



Arena Grand Prix Puchar Polski
Warszawa, 6. - 7.4.2024

Konkurencja 21
07.04.2024 - 11:35

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Minim. kw. IO Paris 2024 Open: 4:07.90 / Minim. kw. MES Belgrad 2024 Open: 4:13.08 / Minim. kw. MEJ Wilno 2024 14 - 18: 4:18.02

Punkty: FINA 2024

Pozycja	Rok ur.	Czas	Pkt.
1. TARASIEWICZ Klaudia	04 MKP Szczecin	4:19.73	744
50m: 29.90 29.90	150m: 1:35.34 32.97	250m: 2:41.29 32.98	350m: 3:47.63 33.08
100m: 1:02.37 32.47	200m: 2:08.31 32.97	300m: 3:14.55 33.26	400m: 4:19.73 32.10
2. FAMULOK Zuzanna	03 AZS AWF Katowice	4:25.24	698
50m: 28.94 28.94	150m: 1:33.88 33.24	250m: 2:42.53 34.60	350m: 3:52.02 34.76
100m: 1:00.64 31.70	200m: 2:07.93 34.05	300m: 3:17.26 34.73	400m: 4:25.24 33.22
3. KOSSAKOWSKA Dominika	01 KU AZS UMCS Lublin	4:27.71	679
50m: 30.99 30.99	150m: 1:38.24 34.33	250m: 2:46.19 34.09	350m: 3:54.78 34.48
100m: 1:03.91 32.92	200m: 2:12.10 33.86	300m: 3:20.30 34.11	400m: 4:27.71 32.93
4. CZUBAK Maria	06 IKS Konstancin	4:30.28	660
50m: 30.24 30.24	150m: 1:37.97 34.33	250m: 2:47.38 35.02	350m: 3:57.25 35.03
100m: 1:03.64 33.40	200m: 2:12.36 34.39	300m: 3:22.22 34.84	400m: 4:30.28 33.03
5. CHALUPOVA Adela	06 Sport Club Pardubice	4:32.02	647
50m: 30.84 30.84	150m: 1:38.94 34.22	250m: 2:47.90 33.90	350m: 3:57.70 34.51
100m: 1:04.72 33.88	200m: 2:14.00 35.06	300m: 3:23.19 35.29	400m: 4:32.02 34.32
6. KONDRASIUK Zofia	08 MKP Szczecin	4:32.13	647
50m: 31.28 31.28	150m: 1:40.17 34.51	250m: 2:49.87 34.38	350m: 3:59.25 34.26
100m: 1:05.66 34.38	200m: 2:15.49 35.32	300m: 3:24.99 35.12	400m: 4:32.13 32.88
7. VOJTALOVA Andrea	03 Sport Club Pardubice	4:32.19	646
50m: 31.48 31.48	150m: 1:40.92 34.79	250m: 2:50.04 33.77	350m: 3:58.83 34.22
100m: 1:06.13 34.65	200m: 2:16.27 35.35	300m: 3:24.61 34.57	400m: 4:32.19 33.36
8. MAŁOLEPSZA Weronika	07 MKP Szczecin	4:35.07	626
50m: 31.53 31.53	150m: 1:40.82 35.13	250m: 2:51.17 35.36	350m: 4:02.17 35.33
100m: 1:05.69 34.16	200m: 2:15.81 34.99	300m: 3:26.84 35.67	400m: 4:35.07 32.90
9. WILK Anna	06 SMS O wi cim	4:35.77	621
50m: 31.43 31.43	150m: 1:41.25 35.06	250m: 2:51.26 34.59	350m: 4:01.35 34.70
100m: 1:06.19 34.76	200m: 2:16.67 35.42	300m: 3:26.65 35.39	400m: 4:35.77 34.42
10. TRACZYK Anna	06 MKS Juvenia Wrocław	4:36.00	620
