

ARENA Grand Prix Puchar Polski o Puchar Rektora Politechniki Łódzkiej
Łód , 22-23.10.2022Konkurencja 33
2022-10-23 - 11:51

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Rekord Polski 4:02.68 POLA SKA Aleksandra POL Olsztyn 2020-12-18

Min. indywidualne na M (25m) Melbourne 2022 Open: 4:02.11

Punkty: FINA 2022

| Pozycja | Rok ur. | Czas | Pkt. |
|-------------------------|------------------------------|---------------------|---------------------|
| 14 lat i starsi | | | |
| 1. PIECHOTA Paulina | 99 UKS 190 Łód | 4:10.20 | 817 |
| 50m: 29.75 29.75 | 150m: 1:32.62 31.48 | 250m: 2:35.73 31.44 | 350m: 3:39.07 31.68 |
| 100m: 1:01.14 31.39 | 200m: 2:04.29 31.67 | 300m: 3:07.39 31.66 | 400m: 4:10.20 31.13 |
| 2. KOWALSKA Klara | 05 KU AZS UMCS Lublin | 4:14.50 | 776 |
| 50m: 30.16 30.16 | 150m: 1:34.30 32.12 | 250m: 2:38.77 32.08 | 350m: 3:43.26 32.22 |
| 100m: 1:02.18 32.02 | 200m: 2:06.69 32.39 | 300m: 3:11.04 32.27 | 400m: 4:14.50 31.24 |
| 3. CZUBAK Maria | 06 IKS Konstancin | 4:18.96 | 737 |
| 50m: 30.47 30.47 | 150m: 1:36.18 32.93 | 250m: 2:41.89 33.05 | 350m: 3:47.54 32.83 |
| 100m: 1:03.25 32.78 | 200m: 2:08.84 32.66 | 300m: 3:14.71 32.82 | 400m: 4:18.96 31.42 |
| 4. KRASZEWSKA Martyna | 05 MTP KORMORAN Olsztyn | 4:19.26 | 734 |
| 50m: 30.57 30.57 | 150m: 1:35.85 32.89 | 250m: 2:42.48 33.40 | 350m: 3:48.63 33.03 |
| 100m: 1:02.96 32.39 | 200m: 2:09.08 33.23 | 300m: 3:15.60 33.12 | 400m: 4:19.26 30.63 |
| 5. PIEKARSKA Natalia | 06 UKS 190 Łód | 4:23.43 | 700 |
| 50m: 30.28 30.28 | 150m: 1:35.77 32.84 | 250m: 2:42.55 33.40 | 350m: 3:50.20 33.76 |
| 100m: 1:02.93 32.65 | 200m: 2:09.15 33.38 | 300m: 3:16.44 33.89 | 400m: 4:23.43 33.23 |
| 6. WIKTOROWICZ Patrycja | 04 MKS SMS Victoria Racibórz | 4:24.08 | 695 |
| 50m: 30.03 30.03 | 150m: 1:35.47 33.05 | 250m: 2:43.13 33.91 | 350m: 3:51.44 34.30 |
| 100m: 1:02.42 32.39 | 200m: 2:09.22 33.75 | 300m: 3:17.14 34.01 | 400m: 4:24.08 32.64 |
| 7. WILK Anna | 06 UKP FALA Kra nik | 4:24.41 | 692 |
| 50m: 30.54 30.54 | 150m: 1:37.17 33.17 | 250m: 2:44.12 33.46 | 350m: 3:51.67 33.72 |
| 100m: 1:04.00 33.46 | 200m: 2:10.66 33.49 | 300m: 3:17.95 33.83 | 400m: 4:24.41 32.74 |
| 8. MACIAK Julia | 06 IUKS MUSZELKA Warszawa | 4:26.26 | 678 |
| 50m: 30.52 30.52 | 150m: 1:37.36 33.56 | 250m: 2:45.04 33.78 | 350m: 3:53.10 33.96 |
| 100m: 1:03.80 33.28 | 200m: 2:11.26 33.90 | 300m: 3:19.14 34.10 | 400m: 4:26.26 33.16 |
| 9. PARADOWSKA Kinga | 01 Stow. AZS WSG | 4:26.34 | 677 |
| 50m: 31.32 31.32 | 150m: 1:39.27 34.03 | 250m: 2:47.14 33.61 | 350m: 3:53.91 33.24 |
| 100m: 1:05.24 33.92 | 200m: 2:13.53 34.26 | 300m: 3:20.67 33.53 | 400m: 4:26.34 32.43 |
| 10. SŁABOSZ Emilia | 05 MOSM Tychy | 4:27.02 | 672 |
| 50m: 30.83 30.83 | 150m: 1:38.19 33.84 | 250m: 2:46.20 34.13 | 350m: 3:54.51 34.21 |
| 100m: 1:04.35 33.52 | 200m: 2:12.07 33.88 | 300m: 3:20.30 34.10 | 400m: 4:27.02 32.51 |
| 11. FIGAS Alicja | 04 MKP Szczecin | 4:28.45 | 661 |
| 50m: 31.39 31.39 | 150m: 1:37.91 33.61 | 250m: 2:45.61 33.76 | 350m: 3:54.19 34.45 |
| 100m: 1:04.30 32.91 | 200m: 2:11.85 33.94 | 300m: 3:19.74 34.13 | 400m: 4:28.45 34.26 |
| 12. TRACZYK Anna | 06 MKS JUVENIA Wrocław | 4:30.46 | 646 |
| 50m: 31.12 31.12 | 150m: 1:40.34 34.93 | 250m: 2:49.50 34.51 | 350m: 3:56.81 33.41 |
| 100m: 1:05.41 34.29 | 200m: 2:14.99 34.65 | 300m: 3:23.40 33.90 | 400m: 4:30.46 33.65 |
| 13. POPPE Marta | 07 KU AZS UMCS Lublin | 4:31.55 | 639 |
| 50m: 31.00 31.00 | 150m: 1:38.67 34.28 | 250m: 2:48.30 35.21 | 350m: 3:58.24 34.69 |
| 100m: 1:04.39 33.39 | 200m: 2:13.09 34.42 | 300m: 3:23.55 35.25 | 400m: 4:31.55 33.31 |
| 14. NETREBKO Mariia | 07 KS DELFIN Gdynia | 4:31.60 | 638 |
| 50m: 30.84 30.84 | 150m: 1:39.45 34.44 | 250m: 2:49.49 35.02 | 350m: 3:58.71 34.52 |
| 100m: 1:05.01 34.17 | 200m: 2:14.47 35.02 | 300m: 3:24.19 34.70 | 400m: 4:31.60 32.89 |
| 15. WRZESI SKA Wiktoria | 04 UKS 190 Łód | 4:31.86 | 637 |
| 50m: 31.21 31.21 | 150m: 1:39.21 34.23 | 250m: 2:48.47 34.90 | 350m: 3:57.77 34.37 |
| 100m: 1:04.98 33.77 | 200m: 2:13.57 34.36 | 300m: 3:23.40 34.93 | 400m: 4:31.86 34.09 |

