



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



Konkurencja 11  
9/11/2013 - 11:49

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2013

Pozycja	Rok ur.	Czas	Pkt.
1. Kilija ska Donata SWR	95 KSZO Ostrowiec w.	<b>4:13.52</b>	794
50m: 29.97 29.97	150m: 1:35.37 32.85	250m: 2:39.66 32.08	350m: 3:42.40 30.99
100m: 1:02.52 32.55	200m: 2:07.58 32.21	300m: 3:11.41 31.75	400m: 4:13.52 31.12
2. Zachoszcz Joanna	93 AZS UWM Olsztyn	<b>4:14.65</b>	784
50m: 30.38 30.38	150m: 1:35.26 32.35	250m: 2:39.56 31.73	350m: 3:43.54 32.02
100m: 1:02.91 32.53	200m: 2:07.83 32.57	300m: 3:11.52 31.96	400m: 4:14.65 31.11
3. Wikieł Manuela	92 AZS UWM Olsztyn	<b>4:16.71</b>	765
50m: 30.52 30.52	150m: 1:35.56 32.59	250m: 2:40.01 32.03	350m: 3:44.64 32.41
100m: 1:02.97 32.45	200m: 2:07.98 32.42	300m: 3:12.23 32.22	400m: 4:16.71 32.07
4. Orczykowska Wioletta SK	97 Limanowa-swim	<b>4:20.87</b>	729
50m: 31.01 31.01	150m: 1:36.86 33.00	250m: 2:42.66 32.74	350m: 3:48.37 33.17
100m: 1:03.86 32.85	200m: 2:09.92 33.06	300m: 3:15.20 32.54	400m: 4:20.87 32.50
5. Kunka Kamila SO	96 Unia O wi cim	<b>4:21.89</b>	721
50m: 30.45 30.45	150m: 1:36.12 33.05	250m: 2:42.65 33.23	350m: 3:49.24 33.17
100m: 1:03.07 32.62	200m: 2:09.42 33.30	300m: 3:16.07 33.42	400m: 4:21.89 32.65
6. Kozłowska Anna SO	96 Pi tnatka Bydgoszcz	<b>4:23.36</b>	709
50m: 30.61 30.61	150m: 1:37.90 33.70	250m: 2:45.41 33.53	350m: 3:51.27 32.76
100m: 1:04.20 33.59	200m: 2:11.88 33.98	300m: 3:18.51 33.10	400m: 4:23.36 32.09
7. Po arowszczyk Beata	91 Juwenia Wrocław	<b>4:25.11</b>	695
50m: 30.90 30.90	150m: 1:37.81 33.53	250m: 2:44.93 33.58	350m: 3:51.86 33.30
100m: 1:04.28 33.38	200m: 2:11.35 33.54	300m: 3:18.56 33.63	400m: 4:25.11 33.25
8. Kasperk Katarzyna SSz	96 MKP Szczecin	<b>4:25.34</b>	693
50m: 30.67 30.67	150m: 1:36.95 33.40	250m: 2:44.24 33.76	350m: 3:52.13 33.97
100m: 1:03.55 32.88	200m: 2:10.48 33.53	300m: 3:18.16 33.92	400m: 4:25.34 33.21
9. Magner Agata SK	97 Jordan Kraków	<b>4:25.71</b>	690
50m: 31.17 31.17	150m: 1:38.28 33.82	250m: 2:45.95 33.83	350m: 3:53.26 33.53
100m: 1:04.46 33.29	200m: 2:12.12 33.84	300m: 3:19.73 33.78	400m: 4:25.71 32.45
10. Haczkieicz Paulina SWR	97 I sk Wrocław	<b>4:27.72</b>	675
50m: 30.49 30.49	150m: 1:38.12 34.12	250m: 2:46.48 33.92	350m: 3:55.74 34.77
100m: 1:04.00 33.51	200m: 2:12.56 34.44	300m: 3:20.97 34.49	400m: 4:27.72 31.98
11. Petryka Nikola SWR	97 I sk Wrocław	<b>4:28.57</b>	668
50m: 31.61 31.61	150m: 1:40.76 34.67	250m: 2:48.02 32.91	350m: 3:55.96 33.80
100m: 1:06.09 34.48	200m: 2:15.11 34.35	300m: 3:22.16 34.14	400m: 4:28.57 32.61
12. Szczytko Alicja	95 MUKS Olimpijczyk Suwałki	<b>4:29.11</b>	664
