

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

Konkurencja 22
26.02.2023 - 11:27

Kobiet, 400m zmienny

14 lat i starsi
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	Łód	25.05.2018
Rekord Polski 15	4:45.38	KNOP Aleksandra	01605	Łód	25.05.2018
Rekord Polski 14	4:52.05	KNOP Aleksandra	01605	Lublin	19.05.2017

Minimum - M Seniorów - Fukuoka (Japonia) Open: 4:43.06 / Minimum - Uniwersjada - Chengdu (Chiny) 18 - 27: 4:48.72

Punkty: FINA 2023

Pozycja Wiek Czas Pkt. CR

JUNIOR MŁODSZY 14 LAT

1. KUCZMAR Aleksandra	14	MKS Ochota Warszawa	5:31.77	517	+0,75
50m: 33.73 33.73	150m: 1:56.89 43.49	250m: 3:27.37 47.97	350m: 4:55.06 38.24		
100m: 1:13.40 39.67	200m: 2:39.40 42.51	300m: 4:16.82 49.45	400m: 5:31.77 36.71		
2. KARKOCHA Gabriela	14	UKS „MANTA” Kochłowie Ruda I sk	5:35.51	500	+0,70
50m: 33.64 33.64	150m: 1:57.74 44.71	250m: 3:31.99 51.19	350m: 5:00.62 38.00		
100m: 1:13.03 39.39	200m: 2:40.80 43.06	300m: 4:22.62 50.63	400m: 5:35.51 34.89		
3. GNA Nadia	14	UKS Tri-Team Rumia	5:37.10	493	+0,79
50m: 36.40 36.40	150m: 2:04.21 45.36	250m: 3:34.76 47.31	350m: 5:00.98 39.41		
100m: 1:18.85 42.45	200m: 2:47.45 43.24	300m: 4:21.57 46.81	400m: 5:37.10 36.12		
4. MŁOTEK Hanna	14	DOKiS SP Vega Dobrodzie	5:38.04	489	+0,83
50m: 34.98 34.98	150m: 1:59.58 44.40	250m: 3:31.24 48.60	350m: 4:59.59 40.59		
100m: 1:15.18 40.20	200m: 2:42.64 43.06	300m: 4:19.00 47.76	400m: 5:38.04 38.45		
5. ROZWADOWSKA Karolina	14	SKS 137 Delfin Łód	5:46.88	452	+0,74
50m: 36.62 36.62	150m: 2:07.25 46.38	250m: 3:39.42 46.98	350m: 5:07.68 40.94		
100m: 1:20.87 44.25	200m: 2:52.44 45.19	300m: 4:26.74 47.32	400m: 5:46.88 39.20		
6. ELASKOWSKA Wiktoria	14	MKS Trójka Łód	5:47.35	450	+0,69
50m: 35.95 35.95	150m: 2:09.44 49.86	250m: 3:46.07 49.88	350m: 5:13.33 39.02		
100m: 1:19.58 43.63	200m: 2:56.19 46.75	300m: 4:34.31 48.24	400m: 5:47.35 34.02		
7. SZKIŁ D Klaudia	14	MKS Juwenia Białystok	5:54.15	425	+0,71
50m: 35.81 35.81	150m: 2:05.22 44.11	250m: 3:43.10 54.70	350m: 5:16.70 38.51		
100m: 1:21.11 45.30	200m: 2:48.40 43.18	300m: 4:38.19 55.09	400m: 5:54.15 37.45		

