

ARENA GRAND PRIX POLSKI W PŁYWANIU  
Poznań, 23-24-11-2019

Konkurencja 11  
2019-11-23 - 10:10

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

RP Open	4:05.77	BARZYCKA Paulina	00114	Gorzow	2005-11-26
RP 19 - 23	4:05.77	BARZYCKA Paulina	00114	Gorzow	2005-11-26
RP 18	4:07.14	PIECHOTA Paulina	01605	Łódź	2017-12-20
RP 17	4:08.04	KILIJA SKA Donata	00612	Poznań	2011-12-17
RP 16	4:08.04	KILIJA SKA Donata	00612	Poznań	2011-12-17
RP 15	4:09.54	GU Wiktoria	01705	Olsztyn	2018-12-15
RP 14	4:09.54	GU Wiktoria	01705	Olsztyn	2018-12-15

Punkty: FINA 2019

Pozycja			Rok ur.			Czas	Pkt.	
<b>14 lat i starsi</b>								
1.	GU Wiktoria		04	UKS „Delfin” Piotrków Trybunalski		<b>4:08.60</b>	833	
	<i>Czas lepszy od Rekordu Polski</i>							
	50m: 27.99	27.99	150m: 1:29.89	31.02	250m: 2:32.94	31.76	350m: 3:37.30	32.16
	100m: 58.87	30.88	200m: 2:01.18	31.29	300m: 3:05.14	32.20	400m: 4:08.60	31.30
2.	TARASIEWICZ Klaudia		04	UKP „Polonia Warszawa”		<b>4:13.93</b>	781	
	50m: 29.04	29.04	150m: 1:31.42	31.50	250m: 2:35.65	32.18	350m: 3:41.80	33.40
	100m: 59.92	30.88	200m: 2:03.47	32.05	300m: 3:08.40	32.75	400m: 4:13.93	32.13
3.	W GRZYNOWSKA Aleksandra		01	WKS I sk Wrocław		<b>4:20.96</b>	720	
	50m: 29.40	29.40	150m: 1:34.48	32.66	250m: 2:40.76	33.24	350m: 3:48.77	33.70
	100m: 1:01.82	32.42	200m: 2:07.52	33.04	300m: 3:15.07	34.31	400m: 4:20.96	32.19
4.	ŁUCZAK Dominika		02	SMS Zielona Góra		<b>4:23.61</b>	698	
	50m: 31.01	31.01	150m: 1:37.07	33.12	250m: 2:44.02	33.64	350m: 3:50.71	33.28
	100m: 1:03.95	32.94	200m: 2:10.38	33.31	300m: 3:17.43	33.41	400m: 4:23.61	32.90
5.	ANDERSSON Tova		01	VSS VASBY		<b>4:25.46</b>	684	
	50m: 30.28	30.28	150m: 1:37.39	33.65	250m: 2:45.08	33.96	350m: 3:52.85	33.64
	100m: 1:03.74	33.46	200m: 2:11.12	33.73	300m: 3:19.21	34.13	400m: 4:25.46	32.61
6.	KUCHTA Maria		02	UKS „Dwójka” Tczew		<b>4:25.73</b>	682	
	50m: 31.13	31.13	150m: 1:39.62	34.22	250m: 2:47.63	33.90	350m: 3:54.89	33.26
	100m: 1:05.40	34.27	200m: 2:13.73	34.11	300m: 3:21.63	34.00	400m: 4:25.73	30.84
7.	NOWAK Maja		03	AZS AWF Warszawa		<b>4:26.17</b>	678	
	50m: 30.05	30.05	150m: 1:35.67	33.29	250m: 2:43.67	34.23	350m: 3:53.04	34.53
	100m: 1:02.38	32.33	200m: 2:09.44	33.77	300m: 3:18.51	34.84	400m: 4:26.17	33.13
8.	MRO EK Weronika		04	MKP Szczecin		<b>4:29.16</b>	656	
	50m: 31.96	31.96	150m: 1:39.97	33.90	250m: 2:48.26	34.45	350m: 3:56.93	34.19
	100m: 1:06.07	34.11	200m: 2:13.81	33.84	300m: 3:22.74	34.48	400m: 4:29.16	32.23
9.	PIEPIÓRKA Martyna		03	UKS abianka Gdańsk		<b>4:29.25</b>	655	
	50m: 32.79	32.79	150m: 1:41.87	34.22	250m: 2:50.72	34.41	350m: 3:58.22	33.27
	100m: 1:07.65	34.86	200m: 2:16.31	34.44	300m: 3:24.95	34.23	400m: 4:29.25	31.03
10.	ZAR BA-PARADOWSKA Julia		02	UKS G-8 Bielany Warszawa		<b>4:29.57</b>	653	
	50m: 31.96	31.96	150m: 1:39.50	33.87	250m: 2:48.11	34.19	350m: 3:56.92	34.37
	100m: 1:05.63	33.67	200m: 2:13.92	34.42	300m: 3:22.55	34.44	400m: 4:29.57	32.65
11.	JABŁO SKA Oliwia		97	Wojewódzkie Zrzeszenie Sportowe Nieprawy 652h „START”		<b>4:29.67</b>	652	
	50m: 32.06	32.06	150m: 1:39.70	33.94	250m: 2:48.28	34.38	350m: 3:56.52	34.09
	100m: 1:05.76	33.70	200m: 2:13.90	34.20	300m: 3:22.43	34.15	400m: 4:29.67	33.15
12.	ANDERSSON Ebba		01	VSS VASBY		<b>4:29.81</b>	651	
	50m: 31.05	31.05	150m: 1:37.55	33.48	250m: 2:45.39	34.04	350m: 3:55.16	35.15
	100m: 1:04.07	33.02	200m: 2:11.35	33.80	300m: 3:20.01	34.62	400m: 4:29.81	34.65
13.	MOLENDĄ Dominika		03	UKS abianka Gdańsk		<b>4:30.55</b>	646	
	50m: 31.15	31.15	150m: 1:39.65	34.43	250m: 2:48.77	34.50	350m: 3:57.55	34.33
	100m: 1:05.22	34.07	200m: 2:14.27	34.62	300m: 3:23.22	34.45	400m: 4:30.55	33.00
14.	WOLSKA Karolina		01	MUKS "Piłnastka”		<b>4:31.48</b>	639	
	50m: 31.08	31.08	150m: 1:38.78	34.05	250m: 2:47.57	34.45	350m: 3:57.32	34.80
	100m: 1:04.73	33.65	200m: 2:13.12	34.34	300m: 3:22.52	34.95	400m: 4:31.48	34.16

