

ARENA GRAND PRIX PUCHAR POLSKI - FINAŁ  
Warszawa, 12. - 13.5.2018

Konkurencja 1  
12.05.2018 - 9:00

Kobiet, 400m zmienny

Open  
Wyniki

Punkty: FINA 2017

Pozycja	Rok ur.	Czas	Pkt.
<b>14 lat</b>			
1. TARASIEWICZ, Klaudia	04 UKP „Polonia Warszawa”	<b>5:07.32</b>	651
50m: 32.81 32.81	150m: 1:49.41 38.71	250m: 3:12.60 45.49	350m: 4:33.55 33.79
100m: 1:10.70 37.89	200m: 2:27.11 37.70	300m: 3:59.76 47.16	400m: 5:07.32 33.77
2. RYDY SKA, Marianna	04 MUKS PI TNASTKA BYDGOSZCZ	<b>5:13.46</b>	613
50m: 31.85 31.85	150m: 1:47.74 38.77	250m: 3:12.52 46.64	350m: 4:37.19 36.99
100m: 1:08.97 37.12	200m: 2:25.88 38.14	300m: 4:00.20 47.68	400m: 5:13.46 36.27
3. KACZOROWSKA, Alicja	04 UKS G-8 Bielany Warszawa	<b>5:23.80</b>	556
50m: 35.18 35.18	150m: 1:58.13 42.47	250m: 3:25.63 44.55	350m: 4:49.19 37.07
100m: 1:15.66 40.48	200m: 2:41.08 42.95	300m: 4:12.12 46.49	400m: 5:23.80 34.61
4. MACIASZCZYK, Weronika	04 UKS SP-149 Łódź	<b>5:25.42</b>	548
50m: 33.96 33.96	150m: 1:55.46 41.95	250m: 3:24.63 47.65	350m: 4:49.57 37.04
100m: 1:13.51 39.55	200m: 2:36.98 41.52	300m: 4:12.53 47.90	400m: 5:25.42 35.85
5. MIZIK, Julia	04 MKS Ochota Warszawa	<b>5:25.58</b>	547
50m: 36.39 36.39	150m: 1:57.17 40.56	250m: 3:24.48 47.15	350m: 4:49.96 37.35
100m: 1:16.61 40.22	200m: 2:37.33 40.16	300m: 4:12.61 48.13	400m: 5:25.58 35.62
6. BEDNARZ, Julia	04 UKS „ORKA” Zamo	<b>5:25.80</b>	546
50m: 35.29 35.29	150m: 1:58.92 41.81	250m: 3:25.91 45.22	350m: 4:49.26 37.04
100m: 1:17.11 41.82	200m: 2:40.69 41.77	300m: 4:12.22 46.31	400m: 5:25.80 36.54
7. WRZESI SKA, Wiktoria	04 UKS 190 Łódź	<b>5:27.26</b>	539
50m: 35.71 35.71	150m: 2:01.20 44.61	250m: 3:28.09 45.06	350m: 4:51.75 36.59
100m: 1:16.59 40.88	200m: 2:43.03 41.83	300m: 4:15.16 47.07	400m: 5:27.26 35.51
8. KESLER, Katarzyna	04 MKS Ochota Warszawa	<b>5:30.53</b>	523
50m: 34.05 34.05	150m: 1:57.61 42.26	250m: 3:25.69 47.06	350m: 4:52.62 39.29