JUNIOR MŁODSZY 15 LAT

1. SAVCHENKO Oleksandra	15	KS KSZO Ostrowiec w.	5:13.75	611	+0,87
50m: 32.00 32.00	150m: 1:50.97 41.23	250m: 3:16.91 45.55	350m: 4:38.99 35.98		
100m: 1:09.74 37.74	200m: 2:31.36 40.39	300m: 4:03.01 46.10	400m: 5:13.75 34.76		
2. STASZKIEWICZ Julia	15	CSiR MOS w D browie Górniczej	5:28.32	533	+0,77
50m: 34.31 34.31	150m: 1:59.00 45.60	250m: 3:27.28 45.44	350m: 4:52.23 39.26		
100m: 1:13.40 39.09	200m: 2:41.84 42.84	300m: 4:12.97 45.69	400m: 5:28.32 36.09		
3. FERSZT Kornelia	15	KS „Górnik” Sosnowiec	5:31.55	518	+0,70
50m: 36.57 36.57	150m: 2:02.34 42.71	250m: 3:31.26 47.64	350m: 4:57.11 38.03		
100m: 1:19.63 43.06	200m: 2:43.62 41.28	300m: 4:19.08 47.82	400m: 5:31.55 34.44		
4. BRZOZOWSKA Julia	15	MKS Juwenia Białystok	5:34.02	507	+0,76
50m: 34.91 34.91	150m: 1:57.79 42.51	250m: 3:29.41 50.61	350m: 4:56.97 38.99		
100m: 1:15.28 40.37	200m: 2:38.80 41.01	300m: 4:17.98 48.57	400m: 5:34.02 37.05		
5. ORNOWSKA Zuzanna	15	MKS Juwenia Białystok	5:50.95	437	+0,77
50m: 37.28 37.28	150m: 2:07.80 45.69	250m: 3:41.90 50.67	350m: 5:12.01 40.85		
100m: 1:22.11 44.83	200m: 2:51.23 43.43	300m: 4:31.16 49.26	400m: 5:50.95 38.94		
6. FARTUSZY SKA Weronika	15	UKS Junior Kluczbork	5:51.69	434	+0,80
50m: 38.80 38.80	150m: 2:10.50 46.79	250m: 3:44.98 49.77	350m: 5:13.80 39.25		
100m: 1:23.71 44.91	200m: 2:55.21 44.71	300m: 4:34.55 49.57	400m: 5:51.69 37.89		

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Konkurencja 22, Kobiet, 400m zmienny

JUNIOR MŁODSZY 16 LAT

1.	POPPE Marta	16	KU AZS UMCS Lublin	5:22.01	565	+0,80
	50m: 34.00 34.00	150m: 1:56.78	43.06 250m: 3:23.94	46.78	350m: 4:47.82	36.89
	100m: 1:13.72 39.72	200m: 2:37.16	40.38 300m: 4:10.93	46.99	400m: 5:22.01	34.19
2.	DENISIEWICZ Zuzanna	16	UKS Nawa Skierniewice	5:24.65	552	+0,80
	50m: 35.59 35.59	150m: 1:57.60	41.46 250m: 3:25.49	46.88	350m: 4:48.25	37.06
	100m: 1:16.14 40.55	200m: 2:38.61	41.01 300m: 4:11.19	45.70	400m: 5:24.65	36.40
3.	PLAGA Olga	16	TP Skalar Słupsk	5:25.51	547	+0,69
	50m: 34.45 34.45	150m: 1:57.33	42.84 250m: 3:24.81	45.86	350m: 4:48.34	38.44
	100m: 1:14.49 40.04	200m: 2:38.95	41.62 300m: 4:09.90	45.09	400m: 5:25.51	37.17
4.	SIEDLEWSKA Marcelina	16	UKP „Polonia Warszawa”	5:29.74	527	+0,78
	50m: 35.49 35.49	150m: 1:59.11	40.92 250m: 3:26.52	46.31	350m: 4:53.60	39.53
	100m: 1:18.19 42.70	200m: 2:40.21	41.10 300m: 4:14.07	47.55	400m: 5:29.74	36.14
5.	ZAKRZEWSKA Oliwia	16	UKS Nawa Skierniewice	5:30.89	521	+0,75
	50m: 36.15 36.15	150m: 2:01.56	42.92 250m: 3:32.17	49.72	350m: 4:57.15	36.03
	100m: 1:18.64 42.49	200m: 2:42.45	40.89 300m: 4:21.12	48.95	400m: 5:30.89	33.74
6.	RYDY SKA Maja	16	MKS SP 63 Bydgoszcz	5:32.71	513	+0,86
	50m: 37.01 37.01	150m: 2:00.48	42.14 250m: 3:30.12	48.14	350m: 4:56.00	37.22
	100m: 1:18.34 41.33	200m: 2:41.98	41.50 300m: 4:18.78	48.66	400m: 5:32.71	36.71
7.	KUCZMAR Zuzanna	16	UKP „Polonia Warszawa”	5:33.24	510	+0,80
	50m: 34.65 34.65	150m: 1:57.28	41.45 250m: 3:28.44	51.00	350m: 4:57.65	37.69
	100m: 1:15.83 41.18	200m: 2:37.44	40.16 300m: 4:19.96	51.52	400m: 5:33.24	35.59
8.	DANILEWICZ Julia	16	KS „OLIMPIA” Lublin	5:50.10	440	+0,76
	50m: 33.82 33.82	150m: 2:03.05	46.25 250m: 3:38.01	50.84	350m: 5:10.56	42.66
	100m: 1:16.80 42.98	200m: 2:47.17	44.12 300m: 4:27.90	49.89	400m: 5:50.10	39.54

