

2023 Arena Grand Prix Puchar Polski
Lublin, 25. - 26.2.2023

Konkurencja 11
25.02.2023 - 10:46

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Rekord Polski Open	4:04.23	JEDRZEJCZAK Otylia	00114	Melbourne (AUS)	25.03.2007
Rekord Polski 19 - 23	4:05.84	JEDRZEJCZAK Otylia	00114	Budapeszt (HUN)	03.08.2006
Rekord Polski 18	4:12.62	UKOWSKA Paula	00107	Doha (UAE)	09.12.2009
Rekord Polski 17	4:12.62	UKOWSKA Paula	00107	Doha (UAE)	09.12.2009
Rekord Polski 16	4:12.62	ZUKOWSKA Paula	00107	Doha (QAT)	09.12.2009
Rekord Polski 15	4:16.14	KNOP Aleksandra	01605	Łódź	26.05.2018
Rekord Polski 14	4:16.54	KILIJA SKA Donata	00612	Tampere (FIN)	20.07.2009

Minimum - M Seniorów - Fukuoka (Japonia) Open: 4:10.57 / Minimum - Uniwersjada - Chengdu (Chiny) 18 - 27: 4:15.01

Punkty: FINA 2023

Pozycja Wiek Czas Pkt. CR

JUNIOR MŁODSZY 14 LAT

1. KAPKA Antonina	14	CSiR MOS w D browie Górnicyzej	4:50.97	536	+0,74		
50m: 33.20 33.20	150m: 1:48.23 37.64	250m: 3:02.94 37.08	350m: 4:16.92 36.54	100m: 1:10.59 37.39	200m: 2:25.86 37.63	300m: 3:40.38 37.44	400m: 4:50.97 34.05
2. KARKOCHA Gabriela	14	UKS „MANTA” Kochłowice Ruda I sk	4:51.52	533	+0,71		
50m: 32.67 32.67	150m: 1:45.50 36.70	250m: 3:00.60 37.71	350m: 4:15.94 37.78	100m: 1:08.80 36.13	200m: 2:22.89 37.39	300m: 3:38.16 37.56	400m: 4:51.52 35.58
3. KOSTA CZYK Kaja	14	CSiR MOS w D browie Górnicyzej	4:56.12	508	+0,75		
50m: 33.76 33.76	150m: 1:49.65 38.01	250m: 3:05.48 37.82	350m: 4:21.07 37.74	100m: 1:11.64 37.88	200m: 2:27.66 38.01	300m: 3:43.33 37.85	400m: 4:56.12 35.05
4. MAZUREK Dagmara	14	UKS Olimpijczyk 23	4:59.27	492	+0,76		
50m: 33.48 33.48	150m: 1:47.07 37.30	250m: 3:03.66 38.40	350m: 4:21.44 38.99	100m: 1:09.77 36.29	200m: 2:25.26 38.19	300m: 3:42.45 38.79	400m: 4:59.27 37.83
5. ELASKOWSKA Wiktoria	14	MKS Trójka Łódź	5:07.67	453	+0,66		
50m: 33.32 33.32	150m: 1:49.65 39.01	250m: 3:08.77 39.26	350m: 4:28.91 40.28	100m: 1:10.64 37.32	200m: 2:29.51 39.86	300m: 3:48.63 39.86	400m: 5:07.67 38.76
6. KOCHANIK Izabela	14	UKS Tri-Team Rumia	5:07.68	453	+0,77		
50m: 35.39 35.39	150m: 1:53.51 39.45	250m: 3:12.19 39.30	350m: 4:30.76 39.50	100m: 1:14.06 38.67	200m: 2:32.89 39.38	300m: 3:51.26 39.07	400m: 5:07.68 36.92
7. EKIERT Gabriela	14	MKS Juwenia Białystok	5:12.14	434	+0,73		
50m: 34.88 34.88	150m: 1:53.64 40.05	250m: 3:13.60 39.95	350m: 4:34.11 39.95	100m: 1:13.59 38.71	200m: 2:33.65 40.01	300m: 3:54.16 40.56	400m: 5:12.14 38.03
8. SZKIŁ D Klaudia	14	MKS Juwenia Białystok	5:13.41	429	+0,70		
50m: 34.32 34.32	150m: 1:54.54 40.62	250m: 3:15.14 40.63	350m: 4:35.64 39.56	100m: 1:13.92 39.60	200m: 2:34.51 39.97	300m: 3:56.08 40.94	400m: 5:13.41 37.77
9. JANKOWSKA Łucja	14	UKS abianka Gda sk	5:15.15	422	+0,80		
50m: 35.41 35.41	150m: 1:58.03 40.08	250m: 3:17.61 39.03	350m: 4:36.49 39.18	100m: 1:17.95 42.54	200m: 2:38.58 40.55	300m: 3:57.31 39.70	400m: 5:15.15 38.66
10. ADAMCZYK Zofia	14	SKS 137 Delfin Łódź	5:21.98	395	+0,78		
50m: 35.99 35.99	150m: 1:58.17 41.58	250m: 3:21.65 41.94	350m: 4:43.90 40.55	100m: 1:16.59 40.60	200m: 2:39.71 41.54	300m: 4:03.35 41.70	400m: 5:21.98 38.08
11. KU KA Emilia	14	Uks "Salmo ory"	5:41.84	330	+0,72		
50m: 35.54 35.54	150m: 1:59.49 42.94	250m: 3:28.77 44.88	350m: 4:58.13 44.29	100m: 1:16.55 41.01	200m: 2:43.89 44.40	300m: 4:13.84 45.07	400m: 5:41.84 43.71

JUNIOR MŁODSZY 15 LAT

1. RODZIEWICZ Alicja	15	UKS Nawa Skierniewice	4:40.35	599	+0,79		
50m: 31.62 31.62	150m: 1:41.93 35.41	250m: 2:53.41 36.09	350m: 4:05.07 35.70	100m: 1:06.52 34.90	200m: 2:17.32 35.39	300m: 3:29.37 35.96	400m: 4:40.35 35.28
2. FERSZT Kornelia	15	KS „Górnik” Sosnowiec	4:47.00	558	+0,79		
50m: 33.10 33.10	150m: 1:46.74 37.44	250m: 3:00.71 36.64	350m: 4:12.35 35.55	100m: 1:09.30 36.20	200m: 2:24.07 37.33	300m: 3:36.80 36.09	400m: 4:47.00 34.65
3. CIEPLUCHA Bianka	15	SKS 137 Delfin Łódź	4:47.85	553	+0,72		
50m: 32.68 32.68	150m: 1:45.88 36.88	250m: 3:00.17 36.39	350m: 4:13.32 35.98	100m: 1:09.00 36.32	200m: 2:23.78 37.90	300m: 3:37.34 37.17	400m: 4:47.85 34.53

