

ARENA GRAND PRIX PUCHAR POLSKI
Pozna , 21. - 22.11.2020

Konkurencja 11
2020.11.21 - 12:59

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	POLA SKA	Aleksandra	00	UKS GOS Raszyn				4:07.28	846
	50m:	28.80	28.80	150m:	1:31.15	31.20	250m:	2:33.70	31.20
	100m:	59.95	31.15	200m:	2:02.50	31.35	300m:	3:05.05	31.35
							350m:	3:36.49	31.44
							400m:	4:07.28	30.79
2.	GU	Wiktoria	04	UKS „Delfin” Piotrków Trybunalski				4:13.70	783
	50m:	29.14	29.14	150m:	1:31.86	31.45	250m:	2:35.75	32.16
	100m:	1:00.41	31.27	200m:	2:03.59	31.73	300m:	3:08.26	32.51
							350m:	3:41.29	33.03
							400m:	4:13.70	32.41
3.	GEORGES	Daniela	97	KU AZS UMCS Lublin				4:15.38	768
	50m:	29.54	29.54	150m:	1:33.36	32.19	250m:	2:37.97	32.60
	100m:	1:01.17	31.63	200m:	2:05.37	32.01	300m:	3:10.87	32.90
							350m:	3:43.62	32.75
							400m:	4:15.38	31.76
4.	CIERPIAŁOWSKA	Paulina	05	UKS abianka Gda sk				4:17.54	749
	50m:	28.46	28.46	150m:	1:32.36	32.20	250m:	2:38.11	33.08
	100m:	1:00.16	31.70	200m:	2:05.03	32.67	300m:	3:11.36	33.25
							350m:	3:44.85	33.49
							400m:	4:17.54	32.69
5.	W GRZYNOWSKA	Aleksandra	01	WKS I sk Wrocław				4:18.27	742
	50m:	29.92	29.92	150m:	1:34.93	32.71	250m:	2:40.89	33.08
	100m:	1:02.22	32.30	200m:	2:07.81	32.88	300m:	3:14.00	33.11
							350m:	3:46.67	32.67
							400m:	4:18.27	31.60
6.	NOWAK	Maja	03	AZS AWF Warszawa				4:22.16	710
	50m:	30.88	30.88	150m:	1:37.22	33.09	250m:	2:44.41	33.78
	100m:	1:04.13	33.25	200m:	2:10.63	33.41	300m:	3:18.45	34.04
							350m:	3:50.66	32.21
							400m:	4:22.16	31.50
7.	ZIELI SKA	Daria	03	UKP „Polonia Warszawa”				4:23.25	701
	50m:	30.95	30.95	150m:	1:37.22	33.22	250m:	2:44.10	33.31
	100m:	1:04.00	33.05	200m:	2:10.79	33.57	300m:	3:17.85	33.75
							350m:	3:51.10	33.25
							400m:	4:23.25	32.15
8.	KULIK	Julia	05	UKS GOS Raszyn				4:24.85	688
	50m:	31.10	31.10	150m:	1:37.79	33.15	250m:	2:44.46	33.28
	100m:	1:04.64	33.54	200m:	2:11.18	33.39	300m:	3:18.54	34.08
							350m:	3:52.33	33.79
							400m:	4:24.85	32.52
9.	ŁUCZAK	Dominika	02	TP Zielona Góra				4:24.90	688
	50m:	30.69	30.69	150m:	1:37.87	33.70	250m:	2:45.14	33.67
	100m:	1:04.17	33.48	200m:	2:11.47	33.60	300m:	3:18.88	33.74
							350m:	3:52.61	33.73
							400m:	4:24.90	32.29
10.	SZCZEPA SKA	Maria	03	KS Warta Pozna				4:26.88	673
	50m:	30.90	30.90	150m:	1:38.12	33.79	250m:	2:46.33	34.11
	100m:	1:04.33	33.43	200m:	2:12.22	34.10	300m:	3:20.39	34.06
							350m:	3:54.34	33.95
							400m:	4:26.88	32.54
11.	MOLEND	Dominika	03	UKS abianka Gda sk				4:27.57	668
	50m:	31.11	31.11	150m:	1:39.44	34.53	250m:	2:48.42	34.27
	100m:	1:04.91	33.80	200m:	2:14.15	34.71	300m:	3:22.69	34.27
							350m:	3:56.07	33.38
							400m:	4:27.57	31.50
12.	PIEPIÓRKA	Martyna	03	UKS abianka Gda sk				4:29.22	655
	50m:	31.55	31.55	150m:	1:38.83	33.76	250m:	2:46.97	34.21
	100m:	1:05.07	33.52	200m:	2:12.76	33.93	300m:	3:21.19	34.22
							350m:	3:55.74	34.55
							400m:	4:29.22	33.48
13.	CELMER	Wiktoria	03	KS Warta Pozna				4:29.27	655
	50m:	31.21	31.21	150m:	1:39.48	34.33	250m:	2:48.42	34.16
	100m:	1:05.15	33.94	200m:	2:14.26	34.78	300m:	3:22.45	34.03
							350m:	3:56.74	34.29
							400m:	4:29.27	32.53
14.	BEDNARZ	Julia	04	UKS „ORKA” Zamo				4:29.61	653
	50m:	31.82	31.82	150m:	1:39.56	34.18	250m:	2:47.88	34.08
	100m:	1:05.38	33.56	200m:	2:13.80	34.24	300m:	3:22.45	34.57
							350m:	3:57.24	34.79
							400m:	4:29.61	32.37
	WO NICA	Milena	04	UKS abianka Gda sk				4:29.61	653
	50m:	29.87	29.87	150m:	1:35.98	33.23	250m:	2:43.60	34.09
	100m:	1:02.75	32.88	200m:	2:09.51	33.53	300m:	3:18.35	34.75
							350m:	3:53.82	35.47
							400m:	4:29.61	35.79
16.	MAKSYMOWICZ	Nina	05	UKS G-8 Bielany Warszawa				4:29.93	650
	50m:	30.53	30.53	150m:	1:38.58	34.51	250m:	2:47.13	34.29
	100m:	1:04.07	33.54	200m:	2:12.84	34.26	300m:	3:22.19	35.06
							350m:	3:56.86	34.67
							400m:	4:29.93	33.07
17.	MRO EK	Weronika	04	MKP Szczecin				4:32.16	634
	50m:	31.04	31.04	150m:	1:39.74	34.49	250m:	2:49.23	34.84
	100m:	1:05.25	34.21	200m:	2:14.39	34.65	300m:	3:24.09	34.86
							350m:	3:58.65	34.56
							400m:	4:32.16	33.51