100m: 1:15.35 41.30	200m: 2:38.63 41.02	300m: 4:13.33 47.64	400m: 5:30.53 37.91
9. MACIASZCZYK, Wiktoria	04 UKS SP-149 Łódź	<b>5:30.95</b>	521
50m: 34.88 34.88	150m: 1:56.26 41.80	250m: 3:24.59 47.83	350m: 4:52.70 40.01
100m: 1:14.46 39.58	200m: 2:36.76 40.50	300m: 4:12.69 48.10	400m: 5:30.95 38.25
10. MALEC, Klaudia	04 UKS „ORKA” Zamo	<b>5:35.28</b>	501
50m: 35.96 35.96	150m: 2:01.65 43.52	250m: 3:29.34 46.00	350m: 4:56.28 40.31
100m: 1:18.13 42.17	200m: 2:43.34 41.69	300m: 4:15.97 46.63	400m: 5:35.28 39.00
11. D BKOWSKA, Wiktoria	04 MUKS Wodnik Łask	<b>5:35.83</b>	498
50m: 33.50 33.50	150m: 1:58.83 44.65	250m: 3:29.50 46.87	350m: 4:57.70 40.41
100m: 1:14.18 40.68	200m: 2:42.63 43.80	300m: 4:17.29 47.79	400m: 5:35.83 38.13
12. WITEK, Oliwia	04 UKS SP-149 Łódź	<b>5:39.18</b>	484
50m: 35.33 35.33	150m: 2:01.61 44.93	250m: 3:31.53 47.53	350m: 5:01.06 39.93
100m: 1:16.68 41.35	200m: 2:44.00 42.39	300m: 4:21.13 49.60	400m: 5:39.18 38.12
13. SIOMA, Zuzanna	04 UKS „ORKA” Zamo	<b>5:47.65</b>	449
50m: 36.34 36.34	150m: 2:03.25 45.02	250m: 3:38.33 51.92	350m: 5:09.43 40.04
100m: 1:18.23 41.89	200m: 2:46.41 43.16	300m: 4:29.39 51.06	400m: 5:47.65 38.22
<b>15 lat</b>			
1. HERBREDEK, Gabriela	03 UKS „GIM 92 Ursynów”	<b>5:05.65</b>	661
50m: 32.08 32.08	150m: 1:48.62 40.11	250m: 3:10.91 42.63	350m: 4:30.91 36.21
100m: 1:08.51 36.43	200m: 2:28.28 39.66	300m: 3:54.70 43.79	400m: 5:05.65 34.74
2. CYNARSKA, Weronika	03 UKP „Polonia Warszawa”	<b>5:09.39</b>	638
50m: 33.92 33.92	150m: 1:51.75 39.93	250m: 3:16.40 45.29	350m: 4:35.45 35.27
100m: 1:11.82 37.90	200m: 2:31.11 39.36	300m: 4:00.18 43.78	400m: 5:09.39 33.94
3. CYNARSKA, Natalia	03 UKP „Polonia Warszawa”	<b>5:12.18</b>	621
50m: 33.58 33.58	150m: 1:50.53 38.20	250m: 3:13.82 45.43	350m: 4:36.93 36.56
100m: 1:12.33 38.75	200m: 2:28.39 37.86	300m: 4:00.37 46.55	400m: 5:12.18 35.25

