37	300m:	3:11.85	32.49	400m:	4:15.80	31.45
4.	Czerniak Monika			92	AZS UWM Olsztyn				4:21.62	724		
	50m:	29.65	29.65	150m:	1:34.14	32.59	250m:	2:40.33	33.16	350m:	3:48.25	34.21
	100m:	1:01.55	31.90	200m:	2:07.17	33.03	300m:	3:14.04	33.71	400m:	4:21.62	33.37
5.	Wasilewska Barbara			94	Omega Kleszczów				4:25.04	696		
	50m:	30.59	30.59	150m:	1:36.72	33.22	250m:	2:43.47	33.54	350m:	3:51.46	34.24
	100m:	1:03.50	32.91	200m:	2:09.93	33.21	300m:	3:17.22	33.75	400m:	4:25.04	33.58
6.	Bajorska Dorota SO			94	Unia O wi cim				4:25.51	692		
	50m:	31.44	31.44	150m:	1:38.44	33.74	250m:	2:45.82	33.74	350m:	3:53.15	33.27
	100m:	1:04.70	33.26	200m:	2:12.08	33.64	300m:	3:19.88	34.06	400m:	4:25.51	32.36
7.	Wołoszyn Sonia SOC			95	KSZO Ostrowiec w.				4:26.43	685		
	50m:	30.89	30.89	150m:	1:37.95	33.78	250m:	2:45.92	33.98	350m:	3:53.99	33.96
	100m:	1:04.17	33.28	200m:	2:11.94	33.99	300m:	3:20.03	34.11	400m:	4:26.43	32.44
8.	Nienakowska Natalia SO			96	Polonia Warszawa				4:27.60	676		
	50m:	30.78	30.78	150m:	1:36.10	32.97	250m:	2:44.23	34.34	350m:	3:53.62	34.55
	100m:	1:03.13	32.35	200m:	2:09.89	33.79	300m:	3:19.07	34.84	400m:	4:27.60	33.98
9.	Po arowszczyk Beata			91	Juvenia Wrocław				4:27.81	674		
	50m:	31.49	31.49	150m:	1:38.90	33.87	250m:	2:46.39	33.70	350m:	3:53.73	33.69
	100m:	1:05.03	33.54	200m:	2:12.69	33.79	300m:	3:20.04	33.65	400m:	4:27.81	34.08
10.	Maciuch Karolina			96	Vega Dobrodzie				4:29.53	662		
	50m:	31.20	31.20	150m:	1:38.32	33.77	250m:	2:46.99	34.37	350m:	3:56.06	34.50
	100m:	1:04.55	33.35	200m:	2:12.62	34.30	300m:	3:21.56	34.57	400m:	4:29.53	33.47
11.	Kuzawiska Karolina			93	MZOS Płock				4:31.11	650		
	50m:	30.76	30.76	150m:	1:38.97	34.47	250m:	2:48.21	34.86	350m:	3:57.76	34.68
	100m:	1:04.50	33.74	200m:	2:13.35	34.38	300m:	3:23.08	34.87	400m:	4:31.11	33.35
12.	Zachoszcz Paulina			93	Słowianka Gorzów Wlkp.				4:31.77	645		
	50m:	30.76	30.76	150m:	1:37.02	33.44	250m:	2:45.54	34.59	350m:	3:56.38	36.02
	100m:	1:03.58	32.82	200m:	2:10.95	33.93	300m:	3:20.36	34.82	400m:	4:31.77	35.39
13.	Uryga Paulina			95	Korona Kraków				4:32.29	642		
	50m:	31.19	31.19	150m:	1:39.37	34.36	250m:	2:48.79	34.57	350m:	3:58.22	34.42
	100m:	1:05.01	33.82	200m:	2:14.22	34.85	300m:	3:23.80	35.01	400m:	4:32.29	34.07
14.	Wójcik Claudia			97	Warta Pozna				4:33.21	635		
	50m:	31.25	31.25	150m:	1:39.44	34.57	250m:	2:49.12	34.95	350m:	3:59.51	35.21
	100m:	1:04.87	33.62	200m:	2:14.17	34.73	300m:	3:24.30	35.18	400m:	4:33.21	33.70
15.	Lewandowska Paulina SO			96	Unia O wi cim				4:33.70	632		
	50m:	31.87	31.87	150m:	1:40.91	34.62	250m:	2:50.46	34.79	350m:	4:00.48	34.76
	100m:	1:06.29	34.42	200m:	2:15.67	34.76	300m:	3:25.72	35.26	400m:	4:33.70	33.22
16.	Križanová Barbora			96	ASK STU Trnava				4:33.89	631		
	50m:	31.60	31.60	150m:	1:40.98	34.94	250m:	2:50.89	34.65	350m:	4:00.89	34.75
	100m:	1:06.04	34.44	200m:	2:16.24	35.26	300m:	3:26.14	35.25	400m:	4:33.89	33.00
17.	Grzegorzczuk Izabella			93	Posnania Pozna				4:34.28	628		
	50m:	31.72	31.72	150m:	1:40.28	34.42	250m:	2:49.73	34.86	350m:	4:00.11	35.21
	100m:	1:05.86	34.14	200m:	2:14.87	34.59	300m:	3:24.90	35.17	400m:	4:34.28	34.17



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Pozycja					Rok ur.					Czas	Pkt.
