



ARENA GRAND PRIX PUCHAR POLSKI - o Puchar Rektora Warszawskiego Uniwersytetu Medycznego
Warszawa, 10. - 11.4.2021

Konkurencja 22
11.04.2021 - 9:00

Kobiet, 400m zmienny

Open
Wyniki

RP Open	4:36.95	BARANOWSKA, Katarzyna	POL	Beijing (CHN)	09.08.2008
RP 19 - 23	4:36.95	BARANOWSKA, Katarzyna	POL	Beijing (CHN)	09.08.2008
RP 18	4:43.39	BARANOWSKA, Katarzyna	POL	Debica	20.05.2005
RP 17	4:45.13	SZCZEPANIAK, Karolina	POL	Rome (ITA)	02.08.2009
RP 16	4:45.38	KNOP, Aleksandra	POL	Łódź	25.05.2018
RP 15	4:45.38	KNOP, Aleksandra	POL	Łódź	25.05.2018
RP 14	4:52.05	KNOP, Aleksandra	POL	Lublin	19.05.2017

Minimum kwal do IO Tokio 2021 (standard "A") : 4:38.53

Punkty: FINA 2021

Pozycja	Rok ur.										Czas	Pkt.
Open												
1.	MOŹDŻAN, Milena			03	MKP Szczecin					5:07.15	652	
	50m:	32.75	32.75	150m:	1:49.51	40.11	250m:	3:12.96	44.64	350m:	4:32.80	35.29
	100m:	1:09.40	36.65	200m:	2:28.32	38.81	300m:	3:57.51	44.55	400m:	5:07.15	34.35
2.	BEDNARZ, Julia			04	UKS „ORKA” Zamość					5:13.39	613	
	50m:	32.16	32.16	150m:	1:53.81	43.32	250m:	3:16.74	42.08	350m:	4:37.89	37.64
	100m:	1:10.49	38.33	200m:	2:34.66	40.85	300m:	4:00.25	43.51	400m:	5:13.39	35.50
3.	MACIEJEWSKA, Beata			03	UKS SP-149 Łódź					5:15.60	601	
	50m:	35.30	35.30	150m:	1:55.33	40.58	250m:	3:21.98	45.93	350m:	4:40.94	35.07
	100m:	1:14.75	39.45	200m:	2:36.05	40.72	300m:	4:05.87	43.89	400m:	5:15.60	34.66
4.	KRÓL, Gabriela			06	KS „Wisła” Puławy					5:20.62	573	
	50m:	32.34	32.34	150m:	1:53.00	42.01	250m:	3:20.20	46.52	350m:	4:44.34	37.33
	100m:	1:10.99	38.65	200m:	2:33.68	40.68	300m:	4:07.01	46.81	400m:	5:20.62	36.28
5.	SZARGIEJ, Aleksandra			06	UKS Żabianka Gdańsk					5:21.07	570	
	50m:	32.42	32.42	150m:	1:53.43	41.63	250m:	3:22.91	48.24	350m:	4:47.15	35.83
	100m:	1:11.80	39.38	200m:	2:34.67	41.24	300m:	4:11.32	48.41	400m:	5:21.07	33.92
6.	GŁOWACKA, Weronika			06	IKS Konstancin					5:21.13	570	
	50m:	32.59	32.59	150m:	1:54.84	44.43	250m:	3:22.57	44.58	350m:	4:45.57	36.98
	100m:	1:10.41	37.82	200m:	2:37.99	43.15	300m:	4:08.59	46.02	400m:	5:21.13	35.56
7.	MACIAK, Julia			06	IUKS „Muszelka” Warszawa					5:22.11	565	
	50m:	33.97	33.97	150m:	1:54.00	41.39	250m:	3:24.87	52.26	350m:	4:49.48	35.21
	100m:	1:12.61	38.64	200m:	2:32.61	38.61	300m:	4:14.27	49.40	400m:	5:22.11	32.63
8.	SZALAST, Karolina			05	UKS Tri-Team Rumia					5:23.28	559	
	50m:	34.41	34.41	150m:	1:55.16	40.89	250m:	3:22.95	49.03	350m:	4:48.71	36.47
	100m:	1:14.27	39.86	200m:	2:33.92	38.76	300m:	4:12.24	49.29	400m:	5:23.28	34.57
9.	RUDOMINA, Agnieszka			06	UKS Żabianka Gdańsk					5:24.15	554	
	50m:	34.32	34.32	150m:	1:59.11	41.63	250m:	3:27.26	45.15	350m:	4:50.78	36.02
	100m:	1:17.48	43.16	200m:	2:42.11	43.00	300m:	4:14.76	47.50	400m:	5:24.15	33.37
10.	SIOMA, Zuzanna			04	UKS „ORKA” Zamość					5:27.37	538	
	50m:	34.13	34.13	150m:	1:54.72	40.12	250m:	3:22.14	46.69	350m:	4:49.46	38.52
	100m:	1:14.60	40.47	200m:	2:35.45	40.73	300m:	4:10.94	48.80	400m:	5:27.37	37.91
11.	DĘBKOWSKA, Wiktoria			04	MUKS Wodnik Łask					5:27.44	538	
	50m:	34.16	34.16	150m:	1:58.33	44.11	250m:	3:27.45	46.15	350m:	4:51.70	37.92
	100m:	1:14.22	40.06	200m:	2:41.30	42.97	300m:	4:13.78	46.33	400m:	5:27.44	35.74

