

2018 Arena Grand Prix Puchar Polski  
Lublin, 10. - 11.3.2018

Konkurencja 20  
10.03.2018 - 17:32

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2017

Pozycja			Wiek					Czas	Pkt.
<b>JUNIOR MŁODSZY 14 LAT</b>									
1.	TARASIEWICZ Klaudia		14	UKP „Polonia Warszawa”				<b>4:31.09</b>	663
	50m:	31.84 31.84	150m:	1:39.73	34.27	250m:	2:49.18 34.75	350m:	3:57.76 33.68
	100m:	1:05.46 33.62	200m:	2:14.43	34.70	300m:	3:24.08 34.90	400m:	4:31.09 33.33
2.	BOCIEK Wiktoria		14	KS „Górnik” Sosnowiec				<b>4:36.85</b>	623
	50m:	32.31 32.31	150m:	1:43.42	35.93	250m:	2:53.97 34.85	350m:	4:04.10 34.76
	100m:	1:07.49 35.18	200m:	2:19.12	35.70	300m:	3:29.34 35.37	400m:	4:36.85 32.75
3.	TRACZYK Justyna		14	WKS I sk Wrocław				<b>4:38.52</b>	611
	50m:	32.02 32.02	150m:	1:43.56	35.87	250m:	2:54.93 35.49	350m:	4:05.22 34.44
	100m:	1:07.69 35.67	200m:	2:19.44	35.88	300m:	3:30.78 35.85	400m:	4:38.52 33.30
4.	WRZESI SKA Wiktoria		14	UKS 190 Łód				<b>4:46.09</b>	564
	50m:	32.53 32.53	150m:	1:46.33	37.16	250m:	2:59.83 36.51	350m:	4:12.17 35.69
	100m:	1:09.17 36.64	200m:	2:23.32	36.99	300m:	3:36.48 36.65	400m:	4:46.09 33.92
5.	MALINO Julia		14	UKS „ORKA” Zamo				<b>4:50.82</b>	537
	50m:	32.42 32.42	150m:	1:45.69	37.12	250m:	3:00.36 37.29	350m:	4:15.11 37.00
	100m:	1:08.57 36.15	200m:	2:23.07	37.38	300m:	3:38.11 37.75	400m:	4:50.82 35.71
6.	ZAJ CZKOWSKA Ewa		14	MKS Trójka Łód				<b>4:59.45</b>	492
	50m:	33.91 33.91	150m:	1:50.49	39.35	250m:	3:07.75 38.71	350m:	4:23.78 37.50
	100m:	1:11.14 37.23	200m:	2:29.04	38.55	300m:	3:46.28 38.53	400m:	4:59.45 35.67
7.	DWOJAK Wiktoria		14	KS OLIMPIA Lublin				<b>5:01.24</b>	483
	50m:	34.54 34.54	150m:	1:51.22	38.85	250m:	3:08.63 38.78	350m:	4:25.68 38.32
	100m:	1:12.37 37.83	200m:	2:29.85	38.63	300m:	3:47.36 38.73	400m:	5:01.24 35.56
8.	KOKOSZKA Patrycja		14	MKS „IKAR” Mielec				<b>5:03.18</b>	474
	50m:	34.39 34.39	150m:	1:51.55	39.09	250m:	3:09.32 39.14	350m:	4:27.40 39.02
	100m:	1:12.46 38.07	200m:	2:30.18	38.63	300m:	3:48.38 39.06	400m:	5:03.18 35.78
9.	GOMUŁKA Natalia		14	UKS 190 Łód				<b>5:03.56</b>	472
	50m:	36.24 36.24	150m:	1:53.26	38.48	250m:	3:09.89 38.43	350m:	4:26.27 38.17
	100m:	1:14.78 38.54	200m:	2:31.46	38.20	300m:	3:48.10 38.21	400m:	5:03.56 37.29
10.	WITEK Oliwia		14	UKS SP-149 Łód				<b>5:05.66</b>	462
	50m:	34.56 34.56	150m:	1:53.38	39.72	250m:	3:11.80 39.60	350m:	4:29.68 39.00
	100m:	1:13.66 39.10	200m:	2:32.20	38.82	300m:	3:50.68 38.88	400m:	5:05.66 35.98
11.	SIWKO Natalia		14	KS OLIMPIA Lublin				<b>5:06.12</b>	460
	50m:	34.26 34.26	150m:	1:51.95	39.41	250m:	3:10.20 39.15	350m:	4:28.72 38.77
	100m:	1:12.54 38.28	200m:	2:31.05	39.10	300m:	3:49.95 39.75	400m:	5:06.12 37.40
12.	KOZAK Katarzyna		14	UKS Olimpijczyk 23				<b>5:07.59</b>	454
	50m:	34.19 34.19	150m:	1:52.01	39.30	250m:	3:10.17 39.07	350m:	4:30.11 39.67
	100m:	1:12.71 38.52	200m:	2:31.10	39.09	300m:	3:50.44 40.27	400m:	5:07.59 37.48
13.	PA KO Maja		14	SKF KS „Fenix” O arów Maz.				<b>5:09.25</b>	447
	50m:	34.89 34.89	150m:	1:52.06	39.36	250m:	3:11.52 40.41	350m:	4:32.95 41.09
	100m:	1:12.70 37.81	200m:	2:31.11	39.05	300m:	3:51.86 40.34	400m:	5:09.25 36.30
14.	GUTOWSKA Maria		14	UKP Jedyńka Elbl g				<b>5:10.04</b>	443
	50m:	35.65 35.65	150m:	1:53.74	39.41	250m:	3:13.33 40.15	350m:	4:33.05 39.95
	100m:	1:14.33 38.68	200m:	2:33.18	39.44	300m:	3:53.10 39.77	400m:	5:10.04 36.99
15.	KA MIEROWSKA Nina		14	UKS oliborz				<b>5:10.36</b>	442
	50m:	34.36 34.36	150m:	1:54.09	40.38	250m:	3:13.95 39.50	350m:	4:34.01 39.44
	100m:	1:13.71 39.35	200m:	2:34.45	40.36	300m:	3:54.57 40.62	400m:	5:10.36 36.35
16.	CZERWI SKA Martyna		14	UKS „Dwójka” Tczew				<b>5:19.82</b>	404
	50m:	35.50 35.50	150m:	1:56.06	40.60	250m:	3:18.53 40.85	350m:	4:40.46 40.74
	100m:	1:15.46 39.96	200m:	2:37.68	41.62	300m:	3:59.72 41.19	400m:	5:19.82 39.36
17.	GŁOWALA Gabriela		14	UKS Olimpijczyk 23				<b>5:23.51</b>	390
	50m:	36.74 36.74	150m:	1:58.90	41.49	250m:	3:21.52 40.84	350m:	4:43.60 41.40
	100m:	1:17.41 40.67	200m:	2:40.68	41.78	300m:	4:02.20 40.68	400m:	5:23.51 39.91

2018 Arena Grand Prix Puchar Polski  
Lublin, 10. - 11.3.2018

Konkurencja 20, Dziewcz t, 400m dowolny, JUNIOR MŁODSZY 14 LAT

Pozycja			Wiek					Czas	Pkt.
18.	SYSIO Zuzanna		14	MUKS Wodnik Łask				<b>5:26.92</b>	378
	50m:	37.24 37.24	150m:	2:00.69 42.49	250m:	3:24.77 41.94	350m:	4:48.66 41.41	
	100m:	1:18.20 40.96	200m:	2:42.83 42.14	300m:	4:07.25 42.48	400m:	5:26.92 38.26	
19.	CHRYPLEWICZ Julia		14	KS Rekin wiebodzice				<b>5:28.15</b>	374
	50m:	35.08 35.08	150m:	1:57.73 42.27	250m:	3:24.41 43.50	350m:	4:50.43 42.39	
	100m:	1:15.46 40.38	200m:	2:40.91 43.18	300m:	4:08.04 43.63	400m:	5:28.15 37.72	

