



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



Konkurencja 24  
10/11/2013 - 9:00

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2013

Pozycja	Rok ur.	Czas	Pkt.
1. Tchórz Alicja	92 Juvenia Wrocław	<b>4:44.12</b>	775
50m: 30.21 30.21	150m: 1:41.55 36.75	250m: 2:58.54 40.14	350m: 4:11.94 33.21
100m: 1:04.80 34.59	200m: 2:18.40 36.85	300m: 3:38.73 40.19	400m: 4:44.12 32.18
2. Kilijska Donata SWR	95 KSZO Ostrowiec w.	<b>4:53.91</b>	700
50m: 30.69 30.69	150m: 1:43.86 37.99	250m: 3:01.44 41.14	350m: 4:19.80 36.02
100m: 1:05.87 35.18	200m: 2:20.30 36.44	300m: 3:43.78 42.34	400m: 4:53.91 34.11
3. Kunka Kamila SO	96 Unia Owi cim	<b>4:56.20</b>	684
50m: 32.54 32.54	150m: 1:46.74 36.38	250m: 3:05.56 42.65	350m: 4:23.18 34.14
100m: 1:10.36 37.82	200m: 2:22.91 36.17	300m: 3:49.04 43.48	400m: 4:56.20 33.02
Cieslak Joanna SP	96 Warta Pozna	<b>4:56.20</b>	684
50m: 31.27 31.27	150m: 1:44.49 37.18	250m: 3:04.81 44.36	350m: 4:23.65 34.08
100m: 1:07.31 36.04	200m: 2:20.45 35.96	300m: 3:49.57 44.76	400m: 4:56.20 32.55
5. Zbrojewska Michalina SSz	96 Piłka Konstantinów Ł.	<b>4:59.31</b>	663
50m: 32.75 32.75	150m: 1:49.35 39.22	250m: 3:08.42 41.00	350m: 4:25.33 35.08
100m: 1:10.13 37.38	200m: 2:27.42 38.07	300m: 3:50.25 41.83	400m: 4:59.31 33.98
6. Magner Agata SK	97 Jordan Kraków	<b>5:00.96</b>	652
50m: 32.53 32.53	150m: 1:46.71 37.80	250m: 3:08.91 45.98	350m: 4:28.98 35.17
100m: 1:08.91 36.38	200m: 2:22.93 36.22	300m: 3:53.81 44.90	400m: 5:00.96 31.98
7. Kozłowska Anna SO	96 Piłnastka Bydgoszcz	<b>5:01.01</b>	652
50m: 32.31 32.31	150m: 1:47.31 38.25	250m: 3:09.53 44.46	350m: 4:28.42 35.02
100m: 1:09.06 36.75	200m: 2:25.07 37.76	300m: 3:53.40 43.87	400m: 5:01.01 32.59
8. Urbaska Karolina	92 AZS AWF Warszawa	<b>5:04.99</b>	626
50m: 32.69 32.69	150m: 1:49.37 38.47	250m: 3:10.83 43.47	350m: 4:30.85 35.54
100m: 1:10.90 38.21	200m: 2:27.36 37.99	300m: 3:55.31 44.48	400m: 5:04.99 34.14
