

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

Konkurencja 24
2019-11-24 - 8:30

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

RP Open	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	2007-12-16
RP 19 - 23	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	2007-12-16
RP 18	4:33.70	BARANOWSKA Katarzyna	POL	Trieste (ITA)	2005-12-11
RP 17	4:38.72	SZCZEPANIAK Karolina		Gorzów Wlkp.	2009-11-29
RP 16	4:38.89	KNOP Aleksandra	01605	Lublin	2018-12-18
RP 15	4:38.89	KNOP Aleksandra	01605	Lublin	2018-12-18
RP 14	4:43.77	KNOP Aleksandra	01605	Łód	2017-12-22

Punkty: FINA 2019

Pozycja			Rok ur.			Czas	Pkt.
14 lat i starsi							
1.	HERBREder Gabriela	03	UKS „GIM 92 Ursynów”	4:50.92	705		
	50m: 30.31 30.31	150m: 1:44.95	39.14	250m: 3:03.85	40.78	350m: 4:19.21	34.21
	100m: 1:05.81 35.50	200m: 2:23.07	38.12	300m: 3:45.00	41.15	400m: 4:50.92	31.71
2.	W GRZYNOWSKA Aleksandra	01	WKS I sk Wrocław	4:54.76	677		
	50m: 30.60 30.60	150m: 1:44.15	38.34	250m: 3:06.00	44.67	350m: 4:23.28	32.48
	100m: 1:05.81 35.21	200m: 2:21.33	37.18	300m: 3:50.80	44.80	400m: 4:54.76	31.48
3.	BEDNARZ Julia	04	UKS „ORKA” Zamo	4:59.02	649		
	50m: 31.67 31.67	150m: 1:46.56	38.89	250m: 3:06.22	40.94	350m: 4:24.47	36.34
	100m: 1:07.67 36.00	200m: 2:25.28	38.72	300m: 3:48.13	41.91	400m: 4:59.02	34.55
4.	NOWAK Maja	03	AZS AWF Warszawa	5:01.19	635		
	50m: 33.44 33.44	150m: 1:49.38	38.06	250m: 3:10.86	44.29	350m: 4:29.19	33.61
	100m: 1:11.32 37.88	200m: 2:26.57	37.19	300m: 3:55.58	44.72	400m: 5:01.19	32.00
5.	WOLSKA Karolina	01	MUKS "Pi tnastka"	5:02.13	629		
	50m: 32.52 32.52	150m: 1:47.14	37.97	250m: 3:07.66	43.83	350m: 4:27.82	35.78
	100m: 1:09.17 36.65	200m: 2:23.83	36.69	300m: 3:52.04	44.38	400m: 5:02.13	34.31
6.	MIKOŁAJCZYK Maja	04	UKS SP-149 Łód	5:03.45	621		
	50m: 32.24 32.24	150m: 1:48.82	40.01	250m: 3:10.75	42.09	350m: 4:29.02	35.09
	100m: 1:08.81 36.57	200m: 2:28.66	39.84	300m: 3:53.93	43.18	400m: 5:03.45	34.43
7.	MO D AN Milena	03	MKP Szczecin	5:04.63	614		
	50m: 32.83 32.83	150m: 1:50.21	39.71	250m: 3:11.59	43.40	350m: 4:30.53	34.90
	100m: 1:10.50 37.67	200m: 2:28.19	37.98	300m: 3:55.63	44.04	400m: 5:04.63	34.10
8.	SIENKIEWICZ Martyna	04	MUKS "Pi tnastka"	5:08.60	590		
	50m: 32.49 32.49	150m: 1:50.86	40.35	250m: 3:14.65	45.08	350m: 4:35.32	36.24
	100m: 1:10.51 38.02	200m: 2:29.57	38.71	300m: 3:59.08	44.43	400m: 5:08.60	33.28
9.	DRAGAN Julia	04	KS OLIMPIA Lublin	5:09.76	584		
	50m: 33.73 33.73	150m: 1:53.83	41.79	250m: 3:16.44	43.13	350m: 4:35.22	35.62
	100m: 1:12.04 38.31	200m: 2:33.31	39.48	300m: 3:59.60	43.16	400m: 5:09.76	34.54
10.	MAKSYMOWICZ Nina	05	UKS G-8 Bielany Warszawa	5:11.24	575		
	50m: 32.70 32.70	150m: 1:52.76	40.76	250m: 3:16.55	44.42	350m: 4:37.31	34.98
	100m: 1:12.00 39.30	200m: 2:32.13	39.37	300m: 4:02.33	45.78	400m: 5:11.24	33.93
11.	SIOMA Zuzanna	04	UKS „ORKA” Zamo	5:12.54	568		
	50m: 33.18 33.18	150m: 1:50.48	39.39	250m: 3:12.66	44.46	350m: 4:36.20	38.35
	100m: 1:11.09 37.91	200m: 2:28.20	37.72	300m: 3:57.85	45.19	400m: 5:12.54	36.34
12.	BEDNAREK Aleksandra	98	UKS SP-149 Łód	5:12.72	567		
	50m: 34.24 34.24	150m: 1:54.90	40.99	250m: 3:18.39	43.59	350m: 4:37.92	35.58
	100m: 1:13.91 39.67	200m: 2:34.80	39.90	300m: 4:02.34	43.95	400m: 5:12.72	34.80
13.	S DŁAK Alicja	05	MUKS "Pi tnastka"	5:13.34	564		
	50m: 32.32 32.32	150m: 1:51.48	40.64	250m: 3:15.68	43.54	350m: 4:38.16	37.19
	100m: 1:10.84 38.52	200m: 2:32.14	40.66	300m: 4:00.97	45.29	400m: 5:13.34	35.18
14.	GRO Weronika	03	MKS „Astoria” Bydgoszcz	5:13.52	563		
	50m: 32.84 32.84	150m: 1:49.78	38.58	250m: 3:13.62	44.70	350m: 4:36.87	37.61
	100m: 1:11.20 38.36	200m: 2:28.92	39.14	300m: 3:59.26	45.64	400m: 5:13.52	36.65
15.	RYGIEL Oliwia	02	UKS Junior Kluczbork	5:13.98	560		
	50m: 32.86 32.86	150m: 1:49.85	39.83	250m: 3:14.92	46.16	350m: 4:39.71	37.33
	100m: 1:10.02 37.16	200m: 2:28.76	38.91	300m: 4:02.38	47.46	400m: 5:13.98	34.27

