

Grand Prix Puchar Polski w Gliwicach
Gliwice, 22. - 23.5.2010

Konkurencja 1
2010-05-22 - 10:23

Kobiet, 400m zmienny

Open
Wyniki

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	OLCZAK, Mirela		93	S ³ owianka Gorzów Wlkp.				4:53.68	803
	50m:	29.28 29.28	150m:	1:41.14	37.86	250m:	3:01.57 42.20	350m:	4:20.86 35.03
	100m:	1:03.28 34.00	200m:	2:19.37	38.23	300m:	3:45.83 44.26	400m:	4:53.68 32.82
2.	UKOWSKA, Paula SZG		93	MKS Zryw Opole				4:54.96	793
	50m:	30.98 30.98	150m:	1:43.57	37.71	250m:	3:03.96 43.92	350m:	4:22.23 34.61
	100m:	1:05.86 34.88	200m:	2:20.04	36.47	300m:	3:47.62 43.66	400m:	4:54.96 32.73
3.	OŁNOWSKA, Katarzyna		90	MZOS P ³ ock				4:58.46	765
	50m:	31.57 31.57	150m:	1:45.78	38.67	250m:	3:07.02 42.34	350m:	4:24.97 34.66
	100m:	1:07.11 35.54	200m:	2:24.68	38.90	300m:	3:50.31 43.29	400m:	4:58.46 33.49
4.	SZMAGALSKA, Agata		95	S ³ owianka Gorzów Wlkp.				5:08.41	694
	50m:	31.41 31.41	150m:	1:46.12	38.59	250m:	3:10.38 45.36	350m:	4:32.59 35.64
	100m:	1:07.53 36.12	200m:	2:25.02	38.90	300m:	3:56.95 46.57	400m:	5:08.41 35.82
5.	MÓZGOWSKA, JAGODA		90	AZS AGH Kraków				5:14.15	656
	50m:	31.87 31.87	150m:	1:50.13	41.07	250m:	3:14.22 44.92	350m:	4:37.11 37.25
	100m:	1:09.06 37.19	200m:	2:29.30	39.17	300m:	3:59.86 45.64	400m:	5:14.15 37.04
6.	WIKIEŁ, Manuela		92	USKS Ostro ³ eka				5:19.20	626
	50m:	33.62 33.62	150m:	1:55.82	43.75	250m:	3:23.23 45.66	350m:	4:45.28 35.00
	100m:	1:12.07 38.45	200m:	2:37.57	41.75	300m:	4:10.28 47.05	400m:	5:19.20 33.92
7.	DUDEK, Marlena		94	UKP UNIA Oœwiêcim				5:19.42	624
	50m:	35.20 35.20	150m:	1:58.00	42.41	250m:	3:22.24 43.94	350m:	4:43.33 37.15
	100m:	1:15.59 40.39	200m:	2:38.30	40.30	300m:	4:06.18 43.94	400m:	5:19.42 36.09
8.	WIERTEL, Agata		95	MTP" Lublinianka" Lublin				5:20.78	616
	50m:	34.54 34.54	150m:	1:54.72	40.13	250m:	3:20.78 47.77	350m:	4:45.10 37.18
	100m:	1:14.59 40.05	200m:	2:33.01	38.29	300m:	4:07.92 47.14	400m:	5:20.78 35.68
9.	OLBERT, DOMINIKA		95	WKS SI ¹ sk Wroc ³ aw				5:21.24	614
	50m:	33.43 33.43	150m:	1:56.01	42.64	250m:	3:20.78 42.91	350m:	4:43.96 38.58
	100m:	1:13.37 39.94	200m:	2:37.87	41.86	300m:	4:05.38 44.60	400m:	5:21.24 37.28
10.	DWORACZEK, Paulina		96	MKS Jordan Kraków				5:21.71	611
	50m:	33.22 33.22	150m:	1:54.66	42.04	250m:	3:22.65 46.40	350m:	4:46.16 36.04
	100m:	1:12.62 39.40	200m:	2:36.25	41.59	300m:	4:10.12 47.47	400m:	5:21.71 35.55
11.	KIERSZTYN, Magdalena		95	MKS SMS Victoria Racibórz				5:26.54	584
	50m:	34.01 34.01	150m:	1:55.15	41.20	250m:	3:21.35 45.40	350m:	4:49.33 40.15
	100m:	1:13.95 39.94	200m:	2:35.95	40.80	300m:	4:09.18 47.83	400m:	5:26.54 37.21
12.	WRÓBLEWSKA, DOMINIKA		95	WKS SI ¹ sk Wroc ³ aw				5:26.66	584
	50m:	32.04 32.04	150m:	1:53.07	42.41	250m:	3:22.74 47.72	350m:	4:48.84 37.30
	100m:	1:10.66 38.62	200m:	2:35.02	41.95	300m:	4:11.54 48.80	400m:	5:26.66 37.82
13.	LESIAK, BARBARA		95	WKS SI ¹ sk Wroc ³ aw				5:28.17	576
	50m:	34.40 34.40	150m:	1:55.87	41.73	250m:	3:24.19 47.06	350m:	4:49.84 38.81
	100m:	1:14.14 39.74	200m:	2:37.13	41.26	300m:	4:11.03 46.84	400m:	5:28.17 38.33
14.	MENDOWSKA, Katarzyna		94	KS Warta Poznań				5:28.34	575
	50m:	33.23 33.23	150m:	1:56.12	42.26	250m:	3:25.50 47.49	350m:	4:51.01 37.72
	100m:	1:13.86 40.63	200m:	2:38.01	41.89	300m:	4:13.29 47.79	400m:	5:28.34 37.33
15.	WICENIEWSKA, Magdalena SP		93	KS Posnania Poznań				5:34.17	545
	50m:	34.99 34.99	150m:	2:01.30	42.95	250m:	3:29.29 46.23	350m:	4:55.62 39.08
	100m:	1:18.35 43.36	200m:	2:43.06	41.76	300m:	4:16.54 47.25	400m:	5:34.17 38.55
16.	KRUK, Anna		95	UKP UNIA Oœwiêcim				5:39.18	521
	50m:	34.36 34.36	150m:	1:59.22	45.48	250m:	3:30.98 48.06	350m:	5:00.89 40.64
	100m:	1:13.74 39.38	200m:	2:42.92	43.70	300m:	4:20.25 49.27	400m:	5:39.18 38.29
17.	ZAJONC, Karolina		95	MKS SMS Victoria Racibórz				5:39.24	521
	50m:	35.92 35.92	150m:	2:03.17	45.63	250m:	3:35.48 47.50	350m:	5:01.74 37.83
	100m:	1:17.54 41.62	200m:	2:47.98	44.81	300m:	4:23.91 48.43	400m:	5:39.24 37.50