DYSKW. P ROVÁ Barbora 16 SK UP Olomouc
*K16 - Pływak dotkn ł cian nierównocze nie dwiema dło mi przy nawrocie lub na zako czenie
wy cigu - 7.6*

JUNIOR 17-18 LAT

1.	PIEKARSKA Natalia	17	UKS 190 Łód	4:54.56	739	+0,71
	50m: 31.52 31.52	150m: 1:45.08	37.78 250m: 3:06.42	43.85	350m: 4:22.39	33.20
	100m: 1:07.30 35.78	200m: 2:22.57	37.49 300m: 3:49.19	42.77	400m: 4:54.56	32.17
2.	LECHOWSKA Magdalena	17	WKS I sk	5:08.09	646	+0,71
	50m: 32.63 32.63	150m: 1:51.04	40.33 250m: 3:13.83	43.53	350m: 4:33.84	35.61
	100m: 1:10.71 38.08	200m: 2:30.30	39.26 300m: 3:58.23	44.40	400m: 5:08.09	34.25
3.	JAROSZ Helena	17	UKP Unia O wi cim	5:09.08	640	+0,71
	50m: 32.45 32.45	150m: 1:51.86	41.28 250m: 3:14.08	42.42	350m: 4:33.16	36.33
	100m: 1:10.58 38.13	200m: 2:31.66	39.80 300m: 3:56.83	42.75	400m: 5:09.08	35.92
4.	TRACZYK Anna	17	MKS Juvenia Wrocław	5:18.57	584	+0,78
	50m: 33.22 33.22	150m: 1:52.12	39.97 250m: 3:17.99	47.16	350m: 4:43.56	37.64
	100m: 1:12.15 38.93	200m: 2:30.83	38.71 300m: 4:05.92	47.93	400m: 5:18.57	35.01
5.	SULAK Antonina	17	UKS Pi tka Konstanyów Łódzki	5:22.71	562	+0,72
	50m: 33.96 33.96	150m: 1:54.30	41.49 250m: 3:21.41	48.04	350m: 4:45.98	38.06
	100m: 1:12.81 38.85	200m: 2:33.37	39.07 300m: 4:07.92	46.51	400m: 5:22.71	36.73
6.	MACIAK Julia	17	IUKS „Muszelka” Warszawa	5:22.95	561	+0,80
	50m: 34.30 34.30	150m: 1:55.31	41.74 250m: 3:25.06	50.25	350m: 4:49.15	35.48
	100m: 1:13.57 39.27	200m: 2:34.81	39.50 300m: 4:13.67	48.61	400m: 5:22.95	33.80
7.	GOMUŁKA Weronika	17	UKS 190 Łód	5:23.80	556	+0,78
	50m: 33.09 33.09	150m: 1:53.77	42.07 250m: 3:19.85	45.71	350m: 4:45.98	38.80
	100m: 1:11.70 38.61	200m: 2:34.14	40.37 300m: 4:07.18	47.33	400m: 5:23.80	37.82
8.	KOSSOWSKA Julita	18	UKS 190 Łód	5:25.12	549	+0,79
	50m: 32.25 32.25	150m: 1:55.44	45.22 250m: 3:26.88	47.58	350m: 4:50.40	36.10
	100m: 1:10.22 37.97	200m: 2:39.30	43.86 300m: 4:14.30	47.42	400m: 5:25.12	34.72

