

2021 Arena Grand Prix Puchar Polski
Lublin, 27. - 28.3.2021

Konkurencja 1
27.03.2021 - 9:00

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Minimum kwal do IO Tokio 2021 (standard "A") Open: 4:38.53

Punkty: FINA 2021

| Pozycja | | | Wiek | | | Czas | Pkt. | |
|------------------------------|-----------------|-------|---------------|-----------------------------------|---------------|----------------|---------------|-------|
| JUNIOR MŁODSZY 14 LAT | | | | | | | | |
| 1. | PIETRZYK Hanna | | 14 | TP Olimpijczyk Aleksandrów Łódzki | | 5:26.41 | 543 | |
| | 50m: 32.73 | 32.73 | 150m: 1:57.19 | 44.45 | 250m: 3:23.88 | 44.41 | 350m: 4:49.28 | 40.87 |
| | 100m: 1:12.74 | 40.01 | 200m: 2:39.47 | 42.28 | 300m: 4:08.41 | 44.53 | 400m: 5:26.41 | 37.13 |
| 2. | K DZIOR Pola | | 14 | KS „OLIMPIA” Lublin | | 5:28.32 | 533 | |
| | 50m: 34.96 | 34.96 | 150m: 1:58.55 | 44.30 | 250m: 3:27.28 | 46.55 | 350m: 4:52.53 | 38.66 |
| | 100m: 1:14.25 | 39.29 | 200m: 2:40.73 | 42.18 | 300m: 4:13.87 | 46.59 | 400m: 5:28.32 | 35.79 |
| 3. | LIPI SKA Julia | | 14 | UKP Gryf D bica | | 5:57.91 | 412 | |
| | 50m: 37.26 | 37.26 | 150m: 2:10.18 | 48.74 | 250m: 3:44.40 | 47.79 | 350m: 5:16.60 | 43.11 |
| | 100m: 1:21.44 | 44.18 | 200m: 2:56.61 | 46.43 | 300m: 4:33.49 | 49.09 | 400m: 5:57.91 | 41.31 |
| 4. | WYŁUPEK Kasjana | | 14 | UKS „ORKA” Zamo | | 6:02.92 | 395 | |
| | 50m: 39.29 | 39.29 | 150m: 2:14.42 | 47.45 | 250m: 3:48.09 | 46.95 | 350m: 5:20.49 | 44.53 |
| | 100m: 1:26.97 | 47.68 | 200m: 3:01.14 | 46.72 | 300m: 4:35.96 | 47.87 | 400m: 6:02.92 | 42.43 |

JUNIOR MŁODSZY 15 LAT

| | | | | | | | | |
|----|-----------------|-------|---------------|--------------------------------|---------------|----------------|---------------|-------|
| 1. | JUDA Aleksandra | | 15 | UKP Unia O wi cim | | 5:15.55 | 601 | |
| | 50m: 32.29 | 32.29 | 150m: 1:51.45 | 42.04 | 250m: 3:16.66 | 44.46 | 350m: 4:39.59 | 38.55 |
| | 100m: 1:09.41 | 37.12 | 200m: 2:32.20 | 40.75 | 300m: 4:01.04 | 44.38 | 400m: 5:15.55 | 35.96 |
| 2. | WILK Anna | | 15 | UKP Fala Kra nik | | 5:26.26 | 544 | |
| | 50m: 34.96 | 34.96 | 150m: 1:59.47 | 44.74 | 250m: 3:28.45 | 45.52 | 350m: 4:50.23 | 37.47 |
| | 100m: 1:14.73 | 39.77 | 200m: 2:42.93 | 43.46 | 300m: 4:12.76 | 44.31 | 400m: 5:26.26 | 36.03 |
| 3. | MACIAK Julia | | 15 | IUKS „Muszelka” Warszawa | | 5:27.44 | 538 | |
| | 50m: 33.67 | 33.67 | 150m: 1:55.60 | 42.68 | 250m: 3:27.29 | 51.45 | 350m: 4:54.18 | 35.36 |
| | 100m: 1:12.92 | 39.25 | 200m: 2:35.84 | 40.24 | 300m: 4:18.82 | 51.53 | 400m: 5:27.44 | 33.26 |
| 4. | NIKIEL Natalia | | 15 | MKS Park Wodny Tarnowskie Góry | | 5:30.62 | 522 | |
| | 50m: 33.70 | 33.70 | 150m: 1:56.88 | 43.72 | 250m: 3:25.58 | 48.03 | 350m: 4:52.83 | 38.93 |
| | 100m: 1:13.16 | 39.46 | 200m: 2:37.55 | 40.67 | 300m: 4:13.90 | 48.32 | 400m: 5:30.62 | 37.79 |
| 5. | RULEWSKA Julia | | 15 | UKS „Ósemka” Starogard Gda ski | | 5:31.24 | 519 | |
| | 50m: 34.17 | 34.17 | 150m: 1:55.94 | 43.13 | 250m: 3:25.93 | 46.54 | 350m: 4:53.89 | 38.98 |
| | 100m: 1:12.81 | 38.64 | 200m: 2:39.39 | 43.45 | 300m: 4:14.91 | 48.98 | 400m: 5:31.24 | 37.35 |
| 6. | BAŁDYGA Kamila | | 15 | MTP Kormoran Olsztyn | | 5:36.45 | 496 | |
| | 50m: 34.01 | 34.01 | 150m: 1:58.27 | 44.82 | 250m: 3:29.85 | 48.65 | 350m: 4:58.13 | 39.25 |
| | 100m: 1:13.45 | 39.44 | 200m: 2:41.20 | 42.93 | 300m: 4:18.88 | 49.03 | 400m: 5:36.45 | 38.32 |
| 7. | SOJKA Oliwia | | 15 | Uks "Aqua Team Mikołów" | | 5:36.76 | 494 | |
| | 50m: 34.50 | 34.50 | 150m: 1:58.17 | 42.51 | 250m: 3:29.29 | 46.70 | 350m: 4:58.58 | 39.74 |
| | 100m: 1:15.66 | 41.16 | 200m: 2:42.59 | 44.42 | 300m: 4:18.84 | 49.55 | 400m: 5:36.76 | 38.18 |