ARENA GRAND PRIX PUCHAR POLSKI
Pozna , 21. - 22.11.2020

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

Pozycja					Rok ur.					Czas	Pkt.	
18.	ROGOWSKA Paulina				98	St. Lok. SALOS Cortile Kielce				4:32.68	631	
	50m:	31.24	31.24	150m:	1:40.14	34.63	250m:	2:49.38	34.49	350m:	3:59.01	34.59
	100m:	1:05.51	34.27	200m:	2:14.89	34.75	300m:	3:24.42	35.04	400m:	4:32.68	33.67
19.	RUDOMINA Agnieszka				06	UKS abianka Gda sk				4:32.79	630	
	50m:	30.88	30.88	150m:	1:40.29	35.07	250m:	2:50.39	35.04	350m:	3:59.90	34.32
	100m:	1:05.22	34.34	200m:	2:15.35	35.06	300m:	3:25.58	35.19	400m:	4:32.79	32.89
20.	GÓRSKA Zofia				05	UKP „Polonia Warszawa”				4:33.39	626	
	50m:	31.06	31.06	150m:	1:40.18	34.90	250m:	2:50.12	34.93	350m:	3:59.75	34.42
	100m:	1:05.28	34.22	200m:	2:15.19	35.01	300m:	3:25.33	35.21	400m:	4:33.39	33.64
21.	WALCZAK Barbara				06	UKS G-8 Bielany Warszawa				4:35.20	614	
	50m:	31.25	31.25	150m:	1:40.22	34.60	250m:	2:50.79	35.47	350m:	4:00.51	34.45
	100m:	1:05.62	34.37	200m:	2:15.32	35.10	300m:	3:26.06	35.27	400m:	4:35.20	34.69
22.	BUSZKA Kornelia				03	UKS G-8 Bielany Warszawa				4:37.72	597	
	50m:	30.14	30.14	150m:	1:40.11	35.40	250m:	2:50.86	35.71	350m:	4:01.87	35.52
	100m:	1:04.71	34.57	200m:	2:15.15	35.04	300m:	3:26.35	35.49	400m:	4:37.72	35.85
23.	FIGAS Alicja				04	MKP Szczecin				4:38.17	594	
	50m:	32.26	32.26	150m:	1:42.23	34.91	250m:	2:53.10	35.37	350m:	4:04.18	35.58
	100m:	1:07.32	35.06	200m:	2:17.73	35.50	300m:	3:28.60	35.50	400m:	4:38.17	33.99
24.	MALINO Julia				04	UKS „ORKA” Zamo				4:38.43	592	
	50m:	31.75	31.75	150m:	1:41.69	35.18	250m:	2:52.94	35.70	350m:	4:04.47	35.69
	100m:	1:06.51	34.76	200m:	2:17.24	35.55	300m:	3:28.78	35.84	400m:	4:38.43	33.96
25.	KOWALCZYK Katarzyna				05	MKP Szczecin				4:40.13	582	
	50m:	32.14	32.14	150m:	1:42.78	35.49	250m:	2:54.05	35.61	350m:	4:05.48	35.87
	100m:	1:07.29	35.15	200m:	2:18.44	35.66	300m:	3:29.61	35.56	400m:	4:40.13	34.65
26.	GAJCY Natalia				05	UKP „Polonia Warszawa”				4:40.41	580	
	50m:	31.08	31.08	150m:	1:40.78	35.09	250m:	2:52.65	36.22	350m:	4:04.86	36.01
