



Grand Prix Puchar Polski
Kraków, 24/ - 25/10/2015



Konkurencja 1
24/10/2015 - 9:00

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2015

Pozycja	Rok ur.	Czas	Pkt.	CR
1. Tchórz Alicja	92 Juvenia Wrocław	4:40.27	797	+0,73
50m: 29.70 29.70	150m: 1:39.82 36.31	250m: 2:55.20 39.47	350m: 4:08.47 33.52	
100m: 1:03.51 33.81	200m: 2:15.73 35.91	300m: 3:34.95 39.75	400m: 4:40.27 31.80	
2. ukowska Paula	93 Juvenia Wrocław	4:46.83	743	+0,92
50m: 30.69 30.69	150m: 1:42.05 37.04	250m: 3:00.40 42.18	350m: 4:15.12 32.70	
100m: 1:05.01 34.32	200m: 2:18.22 36.17	300m: 3:42.42 42.02	400m: 4:46.83 31.71	
3. Sieczyk Jowita SK	97 ak Biała Podlaska	4:55.38	680	+0,77
50m: 30.67 30.67	150m: 1:44.18 37.69	250m: 3:02.30 41.63	350m: 4:20.79 36.01	
100m: 1:06.49 35.82	200m: 2:20.67 36.49	300m: 3:44.78 42.48	400m: 4:55.38 34.59	
4. Janiszewska Dominika	99 AZS AWF Warszawa	5:00.67	645	+0,82
50m: 31.89 31.89	150m: 1:49.25 41.25	250m: 3:10.82 42.07	350m: 4:28.86 34.62	
100m: 1:08.00 36.11	200m: 2:28.75 39.50	300m: 3:54.24 43.42	400m: 5:00.67 31.81	
5. Sajecka Zofia	98 GIM 92 Ursynów Warszawa	5:02.54	633	+0,68
50m: 33.06 33.06	150m: 1:47.96 36.93	250m: 3:08.81 44.07	350m: 4:28.52 35.54	
100m: 1:11.03 37.97	200m: 2:24.74 36.78	300m: 3:52.98 44.17	400m: 5:02.54 34.02	
6. Magner Agata SK	97 Jordan Kraków	5:02.55	633	+0,85
50m: 33.05 33.05	150m: 1:48.20 38.16	250m: 3:09.88 44.81	350m: 4:29.70 35.07	
100m: 1:10.04 36.99	200m: 2:25.07 36.87	300m: 3:54.63 44.75	400m: 5:02.55 32.85	
7. Dzwonnik Zuzanna	00 137 Delfin Łódź	5:03.19	629	+0,71
50m: 33.02 33.02	150m: 1:48.66 37.57	250m: 3:09.01 43.44	350m: 4:27.90 35.92	
100m: 1:11.09 38.07	200m: 2:25.57 36.91	300m: 3:51.98 42.97	400m: 5:03.19 35.29	
8. Mendyk Adrianna SO	98 Wodnik Radom	5:04.87	619	+0,82
50m: 31.81 31.81	150m: 1:46.29 37.81	250m: 3:09.32 45.21	350m: 4:29.60 35.50	
100m: 1:08.48 36.67	200m: 2:24.11 37.82	300m: 3:54.10 44.78	400m: 5:04.87 35.27	