ARENA GRAND PRIX POLSKI W PŁYWANIU  
Pozna , 23- - 24-11-2019

Konkurencja 11, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
15.	JASZCZUK Ewa		02	MTP Kormoran Olsztyn				<b>4:31.80</b>	637
	50m: 31.31	31.31	150m: 1:38.22	33.66	250m: 2:47.14	34.66	350m: 3:56.93	34.95	
	100m: 1:04.56	33.25	200m: 2:12.48	34.26	300m: 3:21.98	34.84	400m: 4:31.80	34.87	
16.	ROSI SKA Karolina		02	Grudzi dzki KP „Orka”				<b>4:31.84</b>	637
	50m: 31.33	31.33	150m: 1:39.92	34.53	250m: 2:49.74	35.09	350m: 3:59.64	35.20	
	100m: 1:05.39	34.06	200m: 2:14.65	34.73	300m: 3:24.44	34.70	400m: 4:31.84	32.20	
17.	GARBARCZYK Weronika		03	MKP Szczecin				<b>4:32.63</b>	631
	50m: 31.33	31.33	150m: 1:38.97	33.83	250m: 2:47.92	34.51	350m: 3:58.34	35.37	
	100m: 1:05.14	33.81	200m: 2:13.41	34.44	300m: 3:22.97	35.05	400m: 4:32.63	34.29	
	FRYSIAK Zuzanna		03	MUKS "Pi tnastka"				<b>4:32.63</b>	631
	50m: 31.38	31.38	150m: 1:39.95	34.54	250m: 2:49.40	34.81	350m: 3:59.25	35.03	
	100m: 1:05.41	34.03	200m: 2:14.59	34.64	300m: 3:24.22	34.82	400m: 4:32.63	33.38	
19.	MO D AN Milena		03	MKP Szczecin				<b>4:32.73</b>	630
	50m: 31.49	31.49	150m: 1:39.11	34.01	250m: 2:48.42	34.74	350m: 3:58.24	34.74	
	100m: 1:05.10	33.61	200m: 2:13.68	34.57	300m: 3:23.50	35.08	400m: 4:32.73	34.49	
20.	DOM OL Zuzanna		02	Kaliski Klub Sportowy „Włóknierz” 192				<b>4:32.91</b>	629
	50m: 30.90	30.90	150m: 1:38.30	34.15	250m: 2:47.59	34.85	350m: 3:58.47	35.46	
	100m: 1:04.15	33.25	200m: 2:12.74	34.44	300m: 3:23.01	35.42	400m: 4:32.91	34.44	
21.	HAŁADYN Karolina		03	UKS 190 Łód				<b>4:33.44</b>	626
	50m: 31.03	31.03	150m: 1:39.23	34.25	250m: 2:48.61	34.83	350m: 3:58.87	35.07	
	100m: 1:04.98	33.95	200m: 2:13.78	34.55	300m: 3:23.80	35.19	400m: 4:33.44	34.57	
22.	MALINO Julia		04	UKS „ORKA” Zamo				<b>4:37.37</b>	599
	50m: 31.38	31.38	150m: 1:40.36	34.82	250m: 2:51.41	35.83	350m: 4:02.94	35.56	
	100m: 1:05.54	34.16	200m: 2:15.58	35.22	300m: 3:27.38	35.97	400m: 4:37.37	34.43	
23.	FIGAS Alicja		04	MKP Szczecin				<b>4:38.07</b>	595
	50m: 32.37	32.37	150m: 1:41.90	34.65	250m: 2:52.03	35.09	350m: 4:02.81	35.45	
