

Arena Grand Prix Puchar Polski
Opole, 28. - 29.4.2018

Event 11
28.04.2018 - 10:13

Women, 400m Freestyle

Open
Results

RP Open	4:04.23	JEDRZEJCZAK Otylia	Melbourne (AUS)	25.05.2007
RP 19 - 23	4:05.84	JEDRZEJCZAK Otylia	Budapeszt (HUN)	03.08.2006
RP 18	4:12.62	UKOWSKA Paula	Doha (QAT)	09.12.2009
RP 17	4:12.62	UKOWSKA Paula	Doha (QAT)	09.12.2009
RP 16	4:12.62	ZUKOWSKA Paula	Doha (QAT)	09.12.2009
RP 15	4:16.54	KILIJA SKA Donata	Tampere (FIN)	20.07.2009
RP 14	4:16.54	KILIJA SKA Donata	Tampere (FIN)	20.07.2009

Points: FINA 2017

Rank			YB					Time	Pts
provisional results									
14 years									
	TRACZYK Justyna		04	WKS Slask Wroclaw				4:34.03	642
	50m:	31.47 31.47	150m:	1:40.81 34.98	250m:	2:51.14 34.90	350m:	4:01.02 34.71	
	100m:	1:05.83 34.36	200m:	2:16.24 35.43	300m:	3:26.31 35.17	400m:	4:34.03 33.01	

15 years									
	KNOP Aleksandra		03	UKS 190 Lodz				4:21.40	740
	50m:	30.23 30.23	150m:	1:36.86 33.58	250m:	2:43.11 32.82	350m:	3:49.64 33.01	
	100m:	1:03.28 33.05	200m:	2:10.29 33.43	300m:	3:16.63 33.52	400m:	4:21.40 31.76	
	URBAN Karolina		03	UKS „Osemka” Starogard Gdans				4:36.16	627
	50m:	31.74 31.74	150m:	1:42.12 35.28	250m:	2:52.62 35.05	350m:	4:02.89 35.04	
	100m:	1:06.84 35.10	200m:	2:17.57 35.45	300m:	3:27.85 35.23	400m:	4:36.16 33.27	
	POGON Milena		03	CSiR MOS w Dabrowie Gorniczej				4:37.34	619
	50m:	32.22 32.22	150m:	1:41.84 34.88	250m:	2:52.03 35.14	350m:	4:03.01 35.54	
	100m:	1:06.96 34.74	200m:	2:16.89 35.05	300m:	3:27.47 35.44	400m:	4:37.34 34.33	
	NEUBAUER Paulina		03	UKS „Dwojka” Tczew				4:43.39	580
	50m:	33.11 33.11	150m:	1:45.28 35.80	250m:	2:57.08 35.74	350m:	4:08.52 35.13	
	100m:	1:09.48 36.37	200m:	2:21.34 36.06	300m:	3:33.39 36.31	400m:	4:43.39 34.87	
	HALADYN Karolina		03	UKS 190 Lodz				4:44.88	571
	50m:	32.33 32.33	150m:	1:43.83 35.99	250m:	2:56.19 36.16	350m:	4:09.33 36.41	
	100m:	1:07.84 35.51	200m:	2:20.03 36.20	300m:	3:32.92 36.73	400m:	4:44.88 35.55	

