

GRAND PRIX PUCHAR POLSKI
Pozna , 20. - 21.11.2021

Konkurencja 11
2021.11.20 - 11:06

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	POLA SKA Aleksandra		00	UKS GOS Raszyn			4:11.79	801	
	50m: 28.60	28.60	150m: 1:31.28	31.61	250m: 2:36.35	32.77	350m: 3:41.03	32.10	
	100m: 59.67	31.07	200m: 2:03.58	32.30	300m: 3:08.93	32.58	400m: 4:11.79	30.76	
2.	CZUBAK Maria		06	IKS Konstancin			4:23.55	699	
	50m: 30.09	30.09	150m: 1:36.33	33.34	250m: 2:44.04	33.97	350m: 3:51.47	33.61	
	100m: 1:02.99	32.90	200m: 2:10.07	33.74	300m: 3:17.86	33.82	400m: 4:23.55	32.08	
3.	KULIK Julia		05	UKS GOS Raszyn			4:24.45	692	
	50m: 30.50	30.50	150m: 1:38.85	34.69	250m: 2:45.64	32.80	350m: 3:51.99	33.23	
	100m: 1:04.16	33.66	200m: 2:12.84	33.99	300m: 3:18.76	33.12	400m: 4:24.45	32.46	
4.	KOSSOWSKA Julita		05	UKS 190 Łód			4:25.29	685	
	50m: 30.49	30.49	150m: 1:37.53	33.60	250m: 2:45.30	33.77	350m: 3:53.00	33.64	
	100m: 1:03.93	33.44	200m: 2:11.53	34.00	300m: 3:19.36	34.06	400m: 4:25.29	32.29	
5.	PIEKARSKA Natalia		06	UKS 190 Łód			4:26.99	672	
	50m: 31.00	31.00	150m: 1:38.68	34.25	250m: 2:46.61	33.76	350m: 3:54.32	33.47	
	100m: 1:04.43	33.43	200m: 2:12.85	34.17	300m: 3:20.85	34.24	400m: 4:26.99	32.67	
6.	ŁUCZAK Dominika		02	TP Zielona Góra			4:27.69	667	
	50m: 30.85	30.85	150m: 1:38.53	34.00	250m: 2:46.71	34.16	350m: 3:54.54	33.93	
	100m: 1:04.53	33.68	200m: 2:12.55	34.02	300m: 3:20.61	33.90	400m: 4:27.69	33.15	
7.	KOWALSKA Zuzanna		05	KU AZS UMCS Lublin			4:33.68	624	
	50m: 31.43	31.43	150m: 1:40.30	34.63	250m: 2:49.55	34.81	350m: 3:59.60	35.38	
	100m: 1:05.67	34.24	200m: 2:14.74	34.44	300m: 3:24.22	34.67	400m: 4:33.68	34.08	
8.	MAZUR Zuzanna		05	MKP „SŁOWIANKA" Gorzów Wlkp.			4:34.46	619	
	50m: 32.05	32.05	150m: 1:42.12	35.10	250m: 2:51.78	34.92	350m: 4:01.42	34.59	
	100m: 1:07.02	34.97	200m: 2:16.86	34.74	300m: 3:26.83	35.05	400m: 4:34.46	33.04	
9.	SAMORAJ Oliwia		05	MKS Piaseczno			4:34.58	618	