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Konkurencja 11, Dziewcz t, 400m dowolny, JUNIOR MŁODSZY 15 LAT

Pozycja			Wiek				Czas	Pkt.	CR
4.	KORDEK Zuzanna	15	Akademia SMS Racibórz		4:49.05	547	+0,79		
	50m: 32.75 32.75	150m: 1:46.62	37.36	250m: 3:01.14	36.94	350m: 4:15.00	36.73		
	100m: 1:09.26 36.51	200m: 2:24.20	37.58	300m: 3:38.27	37.13	400m: 4:49.05	34.05		
5.	ŁUKASIK Zuzanna	15	CSiR MOS w D browie Górniczej		4:50.98	536	+0,72		
	50m: 33.77 33.77	150m: 1:47.56	37.23	250m: 3:01.19	36.71	350m: 4:15.59	36.75		
	100m: 1:10.33 36.56	200m: 2:24.48	36.92	300m: 3:38.84	37.65	400m: 4:50.98	35.39		
6.	FARTUSZY SKA Weronika	15	UKS Junior Kluczbork		4:55.82	510	+0,79		
	50m: 33.67 33.67	150m: 1:49.05	37.78	250m: 3:05.00	38.15	350m: 4:20.20	37.04		
	100m: 1:11.27 37.60	200m: 2:26.85	37.80	300m: 3:43.16	38.16	400m: 4:55.82	35.62		
7.	BATYRA Julia	15	Uks Skarpa Lublin		4:58.36	497			
	50m: 34.28 34.28	150m: 1:48.43	37.48	250m: 3:04.20	37.33	350m: 4:21.13	38.65		
	100m: 1:10.95 36.67	200m: 2:26.87	38.44	300m: 3:42.48	38.28	400m: 4:58.36	37.23		
8.	MATYNIAK Sylwia	15	UKS „MANTA” Kochłowice Ruda I sk		5:00.23	488	+0,70		
	50m: 32.94 32.94	150m: 1:47.22	37.37	250m: 3:04.39	38.87	350m: 4:22.51	38.97		
	100m: 1:09.85 36.91	200m: 2:25.52	38.30	300m: 3:43.54	39.15	400m: 5:00.23	37.72		
9.	ORNOWSKA Zuzanna	15	MKS Juwenia Białystok		5:02.68	476	+0,76		
	50m: 32.87 32.87	150m: 1:49.02	38.58	250m: 3:06.93	39.10	350m: 4:25.37	38.98		
	100m: 1:10.44 37.57	200m: 2:27.83	38.81	300m: 3:46.39	39.46	400m: 5:02.68	37.31		
10.	KRYSTEK Jagoda	15	SKS 137 Delfin Łód		5:04.27	468	+0,77		
	50m: 33.85 33.85	150m: 1:51.99	39.38	250m: 3:10.48	39.06	350m: 4:27.59	38.22		
	100m: 1:12.61 38.76	200m: 2:31.42	39.43	300m: 3:49.37	38.89	400m: 5:04.27	36.68		
11.	BOROWSKA Wiktoria	15	UKS Pi tka Konstanyńów Łódzki		5:04.81	466	+0,74		
	50m: 33.96 33.96	150m: 1:49.47	38.48	250m: 3:07.55	39.21	350m: 4:26.14	39.14		
	100m: 1:10.99 37.03	200m: 2:28.34	38.87	300m: 3:47.00	39.45	400m: 5:04.81	38.67		
12.	TOBOŁA PERTKIEWICZ Ewa	15	Uks „Pingwiny”		5:11.31	437	+0,77		
	50m: 33.47 33.47	150m: 1:52.65	40.23	250m: 3:13.45	40.98	350m: 4:33.87	40.11		
	100m: 1:12.42 38.95	200m: 2:32.47	39.82	300m: 3:53.76	40.31	400m: 5:11.31	37.44		
13.	KOWALSKA Lena	15	UKS abianka Gda sk		5:11.46	437	+0,76		
	50m: 34.44 34.44	150m: 1:53.57	40.31	250m: 3:14.00	40.26	350m: 4:33.67	39.33		
	100m: 1:13.26 38.82	200m: 2:33.74	40.17	300m: 3:54.34	40.34	400m: 5:11.46	37.79		
14.	NAJI Kamila	15	UKS Pi tka Konstanyńów Łódzki		5:18.37	409	+0,66		
	50m: 35.82 35.82	150m: 1:57.13	41.16	250m: 3:18.88	40.44	350m: 4:40.55	40.54		
	100m: 1:15.97 40.15	200m: 2:38.44	41.31	300m: 4:00.01	41.13	400m: 5:18.37	37.82		

JUNIOR MŁODSZY 16 LAT

1.	MAŁOLEPSZA Weronika	16	MKP Szczecin		4:36.43	625	+0,67	
	50m: 31.76 31.76	150m: 1:41.35	35.10	250m: 2:52.15	35.51	350m: 4:03.00	35.36	
	100m: 1:06.25 34.49	200m: 2:16.64	35.29	300m: 3:27.64	35.49	400m: 4:36.43	33.43	
2.	NETREBKO Mariia	16	KS Delfin Gdynia		4:36.80	622	+0,68	
	50m: 31.69 31.69	150m: 1:42.68	35.62	250m: 2:53.57	35.38	350m: 4:03.67	34.49	
	100m: 1:07.06 35.37	200m: 2:18.19	35.51	300m: 3:29.18	35.61	400m: 4:36.80	33.13	
3.	POPPE Marta	16	KU AZS UMCS Lublin		4:39.74	603	+0,77	
	50m: 32.14 32.14	150m: 1:42.00	35.14	250m: 2:53.54	35.62	350m: 4:05.08	35.88	
	100m: 1:06.86 34.72	200m: 2:17.92	35.92	300m: 3:29.20	35.66	400m: 4:39.74	34.66	
4.	DU KO Julia	16	RWKS Sparta Biłgoraj		4:43.55	579	+0,76	
	50m: 31.52 31.52	150m: 1:42.28	36.03	250m: 2:55.20	36.72	350m: 4:08.58	36.72	
	100m: 1:06.25 34.73	200m: 2:18.48	36.20	300m: 3:31.86	36.66	400m: 4:43.55	34.97	
5.	ZAKRZEWSKA Oliwia	16	UKS Nawa Skierniewice		4:46.46	562	+0,69	
	50m: 32.64 32.64	150m: 1:45.28	36.50	250m: 2:58.67	36.82	350m: 4:11.77	36.42	
	100m: 1:08.78 36.14	200m: 2:21.85	36.57	300m: 3:35.35	36.68	400m: 4:46.46	34.69	
6.	KUCZMAR Zuzanna	16	UKP „Polonia Warszawa”		4:46.94	559	+0,81	
	50m: 32.11 32.11	150m: 1:44.72	36.94	250m: 2:58.05	36.46	350m: 4:11.51	36.82	
	100m: 1:07.78 35.67	200m: 2:21.59	36.87	300m: 3:34.69	36.64	400m: 4:46.94	35.43	

