



Arena Grand Prix Puchar Polski
Warszawa, 6. - 7.4.2024

Event 31
07.04.2024 - 10:57

Women, 400m Medley

14 years and older
Results

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

Points: FINA 2024

Rank		YB						Time	Pts
1.	HERBREder Gabriela	03	UKS „GIM 92 Ursynow”					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 Gory					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, Slupsk					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 Ursynow”					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 Ursynow”					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, Slupsk					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.	JABLONSKA 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 Ursynow”					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.	CHALUPKA 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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Rank		YB						Time	Pts
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.	SZABRANSKA Oliwia	06	UKS „GIM 92 Ursynow”					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 Lucja	09	UKS „GIM 92 Ursynow”					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.	SOLINSKA 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.	KOSINSKA Olga	09	UKS Aquatica Pawlowice					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		