ARENA GRAND PRIX PUCHAR POLSKI - FINAŁ  
Warszawa, 12. - 13.5.2018

Konkurencja 1, Dziewcz t, 400m zmienny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
4.	MACIEJEWSKA, Beata		03	UKS SP-149 Łód				<b>5:15.89</b>	599
	50m:	34.36 34.36	150m:	1:55.35 41.22	250m:	3:20.11 45.46	350m:	4:41.19 35.69	
	100m:	1:14.13 39.77	200m:	2:34.65 39.30	300m:	4:05.50 45.39	400m:	5:15.89 34.70	
5.	NOWAK, Maja		03	MKS Ochota Warszawa				<b>5:15.94</b>	599
	50m:	32.75 32.75	150m:	1:51.15 39.97	250m:	3:16.37 46.88	350m:	4:40.22 37.09	
	100m:	1:11.18 38.43	200m:	2:29.49 38.34	300m:	4:03.13 46.76	400m:	5:15.94 35.72	
6.	SŁOWIK, Martyna		03	IKS Konstancin				<b>5:21.79</b>	567
	50m:	32.46 32.46	150m:	1:52.73 41.16	250m:	3:20.11 47.13	350m:	4:45.28 37.85	
	100m:	1:11.57 39.11	200m:	2:32.98 40.25	300m:	4:07.43 47.32	400m:	5:21.79 36.51	
7.	NEUBAUER, Paulina		03	UKS „Dwójka” Tczew				<b>5:22.36</b>	564
	50m:	34.96 34.96	150m:	1:59.43 43.24	250m:	3:26.64 46.78	350m:	4:48.03 35.56	
	100m:	1:16.19 41.23	200m:	2:39.86 40.43	300m:	4:12.47 45.83	400m:	5:22.36 34.33	
8.	ZIEMACKA, Julia		03	IUKS „Muszelka” Warszawa				<b>5:30.49</b>	523
	50m:	35.21 35.21	150m:	1:56.47 40.13	250m:	3:27.08 51.91	350m:	4:55.34 36.76	
	100m:	1:16.34 41.13	200m:	2:35.17 38.70	300m:	4:18.58 51.50	400m:	5:30.49 35.15	
9.	KOSTRZEWSKA, Maria		03	UKS 190 Łód				<b>5:31.82</b>	517
	50m:	35.28 35.28	150m:	2:00.16 43.36	250m:	3:30.92 47.66	350m:	4:56.30 37.84	
	100m:	1:16.80 41.52	200m:	2:43.26 43.10	300m:	4:18.46 47.54	400m:	5:31.82 35.52	
10.	BADZIAN, Natalia		03	UKP „Polonia Warszawa”				<b>5:33.01</b>	511
	50m:	31.85 31.85	150m:	1:53.53 43.72	250m:	3:25.36 49.37	350m:	4:54.71 39.62	
	100m:	1:09.81 37.96	200m:	2:35.99 42.46	300m:	4:15.09 49.73	400m:	5:33.01 38.30	
11.	DOPART, Marcelina		03	ULKS „Wodny wiat”				<b>5:34.21</b>	506
	50m:	33.73 33.73	150m:	1:56.54 43.11	250m:	3:26.44 48.08	350m:	4:56.42 39.78	
	100m:	1:13.43 39.70	200m:	2:38.36 41.82	300m:	4:16.64 50.20	400m:	5:34.21 37.79	

16 lat

1.	WILCZEWSKA, Aleksandra		02	KS OLIMPIA Lublin				<b>5:08.91</b>	641
	50m:	34.07 34.07	150m:	1:51.20 38.97	250m:	3:13.45 44.52	350m:	4:34.35 36.44	
	100m:	1:12.23 38.16	200m:	2:28.93 37.73	300m:	3:57.91 44.46	400m:	5:08.91 34.56	
2.	KRYPA, Marta		02	UKS Manta Warszawa Włochy				<b>5:09.71</b>	636
	50m:	32.03 32.03	150m:	1:49.50 41.05	250m:	3:13.94 43.47	350m:	4:34.12 35.69	
	100m:	1:08.45 36.42	200m:	2:30.47 40.97	300m:	3:58.43 44.49	400m:	5:09.71 35.59	
3.	KUCHTA, Maria		02	UKS „Dwójka” Tczew				<b>5:10.82</b>	629
	50m:	32.13 32.13	150m:	1:50.61 40.81	250m:	3:15.55 45.46	350m:	4:36.90 36.35	
	100m:	1:09.80 37.67	200m:	2:30.09 39.48	300m:	4:00.55 45.00	400m:	5:10.82 33.92	
4.	JASIORSKA, Aleksandra		02	UKP „Polonia Warszawa”				<b>5:26.22</b>	544
	50m:	33.47 33.47	150m:	1:58.57 44.16	250m:	3:27.90 46.95	350m:	4:51.11 36.52	
	100m:	1:14.41 40.94	200m:	2:40.95 42.38	300m:	4:14.59 46.69	400m:	5:26.22 35.11	

17 - 18 lat

1.	RUTKOWSKA, Agnieszka		01	TP Skalar Słupsk				<b>4:59.62</b>	702
	50m:	33.58 33.58	150m:	1:50.67 38.95	250m:	3:08.95 40.00	350m:	4:24.87 35.06	
	100m:	1:11.72 38.14	200m:	2:28.95 38.28	300m:	3:49.81 40.86	400m:	4:59.62 34.75	

