



IV MI DZYNARODOWE GRAND PRIX WARMII I MAZUR W PŁYWANIU 14-15.12.2019 r.
OLSZTYN, 14 - 15-12-2019

Konkurencja 33

Kobiet, 400m dowolny

12 lat i starsi

2019-12-15 - 15:00

Wyniki

Rekord PL Open	4:05.77	BARZYCKA Paulina	00114	Gorzow	2005-11-26
Rekord PL 19 +	4:05.77	BARZYCKA Paulina	00114	Gorzow	2005-11-26
Rekord PL 18	4:07.14	PIECHOTA Paulina	01605	Lodz	2017-12-20
Rekord PL 17	4:08.41	KILIJA SKA Donata	00612	Ostrowiec Sw.	2012-12-21
Rekord PL 16	4:08.04	KILIJA SKA Donata	00612	Poznan	2011-12-17
Rekord PL 15	4:08.60	GU Wiktoria	01705	Poznan	2019-11-23
Rekord PL 14	4:09.54	GU Wiktoria	01705	Olsztyn	2018-12-15
Rekord PL 13	4:18.09	KNOP Aleksandra	01605	Ostrowiec Sw	2016-06-18
Rekord PL 12	4:33.26	CIERPIAŁOWSKA Paulina	00310	Gdansk	2017-12-09

Punkty: FINA 2019

Pozycja	Rok ur.	Czas	Pkt.
12 lat			
1. KUCZMAR Zuzanna	07	MKS Ochota Warszawa	4:42.20 569
50m: 31.74 31.74	150m: 1:43.80 36.46	250m: 2:55.31 34.80	350m: 4:08.16 36.46
100m: 1:07.34 35.60	200m: 2:20.51 36.71	300m: 3:31.70 36.39	400m: 4:42.20 34.04
2. ORASZEK Karolina	07	UKP „Polonia Warszawa”	4:49.01 530
50m: 32.05 32.05	150m: 1:44.36 36.47	250m: 2:58.52 36.86	350m: 4:12.98 37.48
100m: 1:07.89 35.84	200m: 2:21.66 37.30	300m: 3:35.50 36.98	400m: 4:49.01 36.03
3. TRAFALSKA Zuzanna	07	TP Olimpijczyk Aleksandrów Łódz	4:49.66 526
50m: 32.68 32.68	150m: 1:46.13 37.03	250m: 3:00.83 37.31	350m: 4:15.53 37.28
100m: 1:09.10 36.42	200m: 2:23.52 37.39	300m: 3:38.25 37.42	400m: 4:49.66 34.13
4. CIECHANOWSKA Aleksandra	07	UKS 307 Warszawa	4:50.97 519
50m: 32.30 32.30	150m: 1:45.89 37.04	250m: 3:01.25 37.74	350m: 4:16.06 37.43
100m: 1:08.85 36.55	200m: 2:23.51 37.62	300m: 3:38.63 37.38	400m: 4:50.97 34.91
5. BER Julia	07	UKS Pi tka Konstantinów Łódzk	4:53.72 505
50m: 33.49 33.49	150m: 1:47.30 37.48	250m: 3:03.34 38.16	350m: 4:18.72 37.49
100m: 1:09.82 36.33	200m: 2:25.18 37.88	300m: 3:41.23 37.89	400m: 4:53.72 35.00
6. SIEDLEWSKA Marcelina	07	ABIANKA Gda sk	4:56.13 492
50m: 33.01 33.01	150m: 1:47.84 37.78	250m: 3:03.85 38.29	350m: 4:20.39 38.87
100m: 1:10.06 37.05	200m: 2:25.56 37.72	300m: 3:42.52 38.67	400m: 4:56.13 35.74
7. RYZNAR Katarzyna	07	UKS G-8 Bielany Warszawa	5:00.67 470
50m: 33.47 33.47	150m: 1:49.38 38.12	250m: 3:05.82 38.22	350m: 4:23.08 38.66
100m: 1:11.26 37.79	200m: 2:27.60 38.22	300m: 3:44.42 38.60	400m: 5:00.67 37.59
8. MURAS Nina	07	UKS 307 Warszawa	5:01.24 468
50m: 33.60 33.60	150m: 1:50.27 38.85	250m: 3:07.27 38.43	350m: 4:25.11 38.90
100m: 1:11.42 37.82	200m: 2:28.84 38.57	300m: 3:46.21 38.94	400m: 5:01.24 36.13
9. MURAWSKA Wiktoria	07	Siódemka Sopot	5:02.04 464
50m: 34.88 34.88	150m: 1:51.78 39.05	250m: 3:09.65 38.86	350m: 4:25.85 37.52
100m: 1:12.73 37.85	200m: 2:30.79 39.01	300m: 3:48.33 38.68	400m: 5:02.04 36.19
10. BORTLISZ Wiktoria	07	MKP Warszawianka	5:04.54 453
50m: 32.90 32.90	150m: 1:49.28 38.88	250m: 3:07.93 39.42	350m: 4:26.41 38.94
100m: 1:10.40 37.50	200m: 2:28.51 39.23	300m: 3:47.47 39.54	400m: 5:04.54 38.13
11. PLAGA Olga	07	Skalar Słupsk	5:08.28 436
50m: 37.08 37.08	150m: 1:55.69 39.39	250m: 3:16.01 40.44	350m: 4:33.38 38.29
100m: 1:16.30 39.22	200m: 2:35.57 39.88	300m: 3:55.09 39.08	400m: 5:08.28 34.90
12. MARKIEWICZ Weronika	07	Neptun Gda sk	5:10.39 428
50m: 33.89 33.89	150m: 1:49.88 38.63	250m: 3:09.50 40.03	350m: 4:30.81 40.73
100m: 1:11.25 37.36	200m: 2:29.47 39.59	300m: 3:50.08 40.58	400m: 5:10.39 39.58