JUNIOR MŁODSZY 16 LAT

| | | | | | | | | |
|----|-------------------|-------|---------------|------------------------|---------------|----------------|---------------|-------|
| 1. | POZNA SKA Justyna | | 16 | MKS Jedyńka Łód | | 4:59.41 | 704 | |
| | 50m: 32.56 | 32.56 | 150m: 1:47.03 | 38.03 | 250m: 3:07.92 | 44.29 | 350m: 4:26.39 | 34.64 |
| | 100m: 1:09.00 | 36.44 | 200m: 2:23.63 | 36.60 | 300m: 3:51.75 | 43.83 | 400m: 4:59.41 | 33.02 |
| 2. | KLUSEK Aleksandra | | 16 | UKP „Polonia Warszawa” | | 5:06.03 | 659 | |
| | 50m: 31.82 | 31.82 | 150m: 1:46.53 | 38.70 | 250m: 3:08.19 | 44.27 | 350m: 4:30.49 | 37.52 |
| | 100m: 1:07.83 | 36.01 | 200m: 2:23.92 | 37.39 | 300m: 3:52.97 | 44.78 | 400m: 5:06.03 | 35.54 |
| 3. | LUBI SKA Alicja | | 16 | UKP Unia O wi cim | | 5:08.64 | 642 | |
| | 50m: 31.87 | 31.87 | 150m: 1:47.11 | 38.91 | 250m: 3:09.62 | 43.24 | 350m: 4:32.16 | 37.38 |
| | 100m: 1:08.20 | 36.33 | 200m: 2:26.38 | 39.27 | 300m: 3:54.78 | 45.16 | 400m: 5:08.64 | 36.48 |

2021 Arena Grand Prix Puchar Polski
Lublin, 27. - 28.3.2021

Konkurencja 1, Dziewcz t, 400m zmienny, JUNIOR MŁODSZY 16 LAT

| Pozycja | | | Wiek | | | | | Czas | Pkt. | | | |
|---------|--------------------|-------------|-------|--------------------------------|---------|-------|---------|----------------|-------|---------|---------|-------|
| 4. | SŁABOSZ Emilia | | 16 | MOSM Tychy | | | | 5:10.66 | 630 | | | |
| | 50m: | 32.41 32.41 | 150m: | 1:49.71 | 39.67 | 250m: | 3:13.88 | 45.15 | 350m: | 4:35.86 | 36.07 | |
| | 100m: | 1:10.04 | 37.63 | 200m: | 2:28.73 | 39.02 | 300m: | 3:59.79 | 45.91 | 400m: | 5:10.66 | 34.80 |
| 5. | KOWALSKA Zuzanna | | 16 | KU AZS UMCS Lublin | | | | 5:19.11 | 581 | | | |
| | 50m: | 34.01 34.01 | 150m: | 1:54.71 | 41.64 | 250m: | 3:19.25 | 44.37 | 350m: | 4:42.38 | 38.09 | |
| | 100m: | 1:13.07 | 39.06 | 200m: | 2:34.88 | 40.17 | 300m: | 4:04.29 | 45.04 | 400m: | 5:19.11 | 36.73 |
| 6. | JANDOVA Daniela | | 16 | Klub plaveckých sport Ostrava | | | | 5:23.62 | 557 | | | |
| | 50m: | 33.97 33.97 | 150m: | 1:56.47 | 41.16 | 250m: | 3:23.22 | 46.14 | 350m: | 4:48.78 | 37.18 | |
| | 100m: | 1:15.31 | 41.34 | 200m: | 2:37.08 | 40.61 | 300m: | 4:11.60 | 48.38 | 400m: | 5:23.62 | 34.84 |
| 7. | BURDYN Dominika | | 16 | KU AZS UMCS Lublin | | | | 5:28.61 | 532 | | | |
| | 50m: | 31.70 31.70 | 150m: | 1:51.73 | 41.62 | 250m: | 3:21.95 | 49.66 | 350m: | 4:50.34 | 39.29 | |
| | 100m: | 1:10.11 | 38.41 | 200m: | 2:32.29 | 40.56 | 300m: | 4:11.05 | 49.10 | 400m: | 5:28.61 | 38.27 |
| 8. | ŁUSZCZEWSKA Emilia | | 16 | KU AZS UMCS Lublin | | | | 5:29.44 | 528 | | | |
| | 50m: | 34.10 34.10 | 150m: | 1:57.80 | 43.28 | 250m: | 3:27.07 | 47.67 | 350m: | 4:53.41 | 38.81 | |
| | 100m: | 1:14.52 | 40.42 | 200m: | 2:39.40 | 41.60 | 300m: | 4:14.60 | 47.53 | 400m: | 5:29.44 | 36.03 |
| 9. | NOWAK Victoria | | 16 | MKS Park Wodny Tarnowskie Góry | | | | 6:09.88 | 373 | | | |
| | 50m: | 39.05 39.05 | 150m: | 2:14.75 | 47.70 | 250m: | 3:53.42 | 53.16 | 350m: | 5:28.69 | 43.03 | |
| | 100m: | 1:27.05 | 48.00 | 200m: | 3:00.26 | 45.51 | 300m: | 4:45.66 | 52.24 | 400m: | 6:09.88 | 41.19 |

