

ARENA GRAND PRIX PUCHAR POLSKI
Łódź, 10. - 11.11.2018

Konkurencja 13
10.11.2018 - 17:00

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

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

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	KNOP, Aleksandra		03	UKS 190 Łódź				4:41.20	780
	<i>Rekord Polski</i>								
	50m:	30.72 30.72	150m:	1:40.56 35.61	250m:	2:57.00 41.35	350m:	4:10.59 31.99	
	100m:	1:04.95 34.23	200m:	2:15.65 35.09	300m:	3:38.60 41.60	400m:	4:41.20 30.61	
2.	UKOWSKA, Paula		93	KU AZS UMCS Lublin				4:47.32	731
	50m:	31.38 31.38	150m:	1:43.21 36.87	250m:	2:59.69 40.87	350m:	4:14.44 33.48	
	100m:	1:06.34 34.96	200m:	2:18.82 35.61	300m:	3:40.96 41.27	400m:	4:47.32 32.88	
3.	ANDRZEJEWSKA, Kamila		99	KU AZS UMCS Lublin				4:53.54	686
	50m:	31.55 31.55	150m:	1:46.36 39.49	250m:	3:06.02 42.38	350m:	4:20.84 33.31	
	100m:	1:06.87 35.32	200m:	2:23.64 37.28	300m:	3:47.53 41.51	400m:	4:53.54 32.70	
4.	TARASIEWICZ, Klaudia		04	UKP „Polonia Warszawa”				4:57.75	657
	50m:	32.43 32.43	150m:	1:46.50 37.05	250m:	3:08.16 44.12	350m:	4:25.23 33.38	
	100m:	1:09.45 37.02	200m:	2:24.04 37.54	300m:	3:51.85 43.69	400m:	4:57.75 32.52	
5.	KUCHTA, Maria		02	UKS „Dwójka” Tczew				4:58.59	652
	50m:	31.29 31.29	150m:	1:47.28 39.84	250m:	3:09.15 43.24	350m:	4:26.99 34.42	
	100m:	1:07.44 36.15	200m:	2:25.91 38.63	300m:	3:52.57 43.42	400m:	4:58.59 31.60	
6.	NOWAK, Zuzanna		02	UKP Unia O wi cim				4:59.23	648
	50m:	31.42 31.42	150m:	1:46.27 38.26	250m:	3:07.75 43.66	350m:	4:26.26 34.32	
	100m:	1:08.01 36.59	200m:	2:24.09 37.82	300m:	3:51.94 44.19	400m:	4:59.23 32.97	
7.	BANACZKOWSKA, Aleksandra		02	KS KSZO Ostrowiec w.				4:59.64	645
	50m:	33.55 33.55	150m:	1:51.94 39.10	250m:	3:10.94 39.12	350m:	4:26.22 35.09	
	100m:	1:12.84 39.29	200m:	2:31.82 39.88	300m:	3:51.13 40.19	400m:	4:59.64 33.42	
8.	SOBIAK, Zuzanna		02	WKS I sk Wrocław				4:59.85	643
	50m:	32.35 32.35	150m:	1:47.66 38.70	250m:	3:07.81 43.34	350m:	4:26.44 34.63	
	100m:	1:08.96 36.61	200m:	2:24.47 36.81	300m:	3:51.81 44.00	400m:	4:59.85 33.41	
9.	HERBREDER, Gabriela		03	UKS „GIM 92 Ursynów”				5:00.01	642
	50m:	31.74 31.74	150m:	1:50.08 40.62	250m:	3:10.44 41.44	350m:	4:26.67 34.15	
	100m:	1:09.46 37.72	200m:	2:29.00 38.92	300m:	3:52.52 42.08	400m:	5:00.01 33.34	
10.	MOZOŁOWSKA, Emilia		02	UKP „Polonia Warszawa”				5:00.18	641
	50m:	31.63 31.63	150m:	1:47.29 37.63	250m:	3:05.79 42.24	350m:	4:26.10 36.64	
	100m:	1:09.66 38.03	200m:	2:23.55 36.26	300m:	3:49.46 43.67	400m:	5:00.18 34.08	
11.	PROCHOWNIK, Martyna		02	KU AZS UMCS Lublin				5:00.24	641
	50m:	31.56 31.56	150m:	1:47.40 38.79	250m:	3:08.18 43.35	350m:	4:27.21 35.42	
	100m:	1:08.61 37.05	200m:	2:24.83 37.43	300m:	3:51.79 43.61	400m:	5:00.24 33.03	
12.	KRYPA, Marta		02	UKS Manta Warszawa Włochy				5:03.35	621
	50m:	32.47 32.47	150m:	1:48.52 39.45	250m:	3:11.03 43.07	350m:	4:29.51 34.77	
	100m:	1:09.07 36.60	200m:	2:27.96 39.44	300m:	3:54.74 43.71	400m:	5:03.35 33.84	
13.	MIKOŁAJCZYK, Maja		04	UKS SP-149 Łódź				5:03.53	620
	50m:	32.00 32.00	150m:	1:47.99 39.85	250m:	3:10.56 43.02	350m:	4:28.91 35.22	
	100m:	1:08.14 36.14	200m:	2:27.54 39.55	300m:	3:53.69 43.13	400m:	5:03.53 34.62	
14.	MACIEJEWSKA, Beata		03	UKS SP-149 Łódź				5:04.43	615
	50m:	33.93 33.93	150m:	1:50.24 38.31	250m:	3:11.32 43.12	350m:	4:29.72 34.97	
	100m:	1:11.93 38.00	200m:	2:28.20 37.96	300m:	3:54.75 43.43	400m:	5:04.43 34.71	

