

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 6. - 7.4.2019

Konkurencja 1
06.04.2019 - 9:00

Kobiet, 400m zmienny

Open
Wyniki

Punkty: FINA 2019

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. |
|--------------------|----------------------|---------------|---------|--------------------------------|-------|---------------|-------|----------------|------|
| 14 lat | | | | | | | | | |
| 1. | URBA SKA, Patrycja | | 05 | MKS Jedyńka Łód | | | | 5:26.13 | 544 |
| | 50m: | 34.38 34.38 | 150m: | 1:57.31 41.96 | 250m: | 3:25.63 46.54 | 350m: | 4:50.06 37.59 | |
| | 100m: | 1:15.35 40.97 | 200m: | 2:39.09 41.78 | 300m: | 4:12.47 46.84 | 400m: | 5:26.13 36.07 | |
| 2. | MARCINKOWSKA, Maja | | 05 | MKS Jedyńka Łód | | | | 5:32.17 | 515 |
| | 50m: | 38.23 38.23 | 150m: | 2:04.50 41.74 | 250m: | 3:34.52 48.89 | 350m: | 4:58.11 35.22 | |
| | 100m: | 1:22.76 44.53 | 200m: | 2:45.63 41.13 | 300m: | 4:22.89 48.37 | 400m: | 5:32.17 34.06 | |
| 3. | SAMORAJ, Oliwia | | 05 | MKS Piaseczno | | | | 5:42.33 | 471 |
| | 50m: | 35.94 35.94 | 150m: | 2:02.30 42.61 | 250m: | 3:35.69 51.37 | 350m: | 5:05.57 39.04 | |
| | 100m: | 1:19.69 43.75 | 200m: | 2:44.32 42.02 | 300m: | 4:26.53 50.84 | 400m: | 5:42.33 36.76 | |
| 4. | KOWAL, Magdalena | | 05 | MUKS Wodnik Łask | | | | 6:00.69 | 402 |
| | 50m: | 39.83 39.83 | 150m: | 2:14.90 47.90 | 250m: | 3:51.99 50.53 | 350m: | 5:23.61 41.01 | |
| | 100m: | 1:27.00 47.17 | 200m: | 3:01.46 46.56 | 300m: | 4:42.60 50.61 | 400m: | 6:00.69 37.08 | |
| 5. | MATWIN, Julia | | 05 | UKS „Delfinek” Cz stołowa | | | | 6:25.49 | 329 |
| | 50m: | 39.16 39.16 | 150m: | 2:18.70 50.62 | 250m: | 4:05.63 57.50 | 350m: | 5:45.38 42.26 | |
| | 100m: | 1:28.08 48.92 | 200m: | 3:08.13 49.43 | 300m: | 5:03.12 57.49 | 400m: | 6:25.49 40.11 | |
| 15 lat | | | | | | | | | |
| 1. | GU , Wiktoria | | 04 | UKS „Delfin” Piotrków Trybun | | | | 5:00.94 | 693 |
| | 50m: | 30.98 30.98 | 150m: | 1:47.65 40.66 | 250m: | 3:09.87 43.88 | 350m: | 4:27.86 34.34 | |
| | 100m: | 1:06.99 36.01 | 200m: | 2:25.99 38.34 | 300m: | 3:53.52 43.65 | 400m: | 5:00.94 33.08 | |
| 2. | BEDNARZ, Julia | | 04 | UKS „ORKA” Zamo | | | | 5:18.65 | 584 |