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

Konkurencja 33, Kobiety, 400m dowolny, 14 lat i starsi

| Pozycja | | Rok ur. | | | | | | Czas | Pkt. |
|---------|---------------------|---------------|--------------------------------|---------------|-------|---------------|--|----------------|------|
| 16. | KUCZMAR Zuzanna | 07 | UKP POLONIA Warszawa | | | | | 4:32.66 | 631 |
| | 50m: 30.91 30.91 | 150m: 1:39.27 | 34.65 | 250m: 2:47.81 | 34.07 | 350m: 3:58.19 | | 35.33 | |
| | 100m: 1:04.62 33.71 | 200m: 2:13.74 | 34.47 | 300m: 3:22.86 | 35.05 | 400m: 4:32.66 | | 34.47 | |
| 17. | R CZKOWSKA Maja | 07 | LKS Jedno 32 Przyszowice | | | | | 4:33.37 | 626 |
| | 50m: 31.72 31.72 | 150m: 1:40.34 | 34.44 | 250m: 2:49.58 | 34.81 | 350m: 3:59.43 | | 34.85 | |
| | 100m: 1:05.90 34.18 | 200m: 2:14.77 | 34.43 | 300m: 3:24.58 | 35.00 | 400m: 4:33.37 | | 33.94 | |
| 18. | RODZIEWICZ Alicja | 08 | UKS NAWA Skierniewice | | | | | 4:33.97 | 622 |
| | 50m: 30.95 30.95 | 150m: 1:40.12 | 34.55 | 250m: 2:50.07 | 34.95 | 350m: 3:59.28 | | 33.53 | |
| | 100m: 1:05.57 34.62 | 200m: 2:15.12 | 35.00 | 300m: 3:25.75 | 35.68 | 400m: 4:33.97 | | 34.69 | |
| 19. | NIKIEL Natalia | 06 | MKS Park Wodny Tarnowskie Góry | | | | | 4:34.31 | 620 |
| | 50m: 32.07 32.07 | 150m: 1:41.61 | 35.05 | 250m: 2:50.85 | 34.66 | 350m: 4:00.17 | | 34.57 | |
| | 100m: 1:06.56 34.49 | 200m: 2:16.19 | 34.58 | 300m: 3:25.60 | 34.75 | 400m: 4:34.31 | | 34.14 | |
| 20. | MAZUR Zuzanna | 05 | MKP SŁOWIANKA Gorzów Wlkp. | | | | | 4:36.04 | 608 |
| | 50m: 31.53 31.53 | 150m: 1:40.54 | 35.00 | 250m: 2:51.27 | 35.30 | 350m: 4:02.14 | | 35.41 | |
| | 100m: 1:05.54 34.01 | 200m: 2:15.97 | 35.43 | 300m: 3:26.73 | 35.46 | 400m: 4:36.04 | | 33.90 | |
| 21. | SIWKO Natalia | 04 | KU AZS UMCS Lublin | | | | | 4:36.61 | 604 |
| | 50m: 31.38 31.38 | 150m: 1:40.35 | 35.00 | 250m: 2:50.82 | 35.13 | 350m: 4:01.63 | | 35.22 | |
| | 100m: 1:05.35 33.97 | 200m: 2:15.69 | 35.34 | 300m: 3:26.41 | 35.59 | 400m: 4:36.61 | | 34.98 | |
| 22. | WIERNICKA Julia | 07 | UKS SMS Galicja Kraków | | | | | 4:38.00 | 595 |
| | 50m: 31.01 31.01 | 150m: 1:39.28 | 34.93 | 250m: 2:50.45 | 35.45 | 350m: 4:02.30 | | 36.33 | |
| | 100m: 1:04.35 33.34 | 200m: 2:15.00 | 35.72 | 300m: 3:25.97 | 35.52 | 400m: 4:38.00 | | 35.70 | |
| 23. | BISZEWSKA Gabriela | 05 | MUKS OLIMPIJCZYK Suwałki | | | | | 4:38.87 | 590 |
| | 50m: 32.36 32.36 | 150m: 1:42.16 | 35.12 | 250m: 2:53.49 | 35.74 | 350m: 4:04.61 | | 35.35 | |
| | 100m: 1:07.04 34.68 | 200m: 2:17.75 | 35.59 | 300m: 3:29.26 | 35.77 | 400m: 4:38.87 | | 34.26 | |
| 24. | BUKOWSKA Olga | 05 | MKP Szczecin | | | | | 4:40.89 | 577 |
| | 50m: 32.13 32.13 | 150m: 1:43.03 | 35.75 | 250m: 2:54.69 | 35.73 | 350m: 4:06.16 | | 35.26 | |
| | 100m: 1:07.28 35.15 | 200m: 2:18.96 | 35.93 | 300m: 3:30.90 | 36.21 | 400m: 4:40.89 | | 34.73 | |
| 25. | SVIATKINA Yeva | 06 | MKS TRÓJKA Łódź | | | | | 4:41.26 | 575 |
| | 50m: 31.07 31.07 | 150m: 1:40.94 | 35.57 | 250m: 2:52.66 | 35.80 | 350m: 4:04.68 | | 35.41 | |
| | 100m: 1:05.37 34.30 | 200m: 2:16.86 | 35.92 | 300m: 3:29.27 | 36.61 | 400m: 4:41.26 | | 36.58 | |
| 26. | TADKO Wiktoria | 05 | MKS SMS Victoria Racibórz | | | | | 4:41.86 | 571 |
| | 50m: 31.95 31.95 | 150m: 1:43.21 | 36.11 | 250m: 2:55.91 | 36.18 | 350m: 4:07.93 | | 35.52 | |
| | 100m: 1:07.10 35.15 | 200m: 2:19.73 | 36.52 | 300m: 3:32.41 | 36.50 | 400m: 4:41.86 | | 33.93 | |
| 27. | MIKUŁA Natalia | 06 | UKS 190 Łódź | | | | | 4:42.02 | 570 |
| | 50m: 31.53 31.53 | 150m: 1:41.30 | 34.84 | 250m: 2:53.36 | 36.22 | 350m: 4:06.20 | | 36.35 | |
| | 100m: 1:06.46 34.93 | 200m: 2:17.14 | 35.84 | 300m: 3:29.85 | 36.49 | 400m: 4:42.02 | | 35.82 | |
| 28. | TRAFALSKA Zuzanna | 07 | UKS 190 Łódź | | | | | 4:43.38 | 562 |
| | 50m: 32.31 32.31 | 150m: 1:41.40 | 34.91 | 250m: 2:53.42 | 36.18 | 350m: 4:07.27 | | 37.01 | |
| | 100m: 1:06.49 34.18 | 200m: 2:17.24 | 35.84 | 300m: 3:30.26 | 36.84 | 400m: 4:43.38 | | 36.11 | |
| 29. | SKALI SKA Ewa | 05 | IKS Konstancin | | | | | 4:43.65 | 560 |
| | 50m: 31.88 31.88 | 150m: 1:42.83 | 35.75 | 250m: 2:55.13 | 36.23 | 350m: 4:08.32 | | 36.61 | |
| | 100m: 1:07.08 35.20 | 200m: 2:18.90 | 36.07 | 300m: 3:31.71 | 36.58 | 400m: 4:43.65 | | 35.33 | |
| 30. | SAMORAJ Oliwia | 05 | MKS Piaseczno | | | | | 4:43.93 | 559 |
| | 50m: 32.14 32.14 | 150m: 1:42.94 | 35.91 | 250m: 2:55.70 | 36.42 | 350m: 4:08.55 | | 36.26 | |
| | 100m: 1:07.03 34.89 | 200m: 2:19.28 | 36.34 | 300m: 3:32.29 | 36.59 | 400m: 4:43.93 | | 35.38 | |
| 31. | LESIAK Weronika | 08 | UKS NAWA Skierniewice | | | | | 4:46.02 | 547 |
| | 50m: 32.74 32.74 | 150m: 1:45.54 | 36.74 | 250m: 2:58.89 | 36.86 | 350m: 4:11.71 | | 36.26 | |
| | 100m: 1:08.80 36.06 | 200m: 2:22.03 | 36.49 | 300m: 3:35.45 | 36.56 | 400m: 4:46.02 | | 34.31 | |