	100m: 1:07.25	34.88	200m: 2:16.94	35.04	300m: 3:27.36	35.33	400m: 4:38.07	35.26	
24.	TOFIL Emilia		05	KS Delfin Gdynia				<b>4:41.35</b>	574
	50m: 32.36	32.36	150m: 1:43.03	35.44	250m: 2:54.93	35.93	350m: 4:06.90	36.00	
	100m: 1:07.59	35.23	200m: 2:19.00	35.97	300m: 3:30.90	35.97	400m: 4:41.35	34.45	
25.	CH CIAK Sandra		03	UKS „GIM 92 Ursynów”				<b>4:41.83</b>	571
	50m: 31.43	31.43	150m: 1:41.71	35.46	250m: 2:54.29	36.25	350m: 4:07.21	36.58	
	100m: 1:06.25	34.82	200m: 2:18.04	36.33	300m: 3:30.63	36.34	400m: 4:41.83	34.62	
26.	DRAGAN Julia		04	KS OLIMPIA Lublin				<b>4:41.92</b>	571
	50m: 31.81	31.81	150m: 1:42.58	35.89	250m: 2:54.85	35.95	350m: 4:06.99	35.86	
	100m: 1:06.69	34.88	200m: 2:18.90	36.32	300m: 3:31.13	36.28	400m: 4:41.92	34.93	
27.	BEDNAREK Aleksandra		98	UKS SP-149 Łód				<b>4:42.06</b>	570
	50m: 32.33	32.33	150m: 1:42.72	35.62	250m: 2:54.20	36.00	350m: 4:06.84	36.32	
	100m: 1:07.10	34.77	200m: 2:18.20	35.48	300m: 3:30.52	36.32	400m: 4:42.06	35.22	
28.	RACZY SKA Wiktoria		04	AZS Łód				<b>4:42.15</b>	569
	50m: 31.80	31.80	150m: 1:43.18	35.90	250m: 2:54.76	35.68	350m: 4:06.48	35.72	
	100m: 1:07.28	35.48	200m: 2:19.08	35.90	300m: 3:30.76	36.00	400m: 4:42.15	35.67	
29.	BRACH Oliwia		04	UKP „Polonia Warszawa”				<b>4:42.95</b>	565
	50m: 31.91	31.91	150m: 1:41.98	35.15	250m: 2:55.18	36.17	350m: 4:08.28	36.61	
	100m: 1:06.83	34.92	200m: 2:19.01	37.03	300m: 3:31.67	36.49	400m: 4:42.95	34.67	
	GAJCY Natalia		05	UKP „Polonia Warszawa”				<b>4:42.95</b>	565
	50m: 31.72	31.72	150m: 1:43.29	36.18	250m: 2:55.18	35.77	350m: 4:07.60	36.20	
	100m: 1:07.11	35.39	200m: 2:19.41	36.12	300m: 3:31.40	36.22	400m: 4:42.95	35.35	
31.	KIERAGA Patrycja		04	KS OLIMPIA Lublin				<b>4:43.98</b>	558
	50m: 31.96	31.96	150m: 1:43.68	36.17	250m: 2:55.02	35.27	350m: 4:08.17	36.77	
	100m: 1:07.51	35.55	200m: 2:19.75	36.07	300m: 3:31.40	36.38	400m: 4:43.98	35.81	
32.	SAMORAJ Oliwia		05	MKS Piaseczno				<b>4:44.33</b>	556
	50m: 32.38	32.38	150m: 1:44.43	36.67	250m: 2:56.92	35.90	350m: 4:09.41	36.17	
	100m: 1:07.76	35.38	200m: 2:21.02	36.59	300m: 3:33.24	36.32	400m: 4:44.33	34.92	

