



ARENA GRAND PRIX Puchar Polski w pływaniu
Ostrowiec wi torzyski, 26-27.02.2022

Konkurencja 11
26.02.2022 - 10:41

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Minimum kwalifikacyjne Mistrzostwa wiata Seniorów Open: 4:07.90

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
Open			
1. POLA SKA Aleksandra	00	4:14.54	801
50m: 29.13 29.13	150m: 1:32.31 31.86	250m: 2:36.49 32.36	350m: 3:42.40 33.09
100m: 1:00.45 31.32	200m: 2:04.13 31.82	300m: 3:09.31 32.82	400m: 4:14.54 32.14
2. PIECHOTA Paulina	99	4:18.75	763
50m: 30.54 30.54	150m: 1:35.47 32.68	250m: 2:40.96 32.70	350m: 3:46.97 33.15
100m: 1:02.79 32.25	200m: 2:08.26 32.79	300m: 3:13.82 32.86	400m: 4:18.75 31.78
3. KNOP Aleksandra	03	4:19.16	759
50m: 30.91 30.91	150m: 1:36.02 32.37	250m: 2:41.89 32.74	350m: 3:47.99 33.20
100m: 1:03.65 32.74	200m: 2:09.15 33.13	300m: 3:14.79 32.90	400m: 4:19.16 31.17
4. MACIAK Julia	06	4:28.85	680
50m: 31.67 31.67	150m: 1:39.93 34.45	250m: 2:47.50 33.87	350m: 3:55.76 34.27
100m: 1:05.48 33.81	200m: 2:13.63 33.70	300m: 3:21.49 33.99	400m: 4:28.85 33.09
5. GU Wiktoria	04	4:30.38	668
50m: 31.34 31.34	150m: 1:38.36 33.88	250m: 2:47.15 34.70	350m: 3:57.05 35.31
100m: 1:04.48 33.14	200m: 2:12.45 34.09	300m: 3:21.74 34.59	400m: 4:30.38 33.33
6. BERNAT Laura	05	4:31.09	663
50m: 30.89 30.89	150m: 1:39.23 34.26	250m: 2:49.04 34.63	350m: 3:57.97 34.23
100m: 1:04.97 34.08	200m: 2:14.41 35.18	300m: 3:23.74 34.70	400m: 4:31.09 33.12
7. WILK Anna	06	4:32.23	655
50m: 31.23 31.23	150m: 1:40.05 34.45	250m: 2:49.60 34.59	350m: 3:59.11 34.19
100m: 1:05.60 34.37	200m: 2:15.01 34.96	300m: 3:24.92 35.32	400m: 4:32.23 33.12
8. KOSSOWSKA Julita	05	4:33.03	649
50m: 31.40 31.40	150m: 1:39.69 34.58	250m: 2:49.96 35.27	350m: 4:00.18 34.72
100m: 1:05.11 33.71	200m: 2:14.69 35.00	300m: 3:25.46 35.50	400m: 4:33.03 32.85
9. NOWAK Maja	03	4:33.47	646
50m: 31.57 31.57	150m: 1:40.35 34.54	250m: 2:50.21 34.97	350m: 3:59.32 34.41
100m: 1:05.81 34.24	200m: 2:15.24 34.89	300m: 3:24.91 34.70	400m: 4:33.47 34.15
10. KULIK Julia	05	4:34.08	642
50m: 31.64 31.64	150m: 1:39.26 33.65	250m: 2:48.00 34.00	350m: 3:59.66 35.92
100m: 1:05.61 33.97	200m: 2:14.00 34.74	300m: 3:23.74 35.74	400m: 4:34.08 34.42
11. LEWANDOWSKA Natalia	01	4:34.86	636
50m: 30.86 30.86	150m: 1:38.96 34.77	250m: 2:49.57 35.48	350m: 4:00.84 35.67
100m: 1:04.19 33.33	200m: 2:14.09 35.13	300m: 3:25.17 35.60	400m: 4:34.86 34.02
12. WIKTOROWICZ Patrycja	04	4:34.87	636
50m: 31.67 31.67	150m: 1:40.99 34.92	250m: 2:51.08 35.26	350m: 4:01.60 35.47
100m: 1:06.07 34.40	200m: 2:15.82 34.83	300m: 3:26.13 35.05	400m: 4:34.87 33.27
13. MIŁEK Alicja	06	4:35.51	632
50m: 31.99 31.99	150m: 1:41.27 34.59	250m: 2:50.95 34.84	350m: 4:01.27 35.12
100m: 1:06.68 34.69	200m: 2:16.11 34.84	300m: 3:26.15 35.20	400m: 4:35.51 34.24
14. MAKSYMOWICZ Nina	05	4:36.49	625
50m: 31.54 31.54	150m: 1:41.04 35.12	250m: 2:51.83 35.94	350m: 4:03.06 35.68
100m: 1:05.92 34.38	200m: 2:15.89 34.85	300m: 3:27.38 35.55	400m: 4:36.49 33.43
15. LECHOWSKA Magdalena	06	4:36.87	622
50m: 32.12 32.12	150m: 1:42.34 35.03	250m: 2:53.53 35.76	350m: 4:03.26 34.61
100m: 1:07.31 35.19	200m: 2:17.77 35.43	300m: 3:28.65 35.12	400m: 4:36.87 33.61
16. GÓRSKA Zofia	05	4:37.84	616
50m: 31.91 31.91	150m: 1:41.64 35.35	250m: 2:52.22 35.53	350m: 4:03.61 35.49
100m: 1:06.29 34.38	200m: 2:16.69 35.05	300m: 3:28.12 35.90	400m: 4:37.84 34.23



