

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 6. - 7.4.2019

Konkurencja 31
07.04.2019 - 11:20

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2019

Pozycja			Rok ur.					Czas	Pkt.		
14 lat											
1.	KOSSOWSKA, Julita		05	UKS 190 Łód				4:46.92	559		
	50m:	33.50 33.50	150m:	1:45.87	36.42	250m:	2:59.39	36.87	350m:	4:12.22	36.17
	100m:	1:09.45 35.95	200m:	2:22.52	36.65	300m:	3:36.05	36.66	400m:	4:46.92	34.70
2.	MAKSYMOWICZ, Nina		05	UKS G-8 Bielany Warszawa				4:49.43	545		
	50m:	31.71 31.71	150m:	1:45.27	37.14	250m:	3:00.20	37.35	350m:	4:14.25	36.73
	100m:	1:08.13 36.42	200m:	2:22.85	37.58	300m:	3:37.52	37.32	400m:	4:49.43	35.18
3.	WOLSKA, Pola		05	UKP „Polonia Warszawa”				4:54.05	520		
	50m:	32.26 32.26	150m:	1:46.61	37.97	250m:	3:02.52	38.07	350m:	4:18.14	38.02
	100m:	1:08.64 36.38	200m:	2:24.45	37.84	300m:	3:40.12	37.60	400m:	4:54.05	35.91
4.	PALICKA, Wiktoria		05	TP Skalar Słupsk				4:55.01	514		
	50m:	31.60 31.60	150m:	1:46.36	38.38	250m:	3:01.88	37.93	350m:	4:18.88	38.48
	100m:	1:07.98 36.38	200m:	2:23.95	37.59	300m:	3:40.40	38.52	400m:	4:55.01	36.13
5.	GAJCY, Natalia		05	UKP „Polonia Warszawa”				4:55.05	514		
	50m:	33.22 33.22	150m:	1:47.44	37.39	250m:	3:03.32	38.03	350m:	4:18.69	37.32
	100m:	1:10.05 36.83	200m:	2:25.29	37.85	300m:	3:41.37	38.05	400m:	4:55.05	36.36
6.	DADEJ, Julia		05	BOSiR Brzesko				4:56.20	508		
	50m:	34.34 34.34	150m:	1:49.52	37.87	250m:	3:04.55	37.42	350m:	4:19.98	37.75
	100m:	1:11.65 37.31	200m:	2:27.13	37.61	300m:	3:42.23	37.68	400m:	4:56.20	36.22
7.	SKALI SKA, Ewa		05	MKS Piaseczno				4:56.48	507		
	50m:	32.73 32.73	150m:	1:45.40	36.83	250m:	3:00.77	37.91	350m:	4:18.30	38.94
	100m:	1:08.57 35.84	200m:	2:22.86	37.46	300m:	3:39.36	38.59	400m:	4:56.48	38.18
8.	TOFIL, Emilia		05	KS Delfin Gdynia				4:58.72	495		
	50m:	34.57 34.57	150m:	1:50.12	38.03	250m:	3:06.20	38.13	350m:	4:22.85	38.14
	100m:	1:12.09 37.52	200m:	2:28.07	37.95	300m:	3:44.71	38.51	400m:	4:58.72	35.87
9.	MROCZEK, Magda		05	Malborskie WOPR				5:01.20	483		
	50m:	33.37 33.37	150m:	1:50.31	38.98	250m:	3:07.58	38.52	350m:	4:24.34	38.09
	100m:	1:11.33 37.96	200m:	2:29.06	38.75	300m:	3:46.25	38.67	400m:	5:01.20	36.86
10.	MAKSYMOWICZ, Nadia		05	UKS G-8 Bielany Warszawa				5:10.60	441		
	50m:	33.07 33.07	150m:	1:50.83	39.93	250m:	3:11.94	40.77	350m:	4:32.56	39.98
	100m:	1:10.90 37.83	200m:	2:31.17	40.34	300m:	3:52.58	40.64	400m:	5:10.60	38.04
11.	GAWLIKOWSKA, Olga		05	MUKS Wodnik Łask				5:43.88	325		
	50m:	35.56 35.56	150m:	2:01.07	43.90	250m:	3:33.46	46.78	350m:	5:03.11	43.84
	100m:	1:17.17 41.61	200m:	2:46.68	45.61	300m:	4:19.27	45.81	400m:	5:43.88	40.77
15 lat											
1.	BEDNARZ, Julia		04	UKS „ORKA” Zamo				4:42.78	584		
	50m:	32.53 32.53	150m:	1:43.81	35.99	250m:	2:55.74	35.68	350m:	4:07.33	35.65
	100m:	1:07.82 35.29	200m:	2:20.06	36.25	300m:	3:31.68	35.94	400m:	4:42.78	35.45
2.	MALINO , Julia		04	UKS „ORKA” Zamo				4:49.79	543		
	50m:	32.16 32.16	150m:	1:42.65	35.70	250m:	2:56.20	37.00	350m:	4:12.22	38.63
	100m:	1:06.95 34.79	200m:	2:19.20	36.55	300m:	3:33.59	37.39	400m:	4:49.79	37.57
3.	BRACH, Oliwia		04	BOSiR Brzesko				5:01.66	481		
	50m:	33.95 33.95	150m:	1:50.25	38.86	250m:	3:08.84	39.09	350m:	4:25.55	37.95
	100m:	1:11.39 37.44	200m:	2:29.75	39.50	300m:	3:47.60	38.76	400m:	5:01.66	36.11
4.	PA KO, Maja		04	St. KF KS „Fenix” O arów Maz				5:14.18	426		
	50m:	34.98 34.98	150m:	1:55.17	40.48	250m:	3:16.11	40.92	350m:	4:36.69	39.82
	100m:	1:14.69 39.71	200m:	2:35.19	40.02	300m:	3:56.87	40.76	400m:	5:14.18	37.49
5.	WRÓBLEWSKA, Klaudia		04	UKS „ORKA” Zamo				5:14.50	425		
	50m:	35.36 35.36	150m:	1:53.27	39.38	250m:	3:14.14	40.70	350m:	4:35.60	40.37
	100m:	1:13.89 38.53	200m:	2:33.44	40.17	300m:	3:55.23	41.09	400m:	5:14.50	38.90

