

Arena Grand Prix Puchar Polski  
Kozienice, 18. - 19.2.2017

Konkurencja 11  
18.02.2017 - 10:40

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
1.	BURSKA, Justyna		95	AZS UWM Olsztyn				<b>4:13.99</b>	787
	50m:	30.84 30.84	150m:	1:36.08 32.73	250m:	2:40.45 32.05	350m:	3:43.69 31.57	
	100m:	1:03.35 32.51	200m:	2:08.40 32.32	300m:	3:12.12 31.67	400m:	4:13.99 30.30	
2.	PIECHOTA, Paulina		99	UKS 190 Łódź				<b>4:14.08</b>	786
	50m:	30.64 30.64	150m:	1:35.78 32.36	250m:	2:40.31 32.00	350m:	3:44.07 31.59	
	100m:	1:03.42 32.78	200m:	2:08.31 32.53	300m:	3:12.48 32.17	400m:	4:14.08 30.01	
3.	UKOWSKA, Paula		93	WKS I sk Wrocław				<b>4:17.07</b>	759
	50m:	30.70 30.70	150m:	1:36.40 32.84	250m:	2:41.46 32.43	350m:	3:45.33 31.71	
	100m:	1:03.56 32.86	200m:	2:09.03 32.63	300m:	3:13.62 32.16	400m:	4:17.07 31.74	
4.	SZAFRA SKA, Julia Soc		00	KS KSZO Ostrowiec w.				<b>4:22.11</b>	716
	50m:	30.70 30.70	150m:	1:36.71 32.71	250m:	2:42.78 33.29	350m:	3:49.53 33.46	
	100m:	1:04.00 33.30	200m:	2:09.49 32.78	300m:	3:16.07 33.29	400m:	4:22.11 32.58	
5.	PIECHOTA, Karolina		01	UKS 190 Łódź				<b>4:24.03</b>	700
	50m:	31.32 31.32	150m:	1:37.32 33.09	250m:	2:43.99 33.39	350m:	3:51.15 33.58	
	100m:	1:04.23 32.91	200m:	2:10.60 33.28	300m:	3:17.57 33.58	400m:	4:24.03 32.88	
6.	JANISZEWSKA, Dominika		99	AZS AWF Warszawa				<b>4:24.84</b>	694
	50m:	32.14 32.14	150m:	1:39.55 33.77	250m:	2:46.83 33.44	350m:	3:52.63 32.66	
	100m:	1:05.78 33.64	200m:	2:13.39 33.84	300m:	3:19.97 33.14	400m:	4:24.84 32.21	
7.	KOŁODZIEJ, Katarzyna SO		00	UKP Unia O wi cim				<b>4:27.81</b>	671
	50m:	31.19 31.19	150m:	1:38.90 34.12	250m:	2:46.76 33.67	350m:	3:54.76 33.93	
	100m:	1:04.78 33.59	200m:	2:13.09 34.19	300m:	3:20.83 34.07	400m:	4:27.81 33.05	
8.	URBANIAK, Dominika		03	UKS 190 Łódź				<b>4:29.69</b>	657
	50m:	31.89 31.89	150m:	1:39.77 34.01	250m:	2:48.09 34.25	350m:	3:56.62 34.22	
	100m:	1:05.76 33.87	200m:	2:13.84 34.07	300m:	3:22.40 34.31	400m:	4:29.69 33.07	
9.	ZAR BA-PARADOWSKA, Julia		02	BUKS Warszawa				<b>4:30.37</b>	652
	50m:	31.77 31.77	150m:	1:39.57 34.00	250m:	2:47.79 34.01	350m:	3:56.93 34.95	
	100m:	1:05.57 33.80	200m:	2:13.78 34.21	300m:	3:21.98 34.19	400m:	4:30.37 33.44	
10.	KLONOWSKA, Julia		00	UKS G-8 Bielany				<b>4:30.71</b>	650
	50m:	32.40 32.40	150m:	1:42.19 35.17	250m:	2:49.58 32.82	350m:	3:56.90 33.25	
	100m:	1:07.02 34.62	200m:	2:16.76 34.57	300m:	3:23.65 34.07	400m:	4:30.71 33.81	
11.	KRYSZKOWSKA, Natalia		02	MZOS Płock				<b>4:30.90</b>	648