Wyniki : www.polswim.pl i www.livetimeing.pl

Obsługa informatyczna : zawody@wmozp.pl

SŁAWOMIR GRABIEC 600 851 363

Splash Meet Manager, 11.68079

Registered to KS Warszawianka

11.04.2021 9:21 - Strona 1



Ministerstwo
Kultury
Dziedzictwa
Narodowego
i Sportu

VARIO POOL
THE REAL DEPTH INVESTMENT
Oficjalny partner



ARENA GRAND PRIX PUCHAR POLSKI - o Puchar Rektora Warszawskiego Uniwersytetu Medycznego
Warszawa, 10. - 11.4.2021

Konkurencja 22, Kobiety, 400m zmienny, Open

Pozycja	Rok ur.				Czas				Pkt.
12. NOWAK, Paulina	05	UKS Tri-Team Rumia				5:27.67	537		
50m:	36.21	36.21	150m:	2:01.13	43.13	250m:	3:28.11	45.46	38.32
100m:	1:18.00	41.79	200m:	2:42.65	41.52	300m:	4:13.46	45.35	35.89
13. NIKIEL, Natalia	06	MKS Park Wodny Tarnowskie Góry				5:32.28	515		
50m:	34.48	34.48	150m:	1:59.21	43.70	250m:	3:29.69	47.21	37.47
100m:	1:15.51	41.03	200m:	2:42.48	43.27	300m:	4:18.15	48.46	36.66
14. NOWAK, Oliwia	04	UKS „GIM 92 Ursynów”				5:36.91	494		
50m:	34.94	34.94	150m:	2:01.72	45.39	250m:	3:32.10	47.24	40.04
100m:	1:16.33	41.39	200m:	2:44.86	43.14	300m:	4:18.99	46.89	37.88
15. KORAL, Milena	05	UKS Aquatica Pawłowice				5:38.31	488		
50m:	34.97	34.97	150m:	1:59.27	43.01	250m:	3:30.09	47.79	39.72
100m:	1:16.26	41.29	200m:	2:42.30	43.03	300m:	4:19.54	49.45	39.05
16. DUKOWSKA, Anna	06	TP Olimpijczyk Aleksandrów Łódzki				5:39.55	482		
50m:	34.56	34.56	150m:	2:00.27	44.00	250m:	3:32.68	48.10	38.74
100m:	1:16.27	41.71	200m:	2:44.58	44.31	300m:	4:23.06	50.38	37.75
17. OLECKA, Amelia	05	UKS „GIM 92 Ursynów”				5:50.43	439		
50m:	34.92	34.92	150m:	2:07.33	49.82	250m:	3:43.17	48.81	40.15
100m:	1:17.51	42.59	200m:	2:54.36	47.03	300m:	4:32.78	49.61	37.50
18. FORMAL, Hanna	06	UKS SP-149 Łódź				5:55.87	419		
50m:	38.43	38.43	150m:	2:10.46	46.49	250m:	3:45.56	50.93	40.64
100m:	1:23.97	45.54	200m:	2:54.63	44.17	300m:	4:36.11	50.55	39.12
19. ZARZECKA, Roksana	07	Klub Pływacki Ciechanów				5:56.20	418		
50m:	35.32	35.32	150m:	2:05.98	48.88	250m:	3:41.90	50.21	43.44
100m:	1:17.10	41.78	200m:	2:51.69	45.71	300m:	4:32.36	50.46	40.40
20. SOLIŃSKA, Patrycja	06	UKS Ostrobramska				5:58.06	411		
50m:	35.04	35.04	150m:	2:06.84	45.74	250m:	3:42.21	51.39	42.84
100m:	1:21.10	46.06	200m:	2:50.82	43.98	300m:	4:33.96	51.75	41.26
21. KULCZYŃSKA, Adriana	06	MUKS "Piętnastka"				5:58.47	410		
