

ARENA GRAND PRIX PUCHAR POLSKI
Kozienice, 23- - 24-2-2019

Konkurencja 22
23-02-2019 - 19:27

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.			
14 lat												
1.	DADEJ Julia		05	BOSiR Brzesko				4:44.85	558			
	50m:	33.39	33.39	150m:	1:45.97	36.41	250m:	2:58.72	36.14	350m:	4:11.00	36.00
	100m:	1:09.56	36.17	200m:	2:22.58	36.61	300m:	3:35.00	36.28	400m:	4:44.85	33.85
2.	WOLSKA Pola		05	UKP POLONIA Warszawa				4:49.89	529			
	50m:	33.09	33.09	150m:	1:46.65	36.90	250m:	3:01.03	37.24	350m:	4:14.89	37.09
	100m:	1:09.75	36.66	200m:	2:23.79	37.14	300m:	3:37.80	36.77	400m:	4:49.89	35.00
3.	KOŁAKOWSKA Weronika		05	MKS Piaseczno				5:15.85	409			
	50m:	34.42	34.42	150m:	1:52.59	39.65	250m:	3:15.09	41.57	350m:	4:36.23	40.38
	100m:	1:12.94	38.52	200m:	2:33.52	40.93	300m:	3:55.85	40.76	400m:	5:15.85	39.62
15 lat												
1.	TARASIEWICZ Klaudia		04	UKP POLONIA Warszawa				4:23.15	707			
	50m:	30.77	30.77	150m:	1:37.25	33.39	250m:	2:43.75	33.22	350m:	3:50.46	33.34
	100m:	1:03.86	33.09	200m:	2:10.53	33.28	300m:	3:17.12	33.37	400m:	4:23.15	32.69
2.	BRACH Oliwia		04	BOSiR Brzesko				4:45.13	556			
	50m:	32.59	32.59	150m:	1:45.23	36.78	250m:	2:58.52	36.63	350m:	4:11.49	35.96
	100m:	1:08.45	35.86	200m:	2:21.89	36.66	300m:	3:35.53	37.01	400m:	4:45.13	33.64
3.	RACZY SKA Wiktoria		04	AZS Łódź				4:45.55	553			
	50m:	32.64	32.64	150m:	1:45.83	36.58	250m:	2:58.09	36.07	350m:	4:10.43	36.08
	100m:	1:09.25	36.61	200m:	2:22.02	36.19	300m:	3:34.35	36.26	400m:	4:45.55	35.12
4.	BORYS Zofia		04	UKS G-8 Bielany Warszawa				4:46.57	548			
	50m:	32.21	32.21	150m:	1:44.23	36.38	250m:	2:57.56	36.52	350m:	4:10.77	36.77
	100m:	1:07.85	35.64	200m:	2:21.04	36.81	300m:	3:34.00	36.44	400m:	4:46.57	35.80
5.	WRÓBEL Wiktoria		04	KS Barakuda Mi sk Mazowiecki				5:26.83	369			
	50m:	34.57	34.57	150m:	1:54.83	40.66	250m:	3:21.05	42.78	350m:	4:45.86	41.32
	100m:	1:14.17	39.60	200m:	2:38.27	43.44	300m:	4:04.54	43.49	400m:	5:26.83	40.97
6.	KOMOREK Marcelina		04	KS Barakuda Mi sk Mazowiecki				5:32.12	352			
	50m:	36.02	36.02	150m:	1:58.87	42.63	250m:	3:24.70	43.20	350m:	4:49.37	41.51
	100m:	1:16.24	40.22	200m:	2:41.50	42.63	300m:	4:07.86	43.16	400m:	5:32.12	42.75
7.	ZAWADKA Marta		04	KS Barakuda Mi sk Mazowiecki				6:01.18	273			
	50m:	37.44	37.44	150m:	2:06.72	45.36	250m:	3:41.78	48.24	350m:	5:15.51	46.85
	100m:	1:21.36	43.92	200m:	2:53.54	46.82	300m:	4:28.66	46.88	400m:	6:01.18	45.67
16 lat												
1.	KNOP Aleksandra		03	UKS 190 Łódź				4:12.63	799			
	50m:	28.77	28.77	150m:	1:32.33	32.17	250m:	2:36.54	32.26	350m:	3:40.98	31.62
	100m:	1:00.16	31.39	200m:	2:04.28	31.95	300m:	3:09.36	32.82	400m:	4:12.63	31.65
2.	NOWAK Maja		03	AZS AWF Warszawa				4:25.93	685			
	50m:	30.11	30.11	150m:	1:37.27	34.05	250m:	2:45.78	34.26	350m:	3:54.26	34.05
	100m:	1:03.22	33.11	200m:	2:11.52	34.25	300m:	3:20.21	34.43	400m:	4:25.93	31.67
3.	ZIEMACKA Julia		03	IUKS MUSZELKA Warszawa				4:34.47	623			
	50m:	31.67	31.67	150m:	1:40.73	34.89	250m:	2:50.56	34.99	350m:	4:00.56	35.08
	100m:	1:05.84	34.17	200m:	2:15.57	34.84	300m:	3:25.48	34.92	400m:	4:34.47	33.91
4.	SŁOWIK Martyna		03	IKS Konstancin				4:35.80	614			
	50m:	31.24	31.24	150m:	1:39.88	34.75	250m:	2:50.15	35.23	350m:	4:01.40	35.64
	100m:	1:05.13	33.89	200m:	2:14.92	35.04	300m:	3:25.76	35.61	400m:	4:35.80	34.40
5.	GRO Weronika		03	MUKS PI TNASTKA				4:40.01	587			
	50m:	32.12	32.12	150m:	1:42.29	35.48	250m:	2:53.88	35.81	350m:	4:05.56	35.76
	100m:	1:06.81	34.69	200m:	2:18.07	35.78	300m:	3:29.80	35.92	400m:	4:40.01	34.45

