



Arena Grand Prix Puchar Polski
Warszawa, 6. - 7.4.2024

Konkurencja 31
07.04.2024 - 10:57

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Minim. kw. IO Paris 2024 Open: 4:38.53 / Minim. kw. MES Belgrad 2024 Open: 4:45.89 / Minim. kw. MEJ Wilno 2024 14 - 18: 4:55.70

Punkty: FINA 2024

Pozycja	Rok ur.	Czas	Pkt.
1. HERBREDER Gabriela	03 UKS „GIM 92 Ursynów”	5:07.53	646
50m: 31.65 31.65	150m: 1:50.72 42.51	250m: 3:13.98 43.43	350m: 4:32.00 36.23
100m: 1:08.21 36.56	200m: 2:30.55 39.83	300m: 3:55.77 41.79	400m: 5:07.53 35.53
2. RODZIEWICZ Alicja	08 UKS Nawa Skierniewice	5:11.20	623
50m: 32.00 32.00	150m: 1:49.95 39.46	250m: 3:14.50 45.17	350m: 4:35.71 35.65
100m: 1:10.49 38.49	200m: 2:29.33 39.38	300m: 4:00.06 45.56	400m: 5:11.20 35.49
3. NIKIEL Natalia	06 MKS Park Wodny Tarnowskie Góry	5:14.46	604
50m: 33.30 33.30	150m: 1:53.66 41.17	250m: 3:18.03 43.76	350m: 4:38.30 35.82
100m: 1:12.49 39.19	200m: 2:34.27 40.61	300m: 4:02.48 44.45	400m: 5:14.46 36.16
4. PALICKA Wiktoria	05 TP Skalar, Słupsk	5:19.64	575
50m: 31.32 31.32	150m: 1:49.48 40.10	250m: 3:15.55 46.95	350m: 4:41.76 38.05
100m: 1:09.38 38.06	200m: 2:28.60 39.12	300m: 4:03.71 48.16	400m: 5:19.64 37.88
5. BRZOZOWSKA Julia	08 KU AZS UMCS Lublin	5:20.88	568
50m: 33.89 33.89	150m: 1:54.62 41.33	250m: 3:21.35 46.23	350m: 4:44.79 36.85
100m: 1:13.29 39.40	200m: 2:35.12 40.50	300m: 4:07.94 46.59	400m: 5:20.88 36.09
6. BRANDYSKA Aneta	07 Sport Club Pardubice	5:21.85	563
50m: 33.94 33.94	150m: 1:55.14 40.58	250m: 3:21.80 45.65	350m: 4:45.29 38.27
100m: 1:14.56 40.62	200m: 2:36.15 41.01	300m: 4:07.02 45.22	400m: 5:21.85 36.56
7. NIZIO Kamila	10 UKS „GIM 92 Ursynów”	5:25.92	542
50m: 33.58 33.58	150m: 2:00.06 45.39	250m: 3:27.69 44.44	350m: 4:51.09 39.01
100m: 1:14.67 41.09	200m: 2:43.25 43.19	300m: 4:12.08 44.39	400m: 5:25.92 34.83
8. ROMANOWSKA Aleksandra	09 UKS „GIM 92 Ursynów”	5:26.63	539
50m: 36.28 36.28	150m: 1:58.49 40.34	250m: 3:23.50 45.84	350m: 4:48.84 38.56
100m: 1:18.15 41.87	200m: 2:37.66 39.17	300m: 4:10.28 46.78	400m: 5:26.63 37.79
9. PLAGA Olga	07 TP Skalar, Słupsk	5:29.13	527
50m: 35.42 35.42	150m: 2:00.37 44.31	250m: 3:28.48 44.83	350m: 4:51.99 38.55
100m: 1:16.06 40.64	200m: 2:43.65 43.28	300m: 4:13.44 44.96	400m: 5:29.13 37.14
10. ZAKRZEWSKA Oliwia	07 UKS Nawa Skierniewice	5:31.56	515
50m: 35.44 35.44	150m: 2:00.99 43.39	250m: 3:33.07 50.58	350m: 4:57.17 34.26
100m: 1:17.60 42.16	200m: 2:42.49 41.50	300m: 4:22.91 49.84	400m: 5:31.56 34.39
11. BARAN Agata	08 UKP „Polonia Warszawa”	5:31.85	514
50m: 35.53 35.53	150m: 2:00.65 42.82	250m: 3:30.96 48.46	350m: 4:55.18 36.73
100m: 1:17.83 42.30	200m: 2:42.50 41.85	300m: 4:18.45 47.49	400m: 5:31.85 36.67
12. JABŁO SKA Natalia	08 MTP Kormoran Olsztyn	5:32.13	512
50m: 34.97 34.97	150m: 1:59.69 43.23	250m: 3:29.34 47.64	350m: 4:55.37 38.24
100m: 1:16.46 41.49	200m: 2:41.70 42.01	300m: 4:17.13 47.79	400m: 5:32.13 36.76
13. SOBOLAK Gabriela	09 UKS „GIM 92 Ursynów”	5:35.00	499
50m: 34.37 34.37	150m: 2:03.05 46.23	250m: 3:32.55 45.84	350m: 4:58.13 38.95
100m: 1:16.82 42.45	200m: 2:46.71 43.66	300m: 4:19.18 46.63	400m: 5:35.00 36.87
14. CHAŁUPKA Amelia	09 MKS Piaseczno	5:35.32	498
50m: 36.88 36.88	150m: 2:03.85 45.05	250m: 3:35.19 47.61	350m: 5:00.55 37.65
100m: 1:18.80 41.92	200m: 2:47.58 43.73	300m: 4:22.90 47.71	400m: 5:35.32 34.77





