

Grand Prix - Puchar Polski w Pływaniu 2013-2014
Opole, 3- - 4-5-2014

Event 11 Women, 400m Freestyle 14 years and older
2014-05-03 - 11:00 Results

Top Times "Poland" 4:04.23 JEDRZEJCZAK, Otylia 00114 Melbourne (AUS) 2007-03-25

Points: FINA 2013

Rank			YB					Time	Pts
14 years and older									
1.	ZACHOSZCZ, Joanna		93	AZS UWM Olsztyn			4:21.94	761	
	50m: 30.84	30.84	150m: 1:36.06	32.83	250m: 2:42.33	33.19	350m: 3:49.09	33.42	
	100m: 1:03.23	32.39	200m: 2:09.14	33.08	300m: 3:15.67	33.34	400m: 4:21.94	32.85	
2.	WIKIEL, Manuela		92	AZS UWM Olsztyn			4:22.92	752	
	50m: 31.42	31.42	150m: 1:36.74	32.85	250m: 2:43.18	33.29	350m: 3:50.34	33.75	
	100m: 1:03.89	32.47	200m: 2:09.89	33.15	300m: 3:16.59	33.41	400m: 4:22.92	32.58	
3.	NAZIEBLO, Klaudia		93	MKS Juvenia Wroclaw			4:26.75	720	
	50m: 31.58	31.58	150m: 1:40.35	34.56	250m: 2:48.38	33.74	350m: 3:55.35	33.17	
	100m: 1:05.79	34.21	200m: 2:14.64	34.29	300m: 3:22.18	33.80	400m: 4:26.75	31.40	
4.	OLCZAK, Mirella		93	AZS Warsaw			4:28.50	706	
	50m: 31.53	31.53	150m: 1:39.93	34.40	250m: 2:48.06	34.25	350m: 3:55.70	33.49	
	100m: 1:05.53	34.00	200m: 2:13.81	33.88	300m: 3:22.21	34.15	400m: 4:28.50	32.80	
5.	POZAROWSZCZYK, Beata		91	MKS Juvenia Wroclaw			4:36.32	648	
	50m: 31.76	31.76	150m: 1:41.00	34.82	250m: 2:51.24	35.22	350m: 4:01.76	35.44	
	100m: 1:06.18	34.42	200m: 2:16.02	35.02	300m: 3:26.32	35.08	400m: 4:36.32	34.56	
6.	GRUSZCZYNSKA, Aleksandra SO		98	UKP Unia Oswiecim			4:36.35	648	
	50m: 31.31	31.31	150m: 1:40.40	34.94	250m: 2:50.93	35.32	350m: 4:01.46	35.36	
	100m: 1:05.46	34.15	200m: 2:15.61	35.21	300m: 3:26.10	35.17	400m: 4:36.35	34.89	
7.	MACIUCH, Karolina		96	DOKiS SP "Vega" Dobrodzien			4:40.02	622	
	50m: 31.74	31.74	150m: 1:40.93	34.93	250m: 2:52.02	35.63	350m: 4:04.35	36.29	
	100m: 1:06.00	34.26	200m: 2:16.39	35.46	300m: 3:28.06	36.04	400m: 4:40.02	35.67	
8.	PODLEWSKA, Miriam SO		97	UKP Unia Oswiecim			4:41.76	611	
	50m: 31.73	31.73	150m: 1:41.74	35.38	250m: 2:53.88	36.47	350m: 4:06.19	36.20	
	100m: 1:06.36	34.63	200m: 2:17.41	35.67	300m: 3:29.99	36.11	400m: 4:41.76	35.57	
9.	LESZCZYNSKA, Klaudia Julia SO		99	UKP Unia Oswiecim			4:43.75	598	
	50m: 31.91	31.91	150m: 1:42.02	35.74	250m: 2:54.51	36.58	350m: 4:08.25	36.95	
	100m: 1:06.28	34.37	200m: 2:17.93	35.91	300m: 3:31.30	36.79	400m: 4:43.75	35.50	
10.	NOWACKA, Aleksandra		90	AZS Warsaw			4:44.46	594	
	50m: 32.17	32.17	150m: 1:43.63	36.35	250m: 2:57.08	36.59	350m: 4:09.41	36.20	
	100m: 1:07.28	35.11	200m: 2:20.49	36.86	300m: 3:33.21	36.13	400m: 4:44.46	35.05	
11.	ZROBEK, Natalia		99	UKS 190 Lodz			4:46.44	581	
	50m: 32.60	32.60	150m: 1:46.53	37.38	250m: 3:00.10	36.22	350m: 4:12.27	35.88	
	100m: 1:09.15	36.55	200m: 2:23.88	37.35	300m: 3:36.39	36.29	400m: 4:46.44	34.17	
12.	SADOWSKA, Klaudia		99	WKS Slask Wroclaw			4:46.48	581	
	50m: 31.94	31.94	150m: 1:44.69	36.89	250m: 2:58.96	37.17	350m: 4:12.21	36.43	
	100m: 1:07.80	35.86	200m: 2:21.79	37.10	300m: 3:35.78	36.82	400m: 4:46.48	34.27	
13.	KROL, Oliwia		99	MKS Trojka Lodz			4:47.36	576	
	50m: 33.32	33.32	150m: 1:47.26	37.64	250m: 3:01.11	37.34	350m: 4:13.49	36.04	
	100m: 1:09.62	36.30	200m: 2:23.77	36.51	300m: 3:37.45	36.34	400m: 4:47.36	33.87	
14.	JAROCHA, Wiktoria		98	KSZO Ostrowiec			4:48.80	567	
	50m: 32.10	32.10	150m: 1:42.57	35.71	250m: 2:55.52	36.94	350m: 4:11.49	38.28	
	100m: 1:06.86	34.76	200m: 2:18.58	36.01	300m: 3:33.21	37.69	400m: 4:48.80	37.31	
15.	STAROS, Sandra		99	Uks Victoria Jozefow			4:49.07	566	
	50m: 33.28	33.28	150m: 1:45.54	36.42	250m: 2:58.89	36.79	350m: 4:13.37	36.90	
	100m: 1:09.12	35.84	200m: 2:22.10	36.56	300m: 3:36.47	37.58	400m: 4:49.07	35.70	
16.	TOMALA, Aleksandra SR		97	MKS ZRYW Opole			4:49.25	565	
	50m: 33.59	33.59	150m: 1:49.18	37.58	250m: 3:03.14	36.66	350m: 4:15.65	36.08	
	100m: 1:11.60	38.01	200m: 2:26.48	37.30	300m: 3:39.57	36.43	400m: 4:49.25	33.60	