JUNIOR MŁODSZY 15 LAT

1.	KNOP Aleksandra		15	UKS 190 Łód				<b>4:20.31</b>	749
	50m:	30.76 30.76	150m:	1:37.47 33.47	250m:	2:43.72 33.16	350m:	3:49.37 32.69	
	100m:	1:04.00 33.24	200m:	2:10.56 33.09	300m:	3:16.68 32.96	400m:	4:20.31 30.94	
2.	CYNARSKA Weronika		15	UKP „Polonia Warszawa”				<b>4:31.46</b>	660
	50m:	31.31 31.31	150m:	1:39.98 34.49	250m:	2:49.15 34.66	350m:	3:58.50 34.58	
	100m:	1:05.49 34.18	200m:	2:14.49 34.51	300m:	3:23.92 34.77	400m:	4:31.46 32.96	
3.	KLIMEK Marta		15	UKP Unia O wi cim				<b>4:31.93</b>	657
	50m:	30.76 30.76	150m:	1:38.89 34.53	250m:	2:48.63 35.07	350m:	3:59.41 35.50	
	100m:	1:04.36 33.60	200m:	2:13.56 34.67	300m:	3:23.91 35.28	400m:	4:31.93 32.52	
4.	URBAN Karolina		15	UKS „Ósemka” Starogard Gd.				<b>4:36.67</b>	624
	50m:	30.63 30.63	150m:	1:40.67 35.25	250m:	2:51.18 35.14	350m:	4:02.52 35.94	
	100m:	1:05.42 34.79	200m:	2:16.04 35.37	300m:	3:26.58 35.40	400m:	4:36.67 34.15	
5.	ZIEMACKA Julia		15	IUKS „Muszelka” Warszawa				<b>4:36.80</b>	623
	50m:	31.42 31.42	150m:	1:41.30 35.63	250m:	2:52.38 35.74	350m:	4:02.60 35.12	
	100m:	1:05.67 34.25	200m:	2:16.64 35.34	300m:	3:27.48 35.10	400m:	4:36.80 34.20	
6.	ZIELI SKA Daria		15	UKP „Polonia Warszawa”				<b>4:37.85</b>	616
	50m:	31.94 31.94	150m:	1:42.18 35.46	250m:	2:53.25 35.76	350m:	4:04.19 35.05	
	100m:	1:06.72 34.78	200m:	2:17.49 35.31	300m:	3:29.14 35.89	400m:	4:37.85 33.66	
7.	NEUBAUER Paulina		15	UKS „Dwójka” Tczew				<b>4:40.95</b>	596
	50m:	32.10 32.10	150m:	1:42.99 35.72	250m:	2:54.65 35.77	350m:	4:06.19 35.26	
	100m:	1:07.27 35.17	200m:	2:18.88 35.89	300m:	3:30.93 36.28	400m:	4:40.95 34.76	
8.	SŁOWIK Martyna		15	IKS Konstancin				<b>4:41.14</b>	594
	50m:	32.37 32.37	150m:	1:43.19 35.57	250m:	2:54.70 35.82	350m:	4:06.85 36.14	
	100m:	1:07.62 35.25	200m:	2:18.88 35.69	300m:	3:30.71 36.01	400m:	4:41.14 34.29	
9.	MACIEJEWSKA Beata		15	UKS SP-149 Łód				<b>4:45.73</b>	566
	50m:	32.98 32.98	150m:	1:45.52 36.47	250m:	2:59.07 36.55	350m:	4:11.74 36.24	
	100m:	1:09.05 36.07	200m:	2:22.52 37.00	300m:	3:35.50 36.43	400m:	4:45.73 33.99	
10.	ZMIERCZAK Natalia		15	MTP Kormoran Olsztyn				<b>4:46.50</b>	562
	50m:	32.11 32.11	150m:	1:45.01 36.93	250m:	2:58.15 36.89	350m:	4:11.34 36.39	
	100m:	1:08.08 35.97	200m:	2:21.26 36.25	300m:	3:34.95 36.80	400m:	4:46.50 35.16	
11.	KULIK Wiktoria		15	MTP Kormoran Olsztyn				<b>4:46.95</b>	559
	50m:	32.75 32.75	150m:	1:44.06 36.07	250m:	2:57.23 36.86	350m:	4:11.05 36.85	
	100m:	1:07.99 35.24	200m:	2:20.37 36.31	300m:	3:34.20 36.97	400m:	4:46.95 35.90	
12.	KIELAK Julia		15	MTP Kormoran Olsztyn				<b>4:48.53</b>	550
	50m:	33.26 33.26	150m:	1:46.81 37.31	250m:	3:00.87 36.94	350m:	4:13.94 36.30	
	100m:	1:09.50 36.24	200m:	2:23.93 37.12	300m:	3:37.64 36.77	400m:	4:48.53 34.59	
13.	HAŁADYN Karolina		15	UKS 190 Łód				<b>4:48.55</b>	550
	50m:	32.66 32.66	150m:	1:45.15 36.42	250m:	2:59.19 37.07	350m:	4:13.00 36.93	
	100m:	1:08.73 36.07	200m:	2:22.12 36.97	300m:	3:36.07 36.88	400m:	4:48.55 35.55	
14.	MACHULAK Maja		15	UKP Fala Kra nik				<b>4:48.92</b>	548
	50m:	32.96 32.96	150m:	1:46.91 37.07	250m:	3:00.41 36.69	350m:	4:13.82 36.63	
	100m:	1:09.84 36.88	200m:	2:23.72 36.81	300m:	3:37.19 36.78	400m:	4:48.92 35.10	
15.	KOSTRZEWSKA Maria		15	UKS 190 Łód				<b>4:49.31</b>	545
	50m:	33.51 33.51	150m:	1:46.78 36.74	250m:	3:00.73 37.08	350m:	4:14.02 36.30	
	100m:	1:10.04 36.53	200m:	2:23.65 36.87	300m:	3:37.72 36.99	400m:	4:49.31 35.29	

2018 Arena Grand Prix Puchar Polski  
Lublin, 10. - 11.3.2018

Konkurencja 20, Dziewcz t, 400m dowolny, JUNIOR MŁODSZY 15 LAT

Pozycja			Wiek						Czas	Pkt.
16.	ERA SKA Urszula	15	BUKS Warszawa				<b>4:49.93</b>	542		
	50m: 33.12 33.12	150m: 1:45.72	36.54	250m: 2:59.41	36.93	350m: 4:13.75	37.23			
	100m: 1:09.18 36.06	200m: 2:22.48	36.76	300m: 3:36.52	37.11	400m: 4:49.93	36.18			
17.	GULBRANSEN Mia	15	Kongstenvommerne				<b>4:50.39</b>	539		
	50m: 33.51 33.51	150m: 1:49.16	37.65	250m: 3:02.69	36.88	350m: 4:15.77	36.24			
	100m: 1:11.51 38.00	200m: 2:25.81	36.65	300m: 3:39.53	36.84	400m: 4:50.39	34.62			
18.	B BEN Nina	15	KS OLIMPIA Lublin				<b>4:51.90</b>	531		
	50m: 33.41 33.41	150m: 1:45.81	36.83	250m: 3:00.54	37.72	350m: 4:15.70	37.82			
	100m: 1:08.98 35.57	200m: 2:22.82	37.01	300m: 3:37.88	37.34	400m: 4:51.90	36.20			
19.	GÓRAL Paula	15	UKS „Dwójka” Tczew				<b>4:53.41</b>	523		
	50m: 33.23 33.23	150m: 1:47.04	37.39	250m: 3:01.74	37.59	350m: 4:17.06	37.88			
	100m: 1:09.65 36.42	200m: 2:24.15	37.11	300m: 3:39.18	37.44	400m: 4:53.41	36.35			
20.	JASKUŁOWSKA Zofia	15	IKS Konstancin				<b>4:54.09</b>	519		
	50m: 32.14 32.14	150m: 1:45.58	36.87	250m: 3:00.61	37.37	350m: 4:16.64	38.11			
	100m: 1:08.71 36.57	200m: 2:23.24	37.66	300m: 3:38.53	37.92	400m: 4:54.09	37.45			
21.	KOZACZUK Klara	15	UKS oliborz				<b>4:54.81</b>	515		
	50m: 33.02 33.02	150m: 1:46.71	37.42	250m: 3:02.14	37.80	350m: 4:18.64	38.18			
	100m: 1:09.29 36.27	200m: 2:24.34	37.63	300m: 3:40.46	38.32	400m: 4:54.81	36.17			
22.	PIEJKO Dorota	15	CSTIR Strzy ów				<b>4:57.45</b>	502		
	50m: 34.69 34.69	150m: 1:51.35	39.09	250m: 3:06.98	37.57	350m: 4:22.52	37.43			
	100m: 1:12.26 37.57	200m: 2:29.41	38.06	300m: 3:45.09	38.11	400m: 4:57.45	34.93			
23.	ADAMSKA Maria	15	ródmiejski UKS				<b>5:01.34</b>	483		
	50m: 34.12 34.12	150m: 1:51.39	39.40	250m: 3:09.31	38.23	350m: 4:24.73	37.52			
	100m: 1:11.99 37.87	200m: 2:31.08	39.69	300m: 3:47.21	37.90	400m: 5:01.34	36.61			
24.	CICHOCKA Oliwia	15	UKS Olimpijczyk 23				<b>5:01.47</b>	482		
	50m: 33.79 33.79	150m: 1:49.22	37.96	250m: 3:06.17	38.22	350m: 4:24.04	38.70			
	100m: 1:11.26 37.47	200m: 2:27.95	38.73	300m: 3:45.34	39.17	400m: 5:01.47	37.43			
25.	SZYSZKO Karolina	15	MUKS „Olimpijczyk” Suwałki				<b>5:01.68</b>	481		
	50m: 32.39 32.39	150m: 1:47.87	38.89	250m: 3:05.99	39.05	350m: 4:24.21	39.20			
	100m: 1:08.98 36.59	200m: 2:26.94	39.07	300m: 3:45.01	39.02	400m: 5:01.68	37.47			
26.	RADKOWSKA Daria	15	UKS Olimpijczyk 23				<b>5:06.21</b>	460		
	50m: 34.69 34.69	150m: 1:51.03	38.71	250m: 3:09.36	39.25	350m: 4:27.45	39.34			
	100m: 1:12.32 37.63	200m: 2:30.11	39.08	300m: 3:48.11	38.75	400m: 5:06.21	38.76			
27.	CISZEWSKA Amelia	15	MUKS „Olimpijczyk” Suwałki				<b>5:06.69</b>	458		
	50m: 35.33 35.33	150m: 1:53.39	39.34	250m: 3:12.41	39.51	350m: 4:30.44	38.71			
	100m: 1:14.05 38.72	200m: 2:32.90	39.51	300m: 3:51.73	39.32	400m: 5:06.69	36.25			
28.	CIESIELSKA Natalia	15	UKS SP-149 Łód				<b>5:11.19</b>	438		
	50m: 35.74 35.74	150m: 1:53.54	39.05	250m: 3:12.99	39.99	350m: 4:32.87	39.94			
	100m: 1:14.49 38.75	200m: 2:33.00	39.46	300m: 3:52.93	39.94	400m: 5:11.19	38.32			
29.	LIWOWSKA Maria	15	UKS Pi tka Konstantynów Ł.				<b>5:13.28</b>	430		
	50m: 34.25 34.25	150m: 1:54.19	40.65	250m: 3:16.14	41.05	350m: 4:35.87	38.78			
	100m: 1:13.54 39.29	200m: 2:35.09	40.90	300m: 3:57.09	40.95	400m: 5:13.28	37.41			