	50m: 31.19	31.19	150m: 1:39.59	34.72	250m: 2:50.05	34.98	350m: 4:00.68	35.32	
	100m: 1:04.87	33.68	200m: 2:15.07	35.48	300m: 3:25.36	35.31	400m: 4:34.58	33.90	
10.	BISZEWSKA Gabriela		05	Mi dzyszkolny UKS „Olimpijczyk" Suwałki			4:36.78	603	
	50m: 30.92	30.92	150m: 1:40.59	35.32	250m: 2:51.87	35.77	350m: 4:03.47	35.27	
	100m: 1:05.27	34.35	200m: 2:16.10	35.51	300m: 3:28.20	36.33	400m: 4:36.78	33.31	
11.	HUBERT Julia		06	MKP Szczecin			4:37.32	600	
	50m: 31.38	31.38	150m: 1:41.34	35.47	250m: 2:52.00	35.14	350m: 4:02.73	35.18	
	100m: 1:05.87	34.49	200m: 2:16.86	35.52	300m: 3:27.55	35.55	400m: 4:37.32	34.59	
12.	W GRZYCKA Małgorzata		07	MKS Trójka Łód			4:39.17	588	
	50m: 31.09	31.09	150m: 1:39.83	34.56	250m: 2:51.14	36.03	350m: 4:04.61	36.97	
	100m: 1:05.27	34.18	200m: 2:15.11	35.28	300m: 3:27.64	36.50	400m: 4:39.17	34.56	
13.	GULCZY SKA Natalia		07	Uks Cityzen			4:39.28	587	
	50m: 31.10	31.10	150m: 1:41.33	35.68	250m: 2:54.60	37.05	350m: 4:05.84	34.57	
	100m: 1:05.65	34.55	200m: 2:17.55	36.22	300m: 3:31.27	36.67	400m: 4:39.28	33.44	
14.	GWAJ Julia		04	Mi dzyszkolny UKS „Olimpijczyk" Suwałki			4:39.48	586	
	50m: 31.51	31.51	150m: 1:42.00	35.50	250m: 2:53.09	35.76	350m: 4:04.40	35.71	
	100m: 1:06.50	34.99	200m: 2:17.33	35.33	300m: 3:28.69	35.60	400m: 4:39.48	35.08	
15.	CHMIELEWSKA Aleksandra		06	Mi dzyszkolny UKS „Olimpijczyk" Suwałki			4:39.53	586	
	50m: 31.85	31.85	150m: 1:41.78	35.39	250m: 2:53.44	35.84	350m: 4:05.37	36.03	
	100m: 1:06.39	34.54	200m: 2:17.60	35.82	300m: 3:29.34	35.90	400m: 4:39.53	34.16	
16.	PRZYBYSZ Kinga		04	MKP Astromal-Leszno			4:40.30	581	
	50m: 31.65	31.65	150m: 1:41.57	35.38	250m: 2:52.75	35.76	350m: 4:04.61	36.06	
	100m: 1:06.19	34.54	200m: 2:16.99	35.42	300m: 3:28.55	35.80	400m: 4:40.30	35.69	
17.	WYSOCKA Amelia		07	UKP Fala Kra nik			4:41.46	574	
	50m: 31.60	31.60	150m: 1:42.32	35.54	250m: 2:53.45	35.51	350m: 4:05.94	36.12	
	100m: 1:06.78	35.18	200m: 2:17.94	35.62	300m: 3:29.82	36.37	400m: 4:41.46	35.52	

