

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

Konkurencja 31  
2010-05-23 - 10:57

Kobiet, 400m dowolny

Open  
Wyniki

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	UKOWSKA, Paula SZG		93	MKS Zryw Opole				<b>4:23.07</b>	789
	50m:	30.47 30.47	150m:	1:35.99 32.98	250m:	2:42.58 33.08	350m:	3:50.45 34.21	
	100m:	1:03.01 32.54	200m:	2:09.50 33.51	300m:	3:16.24 33.66	400m:	4:23.07 32.62	
2.	OŁNOWSKA, Katarzyna		90	MZOS Póck				<b>4:24.70</b>	775
	50m:	30.72 30.72	150m:	1:36.96 33.31	250m:	2:44.41 33.83	350m:	3:52.18 33.71	
	100m:	1:03.65 32.93	200m:	2:10.58 33.62	300m:	3:18.47 34.06	400m:	4:24.70 32.52	
3.	WIKIEŁ, Manuela		92	USKS Ostro³eka				<b>4:28.09</b>	746
	50m:	31.26 31.26	150m:	1:38.05 33.32	250m:	2:45.96 33.78	350m:	3:55.04 34.55	
	100m:	1:04.73 33.47	200m:	2:12.18 34.13	300m:	3:20.49 34.53	400m:	4:28.09 33.05	
4.	CISOWSKA, ALEKSANDRA		89	AZS AGH Kraków				<b>4:28.43</b>	743
	50m:	31.65 31.65	150m:	1:39.21 34.09	250m:	2:46.85 33.86	350m:	3:55.26 34.32	
	100m:	1:05.12 33.47	200m:	2:12.99 33.78	300m:	3:20.94 34.09	400m:	4:28.43 33.17	
5.	WASILEWSKA, Barbara		94	LKS Omega Kleszczów				<b>4:31.49</b>	718
	50m:	31.45 31.45	150m:	1:39.28 34.26	250m:	2:48.30 34.42	350m:	3:57.32 34.35	
	100m:	1:05.02 33.57	200m:	2:13.88 34.60	300m:	3:22.97 34.67	400m:	4:31.49 34.17	
6.	ZACHOSZCZ, Joanna		93	S³owianka Gorzów Wlkp.				<b>4:33.30</b>	704
	50m:	31.66 31.66	150m:	1:41.04 34.58	250m:	2:49.75 34.16	350m:	3:59.37 34.60	
	100m:	1:06.46 34.80	200m:	2:15.59 34.55	300m:	3:24.77 35.02	400m:	4:33.30 33.93	
7.	SZMAGALSKA, Agata		95	S³owianka Gorzów Wlkp.				<b>4:35.94</b>	684
	50m:	31.75 31.75	150m:	1:41.33 35.27	250m:	2:52.23 35.60	350m:	4:02.16 34.47	
	100m:	1:06.06 34.31	200m:	2:16.63 35.30	300m:	3:27.69 35.46	400m:	4:35.94 33.78	
8.	LIPIŃSKA, Ma³gorzata		93	KSZO Ostrowiec Œw				<b>4:37.06</b>	676
	50m:	32.10 32.10	150m:	1:40.44 34.87	250m:	2:50.65 35.56	350m:	4:02.79 36.54	
	100m:	1:05.57 33.47	200m:	2:15.09 34.65	300m:	3:26.25 35.60	400m:	4:37.06 34.27	