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Konkurencja 33, Dziewcz t, 400m dowolny, 12 lat

Pozycja	Rok ur.	Czas	Pkt.
13. DOMORADZKA Julia	07	5:10.68	426
50m: 34.05 34.05	150m: 1:54.36 41.00	250m: 3:14.20 39.71	350m: 4:34.24 39.80
100m: 1:13.36 39.31	200m: 2:34.49 40.13	300m: 3:54.44 40.24	400m: 5:10.68 36.44
14. WI CKOWSKA Hanna	07	5:11.09	425
50m: 33.69 33.69	150m: 1:51.25 39.18	250m: 3:11.33 40.00	350m: 4:31.62 40.03
100m: 1:12.07 38.38	200m: 2:31.33 40.08	300m: 3:51.59 40.26	400m: 5:11.09 39.47
15. MAJA Bakun	07	5:19.19	393
50m: 35.29 35.29	150m: 1:56.05 41.27	250m: 3:18.53 41.09	350m: 4:39.78 40.02
100m: 1:14.78 39.49	200m: 2:37.44 41.39	300m: 3:59.76 41.23	400m: 5:19.19 39.41
16. MORDAWSKA Natalia	07	5:21.49	385
50m: 35.91 35.91	150m: 1:55.67 40.26	250m: 3:18.52 42.19	350m: 4:42.04 41.27
100m: 1:15.41 39.50	200m: 2:36.33 40.66	300m: 4:00.77 42.25	400m: 5:21.49 39.45
17. CYGLICKA Maria	07	5:22.56	381
50m: 35.60 35.60	150m: 1:58.64 42.16	250m: 3:20.99 40.66	350m: 4:42.33 40.57
100m: 1:16.48 40.88	200m: 2:40.33 41.69	300m: 4:01.76 40.77	400m: 5:22.56 40.23
18. MIKOŁAJCZUK Maria	07	5:27.45	364
50m: 34.33 34.33	150m: 1:56.60 42.47	250m: 3:21.32 42.28	350m: 4:46.18 42.75
100m: 1:14.13 39.80	200m: 2:39.04 42.44	300m: 4:03.43 42.11	400m: 5:27.45 41.27
19. GIEROWSKA Antonina	07	5:28.54	360
50m: 36.12 36.12	150m: 1:59.07 42.52	250m: 3:23.43 42.10	350m: 4:49.56 43.25
100m: 1:16.55 40.43	200m: 2:41.33 42.26	300m: 4:06.31 42.88	400m: 5:28.54 38.98
20. DZIERZBICKA Alicja	07	5:34.73	341
50m: 37.50 37.50	150m: 2:01.00 42.35	250m: 3:27.97 43.18	350m: 4:54.25 42.58
100m: 1:18.65 41.15	200m: 2:44.79 43.79	300m: 4:11.67 43.70	400m: 5:34.73 40.48
21. JAGODZI SKA Zofia	07	5:50.95	296
50m: 39.49 39.49	150m: 2:08.69 45.15	250m: 3:39.49 45.47	350m: 5:09.94 45.09
100m: 1:23.54 44.05	200m: 2:54.02 45.33	300m: 4:24.85 45.36	400m: 5:50.95 41.01
22. BAKOWSKA Julia	07	5:56.68	282
50m: 40.82 40.82	150m: 2:11.44 45.28	250m: 3:42.70 45.57	350m: 5:14.83 45.72
100m: 1:26.16 45.34	200m: 2:57.13 45.69	300m: 4:29.11 46.41	400m: 5:56.68 41.85
23. WASILEWSKA Amelia	07	6:57.73	175
50m: 46.87 46.87	150m: 2:36.27 56.66	250m: 4:27.28 58.10	350m: 6:12.51 52.54
100m: 1:39.61 52.74	200m: 3:29.18 52.91	300m: 5:19.97 52.69	400m: 6:57.73 45.22