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 6. - 7.4.2019

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

Pozycja			Rok ur.						Czas	Pkt.		
6.	KA MIEROWSKA, Nina		04	UKS	oliborz			5:16.35	417			
	50m:	36.05	36.05	150m:	1:56.52	40.43	250m:	3:17.87	40.94	350m:	4:38.86	39.40
	100m:	1:16.09	40.04	200m:	2:36.93	40.41	300m:	3:59.46	41.59	400m:	5:16.35	37.49

16 lat

1.	KAWKA, Nina		03	UKS „GIM 92 Ursynów"				4:35.12	634			
	50m:	31.32	31.32	150m:	1:41.14	35.13	250m:	2:51.35	35.32	350m:	4:01.82	35.20
	100m:	1:06.01	34.69	200m:	2:16.03	34.89	300m:	3:26.62	35.27	400m:	4:35.12	33.30
2.	NOWAK, Maja		03	AZS AWF Warszawa				4:38.27	613			
	50m:	31.65	31.65	150m:	1:41.76	35.32	250m:	2:53.18	35.58	350m:	4:04.62	35.31
	100m:	1:06.44	34.79	200m:	2:17.60	35.84	300m:	3:29.31	36.13	400m:	4:38.27	33.65
3.	ZIEMACKA, Julia		03	IUKS „Muszelka" Warszawa				4:39.52	605			
	50m:	32.03	32.03	150m:	1:42.87	35.55	250m:	2:54.29	35.50	350m:	4:05.23	35.37
	100m:	1:07.32	35.29	200m:	2:18.79	35.92	300m:	3:29.86	35.57	400m:	4:39.52	34.29
4.	GARBARCZYK, Weronika		03	MKP Szczecin				4:43.32	581			
	50m:	32.35	32.35	150m:	1:42.97	35.76	250m:	2:54.89	36.13	350m:	4:07.79	36.74
	100m:	1:07.21	34.86	200m:	2:18.76	35.79	300m:	3:31.05	36.16	400m:	4:43.32	35.53
5.	ADAMSKA, Maria		03	UKS G-8 Bielany Warszawa				5:09.71	445			
	50m:	33.54	33.54	150m:	1:51.18	39.50	250m:	3:11.93	40.23	350m:	4:31.46	39.36
	100m:	1:11.68	38.14	200m:	2:31.70	40.52	300m:	3:52.10	40.17	400m:	5:09.71	38.25