9.	WAKUŁA, Karolina SO		93	AZS-AWF Katowice				<b>4:37.14</b>	675
	50m:	32.74 32.74	150m:	1:42.36 35.06	250m:	2:52.68 35.14	350m:	4:03.25 35.27	
	100m:	1:07.30 34.56	200m:	2:17.54 35.18	300m:	3:27.98 35.30	400m:	4:37.14 33.89	
10.	KASPEREK, Katarzyna		96	KS Warta Poznañ				<b>4:38.47</b>	666
	50m:	31.73 31.73	150m:	1:40.97 35.19	250m:	2:52.43 35.85	350m:	4:04.61 35.99	
	100m:	1:05.78 34.05	200m:	2:16.58 35.61	300m:	3:28.62 36.19	400m:	4:38.47 33.86	
11.	PIEKARSKA, Magdalena		94	MKP Szczecin				<b>4:41.47</b>	644
	50m:	32.23 32.23	150m:	1:42.03 34.95	250m:	2:53.84 36.00	350m:	4:06.36 36.30	
	100m:	1:07.08 34.85	200m:	2:17.84 35.81	300m:	3:30.06 36.22	400m:	4:41.47 35.11	
12.	CIEŒLAK, Joanna		96	KS Warta Poznañ				<b>4:41.59</b>	644
	50m:	32.10 32.10	150m:	1:43.37 36.23	250m:	2:55.64 36.01	350m:	4:09.54 36.97	
	100m:	1:07.14 35.04	200m:	2:19.63 36.26	300m:	3:32.57 36.93	400m:	4:41.59 32.05	
13.	GRZEBAŁA, Zuzanna		95	KSZO Ostrowiec Œw				<b>4:42.03</b>	641
	50m:	33.49 33.49	150m:	1:44.20 35.51	250m:	2:56.07 35.97	350m:	4:07.55 35.51	
	100m:	1:08.69 35.20	200m:	2:20.10 35.90	300m:	3:32.04 35.97	400m:	4:42.03 34.48	
14.	GRZEGORCZYK, Izabella SP		93	KS Pósnania Poznañ				<b>4:42.52</b>	637
	50m:	32.23 32.23	150m:	1:42.17 35.22	250m:	2:54.02 36.21	350m:	4:06.80 36.73	
	100m:	1:06.95 34.72	200m:	2:17.81 35.64	300m:	3:30.07 36.05	400m:	4:42.52 35.72	
15.	BOREK, Aleksandra SK		94	Wodnik Krosno				<b>4:43.35</b>	632
	50m:	32.75 32.75	150m:	1:43.39 35.61	250m:	2:55.48 36.09	350m:	4:07.89 36.24	
	100m:	1:07.78 35.03	200m:	2:19.39 36.00	300m:	3:31.65 36.17	400m:	4:43.35 35.46	
16.	PORZELSKA, Anna		95	S³owianka Gorzów Wlkp.				<b>4:44.68</b>	623
	50m:	32.21 32.21	150m:	1:42.84 35.52	250m:	2:55.61 36.66	350m:	4:09.10 36.49	
	100m:	1:07.32 35.11	200m:	2:18.95 36.11	300m:	3:32.61 37.00	400m:	4:44.68 35.58	
17.	ZYGA, Paulina		94	UKS NAWA Skierniewice				<b>4:45.86</b>	615
	50m:	33.47 33.47	150m:	1:46.59 36.70	250m:	2:58.05 35.35	350m:	4:10.73 36.25	
	100m:	1:09.89 36.42	200m:	2:22.70 36.11	300m:	3:34.48 36.43	400m:	4:45.86 35.13	

