

ARENA Grand Prix Puchar Polski o Puchar Rektora Politechniki Łódzkiej  
Łód , 22-23.10.2022Konkurencja 12  
2022-10-22 - 17:00

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Rekord Polski 4:31.89 BARANOWSKA Katarzyna POL Debrecen (HUN) 2007-12-16

Min. indywidualne na M (25m) Melbourne 2022 Open: 4:32.68

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.
<b>14 lat i starsi</b>			
1. FAMUŁOK Zuzanna	03 AZS AWF Katowice	<b>4:43.88</b>	758
50m: 30.45 30.45	150m: 1:41.86 37.09 250m: 2:58.08 40.23	350m: 4:12.34 33.84	
100m: 1:04.77 34.32	200m: 2:17.85 35.99 300m: 3:38.50 40.42	400m: 4:43.88 31.54	
2. POZNA SKA Justyna	05 MKS JEDYNKA Łód	<b>4:45.55</b>	745
50m: 30.70 30.70	150m: 1:41.48 35.95 250m: 2:58.07 41.41	350m: 4:13.17 33.48	
100m: 1:05.53 34.83	200m: 2:16.66 35.18 300m: 3:39.69 41.62	400m: 4:45.55 32.38	
3. PIECHOTA Paulina	99 UKS 190 Łód	<b>4:47.83</b>	728
50m: 31.91 31.91	150m: 1:44.66 37.67 250m: 3:02.91 41.23	350m: 4:17.11 32.50	
100m: 1:06.99 35.08	200m: 2:21.68 37.02 300m: 3:44.61 41.70	400m: 4:47.83 30.72	
4. PIEKARSKA Natalia	06 UKS 190 Łód	<b>4:48.60</b>	722
50m: 31.19 31.19	150m: 1:43.32 37.14 250m: 3:02.30 42.58	350m: 4:16.78 33.03	
100m: 1:06.18 34.99	200m: 2:19.72 36.40 300m: 3:43.75 41.45	400m: 4:48.60 31.82	
5. KOWALSKA Klara	05 KU AZS UMCS Lublin	<b>4:53.27</b>	688
50m: 29.82 29.82	150m: 1:41.09 37.47 250m: 3:01.63 44.11	350m: 4:20.27 33.92	
100m: 1:03.62 33.80	200m: 2:17.52 36.43 300m: 3:46.35 44.72	400m: 4:53.27 33.00	
6. SMURZY SKA Julia	06 UKS SMS Galicja Kraków	<b>4:55.01</b>	676
50m: 31.53 31.53	150m: 1:44.79 36.34 250m: 3:03.61 42.91	350m: 4:21.09 34.73	
100m: 1:08.45 36.92	200m: 2:20.70 35.91 300m: 3:46.36 42.75	400m: 4:55.01 33.92	
7. KAMI SKA Anna	03 AZS AWF Warszawa	<b>4:56.23</b>	667
50m: 31.34 31.34	150m: 1:46.41 38.94 250m: 3:06.55 42.88	350m: 4:24.15 35.01	
100m: 1:07.47 36.13	200m: 2:23.67 37.26 300m: 3:49.14 42.59	400m: 4:56.23 32.08	
8. PRZYBYLSKA Oliwia	07 KU AZS UMCS Lublin	<b>4:56.95</b>	663
50m: 31.80 31.80	150m: 1:46.83 38.34 250m: 3:05.64 41.10	350m: 4:22.75 35.47	
100m: 1:08.49 36.69	200m: 2:24.54 37.71 300m: 3:47.28 41.64	400m: 4:56.95 34.20	
9. TRACZYK Anna	06 MKS JUVENIA Wrocław	<b>4:59.13</b>	648
50m: 31.51 31.51	150m: 1:46.35 37.88 250m: 3:06.69 43.66	350m: 4:26.26 34.94	
100m: 1:08.47 36.96	200m: 2:23.03 36.68 300m: 3:51.32 44.63	400m: 4:59.13 32.87	
10. MACIAK Julia	06 IUKS MUSZELKA Warszawa	<b>5:01.21</b>	635
50m: 31.77 31.77	150m: 1:46.16 37.67 250m: 3:09.30 46.99	350m: 4:29.53 33.34	
100m: 1:08.49 36.72	200m: 2:22.31 36.15 300m: 3:56.19 46.89	400m: 5:01.21 31.68	
11. KO CIELNIAK Aleksandra	02 UKS SHARK Rudna	<b>5:01.35</b>	634
50m: 31.54 31.54	150m: 1:46.53 36.32 250m: 3:06.80 43.84	350m: 4:27.25 35.46	
100m: 1:10.21 38.67	200m: 2:22.96 36.43 300m: 3:51.79 44.99	400m: 5:01.35 34.10	
12. LECHOWSKA Magdalena	06 WKS L SK Wrocław	<b>5:01.55</b>	633
50m: 32.92 32.92	150m: 1:48.24 38.57 250m: 3:09.37 42.66	350m: 4:27.63 35.25	
100m: 1:09.67 36.75	200m: 2:26.71 38.47 300m: 3:52.38 43.01	400m: 5:01.55 33.92	
13. S DŁAK Alicja	05 MKS JEDYNKA Łód	<b>5:02.05</b>	630
50m: 33.24 33.24	150m: 1:50.35 38.76 250m: 3:11.98 42.48	350m: 4:29.52 34.76	
100m: 1:11.59 38.35	200m: 2:29.50 39.15 300m: 3:54.76 42.78	400m: 5:02.05 32.53	
14. SŁABOSZ Emilia	05 MOSM Tychy	<b>5:02.09</b>	629
50m: 32.24 32.24	150m: 1:47.64 38.90 250m: 3:10.29 44.38	350m: 4:29.91 35.07	
100m: 1:08.74 36.50	200m: 2:25.91 38.27 300m: 3:54.84 44.55	400m: 5:02.09 32.18	
15. WRZESI SKA Wiktoria	04 UKS 190 Łód	<b>5:03.87</b>	618
50m: 32.51 32.51	150m: 1:50.14 41.47 250m: 3:12.49 42.77	350m: 4:30.99 34.44	
100m: 1:08.67 36.16	200m: 2:29.72 39.58 300m: 3:56.55 44.06	400m: 5:03.87 32.88	