ARENA GRAND PRIX PUCHAR POLSKI
Łódź, 10. - 11.11.2018

Konkurencja 13, Kobiety, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
15.	WECKWERT, Iga		04	UKS	abianka Gda	sk	5:08.00	594	
	50m:	34.15 34.15	150m:	1:51.90	38.26	250m:	3:12.50	43.43	
	100m:	1:13.64 39.49	200m:	2:29.07	37.17	300m:	3:56.34	43.84	
						350m:	4:32.74	36.40	
						400m:	5:08.00	35.26	
16.	DRAGAN, Julia		04	KS OLIMPIA	Lublin		5:09.16	587	
	<i>Wynik lepszy od Rekordu Polski Niestysz cych - Seniorów, Juniorów do lat 14</i>								
	50m:	33.92 33.92	150m:	1:53.14	39.30	250m:	3:14.82	42.98	
	100m:	1:13.84 39.92	200m:	2:31.84	38.70	300m:	3:58.15	43.33	
						350m:	4:34.28	36.13	
						400m:	5:09.16	34.88	
17.	SŁOWIK, Martyna		03	IKS	Konstancin		5:09.20	587	
	50m:	33.77 33.77	150m:	1:51.66	39.84	250m:	3:15.71	45.42	
	100m:	1:11.82 38.05	200m:	2:30.29	38.63	300m:	4:01.09	45.38	
						350m:	4:36.25	35.16	
						400m:	5:09.20	32.95	
18.	CIOCH-GRADZIK, Wiktoria		03	UKS „MANTA”	Kochłowice Ruda		5:10.50	579	
	50m:	34.08 34.08	150m:	1:52.65	39.68	250m:	3:17.01	44.83	
	100m:	1:12.97 38.89	200m:	2:32.18	39.53	300m:	4:02.54	45.53	
						350m:	4:37.13	34.59	
						400m:	5:10.50	33.37	
19.	MACIASZCZYK, Weronika		04	UKS SP-149	Łódź		5:12.76	567	
	50m:	34.29 34.29	150m:	1:53.09	40.25	250m:	3:17.50	45.21	
	100m:	1:12.84 38.55	200m:	2:32.29	39.20	300m:	4:02.89	45.39	
						350m:	4:38.45	35.56	
						400m:	5:12.76	34.31	
20.	SOBOLEWSKA, Magdalena		04	UKS „MANTA”	Kochłowice Ruda		5:13.16	565	
	50m:	34.57 34.57	150m:	1:53.42	40.01	250m:	3:18.14	45.30	
	100m:	1:13.41 38.84	200m:	2:32.84	39.42	300m:	4:03.61	45.47	
						350m:	4:39.11	35.50	
						400m:	5:13.16	34.05	
21.	DOMORADZKA, Aleksandra		03	Mi dzyszkolny UKS „Olimpijczyk			5:14.06	560	
	50m:	34.10 34.10	150m:	1:53.37	39.66	250m:	3:17.50	44.48	
	100m:	1:13.71 39.61	200m:	2:33.02	39.65	300m:	4:03.58	46.08	
						350m:	4:39.76	36.18	
						400m:	5:14.06	34.30	
22.	GAZDA, Małgorzata		04	UKS Olimpijczyk	23		5:14.23	559	
	50m:	34.88 34.88	150m:	1:55.32	40.17	250m:	3:17.59	43.22	
	100m:	1:15.15 40.27	200m:	2:34.37	39.05	300m:	4:01.19	43.60	
						350m:	4:38.13	36.94	
						400m:	5:14.23	36.10	
