



2022 Arena Grand Prix Puchar Polski
Lublin, 9. - 10.4.2022

Konkurencja 10

Kobiet, 400m zmienny

14 lat i starsi

09.04.2022 - 16:00

Wyniki

Rekord Polski Open	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	09.08.2008
Rekord Polski 19 - 23	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	09.08.2008
Rekord Polski 18	4:43.39	BARANOWSKA Katarzyna	00116	Debica	20.05.2005
Rekord Polski 17	4:45.13	SZCZEPANIAK Karolina	00114	Rome (ITA)	02.08.2009
Rekord Polski 16	4:45.38	KNOP Aleksandra	01605	Łódź	25.05.2018
Rekord Polski 15	4:45.38	KNOP Aleksandra	01605	Łódź	25.05.2018
Rekord Polski 14	4:52.05	KNOP Aleksandra	01605	Lublin	19.05.2017

Minimum kwal. do Uniwersjady - Chengdu Open: 4:44.10 / Minimum kwal. do ME Juniorów - Bukareszt 16 - 17: 4:56.78 /

Minimum kwal. do M Seniorów - Budapeszt Open: 4:38.53

Punkty: FINA 2022

Pozycja	Wiek		Czas		Pkt.
JUNIOR MŁODSZY 14 LAT					
1. RODZIEWICZ Alicja	14	UKS Nawa Skierniewice	5:14.36	608	
50m: 33.70 33.70	150m: 1:53.68 40.97	250m: 3:18.48 45.50	350m: 4:40.54 36.04		
100m: 1:12.71 39.01	200m: 2:32.98 39.30	300m: 4:04.50 46.02	400m: 5:14.36 33.82		
2. BRZozowska Julia	14	MKS Juwenia Białystok	5:22.26	564	
50m: 33.93 33.93	150m: 1:54.40 41.01	250m: 3:22.54 47.79	350m: 4:46.65 37.57		
100m: 1:13.39 39.46	200m: 2:34.75 40.35	300m: 4:09.08 46.54	400m: 5:22.26 35.61		
3. KONDRASIUk Zofia	14	UKS „GIM 92 Ursynów”	5:23.97	555	
50m: 34.26 34.26	150m: 1:55.67 41.21	250m: 3:22.62 47.86	350m: 4:48.50 37.25		
100m: 1:14.46 40.20	200m: 2:34.76 39.09	300m: 4:11.25 48.63	400m: 5:23.97 35.47		
4. KIJewska Wiktoria	14	UKP „Polonia Warszawa”	5:29.77	526	
50m: 33.79 33.79	150m: 1:58.29 44.02	250m: 3:26.28 45.88	350m: 4:52.00 39.10		
100m: 1:14.27 40.48	200m: 2:40.40 42.11	300m: 4:12.90 46.62	400m: 5:29.77 37.77		
5. STASzkIEWICZ Julia	14	KS „Górnik” Sosnowiec	5:30.66	522	
50m: 34.09 34.09	150m: 1:59.80 44.61	250m: 3:28.65 45.73	350m: 4:52.68 37.41		
100m: 1:15.19 41.10	200m: 2:42.92 43.12	300m: 4:15.27 46.62	400m: 5:30.66 37.98		
6. WI Wiktoria	14	MUKP „Przyjazne Wody”	5:31.92	516	
50m: 33.64 33.64	150m: 1:58.42 45.63	250m: 3:28.78 46.95	350m: 4:55.60 38.22		
100m: 1:12.79 39.15	200m: 2:41.83 43.41	300m: 4:17.38 48.60	400m: 5:31.92 36.32		
7. ŁOBODA Maria	14	Uks Cityzen	5:36.07	497	
50m: 34.34 34.34	150m: 1:59.08 43.18	250m: 3:30.13 48.31	350m: 4:57.41 39.30		
100m: 1:15.90 41.56	200m: 2:41.82 42.74	300m: 4:18.11 47.98	400m: 5:36.07 38.66		
8. JABŁO SKA Natalia	14	MTP Kormoran Olsztyn	5:40.09	480	
50m: 36.42 36.42	150m: 2:05.48 46.36	250m: 3:37.99 49.05	350m: 5:04.24 37.87		
100m: 1:19.12 42.70	200m: 2:48.94 43.46	300m: 4:26.37 48.38	400m: 5:40.09 35.85		
9. GAJDA Martyna	14	UKS "Feniks" D bica	5:40.44	478	
50m: 37.55 37.55	150m: 2:06.28 45.54	250m: 3:39.93 48.92	350m: 5:05.00 38.58		
100m: 1:20.74 43.19	200m: 2:51.01 44.73	300m: 4:26.42 46.49	400m: 5:40.44 35.44		
10. MATYNIAK Sylwia	14	UKS „MANTA” Kochłowice Ruda I sk	5:49.22	443	
50m: 35.35 35.35	150m: 2:01.33 45.08	250m: 3:38.46 52.58	350m: 5:11.42 39.33		
100m: 1:16.25 40.90	200m: 2:45.88 44.55	300m: 4:32.09 53.63	400m: 5:49.22 37.80		
11. BARAN Agata	14	Uks „Pingwiny”	5:49.89	441	
50m: 35.96 35.96	150m: 2:06.14 46.72	250m: 3:41.77 49.77	350m: 5:11.85 40.65		
100m: 1:19.42 43.46	200m: 2:52.00 45.86	300m: 4:31.20 49.43	400m: 5:49.89 38.04		
12. ORNOWSKA Zuzanna	14	MKS Juwenia Białystok	5:53.41	428	
50m: 37.20 37.20	150m: 2:10.08 46.37	250m: 3:46.03 50.92	350m: 5:15.51 40.02		
100m: 1:23.71 46.51	200m: 2:55.11 45.03	300m: 4:35.49 49.46	400m: 5:53.41 37.90		