| | 50m: | 33.15 33.15 | 150m: | 1:53.99 42.22 | 250m: | 3:19.91 44.35 | 350m: | 4:42.61 37.23 | |
| | 100m: | 1:11.77 38.62 | 200m: | 2:35.56 41.57 | 300m: | 4:05.38 45.47 | 400m: | 5:18.65 36.04 | |
| 3. | SIOMA, Zuzanna | | 04 | UKS „ORKA” Zamo | | | | 5:28.42 | 533 |
| | 50m: | 32.88 32.88 | 150m: | 1:55.21 43.34 | 250m: | 3:24.51 48.13 | 350m: | 4:51.81 38.54 | |
| | 100m: | 1:11.87 38.99 | 200m: | 2:36.38 41.17 | 300m: | 4:13.27 48.76 | 400m: | 5:28.42 36.61 | |
| 16 lat | | | | | | | | | |
| 1. | NOWAK, Maja | | 03 | AZS AWF Warszawa | | | | 5:15.64 | 600 |
| | 50m: | 33.32 33.32 | 150m: | 1:51.22 39.90 | 250m: | 3:16.97 47.20 | 350m: | 4:41.34 36.91 | |
| | 100m: | 1:11.32 38.00 | 200m: | 2:29.77 38.55 | 300m: | 4:04.43 47.46 | 400m: | 5:15.64 34.30 | |
| 2. | ZIEMACKA, Julia | | 03 | IUKS „Muszelka” Warszawa | | | | 5:21.45 | 568 |
| | 50m: | 33.18 33.18 | 150m: | 1:50.74 38.58 | 250m: | 3:18.98 49.38 | 350m: | 4:46.43 35.89 | |
| | 100m: | 1:12.16 38.98 | 200m: | 2:29.60 38.86 | 300m: | 4:10.54 51.56 | 400m: | 5:21.45 35.02 | |
| 3. | STERNICZUK, Weronika | | 03 | UKS Pi tka Konstantynów Łódzki | | | | 5:25.40 | 548 |
| | 50m: | 33.18 33.18 | 150m: | 1:57.33 44.51 | 250m: | 3:26.34 46.96 | 350m: | | |
| | 100m: | 1:12.82 39.64 | 200m: | 2:39.38 42.05 | 300m: | 4:12.07 45.73 | 400m: | 5:25.40 | |
| 4. | SŁOWIK, Martyna | | 03 | IKS Konstancin | | | | 5:35.08 | 502 |
| | 50m: | 34.84 34.84 | 150m: | 1:59.12 43.17 | 250m: | 3:31.14 48.93 | 350m: | 4:58.24 37.71 | |
| | 100m: | 1:15.95 41.11 | 200m: | 2:42.21 43.09 | 300m: | 4:20.53 49.39 | 400m: | 5:35.08 36.84 | |
| 17 - 18 lat | | | | | | | | | |
| 1. | KRYPA, Marta | | 02 | UKS Manta Warszawa Włochy | | | | 5:21.51 | 568 |
| | 50m: | 32.50 32.50 | 150m: | 1:51.96 41.73 | 250m: | 3:20.02 46.08 | 350m: | 4:44.53 37.36 | |
| | 100m: | 1:10.23 37.73 | 200m: | 2:33.94 41.98 | 300m: | 4:07.17 47.15 | 400m: | 5:21.51 36.98 | |
| 2. | KUPIS, Aleksandra | | 02 | MKP Szczecin | | | | 5:21.73 | 567 |
| | 50m: | 33.80 33.80 | 150m: | 1:54.63 41.40 | 250m: | 3:22.57 47.87 | 350m: | 4:46.83 36.26 | |
| | 100m: | 1:13.23 39.43 | 200m: | 2:34.70 40.07 | 300m: | 4:10.57 48.00 | 400m: | 5:21.73 34.90 | |

