

ARENA GRAND PRIX PUCHAR POLSKI
Pozna , 21. - 22.11.2020

Konkurencja 24
2020.11.22 - 11:30

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	PARADOWSKA Kinga		01	MUKS "Pi tnastka"				4:46.39	739
	50m: 31.05	31.05	150m: 1:43.65	37.46	250m: 2:59.27	38.94	350m: 4:14.01	34.45	
	100m: 1:06.19	35.14	200m: 2:20.33	36.68	300m: 3:39.56	40.29	400m: 4:46.39	32.38	
2.	W GRZYNOWSKA Aleksandra		01	WKS I sk Wrocław				4:50.12	710
	50m: 30.37	30.37	150m: 1:41.47	36.64	250m: 3:01.93	44.38	350m: 4:18.50	32.89	
	100m: 1:04.83	34.46	200m: 2:17.55	36.08	300m: 3:45.61	43.68	400m: 4:50.12	31.62	
3.	GEORGES Daniela		97	KU AZS UMCS Lublin				4:51.26	702
	50m: 30.79	30.79	150m: 1:44.19	37.90	250m: 3:03.54	43.14	350m: 4:20.13	32.96	
	100m: 1:06.29	35.50	200m: 2:20.40	36.21	300m: 3:47.17	43.63	400m: 4:51.26	31.13	
4.	BERNAT Laura		05	KU AZS UMCS Lublin				4:58.72	651
	50m: 32.24	32.24	150m: 1:46.24	35.79	250m: 3:06.80	44.79	350m: 4:25.94	34.93	
	100m: 1:10.45	38.21	200m: 2:22.01	35.77	300m: 3:51.01	44.21	400m: 4:58.72	32.78	
5.	POZNA SKA Justyna		05	MKS Jedyńka Łód				5:00.07	642
	50m: 31.36	31.36	150m: 1:44.83	36.38	250m: 3:04.47	43.59	350m: 4:25.71	36.48	
	100m: 1:08.45	37.09	200m: 2:20.88	36.05	300m: 3:49.23	44.76	400m: 5:00.07	34.36	
6.	BEDNARZ Julia		04	UKS „ORKA” Zamo				5:00.64	638
	50m: 33.04	33.04	150m: 1:49.79	39.18	250m: 3:09.49	40.78	350m: 4:26.97	35.66	
	100m: 1:10.61	37.57	200m: 2:28.71	38.92	300m: 3:51.31	41.82	400m: 5:00.64	33.67	
7.	MO D AN Milena		03	MKP Szczecin				5:05.28	610
	50m: 32.49	32.49	150m: 1:47.98	39.29	250m: 3:09.86	43.10	350m: 4:30.07	36.00	
	100m: 1:08.69	36.20	200m: 2:26.76	38.78	300m: 3:54.07	44.21	400m: 5:05.28	35.21	
8.	KLUSEK Aleksandra		05	UKP „Polonia Warszawa”				5:05.32	610
	50m: 32.87	32.87	150m: 1:49.76	38.79	250m: 3:10.73	41.82	350m: 4:31.26	37.42	
	100m: 1:10.97	38.10	200m: 2:28.91	39.15	300m: 3:53.84	43.11	400m: 5:05.32	34.06	
9.	MAKSYMOWICZ Nina		05	UKS G-8 Bielany Warszawa				5:06.73	601
	50m: 31.98	31.98	150m: 1:50.09	40.67	250m: 3:12.62	42.84	350m: 4:33.16	35.39	
	100m: 1:09.42	37.44	200m: 2:29.78	39.69	300m: 3:57.77	45.15	400m: 5:06.73	33.57	
10.	WOLSKA Karolina		01	MUKS "Pi tnastka"				5:07.43	597
	50m: 32.33	32.33	150m: 1:47.78	39.02	250m: 3:10.61	44.62	350m: 4:32.12	36.51	
	100m: 1:08.76	36.43	200m: 2:25.99	38.21	300m: 3:55.61	45.00	400m: 5:07.43	35.31	
11.	SZALAST Karolina		05	UKS Tri-Team Rumia				5:09.11	587
	50m: 33.58	33.58	150m: 1:50.05	38.22	250m: 3:13.49	46.21	350m: 4:35.12	35.27	
	100m: 1:11.83	38.25	200m: 2:27.28	37.23	300m: 3:59.85	46.36	400m: 5:09.11	33.99	
12.	SZARGIEJ Aleksandra		06	UKS abianka Gda sk				5:10.01	582
	50m: 32.08	32.08	150m: 1:49.67	39.66	250m: 3:15.14	47.42	350m: 4:37.02	35.35	
	100m: 1:10.01	37.93	200m: 2:27.72	38.05	300m: 4:01.67	46.53	400m: 5:10.01	32.99	
13.	SULAK Antonina		06	UKS Pi tka Konstancynów Łódzki				5:10.57	579
	50m: 33.02	33.02	150m: 1:51.84	40.78	250m: 3:15.16	43.96	350m: 4:35.54	35.99	
	100m: 1:11.06	38.04	200m: 2:31.20	39.36	300m: 3:59.55	44.39	400m: 5:10.57	35.03	
14.	SIOMA Zuzanna		04	UKS „ORKA” Zamo				5:12.69	567
	50m: 33.79	33.79	150m: 1:51.31	39.40	250m: 3:14.67	44.87	350m: 4:36.66	36.96	
	100m: 1:11.91	38.12	200m: 2:29.80	38.49	300m: 3:59.70	45.03	400m: 5:12.69	36.03	
15.	SZYSZKO Karolina		03	UKP „Polonia Warszawa”				5:16.81	546
	50m: 31.39	31.39	150m: 1:48.15	39.54	250m: 3:13.47	46.04	350m: 4:39.19	38.87	
	100m: 1:08.61	37.22	200m: 2:27.43	39.28	300m: 4:00.32	46.85	400m: 5:16.81	37.62	
16.	RUDOMINA Agnieszka		06	UKS abianka Gda sk				5:17.79	540
	50m: 34.70	34.70	150m: 1:58.29	42.27	250m: 3:23.74	44.89	350m: 4:45.03	35.27	
	100m: 1:16.02	41.32	200m: 2:38.85	40.56	300m: 4:09.76	46.02	400m: 5:17.79	32.76	
17.	TUPALSKA Oliwia		05	UKP „Polonia Warszawa”				5:18.56	537
	50m: 31.44	31.44	150m: 1:52.39	42.24	250m: 3:19.10	46.23	350m: 4:43.24	36.96	
	100m: 1:10.15	38.71	200m: 2:32.87	40.48	300m: 4:06.28	47.18	400m: 5:18.56	35.32	

