

Arena Grand Prix Puchar Polski
Poznań, 12. - 13.11.2022

Konkurencja 1 Kobiet, 400m zmienny 14 lat i starsi
2022.11.12 - 11:24 Wyniki

Rekord Polski 4:31.89 BARANOWSKA Katarzyna POL Debrecen (HUN) 2007.12.16

Min. indywidualne na M (25m) Melbourne 2022 Open: 4:32.68

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	FAMULOK Zuzanna		03	AZS AWF Katowice				4:43.11	765
	50m:	30.01 30.01	150m:	1:41.86 37.36	250m:	2:57.44 39.69	350m:	4:11.07 33.60	
	100m:	1:04.50 34.49	200m:	2:17.75 35.89	300m:	3:37.47 40.03	400m:	4:43.11 32.04	
2.	KNOP Aleksandra		03	UKS 190 Łódź				4:47.68	729
	50m:	30.62 30.62	150m:	1:42.15 36.91	250m:	2:59.47 41.93	350m:	4:15.55 32.64	
	100m:	1:05.24 34.62	200m:	2:17.54 35.39	300m:	3:42.91 43.44	400m:	4:47.68 32.13	
3.	GU Wiktoria		04	MKP Szczecin				4:47.79	728
	50m:	31.59 31.59	150m:	1:45.24 37.74	250m:	3:03.41 41.11	350m:	4:16.98 32.32	
	100m:	1:07.50 35.91	200m:	2:22.30 37.06	300m:	3:44.66 41.25	400m:	4:47.79 30.81	
4.	PIEKARSKA Natalia		06	UKS 190 Łódź				4:51.87	698
	50m:	31.79 31.79	150m:	1:44.86 37.74	250m:	3:03.75 42.47	350m:	4:18.98 33.56	
	100m:	1:07.12 35.33	200m:	2:21.28 36.42	300m:	3:45.42 41.67	400m:	4:51.87 32.89	
5.	KRÓL Gabriela		06	KS „Wisła” Puławy				4:52.14	696
	50m:	30.56 30.56	150m:	1:42.81 36.81	250m:	3:00.86 42.00	350m:	4:18.12 34.94	
	100m:	1:06.00 35.44	200m:	2:18.86 36.05	300m:	3:43.18 42.32	400m:	4:52.14 34.02	
6.	PRZYBYLSKA Oliwia		07	KU AZS UMCS Lublin				4:55.99	669
	50m:		150m:	1:47.12 38.41	250m:	3:05.10 41.03	350m:	4:21.68 35.04	
	100m:	1:08.71	200m:	2:24.07 36.95	300m:	3:46.64 41.54	400m:	4:55.99 34.31	
7.	JAROSZ Helena		06	UKP Unia O wi cim				4:57.29	660
	50m:	31.56 31.56	150m:	1:46.43 38.72	250m:	3:04.58 40.23	350m:	4:22.13 35.98	
	100m:	1:07.71 36.15	200m:	2:24.35 37.92	300m:	3:46.15 41.57	400m:	4:57.29 35.16	
8.	LECHOWSKA Magdalena		06	WKS I sk				4:57.52	659
	50m:	32.35 32.35	150m:	1:47.44 38.07	250m:	3:06.66 42.02	350m:	4:24.39 35.00	
	100m:	1:09.37 37.02	200m:	2:24.64 37.20	300m:	3:49.39 42.73	400m:	4:57.52 33.13	
9.	SŁABOSZ Emilia		05	SMS O wi cim				4:59.15	648
	50m:	32.23 32.23	150m:	1:47.91 38.75	250m:	3:08.88 43.14	350m:	4:26.87 34.14	
	100m:	1:09.16 36.93	200m:	2:25.74 37.83	300m:	3:52.73 43.85	400m:	4:59.15 32.28	
10.	GLI SKA Oliwia		07	TP Zielona Góra				4:59.27	647
	50m:	32.67 32.67	150m:	1:47.10 36.94	250m:	3:06.01 42.56	350m:	4:24.88 35.06	
	100m:	1:10.16 37.49	200m:	2:23.45 36.35	300m:	3:49.82 43.81	400m:	4:59.27 34.39	
11.	TARASIEWICZ Klaudia		04	MKP Szczecin				5:00.48	639
	50m:	32.04 32.04	150m:	1:45.56 37.93	250m:	3:08.10 44.87	350m:	4:27.67 34.31	
	100m:	1:07.63 35.59	200m:	2:23.23 37.67	300m:	3:53.36 45.26	400m:	5:00.48 32.81	
12.	VOJTALOVÁ Andrea		03	KPS Ostrava				5:01.70	632
	50m:	32.49 32.49	150m:	1:47.56 38.31	250m:	3:08.35 43.63	350m:	4:27.97 35.06	
	100m:	1:09.25 36.76	200m:	2:24.72 37.16	300m:	3:52.91 44.56	400m:	5:01.70 33.73	
13.	MACIAK Julia		06	IUKS „Muszelka” Warszawa				5:02.93	624
	50m:	31.77 31.77	150m:	1:46.70 37.67	250m:	3:11.64 48.40	350m:	4:30.93 33.15	
	100m:	1:09.03 37.26	200m:	2:23.24 36.54	300m:	3:57.78 46.14	400m:	5:02.93 32.00	
14.	JUDA Aleksandra		06	UKP Unia O wi cim				5:03.41	621
	50m:	32.11 32.11	150m:	1:47.94 39.34	250m:	3:09.69 43.35	350m:	4:28.68 35.42	
	100m:	1:08.60 36.49	200m:	2:26.34 38.40	300m:	3:53.26 43.57	400m:	5:03.41 34.73	
15.	RAKOWSKA Marta		06	DOKiS SP Vega Dobrodzie				5:03.49	621
	50m:	32.63 32.63	150m:	1:49.59 39.46	250m:	3:10.86 43.47	350m:	4:29.79 35.62	
	100m:	1:10.13 37.50	200m:	2:27.39 37.80	300m:	3:54.17 43.31	400m:	5:03.49 33.70	
16.	S DŁAK Alicja		05	MKS Jedyńka Łódź				5:03.65	620
	50m:	32.23 32.23	150m:	1:48.43 38.44	250m:	3:08.80 41.60	350m:	4:28.73 36.43	
	100m:	1:09.99 37.76	200m:	2:27.20 38.77	300m:	3:52.30 43.50	400m:	5:03.65 34.92	

