



Grand Prix Puchar Polski  
Kraków, 25- - 26-10-2014



Event 23  
2014-10-25 - 20:17

Women, 400m Freestyle

14 years and older  
Results

Points: FINA 2014

Rank					YB					Time	Pts	
1.	Zachoszcz Joanna				93	AZS UWM Olsztyn				<b>4:11.66</b>	809	
	50m:	30.05	30.05	150m:	1:33.53	31.72	250m:	2:36.29	31.25	350m:	3:39.96	31.86
	100m:	1:01.81	31.76	200m:	2:05.04	31.51	300m:	3:08.10	31.81	400m:	4:11.66	31.70
2.	Karpisz Milena				97	Piatka Konstantynow Lodzki				<b>4:13.49</b>	791	
	50m:	30.33	30.33	150m:	1:34.04	31.79	250m:	2:37.59	31.50	350m:	3:41.39	31.82
	100m:	1:02.25	31.92	200m:	2:06.09	32.05	300m:	3:09.57	31.98	400m:	4:13.49	32.10
3.	Burska Justyna				95	Piatka Konstantynow Lodzki				<b>4:15.22</b>	775	
	50m:	30.98	30.98	150m:	1:35.04	31.99	250m:	2:38.76	31.76	350m:	3:43.18	32.35
	100m:	1:03.05	32.07	200m:	2:07.00	31.96	300m:	3:10.83	32.07	400m:	4:15.22	32.04
4.	Piechota Paulina				99	UKS 190 Lodz				<b>4:17.69</b>	753	
	50m:	30.37	30.37	150m:	1:35.85	32.57	250m:	2:40.87	32.24	350m:	3:46.16	32.67
	100m:	1:03.28	32.91	200m:	2:08.63	32.78	300m:	3:13.49	32.62	400m:	4:17.69	31.53
5.	Olczak Mirela				93	AZS Warsaw				<b>4:20.28</b>	731	
	50m:	30.43	30.43	150m:	1:35.71	32.79	250m:	2:41.39	33.12	350m:	3:48.14	33.27
	100m:	1:02.92	32.49	200m:	2:08.27	32.56	300m:	3:14.87	33.48	400m:	4:20.28	32.14
6.	Kunka Kamila SO				96	Unia Oswiecim				<b>4:20.33</b>	731	
	50m:	30.15	30.15	150m:	1:35.89	33.18	250m:	2:41.72	32.63	350m:	3:48.11	33.12
	100m:	1:02.71	32.56	200m:	2:09.09	33.20	300m:	3:14.99	33.27	400m:	4:20.33	32.22
7.	Wikiel Manuela				92	AZS UWM Olsztyn				<b>4:20.39</b>	730	
	50m:	31.22	31.22	150m:	1:35.72	32.30	250m:	2:41.32	32.84	350m:	3:47.91	33.36
	100m:	1:03.42	32.20	200m:	2:08.48	32.76	300m:	3:14.55	33.23	400m:	4:20.39	32.48
8.	Orczykowska Wioletta				97	Limanowa-swim				<b>4:22.81</b>	710	
	50m:	30.25	30.25	150m:	1:36.29	33.23	250m:	2:42.96	33.33	350m:	3:50.12	33.66
	100m:	1:03.06	32.81	200m:	2:09.63	33.34	300m:	3:16.46	33.50	400m:	4:22.81	32.69
