

Arena Grand Prix Puchar Polski  
Kozienice, 24. - 25.2.2018

Konkurencja 1 24.02.2018 - 9:00	Kobiet, 400m zmienny				Open Wyniki
Rekord Polski Open	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	16.12.2007
Rekord Polski 14	4:43.77	KNOP Aleksandra	01605	Łódź	22.12.2017
Rekord Polski 15	4:43.77	KNOP Aleksandra	01605	Łódź	22.12.2017
Rekord Polski 16	4:42.49	JEDRZEJCZAK Otylia	POL	Spała	18.12.1999
Rekord Polski 17	4:38.72	SZCZEPANIAK Karolina		Gorzów Wlkp.	29.11.2009
Rekord Polski 18	4:33.70	BARANOWSKA Katarzyna	POL	Trieste (ITA)	11.12.2005
Rekord Polski 19 - 23	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	16.12.2007

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
<b>14 lat</b>									
1.	TARASIEWICZ Klaudia		04	UKP „Polonia Warszawa”			<b>5:06.99</b>	603	
	50m: 32.46	32.46	150m: 1:48.44	38.39	250m: 3:11.22	44.35	350m: 4:32.74	35.21	
	100m: 1:10.05	37.59	200m: 2:26.87	38.43	300m: 3:57.53	46.31	400m: 5:06.99	34.25	
2.	BEDNARZ Julia		04	UKS „ORKA” Zamo			<b>5:17.04</b>	548	
	50m: 33.82	33.82	150m: 1:54.37	40.72	250m: 3:17.79	43.64	350m: 4:40.71	38.38	
	100m: 1:13.65	39.83	200m: 2:34.15	39.78	300m: 4:02.33	44.54	400m: 5:17.04	36.33	
3.	DRAGAN Julia		04	KS OLIMPIA Lublin			<b>5:17.08</b>	547	
	50m: 33.94	33.94	150m: 1:56.41	42.18	250m: 3:21.04	44.10	350m: 4:41.59	36.57	
	100m: 1:14.23	40.29	200m: 2:36.94	40.53	300m: 4:05.02	43.98	400m: 5:17.08	35.49	
4.	WRZESI SKA Wiktoria		04	UKS 190 Łódź			<b>5:19.54</b>	535	
	50m: 34.95	34.95	150m: 1:58.88	43.25	250m: 3:24.46	45.05	350m: 4:45.31	35.69	
	100m: 1:15.63	40.68	200m: 2:39.41	40.53	300m: 4:09.62	45.16	400m: 5:19.54	34.23	
5.	GAZDA Małgorzata		04	UKS Olimpijczyk 23			<b>5:20.76</b>	529	
	50m: 34.66	34.66	150m: 1:55.55	40.27	250m: 3:20.32	45.40	350m: 4:42.66	37.98	
	100m: 1:15.28	40.62	200m: 2:34.92	39.37	300m: 4:04.68	44.36	400m: 5:20.76	38.10	
6.	KESLER Katarzyna		04	MKS Ochota Warszawa			<b>5:27.05</b>	499	
	50m: 33.54	33.54	150m: 1:53.90	41.53	250m: 3:21.34	46.36	350m: 4:48.58	39.56	
	100m: 1:12.37	38.83	200m: 2:34.98	41.08	300m: 4:09.02	47.68	400m: 5:27.05	38.47	
7.	MALEC Klaudia		04	UKS „ORKA” Zamo			<b>5:31.84</b>	477	
	50m: 34.34	34.34	150m: 1:58.07	41.86	250m: 3:24.15	44.63	350m: 4:51.94	39.88	
	100m: 1:16.21	41.87	200m: 2:39.52	41.45	300m: 4:12.06	47.91	400m: 5:31.84	39.90	
<b>15 lat</b>									
1.	CIOCH-GRADZIK Wiktoria		03	UKS „MANTA” Kochłowice Ruda			<b>5:15.59</b>	555	
	50m: 33.42	33.42	150m: 1:52.52	40.61	250m: 3:19.23	46.70	350m: 4:40.95	36.35	
	100m: 1:11.91	38.49	200m: 2:32.53	40.01	300m: 4:04.60	45.37	400m: 5:15.59	34.64	
2.	SŁOWIK Martyna		03	IKS Konstancin			<b>5:20.00</b>	533	
	50m: 32.80	32.80	150m: 1:52.50	41.20	250m: 3:19.36	46.55	350m: 4:43.82	37.49	
	100m: 1:11.30	38.50	200m: 2:32.81	40.31	300m: 4:06.33	46.97	400m: 5:20.00	36.18	
3.	LUTKIEWICZ Gabriela		03	KS „Wisła” Puławy			<b>5:22.47</b>	520	
	50m: 32.32	32.32	150m: 1:52.37	41.55	250m: 3:20.14	47.26	350m: 4:46.07	37.16	
	100m: 1:10.82	38.50	200m: 2:32.88	40.51	300m: 4:08.91	48.77	400m: 5:22.47	36.40	
4.	KOŁODZIEJCZYK Oliwia		03	KS OLIMPIA Lublin			<b>5:34.96</b>	464	
	50m: 34.58	34.58	150m: 2:00.67	44.50	250m: 3:31.20	48.37	350m: 4:58.81	38.46	
	100m: 1:16.17	41.59	200m: 2:42.83	42.16	300m: 4:20.35	49.15	400m: 5:34.96	36.15	
<b>16 lat</b>									
1.	WILCZEWSKA Aleksandra		02	KS OLIMPIA Lublin			<b>5:05.82</b>	610	
	50m: 33.58	33.58	150m: 1:50.46	38.28	250m: 3:11.34	42.29	350m: 4:31.28	36.01	
	100m: 1:12.18	38.60	200m: 2:29.05	38.59	300m: 3:55.27	43.93	400m: 5:05.82	34.54	
2.	NOCO Dominika		02	UKS „MANTA” Kochłowice Ruda			<b>5:13.68</b>	565	
	50m: 32.07	32.07	150m: 1:51.02	40.21	250m: 3:15.40	45.06	350m: 4:37.25	35.90	
	100m: 1:10.81	38.74	200m: 2:30.34	39.32	300m: 4:01.35	45.95	400m: 5:13.68	36.43	