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Pozna , 23- - 24-11-2019

Konkurencja 11, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
33.	MAZUR Zuzanna		05	MKP „SŁOWIANKA" Gorzów Wlkp.	<b>4:44.69</b>	554			
	50m: 32.43 32.43	150m: 1:44.80 36.58		250m: 2:57.75 36.39	350m: 4:10.64 36.23				
	100m: 1:08.22 35.79	200m: 2:21.36 36.56		300m: 3:34.41 36.66	400m: 4:44.69 34.05				
34.	ŁUSZCZEWSKA Emilia		05	MKS Juwenia Białystok	<b>4:45.05</b>	552			
	50m: 32.57 32.57	150m: 1:44.12 35.99		250m: 2:56.50 36.59	350m: 4:09.68 36.42				
	100m: 1:08.13 35.56	200m: 2:19.91 35.79		300m: 3:33.26 36.76	400m: 4:45.05 35.37				
35.	JAWORSKA Wiktoria		05	MUKS "Pi tnastka"	<b>4:47.67</b>	537			
	50m: 31.82 31.82	150m: 1:43.76 36.53		250m: 2:57.54 37.03	350m: 4:11.83 37.28				
	100m: 1:07.23 35.41	200m: 2:20.51 36.75		300m: 3:34.55 37.01	400m: 4:47.67 35.84				
36.	SKALI SKA Ewa		05	MKS Piaseczno	<b>4:48.13</b>	535			
	50m: 32.43 32.43	150m: 1:44.89 36.82		250m: 2:58.29 36.57	350m: 4:11.95 36.55				
	100m: 1:08.07 35.64	200m: 2:21.72 36.83		300m: 3:35.40 37.11	400m: 4:48.13 36.18				
37.	WITEK Oliwia		04	MKS Jedyńka Łód	<b>4:48.38</b>	533			
	50m: 32.54 32.54	150m: 1:44.37 36.41		250m: 2:57.81 36.62	350m: 4:11.95 37.04				
	100m: 1:07.96 35.42	200m: 2:21.19 36.82		300m: 3:34.91 37.10	400m: 4:48.38 36.43				
38.	ŁASISZ Julia		05	MKP Szczecin	<b>4:48.46</b>	533			
	50m: 33.00 33.00	150m: 1:45.57 36.46		250m: 2:59.64 37.12	350m: 4:13.87 36.89				
	100m: 1:09.11 36.11	200m: 2:22.52 36.95		300m: 3:36.98 37.34	400m: 4:48.46 34.59				
39.	KOWAL Magdalena		05	MUKS Wodnik Łask	<b>4:52.64</b>	510			
	50m: 34.70 34.70	150m: 1:50.55 37.83		250m: 3:04.71 36.92	350m: 4:18.15 36.64				
	100m: 1:12.72 38.02	200m: 2:27.79 37.24		300m: 3:41.51 36.80	400m: 4:52.64 34.49				
40.	SVENSSON Lovisa		02	SS VAERMAMO	<b>4:54.76</b>	499			
	50m: 32.69 32.69	150m: 1:45.15 36.38		250m: 2:59.12 37.56	350m: 4:16.47 39.12				
	100m: 1:08.77 36.08	200m: 2:21.56 36.41		300m: 3:37.35 38.23	400m: 4:54.76 38.29				
41.	RUTWA Wiktoria		05	MKS Piaseczno	<b>4:57.11</b>	488			
	50m: 34.08 34.08	150m: 1:48.42 37.58		250m: 3:04.26 38.04	350m: 4:20.01 37.89				
	100m: 1:10.84 36.76	200m: 2:26.22 37.80		300m: 3:42.12 37.86	400m: 4:57.11 37.10				
42.	SYSIO Zuzanna		04	MUKS Wodnik Łask	<b>4:58.60</b>	480			
	50m: 32.97 32.97	150m: 1:47.13 37.78		250m: 3:03.53 38.34	350m: 4:21.03 38.73				
	100m: 1:09.35 36.38	200m: 2:25.19 38.06		300m: 3:42.30 38.77	400m: 4:58.60 37.57				
43.	SADOWSKA Dominika		04	MUKS "Pi tnastka"	<b>4:58.91</b>	479			
	50m: 31.88 31.88	150m: 1:45.20 37.14		250m: 3:01.21 38.34	350m: 4:20.20 39.58				
	100m: 1:08.06 36.18	200m: 2:22.87 37.67		300m: 3:40.62 39.41	400m: 4:58.91 38.71				
44.	KOWALSKA Oliwia		05	MKP „SŁOWIANKA" Gorzów Wlkp.	<b>5:00.27</b>	472			
	50m: 34.47 34.47	150m: 1:50.12 38.29		250m: 3:06.65 38.36	350m: 4:23.60 38.32				
	100m: 1:11.83 37.36	200m: 2:28.29 38.17		300m: 3:45.28 38.63	400m: 5:00.27 36.67				
45.	ZAWADA Malwina		05	MKS Piaseczno	<b>5:01.50</b>	467			
	50m: 34.01 34.01	150m: 1:50.53 38.66		250m: 3:07.82 38.78	350m: 4:24.16 37.93				
	100m: 1:11.87 37.86	200m: 2:29.04 38.51		300m: 3:46.23 38.41	400m: 5:01.50 37.34				
46.	CZERWI SKA Martyna		04	UKS „Dwójka" Tczew	<b>5:02.39</b>	462			
	50m: 34.85 34.85	150m: 1:51.38 38.59		250m: 3:09.42 38.96	350m: 4:25.65 37.99				
	100m: 1:12.79 37.94	200m: 2:30.46 39.08		300m: 3:47.66 38.24	400m: 5:02.39 36.74				
47.	WOJCIECHOWSKA Kamila		03	Mokotowski UKP Warszawianka- Wodny	<b>5:24.72</b>	373			
	50m: 34.67 34.67	150m: 1:54.60 40.61		250m: 3:19.22 42.45	350m: 4:44.13 42.80				
	100m: 1:13.99 39.32	200m: 2:36.77 42.17		300m: 4:01.33 42.11	400m: 5:24.72 40.59				
14 lat									
1.	TOFIL Emilia		05	KS Delfin Gdynia	<b>4:41.35</b>	574			
	50m: 32.36 32.36	150m: 1:43.03 35.44		250m: 2:54.93 35.93	350m: 4:06.90 36.00				
	100m: 1:07.59 35.23	200m: 2:19.00 35.97		300m: 3:30.90 35.97	400m: 4:41.35 34.45				
2.	GAJCY Natalia		05	UKP „Polonia Warszawa"	<b>4:42.95</b>	565			
	50m: 31.72 31.72	150m: 1:43.29 36.18		250m: 2:55.18 35.77	350m: 4:07.60 36.20				
	100m: 1:07.11 35.39	200m: 2:19.41 36.12		300m: 3:31.40 36.22	400m: 4:42.95 35.35				