Open

1.	UKOWSKA, Paula		93	AZS AWF Katowice				<b>4:52.37</b>	756
	50m:	31.18 31.18	150m:	1:43.64 37.63	250m:	3:03.79 43.51	350m:	4:20.37 34.31	
	100m:	1:06.01 34.83	200m:	2:20.28 36.64	300m:	3:46.06 42.27	400m:	4:52.37 32.00	
2.	RUTKOWSKA, Agnieszka		01	TP Skalar Słupsk				<b>4:59.62</b>	702
	50m:	33.58 33.58	150m:	1:50.67 38.95	250m:	3:08.95 40.00	350m:	4:24.87 35.06	
	100m:	1:11.72 38.14	200m:	2:28.95 38.28	300m:	3:49.81 40.86	400m:	4:59.62 34.75	

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Warszawa, 12. - 13.5.2018

Konkurencja 1, Kobiet, 400m zmienny, Open

Pozycja			Rok ur.				Czas	Pkt.
3.	HERBREder, Gabriela	03	UKS „GIM 92 Ursynów”	<b>5:05.65</b>	661			
	50m: 32.08 32.08	150m: 1:48.62 40.11	250m: 3:10.91 42.63	350m: 4:30.91 36.21				
	100m: 1:08.51 36.43	200m: 2:28.28 39.66	300m: 3:54.70 43.79	400m: 5:05.65 34.74				
4.	TARASIEWICZ, Klaudia	04	UKP „Polonia Warszawa”	<b>5:07.32</b>	651			
	50m: 32.81 32.81	150m: 1:49.41 38.71	250m: 3:12.60 45.49	350m: 4:33.55 33.79				
	100m: 1:10.70 37.89	200m: 2:27.11 37.70	300m: 3:59.76 47.16	400m: 5:07.32 33.77				
5.	WILCZEWSKA, Aleksandra	02	KS OLIMPIA Lublin	<b>5:08.91</b>	641			
	50m: 34.07 34.07	150m: 1:51.20 38.97	250m: 3:13.45 44.52	350m: 4:34.35 36.44				
	100m: 1:12.23 38.16	200m: 2:28.93 37.73	300m: 3:57.91 44.46	400m: 5:08.91 34.56				
6.	CYNARSKA, Weronika	03	UKP „Polonia Warszawa”	<b>5:09.39</b>	638			
	50m: 33.92 33.92	150m: 1:51.75 39.93	250m: 3:16.40 45.29	350m: 4:35.45 35.27				
	100m: 1:11.82 37.90	200m: 2:31.11 39.36	300m: 4:00.18 43.78	400m: 5:09.39 33.94				
7.	KRYPA, Marta	02	UKS Manta Warszawa Włochy	<b>5:09.71</b>	636			
	50m: 32.03 32.03	150m: 1:49.50 41.05	250m: 3:13.94 43.47	350m: 4:34.12 35.69				
	100m: 1:08.45 36.42	200m: 2:30.47 40.97	300m: 3:58.43 44.49	400m: 5:09.71 35.59				
8.	KUCHTA, Maria	02	UKS „Dwójka” Tczew	<b>5:10.82</b>	629			
	50m: 32.13 32.13	150m: 1:50.61 40.81	250m: 3:15.55 45.46	350m: 4:36.90 36.35				
	100m: 1:09.80 37.67	200m: 2:30.09 39.48	300m: 4:00.55 45.00	400m: 5:10.82 33.92				
9.	CYNARSKA, Natalia	03	UKP „Polonia Warszawa”	<b>5:12.18</b>	621			
	50m: 33.58 33.58	150m: 1:50.53 38.20	250m: 3:13.82 45.43	350m: 4:36.93 36.56				
	100m: 1:12.33 38.75	200m: 2:28.39 37.86	300m: 4:00.37 46.55	400m: 5:12.18 35.25				
10.	RYDY SKA, Marianna	04	MUKS PI TNASTKA BYDGOSZCZ	<b>5:13.46</b>	613			
	50m: 31.85 31.85	150m: 1:47.74 38.77	250m: 3:12.52 46.64	350m: 4:37.19 36.99				