9.	Borkowska Lucyna SZG				97	Sambor Tczew				<b>4:23.76</b>	702	
	50m:	30.94	30.94	150m:	1:35.91	32.46	250m:	2:42.24	33.35	350m:	3:50.19	34.30
	100m:	1:03.45	32.51	200m:	2:08.89	32.98	300m:	3:15.89	33.65	400m:	4:23.76	33.57
10.	Zbrojewska Michalina				96	Piatka Konstantynow Lodzki				<b>4:26.30</b>	683	
	50m:	30.99	30.99	150m:	1:37.78	33.61	250m:	2:45.46	33.88	350m:	3:52.82	33.69
	100m:	1:04.17	33.18	200m:	2:11.58	33.80	300m:	3:19.13	33.67	400m:	4:26.30	33.48
11.	Margula Weronika				00	MKP Szczecin				<b>4:27.95</b>	670	
	50m:	31.58	31.58	150m:	1:38.98	33.42	250m:	2:46.51	33.61	350m:	3:55.31	34.22
	100m:	1:05.56	33.98	200m:	2:12.90	33.92	300m:	3:21.09	34.58	400m:	4:27.95	32.64
12.	Bakuniak Hanna				96	MKP Szczecin				<b>4:28.37</b>	667	
	50m:	31.49	31.49	150m:	1:38.66	33.92	250m:	2:46.51	34.28	350m:	3:54.90	34.23
	100m:	1:04.74	33.25	200m:	2:12.23	33.57	300m:	3:20.67	34.16	400m:	4:28.37	33.47
13.	Sirignano Luigia				96	AZS AGH Krakow				<b>4:29.18</b>	661	
	50m:	29.58	29.58	150m:	1:36.28	33.52	250m:	2:44.82	34.46	350m:	3:54.84	35.00
	100m:	1:02.76	33.18	200m:	2:10.36	34.08	300m:	3:19.84	35.02	400m:	4:29.18	34.34
14.	Janiszewska Dominika SWwa				99	Polonia Warszawa				<b>4:31.71</b>	643	
	50m:	30.58	30.58	150m:	1:38.25	34.23	250m:	2:47.58	34.31	350m:	3:58.03	35.52
	100m:	1:04.02	33.44	200m:	2:13.27	35.02	300m:	3:22.51	34.93	400m:	4:31.71	33.68
15.	Kowalinska Oriana				93	Kormoran Olsztyn				<b>4:33.28</b>	631	
	50m:	31.81	31.81	150m:	1:40.83	34.57	250m:	2:49.92	34.28	350m:	3:59.04	34.61
	100m:	1:06.26	34.45	200m:	2:15.64	34.81	300m:	3:24.43	34.51	400m:	4:33.28	34.24
16.	Zrobek Natalia				99	Jedynka Lodz				<b>4:35.08</b>	619	
	50m:	31.54	31.54	150m:	1:41.01	35.04	250m:	2:51.53	34.87	350m:	4:02.00	34.83
	100m:	1:05.97	34.43	200m:	2:16.66	35.65	300m:	3:27.17	35.64	400m:	4:35.08	33.08
17.	Gawlicka Maja SZG				98	Korner Zielona Gora				<b>4:35.34</b>	617	
	50m:	30.55	30.55	150m:	1:40.25	35.48	250m:	2:50.75	35.03	350m:	4:01.99	35.30
	100m:	1:04.77	34.22	200m:	2:15.72	35.47	300m:	3:26.69	35.94	400m:	4:35.34	33.35