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Ostrowiec wi torzyski, 26-27.02.2022

Konkurencja 11, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.			
17.	JANISZEWSKA Natalia		06	WKS L SK Wrocław				4:37.87	616			
	50m:	32.57	32.57	150m:	1:42.16	35.15	250m:	2:52.78	35.42	350m:	4:04.13	35.42
	100m:	1:07.01	34.44	200m:	2:17.36	35.20	300m:	3:28.71	35.93	400m:	4:37.87	33.74
18.	SAMORAJ Oliwia		05	MKS Piaseczno				4:40.44	599			
	50m:	32.11	32.11	150m:	1:42.73	35.79	250m:	2:54.46	35.71	350m:	4:06.13	35.45
	100m:	1:06.94	34.83	200m:	2:18.75	36.02	300m:	3:30.68	36.22	400m:	4:40.44	34.31
19.	SZREDZI SKA Gabriela		04	UKP POLONIA Warszawa				4:40.64	598			
	50m:	31.76	31.76	150m:	1:42.33	35.76	250m:	2:53.32	35.23	350m:	4:05.49	36.32
	100m:	1:06.57	34.81	200m:	2:18.09	35.76	300m:	3:29.17	35.85	400m:	4:40.64	35.15
20.	WIDNICKA Kamila		06	MKS JUVENIA Wrocław				4:40.94	596			
	50m:	32.56	32.56	150m:	1:43.65	35.79	250m:	2:55.50	36.31	350m:	4:07.30	35.76
	100m:	1:07.86	35.30	200m:	2:19.19	35.54	300m:	3:31.54	36.04	400m:	4:40.94	33.64
21.	ZAGDA SKA Oliwia		05	MKS JUVENIA Wrocław				4:41.20	594			
	50m:	32.49	32.49	150m:	1:42.49	35.32	250m:	2:53.97	35.83	350m:	4:05.98	35.89
	100m:	1:07.17	34.68	200m:	2:18.14	35.65	300m:	3:30.09	36.12	400m:	4:41.20	35.22
22.	JACH Tamara		06	WKS L SK Wrocław				4:41.47	592			
	50m:	32.28	32.28	150m:	1:43.84	36.28	250m:	2:55.65	35.61	350m:	4:07.16	35.31
	100m:	1:07.56	35.28	200m:	2:20.04	36.20	300m:	3:31.85	36.20	400m:	4:41.47	34.31
23.	WRZESI SKA Wiktoria		04	UKS 190 Łódź				4:41.72	591			
	50m:	32.08	32.08	150m:	1:42.20	35.41	250m:	2:53.74	35.98	350m:	4:06.25	36.33
	100m:	1:06.79	34.71	200m:	2:17.76	35.56	300m:	3:29.92	36.18	400m:	4:41.72	35.47
24.	GANCARZ Julia		03	WKS L SK Wrocław				4:42.32	587			
	50m:	32.42	32.42	150m:	1:43.23	35.53	250m:	2:55.21	35.81	350m:	4:07.92	36.24
	100m:	1:07.70	35.28	200m:	2:19.40	36.17	300m:	3:31.68	36.47	400m:	4:42.32	34.40
25.	MAKSYMOWICZ Nadia		05	UKS G-8 Bielany Warszawa				4:43.57	579			
	50m:	31.93	31.93	150m:	1:43.25	35.91	250m:	2:55.74	36.00	350m:	4:08.59	36.18
	100m:	1:07.34	35.41	200m:	2:19.74	36.49	300m:	3:32.41	36.67	400m:	4:43.57	34.98
26.	NIKIEL Natalia		06	MKS Park Wodny Tarnowskie Góry				4:45.19	569			
	50m:	33.60	33.60	150m:	1:46.18	36.28	250m:	2:58.70	35.83	350m:	4:10.48	35.48
	100m:	1:09.90	36.30	200m:	2:22.87	36.69	300m:	3:35.00	36.30	400m:	4:45.19	34.71
27.	TRACZYK Anna		06	MKS JUVENIA Wrocław				4:45.32	569			
	50m:	32.36	32.36	150m:	1:44.10	36.65	250m:	2:57.78	37.13	350m:	4:10.42	36.48
	100m:	1:07.45	35.09	200m:	2:20.65	36.55	300m:	3:33.94	36.16	400m:	4:45.32	34.90
28.	FERSZT Kornelia		08	KS GÓRNIK Sosnowiec				4:47.70	555			
	50m:	34.37	34.37	150m:	1:48.60	36.87	250m:	3:01.04	35.99	350m:	4:13.04	35.89
	100m:	1:11.73	37.36	200m:	2:25.05	36.45	300m:	3:37.15	36.11	400m:	4:47.70	34.66
29.	GWAJ Julia		04	MUKS OLIMPIJCZYK Suwałki				4:47.75	554			
	50m:	31.08	31.08	150m:	1:41.61	35.43	250m:	2:54.97	36.62	350m:	4:09.55	37.43
	100m:	1:06.18	35.10	200m:	2:18.35	36.74	300m:	3:32.12	37.15	400m:	4:47.75	38.20
30.	SZAFRA SKA Malwina		06	KS KSZO Ostrowiec w.				4:48.60	550			
	50m:	32.47	32.47	150m:	1:44.84	36.69	250m:	2:58.97	37.35	350m:	4:13.41	36.99
	100m:	1:08.15	35.68	200m:	2:21.62	36.78	300m:	3:36.42	37.45	400m:	4:48.60	35.19
31.	TOMASZEWSKA Aleksandra		99	St. Lok. SALOS Cortile Kielce				4:49.63	544			
	50m:	32.70	32.70	150m:	1:44.44	36.24	250m:	2:58.59	37.21	350m:	4:13.09	37.26
	100m:	1:08.20	35.50	200m:	2:21.38	36.94	300m:	3:35.83	37.24	400m:	4:49.63	36.54
32.	PIEBIAK Nicola		08	UKP MANTA Jelcz-Laskowice				4:51.33	534			
	50m:	32.19	32.19	150m:	1:45.99	37.32	250m:	3:00.84	37.44	350m:	4:15.54	37.30
	100m:	1:08.67	36.48	200m:	2:23.40	37.41	300m:	3:38.24	37.40	400m:	4:51.33	35.79
33.	BISZEWSKA Gabriela		05	MUKS OLIMPIJCZYK Suwałki				4:53.31	523			
	50m:	32.54	32.54	150m:	1:44.62	36.55	250m:	2:59.53	37.52	350m:	4:15.87	38.28
	100m:	1:08.07	35.53	200m:	2:22.01	37.39	300m:	3:37.59	38.06	400m:	4:53.31	37.44