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Łódź, 22-23.10.2022

Konkurencja 33, Kobiety, 400m dowolny, 14 lat i starsi

| Pozycja | | | | Rok ur. | | | | | Czas | Pkt. | | |
|---------|-------------|----------------|-------|---------|--------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 32. | RYDY | SKA Maja | | 07 | MKS SP 63 Bydgoszcz | | | | 4:46.64 | 543 | | |
| | 50m: | 32.34 | 32.34 | 150m: | 1:43.12 | 35.90 | 250m: | 2:56.69 | 36.82 | 350m: | 4:10.58 | 37.17 |
| | 100m: | 1:07.22 | 34.88 | 200m: | 2:19.87 | 36.75 | 300m: | 3:33.41 | 36.72 | 400m: | 4:46.64 | 36.06 |
| 33. | KORDEK | Zuzanna | | 08 | Akademia SMS Racibórz | | | | 4:48.42 | 533 | | |
| | 50m: | 33.94 | 33.94 | 150m: | 1:46.49 | 36.35 | 250m: | 2:59.94 | 36.14 | 350m: | 4:12.51 | 36.40 |
| | 100m: | 1:10.14 | 36.20 | 200m: | 2:23.80 | 37.31 | 300m: | 3:36.11 | 36.17 | 400m: | 4:48.42 | 35.91 |
| 34. | FURMA | SKA Julia | | 06 | UKS NAWA Skierniewice | | | | 4:48.65 | 532 | | |
| | 50m: | 33.69 | 33.69 | 150m: | 1:46.39 | 36.81 | 250m: | 3:00.13 | 36.63 | 350m: | 4:13.72 | 36.84 |
| | 100m: | 1:09.58 | 35.89 | 200m: | 2:23.50 | 37.11 | 300m: | 3:36.88 | 36.75 | 400m: | 4:48.65 | 34.93 |
| 35. | JA | NIECKA Paulina | | 07 | UKS MOS w Opolu | | | | 4:50.73 | 520 | | |
| | 50m: | 33.48 | 33.48 | 150m: | 1:47.04 | 36.89 | 250m: | 3:01.10 | 36.76 | 350m: | 4:14.97 | 37.03 |
| | 100m: | 1:10.15 | 36.67 | 200m: | 2:24.34 | 37.30 | 300m: | 3:37.94 | 36.84 | 400m: | 4:50.73 | 35.76 |
| 36. | GÓRSKA | Natalia | | 05 | UKS NAWA Skierniewice | | | | 4:50.83 | 520 | | |
| | 50m: | 31.99 | 31.99 | 150m: | 1:45.07 | 37.26 | 250m: | 3:01.51 | 38.15 | 350m: | 4:15.33 | 36.62 |
| | 100m: | 1:07.81 | 35.82 | 200m: | 2:23.36 | 38.29 | 300m: | 3:38.71 | 37.20 | 400m: | 4:50.83 | 35.50 |
| 37. | BAŁDYGA | Kamila | | 06 | MTP KORMORAN Olsztyn | | | | 4:51.10 | 518 | | |
| | 50m: | 33.21 | 33.21 | 150m: | 1:45.64 | 36.53 | 250m: | 2:59.45 | 36.92 | 350m: | 4:14.03 | 37.27 |
| | 100m: | 1:09.11 | 35.90 | 200m: | 2:22.53 | 36.89 | 300m: | 3:36.76 | 37.31 | 400m: | 4:51.10 | 37.07 |
| 38. | KLIMIUK | Zuzanna | | 05 | MKP SŁOWIANKA Gorzów Wlkp. | | | | 4:52.58 | 511 | | |
| | 50m: | 33.13 | 33.13 | 150m: | 1:47.18 | 37.38 | 250m: | 3:02.57 | 37.62 | 350m: | 4:17.53 | 37.13 |
| | 100m: | 1:09.80 | 36.67 | 200m: | 2:24.95 | 37.77 | 300m: | 3:40.40 | 37.83 | 400m: | 4:52.58 | 35.05 |
| 39. | CHMIELEWSKA | Aleksandra | | 06 | MUKS OLIMPIJCZYK Suwałki | | | | 4:52.84 | 509 | | |
| | 50m: | 33.31 | 33.31 | 150m: | 1:44.91 | 36.07 | 250m: | 2:59.41 | 37.86 | 350m: | 4:15.04 | 37.79 |
