

ARENA GRAND PRIX PUCHAR POLSKI
Kozienice, 29.2. - 1.3.2020

Konkurencja 33
01.03.2020 - 9:50

Kobiet, 400m dowolny

Open
Wyniki

Rekord Polski Open	4:05.77	BARZYCKA, Paulina	POL	Gorzow	26.11.2005
Rekord Polski 19 - 23	4:05.77	BARZYCKA, Paulina	POL	Gorzow	26.11.2005
Rekord Polski 18	4:07.14	PIECHOTA, Paulina	POL	Łód	20.12.2017
Rekord Polski 17	4:08.04	KILIJA SKA, Donata	POL	Pozna	17.12.2011
Rekord Polski 16	4:08.04	KILIJA SKA, Donata	POL	Poznan	17.12.2011
Rekord Polski 15	4:08.60	GU , Wiktoria	POL	Pozna	23.11.2019
Rekord Polski 14	4:09.54	GU , Wiktoria	POL	Olsztyn	15.12.2018

Punkty: FINA 2019

Pozycja	Rok ur.				Czas	Pkt.
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14 lat

1. MACIAK, Julia	06	IUKS „Muszelka” Warszawa	4:39.76	584
50m: 32.17 32.17	150m: 1:42.67 35.58	250m: 2:53.79 35.59	350m: 4:05.27 35.72	
100m: 1:07.09	200m: 2:18.20 35.53	300m: 3:29.55 35.76	400m: 4:39.76 34.49	
2. LIPOWSKA, Nadia	06	UKS Nawa Skierniewice	4:49.31	528
50m: 32.17 32.17	150m: 1:45.32 37.16	250m: 2:59.95 37.41	350m: 4:14.58 36.93	
100m: 1:08.16 35.99	200m: 2:22.54 37.22	300m: 3:37.65 37.70	400m: 4:49.31 34.73	
3. CHMIELEWSKA, Aleksandra	06	Mi dzyszkolny UKS „Olimpijczyk” Suwałki	4:50.45	522
50m: 33.54 33.54	150m: 1:47.48 36.97	250m: 3:01.53 36.65	350m: 4:14.07 35.91	
100m: 1:10.51 36.97	200m: 2:24.88 37.40	300m: 3:38.16 36.63	400m: 4:50.45 36.38	
4. MIROWSKA, Oliwia	06	UKS Olympic Warka	4:59.89	474
50m: 32.39 32.39	150m: 1:47.62 38.16	250m: 3:06.16 39.47	350m: 4:24.21 38.20	
100m: 1:09.46 37.07	200m: 2:26.69 39.07	300m: 3:46.01 39.85	400m: 4:59.89 35.68	

15 lat

1. BISZEWSKA, Gabriela	05	Mi dzyszkolny UKS „Olimpijczyk” Suwałki	4:45.37	550
50m: 32.35 32.35	150m: 1:45.75 36.29	250m: 2:59.98 37.39	350m: 4:12.90 35.63	
100m: 1:09.46 37.11	200m: 2:22.59 36.84	300m: 3:37.27 37.29	400m: 4:45.37 32.47	

16 lat

1. GWAJ, Julia	04	Mi dzyszkolny UKS „Olimpijczyk” Suwałki	4:42.18	569
50m: 32.23 32.23	150m: 1:43.58 36.07	250m: 2:55.72 35.92	350m: 4:07.37 35.74	
100m: 1:07.51 35.28	200m: 2:19.80 36.22	300m: 3:31.63 35.91	400m: 4:42.18 34.81	
2. KIERAGA, Patrycja	04	KS OLIMPIA Lublin	4:52.85	509
50m: 32.97 32.97	150m: 1:45.39 36.89	250m: 3:00.20 37.04	350m: 4:15.39 38.33	
100m: 1:08.50 35.53	200m: 2:23.16 37.77	300m: 3:37.06 36.86	400m: 4:52.85 37.46	

17 - 18 lat

1. WI CKOWSKA, Alicja	03	UKS Delfin Garwolin	4:45.28	551
50m: 32.05 32.05	150m: 1:44.05 36.79	250m: 2:57.26 37.10	350m: 4:11.27 37.15	
100m: 1:07.26 35.21	200m: 2:20.16 36.11	300m: 3:34.12 36.86	400m: 4:45.28 34.01	