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Ostrowiec w torzyski, 26-27.02.2022

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Pozycja			Rok ur.						Czas	Pkt.		
34.	PINKOWICZ Alicja		04	UKP UNIA O	wi cim				4:54.33	518		
	50m:	33.39	33.39	150m:	1:48.95	38.43	250m:	3:06.00	38.67	350m:	4:20.29	36.45
	100m:	1:10.52	37.13	200m:	2:27.33	38.38	300m:	3:43.84	37.84	400m:	4:54.33	34.04
35.	ŁUKASIK Zuzanna		08	CSiR MOS w D	browie Górnicej				4:55.64	511		
	50m:	33.24	33.24	150m:	1:47.19	37.39	250m:	3:01.99	38.02	350m:	4:18.57	38.49
	100m:	1:09.80	36.56	200m:	2:23.97	36.78	300m:	3:40.08	38.09	400m:	4:55.64	37.07
36.	CICH Kinga		07	RWKS SPARTA	Biłgoraj				4:55.71	511		
	50m:	33.04	33.04	150m:	1:46.53	37.30	250m:	3:02.41	37.72	350m:	4:19.13	38.35
	100m:	1:09.23	36.19	200m:	2:24.69	38.16	300m:	3:40.78	38.37	400m:	4:55.71	36.58
37.	WÓJCIK Zuzanna		07	MUKP Korona-Swim	Kielce				4:57.24	503		
	50m:	33.54	33.54	150m:	1:48.39	37.77	250m:	3:04.90	38.23	350m:	4:20.68	37.86
	100m:	1:10.62	37.08	200m:	2:26.67	38.28	300m:	3:42.82	37.92	400m:	4:57.24	36.56
38.	WILGOSZ Maria		05	UKP MANTA	Jelcz-Laskowice				4:57.56	501		
	50m:	33.39	33.39	150m:	1:48.14	38.05	250m:	3:04.78	37.93	350m:	4:21.29	38.46
	100m:	1:10.09	36.70	200m:	2:26.85	38.71	300m:	3:42.83	38.05	400m:	4:57.56	36.27
39.	TRZEBI SKA Magdalena		07	UKS PINGWINY	Warszawa				5:04.09	470		
	50m:	34.02	34.02	150m:	1:49.89	37.98	250m:	3:07.59	39.26	350m:	4:26.98	39.33
	100m:	1:11.91	37.89	200m:	2:28.33	38.44	300m:	3:47.65	40.06	400m:	5:04.09	37.11
40.	DANILEWICZ Julia		07	KS OLIMPIA	Lublin				5:04.74	467		
	50m:	35.05	35.05	150m:	1:52.21	38.88	250m:	3:10.21	39.03	350m:	4:28.26	38.77
	100m:	1:13.33	38.28	200m:	2:31.18	38.97	300m:	3:49.49	39.28	400m:	5:04.74	36.48
41.	MACIOSZEK Maria		06	UKS MANTA	Warszawa Włochy				5:06.61	458		
	50m:	33.36	33.36	150m:	1:51.02	39.25	250m:	3:10.23	39.51	350m:	4:29.57	39.36
	100m:	1:11.77	38.41	200m:	2:30.72	39.70	300m:	3:50.21	39.98	400m:	5:06.61	37.04
42.	PABISIAK Helena		05	UKP POLONIA	Warszawa				5:10.31	442		