	50m:	30.95 30.95	150m:	1:38.58 33.95	250m:	2:47.14 34.18	350m:	3:56.48 34.85	
	100m:	1:04.63 33.68	200m:	2:12.96 34.38	300m:	3:21.63 34.49	400m:	4:30.90 34.42	
12.	SKIBCZAK, Natalia		00	UKS G-8 Bielany				<b>4:30.92</b>	648
	50m:	31.23 31.23	150m:		250m:	2:49.18 34.86	350m:		
	100m:	1:04.48 33.25	200m:	2:14.32	300m:	3:24.03 34.85	400m:	4:30.92	
13.	PISAREK, Justyna SO		00	UKP Unia O wi cim				<b>4:33.02</b>	633
	50m:	31.84 31.84	150m:	1:40.61 34.57	250m:	2:49.79 34.67	350m:	3:59.02 34.59	
	100m:	1:06.04 34.20	200m:	2:15.12 34.51	300m:	3:24.43 34.64	400m:	4:33.02 34.00	
14.	ZBROJEWSKA, Zofia		03	MKS Trójka Łódź				<b>4:33.15</b>	632
	50m:	31.75 31.75	150m:	1:40.70 34.71	250m:	2:50.52 34.74	350m:	3:59.59 34.35	
	100m:	1:05.99 34.24	200m:	2:15.78 35.08	300m:	3:25.24 34.72	400m:	4:33.15 33.56	
15.	BARYŁA, JULIA SSz		00	MKP Szczecin				<b>4:33.97</b>	627
	50m:	31.96 31.96	150m:	1:40.08 34.10	250m:	2:48.92 34.43	350m:	3:59.08 35.18	
	100m:	1:05.98 34.02	200m:	2:14.49 34.41	300m:	3:23.90 34.98	400m:	4:33.97 34.89	
16.	JABŁONOWSKA, Nikola		02	UKS G-8 Bielany				<b>4:36.13</b>	612
	50m:	32.14 32.14	150m:	1:41.96 35.20	250m:	2:51.60 34.14	350m:	4:02.09 35.45	
	100m:	1:06.76 34.62	200m:	2:17.46 35.50	300m:	3:26.64 35.04	400m:	4:36.13 34.04	
17.	ULICKA, Alicja		01	UKS NAWA Skierniewice				<b>4:36.45</b>	610
	50m:	31.29 31.29	150m:	1:41.44 35.51	250m:	2:52.92 35.72	350m:	4:04.10 35.23	
	100m:	1:05.93 34.64	200m:	2:17.20 35.76	300m:	3:28.87 35.95	400m:	4:36.45 32.35	

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Pozycja			Rok ur.					Czas	Pkt.
18.	PAKUŁA, Alicja		02	UKS G-8 Bielany			<b>4:36.62</b>	609	
	50m: 31.93	31.93	150m: 1:43.18	35.87	250m: 2:54.57	35.48	350m: 4:04.57	34.56	
	100m: 1:07.31	35.38	200m: 2:19.09	35.91	300m: 3:30.01	35.44	400m: 4:36.62	32.05	
19.	SIENKIEWICZ, Kaja		02	BUKS Warszawa			<b>4:37.45</b>	603	
	50m: 31.32	31.32	150m: 1:39.76	34.56	250m: 2:50.09	35.31	350m: 4:01.86	36.10	
	100m: 1:05.20	33.88	200m: 2:14.78	35.02	300m: 3:25.76	35.67	400m: 4:37.45	35.59	
20.	D BROWSKA, Tatiana		02	UKS 190 Łódź			<b>4:37.47</b>	603	
	50m: 32.20	32.20	150m: 1:42.88	35.59	250m: 2:53.25	34.24	350m: 4:03.65	34.75	
	100m: 1:07.29	35.09	200m: 2:19.01	36.13	300m: 3:28.90	35.65	400m: 4:37.47	33.82	
21.	JAWORSKA, Maja		02	MZOS Płock			<b>4:37.60</b>	602	
	50m: 31.66	31.66	150m: 1:41.61	35.39	250m: 2:52.76	35.68	350m: 4:04.19	35.88	
	100m: 1:06.22	34.56	200m: 2:17.08	35.47	300m: 3:28.31	35.55	400m: 4:37.60	33.41	