16 years									
	JASZCZUK Ewa		02	MTP Kormoran Olsztyn				4:27.00	694
	50m:	31.14 31.14	150m:	1:38.39 34.04	250m:	2:46.31 33.94	350m:	3:54.07 33.73	
	100m:	1:04.35 33.21	200m:	2:12.37 33.98	300m:	3:20.34 34.03	400m:	4:27.00 32.93	
	SKIBIAK Klaudia		02	UKS 190 Lodz				4:34.89	636
	50m:	31.97 31.97	150m:	1:41.82 35.05	250m:	2:51.86 34.89	350m:	4:01.66 34.68	
	100m:	1:06.77 34.80	200m:	2:16.97 35.15	300m:	3:26.98 35.12	400m:	4:34.89 33.23	
	DABROWSKA Tatiana		02	UKS 190 Lodz				4:36.24	627
	50m:	31.66 31.66	150m:	1:40.91 35.06	250m:	2:51.46 35.52	350m:	4:02.32 35.53	
	100m:	1:05.85 34.19	200m:	2:15.94 35.03	300m:	3:26.79 35.33	400m:	4:36.24 33.92	
	MICIAK Agata		02	MKP „SLOWIANKA” Gorzow Wilk.				4:39.10	608
	50m:	31.70 31.70	150m:	1:42.64 35.53	250m:	2:52.44 34.55	350m:	4:04.12 35.80	
	100m:	1:07.11 35.41	200m:	2:17.89 35.25	300m:	3:28.32 35.88	400m:	4:39.10 34.98	
	RAJCA Olivia		02	UKS 190 Lodz				4:41.34	593
	50m:	32.93 32.93	150m:	1:44.46 35.89	250m:	2:56.21 35.95	350m:	4:07.64 35.55	
	100m:	1:08.57 35.64	200m:	2:20.26 35.80	300m:	3:32.09 35.88	400m:	4:41.34 33.70	
	ZAREMBIK Katarzyna		02	MKS SMS Victoria Raciborz				4:43.69	579
	50m:	31.89 31.89	150m:	1:42.79 35.91	250m:	2:55.37 36.55	350m:	4:08.51 35.84	
	100m:	1:06.88 34.99	200m:	2:18.82 36.03	300m:	3:32.67 37.30	400m:	4:43.69 35.18	
	KUCHTA Maria		02	UKS „Dwojka” Tczew				4:46.71	560
	50m:	32.28 32.28	150m:	1:44.89 36.38	250m:	2:58.90 36.54	350m:	4:12.20 36.33	
	100m:	1:08.51 36.23	200m:	2:22.36 37.47	300m:	3:35.87 36.97	400m:	4:46.71 34.51	

Arena Grand Prix Puchar Polski
Opole, 28. - 29.4.2018

Event 11, Girls, 400m Freestyle, 16 years

Rank			YB					Time	Pts		
	PAWLOWSKA Barbara		02	UKS 190 Lodz				4:48.12	552		
	50m:	32.51 32.51	150m:	1:44.09	35.91	250m:	2:57.35	36.74	350m:	4:10.97	36.42
	100m:	1:08.18 35.67	200m:	2:20.61	36.52	300m:	3:34.55	37.20	400m:	4:48.12	37.15
	SERAFIN Barbara		02	UKS G-8 Bielany Warszawa				4:51.37	534		
	50m:	32.78 32.78	150m:	1:45.88	36.81	250m:	2:59.91	36.96	350m:	4:14.63	36.94
	100m:	1:09.07 36.29	200m:	2:22.95	37.07	300m:	3:37.69	37.78	400m:	4:51.37	36.74

17 - 18 years

provisional results

	GAWRONSKA Zoe		00	MKP Szczecin				4:29.11	678		
	50m:	30.82 30.82	150m:	1:38.23	34.09	250m:	2:46.40	34.14	350m:	3:55.23	34.54
	100m:	1:04.14 33.32	200m:	2:12.26	34.03	300m:	3:20.69	34.29	400m:	4:29.11	33.88
	PIECHOTA Karolina		01	UKS 190 Lodz				4:30.68	666		
	50m:	31.57 31.57	150m:	1:39.19	34.21	250m:	2:47.81	34.50	350m:	3:57.08	35.02
	100m:	1:04.98 33.41	200m:	2:13.31	34.12	300m:	3:22.06	34.25	400m:	4:30.68	33.60
	MARGULA Weronika		00	MKP Szczecin				4:32.35	654		
	50m:	31.73 31.73	150m:	1:39.85	34.21	250m:	2:48.46	34.56	350m:	3:57.78	34.93
	100m:	1:05.64 33.91	200m:	2:13.90	34.05	300m:	3:22.85	34.39	400m:	4:32.35	34.57
	KOSINSKA Dominika		01	AZS AWF Katowice				4:33.11	649		
	50m:	32.44 32.44	150m:	1:42.33	35.16	250m:	2:52.18	34.83	350m:	4:00.76	34.11
	100m:	1:07.17 34.73	200m:	2:17.35	35.02	300m:	3:26.65	34.47	400m:	4:33.11	32.35
	LYSAKOWSKA Julia		01	KU AZS UMCS Lublin				4:34.12	641		
	50m:	31.66 31.66	150m:	1:40.59	34.98	250m:	2:50.91	35.35	350m:	4:01.34	35.06
	100m:	1:05.61 33.95	200m:	2:15.56	34.97	300m:	3:26.28	35.37	400m:	4:34.12	32.78
	BARYLA Julia		00	MKP Szczecin				4:34.42	639		
	50m:	31.88 31.88	150m:	1:41.57	34.96	250m:	2:50.68	34.48	350m:	4:00.93	35.21
	100m:	1:06.61 34.73	200m:	2:16.20	34.63	300m:	3:25.72	35.04	400m:	4:34.42	33.49
	RABINIAK Zuzanna		01	KU AZS UMCS Lublin				4:41.84	590		
	50m:	31.53 31.53	150m:	1:42.26	35.78	250m:	2:53.97	35.86	350m:	4:05.94	35.85
	100m:	1:06.48 34.95	200m:	2:18.11	35.85	300m:	3:30.09	36.12	400m:	4:41.84	35.90
	NITA Daria		01	KS Korona Krakow				4:43.11	582		
	50m:	32.27 32.27	150m:	1:43.36	35.65	250m:	2:54.86	36.07	350m:	4:08.11	37.04
	100m:	1:07.71 35.44	200m:	2:18.79	35.43	300m:	3:31.07	36.21	400m:	4:43.11	35.00
	WEGRZYNOWSKA Aleksandra		01	WKS Slask Wroclaw				4:43.90	577		
	50m:	31.73 31.73	150m:	1:43.72	36.07	250m:	2:56.44	36.34	350m:	4:08.82	35.55
	100m:	1:07.65 35.92	200m:	2:20.10	36.38	300m:	3:33.27	36.83	400m:	4:43.90	35.08
	KWIATKOWSKA Zofia		01	KU AZS UMCS Lublin				4:44.98	571		
	50m:	31.28 31.28	150m:	1:42.70	36.17	250m:	2:56.67	37.26	350m:	4:10.59	37.04
	100m:	1:06.53 35.25	200m:	2:19.41	36.71	300m:	3:33.55	36.88	400m:	4:44.98	34.39
	JUZWICKA Zuzanna		01	MKS Trojka Lodz				4:45.67	567		
	50m:	32.76 32.76	150m:	1:44.03	36.00	250m:	2:56.12	35.78	350m:	4:09.04	36.54
	100m:	1:08.03 35.27	200m:	2:20.34	36.31	300m:	3:32.50	36.38	400m:	4:45.67	36.63