	100m:	1:05.69	34.61	200m:	2:16.43	35.65	300m:	3:28.85	36.20	400m:	4:40.41	35.55
27.	PASIEROWSKA Wiktoria				05	UKS „GIM 92 Ursynów”				4:41.73	572	
	50m:	32.28	32.28	150m:	1:43.21	35.90	250m:	2:54.50	35.91	350m:	4:06.99	36.37
	100m:	1:07.31	35.03	200m:	2:18.59	35.38	300m:	3:30.62	36.12	400m:	4:41.73	34.74
28.	BRACH Oliwia				04	UKP „Polonia Warszawa”				4:42.12	570	
	50m:	31.94	31.94	150m:	1:42.16	35.61	250m:	2:54.91	36.26	350m:	4:07.32	36.23
	100m:	1:06.55	34.61	200m:	2:18.65	36.49	300m:	3:31.09	36.18	400m:	4:42.12	34.80
29.	R P Apolonia				06	MKS Znicz Koszalin				4:42.36	568	
	50m:	31.71	31.71	150m:	1:42.54	35.62	250m:	2:55.19	36.22	350m:	4:07.82	36.68
	100m:	1:06.92	35.21	200m:	2:18.97	36.43	300m:	3:31.14	35.95	400m:	4:42.36	34.54
30.	ROMANIUK Matylda				04	UKP „Polonia Warszawa”				4:42.72	566	
	50m:	31.81	31.81	150m:	1:42.93	35.85	250m:	2:55.43	36.64	350m:	4:07.89	36.15
	100m:	1:07.08	35.27	200m:	2:18.79	35.86	300m:	3:31.74	36.31	400m:	4:42.72	34.83
31.	JANASZEK-SEYDLITZ Zofia				06	UKS „GIM 92 Ursynów”				4:43.77	560	
	50m:	31.15	31.15	150m:	1:41.63	35.57	250m:	2:54.57	36.53	350m:	4:07.88	36.52
	100m:	1:06.06	34.91	200m:	2:18.04	36.41	300m:	3:31.36	36.79	400m:	4:43.77	35.89
32.	NOWAK Paulina				05	UKS Tri-Team Rumia				4:44.43	556	
	50m:	33.46	33.46	150m:	1:45.26	36.19	250m:	2:57.81	36.20	350m:	4:09.66	35.72
	100m:	1:09.07	35.61	200m:	2:21.61	36.35	300m:	3:33.94	36.13	400m:	4:44.43	34.77
33.	MAGIEREK Karolina				06	UKS GOS Raszyn				4:46.48	544	
	50m:	31.74	31.74	150m:	1:44.37	36.34	250m:	2:57.37	36.51	350m:	4:10.55	36.39
	100m:	1:08.03	36.29	200m:	2:20.86	36.49	300m:	3:34.16	36.79	400m:	4:46.48	35.93
34.	CHMIELEWSKA Aleksandra				06	Mi dzyszkolny UKS „Olimpijczyk” Suwałki				4:46.60	543	
	50m:	31.92	31.92	150m:	1:43.60	36.55	250m:	2:56.86	36.44	350m:	4:10.13	36.23
	100m:	1:07.05	35.13	200m:	2:20.42	36.82	300m:	3:33.90	37.04	400m:	4:46.60	36.47
35.	OLECKA Amelia				05	UKS „GIM 92 Ursynów”				4:46.94	541	
	50m:	32.43	32.43	150m:	1:44.13	36.41	250m:	2:57.87	36.89	350m:	4:11.73	37.00
	100m:	1:07.72	35.29	200m:	2:20.98	36.85	300m:	3:34.73	36.86	400m:	4:46.94	35.21