| | 100m: | 1:08.84 | 35.53 | 200m: | 2:21.55 | 36.64 | 300m: | 3:37.25 | 37.84 | 400m: | 4:52.84 | 37.80 |
| 40. | DANILEWICZ | Julia | | 07 | KS OLIMPIA Lublin | | | | 4:58.53 | 481 | | |
| | 50m: | 31.85 | 31.85 | 150m: | 1:45.38 | 37.18 | 250m: | 3:02.40 | 38.79 | 350m: | 4:20.58 | 38.89 |
| | 100m: | 1:08.20 | 36.35 | 200m: | 2:23.61 | 38.23 | 300m: | 3:41.69 | 39.29 | 400m: | 4:58.53 | 37.95 |
| 41. | ŁUCZKA | Natalia | | 08 | UKS WODNIK Siemianowice i skie | | | | 5:01.87 | 465 | | |
| | 50m: | 32.83 | 32.83 | 150m: | 1:47.87 | 38.50 | 250m: | 3:05.73 | 39.38 | 350m: | 4:23.90 | 38.62 |
| | 100m: | 1:09.37 | 36.54 | 200m: | 2:26.35 | 38.48 | 300m: | 3:45.28 | 39.55 | 400m: | 5:01.87 | 37.97 |
| 42. | BER | Julia | | 07 | UKS Pi tka Konstantynów Łódzki | | | | 5:02.05 | 464 | | |
| | 50m: | 33.02 | 33.02 | 150m: | 1:47.39 | 37.70 | 250m: | 3:05.30 | 39.38 | 350m: | 4:24.60 | 39.54 |
| | 100m: | 1:09.69 | 36.67 | 200m: | 2:25.92 | 38.53 | 300m: | 3:45.06 | 39.76 | 400m: | 5:02.05 | 37.45 |
| 43. | POŁE | Hanna | | 07 | MKS TRÓJKA Łód | | | | 5:04.87 | 451 | | |
| | 50m: | 34.93 | 34.93 | 150m: | 1:53.64 | 40.09 | 250m: | 3:13.13 | 38.63 | 350m: | 4:30.10 | 38.08 |
| | 100m: | 1:13.55 | 38.62 | 200m: | 2:34.50 | 40.86 | 300m: | 3:52.02 | 38.89 | 400m: | 5:04.87 | 34.77 |
| 44. | BOROWSKA | Wiktoria | | 08 | UKS Pi tka Konstantynów Łódzki | | | | 5:07.64 | 439 | | |
| | 50m: | 33.80 | 33.80 | 150m: | 1:50.35 | 39.04 | 250m: | 3:08.63 | 38.26 | 350m: | 4:30.10 | 40.11 |
| | 100m: | 1:11.31 | 37.51 | 200m: | 2:30.37 | 40.02 | 300m: | 3:49.99 | 41.36 | 400m: | 5:07.64 | 37.54 |
| 45. | NAJI | Kamila | | 08 | MKS TRÓJKA Łód | | | | 5:12.00 | 421 | | |
| | 50m: | 35.00 | 35.00 | 150m: | 1:53.17 | 39.80 | 250m: | 3:13.91 | 40.44 | 350m: | 4:33.87 | 39.84 |
| | 100m: | 1:13.37 | 38.37 | 200m: | 2:33.47 | 40.30 | 300m: | 3:54.03 | 40.12 | 400m: | 5:12.00 | 38.13 |
| 46. | CISZYK | Hanna | | 08 | UKS Pi tka Konstantynów Łódzki | | | | 5:25.01 | 372 | | |
| | 50m: | 37.26 | 37.26 | 150m: | 1:59.16 | 40.83 | 250m: | 3:22.43 | 41.69 | 350m: | 4:45.85 | 41.61 |
| | 100m: | 1:18.33 | 41.07 | 200m: | 2:40.74 | 41.58 | 300m: | 4:04.24 | 41.81 | 400m: | 5:25.01 | 39.16 |
| 47. | BOCHE | SKA Aleksandra | | 05 | UKS Kro nicka Przysa | | | | 5:37.78 | 332 | | |
| | 50m: | 35.42 | 35.42 | 150m: | 2:01.36 | 44.11 | 250m: | 3:29.58 | 43.98 | 350m: | 4:56.75 | 43.31 |
| | 100m: | 1:17.25 | 41.83 | 200m: | 2:45.60 | 44.24 | 300m: | 4:13.44 | 43.86 | 400m: | 5:37.78 | 41.03 |