17 - 18 lat

1.	PIECHOTA, Karolina		01	UKS 190 Łód				4:36.73	623			
	50m:	32.61	32.61	150m:	1:42.63	35.24	250m:	2:53.01	35.62	350m:	4:02.85	35.00
	100m:	1:07.39	34.78	200m:	2:17.39	34.76	300m:	3:27.85	34.84	400m:	4:36.73	33.88
2.	MICIAK, Agata		02	MKP „SŁOWIANKA" Gorzów Wlkp.				4:38.22	613			
	50m:	32.03	32.03	150m:	1:42.33	35.41	250m:	2:53.51	35.43	350m:	4:04.78	35.30
	100m:	1:06.92	34.89	200m:	2:18.08	35.75	300m:	3:29.48	35.97	400m:	4:38.22	33.44
3.	ZAR BA-PARADOWSKA, Julia		02	UKS G-8 Bielany Warszawa				4:38.62	611			
	50m:	31.79	31.79	150m:	1:42.00	35.14	250m:	2:53.30	35.64	350m:	4:04.96	35.69
	100m:	1:06.86	35.07	200m:	2:17.66	35.66	300m:	3:29.27	35.97	400m:	4:38.62	33.66
4.	RODA, Dominika		02	MKP Szczecin				4:39.58	604			
	50m:	31.98	31.98	150m:	1:41.39	34.95	250m:	2:53.01	35.78	350m:	4:05.10	35.98
	100m:	1:06.44	34.46	200m:	2:17.23	35.84	300m:	3:29.12	36.11	400m:	4:39.58	34.48
5.	SERAFIN, Barbara		02	UKS G-8 Bielany Warszawa				4:44.03	577			
	50m:	31.78	31.78	150m:	1:43.29	36.03	250m:	2:55.69	36.01	350m:	4:08.98	36.56
	100m:	1:07.26	35.48	200m:	2:19.68	36.39	300m:	3:32.42	36.73	400m:	4:44.03	35.05
6.	REZNER, Julia		02	UKS Kapry-Armexim Pruszków				5:33.21	357			
	50m:	35.82	35.82	150m:	1:58.52	41.96	250m:	3:25.31	43.46	350m:	4:51.21	43.00
	100m:	1:16.56	40.74	200m:	2:41.85	43.33	300m:	4:08.21	42.90	400m:	5:33.21	42.00

Open

1.	UKOWSKA, Paula		93	KU AZS UMCS Lublin				4:23.47	722			
	50m:	31.20	31.20	150m:	1:38.04	33.63	250m:	2:45.41	33.32	350m:	3:51.70	32.88
	100m:	1:04.41	33.21	200m:	2:12.09	34.05	300m:	3:18.82	33.41	400m:	4:23.47	31.77
2.	PIECHOTA, Paulina		99	UKS 190 Łód				4:25.13	709			
	50m:	31.26	31.26	150m:	1:38.39	33.51	250m:	2:45.70	33.63	350m:	3:52.27	33.27
	100m:	1:04.88	33.62	200m:	2:12.07	33.68	300m:	3:19.00	33.30	400m:	4:25.13	32.86
3.	MARGULA, Weronika		00	MKP Szczecin				4:34.57	638			
	50m:	32.24	32.24	150m:	1:41.92	34.76	250m:	2:51.09	34.42	350m:	4:00.62	34.70
	100m:	1:07.16	34.92	200m:	2:16.67	34.75	300m:	3:25.92	34.83	400m:	4:34.57	33.95