Open

provisional results

	ZUKOWSKA Paula		93	AZS AWF Katowice				4:20.90	744		
	50m:	30.50 30.50	150m:	1:37.12	33.40	250m:	2:43.77	33.35	350m:	3:49.88	33.04
	100m:	1:03.72 33.22	200m:	2:10.42	33.30	300m:	3:16.84	33.07	400m:	4:20.90	31.02
	PIECHOTA Paulina		99	UKS 190 Lodz				4:20.92	744		
	50m:	30.64 30.64	150m:	1:36.90	33.26	250m:	2:43.39	33.28	350m:	3:49.70	33.17
	100m:	1:03.64 33.00	200m:	2:10.11	33.21	300m:	3:16.53	33.14	400m:	4:20.92	31.22
	KNOP Aleksandra		03	UKS 190 Lodz				4:21.40	740		
	50m:	30.23 30.23	150m:	1:36.86	33.58	250m:	2:43.11	32.82	350m:	3:49.64	33.01
	100m:	1:03.28 33.05	200m:	2:10.29	33.43	300m:	3:16.63	33.52	400m:	4:21.40	31.76

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Opole, 28. - 29.4.2018

Event 11, Women, 400m Freestyle, Open

Rank					YB					Time	Pts
	JASZCZUK Ewa				02	MTP Kormoran Olsztyn				4:27.00	694
	50m: 31.14	31.14	150m: 1:38.39	34.04	250m: 2:46.31	33.94	350m: 3:54.07	33.73			
	100m: 1:04.35	33.21	200m: 2:12.37	33.98	300m: 3:20.34	34.03	400m: 4:27.00	32.93			
	GAWRONSKA Zoe				00	MKP Szczecin				4:29.11	678
	50m: 30.82	30.82	150m: 1:38.23	34.09	250m: 2:46.40	34.14	350m: 3:55.23	34.54			
	100m: 1:04.14	33.32	200m: 2:12.26	34.03	300m: 3:20.69	34.29	400m: 4:29.11	33.88			
	PIECHOTA Karolina				01	UKS 190 Lodz				4:30.68	666
	50m: 31.57	31.57	150m: 1:39.19	34.21	250m: 2:47.81	34.50	350m: 3:57.08	35.02			
	100m: 1:04.98	33.41	200m: 2:13.31	34.12	300m: 3:22.06	34.25	400m: 4:30.68	33.60			
	MARGULA Weronika				00	MKP Szczecin				4:32.35	654
	50m: 31.73	31.73	150m: 1:39.85	34.21	250m: 2:48.46	34.56	350m: 3:57.78	34.93			
	100m: 1:05.64	33.91	200m: 2:13.90	34.05	300m: 3:22.85	34.39	400m: 4:32.35	34.57			
	KOSINSKA Dominika				01	AZS AWF Katowice				4:33.11	649
	50m: 32.44	32.44	150m: 1:42.33	35.16	250m: 2:52.18	34.83	350m: 4:00.76	34.11			
	100m: 1:07.17	34.73	200m: 2:17.35	35.02	300m: 3:26.65	34.47	400m: 4:33.11	32.35			
	TRACZYK Justyna				04	WKS Slask Wroclaw				4:34.03	642
	50m: 31.47	31.47	150m: 1:40.81	34.98	250m: 2:51.14	34.90	350m: 4:01.02	34.71			
	100m: 1:05.83	34.36	200m: 2:16.24	35.43	300m: 3:26.31	35.17	400m: 4:34.03	33.01			
	LYSAKOWSKA Julia				01	KU AZS UMCS Lublin				4:34.12	641
	50m: 31.66	31.66	150m: 1:40.59	34.98	250m: 2:50.91	35.35	350m: 4:01.34	35.06			
	100m: 1:05.61	33.95	200m: 2:15.56	34.97	300m: 3:26.28	35.37	400m: 4:34.12	32.78			
	BARYLA Julia				00	MKP Szczecin				4:34.42	639
