

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

Konkurencja 31
13.05.2018 - 11:45

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
14 lat									
1.	TARASIEWICZ, Klaudia		04	UKP „Polonia Warszawa”				4:28.46	683
	50m:	30.68 30.68	150m:	1:37.70	33.81	250m:	2:46.24 34.02	350m:	3:55.35 34.59
	100m:	1:03.89 33.21	200m:	2:12.22	34.52	300m:	3:20.76 34.52	400m:	4:28.46 33.11
2.	CYGAN, Julia		04	MUKS PI TNASTKA BYDGOSZCZ				4:42.80	584
	50m:	32.11 32.11	150m:	1:43.37	35.71	250m:	2:55.70 36.07	350m:	4:08.10 35.98
	100m:	1:07.66 35.55	200m:	2:19.63	36.26	300m:	3:32.12 36.42	400m:	4:42.80 34.70
3.	MALINO, Julia		04	UKS „ORKA” Zamo				4:56.08	509
	50m:	31.82 31.82	150m:	1:44.12	37.43	250m:	3:01.22 39.12	350m:	4:18.46 38.68
	100m:	1:06.69 34.87	200m:	2:22.10	37.98	300m:	3:39.78 38.56	400m:	4:56.08 37.62
4.	MACIASZCZYK, Weronika		04	UKS SP-149 Łód				4:56.69	506
	50m:	33.65 33.65	150m:	1:48.57	37.85	250m:	3:04.18 37.85	350m:	4:20.05 38.28
	100m:	1:10.72 37.07	200m:	2:26.33	37.76	300m:	3:41.77 37.59	400m:	4:56.69 36.64
5.	BORYS, Zofia		04	UKS G-8 Bielany Warszawa				4:56.99	504
	50m:	32.91 32.91	150m:	1:48.54	38.27	250m:	3:06.04 38.52	350m:	4:21.68 37.07
	100m:	1:10.27 37.36	200m:	2:27.52	38.98	300m:	3:44.61 38.57	400m:	4:56.99 35.31
6.	WITEK, Oliwia		04	UKS SP-149 Łód				5:00.08	489
	50m:	34.29 34.29	150m:	1:50.46	38.48	250m:	3:07.94 39.25	350m:	4:24.12 38.32
	100m:	1:11.98 37.69	200m:	2:28.69	38.23	300m:	3:45.80 37.86	400m:	5:00.08 35.96
7.	NAGRABA, Oliwia		04	UKS 307 Warszawa				5:04.94	466
	50m:	33.75 33.75	150m:	1:50.57	39.16	250m:	3:09.64 39.54	350m:	4:27.95 39.08
	100m:	1:11.41 37.66	200m:	2:30.10	39.53	300m:	3:48.87 39.23	400m:	5:04.94 36.99
8.	PA KO, Maja		04	St. KF KS „Fenix” O arów Maz				5:09.37	446
	50m:	34.88 34.88	150m:	1:52.59	39.48	250m:	3:12.17 40.51	350m:	4:32.94 41.40
	100m:	1:13.11 38.23	200m:	2:31.66	39.07	300m:	3:51.54 39.37	400m:	5:09.37 36.43
9.	CATI, Lidia		04	ródmiejski UKS				5:14.53	424
	50m:	33.72 33.72	150m:	1:51.50	40.21	250m:	3:13.48 41.22	350m:	4:34.82 40.79
	100m:	1:11.29 37.57	200m:	2:32.26	40.76	300m:	3:54.03 40.55	400m:	5:14.53 39.71
10.	SYSIO, Zuzanna		04	MUKS Wodnik Łask				5:18.24	410
	50m:	34.55 34.55	150m:	1:54.06	40.64	250m:	3:16.68 41.34	350m:	4:39.64 40.66
	100m:	1:13.42 38.87	200m:	2:35.34	41.28	300m:	3:58.98 42.30	400m:	5:18.24 38.60
15 lat									
1.	KAWKA, Nina		03	UKS „GIM 92 Ursynów”				4:31.71	659
	50m:	31.09 31.09	150m:	1:39.96	34.66	250m:	2:49.52 34.56	350m:	3:58.20 33.58
	100m:	1:05.30 34.21	200m:	2:14.96	35.00	300m:	3:24.62 35.10	400m:	4:31.71 33.51
2.	CYNARSKA, Weronika		03	UKP „Polonia Warszawa”				4:33.82	643
	50m:	32.15 32.15	150m:	1:41.88	35.00	250m:	2:52.11 35.00	350m:	4:01.76 34.62
	100m:	1:06.88 34.73	200m:	2:17.11	35.23	300m:	3:27.14 35.03	400m:	4:33.82 32.06
3.	ZIELI SKA, Daria		03	UKP „Polonia Warszawa”				4:36.74	623
	50m:	32.28 32.28	150m:	1:43.29	35.78	250m:	2:54.01 35.18	350m:	4:03.31 34.22
	100m:	1:07.51 35.23	200m:	2:18.83	35.54	300m:	3:29.09 35.08	400m:	4:36.74 33.43
4.	SŁOWIK, Martyna		03	IKS Konstancin				4:40.29	600
	50m:	31.84 31.84	150m:	1:42.49	35.56	250m:	2:54.24 35.85	350m:	4:05.59 35.52
	100m:	1:06.93 35.09	200m:	2:18.39	35.90	300m:	3:30.07 35.83	400m:	4:40.29 34.70
5.	D BROWSKA, Wiktoria		03	UKP „Polonia Warszawa”				4:42.48	586
	50m:	33.17 33.17	150m:	1:44.25	35.67	250m:	2:56.06 36.18	350m:	4:08.04 35.95
	100m:	1:08.58 35.41	200m:	2:19.88	35.63	300m:	3:32.09 36.03	400m:	4:42.48 34.44
6.	ZIEMACKA, Julia		03	IUKS „Muszelka” Warszawa				4:44.28	575
	50m:	32.46 32.46	150m:	1:42.98	35.54	250m:	2:55.39 36.38	350m:	4:08.74 36.52
	100m:	1:07.44 34.98	200m:	2:19.01	36.03	300m:	3:32.22 36.83	400m:	4:44.28 35.54

