

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 18. - 19.3.2017

Konkurencja 31
19.03.2017 - 11:41

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	BURSKA, Justyna		95	AZS UWM Olsztyn			4:18.64	782	
	50m: 31.61	31.61	150m: 1:37.68	32.96	250m: 2:42.79	32.23	350m: 3:47.30	32.31	
	100m: 1:04.72	33.11	200m: 2:10.56	32.88	300m: 3:14.99	32.20	400m: 4:18.64	31.34	
2.	JANKOWSKA, Klaudia		98	UKS Gim 92 Ursyn łw W-wa			4:22.43	749	
	50m: 30.62	30.62	150m: 1:37.69	33.30	250m: 2:43.90	33.01	350m: 3:50.24	33.36	
	100m: 1:04.39	33.77	200m: 2:10.89	33.20	300m: 3:16.88	32.98	400m: 4:22.43	32.19	
3.	PAULINA, Piechota		99	UKS 190 Łód			4:24.20	734	
	50m: 31.32	31.32	150m: 1:38.04	33.08	250m: 2:43.93	32.86	350m: 3:51.13	33.52	
	100m: 1:04.96	33.64	200m: 2:11.07	33.03	300m: 3:17.61	33.68	400m: 4:24.20	33.07	
4.	KNOP, Aleksandra		03	UKS 190 Łód			4:28.05	703	
	50m: 31.01	31.01	150m: 1:38.40	33.87	250m: 2:46.18	34.01	350m: 3:54.92	34.28	
	100m: 1:04.53	33.52	200m: 2:12.17	33.77	300m: 3:20.64	34.46	400m: 4:28.05	33.13	
5.	JANISZEWSKA, Dominika		99	Azs Awf Warszawa			4:31.83	674	
	50m: 31.89	31.89	150m: 1:38.07	32.93	250m: 2:46.30	34.71	350m: 3:56.08	34.00	
	100m: 1:05.14	33.25	200m: 2:11.59	33.52	300m: 3:22.08	35.78	400m: 4:31.83	35.75	
6.	WOJCIECHOWSKA, Joanna SL		98	Lubelski Uczniowski Klub Sport			4:33.79	659	
	50m: 32.20	32.20	150m: 1:40.68	34.33	250m: 2:50.17	34.78	350m: 4:00.01	34.85	
	100m: 1:06.35	34.15	200m: 2:15.39	34.71	300m: 3:25.16	34.99	400m: 4:33.79	33.78	
7.	W CŁAWIAK, Irena		98	UKS Gim 92 Ursyn łw W-wa			4:35.41	648	
	50m: 32.53	32.53	150m: 1:42.43	34.68	250m: 2:52.64	34.63	350m: 4:01.62	33.84	
	100m: 1:07.75	35.22	200m: 2:18.01	35.58	300m: 3:27.78	35.14	400m: 4:35.41	33.79	
8.	CYNARSKA, Weronika		03	Iuks Muszelka			4:38.68	625	
	50m: 31.82	31.82	150m: 1:41.73	35.42	250m: 2:53.56	35.86	350m: 4:05.15	35.83	
	100m: 1:06.31	34.49	200m: 2:17.70	35.97	300m: 3:29.32	35.76	400m: 4:38.68	33.53	
9.	ZROBEK, Natalia Sał		99	Olimpijczyk Aleksandrów Łódzki			4:38.88	624	
	50m: 31.66	31.66	150m: 1:41.60	35.48	250m: 2:53.44	35.83	350m: 4:05.37	35.91	
	100m: 1:06.12	34.46	200m: 2:17.61	36.01	300m: 3:29.46	36.02	400m: 4:38.88	33.51	
10.	WILCZEWSKA, Aleksandra		02	KS Olimpia Lublin			4:39.39	621	
	50m: 32.13	32.13	150m: 1:42.44	35.55	250m: 2:53.94	35.68	350m: 4:05.61	35.62	
	100m: 1:06.89	34.76	200m: 2:18.26	35.82	300m: 3:29.99	36.05	400m: 4:39.39	33.78	
11.	KRAUZE, Alicja		01	MAL WOPR Malbork			4:39.41	620	
	50m: 32.19	32.19	150m: 1:43.56	35.85	250m: 2:55.34	35.71	350m: 4:05.79	34.91	
	100m: 1:07.71	35.52	200m: 2:19.63	36.07	300m: 3:30.88	35.54	400m: 4:39.41	33.62	
12.	TRAMBOWICZ, Zuzanna		02	MKS SP-63 Bydgoszcz			4:39.62	619	
	50m: 30.69	30.69	150m: 1:41.41	35.92	250m: 2:53.64	36.11	350m: 4:05.45	35.80	
	100m: 1:05.49	34.80	200m: 2:17.53	36.12	300m: 3:29.65	36.01	400m: 4:39.62	34.17	
13.	D BROWSKA, Tatiana		02	UKS 190 Łód			4:39.96	617	
	50m: 31.89	31.89	150m: 1:43.54	36.27	250m: 2:54.61	35.11	350m: 4:05.89	34.92	
	100m: 1:07.27	35.38	200m: 2:19.50	35.96	300m: 3:30.97	36.36	400m: 4:39.96	34.07	
14.	KAROLINA, Piechota		01	UKS 190 Łód			4:40.04	616	
	50m: 32.10	32.10	150m: 1:42.40	35.50	250m: 2:53.63	35.78	350m: 4:04.97	35.83	
	100m: 1:06.90	34.80	200m: 2:17.85	35.45	300m: 3:29.14	35.51	400m: 4:40.04	35.07	
15.	JASZCZUK, Ewa		02	MTP KORMORAN Olsztyn			4:41.09	609	
	50m: 31.49	31.49	150m: 1:41.36	35.25	250m: 2:53.19	36.03	350m: 4:05.71	36.08	
	100m: 1:06.11	34.62	200m: 2:17.16	35.80	300m: 3:29.63	36.44	400m: 4:41.09	35.38	
16.	ŁYSAKOWSKA, Julia SL		01	KU AZS UMCS Lublin			4:41.12	609	
	50m: 32.99	32.99	150m: 1:44.16	35.97	250m: 2:55.78	35.87	350m: 4:07.01	35.61	
	100m: 1:08.19	35.20	200m: 2:19.91	35.75	300m: 3:31.40	35.62	400m: 4:41.12	34.11	
17.	ADAMCZYK, Julia SL		99	KU AZS UMCS Lublin			4:41.25	608	
	50m: 32.38	32.38	150m: 1:42.89	35.39	250m: 2:53.22	35.11	350m: 4:05.72	36.59	
	100m: 1:07.50	35.12	200m: 2:18.11	35.22	300m: 3:29.13	35.91	400m: 4:41.25	35.53	