	50m:	34.17	34.17	150m:	1:51.69	39.49	250m:	3:11.18	39.19	350m:	4:31.17	40.37
	100m:	1:12.20	38.03	200m:	2:31.99	40.30	300m:	3:50.80	39.62	400m:	5:10.31	39.14
43.	BOROWSKA Wiktoria		08	UKS PI TKA	Konstantynów Łódzki				5:13.00	431		
	50m:	35.53	35.53	150m:	1:54.02	39.09	250m:	3:13.68	40.23	350m:	4:34.37	39.81
	100m:	1:14.93	39.40	200m:	2:33.45	39.43	300m:	3:54.56	40.88	400m:	5:13.00	38.63
44.	HABARTA Larysa		08	UKS AQUATICA	Pawłowice				5:16.16	418		
	50m:	35.18	35.18	150m:	1:55.86	40.94	250m:	3:17.68	41.40	350m:	4:37.92	39.35
	100m:	1:14.92	39.74	200m:	2:36.28	40.42	300m:	3:58.57	40.89	400m:	5:16.16	38.24
45.	UCHOWSKA Antonina		07	SWIMLAND	Olsztyn				5:17.43	413		
	50m:	35.34	35.34	150m:	1:54.01	39.78	250m:	3:16.13	41.38	350m:	4:37.68	40.86
	100m:	1:14.23	38.89	200m:	2:34.75	40.74	300m:	3:56.82	40.69	400m:	5:17.43	39.75
46.	DORO Y SKA Zuzanna		08	MTKP DELFIN	Toru				5:20.00	403		
	50m:	37.71	37.71	150m:	2:01.09	42.38	250m:	3:22.72	40.50	350m:	4:41.53	38.83
	100m:	1:18.71	41.00	200m:	2:42.22	41.13	300m:	4:02.70	39.98	400m:	5:20.00	38.47
47.	BRZYSKA Jagoda		06	MKS Park Wodny	Tarnowskie Góry				5:21.29	398		
	50m:	36.74	36.74	150m:	1:58.39	40.95	250m:	3:20.51	41.25	350m:	4:42.35	40.44
	100m:	1:17.44	40.70	200m:	2:39.26	40.87	300m:	4:01.91	41.40	400m:	5:21.29	38.94
48.	ODWA NA Aleksandra		06	MTKP DELFIN	Toru				5:21.79	396		
	50m:	35.56	35.56	150m:	1:54.93	40.29	250m:	3:18.39	42.41	350m:	4:41.56	41.50
	100m:	1:14.64	39.08	200m:	2:35.98	41.05	300m:	4:00.06	41.67	400m:	5:21.79	40.23
49.	SŁABIK Nadia		08	KS Swim2Win	Krosno				5:31.24	363		
	50m:	37.66	37.66	150m:	2:00.94	42.21	250m:	3:25.97	42.67	350m:	4:50.28	42.08
	100m:	1:18.73	41.07	200m:	2:43.30	42.36	300m:	4:08.20	42.23	400m:	5:31.24	40.96
50.	CISZYK Hanna		08	UKS PI TKA	Konstantynów Łódzki				5:36.55	346		
	50m:	35.81	35.81	150m:	2:00.07	42.79	250m:	3:27.20	43.56	350m:	4:55.02	43.81
	100m:	1:17.28	41.47	200m:	2:43.64	43.57	300m:	4:11.21	44.01	400m:	5:36.55	41.53



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Ostrowiec wi torzyski, 26-27.02.2022