JUNIOR MŁODSZY 16 LAT

1.	JASZCZUK Ewa	16	MTP Kormoran Olsztyn				<b>4:27.58</b>	690		
	50m: 31.77 31.77	150m: 1:38.95	34.15	250m: 2:46.81	33.96	350m: 3:55.35	34.00			
	100m: 1:04.80 33.03	200m: 2:12.85	33.90	300m: 3:21.35	34.54	400m: 4:27.58	32.23			
2.	SKIBIAK Klaudia	16	UKS 190 Łód				<b>4:30.52</b>	667		
	50m: 31.52 31.52	150m: 1:39.66	34.25	250m: 2:48.50	34.53	350m: 3:57.49	34.36			
	100m: 1:05.41 33.89	200m: 2:13.97	34.31	300m: 3:23.13	34.63	400m: 4:30.52	33.03			
3.	KUCHTA Maria	16	UKS „Dwójka” Tczew				<b>4:36.56</b>	625		
	50m: 31.71 31.71	150m: 1:42.25	35.60	250m: 2:53.03	35.19	350m: 4:03.73	35.26			
	100m: 1:06.65 34.94	200m: 2:17.84	35.59	300m: 3:28.47	35.44	400m: 4:36.56	32.83			

2018 Arena Grand Prix Puchar Polski  
Lublin, 10. - 11.3.2018

Konkurencja 20, Dziewcz t, 400m dowolny, JUNIOR MŁODSZY 16 LAT

Pozycja			Wiek						Czas	Pkt.	
4.	<b>SZL</b>	<b>K Katarzyna</b>	16	TP Olimpijczyk Aleksandrów Ł.				<b>4:38.31</b>	613		
	50m:	31.50 31.50	150m:	1:42.20	35.58	250m:	2:53.51	35.42	350m:	4:04.90	35.66
	100m:	1:06.62 35.12	200m:	2:18.09	35.89	300m:	3:29.24	35.73	400m:	4:38.31	33.41
5.	<b>RAJCA</b>	<b>Olivia</b>	16	UKS 190 Łód				<b>4:39.64</b>	604		
	50m:	33.12 33.12	150m:	1:43.95	35.52	250m:	2:55.22	35.65	350m:	4:06.34	35.45
	100m:	1:08.43 35.31	200m:	2:19.57	35.62	300m:	3:30.89	35.67	400m:	4:39.64	33.30
6.	<b>D BROWSKA</b>	<b>Tatiana</b>	16	UKS 190 Łód				<b>4:40.23</b>	600		
	50m:	31.85 31.85	150m:	1:43.38	36.13	250m:	2:54.79	35.94	350m:	4:05.84	34.84
	100m:	1:07.25 35.40	200m:	2:18.85	35.47	300m:	3:31.00	36.21	400m:	4:40.23	34.39
7.	<b>GÓRNICKA</b>	<b>Aleksandra</b>	16	MKP Szczecin				<b>4:42.22</b>	588		
	50m:	31.29 31.29	150m:	1:42.24	36.01	250m:	2:55.25	36.72	350m:	4:08.52	36.62
	100m:	1:06.23 34.94	200m:	2:18.53	36.29	300m:	3:31.90	36.65	400m:	4:42.22	33.70
8.	<b>DOM OL</b>	<b>Zuzanna</b>	16	KKS „Włókniarz” 1925 Kalisz				<b>4:43.27</b>	581		
	50m:	32.53 32.53	150m:	1:44.17	36.07	250m:	2:56.69	36.40	350m:	4:08.93	36.16
	100m:	1:08.10 35.57	200m:	2:20.29	36.12	300m:	3:32.77	36.08	400m:	4:43.27	34.34
9.	<b>CERLICH</b>	<b>Oliwia</b>	16	MKS „IKAR” Mielec				<b>4:43.31</b>	581		
	50m:	32.36 32.36	150m:	1:42.04	35.13	250m:	2:54.77	37.01	350m:	4:08.08	36.53
	100m:	1:06.91 34.55	200m:	2:17.76	35.72	300m:	3:31.55	36.78	400m:	4:43.31	35.23
10.	<b>CHMIELEWSKA</b>	<b>Julia</b>	16	MUKP Warszawianka- Wodny Park				<b>4:43.35</b>	581		
	<i>WYNIK LEPSZY OD REKORDU POLSKI NIESŁYSZ CYCH SENIORÓW</i>										
	50m:	31.43 31.43	150m:	1:42.32	36.29	250m:	2:55.08	36.62	350m:	4:08.62	37.02
	100m:	1:06.03 34.60	200m:	2:18.46	36.14	300m:	3:31.60	36.52	400m:	4:43.35	34.73
11.	<b>PAWŁOWSKA</b>	<b>Barbara</b>	16	UKS 190 Łód				<b>4:43.87</b>	577		
	50m:	32.25 32.25	150m:	1:43.03	35.85	250m:	2:55.52	36.55	350m:	4:08.26	36.26
	100m:	1:07.18 34.93	200m:	2:18.97	35.94	300m:	3:32.00	36.48	400m:	4:43.87	35.61
12.	<b>JAWORSKA</b>	<b>Maja</b>	16	KP MZOS Płock				<b>4:44.14</b>	576		
	50m:	31.86 31.86	150m:	1:44.15	36.71	250m:	2:57.77	36.87	350m:	4:10.97	36.54
	100m:	1:07.44 35.58	200m:	2:20.90	36.75	300m:	3:34.43	36.66	400m:	4:44.14	33.17
13.	<b>SZEWczyk</b>	<b>Zofia</b>	16	UKP Fala Kra nik				<b>4:46.65</b>	561		
	50m:	33.38 33.38	150m:	1:45.60	36.44	250m:	2:59.01	36.64	350m:	4:12.17	36.57
	100m:	1:09.16 35.78	200m:	2:22.37	36.77	300m:	3:35.60	36.59	400m:	4:46.65	34.48
14.	<b>SZYMA</b>	<b>SKA Wiktoria</b>	16	KKS „Włókniarz” 1925 Kalisz				<b>4:50.64</b>	538		
	50m:	33.38 33.38	150m:	1:47.92	37.69	250m:	3:03.04	37.68	350m:	4:17.58	36.84
	100m:	1:10.23 36.85	200m:	2:25.36	37.44	300m:	3:40.74	37.70	400m:	4:50.64	33.06
15.	<b>ZAWADZKA</b>	<b>Hanna</b>	16	KS Rekin wiebodzice				<b>4:51.81</b>	532		
	50m:	32.46 32.46	150m:	1:45.81	37.07	250m:	3:00.26	37.46	350m:	4:15.53	38.02
	100m:	1:08.74 36.28	200m:	2:22.80	36.99	300m:	3:37.51	37.25	400m:	4:51.81	36.28
16.	<b>MAZIAR</b>	<b>Alicja</b>	16	KS Rekin wiebodzice				<b>4:57.39</b>	502		
	50m:	32.60 32.60	150m:	1:47.62	38.20	250m:	3:05.00	38.77	350m:	4:21.37	38.06
	100m:	1:09.42 36.82	200m:	2:26.23	38.61	300m:	3:43.31	38.31	400m:	4:57.39	36.02
17.	<b>ZAJ C</b>	<b>Wiktoria</b>	16	UKP „Polonia Warszawa”				<b>4:58.05</b>	499		
	50m:	32.92 32.92	150m:	1:48.85	38.90	250m:	3:05.90	39.16	350m:	4:21.36	37.14
	100m:	1:09.95 37.03	200m:	2:26.74	37.89	300m:	3:44.22	38.32	400m:	4:58.05	36.69
18.	<b>KURZEPA</b>	<b>Adrianna</b>	16	UKS Pirania Targówek				<b>5:03.66</b>	472		
	50m:	34.87 34.87	150m:	1:51.54	38.79	250m:	3:09.14	39.09	350m:	4:26.34	38.38
	100m:	1:12.75 37.88	200m:	2:30.05	38.51	300m:	3:47.96	38.82	400m:	5:03.66	37.32
19.	<b>WI TEK</b>	<b>Martyna</b>	16	UKS Skarpa Lublin				<b>5:10.20</b>	442		
	50m:	34.48 34.48	150m:	1:53.32	39.73	250m:	3:13.87	40.36	350m:	4:33.31	39.48
	100m:	1:13.59 39.11	200m:	2:33.51	40.19	300m:	3:53.83	39.96	400m:	5:10.20	36.89
20.	<b>ORŁOWSKA</b>	<b>Zuzanna</b>	16	UKS Nawa Skierniewice				<b>5:10.57</b>	441		
	50m:	34.23 34.23	150m:	1:52.12	39.46	250m:	3:11.79	39.78	350m:	4:31.47	39.86
	100m:	1:12.66 38.43	200m:	2:32.01	39.89	300m:	3:51.61	39.82	400m:	5:10.57	39.10