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 18. - 19.3.2017

Konkurencja 31, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
18.	KLONOWSKA, Julia		00	UKS G-8 Bielany			4:42.50	600	
	50m: 32.79	32.79	150m: 1:45.46	36.81	250m: 2:59.27	36.54	350m: 4:10.43	34.51	
	100m: 1:08.65	35.86	200m: 2:22.73	37.27	300m: 3:35.92	36.65	400m: 4:42.50	32.07	
19.	JASIORSKA, Aleksandra		02	MKS Polonia Warszawa			4:43.20	596	
	50m: 32.02	32.02	150m: 1:43.24	36.46	250m: 2:55.21	35.89	350m: 4:07.99	35.92	
	100m: 1:06.78	34.76	200m: 2:19.32	36.08	300m: 3:32.07	36.86	400m: 4:43.20	35.21	
20.	MUDA, Weronika SL		00	KU AZS UMCS Lublin			4:43.55	594	
	50m: 33.04	33.04	150m: 1:45.43	36.54	250m: 2:57.63	35.82	350m: 4:08.49	35.09	
	100m: 1:08.89	35.85	200m: 2:21.81	36.38	300m: 3:33.40	35.77	400m: 4:43.55	35.06	
21.	ZAJ C, Wiktoria		02	UKS oliborz			4:43.83	592	
	50m: 31.64	31.64	150m: 1:42.69	36.45	250m: 2:56.93	37.22	350m: 4:09.79	36.13	
	100m: 1:06.24	34.60	200m: 2:19.71	37.02	300m: 3:33.66	36.73	400m: 4:43.83	34.04	
22.	SZL K, Katarzyna		02	Olimpijczyk Aleksandrów Łódzki			4:43.93	591	
	50m: 32.72	32.72	150m: 1:44.90	36.39	250m: 2:57.27	35.60	350m: 4:09.80	36.26	
	100m: 1:08.51	35.79	200m: 2:21.67	36.77	300m: 3:33.54	36.27	400m: 4:43.93	34.13	
23.	CYNARSKA, Natalia		03	Iuks Muszelka			4:44.14	590	
	50m: 32.24	32.24	150m: 1:43.36	35.94	250m: 2:56.89	36.83	350m: 4:09.83	36.05	
	100m: 1:07.42	35.18	200m: 2:20.06	36.70	300m: 3:33.78	36.89	400m: 4:44.14	34.31	
24.	SKIBCZAK, Natalia		00	UKS G-8 Bielany			4:45.50	582	
	50m: 31.93	31.93	150m: 1:42.93	36.04	250m: 2:56.91	36.68	350m: 4:10.16	36.38	
	100m: 1:06.89	34.96	200m: 2:20.23	37.30	300m: 3:33.78	36.87	400m: 4:45.50	35.34	
25.	GÓRSKA, Julia		00	MUKP Warszawianka Wodny Park			4:46.98	573	
	50m: 31.88	31.88	150m: 1:43.47	36.69	250m: 2:57.15	37.01	350m: 4:11.65	37.32	
	100m: 1:06.78	34.90	200m: 2:20.14	36.67	300m: 3:34.33	37.18	400m: 4:46.98	35.33	
26.	SŁOWIK, Martyna		03	IKS Konstancin			4:48.26	565	
	50m: 32.94	32.94	150m: 1:45.10	36.38	250m: 2:58.65	36.94	350m: 4:12.34	36.70	