22.	SZELUGA, Wiktoria SOL		01	MTP KORMORAN Olsztyn			<b>4:39.00</b>	593	
	50m: 32.89	32.89	150m: 1:43.25	35.17	250m: 2:54.14	35.85	350m: 4:03.42	34.39	
	100m: 1:08.08	35.19	200m: 2:18.29	35.04	300m: 3:29.03	34.89	400m: 4:39.00	35.58	
23.	JANCZAK, Patrycja		00	MKP Szczecin			<b>4:39.06</b>	593	
	50m: 32.40	32.40	150m: 1:42.65	35.43	250m: 2:53.79	35.54	350m: 4:04.64	35.22	
	100m: 1:07.22	34.82	200m: 2:18.25	35.60	300m: 3:29.42	35.63	400m: 4:39.06	34.42	
24.	JU WICKA, Zuzanna		01	MKS Trójka Łódź			<b>4:39.15</b>	592	
	50m:		150m: 1:42.26	35.76	250m: 2:53.19		350m: 4:04.18	35.47	
	100m: 1:06.50		200m:		300m: 3:28.71	35.52	400m: 4:39.15	34.97	
25.	WILCZEWSKA, Aleksandra		02	Olimpia Lublin			<b>4:39.51</b>	590	
	50m: 32.15	32.15	150m: 1:42.36	35.50	250m: 2:53.40	35.54	350m: 4:04.64	35.63	
	100m: 1:06.86	34.71	200m: 2:17.86	35.50	300m: 3:29.01	35.61	400m: 4:39.51	34.87	
26.	REKS, Aleksandra		00	MKP Szczecin			<b>4:40.53</b>	584	
	50m:		150m: 1:40.80		250m:		350m:		
	100m:		200m:		300m:		400m:	4:40.53	
27.	MACIEJEWSKA, Beata		03	UKS SP 149 Łódź			<b>4:40.78</b>	582	
	50m: 32.30	32.30	150m: 1:43.58	36.02	250m: 3:31.06	1:11.47	350m: 4:06.44		
	100m: 1:07.56	35.26	200m: 2:19.59	36.01	300m:		400m: 4:40.78	34.34	
28.	MENDYK, Adrianna		98	MKS Wodnik Radom			<b>4:42.27</b>	573	
	50m: 31.96	31.96	150m: 1:42.53	35.85	250m: 2:54.10	35.82	350m: 4:07.27	36.58	
	100m: 1:06.68	34.72	200m: 2:18.28	35.75	300m: 3:30.69	36.59	400m: 4:42.27	35.00	
29.	MALINOWSKA, Zuzanna SWR		00	WKS I sk Wrocław			<b>4:42.35</b>	573	
	50m: 33.06	33.06	150m: 1:45.28	36.06	250m: 2:57.57	36.01	350m: 4:07.68	35.40	
	100m: 1:09.22	36.16	200m: 2:21.56	36.28	300m: 3:32.28	34.71	400m: 4:42.35	34.67	
30.	HAŁADYN, Karolina		03	UKS 190 Łódź			<b>4:45.73</b>	552	
	50m: 32.45	32.45	150m: 1:44.45	36.21	250m: 2:57.69	36.70	350m: 4:11.69	36.84	
	100m: 1:08.24	35.79	200m: 2:20.99	36.54	300m: 3:34.85	37.16	400m: 4:45.73	34.04	
31.	SOLIWODA, Julia		01	UKS NAWA Skierniewice			<b>4:46.35</b>	549	
	50m: 32.12	32.12	150m: 1:44.74	36.73	250m: 2:58.15	36.60	350m: 4:11.15	35.95	
	100m: 1:08.01	35.89	200m: 2:21.55	36.81	300m: 3:35.20	37.05	400m: 4:46.35	35.20	
32.	SOJA, Małgorzata		01	UKS G-8 Bielany			<b>4:47.00</b>	545	
	50m: 33.08	33.08	150m: 1:45.30	36.42	250m: 2:58.50	36.65	350m: 4:11.81		
	100m: 1:08.88	35.80	200m: 2:21.85	36.55	300m:		400m: 4:47.00	35.19	
33.	GR Z, Gabriela Soc		01	SP Motyl Mosir Stalowa Wola			<b>4:48.58</b>	536	
	50m: 32.76	32.76	150m: 1:46.05	36.91	250m: 2:59.92	36.79	350m: 4:13.30	36.71	