2023 Arena Grand Prix Puchar Polski
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Konkurencja 11, Dziewcz t, 400m dowolny, JUNIOR MŁODSZY 16 LAT

Pozycja			Wiek				Czas		Pkt.	CR
7.	RYDY SKA Maja	16	MKS SP 63 Bydgoszcz				4:47.08	558	+0,87	
	50m: 32.72 32.72	150m: 1:44.30 35.94	250m: 2:58.34 37.01	350m: 4:12.38 36.48						
	100m: 1:08.36 35.64	200m: 2:21.33 37.03	300m: 3:35.90 37.56	400m: 4:47.08 34.70						
8.	DUDA Anna	16	MKP Szczecin				4:49.30	545	+0,74	
	50m: 32.00 32.00	150m: 1:43.74 36.62	250m: 3:36.04	350m: 4:13.47 37.43						
	100m: 1:07.12 35.12	200m: 2:21.33 37.03	300m: 3:36.04 37.56	400m: 4:49.30 35.83						
9.	SIEDLEWSKA Marcelina	16	UKP „Polonia Warszawa”				4:49.32	545	+0,79	
	50m: 32.29 32.29	150m: 1:45.57 37.44	250m: 3:00.48 37.53	350m: 4:15.28 36.89						
	100m: 1:08.13 35.84	200m: 2:22.95 37.38	300m: 3:38.39 37.91	400m: 4:49.32 34.04						
10.	P ROVÁ Barbora	16	SK UP Olomouc				4:50.34	539	+0,81	
	50m: 33.01 33.01	150m: 1:46.22 36.59	250m: 3:00.09 36.87	350m: 4:14.23 36.98						
	100m: 1:09.63 36.62	200m: 2:23.22 37.00	300m: 3:37.25 37.16	400m: 4:50.34 36.11						
11.	WO AKOWSKA Zofia	16	KU AZS UMCS Lublin				4:57.19	503	+0,80	
	50m: 32.68 32.68	150m: 1:46.45 37.53	250m: 3:02.84 38.42	350m: 4:19.94 38.80						
	100m: 1:08.92 36.24	200m: 2:24.42 37.97	300m: 3:41.14 38.30	400m: 4:57.19 37.25						
12.	TRAFALSKA Zuzanna	16	UKS 190 Łód				4:57.35	502	+0,69	
	50m: 32.59 32.59	150m: 1:44.58 36.26	250m: 2:57.91 36.45	350m: 4:17.09 40.31						
	100m: 1:08.32 35.73	200m: 2:21.46 36.88	300m: 3:36.78 38.87	400m: 4:57.35 40.26						
13.	RYKHLINSKA Anastasiia	16	KS „OLIMPIA” Lublin				5:00.19	488	+0,73	
	50m: 32.19 32.19	150m: 1:46.83 37.81	250m: 3:04.26 39.08	350m: 4:22.50 38.91						
	100m: 1:09.02 36.83	200m: 2:25.18 38.35	300m: 3:43.59 39.33	400m: 5:00.19 37.69						
14.	POŁE Hanna	16	MKS Trójka Łód				5:00.29	487	+0,74	
	50m: 33.66 33.66	150m: 1:48.15 37.55	250m: 3:05.58 39.19	350m: 4:24.10 39.26						
	100m: 1:10.60 36.94	200m: 2:26.39 38.24	300m: 3:44.84 39.26	400m: 5:00.29 36.19						
15.	LIPI SKA Julia	16	UKS "Feniks" D bica				5:16.51	416	+0,85	
	50m: 34.40 34.40	150m: 1:53.44 39.81	250m: 3:14.29 40.50	350m: 4:36.23 41.01						
	100m: 1:13.63 39.23	200m: 2:33.79 40.35	300m: 3:55.22 40.93	400m: 5:16.51 40.28						
16.	MITU Weronika	16	KARPATIA Gorlice				5:23.89	388	+0,71	
	50m: 34.97 34.97	150m: 1:56.93 41.22	250m: 3:20.19 40.81	350m: 4:43.42 41.13						
	100m: 1:15.71 40.74	200m: 2:39.38 42.45	300m: 4:02.29 42.10	400m: 5:23.89 40.47						