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

Konkurencja 24, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
16.	WARCHAŁOWSKA Paulina		05	KS OLIMPIA Lublin				5:14.08	560		
	50m:	33.40 33.40	150m:	1:50.66	39.24	250m:	3:15.80	45.99	350m:	4:39.05	36.84
	100m:	1:11.42 38.02	200m:	2:29.81	39.15	300m:	4:02.21	46.41	400m:	5:14.08	35.03
17.	MALEC Klaudia		04	UKS „ORKA” Zamo				5:14.25	559		
	50m:	32.70 32.70	150m:	1:51.47	39.98	250m:	3:14.41	43.62	350m:	4:36.37	38.11
	100m:	1:11.49 38.79	200m:	2:30.79	39.32	300m:	3:58.26	43.85	400m:	5:14.25	37.88
18.	SZYSZKO Karolina		03	UKP „Polonia Warszawa”				5:15.06	555		
	50m:	32.44 32.44	150m:	1:51.17	40.01	250m:	3:15.55	44.53	350m:	4:38.34	37.28
	100m:	1:11.16 38.72	200m:	2:31.02	39.85	300m:	4:01.06	45.51	400m:	5:15.06	36.72
19.	TOMASIK Otylia		04	MUKS "Pi tnastka"				5:22.03	519		
	50m:	33.56 33.56	150m:	1:52.62	39.81	250m:	3:19.82	47.50	350m:	4:45.26	37.63
	100m:	1:12.81 39.25	200m:	2:32.32	39.70	300m:	4:07.63	47.81	400m:	5:22.03	36.77
20.	NOWAK Oliwia		04	UKS „GIM 92 Ursynów”				5:22.86	515		
	50m:	34.30 34.30	150m:	1:56.50	42.59	250m:	3:23.55	45.25	350m:	4:46.89	37.65
	100m:	1:13.91 39.61	200m:	2:38.30	41.80	300m:	4:09.24	45.69	400m:	5:22.86	35.97
21.	ŁUSZCZEWSKA Emilia		05	MKS Juvenia Białystok				5:25.62	502		
	50m:	33.97 33.97	150m:	1:55.56	41.16	250m:	3:23.07	47.46	350m:	4:48.88	38.33
	100m:	1:14.40 40.43	200m:	2:35.61	40.05	300m:	4:10.55	47.48	400m:	5:25.62	36.74
22.	SAMORAJ Oliwia		05	MKS Piaseczno				5:27.64	493		
	50m:	34.32 34.32	150m:	1:58.41	43.24	250m:	3:25.71	46.34	350m:	4:51.49	38.32
	100m:	1:15.17 40.85	200m:	2:39.37	40.96	300m:	4:13.17	47.46	400m:	5:27.64	36.15
23.	KOPROWSKA Kinga		05	MKS SP 63 Bydgoszcz				5:29.54	485		
	50m:	35.42 35.42	150m:	1:57.80	41.74	250m:	3:25.95	46.64	350m:	4:52.16	39.44
	100m:	1:16.06 40.64	200m:	2:39.31	41.51	300m:	4:12.72	46.77	400m:	5:29.54	37.38
24.	SADOWSKA Dominika		04	MUKS "Pi tnastka"				5:31.03	478		