	100m: 1:09.14	36.38	200m: 2:23.13	37.08	300m: 3:36.59	36.67	400m: 4:48.58	35.28	
34.	SUDAK, Zuzanna		01	UKS G-8 Bielany			<b>4:48.81</b>	535	
	50m: 32.73	32.73	150m: 1:44.93	36.42	250m: 2:57.93	36.47	350m: 4:12.23	37.28	
	100m: 1:08.51	35.78	200m: 2:21.46	36.53	300m: 3:34.95	37.02	400m: 4:48.81	36.58	
35.	RADECKA, Anna		00	UKS G-8 Bielany			<b>4:49.36</b>	532	
	50m: 32.45	32.45	150m: 1:44.92	36.56	250m: 2:59.15	37.41	350m: 4:13.57	36.59	
	100m: 1:08.36	35.91	200m: 2:21.74	36.82	300m: 3:36.98	37.83	400m: 4:49.36	35.79	

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36.	BORO , Paulina	SOc	02	KS KSZO Ostrowiec	w.		<b>4:49.47</b>	531				
	50m:	33.29	33.29	150m:	1:47.30	37.19	250m:	3:01.54	36.72	350m:	4:14.94	36.41
	100m:	1:10.11	36.82	200m:	2:24.82	37.52	300m:	3:38.53	36.99	400m:	4:49.47	34.53
37.	KUKIEŁKA, Liliana		02	SSP Orka Iława			<b>4:49.76</b>	530				
	50m:	32.85	32.85	150m:	1:47.33	37.12	250m:	3:01.86	37.46	350m:	4:15.80	36.44
	100m:	1:10.21	37.36	200m:	2:24.40	37.07	300m:	3:39.36	37.50	400m:	4:49.76	33.96
38.	KURZYNA, Aleksandra		03	Fala Kra nik			<b>4:50.05</b>	528				
	50m:	33.20	33.20	150m:	1:46.45	36.82	250m:	2:59.95	36.04	350m:	4:14.82	37.78
	100m:	1:09.63	36.43	200m:	2:23.91	37.46	300m:	3:37.04	37.09	400m:	4:50.05	35.23
39.	SZEWCZYK, Zofia		02	Fala Kra nik			<b>4:51.31</b>	521				
	50m:	34.16	34.16	150m:	1:48.09	37.30	250m:	3:02.46	36.54	350m:	4:15.99	36.75
	100m:	1:10.79	36.63	200m:	2:25.92	37.83	300m:	3:39.24	36.78	400m:	4:51.31	35.32
40.	TOPP, Zofia		03	UKS G-8 Bielany			<b>4:51.64</b>	519				
	50m:	32.42	32.42	150m:	1:45.46	36.97	250m:	2:59.90	37.27	350m:	4:15.86	38.14
	100m:	1:08.49	36.07	200m:	2:22.63	37.17	300m:	3:37.72	37.82	400m:	4:51.64	35.78
41.	ERA SKA, Ula		03	BUKS Warszawa			<b>4:54.95</b>	502				
	50m:	34.39	34.39	150m:	1:50.32	38.19	250m:	3:05.29	37.39	350m:	4:18.97	36.76
	100m:	1:12.13	37.74	200m:	2:27.90	37.58	300m:	3:42.21	36.92	400m:	4:54.95	35.98
42.	FIGURSKA, Natalia		02	UKS G-8 Bielany			<b>4:55.41</b>	500				
	50m:	34.53	34.53	150m:	1:49.50	37.83	250m:	3:04.12	37.07	350m:	4:19.14	37.27
	100m:	1:11.67	37.14	200m:	2:27.05	37.55	300m:	3:41.87	37.75	400m:	4:55.41	36.27
43.	MACHULAK, Maja		03	Fala Kra nik			<b>4:56.89</b>	492				
	50m:	34.48	34.48	150m:	1:50.50	38.24	250m:	3:06.09	37.74	350m:	4:20.33	36.62
	100m:	1:12.26	37.78	200m:	2:28.35	37.85	300m:	3:43.71	37.62	400m:	4:56.89	36.56
44.	NOWAK, Zofia		03	UKS G-8 Bielany			<b>4:57.51</b>	489				