23.	KOSTRZEWSKA, Maria		03	UKS 190	Łódź		5:15.04	555	
	50m:	34.36 34.36	150m:	1:55.53	42.34	250m:	3:21.77	44.87	
	100m:	1:13.19 38.83	200m:	2:36.90	41.37	300m:	4:06.80	45.03	
						350m:	4:41.64	34.84	
						400m:	5:15.04	33.40	
24.	SZYMA SKA, Wiktoria		02	Kaliski Klub Sportowy „Włókn			5:15.61	552	
	50m:	33.90 33.90	150m:	1:52.87	39.03	250m:	3:17.27	45.72	
	100m:	1:13.84 39.94	200m:	2:31.55	38.68	300m:	4:03.47	46.20	
						350m:	4:40.55	37.08	
						400m:	5:15.61	35.06	
25.	BIDNIK, Wiktoria		04	UKS „GIM 92 Ursynów”			5:16.27	548	
	50m:	32.88 32.88	150m:	1:52.19	39.69	250m:	3:17.59	46.06	
	100m:	1:12.50 39.62	200m:	2:31.53	39.34	300m:	4:03.89	46.30	
						350m:	4:41.03	37.14	
						400m:	5:16.27	35.24	
26.	ZIEMACKA, Julia		03	IUKS „Muszelka”	Warszawa		5:17.11	544	
	50m:	35.15 35.15	150m:	1:53.57	38.01	250m:	3:18.71	48.04	
	100m:	1:15.56 40.41	200m:	2:30.67	37.10	300m:	4:07.76	49.05	
						350m:	4:43.52	35.76	
						400m:	5:17.11	33.59	
27.	DOM OL, Zuzanna		02	Kaliski Klub Sportowy „Włókn			5:17.50	542	
	50m:	35.21 35.21	150m:	1:54.77	39.70	250m:	3:20.54	46.09	
	100m:	1:15.07 39.86	200m:	2:34.45	39.68	300m:	4:06.94	46.40	
						350m:	4:42.85	35.91	
						400m:	5:17.50	34.65	
28.	SZPIEGOWSKA, Wiktoria		02	WKS I sk	Wrocław		5:18.55	537	
	50m:	33.59 33.59	150m:	1:53.95	40.96	250m:	3:19.25	45.67	
	100m:	1:12.99 39.40	200m:	2:33.58	39.63	300m:	4:06.06	46.81	
						350m:	4:42.47	36.41	
						400m:	5:18.55	36.08	
29.	KULIK, Wiktoria		03	MTP Kormoran	Olsztyn		5:19.12	534	
	50m:	33.37 33.37	150m:	1:53.66	42.06	250m:	3:19.98	45.88	
	100m:	1:11.60 38.23	200m:	2:34.10	40.44	300m:	4:06.32	46.34	
						350m:	4:43.37	37.05	
						400m:	5:19.12	35.75	
30.	WRZESI SKA, Wiktoria		04	UKS 190	Łódź		5:21.83	520	
	50m:	35.11 35.11	150m:	1:57.83	42.42	250m:	3:22.86	43.91	
	100m:	1:15.41 40.30	200m:	2:38.95	41.12	300m:	4:07.94	45.08	
						350m:	4:45.20	37.26	
						400m:	5:21.83	36.63	
31.	KANTECKA, Julia		03	Kaliski Klub Sportowy „Włókn			5:22.06	519	
	50m:	34.52 34.52	150m:	1:55.18	39.96	250m:	3:23.42	49.89	
	100m:	1:15.22 40.70	200m:	2:33.53	38.35	300m:	4:12.57	49.15	
						350m:	4:48.22	35.65	
						400m:	5:22.06	33.84	