2022 Arena Grand Prix Puchar Polski
Lublin, 9. - 10.4.2022

Konkurencja 10, Kobiet, 400m zmienny

JUNIOR MŁODSZY 15 LAT

1. PIETRZYK Hanna	15	TP Olimpijczyk Aleksandrów Łódzki	5:17.81	588
50m: 33.18 33.18	150m: 1:55.65	42.34 250m: 3:20.34	44.29 350m: 4:42.57	37.68
100m: 1:13.31 40.13	200m: 2:36.05	40.40 300m: 4:04.89	44.55 400m: 5:17.81	35.24
2. DENISIEWICZ Zuzanna	15	UKS Nawa Skierniewice	5:19.69	578
50m: 33.23 33.23	150m: 1:54.59	42.55 250m: 3:19.78	45.14 350m: 4:43.69	39.24
100m: 1:12.04 38.81	200m: 2:34.64	40.05 300m: 4:04.45	44.67 400m: 5:19.69	36.00
3. K DZIOR Pola	15	UKS SP5 Swim	5:28.30	534
50m: 34.23 34.23	150m: 1:56.03	43.13 250m: 3:25.95	47.55 350m: 4:51.09	38.18
100m: 1:12.90 38.67	200m: 2:38.40	42.37 300m: 4:12.91	46.96 400m: 5:28.30	37.21
4. DUDA Anna	15	MKP Szczecin	5:29.58	527
50m: 33.96 33.96	150m: 2:03.35	43.67 250m: 3:31.39	47.73 350m: 4:55.40	36.57
100m: 1:15.18 41.22	200m: 2:43.66	42.01 300m: 4:18.83	47.44 400m: 5:29.58	34.18
5. MICHALIK Weronika	15	UKS Nawa Skierniewice	5:37.94	489
50m: 36.06 36.06	150m: 2:03.35	43.67 250m: 3:32.66	47.30 350m: 4:59.75	40.12
100m: 1:19.68 43.62	200m: 2:45.36	42.01 300m: 4:19.63	46.97 400m: 5:37.94	38.19
6. DU KO Julia	15	RWKS Sparta Biłgoraj	5:38.10	488
50m: 34.00 34.00	150m: 2:01.27	48.09 250m: 3:35.36	47.34 350m: 5:01.26	38.76
100m: 1:13.18 39.18	200m: 2:48.02	46.75 300m: 4:22.50	47.14 400m: 5:38.10	36.84
7. CICH Kinga	15	RWKS Sparta Biłgoraj	5:40.26	479
50m: 35.20 35.20	150m: 2:00.80	42.85 250m: 3:32.43	49.55 350m: 5:02.59	38.88
100m: 1:17.95 42.75	200m: 2:42.88	42.08 300m: 4:23.71	51.28 400m: 5:40.26	37.67
8. BUKOWSKA Michalina	15	UKP „Ruda I ska”	5:42.70	469
50m: 35.83 35.83	150m: 2:03.39	45.97 250m: 3:37.23	50.05 350m: 5:05.35	39.47
100m: 1:17.42 41.59	200m: 2:47.18	43.79 300m: 4:25.88	48.65 400m: 5:42.70	37.35
9. WRÓBLEWSKA Kaja	15	Swim Team Lubartów	5:45.52	458
50m: 36.81 36.81	150m: 2:03.92	44.10 250m: 3:38.20	51.12 350m: 5:08.87	39.61
100m: 1:19.82 43.01	200m: 2:47.08	43.16 300m: 4:29.26	51.06 400m: 5:45.52	36.65
10. LIPI SKA Julia	15	UKS "Feniks" D bica	5:48.31	447
50m: 37.53 37.53	150m: 2:06.20	46.73 250m: 3:38.73	48.19 350m: 5:09.61	42.24
100m: 1:19.47 41.94	200m: 2:50.54	44.34 300m: 4:27.37	48.64 400m: 5:48.31	38.70
11. WYŁUPEK Kasjana	15	UKS „ORKA” Zamo	5:58.18	411
50m: 38.15 38.15	150m: 2:12.19	47.43 250m: 3:44.60	46.47 350m: 5:16.31	44.88
100m: 1:24.76 46.61	200m: 2:58.13	45.94 300m: 4:31.43	46.83 400m: 5:58.18	41.87

