



Grand Prix Puchar Polski
Kraków, 24/ - 25/10/2015



Konkurencja 23
24/10/2015 - 20:29

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2015

Pozycja	Rok ur.	Czas	Pkt.	CR
1. Czerniak Monika	92 Kormoran Olsztyn	4:11.75	808	+0,76
50m: 29.62 29.62	150m: 1:33.09 31.78	250m: 2:36.43 31.53	350m: 3:40.50 32.18	
100m: 1:01.31 31.69	200m: 2:04.90 31.81	300m: 3:08.32 31.89	400m: 4:11.75 31.25	
2. ukowska Paula	93 Juvenia Wrocław	4:12.70	799	+0,80
50m: 30.06 30.06	150m: 1:34.80 32.30	250m: 2:39.22 32.10	350m: 3:42.32 31.21	
100m: 1:02.50 32.44	200m: 2:07.12 32.32	300m: 3:11.11 31.89	400m: 4:12.70 30.38	
3. Zachoszcz Joanna	93 AZS UWM Olsztyn	4:14.37	783	+0,71
50m: 30.68 30.68	150m: 1:34.74 31.76	250m: 2:38.44 31.83	350m: 3:42.78 32.33	
100m: 1:02.98 32.30	200m: 2:06.61 31.87	300m: 3:10.45 32.01	400m: 4:14.37 31.59	
4. Kunka Kamila	96 AZS AGH Kraków	4:14.92	778	+0,65
50m: 29.88 29.88	150m: 1:34.45 32.42	250m: 2:39.32 32.32	350m: 3:43.73 32.15	
100m: 1:02.03 32.15	200m: 2:07.00 32.55	300m: 3:11.58 32.26	400m: 4:14.92 31.19	
5. Karpisz Milena	97 Pi tka Konstantinów Ł.	4:16.37	765	+0,75
50m: 30.08 30.08	150m: 1:33.62 31.89	250m: 2:38.28 32.23	350m: 3:43.82 32.80	
100m: 1:01.73 31.65	200m: 2:06.05 32.43	300m: 3:11.02 32.74	400m: 4:16.37 32.55	
6. Gralewska Kalina	96 Warszawianka Warszawa	4:19.00	742	+0,71
50m: 29.49 29.49	150m: 1:33.48 32.28	250m: 2:39.11 32.99	350m: 3:45.88 33.34	
100m: 1:01.20 31.71	200m: 2:06.12 32.64	300m: 3:12.54 33.43	400m: 4:19.00 33.12	
7. Jankowska Klaudia	98 GIM 92 Ursynów Warszawa	4:19.08	741	+0,77
50m: 29.94 29.94	150m: 1:34.82 32.69	250m: 2:39.91 32.61	350m: 3:46.45 33.38	
100m: 1:02.13 32.19	200m: 2:07.30 32.48	300m: 3:13.07 33.16	400m: 4:19.08 32.63	
8. Burska Justyna	95 Pi tka Konstantinów Ł.	4:20.72	727	+0,76
50m: 31.19 31.19	150m: 1:36.24 32.51	250m: 2:41.66 32.56	350m: 3:47.63 33.05	
100m: 1:03.73 32.54	200m: 2:09.10 32.86	300m: 3:14.58 32.92	400m: 4:20.72 33.09	
9. Janiszewska Dominika	99 AZS AWF Warszawa	4:21.31	722	+0,84
50m: 30.56 30.56	150m: 1:36.80 33.15	250m: 2:43.30 32.94	350m: 3:49.50 33.05	
100m: 1:03.65 33.09	200m: 2:10.36 33.56	300m: 3:16.45 33.15	400m: 4:21.31 31.81	
10. Baryła Julia	00 Dwójka Morena Gda sk	4:24.79	694	+0,69
50m: 30.60 30.60	150m: 1:38.04 33.86	250m: 2:44.76 33.08	350m: 3:52.41 33.71	
100m: 1:04.18 33.58	200m: 2:11.68 33.64	300m: 3:18.70 33.94	400m: 4:24.79 32.38	
11. Kossakowska Dominika	01 SiKReT Gliwice	4:25.99	685	+0,64
50m: 30.72 30.72	150m: 1:38.96 34.13	250m: 2:46.89 33.65	350m: 3:53.51 33.15	
100m: 1:04.83 34.11	200m: 2:13.24 34.28	300m: 3:20.36 33.47	400m: 4:25.99 32.48	
12. Roman Magdalena	99 G-8 Bielany Warszawa	4:26.76	679	+0,75
50m: 30.78 30.78	150m: 1:37.40 33.22	250m: 2:44.66 33.84	350m: 3:52.65 33.90	
100m: 1:04.18 33.40	200m: 2:10.82 33.42	300m: 3:18.75 34.09	400m: 4:26.76 34.11	
13. Szatanek Julia	99 MKP Szczecin	4:28.06	669	+0,76
50m: 31.17 31.17	150m: 1:38.67 33.86	250m: 2:47.03 34.13	350m: 3:55.39 34.05	
100m: 1:04.81 33.64	200m: 2:12.90 34.23	300m: 3:21.34 34.31	400m: 4:28.06 32.67	
14. Klonowska Julia	00 Dwójka Morena Gda sk	4:28.75	664	+0,73
50m: 30.08 30.08	150m: 1:37.40 33.96	250m: 2:46.30 34.42	350m: 3:55.83 34.97	
100m: 1:03.44 33.36	200m: 2:11.88 34.48	300m: 3:20.86 34.56	400m: 4:28.75 32.92	
15. Kasperk Katarzyna	96 AZS-AWFIS Gda sk	4:28.88	663	+0,68
50m: 30.95 30.95	150m: 1:38.35 33.88	250m: 2:46.92 34.22	350m: 3:55.23 33.98	
100m: 1:04.47 33.52	200m: 2:12.70 34.35	300m: 3:21.25 34.33	400m: 4:28.88 33.65	
16. Margula Weronika	00 MKP Szczecin	4:29.30	660	+0,77
50m: 31.31 31.31	150m: 1:39.21 34.05	250m: 2:47.53 34.23	350m: 3:56.20 34.30	
100m: 1:05.16 33.85	200m: 2:13.30 34.09	300m: 3:21.90 34.37	400m: 4:29.30 33.10	
17. Bakuniak Hanna SSz	96 MKP Szczecin	4:29.56	658	+0,67
50m: 31.86 31.86	150m: 1:39.90 33.94	250m: 2:47.77 33.77	350m: 3:56.21 34.21	
100m: 1:05.96 34.10	200m: 2:14.00 34.10	300m: 3:22.00 34.23	400m: 4:29.56 33.35	