ARENA GRAND PRIX PUCHAR POLSKI
Pozna , 21. - 22.11.2020

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

Pozycja			Rok ur.					Czas	Pkt.
18.	S	DŁAK Alicja	05	MUKS "Pi tnastrka"				5:19.26	533
		50m: 32.15 32.15		150m: 1:52.40 41.66		250m: 3:18.52 45.60		350m: 4:42.95 38.10	
		100m: 1:10.74 38.59		200m: 2:32.92 40.52		300m: 4:04.85 46.33		400m: 5:19.26 36.31	
19.	ZI	BA Anastazja	05	MTKP Delfin Toru				5:20.53	527
		50m: 32.22 32.22		150m: 1:53.00 42.31		250m: 3:21.20 46.35		350m: 4:44.92 36.93	
		100m: 1:10.69 38.47		200m: 2:34.85 41.85		300m: 4:07.99 46.79		400m: 5:20.53 35.61	
20.		WILANOWSKA Karina	06	UKP „Polonia Warszawa"				5:21.44	522
		50m: 33.82 33.82		150m: 1:54.58 40.10		250m: 3:21.62 47.56		350m: 4:47.26 37.62	
		100m: 1:14.48 40.66		200m: 2:34.06 39.48		300m: 4:09.64 48.02		400m: 5:21.44 34.18	
21.		DUZOWSKA Martyna	06	UKS „Lokomotywa"				5:22.07	519
		50m: 32.11 32.11		150m: 1:50.71 40.78		250m: 3:18.31 47.21		350m: 4:44.76 38.13	
		100m: 1:09.93 37.82		200m: 2:31.10 40.39		300m: 4:06.63 48.32		400m: 5:22.07 37.31	
22.		NOWAK Oliwia	04	UKS „GIM 92 Ursynów"				5:26.49	498
		50m: 34.50 34.50		150m: 1:57.59 41.15		250m: 3:25.26 44.88		350m: 4:48.90 38.37	
		100m: 1:16.44 41.94		200m: 2:40.38 42.79		300m: 4:10.53 45.27		400m: 5:26.49 37.59	
23.		SAMORAJ Oliwia	05	MKS Piaseczno				5:30.20	482
		50m: 33.51 33.51		150m: 1:57.85 42.92		250m: 3:26.43 47.48		350m: 4:53.88 38.75	
		100m: 1:14.93 41.42		200m: 2:38.95 41.10		300m: 4:15.13 48.70		400m: 5:30.20 36.32	
24.	R	P Apolonia	06	MKS Znicz Koszalin				5:35.21	460
		50m: 33.92 33.92		150m: 1:57.35 42.87		250m: 3:30.33 52.11		350m: 5:00.51 36.79	
		100m: 1:14.48 40.56		200m: 2:38.22 40.87		300m: 4:23.72 53.39		400m: 5:35.21 34.70	