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

Konkurencja 31, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.		
18.	BIERNACKA, Katarzyna		95	KS "1" Ożarów Mazowiecki				<b>4:46.16</b>	613		
	50m:	31.67 31.67	150m:	1:44.00	36.51	250m:	2:57.41	36.59	350m:	4:10.80	36.73
	100m:	1:07.49 35.82	200m:	2:20.82	36.82	300m:	3:34.07	36.66	400m:	4:46.16	35.36
19.	UCHAŃSKA, Karolina		94	KSZO Ostrowiec Œw				<b>4:46.26</b>	613		
	50m:	33.64 33.64	150m:	1:45.73	36.00	250m:	2:57.70	35.98	350m:	4:10.73	36.61
	100m:	1:09.73 36.09	200m:	2:21.72	35.99	300m:	3:34.12	36.42	400m:	4:46.26	35.53
20.	KULIGOWSKA, Marcela		94	MKP Szczecin				<b>4:47.33</b>	606		
	50m:	32.57 32.57	150m:	1:43.34	35.79	250m:	2:56.30	36.61	350m:	4:11.12	37.43
	100m:	1:07.55 34.98	200m:	2:19.69	36.35	300m:	3:33.69	37.39	400m:	4:47.33	36.21
21.	PIASECKA, Ewa		92	AZS-AWF Katowice				<b>4:47.45</b>	605		
	50m:	32.59 32.59	150m:	1:43.99	36.05	250m:	2:57.47	36.75	350m:	4:12.01	37.24
	100m:	1:07.94 35.35	200m:	2:20.72	36.73	300m:	3:34.77	37.30	400m:	4:47.45	35.44
22.	BORDŃOŁ, Katarzyna		94	UKS Skarpa Lublin				<b>4:52.26</b>	576		
	50m:	33.85 33.85	150m:	1:48.97	37.57	250m:	3:04.11	37.06	350m:	4:18.06	36.28
	100m:	1:11.40 37.55	200m:	2:27.05	38.08	300m:	3:41.78	37.67	400m:	4:52.26	34.20
23.	SUCHANIAK, Irena		93	KS Korona Kraków				<b>4:52.40</b>	575		
	50m:	33.49 33.49	150m:	1:47.59	37.54	250m:	3:02.82	38.05	350m:	4:18.38	37.66
	100m:	1:10.05 36.56	200m:	2:24.77	37.18	300m:	3:40.72	37.90	400m:	4:52.40	34.02
24.	KITA, KATARZYNA		95	UKS Shark Rudna				<b>4:52.63</b>	574		
	50m:	33.47 33.47	150m:	1:47.75	37.51	250m:	3:03.45	37.42	350m:	4:17.79	36.45
	100m:	1:10.24 36.77	200m:	2:26.03	38.28	300m:	3:41.34	37.89	400m:	4:52.63	34.84
25.	SZYNAL, Ludwika		94	UKS Skarpa Lublin				<b>4:52.78</b>	573		
	50m:	34.56 34.56	150m:	1:49.01	37.45	250m:	3:03.75	37.04	350m:	4:18.18	37.40
	100m:	1:11.56 37.00	200m:	2:26.71	37.70	300m:	3:40.78	37.03	400m:	4:52.78	34.60
26.	LEWANDOWSKA, Kamila SG		95	KS AZS-AWFis Gdańsk				<b>4:53.07</b>	571		
	50m:	33.27 33.27	150m:	1:47.26	37.36	250m:	3:03.16	37.27	350m:	4:17.86	36.69
	100m:	1:09.90 36.63	200m:	2:25.89	38.63	300m:	3:41.17	38.01	400m:	4:53.07	35.21
27.	SKOWROŃSKA, Weronika		96	KS Warta Poznań				<b>4:54.97</b>	560		
	50m:	33.80 33.80	150m:	1:48.21	37.37	250m:	3:03.12	37.41	350m:	4:18.26	37.38
	100m:	1:10.84 37.04	200m:	2:25.71	37.50	300m:	3:40.88	37.76	400m:	4:54.97	36.71
28.	SOBOLEWSKA, Anna		95	KS Warta Poznań				<b>5:01.77</b>	523		
	50m:	34.25 34.25	150m:	1:50.30	38.55	250m:	3:07.54	38.40	350m:	4:25.00	38.29
	100m:	1:11.75 37.50	200m:	2:29.14	38.84	300m:	3:46.71	39.17	400m:	5:01.77	36.77
29.	BUCZKOWSKA, KATARZYNA		96	UKS Shark Rudna				<b>5:03.03</b>	516		
	50m:	33.05 33.05	150m:	1:49.56	38.96	250m:	3:08.54	39.42	350m:	4:26.51	39.09
	100m:	1:10.60 37.55	200m:	2:29.12	39.56	300m:	3:47.42	38.88	400m:	5:03.03	36.52
30.	RASIŃSKA, Daria		95	MMKS Kêdzierzyn-KoŸle				<b>5:07.40</b>	495		
	50m:	33.66 33.66	150m:	1:49.86	38.54	250m:	3:08.67	39.62	350m:	4:27.96	39.93
	100m:	1:11.32 37.66	200m:	2:29.05	39.19	300m:	3:48.03	39.36	400m:	5:07.40	39.44
31.	PAWLIK, Marta		95	AZS-AWF Katowice				<b>5:10.13</b>	482		
	50m:	34.84 34.84	150m:	1:52.80	39.45	250m:	3:12.12	39.95	350m:	4:32.12	39.96
	100m:	1:13.35 38.51	200m:	2:32.17	39.37	300m:	3:52.16	40.04	400m:	5:10.13	38.01
32.	KWIATKOWSKA, Maja		94	ULKS VICTORIA Kozy				<b>5:14.18</b>	463		
	50m:	32.88 32.88	150m:	1:50.04	39.57	250m:	3:12.49	40.91	350m:	4:34.87	41.15
	100m:	1:10.47 37.59	200m:	2:31.58	41.54	300m:	3:53.72	41.23	400m:	5:14.18	39.31