ARENA GRAND PRIX POLSKI W PŁYWANIU  
Pozna , 23- - 24-11-2019

Konkurencja 11, Dziewcz t, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	SAMORAJ Oliwia		05	MKS Piaseczno				<b>4:44.33</b>	556
	50m:	32.38 32.38	150m:	1:44.43 36.67	250m:	2:56.92 35.90	350m:	4:09.41 36.17	
	100m:	1:07.76 35.38	200m:	2:21.02 36.59	300m:	3:33.24 36.32	400m:	4:44.33 34.92	
4.	MAZUR Zuzanna		05	MKP „SŁOWIANKA” Gorzów Wlkp.				<b>4:44.69</b>	554
	50m:	32.43 32.43	150m:	1:44.80 36.58	250m:	2:57.75 36.39	350m:	4:10.64 36.23	
	100m:	1:08.22 35.79	200m:	2:21.36 36.56	300m:	3:34.41 36.66	400m:	4:44.69 34.05	
5.	ŁUSZCZEWSKA Emilia		05	MKS Juvenia Białystok				<b>4:45.05</b>	552
	50m:	32.57 32.57	150m:	1:44.12 35.99	250m:	2:56.50 36.59	350m:	4:09.68 36.42	
	100m:	1:08.13 35.56	200m:	2:19.91 35.79	300m:	3:33.26 36.76	400m:	4:45.05 35.37	
6.	JAWORSKA Wiktoria		05	MUKS "Pi tnatka"				<b>4:47.67</b>	537
	50m:	31.82 31.82	150m:	1:43.76 36.53	250m:	2:57.54 37.03	350m:	4:11.83 37.28	
	100m:	1:07.23 35.41	200m:	2:20.51 36.75	300m:	3:34.55 37.01	400m:	4:47.67 35.84	
7.	SKALI SKA Ewa		05	MKS Piaseczno				<b>4:48.13</b>	535
	50m:	32.43 32.43	150m:	1:44.89 36.82	250m:	2:58.29 36.57	350m:	4:11.95 36.55	
	100m:	1:08.07 35.64	200m:	2:21.72 36.83	300m:	3:35.40 37.11	400m:	4:48.13 36.18	
8.	ŁASISZ Julia		05	MKP Szczecin				<b>4:48.46</b>	533
	50m:	33.00 33.00	150m:	1:45.57 36.46	250m:	2:59.64 37.12	350m:	4:13.87 36.89	
	100m:	1:09.11 36.11	200m:	2:22.52 36.95	300m:	3:36.98 37.34	400m:	4:48.46 34.59	
9.	KOWAL Magdalena		05	MUKS Wodnik Łask				<b>4:52.64</b>	510
	50m:	34.70 34.70	150m:	1:50.55 37.83	250m:	3:04.71 36.92	350m:	4:18.15 36.64	
	100m:	1:12.72 38.02	200m:	2:27.79 37.24	300m:	3:41.51 36.80	400m:	4:52.64 34.49	
10.	RUTWA Wiktoria		05	MKS Piaseczno				<b>4:57.11</b>	488
	50m:	34.08 34.08	150m:	1:48.42 37.58	250m:	3:04.26 38.04	350m:	4:20.01 37.89	
	100m:	1:10.84 36.76	200m:	2:26.22 37.80	300m:	3:42.12 37.86	400m:	4:57.11 37.10	
11.	KOWALSKA Oliwia		05	MKP „SŁOWIANKA” Gorzów Wlkp.				<b>5:00.27</b>	472
	50m:	34.47 34.47	150m:	1:50.12 38.29	250m:	3:06.65 38.36	350m:	4:23.60 38.32	
	100m:	1:11.83 37.36	200m:	2:28.29 38.17	300m:	3:45.28 38.63	400m:	5:00.27 36.67	
12.	ZAWADA Malwina		05	MKS Piaseczno				<b>5:01.50</b>	467
	50m:	34.01 34.01	150m:	1:50.53 38.66	250m:	3:07.82 38.78	350m:	4:24.16 37.93	
	100m:	1:11.87 37.86	200m:	2:29.04 38.51	300m:	3:46.23 38.41	400m:	5:01.50 37.34	