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 6. - 7.4.2019

Konkurencja 1, Kobiet, 400m zmienny, 17 - 18 lat

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. | | |
|---------|----------------------|---------------|---------|--------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 3. | RODA, Dominika | | 02 | MKP Szczecin | | | | 5:31.51 | 518 | | |
| | 50m: | 33.52 33.52 | 150m: | 1:58.60 | 46.38 | 250m: | 3:33.59 | 48.68 | 350m: | 4:57.23 | 36.24 |
| | 100m: | 1:12.22 38.70 | 200m: | 2:44.91 | 46.31 | 300m: | 4:20.99 | 47.40 | 400m: | 5:31.51 | 34.28 |
| Open | | | | | | | | | | | |
| 1. | UKOWSKA, Paula | | 93 | KU AZS UMCS Lublin | | | | 4:55.33 | 733 | | |
| | 50m: | 31.95 31.95 | 150m: | 1:46.53 | 39.39 | 250m: | 3:06.86 | 43.14 | 350m: | 4:23.42 | 33.71 |
| | 100m: | 1:07.14 35.19 | 200m: | 2:23.72 | 37.19 | 300m: | 3:49.71 | 42.85 | 400m: | 4:55.33 | 31.91 |
| 2. | GU , Wiktoria | | 04 | UKS „Delfin” Piotrków Trybun | | | | 5:00.94 | 693 | | |
| | 50m: | 30.98 30.98 | 150m: | 1:47.65 | 40.66 | 250m: | 3:09.87 | 43.88 | 350m: | 4:27.86 | 34.34 |
| | 100m: | 1:06.99 36.01 | 200m: | 2:25.99 | 38.34 | 300m: | 3:53.52 | 43.65 | 400m: | 5:00.94 | 33.08 |
| 3. | NOWAK, Maja | | 03 | AZS AWF Warszawa | | | | 5:15.64 | 600 | | |
| | 50m: | 33.32 33.32 | 150m: | 1:51.22 | 39.90 | 250m: | 3:16.97 | 47.20 | 350m: | 4:41.34 | 36.91 |
| | 100m: | 1:11.32 38.00 | 200m: | 2:29.77 | 38.55 | 300m: | 4:04.43 | 47.46 | 400m: | 5:15.64 | 34.30 |
| 4. | MARGULA, Weronika | | 00 | MKP Szczecin | | | | 5:18.04 | 587 | | |
| | 50m: | 33.42 33.42 | 150m: | 1:54.88 | 41.27 | 250m: | 3:22.34 | 47.92 | 350m: | 4:44.01 | 35.50 |
| | 100m: | 1:13.61 40.19 | 200m: | 2:34.42 | 39.54 | 300m: | 4:08.51 | 46.17 | 400m: | 5:18.04 | 34.03 |
| 5. | BEDNARZ, Julia | | 04 | UKS „ORKA” Zamo | | | | 5:18.65 | 584 | | |
| | 50m: | 33.15 33.15 | 150m: | 1:53.99 | 42.22 | 250m: | 3:19.91 | 44.35 | 350m: | 4:42.61 | 37.23 |
| | 100m: | 1:11.77 38.62 | 200m: | 2:35.56 | 41.57 | 300m: | 4:05.38 | 45.47 | 400m: | 5:18.65 | 36.04 |
| 6. | ZIEMACKA, Julia | | 03 | IUKS „Muszelka” Warszawa | | | | 5:21.45 | 568 | | |
| | 50m: | 33.18 33.18 | 150m: | 1:50.74 | 38.58 | 250m: | 3:18.98 | 49.38 | 350m: | 4:46.43 | 35.89 |
| | 100m: | 1:12.16 38.98 | 200m: | 2:29.60 | 38.86 | 300m: | 4:10.54 | 51.56 | 400m: | 5:21.45 | 35.02 |
| 7. | KRYPA, Marta | | 02 | UKS Manta Warszawa Włochy | | | | 5:21.51 | 568 | | |
| | 50m: | 32.50 32.50 | 150m: | 1:51.96 | 41.73 | 250m: | 3:20.02 | 46.08 | 350m: | 4:44.53 | 37.36 |
| | 100m: | 1:10.23 37.73 | 200m: | 2:33.94 | 41.98 | 300m: | 4:07.17 | 47.15 | 400m: | 5:21.51 | 36.98 |
| 8. | KUPIS, Aleksandra | | 02 | MKP Szczecin | | | | 5:21.73 | 567 | | |
| | 50m: | 33.80 33.80 | 150m: | 1:54.63 | 41.40 | 250m: | 3:22.57 | 47.87 | 350m: | 4:46.83 | 36.26 |
| | 100m: | 1:13.23 39.43 | 200m: | 2:34.70 | 40.07 | 300m: | 4:10.57 | 48.00 | 400m: | 5:21.73 | 34.90 |