13 lat

1. JANASZEK-SEYDLITZ Zofia	06	4:38.26	594
50m: 30.76 30.76	150m: 1:39.81 35.04	250m: 2:51.02 35.87	350m: 4:02.98 35.90
100m: 1:04.77 34.01	200m: 2:15.15 35.34	300m: 3:27.08 36.06	400m: 4:38.26 35.28
2. RUDOMINA Agnieszka	06	4:38.32	593
50m: 31.11 31.11	150m: 1:42.14 35.93	250m: 2:53.80 35.79	350m: 4:05.28 35.65
100m: 1:06.21 35.10	200m: 2:18.01 35.87	300m: 3:29.63 35.83	400m: 4:38.32 33.04
3. SZARGIEJ Aleksandra	06	4:38.33	593
50m: 30.90 30.90	150m: 1:40.70 35.11	250m: 2:52.39 35.92	350m: 4:04.19 35.84
100m: 1:05.59 34.69	200m: 2:16.47 35.77	300m: 3:28.35 35.96	400m: 4:38.33 34.14
4. MACIAK Julia	06	4:42.34	568
50m: 31.57 31.57	150m: 1:42.31 35.99	250m: 2:55.21 36.83	350m: 4:07.29 36.03
100m: 1:06.32 34.75	200m: 2:18.38 36.07	300m: 3:31.26 36.05	400m: 4:42.34 35.05



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OLSZTYN, 14 - 15-12-2019

Konkurencja 33, Dziewcz t, 400m dowolny, 13 lat

Pozycja		Rok ur.						Czas	Pkt.
5.	WALCZAK Barbara	06	UKS G-8 Bielany Warszawa	4:43.55	561				
	50m: 31.80 31.80	150m: 1:43.20	35.79	250m: 2:55.47	36.07	350m: 4:08.06	36.35		
	100m: 1:07.41 35.61	200m: 2:19.40	36.20	300m: 3:31.71	36.24	400m: 4:43.55	35.49		
6.	GOMUŁKA Weronika	06	UKS 190 Łódź	4:45.27	551				
	50m: 31.60 31.60	150m: 1:42.21	35.92	250m: 2:55.77	36.95	350m: 4:09.42	36.58		
	100m: 1:06.29 34.69	200m: 2:18.82	36.61	300m: 3:32.84	37.07	400m: 4:45.27	35.85		
7.	MIKUŁA Natalia	06	TP Olimpijczyk Aleksandrów Łódź	4:45.94	547				
	50m: 31.59 31.59	150m: 1:43.86	36.83	250m: 2:57.00	36.56	350m: 4:10.81	36.57		
	100m: 1:07.03 35.44	200m: 2:20.44	36.58	300m: 3:34.24	37.24	400m: 4:45.94	35.13		
8.	DUKOWSKA Anna	06	TP Olimpijczyk Aleksandrów Łódź	4:48.37	533				
	50m: 31.56 31.56	150m: 1:42.54	36.20	250m: 2:56.12	37.22	350m: 4:11.98	38.67		
	100m: 1:06.34 34.78	200m: 2:18.90	36.36	300m: 3:33.31	37.19	400m: 4:48.37	36.39		
9.	PAWLIK Julia	06	UKS G-8 Bielany Warszawa	4:53.50	506				
	50m: 32.90 32.90	150m: 1:47.18	37.75	250m: 3:02.90	37.94	350m: 4:18.48	37.84		
	100m: 1:09.43 36.53	200m: 2:24.96	37.78	300m: 3:40.64	37.74	400m: 4:53.50	35.02		
10.	JAGODZI SKA Kaludia	06	UKS G-8 Bielany Warszawa	4:54.54	500				
	50m: 31.69 31.69	150m: 1:45.17	37.68	250m: 3:02.81	39.12	350m: 4:21.12	38.65		
	100m: 1:07.49 35.80	200m: 2:23.69	38.52	300m: 3:42.47	39.66	400m: 4:54.54	33.42		
11.	ŁUBI SKA Zuzanna	06	UKS „GIM 92 Ursynów”	4:56.21	492				
	50m: 32.93 32.93	150m: 1:48.28	38.57	250m: 3:04.37	37.25	350m: 4:20.11	37.77		
	100m: 1:09.71 36.78	200m: 2:27.12	38.84	300m: 3:42.34	37.97	400m: 4:56.21	36.10		
12.	SKROBISZ Urszula	06	UKS „Ósemka” Starogard Gdańsk	4:57.00	488				
	50m: 33.09 33.09	150m: 1:47.38	37.67	250m: 3:03.79	38.39	350m: 4:19.95	37.53		
	100m: 1:09.71 36.62	200m: 2:25.40	38.02	300m: 3:42.42	38.63	400m: 4:57.00	37.05		
13.	KNAPIK Amelia	06	MKS Ochota Warszawa	4:58.15	482				
	50m: 31.89 31.89	150m: 1:44.66	37.14	250m: 3:00.49	38.33	350m: 4:19.35	39.75		
	100m: 1:07.52 35.63	200m: 2:22.16	37.50	300m: 3:39.60	39.11	400m: 4:58.15	38.80		
14.	MAGDA Honorata	06	UKS „Lokomotywa” Sopot	4:59.02	478				
	50m: 32.66 32.66	150m: 1:47.14	37.69	250m: 3:04.44	38.43	350m: 4:22.55	38.57		
	100m: 1:09.45 36.79	200m: 2:26.01	38.87	300m: 3:43.98	39.54	400m: 4:59.02	36.47		
15.	KLOFCZY SKA Maja	06	ABIANKA Gdańsk	5:00.26	472				
	50m: 33.13 33.13	150m: 1:48.48	38.03	250m: 3:06.02	38.67	350m: 4:22.86	38.32		
	100m: 1:10.45 37.32	200m: 2:27.35	38.87	300m: 3:44.54	38.52	400m: 5:00.26	37.40		
16.	W GRZYNOWICZ Martyna	06	MUKS Olimpijczyk Suwałki	5:01.09	468				
	50m: 33.18 33.18	150m: 1:48.53	38.35	250m: 3:06.57	39.17	350m: 4:25.04	39.22		
	100m: 1:10.18 37.00	200m: 2:27.40	38.87	300m: 3:45.82	39.25	400m: 5:01.09	36.05		
17.	D BROWSKA Aleksandra	06	MUKS Olimpijczyk Suwałki	5:11.48	423				
	50m: 34.46 34.46	150m: 1:52.73	39.88	250m: 3:12.57	39.69	350m: 4:32.18	40.10		
	100m: 1:12.85 38.39	200m: 2:32.88	40.15	300m: 3:52.08	39.51	400m: 5:11.48	39.30		

