

**Finał ARENA Grand Prix Puchar Polski**  
**Łódź, 02-04.06.2023**
**Konkurencja 9** **Kobiet, 400m zmienny** **14 lat i starsi**  
**02.06.2023 - 10:45** **Wyniki Eliminacje**
**Rekord Polski** 4:36.95 **BARANOWSKA Katarzyna** POL Beijing (CHN) 09.08.2008

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.
1. <b>FAMULOK Zuzanna</b>	03 <b>AZS AWF Katowice</b>	<b>5:07.54</b>	649 A
50m: 31.46 31.46	150m: 1:49.41 41.40	250m: 3:11.30 42.93	350m: 4:31.63 36.87
100m: 1:08.01 36.55	200m: 2:28.37 38.96	300m: 3:54.76 43.46	400m: 5:07.54 35.91
2. <b>RODZIEWICZ Alicja</b>	08 <b>UKS NAWA Skierniewice</b>	<b>5:09.13</b>	639 A
50m: 32.48 32.48	150m: 1:49.52 39.27	250m: 3:12.22 44.21	350m: 4:34.00 35.78
100m: 1:10.25 37.77	200m: 2:28.01 38.49	300m: 3:58.22 46.00	400m: 5:09.13 35.13
3. <b>JAROSZ Helena</b>	06 <b>UKP UNIA O wi cim</b>	<b>5:09.28</b>	638 A
50m: 31.70 31.70	150m: 1:50.37 41.08	250m: 3:11.49 40.90	350m: 4:32.05 37.87
100m: 1:09.29 37.59	200m: 2:30.59 40.22	300m: 3:54.18 42.69	400m: 5:09.28 37.23
4. <b>KNOP Aleksandra</b>	03 <b>UKS 190 Łódź</b>	<b>5:10.04</b>	634 A
50m: 31.33 31.33	150m: 1:46.66 39.48	250m: 3:10.69 45.44	350m: 4:33.76 36.45
100m: 1:07.18 35.85	200m: 2:25.25 38.59	300m: 3:57.31 46.62	400m: 5:10.04 36.28
5. <b>LECHOWSKA Magdalena</b>	06 <b>WKS L SK Wrocław</b>	<b>5:11.59</b>	624 A
50m: 32.83 32.83	150m: 1:51.68 40.07	250m: 3:15.36 43.80	350m: 4:36.39 36.45
100m: 1:11.61 38.78	200m: 2:31.56 39.88	300m: 3:59.94 44.58	400m: 5:11.59 35.20
6. <b>POZNA SKA Justyna</b>	05 <b>MKS JEDYNKA Łódź</b>	<b>5:12.47</b>	619 A
50m: 32.61 32.61	150m: 1:50.64 40.63	250m: 3:14.92 45.47	350m: 4:36.96 36.35
100m: 1:10.01 37.40	200m: 2:29.45 38.81	300m: 4:00.61 45.69	400m: 5:12.47 35.51
7. <b>SULAK Antonina</b>	06 <b>UKS PI TKA Konstancynów Łódzki</b>	<b>5:18.20</b>	586 A
50m: 33.74 33.74	150m: 1:53.75 41.38	250m: 3:19.83 45.35	350m: 4:42.14 37.15
100m: 1:12.37 38.63	200m: 2:34.48 40.73	300m: 4:04.99 45.16	400m: 5:18.20 36.06
8. <b>TUPALSKA Oliwia</b>	05 <b>KU AZS UMCS Lublin</b>	<b>5:18.71</b>	583 A
50m: 33.02 33.02	150m: 1:53.32 41.15	250m: 3:20.26 45.23	350m: 4:42.76 36.75
100m: 1:12.17 39.15	200m: 2:35.03 41.71	300m: 4:06.01 45.75	400m: 5:18.71 35.95
9. <b>ŁOBODA Maria</b>	08 <b>UKS Cityzen</b>	<b>5:26.56</b>	542 A
50m: 33.23 33.23	150m: 1:54.64 41.28	250m: 3:23.06 46.57	350m: 4:49.65 38.58
