



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



Event 33
28/10/2012 - 11:44

Women, 400m Freestyle

14 years and older
Results

Points: FINA 2012

Rank	YB				Time				Pts
1.	Zukowska Paula	93	Juvenia Wroclaw	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 Poznan	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 Kleszczow	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 Oswiecim	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.	Woloszyn Sonia SOC	95	KSZO Ostrowiec Sw.	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.	Nienaltowska 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.	Pozarowski Beata	91	Juvenia Wroclaw	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 Dobrodzien	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.	Kuzawinska Karolina	93	MZOS Plock	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 Gorzow 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 Krakow	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.	Wojcik Claudia	97	Warta Poznan	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 Oswiecim	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.	Krizanova 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 Poznan	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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Rank					YB					Time	Pts	
18.	Jankowska Klaudia				98	GIM 92 Ursynow 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.	Sedlak Katarzyna				94	Orka Zamosc				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 Sw.				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.	Czlowiek Roksana				96	Unia Oswiecim				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.	Gruszczynska Aleksandra SO				98	Unia Oswiecim				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 Suwalki				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 Krakow				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.	Szymanska Monika				96	Omega Kleszczow				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.	Zelazna Paulina SWR				94	Slask Wroclaw				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 Sw.				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.	Maslany Katarzyna SO				98	Unia Oswiecim				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 Oswiecim				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 Sw.				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 Krakow				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.	Weclawiak Irena				98	Robert				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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Rank	YB						Time	Pts
35.	Borowska Beata		97	Robert			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.	Sroczyńska Paula SO		98	Bobry Debica			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 Oswiecim			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 Poznan			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 Sw.			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 Dobrodzien			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