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

Konkurencja 31, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
7.	HAŁADYN, Karolina		03	UKS 190 Łód				4:45.20	569
	50m:	32.31 32.31	150m:	1:44.51	36.38	250m:	2:57.56 36.72	350m:	4:10.29 36.17
	100m:	1:08.13 35.82	200m:	2:20.84	36.33	300m:	3:34.12 36.56	400m:	4:45.20 34.91
8.	GARBARCZYK, Weronika		03	MKP Szczecin				4:45.54	567
	50m:	32.21 32.21	150m:	1:43.76	36.21	250m:	2:56.73 36.66	350m:	4:10.28 36.63
	100m:	1:07.55 35.34	200m:	2:20.07	36.31	300m:	3:33.65 36.92	400m:	4:45.54 35.26
9.	TOPP, Zofia		03	UKS G-8 Bielany Warszawa				4:47.80	554
	50m:	31.48 31.48	150m:	1:42.49	36.14	250m:	2:56.10 36.89	350m:	4:11.25 37.70
	100m:	1:06.35 34.87	200m:	2:19.21	36.72	300m:	3:33.55 37.45	400m:	4:47.80 36.55
10.	KOZACZUK, Klara		03	UKS oliborz				4:47.85	554
	50m:	32.27 32.27	150m:	1:45.17	36.82	250m:	2:59.32 37.02	350m:	4:12.97 36.46
	100m:	1:08.35 36.08	200m:	2:22.30	37.13	300m:	3:36.51 37.19	400m:	4:47.85 34.88
11.	NOWAK, Zofia		03	UKS G-8 Bielany Warszawa				4:49.50	544
	50m:	32.45 32.45	150m:	1:45.08	36.88	250m:	2:59.14 36.96	350m:	4:13.35 37.02
	100m:	1:08.20 35.75	200m:	2:22.18	37.10	300m:	3:36.33 37.19	400m:	4:49.50 36.15
12.	KOSTRZEWSKA, Maria		03	UKS 190 Łód				4:49.51	544
	50m:	34.25 34.25	150m:	1:47.24	36.59	250m:	3:00.83 36.97	350m:	4:14.23 36.38
	100m:	1:10.65 36.40	200m:	2:23.86	36.62	300m:	3:37.85 37.02	400m:	4:49.51 35.28
13.	ADAMSKA, Maria		03	ródmiejski UKS				4:53.15	524
	50m:	32.33 32.33	150m:	1:45.06	37.08	250m:	3:01.07 38.22	350m:	4:16.53 37.71
	100m:	1:07.98 35.65	200m:	2:22.85	37.79	300m:	3:38.82 37.75	400m:	4:53.15 36.62
14.	WŁODARKIEWICZ, Magdalena		03	UKS Pirania Targówek				4:59.48	492
	50m:	33.73 33.73	150m:	1:50.21	38.66	250m:	3:07.45 38.56	350m:	4:23.67 37.90
	100m:	1:11.55 37.82	200m:	2:28.89	38.68	300m:	3:45.77 38.32	400m:	4:59.48 35.81
15.	GŁAZIK, Dominika		03	MUKS PI TNASTKA BYDGOSZCZ				5:03.17	474
