



Arena Grand Prix Puchar Polski
Warszawa, 6. - 7.4.2024

Event 21
07.04.2024 - 9:00

Women, 400m Freestyle

14 years and older
Results

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

Points: FINA 2024

Rank		YB						Time	Pts
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.	MALOLEPSZA 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 Oswiecim					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 Wroclaw					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.	RACZKOWSKA Maja	07	LKS Jednosc 32 Przeszowice					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 Ursynow”					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 Gdansk					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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Rank			YB						Time	Pts		
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 Oswiecim					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 Jednosc 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.	CHLAD 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 Debica					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.	LUCZAK 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.	WOLACEWICZ 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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Rank		YB							Time	Pts
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.	CHALUPKA 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.	OKON Anna	09	LKS Jednosc 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.	GNAS 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.	JABLONSKA 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.	LIPINSKA Natalia	10	UKS „Osemka” Torun	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.	WLODARCZYK 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” Ozarów 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: 4:27.26 39.61						
	100m: 1:10.16 37.29	200m: 2:28.38 39.90	300m: 3:48.25 40.40	400m: 5:06.87 36.63						





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Rank					YB					Time	Pts	
45.	PRONIN Natalia				10	UKS "Olimp" Gorzow 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 Ursynow”				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.	CZECHMANSKA Antonina				10	UKS Manta Warszawa Wlochy				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.	STEFANSKA Alicja				10	St. KF KS „Fenix” Ozarow 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.	MYDLOWSKA 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