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Łódź, 22-23.10.2022

## Konkurencja 12, Kobiety, 400m zmienny, 14 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.	
16.	POPPE Marta				07	KU AZS UMCS Lublin				<b>5:04.86</b>	612	
	50m:	32.77	32.77	150m:	1:50.29	40.10	250m:	3:13.00	43.82	350m:	4:32.53	34.62
	100m:	1:10.19	37.42	200m:	2:29.18	38.89	300m:	3:57.91	44.91	400m:	5:04.86	32.33
17.	SULAK Antonina				06	UKS Pi tka Konstantynów Łódzki				<b>5:06.02</b>	605	
	50m:	32.88	32.88	150m:	1:48.89	38.14	250m:	3:10.58	43.28	350m:	4:30.11	36.43
	100m:	1:10.75	37.87	200m:	2:27.30	38.41	300m:	3:53.68	43.10	400m:	5:06.02	35.91
18.	JUDA Aleksandra				06	UKP UNIA O wi cim				<b>5:06.05</b>	605	
	50m:	32.56	32.56	150m:	1:48.45	39.30	250m:	3:10.28	43.14	350m:	4:30.72	36.97
	100m:	1:09.15	36.59	200m:	2:27.14	38.69	300m:	3:53.75	43.47	400m:	5:06.05	35.33
19.	LUBI SKA Alicja				05	MKS JEDYNKA Łódź				<b>5:06.08</b>	605	
	50m:	31.78	31.78	150m:	1:47.66	39.46	250m:	3:08.26	42.57	350m:	4:29.84	37.88
	100m:	1:08.20	36.42	200m:	2:25.69	38.03	300m:	3:51.96	43.70	400m:	5:06.08	36.24
20.	RODZIEWICZ Alicja				08	UKS NAWA Skierniewice				<b>5:07.36</b>	597	
	50m:	31.93	31.93	150m:	1:48.83	38.92	250m:	3:12.11	45.50	350m:	4:32.57	34.91
	100m:	1:09.91	37.98	200m:	2:26.61	37.78	300m:	3:57.66	45.55	400m:	5:07.36	34.79
21.	TEODOROWICZ Michalina				07	UKS SMS Galicja Kraków				<b>5:11.38</b>	575	
	50m:	31.83	31.83	150m:	1:47.45	39.16	250m:	3:13.97	46.96	350m:	4:36.31	36.12
	100m:	1:08.29	36.46	200m:	2:27.01	39.56	300m:	4:00.19	46.22	400m:	5:11.38	35.07
22.	NIKIEL Natalia				06	MKS Park Wodny Tarnowskie Góry				<b>5:12.58</b>	568	
	50m:	34.00	34.00	150m:	1:52.48	40.06	250m:	3:15.53	44.59	350m:	4:37.00	36.90
	100m:	1:12.42	38.42	200m:	2:30.94	38.46	300m:	4:00.10	44.57	400m:	5:12.58	35.58
23.	TADKO Wiktoria				05	MKS SMS Victoria Racibórz				<b>5:12.63</b>	568	
	50m:	34.33	34.33	150m:	1:53.99	40.51	250m:	3:18.34	44.84	350m:	4:39.29	35.77