	50m: 31.88	31.88	150m: 1:41.57	34.96	250m: 2:50.68	34.48	350m: 4:00.93	35.21			
	100m: 1:06.61	34.73	200m: 2:16.20	34.63	300m: 3:25.72	35.04	400m: 4:34.42	33.49			
	JABLONSKA Oliwia				97	Wojewodzkie Zrzeszenie Sportow				4:34.77	637
	50m: 32.01	32.01	150m: 1:40.64	34.57	250m: 2:50.69	34.89	350m: 4:00.86	35.09			
	100m: 1:06.07	34.06	200m: 2:15.80	35.16	300m: 3:25.77	35.08	400m: 4:34.77	33.91			
	SKIBIAK Klaudia				02	UKS 190 Lodz				4:34.89	636
	50m: 31.97	31.97	150m: 1:41.82	35.05	250m: 2:51.86	34.89	350m: 4:01.66	34.68			
	100m: 1:06.77	34.80	200m: 2:16.97	35.15	300m: 3:26.98	35.12	400m: 4:34.89	33.23			
	URBAN Karolina				03	UKS „Osemka” Starogard Gdans				4:36.16	627
	50m: 31.74	31.74	150m: 1:42.12	35.28	250m: 2:52.62	35.05	350m: 4:02.89	35.04			
	100m: 1:06.84	35.10	200m: 2:17.57	35.45	300m: 3:27.85	35.23	400m: 4:36.16	33.27			
	DABROWSKA Tatiana				02	UKS 190 Lodz				4:36.24	627
	50m: 31.66	31.66	150m: 1:40.91	35.06	250m: 2:51.46	35.52	350m: 4:02.32	35.53			
	100m: 1:05.85	34.19	200m: 2:15.94	35.03	300m: 3:26.79	35.33	400m: 4:36.24	33.92			
	POGON Milena				03	CSiR MOS w Dabrowie Gorniczej				4:37.34	619
	50m: 32.22	32.22	150m: 1:41.84	34.88	250m: 2:52.03	35.14	350m: 4:03.01	35.54			
	100m: 1:06.96	34.74	200m: 2:16.89	35.05	300m: 3:27.47	35.44	400m: 4:37.34	34.33			
	MICIAK Agata				02	MKP „SLOWIANKA” Gorzow Wlkp.				4:39.10	608
	50m: 31.70	31.70	150m: 1:42.64	35.53	250m: 2:52.44	34.55	350m: 4:04.12	35.80			
	100m: 1:07.11	35.41	200m: 2:17.89	35.25	300m: 3:28.32	35.88	400m: 4:39.10	34.98			
	BAKUNIAK Hanna				96	MKP Szczecin				4:39.61	604
	50m: 31.72	31.72	150m: 1:40.31	34.44	250m: 2:50.88	35.40	350m: 4:03.82	36.52			
	100m: 1:05.87	34.15	200m: 2:15.48	35.17	300m: 3:27.30	36.42	400m: 4:39.61	35.79			
	RAJCA Olivia				02	UKS 190 Lodz				4:41.34	593
	50m: 32.93	32.93	150m: 1:44.46	35.89	250m: 2:56.21	35.95	350m: 4:07.64	35.55			
	100m: 1:08.57	35.64	200m: 2:20.26	35.80	300m: 3:32.09	35.88	400m: 4:41.34	33.70			
	RABINIAK Zuzanna				01	KU AZS UMCS Lublin				4:41.84	590
	50m: 31.53	31.53	150m: 1:42.26	35.78	250m: 2:53.97	35.86	350m: 4:05.94	35.85			
	100m: 1:06.48	34.95	200m: 2:18.11	35.85	300m: 3:30.09	36.12	400m: 4:41.84	35.90			
	NITA Daria				01	KS Korona Krakow				4:43.11	582
	50m: 32.27	32.27	150m: 1:43.36	35.65	250m: 2:54.86	36.07	350m: 4:08.11	37.04			
	100m: 1:07.71	35.44	200m: 2:18.79	35.43	300m: 3:31.07	36.21	400m: 4:43.11	35.00			