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

Pozycja			Rok ur.					Czas	Pkt.
36.	POTEMKA Justyna		04	MKS Jedyńka Łód				4:47.39	539
	50m:	31.79 31.79	150m:	1:43.49 36.46	250m:	2:57.19 36.88	350m:	4:11.56 37.34	
	100m:	1:07.03 35.24	200m:	2:20.31 36.82	300m:	3:34.22 37.03	400m:	4:47.39 35.83	
37.	BISZEWSKA Gabriela		05	Mi dzyszkolny UKS „Olimpijczyk” Suwa				4:48.52	532
	50m:	31.85 31.85	150m:	1:44.76 36.81	250m:	2:58.33 36.40	350m:	4:13.27 37.23	
	100m:	1:07.95 36.10	200m:	2:21.93 37.17	300m:	3:36.04 37.71	400m:	4:48.52 35.25	
38.	SAMORAJ Oliwia		05	MKS Piaseczno				4:49.31	528
	50m:	32.40 32.40	150m:	1:44.74 36.74	250m:	2:58.84 37.30	350m:	4:13.01 37.25	
	100m:	1:08.00 35.60	200m:	2:21.54 36.80	300m:	3:35.76 36.92	400m:	4:49.31 36.30	
39.	RULEWSKA Julia		06	UKS „Ósemka” Starogard Gda ski				4:50.19	523
	50m:	32.62 32.62	150m:	1:45.74 36.84	250m:	2:59.36 36.94	350m:	4:13.57 37.22	
	100m:	1:08.90 36.28	200m:	2:22.42 36.68	300m:	3:36.35 36.99	400m:	4:50.19 36.62	
40.	JAWORSKA Wiktoria		05	MUKS "Pi tnałka"				4:52.72	510
	50m:	31.96 31.96	150m:	1:44.85 36.99	250m:	2:59.60 37.51	350m:	4:15.60 38.03	
	100m:	1:07.86 35.90	200m:	2:22.09 37.24	300m:	3:37.57 37.97	400m:	4:52.72 37.12	
41.	SKROBISZ Urszula		06	UKS „Ósemka” Starogard Gda ski				4:53.21	507
	50m:	33.07 33.07	150m:	1:47.19 37.37	250m:	3:02.08 37.59	350m:	4:16.67 37.07	
	100m:	1:09.82 36.75	200m:	2:24.49 37.30	300m:	3:39.60 37.52	400m:	4:53.21 36.54	
42.	MAGDA Honorata		06	UKS „Lokomotywa”				4:55.87	494
	50m:	32.11 32.11	150m:	1:44.35 36.79	250m:	3:00.29 38.10	350m:	4:18.38 39.26	
	100m:	1:07.56 35.45	200m:	2:22.19 37.84	300m:	3:39.12 38.83	400m:	4:55.87 37.49	
43.	KLECZEK Maria		05	UKS „GIM 92 Ursynów”				4:57.79	484
	50m:	32.04 32.04	150m:	1:46.97 38.08	250m:	3:03.80 38.47	350m:	4:20.65 38.45	
	100m:	1:08.89 36.85	200m:	2:25.33 38.36	300m:	3:42.20 38.40	400m:	4:57.79 37.14	
44.	ŁADZIAK Nadia		06	MKP Szczecin				5:01.34	467
	50m:	33.51 33.51	150m:	1:48.41 37.85	250m:	3:04.75 38.16	350m:	4:22.89 39.24	
	100m:	1:10.56 37.05	200m:	2:26.59 38.18	300m:	3:43.65 38.90	400m:	5:01.34 38.45	
45.	WITEK Oliwia		04	MKS Jedyńka Łód				5:01.41	467
	50m:	33.69 33.69	150m:	1:49.09 37.95	250m:	3:05.65 38.33	350m:	4:23.25 38.95	
	100m:	1:11.14 37.45	200m:	2:27.32 38.23	300m:	3:44.30 38.65	400m:	5:01.41 38.16	