Grand Prix - Puchar Polski w Pływaniu 2013-2014
Opole, 3- - 4-5-2014

Event 11, Women, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
17.	LICHWA, Dominika SO				99	UKP Unia Oswiecim				4:49.89	561	
	50m:	31.91	31.91	150m:	1:43.08	36.22	250m:	2:56.62	36.93	350m:	4:12.63	38.14
	100m:	1:06.86	34.95	200m:	2:19.69	36.61	300m:	3:34.49	37.87	400m:	4:49.89	37.26
18.	DUDA, Zuzanna				99	WKS Slask Wroclaw				4:50.69	556	
	50m:	32.90	32.90	150m:	1:46.70	37.12	250m:	3:01.45	37.18	350m:	4:16.00	36.95
	100m:	1:09.58	36.68	200m:	2:24.27	37.57	300m:	3:39.05	37.60	400m:	4:50.69	34.69
19.	BRONEK, Martyna				00	UKS Aligator Gorzyce				4:50.80	556	
	50m:	31.15	31.15	150m:	1:44.40	37.32	250m:	2:59.56	37.86	350m:	4:15.67	38.05
	100m:	1:07.08	35.93	200m:	2:21.70	37.30	300m:	3:37.62	38.06	400m:	4:50.80	35.13
20.	FILIPEK, Jagoda				99	WKS Slask Wroclaw				4:50.90	555	
	50m:	32.16	32.16	150m:	1:45.23	37.08	250m:	3:00.18	37.15	350m:	4:14.68	37.00
	100m:	1:08.15	35.99	200m:	2:23.03	37.80	300m:	3:37.68	37.50	400m:	4:50.90	36.22
21.	KRUSZCZYNSKA, Julia				99	Ruch Grudziadz				4:51.59	551	
	50m:	32.24	32.24	150m:	1:44.56	36.73	250m:	2:59.85	37.66	350m:	4:15.95	38.15
	100m:	1:07.83	35.59	200m:	2:22.19	37.63	300m:	3:37.80	37.95	400m:	4:51.59	35.64
22.	PROCHOWNIK, Olimpia SO				99	UKP Unia Oswiecim				4:52.16	548	
	50m:	32.92	32.92	150m:	1:46.87	37.43	250m:	3:02.11	37.65	350m:	4:17.01	37.47
	100m:	1:09.44	36.52	200m:	2:24.46	37.59	300m:	3:39.54	37.43	400m:	4:52.16	35.15
23.	KAMINSKA, Joanna				94	MKS Trojka Lodz				4:52.34	547	
	50m:	32.54	32.54	150m:	1:45.92	36.96	250m:	3:00.44	37.30	350m:	4:15.43	37.48
	100m:	1:08.96	36.42	200m:	2:23.14	37.22	300m:	3:37.95	37.51	400m:	4:52.34	36.91
24.	SZAFRANSKA, Julia SOc				00	KSZO Ostrowiec				4:52.61	545	
	50m:	32.54	32.54	150m:	1:46.38	37.14	250m:	3:01.31	37.55	350m:	4:15.82	37.22
	100m:	1:09.24	36.70	200m:	2:23.76	37.38	300m:	3:38.60	37.29	400m:	4:52.61	36.79
25.	ADAMCZYK, Agata				99	UKS Aligator Gorzyce				4:52.75	545	
	50m:	33.95	33.95	150m:	1:49.10	37.81	250m:	3:04.76	38.11	350m:	4:18.61	36.47