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Konkurencja 1, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.			
17.	POPPE Marta		07	KU AZS UMCS Lublin				5:05.13	611			
	50m:	32.92 32.92	150m:	1:50.08	39.85	250m:	3:12.44	43.46	350m:	4:32.15	34.47	
	100m:	1:10.23	37.31	200m:	2:28.98	38.90	300m:	3:57.68	45.24	400m:	5:05.13	32.98
18.	ZI BA Anastazja		05	MUKS "Pi tnastka"				5:06.51	602			
	50m:	32.27 32.27	150m:	1:48.66	39.80	250m:	3:10.99	42.73	350m:	4:31.86	37.04	
	100m:	1:08.86	36.59	200m:	2:28.26	39.60	300m:	3:54.82	43.83	400m:	5:06.51	34.65
19.	WO NICA Milena		04	UKS abianka Gda sk				5:08.34	592			
	50m:	35.06 35.06	150m:	1:55.87	40.34	250m:	3:16.49	41.59	350m:	4:34.03	34.90	
	100m:	1:15.53	40.47	200m:	2:34.90	39.03	300m:	3:59.13	42.64	400m:	5:08.34	34.31
20.	PLAGA Olga		07	TP Skalar Słupsk				5:09.42	586			
	50m:	32.94 32.94	150m:	1:50.33	39.51	250m:	3:11.82	42.91	350m:	4:33.20	37.42	
	100m:	1:10.82	37.88	200m:	2:28.91	38.58	300m:	3:55.78	43.96	400m:	5:09.42	36.22
21.	ADAMCZYK Karolina		06	Mokotowski UKP Warszawianka- Wodny				5:13.50	563			
	50m:	31.48 31.48	150m:	1:48.93	39.17	250m:	3:13.27	45.38	350m:	4:37.05	37.24	
	100m:	1:09.76	38.28	200m:	2:27.89	38.96	300m:	3:59.81	46.54	400m:	5:13.50	36.45
22.	PITY SKA Klara		06	WKS l sk				5:15.56	552			
	50m:	32.87 32.87	150m:	1:51.12	39.70	250m:	3:15.86	45.08	350m:	4:38.69	36.94	
	100m:	1:11.42	38.55	200m:	2:30.78	39.66	300m:	4:01.75	45.89	400m:	5:15.56	36.87
23.	BRANDYSKA Aneta		07	Sport Club Pardubice				5:16.13	549			
	50m:	32.42 32.42	150m:	1:52.46	39.45	250m:	3:15.75	42.85	350m:	4:38.87	38.53	
	100m:	1:13.01	40.59	200m:	2:32.90	40.44	300m:	4:00.34	44.59	400m:	5:16.13	37.26
24.	WIDERSKA Joanna		05	UKS Nawa Skierniewice				5:18.40	537			
	50m:	32.76 32.76	150m:	1:52.32	41.53	250m:	3:18.34	45.54	350m:	4:42.01	36.96	
	100m:	1:10.79	38.03	200m:	2:32.80	40.48	300m:	4:05.05	46.71	400m:	5:18.40	36.39
25.	KARLI SKA Paula		05	MKP Szczecin				5:18.51	537			
	50m:	31.78 31.78	150m:	1:48.16	38.38	250m:	3:13.24	48.04	350m:	4:41.57	38.73	
	100m:	1:09.78	38.00	200m:	2:25.20	37.04	300m:	4:02.84	49.60	400m:	5:18.51	36.94