	100m: 1:08.72	35.78	200m: 2:21.71	36.61	300m: 3:35.64	36.99	400m: 4:48.26	35.92	
27.	WI NIEWSKA, Barbara		00	Azs Awf Warszawa			4:48.92	561	
	50m: 32.64	32.64	150m: 1:45.25	36.75	250m: 2:59.12	36.96	350m: 4:13.08	37.06	
	100m: 1:08.50	35.86	200m: 2:22.16	36.91	300m: 3:36.02	36.90	400m: 4:48.92	35.84	
28.	HAŁADYN, Karolina		03	UKS 190 Łód			4:51.21	548	
	50m: 32.48	32.48	150m: 1:45.35	37.25	250m: 3:00.51	37.33	350m: 4:15.17	36.61	
	100m: 1:08.10	35.62	200m: 2:23.18	37.83	300m: 3:38.56	38.05	400m: 4:51.21	36.04	
29.	BUSZKA, Kornelia		03	MKS Polonia Warszawa			4:51.87	544	
	50m: 32.55	32.55	150m: 1:47.43	37.66	250m: 3:01.62	36.29	350m: 4:16.13	37.45	
	100m: 1:09.77	37.22	200m: 2:25.33	37.90	300m: 3:38.68	37.06	400m: 4:51.87	35.74	
30.	SUCHECKA, Katarzyna		99	UKS Ostrobramska Warszawa			4:52.17	543	
	50m: 31.04	31.04	150m: 1:44.50	37.10	250m: 2:59.68	37.79	350m: 4:14.55	36.96	
	100m: 1:07.40	36.36	200m: 2:21.89	37.39	300m: 3:37.59	37.91	400m: 4:52.17	37.62	
31.	ZIEMACKA, Julia		03	Iuks Muszelka			4:52.29	542	
	50m: 32.89	32.89	150m: 1:46.82	37.25	250m: 3:01.18	37.07	350m: 4:15.71	37.13	
	100m: 1:09.57	36.68	200m: 2:24.11	37.29	300m: 3:38.58	37.40	400m: 4:52.29	36.58	
32.	WRZOSEK, Iga		00	KS Fenix O arów Mazowiecki			4:53.23	537	
	50m: 31.70	31.70	150m: 1:47.09	38.61	250m: 3:02.08	37.32	350m: 4:17.47	37.55	
	100m: 1:08.48	36.78	200m: 2:24.76	37.67	300m: 3:39.92	37.84	400m: 4:53.23	35.76	
33.	SZYMCZAK, Patrycja		02	UKS MANTA Kochłowice Ruda l ska			4:53.88	533	
	50m: 32.29	32.29	150m: 1:46.09	37.28	250m: 3:02.08	37.98	350m: 4:17.73	37.49	
	100m: 1:08.81	36.52	200m: 2:24.10	38.01	300m: 3:40.24	38.16	400m: 4:53.88	36.15	
34.	URBANIAK, Dominika		03	UKS 190 Łód			4:55.17	526	
	50m: 33.32	33.32	150m: 1:48.14	37.59	250m: 3:03.54	37.00	350m: 4:18.18	36.96	
	100m: 1:10.55	37.23	200m: 2:26.54	38.40	300m: 3:41.22	37.68	400m: 4:55.17	36.99	
35.	PLUTA, Emilia SO		02	UKP UNIA O wi cim			4:57.10	516	
	50m: 33.09	33.09	150m: 1:47.51	38.18	250m: 3:04.03	38.24	350m: 4:20.57	37.88	
	100m: 1:09.33	36.24	200m: 2:25.79	38.28	300m: 3:42.69	38.66	400m: 4:57.10	36.53	