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

Konkurencja 33, Kobiety, 400m dowolny

17 - 18 lat

| | | | | | |
|-----|----------------------|---------------|----------------------------|---------------------|-----|
| 1. | KOWALSKA Klara | 05 | KU AZS UMCS Lublin | 4:14.50 | 776 |
| | 50m: 30.16 30.16 | 150m: 1:34.30 | 32.12 250m: 2:38.77 32.08 | 350m: 3:43.26 32.22 | |
| | 100m: 1:02.18 32.02 | 200m: 2:06.69 | 32.39 300m: 3:11.04 32.27 | 400m: 4:14.50 31.24 | |
| 2. | KRASZEWSKA Martyna | 05 | MTP KORMORAN Olsztyn | 4:19.26 | 734 |
| | 50m: 30.57 30.57 | 150m: 1:35.85 | 32.89 250m: 2:42.48 33.40 | 350m: 3:48.63 33.03 | |
| | 100m: 1:02.96 32.39 | 200m: 2:09.08 | 33.23 300m: 3:15.60 33.12 | 400m: 4:19.26 30.63 | |
| 3. | WIKTOROWICZ Patrycja | 04 | MKS SMS Victoria Racibórz | 4:24.08 | 695 |
| | 50m: 30.03 30.03 | 150m: 1:35.47 | 33.05 250m: 2:43.13 33.91 | 350m: 3:51.44 34.30 | |
| | 100m: 1:02.42 32.39 | 200m: 2:09.22 | 33.75 300m: 3:17.14 34.01 | 400m: 4:24.08 32.64 | |
| 4. | SŁABOSZ Emilia | 05 | MOSM Tychy | 4:27.02 | 672 |
| | 50m: 30.83 30.83 | 150m: 1:38.19 | 33.84 250m: 2:46.20 34.13 | 350m: 3:54.51 34.21 | |
| | 100m: 1:04.35 33.52 | 200m: 2:12.07 | 33.88 300m: 3:20.30 34.10 | 400m: 4:27.02 32.51 | |
| 5. | FIGAS Alicja | 04 | MKP Szczecin | 4:28.45 | 661 |
| | 50m: 31.39 31.39 | 150m: 1:37.91 | 33.61 250m: 2:45.61 33.76 | 350m: 3:54.19 34.45 | |
| | 100m: 1:04.30 32.91 | 200m: 2:11.85 | 33.94 300m: 3:19.74 34.13 | 400m: 4:28.45 34.26 | |
| 6. | WRZESI SKA Wiktoria | 04 | UKS 190 Łódź | 4:31.86 | 637 |
| | 50m: 31.21 31.21 | 150m: 1:39.21 | 34.23 250m: 2:48.47 34.90 | 350m: 3:57.77 34.37 | |
| | 100m: 1:04.98 33.77 | 200m: 2:13.57 | 34.36 300m: 3:23.40 34.93 | 400m: 4:31.86 34.09 | |
| 7. | MAZUR Zuzanna | 05 | MKP SŁOWIANKA Gorzów Wlkp. | 4:36.04 | 608 |
| | 50m: 31.53 31.53 | 150m: 1:40.54 | 35.00 250m: 2:51.27 35.30 | 350m: 4:02.14 35.41 | |
| | 100m: 1:05.54 34.01 | 200m: 2:15.97 | 35.43 300m: 3:26.73 35.46 | 400m: 4:36.04 33.90 | |
| 8. | SIWKO Natalia | 04 | KU AZS UMCS Lublin | 4:36.61 | 604 |
| | 50m: 31.38 31.38 | 150m: 1:40.35 | 35.00 250m: 2:50.82 35.13 | 350m: 4:01.63 35.22 | |
| | 100m: 1:05.35 33.97 | 200m: 2:15.69 | 35.34 300m: 3:26.41 35.59 | 400m: 4:36.61 34.98 | |
| 9. | BISZEWSKA Gabriela | 05 | MUKS OLIMPIJCZYK Suwałki | 4:38.87 | 590 |
| | 50m: 32.36 32.36 | 150m: 1:42.16 | 35.12 250m: 2:53.49 35.74 | 350m: 4:04.61 35.35 | |
| | 100m: 1:07.04 34.68 | 200m: 2:17.75 | 35.59 300m: 3:29.26 35.77 | 400m: 4:38.87 34.26 | |
| 10. | BUKOWSKA Olga | 05 | MKP Szczecin | 4:40.89 | 577 |
| | 50m: 32.13 32.13 | 150m: 1:43.03 | 35.75 250m: 2:54.69 35.73 | 350m: 4:06.16 35.26 | |
| | 100m: 1:07.28 35.15 | 200m: 2:18.96 | 35.93 300m: 3:30.90 36.21 | 400m: 4:40.89 34.73 | |
| 11. | TADKO Wiktoria | 05 | MKS SMS Victoria Racibórz | 4:41.86 | 571 |
| | 50m: 31.95 31.95 | 150m: 1:43.21 | 36.11 250m: 2:55.91 36.18 | 350m: 4:07.93 35.52 | |
| | 100m: 1:07.10 35.15 | 200m: 2:19.73 | 36.52 300m: 3:32.41 36.50 | 400m: 4:41.86 33.93 | |
| 12. | SKALI SKA Ewa | 05 | IKS Konstancin | 4:43.65 | 560 |
| | 50m: 31.88 31.88 | 150m: 1:42.83 | 35.75 250m: 2:55.13 36.23 | 350m: 4:08.32 36.61 | |
| | 100m: 1:07.08 35.20 | 200m: 2:18.90 | 36.07 300m: 3:31.71 36.58 | 400m: 4:43.65 35.33 | |
| 13. | SAMORAJ Oliwia | 05 | MKS Piaseczno | 4:43.93 | 559 |
| | 50m: 32.14 32.14 | 150m: 1:42.94 | 35.91 250m: 2:55.70 36.42 | 350m: 4:08.55 36.26 | |
| | 100m: 1:07.03 34.89 | 200m: 2:19.28 | 36.34 300m: 3:32.29 36.59 | 400m: 4:43.93 35.38 | |
| 14. | GÓRSKA Natalia | 05 | UKS NAWA Skierniewice | 4:50.83 | 520 |
| | 50m: 31.99 31.99 | 150m: 1:45.07 | 37.26 250m: 3:01.51 38.15 | 350m: 4:15.33 36.62 | |
| | 100m: 1:07.81 35.82 | 200m: 2:23.36 | 38.29 300m: 3:38.71 37.20 | 400m: 4:50.83 35.50 | |
| 15. | KLIMIUK Zuzanna | 05 | MKP SŁOWIANKA Gorzów Wlkp. | 4:52.58 | 511 |
| | 50m: 33.13 33.13 | 150m: 1:47.18 | 37.38 250m: 3:02.57 37.62 | 350m: 4:17.53 37.13 | |
| | 100m: 1:09.80 36.67 | 200m: 2:24.95 | 37.77 300m: 3:40.40 37.83 | 400m: 4:52.58 35.05 | |
| 16. | BOCHE SKA Aleksandra | 05 | UKS Krońnicka Przysa | 5:37.78 | 332 |
| | 50m: 35.42 35.42 | 150m: 2:01.36 | 44.11 250m: 3:29.58 43.98 | 350m: 4:56.75 43.31 | |
| | 100m: 1:17.25 41.83 | 200m: 2:45.60 | 44.24 300m: 4:13.44 43.86 | 400m: 5:37.78 41.03 | |