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Pozycja		Rok ur.						Czas	Pkt.
18.	ROGACZ, Katarzyna	96	MKS SMS Victoria Racibórz					5:40.11	517
	50m: 36.45 36.45	150m: 2:05.50	45.49	250m: 3:36.16	46.11	350m: 5:02.43	39.11		
	100m: 1:20.01 43.56	200m: 2:50.05	44.55	300m: 4:23.32	47.16	400m: 5:40.11	37.68		
19.	NOWOSAD, Katarzyna	96	Kmita Zabierzów					5:40.19	517
	50m: 34.41 34.41	150m: 1:58.76	42.47	250m: 3:29.18	48.95	350m: 5:00.12	40.53		
	100m: 1:16.29 41.88	200m: 2:40.23	41.47	300m: 4:19.59	50.41	400m: 5:40.19	40.07		
20.	WIĘCKOWSKA, DARIA	96	UKS Shark Rudna					5:46.27	490
	50m: 35.01 35.01	150m: 2:03.99	45.39	250m: 3:37.52	49.35	350m: 5:07.35	39.32		
	100m: 1:18.60 43.59	200m: 2:48.17	44.18	300m: 4:28.03	50.51	400m: 5:46.27	38.92		
NIE UK.	CIESIELSKA, Sylwia	95	KS Warta Poznań						
	50m: 33.71 33.71	150m:		250m:		350m:			
	100m: 1:19.25 45.54	200m:		300m:		400m:			