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 18. - 19.3.2017

Konkurencja 31, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
36.	NOWAK, Zofia		03	UKS G-8 Bielany			4:57.12	516	
	50m: 33.01	33.01	150m: 1:47.51	37.77	250m: 3:03.84	38.37	350m: 4:20.00	38.14	
	100m: 1:09.74	36.73	200m: 2:25.47	37.96	300m: 3:41.86	38.02	400m: 4:57.12	37.12	
37.	KOŁODZIEJCZYK, Oliwia		03	KS Olimpia Lublin			4:59.54	503	
	50m: 33.95	33.95	150m: 1:48.70	37.80	250m: 3:05.93	38.60	350m: 4:22.54	37.60	
	100m: 1:10.90	36.95	200m: 2:27.33	38.63	300m: 3:44.94	39.01	400m: 4:59.54	37.00	
38.	KURZEPA, Adrianna		02	UKS Pirania Targówek			5:00.03	501	
	50m: 34.92	34.92	150m: 1:50.45	38.07	250m: 3:06.62	38.13	350m: 4:23.27	38.49	
	100m: 1:12.38	37.46	200m: 2:28.49	38.04	300m: 3:44.78	38.16	400m: 5:00.03	36.76	
39.	KACZKOWSKA, Anna		01	UKS SKALAR W-wa			5:00.59	498	
	50m: 33.83	33.83	150m: 1:48.70	37.47	250m: 3:05.74	38.44	350m: 4:23.16	38.64	
	100m: 1:11.23	37.40	200m: 2:27.30	38.60	300m: 3:44.52	38.78	400m: 5:00.59	37.43	
40.	TOPP, Zofia		03	UKS G-8 Bielany			5:02.02	491	
	50m: 34.14	34.14	150m: 1:50.23	38.36	250m: 3:07.37	38.65	350m: 4:25.38	38.92	
	100m: 1:11.87	37.73	200m: 2:28.72	38.49	300m: 3:46.46	39.09	400m: 5:02.02	36.64	
41.	JUREK, Michalina		03	ródmiejski UKS Polna Warszawa			5:05.70	474	
	50m: 33.60	33.60	150m: 1:51.41	40.02	250m: 3:10.63	39.29	350m: 4:29.64	39.17	
	100m: 1:11.39	37.79	200m: 2:31.34	39.93	300m: 3:50.47	39.84	400m: 5:05.70	36.06	
42.	DZIERKACZ, Kaja		02	MKS SP-63 Bydgoszcz			5:06.29	471	
	50m: 35.13	35.13	150m: 1:52.56	38.93	250m: 3:11.31	39.21	350m: 4:29.40	38.83	
	100m: 1:13.63	38.50	200m: 2:32.10	39.54	300m: 3:50.57	39.26	400m: 5:06.29	36.89	
43.	GRZELCZYK, Natalia Sł		02	MKS Jedyńka Łód			5:08.77	460	
	50m: 34.66	34.66	150m: 1:52.47	39.17	250m: 3:11.31	39.48	350m: 4:30.07	39.25	
	100m: 1:13.30	38.64	200m: 2:31.83	39.36	300m: 3:50.82	39.51	400m: 5:08.77	38.70	
44.	PEPLAK, Julia		01	KS Fenix O arów Mazowiecki			5:09.45	457	
	50m: 33.77	33.77	150m: 1:52.44	40.68	250m: 3:12.71	40.16	350m: 4:31.22	39.49	
	100m: 1:11.76	37.99	200m: 2:32.55	40.11	300m: 3:51.73	39.02	400m: 5:09.45	38.23	
45.	CIPORSKA, Katarzyna		00	MKS Polonia Warszawa			5:13.29	440	
	50m: 35.33	35.33	150m: 1:53.89	39.85	250m: 3:14.56	40.40	350m: 4:34.13	39.73	
	100m: 1:14.04	38.71	200m: 2:34.16	40.27	300m: 3:54.40	39.84	400m: 5:13.29	39.16	
46.	RUTKOWSKA, Wiktoria		02	Psp Swim Płock			5:18.11	420	
	50m: 33.48	33.48	150m: 1:52.80	40.21	250m: 3:14.21	40.83	350m: 4:37.47	41.82	
	100m: 1:12.59	39.11	200m: 2:33.38	40.58	300m: 3:55.65	41.44	400m: 5:18.11	40.64	
47.	NIEWIADOMSKA, Nikola		03	UKS MANTA Kochłowice Ruda I ska			5:22.41	404	
	50m: 33.83	33.83	150m: 1:55.74	42.21	250m: 3:18.99	41.66	350m: 4:42.28	41.35	
	100m: 1:13.53	39.70	200m: 2:37.33	41.59	300m: 4:00.93	41.94	400m: 5:22.41	40.13	
48.	MAŁKUS, Amelia		00	UKS Ostrobramska Warszawa			5:23.96	398	
	50m: 34.85	34.85	150m: 1:56.83	41.76	250m: 3:21.24	42.44	350m: 4:45.42	42.09	
	100m: 1:15.07	40.22	200m: 2:38.80	41.97	300m: 4:03.33	42.09	400m: 5:23.96	38.54	
49.	TYNDZIK, Maria		03	UKS G-8 Bielany			5:24.09	397	
	50m: 35.45	35.45	150m: 1:58.10	41.81	250m: 3:22.26	42.42	350m: 4:46.03	40.88	
	100m: 1:16.29	40.84	200m: 2:39.84	41.74	300m: 4:05.15	42.89	400m: 5:24.09	38.06	
50.	TYNDZIK, Eleonora		03	UKS G-8 Bielany			5:25.18	393	
	50m: 35.36	35.36	150m: 1:57.97	41.86	250m: 3:22.37	41.92	350m: 4:47.75	42.64	
	100m: 1:16.11	40.75	200m: 2:40.45	42.48	300m: 4:05.11	42.74	400m: 5:25.18	37.43	