26.	BUKOWSKA Olga		05	MKP Szczecin				5:18.59	536			
	50m:	33.20 33.20	150m:	1:56.62	42.52	250m:	3:22.89	45.31	350m:	4:44.25	35.85	
	100m:	1:14.10	40.90	200m:	2:37.58	40.96	300m:	4:08.40	45.51	400m:	5:18.59	34.34
27.	MIKUŁA Natalia		06	UKS 190 Łód				5:19.49	532			
	50m:	34.43 34.43	150m:	1:55.53	41.15	250m:	3:18.23	43.26	350m:	4:42.59	38.92	
	100m:	1:14.38	39.95	200m:	2:34.97	39.44	300m:	4:03.67	45.44	400m:	5:19.49	36.90
28.	TARASZKIEWICZ Zofia		07	Mokotowski UKP Warszawianka- Wodny				5:21.17	524			
	50m:	33.13 33.13	150m:	1:54.57	42.36	250m:	3:20.41	44.96	350m:	4:44.38	38.16	
	100m:	1:12.21	39.08	200m:	2:35.45	40.88	300m:	4:06.22	45.81	400m:	5:21.17	36.79
29.	SOBIECKA Małgorzata		06	UKP „Polonia Warszawa"				5:22.40	518			
	50m:	33.21 33.21	150m:	1:57.28	44.32	250m:	3:24.66	46.72	350m:	4:46.59	36.95	
	100m:	1:12.96	39.75	200m:	2:37.94	40.66	300m:	4:09.64	44.98	400m:	5:22.40	35.81
30.	KLIMIUK Zuzanna		05	MKP „SŁOWIANKA" Gorzów Wlkp.				5:23.47	512			
	50m:	36.55 36.55	150m:	2:00.37	41.60	250m:	3:26.11	45.00	350m:	4:48.95	37.44	
	100m:	1:18.77	42.22	200m:	2:41.11	40.74	300m:	4:11.51	45.40	400m:	5:23.47	34.52
31.	ŁOBODA Maria		08	Uks Cityzen				5:25.22	504			
	50m:	32.61 32.61	150m:	1:52.88	41.06	250m:	3:20.94	47.71	350m:	4:47.57	39.22	
	100m:	1:11.82	39.21	200m:	2:33.23	40.35	300m:	4:08.35	47.41	400m:	5:25.22	37.65
32.	BERNACKA Wiktoria		08	MKP „SŁOWIANKA" Gorzów Wlkp.				5:26.82	497			
	50m:	34.54 34.54	150m:	1:56.05	41.38	250m:	3:25.41	48.20	350m:	4:50.54	37.70	
	100m:	1:14.67	40.13	200m:	2:37.21	41.16	300m:	4:12.84	47.43	400m:	5:26.82	36.28
33.	SOLI SKA Patrycja		06	UKP „Polonia Warszawa"				5:35.51	459			
	50m:	33.53 33.53	150m:	1:54.99	40.88	250m:	3:24.46	49.29	350m:	4:56.28	41.09	
	100m:	1:14.11	40.58	200m:	2:35.17	40.18	300m:	4:15.19	50.73	400m:	5:35.51	39.23
34.	KOZIEJSKA Zuzanna		08	MKP „SŁOWIANKA" Gorzów Wlkp.				5:39.30	444			
	50m:	35.22 35.22	150m:	1:58.68	41.29	250m:	3:28.97	49.62	350m:	5:00.41	40.74	
	100m:	1:17.39	42.17	200m:	2:39.35	40.67	300m:	4:19.67	50.70	400m:	5:39.30	38.89