| 9. | STERNICZUK, Weronika | | 03 | UKS Pi tka Konstancynów Łódzki | | | | 5:25.40 | 548 | | |
| | 50m: | 33.18 33.18 | 150m: | 1:57.33 | 44.51 | 250m: | 3:26.34 | 46.96 | 350m: | | |
| | 100m: | 1:12.82 39.64 | 200m: | 2:39.38 | 42.05 | 300m: | 4:12.07 | 45.73 | 400m: | 5:25.40 | |
| 10. | URBA SKA, Patrycja | | 05 | MKS Jedyńka Łód | | | | 5:26.13 | 544 | | |
| | 50m: | 34.38 34.38 | 150m: | 1:57.31 | 41.96 | 250m: | 3:25.63 | 46.54 | 350m: | 4:50.06 | 37.59 |
| | 100m: | 1:15.35 40.97 | 200m: | 2:39.09 | 41.78 | 300m: | 4:12.47 | 46.84 | 400m: | 5:26.13 | 36.07 |
| 11. | SIOMA, Zuzanna | | 04 | UKS „ORKA” Zamo | | | | 5:28.42 | 533 | | |
| | 50m: | 32.88 32.88 | 150m: | 1:55.21 | 43.34 | 250m: | 3:24.51 | 48.13 | 350m: | 4:51.81 | 38.54 |
| | 100m: | 1:11.87 38.99 | 200m: | 2:36.38 | 41.17 | 300m: | 4:13.27 | 48.76 | 400m: | 5:28.42 | 36.61 |
| 12. | RODA, Dominika | | 02 | MKP Szczecin | | | | 5:31.51 | 518 | | |
| | 50m: | 33.52 33.52 | 150m: | 1:58.60 | 46.38 | 250m: | 3:33.59 | 48.68 | 350m: | 4:57.23 | 36.24 |
| | 100m: | 1:12.22 38.70 | 200m: | 2:44.91 | 46.31 | 300m: | 4:20.99 | 47.40 | 400m: | 5:31.51 | 34.28 |
| 13. | MARCINKOWSKA, Maja | | 05 | MKS Jedyńka Łód | | | | 5:32.17 | 515 | | |
| | 50m: | 38.23 38.23 | 150m: | 2:04.50 | 41.74 | 250m: | 3:34.52 | 48.89 | 350m: | 4:58.11 | 35.22 |
| | 100m: | 1:22.76 44.53 | 200m: | 2:45.63 | 41.13 | 300m: | 4:22.89 | 48.37 | 400m: | 5:32.17 | 34.06 |
| 14. | SŁOWIK, Martyna | | 03 | IKS Konstancin | | | | 5:35.08 | 502 | | |
| | 50m: | 34.84 34.84 | 150m: | 1:59.12 | 43.17 | 250m: | 3:31.14 | 48.93 | 350m: | 4:58.24 | 37.71 |
| | 100m: | 1:15.95 41.11 | 200m: | 2:42.21 | 43.09 | 300m: | 4:20.53 | 49.39 | 400m: | 5:35.08 | 36.84 |
| 15. | SAMORAJ, Oliwia | | 05 | MKS Piaseczno | | | | 5:42.33 | 471 | | |
| | 50m: | 35.94 35.94 | 150m: | 2:02.30 | 42.61 | 250m: | 3:35.69 | 51.37 | 350m: | 5:05.57 | 39.04 |
| | 100m: | 1:19.69 43.75 | 200m: | 2:44.32 | 42.02 | 300m: | 4:26.53 | 50.84 | 400m: | 5:42.33 | 36.76 |
| 16. | KOWAL, Magdalena | | 05 | MUKS Wodnik Łask | | | | 6:00.69 | 402 | | |
| | 50m: | 39.83 39.83 | 150m: | 2:14.90 | 47.90 | 250m: | 3:51.99 | 50.53 | 350m: | 5:23.61 | 41.01 |
| | 100m: | 1:27.00 47.17 | 200m: | 3:01.46 | 46.56 | 300m: | 4:42.60 | 50.61 | 400m: | 6:00.69 | 37.08 |

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 6. - 7.4.2019

Konkurencja 1, Kobiet, 400m zmienny, Open

| Pozycja | | | | Rok ur. | | | | | | Czas | Pkt. | |
|---------|---------------|---------|-------|---------|---------------------------|-------|-------|---------|-------|----------------|---------|-------|
| 17. | MATWIN, Julia | | | 05 | UKS „Delfinek” Cz stożowa | | | | | 6:25.49 | 329 | |
| | 50m: | 39.16 | 39.16 | 150m: | 2:18.70 | 50.62 | 250m: | 4:05.63 | 57.50 | 350m: | 5:45.38 | 42.26 |
| | 100m: | 1:28.08 | 48.92 | 200m: | 3:08.13 | 49.43 | 300m: | 5:03.12 | 57.49 | 400m: | 6:25.49 | 40.11 |