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Event 23, Women, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
18.	Szczyrbak Kornelia SO				96	Unia Oswiecim				<b>4:35.64</b>	615	
	50m:	31.46	31.46	150m:	1:39.44	34.32	250m:	2:49.65	35.38	350m:	4:00.87	35.56
	100m:	1:05.12	33.66	200m:	2:14.27	34.83	300m:	3:25.31	35.66	400m:	4:35.64	34.77
19.	Reks Aleksandra				00	G-8 Bielany Warszawa				<b>4:37.06</b>	606	
	50m:	30.69	30.69	150m:	1:39.59	34.88	250m:	2:50.21	35.36	350m:	4:02.02	36.17
	100m:	1:04.71	34.02	200m:	2:14.85	35.26	300m:	3:25.85	35.64	400m:	4:37.06	35.04
20.	Niewiadomska Adrianna				99	GOS Raszyn				<b>4:37.58</b>	603	
	50m:	30.80	30.80	150m:	1:40.09	35.20	250m:	2:51.43	35.84	350m:	4:03.18	35.95
	100m:	1:04.89	34.09	200m:	2:15.59	35.50	300m:	3:27.23	35.80	400m:	4:37.58	34.40
21.	Gorecka Weronika				00	Juvenia Wroclaw				<b>4:37.82</b>	601	
	50m:	31.74	31.74	150m:	1:43.31	36.18	250m:	2:55.15	34.99	350m:	4:04.27	34.21
	100m:	1:07.13	35.39	200m:	2:20.16	36.85	300m:	3:30.06	34.91	400m:	4:37.82	33.55
22.	Kotowicz Anna				98	MOS Elk				<b>4:38.80</b>	595	
	50m:	31.51	31.51	150m:	1:40.13	34.60	250m:	2:50.33	35.31	350m:	4:03.34	36.98
	100m:	1:05.53	34.02	200m:	2:15.02	34.89	300m:	3:26.36	36.03	400m:	4:38.80	35.46
23.	Szafranska Julia SOc				00	KSZO Ostrowiec Sw.				<b>4:39.91</b>	588	
	50m:	31.36	31.36	150m:	1:42.08	35.55	250m:	2:53.81	35.84	350m:	4:05.22	35.67
	100m:	1:06.53	35.17	200m:	2:17.97	35.89	300m:	3:29.55	35.74	400m:	4:39.91	34.69
24.	Sliwiska Marta				97	CSiR MOS Dabrowa Grn.				<b>4:40.78</b>	582	
	50m:	31.82	31.82	150m:	1:42.31	35.52	250m:	2:53.64	35.43	350m:	4:05.73	36.13
	100m:	1:06.79	34.97	200m:	2:18.21	35.90	300m:	3:29.60	35.96	400m:	4:40.78	35.05
25.	Kaplon Aleksandra				99	Orka Zamosc				<b>4:41.51</b>	578	
	50m:	32.34	32.34	150m:	1:44.37	36.35	250m:	2:56.21	35.56	350m:	4:07.73	35.74
	100m:	1:08.02	35.68	200m:	2:20.65	36.28	300m:	3:31.99	35.78	400m:	4:41.51	33.78
26.	Kruszewska Kaja				00	Juvenia Bialystok				<b>4:42.29</b>	573	
	50m:	32.88	32.88	150m:	1:44.82	36.35	250m:	2:56.93	35.99	350m:	4:08.90	35.85
	100m:	1:08.47	35.59	200m:	2:20.94	36.12	300m:	3:33.05	36.12	400m:	4:42.29	33.39
27.	Ryczak Maja				96	MKP Szczecin				<b>4:43.07</b>	568	
	50m:	32.01	32.01	150m:	1:42.50	35.23	250m:	2:54.24	35.97	350m:	4:07.32	36.63
	100m:	1:07.27	35.26	200m:	2:18.27	35.77	300m:	3:30.69	36.45	400m:	4:43.07	35.75
28.	Weclawiak Irena				98	Gim 92 Ursynow Warszawa				<b>4:43.08</b>	568	
	50m:	32.74	32.74	150m:	1:44.49	36.10	250m:	2:56.92	36.18	350m:	4:09.05	35.85
	100m:	1:08.39	35.65	200m:	2:20.74	36.25	300m:	3:33.20	36.28	400m:	4:43.08	34.03
29.	Bednarek Aleksandra				98	Jedynka Lodz				<b>4:45.54</b>	554	
	50m:	32.51	32.51	150m:	1:43.23	35.60	250m:	2:55.91	36.38	350m:	4:09.85	36.68
	100m:	1:07.63	35.12	200m:	2:19.53	36.30	300m:	3:33.17	37.26	400m:	4:45.54	35.69
30.	Jarocho Wiktoria SOc				98	KSZO Ostrowiec Sw.				<b>4:46.12</b>	550	
	50m:	31.97	31.97	150m:	1:42.82	35.90	250m:	2:55.63	36.65	350m:	4:10.41	37.49
	100m:	1:06.92	34.95	200m:	2:18.98	36.16	300m:	3:32.92	37.29	400m:	4:46.12	35.71
31.	Rostowska Wiktoria				97	CSiR MOS Dabrowa Grn.				<b>4:46.46</b>	548	
	50m:	31.74	31.74	150m:	1:42.44	35.73	250m:	2:56.20	37.47	350m:	4:10.69	36.85
	100m:	1:06.71	34.97	200m:	2:18.73	36.29	300m:	3:33.84	37.64	400m:	4:46.46	35.77
32.	Leonczuk Sara				99	G-8 Bielany Warszawa				<b>4:48.26</b>	538	
	50m:	31.74	31.74	150m:	1:41.39	35.04	250m:	2:56.06	37.96	350m:	4:11.20	37.44
	100m:	1:06.35	34.61	200m:	2:18.10	36.71	300m:	3:33.76	37.70	400m:	4:48.26	37.06
33.	Izycka Marta				00	Wodnik Siemianowice Sl.				<b>4:49.44</b>	531	
	50m:	32.24	32.24	150m:	1:45.71	37.09	250m:	3:00.65	36.97	350m:	4:14.37	36.27
	100m:	1:08.62	36.38	200m:	2:23.68	37.97	300m:	3:38.10	37.45	400m:	4:49.44	35.07
34.	Lechowicz Nadia				00	SMS Galicja Krakow				<b>4:49.90</b>	529	
	50m:	33.84	33.84	150m:	1:48.26	37.28	250m:	3:02.33	36.93	350m:	4:15.20	36.41
	100m:	1:10.98	37.14	200m:	2:25.40	37.14	300m:	3:38.79	36.46	400m:	4:49.90	34.70