JUNIOR 17-18 LAT

1.	KOWALSKA Klara	18	KU AZS UMCS Lublin				4:23.43	722	+0,66
	50m: 30.95 30.95	150m: 1:37.81 33.54	250m: 2:44.20 33.06	350m: 3:50.85 33.24					
	100m: 1:04.27 33.32	200m: 2:11.14 33.33	300m: 3:17.61 33.41	400m: 4:23.43 32.58					
2.	PIEKARSKA Natalia	17	UKS 190 Łód				4:31.59	659	+0,72
	50m: 31.36 31.36	150m: 1:39.63 34.51	250m: 2:49.91 35.32	350m: 3:58.27 33.85					
	100m: 1:05.12 33.76	200m: 2:14.59 34.96	300m: 3:24.42 34.51	400m: 4:31.59 33.32					
3.	KULIK Julia	18	UKS GOS Raszyn				4:35.19	633	+0,68
	50m: 32.17 32.17	150m: 1:43.58 34.80	250m: 2:51.80 33.77	350m: 4:01.16 35.11					
	100m: 1:08.78 36.61	200m: 2:18.03 34.45	300m: 3:26.05 34.25	400m: 4:35.19 34.03					
4.	MACIAK Julia	17	IUKS „Muszelka” Warszawa				4:36.28	626	+0,79
	50m: 32.03 32.03	150m: 1:42.54 35.31	250m: 2:52.96 35.63	350m: 4:02.98 35.31					
	100m: 1:07.23 35.20	200m: 2:17.33 34.79	300m: 3:27.67 34.71	400m: 4:36.28 33.30					
5.	SAMORAJ Oliwia	18	MKS Piaseczno				4:36.99	621	+0,82
	50m: 31.81 31.81	150m: 1:41.59 35.38	250m: 2:52.23 35.43	350m: 4:03.20 35.43					
	100m: 1:06.21 34.40	200m: 2:16.80 35.21	300m: 3:27.77 35.54	400m: 4:36.99 33.79					
6.	GÓRSKA Zofia	18	UKS GOS Raszyn				4:37.12	620	+0,73
	50m: 31.78 31.78	150m: 1:42.56 35.72	250m: 2:53.43 35.43	350m: 4:04.08 35.17					
	100m: 1:06.84 35.06	200m: 2:18.00 35.44	300m: 3:28.91 35.48	400m: 4:37.12 33.04					
7.	TRACZYK Anna	17	MKS Juvenia Wrocław				4:37.57	617	+0,75
	50m: 30.43 30.43	150m: 1:40.33 35.43	250m: 2:53.07 36.84	350m: 4:03.98 34.80					
	100m: 1:04.90 34.47	200m: 2:16.23 35.90	300m: 3:29.18 36.11	400m: 4:37.57 33.59					

2023 Arena Grand Prix Puchar Polski
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Konkurencja 11, Kobiet, 400m dowolny, JUNIOR 17-18 LAT

Pozycja			Wiek				Czas		Pkt.	CR		
8.	KOSSOWSKA	Julita	18	UKS 190 Łód			4:40.49	598	+0,77			
	50m:	32.06	32.06	150m:	1:42.75	35.54	250m:	2:53.81	35.63	350m:	4:05.78	35.96
	100m:	1:07.21	35.15	200m:	2:18.18	35.43	300m:	3:29.82	36.01	400m:	4:40.49	34.71
9.	GAWĘŁKO	Zuzanna	17	KU AZS UMCS Lublin			4:43.37	580	+0,65			
	50m:	33.07	33.07	150m:	1:45.39	36.38	250m:	2:57.30	35.74	350m:	4:09.16	35.73
	100m:	1:09.01	35.94	200m:	2:21.56	36.17	300m:	3:33.43	36.13	400m:	4:43.37	34.21
10.	TADKO	Wiktoria	18	MKS SMS Victoria Racibórz			4:48.72	548	+0,79			
	50m:	33.06	33.06	150m:	1:45.73	36.57	250m:	3:00.68	37.98	350m:	4:14.38	36.63
	100m:	1:09.16	36.10	200m:	2:22.70	36.97	300m:	3:37.75	37.07	400m:	4:48.72	34.34
11.	BISZEWSKA	Gabriela	18	Mi dzyszkolny UKS „Olimpijczyk” Suwałki			4:50.30	540	+0,73			
	50m:	33.37	33.37	150m:	1:45.86	36.07	250m:	2:58.66	36.38	350m:	4:13.75	37.14
	100m:	1:09.79	36.42	200m:	2:22.28	36.42	300m:	3:36.61	37.95	400m:	4:50.30	36.55
12.	TUPALSKA	Oliwia	18	KU AZS UMCS Lublin			4:51.13	535	+0,78			