	100m:	1:11.29	37.34	200m:	2:26.65	37.55	300m:	3:42.14	37.38	400m:	4:52.75	34.14
26.	SLIWINSKA, Kalina				00	WKS Slask Wroclaw				4:54.37	536	
	50m:	33.15	33.15	150m:	1:46.89	37.19	250m:	3:02.64	37.86	350m:	4:18.02	37.41
	100m:	1:09.70	36.55	200m:	2:24.78	37.89	300m:	3:40.61	37.97	400m:	4:54.37	36.35
27.	REDNER, Sandra				99	MKS Trojka Lodz				4:54.56	535	
	50m:	33.89	33.89	150m:	1:48.66	37.19	250m:	3:04.10	37.66	350m:	4:18.94	37.59
	100m:	1:11.47	37.58	200m:	2:26.44	37.78	300m:	3:41.35	37.25	400m:	4:54.56	35.62
28.	MACHNIK, Monika				97	DOKiS SP "Vega" Dobrodzien				4:54.78	533	
	50m:	33.72	33.72	150m:	1:47.50	37.48	250m:	3:02.53	37.42	350m:	4:18.10	37.54
	100m:	1:10.02	36.30	200m:	2:25.11	37.61	300m:	3:40.56	38.03	400m:	4:54.78	36.68
29.	DYKIJ, Dominika				98	WKS Slask Wroclaw				4:57.78	517	
	50m:	33.16	33.16	150m:	1:47.70	38.14	250m:	3:03.14	38.29	350m:	4:19.78	38.83
	100m:	1:09.56	36.40	200m:	2:24.85	37.15	300m:	3:40.95	37.81	400m:	4:57.78	38.00
30.	RYBINSKA, Marcelina				99	WKS Slask Wroclaw				4:57.82	517	
	50m:	34.44	34.44	150m:	1:50.23	38.31	250m:	3:06.77	38.05	350m:	4:22.29	37.68
	100m:	1:11.92	37.48	200m:	2:28.72	38.49	300m:	3:44.61	37.84	400m:	4:57.82	35.53
31.	HASNY, Marta SR				98	MMKS Kedzierzyn-Kozle				4:58.91	512	
	50m:	33.40	33.40	150m:	1:49.62	38.31	250m:	3:05.80	37.91	350m:	4:21.61	37.09
	100m:	1:11.31	37.91	200m:	2:27.89	38.27	300m:	3:44.52	38.72	400m:	4:58.91	37.30
32.	KAMIENIARZ, Weronika				99	KS Gornik Radlin				5:01.16	500	
	50m:	33.72	33.72	150m:	1:49.59	38.16	250m:	3:07.33	38.78	350m:	4:23.96	38.22
	100m:	1:11.43	37.71	200m:	2:28.55	38.96	300m:	3:45.74	38.41	400m:	5:01.16	37.20
33.	KONDOLEWICZ, Aleksandra				99	WKS Slask Wroclaw				5:01.23	500	
	50m:	32.42	32.42	150m:	1:46.88	37.98	250m:	3:03.77	38.75	350m:	4:22.55	40.30
	100m:	1:08.90	36.48	200m:	2:25.02	38.14	300m:	3:42.25	38.48	400m:	5:01.23	38.68
34.	ZABLOCKA, Zuzanna				99	WKS Slask Wroclaw				5:01.50	499	
	50m:	34.78	34.78	150m:	1:51.13	38.45	250m:	3:07.27	37.72	350m:	4:23.91	38.35
	100m:	1:12.68	37.90	200m:	2:29.55	38.42	300m:	3:45.56	38.29	400m:	5:01.50	37.59