15 lat

1.	GU Wiktoria	04	UKS „Delfin” Piotrków Trybunalski				<b>4:08.60</b>	833
	<i>Czas lepszy od Rekordu Polski</i>							
	50m:	27.99 27.99	150m:	1:29.89 31.02	250m:	2:32.94 31.76	350m:	3:37.30 32.16
	100m:	58.87 30.88	200m:	2:01.18 31.29	300m:	3:05.14 32.20	400m:	4:08.60 31.30
2.	TARASIEWICZ Klaudia	04	UKP „Polonia Warszawa”				<b>4:13.93</b>	781
	50m:	29.04 29.04	150m:	1:31.42 31.50	250m:	2:35.65 32.18	350m:	3:41.80 33.40
	100m:	59.92 30.88	200m:	2:03.47 32.05	300m:	3:08.40 32.75	400m:	4:13.93 32.13
3.	MRO EK Weronika	04	MKP Szczecin				<b>4:29.16</b>	656
	50m:	31.96 31.96	150m:	1:39.97 33.90	250m:	2:48.26 34.45	350m:	3:56.93 34.19
	100m:	1:06.07 34.11	200m:	2:13.81 33.84	300m:	3:22.74 34.48	400m:	4:29.16 32.23
4.	MALINO Julia	04	UKS „ORKA” Zamo				<b>4:37.37</b>	599
	50m:	31.38 31.38	150m:	1:40.36 34.82	250m:	2:51.41 35.83	350m:	4:02.94 35.56
	100m:	1:05.54 34.16	200m:	2:15.58 35.22	300m:	3:27.38 35.97	400m:	4:37.37 34.43
5.	FIGAS Alicja	04	MKP Szczecin				<b>4:38.07</b>	595
	50m:	32.37 32.37	150m:	1:41.90 34.65	250m:	2:52.03 35.09	350m:	4:02.81 35.45
	100m:	1:07.25 34.88	200m:	2:16.94 35.04	300m:	3:27.36 35.33	400m:	4:38.07 35.26
6.	DRAGAN Julia	04	KS OLIMPIA Lublin				<b>4:41.92</b>	571
	50m:	31.81 31.81	150m:	1:42.58 35.89	250m:	2:54.85 35.95	350m:	4:06.99 35.86
	100m:	1:06.69 34.88	200m:	2:18.90 36.32	300m:	3:31.13 36.28	400m:	4:41.92 34.93
7.	RACZY SKA Wiktoria	04	AZS Łód				<b>4:42.15</b>	569
	50m:	31.80 31.80	150m:	1:43.18 35.90	250m:	2:54.76 35.68	350m:	4:06.48 35.72
	100m:	1:07.28 35.48	200m:	2:19.08 35.90	300m:	3:30.76 36.00	400m:	4:42.15 35.67