17 - 18 lat

1.	PAULINA, Piechota		99	UKS 190 Łód			4:24.20	734
	50m: 31.32	31.32	150m: 1:38.04	33.08	250m: 2:43.93	32.86	350m: 3:51.13	33.52
	100m: 1:04.96	33.64	200m: 2:11.07	33.03	300m: 3:17.61	33.68	400m: 4:24.20	33.07
2.	JANISZEWSKA, Dominika		99	Azs Awf Warszawa			4:31.83	674
	50m: 31.89	31.89	150m: 1:38.07	32.93	250m: 2:46.30	34.71	350m: 3:56.08	34.00
	100m: 1:05.14	33.25	200m: 2:11.59	33.52	300m: 3:22.08	35.78	400m: 4:31.83	35.75

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 18. - 19.3.2017

Konkurencja 31, Kobiet, 400m dowolny, 17 - 18 lat

Pozycja			Rok ur.					Czas	Pkt.			
3.	ZROBEK, Natalia	Sał	99	Olimpijczyk Aleksandrów Łódzki				4:38.88	624			
	50m:	31.66	31.66	150m:	1:41.60	35.48	250m:	2:53.44	35.83	350m:	4:05.37	35.91
	100m:	1:06.12	34.46	200m:	2:17.61	36.01	300m:	3:29.46	36.02	400m:	4:38.88	33.51
4.	ADAMCZYK, Julia	SL	99	KU AZS UMCS Lublin				4:41.25	608			
	50m:	32.38	32.38	150m:	1:42.89	35.39	250m:	2:53.22	35.11	350m:	4:05.72	36.59
	100m:	1:07.50	35.12	200m:	2:18.11	35.22	300m:	3:29.13	35.91	400m:	4:41.25	35.53
5.	KLONOWSKA, Julia		00	UKS G-8 Bielany				4:42.50	600			
	50m:	32.79	32.79	150m:	1:45.46	36.81	250m:	2:59.27	36.54	350m:	4:10.43	34.51
	100m:	1:08.65	35.86	200m:	2:22.73	37.27	300m:	3:35.92	36.65	400m:	4:42.50	32.07
6.	MUDA, Weronika	SL	00	KU AZS UMCS Lublin				4:43.55	594			
	50m:	33.04	33.04	150m:	1:45.43	36.54	250m:	2:57.63	35.82	350m:	4:08.49	35.09
	100m:	1:08.89	35.85	200m:	2:21.81	36.38	300m:	3:33.40	35.77	400m:	4:43.55	35.06
7.	SKIBCZAK, Natalia		00	UKS G-8 Bielany				4:45.50	582			
	50m:	31.93	31.93	150m:	1:42.93	36.04	250m:	2:56.91	36.68	350m:	4:10.16	36.38
	100m:	1:06.89	34.96	200m:	2:20.23	37.30	300m:	3:33.78	36.87	400m:	4:45.50	35.34
8.	GÓRSKA, Julia		00	MUKP Warszawianka Wodny Park				4:46.98	573			
	50m:	31.88	31.88	150m:	1:43.47	36.69	250m:	2:57.15	37.01	350m:	4:11.65	37.32
	100m:	1:06.78	34.90	200m:	2:20.14	36.67	300m:	3:34.33	37.18	400m:	4:46.98	35.33
9.	WI NIEWSKA, Barbara		00	Azs Awf Warszawa				4:48.92	561			
	50m:	32.64	32.64	150m:	1:45.25	36.75	250m:	2:59.12	36.96	350m:	4:13.08	37.06
	100m:	1:08.50	35.86	200m:	2:22.16	36.91	300m:	3:36.02	36.90	400m:	4:48.92	35.84
10.	SUCHECKA, Katarzyna		99	UKS Ostrobramska Warszawa				4:52.17	543			
	50m:	31.04	31.04	150m:	1:44.50	37.10	250m:	2:59.68	37.79	350m:	4:14.55	36.96
	100m:	1:07.40	36.36	200m:	2:21.89	37.39	300m:	3:37.59	37.91	400m:	4:52.17	37.62
11.	WRZOSEK, Iga		00	KS Fenix O arów Mazowiecki				4:53.23	537			
	50m:	31.70	31.70	150m:	1:47.09	38.61	250m:	3:02.08	37.32	350m:	4:17.47	37.55
	100m:	1:08.48	36.78	200m:	2:24.76	37.67	300m:	3:39.92	37.84	400m:	4:53.23	35.76
12.	CIPORSKA, Katarzyna		00	MKS Polonia Warszawa				5:13.29	440			
	50m:	35.33	35.33	150m:	1:53.89	39.85	250m:	3:14.56	40.40	350m:	4:34.13	39.73
	100m:	1:14.04	38.71	200m:	2:34.16	40.27	300m:	3:54.40	39.84	400m:	5:13.29	39.16
13.	MAŁKUS, Amelia		00	UKS Ostrobramska Warszawa				5:23.96	398			
	50m:	34.85	34.85	150m:	1:56.83	41.76	250m:	3:21.24	42.44	350m:	4:45.42	42.09
	100m:	1:15.07	40.22	200m:	2:38.80	41.97	300m:	4:03.33	42.09	400m:	5:23.96	38.54

