

Arena Grand Prix Puchar Polski
Lublin, 4. - 5.11.2023

Konkurencja 22
04.11.2023 - 18:23

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	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 - IO - Pary (Francja) Open: 4:38.53 / Minimum - M - Doha (Katar) Open: 4:43.06

Punkty: FINA 2023

Pozycja			Wiek			Czas	Pkt.	CR
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JUNIOR MŁODSZY 14 LAT

1. KUCZMAR Aleksandra	14	UKP „Polonia Warszawa”	5:25.52	547	+0,73
50m: 33.56 33.56	150m: 1:56.16 42.63	250m: 3:25.13 47.49	350m: 4:50.04 36.75		
100m: 1:13.53 39.97	200m: 2:37.64 41.48	300m: 4:13.29 48.16	400m: 5:25.52 35.48		
2. STY Zuzanna	14	UKP „Polonia Warszawa”	5:31.73	517	+0,85
50m: 34.98 34.98	150m: 2:03.51 46.23	250m: 3:34.24 46.76	350m: 4:57.24 38.01		
100m: 1:17.28 42.30	200m: 2:47.48 43.97	300m: 4:19.23 44.99	400m: 5:31.73 34.49		

JUNIOR MŁODSZY 15 LAT

1. BRZOZOWSKA Julia	15	KU AZS UMCS Lublin	5:22.04	565	+0,76
50m: 34.70 34.70	150m: 1:54.58 39.71	250m: 3:22.54 47.45	350m: 4:47.07 37.29		
100m: 1:14.87 40.17	200m: 2:35.09 40.51	300m: 4:09.78 47.24	400m: 5:22.04 34.97		
2. JABŁO SKA Natalia	15	MTP Kormoran Olsztyn	5:34.71	503	+0,69
50m: 35.34 35.34	150m: 2:01.83 43.80	250m: 3:31.94 48.39	350m: 4:57.90 38.04		
100m: 1:18.03 42.69	200m: 2:43.55 41.72	300m: 4:19.86 47.92	400m: 5:34.71 36.81		
3. ORNOWSKA Zuzanna	15	UKP „Polonia Warszawa”	5:38.48	487	+0,73
50m: 37.79 37.79	150m: 2:07.18 43.72	250m: 3:36.57 47.31	350m: 5:02.07 38.11		
100m: 1:23.46 45.67	200m: 2:49.26 42.08	300m: 4:23.96 47.39	400m: 5:38.48 36.41		

JUNIOR MŁODSZY 16 LAT

1. PRZYBYLSKA Oliwia	16	KU AZS UMCS Lublin	5:01.76	687	+0,72
50m: 32.55 32.55	150m: 1:50.24 39.66	250m: 3:09.94 41.40	350m: 4:27.19 35.42		
100m: 1:10.58 38.03	200m: 2:28.54 38.30	300m: 3:51.77 41.83	400m: 5:01.76 34.57		
2. GLI SKA Oliwia	16	TP Zielona Góra	5:02.91	679	+0,76
50m: 32.31 32.31	150m: 1:47.06 37.79	250m: 3:08.70 44.27	350m: 4:28.33 35.62		
100m: 1:09.27 36.96	200m: 2:24.43 37.37	300m: 3:52.71 44.01	400m: 5:02.91 34.58		
3. SKROK Julia	16	WKS I sk	5:22.00	566	+0,70
50m: 32.97 32.97	150m: 1:56.37 43.29	250m: 3:22.57 44.86	350m: 4:45.81 38.09		
100m: 1:13.08 40.11	200m: 2:37.71 41.34	300m: 4:07.72 45.15	400m: 5:22.00 36.19		
4. PIETRZYK Hanna	16	UKS Nawa Skierniewice	5:23.07	560	+0,82
50m: 33.69 33.69	150m: 1:58.49 44.97	250m: 3:24.05 42.51	350m: 4:46.60 38.89		
100m: 1:13.52 39.83	200m: 2:41.54 43.05	300m: 4:07.71 43.66	400m: 5:23.07 36.47		