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Konkurencja 22, Kobiet, 400m zmienny, JUNIOR 17-18 LAT

Pozycja			Wiek					Czas	Pkt.	CR	
9.	SZARGIEJ Aleksandra		17	UKS abianka Gda sk				5:27.81	536	+0,77	
	50m:	34.24 34.24	150m:	1:55.18	41.21	250m:	3:25.93	49.86	350m:	4:52.84	37.54
	100m:	1:13.97 39.73	200m:	2:36.07	40.89	300m:	4:15.30	49.37	400m:	5:27.81	34.97
10.	TADKO Wiktoria		18	MKS SMS Victoria Racibórz				5:27.84	536	+0,80	
	50m:	34.43 34.43	150m:	1:57.71	44.00	250m:	3:26.46	47.47	350m:	4:52.31	38.11
	100m:	1:13.71 39.28	200m:	2:38.99	41.28	300m:	4:14.20	47.74	400m:	5:27.84	35.53
11.	TUPALSKA Oliwia		18	KU AZS UMCS Lublin				5:29.15	529	+0,76	
	50m:	33.28 33.28	150m:	1:56.05	42.02	250m:	3:25.70	47.67	350m:	4:51.79	38.03
	100m:	1:14.03 40.75	200m:	2:38.03	41.98	300m:	4:13.76	48.06	400m:	5:29.15	37.36
12.	WILANOWSKA Karina		17	UKP „Polonia Warszawa”				5:35.78	499	+0,70	
	50m:	34.21 34.21	150m:	1:59.54	42.07	250m:	3:29.70	49.43	350m:	5:00.01	40.59
	100m:	1:17.47 43.26	200m:	2:40.27	40.73	300m:	4:19.42	49.72	400m:	5:35.78	35.77
13.	KAMPCZYK Paulina		17	MKS SMS Victoria Racibórz				5:35.96	498	+0,74	
	50m:	37.46 37.46	150m:	2:06.06	45.52	250m:	3:34.72	45.16	350m:	4:59.21	37.92
	100m:	1:20.54 43.08	200m:	2:49.56	43.50	300m:	4:21.29	46.57	400m:	5:35.96	36.75
14.	FURMA SKA Julia		17	UKS Nawa Skierniewice				5:36.02	498	+0,82	
	50m:	35.49 35.49	150m:	1:59.01	44.42	250m:	3:31.58	50.32	350m:	4:59.35	38.95
	100m:	1:14.59 39.10	200m:	2:41.26	42.25	300m:	4:20.40	48.82	400m:	5:36.02	36.67