	50m:	34.18 34.18	150m:	1:56.75	41.51	250m:	3:26.40	49.31	350m:	4:54.55	38.37
	100m:	1:15.24 41.06	200m:	2:37.09	40.34	300m:	4:16.18	49.78	400m:	5:31.03	36.48
25.	KRYWIEL Karolina		03	MKP Szczecin				5:37.16	452		
	50m:	35.91 35.91	150m:	1:59.81	41.16	250m:	3:29.97	49.47	350m:	4:58.84	39.91
	100m:	1:18.65 42.74	200m:	2:40.50	40.69	300m:	4:18.93	48.96	400m:	5:37.16	38.32
26.	KOWALSKA Nina		05	MKP „SŁOWIANKA” Gorzów Wlkp.				6:01.42	367		
	50m:	36.83 36.83	150m:	2:07.63	46.11	250m:	3:43.56	50.74	350m:	5:19.14	43.41
	100m:	1:21.52 44.69	200m:	2:52.82	45.19	300m:	4:35.73	52.17	400m:	6:01.42	42.28

14 lat

1.	MAKSYMOWICZ Nina		05	UKS G-8 Bielany Warszawa				5:11.24	575		
	50m:	32.70 32.70	150m:	1:52.76	40.76	250m:	3:16.55	44.42	350m:	4:37.31	34.98
	100m:	1:12.00 39.30	200m:	2:32.13	39.37	300m:	4:02.33	45.78	400m:	5:11.24	33.93
2.	S DŁAK Alicja		05	MUKS "Pi tnastka"				5:13.34	564		
	50m:	32.32 32.32	150m:	1:51.48	40.64	250m:	3:15.68	43.54	350m:	4:38.16	37.19
	100m:	1:10.84 38.52	200m:	2:32.14	40.66	300m:	4:00.97	45.29	400m:	5:13.34	35.18
3.	WARCHAŁOWSKA Paulina		05	KS OLIMPIA Lublin				5:14.08	560		
	50m:	33.40 33.40	150m:	1:50.66	39.24	250m:	3:15.80	45.99	350m:	4:39.05	36.84
	100m:	1:11.42 38.02	200m:	2:29.81	39.15	300m:	4:02.21	46.41	400m:	5:14.08	35.03
4.	ŁUSZCZEWSKA Emilia		05	MKS Juvenia Białystok				5:25.62	502		
	50m:	33.97 33.97	150m:	1:55.56	41.16	250m:	3:23.07	47.46	350m:	4:48.88	38.33
	100m:	1:14.40 40.43	200m:	2:35.61	40.05	300m:	4:10.55	47.48	400m:	5:25.62	36.74
5.	SAMORAJ Oliwia		05	MKS Piaseczno				5:27.64	493		
	50m:	34.32 34.32	150m:	1:58.41	43.24	250m:	3:25.71	46.34	350m:	4:51.49	38.32
	100m:	1:15.17 40.85	200m:	2:39.37	40.96	300m:	4:13.17	47.46	400m:	5:27.64	36.15
6.	KOPROWSKA Kinga		05	MKS SP 63 Bydgoszcz				5:29.54	485		
	50m:	35.42 35.42	150m:	1:57.80	41.74	250m:	3:25.95	46.64	350m:	4:52.16	39.44
	100m:	1:16.06 40.64	200m:	2:39.31	41.51	300m:	4:12.72	46.77	400m:	5:29.54	37.38