100m: 1:13.36 40.13	200m: 2:36.49 41.85	300m: 4:11.07 48.01	400m: 5:26.56 36.91
10. <b>SOBOLAK Gabriela</b>	09 <b>TP OLIMPIJCZYK Aleksandrów Łódzki</b>	<b>5:28.68</b>	532 A
50m: 34.17 34.17	150m: 2:00.45 45.19	250m: 3:29.45 45.05	350m: 4:53.85 38.55
100m: 1:15.26 41.09	200m: 2:44.40 43.95	300m: 4:15.30 45.85	400m: 5:28.68 34.83
11. <b>MLA Viktoria</b>	07 <b>UKP UNIA O wi cim</b>	<b>5:30.05</b>	525 B
50m: 33.46 33.46	150m: 1:56.72 44.13	250m: 3:26.83 46.44	350m: 4:53.47 38.87
100m: 1:12.59 39.13	200m: 2:40.39 43.67	300m: 4:14.60 47.77	400m: 5:30.05 36.58
12. <b>GOMUŁKA Weronika</b>	06 <b>UKS 190 Łódź</b>	<b>5:30.96</b>	521 B
50m: 33.51 33.51	150m: 1:55.39 43.12	250m: 3:23.74 46.61	350m: 4:51.94 39.36
100m: 1:12.27 38.76	200m: 2:37.13 41.74	300m: 4:12.58 48.84	400m: 5:30.96 39.02
13. <b>ZAKRZEWSKA Oliwia</b>	07 <b>UKS NAWA Skierniewice</b>	<b>5:36.05</b>	497 B
50m: 35.82 35.82	150m: 2:01.20 43.50	250m: 3:32.72 49.62	350m: 5:00.21 36.93
100m: 1:17.70 41.88	200m: 2:43.10 41.90	300m: 4:23.28 50.56	400m: 5:36.05 35.84
14. <b>TRAFALSKA Antonina</b>	08 <b>TP OLIMPIJCZYK Aleksandrów Łódzki</b>	<b>5:41.13</b>	476 B
50m: 34.25 34.25	150m: 1:59.38 45.93	250m: 3:32.64 48.32	350m: 5:02.67 40.33
100m: 1:13.45 39.20	200m: 2:44.32 44.94	300m: 4:22.34 49.70	400m: 5:41.13 38.46
15. <b>FURMA SKA Julia</b>	06 <b>UKS NAWA Skierniewice</b>	<b>5:41.72</b>	473 B
50m: 35.05 35.05	150m: 2:00.33 45.00	250m: 3:34.01 50.41	350m: 5:03.38 39.13
100m: 1:15.33 40.28	200m: 2:43.60 43.27	300m: 4:24.25 50.24	400m: 5:41.72 38.34
16. <b>ELASKOWSKA Wiktoria</b>	09 <b>MKS TRÓJKA Łódź</b>	<b>5:49.05</b>	444 B
50m: 37.28 37.28	150m: 2:07.34 48.67	250m: 3:46.09 50.61	350m: 5:14.47 39.32
100m: 1:18.67 41.39	200m: 2:55.48 48.14	300m: 4:35.15 49.06	400m: 5:49.05 34.58

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Konkurencja 9, Kobiet, 400m zmienny, Eliminacje, 14 lat i starsi

Pozycja			Rok ur.						Czas	Pkt.		
17.	ROZWADOWSKA Karolina		09	SKS 137 DELFIN Łódź					<b>5:49.92</b>	441 B		
	50m:	37.52	37.52	150m:	2:10.25	48.82	250m:	3:44.09	47.37	350m:	5:11.44	39.79
	100m:	1:21.43	43.91	200m:	2:56.72	46.47	300m:	4:31.65	47.56	400m:	5:49.92	38.48
18.	GŁOGOWSKA Natalia		08	UKS PI TKA Konstantynów Łódzki					<b>6:16.67</b>	353 B		
	50m:	37.13	37.13	150m:	2:11.49	49.94	250m:	3:54.74	54.89	350m:	5:33.85	43.49
	100m:	1:21.55	44.42	200m:	2:59.85	48.36	300m:	4:50.36	55.62	400m:	6:16.67	42.82