16 lat

1.	KRAUZE, Alicja		01	MAL WOPR Malbork				4:39.41	620			
	50m:	32.19	32.19	150m:	1:43.56	35.85	250m:	2:55.34	35.71	350m:	4:05.79	34.91
	100m:	1:07.71	35.52	200m:	2:19.63	36.07	300m:	3:30.88	35.54	400m:	4:39.41	33.62
2.	KAROLINA, Piechota		01	UKS 190 Łód				4:40.04	616			
	50m:	32.10	32.10	150m:	1:42.40	35.50	250m:	2:53.63	35.78	350m:	4:04.97	35.83
	100m:	1:06.90	34.80	200m:	2:17.85	35.45	300m:	3:29.14	35.51	400m:	4:40.04	35.07
3.	ŁYSAKOWSKA, Julia	SL	01	KU AZS UMCS Lublin				4:41.12	609			
	50m:	32.99	32.99	150m:	1:44.16	35.97	250m:	2:55.78	35.87	350m:	4:07.01	35.61
	100m:	1:08.19	35.20	200m:	2:19.91	35.75	300m:	3:31.40	35.62	400m:	4:41.12	34.11
4.	KACZKOWSKA, Anna		01	UKS SKALAR W-wa				5:00.59	498			
	50m:	33.83	33.83	150m:	1:48.70	37.47	250m:	3:05.74	38.44	350m:	4:23.16	38.64
	100m:	1:11.23	37.40	200m:	2:27.30	38.60	300m:	3:44.52	38.78	400m:	5:00.59	37.43
5.	PEPLAK, Julia		01	KS Fenix O arów Mazowiecki				5:09.45	457			
	50m:	33.77	33.77	150m:	1:52.44	40.68	250m:	3:12.71	40.16	350m:	4:31.22	39.49
	100m:	1:11.76	37.99	200m:	2:32.55	40.11	300m:	3:51.73	39.02	400m:	5:09.45	38.23