ARENA GRAND PRIX POLSKI W PŁYWANIU  
Pozna , 23- - 24-11-2019

Konkurencja 11, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
8.	BRACH Oliwia		04	UKP „Polonia Warszawa”				<b>4:42.95</b>	565
	50m:	31.91 31.91	150m:	1:41.98 35.15	250m:	2:55.18 36.17	350m:	4:08.28 36.61	
	100m:	1:06.83 34.92	200m:	2:19.01 37.03	300m:	3:31.67 36.49	400m:	4:42.95 34.67	
9.	KIERAGA Patrycja		04	KS OLIMPIA Lublin				<b>4:43.98</b>	558
	50m:	31.96 31.96	150m:	1:43.68 36.17	250m:	2:55.02 35.27	350m:	4:08.17 36.77	
	100m:	1:07.51 35.55	200m:	2:19.75 36.07	300m:	3:31.40 36.38	400m:	4:43.98 35.81	
10.	WITEK Oliwia		04	MKS Jedyńka Łód				<b>4:48.38</b>	533
	50m:	32.54 32.54	150m:	1:44.37 36.41	250m:	2:57.81 36.62	350m:	4:11.95 37.04	
	100m:	1:07.96 35.42	200m:	2:21.19 36.82	300m:	3:34.91 37.10	400m:	4:48.38 36.43	
11.	SYSIO Zuzanna		04	MUKS Wodnik Łask				<b>4:58.60</b>	480
	50m:	32.97 32.97	150m:	1:47.13 37.78	250m:	3:03.53 38.34	350m:	4:21.03 38.73	
	100m:	1:09.35 36.38	200m:	2:25.19 38.06	300m:	3:42.30 38.77	400m:	4:58.60 37.57	
12.	SADOWSKA Dominika		04	MUKS "Pi tnatka"				<b>4:58.91</b>	479
	50m:	31.88 31.88	150m:	1:45.20 37.14	250m:	3:01.21 38.34	350m:	4:20.20 39.58	
	100m:	1:08.06 36.18	200m:	2:22.87 37.67	300m:	3:40.62 39.41	400m:	4:58.91 38.71	
13.	CZERWI SKA Martyna		04	UKS „Dwójka” Tczew				<b>5:02.39</b>	462
	50m:	34.85 34.85	150m:	1:51.38 38.59	250m:	3:09.42 38.96	350m:	4:25.65 37.99	
	100m:	1:12.79 37.94	200m:	2:30.46 39.08	300m:	3:47.66 38.24	400m:	5:02.39 36.74	

16 lat

1.	NOWAK Maja		03	AZS AWF Warszawa				<b>4:26.17</b>	678
	50m:	30.05 30.05	150m:	1:35.67 33.29	250m:	2:43.67 34.23	350m:	3:53.04 34.53	
	100m:	1:02.38 32.33	200m:	2:09.44 33.77	300m:	3:18.51 34.84	400m:	4:26.17 33.13	
2.	PIEPIÓRKA Martyna		03	UKS abianka Gda sk				<b>4:29.25</b>	655
	50m:	32.79 32.79	150m:	1:41.87 34.22	250m:	2:50.72 34.41	350m:	3:58.22 33.27	
	100m:	1:07.65 34.86	200m:	2:16.31 34.44	300m:	3:24.95 34.23	400m:	4:29.25 31.03	
3.	MOLEND A Dominika		03	UKS abianka Gda sk				<b>4:30.55</b>	646
	50m:	31.15 31.15	150m:	1:39.65 34.43	250m:	2:48.77 34.50	350m:	3:57.55 34.33	
	100m:	1:05.22 34.07	200m:	2:14.27 34.62	300m:	3:23.22 34.45	400m:	4:30.55 33.00	
4.	GARBARCZYK Weronika		03	MKP Szczecin				<b>4:32.63</b>	631
	50m:	31.33 31.33	150m:	1:38.97 33.83	250m:	2:47.92 34.51	350m:	3:58.34 35.37	
	100m:	1:05.14 33.81	200m:	2:13.41 34.44	300m:	3:22.97 35.05	400m:	4:32.63 34.29	
	FRYSIAK Zuzanna		03	MUKS "Pi tnatka"				<b>4:32.63</b>	631
	50m:	31.38 31.38	150m:	1:39.95 34.54	250m:	2:49.40 34.81	350m:	3:59.25 35.03	
	100m:	1:05.41 34.03	200m:	2:14.59 34.64	300m:	3:24.22 34.82	400m:	4:32.63 33.38	
6.	MO D AN Milena		03	MKP Szczecin				<b>4:32.73</b>	630
	50m:	31.49 31.49	150m:	1:39.11 34.01	250m:	2:48.42 34.74	350m:	3:58.24 34.74	
	100m:	1:05.10 33.61	200m:	2:13.68 34.57	300m:	3:23.50 35.08	400m:	4:32.73 34.49	
7.	HAŁADYN Karolina		03	UKS 190 Łód				<b>4:33.44</b>	626
	50m:	31.03 31.03	150m:	1:39.23 34.25	250m:	2:48.61 34.83	350m:	3:58.87 35.07	
	100m:	1:04.98 33.95	200m:	2:13.78 34.55	300m:	3:23.80 35.19	400m:	4:33.44 34.57	
8.	CH CIAK Sandra		03	UKS „GIM 92 Ursynów”				<b>4:41.83</b>	571
	50m:	31.43 31.43	150m:	1:41.71 35.46	250m:	2:54.29 36.25	350m:	4:07.21 36.58	
	100m:	1:06.25 34.82	200m:	2:18.04 36.33	300m:	3:30.63 36.34	400m:	4:41.83 34.62	
9.	WOJCIECHOWSKA Kamila		03	Mokotowski UKP Warszawianka- Wodny				<b>5:24.72</b>	373
	50m:	34.67 34.67	150m:	1:54.60 40.61	250m:	3:19.22 42.45	350m:	4:44.13 42.80	
	100m:	1:13.99 39.32	200m:	2:36.77 42.17	300m:	4:01.33 42.11	400m:	5:24.72 40.59	

