



Grand Prix Puchar Polski  
Kraków, 9/ - 10/11/2013



Konkurencja 24  
10/11/2013 - 9:00

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2013

Pozycja	Rok ur.	Czas	Pkt.
1. Tchórz Alicja	92 Juvenia Wrocław	<b>4:44.12</b>	775
50m: 30.21 30.21	150m: 1:41.55 36.75	250m: 2:58.54 40.14	350m: 4:11.94 33.21
100m: 1:04.80 34.59	200m: 2:18.40 36.85	300m: 3:38.73 40.19	400m: 4:44.12 32.18
2. Kilijska Donata SWR	95 KSZO Ostrowiec w.	<b>4:53.91</b>	700
50m: 30.69 30.69	150m: 1:43.86 37.99	250m: 3:01.44 41.14	350m: 4:19.80 36.02
100m: 1:05.87 35.18	200m: 2:20.30 36.44	300m: 3:43.78 42.34	400m: 4:53.91 34.11
3. Kunka Kamila SO	96 Unia Owi cim	<b>4:56.20</b>	684
50m: 32.54 32.54	150m: 1:46.74 36.38	250m: 3:05.56 42.65	350m: 4:23.18 34.14
100m: 1:10.36 37.82	200m: 2:22.91 36.17	300m: 3:49.04 43.48	400m: 4:56.20 33.02
Cieslak Joanna SP	96 Warta Pozna	<b>4:56.20</b>	684
50m: 31.27 31.27	150m: 1:44.49 37.18	250m: 3:04.81 44.36	350m: 4:23.65 34.08
100m: 1:07.31 36.04	200m: 2:20.45 35.96	300m: 3:49.57 44.76	400m: 4:56.20 32.55
5. Zbrojewska Michalina SSz	96 Piłka Konstantinów Ł.	<b>4:59.31</b>	663
50m: 32.75 32.75	150m: 1:49.35 39.22	250m: 3:08.42 41.00	350m: 4:25.33 35.08
100m: 1:10.13 37.38	200m: 2:27.42 38.07	300m: 3:50.25 41.83	400m: 4:59.31 33.98
6. Magner Agata SK	97 Jordan Kraków	<b>5:00.96</b>	652
50m: 32.53 32.53	150m: 1:46.71 37.80	250m: 3:08.91 45.98	350m: 4:28.98 35.17
100m: 1:08.91 36.38	200m: 2:22.93 36.22	300m: 3:53.81 44.90	400m: 5:00.96 31.98
7. Kozłowska Anna SO	96 Piłnastka Bydgoszcz	<b>5:01.01</b>	652
50m: 32.31 32.31	150m: 1:47.31 38.25	250m: 3:09.53 44.46	350m: 4:28.42 35.02
100m: 1:09.06 36.75	200m: 2:25.07 37.76	300m: 3:53.40 43.87	400m: 5:01.01 32.59
8. Urbaska Karolina	92 AZS AWF Warszawa	<b>5:04.99</b>	626
50m: 32.69 32.69	150m: 1:49.37 38.47	250m: 3:10.83 43.47	350m: 4:30.85 35.54
100m: 1:10.90 38.21	200m: 2:27.36 37.99	300m: 3:55.31 44.48	400m: 5:04.99 34.14