17 - 18 lat

1.	MO	D AN Milena	03	MKP Szczecin				5:05.28	610
		50m: 32.49 32.49		150m: 1:47.98 39.29		250m: 3:09.86 43.10		350m: 4:30.07 36.00	
		100m: 1:08.69 36.20		200m: 2:26.76 38.78		300m: 3:54.07 44.21		400m: 5:05.28 35.21	
2.		SZYSZKO Karolina	03	UKP „Polonia Warszawa"				5:16.81	546
		50m: 31.39 31.39		150m: 1:48.15 39.54		250m: 3:13.47 46.04		350m: 4:39.19 38.87	
		100m: 1:08.61 37.22		200m: 2:27.43 39.28		300m: 4:00.32 46.85		400m: 5:16.81 37.62	

16 lat

1.		BEDNARZ Julia	04	UKS „ORKA" Zamo				5:00.64	638
		50m: 33.04 33.04		150m: 1:49.79 39.18		250m: 3:09.49 40.78		350m: 4:26.97 35.66	
		100m: 1:10.61 37.57		200m: 2:28.71 38.92		300m: 3:51.31 41.82		400m: 5:00.64 33.67	
2.		SIOMA Zuzanna	04	UKS „ORKA" Zamo				5:12.69	567
		50m: 33.79 33.79		150m: 1:51.31 39.40		250m: 3:14.67 44.87		350m: 4:36.66 36.96	
		100m: 1:11.91 38.12		200m: 2:29.80 38.49		300m: 3:59.70 45.03		400m: 5:12.69 36.03	
3.		NOWAK Oliwia	04	UKS „GIM 92 Ursynów"				5:26.49	498
		50m: 34.50 34.50		150m: 1:57.59 41.15		250m: 3:25.26 44.88		350m: 4:48.90 38.37	
		100m: 1:16.44 41.94		200m: 2:40.38 42.79		300m: 4:10.53 45.27		400m: 5:26.49 37.59	

15 lat

1.		BERNAT Laura	05	KU AZS UMCS Lublin				4:58.72	651
		50m: 32.24 32.24		150m: 1:46.24 35.79		250m: 3:06.80 44.79		350m: 4:25.94 34.93	
		100m: 1:10.45 38.21		200m: 2:22.01 35.77		300m: 3:51.01 44.21		400m: 4:58.72 32.78	
2.		POZNA SKA Justyna	05	MKS Jedyńka Łód				5:00.07	642
		50m: 31.36 31.36		150m: 1:44.83 36.38		250m: 3:04.47 43.59		350m: 4:25.71 36.48	
		100m: 1:08.45 37.09		200m: 2:20.88 36.05		300m: 3:49.23 44.76		400m: 5:00.07 34.36	
3.		KLUSEK Aleksandra	05	UKP „Polonia Warszawa"				5:05.32	610
		50m: 32.87 32.87		150m: 1:49.76 38.79		250m: 3:10.73 41.82		350m: 4:31.26 37.42	
		100m: 1:10.97 38.10		200m: 2:28.91 39.15		300m: 3:53.84 43.11		400m: 5:05.32 34.06	