JUNIOR 17-18 LAT

1. KRÓL Gabriela	17	KS „Wisła” Puławy	5:18.06	587	+0,73
50m: 31.97 31.97	150m: 1:50.55 42.09	250m: 3:17.48 46.77	350m: 4:40.89 37.40		
100m: 1:08.46 36.49	200m: 2:30.71 40.16	300m: 4:03.49 46.01	400m: 5:18.06 37.17		
2. TUPALSKA Oliwia	18	UKP „Polonia Warszawa”	5:22.53	563	+0,73
50m: 32.38 32.38	150m: 1:53.88 42.68	250m: 3:22.15 46.84	350m: 4:45.91 37.13		
100m: 1:11.20 38.82	200m: 2:35.31 41.43	300m: 4:08.78 46.63	400m: 5:22.53 36.62		
3. MACIAK Julia	17	IUKS „Muszelka” Warszawa	5:23.07	560	+0,74
50m: 32.59 32.59	150m: 1:53.20 42.02	250m: 3:22.61 49.57	350m: 4:48.45 36.66		
100m: 1:11.18 38.59	200m: 2:33.04 39.84	300m: 4:11.79 49.18	400m: 5:23.07 34.62		

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

Pozycja			Wiek					Czas	Pkt.	CR
4.	SOJKA Oliwia		17	UKS Aqua Team Mikołów				5:23.54	557	+0,70
	50m:	33.11 33.11	150m:	1:55.08	42.60	250m:	3:23.31	46.68	350m:	4:47.99 37.82
	100m:	1:12.48 39.37	200m:	2:36.63	41.55	300m:	4:10.17	46.86	400m:	5:23.54 35.55
OPEN										
1.	FAMULOK Zuzanna		20	AZS AWF Katowice				4:55.66	731	+0,67
	50m:	31.67 31.67	150m:	1:45.75	39.53	250m:	3:06.39	42.10	350m:	4:23.04 34.66
	100m:	1:06.22 34.55	200m:	2:24.29	38.54	300m:	3:48.38	41.99	400m:	4:55.66 32.62
2.	PRZYBYLSKA Oliwia		16	KU AZS UMCS Lublin				5:01.76	687	+0,72
	50m:	32.55 32.55	150m:	1:50.24	39.66	250m:	3:09.94	41.40	350m:	4:27.19 35.42
	100m:	1:10.58 38.03	200m:	2:28.54	38.30	300m:	3:51.77	41.83	400m:	5:01.76 34.57
3.	KNOP Aleksandra		20	UKS 190 Łódź				5:02.54	682	+0,55
	50m:	31.15 31.15	150m:	1:46.22	39.57	250m:	3:08.35	44.75	350m:	4:28.94 35.05
	100m:	1:06.65 35.50	200m:	2:23.60	37.38	300m:	3:53.89	45.54	400m:	5:02.54 33.60
4.	GLI SKA Oliwia		16	TP Zielona Góra				5:02.91	679	+0,76
	50m:	32.31 32.31	150m:	1:47.06	37.79	250m:	3:08.70	44.27	350m:	4:28.33 35.62
	100m:	1:09.27 36.96	200m:	2:24.43	37.37	300m:	3:52.71	44.01	400m:	5:02.91 34.58
5.	PISKORSKA Adela		20	KU AZS UMCS Lublin				5:04.50	669	+0,69
	50m:	31.16 31.16	150m:	1:45.49	37.66	250m:	3:07.71	45.64	350m:	4:29.30 36.52
	100m:	1:07.83 36.67	200m:	2:22.07	36.58	300m:	3:52.78	45.07	400m:	5:04.50 35.20
6.	KRÓL Gabriela		17	KS „Wisła” Puławy				5:18.06	587	+0,73
	50m:	31.97 31.97	150m:	1:50.55	42.09	250m:	3:17.48	46.77	350m:	4:40.89 37.40