17 - 18 lat

1.	NOWAK Maja		03	AZS AWF Warszawa				4:22.16	710
	50m:	30.88 30.88	150m:	1:37.22 33.09	250m:	2:44.41 33.78	350m:	3:50.66 32.21	
	100m:	1:04.13 33.25	200m:	2:10.63 33.41	300m:	3:18.45 34.04	400m:	4:22.16 31.50	
2.	ZIELI SKA Daria		03	UKP „Polonia Warszawa”				4:23.25	701
	50m:	30.95 30.95	150m:	1:37.22 33.22	250m:	2:44.10 33.31	350m:	3:51.10 33.25	
	100m:	1:04.00 33.05	200m:	2:10.79 33.57	300m:	3:17.85 33.75	400m:	4:23.25 32.15	
3.	ŁUCZAK Dominika		02	TP Zielona Góra				4:24.90	688
	50m:	30.69 30.69	150m:	1:37.87 33.70	250m:	2:45.14 33.67	350m:	3:52.61 33.73	
	100m:	1:04.17 33.48	200m:	2:11.47 33.60	300m:	3:18.88 33.74	400m:	4:24.90 32.29	
4.	SZCZEPA SKA Maria		03	KS Warta Pozna				4:26.88	673
	50m:	30.90 30.90	150m:	1:38.12 33.79	250m:	2:46.33 34.11	350m:	3:54.34 33.95	
	100m:	1:04.33 33.43	200m:	2:12.22 34.10	300m:	3:20.39 34.06	400m:	4:26.88 32.54	
5.	MOLENDY Dominika		03	UKS abianka Gda sk				4:27.57	668
	50m:	31.11 31.11	150m:	1:39.44 34.53	250m:	2:48.42 34.27	350m:	3:56.07 33.38	
	100m:	1:04.91 33.80	200m:	2:14.15 34.71	300m:	3:22.69 34.27	400m:	4:27.57 31.50	
6.	PIEPIÓRKA Martyna		03	UKS abianka Gda sk				4:29.22	655
	50m:	31.55 31.55	150m:	1:38.83 33.76	250m:	2:46.97 34.21	350m:	3:55.74 34.55	
	100m:	1:05.07 33.52	200m:	2:12.76 33.93	300m:	3:21.19 34.22	400m:	4:29.22 33.48	
7.	CELMER Wiktoria		03	KS Warta Pozna				4:29.27	655
	50m:	31.21 31.21	150m:	1:39.48 34.33	250m:	2:48.42 34.16	350m:	3:56.74 34.29	
	100m:	1:05.15 33.94	200m:	2:14.26 34.78	300m:	3:22.45 34.03	400m:	4:29.27 32.53	

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Konkurencja 11, Kobiet, 400m dowolny, 17 - 18 lat