JUNIOR 17-18 LAT

| | | | | | | | | | | | | |
|-----|------------------------|-------------|-------|-------------------------------|---------|-------|---------|----------------|-------|---------|---------|-------|
| 1. | FAMULOK Zuzanna | | 18 | UKP Unia O wi cim | | | | 4:52.79 | 752 | | | |
| | 50m: | 30.93 30.93 | 150m: | 1:44.98 | 39.19 | 250m: | 3:04.15 | 41.58 | 350m: | 4:20.19 | 34.69 | |
| | 100m: | 1:05.79 | 34.86 | 200m: | 2:22.57 | 37.59 | 300m: | 3:45.50 | 41.35 | 400m: | 4:52.79 | 32.60 |
| 2. | BEDNARZ Julia | | 17 | UKS „ORKA” Zamo | | | | 5:08.82 | 641 | | | |
| | 50m: | 32.23 32.23 | 150m: | 1:51.76 | 41.47 | 250m: | 3:14.18 | 41.94 | 350m: | 4:34.33 | 36.21 | |
| | 100m: | 1:10.29 | 38.06 | 200m: | 2:32.24 | 40.48 | 300m: | 3:58.12 | 43.94 | 400m: | 5:08.82 | 34.49 |
| 3. | MO D AN Milena | | 18 | MKP Szczecin | | | | 5:08.97 | 640 | | | |
| | 50m: | 33.01 33.01 | 150m: | 1:50.06 | 40.29 | 250m: | 3:13.97 | 45.05 | 350m: | 4:34.80 | 35.42 | |
| | 100m: | 1:09.77 | 36.76 | 200m: | 2:28.92 | 38.86 | 300m: | 3:59.38 | 45.41 | 400m: | 5:08.97 | 34.17 |
| 4. | TYMI SKA Zofia | | 17 | UKP „Polonia Warszawa” | | | | 5:11.10 | 627 | | | |
| | 50m: | 33.83 33.83 | 150m: | 1:51.78 | 40.93 | 250m: | 3:17.06 | 45.13 | 350m: | 4:36.44 | 36.68 | |
| | 100m: | 1:10.85 | 37.02 | 200m: | 2:31.93 | 40.15 | 300m: | 3:59.76 | 42.70 | 400m: | 5:11.10 | 34.66 |
| 5. | BIERNAT Oliwia | | 18 | UKS SMS Galicja Kraków | | | | 5:14.88 | 605 | | | |
| | 50m: | 32.87 32.87 | 150m: | 1:50.45 | 40.28 | 250m: | 3:14.97 | 45.14 | 350m: | 4:38.28 | 38.33 | |
| | 100m: | 1:10.17 | 37.30 | 200m: | 2:29.83 | 39.38 | 300m: | 3:59.95 | 44.98 | 400m: | 5:14.88 | 36.60 |
| 6. | VOJTALOVA Andrea | | 18 | Klub plaveckých sport Ostrava | | | | 5:15.01 | 604 | | | |
| | 50m: | 32.57 32.57 | 150m: | 1:48.75 | 38.86 | 250m: | 3:13.84 | 45.80 | 350m: | 4:38.74 | 37.55 | |
| | 100m: | 1:09.89 | 37.32 | 200m: | 2:28.04 | 39.29 | 300m: | 4:01.19 | 47.35 | 400m: | 5:15.01 | 36.27 |
| 7. | NOWAK Maja | | 18 | AZS AWF Warszawa | | | | 5:15.15 | 603 | | | |
| | 50m: | 33.57 33.57 | 150m: | 1:52.29 | 40.39 | 250m: | 3:19.02 | 47.40 | 350m: | 4:42.08 | 35.00 | |
| | 100m: | 1:11.90 | 38.33 | 200m: | 2:31.62 | 39.33 | 300m: | 4:07.08 | 48.06 | 400m: | 5:15.15 | 33.07 |
| 8. | LALA Nadia | | 17 | UKP Unia O wi cim | | | | 5:15.87 | 599 | | | |
| | 50m: | 32.83 32.83 | 150m: | 1:52.54 | 41.59 | 250m: | 3:19.23 | 46.24 | 350m: | 4:41.93 | 36.64 | |
| | 100m: | 1:10.95 | 38.12 | 200m: | 2:32.99 | 40.45 | 300m: | 4:05.29 | 46.06 | 400m: | 5:15.87 | 33.94 |
| 9. | CIOCH-GRADZIK Wiktoria | | 18 | KU AZS UMCS Lublin | | | | 5:16.16 | 597 | | | |
| | 50m: | 32.83 32.83 | 150m: | 1:52.45 | 42.87 | 250m: | 3:19.56 | 45.66 | 350m: | 4:41.58 | 36.32 | |
| | 100m: | 1:09.58 | 36.75 | 200m: | 2:33.90 | 41.45 | 300m: | 4:05.26 | 45.70 | 400m: | 5:16.16 | 34.58 |
| 10. | GANCARZ Julia | | 18 | WKS I sk | | | | 5:16.68 | 595 | | | |
| | 50m: | 32.26 32.26 | 150m: | 1:49.83 | 40.32 | 250m: | 3:16.90 | 46.45 | 350m: | 4:41.54 | 36.48 | |
| | 100m: | 1:09.51 | 37.25 | 200m: | 2:30.45 | 40.62 | 300m: | 4:05.06 | 48.16 | 400m: | 5:16.68 | 35.14 |