Grand Prix - Puchar Polski w Pływaniu 2013-2014
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Event 11, Women, 400m Freestyle, 14 years and older

Rank			YB			Time	Pts	
35.	WALEK, Julia		99	MKS ZRYW Opole		5:01.99	496	
	50m: 33.48	33.48	150m: 1:48.85	38.19	250m: 3:06.00	38.87	350m: 4:23.73	38.62
	100m: 1:10.66	37.18	200m: 2:27.13	38.28	300m: 3:45.11	39.11	400m: 5:01.99	38.26
36.	NIEMCZYCKA, Julia		99	WKS Slask Wroclaw		5:02.85	492	
	50m: 32.58	32.58	150m: 1:48.64	38.81	250m: 3:06.58	39.18	350m: 4:25.19	39.53
	100m: 1:09.83	37.25	200m: 2:27.40	38.76	300m: 3:45.66	39.08	400m: 5:02.85	37.66
37.	STAWARZ, Sandra		98	WKS Slask Wroclaw		5:02.95	491	
	50m: 34.37	34.37	150m: 1:50.12	38.51	250m: 3:06.70	38.33	350m: 4:25.66	40.00
	100m: 1:11.61	37.24	200m: 2:28.37	38.25	300m: 3:45.66	38.96	400m: 5:02.95	37.29
38.	WLODARCZYK, Ewelina		96	MKS Trojka Lodz		5:03.00	491	
	50m: 33.97	33.97	150m: 1:50.71	38.60	250m: 3:09.05	38.94	350m: 4:26.63	38.33
	100m: 1:12.11	38.14	200m: 2:30.11	39.40	300m: 3:48.30	39.25	400m: 5:03.00	36.37
39.	MYCEK, Agnieszka		00	WKS Slask Wroclaw		5:04.82	482	
	50m: 35.25	35.25	150m: 1:53.05	38.98	250m: 3:10.66	38.73	350m: 4:27.29	37.82
	100m: 1:14.07	38.82	200m: 2:31.93	38.88	300m: 3:49.47	38.81	400m: 5:04.82	37.53
40.	PIPCZYNSKA, Kamila		00	Uks Victoria Jozefow		5:06.44	475	
	50m: 34.33	34.33	150m: 1:51.72	39.26	250m: 3:10.00	39.03	350m: 4:28.82	39.15
	100m: 1:12.46	38.13	200m: 2:30.97	39.25	300m: 3:49.67	39.67	400m: 5:06.44	37.62
41.	CHOJECKA, Karolina		00	UKS OLIMPIC Warka		5:06.54	474	
	50m: 34.00	34.00	150m: 1:51.48	39.83	250m: 3:11.37	40.12	350m: 4:30.76	39.79
	100m: 1:11.65	37.65	200m: 2:31.25	39.77	300m: 3:50.97	39.60	400m: 5:06.54	35.78
42.	GAJTKOWSKA, Zuzanna		00	UKS Aligator Gorzyce		5:12.51	448	
	50m: 34.30	34.30	150m: 1:53.90	40.00	250m: 3:14.30	40.31	350m: 4:34.93	40.33
	100m: 1:13.90	39.60	200m: 2:33.99	40.09	300m: 3:54.60	40.30	400m: 5:12.51	37.58
43.	MALINOWSKA, Zuzanna		00	WKS Slask Wroclaw		5:13.83	442	
	50m: 35.10	35.10	150m: 1:55.08	39.92	250m: 3:15.51	39.76	350m: 4:35.07	39.36
	100m: 1:15.16	40.06	200m: 2:35.75	40.67	300m: 3:55.71	40.20	400m: 5:13.83	38.76
44.	WROBLEWSKA, Maja		00	WKS Slask Wroclaw		5:22.45	407	
	50m: 35.95	35.95	150m: 1:57.69	41.75	250m: 3:20.73	41.67	350m: 4:43.46	41.45
	100m: 1:15.94	39.99	200m: 2:39.06	41.37	300m: 4:02.01	41.28	400m: 5:22.45	38.99
45.	WILISOWSKA, Julia		00	WKS Slask Wroclaw		5:23.04	405	
	50m: 37.28	37.28	150m: 1:59.24	41.67	250m: 3:21.91	41.47	350m: 4:44.14	41.48
	100m: 1:17.57	40.29	200m: 2:40.44	41.20	300m: 4:02.66	40.75	400m: 5:23.04	38.90
DNS	SKUDLIK, Magdalena		99	UKS Mata Kochlowice Ruda Slask				