	50m:	33.15 33.15	150m:	1:49.47	38.49	250m:	3:07.25 38.82	350m:	4:25.26 38.91
	100m:	1:10.98 37.83	200m:	2:28.43	38.96	300m:	3:46.35 39.10	400m:	5:03.17 37.91
16.	FRYSIAK, Zuzanna		03	MUKS PI TNASTKA BYDGOSZCZ				5:03.32	473
	50m:	33.59 33.59	150m:	1:48.23	38.00	250m:	3:05.65 38.88	350m:	4:24.61 39.74
	100m:	1:10.23 36.64	200m:	2:26.77	38.54	300m:	3:44.87 39.22	400m:	5:03.32 38.71

16 lat

1.	SKIBIAK, Klaudia		02	UKS 190 Łód				4:30.83	665
	50m:	31.35 31.35	150m:	1:40.01	34.37	250m:	2:49.24 34.53	350m:	3:57.76 34.09
	100m:	1:05.64 34.29	200m:	2:14.71	34.70	300m:	3:23.67 34.43	400m:	4:30.83 33.07
2.	RAJCA, Olivia		02	UKS 190 Łód				4:33.53	646
	50m:	32.01 32.01	150m:	1:41.33	34.87	250m:	2:51.27 34.91	350m:	4:00.47 34.36
	100m:	1:06.46 34.45	200m:	2:16.36	35.03	300m:	3:26.11 34.84	400m:	4:33.53 33.06
3.	SZL K, Katarzyna		02	TP Olimpijczyk Aleksandrów Łód				4:36.51	625
	50m:	32.29 32.29	150m:	1:42.66	35.49	250m:	2:53.58 35.18	350m:	4:03.75 34.65
	100m:	1:07.17 34.88	200m:	2:18.40	35.74	300m:	3:29.10 35.52	400m:	4:36.51 32.76
4.	MICIĄK, Agata		02	MKP „SŁOWIANKA" Gorzów Wlkp.				4:42.48	586
	50m:	31.18 31.18	150m:	1:40.99	35.21	250m:	2:53.30 36.24	350m:	4:06.78 36.66
	100m:	1:05.78 34.60	200m:	2:17.06	36.07	300m:	3:30.12 36.82	400m:	4:42.48 35.70
5.	JAWORSKA, Maja		02	KP MZOS Płock				4:43.24	581
	50m:	32.45 32.45	150m:	1:44.19	36.25	250m:	2:56.72 36.02	350m:	4:08.99 36.11
	100m:	1:07.94 35.49	200m:	2:20.70	36.51	300m:	3:32.88 36.16	400m:	4:43.24 34.25
6.	ZAJ C, Wiktoria		02	UKP „Polonia Warszawa"				4:45.89	565
	50m:	32.64 32.64	150m:	1:45.04	36.29	250m:	2:58.18 36.80	350m:	4:11.39 36.46
	100m:	1:08.75 36.11	200m:	2:21.38	36.34	300m:	3:34.93 36.75	400m:	4:45.89 34.50
7.	JASIORSKA, Aleksandra		02	UKP „Polonia Warszawa"				4:48.73	549
	50m:	32.71 32.71	150m:	1:44.46	36.06	250m:	2:58.17 36.87	350m:	4:12.22 36.67
	100m:	1:08.40 35.69	200m:	2:21.30	36.84	300m:	3:35.55 37.38	400m:	4:48.73 36.51