50m: 31.10 31.10	150m: 1:38.34 33.73	250m: 2:46.71 34.25	350m: 3:55.41 34.24
100m: 1:04.61 33.51	200m: 2:12.46 34.12	300m: 3:21.17 34.46	400m: 4:29.11 33.70
13. Rudawska Adrianna	96 Olimpijczyk 23 Lublin	<b>4:29.20</b>	663
50m: 31.09 31.09	150m: 1:38.49 33.57	250m: 2:46.11 33.91	350m: 3:55.22 34.65
100m: 1:04.92 33.83	200m: 2:12.20 33.71	300m: 3:20.57 34.46	400m: 4:29.20 33.98
14. Leo czuk Sara	99 MOS Ełk	<b>4:30.81</b>	652
50m: 30.95 30.95	150m: 1:39.02 34.45	250m: 2:48.45 34.78	350m: 3:58.44 35.07
100m: 1:04.57 33.62	200m: 2:13.67 34.65	300m: 3:23.37 34.92	400m: 4:30.81 32.37
15. Cieslak Joanna SP	96 Warta Pozna	<b>4:30.98</b>	650
50m: 31.00 31.00	150m: 1:39.41 34.38	250m: 2:47.44 34.26	350m: 3:56.94 34.80
100m: 1:05.03 34.03	200m: 2:13.18 33.77	300m: 3:22.14 34.70	400m: 4:30.98 34.04
16. Gruszczy ska Aleksandra SO	98 Unia O wi cim	<b>4:31.67</b>	646
50m: 30.82 30.82	150m: 1:38.50 34.33	250m: 2:48.13 34.62	350m: 3:57.65 34.67
100m: 1:04.17 33.35	200m: 2:13.51 35.01	300m: 3:22.98 34.85	400m: 4:31.67 34.02
17. Maciuch Karolina	96 Vega Dobrodzie	<b>4:32.11</b>	642
50m: 31.76 31.76	150m: 1:40.05 34.14	250m: 2:49.03 34.57	350m: 3:58.36 34.74
100m: 1:05.91 34.15	200m: 2:14.46 34.41	300m: 3:23.62 34.59	400m: 4:32.11 33.75



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Pozycja					Rok ur.					Czas	Pkt.	
18.	Szynal Ludwika				94	Skarpa Lublin				<b>4:32.29</b>	641	
	50m:	32.05	32.05	150m:	1:40.44	34.00	250m:	2:48.80	33.77	350m:	3:58.53	34.87
	100m:	1:06.44	34.39	200m:	2:15.03	34.59	300m:	3:23.66	34.86	400m:	4:32.29	33.76
19.	Jankowska Klaudia				98	GIM 92 Ursynów Warszawa				<b>4:33.97</b>	629	
	50m:	31.83	31.83	150m:	1:41.14	35.00	250m:	2:50.67	34.72	350m:	4:00.15	34.58
	100m:	1:06.14	34.31	200m:	2:15.95	34.81	300m:	3:25.57	34.90	400m:	4:33.97	33.82
20.	liwowska Katarzyna SO				99	Unia O wi cim				<b>4:35.12</b>	622	
	50m:	31.67	31.67	150m:	1:40.60	34.55	250m:	2:51.03	34.95	350m:	4:02.20	35.57
	100m:	1:06.05	34.38	200m:	2:16.08	35.48	300m:	3:26.63	35.60	400m:	4:35.12	32.92
21.	Dziewa Aleksandra SSz				96	Lider Chełm				<b>4:35.28</b>	620	
	50m:	31.34	31.34	150m:	1:40.14	34.69	250m:	2:50.68	35.49	350m:	4:02.28	35.72
	100m:	1:05.45	34.11	200m:	2:15.19	35.05	300m:	3:26.56	35.88	400m:	4:35.28	33.00
22.	Lewandowska Paulina SO				96	Unia O wi cim				<b>4:35.69</b>	618	
	50m:	31.93	31.93	150m:	1:41.32	35.10	250m:	2:51.10	34.96	350m:	4:01.54	35.36
	100m:	1:06.22	34.29	200m:	2:16.14	34.82	300m:	3:26.18	35.08	400m:	4:35.69	34.15
23.	Kowalska Oriana				93	AZS UWM Olsztyn				<b>4:36.25</b>	614	
	50m:	32.13	32.13	150m:	1:41.96	35.04	250m:	2:51.71	34.95	350m:	4:02.08	34.96