	100m:	1:13.48	39.15	200m:	2:33.50	39.51	300m:	4:03.52	45.18	400m:	5:12.63	33.34
24.	MIKUŁA Natalia				06	UKS 190 Łódź				<b>5:12.97</b>	566	
	50m:	34.06	34.06	150m:	1:53.93	40.07	250m:	3:17.34	44.04	350m:	4:38.92	37.09
	100m:	1:13.86	39.80	200m:	2:33.30	39.37	300m:	4:01.83	44.49	400m:	5:12.97	34.05
25.	WIERNICKA Julia				07	UKS SMS Galicja Kraków				<b>5:12.99</b>	566	
	50m:	33.30	33.30	150m:	1:52.00	40.09	250m:	3:17.69	46.38	350m:	4:39.81	35.32
	100m:	1:11.91	38.61	200m:	2:31.31	39.31	300m:	4:04.49	46.80	400m:	5:12.99	33.18
26.	STEFA CZYK Magdalena				08	CSiR MOS w D browie Górniczej				<b>5:14.64</b>	557	
	50m:	33.31	33.31	150m:	1:52.94	41.51	250m:	3:17.42	43.86	350m:	4:40.00	37.28
	100m:	1:11.43	38.12	200m:	2:33.56	40.62	300m:	4:02.72	45.30	400m:	5:14.64	34.64
27.	BUKOWSKA Olga				05	MKP Szczecin				<b>5:16.35</b>	548	
	50m:	33.50	33.50	150m:	1:53.56	41.89	250m:	3:19.59	44.97	350m:	4:41.54	36.72
	100m:	1:11.67	38.17	200m:	2:34.62	41.06	300m:	4:04.82	45.23	400m:	5:16.35	34.81
28.	SKRZYPCZAK Natalia				07	Akademia SMS Racibórz				<b>5:17.62</b>	541	
	50m:	35.10	35.10	150m:	1:56.33	40.38	250m:	3:21.21	45.25	350m:	4:43.06	38.09
	100m:	1:15.95	40.85	200m:	2:35.96	39.63	300m:	4:04.97	43.76	400m:	5:17.62	34.56
29.	ŁUKASIK Zuzanna				08	CSiR MOS w D browie Górniczej				<b>5:18.44</b>	537	
	50m:	34.09	34.09	150m:	1:54.52	41.21	250m:	3:20.46	45.94	350m:	4:44.11	37.33
	100m:	1:13.31	39.22	200m:	2:34.52	40.00	300m:	4:06.78	46.32	400m:	5:18.44	34.33
30.	TRAFALSKA Zuzanna				07	UKS 190 Łódź				<b>5:22.86</b>	515	
	50m:	34.65	34.65	150m:	1:59.70	44.33	250m:	3:27.87	46.58	350m:	4:49.84	35.24
	100m:	1:15.37	40.72	200m:	2:41.29	41.59	300m:	4:14.60	46.73	400m:	5:22.86	33.02
31.	FURMA SKA Julia				06	UKS NAWA Skierniewice				<b>5:23.70</b>	511	
	50m:	34.05	34.05	150m:	1:56.07	43.72	250m:	3:25.13	47.54	350m:	4:48.75	36.51
	100m:	1:12.35	38.30	200m:	2:37.59	41.52	300m:	4:12.24	47.11	400m:	5:23.70	34.95