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Konkurencja 23, Kobiety, 400m dowolny, 14 lat i starsi

Pozycja	Rok ur.							Czas	Pkt.	CR
17. Zaborowicz Julia	01	Górnik Sosnowiec						4:29.56	658	+0,73
50m: 30.53 30.53	150m: 1:38.98 34.57	250m: 2:47.77 34.59	350m: 3:56.84 34.31	400m: 4:29.56 32.72						
100m: 1:04.41 33.88	200m: 2:13.18 34.20	300m: 3:22.53 34.76								
19. Kolodziej Katarzyna SO	00	Unia O wi cim						4:30.63	650	+0,75
50m: 31.04 31.04	150m: 1:39.77 34.52	250m: 2:48.72 34.40	350m: 3:57.59 34.26	400m: 4:30.63 33.04						
100m: 1:05.25 34.21	200m: 2:14.32 34.55	300m: 3:23.33 34.61								
20. Zrobek Natalia	99	Jedynka Łód						4:31.05	647	+0,78
50m: 30.91 30.91	150m: 1:39.16 34.46	250m: 2:48.37 34.42	350m: 3:57.76 34.57	400m: 4:31.05 33.29						
100m: 1:04.70 33.79	200m: 2:13.95 34.79	300m: 3:23.19 34.82								
21. W cławiak Irena	98	GIM 92 Ursynów Warszawa						4:32.58	636	+0,69
50m: 31.15 31.15	150m: 1:40.07 34.99	250m: 2:49.85 34.73	350m: 3:59.12 34.55	400m: 4:32.58 33.46						
100m: 1:05.08 33.93	200m: 2:15.12 35.05	300m: 3:24.57 34.72								
22. Gawlicka Maja SZG	98	Korner Zielona Góra						4:32.83	635	+0,74
50m: 32.41 32.41	150m: 1:42.10 34.91	250m: 2:51.93 34.49	350m: 4:00.55 34.20	400m: 4:32.83 32.28						
100m: 1:07.19 34.78	200m: 2:17.44 35.34	300m: 3:26.35 34.42								
23. Niewiadomska Adrianna	99	GOS Raszyn						4:32.87	634	+0,84
50m: 30.78 30.78	150m: 1:39.59 34.84	250m: 2:50.23 35.42	350m: 3:59.91 34.74	400m: 4:32.87 32.96						
100m: 1:04.75 33.97	200m: 2:14.81 35.22	300m: 3:25.17 34.94								
24. Oleba Małgorzata SSz	98	MKP Szczecin						4:33.20	632	+0,76
50m: 32.29 32.29	150m: 1:41.30 34.48	250m: 2:50.52 34.66	350m: 3:59.57 34.34	400m: 4:33.20 33.63						
100m: 1:06.82 34.53	200m: 2:15.86 34.56	300m: 3:25.23 34.71								
25. Leszczy ska Klaudia Julia SO	99	Unia O wi cim						4:34.11	626	+0,82
50m: 31.23 31.23	150m: 1:40.93 35.37	250m: 2:50.68 34.50	350m: 3:59.83 34.54	400m: 4:34.11 34.28						
100m: 1:05.56 34.33	200m: 2:16.18 35.25	300m: 3:25.29 34.61								
26. Wi niewska Oliwia	01	CSIR MOS D browa Grn.						4:35.44	617	+0,78
50m: 31.34 31.34	150m: 1:39.74 34.45	250m: 2:49.35 34.88	350m: 4:00.96 35.97	400m: 4:35.44 34.48						