Arena Grand Prix Puchar Polski  
Kozienice, 24. - 25.2.2018

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

Pozycja			Rok ur.					Czas	Pkt.
3.	JASIORSKA Aleksandra		02	UKP „Polonia Warszawa”				<b>5:16.08</b>	553
	50m:	32.35 32.35	150m:	1:53.27	41.36	250m:	3:18.37 44.18	350m:	4:40.21 36.55
	100m:	1:11.91 39.56	200m:	2:34.19	40.92	300m:	4:03.66 45.29	400m:	5:16.08 35.87

17 - 18 lat

1.	RUTKOWSKA Agnieszka		01	TP Skalar Słupsk				<b>4:55.52</b>	676
	50m:	33.15 33.15	150m:	1:49.83	39.35	250m:	3:06.19 38.50	350m:	4:21.83 34.58
	100m:	1:10.48 37.33	200m:	2:27.69	37.86	300m:	3:47.25 41.06	400m:	4:55.52 33.69
2.	HALLMANN Weronika		00	AZS AWF Warszawa				<b>5:02.65</b>	630
	50m:	30.36 30.36	150m:	1:46.32	39.23	250m:	3:07.74 42.08	350m:	4:27.69 37.17
	100m:	1:07.09 36.73	200m:	2:25.66	39.34	300m:	3:50.52 42.78	400m:	5:02.65 34.96