	100m:	1:06.92	34.79	200m:	2:16.76	34.80	300m:	3:27.12	35.41	400m:	4:36.25	34.17
24.	Mikołajczak Anna SSz				95	MKP Szczecin				<b>4:36.73</b>	611	
	50m:	32.90	32.90	150m:	1:44.01	35.48	250m:	2:54.18	35.11	350m:	4:03.32	34.12
	100m:	1:08.53	35.63	200m:	2:19.07	35.06	300m:	3:29.20	35.02	400m:	4:36.73	33.41
25.	Kubacka Magda				97	AZS AWF Katowice				<b>4:37.54</b>	605	
	50m:	31.32	31.32	150m:	1:40.07	34.80	250m:	2:50.20	35.02	350m:	4:02.20	36.25
	100m:	1:05.27	33.95	200m:	2:15.18	35.11	300m:	3:25.95	35.75	400m:	4:37.54	35.34
26.	Hasper Dorota SO				98	Unia O wi cim				<b>4:37.72</b>	604	
	50m:	31.89	31.89	150m:	1:41.38	34.96	250m:	2:52.22	35.48	350m:	4:03.60	35.80
	100m:	1:06.42	34.53	200m:	2:16.74	35.36	300m:	3:27.80	35.58	400m:	4:37.72	34.12
27.	Mycak Katarzyna				98	Zryw Opole				<b>4:38.89</b>	597	
	50m:	31.58	31.58	150m:	1:41.44	35.37	250m:	2:52.77	35.75	350m:	4:04.41	35.51
	100m:	1:06.07	34.49	200m:	2:17.02	35.58	300m:	3:28.90	36.13	400m:	4:38.89	34.48
28.	Lewandowska Aleksandra SSz				98	MKP Szczecin				<b>4:39.27</b>	594	
	50m:	31.92	31.92	150m:	1:42.49	35.54	250m:	2:53.72	35.70	350m:	4:04.82	35.67
	100m:	1:06.95	35.03	200m:	2:18.02	35.53	300m:	3:29.15	35.43	400m:	4:39.27	34.45
29.	Bednarek Aleksandra				98	Jedynka Łódź				<b>4:39.36</b>	594	
	50m:	32.18	32.18	150m:	1:41.65	35.14	250m:	2:52.86	35.71	350m:	4:04.64	35.84
	100m:	1:06.51	34.33	200m:	2:17.15	35.50	300m:	3:28.80	35.94	400m:	4:39.36	34.72
30.	Leszczyńska Klaudia Julia SO				99	Unia O wi cim				<b>4:39.48</b>	593	
	50m:	31.84	31.84	150m:	1:42.13	35.42	250m:	2:53.46	35.98	350m:	4:05.33	35.82
	100m:	1:06.71	34.87	200m:	2:17.48	35.35	300m:	3:29.51	36.05	400m:	4:39.48	34.15
31.	Lichwa Dominika SO				99	Unia O wi cim				<b>4:39.49</b>	593	
	50m:	31.63	31.63	150m:	1:41.98	35.55	250m:	2:53.82	36.10	350m:	4:05.41	35.73
	100m:	1:06.43	34.80	200m:	2:17.72	35.74	300m:	3:29.68	35.86	400m:	4:39.49	34.08
32.	Pankowska Wiktoria SO				98	Unia O wi cim				<b>4:39.92</b>	590	
	50m:	31.80	31.80	150m:	1:42.44	35.44	250m:	2:53.54	35.28	350m:	4:05.14	35.61
	100m:	1:07.00	35.20	200m:	2:18.26	35.82	300m:	3:29.53	35.99	400m:	4:39.92	34.78
33.	Bernat Gabriela				99	Skarpa Lublin				<b>4:40.65</b>	585	
	50m:	31.75	31.75	150m:	1:42.78	36.10	250m:	2:54.38	35.62	350m:	4:06.26	35.86
	100m:	1:06.68	34.93	200m:	2:18.76	35.98	300m:	3:30.40	36.02	400m:	4:40.65	34.39
34.	Szkwałat Julia				98	I sk Wrocław				<b>4:41.25</b>	582	
	50m:	31.76	31.76	150m:	1:42.05	35.64	250m:	2:54.02	35.86	350m:	4:06.13	35.69
	100m:	1:06.41	34.65	200m:	2:18.16	36.11	300m:	3:30.44	36.42	400m:	4:41.25	35.12



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Pozycja	Rok ur.				Czas	Pkt.