JUNIOR MŁODSZY 16 LAT

1. WILK Anna	16	UKP Fala Kra nik	5:07.67	648
50m: 33.33 33.33	150m: 1:53.94	42.03 250m: 3:17.37	43.34 350m: 4:34.85	34.53
100m: 1:11.91 38.58	200m: 2:34.03	40.09 300m: 4:00.32	42.95 400m: 5:07.67	32.82
2. B TKOWSKA Zuzanna	16	UKS SMS Galicja Kraków	5:10.07	633
50m: 32.60 32.60	150m: 1:51.37	41.20 250m: 3:14.03	42.89 350m: 4:34.70	37.69
100m: 1:10.17 37.57	200m: 2:31.14	39.77 300m: 3:57.01	42.98 400m: 5:10.07	35.37
3. RAKOWSKA Marta	16	DOKiS SP Vega Dobrodzie	5:11.01	628
50m: 32.87 32.87	150m: 1:52.70	41.43 250m: 3:17.59	44.35 350m: 4:38.13	35.88
100m: 1:11.27 38.40	200m: 2:33.24	40.54 300m: 4:02.25	44.66 400m: 5:11.01	32.88
4. MACIAK Julia	16	IUKS „Muszelka” Warszawa	5:18.43	585
50m: 32.60 32.60	150m: 1:51.38	40.39 250m: 3:20.66	50.35 350m: 4:45.06	34.74
100m: 1:10.99 38.39	200m: 2:30.31	38.93 300m: 4:10.32	49.66 400m: 5:18.43	33.37
5. SZARGIEJ Aleksandra	16	UKS abianka Gda sk	5:18.68	583
50m: 32.60 32.60	150m: 1:52.08	40.91 250m: 3:20.60	47.89 350m: 4:44.59	36.11
100m: 1:11.17 38.57	200m: 2:32.71	40.63 300m: 4:08.48	47.88 400m: 5:18.68	34.09



2022 Arena Grand Prix Puchar Polski
Lublin, 9. - 10.4.2022

Konkurencja 10, Dziewcz t, 400m zmienny, JUNIOR MŁODSZY 16 LAT

Pozycja			Wiek				Czas				Pkt.
6.	GOMUŁKA Weronika		16	UKS 190 Łód			5:20.99				571
	50m:	32.37 32.37	150m:	1:52.16	41.62	250m:	3:19.39	46.04	350m:	4:44.02	37.69
	100m:	1:10.54 38.17	200m:	2:33.35	41.19	300m:	4:06.33	46.94	400m:	5:20.99	36.97
7.	BAŁDYGA Kamila		16	MTP Kormoran Olsztyn			5:36.01				498
	50m:	34.31 34.31	150m:	1:59.94	45.14	250m:	3:32.23	49.29	350m:	4:59.10	37.67
	100m:	1:14.80 40.49	200m:	2:42.94	43.00	300m:	4:21.43	49.20	400m:	5:36.01	36.91
8.	FURMA SKA Julia		16	UKS Nawa Skierniewice			5:39.02				484
	50m:	34.34 34.34	150m:	1:59.38	45.98	250m:	3:32.71	49.68	350m:	5:02.39	39.79
	100m:	1:13.40 39.06	200m:	2:43.03	43.65	300m:	4:22.60	49.89	400m:	5:39.02	36.63