ARENA GRAND PRIX PUCHAR POLSKI
Kozienice, 23- - 24-2-2019

Konkurencja 22, Dziewcz t, 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.		
6.	GRADEK Aleksandra		03	UKP POLONIA Warszawa				4:45.13	556		
	50m:	32.37 32.37	150m:	2:20.26	36.43	250m:	3:34.29	36.91	350m:	4:45.13	33.81
	100m:	1:43.83 1:11.46	200m:	2:57.38	37.12	300m:	4:11.32	37.03	400m:	4:45.13	
7.	MACIOŁA Maja		03	AZS AWF Warszawa				4:55.46	500		
	50m:	34.62 34.62	150m:	1:50.48	38.33	250m:	3:05.48	37.36	350m:	4:19.05	37.06
	100m:	1:12.15 37.53	200m:	2:28.12	37.64	300m:	3:41.99	36.51	400m:	4:55.46	36.41
8.	SOŁONIEWICZ Julia		03	UKS OMEGA Sokółka				5:07.64	443		
	50m:	32.65 32.65	150m:	1:49.62	39.13	250m:	3:08.46	39.75	350m:	4:29.67	40.76
	100m:	1:10.49 37.84	200m:	2:28.71	39.09	300m:	3:48.91	40.45	400m:	5:07.64	37.97

17 - 18 lat

1.	HERASIMOWICZ Zuzanna		02	AZS AWF Warszawa				4:18.10	750		
	50m:	30.13 30.13	150m:	1:36.14	33.27	250m:	2:41.71	32.37	350m:	3:46.82	32.14
	100m:	1:02.87 32.74	200m:	2:09.34	33.20	300m:	3:14.68	32.97	400m:	4:18.10	31.28
2.	KUCHTA Maria		02	UKS DWÓJKA Tczew				4:24.36	698		
	50m:	30.79 30.79	150m:	1:37.42	33.44	250m:	2:44.52	33.55	350m:	3:51.75	33.50
	100m:	1:03.98 33.19	200m:	2:10.97	33.55	300m:	3:18.25	33.73	400m:	4:24.36	32.61
3.	MOZOŁOWSKA Emilia		02	UKP POLONIA Warszawa				4:34.44	624		
	50m:	34.34 34.34	150m:	1:43.72	34.54	250m:	2:52.96	34.73	350m:	4:01.34	34.14
	100m:	1:09.18 34.84	200m:	2:18.23	34.51	300m:	3:27.20	34.24	400m:	4:34.44	33.10
4.	KOPA SKA Maja		02	UKP POLONIA Warszawa				4:51.39	521		
	50m:	32.76 32.76	150m:	1:46.42	37.39	250m:	3:01.05	37.18	350m:	4:15.18	36.82
	100m:	1:09.03 36.27	200m:	2:23.87	37.45	300m:	3:38.36	37.31	400m:	4:51.39	36.21