Arena Grand Prix Puchar Polski
Opole, 28. - 29.4.2018

Event 11, Women, 400m Freestyle, Open

Rank					YB					Time	Pts	
	NEUBAUER Paulina				03	UKS „Dwojka” Tczew				4:43.39	580	
	50m:	33.11	33.11	150m:	1:45.28	35.80	250m:	2:57.08	35.74	350m:	4:08.52	35.13
	100m:	1:09.48	36.37	200m:	2:21.34	36.06	300m:	3:33.39	36.31	400m:	4:43.39	34.87
	ZAREMBIK Katarzyna				02	MKS SMS Victoria Raciborz				4:43.69	579	
	50m:	31.89	31.89	150m:	1:42.79	35.91	250m:	2:55.37	36.55	350m:	4:08.51	35.84
	100m:	1:06.88	34.99	200m:	2:18.82	36.03	300m:	3:32.67	37.30	400m:	4:43.69	35.18
	WEGRZYNOWSKA Aleksandra				01	WKS Slask Wroclaw				4:43.90	577	
	50m:	31.73	31.73	150m:	1:43.72	36.07	250m:	2:56.44	36.34	350m:	4:08.82	35.55
	100m:	1:07.65	35.92	200m:	2:20.10	36.38	300m:	3:33.27	36.83	400m:	4:43.90	35.08
	HALADYN Karolina				03	UKS 190 Lodz				4:44.88	571	
	50m:	32.33	32.33	150m:	1:43.83	35.99	250m:	2:56.19	36.16	350m:	4:09.33	36.41
	100m:	1:07.84	35.51	200m:	2:20.03	36.20	300m:	3:32.92	36.73	400m:	4:44.88	35.55
	KWIATKOWSKA Zofia				01	KU AZS UMCS Lublin				4:44.98	571	
	50m:	31.28	31.28	150m:	1:42.70	36.17	250m:	2:56.67	37.26	350m:	4:10.59	37.04
	100m:	1:06.53	35.25	200m:	2:19.41	36.71	300m:	3:33.55	36.88	400m:	4:44.98	34.39
	JUZWICKA Zuzanna				01	MKS Trojka Lodz				4:45.67	567	
	50m:	32.76	32.76	150m:	1:44.03	36.00	250m:	2:56.12	35.78	350m:	4:09.04	36.54
	100m:	1:08.03	35.27	200m:	2:20.34	36.31	300m:	3:32.50	36.38	400m:	4:45.67	36.63
	KUCHTA Maria				02	UKS „Dwojka” Tczew				4:46.71	560	
	50m:	32.28	32.28	150m:	1:44.89	36.38	250m:	2:58.90	36.54	350m:	4:12.20	36.33
	100m:	1:08.51	36.23	200m:	2:22.36	37.47	300m:	3:35.87	36.97	400m:	4:46.71	34.51
	PAWLOWSKA Barbara				02	UKS 190 Lodz				4:48.12	552	
	50m:	32.51	32.51	150m:	1:44.09	35.91	250m:	2:57.35	36.74	350m:	4:10.97	36.42
	100m:	1:08.18	35.67	200m:	2:20.61	36.52	300m:	3:34.55	37.20	400m:	4:48.12	37.15
	SERAFIN Barbara				02	UKS G-8 Bielany Warszawa				4:51.37	534	
	50m:	32.78	32.78	150m:	1:45.88	36.81	250m:	2:59.91	36.96	350m:	4:14.63	36.94
	100m:	1:09.07	36.29	200m:	2:22.95	37.07	300m:	3:37.69	37.78	400m:	4:51.37	36.74