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

Konkurencja 24, Dziewcz t, 400m zmienny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
7.	KOWALSKA Nina		05	MKP „SŁOWIANKA" Gorzów Wlkp.				6:01.42	367
	50m:	36.83 36.83	150m:	2:07.63 46.11	250m:	3:43.56 50.74	350m:	5:19.14 43.41	
	100m:	1:21.52 44.69	200m:	2:52.82 45.19	300m:	4:35.73 52.17	400m:	6:01.42 42.28	

15 lat

1.	BEDNARZ Julia		04	UKS „ORKA" Zamo				4:59.02	649
	50m:	31.67 31.67	150m:	1:46.56 38.89	250m:	3:06.22 40.94	350m:	4:24.47 36.34	
	100m:	1:07.67 36.00	200m:	2:25.28 38.72	300m:	3:48.13 41.91	400m:	4:59.02 34.55	
2.	MIKOŁAJCZYK Maja		04	UKS SP-149 Łód				5:03.45	621
	50m:	32.24 32.24	150m:	1:48.82 40.01	250m:	3:10.75 42.09	350m:	4:29.02 35.09	
	100m:	1:08.81 36.57	200m:	2:28.66 39.84	300m:	3:53.93 43.18	400m:	5:03.45 34.43	
3.	SIENKIEWICZ Martyna		04	MUKS "Pi tnatka"				5:08.60	590
	50m:	32.49 32.49	150m:	1:50.86 40.35	250m:	3:14.65 45.08	350m:	4:35.32 36.24	
	100m:	1:10.51 38.02	200m:	2:29.57 38.71	300m:	3:59.08 44.43	400m:	5:08.60 33.28	
4.	DRAGAN Julia		04	KS OLIMPIA Lublin				5:09.76	584
	50m:	33.73 33.73	150m:	1:53.83 41.79	250m:	3:16.44 43.13	350m:	4:35.22 35.62	
	100m:	1:12.04 38.31	200m:	2:33.31 39.48	300m:	3:59.60 43.16	400m:	5:09.76 34.54	
5.	SIOMA Zuzanna		04	UKS „ORKA" Zamo				5:12.54	568
	50m:	33.18 33.18	150m:	1:50.48 39.39	250m:	3:12.66 44.46	350m:	4:36.20 38.35	
	100m:	1:11.09 37.91	200m:	2:28.20 37.72	300m:	3:57.85 45.19	400m:	5:12.54 36.34	
6.	MALEC Klaudia		04	UKS „ORKA" Zamo				5:14.25	559
	50m:	32.70 32.70	150m:	1:51.47 39.98	250m:	3:14.41 43.62	350m:	4:36.37 38.11	
	100m:	1:11.49 38.79	200m:	2:30.79 39.32	300m:	3:58.26 43.85	400m:	5:14.25 37.88	
7.	TOMASIK Otylia		04	MUKS "Pi tnatka"				5:22.03	519
	50m:	33.56 33.56	150m:	1:52.62 39.81	250m:	3:19.82 47.50	350m:	4:45.26 37.63	
	100m:	1:12.81 39.25	200m:	2:32.32 39.70	300m:	4:07.63 47.81	400m:	5:22.03 36.77	
8.	NOWAK Oliwia		04	UKS „GIM 92 Ursynów"				5:22.86	515
	50m:	34.30 34.30	150m:	1:56.50 42.59	250m:	3:23.55 45.25	350m:	4:46.89 37.65	
	100m:	1:13.91 39.61	200m:	2:38.30 41.80	300m:	4:09.24 45.69	400m:	5:22.86 35.97	
9.	SADOWSKA Dominika		04	MUKS "Pi tnatka"				5:31.03	478
	50m:	34.18 34.18	150m:	1:56.75 41.51	250m:	3:26.40 49.31	350m:	4:54.55 38.37	
	100m:	1:15.24 41.06	200m:	2:37.09 40.34	300m:	4:16.18 49.78	400m:	5:31.03 36.48	