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

Konkurencja 31, Dziewcz t, 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.		
8.	SERAFIN, Barbara		02	UKS G-8 Bielany Warszawa				4:52.07	530		
	50m:	32.63 32.63	150m:	1:45.74	36.98	250m:	3:00.96	37.60	350m:	4:15.68	37.00
	100m:	1:08.76 36.13	200m:	2:23.36	37.62	300m:	3:38.68	37.72	400m:	4:52.07	36.39
9.	ZIENTARSKA, Karolina		02	IKS Konstancin				4:53.90	520		
	50m:	32.69 32.69	150m:	1:46.01	37.34	250m:	3:01.87	38.07	350m:	4:17.92	37.94
	100m:	1:08.67 35.98	200m:	2:23.80	37.79	300m:	3:39.98	38.11	400m:	4:53.90	35.98
10.	KURZEPA, Adrianna		02	UKS Pirania Targówek				5:06.06	461		
	50m:	35.45 35.45	150m:	1:52.81	38.87	250m:	3:10.75	38.67	350m:	4:28.50	38.88
	100m:	1:13.94 38.49	200m:	2:32.08	39.27	300m:	3:49.62	38.87	400m:	5:06.06	37.56

17 - 18 lat

1.	MARGULA, Weronika		00	MKP Szczecin				4:30.66	666		
	50m:	32.04 32.04	150m:	1:40.67	34.51	250m:	2:49.10	34.26	350m:	3:57.47	34.28
	100m:	1:06.16 34.12	200m:	2:14.84	34.17	300m:	3:23.19	34.09	400m:	4:30.66	33.19
2.	BARYŁA, Julia		00	MKP Szczecin				4:37.55	618		
	50m:	31.87 31.87	150m:	1:41.78	35.27	250m:	2:52.67	35.71	350m:	4:03.22	35.03
	100m:	1:06.51 34.64	200m:	2:16.96	35.18	300m:	3:28.19	35.52	400m:	4:37.55	34.33
3.	BŁAJET, Oliwia		00	KS Warta Pozna				4:48.67	549		
	50m:	32.19 32.19	150m:	1:44.74	36.74	250m:	2:58.67	36.72	350m:	4:12.75	36.77
	100m:	1:08.00 35.81	200m:	2:21.95	37.21	300m:	3:35.98	37.31	400m:	4:48.67	35.92
4.	GÓRSKA, Julia		00	Mokotowski UKP Warszawianka- W				4:50.80	537		
	50m:	32.03 32.03	150m:	1:43.99	36.57	250m:	2:58.99	37.84	350m:	4:14.26	37.71
	100m:	1:07.42 35.39	200m:	2:21.15	37.16	300m:	3:36.55	37.56	400m:	4:50.80	36.54
5.	CIPORSKA, Katarzyna		00	MKS Polonia Warszawa				5:03.27	474		
	50m:	33.74 33.74	150m:	1:50.45	38.57	250m:	3:08.42	38.86	350m:	4:26.28	39.03
	100m:	1:11.88 38.14	200m:	2:29.56	39.11	300m:	3:47.25	38.83	400m:	5:03.27	36.99