	50m:	32.51	32.51	150m:	1:45.66	37.07	250m:	3:00.38	37.41	350m:	4:15.11	37.20
	100m:	1:08.59	36.08	200m:	2:22.97	37.31	300m:	3:37.91	37.53	400m:	4:51.13	36.02
13.	YDEK	Kinga	18	KU AZS UMCS Lublin			4:57.43	502	+0,78			
	50m:	33.26	33.26	150m:	1:47.30	37.40	250m:	3:03.61	38.25	350m:	4:20.12	38.36
	100m:	1:09.90	36.64	200m:	2:25.36	38.06	300m:	3:41.76	38.15	400m:	4:57.43	37.31
14.	GAWLIK	Jagoda	17	KS „Górnik” Sosnowiec			5:01.67	481	+0,74			
	50m:	33.58	33.58	150m:	1:48.92	38.72	250m:	3:06.28	38.63	350m:	4:23.79	38.50
	100m:	1:10.20	36.62	200m:	2:27.65	38.73	300m:	3:45.29	39.01	400m:	5:01.67	37.88
15.	KARCZMARCZYK	Julia	17	UKS Delfin Garwolin			5:03.85	470	+0,82			
	50m:	34.42	34.42	150m:	1:51.12	38.98	250m:	3:09.09	39.47	350m:	4:26.34	38.31
	100m:	1:12.14	37.72	200m:	2:29.62	38.50	300m:	3:48.03	38.94	400m:	5:03.85	37.51
16.	FURMA	SKA Julia	17	UKS Nawa Skierniewice			5:06.45	459	+0,78			
	50m:	34.86	34.86	150m:	1:50.64	38.38	250m:	3:08.88	39.14	350m:	4:27.83	39.44
	100m:	1:12.26	37.40	200m:	2:29.74	39.10	300m:	3:48.39	39.51	400m:	5:06.45	38.62
17.	PABISIAK	Helena	18	UKP „Polonia Warszawa”			5:20.22	402	+0,71			
	50m:	35.60	35.60	150m:	1:55.18	40.05	250m:	3:17.42	41.19	350m:		
	100m:	1:15.13	39.53	200m:	2:36.23	41.05	300m:	3:59.53	42.11	400m:	5:20.22	
OPEN												
1.	TARASIEWICZ	Klaudia	19	MKP Szczecin			4:17.14	777	+0,77			
	50m:	30.48	30.48	150m:	1:35.21	32.54	250m:	2:39.94	32.35	350m:	3:45.26	33.18
	100m:	1:02.67	32.19	200m:	2:07.59	32.38	300m:	3:12.08	32.14	400m:	4:17.14	31.88
2.	KNOP	Aleksandra	20	UKS 190 Łód			4:22.85	727	+0,59			
	50m:	30.80	30.80	150m:	1:36.95	33.12	250m:	2:43.20	33.05	350m:	3:50.42	33.55
	100m:	1:03.83	33.03	200m:	2:10.15	33.20	300m:	3:16.87	33.67	400m:	4:22.85	32.43
3.	KOWALSKA	Klara	18	KU AZS UMCS Lublin			4:23.43	722	+0,66			
	50m:	30.95	30.95	150m:	1:37.81	33.54	250m:	2:44.20	33.06	350m:	3:50.85	33.24
	100m:	1:04.27	33.32	200m:	2:11.14	33.33	300m:	3:17.61	33.41	400m:	4:23.43	32.58
4.	PIEKARSKA	Natalia	17	UKS 190 Łód			4:31.59	659	+0,72			
	50m:	31.36	31.36	150m:	1:39.63	34.51	250m:	2:49.91	35.32	350m:	3:58.27	33.85
	100m:	1:05.12	33.76	200m:	2:14.59	34.96	300m:	3:24.42	34.51	400m:	4:31.59	33.32
5.	PARADOWSKA	Kinga	22	Stowarzyszenie AZS WSG			4:32.06	656	+0,72			
	50m:	31.98	31.98	150m:	1:40.96	34.24	250m:	2:50.01	34.49	350m:	3:58.60	34.16
	100m:	1:06.72	34.74	200m:	2:15.52	34.56	300m:	3:24.44	34.43	400m:	4:32.06	33.46
6.	NOWAK	Maja	20	UKS GOS Raszyn			4:33.53	645	+0,75			
	50m:	32.00	32.00	150m:	1:42.69	35.67	250m:	2:53.39	35.41	350m:	4:00.98	32.93
	100m:	1:07.02	35.02	200m:	2:17.98	35.29	300m:	3:28.05	34.66	400m:	4:33.53	32.55
7.	KULIK	Julia	18	UKS GOS Raszyn			4:35.19	633	+0,68			
	50m:	32.17	32.17	150m:	1:43.58	34.80	250m:	2:51.80	33.77	350m:	4:01.16	35.11
	100m:	1:08.78	36.61	200m:	2:18.03	34.45	300m:	3:26.05	34.25	400m:	4:35.19	34.03