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## Konkurencja 12, Kobiety, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.						Czas	Pkt.		
32.	JABŁO SKA Natalia		08	MTP KORMORAN Olsztyn					<b>5:24.52</b>	508		
	50m:	35.20	35.20	150m:	2:00.07	43.72	250m:	3:28.14	45.58	350m:	4:49.76	37.09
	100m:	1:16.35	41.15	200m:	2:42.56	42.49	300m:	4:12.67	44.53	400m:	5:24.52	34.76
33.	DANILEWICZ Julia		07	KS OLIMPIA Lublin					<b>5:24.55</b>	507		
	50m:	32.67	32.67	150m:	1:55.11	42.44	250m:	3:22.04	45.97	350m:	4:48.63	40.07
	100m:	1:12.67	40.00	200m:	2:36.07	40.96	300m:	4:08.56	46.52	400m:	5:24.55	35.92
34.	MICHALIK Weronika		07	UKS NAWA Skierniewice					<b>5:25.04</b>	505		
	50m:	35.44	35.44	150m:	1:57.19	40.70	250m:	3:23.16	46.43	350m:	4:48.37	38.25
	100m:	1:16.49	41.05	200m:	2:36.73	39.54	300m:	4:10.12	46.96	400m:	5:25.04	36.67
35.	RYDY SKA Maja		07	MKS SP 63 Bydgoszcz					<b>5:25.20</b>	504		
	50m:	35.91	35.91	150m:	1:58.27	39.76	250m:	3:24.42	46.59	350m:	4:48.92	37.31
	100m:	1:18.51	42.60	200m:	2:37.83	39.56	300m:	4:11.61	47.19	400m:	5:25.20	36.28
36.	ŁOBODA Maria		08	UKS Cityzen					<b>5:26.15</b>	500		
	50m:	33.88	33.88	150m:	1:55.35	41.69	250m:	3:23.57	46.89	350m:	4:49.35	38.35
	100m:	1:13.66	39.78	200m:	2:36.68	41.33	300m:	4:11.00	47.43	400m:	5:26.15	36.80
37.	HAŁADYN Kamila		04	UKS SP-149 Łódź					<b>5:30.26</b>	481		
	50m:	33.56	33.56	150m:	1:53.12	41.50	250m:	3:23.33	49.44	350m:	4:51.76	38.49
	100m:	1:11.62	38.06	200m:	2:33.89	40.77	300m:	4:13.27	49.94	400m:	5:30.26	38.50
38.	ZARZECKA Roksana		07	KP Ciechanów					<b>5:35.91</b>	458		
	50m:	33.92	33.92	150m:	1:54.91	43.10	250m:	3:25.89	48.94	350m:	4:58.08	41.68
	100m:	1:11.81	37.89	200m:	2:36.95	42.04	300m:	4:16.40	50.51	400m:	5:35.91	37.83
39.	ŁUCZKA Natalia		08	UKS WODNIK Siemianowice I skie					<b>5:48.34</b>	410		
	50m:	35.03	35.03	150m:	2:04.44	47.09	250m:	3:38.77	49.51	350m:	5:09.84	40.30
	100m:	1:17.35	42.32	200m:	2:49.26	44.82	300m:	4:29.54	50.77	400m:	5:48.34	38.50
40.	GŁOGOWSKA Natalia		08	UKS Piłka Konstantinów Łódzki					<b>6:00.04</b>	372		
	50m:	37.51	37.51	150m:	2:10.57	48.25	250m:	3:48.44	50.40	350m:	5:20.25	39.76
	100m:	1:22.32	44.81	200m:	2:58.04	47.47	300m:	4:40.49	52.05	400m:	6:00.04	39.79