14 lat i starsi

1.	SERAFIN Barbara	02	UKS G-8 Bielany Warszawa	4:34.56	618				
	50m: 30.23 30.23	150m: 1:38.80	34.63	250m: 2:49.25	35.22	350m: 3:59.99	35.19		
	100m: 1:04.17 33.94	200m: 2:14.03	35.23	300m: 3:24.80	35.55	400m: 4:34.56	34.57		
2.	TOFIL Emilia	05	KS Delfin Gdynia	4:40.76	578				
	50m: 32.10 32.10	150m: 1:42.53	35.59	250m: 2:53.94	35.83	350m: 4:05.91	36.14		
	100m: 1:06.94 34.84	200m: 2:18.11	35.58	300m: 3:29.77	35.83	400m: 4:40.76	34.85		



IV MI DZYNARODOWE GRAND PRIX WARMII I MAZUR W PŁYWANIU 14-15.12.2019 r.
OLSZTYN, 14 - 15-12-2019

Konkurencja 33, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
3.	AVANESYAN Kristina		05	ABIANKA Gda sk				4:54.62	500
	50m: 32.80	32.80	150m: 1:46.22	37.00	250m: 3:02.17	38.03	350m: 4:18.80	38.56	
	100m: 1:09.22	36.42	200m: 2:24.14	37.92	300m: 3:40.24	38.07	400m: 4:54.62	35.82	
PK	JASI SKA Aleksandra		08	UKS „Ósemka” Starogard Gda				5:07.35	440
	50m: 35.40	35.40	150m: 1:53.87	39.33	250m: 3:13.61	39.81	350m: 4:32.23	38.90	
	100m: 1:14.54	39.14	200m: 2:33.80	39.93	300m: 3:53.33	39.72	400m: 5:07.35	35.12	
PK	TOMKIEL Anna		07	UKP „Polonia Warszawa”				5:07.88	438
	50m: 33.29	33.29	150m: 1:50.27	39.21	250m: 3:09.25	39.54	350m: 4:30.39	40.89	
	100m: 1:11.06	37.77	200m: 2:29.71	39.44	300m: 3:49.50	40.25	400m: 5:07.88	37.49	