ARENA GRAND PRIX PUCHAR POLSKI
Łódź, 10. - 11.11.2018

Konkurencja 13, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
32.	KOŁODZIEJCZYK, Oliwia		03	KS OLIMPIA Lublin				5:23.64	512
	50m:	34.79 34.79	150m:	1:56.97 41.71	250m:	3:23.93 46.20	350m:	4:47.87 37.30	
	100m:	1:15.26 40.47	200m:	2:37.73 40.76	300m:	4:10.57 46.64	400m:	5:23.64 35.77	
33.	WITEK, Oliwia		04	UKS SP-149 Łódź				5:28.46	489
	50m:	36.52 36.52	150m:	2:01.20 43.00	250m:	3:28.58 45.57	350m:	4:53.75 38.36	
	100m:	1:18.20 41.68	200m:	2:43.01 41.81	300m:	4:15.39 46.81	400m:	5:28.46 34.71	
34.	D BKOWSKA, Wiktoria		04	MUKS Wodnik Łask				5:28.94	487
	50m:	33.41 33.41	150m:	1:56.70 43.28	250m:	3:26.39 46.25	350m:	4:52.40 38.89	
	100m:	1:13.42 40.01	200m:	2:40.14 43.44	300m:	4:13.51 47.12	400m:	5:28.94 36.54	
35.	WITEK, Aleksandra		03	UKS abianka Gda sk				5:35.86	458
	50m:	35.10 35.10	150m:	1:59.10 42.10	250m:	3:30.14 48.83	350m:	4:57.38 38.83	
	100m:	1:17.00 41.90	200m:	2:41.31 42.21	300m:	4:18.55 48.41	400m:	5:35.86 38.48	
36.	KOWACKA, Aleksandra		04	UKS SP-149 Łódź				5:44.76	423
	50m:	37.77 37.77	150m:	2:06.77 43.93	250m:	3:38.47 48.69	350m:	5:07.59 37.49	
	100m:	1:22.84 45.07	200m:	2:49.78 43.01	300m:	4:30.10 51.63	400m:	5:44.76 37.17	
37.	CIESIELSKA, Natalia		03	UKS SP-149 Łódź				6:05.71	354
	50m:	41.23 41.23	150m:	2:15.04 47.40	250m:	3:52.60 52.59	350m:	5:26.24 41.33	
	100m:	1:27.64 46.41	200m:	3:00.01 44.97	300m:	4:44.91 52.31	400m:	6:05.71 39.47	