	50m:	31.74	31.74	150m:	1:45.74	37.77	250m:	3:02.40	38.40	350m:	4:19.11	38.43
	100m:	1:07.97	36.23	200m:	2:24.00	38.26	300m:	3:40.68	38.28	400m:	4:57.51	38.40
45.	CIESIELSKA, Natalia		03	UKS SP 149 Łód			<b>4:58.91</b>	482				
	50m:	34.76	34.76	150m:	1:49.70	37.97	250m:	3:05.64	37.84	350m:	4:21.76	37.78
	100m:	1:11.73	36.97	200m:	2:27.80	38.10	300m:	3:43.98	38.34	400m:	4:58.91	37.15
46.	ORŁOWSKA, Zuzanna		02	UKS NAWA Skierniewice			<b>5:00.62</b>	474				
	50m:	34.42	34.42	150m:	1:51.75	39.17	250m:	3:07.26	37.27	350m:	4:22.89	37.67
	100m:	1:12.58	38.16	200m:	2:29.99	38.24	300m:	3:45.22	37.96	400m:	5:00.62	37.73
47.	WI TEK, Martyna		02	UKS Skarpa Lublin			<b>5:04.05</b>	458				
	50m:	34.57	34.57	150m:	1:51.59	38.58	250m:	3:09.06	38.92	350m:	4:26.81	38.81
	100m:	1:13.01	38.44	200m:	2:30.14	38.55	300m:	3:48.00	38.94	400m:	5:04.05	37.24
48.	PRZYBYSZ, Dominika		03	BUKS Warszawa			<b>5:05.94</b>	450				
	50m:	34.35	34.35	150m:	1:51.03	38.44	250m:	3:09.24	39.20	350m:	4:27.51	39.33
	100m:	1:12.59	38.24	200m:	2:30.04	39.01	300m:	3:48.18	38.94	400m:	5:05.94	38.43
49.	KWIATKOWSKA, Zuzanna		03	MKP Wodnik Bielsk Podlaski			<b>5:05.96</b>	450				
	50m:	32.02	32.02	150m:	1:48.01	38.76	250m:	3:06.96	39.62	350m:	4:28.24	40.69
	100m:	1:09.25	37.23	200m:	2:27.34	39.33	300m:	3:47.55	40.59	400m:	5:05.96	37.72
50.	TYNDZIK, Eleonora		03	UKS G-8 Bielany			<b>5:09.22</b>	436				
	50m:	34.49	34.49	150m:			250m:	3:11.79		350m:		
	100m:			200m:			300m:	3:51.85	40.06	400m:	5:09.22	
51.	ADAMSKA, Julia		03	UKS G-8 Bielany			<b>5:14.64</b>	414				
	50m:	36.53	36.53	150m:	1:57.27	40.86	250m:	3:18.04	40.28	350m:	4:37.05	39.34
	100m:	1:16.41	39.88	200m:	2:37.76	40.49	300m:	3:57.71	39.67	400m:	5:14.64	37.59
52.	JASI SKA, Martyna		03	MUKS "Wodnik" Łask			<b>5:15.77</b>	409				
	50m:	35.59	35.59	150m:	1:57.50	41.83	250m:	3:19.97	41.15	350m:	4:39.92	37.70
	100m:	1:15.67	40.08	200m:	2:38.82	41.32	300m:	4:02.22	42.25	400m:	5:15.77	35.85
53.	KAPRO , Aleksandra		01	Fala Kra nik			<b>5:18.90</b>	397				
	50m:	34.50	34.50	150m:	1:54.20	40.45	250m:	3:16.17	41.17	350m:	4:38.68	40.81
	100m:	1:13.75	39.25	200m:	2:35.00	40.80	300m:	3:57.87	41.70	400m:	5:18.90	40.22

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Konkurencja 11, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
54.	CHOJECKA, Kinga			03	UKS OLIMPIC Warka				<b>5:22.09</b>	<b>386</b>		
	50m:	36.15	36.15	150m:	1:58.49	41.80	250m:	3:22.52	42.14	350m:	4:44.84	40.27
	100m:	1:16.69	40.54	200m:	2:40.38	41.89	300m:	4:04.57	42.05	400m:	5:22.09	37.25