50m:	34.66	34.66	150m:	2:06.91	46.04	250m:	3:43.52	51.60	41.72
100m:	1:20.87	46.21	200m:	2:51.92	45.01	300m:	4:37.65	54.13	39.10
22. NOWAK, Victoria	05	MKS Park Wodny Tarnowskie Góry				6:05.19	388		
50m:	38.19	38.19	150m:	2:13.54	46.89	250m:	3:51.14	51.91	42.11
100m:	1:26.65	48.46	200m:	2:59.23	45.69	300m:	4:42.82	51.68	40.26
23. JONAK, Jagoda	06	UKS Delfin Garwolin				6:06.38	384		
50m:	38.54	38.54	150m:	2:13.84	47.57	250m:	3:51.10	49.91	43.19
100m:	1:26.27	47.73	200m:	3:01.19	47.35	300m:	4:41.58	50.48	41.61
24. WYŁUPEK, Kasjana	07	UKS „ORKA” Zamość				6:14.85	358		
50m:	39.94	39.94	150m:	2:19.04	48.40	250m:	3:56.90	48.35	44.63
100m:	1:30.64	50.70	200m:	3:08.55	49.51	300m:	4:46.83	49.93	43.39
NIE UK. KĘDZIOR, Pola	07	KS „OLIMPIA” Lublin				1:16.03			
50m:			150m:			250m:		350m:	
100m:			200m:	34.72		300m:		400m:	1:16.03



ARENA GRAND PRIX PUCHAR POLSKI - o Puchar Rektora Warszawskiego Uniwersytetu Medycznego
Warszawa, 10. - 11.4.2021

Konkurencja 22, Kobiety, 400m zmienny

17 - 18 lat

1. MOŹDŻAN, Milena	03	MKP Szczecin	5:07.15	652
50m: 32.75 32.75	150m: 1:49.51 40.11	250m: 3:12.96 44.64	350m: 4:32.80 35.29	
100m: 1:09.40 36.65	200m: 2:28.32 38.81	300m: 3:57.51 44.55	400m: 5:07.15 34.35	
2. BEDNARZ, Julia	04	UKS „ORKA” Zamość	5:13.39	613
50m: 32.16 32.16	150m: 1:53.81 43.32	250m: 3:16.74 42.08	350m: 4:37.89 37.64	
100m: 1:10.49 38.33	200m: 2:34.66 40.85	300m: 4:00.25 43.51	400m: 5:13.39 35.50	
3. MACIEJEWSKA, Beata	03	UKS SP-149 Łódź	5:15.60	601
50m: 35.30 35.30	150m: 1:55.33 40.58	250m: 3:21.98 45.93	350m: 4:40.94 35.07	
100m: 1:14.75 39.45	200m: 2:36.05 40.72	300m: 4:05.87 43.89	400m: 5:15.60 34.66	
4. SIOMA, Zuzanna	04	UKS „ORKA” Zamość	5:27.37	538
50m: 34.13 34.13	150m: 1:54.72 40.12	250m: 3:22.14 46.69	350m: 4:49.46 38.52	
100m: 1:14.60 40.47	200m: 2:35.45 40.73	300m: 4:10.94 48.80	400m: 5:27.37 37.91	
5. DĘBKOWSKA, Wiktoria	04	MUKS Wodnik Łask	5:27.44	538
50m: 34.16 34.16	150m: 1:58.33 44.11	250m: 3:27.45 46.15	350m: 4:51.70 37.92	
100m: 1:14.22 40.06	200m: 2:41.30 42.97	300m: 4:13.78 46.33	400m: 5:27.44 35.74	
6. NOWAK, Oliwia	04	UKS „GIM 92 Ursynów”	5:36.91	494
50m: 34.94 34.94	150m: 2:01.72 45.39	250m: 3:32.10 47.24	350m: 4:59.03 40.04	
100m: 1:16.33 41.39	200m: 2:44.86 43.14	300m: 4:18.99 46.89	400m: 5:36.91 37.88	