Open

1.	TARASIEWICZ, Klaudia		04	UKP „Polonia Warszawa”				4:28.46	683		
	50m:	30.68 30.68	150m:	1:37.70	33.81	250m:	2:46.24	34.02	350m:	3:55.35	34.59
	100m:	1:03.89 33.21	200m:	2:12.22	34.52	300m:	3:20.76	34.52	400m:	4:28.46	33.11
2.	MARGULA, Weronika		00	MKP Szczecin				4:30.66	666		
	50m:	32.04 32.04	150m:	1:40.67	34.51	250m:	2:49.10	34.26	350m:	3:57.47	34.28
	100m:	1:06.16 34.12	200m:	2:14.84	34.17	300m:	3:23.19	34.09	400m:	4:30.66	33.19
3.	SKIBIAK, Klaudia		02	UKS 190 Łód				4:30.83	665		
	50m:	31.35 31.35	150m:	1:40.01	34.37	250m:	2:49.24	34.53	350m:	3:57.76	34.09
	100m:	1:05.64 34.29	200m:	2:14.71	34.70	300m:	3:23.67	34.43	400m:	4:30.83	33.07
4.	KAWKA, Nina		03	UKS „GIM 92 Ursynów”				4:31.71	659		
	50m:	31.09 31.09	150m:	1:39.96	34.66	250m:	2:49.52	34.56	350m:	3:58.20	33.58
	100m:	1:05.30 34.21	200m:	2:14.96	35.00	300m:	3:24.62	35.10	400m:	4:31.71	33.51
5.	RAJCA, Olivia		02	UKS 190 Łód				4:33.53	646		
	50m:	32.01 32.01	150m:	1:41.33	34.87	250m:	2:51.27	34.91	350m:	4:00.47	34.36
	100m:	1:06.46 34.45	200m:	2:16.36	35.03	300m:	3:26.11	34.84	400m:	4:33.53	33.06
6.	CYNARSKA, Weronika		03	UKP „Polonia Warszawa”				4:33.82	643		
	50m:	32.15 32.15	150m:	1:41.88	35.00	250m:	2:52.11	35.00	350m:	4:01.76	34.62
	100m:	1:06.88 34.73	200m:	2:17.11	35.23	300m:	3:27.14	35.03	400m:	4:33.82	32.06
7.	SZL K, Katarzyna		02	TP Olimpijczyk Aleksandrów Łód				4:36.51	625		
	50m:	32.29 32.29	150m:	1:42.66	35.49	250m:	2:53.58	35.18	350m:	4:03.75	34.65
	100m:	1:07.17 34.88	200m:	2:18.40	35.74	300m:	3:29.10	35.52	400m:	4:36.51	32.76
8.	ZIELI SKA, Daria		03	UKP „Polonia Warszawa”				4:36.74	623		
	50m:	32.28 32.28	150m:	1:43.29	35.78	250m:	2:54.01	35.18	350m:	4:03.31	34.22
	100m:	1:07.51 35.23	200m:	2:18.83	35.54	300m:	3:29.09	35.08	400m:	4:36.74	33.43