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Event 23, Women, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
35.	Weckowska Ewa				99	Shark Rudna				<b>4:50.64</b>	525	
	50m:	32.39	32.39	150m:	1:44.49	36.36	250m:	2:58.89	37.66	350m:	4:14.20	37.65
	100m:	1:08.13	35.74	200m:	2:21.23	36.74	300m:	3:36.55	37.66	400m:	4:50.64	36.44
36.	Noworzyn Wiktoria				99	CSiR MOS Dabrowa Grn.				<b>4:55.80</b>	498	
	50m:	32.72	32.72	150m:	1:47.03	37.85	250m:	3:03.26	38.09	350m:	4:20.35	38.50
	100m:	1:09.18	36.46	200m:	2:25.17	38.14	300m:	3:41.85	38.59	400m:	4:55.80	35.45
37.	Kasperuk Justyna SWwa				98	Polonia Warszawa				<b>4:56.13</b>	496	
	50m:	32.30	32.30	150m:	1:46.27	37.34	250m:	3:03.20	38.63	350m:	4:19.92	38.32
	100m:	1:08.93	36.63	200m:	2:24.57	38.30	300m:	3:41.60	38.40	400m:	4:56.13	36.21
38.	Olszewska Zuzanna				97	CSiR MOS Dabrowa Grn.				<b>5:02.61</b>	465	
	50m:	33.55	33.55	150m:	1:47.86	37.75	250m:	3:05.27	38.86	350m:	4:23.68	39.31
	100m:	1:10.11	36.56	200m:	2:26.41	38.55	300m:	3:44.37	39.10	400m:	5:02.61	38.93
39.	Zukowska Natalia				99	Glosator Krakow				<b>5:07.84</b>	442	
	50m:	34.14	34.14	150m:	1:49.63	38.28	250m:	3:08.54	39.61	350m:	4:28.54	40.16
	100m:	1:11.35	37.21	200m:	2:28.93	39.30	300m:	3:48.38	39.84	400m:	5:07.84	39.30
40.	Sobik Oliwia				00	CSiR MOS Dabrowa Grn.				<b>5:08.83</b>	437	
	50m:	34.40	34.40	150m:	1:53.29	39.88	250m:	3:12.48	39.39	350m:	4:30.51	38.49
	100m:	1:13.41	39.01	200m:	2:33.09	39.80	300m:	3:52.02	39.54	400m:	5:08.83	38.32