	100m:	1:08.46 36.49	200m:	2:30.71	40.16	300m:	4:03.49	46.01	400m:	5:18.06 37.17
7.	SKROK Julia		16	WKS I sk				5:22.00	566	+0,70
	50m:	32.97 32.97	150m:	1:56.37	43.29	250m:	3:22.57	44.86	350m:	4:45.81 38.09
	100m:	1:13.08 40.11	200m:	2:37.71	41.34	300m:	4:07.72	45.15	400m:	5:22.00 36.19
8.	BRZOZOWSKA Julia		15	KU AZS UMCS Lublin				5:22.04	565	+0,76
	50m:	34.70 34.70	150m:	1:54.58	39.71	250m:	3:22.54	47.45	350m:	4:47.07 37.29
	100m:	1:14.87 40.17	200m:	2:35.09	40.51	300m:	4:09.78	47.24	400m:	5:22.04 34.97
9.	TUPALSKA Oliwia		18	UKP „Polonia Warszawa”				5:22.53	563	+0,73
	50m:	32.38 32.38	150m:	1:53.88	42.68	250m:	3:22.15	46.84	350m:	4:45.91 37.13
	100m:	1:11.20 38.82	200m:	2:35.31	41.43	300m:	4:08.78	46.63	400m:	5:22.53 36.62
10.	MACIAK Julia		17	IUKS „Muszelka” Warszawa				5:23.07	560	+0,74
	50m:	32.59 32.59	150m:	1:53.20	42.02	250m:	3:22.61	49.57	350m:	4:48.45 36.66
	100m:	1:11.18 38.59	200m:	2:33.04	39.84	300m:	4:11.79	49.18	400m:	5:23.07 34.62
	PIETRZYK Hanna		16	UKS Nawa Skierniewice				5:23.07	560	+0,82
	50m:	33.69 33.69	150m:	1:58.49	44.97	250m:	3:24.05	42.51	350m:	4:46.60 38.89
	100m:	1:13.52 39.83	200m:	2:41.54	43.05	300m:	4:07.71	43.66	400m:	5:23.07 36.47
12.	SOJKA Oliwia		17	UKS Aqua Team Mikołów				5:23.54	557	+0,70
	50m:	33.11 33.11	150m:	1:55.08	42.60	250m:	3:23.31	46.68	350m:	4:47.99 37.82
	100m:	1:12.48 39.37	200m:	2:36.63	41.55	300m:	4:10.17	46.86	400m:	5:23.54 35.55
13.	KUCZMAR Aleksandra		14	UKP „Polonia Warszawa”				5:25.52	547	+0,73
	50m:	33.56 33.56	150m:	1:56.16	42.63	250m:	3:25.13	47.49	350m:	4:50.04 36.75
	100m:	1:13.53 39.97	200m:	2:37.64	41.48	300m:	4:13.29	48.16	400m:	5:25.52 35.48
14.	STY Zuzanna		14	UKP „Polonia Warszawa”				5:31.73	517	+0,85
	50m:	34.98 34.98	150m:	2:03.51	46.23	250m:	3:34.24	46.76	350m:	4:57.24 38.01
	100m:	1:17.28 42.30	200m:	2:47.48	43.97	300m:	4:19.23	44.99	400m:	5:31.73 34.49
15.	JABŁO SKA Natalia		15	MTP Kormoran Olsztyn				5:34.71	503	+0,69
	50m:	35.34 35.34	150m:	2:01.83	43.80	250m:	3:31.94	48.39	350m:	4:57.90 38.04
	100m:	1:18.03 42.69	200m:	2:43.55	41.72	300m:	4:19.86	47.92	400m:	5:34.71 36.81
16.	ORNOWSKA Zuzanna		15	UKP „Polonia Warszawa”				5:38.48	487	+0,73
	50m:	37.79 37.79	150m:	2:07.18	43.72	250m:	3:36.57	47.31	350m:	5:02.07 38.11
	100m:	1:23.46 45.67	200m:	2:49.26	42.08	300m:	4:23.96	47.39	400m:	5:38.48 36.41