35. Dyrda Karolina SWR	97	I sk Wrocław		<b>4:44.10</b>	564	
50m: 32.52 32.52	150m: 1:43.74 36.13	250m: 2:56.18 36.09	350m: 4:08.40 36.15			
100m: 1:07.61 35.09	200m: 2:20.09 36.35	300m: 3:32.25 36.07	400m: 4:44.10 35.70			
36. Oleba Małgorzata S Sz	98	MKP Szczecin		<b>4:44.28</b>	563	
50m: 33.20 33.20	150m: 1:45.32 36.31	250m: 2:56.93 35.53	350m: 4:09.15 36.16			
100m: 1:09.01 35.81	200m: 2:21.40 36.08	300m: 3:32.99 36.06	400m: 4:44.28 35.13			
37. Wieczorek Magdalena	98	Fala Kra nik		<b>4:44.76</b>	560	
50m: 32.07 32.07	150m: 1:43.42 35.91	250m: 2:55.98 36.30	350m: 4:09.29 36.79			
100m: 1:07.51 35.44	200m: 2:19.68 36.26	300m: 3:32.50 36.52	400m: 4:44.76 35.47			
38. Zaj c Oliwia	98	Juvenia Wrocław		<b>4:46.07</b>	553	
50m: 33.08 33.08	150m: 1:46.33 36.66	250m: 2:59.38 36.58	350m: 4:11.83 36.01			
100m: 1:09.67 36.59	200m: 2:22.80 36.47	300m: 3:35.82 36.44	400m: 4:46.07 34.24			
39. Stawarz Sandra	98	I sk Wrocław		<b>4:46.19</b>	552	
50m: 33.33 33.33	150m: 1:46.36 36.62	250m: 2:59.20 36.25	350m: 4:11.41 36.07			
100m: 1:09.74 36.41	200m: 2:22.95 36.59	300m: 3:35.34 36.14	400m: 4:46.19 34.78			
40. Adamowicz Maja	96	Jagiellonka Warszawa		<b>4:47.25</b>	546	
50m: 32.68 32.68	150m: 1:45.12 36.67	250m: 2:58.89 36.81	350m: 4:11.66 36.36			
100m: 1:08.45 35.77	200m: 2:22.08 36.96	300m: 3:35.30 36.41	400m: 4:47.25 35.59			
41. Zieleniewicz Paula	98	Jedynka Łód		<b>4:48.73</b>	538	
50m: 31.62 31.62	150m: 1:44.04 36.81	250m: 2:58.15 36.87	350m: 4:12.62 37.26			
100m: 1:07.23 35.61	200m: 2:21.28 37.24	300m: 3:35.36 37.21	400m: 4:48.73 36.11			
42. Palka Maria SO	99	Unia O wi cim		<b>4:48.78</b>	537	
50m: 33.15 33.15	150m: 1:46.14 37.05	250m: 2:59.24 36.44	350m: 4:13.44 37.32			
100m: 1:09.09 35.94	200m: 2:22.80 36.66	300m: 3:36.12 36.88	400m: 4:48.78 35.34			
43. Kapłon Aleksandra	99	Orka Zamo		<b>4:49.05</b>	536	
50m: 32.15 32.15	150m: 1:44.51 36.48	250m: 2:58.55 37.12	350m: 4:13.75 37.35			
100m: 1:08.03 35.88	200m: 2:21.43 36.92	300m: 3:36.40 37.85	400m: 4:49.05 35.30			
44. Dykij Dominika	98	I sk Wrocław		<b>4:49.55</b>	533	
50m: 32.21 32.21	150m: 1:44.06 36.24	250m: 2:58.24 37.51	350m: 4:13.29 37.73			