## 17 - 18 lat

1.	POZNA SKA Justyna		05	MKS JEDYNKA Łódź					<b>4:45.55</b>	745		
	50m:	30.70	30.70	150m:	1:41.48	35.95	250m:	2:58.07	41.41	350m:	4:13.17	33.48
	100m:	1:05.53	34.83	200m:	2:16.66	35.18	300m:	3:39.69	41.62	400m:	4:45.55	32.38
2.	KOWALSKA Klara		05	KU AZS UMCS Lublin					<b>4:53.27</b>	688		
	50m:	29.82	29.82	150m:	1:41.09	37.47	250m:	3:01.63	44.11	350m:	4:20.27	33.92
	100m:	1:03.62	33.80	200m:	2:17.52	36.43	300m:	3:46.35	44.72	400m:	4:53.27	33.00
3.	S DŁAK Alicja		05	MKS JEDYNKA Łódź					<b>5:02.05</b>	630		
	50m:	33.24	33.24	150m:	1:50.35	38.76	250m:	3:11.98	42.48	350m:	4:29.52	34.76
	100m:	1:11.59	38.35	200m:	2:29.50	39.15	300m:	3:54.76	42.78	400m:	5:02.05	32.53
4.	SŁABOSZ Emilia		05	MOSM Tychy					<b>5:02.09</b>	629		
	50m:	32.24	32.24	150m:	1:47.64	38.90	250m:	3:10.29	44.38	350m:	4:29.91	35.07
	100m:	1:08.74	36.50	200m:	2:25.91	38.27	300m:	3:54.84	44.55	400m:	5:02.09	32.18
5.	WRZESI SKA Wiktoria		04	UKS 190 Łódź					<b>5:03.87</b>	618		
	50m:	32.51	32.51	150m:	1:50.14	41.47	250m:	3:12.49	42.77	350m:	4:30.99	34.44
	100m:	1:08.67	36.16	200m:	2:29.72	39.58	300m:	3:56.55	44.06	400m:	5:03.87	32.88
6.	LUBI SKA Alicja		05	MKS JEDYNKA Łódź					<b>5:06.08</b>	605		
	50m:	31.78	31.78	150m:	1:47.66	39.46	250m:	3:08.26	42.57	350m:	4:29.84	37.88
	100m:	1:08.20	36.42	200m:	2:25.69	38.03	300m:	3:51.96	43.70	400m:	5:06.08	36.24
7.	TADKO Wiktoria		05	MKS SMS Victoria Racibórz					<b>5:12.63</b>	568		
	50m:	34.33	34.33	150m:	1:53.99	40.51	250m:	3:18.34	44.84	350m:	4:39.29	35.77
	100m:	1:13.48	39.15	200m:	2:33.50	39.51	300m:	4:03.52	45.18	400m:	5:12.63	33.34