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Konkurencja 31, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja		Rok ur.						Czas	Pkt.
15.	LIPKOWSKA Paulina	09	UKP „Polonia Warszawa”					5:39.99	478
	50m: 34.60 34.60	150m: 2:02.62	46.20	250m: 3:33.71	48.42	350m: 5:02.71	39.53		
	100m: 1:16.42 41.82	200m: 2:45.29	42.67	300m: 4:23.18	49.47	400m: 5:39.99	37.28		
16.	SZABRA SKA Oliwia	06	UKS „GIM 92 Ursynów”					5:40.49	476
	50m: 35.63 35.63	150m: 2:03.15	44.25	250m: 3:36.17	48.95	350m: 5:04.29	38.62		
	100m: 1:18.90 43.27	200m: 2:47.22	44.07	300m: 4:25.67	49.50	400m: 5:40.49	36.20		
17.	PIETRZYK Hanna	07	UKS Nawa Skierniewice					5:42.84	466
	50m: 33.70 33.70	150m: 2:03.20	46.53	250m: 3:33.78	45.20	350m: 5:02.30	41.23		
	100m: 1:16.67 42.97	200m: 2:48.58	45.38	300m: 4:21.07	47.29	400m: 5:42.84	40.54		
18.	DUDKIEWICZ Maja	09	UKP „Polonia Warszawa”					5:46.91	450
	50m: 34.38 34.38	150m: 2:03.80	46.00	250m: 3:36.87	50.53	350m: 5:07.96	39.93		
	100m: 1:17.80 43.42	200m: 2:46.34	42.54	300m: 4:28.03	51.16	400m: 5:46.91	38.95		
19.	GORZKIEWICZ Łucja	09	UKS „GIM 92 Ursynów”					5:47.42	448
	50m: 38.34 38.34	150m: 2:09.68	46.18	250m: 3:41.88	46.93	350m: 5:08.88	38.87		
	100m: 1:23.50 45.16	200m: 2:54.95	45.27	300m: 4:30.01	48.13	400m: 5:47.42	38.54		
20.	SOLI SKA Patrycja	06	UKP „Polonia Warszawa”					5:47.89	446
	50m: 35.64 35.64	150m: 2:02.69	45.35	250m: 3:36.91	51.43	350m: 5:07.99	40.39		
	100m: 1:17.34 41.70	200m: 2:45.48	42.79	300m: 4:27.60	50.69	400m: 5:47.89	39.90		
21.	KOSI SKA Olga	09	UKS Aquatica Pawłowice					5:50.69	435
	50m: 36.42 36.42	150m: 2:05.60	44.57	250m: 3:38.48	48.14	350m: 5:10.46	41.03		
	100m: 1:21.03 44.61	200m: 2:50.34	44.74	300m: 4:29.43	50.95	400m: 5:50.69	40.23		
22.	KLAJMON Karolina	10	UKS „Nowy Klub Pływacki”					5:55.69	417
	50m: 35.27 35.27	150m: 2:03.60	45.10	250m: 3:41.58	53.76	350m: 5:16.74	41.13		
	100m: 1:18.50 43.23	200m: 2:47.82	44.22	300m: 4:35.61	54.03	400m: 5:55.69	38.95		
23.	DENISIEWICZ Zuzanna	07	UKS Nawa Skierniewice					6:02.06	395
	50m: 39.07 39.07	150m: 2:07.31	43.67	250m: 3:43.98	52.50	350m: 5:18.90	42.78		
	100m: 1:23.64 44.57	200m: 2:51.48	44.17	300m: 4:36.12	52.14	400m: 6:02.06	43.16		