2023 Arena Grand Prix Puchar Polski
Lublin, 25. - 26.2.2023

Konkurencja 11, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.	CR
8.	SIWKO Natalia		19	KU AZS UMCS Lublin				4:35.25	633	+0,72
	50m:	31.49 31.49	150m:	1:40.65	34.65	250m:	2:50.57	35.20	350m:	4:01.02 35.38
	100m:	1:06.00 34.51	200m:	2:15.37	34.72	300m:	3:25.64	35.07	400m:	4:35.25 34.23
9.	MACIAK Julia		17	IUKS „Muszelka” Warszawa				4:36.28	626	+0,79
	50m:	32.03 32.03	150m:	1:42.54	35.31	250m:	2:52.96	35.63	350m:	4:02.98 35.31
	100m:	1:07.23 35.20	200m:	2:17.33	34.79	300m:	3:27.67	34.71	400m:	4:36.28 33.30
10.	MAŁOLEPSZA Weronika		16	MKP Szczecin				4:36.43	625	+0,67
	50m:	31.76 31.76	150m:	1:41.35	35.10	250m:	2:52.15	35.51	350m:	4:03.00 35.36
	100m:	1:06.25 34.49	200m:	2:16.64	35.29	300m:	3:27.64	35.49	400m:	4:36.43 33.43
11.	NETREBKO Mariia		16	KS Delfin Gdynia				4:36.80	622	+0,68
	50m:	31.69 31.69	150m:	1:42.68	35.62	250m:	2:53.57	35.38	350m:	4:03.67 34.49
	100m:	1:07.06 35.37	200m:	2:18.19	35.51	300m:	3:29.18	35.61	400m:	4:36.80 33.13
12.	SAMORAJ Oliwia		18	MKS Piaseczno				4:36.99	621	+0,82
	50m:	31.81 31.81	150m:	1:41.59	35.38	250m:	2:52.23	35.43	350m:	4:03.20 35.43
	100m:	1:06.21 34.40	200m:	2:16.80	35.21	300m:	3:27.77	35.54	400m:	4:36.99 33.79
13.	GÓRSKA Zofia		18	UKS GOS Raszyn				4:37.12	620	+0,73
	50m:	31.78 31.78	150m:	1:42.56	35.72	250m:	2:53.43	35.43	350m:	4:04.08 35.17
	100m:	1:06.84 35.06	200m:	2:18.00	35.44	300m:	3:28.91	35.48	400m:	4:37.12 33.04
14.	TRACZYK Anna		17	MKS Juwenia Wrocław				4:37.57	617	+0,75
	50m:	30.43 30.43	150m:	1:40.33	35.43	250m:	2:53.07	36.84	350m:	4:03.98 34.80
	100m:	1:04.90 34.47	200m:	2:16.23	35.90	300m:	3:29.18	36.11	400m:	4:37.57 33.59
15.	POPPE Marta		16	KU AZS UMCS Lublin				4:39.74	603	+0,77
	50m:	32.14 32.14	150m:	1:42.00	35.14	250m:	2:53.54	35.62	350m:	4:05.08 35.88
	100m:	1:06.86 34.72	200m:	2:17.92	35.92	300m:	3:29.20	35.66	400m:	4:39.74 34.66
16.	RODZIEWICZ Alicja		15	UKS Nawa Skierniewice				4:40.35	599	+0,79
	50m:	31.62 31.62	150m:	1:41.93	35.41	250m:	2:53.41	36.09	350m:	4:05.07 35.70
	100m:	1:06.52 34.90	200m:	2:17.32	35.39	300m:	3:29.37	35.96	400m:	4:40.35 35.28
17.	KOSSOWSKA Julita		18	UKS 190 Łódź				4:40.49	598	+0,77
	50m:	32.06 32.06	150m:	1:42.75	35.54	250m:	2:53.81	35.63	350m:	4:05.78 35.96
	100m:	1:07.21 35.15	200m:	2:18.18	35.43	300m:	3:29.82	36.01	400m:	4:40.49 34.71
18.	GAWEŁKO Zuzanna		17	KU AZS UMCS Lublin				4:43.37	580	+0,65
	50m:	33.07 33.07	150m:	1:45.39	36.38	250m:	2:57.30	35.74	350m:	4:09.16 35.73
	100m:	1:09.01 35.94	200m:	2:21.56	36.17	300m:	3:33.43	36.13	400m:	4:43.37 34.21
19.	DU KO Julia		16	RWKS Sparta Biłgoraj				4:43.55	579	+0,76
	50m:	31.52 31.52	150m:	1:42.28	36.03	250m:	2:55.20	36.72	350m:	4:08.58 36.72
	100m:	1:06.25 34.73	200m:	2:18.48	36.20	300m:	3:31.86	36.66	400m:	4:43.55 34.97
20.	ZAKRZEWSKA Oliwia		16	UKS Nawa Skierniewice				4:46.46	562	+0,69
	50m:	32.64 32.64	150m:	1:45.28	36.50	250m:	2:58.67	36.82	350m:	4:11.77 36.42
	100m:	1:08.78 36.14	200m:	2:21.85	36.57	300m:	3:35.35	36.68	400m:	4:46.46 34.69
21.	KUCZMAR Zuzanna		16	UKP „Polonia Warszawa”				4:46.94	559	+0,81
	50m:	32.11 32.11	150m:	1:44.72	36.94	250m:	2:58.05	36.46	350m:	4:11.51 36.82
	100m:	1:07.78 35.67	200m:	2:21.59	36.87	300m:	3:34.69	36.64	400m:	4:46.94 35.43
22.	FERSZT Kornelia		15	KS „Górnik” Sosnowiec				4:47.00	558	+0,79
	50m:	33.10 33.10	150m:	1:46.74	37.44	250m:	3:00.71	36.64	350m:	4:12.35 35.55
	100m:	1:09.30 36.20	200m:	2:24.07	37.33	300m:	3:36.80	36.09	400m:	4:47.00 34.65
23.	RYDY SKA Maja		16	MKS SP 63 Bydgoszcz				4:47.08	558	+0,87
	50m:	32.72 32.72	150m:	1:44.30	35.94	250m:	2:58.34	37.01	350m:	4:12.38 36.48
	100m:	1:08.36 35.64	200m:	2:21.33	37.03	300m:	3:35.90	37.56	400m:	4:47.08 34.70
24.	CIEPLUCHA Bianka		15	SKS 137 Delfin Łódź				4:47.85	553	+0,72
	50m:	32.68 32.68	150m:	1:45.88	36.88	250m:	3:00.17	36.39	350m:	4:13.32 35.98
	100m:	1:09.00 36.32	200m:	2:23.78	37.90	300m:	3:37.34	37.17	400m:	4:47.85 34.53
25.	TADKO Wiktoria		18	MKS SMS Victoria Racibórz				4:48.72	548	+0,79
	50m:	33.06 33.06	150m:	1:45.73	36.57	250m:	3:00.68	37.98	350m:	4:14.38 36.63
	100m:	1:09.16 36.10	200m:	2:22.70	36.97	300m:	3:37.75	37.07	400m:	4:48.72 34.34