JUNIOR 17-18 LAT

1.	DRAGAN Julia		18	KS „OLIMPIA” Lublin			5:06.09				658
	<i>wynik lepszy od rekordu Polski seniorów niesłysz cych</i>										
	50m:	33.45 33.45	150m:	1:53.00	40.61	250m:	3:16.08	43.27	350m:	4:33.00	34.10
	100m:	1:12.39 38.94	200m:	2:32.81	39.81	300m:	3:58.90	42.82	400m:	5:06.09	33.09
2.	LUBI SKA Alicja		17	MKS Jedyńka Łód			5:12.74				617
	50m:	32.53 32.53	150m:	1:50.22	40.82	250m:	3:13.15	43.21	350m:	4:36.04	37.97
	100m:	1:09.40 36.87	200m:	2:29.94	39.72	300m:	3:58.07	44.92	400m:	5:12.74	36.70
3.	SŁABOSZ Emilia		17	MOSM Tychy			5:15.18				603
	50m:	32.98 32.98	150m:	1:51.33	40.09	250m:	3:17.29	46.63	350m:	4:40.86	35.72
	100m:	1:11.24 38.26	200m:	2:30.66	39.33	300m:	4:05.14	47.85	400m:	5:15.18	34.32
4.	S DŁAK Alicja		17	MKS Jedyńka Łód			5:15.91				599
	50m:	34.48 34.48	150m:	1:55.52	42.06	250m:	3:20.80	43.43	350m:	4:42.14	36.27
	100m:	1:13.46 38.98	200m:	2:37.37	41.85	300m:	4:05.87	45.07	400m:	5:15.91	33.77
5.	PAROL Olga		17	UKS abianka Gda sk			5:17.76				588
	50m:	33.79 33.79	150m:	1:53.61	40.84	250m:	3:18.61	45.74	350m:	4:41.77	37.25
	100m:	1:12.77 38.98	200m:	2:32.87	39.26	300m:	4:04.52	45.91	400m:	5:17.76	35.99
6.	BUKOWSKA Olga		17	UKP „Ruda l ska”			5:21.99				566
	50m:	32.69 32.69	150m:	1:53.23	42.23	250m:	3:20.86	46.86	350m:	4:45.61	37.91
	100m:	1:11.00 38.31	200m:	2:34.00	40.77	300m:	4:07.70	46.84	400m:	5:21.99	36.38
7.	BURDYN Dominika		17	KU AZS UMCS Lublin			5:22.08				565
	50m:	32.32 32.32	150m:	1:51.44	41.24	250m:	3:19.15	46.93	350m:	4:44.87	38.81
	100m:	1:10.20 37.88	200m:	2:32.22	40.78	300m:	4:06.06	46.91	400m:	5:22.08	37.21
8.	KUBICKA Klaudia		18	Sejwal Rypin			5:31.59				518
	50m:	34.04 34.04	150m:	2:00.09	46.43	250m:	3:29.38	44.65	350m:	4:54.52	40.18
	100m:	1:13.66 39.62	200m:	2:44.73	44.64	300m:	4:14.34	44.96	400m:	5:31.59	37.07
9.	SOSNÓWKA Oliwia		17	UKP Fala Kra nik			5:46.56				454
	50m:	35.93 35.93	150m:	2:04.03	48.29	250m:	3:40.97	48.86	350m:	5:08.79	39.96
	100m:	1:15.74 39.81	200m:	2:52.11	48.08	300m:	4:28.83	47.86	400m:	5:46.56	37.77