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Łódź, 22-23.10.2022

## Konkurencja 12, Kobiety, 400m zmienny, 17 - 18 lat

Pozycja			Rok ur.					Czas	Pkt.		
8.	BUKOWSKA Olga		05	MKP Szczecin				<b>5:16.35</b>	548		
	50m:	33.50 33.50	150m:	1:53.56	41.89	250m:	3:19.59	44.97	350m:	4:41.54	36.72
	100m:	1:11.67 38.17	200m:	2:34.62	41.06	300m:	4:04.82	45.23	400m:	5:16.35	34.81
9.	HAŁADYN Kamila		04	UKS SP-149 Łódź				<b>5:30.26</b>	481		
	50m:	33.56 33.56	150m:	1:53.12	41.50	250m:	3:23.33	49.44	350m:	4:51.76	38.49
	100m:	1:11.62 38.06	200m:	2:33.89	40.77	300m:	4:13.27	49.94	400m:	5:30.26	38.50

## 16 lat

1.	PIEKARSKA Natalia		06	UKS 190 Łódź				<b>4:48.60</b>	722		
	50m:	31.19 31.19	150m:	1:43.32	37.14	250m:	3:02.30	42.58	350m:	4:16.78	33.03
	100m:	1:06.18 34.99	200m:	2:19.72	36.40	300m:	3:43.75	41.45	400m:	4:48.60	31.82
2.	SMURZY SKA Julia		06	UKS SMS Galicja Kraków				<b>4:55.01</b>	676		
	50m:	31.53 31.53	150m:	1:44.79	36.34	250m:	3:03.61	42.91	350m:	4:21.09	34.73
	100m:	1:08.45 36.92	200m:	2:20.70	35.91	300m:	3:46.36	42.75	400m:	4:55.01	33.92
3.	TRACZYK Anna		06	MKS JUVENIA Wrocław				<b>4:59.13</b>	648		
	50m:	31.51 31.51	150m:	1:46.35	37.88	250m:	3:06.69	43.66	350m:	4:26.26	34.94
	100m:	1:08.47 36.96	200m:	2:23.03	36.68	300m:	3:51.32	44.63	400m:	4:59.13	32.87
4.	MACIAK Julia		06	IUKS MUSZELKA Warszawa				<b>5:01.21</b>	635		
	50m:	31.77 31.77	150m:	1:46.16	37.67	250m:	3:09.30	46.99	350m:	4:29.53	33.34
	100m:	1:08.49 36.72	200m:	2:22.31	36.15	300m:	3:56.19	46.89	400m:	5:01.21	31.68
5.	LECHOWSKA Magdalena		06	WKS L SK Wrocław				<b>5:01.55</b>	633		
	50m:	32.92 32.92	150m:	1:48.24	38.57	250m:	3:09.37	42.66	350m:	4:27.63	35.25
	100m:	1:09.67 36.75	200m:	2:26.71	38.47	300m:	3:52.38	43.01	400m:	5:01.55	33.92
6.	SULAK Antonina		06	UKS Piłka Konstancynów Łódzki				<b>5:06.02</b>	605		
	50m:	32.88 32.88	150m:	1:48.89	38.14	250m:	3:10.58	43.28	350m:	4:30.11	36.43
	100m:	1:10.75 37.87	200m:	2:27.30	38.41	300m:	3:53.68	43.10	400m:	5:06.02	35.91
7.	JUDA Aleksandra		06	UKP UNIA Owićcim				<b>5:06.05</b>	605		
	50m:	32.56 32.56	150m:	1:48.45	39.30	250m:	3:10.28	43.14	350m:	4:30.72	36.97
	100m:	1:09.15 36.59	200m:	2:27.14	38.69	300m:	3:53.75	43.47	400m:	5:06.05	35.33
8.	NIKIEL Natalia		06	MKS Park Wodny Tarnowskie Góry				<b>5:12.58</b>	568		
	50m:	34.00 34.00	150m:	1:52.48	40.06	250m:	3:15.53	44.59	350m:	4:37.00	36.90
	100m:	1:12.42 38.42	200m:	2:30.94	38.46	300m:	4:00.10	44.57	400m:	5:12.58	35.58
9.	MIKUŁA Natalia		06	UKS 190 Łódź				<b>5:12.97</b>	566		
	50m:	34.06 34.06	150m:	1:53.93	40.07	250m:	3:17.34	44.04	350m:	4:38.92	37.09
	100m:	1:13.86 39.80	200m:	2:33.30	39.37	300m:	4:01.83	44.49	400m:	5:12.97	34.05
10.	FURMA SKA Julia		06	UKS NAWA Skierniewice				<b>5:23.70</b>	511		
	50m:	34.05 34.05	150m:	1:56.07	43.72	250m:	3:25.13	47.54	350m:	4:48.75	36.51
	100m:	1:12.35 38.30	200m:	2:37.59	41.52	300m:	4:12.24	47.11	400m:	5:23.70	34.95

