

GP POLSKI
Kraków, 5- - 6-11-2011

Konkurencja 33
2011-11-06 - 12:00

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2011

Pozycja	Rok ur.	Czas	Pkt.
1. SZCZEPANIAK Karolina	92 AZS AWF Warszawa	4:09.88	830
50m: 29.31 29.31	150m: 1:31.41 31.20	250m: 2:34.39 31.28	350m: 3:38.52 31.94
100m: 1:00.21 30.90	200m: 2:03.11 31.70	300m: 3:06.58 32.19	400m: 4:09.88 31.36
2. BERNAT ALEKSANDRA	90 WARTA Pozna	4:12.82	802
50m: 29.15 29.15	150m: 1:31.96 31.67	250m: 2:36.11 32.16	350m: 3:41.27 32.76
100m: 1:00.29 31.14	200m: 2:03.95 31.99	300m: 3:08.51 32.40	400m: 4:12.82 31.55
3. WIKIEŁ Manuela	92 AZS UWM Olsztyn	4:21.27	726
50m: 31.21 31.21	150m: 1:35.87 32.59	250m: 2:41.33 32.76	350m: 3:48.23 33.56
100m: 1:03.28 32.07	200m: 2:08.57 32.70	300m: 3:14.67 33.34	400m: 4:21.27 33.04
4. DWORACZEK Paulina	96 JORDAN Kraków	4:26.06	688
50m: 31.47 31.47	150m: 1:38.48 33.72	250m: 2:46.88 34.05	350m: 3:54.43 33.66
100m: 1:04.76 33.29	200m: 2:12.83 34.35	300m: 3:20.77 33.89	400m: 4:26.06 31.63
OLCZAK Mirela	93 SŁOWIANKA Gorzów Wlkp.	4:26.06	688
50m: 29.85 29.85	150m: 1:34.58 32.90	250m: 2:42.83 34.49	350m: 3:53.40 35.41
100m: 1:01.68 31.83	200m: 2:08.34 33.76	300m: 3:17.99 35.16	400m: 4:26.06 32.66
6. KARPISZ Milena	97 PI TKA Konstantynów Łódzki	4:26.23	687
50m: 31.08 31.08	150m: 1:37.41 33.27	250m: 2:44.72 33.67	350m: 3:52.90 34.10
100m: 1:04.14 33.06	200m: 2:11.05 33.64	300m: 3:18.80 34.08	400m: 4:26.23 33.33
7. PO AROWSZCZYK Beata	91 JUVENIA Wrocław	4:26.61	684
50m: 30.67 30.67	150m: 1:37.05 33.46	250m: 2:45.00 33.87	350m: 3:53.41 34.14
100m: 1:03.59 32.92	200m: 2:11.13 34.08	300m: 3:19.27 34.27	400m: 4:26.61 33.20
8. KUNKA KAMILA SO	96 GOSiR Piaseczno	4:26.77	682
50m: 31.50 31.50	150m: 1:39.31 34.11	250m: 2:47.35 33.71	350m: 3:54.19 32.95
100m: 1:05.20 33.70	200m: 2:13.64 34.33	300m: 3:21.24 33.89	400m: 4:26.77 32.58
9. ZACHOSZCZ Joanna	93 SŁOWIANKA Gorzów Wlkp.	4:27.26	679
50m: 30.65 30.65	150m: 1:36.24 33.35	250m: 2:44.14 34.16	350m: 3:53.15 34.53
100m: 1:02.89 32.24	200m: 2:09.98 33.74	300m: 3:18.62 34.48	400m: 4:27.26 34.11
10. ULATOWSKA ALICJA SO	96 UNIA O wi cim	4:27.56	676
50m: 30.92 30.92	150m: 1:39.13 34.09	250m: 2:47.37 33.90	350m: 3:55.53 33.92
100m: 1:05.04 34.12	200m: 2:13.47 34.34	300m: 3:21.61 34.24	400m: 4:27.56 32.03
11. BAJORSKA Dorota SO	94 UNIA O wi cim	4:27.82	674
50m: 31.15 31.15	150m: 1:37.77 33.65	250m: 2:46.42 34.41	350m: 3:54.69 34.16
100m: 1:04.12 32.97	200m: 2:12.01 34.24	300m: 3:20.53 34.11	400m: 4:27.82 33.13
12. KULIGOWSKA Marcela	94 MKP Szczecin	4:31.80	645
50m: 32.07 32.07	150m: 1:40.23 34.22	250m: 2:48.94 34.23	350m: 3:58.13 34.64
100m: 1:06.01 33.94	200m: 2:14.71 34.48	300m: 3:23.49 34.55	400m: 4:31.80 33.67
13. CIE LAK Joanna	96 WARTA Pozna	4:32.93	637
50m: 31.93 31.93	150m: 1:40.78 34.81	250m: 2:50.15 34.67	350m: 3:59.13 34.52
100m: 1:05.97 34.04	200m: 2:15.48 34.70	300m: 3:24.61 34.46	400m: 4:32.93 33.80
14. DEMBSKA Joanna	95 G-8 Bielany Warszawa	4:33.39	634
50m: 31.65 31.65	150m: 1:40.70 34.33	250m: 2:49.77 34.41	350m: 3:59.18 35.01
100m: 1:06.37 34.72	200m: 2:15.36 34.66	300m: 3:24.17 34.40	400m: 4:33.39 34.21
15. NOWACKA Aleksandra	90 AZS AWF Warszawa	4:33.43	634
50m: 31.83 31.83	150m: 1:41.28 34.98	250m: 2:51.06 34.66	350m: 4:00.24 34.17
100m: 1:06.30 34.47	200m: 2:16.40 35.12	300m: 3:26.07 35.01	400m: 4:33.43 33.19
16. S DŁAK Katarzyna	94 ORKA Zamo	4:33.64	632
50m: 31.72 31.72	150m: 1:40.82 34.94	250m: 2:50.39 34.96	350m: 3:59.98 34.84
100m: 1:05.88 34.16	200m: 2:15.43 34.61	300m: 3:25.14 34.75	400m: 4:33.64 33.66
17. SZYNAL Ludwika	94 SKARPA Lublin	4:34.68	625
50m: 31.65 31.65	150m: 1:39.57 34.14	250m: 2:48.96 34.65	350m: 3:59.53 35.62
100m: 1:05.43 33.78	200m: 2:14.31 34.74	300m: 3:23.91 34.95	400m: 4:34.68 35.15