	100m: 1:08.97 37.12	200m: 2:25.88 38.14	300m: 4:00.20 47.68	400m: 5:13.46 36.27				
11.	MACIEJEWSKA, Beata	03	UKS SP-149 Łód	<b>5:15.89</b>	599			
	50m: 34.36 34.36	150m: 1:55.35 41.22	250m: 3:20.11 45.46	350m: 4:41.19 35.69				
	100m: 1:14.13 39.77	200m: 2:34.65 39.30	300m: 4:05.50 45.39	400m: 5:15.89 34.70				
12.	NOWAK, Maja	03	MKS Ochota Warszawa	<b>5:15.94</b>	599			
	50m: 32.75 32.75	150m: 1:51.15 39.97	250m: 3:16.37 46.88	350m: 4:40.22 37.09				
	100m: 1:11.18 38.43	200m: 2:29.49 38.34	300m: 4:03.13 46.76	400m: 5:15.94 35.72				
13.	MENDYK, Adrianna	98	MKS Wodnik Radom	<b>5:16.72</b>	594			
	50m: 32.80 32.80	150m: 1:51.00 40.02	250m: 3:16.02 45.00	350m: 4:39.68 37.53				
	100m: 1:10.98 38.18	200m: 2:31.02 40.02	300m: 4:02.15 46.13	400m: 5:16.72 37.04				
14.	SŁOWIK, Martyna	03	IKS Konstancin	<b>5:21.79</b>	567			
	50m: 32.46 32.46	150m: 1:52.73 41.16	250m: 3:20.11 47.13	350m: 4:45.28 37.85				
	100m: 1:11.57 39.11	200m: 2:32.98 40.25	300m: 4:07.43 47.32	400m: 5:21.79 36.51				
15.	NEUBAUER, Paulina	03	UKS „Dwójka” Tczew	<b>5:22.36</b>	564			
	50m: 34.96 34.96	150m: 1:59.43 43.24	250m: 3:26.64 46.78	350m: 4:48.03 35.56				
	100m: 1:16.19 41.23	200m: 2:39.86 40.43	300m: 4:12.47 45.83	400m: 5:22.36 34.33				
16.	KACZOROWSKA, Alicja	04	UKS G-8 Bielany Warszawa	<b>5:23.80</b>	556			
	50m: 35.18 35.18	150m: 1:58.13 42.47	250m: 3:25.63 44.55	350m: 4:49.19 37.07				
	100m: 1:15.66 40.48	200m: 2:41.08 42.95	300m: 4:12.12 46.49	400m: 5:23.80 34.61				
17.	MACIASZCZYK, Weronika	04	UKS SP-149 Łód	<b>5:25.42</b>	548			
	50m: 33.96 33.96	150m: 1:55.46 41.95	250m: 3:24.63 47.65	350m: 4:49.57 37.04				
	100m: 1:13.51 39.55	200m: 2:36.98 41.52	300m: 4:12.53 47.90	400m: 5:25.42 35.85				
18.	MIZIK, Julia	04	MKS Ochota Warszawa	<b>5:25.58</b>	547			
	50m: 36.39 36.39	150m: 1:57.17 40.56	250m: 3:24.48 47.15	350m: 4:49.96 37.35				
	100m: 1:16.61 40.22	200m: 2:37.33 40.16	300m: 4:12.61 48.13	400m: 5:25.58 35.62				
19.	BEDNARZ, Julia	04	UKS „ORKA” Zamo	<b>5:25.80</b>	546			
	50m: 35.29 35.29	150m: 1:58.92 41.81	250m: 3:25.91 45.22	350m: 4:49.26 37.04				
	100m: 1:17.11 41.82	200m: 2:40.69 41.77	300m: 4:12.22 46.31	400m: 5:25.80 36.54				
20.	JASIORSKA, Aleksandra	02	UKP „Polonia Warszawa”	<b>5:26.22</b>	544			
	50m: 33.47 33.47	150m: 1:58.57 44.16	250m: 3:27.90 46.95	350m: 4:51.11 36.52				
	100m: 1:14.41 40.94	200m: 2:40.95 42.38	300m: 4:14.59 46.69	400m: 5:26.22 35.11				