2023 Arena Grand Prix Puchar Polski
Lublin, 25. - 26.2.2023

Konkurencja 11, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.	CR
26.	KORDEK Zuzanna	15	Akademia SMS Racibórz	4:49.05	547	+0,79				
	50m: 32.75 32.75	150m: 1:46.62	37.36	250m: 3:01.14	36.94	350m: 4:15.00	36.73			
	100m: 1:09.26 36.51	200m: 2:24.20	37.58	300m: 3:38.27	37.13	400m: 4:49.05	34.05			
27.	DUDA Anna	16	MKP Szczecin	4:49.30	545	+0,74				
	50m: 32.00 32.00	150m: 1:43.74	36.62	250m:		350m: 4:13.47	37.43			
	100m: 1:07.12 35.12	200m:		300m: 3:36.04		400m: 4:49.30	35.83			
28.	SIEDLEWSKA Marcelina	16	UKP „Polonia Warszawa”	4:49.32	545	+0,79				
	50m: 32.29 32.29	150m: 1:45.57	37.44	250m: 3:00.48	37.53	350m: 4:15.28	36.89			
	100m: 1:08.13 35.84	200m: 2:22.95	37.38	300m: 3:38.39	37.91	400m: 4:49.32	34.04			
29.	BISZEWSKA Gabriela	18	Mi dzyszkolny UKS „Olimpijczyk” Suwałki	4:50.30	540	+0,73				
	50m: 33.37 33.37	150m: 1:45.86	36.07	250m: 2:58.66	36.38	350m: 4:13.75	37.14			
	100m: 1:09.79 36.42	200m: 2:22.28	36.42	300m: 3:36.61	37.95	400m: 4:50.30	36.55			
30.	P ROVÁ Barbora	16	SK UP Olomouc	4:50.34	539	+0,81				
	50m: 33.01 33.01	150m: 1:46.22	36.59	250m: 3:00.09	36.87	350m: 4:14.23	36.98			
	100m: 1:09.63 36.62	200m: 2:23.22	37.00	300m: 3:37.25	37.16	400m: 4:50.34	36.11			
31.	KAPKA Antonina	14	CSiR MOS w D browie Górniczej	4:50.97	536	+0,74				
	50m: 33.20 33.20	150m: 1:48.23	37.64	250m: 3:02.94	37.08	350m: 4:16.92	36.54			
	100m: 1:10.59 37.39	200m: 2:25.86	37.63	300m: 3:40.38	37.44	400m: 4:50.97	34.05			
32.	ŁUKASIK Zuzanna	15	CSiR MOS w D browie Górniczej	4:50.98	536	+0,72				
	50m: 33.77 33.77	150m: 1:47.56	37.23	250m: 3:01.19	36.71	350m: 4:15.59	36.75			
	100m: 1:10.33 36.56	200m: 2:24.48	36.92	300m: 3:38.84	37.65	400m: 4:50.98	35.39			
33.	TUPALSKA Oliwia	18	KU AZS UMCS Lublin	4:51.13	535	+0,78				
	50m: 32.51 32.51	150m: 1:45.66	37.07	250m: 3:00.38	37.41	350m: 4:15.11	37.20			
	100m: 1:08.59 36.08	200m: 2:22.97	37.31	300m: 3:37.91	37.53	400m: 4:51.13	36.02			
34.	KARKOCHA Gabriela	14	UKS „MANTA” Kochłowice Ruda I sk	4:51.52	533	+0,71				
	50m: 32.67 32.67	150m: 1:45.50	36.70	250m: 3:00.60	37.71	350m: 4:15.94	37.78			
	100m: 1:08.80 36.13	200m: 2:22.89	37.39	300m: 3:38.16	37.56	400m: 4:51.52	35.58			
35.	FARTUSZY SKA Weronika	15	UKS Junior Kluczbork	4:55.82	510	+0,79				
	50m: 33.67 33.67	150m: 1:49.05	37.78	250m: 3:05.00	38.15	350m: 4:20.20	37.04			
	100m: 1:11.27 37.60	200m: 2:26.85	37.80	300m: 3:43.16	38.16	400m: 4:55.82	35.62			
36.	KOSTA CZYK Kaja	14	CSiR MOS w D browie Górniczej	4:56.12	508	+0,75				
	50m: 33.76 33.76	150m: 1:49.65	38.01	250m: 3:05.48	37.82	350m: 4:21.07	37.74			
	100m: 1:11.64 37.88	200m: 2:27.66	38.01	300m: 3:43.33	37.85	400m: 4:56.12	35.05			
37.	WO AKOWSKA Zofia	16	KU AZS UMCS Lublin	4:57.19	503	+0,80				
	50m: 32.68 32.68	150m: 1:46.45	37.53	250m: 3:02.84	38.42	350m: 4:19.94	38.80			
	100m: 1:08.92 36.24	200m: 2:24.42	37.97	300m: 3:41.14	38.30	400m: 4:57.19	37.25			
38.	TRAFALSKA Zuzanna	16	UKS 190 Łódź	4:57.35	502	+0,69				
	50m: 32.59 32.59	150m: 1:44.58	36.26	250m: 2:57.91	36.45	350m: 4:17.09	40.31			
	100m: 1:08.32 35.73	200m: 2:21.46	36.88	300m: 3:36.78	38.87	400m: 4:57.35	40.26			
39.	YDEK Kinga	18	KU AZS UMCS Lublin	4:57.43	502	+0,78				
	50m: 33.26 33.26	150m: 1:47.30	37.40	250m: 3:03.61	38.25	350m: 4:20.12	38.36			
	100m: 1:09.90 36.64	200m: 2:25.36	38.06	300m: 3:41.76	38.15	400m: 4:57.43	37.31			
40.	BATYRA Julia	15	Uks Skarpa Lublin	4:58.36	497					
	50m: 34.28 34.28	150m: 1:48.43	37.48	250m: 3:04.20	37.33	350m: 4:21.13	38.65			
	100m: 1:10.95 36.67	200m: 2:26.87	38.44	300m: 3:42.48	38.28	400m: 4:58.36	37.23			
41.	MAZUREK Dagmara	14	UKS Olimpijczyk 23	4:59.27	492	+0,76				
	50m: 33.48 33.48	150m: 1:47.07	37.30	250m: 3:03.66	38.40	350m: 4:21.44	38.99			
	100m: 1:09.77 36.29	200m: 2:25.26	38.19	300m: 3:42.45	38.79	400m: 4:59.27	37.83			
42.	RYKHLINSKA Anastasiia	16	KS „OLIMPIA” Lublin	5:00.19	488	+0,73				
	50m: 32.19 32.19	150m: 1:46.83	37.81	250m: 3:04.26	39.08	350m: 4:22.50	38.91			
	100m: 1:09.02 36.83	200m: 2:25.18	38.35	300m: 3:43.59	39.33	400m: 5:00.19	37.69			
43.	MATYNIAK Sylwia	15	UKS „MANTA” Kochłowice Ruda I sk	5:00.23	488	+0,70				
	50m: 32.94 32.94	150m: 1:47.22	37.37	250m: 3:04.39	38.87	350m: 4:22.51	38.97			
	100m: 1:09.85 36.91	200m: 2:25.52	38.30	300m: 3:43.54	39.15	400m: 5:00.23	37.72			