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

Konkurencja 31, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.				Czas				Pkt.
9.	BARYŁA, Julia		00 MKP Szczecin				4:37.55				618
	50m:	31.87 31.87	150m:	1:41.78 35.27	250m:	2:52.67 35.71	350m:	4:03.22 35.03	400m:	4:37.55 34.33	
	100m:	1:06.51 34.64	200m:	2:16.96 35.18	300m:	3:28.19 35.52	400m:	4:37.55 34.33			
10.	SŁOWIK, Martyna		03 IKS Konstancin				4:40.29				600
	50m:	31.84 31.84	150m:	1:42.49 35.56	250m:	2:54.24 35.85	350m:	4:05.59 35.52	400m:	4:40.29 34.70	
	100m:	1:06.93 35.09	200m:	2:18.39 35.90	300m:	3:30.07 35.83	400m:	4:40.29 34.70			
11.	D BROWSKA, Wiktoria		03 UKP „Polonia Warszawa”				4:42.48				586
	50m:	33.17 33.17	150m:	1:44.25 35.67	250m:	2:56.06 36.18	350m:	4:08.04 35.95	400m:	4:42.48 34.44	
	100m:	1:08.58 35.41	200m:	2:19.88 35.63	300m:	3:32.09 36.03	400m:	4:42.48 34.44			
	MICIAK, Agata		02 MKP „SŁOWIANKA” Gorzów Wlkp.				4:42.48				586
	50m:	31.18 31.18	150m:	1:40.99 35.21	250m:	2:53.30 36.24	350m:	4:06.78 36.66	400m:	4:42.48 35.70	
	100m:	1:05.78 34.60	200m:	2:17.06 36.07	300m:	3:30.12 36.82	400m:	4:42.48 35.70			
13.	CYGAN, Julia		04 MUKS PI TNASTKA BYDGOSZCZ				4:42.80				584
	50m:	32.11 32.11	150m:	1:43.37 35.71	250m:	2:55.70 36.07	350m:	4:08.10 35.98	400m:	4:42.80 34.70	
	100m:	1:07.66 35.55	200m:	2:19.63 36.26	300m:	3:32.12 36.42	400m:	4:42.80 34.70			
14.	JAWORSKA, Maja		02 KP MZOS Płock				4:43.24				581
	50m:	32.45 32.45	150m:	1:44.19 36.25	250m:	2:56.72 36.02	350m:	4:08.99 36.11	400m:	4:43.24 34.25	
	100m:	1:07.94 35.49	200m:	2:20.70 36.51	300m:	3:32.88 36.16	400m:	4:43.24 34.25			
15.	ZIEMACKA, Julia		03 IUKS „Muszelka” Warszawa				4:44.28				575
	50m:	32.46 32.46	150m:	1:42.98 35.54	250m:	2:55.39 36.38	350m:	4:08.74 36.52	400m:	4:44.28 35.54	
	100m:	1:07.44 34.98	200m:	2:19.01 36.03	300m:	3:32.22 36.83	400m:	4:44.28 35.54			
16.	HAŁADYN, Karolina		03 UKS 190 Łód				4:45.20				569
	50m:	32.31 32.31	150m:	1:44.51 36.38	250m:	2:57.56 36.72	350m:	4:10.29 36.17	400m:	4:45.20 34.91	
	100m:	1:08.13 35.82	200m:	2:20.84 36.33	300m:	3:34.12 36.56	400m:	4:45.20 34.91			
17.	GARBARCZYK, Weronika		03 MKP Szczecin				4:45.54				567
	50m:	32.21 32.21	150m:	1:43.76 36.21	250m:	2:56.73 36.66	350m:	4:10.28 36.63	400m:	4:45.54 35.26	