2018 Arena Grand Prix Puchar Polski  
Lublin, 10. - 11.3.2018

Konkurencja 20, Dziewcz t, 400m dowolny, JUNIOR MŁODSZY 16 LAT

Pozycja			Wiek				Czas				Pkt.	
21.	POLASIK Natalia		16				MKS Medyk Gi ycko				<b>5:15.76</b>	419
	50m:	35.39	35.39	150m:	1:56.32	40.82	250m:	3:17.59	40.63	350m:	4:37.56	39.88
	100m:	1:15.50	40.11	200m:	2:36.96	40.64	300m:	3:57.68	40.09	400m:	5:15.76	38.20

JUNIOR 17 - 18 LAT

1.	KOSSAKOWSKA Dominika		17				AZS AWF Katowice				<b>4:27.21</b>	692
	50m:	30.91	30.91	150m:	1:38.40	34.17	250m:	2:46.32	33.92	350m:	3:54.47	34.00
	100m:	1:04.23	33.32	200m:	2:12.40	34.00	300m:	3:20.47	34.15	400m:	4:27.21	32.74
2.	PIECHOTA Karolina		17				UKS 190 Łód				<b>4:28.36</b>	684
	50m:	31.71	31.71	150m:	1:39.39	33.95	250m:	2:47.76	34.24	350m:	3:55.74	34.25
	100m:	1:05.44	33.73	200m:	2:13.52	34.13	300m:	3:21.49	33.73	400m:	4:28.36	32.62
3.	GAWRO SKA Zoe		18				MKP Szczecin				<b>4:32.14</b>	655
	50m:	31.04	31.04	150m:	1:38.90	34.24	250m:	2:48.26	34.63	350m:	3:57.99	34.70
	100m:	1:04.66	33.62	200m:	2:13.63	34.73	300m:	3:23.29	35.03	400m:	4:32.14	34.15
4.	MARGULA Weronika		18				MKP Szczecin				<b>4:36.51</b>	625
	50m:	32.26	32.26	150m:	1:41.89	34.90	250m:	2:51.59	34.87	350m:	4:01.82	35.23
	100m:	1:06.99	34.73	200m:	2:16.72	34.83	300m:	3:26.59	35.00	400m:	4:36.51	34.69
5.	SZAFRA SKA Julia		18				KS KSZO Ostrowiec w.				<b>4:39.01</b>	608
	50m:	31.89	31.89	150m:	1:41.81	35.26	250m:	2:53.31	35.88	350m:	4:05.07	35.79
	100m:	1:06.55	34.66	200m:	2:17.43	35.62	300m:	3:29.28	35.97	400m:	4:39.01	33.94
6.	PISAREK Justyna		18				UKP Unia O wi cim				<b>4:39.35</b>	606
	50m:	31.65	31.65	150m:	1:41.85	35.07	250m:	2:53.45	35.84	350m:	4:04.71	35.34
	100m:	1:06.78	35.13	200m:	2:17.61	35.76	300m:	3:29.37	35.92	400m:	4:39.35	34.64
7.	BARYŁA Julia		18				MKP Szczecin				<b>4:39.54</b>	605
	50m:	32.00	32.00	150m:	1:43.66	36.65	250m:	2:55.29	36.02	350m:	4:05.73	35.10
	100m:	1:07.01	35.01	200m:	2:19.27	35.61	300m:	3:30.63	35.34	400m:	4:39.54	33.81
8.	JU WICKA Zuzanna		17				MKS Trójka Łód				<b>4:43.54</b>	580
	50m:	33.44	33.44	150m:	1:45.25	35.87	250m:	2:57.11	35.80	350m:	4:08.63	35.87
	100m:	1:09.38	35.94	200m:	2:21.31	36.06	300m:	3:32.76	35.65	400m:	4:43.54	34.91
9.	RABINIAK Zuzanna		17				KU AZS UMCS Lublin				<b>4:46.65</b>	561
	50m:	31.41	31.41	150m:	1:43.28	36.63	250m:	2:57.00	36.85	350m:	4:10.02	36.31
	100m:	1:06.65	35.24	200m:	2:20.15	36.87	300m:	3:33.71	36.71	400m:	4:46.65	36.63
10.	ULICKA Alicja		17				UKS Nawa Skierniewice				<b>4:46.76</b>	560
	50m:	31.64	31.64	150m:	1:44.12	36.88	250m:	2:57.62	36.58	350m:	4:11.11	36.83
	100m:	1:07.24	35.60	200m:	2:21.04	36.92	300m:	3:34.28	36.66	400m:	4:46.76	35.65
11.	WÓJTOWICZ Julia		18				UKS Skarpa Lublin				<b>4:57.01</b>	504
	50m:	33.12	33.12	150m:	1:48.15	37.97	250m:	3:04.99	38.42	350m:	4:21.30	37.40
	100m:	1:10.18	37.06	200m:	2:26.57	38.42	300m:	3:43.90	38.91	400m:	4:57.01	35.71
12.	HAŁKA Wiktoria		17				KU AZS UMCS Lublin				<b>4:57.40</b>	502
	50m:	33.76	33.76	150m:	1:50.69	38.88	250m:	3:06.98	37.72	350m:	4:22.10	37.30
	100m:	1:11.81	38.05	200m:	2:29.26	38.57	300m:	3:44.80	37.82	400m:	4:57.40	35.30
13.	MAŁKUS Amelia		18				MUKP Warszawianka- Wodny Park				<b>5:10.43</b>	441
	50m:	34.93	34.93	150m:	1:53.73	39.81	250m:	3:13.53	40.11	350m:	4:33.12	39.46
	100m:	1:13.92	38.99	200m:	2:33.42	39.69	300m:	3:53.66	40.13	400m:	5:10.43	37.31
14.	HJORTH Emilie Norman		17				Moss SK				<b>5:52.26</b>	302
	50m:	36.93	36.93	150m:	2:05.63	44.97	250m:	3:36.42	45.04	350m:	5:08.21	45.65
	100m:	1:20.66	43.73	200m:	2:51.38	45.75	300m:	4:22.56	46.14	400m:	5:52.26	44.05