Konkurencja 11, Kobiet, 400m dowolny, Open

Pozycja		Rok ur.						Czas	Pkt.
51.	KONIECZNA Antonina	08	UKS OMEGA Olkusz					5:38.89	339
	50m: 37.77 37.77	150m: 2:02.58	43.72	250m: 3:29.51	43.61	350m: 4:56.15		42.44	
	100m: 1:18.86 41.09	200m: 2:45.90	43.32	300m: 4:13.71	44.20	400m: 5:38.89		42.74	
52.	CZAPCZY SKA Zofia	08	KS FALA Niepołomice					5:50.55	306
	50m: 36.58 36.58	150m: 2:04.06	45.16	250m: 3:34.77	46.26	350m: 5:06.54		45.84	
	100m: 1:18.90 42.32	200m: 2:48.51	44.45	300m: 4:20.70	45.93	400m: 5:50.55		44.01	
53.	WILCZY SKA Martyna	08	KS FALA Niepołomice					6:02.62	277
	50m: 40.23 40.23	150m: 2:11.27	47.05	250m: 3:45.28	47.87	350m: 5:20.26		47.41	
	100m: 1:24.22 43.99	200m: 2:57.41	46.14	300m: 4:32.85	47.57	400m: 6:02.62		42.36	

14 lat

1.	FERSZT Kornelia	08	KS GÓRNIK Sosnowiec					4:47.70	555
	50m: 34.37 34.37	150m: 1:48.60	36.87	250m: 3:01.04	35.99	350m: 4:13.04		35.89	
	100m: 1:11.73 37.36	200m: 2:25.05	36.45	300m: 3:37.15	36.11	400m: 4:47.70		34.66	
2.	PIEBIAK Nicola	08	UKP MANTA Jelcz-Laskowice					4:51.33	534
	50m: 32.19 32.19	150m: 1:45.99	37.32	250m: 3:00.84	37.44	350m: 4:15.54		37.30	
	100m: 1:08.67 36.48	200m: 2:23.40	37.41	300m: 3:38.24	37.40	400m: 4:51.33		35.79	
3.	ŁUKASIK Zuzanna	08	CSiR MOS w D browie Górnicy					4:55.64	511
	50m: 33.24 33.24	150m: 1:47.19	37.39	250m: 3:01.99	38.02	350m: 4:18.57		38.49	
	100m: 1:09.80 36.56	200m: 2:23.97	36.78	300m: 3:40.08	38.09	400m: 4:55.64		37.07	
4.	BOROWSKA Wiktoria	08	UKS PI TKA Konstantinów Łódzki					5:13.00	431
	50m: 35.53 35.53	150m: 1:54.02	39.09	250m: 3:13.68	40.23	350m: 4:34.37		39.81	
	100m: 1:14.93 39.40	200m: 2:33.45	39.43	300m: 3:54.56	40.88	400m: 5:13.00		38.63	
5.	HABARTA Larysa	08	UKS AQUATICA Pawłowice					5:16.16	418
	50m: 35.18 35.18	150m: 1:55.86	40.94	250m: 3:17.68	41.40	350m: 4:37.92		39.35	
	100m: 1:14.92 39.74	200m: 2:36.28	40.42	300m: 3:58.57	40.89	400m: 5:16.16		38.24	
6.	DORO Y SKA Zuzanna	08	MTKP DELFIN Toru					5:20.00	403
	50m: 37.71 37.71	150m: 2:01.09	42.38	250m: 3:22.72	40.50	350m: 4:41.53		38.83	
	100m: 1:18.71 41.00	200m: 2:42.22	41.13	300m: 4:02.70	39.98	400m: 5:20.00		38.47	
7.	SŁABIK Nadia	08	KS Swim2Win Krosno					5:31.24	363
	50m: 37.66 37.66	150m: 2:00.94	42.21	250m: 3:25.97	42.67	350m: 4:50.28		42.08	
	100m: 1:18.73 41.07	200m: 2:43.30	42.36	300m: 4:08.20	42.23	400m: 5:31.24		40.96	
8.	CISZYK Hanna	08	UKS PI TKA Konstantinów Łódzki					5:36.55	346
	50m: 35.81 35.81	150m: 2:00.07	42.79	250m: 3:27.20	43.56	350m: 4:55.02		43.81	
	100m: 1:17.28 41.47	200m: 2:43.64	43.57	300m: 4:11.21	44.01	400m: 5:36.55		41.53	
9.	KONIECZNA Antonina	08	UKS OMEGA Olkusz					5:38.89	339
	50m: 37.77 37.77	150m: 2:02.58	43.72	250m: 3:29.51	43.61	350m: 4:56.15		42.44	
	100m: 1:18.86 41.09	200m: 2:45.90	43.32	300m: 4:13.71	44.20	400m: 5:38.89		42.74	
10.	CZAPCZY SKA Zofia	08	KS FALA Niepołomice					5:50.55	306
	50m: 36.58 36.58	150m: 2:04.06	45.16	250m: 3:34.77	46.26	350m: 5:06.54		45.84	
	100m: 1:18.90 42.32	200m: 2:48.51	44.45	300m: 4:20.70	45.93	400m: 5:50.55		44.01	
11.	WILCZY SKA Martyna	08	KS FALA Niepołomice					6:02.62	277
	50m: 40.23 40.23	150m: 2:11.27	47.05	250m: 3:45.28	47.87	350m: 5:20.26		47.41	
	100m: 1:24.22 43.99	200m: 2:57.41	46.14	300m: 4:32.85	47.57	400m: 6:02.62		42.36	