100m: 1:07.82 35.61	200m: 2:20.73 36.67	300m: 3:35.56 37.32	400m: 4:49.55 36.26			
45. Mesjasz Julia	98	Meduza Paj czno		<b>4:49.73</b>	532	
50m: 32.66 32.66	150m: 1:46.73 37.29	250m: 3:00.40 36.78	350m: 4:14.90 37.22			
100m: 1:09.44 36.78	200m: 2:23.62 36.89	300m: 3:37.68 37.28	400m: 4:49.73 34.83			
46. Czarnecka Wiktoria	99	Skarpa Lublin		<b>4:50.44</b>	528	
50m: 32.50 32.50	150m: 1:45.67 37.13	250m: 3:00.17 37.25	350m: 4:14.67 37.12			
100m: 1:08.54 36.04	200m: 2:22.92 37.25	300m: 3:37.55 37.38	400m: 4:50.44 35.77			
Walendzewicz Monika Aleksandra	97	MUKS Olimpijczyk Suwałki		<b>4:50.44</b>	528	
50m: 32.30 32.30	150m: 1:45.32 37.00	250m: 2:59.05 36.83	350m: 4:14.29 37.39			
100m: 1:08.32 36.02	200m: 2:22.22 36.90	300m: 3:36.90 37.85	400m: 4:50.44 36.15			
48. Sroczy ska Paula	98	Bobry D bica		<b>4:51.53</b>	522	
50m: 33.05 33.05	150m: 1:46.72 37.13	250m: 3:01.37 37.17	350m: 4:15.43 36.99			
100m: 1:09.59 36.54	200m: 2:24.20 37.48	300m: 3:38.44 37.07	400m: 4:51.53 36.10			
49. Machnik Monika	97	Vega Dobrodzie		<b>4:53.32</b>	513	
50m: 32.93 32.93	150m: 1:45.68 36.93	250m: 3:01.15 37.80	350m: 4:16.90 37.84			
100m: 1:08.75 35.82	200m: 2:23.35 37.67	300m: 3:39.06 37.91	400m: 4:53.32 36.42			
50. Bazyłko Joanna	99	Jagiellonka Warszawa		<b>4:55.36</b>	502	
50m: 33.78 33.78	150m: 1:48.76 37.92	250m: 3:03.80 37.21	350m: 4:19.63 38.06			
100m: 1:10.84 37.06	200m: 2:26.59 37.83	300m: 3:41.57 37.77	400m: 4:55.36 35.73			
51. Sztandera Dominika	97	Juvenia Wrocław		<b>4:59.03</b>	484	
50m: 29.73 29.73	150m: 1:40.90 36.08	250m: 2:58.98 43.67	350m: 4:19.96 40.72			
100m: 1:04.82 35.09	200m: 2:15.31 34.41	300m: 3:39.24 40.26	400m: 4:59.03 39.07			



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52.	Wałek Julia								99	Zryw Opole								<b>5:03.91</b>	461					
	50m:	33.19	33.19	150m:	1:49.74	38.42	250m:	3:06.96	38.96	350m:	4:25.28	38.99	100m:	1:11.32	38.13	200m:	2:28.00	38.26	300m:	3:46.29	39.33	400m:	5:03.91	38.63
53.	Dybowska Anna								99	SMS Galicja Kraków								<b>5:14.09</b>	418					
	50m:	34.79	34.79	150m:	1:53.36	39.93	250m:	3:13.97	40.47	350m:	4:34.73	40.32	100m:	1:13.43	38.64	200m:	2:33.50	40.14	300m:	3:54.41	40.44	400m:	5:14.09	39.36