9. Halicka Lidia	01 I sk Wrocław	5:05.23	617	+0,67
50m: 31.39 31.39	150m: 1:47.80 39.06	250m: 3:10.14 44.17	350m: 4:30.68 36.44	
100m: 1:08.74 37.35	200m: 2:25.97 38.17	300m: 3:54.24 44.10	400m: 5:05.23 34.55	
10. Szatanek Julia	99 MKP Szczecin	5:07.27	604	+0,73
50m: 32.80 32.80	150m: 1:51.02 40.41	250m: 3:13.44 43.47	350m: 4:33.47 35.84	
100m: 1:10.61 37.81	200m: 2:29.97 38.95	300m: 3:57.63 44.19	400m: 5:07.27 33.80	
11. Sproska Magdalena SK	97 Zryw Opole	5:08.01	600	+0,87
50m: 32.28 32.28	150m: 1:47.48 39.39	250m: 3:10.52 44.60	350m: 4:34.11 36.11	
100m: 1:08.09 35.81	200m: 2:25.92 38.44	300m: 3:55.46 44.94	400m: 5:08.01 34.11	
12. Wett Oliwia	01 Sambor Tczew	5:08.93	595	+0,89
50m: 33.31 33.31	150m: 1:51.85 40.33	250m: 3:15.33 44.27	350m: 4:35.45 35.80	
100m: 1:11.52 38.21	200m: 2:31.06 39.21	300m: 3:59.65 44.32	400m: 5:08.93 33.48	
13. Całka Anna SO	97 Unia Owi cim	5:09.28	593	+0,72
50m: 32.45 32.45	150m: 1:49.03 39.16	250m: 3:12.89 46.18	350m: 4:34.81 35.48	
100m: 1:09.87 37.42	200m: 2:26.71 37.68	300m: 3:59.33 46.44	400m: 5:09.28 34.47	
14. Filipek Jagoda	99 I sk Wrocław	5:09.70	590	+0,76
50m: 31.81 31.81	150m: 1:49.56 40.80	250m: 3:12.90 43.91	350m: 4:33.11 35.75	
100m: 1:08.76 36.95	200m: 2:28.99 39.43	300m: 3:57.36 44.46	400m: 5:09.70 36.59	
15. Margula Weronika	00 MKP Szczecin	5:09.85	589	+0,71
50m: 32.59 32.59	150m: 1:48.64 37.81	250m: 3:12.37 45.40	350m: 4:35.11 36.31	
100m: 1:10.83 38.24	200m: 2:26.97 38.33	300m: 3:58.80 46.43	400m: 5:09.85 34.74	
16. Bednarek Aleksandra	98 Jedyńka Łódź	5:10.44	586	+0,78
50m: 33.90 33.90	150m: 1:52.53 40.17	250m: 3:15.40 43.83	350m: 4:35.20 36.09	
100m: 1:12.36 38.46	200m: 2:31.57 39.04	300m: 3:59.11 43.71	400m: 5:10.44 35.24	
17. Pajk Liliana SZG	99 Unia Owi cim	5:10.47	586	+0,74
50m: 34.31 34.31	150m: 1:51.67 38.03	250m: 3:13.27 44.32	350m: 4:34.94 36.61	
100m: 1:13.64 39.33	200m: 2:28.95 37.28	300m: 3:58.33 45.06	400m: 5:10.47 35.53	