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 18. - 19.3.2017

Konkurencja 31, Kobiet, 400m dowolny

15 lat

1.	WILCZEWSKA, Aleksandra	02	KS Olimpia Lublin	4:39.39	621
	50m: 32.13 32.13	150m: 1:42.44	35.55 250m: 2:53.94	35.68 350m: 4:05.61	35.62
	100m: 1:06.89 34.76	200m: 2:18.26	35.82 300m: 3:29.99	36.05 400m: 4:39.39	33.78
2.	TRAMBOWICZ, Zuzanna	02	MKS SP-63 Bydgoszcz	4:39.62	619
	50m: 30.69 30.69	150m: 1:41.41	35.92 250m: 2:53.64	36.11 350m: 4:05.45	35.80
	100m: 1:05.49 34.80	200m: 2:17.53	36.12 300m: 3:29.65	36.01 400m: 4:39.62	34.17
3.	D BROWSKA, Tatiana	02	UKS 190 Łódź	4:39.96	617
	50m: 31.89 31.89	150m: 1:43.54	36.27 250m: 2:54.61	35.11 350m: 4:05.89	34.92
	100m: 1:07.27 35.38	200m: 2:19.50	35.96 300m: 3:30.97	36.36 400m: 4:39.96	34.07
4.	JASZCZUK, Ewa	02	MTP KORMORAN Olsztyn	4:41.09	609
	50m: 31.49 31.49	150m: 1:41.36	35.25 250m: 2:53.19	36.03 350m: 4:05.71	36.08
	100m: 1:06.11 34.62	200m: 2:17.16	35.80 300m: 3:29.63	36.44 400m: 4:41.09	35.38
5.	JASIORSKA, Aleksandra	02	MKS Polonia Warszawa	4:43.20	596
	50m: 32.02 32.02	150m: 1:43.24	36.46 250m: 2:55.21	35.89 350m: 4:07.99	35.92
	100m: 1:06.78 34.76	200m: 2:19.32	36.08 300m: 3:32.07	36.86 400m: 4:43.20	35.21
6.	ZAJ C, Wiktoria	02	UKS oliborz	4:43.83	592
	50m: 31.64 31.64	150m: 1:42.69	36.45 250m: 2:56.93	37.22 350m: 4:09.79	36.13
	100m: 1:06.24 34.60	200m: 2:19.71	37.02 300m: 3:33.66	36.73 400m: 4:43.83	34.04
7.	SZL K, Katarzyna	02	Olimpijczyk Aleksandrów Łódzki	4:43.93	591
	50m: 32.72 32.72	150m: 1:44.90	36.39 250m: 2:57.27	35.60 350m: 4:09.80	36.26
	100m: 1:08.51 35.79	200m: 2:21.67	36.77 300m: 3:33.54	36.27 400m: 4:43.93	34.13
8.	SZYMCZAK, Patrycja	02	UKS MANTA Kochłowice Ruda I ska	4:53.88	533
	50m: 32.29 32.29	150m: 1:46.09	37.28 250m: 3:02.08	37.98 350m: 4:17.73	37.49
	100m: 1:08.81 36.52	200m: 2:24.10	38.01 300m: 3:40.24	38.16 400m: 4:53.88	36.15
9.	PLUTA, Emilia SO	02	UKP UNIA O wi cim	4:57.10	516
	50m: 33.09 33.09	150m: 1:47.51	38.18 250m: 3:04.03	38.24 350m: 4:20.57	37.88
	100m: 1:09.33 36.24	200m: 2:25.79	38.28 300m: 3:42.69	38.66 400m: 4:57.10	36.53
10.	KURZEPA, Adrianna	02	UKS Pirania Targówek	5:00.03	501
	50m: 34.92 34.92	150m: 1:50.45	38.07 250m: 3:06.62	38.13 350m: 4:23.27	38.49
	100m: 1:12.38 37.46	200m: 2:28.49	38.04 300m: 3:44.78	38.16 400m: 5:00.03	36.76
11.	DZIERKACZ, Kaja	02	MKS SP-63 Bydgoszcz	5:06.29	471
	50m: 35.13 35.13	150m: 1:52.56	38.93 250m: 3:11.31	39.21 350m: 4:29.40	38.83
	100m: 1:13.63 38.50	200m: 2:32.10	39.54 300m: 3:50.57	39.26 400m: 5:06.29	36.89
12.	GRZELCZYK, Natalia SŁ	02	MKS Jedyńka Łódź	5:08.77	460
	50m: 34.66 34.66	150m: 1:52.47	39.17 250m: 3:11.31	39.48 350m: 4:30.07	39.25
	100m: 1:13.30 38.64	200m: 2:31.83	39.36 300m: 3:50.82	39.51 400m: 5:08.77	38.70
13.	RUTKOWSKA, Wiktoria	02	Psp Swim Płock	5:18.11	420
	50m: 33.48 33.48	150m: 1:52.80	40.21 250m: 3:14.21	40.83 350m: 4:37.47	41.82
	100m: 1:12.59 39.11	200m: 2:33.38	40.58 300m: 3:55.65	41.44 400m: 5:18.11	40.64

14 lat

1.	KNOP, Aleksandra	03	UKS 190 Łódź	4:28.05	703
	50m: 31.01 31.01	150m: 1:38.40	33.87 250m: 2:46.18	34.01 350m: 3:54.92	34.28
	100m: 1:04.53 33.52	200m: 2:12.17	33.77 300m: 3:20.64	34.46 400m: 4:28.05	33.13
2.	CYNARSKA, Weronika	03	Iuks Muszelka	4:38.68	625
	50m: 31.82 31.82	150m: 1:41.73	35.42 250m: 2:53.56	35.86 350m: 4:05.15	35.83
	100m: 1:06.31 34.49	200m: 2:17.70	35.97 300m: 3:29.32	35.76 400m: 4:38.68	33.53
3.	CYNARSKA, Natalia	03	Iuks Muszelka	4:44.14	590
	50m: 32.24 32.24	150m: 1:43.36	35.94 250m: 2:56.89	36.83 350m: 4:09.83	36.05
	100m: 1:07.42 35.18	200m: 2:20.06	36.70 300m: 3:33.78	36.89 400m: 4:44.14	34.31
4.	SŁOWIK, Martyna	03	IKS Konstancin	4:48.26	565
	50m: 32.94 32.94	150m: 1:45.10	36.38 250m: 2:58.65	36.94 350m: 4:12.34	36.70
	100m: 1:08.72 35.78	200m: 2:21.71	36.61 300m: 3:35.64	36.99 400m: 4:48.26	35.92