Pozycja			Rok ur.					Czas	Pkt.
8.	BUSZKA Kornelia		03	UKS G-8 Bielany Warszawa				4:37.72	597
	50m:	30.14 30.14	150m:	1:40.11 35.40	250m:	2:50.86 35.71	350m:	4:01.87 35.52	
	100m:	1:04.71 34.57	200m:	2:15.15 35.04	300m:	3:26.35 35.49	400m:	4:37.72 35.85	
16 lat									
1.	GU Wiktoria		04	UKS „Delfin” Piotrków Trybunalski				4:13.70	783
	50m:	29.14 29.14	150m:	1:31.86 31.45	250m:	2:35.75 32.16	350m:	3:41.29 33.03	
	100m:	1:00.41 31.27	200m:	2:03.59 31.73	300m:	3:08.26 32.51	400m:	4:13.70 32.41	
2.	BEDNARZ Julia		04	UKS „ORKA” Zamo				4:29.61	653
	50m:	31.82 31.82	150m:	1:39.56 34.18	250m:	2:47.88 34.08	350m:	3:57.24 34.79	
	100m:	1:05.38 33.56	200m:	2:13.80 34.24	300m:	3:22.45 34.57	400m:	4:29.61 32.37	
	WO NICA Milena		04	UKS abianka Gda sk				4:29.61	653
	50m:	29.87 29.87	150m:	1:35.98 33.23	250m:	2:43.60 34.09	350m:	3:53.82 35.47	
	100m:	1:02.75 32.88	200m:	2:09.51 33.53	300m:	3:18.35 34.75	400m:	4:29.61 35.79	
4.	MRO EK Weronika		04	MKP Szczecin				4:32.16	634
	50m:	31.04 31.04	150m:	1:39.74 34.49	250m:	2:49.23 34.84	350m:	3:58.65 34.56	
	100m:	1:05.25 34.21	200m:	2:14.39 34.65	300m:	3:24.09 34.86	400m:	4:32.16 33.51	
5.	FIGAS Alicja		04	MKP Szczecin				4:38.17	594
	50m:	32.26 32.26	150m:	1:42.23 34.91	250m:	2:53.10 35.37	350m:	4:04.18 35.58	
	100m:	1:07.32 35.06	200m:	2:17.73 35.50	300m:	3:28.60 35.50	400m:	4:38.17 33.99	
6.	MALINO Julia		04	UKS „ORKA” Zamo				4:38.43	592
	50m:	31.75 31.75	150m:	1:41.69 35.18	250m:	2:52.94 35.70	350m:	4:04.47 35.69	
	100m:	1:06.51 34.76	200m:	2:17.24 35.55	300m:	3:28.78 35.84	400m:	4:38.43 33.96	
7.	BRACH Oliwia		04	UKP „Polonia Warszawa”				4:42.12	570
	50m:	31.94 31.94	150m:	1:42.16 35.61	250m:	2:54.91 36.26	350m:	4:07.32 36.23	
	100m:	1:06.55 34.61	200m:	2:18.65 36.49	300m:	3:31.09 36.18	400m:	4:42.12 34.80	
8.	ROMANIUK Matylda		04	UKP „Polonia Warszawa”				4:42.72	566
	50m:	31.81 31.81	150m:	1:42.93 35.85	250m:	2:55.43 36.64	350m:	4:07.89 36.15	
	100m:	1:07.08 35.27	200m:	2:18.79 35.86	300m:	3:31.74 36.31	400m:	4:42.72 34.83	
9.	POTEMKA Justyna		04	MKS Jedyńka Łód				4:47.39	539
	50m:	31.79 31.79	150m:	1:43.49 36.46	250m:	2:57.19 36.88	350m:	4:11.56 37.34	
	100m:	1:07.03 35.24	200m:	2:20.31 36.82	300m:	3:34.22 37.03	400m:	4:47.39 35.83	
10.	WITEK Oliwia		04	MKS Jedyńka Łód				5:01.41	467
	50m:	33.69 33.69	150m:	1:49.09 37.95	250m:	3:05.65 38.33	350m:	4:23.25 38.95	
	100m:	1:11.14 37.45	200m:	2:27.32 38.23	300m:	3:44.30 38.65	400m:	5:01.41 38.16	
15 lat									
1.	CIERPIAŁOWSKA Paulina		05	UKS abianka Gda sk				4:17.54	749
	50m:	28.46 28.46	150m:	1:32.36 32.20	250m:	2:38.11 33.08	350m:	3:44.85 33.49	
	100m:	1:00.16 31.70	200m:	2:05.03 32.67	300m:	3:11.36 33.25	400m:	4:17.54 32.69	
2.	KULIK Julia		05	UKS GOS Raszyn				4:24.85	688
	50m:	31.10 31.10	150m:	1:37.79 33.15	250m:	2:44.46 33.28	350m:	3:52.33 33.79	
	100m:	1:04.64 33.54	200m:	2:11.18 33.39	300m:	3:18.54 34.08	400m:	4:24.85 32.52	
3.	MAKSYMOWICZ Nina		05	UKS G-8 Bielany Warszawa				4:29.93	650
	50m:	30.53 30.53	150m:	1:38.58 34.51	250m:	2:47.13 34.29	350m:	3:56.86 34.67	
	100m:	1:04.07 33.54	200m:	2:12.84 34.26	300m:	3:22.19 35.06	400m:	4:29.93 33.07	
4.	GÓRSKA Zofia		05	UKP „Polonia Warszawa”				4:33.39	626
	50m:	31.06 31.06	150m:	1:40.18 34.90	250m:	2:50.12 34.93	350m:	3:59.75 34.42	
	100m:	1:05.28 34.22	200m:	2:15.19 35.01	300m:	3:25.33 35.21	400m:	4:33.39 33.64	
5.	KOWALCZYK Katarzyna		05	MKP Szczecin				4:40.13	582
	50m:	32.14 32.14	150m:	1:42.78 35.49	250m:	2:54.05 35.61	350m:	4:05.48 35.87	
	100m:	1:07.29 35.15	200m:	2:18.44 35.66	300m:	3:29.61 35.56	400m:	4:40.13 34.65	