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

Konkurencja 33, Kobiety, 400m dowolny

16 lat

| | | | | | |
|-----|------------------------|---------------------|--------------------------------|---------------------|-----|
| 1. | CZUBAK Maria | 06 | IKS Konstancin | 4:18.96 | 737 |
| | 50m: 30.47 30.47 | 150m: 1:36.18 32.93 | 250m: 2:41.89 33.05 | 350m: 3:47.54 32.83 | |
| | 100m: 1:03.25 32.78 | 200m: 2:08.84 32.66 | 300m: 3:14.71 32.82 | 400m: 4:18.96 31.42 | |
| 2. | PIEKARSKA Natalia | 06 | UKS 190 Łódź | 4:23.43 | 700 |
| | 50m: 30.28 30.28 | 150m: 1:35.77 32.84 | 250m: 2:42.55 33.40 | 350m: 3:50.20 33.76 | |
| | 100m: 1:02.93 32.65 | 200m: 2:09.15 33.38 | 300m: 3:16.44 33.89 | 400m: 4:23.43 33.23 | |
| 3. | WILK Anna | 06 | UKP FALA Krańnik | 4:24.41 | 692 |
| | 50m: 30.54 30.54 | 150m: 1:37.17 33.17 | 250m: 2:44.12 33.46 | 350m: 3:51.67 33.72 | |
| | 100m: 1:04.00 33.46 | 200m: 2:10.66 33.49 | 300m: 3:17.95 33.83 | 400m: 4:24.41 32.74 | |
| 4. | MACIAK Julia | 06 | IUKS MUSZELKA Warszawa | 4:26.26 | 678 |
| | 50m: 30.52 30.52 | 150m: 1:37.36 33.56 | 250m: 2:45.04 33.78 | 350m: 3:53.10 33.96 | |
| | 100m: 1:03.80 33.28 | 200m: 2:11.26 33.90 | 300m: 3:19.14 34.10 | 400m: 4:26.26 33.16 | |
| 5. | TRACZYK Anna | 06 | MKS JUVENIA Wrocław | 4:30.46 | 646 |
| | 50m: 31.12 31.12 | 150m: 1:40.34 34.93 | 250m: 2:49.50 34.51 | 350m: 3:56.81 33.41 | |
| | 100m: 1:05.41 34.29 | 200m: 2:14.99 34.65 | 300m: 3:23.40 33.90 | 400m: 4:30.46 33.65 | |
| 6. | NIKIEL Natalia | 06 | MKS Park Wodny Tarnowskie Góry | 4:34.31 | 620 |
| | 50m: 32.07 32.07 | 150m: 1:41.61 35.05 | 250m: 2:50.85 34.66 | 350m: 4:00.17 34.57 | |
| | 100m: 1:06.56 34.49 | 200m: 2:16.19 34.58 | 300m: 3:25.60 34.75 | 400m: 4:34.31 34.14 | |
| 7. | SVIATKINA Yeva | 06 | MKS TRÓJKA Łódź | 4:41.26 | 575 |
| | 50m: 31.07 31.07 | 150m: 1:40.94 35.57 | 250m: 2:52.66 35.80 | 350m: 4:04.68 35.41 | |
| | 100m: 1:05.37 34.30 | 200m: 2:16.86 35.92 | 300m: 3:29.27 36.61 | 400m: 4:41.26 36.58 | |
| 8. | MIKUŁA Natalia | 06 | UKS 190 Łódź | 4:42.02 | 570 |
| | 50m: 31.53 31.53 | 150m: 1:41.30 34.84 | 250m: 2:53.36 36.22 | 350m: 4:06.20 36.35 | |
| | 100m: 1:06.46 34.93 | 200m: 2:17.14 35.84 | 300m: 3:29.85 36.49 | 400m: 4:42.02 35.82 | |
| 9. | FURMA SKA Julia | 06 | UKS NAWA Skierniewice | 4:48.65 | 532 |
| | 50m: 33.69 33.69 | 150m: 1:46.39 36.81 | 250m: 3:00.13 36.63 | 350m: 4:13.72 36.84 | |
| | 100m: 1:09.58 35.89 | 200m: 2:23.50 37.11 | 300m: 3:36.88 36.75 | 400m: 4:48.65 34.93 | |
| 10. | BAŁDYGA Kamila | 06 | MTP KORMORAN Olsztyn | 4:51.10 | 518 |
| | 50m: 33.21 33.21 | 150m: 1:45.64 36.53 | 250m: 2:59.45 36.92 | 350m: 4:14.03 37.27 | |
| | 100m: 1:09.11 35.90 | 200m: 2:22.53 36.89 | 300m: 3:36.76 37.31 | 400m: 4:51.10 37.07 | |
| 11. | CHMIELEWSKA Aleksandra | 06 | MUKS OLIMPIJCZYK Suwałki | 4:52.84 | 509 |
| | 50m: 33.31 33.31 | 150m: 1:44.91 36.07 | 250m: 2:59.41 37.86 | 350m: 4:15.04 37.79 | |
| | 100m: 1:08.84 35.53 | 200m: 2:21.55 36.64 | 300m: 3:37.25 37.84 | 400m: 4:52.84 37.80 | |