OPEN

1.	PIEKARSKA Natalia		17	UKS 190 Łód				4:54.56	739	+0,71	
	50m:	31.52 31.52	150m:	1:45.08	37.78	250m:	3:06.42	43.85	350m:	4:22.39	33.20
	100m:	1:07.30 35.78	200m:	2:22.57	37.49	300m:	3:49.19	42.77	400m:	4:54.56	32.17
2.	FAMULOK Zuzanna		20	AZS AWF Katowice				4:56.12	727	+0,74	
	50m:	30.86 30.86	150m:	1:45.38	39.72	250m:	3:05.69	41.92	350m:	4:22.99	35.24
	100m:	1:05.66 34.80	200m:	2:23.77	38.39	300m:	3:47.75	42.06	400m:	4:56.12	33.13
3.	KNOP Aleksandra		20	UKS 190 Łód				4:58.03	713	+0,61	
	50m:	30.19 30.19	150m:	1:42.45	38.78	250m:	3:04.65	44.81	350m:	4:24.76	34.56
	100m:	1:03.67 33.48	200m:	2:19.84	37.39	300m:	3:50.20	45.55	400m:	4:58.03	33.27
4.	PISKORSKA Adela		20	KU AZS UMCS Lublin				5:05.26	664	+0,72	
	50m:	31.88 31.88	150m:	1:46.39	37.62	250m:	3:09.04	46.74	350m:	4:30.84	35.62
	100m:	1:08.77 36.89	200m:	2:22.30	35.91	300m:	3:55.22	46.18	400m:	5:05.26	34.42
5.	LECHOWSKA Magdalena		17	WKS I sk				5:08.09	646	+0,71	
	50m:	32.63 32.63	150m:	1:51.04	40.33	250m:	3:13.83	43.53	350m:	4:33.84	35.61
	100m:	1:10.71 38.08	200m:	2:30.30	39.26	300m:	3:58.23	44.40	400m:	5:08.09	34.25
6.	JAROSZ Helena		17	UKP Unia O wi cim				5:09.08	640	+0,71	
	50m:	32.45 32.45	150m:	1:51.86	41.28	250m:	3:14.08	42.42	350m:	4:33.16	36.33
	100m:	1:10.58 38.13	200m:	2:31.66	39.80	300m:	3:56.83	42.75	400m:	5:09.08	35.92
7.	SAVCHENKO Oleksandra		15	KS KSZO Ostrowiec w.				5:13.75	611	+0,87	
	50m:	32.00 32.00	150m:	1:50.97	41.23	250m:	3:16.91	45.55	350m:	4:38.99	35.98
	100m:	1:09.74 37.74	200m:	2:31.36	40.39	300m:	4:03.01	46.10	400m:	5:13.75	34.76
8.	DRAGAN Julia		19	KS „OLIMPIA” Lublin				5:17.31	591	+0,79	
	50m:	34.02 34.02	150m:	1:55.25	41.97	250m:	3:22.12	45.08	350m:	4:42.84	35.53
	100m:	1:13.28 39.26	200m:	2:37.04	41.79	300m:	4:07.31	45.19	400m:	5:17.31	34.47
9.	TRACZYK Anna		17	MKS Juvenia Wrocław				5:18.57	584	+0,78	
	50m:	33.22 33.22	150m:	1:52.12	39.97	250m:	3:17.99	47.16	350m:	4:43.56	37.64
	100m:	1:12.15 38.93	200m:	2:30.83	38.71	300m:	4:05.92	47.93	400m:	5:18.57	35.01
10.	POPPE Marta		16	KU AZS UMCS Lublin				5:22.01	565	+0,80	
	50m:	34.00 34.00	150m:	1:56.78	43.06	250m:	3:23.94	46.78	350m:	4:47.82	36.89
	100m:	1:13.72 39.72	200m:	2:37.16	40.38	300m:	4:10.93	46.99	400m:	5:22.01	34.19
11.	SULAK Antonina		17	UKS Pi tka Konstantynów Łódzki				5:22.71	562	+0,72	
	50m:	33.96 33.96	150m:	1:54.30	41.49	250m:	3:21.41	48.04	350m:	4:45.98	38.06
	100m:	1:12.81 38.85	200m:	2:33.37	39.07	300m:	4:07.92	46.51	400m:	5:22.71	36.73