Open

1.	UKOWSKA Paula		93	AZS AWF Katowice				<b>4:44.66</b>	757
	50m:	31.18 31.18	150m:	1:43.75	37.15	250m:	3:00.04 40.37	350m:	4:13.51 32.65
	100m:	1:06.60 35.42	200m:	2:19.67	35.92	300m:	3:40.86 40.82	400m:	4:44.66 31.15
2.	RUTKOWSKA Agnieszka		01	TP Skalar Słupsk				<b>4:55.52</b>	676
	50m:	33.15 33.15	150m:	1:49.83	39.35	250m:	3:06.19 38.50	350m:	4:21.83 34.58
	100m:	1:10.48 37.33	200m:	2:27.69	37.86	300m:	3:47.25 41.06	400m:	4:55.52 33.69
3.	HALLMANN Weronika		00	AZS AWF Warszawa				<b>5:02.65</b>	630
	50m:	30.36 30.36	150m:	1:46.32	39.23	250m:	3:07.74 42.08	350m:	4:27.69 37.17
	100m:	1:07.09 36.73	200m:	2:25.66	39.34	300m:	3:50.52 42.78	400m:	5:02.65 34.96
4.	WILCZEWSKA Aleksandra		02	KS OLIMPIA Lublin				<b>5:05.82</b>	610
	50m:	33.58 33.58	150m:	1:50.46	38.28	250m:	3:11.34 42.29	350m:	4:31.28 36.01
	100m:	1:12.18 38.60	200m:	2:29.05	38.59	300m:	3:55.27 43.93	400m:	5:05.82 34.54
5.	NASKR T Agata		98	MKS „Astoria” Bydgoszcz				<b>5:06.92</b>	604
	50m:	31.60 31.60	150m:	1:46.43	37.79	250m:	3:09.66 46.32	350m:	4:32.18 36.16
	100m:	1:08.64 37.04	200m:	2:23.34	36.91	300m:	3:56.02 46.36	400m:	5:06.92 34.74
6.	TARASIEWICZ Klaudia		04	UKP „Polonia Warszawa”				<b>5:06.99</b>	603
	50m:	32.46 32.46	150m:	1:48.44	38.39	250m:	3:11.22 44.35	350m:	4:32.74 35.21
	100m:	1:10.05 37.59	200m:	2:26.87	38.43	300m:	3:57.53 46.31	400m:	5:06.99 34.25
7.	NOCO Dominika		02	UKS „MANTA” Kochłowice Ruda				<b>5:13.68</b>	565
	50m:	32.07 32.07	150m:	1:51.02	40.21	250m:	3:15.40 45.06	350m:	4:37.25 35.90
	100m:	1:10.81 38.74	200m:	2:30.34	39.32	300m:	4:01.35 45.95	400m:	5:13.68 36.43
8.	CIOCH-GRADZIK Wiktoria		03	UKS „MANTA” Kochłowice Ruda				<b>5:15.59</b>	555
	50m:	33.42 33.42	150m:	1:52.52	40.61	250m:	3:19.23 46.70	350m:	4:40.95 36.35
	100m:	1:11.91 38.49	200m:	2:32.53	40.01	300m:	4:04.60 45.37	400m:	5:15.59 34.64
9.	JASIORSKA Aleksandra		02	UKP „Polonia Warszawa”				<b>5:16.08</b>	553
	50m:	32.35 32.35	150m:	1:53.27	41.36	250m:	3:18.37 44.18	350m:	4:40.21 36.55
	100m:	1:11.91 39.56	200m:	2:34.19	40.92	300m:	4:03.66 45.29	400m:	5:16.08 35.87
10.	BEDNARZ Julia		04	UKS „ORKA” Zamo				<b>5:17.04</b>	548
	50m:	33.82 33.82	150m:	1:54.37	40.72	250m:	3:17.79 43.64	350m:	4:40.71 38.38
	100m:	1:13.65 39.83	200m:	2:34.15	39.78	300m:	4:02.33 44.54	400m:	5:17.04 36.33
11.	DRAGAN Julia		04	KS OLIMPIA Lublin				<b>5:17.08</b>	547
	50m:	33.94 33.94	150m:	1:56.41	42.18	250m:	3:21.04 44.10	350m:	4:41.59 36.57
	100m:	1:14.23 40.29	200m:	2:36.94	40.53	300m:	4:05.02 43.98	400m:	5:17.08 35.49
12.	WRZESI SKA Wiktoria		04	UKS 190 Łód				<b>5:19.54</b>	535
	50m:	34.95 34.95	150m:	1:58.88	43.25	250m:	3:24.46 45.05	350m:	4:45.31 35.69
	100m:	1:15.63 40.68	200m:	2:39.41	40.53	300m:	4:09.62 45.16	400m:	5:19.54 34.23
13.	SŁOWIK Martyna		03	IKS Konstancin				<b>5:20.00</b>	533
	50m:	32.80 32.80	150m:	1:52.50	41.20	250m:	3:19.36 46.55	350m:	4:43.82 37.49
	100m:	1:11.30 38.50	200m:	2:32.81	40.31	300m:	4:06.33 46.97	400m:	5:20.00 36.18

Arena Grand Prix Puchar Polski  
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Konkurencja 1, Kobiet, 400m zmienny, Open

Pozycja				Rok ur.					Czas	Pkt.		
14.	GAZDA Małgorzata			04	UKS Olimpijczyk 23				<b>5:20.76</b>	529		
	50m:	34.66	34.66	150m:	1:55.55	40.27	250m:	3:20.32	45.40	350m:	4:42.66	37.98
	100m:	1:15.28	40.62	200m:	2:34.92	39.37	300m:	4:04.68	44.36	400m:	5:20.76	38.10
15.	LUTKIEWICZ Gabriela			03	KS „Wisła” Puławy				<b>5:22.47</b>	520		
	50m:	32.32	32.32	150m:	1:52.37	41.55	250m:	3:20.14	47.26	350m:	4:46.07	37.16
	100m:	1:10.82	38.50	200m:	2:32.88	40.51	300m:	4:08.91	48.77	400m:	5:22.47	36.40
16.	KESLER Katarzyna			04	MKS Ochota Warszawa				<b>5:27.05</b>	499		
	50m:	33.54	33.54	150m:	1:53.90	41.53	250m:	3:21.34	46.36	350m:	4:48.58	39.56
	100m:	1:12.37	38.83	200m:	2:34.98	41.08	300m:	4:09.02	47.68	400m:	5:27.05	38.47
17.	MALEC Klaudia			04	UKS „ORKA” Zamo				<b>5:31.84</b>	477		
	50m:	34.34	34.34	150m:	1:58.07	41.86	250m:	3:24.15	44.63	350m:	4:51.94	39.88
	100m:	1:16.21	41.87	200m:	2:39.52	41.45	300m:	4:12.06	47.91	400m:	5:31.84	39.90
18.	KOŁODZIEJCZYK Oliwia			03	KS OLIMPIA Lublin				<b>5:34.96</b>	464		
	50m:	34.58	34.58	150m:	2:00.67	44.50	250m:	3:31.20	48.37	350m:	4:58.81	38.46
	100m:	1:16.17	41.59	200m:	2:42.83	42.16	300m:	4:20.35	49.15	400m:	5:34.96	36.15