16 lat

1. SZALAST, Karolina	05	UKS Tri-Team Rumia	5:23.28	559
50m: 34.41 34.41	150m: 1:55.16 40.89	250m: 3:22.95 49.03	350m: 4:48.71 36.47	
100m: 1:14.27 39.86	200m: 2:33.92 38.76	300m: 4:12.24 49.29	400m: 5:23.28 34.57	
2. NOWAK, Paulina	05	UKS Tri-Team Rumia	5:27.67	537
50m: 36.21 36.21	150m: 2:01.13 43.13	250m: 3:28.11 45.46	350m: 4:51.78 38.32	
100m: 1:18.00 41.79	200m: 2:42.65 41.52	300m: 4:13.46 45.35	400m: 5:27.67 35.89	
3. KORAL, Milena	05	UKS Aquatica Pawłowice	5:38.31	488
50m: 34.97 34.97	150m: 1:59.27 43.01	250m: 3:30.09 47.79	350m: 4:59.26 39.72	
100m: 1:16.26 41.29	200m: 2:42.30 43.03	300m: 4:19.54 49.45	400m: 5:38.31 39.05	
4. OLECKA, Amelia	05	UKS „GIM 92 Ursynów”	5:50.43	439
50m: 34.92 34.92	150m: 2:07.33 49.82	250m: 3:43.17 48.81	350m: 5:12.93 40.15	
100m: 1:17.51 42.59	200m: 2:54.36 47.03	300m: 4:32.78 49.61	400m: 5:50.43 37.50	
5. NOWAK, Victoria	05	MKS Park Wodny Tarnowskie Góry	6:05.19	388
50m: 38.19 38.19	150m: 2:13.54 46.89	250m: 3:51.14 51.91	350m: 5:24.93 42.11	
100m: 1:26.65 48.46	200m: 2:59.23 45.69	300m: 4:42.82 51.68	400m: 6:05.19 40.26	

15 lat

1. KRÓL, Gabriela	06	KS „Wisła” Puławy	5:20.62	573
50m: 32.34 32.34	150m: 1:53.00 42.01	250m: 3:20.20 46.52	350m: 4:44.34 37.33	
100m: 1:10.99 38.65	200m: 2:33.68 40.68	300m: 4:07.01 46.81	400m: 5:20.62 36.28	
2. SZARGIEJ, Aleksandra	06	UKS Żabianka Gdańsk	5:21.07	570
50m: 32.42 32.42	150m: 1:53.43 41.63	250m: 3:22.91 48.24	350m: 4:47.15 35.83	
100m: 1:11.80 39.38	200m: 2:34.67 41.24	300m: 4:11.32 48.41	400m: 5:21.07 33.92	



ARENA GRAND PRIX PUCHAR POLSKI - o Puchar Rektora Warszawskiego Uniwersytetu Medycznego
Warszawa, 10. - 11.4.2021