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

Pozycja			Rok ur.					Czas	Pkt.
18.	WASILEWSKA Barbara	94	OMEGA Kleszczów					4:35.32	621
	50m: 31.68 31.68	150m: 1:40.13	34.74	250m: 2:50.41	35.07	350m: 4:00.80	35.36		
	100m: 1:05.39 33.71	200m: 2:15.34	35.21	300m: 3:25.44	35.03	400m: 4:35.32	34.52		
19.	CIESZKO Agnieszka	97	START Łódź					4:35.95	616
	50m: 31.78 31.78	150m: 1:41.76	35.22	250m: 2:51.66	35.15	350m: 4:03.34	35.69		
	100m: 1:06.54 34.76	200m: 2:16.51	34.75	300m: 3:27.65	35.99	400m: 4:35.95	32.61		
20.	WAKUŁA Karolina SO	93	AZS AWF Katowice					4:37.38	607
	50m: 31.94 31.94	150m: 1:41.08	34.96	250m: 2:51.75	35.42	350m: 4:02.92	35.38		
	100m: 1:06.12 34.18	200m: 2:16.33	35.25	300m: 3:27.54	35.79	400m: 4:37.38	34.46		
21.	LEWANDOWSKA PAULINA SO	96	UNIA O wi cim					4:38.62	599
	50m: 31.21 31.21	150m: 1:40.95	35.24	250m: 2:52.43	35.59	350m: 4:04.20	35.84		
	100m: 1:05.71 34.50	200m: 2:16.84	35.89	300m: 3:28.36	35.93	400m: 4:38.62	34.42		
22.	GRZEGORCZYK Izabella	93	POSNANIA Pozna					4:38.77	598
	50m: 32.11 32.11	150m: 1:40.88	34.62	250m: 2:51.01	35.21	350m: 4:02.68	36.21		
	100m: 1:06.26 34.15	200m: 2:15.80	34.92	300m: 3:26.47	35.46	400m: 4:38.77	36.09		
23.	POMIETŁO Aleksandra	94	KMITA Zabierzów					4:39.44	594
	50m: 32.44 32.44	150m: 1:42.55	35.32	250m: 2:53.92	35.70	350m: 4:04.74	35.14		
	100m: 1:07.23 34.79	200m: 2:18.22	35.67	300m: 3:29.60	35.68	400m: 4:39.44	34.70		
24.	KRIZANOVA Barbora	96	STU Tmava					4:40.70	586
	50m: 32.01 32.01	150m: 1:42.09	35.08	250m: 2:52.97	35.52	350m: 4:05.46	36.19		
	100m: 1:07.01 35.00	200m: 2:17.45	35.36	300m: 3:29.27	36.30	400m: 4:40.70	35.24		
25.	MARZEC Sara SO	97	UNIA O wi cim					4:41.19	583
	50m: 32.58 32.58	150m: 1:42.77	35.35	250m: 2:54.57	35.68	350m: 4:05.94	35.55		
	100m: 1:07.42 34.84	200m: 2:18.89	36.12	300m: 3:30.39	35.82	400m: 4:41.19	35.25		
26.	UCHA SKA Karolina	94	KSZO Ostrowiec w.					4:41.53	581
	50m: 32.94 32.94	150m: 1:43.99	35.50	250m: 2:54.83	35.45	350m: 4:06.13	35.60		
	100m: 1:08.49 35.55	200m: 2:19.38	35.39	300m: 3:30.53	35.70	400m: 4:41.53	35.40		
27.	SOBOLEWSKA Anna	95	WARTA Pozna					4:41.66	580
	50m: 32.39 32.39	150m: 1:43.25	35.88	250m: 2:54.61	35.59	350m: 4:06.50	35.24		
	100m: 1:07.37 34.98	200m: 2:19.02	35.77	300m: 3:31.26	36.65	400m: 4:41.66	35.16		