50m: 31.12 31.12	150m: 1:40.79 35.09	250m: 2:51.59 35.51	350m: 4:02.33 35.25
100m: 1:05.70 34.58	200m: 2:16.08 35.29	300m: 3:27.08 35.49	400m: 4:36.00 33.67
11. R CZKOWSKA Maja	07 LKS Jedno 32 Przyszowice	4:36.98	613
50m: 31.69 31.69	150m: 1:40.20 34.73	250m: 2:50.59 35.44	350m: 4:01.89 35.80
100m: 1:05.47 33.78	200m: 2:15.15 34.95	300m: 3:26.09 35.50	400m: 4:36.98 35.09
12. PASIEROWSKA Wiktoria	05 UKS „GIM 92 Ursynów”	4:38.55	603
50m: 32.05 32.05	150m: 1:41.59 35.16	250m: 2:51.64 34.73	350m: 4:02.18 35.75
100m: 1:06.43 34.38	200m: 2:16.91 35.32	300m: 3:26.43 34.79	400m: 4:38.55 36.37
13. RUDOMINA Agnieszka	06 MKP Gdańsk	4:39.06	600
50m: 31.72 31.72	150m: 1:41.83 35.65	250m: 2:53.57 36.09	350m: 4:05.24 35.81
100m: 1:06.18 34.46	200m: 2:17.48 35.65	300m: 3:29.43 35.86	400m: 4:39.06 33.82
14. SIWKO Natalia	04 KU AZS UMCS Lublin	4:39.15	599
50m: 31.93 31.93	150m: 1:42.37 35.34	250m: 2:53.74 35.58	350m: 4:05.30 35.43
100m: 1:07.03 35.10	200m: 2:18.16 35.79	300m: 3:29.87 36.13	400m: 4:39.15 33.85





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Pozycja	Rok ur.						Czas	Pkt.			
15. DUDA Natalia	10	MKP Szczecin					4:40.97	587			
50m:	31.56	31.56	150m:	1:42.17	35.78	250m:	2:54.37	36.19	350m:	4:06.19	35.72
100m:	1:06.39	34.83	200m:	2:18.18	36.01	300m:	3:30.47	36.10	400m:	4:40.97	34.78
16. WRONA Maria	08	UKP Unia O wi cim					4:41.30	585			
50m:	31.91	31.91	150m:	1:42.05	35.26	250m:	2:53.86	35.81	350m:	4:05.82	35.71
100m:	1:06.79	34.88	200m:	2:18.05	36.00	300m:	3:30.11	36.25	400m:	4:41.30	35.48
17. RAJCA Matylda	10	LKS Jedno 32 Przyszowice					4:44.69	565			
50m:	31.80	31.80	150m:	1:42.76	36.05	250m:	2:56.43	36.92	350m:	4:09.78	36.72
100m:	1:06.71	34.91	200m:	2:19.51	36.75	300m:	3:33.06	36.63	400m:	4:44.69	34.91
18. JOZKOVA Martina	07	Klub pływackich sportu Ostrava					4:46.08	556			
50m:	32.35	32.35	150m:	1:44.02	36.17	250m:	2:56.60	36.33	350m:	4:10.27	36.99
100m:	1:07.85	35.50	200m:	2:20.27	36.25	300m:	3:33.28	36.68	400m:	4:46.08	35.81
19. CHŁ D Zuzanna	06	AZS KU Politechniki Opolskiej					4:46.79	552			
50m:	32.45	32.45	150m:	1:44.74	36.51	250m:	2:57.90	36.49	350m:	4:11.56	36.64
100m:	1:08.23	35.78	200m:	2:21.41	36.67	300m:	3:34.92	37.02	400m:	4:46.79	35.23
20. MACIAK Julia	06	IUKS „Muszelka” Warszawa					4:46.82	552			