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Konkurencja 1, Kobiet, 400m zmienny, JUNIOR 17-18 LAT

| Pozycja | Wiek | Czas | Pkt. |
|-------------------------|---------------------|---------------------|---------------------|
| 11. CERVENKOVA Katerina | 17 | 5:22.42 | 563 |
| 50m: 32.33 32.33 | 150m: 1:53.54 40.78 | 250m: 3:20.09 45.99 | 350m: 4:45.88 38.03 |
| 100m: 1:12.76 40.43 | 200m: 2:34.10 40.56 | 300m: 4:07.85 47.76 | 400m: 5:22.42 36.54 |
| 12. STRU YK Karolina | 17 | 5:24.27 | 554 |
| 50m: 34.67 34.67 | 150m: 1:57.93 41.57 | 250m: 3:24.52 46.63 | 350m: 4:49.13 38.37 |
| 100m: 1:16.36 41.69 | 200m: 2:37.89 39.96 | 300m: 4:10.76 46.24 | 400m: 5:24.27 35.14 |
| 13. KOWALCZYK Gabriela | 17 | 5:27.33 | 538 |
| 50m: 33.69 33.69 | 150m: 1:58.07 45.31 | 250m: 3:26.10 45.13 | 350m: 4:49.90 39.04 |
| 100m: 1:12.76 39.07 | 200m: 2:40.97 42.90 | 300m: 4:10.86 44.76 | 400m: 5:27.33 37.43 |
| 14. GAZDA Małgorzata | 17 | 5:27.98 | 535 |
| 50m: 33.99 33.99 | 150m: 1:56.62 42.82 | 250m: 3:25.24 47.18 | 350m: 4:50.18 37.87 |
| 100m: 1:13.80 39.81 | 200m: 2:38.06 41.44 | 300m: 4:12.31 47.07 | 400m: 5:27.98 37.80 |
| 15. FIRA Weronika | 17 | 5:30.90 | 521 |
| 50m: 34.27 34.27 | 150m: 1:56.60 41.58 | 250m: 3:27.47 50.19 | 350m: 4:55.00 37.49 |
| 100m: 1:15.02 40.75 | 200m: 2:37.28 40.68 | 300m: 4:17.51 50.04 | 400m: 5:30.90 35.90 |
| 16. KOZANECKA Laura | 18 | 5:33.69 | 508 |
| 50m: 35.31 35.31 | 150m: 1:57.33 42.00 | 250m: 3:28.05 49.40 | 350m: 4:57.00 38.91 |
| 100m: 1:15.33 40.02 | 200m: 2:38.65 41.32 | 300m: 4:18.09 50.04 | 400m: 5:33.69 36.69 |