Open

1.	KARPISZ Milena		97	AZS Łódź				4:10.43	821		
	50m:	29.48 29.48	150m:	1:32.47	31.55	250m:	2:35.92	31.62	350m:	3:39.17	31.50
	100m:	1:00.92 31.44	200m:	2:04.30	31.83	300m:	3:07.67	31.75	400m:	4:10.43	31.26
2.	PIECHOTA Paulina		99	UKS 190 Łódź				4:11.29	812		
	50m:	29.93 29.93	150m:	1:33.24	31.77	250m:	2:36.54	31.54	350m:	3:40.07	31.87
	100m:	1:01.47 31.54	200m:	2:05.00	31.76	300m:	3:08.20	31.66	400m:	4:11.29	31.22
3.	KNOP Aleksandra		03	UKS 190 Łódź				4:12.63	799		
	50m:	28.77 28.77	150m:	1:32.33	32.17	250m:	2:36.54	32.26	350m:	3:40.98	31.62
	100m:	1:00.16 31.39	200m:	2:04.28	31.95	300m:	3:09.36	32.82	400m:	4:12.63	31.65
4.	HERASIMOWICZ Zuzanna		02	AZS AWF Warszawa				4:18.10	750		
	50m:	30.13 30.13	150m:	1:36.14	33.27	250m:	2:41.71	32.37	350m:	3:46.82	32.14
	100m:	1:02.87 32.74	200m:	2:09.34	33.20	300m:	3:14.68	32.97	400m:	4:18.10	31.28
5.	UKOWSKA Paula		93	KU AZS UMCS Lublin				4:20.41	730		
	50m:	30.28 30.28	150m:	1:36.33	33.40	250m:	2:42.59	33.00	350m:	3:48.18	32.45
	100m:	1:02.93 32.65	200m:	2:09.59	33.26	300m:	3:15.73	33.14	400m:	4:20.41	32.23
6.	TARASIEWICZ Klaudia		04	UKP POLONIA Warszawa				4:23.15	707		
	50m:	30.77 30.77	150m:	1:37.25	33.39	250m:	2:43.75	33.22	350m:	3:50.46	33.34
	100m:	1:03.86 33.09	200m:	2:10.53	33.28	300m:	3:17.12	33.37	400m:	4:23.15	32.69
7.	KUCHTA Maria		02	UKS DWÓJKA Tczew				4:24.36	698		
	50m:	30.79 30.79	150m:	1:37.42	33.44	250m:	2:44.52	33.55	350m:	3:51.75	33.50
	100m:	1:03.98 33.19	200m:	2:10.97	33.55	300m:	3:18.25	33.73	400m:	4:24.36	32.61
8.	NOWAK Maja		03	AZS AWF Warszawa				4:25.93	685		
	50m:	30.11 30.11	150m:	1:37.27	34.05	250m:	2:45.78	34.26	350m:	3:54.26	34.05
	100m:	1:03.22 33.11	200m:	2:11.52	34.25	300m:	3:20.21	34.43	400m:	4:25.93	31.67
9.	MOZOŁOWSKA Emilia		02	UKP POLONIA Warszawa				4:34.44	624		
	50m:	34.34 34.34	150m:	1:43.72	34.54	250m:	2:52.96	34.73	350m:	4:01.34	34.14
	100m:	1:09.18 34.84	200m:	2:18.23	34.51	300m:	3:27.20	34.24	400m:	4:34.44	33.10