14 lat

1.	TARASIEWICZ, Klaudia		04	UKP „Polonia Warszawa”				4:57.75	657
	50m:	32.43 32.43	150m:	1:46.50 37.05	250m:	3:08.16 44.12	350m:	4:25.23 33.38	
	100m:	1:09.45 37.02	200m:	2:24.04 37.54	300m:	3:51.85 43.69	400m:	4:57.75 32.52	
2.	MIKOŁAJCZYK, Maja		04	UKS SP-149 Łódź				5:03.53	620
	50m:	32.00 32.00	150m:	1:47.99 39.85	250m:	3:10.56 43.02	350m:	4:28.91 35.22	
	100m:	1:08.14 36.14	200m:	2:27.54 39.55	300m:	3:53.69 43.13	400m:	5:03.53 34.62	
3.	WECKWERT, Iga		04	UKS abianka Gda sk				5:08.00	594
	50m:	34.15 34.15	150m:	1:51.90 38.26	250m:	3:12.50 43.43	350m:	4:32.74 36.40	
	100m:	1:13.64 39.49	200m:	2:29.07 37.17	300m:	3:56.34 43.84	400m:	5:08.00 35.26	
4.	DRAGAN, Julia		04	KS OLIMPIA Lublin				5:09.16	587
	<i>Wynik lepszy od Rekordu Polski Niestysz cych - Seniorów, Juniorów do lat 14</i>								
	50m:	33.92 33.92	150m:	1:53.14 39.30	250m:	3:14.82 42.98	350m:	4:34.28 36.13	
	100m:	1:13.84 39.92	200m:	2:31.84 38.70	300m:	3:58.15 43.33	400m:	5:09.16 34.88	
5.	MACIASZCZYK, Weronika		04	UKS SP-149 Łódź				5:12.76	567
	50m:	34.29 34.29	150m:	1:53.09 40.25	250m:	3:17.50 45.21	350m:	4:38.45 35.56	
	100m:	1:12.84 38.55	200m:	2:32.29 39.20	300m:	4:02.89 45.39	400m:	5:12.76 34.31	
6.	SOBOLEWSKA, Magdalena		04	UKS „MANTA” Kochłowice Ruda				5:13.16	565
	50m:	34.57 34.57	150m:	1:53.42 40.01	250m:	3:18.14 45.30	350m:	4:39.11 35.50	
	100m:	1:13.41 38.84	200m:	2:32.84 39.42	300m:	4:03.61 45.47	400m:	5:13.16 34.05	
7.	GAZDA, Małgorzata		04	UKS Olimpiczek 23				5:14.23	559
	50m:	34.88 34.88	150m:	1:55.32 40.17	250m:	3:17.59 43.22	350m:	4:38.13 36.94	
	100m:	1:15.15 40.27	200m:	2:34.37 39.05	300m:	4:01.19 43.60	400m:	5:14.23 36.10	
8.	BIDNIK, Wiktoria		04	UKS „GIM 92 Ursynów”				5:16.27	548
	50m:	32.88 32.88	150m:	1:52.19 39.69	250m:	3:17.59 46.06	350m:	4:41.03 37.14	
	100m:	1:12.50 39.62	200m:	2:31.53 39.34	300m:	4:03.89 46.30	400m:	5:16.27 35.24	
9.	WRZESI SKA, Wiktoria		04	UKS 190 Łódź				5:21.83	520
	50m:	35.11 35.11	150m:	1:57.83 42.42	250m:	3:22.86 43.91	350m:	4:45.20 37.26	
	100m:	1:15.41 40.30	200m:	2:38.95 41.12	300m:	4:07.94 45.08	400m:	5:21.83 36.63	
10.	WITEK, Oliwia		04	UKS SP-149 Łódź				5:28.46	489
	50m:	36.52 36.52	150m:	2:01.20 43.00	250m:	3:28.58 45.57	350m:	4:53.75 38.36	
	100m:	1:18.20 41.68	200m:	2:43.01 41.81	300m:	4:15.39 46.81	400m:	5:28.46 34.71	
11.	D BKOWSKA, Wiktoria		04	MUKS Wodnik Łask				5:28.94	487
	50m:	33.41 33.41	150m:	1:56.70 43.28	250m:	3:26.39 46.25	350m:	4:52.40 38.89	
	100m:	1:13.42 40.01	200m:	2:40.14 43.44	300m:	4:13.51 47.12	400m:	5:28.94 36.54	

ARENA GRAND PRIX PUCHAR POLSKI
Łódź , 10. - 11.11.2018

Konkurencja 13, Dziewcz t, 400m zmienny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.		
12.	KOWACKA, Aleksandra		04	UKS SP-149 Łódź				5:44.76	423		
	50m:	37.77 37.77	150m:	2:06.77	43.93	250m:	3:38.47	48.69	350m:	5:07.59	37.49
	100m:	1:22.84 45.07	200m:	2:49.78	43.01	300m:	4:30.10	51.63	400m:	5:44.76	37.17