OPEN

| | | | |
|----------------------------|---------------------|---------------------|---------------------|
| 1. FAMULOK Zuzanna | 18 | 4:52.79 | 752 |
| 50m: 30.93 30.93 | 150m: 1:44.98 39.19 | 250m: 3:04.15 41.58 | 350m: 4:20.19 34.69 |
| 100m: 1:05.79 34.86 | 200m: 2:22.57 37.59 | 300m: 3:45.50 41.35 | 400m: 4:52.79 32.60 |
| 2. HERASIMOWICZ Zuzanna | 19 | 4:55.75 | 730 |
| 50m: 32.03 32.03 | 150m: 1:46.08 37.84 | 250m: 3:05.95 43.78 | 350m: 4:22.69 33.81 |
| 100m: 1:08.24 36.21 | 200m: 2:22.17 36.09 | 300m: 3:48.88 42.93 | 400m: 4:55.75 33.06 |
| 3. POZNA SKA Justyna | 16 | 4:59.41 | 704 |
| 50m: 32.56 32.56 | 150m: 1:47.03 38.03 | 250m: 3:07.92 44.29 | 350m: 4:26.39 34.64 |
| 100m: 1:09.00 36.44 | 200m: 2:23.63 36.60 | 300m: 3:51.75 43.83 | 400m: 4:59.41 33.02 |
| 4. W GRZYNOWSKA Aleksandra | 20 | 5:04.01 | 672 |
| 50m: 30.79 30.79 | 150m: 1:45.33 39.38 | 250m: 3:10.36 46.86 | 350m: 4:31.11 34.37 |
| 100m: 1:05.95 35.16 | 200m: 2:23.50 38.17 | 300m: 3:56.74 46.38 | 400m: 5:04.01 32.90 |
| 5. KLUSEK Aleksandra | 16 | 5:06.03 | 659 |
| 50m: 31.82 31.82 | 150m: 1:46.53 38.70 | 250m: 3:08.19 44.27 | 350m: 4:30.49 37.52 |
| 100m: 1:07.83 36.01 | 200m: 2:23.92 37.39 | 300m: 3:52.97 44.78 | 400m: 5:06.03 35.54 |
| 6. LUBI SKA Alicja | 16 | 5:08.64 | 642 |
| 50m: 31.87 31.87 | 150m: 1:47.11 38.91 | 250m: 3:09.62 43.24 | 350m: 4:32.16 37.38 |
| 100m: 1:08.20 36.33 | 200m: 2:26.38 39.27 | 300m: 3:54.78 45.16 | 400m: 5:08.64 36.48 |
| 7. BEDNARZ Julia | 17 | 5:08.82 | 641 |
| 50m: 32.23 32.23 | 150m: 1:51.76 41.47 | 250m: 3:14.18 41.94 | 350m: 4:34.33 36.21 |
| 100m: 1:10.29 38.06 | 200m: 2:32.24 40.48 | 300m: 3:58.12 43.94 | 400m: 5:08.82 34.49 |
| 8. MO D AN Milena | 18 | 5:08.97 | 640 |
| 50m: 33.01 33.01 | 150m: 1:50.06 40.29 | 250m: 3:13.97 45.05 | 350m: 4:34.80 35.42 |
| 100m: 1:09.77 36.76 | 200m: 2:28.92 38.86 | 300m: 3:59.38 45.41 | 400m: 5:08.97 34.17 |
| 9. SŁABOSZ Emilia | 16 | 5:10.66 | 630 |
| 50m: 32.41 32.41 | 150m: 1:49.71 39.67 | 250m: 3:13.88 45.15 | 350m: 4:35.86 36.07 |
| 100m: 1:10.04 37.63 | 200m: 2:28.73 39.02 | 300m: 3:59.79 45.91 | 400m: 5:10.66 34.80 |
| 10. TYMI SKA Zofia | 17 | 5:11.10 | 627 |
| 50m: 33.83 33.83 | 150m: 1:51.78 40.93 | 250m: 3:17.06 45.13 | 350m: 4:36.44 36.68 |
| 100m: 1:10.85 37.02 | 200m: 2:31.93 40.15 | 300m: 3:59.76 42.70 | 400m: 5:11.10 34.66 |

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Konkurencja 1, Kobiet, 400m zmienny, OPEN