ARENA GRAND PRIX POLSKI W PŁYWANIU  
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Konkurencja 11, Kobiet, 400m dowolny

17 - 18 lat

1.	W GRZYNOWSKA Aleksandra	01	WKS I sk Wrocław	<b>4:20.96</b>	720
	50m: 29.40 29.40	150m: 1:34.48	32.66 250m: 2:40.76	33.24 350m: 3:48.77	33.70
	100m: 1:01.82 32.42	200m: 2:07.52	33.04 300m: 3:15.07	34.31 400m: 4:20.96	32.19
2.	ŁUCZAK Dominika	02	SMS Zielona Góra	<b>4:23.61</b>	698
	50m: 31.01 31.01	150m: 1:37.07	33.12 250m: 2:44.02	33.64 350m: 3:50.71	33.28
	100m: 1:03.95 32.94	200m: 2:10.38	33.31 300m: 3:17.43	33.41 400m: 4:23.61	32.90
3.	ANDERSSON Tova	01	VSS VASBY	<b>4:25.46</b>	684
	50m: 30.28 30.28	150m: 1:37.39	33.65 250m: 2:45.08	33.96 350m: 3:52.85	33.64
	100m: 1:03.74 33.46	200m: 2:11.12	33.73 300m: 3:19.21	34.13 400m: 4:25.46	32.61
4.	KUCHTA Maria	02	UKS „Dwójka” Tczew	<b>4:25.73</b>	682
	50m: 31.13 31.13	150m: 1:39.62	34.22 250m: 2:47.63	33.90 350m: 3:54.89	33.26
	100m: 1:05.40 34.27	200m: 2:13.73	34.11 300m: 3:21.63	34.00 400m: 4:25.73	30.84
5.	ZAR BA-PARADOWSKA Julia	02	UKS G-8 Bielany Warszawa	<b>4:29.57</b>	653
	50m: 31.96 31.96	150m: 1:39.50	33.87 250m: 2:48.11	34.19 350m: 3:56.92	34.37
	100m: 1:05.63 33.67	200m: 2:13.92	34.42 300m: 3:22.55	34.44 400m: 4:29.57	32.65
6.	ANDERSSON Ebba	01	VSS VASBY	<b>4:29.81</b>	651
	50m: 31.05 31.05	150m: 1:37.55	33.48 250m: 2:45.39	34.04 350m: 3:55.16	35.15
	100m: 1:04.07 33.02	200m: 2:11.35	33.80 300m: 3:20.01	34.62 400m: 4:29.81	34.65
7.	WOLSKA Karolina	01	MUKS "Pi tnastka"	<b>4:31.48</b>	639
	50m: 31.08 31.08	150m: 1:38.78	34.05 250m: 2:47.57	34.45 350m: 3:57.32	34.80
	100m: 1:04.73 33.65	200m: 2:13.12	34.34 300m: 3:22.52	34.95 400m: 4:31.48	34.16
8.	JASZCZUK Ewa	02	MTP Kormoran Olsztyn	<b>4:31.80</b>	637
	50m: 31.31 31.31	150m: 1:38.22	33.66 250m: 2:47.14	34.66 350m: 3:56.93	34.95
	100m: 1:04.56 33.25	200m: 2:12.48	34.26 300m: 3:21.98	34.84 400m: 4:31.80	34.87
9.	ROSI SKA Karolina	02	Grudzi dzki KP „Orka"	<b>4:31.84</b>	637
	50m: 31.33 31.33	150m: 1:39.92	34.53 250m: 2:49.74	35.09 350m: 3:59.64	35.20
	100m: 1:05.39 34.06	200m: 2:14.65	34.73 300m: 3:24.44	34.70 400m: 4:31.84	32.20
10.	DOM OL Zuzanna	02	Kaliski Klub Sportowy „Włókniarz" 1924	<b>4:32.91</b>	629
	50m: 30.90 30.90	150m: 1:38.30	34.15 250m: 2:47.59	34.85 350m: 3:58.47	35.46
	100m: 1:04.15 33.25	200m: 2:12.74	34.44 300m: 3:23.01	35.42 400m: 4:32.91	34.44
11.	SVENSSON Lovisa	02	SS VAERMAMO	<b>4:54.76</b>	499
	50m: 32.69 32.69	150m: 1:45.15	36.38 250m: 2:59.12	37.56 350m: 4:16.47	39.12
	100m: 1:08.77 36.08	200m: 2:21.56	36.41 300m: 3:37.35	38.23 400m: 4:54.76	38.29