Open

1. GEORGES, Daniela	97	KU AZS UMCS Lublin	4:13.93	781
50m: 29.35 29.35	150m: 1:33.33 32.48	250m: 2:38.64 32.62	350m: 3:43.81 32.32	
100m: 1:00.85 31.50	200m: 2:06.02 32.69	300m: 3:11.49 32.85	400m: 4:13.93 30.12	
2. UKOWSKA, Paula	93	KU AZS UMCS Lublin	4:14.09	780
50m: 30.26 30.26	150m: 1:34.77 32.35	250m: 2:39.21 32.21	350m: 3:43.22 31.81	
100m: 1:02.42 32.16	200m: 2:07.00 32.23	300m: 3:11.41 32.20	400m: 4:14.09 30.87	
3. MACIAK, Julia	06	IUKS „Muszelka” Warszawa	4:39.76	584
50m: 32.17 32.17	150m: 1:42.67 35.58	250m: 2:53.79 35.59	350m: 4:05.27 35.72	
100m: 1:07.09	200m: 2:18.20 35.53	300m: 3:29.55 35.76	400m: 4:39.76 34.49	

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Konkurencja 33, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.							Czas	Pkt.
4.	GWAJ, Julia		04	Mi dzyszkolny UKS „Olimpijczyk” Suwałki						4:42.18	569
	50m:	32.23 32.23	150m:	1:43.58	36.07	250m:	2:55.72	35.92	350m:	4:07.37	35.74
	100m:	1:07.51 35.28	200m:	2:19.80	36.22	300m:	3:31.63	35.91	400m:	4:42.18	34.81
5.	WICKOWSKA, Alicja		03	UKS Delfin Garwolin						4:45.28	551
	50m:	32.05 32.05	150m:	1:44.05	36.79	250m:	2:57.26	37.10	350m:	4:11.27	37.15
	100m:	1:07.26 35.21	200m:	2:20.16	36.11	300m:	3:34.12	36.86	400m:	4:45.28	34.01
6.	BISZEWSKA, Gabriela		05	Mi dzyszkolny UKS „Olimpijczyk” Suwałki						4:45.37	550
	50m:	32.35 32.35	150m:	1:45.75	36.29	250m:	2:59.98	37.39	350m:	4:12.90	35.63
	100m:	1:09.46 37.11	200m:	2:22.59	36.84	300m:	3:37.27	37.29	400m:	4:45.37	32.47
7.	LIPOWSKA, Nadia		06	UKS Nawa Skierniewice						4:49.31	528
	50m:	32.17 32.17	150m:	1:45.32	37.16	250m:	2:59.95	37.41	350m:	4:14.58	36.93
	100m:	1:08.16 35.99	200m:	2:22.54	37.22	300m:	3:37.65	37.70	400m:	4:49.31	34.73
8.	CHMIELEWSKA, Aleksandra		06	Mi dzyszkolny UKS „Olimpijczyk” Suwałki						4:50.45	522
	50m:	33.54 33.54	150m:	1:47.48	36.97	250m:	3:01.53	36.65	350m:	4:14.07	35.91
	100m:	1:10.51 36.97	200m:	2:24.88	37.40	300m:	3:38.16	36.63	400m:	4:50.45	36.38
9.	KIERAGA, Patrycja		04	KS OLIMPIA Lublin						4:52.85	509
	50m:	32.97 32.97	150m:	1:45.39	36.89	250m:	3:00.20	37.04	350m:	4:15.39	38.33
	100m:	1:08.50 35.53	200m:	2:23.16	37.77	300m:	3:37.06	36.86	400m:	4:52.85	37.46
10.	MIROWSKA, Oliwia		06	UKS Olympic Warka						4:59.89	474
	50m:	32.39 32.39	150m:	1:47.62	38.16	250m:	3:06.16	39.47	350m:	4:24.21	38.20
	100m:	1:09.46 37.07	200m:	2:26.69	39.07	300m:	3:46.01	39.85	400m:	4:59.89	35.68