| Pozycja | | | | | Wiek | | | | | Czas | Pkt. | |
|---------|------------------------|---------|-------|-------|---------|------------------------------------|-------|---------|-------|----------------|---------|-------|
| 11. | NOWAK Zuzanna | | | | 19 | UKP Unia O wi cim | | | | 5:11.77 | 623 | |
| | 50m: | 31.56 | 31.56 | 150m: | 1:48.59 | 40.63 | 250m: | 3:14.56 | 47.02 | 350m: | 4:36.52 | 35.56 |
| | 100m: | 1:07.96 | 36.40 | 200m: | 2:27.54 | 38.95 | 300m: | 4:00.96 | 46.40 | 400m: | 5:11.77 | 35.25 |
| 12. | BIERNAT Oliwia | | | | 18 | UKS SMS Galicja Kraków | | | | 5:14.88 | 605 | |
| | 50m: | 32.87 | 32.87 | 150m: | 1:50.45 | 40.28 | 250m: | 3:14.97 | 45.14 | 350m: | 4:38.28 | 38.33 |
| | 100m: | 1:10.17 | 37.30 | 200m: | 2:29.83 | 39.38 | 300m: | 3:59.95 | 44.98 | 400m: | 5:14.88 | 36.60 |
| 13. | VOJTALOVA Andrea | | | | 18 | Klub plaveckých sport Ostrava | | | | 5:15.01 | 604 | |
| | 50m: | 32.57 | 32.57 | 150m: | 1:48.75 | 38.86 | 250m: | 3:13.84 | 45.80 | 350m: | 4:38.74 | 37.55 |
| | 100m: | 1:09.89 | 37.32 | 200m: | 2:28.04 | 39.29 | 300m: | 4:01.19 | 47.35 | 400m: | 5:15.01 | 36.27 |
| 14. | NOWAK Maja | | | | 18 | AZS AWF Warszawa | | | | 5:15.15 | 603 | |
| | 50m: | 33.57 | 33.57 | 150m: | 1:52.29 | 40.39 | 250m: | 3:19.02 | 47.40 | 350m: | 4:42.08 | 35.00 |
| | 100m: | 1:11.90 | 38.33 | 200m: | 2:31.62 | 39.33 | 300m: | 4:07.08 | 48.06 | 400m: | 5:15.15 | 33.07 |
| 15. | JUDA Aleksandra | | | | 15 | UKP Unia O wi cim | | | | 5:15.55 | 601 | |
| | 50m: | 32.29 | 32.29 | 150m: | 1:51.45 | 42.04 | 250m: | 3:16.66 | 44.46 | 350m: | 4:39.59 | 38.55 |
| | 100m: | 1:09.41 | 37.12 | 200m: | 2:32.20 | 40.75 | 300m: | 4:01.04 | 44.38 | 400m: | 5:15.55 | 35.96 |
| 16. | LALA Nadia | | | | 17 | UKP Unia O wi cim | | | | 5:15.87 | 599 | |
| | 50m: | 32.83 | 32.83 | 150m: | 1:52.54 | 41.59 | 250m: | 3:19.23 | 46.24 | 350m: | 4:41.93 | 36.64 |
| | 100m: | 1:10.95 | 38.12 | 200m: | 2:32.99 | 40.45 | 300m: | 4:05.29 | 46.06 | 400m: | 5:15.87 | 33.94 |
| 17. | CIOCH-GRADZIK Wiktoria | | | | 18 | KU AZS UMCS Lublin | | | | 5:16.16 | 597 | |
| | 50m: | 32.83 | 32.83 | 150m: | 1:52.45 | 42.87 | 250m: | 3:19.56 | 45.66 | 350m: | 4:41.58 | 36.32 |
| | 100m: | 1:09.58 | 36.75 | 200m: | 2:33.90 | 41.45 | 300m: | 4:05.26 | 45.70 | 400m: | 5:16.16 | 34.58 |
| 18. | GANCARZ Julia | | | | 18 | WKS I sk | | | | 5:16.68 | 595 | |
| | 50m: | 32.26 | 32.26 | 150m: | 1:49.83 | 40.32 | 250m: | 3:16.90 | 46.45 | 350m: | 4:41.54 | 36.48 |
| | 100m: | 1:09.51 | 37.25 | 200m: | 2:30.45 | 40.62 | 300m: | 4:05.06 | 48.16 | 400m: | 5:16.68 | 35.14 |
| 19. | KOWALSKA Zuzanna | | | | 16 | KU AZS UMCS Lublin | | | | 5:19.11 | 581 | |