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Konkurencja 1, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
35.	ALEKSANDROWICZ Hanna		06	MKP Szczecin				5:42.72	431
	50m:	34.82 34.82	150m:	1:58.56 43.19	250m:	3:31.43 50.14	350m:	5:05.06 41.79	
	100m:	1:15.37 40.55	200m:	2:41.29 42.73	300m:	4:23.27 51.84	400m:	5:42.72 37.66	

17 - 18 lat

1.	GU	Wiktorja	04	MKP Szczecin				4:47.79	728
	50m:	31.59 31.59	150m:	1:45.24 37.74	250m:	3:03.41 41.11	350m:	4:16.98 32.32	
	100m:	1:07.50 35.91	200m:	2:22.30 37.06	300m:	3:44.66 41.25	400m:	4:47.79 30.81	
2.	SŁABOSZ	Emilia	05	SMS O wi cim				4:59.15	648
	50m:	32.23 32.23	150m:	1:47.91 38.75	250m:	3:08.88 43.14	350m:	4:26.87 34.14	
	100m:	1:09.16 36.93	200m:	2:25.74 37.83	300m:	3:52.73 43.85	400m:	4:59.15 32.28	
3.	TARASIEWICZ	Klaudia	04	MKP Szczecin				5:00.48	639
	50m:	32.04 32.04	150m:	1:45.56 37.93	250m:	3:08.10 44.87	350m:	4:27.67 34.31	
	100m:	1:07.63 35.59	200m:	2:23.23 37.67	300m:	3:53.36 45.26	400m:	5:00.48 32.81	
4.	S DŁAK	Alicja	05	MKS Jedyńka Łódź				5:03.65	620
	50m:	32.23 32.23	150m:	1:48.43 38.44	250m:	3:08.80 41.60	350m:	4:28.73 36.43	
	100m:	1:09.99 37.76	200m:	2:27.20 38.77	300m:	3:52.30 43.50	400m:	5:03.65 34.92	
5.	ZI BA	Anastazja	05	MUKS "Pi tnatka"				5:06.51	602
	50m:	32.27 32.27	150m:	1:48.66 39.80	250m:	3:10.99 42.73	350m:	4:31.86 37.04	
	100m:	1:08.86 36.59	200m:	2:28.26 39.60	300m:	3:54.82 43.83	400m:	5:06.51 34.65	
6.	WO NICA	Milena	04	UKS abianka Gdańsk				5:08.34	592
	50m:	35.06 35.06	150m:	1:55.87 40.34	250m:	3:16.49 41.59	350m:	4:34.03 34.90	
	100m:	1:15.53 40.47	200m:	2:34.90 39.03	300m:	3:59.13 42.64	400m:	5:08.34 34.31	
7.	WIDERSKA	Joanna	05	UKS Nawa Skierniewice				5:18.40	537
	50m:	32.76 32.76	150m:	1:52.32 41.53	250m:	3:18.34 45.54	350m:	4:42.01 36.96	
	100m:	1:10.79 38.03	200m:	2:32.80 40.48	300m:	4:05.05 46.71	400m:	5:18.40 36.39	
8.	KARLI SKA	Paula	05	MKP Szczecin				5:18.51	537
	50m:	31.78 31.78	150m:	1:48.16 38.38	250m:	3:13.24 48.04	350m:	4:41.57 38.73	
	100m:	1:09.78 38.00	200m:	2:25.20 37.04	300m:	4:02.84 49.60	400m:	5:18.51 36.94	
9.	BUKOWSKA	Olga	05	MKP Szczecin				5:18.59	536
	50m:	33.20 33.20	150m:	1:56.62 42.52	250m:	3:22.89 45.31	350m:	4:44.25 35.85	
	100m:	1:14.10 40.90	200m:	2:37.58 40.96	300m:	4:08.40 45.51	400m:	5:18.59 34.34	
10.	KLIMIUK	Zuzanna	05	MKP „SŁOWIANKA” Gorzów Wlkp.				5:23.47	512
	50m:	36.55 36.55	150m:	2:00.37 41.60	250m:	3:26.11 45.00	350m:	4:48.95 37.44	
	100m:	1:18.77 42.22	200m:	2:41.11 40.74	300m:	4:11.51 45.40	400m:	5:23.47 34.52	