OPEN

1.	FAMUŁOK Zuzanna		19	UKP Unia O wi cim			4:51.94				759
	50m:	30.85 30.85	150m:	1:44.99	38.95	250m:	3:05.17	42.02	350m:	4:20.43	33.71
	100m:	1:06.04 35.19	200m:	2:23.15	38.16	300m:	3:46.72	41.55	400m:	4:51.94	31.51
2.	UKOWSKA Paula		29	KU AZS UMCS Lublin			4:57.96				714
	50m:	31.67 31.67	150m:	1:44.53	37.81	250m:	3:05.44	43.88	350m:	4:23.98	35.09
	100m:	1:06.72 35.05	200m:	2:21.56	37.03	300m:	3:48.89	43.45	400m:	4:57.96	33.98



2022 Arena Grand Prix Puchar Polski
Lublin, 9. - 10.4.2022

Konkurencja 10, Kobiety, 400m zmienny, OPEN

Pozycja		Wiek						Czas	Pkt.
3.	DRAGAN Julia	18	KS „OLIMPIA” Lublin					5:06.09	658
	<i>wynik lepszy od rekordu Polski seniorów niesłysz cych</i>								
	50m: 33.45 33.45	150m: 1:53.00	40.61	250m: 3:16.08	43.27	350m: 4:33.00	34.10		
	100m: 1:12.39 38.94	200m: 2:32.81	39.81	300m: 3:58.90	42.82	400m: 5:06.09	33.09		
4.	WILK Anna	16	UKP Fala Kra nik					5:07.67	648
	50m: 33.33 33.33	150m: 1:53.94	42.03	250m: 3:17.37	43.34	350m: 4:34.85	34.53		
	100m: 1:11.91 38.58	200m: 2:34.03	40.09	300m: 4:00.32	42.95	400m: 5:07.67	32.82		
5.	B TKOWSKA Zuzanna	16	UKS SMS Galicja Kraków					5:10.07	633
	50m: 32.60 32.60	150m: 1:51.37	41.20	250m: 3:14.03	42.89	350m: 4:34.70	37.69		
	100m: 1:10.17 37.57	200m: 2:31.14	39.77	300m: 3:57.01	42.98	400m: 5:10.07	35.37		
6.	RAKOWSKA Marta	16	DOKiS SP Vega Dobrodzie					5:11.01	628
	50m: 32.87 32.87	150m: 1:52.70	41.43	250m: 3:17.59	44.35	350m: 4:38.13	35.88		
	100m: 1:11.27 38.40	200m: 2:33.24	40.54	300m: 4:02.25	44.66	400m: 5:11.01	32.88		
7.	CIOCH-GRADZIK Wiktoria	19	KU AZS UMCS Lublin					5:11.41	625
	50m: 32.26 32.26	150m: 1:50.90	42.01	250m: 3:17.75	45.41	350m: 4:37.76	34.75		
	100m: 1:08.89 36.63	200m: 2:32.34	41.44	300m: 4:03.01	45.26	400m: 5:11.41	33.65		
8.	LUBI SKA Alicja	17	MKS Jedyńka Łód					5:12.74	617
	50m: 32.53 32.53	150m: 1:50.22	40.82	250m: 3:13.15	43.21	350m: 4:36.04	37.97		
	100m: 1:09.40 36.87	200m: 2:29.94	39.72	300m: 3:58.07	44.92	400m: 5:12.74	36.70		
9.	ZMIERCZAK Natalia	19	MTP Kormoran Olsztyn					5:14.13	609
	50m: 32.78 32.78	150m: 1:52.91	42.26	250m: 3:17.81	43.95	350m: 4:38.36	35.00		