2018 Arena Grand Prix Puchar Polski  
Lublin, 10. - 11.3.2018

Konkurencja 20, Kobiet, 400m dowolny

OPEN

1.	UKOWSKA Paula	25	AZS AWF Katowice	<b>4:20.20</b>	750
	50m: 31.18 31.18	150m: 1:37.96 33.50	250m: 2:44.84 33.40	350m: 3:49.74 32.09	
	100m: 1:04.46 33.28	200m: 2:11.44 33.48	300m: 3:17.65 32.81	400m: 4:20.20 30.46	
2.	KNOP Aleksandra	15	UKS 190 Łódź	<b>4:20.31</b>	749
	50m: 30.76 30.76	150m: 1:37.47 33.47	250m: 2:43.72 33.16	350m: 3:49.37 32.69	
	100m: 1:04.00 33.24	200m: 2:10.56 33.09	300m: 3:16.68 32.96	400m: 4:20.31 30.94	
3.	KARPISZ Milena	21	KU AZS Politechniki Łódzkiej	<b>4:20.81</b>	745
	50m: 30.82 30.82	150m: 1:37.05 33.05	250m: 2:43.46 32.98	350m: 3:49.55 32.76	
	100m: 1:04.00 33.18	200m: 2:10.48 33.43	300m: 3:16.79 33.33	400m: 4:20.81 31.26	
4.	PIECHOTA Paulina	19	UKS 190 Łódź	<b>4:22.02</b>	734
	50m: 30.93 30.93	150m: 1:37.33 33.28	250m: 2:43.62 33.00	350m: 3:50.07 32.97	
	100m: 1:04.05 33.12	200m: 2:10.62 33.29	300m: 3:17.10 33.48	400m: 4:22.02 31.95	
5.	KOSSAKOWSKA Dominika	17	AZS AWF Katowice	<b>4:27.21</b>	692
	50m: 30.91 30.91	150m: 1:38.40 34.17	250m: 2:46.32 33.92	350m: 3:54.47 34.00	
	100m: 1:04.23 33.32	200m: 2:12.40 34.00	300m: 3:20.47 34.15	400m: 4:27.21 32.74	
6.	JASZCZUK Ewa	16	MTP Kormoran Olsztyn	<b>4:27.58</b>	690
	50m: 31.77 31.77	150m: 1:38.95 34.15	250m: 2:46.81 33.96	350m: 3:55.35 34.00	
	100m: 1:04.80 33.03	200m: 2:12.85 33.90	300m: 3:21.35 34.54	400m: 4:27.58 32.23	
7.	ADAMCZYK Julia	19	KU AZS UMCS Lublin	<b>4:27.63</b>	689
	50m: 31.75 31.75	150m: 1:39.78 33.89	250m: 2:47.41 33.82	350m: 3:55.16 33.84	
	100m: 1:05.89 34.14	200m: 2:13.59 33.81	300m: 3:21.32 33.91	400m: 4:27.63 32.47	
8.	PIECHOTA Karolina	17	UKS 190 Łódź	<b>4:28.36</b>	684
	50m: 31.71 31.71	150m: 1:39.39 33.95	250m: 2:47.76 34.24	350m: 3:55.74 34.25	
	100m: 1:05.44 33.73	200m: 2:13.52 34.13	300m: 3:21.49 33.73	400m: 4:28.36 32.62	
9.	SKIBIAK Klaudia	16	UKS 190 Łódź	<b>4:30.52</b>	667
	50m: 31.52 31.52	150m: 1:39.66 34.25	250m: 2:48.50 34.53	350m: 3:57.49 34.36	
	100m: 1:05.41 33.89	200m: 2:13.97 34.31	300m: 3:23.13 34.63	400m: 4:30.52 33.03	
10.	TARASIEWICZ Klaudia	14	UKP „Polonia Warszawa”	<b>4:31.09</b>	663
	50m: 31.84 31.84	150m: 1:39.73 34.27	250m: 2:49.18 34.75	350m: 3:57.76 33.68	
	100m: 1:05.46 33.62	200m: 2:14.43 34.70	300m: 3:24.08 34.90	400m: 4:31.09 33.33	
11.	CYNARSKA Weronika	15	UKP „Polonia Warszawa”	<b>4:31.46</b>	660
	50m: 31.31 31.31	150m: 1:39.98 34.49	250m: 2:49.15 34.66	350m: 3:58.50 34.58	
	100m: 1:05.49 34.18	200m: 2:14.49 34.51	300m: 3:23.92 34.77	400m: 4:31.46 32.96	
12.	KLIMEK Marta	15	UKP Unia O wi cim	<b>4:31.93</b>	657
	50m: 30.76 30.76	150m: 1:38.89 34.53	250m: 2:48.63 35.07	350m: 3:59.41 35.50	
	100m: 1:04.36 33.60	200m: 2:13.56 34.67	300m: 3:23.91 35.28	400m: 4:31.93 32.52	
13.	GAWRO SKA Zoe	18	MKP Szczecin	<b>4:32.14</b>	655
	50m: 31.04 31.04	150m: 1:38.90 34.24	250m: 2:48.26 34.63	350m: 3:57.99 34.70	
	100m: 1:04.66 33.62	200m: 2:13.63 34.73	300m: 3:23.29 35.03	400m: 4:32.14 34.15	
14.	JABŁO SKA Oliwia	21	WZSN „START”	<b>4:34.70</b>	637
	50m: 32.23 32.23	150m: 1:40.71 34.75	250m: 2:50.54 35.10	350m: 4:00.58 34.89	
	100m: 1:05.96 33.73	200m: 2:15.44 34.73	300m: 3:25.69 35.15	400m: 4:34.70 34.12	
15.	WARDZI SKA Martyna	20	AZS AWF Warszawa	<b>4:35.25</b>	634
	50m: 31.45 31.45	150m: 1:41.21 35.11	250m: 2:51.46 35.26	350m: 4:01.85 35.00	
	100m: 1:06.10 34.65	200m: 2:16.20 34.99	300m: 3:26.85 35.39	400m: 4:35.25 33.40	
16.	MARGULA Weronika	18	MKP Szczecin	<b>4:36.51</b>	625
	50m: 32.26 32.26	150m: 1:41.89 34.90	250m: 2:51.59 34.87	350m: 4:01.82 35.23	
	100m: 1:06.99 34.73	200m: 2:16.72 34.83	300m: 3:26.59 35.00	400m: 4:36.51 34.69	
17.	KUCHTA Maria	16	UKS „Dwójka” Tczew	<b>4:36.56</b>	625
	50m: 31.71 31.71	150m: 1:42.25 35.60	250m: 2:53.03 35.19	350m: 4:03.73 35.26	
	100m: 1:06.65 34.94	200m: 2:17.84 35.59	300m: 3:28.47 35.44	400m: 4:36.56 32.83	
18.	URBAN Karolina	15	UKS „Ósemka” Starogard Gd.	<b>4:36.67</b>	624
	50m: 30.63 30.63	150m: 1:40.67 35.25	250m: 2:51.18 35.14	350m: 4:02.52 35.94	
	100m: 1:05.42 34.79	200m: 2:16.04 35.37	300m: 3:26.58 35.40	400m: 4:36.67 34.15	