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Konkurencja 22, Kobiet, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.	CR
12.	MACIAK Julia	17	IUKS „Muszelka” Warszawa	5:22.95	561	+0,80				
	50m: 34.30 34.30	150m: 1:55.31 41.74	250m: 3:25.06 50.25	350m: 4:49.15 35.48						
	100m: 1:13.57 39.27	200m: 2:34.81 39.50	300m: 4:13.67 48.61	400m: 5:22.95 33.80						
13.	GOMUŁKA Weronika	17	UKS 190 Łódź	5:23.80	556	+0,78				
	50m: 33.09 33.09	150m: 1:53.77 42.07	250m: 3:19.85 45.71	350m: 4:45.98 38.80						
	100m: 1:11.70 38.61	200m: 2:34.14 40.37	300m: 4:07.18 47.33	400m: 5:23.80 37.82						
14.	DENISIEWICZ Zuzanna	16	UKS Nawa Skierniewice	5:24.65	552	+0,80				
	50m: 35.59 35.59	150m: 1:57.60 41.46	250m: 3:25.49 46.88	350m: 4:48.25 37.06						
	100m: 1:16.14 40.55	200m: 2:38.61 41.01	300m: 4:11.19 45.70	400m: 5:24.65 36.40						
15.	KOSSOWSKA Julita	18	UKS 190 Łódź	5:25.12	549	+0,79				
	50m: 32.25 32.25	150m: 1:55.44 45.22	250m: 3:26.88 47.58	350m: 4:50.40 36.10						
	100m: 1:10.22 37.97	200m: 2:39.30 43.86	300m: 4:14.30 47.42	400m: 5:25.12 34.72						
16.	PLAGA Olga	16	TP Skalar Słupsk	5:25.51	547	+0,69				
	50m: 34.45 34.45	150m: 1:57.33 42.84	250m: 3:24.81 45.86	350m: 4:48.34 38.44						
	100m: 1:14.49 40.04	200m: 2:38.95 41.62	300m: 4:09.90 45.09	400m: 5:25.51 37.17						
17.	SZARGIEJ Aleksandra	17	UKS abianka Gdańsk	5:27.81	536	+0,77				
	50m: 34.24 34.24	150m: 1:55.18 41.21	250m: 3:25.93 49.86	350m: 4:52.84 37.54						
	100m: 1:13.97 39.73	200m: 2:36.07 40.89	300m: 4:15.30 49.37	400m: 5:27.81 34.97						
18.	TADKO Wiktoria	18	MKS SMS Victoria Racibórz	5:27.84	536	+0,80				
	50m: 34.43 34.43	150m: 1:57.71 44.00	250m: 3:26.46 47.47	350m: 4:52.31 38.11						
	100m: 1:13.71 39.28	200m: 2:38.99 41.28	300m: 4:14.20 47.74	400m: 5:27.84 35.53						
19.	STASZKIEWICZ Julia	15	CSiR MOS w D. browie Górnicy	5:28.32	533	+0,77				
	50m: 34.31 34.31	150m: 1:59.00 45.60	250m: 3:27.28 45.44	350m: 4:52.23 39.26						
	100m: 1:13.40 39.09	200m: 2:41.84 42.84	300m: 4:12.97 45.69	400m: 5:28.32 36.09						
20.	TUPALSKA Oliwia	18	KU AZS UMCS Lublin	5:29.15	529	+0,76				
	50m: 33.28 33.28	150m: 1:56.05 42.02	250m: 3:25.70 47.67	350m: 4:51.79 38.03						