| | 50m: | 34.01 | 34.01 | 150m: | 1:54.71 | 41.64 | 250m: | 3:19.25 | 44.37 | 350m: | 4:42.38 | 38.09 |
| | 100m: | 1:13.07 | 39.06 | 200m: | 2:34.88 | 40.17 | 300m: | 4:04.29 | 45.04 | 400m: | 5:19.11 | 36.73 |
| 20. | CERVENKOVA Katerina | | | | 17 | Plavecky klub Slavia VS Plzen SIPI | | | | 5:22.42 | 563 | |
| | 50m: | 32.33 | 32.33 | 150m: | 1:53.54 | 40.78 | 250m: | 3:20.09 | 45.99 | 350m: | 4:45.88 | 38.03 |
| | 100m: | 1:12.76 | 40.43 | 200m: | 2:34.10 | 40.56 | 300m: | 4:07.85 | 47.76 | 400m: | 5:22.42 | 36.54 |
| 21. | JANDOVA Daniela | | | | 16 | Klub plaveckých sport Ostrava | | | | 5:23.62 | 557 | |
| | 50m: | 33.97 | 33.97 | 150m: | 1:56.47 | 41.16 | 250m: | 3:23.22 | 46.14 | 350m: | 4:48.78 | 37.18 |
| | 100m: | 1:15.31 | 41.34 | 200m: | 2:37.08 | 40.61 | 300m: | 4:11.60 | 48.38 | 400m: | 5:23.62 | 34.84 |
| 22. | STRU YK Karolina | | | | 17 | MKS Juvenia Wrocław | | | | 5:24.27 | 554 | |
| | 50m: | 34.67 | 34.67 | 150m: | 1:57.93 | 41.57 | 250m: | 3:24.52 | 46.63 | 350m: | 4:49.13 | 38.37 |
| | 100m: | 1:16.36 | 41.69 | 200m: | 2:37.89 | 39.96 | 300m: | 4:10.76 | 46.24 | 400m: | 5:24.27 | 35.14 |
| 23. | WILK Anna | | | | 15 | UKP Fala Kra nik | | | | 5:26.26 | 544 | |
| | 50m: | 34.96 | 34.96 | 150m: | 1:59.47 | 44.74 | 250m: | 3:28.45 | 45.52 | 350m: | 4:50.23 | 37.47 |
| | 100m: | 1:14.73 | 39.77 | 200m: | 2:42.93 | 43.46 | 300m: | 4:12.76 | 44.31 | 400m: | 5:26.26 | 36.03 |
| 24. | PIETRZYK Hanna | | | | 14 | TP Olimpijczyk Aleksandrów Łódzki | | | | 5:26.41 | 543 | |
| | 50m: | 32.73 | 32.73 | 150m: | 1:57.19 | 44.45 | 250m: | 3:23.88 | 44.41 | 350m: | 4:49.28 | 40.87 |
| | 100m: | 1:12.74 | 40.01 | 200m: | 2:39.47 | 42.28 | 300m: | 4:08.41 | 44.53 | 400m: | 5:26.41 | 37.13 |
| 25. | KOWALCZYK Gabriela | | | | 17 | MKS Trójka Łód | | | | 5:27.33 | 538 | |
| | 50m: | 33.69 | 33.69 | 150m: | 1:58.07 | 45.31 | 250m: | 3:26.10 | 45.13 | 350m: | 4:49.90 | 39.04 |
| | 100m: | 1:12.76 | 39.07 | 200m: | 2:40.97 | 42.90 | 300m: | 4:10.86 | 44.76 | 400m: | 5:27.33 | 37.43 |
| 26. | MACIAK Julia | | | | 15 | IUKS „Muszelka” Warszawa | | | | 5:27.44 | 538 | |
| | 50m: | 33.67 | 33.67 | 150m: | 1:55.60 | 42.68 | 250m: | 3:27.29 | 51.45 | 350m: | 4:54.18 | 35.36 |
| | 100m: | 1:12.92 | 39.25 | 200m: | 2:35.84 | 40.24 | 300m: | 4:18.82 | 51.53 | 400m: | 5:27.44 | 33.26 |
| 27. | GAZDA Małgorzata | | | | 17 | KU AZS UMCS Lublin | | | | 5:27.98 | 535 | |
| | 50m: | 33.99 | 33.99 | 150m: | 1:56.62 | 42.82 | 250m: | 3:25.24 | 47.18 | 350m: | 4:50.18 | 37.87 |
| | 100m: | 1:13.80 | 39.81 | 200m: | 2:38.06 | 41.44 | 300m: | 4:12.31 | 47.07 | 400m: | 5:27.98 | 37.80 |