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 18. - 19.3.2017

Konkurencja 31, Dziewcz t, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.		
5.	HAŁADYN, Karolina		03	UKS 190 Łód				4:51.21	548		
	50m:	32.48 32.48	150m:	1:45.35	37.25	250m:	3:00.51	37.33	350m:	4:15.17	36.61
	100m:	1:08.10 35.62	200m:	2:23.18	37.83	300m:	3:38.56	38.05	400m:	4:51.21	36.04
6.	BUSZKA, Kornelia		03	MKS Polonia Warszawa				4:51.87	544		
	50m:	32.55 32.55	150m:	1:47.43	37.66	250m:	3:01.62	36.29	350m:	4:16.13	37.45
	100m:	1:09.77 37.22	200m:	2:25.33	37.90	300m:	3:38.68	37.06	400m:	4:51.87	35.74
7.	ZIEMACKA, Julia		03	Iuks Muszelka				4:52.29	542		
	50m:	32.89 32.89	150m:	1:46.82	37.25	250m:	3:01.18	37.07	350m:	4:15.71	37.13
	100m:	1:09.57 36.68	200m:	2:24.11	37.29	300m:	3:38.58	37.40	400m:	4:52.29	36.58
8.	URBANIAK, Dominika		03	UKS 190 Łód				4:55.17	526		
	50m:	33.32 33.32	150m:	1:48.14	37.59	250m:	3:03.54	37.00	350m:	4:18.18	36.96
	100m:	1:10.55 37.23	200m:	2:26.54	38.40	300m:	3:41.22	37.68	400m:	4:55.17	36.99
9.	NOWAK, Zofia		03	UKS G-8 Bielany				4:57.12	516		
	50m:	33.01 33.01	150m:	1:47.51	37.77	250m:	3:03.84	38.37	350m:	4:20.00	38.14
	100m:	1:09.74 36.73	200m:	2:25.47	37.96	300m:	3:41.86	38.02	400m:	4:57.12	37.12
10.	KOŁODZIEJCZYK, Oliwia		03	KS Olimpia Lublin				4:59.54	503		
	50m:	33.95 33.95	150m:	1:48.70	37.80	250m:	3:05.93	38.60	350m:	4:22.54	37.60
	100m:	1:10.90 36.95	200m:	2:27.33	38.63	300m:	3:44.94	39.01	400m:	4:59.54	37.00
11.	TOPP, Zofia		03	UKS G-8 Bielany				5:02.02	491		
	50m:	34.14 34.14	150m:	1:50.23	38.36	250m:	3:07.37	38.65	350m:	4:25.38	38.92
	100m:	1:11.87 37.73	200m:	2:28.72	38.49	300m:	3:46.46	39.09	400m:	5:02.02	36.64
12.	JUREK, Michalina		03	ródmiejski UKS Polna Warszawa				5:05.70	474		
	50m:	33.60 33.60	150m:	1:51.41	40.02	250m:	3:10.63	39.29	350m:	4:29.64	39.17
	100m:	1:11.39 37.79	200m:	2:31.34	39.93	300m:	3:50.47	39.84	400m:	5:05.70	36.06
13.	NIEWIADOMSKA, Nikola		03	UKS MANTA Kochłowice Ruda I ska				5:22.41	404		
	50m:	33.83 33.83	150m:	1:55.74	42.21	250m:	3:18.99	41.66	350m:	4:42.28	41.35
	100m:	1:13.53 39.70	200m:	2:37.33	41.59	300m:	4:00.93	41.94	400m:	5:22.41	40.13
14.	TYNDZIK, Maria		03	UKS G-8 Bielany				5:24.09	397		
	50m:	35.45 35.45	150m:	1:58.10	41.81	250m:	3:22.26	42.42	350m:	4:46.03	40.88
	100m:	1:16.29 40.84	200m:	2:39.84	41.74	300m:	4:05.15	42.89	400m:	5:24.09	38.06
15.	TYNDZIK, Eleonora		03	UKS G-8 Bielany				5:25.18	393		
	50m:	35.36 35.36	150m:	1:57.97	41.86	250m:	3:22.37	41.92	350m:	4:47.75	42.64
	100m:	1:16.11 40.75	200m:	2:40.45	42.48	300m:	4:05.11	42.74	400m:	5:25.18	37.43
PK	JABŁO SKA, Oliwia		97	START Wrocław				4:35.44	648		
	50m:	32.03 32.03	150m:	1:40.44	34.57	250m:	2:50.19	34.97	350m:	4:00.80	35.23
	100m:	1:05.87 33.84	200m:	2:15.22	34.78	300m:	3:25.57	35.38	400m:	4:35.44	34.64