9. Chwadczyk Zuzanna SSz	95 Lublinianka Lublin	<b>5:05.85</b>	621
50m: 31.32 31.32	150m: 1:47.31 39.11	250m: 3:09.43 43.53	350m: 4:30.25 36.22
100m: 1:08.20 36.88	200m: 2:25.90 38.59	300m: 3:54.03 44.60	400m: 5:05.85 35.60
10. Okaj Oliwia SWR	96 Isk Wrocław	<b>5:06.22</b>	619
50m: 32.82 32.82	150m: 1:50.76 39.52	250m: 3:11.48 43.08	350m: 4:31.67 36.32
100m: 1:11.24 38.42	200m: 2:28.40 37.64	300m: 3:55.35 43.87	400m: 5:06.22 34.55
11. Kasperk Katarzyna SSz	96 MKP Szczecin	<b>5:06.26</b>	619
50m: 32.63 32.63	150m: 1:50.11 39.31	250m: 3:13.32 45.46	350m: 4:33.32 35.06
100m: 1:10.80 38.17	200m: 2:27.86 37.75	300m: 3:58.26 44.94	400m: 5:06.26 32.94
12. Kwiatek Miriam	98 Gilus Gilowice	<b>5:08.46</b>	606
50m: 32.43 32.43	150m: 1:48.54 39.30	250m: 3:12.38 44.63	350m: 4:33.36 36.56
100m: 1:09.24 36.81	200m: 2:27.75 39.21	300m: 3:56.80 44.42	400m: 5:08.46 35.10
13. Mendyk Adrianna SO	98 Wodnik Radom	<b>5:09.34</b>	600
50m: 32.16 32.16	150m: 1:47.88 38.01	250m: 3:11.34 45.25	350m: 4:33.67 37.22
100m: 1:09.87 37.71	200m: 2:26.09 38.21	300m: 3:56.45 45.11	400m: 5:09.34 35.67
14. Szynal Ludwika	94 Skarpa Lublin	<b>5:09.50</b>	599
50m: 33.17 33.17	150m: 1:49.44 37.65	250m: 3:12.35 45.42	350m: 4:35.17 35.80
100m: 1:11.79 38.62	200m: 2:26.93 37.49	300m: 3:59.37 47.02	400m: 5:09.50 34.33
15. Iliwska Marta	97 CSiR MOS D browa Grn.	<b>5:11.64</b>	587
50m: 32.50 32.50	150m: 1:49.70 39.95	250m: 3:14.58 45.23	350m: 4:35.66 35.75
100m: 1:09.75 37.25	200m: 2:29.35 39.65	300m: 3:59.91 45.33	400m: 5:11.64 35.98
16. Pajk Liliana SO	99 Unia Owi cim	<b>5:12.65</b>	582
50m: 32.63 32.63	150m: 1:50.31 39.32	250m: 3:13.67 44.30	350m: 4:35.80 37.59
100m: 1:10.99 38.36	200m: 2:29.37 39.06	300m: 3:58.21 44.54	400m: 5:12.65 36.85
17. Prochownik Olimpia SO	99 Unia Owi cim	<b>5:13.84</b>	575
50m: 33.69 33.69	150m: 1:55.71 41.66	250m: 3:17.33 41.01	350m: 4:38.38 38.31
100m: 1:14.05 40.36	200m: 2:36.32 40.61	300m: 4:00.07 42.74	400m: 5:13.84 35.46