15 lat

1.	CICH Kinga	07	RWKS SPARTA Biłgoraj					4:55.71	511
	50m: 33.04 33.04	150m: 1:46.53	37.30	250m: 3:02.41	37.72	350m: 4:19.13		38.35	
	100m: 1:09.23 36.19	200m: 2:24.69	38.16	300m: 3:40.78	38.37	400m: 4:55.71		36.58	
2.	WÓJCIK Zuzanna	07	MUKP Korona-Swim Kielce					4:57.24	503
	50m: 33.54 33.54	150m: 1:48.39	37.77	250m: 3:04.90	38.23	350m: 4:20.68		37.86	
	100m: 1:10.62 37.08	200m: 2:26.67	38.28	300m: 3:42.82	37.92	400m: 4:57.24		36.56	



ARENA GRAND PRIX Puchar Polski w pływaniu
Ostrowiec w torzyski, 26-27.02.2022

Konkurencja 11, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	TRZEBI	SKA Magdalena	07	UKS PINGWINY	Warszawa			5:04.09	470
	50m:	34.02 34.02	150m:	1:49.89 37.98	250m:	3:07.59 39.26	350m:	4:26.98 39.33	
	100m:	1:11.91 37.89	200m:	2:28.33 38.44	300m:	3:47.65 40.06	400m:	5:04.09 37.11	
4.	DANILEWICZ	Julia	07	KS OLIMPIA	Lublin			5:04.74	467
	50m:	35.05 35.05	150m:	1:52.21 38.88	250m:	3:10.21 39.03	350m:	4:28.26 38.77	
	100m:	1:13.33 38.28	200m:	2:31.18 38.97	300m:	3:49.49 39.28	400m:	5:04.74 36.48	
5.	UCHOWSKA	Antonina	07	SWIMLAND	Olsztyn			5:17.43	413
	50m:	35.34 35.34	150m:	1:54.01 39.78	250m:	3:16.13 41.38	350m:	4:37.68 40.86	
	100m:	1:14.23 38.89	200m:	2:34.75 40.74	300m:	3:56.82 40.69	400m:	5:17.43 39.75	