	100m: 1:10.65 37.87	200m: 2:33.86	40.95	300m: 4:03.36	45.55	400m: 5:14.13	35.77		
10.	RODZIEWICZ Alicja	14	UKS Nawa Skierniewice					5:14.36	608
	50m: 33.70 33.70	150m: 1:53.68	40.97	250m: 3:18.48	45.50	350m: 4:40.54	36.04		
	100m: 1:12.71 39.01	200m: 2:32.98	39.30	300m: 4:04.50	46.02	400m: 5:14.36	33.82		
11.	SŁABOSZ Emilia	17	MOSM Tychy					5:15.18	603
	50m: 32.98 32.98	150m: 1:51.33	40.09	250m: 3:17.29	46.63	350m: 4:40.86	35.72		
	100m: 1:11.24 38.26	200m: 2:30.66	39.33	300m: 4:05.14	47.85	400m: 5:15.18	34.32		
12.	S DŁAK Alicja	17	MKS Jedyńka Łód					5:15.91	599
	50m: 34.48 34.48	150m: 1:55.52	42.06	250m: 3:20.80	43.43	350m: 4:42.14	36.27		
	100m: 1:13.46 38.98	200m: 2:37.37	41.85	300m: 4:05.87	45.07	400m: 5:15.91	33.77		
13.	PAROL Olga	17	UKS abianka Gda sk					5:17.76	588
	50m: 33.79 33.79	150m: 1:53.61	40.84	250m: 3:18.61	45.74	350m: 4:41.77	37.25		
	100m: 1:12.77 38.98	200m: 2:32.87	39.26	300m: 4:04.52	45.91	400m: 5:17.76	35.99		
14.	PIETRZYK Hanna	15	TP Olimpijczyk Aleksandrów Łódzki					5:17.81	588
	50m: 33.18 33.18	150m: 1:55.65	42.34	250m: 3:20.34	44.29	350m: 4:42.57	37.68		
	100m: 1:13.31 40.13	200m: 2:36.05	40.40	300m: 4:04.89	44.55	400m: 5:17.81	35.24		
15.	MACIAK Julia	16	IUKS „Muszelka” Warszawa					5:18.43	585
	50m: 32.60 32.60	150m: 1:51.38	40.39	250m: 3:20.66	50.35	350m: 4:45.06	34.74		
	100m: 1:10.99 38.39	200m: 2:30.31	38.93	300m: 4:10.32	49.66	400m: 5:18.43	33.37		
16.	SZARGIEJ Aleksandra	16	UKS abianka Gda sk					5:18.68	583
	50m: 32.60 32.60	150m: 1:52.08	40.91	250m: 3:20.60	47.89	350m: 4:44.59	36.11		
	100m: 1:11.17 38.57	200m: 2:32.71	40.63	300m: 4:08.48	47.88	400m: 5:18.68	34.09		
17.	DENISIEWICZ Zuzanna	15	UKS Nawa Skierniewice					5:19.69	578
	50m: 33.23 33.23	150m: 1:54.59	42.55	250m: 3:19.78	45.14	350m: 4:43.69	39.24		
	100m: 1:12.04 38.81	200m: 2:34.64	40.05	300m: 4:04.45	44.67	400m: 5:19.69	36.00		
18.	GOMUŁKA Weronika	16	UKS 190 Łód					5:20.99	571
	50m: 32.37 32.37	150m: 1:52.16	41.62	250m: 3:19.39	46.04	350m: 4:44.02	37.69		
	100m: 1:10.54 38.17	200m: 2:33.35	41.19	300m: 4:06.33	46.94	400m: 5:20.99	36.97		