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

Pozycja	Rok ur.	Czas	Pkt.	CR	
18. Baryła Julia	00	Dwójka Morena Gdańsk	5:12.44	575	+0,68
50m: 31.82 31.82	150m: 1:50.19 40.20	250m: 3:14.33 45.60	350m: 4:36.03 36.73		
100m: 1:09.99 38.17	200m: 2:28.73 38.54	300m: 3:59.30 44.97	400m: 5:12.44 36.41		
19. Zawisza Alina SO	00	Unia Oświęcim	5:12.84	573	+0,84
50m: 35.04 35.04	150m: 1:54.04 39.34	250m: 3:18.52 45.78	350m: 4:39.06 35.11		
100m: 1:14.70 39.66	200m: 2:32.74 38.70	300m: 4:03.95 45.43	400m: 5:12.84 33.78		
20. Pisarek Justyna SO	00	Unia Oświęcim	5:13.59	569	+0,84
50m: 33.97 33.97	150m: 1:52.64 40.60	250m: 3:17.46 44.78	350m: 4:38.56 36.51		
100m: 1:12.04 38.07	200m: 2:32.68 40.04	300m: 4:02.05 44.59	400m: 5:13.59 35.03		
21. Sikora Marta	00	Jasie Sucha Besk.	5:15.13	560	+0,73
50m: 33.14 33.14	150m: 1:52.76 40.21	250m: 3:15.49 43.23	350m: 4:39.15 38.49		
100m: 1:12.55 39.41	200m: 2:32.26 39.50	300m: 4:00.66 45.17	400m: 5:15.13 35.98		
22. Wiñewska Oliwia	01	CSIR MOS Dębrowa Grn.	5:15.59	558	+0,77
50m: 34.19 34.19	150m: 1:52.83 39.23	250m: 3:15.99 45.67	350m: 4:39.89 37.39		
100m: 1:13.60 39.41	200m: 2:30.32 37.49	300m: 4:02.50 46.51	400m: 5:15.59 35.70		
23. Bura Dominika	01	Aligator Gorzyce	5:15.74	557	+0,84
50m: 34.82 34.82	150m: 1:57.76 43.41	250m: 3:22.19 43.17	350m: 4:42.37 37.06		
100m: 1:14.35 39.53	200m: 2:39.02 41.26	300m: 4:05.31 43.12	400m: 5:15.74 33.37		
24. Durczyńska Katarzyna SK	99	Górník Radlin	5:17.43	548	+0,78
50m: 34.32 34.32	150m: 1:57.08 41.93	250m: 3:21.25 44.00	350m: 4:42.29 36.49		
100m: 1:15.15 40.83	200m: 2:37.25 40.17	300m: 4:05.80 44.55	400m: 5:17.43 35.14		
25. Ostrowska Kamila	01	Aligator Gorzyce	5:19.04	540	+0,68
50m: 34.03 34.03	150m: 1:54.24 39.81	250m: 3:18.98 45.87	350m: 4:43.38 38.95		
100m: 1:14.43 40.40	200m: 2:33.11 38.87	300m: 4:04.43 45.45	400m: 5:19.04 35.66		
26. Serafin Magdalena	01	SMS Galicja Kraków	5:20.87	531	+0,69
50m: 33.71 33.71	150m: 1:51.86 38.81	250m: 3:20.20 48.44	350m: 4:46.02 36.64		
100m: 1:13.05 39.34	200m: 2:31.76 39.90	300m: 4:09.38 49.18	400m: 5:20.87 34.85		
27. Zbrojewska Michałina SSz	96	MKP Szczecin	5:21.56	527	+0,85
50m: 35.31 35.31	150m: 1:57.38 42.22	250m: 3:22.26 43.48	350m: 4:44.33 38.38		
100m: 1:15.16 39.85	200m: 2:38.78 41.40	300m: 4:05.95 43.69	400m: 5:21.56 37.23		
28. Wgrzynowska Aleksandra	01	I sk Wrocław	5:23.10	520	+0,41
50m: 33.46 33.46	150m: 1:55.27 41.99	250m: 3:23.44 47.31	350m: 4:47.16 36.62		
100m: 1:13.28 39.82	200m: 2:36.13 40.86	300m: 4:10.54 47.10	400m: 5:23.10 35.94		
29. Adamska Alicja	00	Aligator Gorzyce	5:25.28	509	+0,76
50m: 33.52 33.52	150m: 1:54.98 41.36	250m: 3:23.06 46.79	350m: 4:49.07 37.97		
100m: 1:13.62 40.10	200m: 2:36.27 41.29	300m: 4:11.10 48.04	400m: 5:25.28 36.21		
30. Hojół Agata	01	SMS Galicja Kraków	5:29.78	489	+0,70
50m: 32.97 32.97	150m: 1:54.48 43.37	250m: 3:25.13 49.20	350m: 4:53.06 38.01		
100m: 1:11.11 38.14	200m: 2:35.93 41.45	300m: 4:15.05 49.92	400m: 5:29.78 36.72		
31. Łosak Wiktoria SK	98	KSZO Ostrowiec w.	5:34.26	469	+0,85
50m: 35.19 35.19	150m: 1:59.81 43.45	250m: 3:30.29 47.93	350m: 4:57.04 37.93		
100m: 1:16.36 41.17	200m: 2:42.36 42.55	300m: 4:19.11 48.82	400m: 5:34.26 37.22		
32. Jylska Joanna	00	Korona Kraków	5:34.70	468	+0,86
50m: 35.26 35.26	150m: 1:58.56 42.05	250m: 3:27.74 47.46	350m: 4:55.72 38.85		
100m: 1:16.51 41.25	200m: 2:40.28 41.72	300m: 4:16.87 49.13	400m: 5:34.70 38.98		