19 - 23 years

1.	ZACHOSZCZ, Joanna		93	AZS UWM Olsztyn		4:21.94	761	
	50m: 30.84	30.84	150m: 1:36.06	32.83	250m: 2:42.33	33.19	350m: 3:49.09	33.42
	100m: 1:03.23	32.39	200m: 2:09.14	33.08	300m: 3:15.67	33.34	400m: 4:21.94	32.85
2.	WIKIEL, Manuela		92	AZS UWM Olsztyn		4:22.92	752	
	50m: 31.42	31.42	150m: 1:36.74	32.85	250m: 2:43.18	33.29	350m: 3:50.34	33.75
	100m: 1:03.89	32.47	200m: 2:09.89	33.15	300m: 3:16.59	33.41	400m: 4:22.92	32.58
3.	NAZIEBLO, Klaudia		93	MKS Juvenia Wroclaw		4:26.75	720	
	50m: 31.58	31.58	150m: 1:40.35	34.56	250m: 2:48.38	33.74	350m: 3:55.35	33.17
	100m: 1:05.79	34.21	200m: 2:14.64	34.29	300m: 3:22.18	33.80	400m: 4:26.75	31.40
4.	OLCZAK, Mirella		93	AZS Warsaw		4:28.50	706	
	50m: 31.53	31.53	150m: 1:39.93	34.40	250m: 2:48.06	34.25	350m: 3:55.70	33.49
	100m: 1:05.53	34.00	200m: 2:13.81	33.88	300m: 3:22.21	34.15	400m: 4:28.50	32.80
5.	POZAROWSZCZYK, Beata		91	MKS Juvenia Wroclaw		4:36.32	648	
	50m: 31.76	31.76	150m: 1:41.00	34.82	250m: 2:51.24	35.22	350m: 4:01.76	35.44
	100m: 1:06.18	34.42	200m: 2:16.02	35.02	300m: 3:26.32	35.08	400m: 4:36.32	34.56
6.	KAMINSKA, Joanna		94	MKS Trojka Lodz		4:52.34	547	
	50m: 32.54	32.54	150m: 1:45.92	36.96	250m: 3:00.44	37.30	350m: 4:15.43	37.48
	100m: 1:08.96	36.42	200m: 2:23.14	37.22	300m: 3:37.95	37.51	400m: 4:52.34	36.91

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Event 11, Women, 400m Freestyle

17 - 18 years

1.	MACIUCH, Karolina	96	DOKiS SP "Vega" Dobrodzien	4:40.02	622
	50m: 31.74 31.74	150m: 1:40.93	34.93 250m: 2:52.02	35.63 350m: 4:04.35	36.29
	100m: 1:06.00 34.26	200m: 2:16.39	35.46 300m: 3:28.06	36.04 400m: 4:40.02	35.67
2.	PODLEWSKA, Miriam SO	97	UKP Unia Oswiecim	4:41.76	611
	50m: 31.73 31.73	150m: 1:41.74	35.38 250m: 2:53.88	36.47 350m: 4:06.19	36.20
	100m: 1:06.36 34.63	200m: 2:17.41	35.67 300m: 3:29.99	36.11 400m: 4:41.76	35.57
3.	TOMALA, Aleksandra SR	97	MKS ZRYW Opole	4:49.25	565
	50m: 33.59 33.59	150m: 1:49.18	37.58 250m: 3:03.14	36.66 350m: 4:15.65	36.08
	100m: 1:11.60 38.01	200m: 2:26.48	37.30 300m: 3:39.57	36.43 400m: 4:49.25	33.60
4.	MACHNIK, Monika	97	DOKiS SP "Vega" Dobrodzien	4:54.78	533
	50m: 33.72 33.72	150m: 1:47.50	37.48 250m: 3:02.53	37.42 350m: 4:18.10	37.54
	100m: 1:10.02 36.30	200m: 2:25.11	37.61 300m: 3:40.56	38.03 400m: 4:54.78	36.68
5.	WLODARCZYK, Ewelina	96	MKS Trojka Lodz	5:03.00	491
	50m: 33.97 33.97	150m: 1:50.71	38.60 250m: 3:09.05	38.94 350m: 4:26.63	38.33
	100m: 1:12.11 38.14	200m: 2:30.11	39.40 300m: 3:48.30	39.25 400m: 5:03.00	36.37