Konkurencja 22, Dziewcząt, 400m zmienny, 15 lat

Pozycja		Rok ur.							Czas	Pkt.
3.	GŁOWACKA, Weronika	06	IKS Konstancin						5:21.13	570
	50m: 32.59 32.59		150m: 1:54.84 44.43	250m: 3:22.57 44.58	350m: 4:45.57 36.98					
	100m: 1:10.41 37.82		200m: 2:37.99 43.15	300m: 4:08.59 46.02	400m: 5:21.13 35.56					
4.	MACIAK, Julia	06	IUKS „Muszelka” Warszawa						5:22.11	565
	50m: 33.97 33.97		150m: 1:54.00 41.39	250m: 3:24.87 52.26	350m: 4:49.48 35.21					
	100m: 1:12.61 38.64		200m: 2:32.61 38.61	300m: 4:14.27 49.40	400m: 5:22.11 32.63					
5.	RUDOMINA, Agnieszka	06	UKS Żabianka Gdańsk						5:24.15	554
	50m: 34.32 34.32		150m: 1:59.11 41.63	250m: 3:27.26 45.15	350m: 4:50.78 36.02					
	100m: 1:17.48 43.16		200m: 2:42.11 43.00	300m: 4:14.76 47.50	400m: 5:24.15 33.37					
6.	NIKIEL, Natalia	06	MKS Park Wodny Tarnowskie Góry						5:32.28	515
	50m: 34.48 34.48		150m: 1:59.21 43.70	250m: 3:29.69 47.21	350m: 4:55.62 37.47					
	100m: 1:15.51 41.03		200m: 2:42.48 43.27	300m: 4:18.15 48.46	400m: 5:32.28 36.66					
7.	DUKOWSKA, Anna	06	TP Olimpijczyk Aleksandrów Łódzki						5:39.55	482
	50m: 34.56 34.56		150m: 2:00.27 44.00	250m: 3:32.68 48.10	350m: 5:01.80 38.74					
	100m: 1:16.27 41.71		200m: 2:44.58 44.31	300m: 4:23.06 50.38	400m: 5:39.55 37.75					
8.	FORNAL, Hanna	06	UKS SP-149 Łódź						5:55.87	419
	50m: 38.43 38.43		150m: 2:10.46 46.49	250m: 3:45.56 50.93	350m: 5:16.75 40.64					
	100m: 1:23.97 45.54		200m: 2:54.63 44.17	300m: 4:36.11 50.55	400m: 5:55.87 39.12					
9.	SOLIŃSKA, Patrycja	06	UKS Ostrobramska						5:58.06	411
	50m: 35.04 35.04		150m: 2:06.84 45.74	250m: 3:42.21 51.39	350m: 5:16.80 42.84					
	100m: 1:21.10 46.06		200m: 2:50.82 43.98	300m: 4:33.96 51.75	400m: 5:58.06 41.26					
10.	KULCZYŃSKA, Adriana	06	MUKS "Piętnastka"						5:58.47	410
	50m: 34.66 34.66		150m: 2:06.91 46.04	250m: 3:43.52 51.60	350m: 5:19.37 41.72					
	100m: 1:20.87 46.21		200m: 2:51.92 45.01	300m: 4:37.65 54.13	400m: 5:58.47 39.10					
11.	JONAK, Jagoda	06	UKS Delfin Garwolin						6:06.38	384
	50m: 38.54 38.54		150m: 2:13.84 47.57	250m: 3:51.10 49.91	350m: 5:24.77 43.19					
	100m: 1:26.27 47.73		200m: 3:01.19 47.35	300m: 4:41.58 50.48	400m: 6:06.38 41.61					

14 lat

1.	ZARZECKA, Roksana	07	Klub Pływacki Ciechanów						5:56.20	418
	50m: 35.32 35.32		150m: 2:05.98 48.88	250m: 3:41.90 50.21	350m: 5:15.80 43.44					
	100m: 1:17.10 41.78		200m: 2:51.69 45.71	300m: 4:32.36 50.46	400m: 5:56.20 40.40					
2.	WYŁUPEK, Kasjana	07	UKS „ORKA” Zamość						6:14.85	358
	50m: 39.94 39.94		150m: 2:19.04 48.40	250m: 3:56.90 48.35	350m: 5:31.46 44.63					
	100m: 1:30.64 50.70		200m: 3:08.55 49.51	300m: 4:46.83 49.93	400m: 6:14.85 43.39					
NIE UK.	KĘDZIOR, Pola	07	KS „OLIMPIA” Lublin						1:16.03	
	50m:		150m:	250m:	350m:					
	100m:		200m: 34.72	300m:	400m: 1:16.03					