2023 Arena Grand Prix Puchar Polski
Lublin, 25. - 26.2.2023

Konkurencja 11, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.	CR		
44.	POŁE	Hanna	16	MKS Trójka Łód				5:00.29	487	+0,74		
	50m:	33.66	33.66	150m:	1:48.15	37.55	250m:	3:05.58	39.19	350m:	4:24.10	39.26
	100m:	1:10.60	36.94	200m:	2:26.39	38.24	300m:	3:44.84	39.26	400m:	5:00.29	36.19
45.	MA LEJ	Iga	20	UKS "Kro nicka Przysta "				5:00.75	485	+0,67		
	50m:	33.07	33.07	150m:	1:48.57	38.30	250m:	3:05.96	38.80	350m:	4:22.92	38.05
	100m:	1:10.27	37.20	200m:	2:27.16	38.59	300m:	3:44.87	38.91	400m:	5:00.75	37.83
46.	GAWLIK	Jagoda	17	KS „Górnik" Sosnowiec				5:01.67	481	+0,74		
	50m:	33.58	33.58	150m:	1:48.92	38.72	250m:	3:06.28	38.63	350m:	4:23.79	38.50
	100m:	1:10.20	36.62	200m:	2:27.65	38.73	300m:	3:45.29	39.01	400m:	5:01.67	37.88
47.	ORNOWSKA	Zuzanna	15	MKS Juvenia Białystok				5:02.68	476	+0,76		
	50m:	32.87	32.87	150m:	1:49.02	38.58	250m:	3:06.93	39.10	350m:	4:25.37	38.98
	100m:	1:10.44	37.57	200m:	2:27.83	38.81	300m:	3:46.39	39.46	400m:	5:02.68	37.31
48.	KARCZMARCZYK	Julia	17	UKS Delfin Garwolin				5:03.85	470	+0,82		
	50m:	34.42	34.42	150m:	1:51.12	38.98	250m:	3:09.09	39.47	350m:	4:26.34	38.31
	100m:	1:12.14	37.72	200m:	2:29.62	38.50	300m:	3:48.03	38.94	400m:	5:03.85	37.51
49.	KRYSTEK	Jagoda	15	SKS 137 Delfin Łód				5:04.27	468	+0,77		
	50m:	33.85	33.85	150m:	1:51.99	39.38	250m:	3:10.48	39.06	350m:	4:27.59	38.22
	100m:	1:12.61	38.76	200m:	2:31.42	39.43	300m:	3:49.37	38.89	400m:	5:04.27	36.68
50.	BOROWSKA	Wiktoria	15	UKS Pi tka Konstantynów Łódzki				5:04.81	466	+0,74		
	50m:	33.96	33.96	150m:	1:49.47	38.48	250m:	3:07.55	39.21	350m:	4:26.14	39.14
	100m:	1:10.99	37.03	200m:	2:28.34	38.87	300m:	3:47.00	39.45	400m:	5:04.81	38.67
51.	FURMA	SKA Julia	17	UKS Nawa Skierniewice				5:06.45	459	+0,78		
	50m:	34.86	34.86	150m:	1:50.64	38.38	250m:	3:08.88	39.14	350m:	4:27.83	39.44
	100m:	1:12.26	37.40	200m:	2:29.74	39.10	300m:	3:48.39	39.51	400m:	5:06.45	38.62
52.	ELASKOWSKA	Wiktoria	14	MKS Trójka Łód				5:07.67	453	+0,66		
	50m:	33.32	33.32	150m:	1:49.65	39.01	250m:	3:08.77	39.26	350m:	4:28.91	40.28
	100m:	1:10.64	37.32	200m:	2:29.51	39.86	300m:	3:48.63	39.86	400m:	5:07.67	38.76
53.	KOCHANIK	Izabela	14	UKS Tri-Team Rumia				5:07.68	453	+0,77		
	50m:	35.39	35.39	150m:	1:53.51	39.45	250m:	3:12.19	39.30	350m:	4:30.76	39.50
	100m:	1:14.06	38.67	200m:	2:32.89	39.38	300m:	3:51.26	39.07	400m:	5:07.68	36.92
54.	TOBOŁA PERTKIEWICZ	Ewa	15	Uks „Pingwiny"				5:11.31	437	+0,77		
	50m:	33.47	33.47	150m:	1:52.65	40.23	250m:	3:13.45	40.98	350m:	4:33.87	40.11
	100m:	1:12.42	38.95	200m:	2:32.47	39.82	300m:	3:53.76	40.31	400m:	5:11.31	37.44
55.	KOWALSKA	Lena	15	UKS abianka Gda sk				5:11.46	437	+0,76		
	50m:	34.44	34.44	150m:	1:53.57	40.31	250m:	3:14.00	40.26	350m:	4:33.67	39.33
	100m:	1:13.26	38.82	200m:	2:33.74	40.17	300m:	3:54.34	40.34	400m:	5:11.46	37.79
56.	EKIERT	Gabriela	14	MKS Juvenia Białystok				5:12.14	434	+0,73		
	50m:	34.88	34.88	150m:	1:53.64	40.05	250m:	3:13.60	39.95	350m:	4:34.11	39.95
	100m:	1:13.59	38.71	200m:	2:33.65	40.01	300m:	3:54.16	40.56	400m:	5:12.14	38.03
57.	SZKIŁ D	Klaudia	14	MKS Juvenia Białystok				5:13.41	429	+0,70		
	50m:	34.32	34.32	150m:	1:54.54	40.62	250m:	3:15.14	40.63	350m:	4:35.64	39.56
	100m:	1:13.92	39.60	200m:	2:34.51	39.97	300m:	3:56.08	40.94	400m:	5:13.41	37.77
58.	JANKOWSKA	Łucja	14	UKS abianka Gda sk				5:15.15	422	+0,80		
	50m:	35.41	35.41	150m:	1:58.03	40.08	250m:	3:17.61	39.03	350m:	4:36.49	39.18
	100m:	1:17.95	42.54	200m:	2:38.58	40.55	300m:	3:57.31	39.70	400m:	5:15.15	38.66
59.	LIPI	SKA Julia	16	UKS "Feniks" D bica				5:16.51	416	+0,85		
	50m:	34.40	34.40	150m:	1:53.44	39.81	250m:	3:14.29	40.50	350m:	4:36.23	41.01
	100m:	1:13.63	39.23	200m:	2:33.79	40.35	300m:	3:55.22	40.93	400m:	5:16.51	40.28
60.	NAJI	Kamila	15	UKS Pi tka Konstantynów Łódzki				5:18.37	409	+0,66		
	50m:	35.82	35.82	150m:	1:57.13	41.16	250m:	3:18.88	40.44	350m:	4:40.55	40.54
	100m:	1:15.97	40.15	200m:	2:38.44	41.31	300m:	4:00.01	41.13	400m:	5:18.37	37.82
61.	PABISIAK	Helena	18	UKP „Polonia Warszawa"				5:20.22	402	+0,71		
	50m:	35.60	35.60	150m:	1:55.18	40.05	250m:	3:17.42	41.19	350m:		
	100m:	1:15.13	39.53	200m:	2:36.23	41.05	300m:	3:59.53	42.11	400m:	5:20.22	

2023 Arena Grand Prix Puchar Polski
Lublin, 25. - 26.2.2023

Konkurencja 11, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek				Czas	Pkt.	CR
62.	ADAMCZYK Zofia		14	SKS 137 Delfin Łód		5:21.98	395	+0,78	
	50m:	35.99 35.99	150m:	1:58.17 41.58	250m:	3:21.65 41.94	350m:	4:43.90 40.55	
	100m:	1:16.59 40.60	200m:	2:39.71 41.54	300m:	4:03.35 41.70	400m:	5:21.98 38.08	
63.	MITU Weronika		16	KARPATIA Gorlice		5:23.89	388	+0,71	
	50m:	34.97 34.97	150m:	1:56.93 41.22	250m:	3:20.19 40.81	350m:	4:43.42 41.13	
	100m:	1:15.71 40.74	200m:	2:39.38 42.45	300m:	4:02.29 42.10	400m:	5:23.89 40.47	
64.	KU KA Emilia		14	Uks "Salmo ory"		5:41.84	330	+0,72	
	50m:	35.54 35.54	150m:	1:59.49 42.94	250m:	3:28.77 44.88	350m:	4:58.13 44.29	
	100m:	1:16.55 41.01	200m:	2:43.89 44.40	300m:	4:13.84 45.07	400m:	5:41.84 43.71	