50m:	32.31	32.31	150m:	1:45.45	36.63	250m:	2:58.38	36.57	350m:	4:11.43	36.55
100m:	1:08.82	36.51	200m:	2:21.81	36.36	300m:	3:34.88	36.50	400m:	4:46.82	35.39
21. MAZUREK Dagmara	09	KU AZS UMCS Lublin					4:46.99	551			
50m:	32.03	32.03	150m:	1:44.34	36.37	250m:	2:58.01	36.77	350m:	4:11.53	36.87
100m:	1:07.97	35.94	200m:	2:21.24	36.90	300m:	3:34.66	36.65	400m:	4:46.99	35.46
22. CHALOUPKOVA Vendula	08	Klub pływackich sportu Ostrava					4:47.06	551			
50m:	32.14	32.14	150m:	1:43.46	35.99	250m:	2:57.06	36.79	350m:	4:11.39	37.47
100m:	1:07.47	35.33	200m:	2:20.27	36.81	300m:	3:33.92	36.86	400m:	4:47.06	35.67
23. SZOPA Natalia	07	UKP Gryf D bica					4:48.28	544			
50m:	31.05	31.05	150m:	1:40.69	35.89	250m:	2:56.08	38.46	350m:	4:12.32	37.72
100m:	1:04.80	33.75	200m:	2:17.62	36.93	300m:	3:34.60	38.52	400m:	4:48.28	35.96
24. GORDZIEJKO Joanna	10	MTP „Lublinianka”					4:48.63	542			
50m:	32.85	32.85	150m:	1:45.92	36.70	250m:	2:59.04	36.43	350m:	4:12.24	36.22
100m:	1:09.22	36.37	200m:	2:22.61	36.69	300m:	3:36.02	36.98	400m:	4:48.63	36.39
25. ADAMIKOVA Barbora	08	Sport Club Pardubice					4:50.08	534			
50m:	32.50	32.50	150m:	1:45.43	36.83	250m:	3:00.26	37.30	350m:	4:15.01	37.08
100m:	1:08.60	36.10	200m:	2:22.96	37.53	300m:	3:37.93	37.67	400m:	4:50.08	35.07
26. TUPALSKA Oliwia	05	UKP „Polonia Warszawa”					4:51.37	527			
50m:	32.03	32.03	150m:	1:44.77	36.63	250m:	2:58.76	37.06	350m:	4:14.18	37.64
100m:	1:08.14	36.11	200m:	2:21.70	36.93	300m:	3:36.54	37.78	400m:	4:51.37	37.19
27. KAZANOWSKA Klaudia	08	KU AZS UMCS Lublin					4:51.67	525			
50m:	32.14	32.14	150m:	1:43.98	36.08	250m:	2:58.63	36.96	350m:	4:14.09	37.29
100m:	1:07.90	35.76	200m:	2:21.67	37.69	300m:	3:36.80	38.17	400m:	4:51.67	37.58
28. ŁUCZAK Agata	09	Stowarzyszenie Solne Miasto Wieliczka					4:52.28	522			
50m:	34.06	34.06	150m:	1:48.68	37.34	250m:	3:03.38	37.23	350m:	4:17.26	35.81
100m:	1:11.34	37.28	200m:	2:26.15	37.47	300m:	3:41.45	38.07	400m:	4:52.28	35.02
29. WOŁ CEWICZ Natalia	10	MTP „Lublinianka”					4:52.58	520			
50m:	33.04	33.04	150m:	1:46.30	37.00	250m:	3:00.81	37.16	350m:	4:16.87	38.01
100m:	1:09.30	36.26	200m:	2:23.65	37.35	300m:	3:38.86	38.05	400m:	4:52.58	35.71





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Pozycja			Rok ur.					Czas	Pkt.			