	100m: 1:14.03 40.75	200m: 2:38.03 41.98	300m: 4:13.76 48.06	400m: 5:29.15 37.36						
21.	SIEDLEWSKA Marcelina	16	UKP „Polonia Warszawa”	5:29.74	527	+0,78				
	50m: 35.49 35.49	150m: 1:59.11 40.92	250m: 3:26.52 46.31	350m: 4:53.60 39.53						
	100m: 1:18.19 42.70	200m: 2:40.21 41.10	300m: 4:14.07 47.55	400m: 5:29.74 36.14						
22.	ZAKRZEWSKA Oliwia	16	UKS Nawa Skierniewice	5:30.89	521	+0,75				
	50m: 36.15 36.15	150m: 2:01.56 42.92	250m: 3:32.17 49.72	350m: 4:57.15 36.03						
	100m: 1:18.64 42.49	200m: 2:42.45 40.89	300m: 4:21.12 48.95	400m: 5:30.89 33.74						
23.	FERSZT Kornelia	15	KS „Górniki” Sosnowiec	5:31.55	518	+0,70				
	50m: 36.57 36.57	150m: 2:02.34 42.71	250m: 3:31.26 47.64	350m: 4:57.11 38.03						
	100m: 1:19.63 43.06	200m: 2:43.62 41.28	300m: 4:19.08 47.82	400m: 5:31.55 34.44						
24.	KUCZMAR Aleksandra	14	MKS Ochota Warszawa	5:31.77	517	+0,75				
	50m: 33.73 33.73	150m: 1:56.89 43.49	250m: 3:27.37 47.97	350m: 4:55.06 38.24						
	100m: 1:13.40 39.67	200m: 2:39.40 42.51	300m: 4:16.82 49.45	400m: 5:31.77 36.71						
25.	RYDY SKA Maja	16	MKS SP 63 Bydgoszcz	5:32.71	513	+0,86				
	50m: 37.01 37.01	150m: 2:00.48 42.14	250m: 3:30.12 48.14	350m: 4:56.00 37.22						
	100m: 1:18.34 41.33	200m: 2:41.98 41.50	300m: 4:18.78 48.66	400m: 5:32.71 36.71						
26.	KUCZMAR Zuzanna	16	UKP „Polonia Warszawa”	5:33.24	510	+0,80				
	50m: 34.65 34.65	150m: 1:57.28 41.45	250m: 3:28.44 51.00	350m: 4:57.65 37.69						
	100m: 1:15.83 41.18	200m: 2:37.44 40.16	300m: 4:19.96 51.52	400m: 5:33.24 35.59						
27.	BRZOZOWSKA Julia	15	MKS Juwenia Białystok	5:34.02	507	+0,76				
	50m: 34.91 34.91	150m: 1:57.79 42.51	250m: 3:29.41 50.61	350m: 4:56.97 38.99						
	100m: 1:15.28 40.37	200m: 2:38.80 41.01	300m: 4:17.98 48.57	400m: 5:34.02 37.05						
28.	KARKOCHA Gabriela	14	UKS „MANTA” Kochłowie Ruda I sk	5:35.51	500	+0,70				
	50m: 33.64 33.64	150m: 1:57.74 44.71	250m: 3:31.99 51.19	350m: 5:00.62 38.00						
	100m: 1:13.03 39.39	200m: 2:40.80 43.06	300m: 4:22.62 50.63	400m: 5:35.51 34.89						
29.	WILANOWSKA Karina	17	UKP „Polonia Warszawa”	5:35.78	499	+0,70				
	50m: 34.21 34.21	150m: 1:59.54 42.07	250m: 3:29.70 49.43	350m: 5:00.01 40.59						
	100m: 1:17.47 43.26	200m: 2:40.27 40.73	300m: 4:19.42 49.72	400m: 5:35.78 35.77						