2018 Arena Grand Prix Puchar Polski  
Lublin, 10. - 11.3.2018

Konkurencja 20, Kobiet, 400m dowolny, OPEN

Pozycja					Wiek					Czas	Pkt.	
19.	ZIEMACKA Julia				15	IUKS „Muszelka” Warszawa				<b>4:36.80</b>	623	
	50m:	31.42	31.42	150m:	1:41.30	35.63	250m:	2:52.38	35.74	350m:	4:02.60	35.12
	100m:	1:05.67	34.25	200m:	2:16.64	35.34	300m:	3:27.48	35.10	400m:	4:36.80	34.20
20.	BOCIEK Wiktoria				14	KS „Górnik” Sosnowiec				<b>4:36.85</b>	623	
	50m:	32.31	32.31	150m:	1:43.42	35.93	250m:	2:53.97	34.85	350m:	4:04.10	34.76
	100m:	1:07.49	35.18	200m:	2:19.12	35.70	300m:	3:29.34	35.37	400m:	4:36.85	32.75
21.	ZIELI SKA Daria				15	UKP „Polonia Warszawa”				<b>4:37.85</b>	616	
	50m:	31.94	31.94	150m:	1:42.18	35.46	250m:	2:53.25	35.76	350m:	4:04.19	35.05
	100m:	1:06.72	34.78	200m:	2:17.49	35.31	300m:	3:29.14	35.89	400m:	4:37.85	33.66
22.	SZL K Katarzyna				16	TP Olimpijczyk Aleksandrów Ł.				<b>4:38.31</b>	613	
	50m:	31.50	31.50	150m:	1:42.20	35.58	250m:	2:53.51	35.42	350m:	4:04.90	35.66
	100m:	1:06.62	35.12	200m:	2:18.09	35.89	300m:	3:29.24	35.73	400m:	4:38.31	33.41
23.	TRACZYK Justyna				14	WKS I sk Wrocław				<b>4:38.52</b>	611	
	50m:	32.02	32.02	150m:	1:43.56	35.87	250m:	2:54.93	35.49	350m:	4:05.22	34.44
	100m:	1:07.69	35.67	200m:	2:19.44	35.88	300m:	3:30.78	35.85	400m:	4:38.52	33.30
24.	SZAFRA SKA Julia				18	KS KSZO Ostrowiec w.				<b>4:39.01</b>	608	
	50m:	31.89	31.89	150m:	1:41.81	35.26	250m:	2:53.31	35.88	350m:	4:05.07	35.79
	100m:	1:06.55	34.66	200m:	2:17.43	35.62	300m:	3:29.28	35.97	400m:	4:39.01	33.94
25.	PISAREK Justyna				18	UKP Unia O wi cim				<b>4:39.35</b>	606	
	50m:	31.65	31.65	150m:	1:41.85	35.07	250m:	2:53.45	35.84	350m:	4:04.71	35.34
	100m:	1:06.78	35.13	200m:	2:17.61	35.76	300m:	3:29.37	35.92	400m:	4:39.35	34.64
26.	BARYŁA Julia				18	MKP Szczecin				<b>4:39.54</b>	605	
	50m:	32.00	32.00	150m:	1:43.66	36.65	250m:	2:55.29	36.02	350m:	4:05.73	35.10
	100m:	1:07.01	35.01	200m:	2:19.27	35.61	300m:	3:30.63	35.34	400m:	4:39.54	33.81
27.	RAJCA Olivia				16	UKS 190 Łód				<b>4:39.64</b>	604	
	50m:	33.12	33.12	150m:	1:43.95	35.52	250m:	2:55.22	35.65	350m:	4:06.34	35.45
	100m:	1:08.43	35.31	200m:	2:19.57	35.62	300m:	3:30.89	35.67	400m:	4:39.64	33.30
28.	D BROWSKA Tatiana				16	UKS 190 Łód				<b>4:40.23</b>	600	
	50m:	31.85	31.85	150m:	1:43.38	36.13	250m:	2:54.79	35.94	350m:	4:05.84	34.84
	100m:	1:07.25	35.40	200m:	2:18.85	35.47	300m:	3:31.00	36.21	400m:	4:40.23	34.39
29.	ANDRZEJEWSKA Kamila				19	KU AZS UMCS Lublin				<b>4:40.39</b>	599	
	50m:	32.01	32.01	150m:	1:41.29	34.86	250m:	2:52.71	36.33	350m:	4:04.40	35.68
	100m:	1:06.43	34.42	200m:	2:16.38	35.09	300m:	3:28.72	36.01	400m:	4:40.39	35.99
30.	NEUBAUER Paulina				15	UKS „Dwójka” Tczew				<b>4:40.95</b>	596	
	50m:	32.10	32.10	150m:	1:42.99	35.72	250m:	2:54.65	35.77	350m:	4:06.19	35.26
	100m:	1:07.27	35.17	200m:	2:18.88	35.89	300m:	3:30.93	36.28	400m:	4:40.95	34.76
31.	SŁOWIK Martyna				15	IKS Konstancin				<b>4:41.14</b>	594	
	50m:	32.37	32.37	150m:	1:43.19	35.57	250m:	2:54.70	35.82	350m:	4:06.85	36.14
	100m:	1:07.62	35.25	200m:	2:18.88	35.69	300m:	3:30.71	36.01	400m:	4:41.14	34.29
32.	GÓRNICKA Aleksandra				16	MKP Szczecin				<b>4:42.22</b>	588	
	50m:	31.29	31.29	150m:	1:42.24	36.01	250m:	2:55.25	36.72	350m:	4:08.52	36.62
	100m:	1:06.23	34.94	200m:	2:18.53	36.29	300m:	3:31.90	36.65	400m:	4:42.22	33.70
33.	DOM OL Zuzanna				16	KKS „Włóknarz” 1925 Kalisz				<b>4:43.27</b>	581	
	50m:	32.53	32.53	150m:	1:44.17	36.07	250m:	2:56.69	36.40	350m:	4:08.93	36.16
	100m:	1:08.10	35.57	200m:	2:20.29	36.12	300m:	3:32.77	36.08	400m:	4:43.27	34.34
34.	CERLICH Oliwia				16	MKS „IKAR” Mielec				<b>4:43.31</b>	581	
	50m:	32.36	32.36	150m:	1:42.04	35.13	250m:	2:54.77	37.01	350m:	4:08.08	36.53
	100m:	1:06.91	34.55	200m:	2:17.76	35.72	300m:	3:31.55	36.78	400m:	4:43.31	35.23
35.	CHMIELEWSKA Julia				16	MUKP Warszawianka- Wodny Park				<b>4:43.35</b>	581	
	<i>WYNIK LEPSZY OD REKORDU POLSKI NIESŁYSZ CYCH SENIORÓW</i>											
	50m:	31.43	31.43	150m:	1:42.32	36.29	250m:	2:55.08	36.62	350m:	4:08.62	37.02
	100m:	1:06.03	34.60	200m:	2:18.46	36.14	300m:	3:31.60	36.52	400m:	4:43.35	34.73

2018 Arena Grand Prix Puchar Polski  
Lublin, 10. - 11.3.2018

Konkurencja 20, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek						Czas	Pkt.
36.	JU WICKA Zuzanna	17	MKS Trójka Łód					<b>4:43.54</b>	580	
	50m: 33.44 33.44	150m: 1:45.25	35.87	250m: 2:57.11	35.80	350m: 4:08.63	35.87			
	100m: 1:09.38 35.94	200m: 2:21.31	36.06	300m: 3:32.76	35.65	400m: 4:43.54	34.91			
37.	PAWŁOWSKA Barbara	16	UKS 190 Łód					<b>4:43.87</b>	577	
	50m: 32.25 32.25	150m: 1:43.03	35.85	250m: 2:55.52	36.55	350m: 4:08.26	36.26			
	100m: 1:07.18 34.93	200m: 2:18.97	35.94	300m: 3:32.00	36.48	400m: 4:43.87	35.61			
38.	JAWORSKA Maja	16	KP MZOS Płock					<b>4:44.14</b>	576	
	50m: 31.86 31.86	150m: 1:44.15	36.71	250m: 2:57.77	36.87	350m: 4:10.97	36.54			
	100m: 1:07.44 35.58	200m: 2:20.90	36.75	300m: 3:34.43	36.66	400m: 4:44.14	33.17			
39.	BART Patrycja	21	MKS „Pałac Młodzie y”					<b>4:45.38</b>	568	
	50m: 32.32 32.32	150m: 1:43.94	36.24	250m: 2:57.19	37.00	350m: 4:10.11	36.32			
	100m: 1:07.70 35.38	200m: 2:20.19	36.25	300m: 3:33.79	36.60	400m: 4:45.38	35.27			
40.	MACIEJEWSKA Beata	15	UKS SP-149 Łód					<b>4:45.73</b>	566	
	50m: 32.98 32.98	150m: 1:45.52	36.47	250m: 2:59.07	36.55	350m: 4:11.74	36.24			
	100m: 1:09.05 36.07	200m: 2:22.52	37.00	300m: 3:35.50	36.43	400m: 4:45.73	33.99			
41.	WRZESI SKA Wiktoria	14	UKS 190 Łód					<b>4:46.09</b>	564	
	50m: 32.53 32.53	150m: 1:46.33	37.16	250m: 2:59.83	36.51	350m: 4:12.17	35.69			
	100m: 1:09.17 36.64	200m: 2:23.32	36.99	300m: 3:36.48	36.65	400m: 4:46.09	33.92			
42.	ZMIERCZAK Natalia	15	MTP Kormoran Olsztyn					<b>4:46.50</b>	562	
	50m: 32.11 32.11	150m: 1:45.01	36.93	250m: 2:58.15	36.89	350m: 4:11.34	36.39			
	100m: 1:08.08 35.97	200m: 2:21.26	36.25	300m: 3:34.95	36.80	400m: 4:46.50	35.16			
43.	RABINIAK Zuzanna	17	KU AZS UMCS Lublin					<b>4:46.65</b>	561	
	50m: 31.41 31.41	150m: 1:43.28	36.63	250m: 2:57.00	36.85	350m: 4:10.02	36.31			
	100m: 1:06.65 35.24	200m: 2:20.15	36.87	300m: 3:33.71	36.71	400m: 4:46.65	36.63			
	SZEWCZYK Zofia	16	UKP Fala Kra nik					<b>4:46.65</b>	561	
	50m: 33.38 33.38	150m: 1:45.60	36.44	250m: 2:59.01	36.64	350m: 4:12.17	36.57			
	100m: 1:09.16 35.78	200m: 2:22.37	36.77	300m: 3:35.60	36.59	400m: 4:46.65	34.48			
45.	ULICKA Alicja	17	UKS Nawa Skierniewice					<b>4:46.76</b>	560	
	50m: 31.64 31.64	150m: 1:44.12	36.88	250m: 2:57.62	36.58	350m: 4:11.11	36.83			
	100m: 1:07.24 35.60	200m: 2:21.04	36.92	300m: 3:34.28	36.66	400m: 4:46.76	35.65			
46.	KULIK Wiktoria	15	MTP Kormoran Olsztyn					<b>4:46.95</b>	559	
	50m: 32.75 32.75	150m: 1:44.06	36.07	250m: 2:57.23	36.86	350m: 4:11.05	36.85			
	100m: 1:07.99 35.24	200m: 2:20.37	36.31	300m: 3:34.20	36.97	400m: 4:46.95	35.90			
47.	KIELAK Julia	15	MTP Kormoran Olsztyn					<b>4:48.53</b>	550	
	50m: 33.26 33.26	150m: 1:46.81	37.31	250m: 3:00.87	36.94	350m: 4:13.94	36.30			
	100m: 1:09.50 36.24	200m: 2:23.93	37.12	300m: 3:37.64	36.77	400m: 4:48.53	34.59			
48.	HAŁADYN Karolina	15	UKS 190 Łód					<b>4:48.55</b>	550	
	50m: 32.66 32.66	150m: 1:45.15	36.42	250m: 2:59.19	37.07	350m: 4:13.00	36.93			
	100m: 1:08.73 36.07	200m: 2:22.12	36.97	300m: 3:36.07	36.88	400m: 4:48.55	35.55			
49.	MACHULAK Maja	15	UKP Fala Kra nik					<b>4:48.92</b>	548	
	50m: 32.96 32.96	150m: 1:46.91	37.07	250m: 3:00.41	36.69	350m: 4:13.82	36.63			
	100m: 1:09.84 36.88	200m: 2:23.72	36.81	300m: 3:37.19	36.78	400m: 4:48.92	35.10			
50.	KOSTRZEWSKA Maria	15	UKS 190 Łód					<b>4:49.31</b>	545	
	50m: 33.51 33.51	150m: 1:46.78	36.74	250m: 3:00.73	37.08	350m: 4:14.02	36.30			
	100m: 1:10.04 36.53	200m: 2:23.65	36.87	300m: 3:37.72	36.99	400m: 4:49.31	35.29			
51.	ERA SKA Urszula	15	BUKS Warszawa					<b>4:49.93</b>	542	
	50m: 33.12 33.12	150m: 1:45.72	36.54	250m: 2:59.41	36.93	350m: 4:13.75	37.23			
	100m: 1:09.18 36.06	200m: 2:22.48	36.76	300m: 3:36.52	37.11	400m: 4:49.93	36.18			
52.	GULBRANDSEN Mia	15	Kongstenvommerne					<b>4:50.39</b>	539	
	50m: 33.51 33.51	150m: 1:49.16	37.65	250m: 3:02.69	36.88	350m: 4:15.77	36.24			
	100m: 1:11.51 38.00	200m: 2:25.81	36.65	300m: 3:39.53	36.84	400m: 4:50.39	34.62			
53.	SZYMA SKA Wiktoria	16	KKS „Włókniarz” 1925 Kalisz					<b>4:50.64</b>	538	
	50m: 33.38 33.38	150m: 1:47.92	37.69	250m: 3:03.04	37.68	350m: 4:17.58	36.84			
	100m: 1:10.23 36.85	200m: 2:25.36	37.44	300m: 3:40.74	37.70	400m: 4:50.64	33.06			