30.	TARASZKIEWICZ Zofia		07	Mokotowski UKP Warszawianka-	Wodny	4:53.47		515				
	50m:	32.44	32.44	150m:	1:46.09	37.17	250m:	3:01.95	37.65	350m:	4:17.74	38.05
	100m:	1:08.92	36.48	200m:	2:24.30	38.21	300m:	3:39.69	37.74	400m:	4:53.47	35.73
31.	CHAŁUPKA Amelia		09	MKS Piaseczno		4:53.89		513				
	50m:	32.37	32.37	150m:	1:47.14	37.83	250m:	3:03.33	38.00	350m:	4:18.45	37.25
	100m:	1:09.31	36.94	200m:	2:25.33	38.19	300m:	3:41.20	37.87	400m:	4:53.89	35.44
32.	OKO Anna		09	LKS Jedno 32 Przyszowice		4:54.76		509				
	50m:	32.51	32.51	150m:	1:46.44	37.68	250m:	3:02.66	38.48	350m:	4:18.41	37.92
	100m:	1:08.76	36.25	200m:	2:24.18	37.74	300m:	3:40.49	37.83	400m:	4:54.76	36.35
33.	GNA Nadia		09	UKS Tri-Team Rumia		4:55.09		507				
	50m:	33.70	33.70	150m:	1:49.35	37.85	250m:	3:05.57	37.53	350m:	4:20.36	36.76
	100m:	1:11.50	37.80	200m:	2:28.04	38.69	300m:	3:43.60	38.03	400m:	4:55.09	34.73
34.	GEBEL Maja		08	IKS Konstancin		4:55.26		506				
	50m:	32.62	32.62	150m:	1:46.65	37.32	250m:	3:02.58	38.20	350m:	4:19.44	38.37
	100m:	1:09.33	36.71	200m:	2:24.38	37.73	300m:	3:41.07	38.49	400m:	4:55.26	35.82
35.	ZABRANIAK Karina		08	MKP Szczecin		4:58.87		488				
	50m:	32.36	32.36	150m:	1:47.79	38.63	250m:	3:05.28	38.91	350m:	4:22.07	38.23
	100m:	1:09.16	36.80	200m:	2:26.37	38.58	300m:	3:43.84	38.56	400m:	4:58.87	36.80
36.	KUNA Alina		10	Stowarzyszenie Solne Miasto Wieliczka		5:02.13		472				
	50m:	33.43	33.43	150m:	1:50.59	38.88	250m:	3:08.96	39.33	350m:	4:25.91	38.15
	100m:	1:11.71	38.28	200m:	2:29.63	39.04	300m:	3:47.76	38.80	400m:	5:02.13	36.22
37.	JABŁO SKA Natalia		08	MTP Kormoran Olsztyn		5:03.09		468				
	50m:	34.13	34.13	150m:	1:49.62	38.22	250m:	3:07.57	38.98	350m:	4:25.47	38.72
	100m:	1:11.40	37.27	200m:	2:28.59	38.97	300m:	3:46.75	39.18	400m:	5:03.09	37.62
38.	FIGURSKA Paula		07	UKS G-8 Bielany Warszawa		5:03.82		465				
	50m:	33.59	33.59	150m:	1:50.60	38.58	250m:	3:08.60	39.00	350m:	4:26.39	38.47
	100m:	1:12.02	38.43	200m:	2:29.60	39.00	300m:	3:47.92	39.32	400m:	5:03.82	37.43
39.	GORSKA Liliana		08	UKS G-8 Bielany Warszawa		5:04.30		462				
	50m:	34.09	34.09	150m:	1:51.42	39.07	250m:	3:09.35	38.80	350m:	4:27.21	38.62
	100m:	1:12.35	38.26	200m:	2:30.55	39.13	300m:	3:48.59	39.24	400m:	5:04.30	37.09
40.	LIPI SKA Natalia		10	UKS „Ósemka” Toru		5:05.80		456				
	50m:	33.18	33.18	150m:	1:48.80	38.70	250m:	3:08.16	39.87	350m:	4:27.58	39.76
	100m:	1:10.10	36.92	200m:	2:28.29	39.49	300m:	3:47.82	39.66	400m:	5:05.80	38.22
41.	WISZNIEWSKA Zuzanna		06	UKP „Polonia Warszawa”		5:06.05		454				
	50m:	34.11	34.11	150m:	1:50.72	38.55	250m:	3:08.39	38.85	350m:	4:26.87	39.59
	100m:	1:12.17	38.06	200m:	2:29.54	38.82	300m:	3:47.28	38.89	400m:	5:06.05	39.18
42.	WŁODARCZYK Maja		08	UKP Manta Jelcz-Laskowice		5:06.19		454				
	50m:	33.50	33.50	150m:	1:49.53	38.73	250m:	3:08.11	39.37	350m:	4:27.26	39.61
	100m:	1:10.80	37.30	200m:	2:28.74	39.21	300m:	3:47.65	39.54	400m:	5:06.19	38.93
43.	MICHALAK Zuzanna		07	St. KF KS „Fenix” O arów Mazowiecki		5:06.51		452				
	50m:	35.24	35.24	150m:	1:52.67	39.16	250m:	3:11.34	39.10	350m:	4:29.88	39.01
	100m:	1:13.51	38.27	200m:	2:32.24	39.57	300m:	3:50.87	39.53	400m:	5:06.51	36.63
44.	GRACKA Hanna		07	MKP Szczecin		5:06.87		451				
	50m:	32.87	32.87	150m:	1:48.48	38.32	250m:	3:07.85	39.47	350m:		
	100m:	1:10.16	37.29	200m:	2:28.38	39.90	300m:	3:48.25	40.40	400m:	5:06.87	





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Pozycja			Rok ur.					Czas	Pkt.			