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Pozna , 20. - 21.11.2021

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

Pozycja			Rok ur.					Czas	Pkt.
18.	TUSZY	SKA Matylda	05	AZS AWF Katowice			4:45.60	549	
	50m:	32.73 32.73	150m:	1:44.55 36.13	250m:	2:56.62 35.63	350m:	4:09.59 36.43	
	100m:	1:08.42 35.69	200m:	2:20.99 36.44	300m:	3:33.16 36.54	400m:	4:45.60 36.01	
19.	JAWORSKA	Wiktoria	05	MUKS "Pi tnastka"			4:47.40	539	
	50m:	31.44 31.44	150m:	1:42.67 36.34	250m:	2:56.35 36.87	350m:	4:11.15 37.54	
	100m:	1:06.33 34.89	200m:	2:19.48 36.81	300m:	3:33.61 37.26	400m:	4:47.40 36.25	
20.	JACUK	Julia	07	MKS „Astoria” Bydgoszcz			4:48.44	533	
	50m:	32.47 32.47	150m:	1:44.66 36.51	250m:	2:59.40 37.53	350m:	4:13.19 36.53	
	100m:	1:08.15 35.68	200m:	2:21.87 37.21	300m:	3:36.66 37.26	400m:	4:48.44 35.25	
21.	KUBCZYK	Gabriela	04	Kaliski Klub Sportowy „Włókniarz” 192			4:50.24	523	
	50m:	32.82 32.82	150m:	1:45.18 36.37	250m:	2:59.50 37.36	350m:	4:14.62 37.44	
	100m:	1:08.81 35.99	200m:	2:22.14 36.96	300m:	3:37.18 37.68	400m:	4:50.24 35.62	
22.	KOZŁOWSKA	Antonina	07	MKS „Astoria” Bydgoszcz			4:50.96	519	
	50m:	33.06 33.06	150m:	1:46.19 36.97	250m:	3:00.42 37.08	350m:	4:14.97 36.98	
	100m:	1:09.22 36.16	200m:	2:23.34 37.15	300m:	3:37.99 37.57	400m:	4:50.96 35.99	
23.	PIA CI	SKA Alicja	07	UKS Swim Team Wilanów			5:01.66	466	
	50m:	33.91 33.91	150m:	1:50.65 38.45	250m:	3:07.06 38.50	350m:	4:24.27 38.77	
	100m:	1:12.20 38.29	200m:	2:28.56 37.91	300m:	3:45.50 38.44	400m:	5:01.66 37.39	
24.	WOJTOWICZ	Małgorzata	06	MTKP Delfin Toru			5:05.75	447	
	50m:	34.85 34.85	150m:	1:52.13 38.64	250m:	3:10.72 39.49	350m:	4:28.97 38.99	
	100m:	1:13.49 38.64	200m:	2:31.23 39.10	300m:	3:49.98 39.26	400m:	5:05.75 36.78	
25.	ODWA NA	Aleksandra	06	MTKP Delfin Toru			5:06.95	442	
	50m:	33.98 33.98	150m:	1:48.78 38.07	250m:	3:07.12 39.37	350m:	4:27.96 40.51	
	100m:	1:10.71 36.73	200m:	2:27.75 38.97	300m:	3:47.45 40.33	400m:	5:06.95 38.99	
26.	WOJTKOWIAK	Wiktoria	07	Kaliski Klub Sportowy „Włókniarz” 192			5:08.87	434	
	50m:	32.97 32.97	150m:	1:49.96 39.41	250m:	3:10.18 40.12	350m:	4:30.40 39.97	
	100m:	1:10.55 37.58	200m:	2:30.06 40.10	300m:	3:50.43 40.25	400m:	5:08.87 38.47	
27.	CIE LUKOWSKA	Pola	04	UKS Swim Team Wilanów			5:08.95	434	
	50m:	32.96 32.96	150m:	1:51.39 39.58	250m:	3:10.58 39.65	350m:	4:30.29 40.01	
	100m:	1:11.81 38.85	200m:	2:30.93 39.54	300m:	3:50.28 39.70	400m:	5:08.95 38.66	
28.	ŁOPACI	SKA Amelia	06	MKP „SŁOWIANKA” Gorzów Wlkp.			5:17.36	400	
	50m:	34.72 34.72	150m:	1:53.99 40.38	250m:	3:16.19 41.30	350m:	4:37.85 40.94	
	100m:	1:13.61 38.89	200m:	2:34.89 40.90	300m:	3:56.91 40.72	400m:	5:17.36 39.51	

17 - 18 lat

1.	GWAJ	Julia	04	Mi dzyszkołny UKS „Olimpijczyk” Suwa			4:39.48	586
	50m:	31.51 31.51	150m:	1:42.00 35.50	250m:	2:53.09 35.76	350m:	4:04.40 35.71
	100m:	1:06.50 34.99	200m:	2:17.33 35.33	300m:	3:28.69 35.60	400m:	4:39.48 35.08
2.	PRZYBYSZ	Kinga	04	MKP Astromal-Leszno			4:40.30	581
	50m:	31.65 31.65	150m:	1:41.57 35.38	250m:	2:52.75 35.76	350m:	4:04.61 36.06
	100m:	1:06.19 34.54	200m:	2:16.99 35.42	300m:	3:28.55 35.80	400m:	4:40.30 35.69
3.	KUBCZYK	Gabriela	04	Kaliski Klub Sportowy „Włókniarz” 192			4:50.24	523
	50m:	32.82 32.82	150m:	1:45.18 36.37	250m:	2:59.50 37.36	350m:	4:14.62 37.44
	100m:	1:08.81 35.99	200m:	2:22.14 36.96	300m:	3:37.18 37.68	400m:	4:50.24 35.62
4.	CIE LUKOWSKA	Pola	04	UKS Swim Team Wilanów			5:08.95	434
	50m:	32.96 32.96	150m:	1:51.39 39.58	250m:	3:10.58 39.65	350m:	4:30.29 40.01
	100m:	1:11.81 38.85	200m:	2:30.93 39.54	300m:	3:50.28 39.70	400m:	5:08.95 38.66