15 lat

| | | | | | |
|----|---------------------|---------------------|--------------------------|---------------------|-----|
| 1. | POPPE Marta | 07 | KU AZS UMCS Lublin | 4:31.55 | 639 |
| | 50m: 31.00 31.00 | 150m: 1:38.67 34.28 | 250m: 2:48.30 35.21 | 350m: 3:58.24 34.69 | |
| | 100m: 1:04.39 33.39 | 200m: 2:13.09 34.42 | 300m: 3:23.55 35.25 | 400m: 4:31.55 33.31 | |
| 2. | NETREBKO Mariia | 07 | KS DELFIN Gdynia | 4:31.60 | 638 |
| | 50m: 30.84 30.84 | 150m: 1:39.45 34.44 | 250m: 2:49.49 35.02 | 350m: 3:58.71 34.52 | |
| | 100m: 1:05.01 34.17 | 200m: 2:14.47 35.02 | 300m: 3:24.19 34.70 | 400m: 4:31.60 32.89 | |
| 3. | KUCZMAR Zuzanna | 07 | UKP POLONIA Warszawa | 4:32.66 | 631 |
| | 50m: 30.91 30.91 | 150m: 1:39.27 34.65 | 250m: 2:47.81 34.07 | 350m: 3:58.19 35.33 | |
| | 100m: 1:04.62 33.71 | 200m: 2:13.74 34.47 | 300m: 3:22.86 35.05 | 400m: 4:32.66 34.47 | |
| 4. | R CZKOWSKA Maja | 07 | LKS Jedno 32 Przyszowice | 4:33.37 | 626 |
| | 50m: 31.72 31.72 | 150m: 1:40.34 34.44 | 250m: 2:49.58 34.81 | 350m: 3:59.43 34.85 | |
| | 100m: 1:05.90 34.18 | 200m: 2:14.77 34.43 | 300m: 3:24.58 35.00 | 400m: 4:33.37 33.94 | |