2022 Arena Grand Prix Puchar Polski
Lublin, 9. - 10.4.2022

Konkurencja 10, Kobiet, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.
19.	BUKOWSKA Olga		17	UKP „Ruda I ska”				5:21.99	566
	50m:	32.69 32.69	150m:	1:53.23 42.23	250m:	3:20.86 46.86	350m:	4:45.61 37.91	
	100m:	1:11.00 38.31	200m:	2:34.00 40.77	300m:	4:07.70 46.84	400m:	5:21.99 36.38	
20.	BURDYN Dominika		17	KU AZS UMCS Lublin				5:22.08	565
	50m:	32.32 32.32	150m:	1:51.44 41.24	250m:	3:19.15 46.93	350m:	4:44.87 38.81	
	100m:	1:10.20 37.88	200m:	2:32.22 40.78	300m:	4:06.06 46.91	400m:	5:22.08 37.21	
21.	BRZOZOWSKA Julia		14	MKS Juvenia Białystok				5:22.26	564
	50m:	33.93 33.93	150m:	1:54.40 41.01	250m:	3:22.54 47.79	350m:	4:46.65 37.57	
	100m:	1:13.39 39.46	200m:	2:34.75 40.35	300m:	4:09.08 46.54	400m:	5:22.26 35.61	
22.	KONDRASIUK Zofia		14	UKS „GIM 92 Ursynów”				5:23.97	555
	50m:	34.26 34.26	150m:	1:55.67 41.21	250m:	3:22.62 47.86	350m:	4:48.50 37.25	
	100m:	1:14.46 40.20	200m:	2:34.76 39.09	300m:	4:11.25 48.63	400m:	5:23.97 35.47	
23.	K DZIOR Pola		15	UKS SP5 Swim				5:28.30	534
	50m:	34.23 34.23	150m:	1:56.03 43.13	250m:	3:25.95 47.55	350m:	4:51.09 38.18	
	100m:	1:12.90 38.67	200m:	2:38.40 42.37	300m:	4:12.91 46.96	400m:	5:28.30 37.21	
24.	DUDA Anna		15	MKP Szczecin				5:29.58	527
	50m:	33.96 33.96	150m:		250m:	3:31.39 47.73	350m:	4:55.40 36.57	
	100m:	1:15.18 41.22	200m:	2:43.66	300m:	4:18.83 47.44	400m:	5:29.58 34.18	
25.	KIJEWSKA Wiktoria		14	UKP „Polonia Warszawa”				5:29.77	526
	50m:	33.79 33.79	150m:	1:58.29 44.02	250m:	3:26.28 45.88	350m:	4:52.00 39.10	
	100m:	1:14.27 40.48	200m:	2:40.40 42.11	300m:	4:12.90 46.62	400m:	5:29.77 37.77	
26.	STASZKIEWICZ Julia		14	KS „Górnik” Sosnowiec				5:30.66	522
	50m:	34.09 34.09	150m:	1:59.80 44.61	250m:	3:28.65 45.73	350m:	4:52.68 37.41	
	100m:	1:15.19 41.10	200m:	2:42.92 43.12	300m:	4:15.27 46.62	400m:	5:30.66 37.98	
27.	KUBICKA Klaudia		18	Sejwal Rypin				5:31.59	518
	50m:	34.04 34.04	150m:	2:00.09 46.43	250m:	3:29.38 44.65	350m:	4:54.52 40.18	
	100m:	1:13.66 39.62	200m:	2:44.73 44.64	300m:	4:14.34 44.96	400m:	5:31.59 37.07	
28.	WI Wiktoria		14	MUKP „Przyjazne Wody”				5:31.92	516
	50m:	33.64 33.64	150m:	1:58.42 45.63	250m:	3:28.78 46.95	350m:	4:55.60 38.22	
	100m:	1:12.79 39.15	200m:	2:41.83 43.41	300m:	4:17.38 48.60	400m:	5:31.92 36.32	
29.	BAŁDYGA Kamila		16	MTP Kormoran Olsztyn				5:36.01	498
	50m:	34.31 34.31	150m:	1:59.94 45.14	250m:	3:32.23 49.29	350m:	4:59.10 37.67	
	100m:	1:14.80 40.49	200m:	2:42.94 43.00	300m:	4:21.43 49.20	400m:	5:36.01 36.91	
30.	ŁOBODA Maria		14	Uks Cityzen				5:36.07	497
	50m:	34.34 34.34	150m:	1:59.08 43.18	250m:	3:30.13 48.31	350m:	4:57.41 39.30	
	100m:	1:15.90 41.56	200m:	2:41.82 42.74	300m:	4:18.11 47.98	400m:	5:36.07 38.66	
31.	MICHALIK Weronika		15	UKS Nawa Skierniewice				5:37.94	489
	50m:	36.06 36.06	150m:	2:03.35 43.67	250m:	3:32.66 47.30	350m:	4:59.75 40.12	
	100m:	1:19.68 43.62	200m:	2:45.36 42.01	300m:	4:19.63 46.97	400m:	5:37.94 38.19	
32.	DU KO Julia		15	RWKS Sparta Biłgoraj				5:38.10	488
	50m:	34.00 34.00	150m:	2:01.27 48.09	250m:	3:35.36 47.34	350m:	5:01.26 38.76	
	100m:	1:13.18 39.18	200m:	2:48.02 46.75	300m:	4:22.50 47.14	400m:	5:38.10 36.84	
33.	FURMA SKA Julia		16	UKS Nawa Skierniewice				5:39.02	484
	50m:	34.34 34.34	150m:	1:59.38 45.98	250m:	3:32.71 49.68	350m:	5:02.39 39.79	
	100m:	1:13.40 39.06	200m:	2:43.03 43.65	300m:	4:22.60 49.89	400m:	5:39.02 36.63	
34.	JABŁO SKA Natalia		14	MTP Kormoran Olsztyn				5:40.09	480
	50m:	36.42 36.42	150m:	2:05.48 46.36	250m:	3:37.99 49.05	350m:	5:04.24 37.87	
	100m:	1:19.12 42.70	200m:	2:48.94 43.46	300m:	4:26.37 48.38	400m:	5:40.09 35.85	
35.	CICH Kinga		15	RWKS Sparta Biłgoraj				5:40.26	479
	50m:	35.20 35.20	150m:	2:00.80 42.85	250m:	3:32.43 49.55	350m:	5:02.59 38.88	
	100m:	1:17.95 42.75	200m:	2:42.88 42.08	300m:	4:23.71 51.28	400m:	5:40.26 37.67	