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Pozna , 20. - 21.11.2021

Konkurencja 11, Kobiet, 400m dowolny

16 lat

1.	KULIK Julia		05	UKS GOS Raszyn		4:24.45	692	
	50m: 30.50	30.50	150m: 1:38.85	34.69	250m: 2:45.64	32.80	350m: 3:51.99	33.23
	100m: 1:04.16	33.66	200m: 2:12.84	33.99	300m: 3:18.76	33.12	400m: 4:24.45	32.46
2.	KOSSOWSKA Julita		05	UKS 190 Łód		4:25.29	685	
	50m: 30.49	30.49	150m: 1:37.53	33.60	250m: 2:45.30	33.77	350m: 3:53.00	33.64
	100m: 1:03.93	33.44	200m: 2:11.53	34.00	300m: 3:19.36	34.06	400m: 4:25.29	32.29
3.	KOWALSKA Zuzanna		05	KU AZS UMCS Lublin		4:33.68	624	
	50m: 31.43	31.43	150m: 1:40.30	34.63	250m: 2:49.55	34.81	350m: 3:59.60	35.38
	100m: 1:05.67	34.24	200m: 2:14.74	34.44	300m: 3:24.22	34.67	400m: 4:33.68	34.08
4.	MAZUR Zuzanna		05	MKP „SŁOWIANKA" Gorzów Wlkp.		4:34.46	619	
	50m: 32.05	32.05	150m: 1:42.12	35.10	250m: 2:51.78	34.92	350m: 4:01.42	34.59
	100m: 1:07.02	34.97	200m: 2:16.86	34.74	300m: 3:26.83	35.05	400m: 4:34.46	33.04
5.	SAMORAJ Oliwia		05	MKS Piaseczno		4:34.58	618	
	50m: 31.19	31.19	150m: 1:39.59	34.72	250m: 2:50.05	34.98	350m: 4:00.68	35.32
	100m: 1:04.87	33.68	200m: 2:15.07	35.48	300m: 3:25.36	35.31	400m: 4:34.58	33.90
6.	BISZEWSKA Gabriela		05	Mi dzyszkolny UKS „Olimpijczyk" Suwałki		4:36.78	603	
	50m: 30.92	30.92	150m: 1:40.59	35.32	250m: 2:51.87	35.77	350m: 4:03.47	35.27
	100m: 1:05.27	34.35	200m: 2:16.10	35.51	300m: 3:28.20	36.33	400m: 4:36.78	33.31
7.	TUSZY SKA Matylda		05	AZS AWF Katowice		4:45.60	549	
	50m: 32.73	32.73	150m: 1:44.55	36.13	250m: 2:56.62	35.63	350m: 4:09.59	36.43
	100m: 1:08.42	35.69	200m: 2:20.99	36.44	300m: 3:33.16	36.54	400m: 4:45.60	36.01
8.	JAWORSKA Wiktoria		05	MUKS "Pi tnastrka"		4:47.40	539	
	50m: 31.44	31.44	150m: 1:42.67	36.34	250m: 2:56.35	36.87	350m: 4:11.15	37.54
	100m: 1:06.33	34.89	200m: 2:19.48	36.81	300m: 3:33.61	37.26	400m: 4:47.40	36.25