28.	BOHDANOWICZ Michalina	96	MOS D browa Górnica					4:44.15	565
	50m: 32.79 32.79	150m: 1:44.37	36.31	250m: 2:57.14	36.46	350m: 4:09.96	36.34		
	100m: 1:08.06 35.27	200m: 2:20.68	36.31	300m: 3:33.62	36.48	400m: 4:44.15	34.19		
29.	KUBACKA Magda SO	97	PI TKA Chorzów					4:44.61	562
	50m: 31.86 31.86	150m: 1:42.06	35.78	250m: 2:54.54	36.49	350m: 4:08.12	37.02		
	100m: 1:06.28 34.42	200m: 2:18.05	35.99	300m: 3:31.10	36.56	400m: 4:44.61	36.49		
30.	WOJCIECHOWSKA GABRIELA SO	96	UNIA O wi cim					4:47.04	548
	50m: 32.29 32.29	150m: 1:44.31	36.38	250m: 2:57.93	36.79	350m: 4:11.77	36.99		
	100m: 1:07.93 35.64	200m: 2:21.14	36.83	300m: 3:34.78	36.85	400m: 4:47.04	35.27		
31.	LIWI SKA Marta	97	MOS D browa Górnica					4:49.10	536
	50m: 32.89 32.89	150m: 1:45.36	36.22	250m: 2:59.39	36.88	350m: 4:13.10	36.99		
	100m: 1:09.14 36.25	200m: 2:22.51	37.15	300m: 3:36.11	36.72	400m: 4:49.10	36.00		
32.	ROSTOWSKA Wiktoria	97	MOS D browa Górnica					4:51.06	525
	50m: 32.10 32.10	150m: 1:43.64	36.22	250m: 2:58.02	37.25	350m: 4:14.17	37.61		
	100m: 1:07.42 35.32	200m: 2:20.77	37.13	300m: 3:36.56	38.54	400m: 4:51.06	36.89		
33.	BARTOVICOVA Barbara	97	STU Tmava					4:52.50	518
	50m: 32.94 32.94	150m: 1:46.59	37.15	250m: 3:01.95	37.77	350m: 4:16.76	37.24		
	100m: 1:09.44 36.50	200m: 2:24.18	37.59	300m: 3:39.52	37.57	400m: 4:52.50	35.74		
34.	KISIEL MONIKA SO	96	AZS AWF Katowice					4:55.26	503
	50m: 33.34 33.34	150m: 1:46.74	37.02	250m: 3:02.10	37.62	350m: 4:17.68	37.97		
	100m: 1:09.72 36.38	200m: 2:24.48	37.74	300m: 3:39.71	37.61	400m: 4:55.26	37.58		
35.	OEZDEN Leyla	96	SSG Heidenheim					5:05.27	455
	50m: 33.99 33.99	150m: 1:50.34	38.68	250m: 3:08.49	39.20	350m: 4:26.87	39.02		
	100m: 1:11.66 37.67	200m: 2:29.29	38.95	300m: 3:47.85	39.36	400m: 5:05.27	38.40		

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Pozycja	Rok ur.								Czas	Pkt.
36. DOERR Pia	97 SSG Heidenheim								5:09.96	435
50m: 34.23 34.23	150m: 1:50.33 38.64	250m: 3:09.81 39.93	350m: 4:30.60 40.50					400m: 5:09.96 39.36		
100m: 1:11.69 37.46	200m: 2:29.88 39.55	300m: 3:50.10 40.29								
37. ROGOWSKA Natalia	96 JASIE Sucha Beskidzka								5:11.65	428
50m: 34.06 34.06	150m: 1:50.60 38.85	250m: 3:09.79 40.00	350m: 4:31.60 41.04					400m: 5:11.65 40.05		
100m: 1:11.75 37.69	200m: 2:29.79 39.19	300m: 3:50.56 40.77								