ARENA GRAND PRIX PUCHAR POLSKI
Pozna , 21. - 22.11.2020

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

Pozycja			Rok ur.					Czas	Pkt.
6.	GAJCY Natalia		05	UKP „Polonia Warszawa”				4:40.41	580
	50m:	31.08 31.08	150m:	1:40.78 35.09	250m:	2:52.65 36.22	350m:	4:04.86 36.01	
	100m:	1:05.69 34.61	200m:	2:16.43 35.65	300m:	3:28.85 36.20	400m:	4:40.41 35.55	
7.	PASIEROWSKA Wiktoria		05	UKS „GIM 92 Ursynów”				4:41.73	572
	50m:	32.28 32.28	150m:	1:43.21 35.90	250m:	2:54.50 35.91	350m:	4:06.99 36.37	
	100m:	1:07.31 35.03	200m:	2:18.59 35.38	300m:	3:30.62 36.12	400m:	4:41.73 34.74	
8.	NOWAK Paulina		05	UKS Tri-Team Rumia				4:44.43	556
	50m:	33.46 33.46	150m:	1:45.26 36.19	250m:	2:57.81 36.20	350m:	4:09.66 35.72	
	100m:	1:09.07 35.61	200m:	2:21.61 36.35	300m:	3:33.94 36.13	400m:	4:44.43 34.77	
9.	OLECKA Amelia		05	UKS „GIM 92 Ursynów”				4:46.94	541
	50m:	32.43 32.43	150m:	1:44.13 36.41	250m:	2:57.87 36.89	350m:	4:11.73 37.00	
	100m:	1:07.72 35.29	200m:	2:20.98 36.85	300m:	3:34.73 36.86	400m:	4:46.94 35.21	
10.	BISZEWSKA Gabriela		05	Mi dzyszkolny UKS „Olimpijczyk” Suwa				4:48.52	532
	50m:	31.85 31.85	150m:	1:44.76 36.81	250m:	2:58.33 36.40	350m:	4:13.27 37.23	
	100m:	1:07.95 36.10	200m:	2:21.93 37.17	300m:	3:36.04 37.71	400m:	4:48.52 35.25	
11.	SAMORAJ Oliwia		05	MKS Piaseczno				4:49.31	528
	50m:	32.40 32.40	150m:	1:44.74 36.74	250m:	2:58.84 37.30	350m:	4:13.01 37.25	
	100m:	1:08.00 35.60	200m:	2:21.54 36.80	300m:	3:35.76 36.92	400m:	4:49.31 36.30	
12.	JAWORSKA Wiktoria		05	MUKS "Pi tnastrka"				4:52.72	510
	50m:	31.96 31.96	150m:	1:44.85 36.99	250m:	2:59.60 37.51	350m:	4:15.60 38.03	
	100m:	1:07.86 35.90	200m:	2:22.09 37.24	300m:	3:37.57 37.97	400m:	4:52.72 37.12	
13.	KLECZEK Maria		05	UKS „GIM 92 Ursynów”				4:57.79	484
	50m:	32.04 32.04	150m:	1:46.97 38.08	250m:	3:03.80 38.47	350m:	4:20.65 38.45	
	100m:	1:08.89 36.85	200m:	2:25.33 38.36	300m:	3:42.20 38.40	400m:	4:57.79 37.14	