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Warszawa, 12. - 13.5.2018

Konkurencja 1, Kobiet, 400m zmienny, Open

Pozycja			Rok ur.					Czas	Pkt.
21.	WRZESI SKA, Wiktoria		04	UKS 190 Łód				<b>5:27.26</b>	539
	50m: 35.71 35.71	150m: 2:01.20	44.61	250m: 3:28.09	45.06	350m: 4:51.75	36.59		
	100m: 1:16.59 40.88	200m: 2:43.03	41.83	300m: 4:15.16	47.07	400m: 5:27.26	35.51		
22.	ZIEMACKA, Julia		03	IUKS „Muszelka” Warszawa				<b>5:30.49</b>	523
	50m: 35.21 35.21	150m: 1:56.47	40.13	250m: 3:27.08	51.91	350m: 4:55.34	36.76		
	100m: 1:16.34 41.13	200m: 2:35.17	38.70	300m: 4:18.58	51.50	400m: 5:30.49	35.15		
23.	KESLER, Katarzyna		04	MKS Ochota Warszawa				<b>5:30.53</b>	523
	50m: 34.05 34.05	150m: 1:57.61	42.26	250m: 3:25.69	47.06	350m: 4:52.62	39.29		
	100m: 1:15.35 41.30	200m: 2:38.63	41.02	300m: 4:13.33	47.64	400m: 5:30.53	37.91		
24.	MACIASZCZYK, Wiktoria		04	UKS SP-149 Łód				<b>5:30.95</b>	521
	50m: 34.88 34.88	150m: 1:56.26	41.80	250m: 3:24.59	47.83	350m: 4:52.70	40.01		
	100m: 1:14.46 39.58	200m: 2:36.76	40.50	300m: 4:12.69	48.10	400m: 5:30.95	38.25		
25.	KOSTRZEWSKA, Maria		03	UKS 190 Łód				<b>5:31.82</b>	517
	50m: 35.28 35.28	150m: 2:00.16	43.36	250m: 3:30.92	47.66	350m: 4:56.30	37.84		
	100m: 1:16.80 41.52	200m: 2:43.26	43.10	300m: 4:18.46	47.54	400m: 5:31.82	35.52		
26.	BADZIAN, Natalia		03	UKP „Polonia Warszawa”				<b>5:33.01</b>	511
	50m: 31.85 31.85	150m: 1:53.53	43.72	250m: 3:25.36	49.37	350m: 4:54.71	39.62		
	100m: 1:09.81 37.96	200m: 2:35.99	42.46	300m: 4:15.09	49.73	400m: 5:33.01	38.30		
27.	DOPART, Marcelina		03	ULKS „Wodny wiat”				<b>5:34.21</b>	506
	50m: 33.73 33.73	150m: 1:56.54	43.11	250m: 3:26.44	48.08	350m: 4:56.42	39.78		
	100m: 1:13.43 39.70	200m: 2:38.36	41.82	300m: 4:16.64	50.20	400m: 5:34.21	37.79		
28.	MALEC, Klaudia		04	UKS „ORKA” Zamo				<b>5:35.28</b>	501
	50m: 35.96 35.96	150m: 2:01.65	43.52	250m: 3:29.34	46.00	350m: 4:56.28	40.31		
	100m: 1:18.13 42.17	200m: 2:43.34	41.69	300m: 4:15.97	46.63	400m: 5:35.28	39.00		
29.	D BKOWSKA, Wiktoria		04	MUKS Wodnik Łask				<b>5:35.83</b>	498
	50m: 33.50 33.50	150m: 1:58.83	44.65	250m: 3:29.50	46.87	350m: 4:57.70	40.41		
	100m: 1:14.18 40.68	200m: 2:42.63	43.80	300m: 4:17.29	47.79	400m: 5:35.83	38.13		
30.	WITEK, Oliwia		04	UKS SP-149 Łód				<b>5:39.18</b>	484
	50m: 35.33 35.33	150m: 2:01.61	44.93	250m: 3:31.53	47.53	350m: 5:01.06	39.93		
	100m: 1:16.68 41.35	200m: 2:44.00	42.39	300m: 4:21.13	49.60	400m: 5:39.18	38.12		
31.	SIOMA, Zuzanna		04	UKS „ORKA” Zamo				<b>5:47.65</b>	449
	50m: 36.34 36.34	150m: 2:03.25	45.02	250m: 3:38.33	51.92	350m: 5:09.43	40.04		
	100m: 1:18.23 41.89	200m: 2:46.41	43.16	300m: 4:29.39	51.06	400m: 5:47.65	38.22		