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

Konkurencja 33, Dziewcz. t., 400m dowolny, 15 lat

| Pozycja | | | Rok ur. | | | | | | Czas | Pkt. | | |
|---------|-------------------|---------|---------|-------------------------------|---------|-------|-------|---------|----------------|-------|---------|-------|
| 5. | WIERNICKA Julia | | 07 | UKS SMS Galicja Kraków | | | | | 4:38.00 | 595 | | |
| | 50m: | 31.01 | 31.01 | 150m: | 1:39.28 | 34.93 | 250m: | 2:50.45 | 35.45 | 350m: | 4:02.30 | 36.33 |
| | 100m: | 1:04.35 | 33.34 | 200m: | 2:15.00 | 35.72 | 300m: | 3:25.97 | 35.52 | 400m: | 4:38.00 | 35.70 |
| 6. | TRAFALSKA Zuzanna | | 07 | UKS 190 Łódź | | | | | 4:43.38 | 562 | | |
| | 50m: | 32.31 | 32.31 | 150m: | 1:41.40 | 34.91 | 250m: | 2:53.42 | 36.18 | 350m: | 4:07.27 | 37.01 |
| | 100m: | 1:06.49 | 34.18 | 200m: | 2:17.24 | 35.84 | 300m: | 3:30.26 | 36.84 | 400m: | 4:43.38 | 36.11 |
| 7. | RYDY SKA Maja | | 07 | MKS SP 63 Bydgoszcz | | | | | 4:46.64 | 543 | | |
| | 50m: | 32.34 | 32.34 | 150m: | 1:43.12 | 35.90 | 250m: | 2:56.69 | 36.82 | 350m: | 4:10.58 | 37.17 |
| | 100m: | 1:07.22 | 34.88 | 200m: | 2:19.87 | 36.75 | 300m: | 3:33.41 | 36.72 | 400m: | 4:46.64 | 36.06 |
| 8. | JA NIECKA Paulina | | 07 | UKS MOS w Opolu | | | | | 4:50.73 | 520 | | |
| | 50m: | 33.48 | 33.48 | 150m: | 1:47.04 | 36.89 | 250m: | 3:01.10 | 36.76 | 350m: | 4:14.97 | 37.03 |
| | 100m: | 1:10.15 | 36.67 | 200m: | 2:24.34 | 37.30 | 300m: | 3:37.94 | 36.84 | 400m: | 4:50.73 | 35.76 |
| 9. | DANILEWICZ Julia | | 07 | KS OLIMPIA Lublin | | | | | 4:58.53 | 481 | | |
| | 50m: | 31.85 | 31.85 | 150m: | 1:45.38 | 37.18 | 250m: | 3:02.40 | 38.79 | 350m: | 4:20.58 | 38.89 |
| | 100m: | 1:08.20 | 36.35 | 200m: | 2:23.61 | 38.23 | 300m: | 3:41.69 | 39.29 | 400m: | 4:58.53 | 37.95 |
| 10. | BER Julia | | 07 | UKS Piłka Konstantynów Łódzki | | | | | 5:02.05 | 464 | | |
| | 50m: | 33.02 | 33.02 | 150m: | 1:47.39 | 37.70 | 250m: | 3:05.30 | 39.38 | 350m: | 4:24.60 | 39.54 |
| | 100m: | 1:09.69 | 36.67 | 200m: | 2:25.92 | 38.53 | 300m: | 3:45.06 | 39.76 | 400m: | 5:02.05 | 37.45 |
| 11. | POŁĘ Hanna | | 07 | MKS TRÓJKA Łódź | | | | | 5:04.87 | 451 | | |
| | 50m: | 34.93 | 34.93 | 150m: | 1:53.64 | 40.09 | 250m: | 3:13.13 | 38.63 | 350m: | 4:30.10 | 38.08 |
| | 100m: | 1:13.55 | 38.62 | 200m: | 2:34.50 | 40.86 | 300m: | 3:52.02 | 38.89 | 400m: | 5:04.87 | 34.77 |

14 lat

| | | | | | | | | | | | | |
|----|-------------------|---------|-------|--------------------------------|---------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | RODZIEWICZ Alicja | | 08 | UKS NAWA Skierniewice | | | | | 4:33.97 | 622 | | |
| | 50m: | 30.95 | 30.95 | 150m: | 1:40.12 | 34.55 | 250m: | 2:50.07 | 34.95 | 350m: | 3:59.28 | 33.53 |
| | 100m: | 1:05.57 | 34.62 | 200m: | 2:15.12 | 35.00 | 300m: | 3:25.75 | 35.68 | 400m: | 4:33.97 | 34.69 |
| 2. | LESIAK Weronika | | 08 | UKS NAWA Skierniewice | | | | | 4:46.02 | 547 | | |
| | 50m: | 32.74 | 32.74 | 150m: | 1:45.54 | 36.74 | 250m: | 2:58.89 | 36.86 | 350m: | 4:11.71 | 36.26 |
| | 100m: | 1:08.80 | 36.06 | 200m: | 2:22.03 | 36.49 | 300m: | 3:35.45 | 36.56 | 400m: | 4:46.02 | 34.31 |
| 3. | KORDEK Zuzanna | | 08 | Akademia SMS Racibórz | | | | | 4:48.42 | 533 | | |
| | 50m: | 33.94 | 33.94 | 150m: | 1:46.49 | 36.35 | 250m: | 2:59.94 | 36.14 | 350m: | 4:12.51 | 36.40 |
| | 100m: | 1:10.14 | 36.20 | 200m: | 2:23.80 | 37.31 | 300m: | 3:36.11 | 36.17 | 400m: | 4:48.42 | 35.91 |
| 4. | ŁUCZKA Natalia | | 08 | UKS WODNIK Siemianowice I skie | | | | | 5:01.87 | 465 | | |
| | 50m: | 32.83 | 32.83 | 150m: | 1:47.87 | 38.50 | 250m: | 3:05.73 | 39.38 | 350m: | 4:23.90 | 38.62 |
| | 100m: | 1:09.37 | 36.54 | 200m: | 2:26.35 | 38.48 | 300m: | 3:45.28 | 39.55 | 400m: | 5:01.87 | 37.97 |
| 5. | BOROWSKA Wiktoria | | 08 | UKS Piłka Konstantynów Łódzki | | | | | 5:07.64 | 439 | | |
| | 50m: | 33.80 | 33.80 | 150m: | 1:50.35 | 39.04 | 250m: | 3:08.63 | 38.26 | 350m: | 4:30.10 | 40.11 |
| | 100m: | 1:11.31 | 37.51 | 200m: | 2:30.37 | 40.02 | 300m: | 3:49.99 | 41.36 | 400m: | 5:07.64 | 37.54 |
| 6. | NAJI Kamila | | 08 | MKS TRÓJKA Łódź | | | | | 5:12.00 | 421 | | |
| | 50m: | 35.00 | 35.00 | 150m: | 1:53.17 | 39.80 | 250m: | 3:13.91 | 40.44 | 350m: | 4:33.87 | 39.84 |
| | 100m: | 1:13.37 | 38.37 | 200m: | 2:33.47 | 40.30 | 300m: | 3:54.03 | 40.12 | 400m: | 5:12.00 | 38.13 |
| 7. | CISZYK Hanna | | 08 | UKS Piłka Konstantynów Łódzki | | | | | 5:25.01 | 372 | | |
| | 50m: | 37.26 | 37.26 | 150m: | 1:59.16 | 40.83 | 250m: | 3:22.43 | 41.69 | 350m: | 4:45.85 | 41.61 |
| | 100m: | 1:18.33 | 41.07 | 200m: | 2:40.74 | 41.58 | 300m: | 4:04.24 | 41.81 | 400m: | 5:25.01 | 39.16 |