2018 Arena Grand Prix Puchar Polski  
Lublin, 10. - 11.3.2018

Konkurencja 20, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.			
54.	MALINO	Julia	14	UKS „ORKA” Zamo				<b>4:50.82</b>	537			
	50m:	32.42	32.42	150m:	1:45.69	37.12	250m:	3:00.36	37.29	350m:	4:15.11	37.00
	100m:	1:08.57	36.15	200m:	2:23.07	37.38	300m:	3:38.11	37.75	400m:	4:50.82	35.71
55.	ZAWADZKA	Hanna	16	KS Rekin wiebodzice				<b>4:51.81</b>	532			
	50m:	32.46	32.46	150m:	1:45.81	37.07	250m:	3:00.26	37.46	350m:	4:15.53	38.02
	100m:	1:08.74	36.28	200m:	2:22.80	36.99	300m:	3:37.51	37.25	400m:	4:51.81	36.28
56.	B BEN	Nina	15	KS OLIMPIA Lublin				<b>4:51.90</b>	531			
	50m:	33.41	33.41	150m:	1:45.81	36.83	250m:	3:00.54	37.72	350m:	4:15.70	37.82
	100m:	1:08.98	35.57	200m:	2:22.82	37.01	300m:	3:37.88	37.34	400m:	4:51.90	36.20
57.	GÓRAL	Paula	15	UKS „Dwójka” Tczew				<b>4:53.41</b>	523			
	50m:	33.23	33.23	150m:	1:47.04	37.39	250m:	3:01.74	37.59	350m:	4:17.06	37.88
	100m:	1:09.65	36.42	200m:	2:24.15	37.11	300m:	3:39.18	37.44	400m:	4:53.41	36.35
58.	JASKUŁOWSKA	Zofia	15	IKS Konstancin				<b>4:54.09</b>	519			
	50m:	32.14	32.14	150m:	1:45.58	36.87	250m:	3:00.61	37.37	350m:	4:16.64	38.11
	100m:	1:08.71	36.57	200m:	2:23.24	37.66	300m:	3:38.53	37.92	400m:	4:54.09	37.45
59.	KOZACZUK	Klara	15	UKS oliborz				<b>4:54.81</b>	515			
	50m:	33.02	33.02	150m:	1:46.71	37.42	250m:	3:02.14	37.80	350m:	4:18.64	38.18
	100m:	1:09.29	36.27	200m:	2:24.34	37.63	300m:	3:40.46	38.32	400m:	4:54.81	36.17
60.	WÓJTOWICZ	Julia	18	UKS Skarpa Lublin				<b>4:57.01</b>	504			
	50m:	33.12	33.12	150m:	1:48.15	37.97	250m:	3:04.99	38.42	350m:	4:21.30	37.40
	100m:	1:10.18	37.06	200m:	2:26.57	38.42	300m:	3:43.90	38.91	400m:	4:57.01	35.71
61.	MAZIAR	Alicja	16	KS Rekin wiebodzice				<b>4:57.39</b>	502			
	50m:	32.60	32.60	150m:	1:47.62	38.20	250m:	3:05.00	38.77	350m:	4:21.37	38.06
	100m:	1:09.42	36.82	200m:	2:26.23	38.61	300m:	3:43.31	38.31	400m:	4:57.39	36.02
62.	HAŁKA	Wiktoria	17	KU AZS UMCS Lublin				<b>4:57.40</b>	502			
	50m:	33.76	33.76	150m:	1:50.69	38.88	250m:	3:06.98	37.72	350m:	4:22.10	37.30
	100m:	1:11.81	38.05	200m:	2:29.26	38.57	300m:	3:44.80	37.82	400m:	4:57.40	35.30
63.	PIEJKO	Dorota	15	CSTiR Strzy ów				<b>4:57.45</b>	502			
	50m:	34.69	34.69	150m:	1:51.35	39.09	250m:	3:06.98	37.57	350m:	4:22.52	37.43
	100m:	1:12.26	37.57	200m:	2:29.41	38.06	300m:	3:45.09	38.11	400m:	4:57.45	34.93
64.	ZAJ C	Wiktoria	16	UKP „Polonia Warszawa”				<b>4:58.05</b>	499			
	50m:	32.92	32.92	150m:	1:48.85	38.90	250m:	3:05.90	39.16	350m:	4:21.36	37.14
	100m:	1:09.95	37.03	200m:	2:26.74	37.89	300m:	3:44.22	38.32	400m:	4:58.05	36.69
65.	ZAJ CZKOWSKA	Ewa	14	MKS Trójka Łód				<b>4:59.45</b>	492			
	50m:	33.91	33.91	150m:	1:50.49	39.35	250m:	3:07.75	38.71	350m:	4:23.78	37.50
	100m:	1:11.14	37.23	200m:	2:29.04	38.55	300m:	3:46.28	38.53	400m:	4:59.45	35.67
66.	DWOJAK	Wiktoria	14	KS OLIMPIA Lublin				<b>5:01.24</b>	483			
	50m:	34.54	34.54	150m:	1:51.22	38.85	250m:	3:08.63	38.78	350m:	4:25.68	38.32
	100m:	1:12.37	37.83	200m:	2:29.85	38.63	300m:	3:47.36	38.73	400m:	5:01.24	35.56
67.	ADAMSKA	Maria	15	ródmiejski UKS				<b>5:01.34</b>	483			
	50m:	34.12	34.12	150m:	1:51.39	39.40	250m:	3:09.31	38.23	350m:	4:24.73	37.52
	100m:	1:11.99	37.87	200m:	2:31.08	39.69	300m:	3:47.21	37.90	400m:	5:01.34	36.61
68.	CICHOCKA	Oliwia	15	UKS Olimpijczyk 23				<b>5:01.47</b>	482			
	50m:	33.79	33.79	150m:	1:49.22	37.96	250m:	3:06.17	38.22	350m:	4:24.04	38.70
	100m:	1:11.26	37.47	200m:	2:27.95	38.73	300m:	3:45.34	39.17	400m:	5:01.47	37.43
69.	SZYSZKO	Karolina	15	MUKS „Olimpijczyk” Suwałki				<b>5:01.68</b>	481			
	50m:	32.39	32.39	150m:	1:47.87	38.89	250m:	3:05.99	39.05	350m:	4:24.21	39.20
	100m:	1:08.98	36.59	200m:	2:26.94	39.07	300m:	3:45.01	39.02	400m:	5:01.68	37.47
70.	KOKOSZKA	Patrycja	14	MKS „IKAR” Mielec				<b>5:03.18</b>	474			
	50m:	34.39	34.39	150m:	1:51.55	39.09	250m:	3:09.32	39.14	350m:	4:27.40	39.02
	100m:	1:12.46	38.07	200m:	2:30.18	38.63	300m:	3:48.38	39.06	400m:	5:03.18	35.78
71.	GOMUŁKA	Natalia	14	UKS 190 Łód				<b>5:03.56</b>	472			
	50m:	36.24	36.24	150m:	1:53.26	38.48	250m:	3:09.89	38.43	350m:	4:26.27	38.17
	100m:	1:14.78	38.54	200m:	2:31.46	38.20	300m:	3:48.10	38.21	400m:	5:03.56	37.29