9. Chwadczyk Zuzanna SSz	95 Lublinianka Lublin	<b>5:05.85</b>	621
50m: 31.32 31.32	150m: 1:47.31 39.11	250m: 3:09.43 43.53	350m: 4:30.25 36.22
100m: 1:08.20 36.88	200m: 2:25.90 38.59	300m: 3:54.03 44.60	400m: 5:05.85 35.60
10. Okaj Oliwia SWR	96 Isk Wrocław	<b>5:06.22</b>	619
50m: 32.82 32.82	150m: 1:50.76 39.52	250m: 3:11.48 43.08	350m: 4:31.67 36.32
100m: 1:11.24 38.42	200m: 2:28.40 37.64	300m: 3:55.35 43.87	400m: 5:06.22 34.55
11. Kasperk Katarzyna SSz	96 MKP Szczecin	<b>5:06.26</b>	619
50m: 32.63 32.63	150m: 1:50.11 39.31	250m: 3:13.32 45.46	350m: 4:33.32 35.06
100m: 1:10.80 38.17	200m: 2:27.86 37.75	300m: 3:58.26 44.94	400m: 5:06.26 32.94
12. Kwiatek Miriam	98 Gilus Gilowice	<b>5:08.46</b>	606
50m: 32.43 32.43	150m: 1:48.54 39.30	250m: 3:12.38 44.63	350m: 4:33.36 36.56
100m: 1:09.24 36.81	200m: 2:27.75 39.21	300m: 3:56.80 44.42	400m: 5:08.46 35.10
13. Mendyk Adrianna SO	98 Wodnik Radom	<b>5:09.34</b>	600
50m: 32.16 32.16	150m: 1:47.88 38.01	250m: 3:11.34 45.25	350m: 4:33.67 37.22
100m: 1:09.87 37.71	200m: 2:26.09 38.21	300m: 3:56.45 45.11	400m: 5:09.34 35.67
14. Szynal Ludwika	94 Skarpa Lublin	<b>5:09.50</b>	599
50m: 33.17 33.17	150m: 1:49.44 37.65	250m: 3:12.35 45.42	350m: 4:35.17 35.80
100m: 1:11.79 38.62	200m: 2:26.93 37.49	300m: 3:59.37 47.02	400m: 5:09.50 34.33
15. Iliwska Marta	97 CSiR MOS D browa Grn.	<b>5:11.64</b>	587
50m: 32.50 32.50	150m: 1:49.70 39.95	250m: 3:14.58 45.23	350m: 4:35.66 35.75
100m: 1:09.75 37.25	200m: 2:29.35 39.65	300m: 3:59.91 45.33	400m: 5:11.64 35.98
16. Pajk Liliana SO	99 Unia Owi cim	<b>5:12.65</b>	582
50m: 32.63 32.63	150m: 1:50.31 39.32	250m: 3:13.67 44.30	350m: 4:35.80 37.59
100m: 1:10.99 38.36	200m: 2:29.37 39.06	300m: 3:58.21 44.54	400m: 5:12.65 36.85
17. Prochownik Olimpia SO	99 Unia Owi cim	<b>5:13.84</b>	575
50m: 33.69 33.69	150m: 1:55.71 41.66	250m: 3:17.33 41.01	350m: 4:38.38 38.31
100m: 1:14.05 40.36	200m: 2:36.32 40.61	300m: 4:00.07 42.74	400m: 5:13.84 35.46