18.	Jankowska Klaudia	98	GIM 92 Ursynów Warszawa	4:36.26	614						
	50m: 31.21 31.21	150m: 1:40.92 35.33	250m: 2:51.63 35.17	350m: 4:02.34 35.21							
	100m: 1:05.59 34.38	200m: 2:16.46 35.54	300m: 3:27.13 35.50	400m: 4:36.26 33.92							
19.	S dłak Katarzyna	94	Orka Zamo	4:36.58	612						
	50m: 31.19 31.19	150m: 1:39.98 34.95	250m: 2:51.05 35.68	350m: 4:02.21 35.74							
	100m: 1:05.03 33.84	200m: 2:15.37 35.39	300m: 3:26.47 35.42	400m: 4:36.58 34.37							
20.	Loranty Patrycja	97	KSZO Ostrowiec w.	4:37.96	603						
	50m: 32.05 32.05	150m: 1:42.08 35.27	250m: 2:53.48 35.75	350m: 4:04.29 35.47							
	100m: 1:06.81 34.76	200m: 2:17.73 35.65	300m: 3:28.82 35.34	400m: 4:37.96 33.67							
21.	Człowiek Roksana	96	Unia O wi cim	4:38.25	601						
	50m: 31.83 31.83	150m: 1:41.11 34.90	250m: 2:51.99 35.43	350m: 4:03.67 36.18							
	100m: 1:06.21 34.38	200m: 2:16.56 35.45	300m: 3:27.49 35.50	400m: 4:38.25 34.58							
22.	Gruszczyska Aleksandra SO	98	Unia O wi cim	4:38.28	601						
	50m: 31.10 31.10	150m: 1:40.09 35.08	250m: 2:50.89 35.58	350m: 4:03.21 36.30							
	100m: 1:05.01 33.91	200m: 2:15.31 35.22	300m: 3:26.91 36.02	400m: 4:38.28 35.07							
23.	Aleksandrowicz Arleta	96	Olimpijczyk Suwałki	4:39.70	592						
	50m: 30.99 30.99	150m: 1:40.40 35.02	250m: 2:51.25 35.51	350m: 4:03.98 36.44							
	100m: 1:05.38 34.39	200m: 2:15.74 35.34	300m: 3:27.54 36.29	400m: 4:39.70 35.72							
24.	Kwiatek Miriam	98	Gilus Gilowice	4:40.07	590						
	50m: 31.13 31.13	150m: 1:40.15 34.99	250m: 2:52.15 36.13	350m: 4:04.99 36.43							
	100m: 1:05.16 34.03	200m: 2:16.02 35.87	300m: 3:28.56 36.41	400m: 4:40.07 35.08							
25.	Chmielek Anna	96	Jordan Kraków	4:40.48	587						
	50m: 31.92 31.92	150m: 1:42.15 35.48	250m: 2:54.19 36.03	350m: 4:06.17 36.18							
	100m: 1:06.67 34.75	200m: 2:18.16 36.01	300m: 3:29.99 35.80	400m: 4:40.48 34.31							
26.	Szymańska Monika	96	Omega Kleszczów	4:41.11	583						
	50m: 32.55 32.55	150m: 1:43.79 35.78	250m: 2:55.87 36.01	350m: 4:06.68 35.23							
	100m: 1:08.01 35.46	200m: 2:19.86 36.07	300m: 3:31.45 35.58	400m: 4:41.11 34.43							
27.	elazna Paulina SWR	94	I sk Wrocław	4:42.45	575						
	50m: 31.36 31.36	150m: 1:40.88 35.11	250m: 2:52.45 35.71	350m: 4:05.76 36.73							
	100m: 1:05.77 34.41	200m: 2:16.74 35.86	300m: 3:29.03 36.58	400m: 4:42.45 36.69							
28.	Jarocho Wiktoria	98	KSZO Ostrowiec w.	4:45.20	558						
	50m: 34.12 34.12	150m: 1:46.61 36.12	250m: 2:57.03 35.13	350m: 4:09.22 36.73							
	100m: 1:10.49 36.37	200m: 2:21.90 35.29	300m: 3:32.49 35.46	400m: 4:45.20 35.98							
29.	Małany Katarzyna SO	98	Unia O wi cim	4:45.46	557						
	50m: 32.46 32.46	150m: 1:44.74 36.19	250m: 2:57.74 36.57	350m: 4:10.91 36.69							