2018 Arena Grand Prix Puchar Polski  
Lublin, 10. - 11.3.2018

Konkurencja 20, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.
72.	KURZEPA Adrianna	16	UKS Pirania Targówek					<b>5:03.66</b>	472
	50m: 34.87 34.87	150m: 1:51.54	38.79	250m: 3:09.14	39.09	350m: 4:26.34	38.38		
	100m: 1:12.75 37.88	200m: 2:30.05	38.51	300m: 3:47.96	38.82	400m: 5:03.66	37.32		
73.	WITEK Oliwia	14	UKS SP-149 Łódź					<b>5:05.66</b>	462
	50m: 34.56 34.56	150m: 1:53.38	39.72	250m: 3:11.80	39.60	350m: 4:29.68	39.00		
	100m: 1:13.66 39.10	200m: 2:32.20	38.82	300m: 3:50.68	38.88	400m: 5:05.66	35.98		
74.	SIWKO Natalia	14	KS OLIMPIA Lublin					<b>5:06.12</b>	460
	50m: 34.26 34.26	150m: 1:51.95	39.41	250m: 3:10.20	39.15	350m: 4:28.72	38.77		
	100m: 1:12.54 38.28	200m: 2:31.05	39.10	300m: 3:49.95	39.75	400m: 5:06.12	37.40		
75.	RADKOWSKA Daria	15	UKS Olimpijczyk 23					<b>5:06.21</b>	460
	50m: 34.69 34.69	150m: 1:51.03	38.71	250m: 3:09.36	39.25	350m: 4:27.45	39.34		
	100m: 1:12.32 37.63	200m: 2:30.11	39.08	300m: 3:48.11	38.75	400m: 5:06.21	38.76		
76.	CISZEWSKA Amelia	15	MUKS „Olimpijczyk” Suwałki					<b>5:06.69</b>	458
	50m: 35.33 35.33	150m: 1:53.39	39.34	250m: 3:12.41	39.51	350m: 4:30.44	38.71		
	100m: 1:14.05 38.72	200m: 2:32.90	39.51	300m: 3:51.73	39.32	400m: 5:06.69	36.25		
77.	KOZAK Katarzyna	14	UKS Olimpijczyk 23					<b>5:07.59</b>	454
	50m: 34.19 34.19	150m: 1:52.01	39.30	250m: 3:10.17	39.07	350m: 4:30.11	39.67		
	100m: 1:12.71 38.52	200m: 2:31.10	39.09	300m: 3:50.44	40.27	400m: 5:07.59	37.48		
78.	PA KO Maja	14	SKF KS „Fenix” O arów Maz.					<b>5:09.25</b>	447
	50m: 34.89 34.89	150m: 1:52.06	39.36	250m: 3:11.52	40.41	350m: 4:32.95	41.09		
	100m: 1:12.70 37.81	200m: 2:31.11	39.05	300m: 3:51.86	40.34	400m: 5:09.25	36.30		
79.	GUTOWSKA Maria	14	UKP Jedyńka Elbl g					<b>5:10.04</b>	443
	50m: 35.65 35.65	150m: 1:53.74	39.41	250m: 3:13.33	40.15	350m: 4:33.05	39.95		
	100m: 1:14.33 38.68	200m: 2:33.18	39.44	300m: 3:53.10	39.77	400m: 5:10.04	36.99		
80.	WI TEK Martyna	16	UKS Skarpa Lublin					<b>5:10.20</b>	442
	50m: 34.48 34.48	150m: 1:53.32	39.73	250m: 3:13.87	40.36	350m: 4:33.31	39.48		
	100m: 1:13.59 39.11	200m: 2:33.51	40.19	300m: 3:53.83	39.96	400m: 5:10.20	36.89		
81.	KA MIEROWSKA Nina	14	UKS oliborz					<b>5:10.36</b>	442
	50m: 34.36 34.36	150m: 1:54.09	40.38	250m: 3:13.95	39.50	350m: 4:34.01	39.44		
	100m: 1:13.71 39.35	200m: 2:34.45	40.36	300m: 3:54.57	40.62	400m: 5:10.36	36.35		
82.	MAŁKUS Amelia	18	MUKP Warszawianka- Wodny Park					<b>5:10.43</b>	441
	50m: 34.93 34.93	150m: 1:53.73	39.81	250m: 3:13.53	40.11	350m: 4:33.12	39.46		
	100m: 1:13.92 38.99	200m: 2:33.42	39.69	300m: 3:53.66	40.13	400m: 5:10.43	37.31		
83.	ORŁOWSKA Zuzanna	16	UKS Nawa Skierniewice					<b>5:10.57</b>	441
	50m: 34.23 34.23	150m: 1:52.12	39.46	250m: 3:11.79	39.78	350m: 4:31.47	39.86		
	100m: 1:12.66 38.43	200m: 2:32.01	39.89	300m: 3:51.61	39.82	400m: 5:10.57	39.10		
84.	CIESIELSKA Natalia	15	UKS SP-149 Łódź					<b>5:11.19</b>	438
	50m: 35.74 35.74	150m: 1:53.54	39.05	250m: 3:12.99	39.99	350m: 4:32.87	39.94		
	100m: 1:14.49 38.75	200m: 2:33.00	39.46	300m: 3:52.93	39.94	400m: 5:11.19	38.32		
85.	LIWOWSKA Maria	15	UKS Pi tka Konstantynów Ł.					<b>5:13.28</b>	430
	50m: 34.25 34.25	150m: 1:54.19	40.65	250m: 3:16.14	41.05	350m: 4:35.87	38.78		
	100m: 1:13.54 39.29	200m: 2:35.09	40.90	300m: 3:57.09	40.95	400m: 5:13.28	37.41		
86.	POLASIK Natalia	16	MKS Medyk Gi ycko					<b>5:15.76</b>	419
	50m: 35.39 35.39	150m: 1:56.32	40.82	250m: 3:17.59	40.63	350m: 4:37.56	39.88		
	100m: 1:15.50 40.11	200m: 2:36.96	40.64	300m: 3:57.68	40.09	400m: 5:15.76	38.20		
87.	CZERWI SKA Martyna	14	UKS „Dwójka” Tczew					<b>5:19.82</b>	404
	50m: 35.50 35.50	150m: 1:56.06	40.60	250m: 3:18.53	40.85	350m: 4:40.46	40.74		
	100m: 1:15.46 39.96	200m: 2:37.68	41.62	300m: 3:59.72	41.19	400m: 5:19.82	39.36		
88.	GŁOWALA Gabriela	14	UKS Olimpijczyk 23					<b>5:23.51</b>	390
	50m: 36.74 36.74	150m: 1:58.90	41.49	250m: 3:21.52	40.84	350m: 4:43.60	41.40		
	100m: 1:17.41 40.67	200m: 2:40.68	41.78	300m: 4:02.20	40.68	400m: 5:23.51	39.91		
89.	SYSIO Zuzanna	14	MUKS Wodnik Łask					<b>5:26.92</b>	378
	50m: 37.24 37.24	150m: 2:00.69	42.49	250m: 3:24.77	41.94	350m: 4:48.66	41.41		
	100m: 1:18.20 40.96	200m: 2:42.83	42.14	300m: 4:07.25	42.48	400m: 5:26.92	38.26		

2018 Arena Grand Prix Puchar Polski  
Lublin, 10. - 11.3.2018

---

Konkurencja 20, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.
90.	CHRYPLEWICZ Julia		14	KS Rekin wiebodzice				<b>5:28.15</b>	374
	50m:	35.08 35.08	150m:	1:57.73 42.27	250m:	3:24.41 43.50	350m:	4:50.43 42.39	
	100m:	1:15.46 40.38	200m:	2:40.91 43.18	300m:	4:08.04 43.63	400m:	5:28.15 37.72	
91.	HJORTH Emilie Norman		17	Moss SK				<b>5:52.26</b>	302
	50m:	36.93 36.93	150m:	2:05.63 44.97	250m:	3:36.42 45.04	350m:	5:08.21 45.65	
	100m:	1:20.66 43.73	200m:	2:51.38 45.75	300m:	4:22.56 46.14	400m:	5:52.26 44.05	