16 years

1.	GRUSZCZYNSKA, Aleksandra SO	98	UKP Unia Oswiecim	4:36.35	648
	50m: 31.31 31.31	150m: 1:40.40	34.94 250m: 2:50.93	35.32 350m: 4:01.46	35.36
	100m: 1:05.46 34.15	200m: 2:15.61	35.21 300m: 3:26.10	35.17 400m: 4:36.35	34.89
2.	JAROCHA, Wiktoria	98	KSZO Ostrowiec	4:48.80	567
	50m: 32.10 32.10	150m: 1:42.57	35.71 250m: 2:55.52	36.94 350m: 4:11.49	38.28
	100m: 1:06.86 34.76	200m: 2:18.58	36.01 300m: 3:33.21	37.69 400m: 4:48.80	37.31
3.	DYKIJ, Dominika	98	WKS Slask Wroclaw	4:57.78	517
	50m: 33.16 33.16	150m: 1:47.70	38.14 250m: 3:03.14	38.29 350m: 4:19.78	38.83
	100m: 1:09.56 36.40	200m: 2:24.85	37.15 300m: 3:40.95	37.81 400m: 4:57.78	38.00
4.	HASNY, Marta SR	98	MMKS Kedzierzyn-Kozle	4:58.91	512
	50m: 33.40 33.40	150m: 1:49.62	38.31 250m: 3:05.80	37.91 350m: 4:21.61	37.09
	100m: 1:11.31 37.91	200m: 2:27.89	38.27 300m: 3:44.52	38.72 400m: 4:58.91	37.30
5.	STAWARZ, Sandra	98	WKS Slask Wroclaw	5:02.95	491
	50m: 34.37 34.37	150m: 1:50.12	38.51 250m: 3:06.70	38.33 350m: 4:25.66	40.00
	100m: 1:11.61 37.24	200m: 2:28.37	38.25 300m: 3:45.66	38.96 400m: 5:02.95	37.29

15 years

1.	LESZCZYNSKA, Klaudia Julia SO	99	UKP Unia Oswiecim	4:43.75	598
	50m: 31.91 31.91	150m: 1:42.02	35.74 250m: 2:54.51	36.58 350m: 4:08.25	36.95
	100m: 1:06.28 34.37	200m: 2:17.93	35.91 300m: 3:31.30	36.79 400m: 4:43.75	35.50
2.	ZROBEK, Natalia	99	UKS 190 Lodz	4:46.44	581
	50m: 32.60 32.60	150m: 1:46.53	37.38 250m: 3:00.10	36.22 350m: 4:12.27	35.88
	100m: 1:09.15 36.55	200m: 2:23.88	37.35 300m: 3:36.39	36.29 400m: 4:46.44	34.17
3.	SADOWSKA, Klaudia	99	WKS Slask Wroclaw	4:46.48	581
	50m: 31.94 31.94	150m: 1:44.69	36.89 250m: 2:58.96	37.17 350m: 4:12.21	36.43
	100m: 1:07.80 35.86	200m: 2:21.79	37.10 300m: 3:35.78	36.82 400m: 4:46.48	34.27
4.	KROL, Oliwia	99	MKS Trojka Lodz	4:47.36	576
	50m: 33.32 33.32	150m: 1:47.26	37.64 250m: 3:01.11	37.34 350m: 4:13.49	36.04
	100m: 1:09.62 36.30	200m: 2:23.77	36.51 300m: 3:37.45	36.34 400m: 4:47.36	33.87
5.	STAROS, Sandra	99	Uks Victoria Jozefow	4:49.07	566
	50m: 33.28 33.28	150m: 1:45.54	36.42 250m: 2:58.89	36.79 350m: 4:13.37	36.90
	100m: 1:09.12 35.84	200m: 2:22.10	36.56 300m: 3:36.47	37.58 400m: 4:49.07	35.70
6.	LICHWA, Dominika SO	99	UKP Unia Oswiecim	4:49.89	561
	50m: 31.91 31.91	150m: 1:43.08	36.22 250m: 2:56.62	36.93 350m: 4:12.63	38.14
	100m: 1:06.86 34.95	200m: 2:19.69	36.61 300m: 3:34.49	37.87 400m: 4:49.89	37.26