15 lat

1.	KNOP, Aleksandra		03	UKS 190 Łódź				4:41.20	780		
	<i>Rekord Polski</i>										
	50m:	30.72 30.72	150m:	1:40.56	35.61	250m:	2:57.00	41.35	350m:	4:10.59	31.99
	100m:	1:04.95 34.23	200m:	2:15.65	35.09	300m:	3:38.60	41.60	400m:	4:41.20	30.61
2.	HERBREder, Gabriela		03	UKS „GIM 92 Ursynów”				5:00.01	642		
	50m:	31.74 31.74	150m:	1:50.08	40.62	250m:	3:10.44	41.44	350m:	4:26.67	34.15
	100m:	1:09.46 37.72	200m:	2:29.00	38.92	300m:	3:52.52	42.08	400m:	5:00.01	33.34
3.	MACIEJEWSKA, Beata		03	UKS SP-149 Łódź				5:04.43	615		
	50m:	33.93 33.93	150m:	1:50.24	38.31	250m:	3:11.32	43.12	350m:	4:29.72	34.97
	100m:	1:11.93 38.00	200m:	2:28.20	37.96	300m:	3:54.75	43.43	400m:	5:04.43	34.71
4.	SŁOWIK, Martyna		03	IKS Konstancin				5:09.20	587		
	50m:	33.77 33.77	150m:	1:51.66	39.84	250m:	3:15.71	45.42	350m:	4:36.25	35.16
	100m:	1:11.82 38.05	200m:	2:30.29	38.63	300m:	4:01.09	45.38	400m:	5:09.20	32.95
5.	CIOCH-GRADZIK, Wiktoria		03	UKS „MANTA” Kochłowice Ruda				5:10.50	579		
	50m:	34.08 34.08	150m:	1:52.65	39.68	250m:	3:17.01	44.83	350m:	4:37.13	34.59
	100m:	1:12.97 38.89	200m:	2:32.18	39.53	300m:	4:02.54	45.53	400m:	5:10.50	33.37
6.	DOMORADZKA, Aleksandra		03	Mi dzyszkołny UKS „Olimpijczy				5:14.06	560		
	50m:	34.10 34.10	150m:	1:53.37	39.66	250m:	3:17.50	44.48	350m:	4:39.76	36.18
	100m:	1:13.71 39.61	200m:	2:33.02	39.65	300m:	4:03.58	46.08	400m:	5:14.06	34.30
7.	KOSTRZEWSKA, Maria		03	UKS 190 Łódź				5:15.04	555		
	50m:	34.36 34.36	150m:	1:55.53	42.34	250m:	3:21.77	44.87	350m:	4:41.64	34.84
	100m:	1:13.19 38.83	200m:	2:36.90	41.37	300m:	4:06.80	45.03	400m:	5:15.04	33.40
8.	ZIEMACKA, Julia		03	IUKS „Muszelka” Warszawa				5:17.11	544		
	50m:	35.15 35.15	150m:	1:53.57	38.01	250m:	3:18.71	48.04	350m:	4:43.52	35.76
	100m:	1:15.56 40.41	200m:	2:30.67	37.10	300m:	4:07.76	49.05	400m:	5:17.11	33.59
9.	KULIK, Wiktoria		03	MTP Kormoran Olsztyn				5:19.12	534		
	50m:	33.37 33.37	150m:	1:53.66	42.06	250m:	3:19.98	45.88	350m:	4:43.37	37.05
	100m:	1:11.60 38.23	200m:	2:34.10	40.44	300m:	4:06.32	46.34	400m:	5:19.12	35.75
10.	KANTECKA, Julia		03	Kaliski Klub Sportowy „Włókn				5:22.06	519		
	50m:	34.52 34.52	150m:	1:55.18	39.96	250m:	3:23.42	49.89	350m:	4:48.22	35.65
	100m:	1:15.22 40.70	200m:	2:33.53	38.35	300m:	4:12.57	49.15	400m:	5:22.06	33.84
11.	KOŁODZIEJCZYK, Oliwia		03	KS OLIMPIA Lublin				5:23.64	512		
	50m:	34.79 34.79	150m:	1:56.97	41.71	250m:	3:23.93	46.20	350m:	4:47.87	37.30
	100m:	1:15.26 40.47	200m:	2:37.73	40.76	300m:	4:10.57	46.64	400m:	5:23.64	35.77
12.	WITEK, Aleksandra		03	UKS abianka Gdańsk				5:35.86	458		
	50m:	35.10 35.10	150m:	1:59.10	42.10	250m:	3:30.14	48.83	350m:	4:57.38	38.83
	100m:	1:17.00 41.90	200m:	2:41.31	42.21	300m:	4:18.55	48.41	400m:	5:35.86	38.48
13.	CIESIELSKA, Natalia		03	UKS SP-149 Łódź				6:05.71	354		
	50m:	41.23 41.23	150m:	2:15.04	47.40	250m:	3:52.60	52.59	350m:	5:26.24	41.33
	100m:	1:27.64 46.41	200m:	3:00.01	44.97	300m:	4:44.91	52.31	400m:	6:05.71	39.47