ARENA GRAND PRIX PUCHAR POLSKI
Kozienice, 23- - 24-2-2019

Konkurencja 22, Kobiet, 400m dowolny, Open

Pozycja					Rok ur.					Czas	Pkt.	
10.	ZIEMACKA Julia				03	IUKS MUSZELKA Warszawa				4:34.47	623	
	50m:	31.67	31.67	150m:	1:40.73	34.89	250m:	2:50.56	34.99	350m:	4:00.56	35.08
	100m:	1:05.84	34.17	200m:	2:15.57	34.84	300m:	3:25.48	34.92	400m:	4:34.47	33.91
11.	SŁOWIK Martyna				03	IKS Konstancin				4:35.80	614	
	50m:	31.24	31.24	150m:	1:39.88	34.75	250m:	2:50.15	35.23	350m:	4:01.40	35.64
	100m:	1:05.13	33.89	200m:	2:14.92	35.04	300m:	3:25.76	35.61	400m:	4:35.80	34.40
12.	GRO Weronika				03	MUKS PI TNASTKA				4:40.01	587	
	50m:	32.12	32.12	150m:	1:42.29	35.48	250m:	2:53.88	35.81	350m:	4:05.56	35.76
	100m:	1:06.81	34.69	200m:	2:18.07	35.78	300m:	3:29.80	35.92	400m:	4:40.01	34.45
13.	DADEJ Julia				05	BOSiR Brzesko				4:44.85	558	
	50m:	33.39	33.39	150m:	1:45.97	36.41	250m:	2:58.72	36.14	350m:	4:11.00	36.00
	100m:	1:09.56	36.17	200m:	2:22.58	36.61	300m:	3:35.00	36.28	400m:	4:44.85	33.85
14.	BRACH Oliwia				04	BOSiR Brzesko				4:45.13	556	
	50m:	32.59	32.59	150m:	1:45.23	36.78	250m:	2:58.52	36.63	350m:	4:11.49	35.96
	100m:	1:08.45	35.86	200m:	2:21.89	36.66	300m:	3:35.53	37.01	400m:	4:45.13	33.64
	GRADEK Aleksandra				03	UKP POLONIA Warszawa				4:45.13	556	
	50m:	32.37	32.37	150m:	2:20.26	36.43	250m:	3:34.29	36.91	350m:	4:45.13	33.81
	100m:	1:43.83	1:11.46	200m:	2:57.38	37.12	300m:	4:11.32	37.03	400m:	4:45.13	
16.	RACZY SKA Wiktoria				04	AZS Łódź				4:45.55	553	
	50m:	32.64	32.64	150m:	1:45.83	36.58	250m:	2:58.09	36.07	350m:	4:10.43	36.08
	100m:	1:09.25	36.61	200m:	2:22.02	36.19	300m:	3:34.35	36.26	400m:	4:45.55	35.12
17.	BORYS Zofia				04	UKS G-8 Bielany Warszawa				4:46.57	548	
	50m:	32.21	32.21	150m:	1:44.23	36.38	250m:	2:57.56	36.52	350m:	4:10.77	36.77
	100m:	1:07.85	35.64	200m:	2:21.04	36.81	300m:	3:34.00	36.44	400m:	4:46.57	35.80
18.	WOLSKA Pola				05	UKP POLONIA Warszawa				4:49.89	529	
	50m:	33.09	33.09	150m:	1:46.65	36.90	250m:	3:01.03	37.24	350m:	4:14.89	37.09
	100m:	1:09.75	36.66	200m:	2:23.79	37.14	300m:	3:37.80	36.77	400m:	4:49.89	35.00
19.	KOPA SKA Maja				02	UKP POLONIA Warszawa				4:51.39	521	
	50m:	32.76	32.76	150m:	1:46.42	37.39	250m:	3:01.05	37.18	350m:	4:15.18	36.82
	100m:	1:09.03	36.27	200m:	2:23.87	37.45	300m:	3:38.36	37.31	400m:	4:51.39	36.21
20.	MACIOŁA Maja				03	AZS AWF Warszawa				4:55.46	500	
	50m:	34.62	34.62	150m:	1:50.48	38.33	250m:	3:05.48	37.36	350m:	4:19.05	37.06
	100m:	1:12.15	37.53	200m:	2:28.12	37.64	300m:	3:41.99	36.51	400m:	4:55.46	36.41
21.	SOŁONIEWICZ Julia				03	UKS OMEGA Sokółka				5:07.64	443	
	50m:	32.65	32.65	150m:	1:49.62	39.13	250m:	3:08.46	39.75	350m:	4:29.67	40.76
	100m:	1:10.49	37.84	200m:	2:28.71	39.09	300m:	3:48.91	40.45	400m:	5:07.64	37.97
22.	KOŁAKOWSKA Weronika				05	MKS Piaseczno				5:15.85	409	
	50m:	34.42	34.42	150m:	1:52.59	39.65	250m:	3:15.09	41.57	350m:	4:36.23	40.38
	100m:	1:12.94	38.52	200m:	2:33.52	40.93	300m:	3:55.85	40.76	400m:	5:15.85	39.62
23.	WRÓBEL Wiktoria				04	KS Barakuda Mi sk Mazowiecki				5:26.83	369	
	50m:	34.57	34.57	150m:	1:54.83	40.66	250m:	3:21.05	42.78	350m:	4:45.86	41.32
	100m:	1:14.17	39.60	200m:	2:38.27	43.44	300m:	4:04.54	43.49	400m:	5:26.83	40.97
24.	KOMOREK Marcelina				04	KS Barakuda Mi sk Mazowiecki				5:32.12	352	
	50m:	36.02	36.02	150m:	1:58.87	42.63	250m:	3:24.70	43.20	350m:	4:49.37	41.51
	100m:	1:16.24	40.22	200m:	2:41.50	42.63	300m:	4:07.86	43.16	400m:	5:32.12	42.75
25.	ZAWADKA Marta				04	KS Barakuda Mi sk Mazowiecki				6:01.18	273	
	50m:	37.44	37.44	150m:	2:06.72	45.36	250m:	3:41.78	48.24	350m:	5:15.51	46.85
	100m:	1:21.36	43.92	200m:	2:53.54	46.82	300m:	4:28.66	46.88	400m:	6:01.18	45.67