ARENA GRAND PRIX PUCHAR POLSKI
Warszawa, 6. - 7.4.2019

Konkurencja 31, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.				Czas	Pkt.
4.	KAWKA, Nina	03	UKS „GIM 92 Ursynów"	4:35.12	634			
	50m: 31.32 31.32	150m: 1:41.14 35.13	250m: 2:51.35 35.32	350m: 4:01.82 35.20				
	100m: 1:06.01 34.69	200m: 2:16.03 34.89	300m: 3:26.62 35.27	400m: 4:35.12 33.30				
5.	PIECHOTA, Karolina	01	UKS 190 Łód	4:36.73	623			
	50m: 32.61 32.61	150m: 1:42.63 35.24	250m: 2:53.01 35.62	350m: 4:02.85 35.00				
	100m: 1:07.39 34.78	200m: 2:17.39 34.76	300m: 3:27.85 34.84	400m: 4:36.73 33.88				
6.	MICIAK, Agata	02	MKP „SŁOWIANKA" Gorzów Wlkp.	4:38.22	613			
	50m: 32.03 32.03	150m: 1:42.33 35.41	250m: 2:53.51 35.43	350m: 4:04.78 35.30				
	100m: 1:06.92 34.89	200m: 2:18.08 35.75	300m: 3:29.48 35.97	400m: 4:38.22 33.44				
7.	NOWAK, Maja	03	AZS AWF Warszawa	4:38.27	613			
	50m: 31.65 31.65	150m: 1:41.76 35.32	250m: 2:53.18 35.58	350m: 4:04.62 35.31				
	100m: 1:06.44 34.79	200m: 2:17.60 35.84	300m: 3:29.31 36.13	400m: 4:38.27 33.65				
8.	JABŁO SKA, Oliwia	97	Wojewódzkie Zrzeszenie Sportow	4:38.50	612			
	50m: 32.13 32.13	150m: 1:42.13 35.36	250m: 2:53.21 35.48	350m: 4:04.12 35.39				
	100m: 1:06.77 34.64	200m: 2:17.73 35.60	300m: 3:28.73 35.52	400m: 4:38.50 34.38				
9.	ZAR BA-PARADOWSKA, Julia	02	UKS G-8 Bielany Warszawa	4:38.62	611			
	50m: 31.79 31.79	150m: 1:42.00 35.14	250m: 2:53.30 35.64	350m: 4:04.96 35.69				
	100m: 1:06.86 35.07	200m: 2:17.66 35.66	300m: 3:29.27 35.97	400m: 4:38.62 33.66				
10.	ZIEMACKA, Julia	03	IUKS „Muszelka" Warszawa	4:39.52	605			
	50m: 32.03 32.03	150m: 1:42.87 35.55	250m: 2:54.29 35.50	350m: 4:05.23 35.37				
	100m: 1:07.32 35.29	200m: 2:18.79 35.92	300m: 3:29.86 35.57	400m: 4:39.52 34.29				
11.	RODA, Dominika	02	MKP Szczecin	4:39.58	604			
	50m: 31.98 31.98	150m: 1:41.39 34.95	250m: 2:53.01 35.78	350m: 4:05.10 35.98				
	100m: 1:06.44 34.46	200m: 2:17.23 35.84	300m: 3:29.12 36.11	400m: 4:39.58 34.48				
12.	BEDNARZ, Julia	04	UKS „ORKA" Zamo	4:42.78	584			
	50m: 32.53 32.53	150m: 1:43.81 35.99	250m: 2:55.74 35.68	350m: 4:07.33 35.65				