ARENA GRAND PRIX PUCHAR POLSKI
Pozna , 21. - 22.11.2020

Konkurencja 24, Dziewcz t, 400m zmienny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.		
4.	MAKSYMOWICZ Nina		05	UKS G-8 Bielany Warszawa				5:06.73	601		
	50m:	31.98 31.98	150m:	1:50.09	40.67	250m:	3:12.62	42.84	350m:	4:33.16	35.39
	100m:	1:09.42 37.44	200m:	2:29.78	39.69	300m:	3:57.77	45.15	400m:	5:06.73	33.57
5.	SZALAST Karolina		05	UKS Tri-Team Rumia				5:09.11	587		
	50m:	33.58 33.58	150m:	1:50.05	38.22	250m:	3:13.49	46.21	350m:	4:35.12	35.27
	100m:	1:11.83 38.25	200m:	2:27.28	37.23	300m:	3:59.85	46.36	400m:	5:09.11	33.99
6.	TUPALSKA Oliwia		05	UKP „Polonia Warszawa”				5:18.56	537		
	50m:	31.44 31.44	150m:	1:52.39	42.24	250m:	3:19.10	46.23	350m:	4:43.24	36.96
	100m:	1:10.15 38.71	200m:	2:32.87	40.48	300m:	4:06.28	47.18	400m:	5:18.56	35.32
7.	S DŁAK Alicja		05	MUKS "Pi tnastrka"				5:19.26	533		
	50m:	32.15 32.15	150m:	1:52.40	41.66	250m:	3:18.52	45.60	350m:	4:42.95	38.10
	100m:	1:10.74 38.59	200m:	2:32.92	40.52	300m:	4:04.85	46.33	400m:	5:19.26	36.31
8.	ZI BA Anastazja		05	MTKP Delfin Toru				5:20.53	527		
	50m:	32.22 32.22	150m:	1:53.00	42.31	250m:	3:21.20	46.35	350m:	4:44.92	36.93
	100m:	1:10.69 38.47	200m:	2:34.85	41.85	300m:	4:07.99	46.79	400m:	5:20.53	35.61
9.	SAMORAJ Oliwia		05	MKS Piaseczno				5:30.20	482		
	50m:	33.51 33.51	150m:	1:57.85	42.92	250m:	3:26.43	47.48	350m:	4:53.88	38.75
	100m:	1:14.93 41.42	200m:	2:38.95	41.10	300m:	4:15.13	48.70	400m:	5:30.20	36.32

14 lat

1.	SZARGIEJ Aleksandra		06	UKS abianka Gda sk				5:10.01	582		
	50m:	32.08 32.08	150m:	1:49.67	39.66	250m:	3:15.14	47.42	350m:	4:37.02	35.35
	100m:	1:10.01 37.93	200m:	2:27.72	38.05	300m:	4:01.67	46.53	400m:	5:10.01	32.99
2.	SULAK Antonina		06	UKS Pi tka Konstantynów Łódzki				5:10.57	579		
	50m:	33.02 33.02	150m:	1:51.84	40.78	250m:	3:15.16	43.96	350m:	4:35.54	35.99
	100m:	1:11.06 38.04	200m:	2:31.20	39.36	300m:	3:59.55	44.39	400m:	5:10.57	35.03
3.	RUDOMINA Agnieszka		06	UKS abianka Gda sk				5:17.79	540		
	50m:	34.70 34.70	150m:	1:58.29	42.27	250m:	3:23.74	44.89	350m:	4:45.03	35.27
	100m:	1:16.02 41.32	200m:	2:38.85	40.56	300m:	4:09.76	46.02	400m:	5:17.79	32.76
4.	WILANOWSKA Karina		06	UKP „Polonia Warszawa”				5:21.44	522		
	50m:	33.82 33.82	150m:	1:54.58	40.10	250m:	3:21.62	47.56	350m:	4:47.26	37.62
	100m:	1:14.48 40.66	200m:	2:34.06	39.48	300m:	4:09.64	48.02	400m:	5:21.44	34.18
5.	DUZOWSKA Martyna		06	UKS „Lokomotywa”				5:22.07	519		
	50m:	32.11 32.11	150m:	1:50.71	40.78	250m:	3:18.31	47.21	350m:	4:44.76	38.13
	100m:	1:09.93 37.82	200m:	2:31.10	40.39	300m:	4:06.63	48.32	400m:	5:22.07	37.31
6.	R P Apolonia		06	MKS Znicz Koszalin				5:35.21	460		
	50m:	33.92 33.92	150m:	1:57.35	42.87	250m:	3:30.33	52.11	350m:	5:00.51	36.79
	100m:	1:14.48 40.56	200m:	2:38.22	40.87	300m:	4:23.72	53.39	400m:	5:35.21	34.70