15 lat

1.	CZUBAK Maria		06	IKS Konstancin		4:23.55	699	
	50m: 30.09	30.09	150m: 1:36.33	33.34	250m: 2:44.04	33.97	350m: 3:51.47	33.61
	100m: 1:02.99	32.90	200m: 2:10.07	33.74	300m: 3:17.86	33.82	400m: 4:23.55	32.08
2.	PIEKARSKA Natalia		06	UKS 190 Łód		4:26.99	672	
	50m: 31.00	31.00	150m: 1:38.68	34.25	250m: 2:46.61	33.76	350m: 3:54.32	33.47
	100m: 1:04.43	33.43	200m: 2:12.85	34.17	300m: 3:20.85	34.24	400m: 4:26.99	32.67
3.	HUBERT Julia		06	MKP Szczecin		4:37.32	600	
	50m: 31.38	31.38	150m: 1:41.34	35.47	250m: 2:52.00	35.14	350m: 4:02.73	35.18
	100m: 1:05.87	34.49	200m: 2:16.86	35.52	300m: 3:27.55	35.55	400m: 4:37.32	34.59
4.	CHMIELEWSKA Aleksandra		06	Mi dzyszkolny UKS „Olimpijczyk" Suwałki		4:39.53	586	
	50m: 31.85	31.85	150m: 1:41.78	35.39	250m: 2:53.44	35.84	350m: 4:05.37	36.03
	100m: 1:06.39	34.54	200m: 2:17.60	35.82	300m: 3:29.34	35.90	400m: 4:39.53	34.16
5.	WOJTOWICZ Małgorzata		06	MTKP Delfin Toru		5:05.75	447	
	50m: 34.85	34.85	150m: 1:52.13	38.64	250m: 3:10.72	39.49	350m: 4:28.97	38.99
	100m: 1:13.49	38.64	200m: 2:31.23	39.10	300m: 3:49.98	39.26	400m: 5:05.75	36.78
6.	ODWA NA Aleksandra		06	MTKP Delfin Toru		5:06.95	442	
	50m: 33.98	33.98	150m: 1:48.78	38.07	250m: 3:07.12	39.37	350m: 4:27.96	40.51
	100m: 1:10.71	36.73	200m: 2:27.75	38.97	300m: 3:47.45	40.33	400m: 5:06.95	38.99
7.	ŁOPACI SKA Amelia		06	MKP „SŁOWIANKA" Gorzów Wlkp.		5:17.36	400	
	50m: 34.72	34.72	150m: 1:53.99	40.38	250m: 3:16.19	41.30	350m: 4:37.85	40.94
	100m: 1:13.61	38.89	200m: 2:34.89	40.90	300m: 3:56.91	40.72	400m: 5:17.36	39.51

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Konkurencja 11, Kobiet, 400m dowolny

14 lat

1.	W GRZYCKA Małgorzata	07	MKS Trójka Łód	4:39.17	588
	50m: 31.09 31.09	150m: 1:39.83	34.56 250m: 2:51.14	36.03 350m: 4:04.61	36.97
	100m: 1:05.27 34.18	200m: 2:15.11	35.28 300m: 3:27.64	36.50 400m: 4:39.17	34.56
2.	GULCZY SKA Natalia	07	Uks Cityzen	4:39.28	587
	50m: 31.10 31.10	150m: 1:41.33	35.68 250m: 2:54.60	37.05 350m: 4:05.84	34.57
	100m: 1:05.65 34.55	200m: 2:17.55	36.22 300m: 3:31.27	36.67 400m: 4:39.28	33.44
3.	WYSOCKA Amelia	07	UKP Fala Kra nik	4:41.46	574
	50m: 31.60 31.60	150m: 1:42.32	35.54 250m: 2:53.45	35.51 350m: 4:05.94	36.12
	100m: 1:06.78 35.18	200m: 2:17.94	35.62 300m: 3:29.82	36.37 400m: 4:41.46	35.52
4.	JACUK Julia	07	MKS „Astoria” Bydgoszcz	4:48.44	533
	50m: 32.47 32.47	150m: 1:44.66	36.51 250m: 2:59.40	37.53 350m: 4:13.19	36.53
	100m: 1:08.15 35.68	200m: 2:21.87	37.21 300m: 3:36.66	37.26 400m: 4:48.44	35.25
5.	KOZŁOWSKA Antonina	07	MKS „Astoria” Bydgoszcz	4:50.96	519
	50m: 33.06 33.06	150m: 1:46.19	36.97 250m: 3:00.42	37.08 350m: 4:14.97	36.98
	100m: 1:09.22 36.16	200m: 2:23.34	37.15 300m: 3:37.99	37.57 400m: 4:50.96	35.99
6.	PIA CI SKA Alicja	07	UKS Swim Team Wilanów	5:01.66	466
	50m: 33.91 33.91	150m: 1:50.65	38.45 250m: 3:07.06	38.50 350m: 4:24.27	38.77
	100m: 1:12.20 38.29	200m: 2:28.56	37.91 300m: 3:45.50	38.44 400m: 5:01.66	37.39
7.	WOJTKOWIAK Wiktoria	07	Kaliski Klub Sportowy „Włókniarz” 192	5:08.87	434
	50m: 32.97 32.97	150m: 1:49.96	39.41 250m: 3:10.18	40.12 350m: 4:30.40	39.97
	100m: 1:10.55 37.58	200m: 2:30.06	40.10 300m: 3:50.43	40.25 400m: 5:08.87	38.47