	100m: 1:07.82 35.29	200m: 2:20.06 36.25	300m: 3:31.68 35.94	400m: 4:42.78 35.45				
13.	GARBARCZYK, Weronika	03	MKP Szczecin	4:43.32	581			
	50m: 32.35 32.35	150m: 1:42.97 35.76	250m: 2:54.89 36.13	350m: 4:07.79 36.74				
	100m: 1:07.21 34.86	200m: 2:18.76 35.79	300m: 3:31.05 36.16	400m: 4:43.32 35.53				
14.	SERAFIN, Barbara	02	UKS G-8 Bielany Warszawa	4:44.03	577			
	50m: 31.78 31.78	150m: 1:43.29 36.03	250m: 2:55.69 36.01	350m: 4:08.98 36.56				
	100m: 1:07.26 35.48	200m: 2:19.68 36.39	300m: 3:32.42 36.73	400m: 4:44.03 35.05				
15.	SKIBCZAK, Natalia	00	UKS G-8 Bielany Warszawa	4:46.47	562			
	50m: 31.43 31.43	150m: 1:43.25 36.31	250m: 2:56.31 36.67	350m: 4:10.63 37.07				
	100m: 1:06.94 35.51	200m: 2:19.64 36.39	300m: 3:33.56 37.25	400m: 4:46.47 35.84				
16.	KOSSOWSKA, Julita	05	UKS 190 Łód	4:46.92	559			
	50m: 33.50 33.50	150m: 1:45.87 36.42	250m: 2:59.39 36.87	350m: 4:12.22 36.17				
	100m: 1:09.45 35.95	200m: 2:22.52 36.65	300m: 3:36.05 36.66	400m: 4:46.92 34.70				
17.	MAKSYMOWICZ, Nina	05	UKS G-8 Bielany Warszawa	4:49.43	545			
	50m: 31.71 31.71	150m: 1:45.27 37.14	250m: 3:00.20 37.35	350m: 4:14.25 36.73				
	100m: 1:08.13 36.42	200m: 2:22.85 37.58	300m: 3:37.52 37.32	400m: 4:49.43 35.18				
18.	MALINO , Julia	04	UKS „ORKA" Zamo	4:49.79	543			
	50m: 32.16 32.16	150m: 1:42.65 35.70	250m: 2:56.20 37.00	350m: 4:12.22 38.63				
	100m: 1:06.95 34.79	200m: 2:19.20 36.55	300m: 3:33.59 37.39	400m: 4:49.79 37.57				
19.	WOLSKA, Pola	05	UKP „Polonia Warszawa"	4:54.05	520			
	50m: 32.26 32.26	150m: 1:46.61 37.97	250m: 3:02.52 38.07	350m: 4:18.14 38.02				
	100m: 1:08.64 36.38	200m: 2:24.45 37.84	300m: 3:40.12 37.60	400m: 4:54.05 35.91				
20.	PALICKA, Wiktoria	05	TP Skalar Słupsk	4:55.01	514			
	50m: 31.60 31.60	150m: 1:46.36 38.38	250m: 3:01.88 37.93	350m: 4:18.88 38.48				
	100m: 1:07.98 36.38	200m: 2:23.95 37.59	300m: 3:40.40 38.52	400m: 4:55.01 36.13				
21.	GAJCY, Natalia	05	UKP „Polonia Warszawa"	4:55.05	514			
	50m: 33.22 33.22	150m: 1:47.44 37.39	250m: 3:03.32 38.03	350m: 4:18.69 37.32				
	100m: 1:10.05 36.83	200m: 2:25.29 37.85	300m: 3:41.37 38.05	400m: 4:55.05 36.36				