14 lat

1.	RUDOMINA Agnieszka		06	UKS abianka Gda sk				4:32.79	630
	50m:	30.88 30.88	150m:	1:40.29 35.07	250m:	2:50.39 35.04	350m:	3:59.90 34.32	
	100m:	1:05.22 34.34	200m:	2:15.35 35.06	300m:	3:25.58 35.19	400m:	4:32.79 32.89	
2.	WALCZAK Barbara		06	UKS G-8 Bielany Warszawa				4:35.20	614
	50m:	31.25 31.25	150m:	1:40.22 34.60	250m:	2:50.79 35.47	350m:	4:00.51 34.45	
	100m:	1:05.62 34.37	200m:	2:15.32 35.10	300m:	3:26.06 35.27	400m:	4:35.20 34.69	
3.	R P Apolonia		06	MKS Znicz Koszalin				4:42.36	568
	50m:	31.71 31.71	150m:	1:42.54 35.62	250m:	2:55.19 36.22	350m:	4:07.82 36.68	
	100m:	1:06.92 35.21	200m:	2:18.97 36.43	300m:	3:31.14 35.95	400m:	4:42.36 34.54	
4.	JANASZEK-SEYDLITZ Zofia		06	UKS „GIM 92 Ursynów”				4:43.77	560
	50m:	31.15 31.15	150m:	1:41.63 35.57	250m:	2:54.57 36.53	350m:	4:07.88 36.52	
	100m:	1:06.06 34.91	200m:	2:18.04 36.41	300m:	3:31.36 36.79	400m:	4:43.77 35.89	
5.	MAGIEREK Karolina		06	UKS GOS Raszyn				4:46.48	544
	50m:	31.74 31.74	150m:	1:44.37 36.34	250m:	2:57.37 36.51	350m:	4:10.55 36.39	
	100m:	1:08.03 36.29	200m:	2:20.86 36.49	300m:	3:34.16 36.79	400m:	4:46.48 35.93	
6.	CHMIELEWSKA Aleksandra		06	Mi dzyszkolny UKS „Olimpijczyk” Suwa				4:46.60	543
	50m:	31.92 31.92	150m:	1:43.60 36.55	250m:	2:56.86 36.44	350m:	4:10.13 36.23	
	100m:	1:07.05 35.13	200m:	2:20.42 36.82	300m:	3:33.90 37.04	400m:	4:46.60 36.47	
7.	RULEWSKA Julia		06	UKS „Ósemka” Starogard Gda ski				4:50.19	523
	50m:	32.62 32.62	150m:	1:45.74 36.84	250m:	2:59.36 36.94	350m:	4:13.57 37.22	
	100m:	1:08.90 36.28	200m:	2:22.42 36.68	300m:	3:36.35 36.99	400m:	4:50.19 36.62	
8.	SKROBISZ Urszula		06	UKS „Ósemka” Starogard Gda ski				4:53.21	507
	50m:	33.07 33.07	150m:	1:47.19 37.37	250m:	3:02.08 37.59	350m:	4:16.67 37.07	
	100m:	1:09.82 36.75	200m:	2:24.49 37.30	300m:	3:39.60 37.52	400m:	4:53.21 36.54	
9.	MAGDA Honorata		06	UKS „Lokomotywa”				4:55.87	494
	50m:	32.11 32.11	150m:	1:44.35 36.79	250m:	3:00.29 38.10	350m:	4:18.38 39.26	
	100m:	1:07.56 35.45	200m:	2:22.19 37.84	300m:	3:39.12 38.83	400m:	4:55.87 37.49	

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Pozna , 21. - 22.11.2020

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

Pozycja				Rok ur.					Czas	Pkt.		
10.	ŁADZIAK Nadia			06	MKP Szczecin				5:01.34	467		
	50m:	33.51	33.51	150m:	1:48.41	37.85	250m:	3:04.75	38.16	350m:	4:22.89	39.24
	100m:	1:10.56	37.05	200m:	2:26.59	38.18	300m:	3:43.65	38.90	400m:	5:01.34	38.45