16 lat

1.	MACIAK	Julia	06	IUKS MUSZELKA	Warszawa			4:28.85	680
	50m:	31.67 31.67	150m:	1:39.93 34.45	250m:	2:47.50 33.87	350m:	3:55.76 34.27	
	100m:	1:05.48 33.81	200m:	2:13.63 33.70	300m:	3:21.49 33.99	400m:	4:28.85 33.09	
2.	WILK	Anna	06	UKP FALA	Kra nik			4:32.23	655
	50m:	31.23 31.23	150m:	1:40.05 34.45	250m:	2:49.60 34.59	350m:	3:59.11 34.19	
	100m:	1:05.60 34.37	200m:	2:15.01 34.96	300m:	3:24.92 35.32	400m:	4:32.23 33.12	
3.	MILEK	Alicja	06	MKS JEDYNKA	Łódź			4:35.51	632
	50m:	31.99 31.99	150m:	1:41.27 34.59	250m:	2:50.95 34.84	350m:	4:01.27 35.12	
	100m:	1:06.68 34.69	200m:	2:16.11 34.84	300m:	3:26.15 35.20	400m:	4:35.51 34.24	
4.	LECHOWSKA	Magdalena	06	WKS L SK	Wrocław			4:36.87	622
	50m:	32.12 32.12	150m:	1:42.34 35.03	250m:	2:53.53 35.76	350m:	4:03.26 34.61	
	100m:	1:07.31 35.19	200m:	2:17.77 35.43	300m:	3:28.65 35.12	400m:	4:36.87 33.61	
5.	JANISZEWSKA	Natalia	06	WKS L SK	Wrocław			4:37.87	616
	50m:	32.57 32.57	150m:	1:42.16 35.15	250m:	2:52.78 35.42	350m:	4:04.13 35.42	
	100m:	1:07.01 34.44	200m:	2:17.36 35.20	300m:	3:28.71 35.93	400m:	4:37.87 33.74	
6.	WIDNICKA	Kamila	06	MKS JUVENIA	Wrocław			4:40.94	596
	50m:	32.56 32.56	150m:	1:43.65 35.79	250m:	2:55.50 36.31	350m:	4:07.30 35.76	
	100m:	1:07.86 35.30	200m:	2:19.19 35.54	300m:	3:31.54 36.04	400m:	4:40.94 33.64	
7.	JACH	Tamara	06	WKS L SK	Wrocław			4:41.47	592
	50m:	32.28 32.28	150m:	1:43.84 36.28	250m:	2:55.65 35.61	350m:	4:07.16 35.31	
	100m:	1:07.56 35.28	200m:	2:20.04 36.20	300m:	3:31.85 36.20	400m:	4:41.47 34.31	
8.	NIKIEL	Natalia	06	MKS Park Wodny	Tarnowskie Góry			4:45.19	569
	50m:	33.60 33.60	150m:	1:46.18 36.28	250m:	2:58.70 35.83	350m:	4:10.48 35.48	
	100m:	1:09.90 36.30	200m:	2:22.87 36.69	300m:	3:35.00 36.30	400m:	4:45.19 34.71	
9.	TRACZYK	Anna	06	MKS JUVENIA	Wrocław			4:45.32	569
	50m:	32.36 32.36	150m:	1:44.10 36.65	250m:	2:57.78 37.13	350m:	4:10.42 36.48	
	100m:	1:07.45 35.09	200m:	2:20.65 36.55	300m:	3:33.94 36.16	400m:	4:45.32 34.90	
10.	SZAFRA	SKA Malwina	06	KS KSZO	Ostrowiec w.			4:48.60	550
	50m:	32.47 32.47	150m:	1:44.84 36.69	250m:	2:58.97 37.35	350m:	4:13.41 36.99	
	100m:	1:08.15 35.68	200m:	2:21.62 36.78	300m:	3:36.42 37.45	400m:	4:48.60 35.19	
11.	MACIOSZEK	Maria	06	UKS MANTA	Warszawa Włochy			5:06.61	458
	50m:	33.36 33.36	150m:	1:51.02 39.25	250m:	3:10.23 39.51	350m:	4:29.57 39.36	
	100m:	1:11.77 38.41	200m:	2:30.72 39.70	300m:	3:50.21 39.98	400m:	5:06.61 37.04	
12.	BRZYSKA	Jagoda	06	MKS Park Wodny	Tarnowskie Góry			5:21.29	398
	50m:	36.74 36.74	150m:	1:58.39 40.95	250m:	3:20.51 41.25	350m:	4:42.35 40.44	
	100m:	1:17.44 40.70	200m:	2:39.26 40.87	300m:	4:01.91 41.40	400m:	5:21.29 38.94	
13.	ODWA NA	Aleksandra	06	MTKP DELFIN	Toru			5:21.79	396
	50m:	35.56 35.56	150m:	1:54.93 40.29	250m:	3:18.39 42.41	350m:	4:41.56 41.50	
	100m:	1:14.64 39.08	200m:	2:35.98 41.05	300m:	4:00.06 41.67	400m:	5:21.79 40.23	