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Pozycja		Rok ur.						Czas	Pkt.
18.	Mikołajczak Anna SSz	95	MKP Szczecin					<b>5:15.05</b>	568
	50m: 32.51 32.51	150m: 1:51.71	41.62	250m: 3:18.45	45.60	350m: 4:40.76	36.54		
	100m: 1:10.09 37.58	200m: 2:32.85	41.14	300m: 4:04.22	45.77	400m: 5:15.05	34.29		
19.	Leszczyńska Klaudia Julia SO	99	Unia Owiścim					<b>5:16.37</b>	561
	50m: 33.99 33.99	150m: 1:55.09	40.69	250m: 3:18.86	44.87	350m: 4:41.20	36.85		
	100m: 1:14.40 40.41	200m: 2:33.99	38.90	300m: 4:04.35	45.49	400m: 5:16.37	35.17		
20.	Smaga Anna	98	I sk Wrocław					<b>5:16.99</b>	558
	50m: 33.20 33.20	150m: 1:52.57	39.36	250m: 3:17.02	45.45	350m: 4:41.03	37.19		
	100m: 1:13.21 40.01	200m: 2:31.57	39.00	300m: 4:03.84	46.82	400m: 5:16.99	35.96		
21.	Lewandowska Paulina SO	96	Unia Owiścim					<b>5:17.05</b>	558
	50m: 35.50 35.50	150m: 1:58.61	42.03	250m: 3:24.45	45.55	350m: 4:44.24	34.46		
	100m: 1:16.58 41.08	200m: 2:38.90	40.29	300m: 4:09.78	45.33	400m: 5:17.05	32.81		
22.	Kubacka Magda	97	AZS AWF Katowice					<b>5:17.37</b>	556
	50m: 33.55 33.55	150m: 1:52.51	40.88	250m: 3:17.94	45.55	350m: 4:41.17	37.34		
	100m: 1:11.63 38.08	200m: 2:32.39	39.88	300m: 4:03.83	45.89	400m: 5:17.37	36.20		
23.	Haspert Dorota SO	98	Unia Owiścim					<b>5:17.66</b>	554
	50m: 35.01 35.01	150m: 1:54.84	39.39	250m: 3:20.42	45.94	350m: 4:43.23	36.76		
	100m: 1:15.45 40.44	200m: 2:34.48	39.64	300m: 4:06.47	46.05	400m: 5:17.66	34.43		
24.	Adamiec Dominika SO	99	Unia Owiścim					<b>5:19.23</b>	546
	50m: 32.38 32.38	150m: 1:50.53	40.63	250m: 3:16.76	46.03	350m: 4:42.62	38.00		
	100m: 1:09.90 37.52	200m: 2:30.73	40.20	300m: 4:04.62	47.86	400m: 5:19.23	36.61		
25.	Bodalska Magdalena	97	Jagiellonka Warszawa					<b>5:21.01</b>	537
	50m: 34.93 34.93	150m: 1:55.96	39.61	250m: 3:21.75	47.04	350m: 4:45.33	37.27		
	100m: 1:16.35 41.42	200m: 2:34.71	38.75	300m: 4:08.06	46.31	400m: 5:21.01	35.68		
26.	Czarnecka Wiktoria	99	Skarpa Lublin					<b>5:21.81</b>	533
	50m: 32.84 32.84	150m: 1:53.68	42.02	250m: 3:20.50	46.46	350m: 4:45.71	37.85		
	100m: 1:11.66 38.82	200m: 2:34.04	40.36	300m: 4:07.86	47.36	400m: 5:21.81	36.10		
27.	Pawelec Natalia	98	Dziwińska Kalisz					<b>5:22.38</b>	530
	50m: 33.37 33.37	150m: 1:55.51	43.23	250m: 3:24.61	46.38	350m: 4:47.70	36.05		
	100m: 1:12.28 38.91	200m: 2:38.23	42.72	300m: 4:11.65	47.04	400m: 5:22.38	34.68		
28.	Bednarek Aleksandra	98	Jedynka Łódź					<b>5:25.76</b>	514
	50m: 35.77 35.77	150m: 2:01.21	42.97	250m: 3:27.71	45.24	350m: 4:50.41	37.25		
	100m: 1:18.24 42.47	200m: 2:42.47	41.26	300m: 4:13.16	45.45	400m: 5:25.76	35.35		
29.	Kolber Roksana	98	Unia Owiścim					<b>5:26.48</b>	511
	50m: 33.93 33.93	150m: 1:57.68	44.31	250m: 3:26.43	45.56	350m: 4:49.36	37.22		
	100m: 1:13.37 39.44	200m: 2:40.87	43.19	300m: 4:12.14	45.71	400m: 5:26.48	37.12		
30.	Bernat Gabriela	99	Skarpa Lublin					<b>5:33.74</b>	478
	50m: 36.27 36.27	150m: 1:58.80	38.74	250m: 3:29.47	53.86	350m: 4:58.88	36.61		
	100m: 1:20.06 43.79	200m: 2:35.61	36.81	300m: 4:22.27	52.80	400m: 5:33.74	34.86		
31.	Sikora Adrianna	99	SMS Galicja Kraków					<b>5:34.32</b>	476
	50m: 34.89 34.89	150m: 1:57.72	41.83	250m: 3:27.87	48.27	350m: 4:55.54	38.75		
	100m: 1:15.89 41.00	200m: 2:39.60	41.88	300m: 4:16.79	48.92	400m: 5:34.32	38.78		
DYSKW.	Ciszewska Sandra SO	97	Dziwińska Kalisz					<b>5:19.74</b>	
	<i>G8 - Ukończenie wyścigu nie w pełni na plecach (Czas: 9:25)</i>								
	50m: 32.47 32.47	150m: 1:50.43	38.67	250m: 3:17.03	47.38	350m: 4:42.57	37.55		
	100m: 1:11.76 39.29	200m: 2:29.65	39.22	300m: 4:05.02	47.99	400m: 5:19.74	37.17		