	100m: 1:08.55 36.09	200m: 2:21.17 36.43	300m: 3:34.22 36.48	400m: 4:45.46 34.55							
30.	Pankowska Wiktoria SO	98	Unia O wi cim	4:45.66	556						
	50m: 31.68 31.68	150m: 1:43.57 36.61	250m: 2:57.25 36.95	350m: 4:10.52 36.55							
	100m: 1:06.96 35.28	200m: 2:20.30 36.73	300m: 3:33.97 36.72	400m: 4:45.66 35.14							
31.	Zawolik Wiktoria	97	KSZO Ostrowiec w.	4:46.08	553						
	50m: 32.07 32.07	150m: 1:43.57 36.28	250m: 2:56.66 36.59	350m: 4:10.31 36.83							
	100m: 1:07.29 35.22	200m: 2:20.07 36.50	300m: 3:33.48 36.82	400m: 4:46.08 35.77							
32.	Szczyrbak Kornelia SO	96	Jordan Kraków	4:46.36	552						
	50m: 30.99 30.99	150m: 1:38.48 34.48	250m: 2:50.35 36.57	350m: 4:07.93 39.55							
	100m: 1:04.00 33.01	200m: 2:13.78 35.30	300m: 3:28.38 38.03	400m: 4:46.36 38.43							
33.	W cławiak Irena	98	Wilanowia Warszawa	4:50.43	529						
	50m: 32.27 32.27	150m: 1:44.66 36.68	250m: 2:59.11 37.33	350m: 4:14.76 38.08							
	100m: 1:07.98 35.71	200m: 2:21.78 37.12	300m: 3:36.68 37.57	400m: 4:50.43 35.67							
34.	Mazur Maja	98	Salos Cortile Kielce	4:50.67	527						
	50m: 32.34 32.34	150m: 1:45.49 36.90	250m: 3:00.57 37.48	350m: 4:15.43 37.42							
	100m: 1:08.59 36.25	200m: 2:23.09 37.60	300m: 3:38.01 37.44	400m: 4:50.67 35.24							



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Pozycja	Rok ur.						Czas	Pkt.
35. Borowska Beata	97 Wilanowia Warszawa						4:51.48	523
50m: 32.19 32.19	150m: 1:44.93	36.43	250m: 2:59.56	37.55	350m: 4:15.32	37.96		
100m: 1:08.50 36.31	200m: 2:22.01	37.08	300m: 3:37.36	37.80	400m: 4:51.48	36.16		
36. Sroczy ska Paula SO	98 Bobry D bica						4:52.83	516
50m: 32.53 32.53	150m: 1:46.21	37.06	250m: 3:01.82	38.01	350m: 4:17.70	37.40		
100m: 1:09.15 36.62	200m: 2:23.81	37.60	300m: 3:40.30	38.48	400m: 4:52.83	35.13		
37. Gruca Marcelina SO	98 Unia O wi cim						4:53.18	514
50m: 31.32 31.32	150m: 1:42.43	36.54	250m: 2:57.52	37.72	350m: 4:15.05	39.08		
100m: 1:05.89 34.57	200m: 2:19.80	37.37	300m: 3:35.97	38.45	400m: 4:53.18	38.13		
38. Bamber Weronika SP	94 Warta Pozna						4:55.21	503
50m: 32.64 32.64	150m: 1:45.56	36.89	250m: 2:59.92	37.59	350m: 4:16.87	38.67		
100m: 1:08.67 36.03	200m: 2:22.33	36.77	300m: 3:38.20	38.28	400m: 4:55.21	38.34		
39. Machula Sara	98 KSZO Ostrowiec w.						5:01.00	475
50m: 34.49 34.49	150m: 1:50.79	38.42	250m: 3:06.94	38.13	350m: 4:23.82	38.21		
100m: 1:12.37 37.88	200m: 2:28.81	38.02	300m: 3:45.61	38.67	400m: 5:01.00	37.18		
40. Machnik Monika	97 Vega Dobrodzie						5:04.25	460
50m: 34.88 34.88	150m: 1:51.71	38.67	250m: 3:09.47	38.78	350m: 4:27.49	38.97		
100m: 1:13.04 38.16	200m: 2:30.69	38.98	300m: 3:48.52	39.05	400m: 5:04.25	36.76		