ARENA GRAND PRIX Puchar Polski w pływaniu
Ostrowiec w torzyski, 26-27.02.2022

Konkurencja 11, Kobiet, 400m dowolny

17 - 18 lat

1. GU Wiktoria	04	UKS DELFIN Piotrków Trybunalski	4:30.38	668
50m: 31.34 31.34	150m: 1:38.36 33.88	250m: 2:47.15 34.70	350m: 3:57.05 35.31	
100m: 1:04.48 33.14	200m: 2:12.45 34.09	300m: 3:21.74 34.59	400m: 4:30.38 33.33	
2. BERNAT Laura	05	KU AZS UMCS Lublin	4:31.09	663
50m: 30.89 30.89	150m: 1:39.23 34.26	250m: 2:49.04 34.63	350m: 3:57.97 34.23	
100m: 1:04.97 34.08	200m: 2:14.41 35.18	300m: 3:23.74 34.70	400m: 4:31.09 33.12	
3. KOSSOWSKA Julita	05	UKS 190 Łódź	4:33.03	649
50m: 31.40 31.40	150m: 1:39.69 34.58	250m: 2:49.96 35.27	350m: 4:00.18 34.72	
100m: 1:05.11 33.71	200m: 2:14.69 35.00	300m: 3:25.46 35.50	400m: 4:33.03 32.85	
4. KULIK Julia	05	UKS GOS Raszyn	4:34.08	642
50m: 31.64 31.64	150m: 1:39.26 33.65	250m: 2:48.00 34.00	350m: 3:59.66 35.92	
100m: 1:05.61 33.97	200m: 2:14.00 34.74	300m: 3:23.74 35.74	400m: 4:34.08 34.42	
5. WIKTOROWICZ Patrycja	04	MKS SMS Victoria Racibórz	4:34.87	636
50m: 31.67 31.67	150m: 1:40.99 34.92	250m: 2:51.08 35.26	350m: 4:01.60 35.47	
100m: 1:06.07 34.40	200m: 2:15.82 34.83	300m: 3:26.13 35.05	400m: 4:34.87 33.27	
6. MAKSYMOWICZ Nina	05	UKS G-8 Bielany Warszawa	4:36.49	625
50m: 31.54 31.54	150m: 1:41.04 35.12	250m: 2:51.83 35.94	350m: 4:03.06 35.68	
100m: 1:05.92 34.38	200m: 2:15.89 34.85	300m: 3:27.38 35.55	400m: 4:36.49 33.43	
7. GÓRSKA Zofia	05	UKP POLONIA Warszawa	4:37.84	616
50m: 31.91 31.91	150m: 1:41.64 35.35	250m: 2:52.22 35.53	350m: 4:03.61 35.49	
100m: 1:06.29 34.38	200m: 2:16.69 35.05	300m: 3:28.12 35.90	400m: 4:37.84 34.23	
8. SAMORAJ Oliwia	05	MKS Piaseczno	4:40.44	599
50m: 32.11 32.11	150m: 1:42.73 35.79	250m: 2:54.46 35.71	350m: 4:06.13 35.45	
100m: 1:06.94 34.83	200m: 2:18.75 36.02	300m: 3:30.68 36.22	400m: 4:40.44 34.31	
9. SZREDZI SKA Gabriela	04	UKP POLONIA Warszawa	4:40.64	598
50m: 31.76 31.76	150m: 1:42.33 35.76	250m: 2:53.32 35.23	350m: 4:05.49 36.32	
100m: 1:06.57 34.81	200m: 2:18.09 35.76	300m: 3:29.17 35.85	400m: 4:40.64 35.15	
10. ZAGDA SKA Oliwia	05	MKS JUVENIA Wrocław	4:41.20	594
50m: 32.49 32.49	150m: 1:42.49 35.32	250m: 2:53.97 35.83	350m: 4:05.98 35.89	
100m: 1:07.17 34.68	200m: 2:18.14 35.65	300m: 3:30.09 36.12	400m: 4:41.20 35.22	
11. WRZESI SKA Wiktoria	04	UKS 190 Łódź	4:41.72	591
50m: 32.08 32.08	150m: 1:42.20 35.41	250m: 2:53.74 35.98	350m: 4:06.25 36.33	
100m: 1:06.79 34.71	200m: 2:17.76 35.56	300m: 3:29.92 36.18	400m: 4:41.72 35.47	
12. MAKSYMOWICZ Nadia	05	UKS G-8 Bielany Warszawa	4:43.57	579
50m: 31.93 31.93	150m: 1:43.25 35.91	250m: 2:55.74 36.00	350m: 4:08.59 36.18	
100m: 1:07.34 35.41	200m: 2:19.74 36.49	300m: 3:32.41 36.67	400m: 4:43.57 34.98	
13. GWAJ Julia	04	MUKS OLIMPIJCZYK Suwałki	4:47.75	554
50m: 31.08 31.08	150m: 1:41.61 35.43	250m: 2:54.97 36.62	350m: 4:09.55 37.43	
100m: 1:06.18 35.10	200m: 2:18.35 36.74	300m: 3:32.12 37.15	400m: 4:47.75 38.20	
14. BISZEWSKA Gabriela	05	MUKS OLIMPIJCZYK Suwałki	4:53.31	523
50m: 32.54 32.54	150m: 1:44.62 36.55	250m: 2:59.53 37.52	350m: 4:15.87 38.28	
100m: 1:08.07 35.53	200m: 2:22.01 37.39	300m: 3:37.59 38.06	400m: 4:53.31 37.44	
15. PINKOWICZ Alicja	04	UKP UNIA O wi cim	4:54.33	518
50m: 33.39 33.39	150m: 1:48.95 38.43	250m: 3:06.00 38.67	350m: 4:20.29 36.45	
100m: 1:10.52 37.13	200m: 2:27.33 38.38	300m: 3:43.84 37.84	400m: 4:54.33 34.04	
16. WILGOSZ Maria	05	UKP MANTA Jelcz-Laskowice	4:57.56	501
50m: 33.39 33.39	150m: 1:48.14 38.05	250m: 3:04.78 37.93	350m: 4:21.29 38.46	
100m: 1:10.09 36.70	200m: 2:26.85 38.71	300m: 3:42.83 38.05	400m: 4:57.56 36.27	
17. PABISIAK Helena	05	UKP POLONIA Warszawa	5:10.31	442
50m: 34.17 34.17	150m: 1:51.69 39.49	250m: 3:11.18 39.19	350m: 4:31.17 40.37	
100m: 1:12.20 38.03	200m: 2:31.99 40.30	300m: 3:50.80 39.62	400m: 5:10.31 39.14	