	100m:	1:07.55 35.34	200m:	2:20.07 36.31	300m:	3:33.65 36.92	400m:	4:45.54 35.26			
18.	ZAJ C, Wiktoria		02 UKP „Polonia Warszawa”				4:45.89				565
	50m:	32.64 32.64	150m:	1:45.04 36.29	250m:	2:58.18 36.80	350m:	4:11.39 36.46	400m:	4:45.89 34.50	
	100m:	1:08.75 36.11	200m:	2:21.38 36.34	300m:	3:34.93 36.75	400m:	4:45.89 34.50			
19.	TOPP, Zofia		03 UKS G-8 Bielany Warszawa				4:47.80				554
	50m:	31.48 31.48	150m:	1:42.49 36.14	250m:	2:56.10 36.89	350m:	4:11.25 37.70	400m:	4:47.80 36.55	
	100m:	1:06.35 34.87	200m:	2:19.21 36.72	300m:	3:33.55 37.45	400m:	4:47.80 36.55			
20.	KOZACZUK, Klara		03 UKS oliborz				4:47.85				554
	50m:	32.27 32.27	150m:	1:45.17 36.82	250m:	2:59.32 37.02	350m:	4:12.97 36.46	400m:	4:47.85 34.88	
	100m:	1:08.35 36.08	200m:	2:22.30 37.13	300m:	3:36.51 37.19	400m:	4:47.85 34.88			
21.	BŁAJET, Oliwia		00 KS Warta Pozna				4:48.67				549
	50m:	32.19 32.19	150m:	1:44.74 36.74	250m:	2:58.67 36.72	350m:	4:12.75 36.77	400m:	4:48.67 35.92	
	100m:	1:08.00 35.81	200m:	2:21.95 37.21	300m:	3:35.98 37.31	400m:	4:48.67 35.92			
22.	JASIORSKA, Aleksandra		02 UKP „Polonia Warszawa”				4:48.73				549
	50m:	32.71 32.71	150m:	1:44.46 36.06	250m:	2:58.17 36.87	350m:	4:12.22 36.67	400m:	4:48.73 36.51	
	100m:	1:08.40 35.69	200m:	2:21.30 36.84	300m:	3:35.55 37.38	400m:	4:48.73 36.51			
23.	NOWAK, Zofia		03 UKS G-8 Bielany Warszawa				4:49.50				544
	50m:	32.45 32.45	150m:	1:45.08 36.88	250m:	2:59.14 36.96	350m:	4:13.35 37.02	400m:	4:49.50 36.15	
	100m:	1:08.20 35.75	200m:	2:22.18 37.10	300m:	3:36.33 37.19	400m:	4:49.50 36.15			
24.	KOSTRZEWSKA, Maria		03 UKS 190 Łód				4:49.51				544
	50m:	34.25 34.25	150m:	1:47.24 36.59	250m:	3:00.83 36.97	350m:	4:14.23 36.38	400m:	4:49.51 35.28	
	100m:	1:10.65 36.40	200m:	2:23.86 36.62	300m:	3:37.85 37.02	400m:	4:49.51 35.28			
25.	GÓRSKA, Julia		00 Mokotowski UKP Warszawianka- W				4:50.80				537
	50m:	32.03 32.03	150m:	1:43.99 36.57	250m:	2:58.99 37.84	350m:	4:14.26 37.71	400m:	4:50.80 36.54	
	100m:	1:07.42 35.39	200m:	2:21.15 37.16	300m:	3:36.55 37.56	400m:	4:50.80 36.54			
26.	SERAFIN, Barbara		02 UKS G-8 Bielany Warszawa				4:52.07				530
	50m:	32.63 32.63	150m:	1:45.74 36.98	250m:	3:00.96 37.60	350m:	4:15.68 37.00	400m:	4:52.07 36.39	
	100m:	1:08.76 36.13	200m:	2:23.36 37.62	300m:	3:38.68 37.72	400m:	4:52.07 36.39			