45.	PRONIN Natalia		10	UKS "Olimp" Gorzów Wlkp.				5:07.81	447			
	50m:	32.87	32.87	150m:	1:50.69	39.94	250m:	3:10.33	40.27	350m:	4:30.43	40.07
	100m:	1:10.75	37.88	200m:	2:30.06	39.37	300m:	3:50.36	40.03	400m:	5:07.81	37.38
46.	KOCHANIK Izabela		09	UKS Tri-Team Rumia				5:08.13	445			
	50m:	34.84	34.84	150m:	1:50.20	37.98	250m:	3:09.29	39.87	350m:	4:29.02	39.75
	100m:	1:12.22	37.38	200m:	2:29.42	39.22	300m:	3:49.27	39.98	400m:	5:08.13	39.11
47.	HUTKOWSKA Nadia		09	UKS „GIM 92 Ursynów”				5:08.36	444			
	50m:	34.39	34.39	150m:	1:51.02	38.75	250m:	3:09.85	39.51	350m:	4:29.90	40.54
	100m:	1:12.27	37.88	200m:	2:30.34	39.32	300m:	3:49.36	39.51	400m:	5:08.36	38.46
48.	CZECHMA SKA Antonina		10	UKS Manta Warszawa Włochy				5:08.93	442			
	50m:	34.08	34.08	150m:	1:52.96	39.72	250m:	3:13.86	40.13	350m:	4:33.35	38.78
	100m:	1:13.24	39.16	200m:	2:33.73	40.77	300m:	3:54.57	40.71	400m:	5:08.93	35.58
49.	JADOWSKA Lena		09	MKS Piaseczno				5:10.11	437			
	50m:	33.57	33.57	150m:	1:51.86	39.87	250m:	3:12.30	40.48	350m:	4:32.30	39.74
	100m:	1:11.99	38.42	200m:	2:31.82	39.96	300m:	3:52.56	40.26	400m:	5:10.11	37.81
50.	STEFA SKA Alicja		10	St. KF KS „Fenix” O arów Mazowiecki				5:10.73	434			
	50m:	34.10	34.10	150m:	1:53.54	39.96	250m:	3:13.76	39.89	350m:	4:33.60	39.59
	100m:	1:13.58	39.48	200m:	2:33.87	40.33	300m:	3:54.01	40.25	400m:	5:10.73	37.13
51.	PIECUCH Julia		10	Stowarzyszenie Solne Miasto Wieliczka				5:17.08	409			
	50m:	35.88	35.88	150m:	1:54.43	39.95	250m:	3:15.70	41.09	350m:	4:37.61	41.14
	100m:	1:14.48	38.60	200m:	2:34.61	40.18	300m:	3:56.47	40.77	400m:	5:17.08	39.47
52.	MYDŁOWSKA Roxana		10	UKS Nawa Skierniewice				5:22.37	389			
	50m:	34.17	34.17	150m:	1:55.64	41.62	250m:	3:20.28	42.21	350m:	4:44.01	41.04
	100m:	1:14.02	39.85	200m:	2:38.07	42.43	300m:	4:02.97	42.69	400m:	5:22.37	38.36
53.	LESZCZEWSKA Lena		09	UKS G-8 Bielany Warszawa				5:23.36	385			
	50m:	35.03	35.03	150m:	1:56.57	41.80	250m:	3:20.14	41.66	350m:	4:45.28	42.33
	100m:	1:14.77	39.74	200m:	2:38.48	41.91	300m:	4:02.95	42.81	400m:	5:23.36	38.08