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



Konkurencja 24, Kobiety, 400m zmienny, 14 lat i starsi

Pozycja	Rok ur.	Czas	Pkt.
18. Mikołajczak Anna SSz	95 MKP Szczecin	<b>5:15.05</b>	568
50m: 32.51 32.51 150m: 1:51.71 41.62 250m: 3:18.45 45.60 350m: 4:40.76 36.54			
100m: 1:10.09 37.58 200m: 2:32.85 41.14 300m: 4:04.22 45.77 400m: 5:15.05 34.29			
19. Leszczy ska Klaudia Julia SO	99 Unia O wi cim	<b>5:16.37</b>	561
50m: 33.99 33.99 150m: 1:55.09 40.69 250m: 3:18.86 44.87 350m: 4:41.20 36.85			
100m: 1:14.40 40.41 200m: 2:33.99 38.90 300m: 4:04.35 45.49 400m: 5:16.37 35.17			
20. Smaga Anna	98 I sk Wrocław	<b>5:16.99</b>	558
50m: 33.20 33.20 150m: 1:52.57 39.36 250m: 3:17.02 45.45 350m: 4:41.03 37.19			
100m: 1:13.21 40.01 200m: 2:31.57 39.00 300m: 4:03.84 46.82 400m: 5:16.99 35.96			
21. Lewandowska Paulina SO	96 Unia O wi cim	<b>5:17.05</b>	558
50m: 35.50 35.50 150m: 1:58.61 42.03 250m: 3:24.45 45.55 350m: 4:44.24 34.46			
100m: 1:16.58 41.08 200m: 2:38.90 40.29 300m: 4:09.78 45.33 400m: 5:17.05 32.81			
22. Kubacka Magda	97 AZS AWF Katowice	<b>5:17.37</b>	556
50m: 33.55 33.55 150m: 1:52.51 40.88 250m: 3:17.94 45.55 350m: 4:41.17 37.34			
100m: 1:11.63 38.08 200m: 2:32.39 39.88 300m: 4:03.83 45.89 400m: 5:17.37 36.20			
23. Haspert Dorota SO	98 Unia O wi cim	<b>5:17.66</b>	554
50m: 35.01 35.01 150m: 1:54.84 39.39 250m: 3:20.42 45.94 350m: 4:43.23 36.76			
100m: 1:15.45 40.44 200m: 2:34.48 39.64 300m: 4:06.47 46.05 400m: 5:17.66 34.43			
24. Adamiec Dominika SO	99 Unia O wi cim	<b>5:19.23</b>	546
50m: 32.38 32.38 150m: 1:50.53 40.63 250m: 3:16.76 46.03 350m: 4:42.62 38.00			
100m: 1:09.90 37.52 200m: 2:30.73 40.20 300m: 4:04.62 47.86 400m: 5:19.23 36.61			
25. Bodalska Magdalena	97 Jagiellonka Warszawa	<b>5:21.01</b>	537
50m: 34.93 34.93 150m: 1:55.96 39.61 250m: 3:21.75 47.04 350m: 4:45.33 37.27			
100m: 1:16.35 41.42 200m: 2:34.71 38.75 300m: 4:08.06 46.31 400m: 5:21.01 35.68			
26. Czarnecka Wiktoria	99 Skarpa Lublin	<b>5:21.81</b>	533
50m: 32.84 32.84 150m: 1:53.68 42.02 250m: 3:20.50 46.46 350m: 4:45.71 37.85			
100m: 1:11.66 38.82 200m: 2:34.04 40.36 300m: 4:07.86 47.36 400m: 5:21.81 36.10			
27. Pawelec Natalia	98 Dziewi tka Kalisz	<b>5:22.38</b>	530
50m: 33.37 33.37 150m: 1:55.51 43.23 250m: 3:24.61 46.38 350m: 4:47.70 36.05			
100m: 1:12.28 38.91 200m: 2:38.23 42.72 300m: 4:11.65 47.04 400m: 5:22.38 34.68			
28. Bednarek Aleksandra	98 Jedyńska Łód	<b>5:25.76</b>	514
50m: 35.77 35.77 150m: 2:01.21 42.97 250m: 3:27.71 45.24 350m: 4:50.41 37.25			
100m: 1:18.24 42.47 200m: 2:42.47 41.26 300m: 4:13.16 45.45 400m: 5:25.76 35.35			
29. Kolber Roksana	98 Unia O wi cim	<b>5:26.48</b>	511
50m: 33.93 33.93 150m: 1:57.68 44.31 250m: 3:26.43 45.56 350m: 4:49.36 37.22			
100m: 1:13.37 39.44 200m: 2:40.87 43.19 300m: 4:12.14 45.71 400m: 5:26.48 37.12			
30. Bernat Gabriela	99 Skarpa Lublin	<b>5:33.74</b>	478
50m: 36.27 36.27 150m: 1:58.80 38.74 250m: 3:29.47 53.86 350m: 4:58.88 36.61			
100m: 1:20.06 43.79 200m: 2:35.61 36.81 300m: 4:22.27 52.80 400m: 5:33.74 34.86			
31. Sikora Adrianna	99 SMS Galicja Kraków	<b>5:34.32</b>	476
50m: 34.89 34.89 150m: 1:57.72 41.83 250m: 3:27.87 48.27 350m: 4:55.54 38.75			
100m: 1:15.89 41.00 200m: 2:39.60 41.88 300m: 4:16.79 48.92 400m: 5:34.32 38.78			
DYSKW. Ciszewska Sandra SO	97 Dziewi tka Kalisz	<b>5:19.74</b>	
<i>G8 - Uko czenie wy cigu nie w poło eniu na plecach (Czas: 9:25)</i>			
50m: 32.47 32.47 150m: 1:50.43 38.67 250m: 3:17.03 47.38 350m: 4:42.57 37.55			
100m: 1:11.76 39.29 200m: 2:29.65 39.22 300m: 4:05.02 47.99 400m: 5:19.74 37.17			