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

Konkurencja 31, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.				Czas	Pkt.
27.	ADAMSKA, Maria	03	ródmiejski UKS				4:53.15	524
	50m: 32.33	32.33	150m: 1:45.06	37.08	250m: 3:01.07	38.22	350m: 4:16.53	37.71
	100m: 1:07.98	35.65	200m: 2:22.85	37.79	300m: 3:38.82	37.75	400m: 4:53.15	36.62
28.	ZIENTARSKA, Karolina	02	IKS Konstancin				4:53.90	520
	50m: 32.69	32.69	150m: 1:46.01	37.34	250m: 3:01.87	38.07	350m: 4:17.92	37.94
	100m: 1:08.67	35.98	200m: 2:23.80	37.79	300m: 3:39.98	38.11	400m: 4:53.90	35.98
29.	MALINO, Julia	04	UKS „ORKA” Zamo				4:56.08	509
	50m: 31.82	31.82	150m: 1:44.12	37.43	250m: 3:01.22	39.12	350m: 4:18.46	38.68
	100m: 1:06.69	34.87	200m: 2:22.10	37.98	300m: 3:39.78	38.56	400m: 4:56.08	37.62
30.	MACIASZCZYK, Weronika	04	UKS SP-149 Łód				4:56.69	506
	50m: 33.65	33.65	150m: 1:48.57	37.85	250m: 3:04.18	37.85	350m: 4:20.05	38.28
	100m: 1:10.72	37.07	200m: 2:26.33	37.76	300m: 3:41.77	37.59	400m: 4:56.69	36.64
31.	BORYS, Zofia	04	UKS G-8 Bielany Warszawa				4:56.99	504
	50m: 32.91	32.91	150m: 1:48.54	38.27	250m: 3:06.04	38.52	350m: 4:21.68	37.07
	100m: 1:10.27	37.36	200m: 2:27.52	38.98	300m: 3:44.61	38.57	400m: 4:56.99	35.31
32.	WŁODARKIEWICZ, Magdalena	03	UKS Pirania Targówek				4:59.48	492
	50m: 33.73	33.73	150m: 1:50.21	38.66	250m: 3:07.45	38.56	350m: 4:23.67	37.90
	100m: 1:11.55	37.82	200m: 2:28.89	38.68	300m: 3:45.77	38.32	400m: 4:59.48	35.81
33.	WITEK, Oliwia	04	UKS SP-149 Łód				5:00.08	489
	50m: 34.29	34.29	150m: 1:50.46	38.48	250m: 3:07.94	39.25	350m: 4:24.12	38.32
	100m: 1:11.98	37.69	200m: 2:28.69	38.23	300m: 3:45.80	37.86	400m: 5:00.08	35.96
34.	GŁAZIK, Dominika	03	MUKS PI TNASTKA BYDGOSZCZ				5:03.17	474
	50m: 33.15	33.15	150m: 1:49.47	38.49	250m: 3:07.25	38.82	350m: 4:25.26	38.91
	100m: 1:10.98	37.83	200m: 2:28.43	38.96	300m: 3:46.35	39.10	400m: 5:03.17	37.91
35.	CIPORSKA, Katarzyna	00	MKS Polonia Warszawa				5:03.27	474
	50m: 33.74	33.74	150m: 1:50.45	38.57	250m: 3:08.42	38.86	350m: 4:26.28	39.03
	100m: 1:11.88	38.14	200m: 2:29.56	39.11	300m: 3:47.25	38.83	400m: 5:03.27	36.99
36.	FRYSIAK, Zuzanna	03	MUKS PI TNASTKA BYDGOSZCZ				5:03.32	473
	50m: 33.59	33.59	150m: 1:48.23	38.00	250m: 3:05.65	38.88	350m: 4:24.61	39.74
	100m: 1:10.23	36.64	200m: 2:26.77	38.54	300m: 3:44.87	39.22	400m: 5:03.32	38.71
37.	NAGRABA, Oliwia	04	UKS 307 Warszawa				5:04.94	466
	50m: 33.75	33.75	150m: 1:50.57	39.16	250m: 3:09.64	39.54	350m: 4:27.95	39.08
	100m: 1:11.41	37.66	200m: 2:30.10	39.53	300m: 3:48.87	39.23	400m: 5:04.94	36.99
38.	KURZEPA, Adrianna	02	UKS Pirania Targówek				5:06.06	461
	50m: 35.45	35.45	150m: 1:52.81	38.87	250m: 3:10.75	38.67	350m: 4:28.50	38.88
	100m: 1:13.94	38.49	200m: 2:32.08	39.27	300m: 3:49.62	38.87	400m: 5:06.06	37.56
39.	PA KO, Maja	04	St. KF KS „Fenix” Oarów Maz				5:09.37	446
	50m: 34.88	34.88	150m: 1:52.59	39.48	250m: 3:12.17	40.51	350m: 4:32.94	41.40
	100m: 1:13.11	38.23	200m: 2:31.66	39.07	300m: 3:51.54	39.37	400m: 5:09.37	36.43
40.	CATI, Lidia	04	ródmiejski UKS				5:14.53	424
	50m: 33.72	33.72	150m: 1:51.50	40.21	250m: 3:13.48	41.22	350m: 4:34.82	40.79
	100m: 1:11.29	37.57	200m: 2:32.26	40.76	300m: 3:54.03	40.55	400m: 5:14.53	39.71
41.	SYSIO, Zuzanna	04	MUKS Wodnik Łask				5:18.24	410
	50m: 34.55	34.55	150m: 1:54.06	40.64	250m: 3:16.68	41.34	350m: 4:39.64	40.66
	100m: 1:13.42	38.87	200m: 2:35.34	41.28	300m: 3:58.98	42.30	400m: 5:18.24	38.60