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

Konkurencja 22, Kobiet, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.	CR	
30.	KAMPCZYK Paulina		17	MKS SMS Victoria Racibórz				5:35.96	498	+0,74	
	50m:	37.46 37.46	150m:	2:06.06	45.52	250m:	3:34.72	45.16	350m:	4:59.21	37.92
	100m:	1:20.54 43.08	200m:	2:49.56	43.50	300m:	4:21.29	46.57	400m:	5:35.96	36.75
31.	FURMA SKA Julia		17	UKS Nawa Skierniewice				5:36.02	498	+0,82	
	50m:	35.49 35.49	150m:	1:59.01	44.42	250m:	3:31.58	50.32	350m:	4:59.35	38.95
	100m:	1:14.59 39.10	200m:	2:41.26	42.25	300m:	4:20.40	48.82	400m:	5:36.02	36.67
32.	GNA Nadia		14	UKS Tri-Team Rumia				5:37.10	493	+0,79	
	50m:	36.40 36.40	150m:	2:04.21	45.36	250m:	3:34.76	47.31	350m:	5:00.98	39.41
	100m:	1:18.85 42.45	200m:	2:47.45	43.24	300m:	4:21.57	46.81	400m:	5:37.10	36.12
33.	MŁOTEK Hanna		14	DOKiS SP Vega Dobrodzie				5:38.04	489	+0,83	
	50m:	34.98 34.98	150m:	1:59.58	44.40	250m:	3:31.24	48.60	350m:	4:59.59	40.59
	100m:	1:15.18 40.20	200m:	2:42.64	43.06	300m:	4:19.00	47.76	400m:	5:38.04	38.45
34.	ROZWADOWSKA Karolina		14	SKS 137 Delfin Łód				5:46.88	452	+0,74	
	50m:	36.62 36.62	150m:	2:07.25	46.38	250m:	3:39.42	46.98	350m:	5:07.68	40.94
	100m:	1:20.87 44.25	200m:	2:52.44	45.19	300m:	4:26.74	47.32	400m:	5:46.88	39.20
35.	ELASKOWSKA Wiktoria		14	MKS Trójka Łód				5:47.35	450	+0,69	
	50m:	35.95 35.95	150m:	2:09.44	49.86	250m:	3:46.07	49.88	350m:	5:13.33	39.02
	100m:	1:19.58 43.63	200m:	2:56.19	46.75	300m:	4:34.31	48.24	400m:	5:47.35	34.02
36.	DANILEWICZ Julia		16	KS „OLIMPIA” Lublin				5:50.10	440	+0,76	
	50m:	33.82 33.82	150m:	2:03.05	46.25	250m:	3:38.01	50.84	350m:	5:10.56	42.66
	100m:	1:16.80 42.98	200m:	2:47.17	44.12	300m:	4:27.90	49.89	400m:	5:50.10	39.54
37.	ORNOWSKA Zuzanna		15	MKS Juwenia Białystok				5:50.95	437	+0,77	
	50m:	37.28 37.28	150m:	2:07.80	45.69	250m:	3:41.90	50.67	350m:	5:12.01	40.85
	100m:	1:22.11 44.83	200m:	2:51.23	43.43	300m:	4:31.16	49.26	400m:	5:50.95	38.94
38.	FARTUSZY SKA Weronika		15	UKS Junior Kluczbork				5:51.69	434	+0,80	
	50m:	38.80 38.80	150m:	2:10.50	46.79	250m:	3:44.98	49.77	350m:	5:13.80	39.25
	100m:	1:23.71 44.91	200m:	2:55.21	44.71	300m:	4:34.55	49.57	400m:	5:51.69	37.89
39.	SZKIŁ D Klaudia		14	MKS Juwenia Białystok				5:54.15	425	+0,71	
	50m:	35.81 35.81	150m:	2:05.22	44.11	250m:	3:43.10	54.70	350m:	5:16.70	38.51
	100m:	1:21.11 45.30	200m:	2:48.40	43.18	300m:	4:38.19	55.09	400m:	5:54.15	37.45
DYSKW.	P ROVÁ Barbora		16	SK UP Olomouc							
	<i>K16 - Pływak dotkn ł cian nierównocze nie dwiema dło mi przy nawrocie lub na zako czenie wy cigu - 7.6</i>										