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Pozycja			Rok ur.						Czas	Pkt.
22.	DADEJ, Julia		05	BOSiR Brzesko				4:56.20	508	
	50m: 34.34	34.34	150m: 1:49.52	37.87	250m: 3:04.55	37.42	350m: 4:19.98	37.75		
	100m: 1:11.65	37.31	200m: 2:27.13	37.61	300m: 3:42.23	37.68	400m: 4:56.20	36.22		
23.	SKALI SKA, Ewa		05	MKS Piaseczno				4:56.48	507	
	50m: 32.73	32.73	150m: 1:45.40	36.83	250m: 3:00.77	37.91	350m: 4:18.30	38.94		
	100m: 1:08.57	35.84	200m: 2:22.86	37.46	300m: 3:39.36	38.59	400m: 4:56.48	38.18		
24.	TOFIL, Emilia		05	KS Delfin Gdynia				4:58.72	495	
	50m: 34.57	34.57	150m: 1:50.12	38.03	250m: 3:06.20	38.13	350m: 4:22.85	38.14		
	100m: 1:12.09	37.52	200m: 2:28.07	37.95	300m: 3:44.71	38.51	400m: 4:58.72	35.87		
25.	MROCZEK, Magda		05	Malborskie WOPR				5:01.20	483	
	50m: 33.37	33.37	150m: 1:50.31	38.98	250m: 3:07.58	38.52	350m: 4:24.34	38.09		
	100m: 1:11.33	37.96	200m: 2:29.06	38.75	300m: 3:46.25	38.67	400m: 5:01.20	36.86		
26.	BRACH, Oliwia		04	BOSiR Brzesko				5:01.66	481	
	50m: 33.95	33.95	150m: 1:50.25	38.86	250m: 3:08.84	39.09	350m: 4:25.55	37.95		
	100m: 1:11.39	37.44	200m: 2:29.75	39.50	300m: 3:47.60	38.76	400m: 5:01.66	36.11		
27.	ADAMSKA, Maria		03	UKS G-8 Bielany Warszawa				5:09.71	445	
	50m: 33.54	33.54	150m: 1:51.18	39.50	250m: 3:11.93	40.23	350m: 4:31.46	39.36		
	100m: 1:11.68	38.14	200m: 2:31.70	40.52	300m: 3:52.10	40.17	400m: 5:09.71	38.25		
28.	MAKSYMOWICZ, Nadia		05	UKS G-8 Bielany Warszawa				5:10.60	441	
	50m: 33.07	33.07	150m: 1:50.83	39.93	250m: 3:11.94	40.77	350m: 4:32.56	39.98		
	100m: 1:10.90	37.83	200m: 2:31.17	40.34	300m: 3:52.58	40.64	400m: 5:10.60	38.04		
29.	PA KO, Maja		04	St. KF KS „Fenix” O arów Maz				5:14.18	426	
	50m: 34.98	34.98	150m: 1:55.17	40.48	250m: 3:16.11	40.92	350m: 4:36.69	39.82		
	100m: 1:14.69	39.71	200m: 2:35.19	40.02	300m: 3:56.87	40.76	400m: 5:14.18	37.49		
30.	WRÓBLEWSKA, Klaudia		04	UKS „ORKA” Zamo				5:14.50	425	
	50m: 35.36	35.36	150m: 1:53.27	39.38	250m: 3:14.14	40.70	350m: 4:35.60	40.37		
	100m: 1:13.89	38.53	200m: 2:33.44	40.17	300m: 3:55.23	41.09	400m: 5:14.50	38.90		
31.	KA MIEROWSKA, Nina		04	UKS oliborz				5:16.35	417	
	50m: 36.05	36.05	150m: 1:56.52	40.43	250m: 3:17.87	40.94	350m: 4:38.86	39.40		
	100m: 1:16.09	40.04	200m: 2:36.93	40.41	300m: 3:59.46	41.59	400m: 5:16.35	37.49		
32.	REZNER, Julia		02	UKS Kapry-Armexim Pruszków				5:33.21	357	
	50m: 35.82	35.82	150m: 1:58.52	41.96	250m: 3:25.31	43.46	350m: 4:51.21	43.00		
	100m: 1:16.56	40.74	200m: 2:41.85	43.33	300m: 4:08.21	42.90	400m: 5:33.21	42.00		
33.	GAWLIKOWSKA, Olga		05	MUKS Wodnik Łask				5:43.88	325	
	50m: 35.56	35.56	150m: 2:01.07	43.90	250m: 3:33.46	46.78	350m: 5:03.11	43.84		
	100m: 1:17.17	41.61	200m: 2:46.68	45.61	300m: 4:19.27	45.81	400m: 5:43.88	40.77		