2021 Arena Grand Prix Puchar Polski
Lublin, 27. - 28.3.2021

Konkurencja 1, Kobiet, 400m zmienny, OPEN

| Pozycja | | | | Wiek | | | | | Czas | Pkt. | | |
|---------|-------------|----------|-------|-------|----------------|-------------------|-------|---------|----------------|-------|---------|-------|
| 28. | K | DZIOR | Pola | 14 | KS „OLIMPIA” | Lublin | | | 5:28.32 | 533 | | |
| | 50m: | 34.96 | 34.96 | 150m: | 1:58.55 | 44.30 | 250m: | 3:27.28 | 46.55 | 350m: | 4:52.53 | 38.66 |
| | 100m: | 1:14.25 | 39.29 | 200m: | 2:40.73 | 42.18 | 300m: | 4:13.87 | 46.59 | 400m: | 5:28.32 | 35.79 |
| 29. | BURDYN | Dominika | | 16 | KU AZS UMCS | Lublin | | | 5:28.61 | 532 | | |
| | 50m: | 31.70 | 31.70 | 150m: | 1:51.73 | 41.62 | 250m: | 3:21.95 | 49.66 | 350m: | 4:50.34 | 39.29 |
| | 100m: | 1:10.11 | 38.41 | 200m: | 2:32.29 | 40.56 | 300m: | 4:11.05 | 49.10 | 400m: | 5:28.61 | 38.27 |
| 30. | ŁUSZCZEWSKA | Emilia | | 16 | KU AZS UMCS | Lublin | | | 5:29.44 | 528 | | |
| | 50m: | 34.10 | 34.10 | 150m: | 1:57.80 | 43.28 | 250m: | 3:27.07 | 47.67 | 350m: | 4:53.41 | 38.81 |
| | 100m: | 1:14.52 | 40.42 | 200m: | 2:39.40 | 41.60 | 300m: | 4:14.60 | 47.53 | 400m: | 5:29.44 | 36.03 |
| 31. | NIKIEL | Natalia | | 15 | MKS Park Wodny | Tarnowskie Góry | | | 5:30.62 | 522 | | |
| | 50m: | 33.70 | 33.70 | 150m: | 1:56.88 | 43.72 | 250m: | 3:25.58 | 48.03 | 350m: | 4:52.83 | 38.93 |
| | 100m: | 1:13.16 | 39.46 | 200m: | 2:37.55 | 40.67 | 300m: | 4:13.90 | 48.32 | 400m: | 5:30.62 | 37.79 |
| 32. | FIRA | Weronika | | 17 | "Sikret" | Gliwice | | | 5:30.90 | 521 | | |
| | 50m: | 34.27 | 34.27 | 150m: | 1:56.60 | 41.58 | 250m: | 3:27.47 | 50.19 | 350m: | 4:55.00 | 37.49 |
| | 100m: | 1:15.02 | 40.75 | 200m: | 2:37.28 | 40.68 | 300m: | 4:17.51 | 50.04 | 400m: | 5:30.90 | 35.90 |
| 33. | RULEWSKA | Julia | | 15 | UKS „Ósemka” | Starogard Gdański | | | 5:31.24 | 519 | | |
| | 50m: | 34.17 | 34.17 | 150m: | 1:55.94 | 43.13 | 250m: | 3:25.93 | 46.54 | 350m: | 4:53.89 | 38.98 |
| | 100m: | 1:12.81 | 38.64 | 200m: | 2:39.39 | 43.45 | 300m: | 4:14.91 | 48.98 | 400m: | 5:31.24 | 37.35 |
| 34. | KOZANECKA | Laura | | 18 | UKS 190 | Łódź | | | 5:33.69 | 508 | | |
| | 50m: | 35.31 | 35.31 | 150m: | 1:57.33 | 42.00 | 250m: | 3:28.05 | 49.40 | 350m: | 4:57.00 | 38.91 |
| | 100m: | 1:15.33 | 40.02 | 200m: | 2:38.65 | 41.32 | 300m: | 4:18.09 | 50.04 | 400m: | 5:33.69 | 36.69 |
| 35. | BAŁDYGA | Kamila | | 15 | MTP Kormoran | Olsztyn | | | 5:36.45 | 496 | | |
| | 50m: | 34.01 | 34.01 | 150m: | 1:58.27 | 44.82 | 250m: | 3:29.85 | 48.65 | 350m: | 4:58.13 | 39.25 |
| | 100m: | 1:13.45 | 39.44 | 200m: | 2:41.20 | 42.93 | 300m: | 4:18.88 | 49.03 | 400m: | 5:36.45 | 38.32 |
| 36. | SOJKA | Oliwia | | 15 | Uks "Aqua Team | Mikołów" | | | 5:36.76 | 494 | | |
| | 50m: | 34.50 | 34.50 | 150m: | 1:58.17 | 42.51 | 250m: | 3:29.29 | 46.70 | 350m: | 4:58.58 | 39.74 |
| | 100m: | 1:15.66 | 41.16 | 200m: | 2:42.59 | 44.42 | 300m: | 4:18.84 | 49.55 | 400m: | 5:36.76 | 38.18 |
| 37. | LIPI SKA | Julia | | 14 | UKP Gryf | Dębica | | | 5:57.91 | 412 | | |
| | 50m: | 37.26 | 37.26 | 150m: | 2:10.18 | 48.74 | 250m: | 3:44.40 | 47.79 | 350m: | 5:16.60 | 43.11 |
| | 100m: | 1:21.44 | 44.18 | 200m: | 2:56.61 | 46.43 | 300m: | 4:33.49 | 49.09 | 400m: | 5:57.91 | 41.31 |
| 38. | WYŁUPEK | Kasjana | | 14 | UKS „ORKA” | Zamość | | | 6:02.92 | 395 | | |
| | 50m: | 39.29 | 39.29 | 150m: | 2:14.42 | 47.45 | 250m: | 3:48.09 | 46.95 | 350m: | 5:20.49 | 44.53 |
| | 100m: | 1:26.97 | 47.68 | 200m: | 3:01.14 | 46.72 | 300m: | 4:35.96 | 47.87 | 400m: | 6:02.92 | 42.43 |
| 39. | NOWAK | Victoria | | 16 | MKS Park Wodny | Tarnowskie Góry | | | 6:09.88 | 373 | | |
| | 50m: | 39.05 | 39.05 | 150m: | 2:14.75 | 47.70 | 250m: | 3:53.42 | 53.16 | 350m: | 5:28.69 | 43.03 |
| | 100m: | 1:27.05 | 48.00 | 200m: | 3:00.26 | 45.51 | 300m: | 4:45.66 | 52.24 | 400m: | 6:09.88 | 41.19 |