16 lat

1.	KUCHTA, Maria		02	UKS „Dwójka” Tczew				4:58.59	652		
	50m:	31.29 31.29	150m:	1:47.28	39.84	250m:	3:09.15	43.24	350m:	4:26.99	34.42
	100m:	1:07.44 36.15	200m:	2:25.91	38.63	300m:	3:52.57	43.42	400m:	4:58.59	31.60
2.	NOWAK, Zuzanna		02	UKP Unia Owiścim				4:59.23	648		
	50m:	31.42 31.42	150m:	1:46.27	38.26	250m:	3:07.75	43.66	350m:	4:26.26	34.32
	100m:	1:08.01 36.59	200m:	2:24.09	37.82	300m:	3:51.94	44.19	400m:	4:59.23	32.97

ARENA GRAND PRIX PUCHAR POLSKI
Łódź, 10. - 11.11.2018

Konkurencja 13, Dziewcz t, 400m zmienny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.			
3.	BANACZKOWSKA, Aleksandra		02	KS KSZO Ostrowiec w.				4:59.64	645			
	50m:	33.55 33.55	150m:	1:51.94	39.10	250m:	3:10.94	39.12	350m:	4:26.22	35.09	
	100m:	1:12.84	39.29	200m:	2:31.82	39.88	300m:	3:51.13	40.19	400m:	4:59.64	33.42
4.	SOBIAK, Zuzanna		02	WKS I sk Wrocław				4:59.85	643			
	50m:	32.35 32.35	150m:	1:47.66	38.70	250m:	3:07.81	43.34	350m:	4:26.44	34.63	
	100m:	1:08.96	36.61	200m:	2:24.47	36.81	300m:	3:51.81	44.00	400m:	4:59.85	33.41
5.	MOZOŁOWSKA, Emilia		02	UKP „Polonia Warszawa”				5:00.18	641			
	50m:	31.63 31.63	150m:	1:47.29	37.63	250m:	3:05.79	42.24	350m:	4:26.10	36.64	
	100m:	1:09.66	38.03	200m:	2:23.55	36.26	300m:	3:49.46	43.67	400m:	5:00.18	34.08
6.	PROCHOWNIK, Martyna		02	KU AZS UMCS Lublin				5:00.24	641			
	50m:	31.56 31.56	150m:	1:47.40	38.79	250m:	3:08.18	43.35	350m:	4:27.21	35.42	
	100m:	1:08.61	37.05	200m:	2:24.83	37.43	300m:	3:51.79	43.61	400m:	5:00.24	33.03
7.	KRYPA, Marta		02	UKS Manta Warszawa Włochy				5:03.35	621			
	50m:	32.47 32.47	150m:	1:48.52	39.45	250m:	3:11.03	43.07	350m:	4:29.51	34.77	
	100m:	1:09.07	36.60	200m:	2:27.96	39.44	300m:	3:54.74	43.71	400m:	5:03.35	33.84
8.	SZYMA SKA, Wiktoria		02	Kaliski Klub Sportowy „Włókn				5:15.61	552			
	50m:	33.90 33.90	150m:	1:52.87	39.03	250m:	3:17.27	45.72	350m:	4:40.55	37.08	
	100m:	1:13.84	39.94	200m:	2:31.55	38.68	300m:	4:03.47	46.20	400m:	5:15.61	35.06
9.	DOM OL, Zuzanna		02	Kaliski Klub Sportowy „Włókn				5:17.50	542			
	50m:	35.21 35.21	150m:	1:54.77	39.70	250m:	3:20.54	46.09	350m:	4:42.85	35.91	
	100m:	1:15.07	39.86	200m:	2:34.45	39.68	300m:	4:06.94	46.40	400m:	5:17.50	34.65
10.	SZPIEGOWSKA, Wiktoria		02	WKS I sk Wrocław				5:18.55	537			
	50m:	33.59 33.59	150m:	1:53.95	40.96	250m:	3:19.25	45.67	350m:	4:42.47	36.41	
	100m:	1:12.99	39.40	200m:	2:33.58	39.63	300m:	4:06.06	46.81	400m:	5:18.55	36.08