16 lat

1.	PIEKARSKA	Natalia	06	UKS 190 Łódź				4:51.87	698
	50m:	31.79 31.79	150m:	1:44.86 37.74	250m:	3:03.75 42.47	350m:	4:18.98 33.56	
	100m:	1:07.12 35.33	200m:	2:21.28 36.42	300m:	3:45.42 41.67	400m:	4:51.87 32.89	
2.	KRÓL	Gabriela	06	KS „Wisła” Puławy				4:52.14	696
	50m:	30.56 30.56	150m:	1:42.81 36.81	250m:	3:00.86 42.00	350m:	4:18.12 34.94	
	100m:	1:06.00 35.44	200m:	2:18.86 36.05	300m:	3:43.18 42.32	400m:	4:52.14 34.02	
3.	JAROSZ	Helena	06	UKP Unia O wi cim				4:57.29	660
	50m:	31.56 31.56	150m:	1:46.43 38.72	250m:	3:04.58 40.23	350m:	4:22.13 35.98	
	100m:	1:07.71 36.15	200m:	2:24.35 37.92	300m:	3:46.15 41.57	400m:	4:57.29 35.16	
4.	LECHOWSKA	Magdalena	06	WKS I sk				4:57.52	659
	50m:	32.35 32.35	150m:	1:47.44 38.07	250m:	3:06.66 42.02	350m:	4:24.39 35.00	
	100m:	1:09.37 37.02	200m:	2:24.64 37.20	300m:	3:49.39 42.73	400m:	4:57.52 33.13	
5.	MACIAK	Julia	06	IUKS „Muszelka” Warszawa				5:02.93	624
	50m:	31.77 31.77	150m:	1:46.70 37.67	250m:	3:11.64 48.40	350m:	4:30.93 33.15	
	100m:	1:09.03 37.26	200m:	2:23.24 36.54	300m:	3:57.78 46.14	400m:	5:02.93 32.00	

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Konkurencja 1, Dziewcz. t., 400m zmienny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
6.	JUDA Aleksandra		06	UKP Unia Owi cim			5:03.41	621	
	50m: 32.11	32.11	150m: 1:47.94	39.34	250m: 3:09.69	43.35	350m: 4:28.68	35.42	
	100m: 1:08.60	36.49	200m: 2:26.34	38.40	300m: 3:53.26	43.57	400m: 5:03.41	34.73	
7.	RAKOWSKA Marta		06	DOKiS SP Vega Dobrodzie			5:03.49	621	
	50m: 32.63	32.63	150m: 1:49.59	39.46	250m: 3:10.86	43.47	350m: 4:29.79	35.62	
	100m: 1:10.13	37.50	200m: 2:27.39	37.80	300m: 3:54.17	43.31	400m: 5:03.49	33.70	
8.	ADAMCZYK Karolina		06	Mokotowski UKP Warszawianka- Wodny			5:13.50	563	
	50m: 31.48	31.48	150m: 1:48.93	39.17	250m: 3:13.27	45.38	350m: 4:37.05	37.24	
	100m: 1:09.76	38.28	200m: 2:27.89	38.96	300m: 3:59.81	46.54	400m: 5:13.50	36.45	
9.	PITY SKA Klara		06	WKS I sk			5:15.56	552	
	50m: 32.87	32.87	150m: 1:51.12	39.70	250m: 3:15.86	45.08	350m: 4:38.69	36.94	
	100m: 1:11.42	38.55	200m: 2:30.78	39.66	300m: 4:01.75	45.89	400m: 5:15.56	36.87	
10.	MIKUŁA Natalia		06	UKS 190 Łódź			5:19.49	532	
	50m: 34.43	34.43	150m: 1:55.53	41.15	250m: 3:18.23	43.26	350m: 4:42.59	38.92	
	100m: 1:14.38	39.95	200m: 2:34.97	39.44	300m: 4:03.67	45.44	400m: 5:19.49	36.90	
11.	SOBIECKA Małgorzata		06	UKP „Polonia Warszawa”			5:22.40	518	
	50m: 33.21	33.21	150m: 1:57.28	44.32	250m: 3:24.66	46.72	350m: 4:46.59	36.95	
	100m: 1:12.96	39.75	200m: 2:37.94	40.66	300m: 4:09.64	44.98	400m: 5:22.40	35.81	
12.	SOLI SKA Patrycja		06	UKP „Polonia Warszawa”			5:35.51	459	
	50m: 33.53	33.53	150m: 1:54.99	40.88	250m: 3:24.46	49.29	350m: 4:56.28	41.09	
	100m: 1:14.11	40.58	200m: 2:35.17	40.18	300m: 4:15.19	50.73	400m: 5:35.51	39.23	
13.	ALEKSANDROWICZ Hanna		06	MKP Szczecin			5:42.72	431	
	50m: 34.82	34.82	150m: 1:58.56	43.19	250m: 3:31.43	50.14	350m: 5:05.06	41.79	
	100m: 1:15.37	40.55	200m: 2:41.29	42.73	300m: 4:23.27	51.84	400m: 5:42.72	37.66	