Grand Prix - Puchar Polski w Pływaniu 2013-2014
Opole, 3- - 4-5-2014

Event 11, Girls, 400m Freestyle, 15 years

Rank			YB					Time	Pts		
7.	DUDA, Zuzanna		99	WKS Slask Wroclaw				4:50.69	556		
	50m:	32.90 32.90	150m:	1:46.70	37.12	250m:	3:01.45	37.18	350m:	4:16.00	36.95
	100m:	1:09.58 36.68	200m:	2:24.27	37.57	300m:	3:39.05	37.60	400m:	4:50.69	34.69
8.	FILIPEK, Jagoda		99	WKS Slask Wroclaw				4:50.90	555		
	50m:	32.16 32.16	150m:	1:45.23	37.08	250m:	3:00.18	37.15	350m:	4:14.68	37.00
	100m:	1:08.15 35.99	200m:	2:23.03	37.80	300m:	3:37.68	37.50	400m:	4:50.90	36.22
9.	KRUSZCZYNSKA, Julia		99	Ruch Grudziadz				4:51.59	551		
	50m:	32.24 32.24	150m:	1:44.56	36.73	250m:	2:59.85	37.66	350m:	4:15.95	38.15
	100m:	1:07.83 35.59	200m:	2:22.19	37.63	300m:	3:37.80	37.95	400m:	4:51.59	35.64
10.	PROCHOWNIK, Olimpia SO		99	UKP Unia Oswiecim				4:52.16	548		
	50m:	32.92 32.92	150m:	1:46.87	37.43	250m:	3:02.11	37.65	350m:	4:17.01	37.47
	100m:	1:09.44 36.52	200m:	2:24.46	37.59	300m:	3:39.54	37.43	400m:	4:52.16	35.15
11.	ADAMCZYK, Agata		99	UKS Aligator Gorzyce				4:52.75	545		
	50m:	33.95 33.95	150m:	1:49.10	37.81	250m:	3:04.76	38.11	350m:	4:18.61	36.47
	100m:	1:11.29 37.34	200m:	2:26.65	37.55	300m:	3:42.14	37.38	400m:	4:52.75	34.14
12.	REDNER, Sandra		99	MKS Trojka Lodz				4:54.56	535		
	50m:	33.89 33.89	150m:	1:48.66	37.19	250m:	3:04.10	37.66	350m:	4:18.94	37.59
	100m:	1:11.47 37.58	200m:	2:26.44	37.78	300m:	3:41.35	37.25	400m:	4:54.56	35.62
13.	RYBINSKA, Marcelina		99	WKS Slask Wroclaw				4:57.82	517		
	50m:	34.44 34.44	150m:	1:50.23	38.31	250m:	3:06.77	38.05	350m:	4:22.29	37.68
	100m:	1:11.92 37.48	200m:	2:28.72	38.49	300m:	3:44.61	37.84	400m:	4:57.82	35.53
14.	KAMIENIARZ, Weronika		99	KS Gornik Radlin				5:01.16	500		
	50m:	33.72 33.72	150m:	1:49.59	38.16	250m:	3:07.33	38.78	350m:	4:23.96	38.22
	100m:	1:11.43 37.71	200m:	2:28.55	38.96	300m:	3:45.74	38.41	400m:	5:01.16	37.20
15.	KONDOLEWICZ, Aleksandra		99	WKS Slask Wroclaw				5:01.23	500		
	50m:	32.42 32.42	150m:	1:46.88	37.98	250m:	3:03.77	38.75	350m:	4:22.55	40.30
	100m:	1:08.90 36.48	200m:	2:25.02	38.14	300m:	3:42.25	38.48	400m:	5:01.23	38.68
16.	ZABLOCKA, Zuzanna		99	WKS Slask Wroclaw				5:01.50	499		
	50m:	34.78 34.78	150m:	1:51.13	38.45	250m:	3:07.27	37.72	350m:	4:23.91	38.35
	100m:	1:12.68 37.90	200m:	2:29.55	38.42	300m:	3:45.56	38.29	400m:	5:01.50	37.59
17.	WALEK, Julia		99	MKS ZRYW Opole				5:01.99	496		
	50m:	33.48 33.48	150m:	1:48.85	38.19	250m:	3:06.00	38.87	350m:	4:23.73	38.62
	100m:	1:10.66 37.18	200m:	2:27.13	38.28	300m:	3:45.11	39.11	400m:	5:01.99	38.26
18.	NIEMCZYCKA, Julia		99	WKS Slask Wroclaw				5:02.85	492		
	50m:	32.58 32.58	150m:	1:48.64	38.81	250m:	3:06.58	39.18	350m:	4:25.19	39.53
	100m:	1:09.83 37.25	200m:	2:27.40	38.76	300m:	3:45.66	39.08	400m:	5:02.85	37.66
DNS	SKUDLIK, Magdalena		99	UKS Mata Kochlowice Ruda Slask							