## 15 lat

1.	PRZYBYLSKA Oliwia		07	KU AZS UMCS Lublin				<b>4:56.95</b>	663		
	50m:	31.80 31.80	150m:	1:46.83	38.34	250m:	3:05.64	41.10	350m:	4:22.75	35.47
	100m:	1:08.49 36.69	200m:	2:24.54	37.71	300m:	3:47.28	41.64	400m:	4:56.95	34.20
2.	POPPE Marta		07	KU AZS UMCS Lublin				<b>5:04.86</b>	612		
	50m:	32.77 32.77	150m:	1:50.29	40.10	250m:	3:13.00	43.82	350m:	4:32.53	34.62
	100m:	1:10.19 37.42	200m:	2:29.18	38.89	300m:	3:57.91	44.91	400m:	5:04.86	32.33
3.	TEODOROWICZ Michalina		07	UKS SMS Galicja Kraków				<b>5:11.38</b>	575		
	50m:	31.83 31.83	150m:	1:47.45	39.16	250m:	3:13.97	46.96	350m:	4:36.31	36.12
	100m:	1:08.29 36.46	200m:	2:27.01	39.56	300m:	4:00.19	46.22	400m:	5:11.38	35.07

ARENA Grand Prix Puchar Polski o Puchar Rektora Politechniki Łódzkiej  
Łódź, 22-23.10.2022

## Konkurencja 12, Dziewcz. t., 400m zmienny, 15 lat

Pozycja		Rok ur.						Czas	Pkt.
4.	WIERNICKA Julia	07	UKS SMS Galicja Kraków					<b>5:12.99</b>	566
	50m: 33.30 33.30	150m: 1:52.00	40.09	250m: 3:17.69	46.38	350m: 4:39.81		35.32	
	100m: 1:11.91 38.61	200m: 2:31.31	39.31	300m: 4:04.49	46.80	400m: 5:12.99		33.18	
5.	SKRZYPCZAK Natalia	07	Akademia SMS Racibórz					<b>5:17.62</b>	541
	50m: 35.10 35.10	150m: 1:56.33	40.38	250m: 3:21.21	45.25	350m: 4:43.06		38.09	
	100m: 1:15.95 40.85	200m: 2:35.96	39.63	300m: 4:04.97	43.76	400m: 5:17.62		34.56	
6.	TRAFALSKA Zuzanna	07	UKS 190 Łódź					<b>5:22.86</b>	515
	50m: 34.65 34.65	150m: 1:59.70	44.33	250m: 3:27.87	46.58	350m: 4:49.84		35.24	
	100m: 1:15.37 40.72	200m: 2:41.29	41.59	300m: 4:14.60	46.73	400m: 5:22.86		33.02	
7.	DANILEWICZ Julia	07	KS OLIMPIA Lublin					<b>5:24.55</b>	507
	50m: 32.67 32.67	150m: 1:55.11	42.44	250m: 3:22.04	45.97	350m: 4:48.63		40.07	
	100m: 1:12.67 40.00	200m: 2:36.07	40.96	300m: 4:08.56	46.52	400m: 5:24.55		35.92	
8.	MICHALIK Weronika	07	UKS NAWA Skierniewice					<b>5:25.04</b>	505
	50m: 35.44 35.44	150m: 1:57.19	40.70	250m: 3:23.16	46.43	350m: 4:48.37		38.25	
	100m: 1:16.49 41.05	200m: 2:36.73	39.54	300m: 4:10.12	46.96	400m: 5:25.04		36.67	
9.	RYDY SKA Maja	07	MKS SP 63 Bydgoszcz					<b>5:25.20</b>	504
	50m: 35.91 35.91	150m: 1:58.27	39.76	250m: 3:24.42	46.59	350m: 4:48.92		37.31	
	100m: 1:18.51 42.60	200m: 2:37.83	39.56	300m: 4:11.61	47.19	400m: 5:25.20		36.28	
10.	ZARZECKA Roksana	07	KP Ciechanów					<b>5:35.91</b>	458
	50m: 33.92 33.92	150m: 1:54.91	43.10	250m: 3:25.89	48.94	350m: 4:58.08		41.68	
	100m: 1:11.81 37.89	200m: 2:36.95	42.04	300m: 4:16.40	50.51	400m: 5:35.91		37.83	