16 lat

1.	HERBREDER Gabriela		03	UKS „GIM 92 Ursynów"				4:50.92	705
	50m:	30.31 30.31	150m:	1:44.95 39.14	250m:	3:03.85 40.78	350m:	4:19.21 34.21	
	100m:	1:05.81 35.50	200m:	2:23.07 38.12	300m:	3:45.00 41.15	400m:	4:50.92 31.71	
2.	NOWAK Maja		03	AZS AWF Warszawa				5:01.19	635
	50m:	33.44 33.44	150m:	1:49.38 38.06	250m:	3:10.86 44.29	350m:	4:29.19 33.61	
	100m:	1:11.32 37.88	200m:	2:26.57 37.19	300m:	3:55.58 44.72	400m:	5:01.19 32.00	
3.	MO D AN Milena		03	MKP Szczecin				5:04.63	614
	50m:	32.83 32.83	150m:	1:50.21 39.71	250m:	3:11.59 43.40	350m:	4:30.53 34.90	
	100m:	1:10.50 37.67	200m:	2:28.19 37.98	300m:	3:55.63 44.04	400m:	5:04.63 34.10	
4.	GRO Weronika		03	MKS „Astoria" Bydgoszcz				5:13.52	563
	50m:	32.84 32.84	150m:	1:49.78 38.58	250m:	3:13.62 44.70	350m:	4:36.87 37.61	
	100m:	1:11.20 38.36	200m:	2:28.92 39.14	300m:	3:59.26 45.64	400m:	5:13.52 36.65	
5.	SZYSZKO Karolina		03	UKP „Polonia Warszawa"				5:15.06	555
	50m:	32.44 32.44	150m:	1:51.17 40.01	250m:	3:15.55 44.53	350m:	4:38.34 37.28	
	100m:	1:11.16 38.72	200m:	2:31.02 39.85	300m:	4:01.06 45.51	400m:	5:15.06 36.72	
6.	KRYWIEL Karolina		03	MKP Szczecin				5:37.16	452
	50m:	35.91 35.91	150m:	1:59.81 41.16	250m:	3:29.97 49.47	350m:	4:58.84 39.91	
	100m:	1:18.65 42.74	200m:	2:40.50 40.69	300m:	4:18.93 48.96	400m:	5:37.16 38.32	

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

Konkurencja 24, Kobiet, 400m zmienny

17 - 18 lat

1.	W GRZYNOWSKA Aleksandra	01	WKS I sk Wrocław					4:54.76	677			
	50m:	30.60	30.60	150m:	1:44.15	38.34	250m:	3:06.00	44.67	350m:	4:23.28	32.48
	100m:	1:05.81	35.21	200m:	2:21.33	37.18	300m:	3:50.80	44.80	400m:	4:54.76	31.48
2.	WOLSKA Karolina	01	MUKS "Pi tnastka"					5:02.13	629			
	50m:	32.52	32.52	150m:	1:47.14	37.97	250m:	3:07.66	43.83	350m:	4:27.82	35.78
	100m:	1:09.17	36.65	200m:	2:23.83	36.69	300m:	3:52.04	44.38	400m:	5:02.13	34.31
3.	RYGIEL Oliwia	02	UKS Junior Kluczbork					5:13.98	560			
	50m:	32.86	32.86	150m:	1:49.85	39.83	250m:	3:14.92	46.16	350m:	4:39.71	37.33
	100m:	1:10.02	37.16	200m:	2:28.76	38.91	300m:	4:02.38	47.46	400m:	5:13.98	34.27