2022 Arena Grand Prix Puchar Polski
Lublin, 9. - 10.4.2022

Konkurencja 10, Kobiet, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.
36.	GAJDA Martyna		14	UKS "Feniks" D bica				5:40.44	478
	50m: 37.55	37.55	150m: 2:06.28	45.54	250m: 3:39.93	48.92	350m: 5:05.00	38.58	
	100m: 1:20.74	43.19	200m: 2:51.01	44.73	300m: 4:26.42	46.49	400m: 5:40.44	35.44	
37.	BUKOWSKA Michalina		15	UKP „Ruda I ska”				5:42.70	469
	50m: 35.83	35.83	150m: 2:03.39	45.97	250m: 3:37.23	50.05	350m: 5:05.35	39.47	
	100m: 1:17.42	41.59	200m: 2:47.18	43.79	300m: 4:25.88	48.65	400m: 5:42.70	37.35	
38.	WRÓBLEWSKA Kaja		15	Swim Team Lubartów				5:45.52	458
	50m: 36.81	36.81	150m: 2:03.92	44.10	250m: 3:38.20	51.12	350m: 5:08.87	39.61	
	100m: 1:19.82	43.01	200m: 2:47.08	43.16	300m: 4:29.26	51.06	400m: 5:45.52	36.65	
39.	SOSNÓWKA Oliwia		17	UKP Fala Kra nik				5:46.56	454
	50m: 35.93	35.93	150m: 2:04.03	48.29	250m: 3:40.97	48.86	350m: 5:08.79	39.96	
	100m: 1:15.74	39.81	200m: 2:52.11	48.08	300m: 4:28.83	47.86	400m: 5:46.56	37.77	
40.	LIPI SKA Julia		15	UKS "Feniks" D bica				5:48.31	447
	50m: 37.53	37.53	150m: 2:06.20	46.73	250m: 3:38.73	48.19	350m: 5:09.61	42.24	
	100m: 1:19.47	41.94	200m: 2:50.54	44.34	300m: 4:27.37	48.64	400m: 5:48.31	38.70	
41.	MATYNIAK Sylwia		14	UKS „MANTA” Kochłowice Ruda I ska				5:49.22	443
	50m: 35.35	35.35	150m: 2:01.33	45.08	250m: 3:38.46	52.58	350m: 5:11.42	39.33	
	100m: 1:16.25	40.90	200m: 2:45.88	44.55	300m: 4:32.09	53.63	400m: 5:49.22	37.80	
42.	BARAN Agata		14	Uks „Pingwiny”				5:49.89	441
	50m: 35.96	35.96	150m: 2:06.14	46.72	250m: 3:41.77	49.77	350m: 5:11.85	40.65	
	100m: 1:19.42	43.46	200m: 2:52.00	45.86	300m: 4:31.20	49.43	400m: 5:49.89	38.04	
43.	ORNOWSKA Zuzanna		14	MKS Juvenia Białystok				5:53.41	428
	50m: 37.20	37.20	150m: 2:10.08	46.37	250m: 3:46.03	50.92	350m: 5:15.51	40.02	
	100m: 1:23.71	46.51	200m: 2:55.11	45.03	300m: 4:35.49	49.46	400m: 5:53.41	37.90	
44.	WYŁUPEK Kasjana		15	UKS „ORKA” Zamo				5:58.18	411
	50m: 38.15	38.15	150m: 2:12.19	47.43	250m: 3:44.60	46.47	350m: 5:16.31	44.88	
	100m: 1:24.76	46.61	200m: 2:58.13	45.94	300m: 4:31.43	46.83	400m: 5:58.18	41.87	