## 14 lat

1.	RODZIEWICZ Alicja	08	UKS NAWA Skierniewice					<b>5:07.36</b>	597
	50m: 31.93 31.93	150m: 1:48.83	38.92	250m: 3:12.11	45.50	350m: 4:32.57		34.91	
	100m: 1:09.91 37.98	200m: 2:26.61	37.78	300m: 3:57.66	45.55	400m: 5:07.36		34.79	
2.	STEFA CZYK Magdalena	08	CSiR MOS w D browie Górniczej					<b>5:14.64</b>	557
	50m: 33.31 33.31	150m: 1:52.94	41.51	250m: 3:17.42	43.86	350m: 4:40.00		37.28	
	100m: 1:11.43 38.12	200m: 2:33.56	40.62	300m: 4:02.72	45.30	400m: 5:14.64		34.64	
3.	ŁUKASIK Zuzanna	08	CSiR MOS w D browie Górniczej					<b>5:18.44</b>	537
	50m: 34.09 34.09	150m: 1:54.52	41.21	250m: 3:20.46	45.94	350m: 4:44.11		37.33	
	100m: 1:13.31 39.22	200m: 2:34.52	40.00	300m: 4:06.78	46.32	400m: 5:18.44		34.33	
4.	JABŁO SKA Natalia	08	MTP KORMORAN Olsztyn					<b>5:24.52</b>	508
	50m: 35.20 35.20	150m: 2:00.07	43.72	250m: 3:28.14	45.58	350m: 4:49.76		37.09	
	100m: 1:16.35 41.15	200m: 2:42.56	42.49	300m: 4:12.67	44.53	400m: 5:24.52		34.76	
5.	ŁOBODA Maria	08	UKS Cityzen					<b>5:26.15</b>	500
	50m: 33.88 33.88	150m: 1:55.35	41.69	250m: 3:23.57	46.89	350m: 4:49.35		38.35	
	100m: 1:13.66 39.78	200m: 2:36.68	41.33	300m: 4:11.00	47.43	400m: 5:26.15		36.80	
6.	ŁUCZKA Natalia	08	UKS WODNIK Siemianowice i skie					<b>5:48.34</b>	410
	50m: 35.03 35.03	150m: 2:04.44	47.09	250m: 3:38.77	49.51	350m: 5:09.84		40.30	
	100m: 1:17.35 42.32	200m: 2:49.26	44.82	300m: 4:29.54	50.77	400m: 5:48.34		38.50	
7.	GŁOGOWSKA Natalia	08	UKS Piłka Konstantynów Łódzki					<b>6:00.04</b>	372
	50m: 37.51 37.51	150m: 2:10.57	48.25	250m: 3:48.44	50.40	350m: 5:20.25		39.76	
	100m: 1:22.32 44.81	200m: 2:58.04	47.47	300m: 4:40.49	52.05	400m: 6:00.04		39.79	