15 lat

1.	PRZYBYLSKA Oliwia		07	KU AZS UMCS Lublin			4:55.99	669
	50m:		150m: 1:47.12	38.41	250m: 3:05.10	41.03	350m: 4:21.68	35.04
	100m: 1:08.71		200m: 2:24.07	36.95	300m: 3:46.64	41.54	400m: 4:55.99	34.31
2.	GLI SKA Oliwia		07	TP Zielona Góra			4:59.27	647
	50m: 32.67	32.67	150m: 1:47.10	36.94	250m: 3:06.01	42.56	350m: 4:24.88	35.06
	100m: 1:10.16	37.49	200m: 2:23.45	36.35	300m: 3:49.82	43.81	400m: 4:59.27	34.39
3.	POPPE Marta		07	KU AZS UMCS Lublin			5:05.13	611
	50m: 32.92	32.92	150m: 1:50.08	39.85	250m: 3:12.44	43.46	350m: 4:32.15	34.47
	100m: 1:10.23	37.31	200m: 2:28.98	38.90	300m: 3:57.68	45.24	400m: 5:05.13	32.98
4.	PLAGA Olga		07	TP Skalar Słupsk			5:09.42	586
	50m: 32.94	32.94	150m: 1:50.33	39.51	250m: 3:11.82	42.91	350m: 4:33.20	37.42
	100m: 1:10.82	37.88	200m: 2:28.91	38.58	300m: 3:55.78	43.96	400m: 5:09.42	36.22
5.	BRANDYSKA Aneta		07	Sport Club Pardubice			5:16.13	549
	50m: 32.42	32.42	150m: 1:52.46	39.45	250m: 3:15.75	42.85	350m: 4:38.87	38.53
	100m: 1:13.01	40.59	200m: 2:32.90	40.44	300m: 4:00.34	44.59	400m: 5:16.13	37.26
6.	TARASZKIEWICZ Zofia		07	Mokotowski UKP Warszawianka- Wodny			5:21.17	524
	50m: 33.13	33.13	150m: 1:54.57	42.36	250m: 3:20.41	44.96	350m: 4:44.38	38.16
	100m: 1:12.21	39.08	200m: 2:35.45	40.88	300m: 4:06.22	45.81	400m: 5:21.17	36.79

14 lat

1.	ŁOBODA Maria		08	Uks Cityzen			5:25.22	504
	50m: 32.61	32.61	150m: 1:52.88	41.06	250m: 3:20.94	47.71	350m: 4:47.57	39.22
	100m: 1:11.82	39.21	200m: 2:33.23	40.35	300m: 4:08.35	47.41	400m: 5:25.22	37.65
2.	BERNACKA Wiktoria		08	MKP „SŁOWIANKA” Gorzów Wlkp.			5:26.82	497
	50m: 34.54	34.54	150m: 1:56.05	41.38	250m: 3:25.41	48.20	350m: 4:50.54	37.70
	100m: 1:14.67	40.13	200m: 2:37.21	41.16	300m: 4:12.84	47.43	400m: 5:26.82	36.28

Arena Grand Prix Puchar Polski
Poznań, 12. - 13.11.2022

Konkurencja 1, Dziewcz. t., 400m zmienny, 14 lat

Pozycja	Rok ur.								Czas	Pkt.		
3.	KOZIEJSKA Zuzanna			08	MKP „SŁOWIANKA” Gorzów Wlkp.				5:39.30	444		
	50m:	35.22	35.22	150m:	1:58.68	41.29	250m:	3:28.97	49.62	350m:	5:00.41	40.74
	100m:	1:17.39	42.17	200m:	2:39.35	40.67	300m:	4:19.67	50.70	400m:	5:39.30	38.89