14 years

1.	BRONEK, Martyna		00	UKS Aligator Gorzyce				4:50.80	556		
	50m:	31.15 31.15	150m:	1:44.40	37.32	250m:	2:59.56	37.86	350m:	4:15.67	38.05
	100m:	1:07.08 35.93	200m:	2:21.70	37.30	300m:	3:37.62	38.06	400m:	4:50.80	35.13
2.	SZAFRANSKA, Julia SOc		00	KSZO Ostrowiec				4:52.61	545		
	50m:	32.54 32.54	150m:	1:46.38	37.14	250m:	3:01.31	37.55	350m:	4:15.82	37.22
	100m:	1:09.24 36.70	200m:	2:23.76	37.38	300m:	3:38.60	37.29	400m:	4:52.61	36.79
3.	SLIWINSKA, Kalina		00	WKS Slask Wroclaw				4:54.37	536		
	50m:	33.15 33.15	150m:	1:46.89	37.19	250m:	3:02.64	37.86	350m:	4:18.02	37.41
	100m:	1:09.70 36.55	200m:	2:24.78	37.89	300m:	3:40.61	37.97	400m:	4:54.37	36.35
4.	MYCEK, Agnieszka		00	WKS Slask Wroclaw				5:04.82	482		
	50m:	35.25 35.25	150m:	1:53.05	38.98	250m:	3:10.66	38.73	350m:	4:27.29	37.82
	100m:	1:14.07 38.82	200m:	2:31.93	38.88	300m:	3:49.47	38.81	400m:	5:04.82	37.53
5.	PIPCZYNSKA, Kamila		00	Uks Victoria Jozefow				5:06.44	475		
	50m:	34.33 34.33	150m:	1:51.72	39.26	250m:	3:10.00	39.03	350m:	4:28.82	39.15
	100m:	1:12.46 38.13	200m:	2:30.97	39.25	300m:	3:49.67	39.67	400m:	5:06.44	37.62

Grand Prix - Puchar Polski w Pływaniu 2013-2014
Opole, 3- - 4-5-2014

Event 11, Girls, 400m Freestyle, 14 years

Rank			YB					Time	Pts		
6.	CHOJECKA, Karolina		00	UKS OLIMPIC Warka				5:06.54	474		
	50m:	34.00 34.00	150m:	1:51.48	39.83	250m:	3:11.37	40.12	350m:	4:30.76	39.79
	100m:	1:11.65 37.65	200m:	2:31.25	39.77	300m:	3:50.97	39.60	400m:	5:06.54	35.78
7.	GAJTKOWSKA, Zuzanna		00	UKS Aligator Gorzyce				5:12.51	448		
	50m:	34.30 34.30	150m:	1:53.90	40.00	250m:	3:14.30	40.31	350m:	4:34.93	40.33
	100m:	1:13.90 39.60	200m:	2:33.99	40.09	300m:	3:54.60	40.30	400m:	5:12.51	37.58
8.	MALINOWSKA, Zuzanna		00	WKS Slask Wroclaw				5:13.83	442		
	50m:	35.10 35.10	150m:	1:55.08	39.92	250m:	3:15.51	39.76	350m:	4:35.07	39.36
	100m:	1:15.16 40.06	200m:	2:35.75	40.67	300m:	3:55.71	40.20	400m:	5:13.83	38.76
9.	WROBLEWSKA, Maja		00	WKS Slask Wroclaw				5:22.45	407		
	50m:	35.95 35.95	150m:	1:57.69	41.75	250m:	3:20.73	41.67	350m:	4:43.46	41.45
	100m:	1:15.94 39.99	200m:	2:39.06	41.37	300m:	4:02.01	41.28	400m:	5:22.45	38.99
10.	WILISOWSKA, Julia		00	WKS Slask Wroclaw				5:23.04	405		
	50m:	37.28 37.28	150m:	1:59.24	41.67	250m:	3:21.91	41.47	350m:	4:44.14	41.48
	100m:	1:17.57 40.29	200m:	2:40.44	41.20	300m:	4:02.66	40.75	400m:	5:23.04	38.90