100m: 1:05.29 33.95	200m: 2:14.47 34.73	300m: 3:24.99 35.64								
27. Rogowska Paulina	98	Salos Cortile Kielce						4:37.49	603	+0,76
50m: 30.83 30.83	150m: 1:40.00 34.73	250m: 2:50.91 35.44	350m: 4:02.40 35.88	400m: 4:37.49 35.09						
100m: 1:05.27 34.44	200m: 2:15.47 35.47	300m: 3:26.52 35.61								
28. Krauze Alicja	01	MAL WOPR Malbork						4:37.80	601	+0,78
50m: 31.42 31.42	150m: 1:41.40 35.06	250m: 2:52.60 35.66	350m: 4:03.47 35.33	400m: 4:37.80 34.33						
100m: 1:06.34 34.92	200m: 2:16.94 35.54	300m: 3:28.14 35.54								
29. Zadumi ska Weronika	99	AZS AWF Warszawa						4:37.93	600	+0,81
50m: 31.39 31.39	150m: 1:40.41 35.06	250m: 2:51.71 35.66	350m: 4:03.25 35.75	400m: 4:37.93 34.68						
100m: 1:05.35 33.96	200m: 2:16.05 35.64	300m: 3:27.50 35.79								
30. Wawrzynekiewicz Wiktoria	99	oliborz Warszawa						4:38.41	597	+0,82
50m: 32.41 32.41	150m: 1:42.78 35.15	250m: 2:54.46 35.73	350m: 4:04.88 34.86	400m: 4:38.41 33.53						
100m: 1:07.63 35.22	200m: 2:18.73 35.95	300m: 3:30.02 35.56								
31. Rzepczy ska Patrycja SO	99	Unia O wi cim						4:38.99	593	+0,78
50m: 31.63 31.63	150m: 1:42.34 35.55	250m: 2:53.43 35.49	350m: 4:04.79 35.63	400m: 4:38.99 34.20						
100m: 1:06.79 35.16	200m: 2:17.94 35.60	300m: 3:29.16 35.73								
32. Pankowska Wiktoria SO	98	Unia O wi cim						4:39.32	591	+0,71
50m: 31.31 31.31	150m: 1:40.99 35.28	250m: 2:51.72 35.13	350m: 4:03.59 36.19	400m: 4:39.32 35.73						
100m: 1:05.71 34.40	200m: 2:16.59 35.60	300m: 3:27.40 35.68								
33. Halicka Lidia	01	I sk Wrocław						4:39.67	589	+0,72
50m: 31.18 31.18	150m: 1:41.66 35.76	250m: 2:52.87 35.79	350m: 4:05.37 36.24	400m: 4:39.67 34.30						
100m: 1:05.90 34.72	200m: 2:17.08 35.42	300m: 3:29.13 36.26								
34. mietana Karolina	01	SMS Galicja Kraków						4:40.85	582	+0,71
50m: 32.04 32.04	150m: 1:43.33 35.40	250m: 2:55.90 36.56	350m: 4:07.78 35.77	400m: 4:40.85 33.07						
100m: 1:07.93 35.89	200m: 2:19.34 36.01	300m: 3:32.01 36.11								



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Konkurencja 23, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.	CR
35.	Sproska Magdalena SK	97	Zryw Opole						4:41.24	579	+0,82	
	50m: 32.05 32.05	150m: 1:41.75	35.10	250m: 2:53.28	35.79	350m: 4:05.71	36.28					
	100m: 1:06.65 34.60	200m: 2:17.49	35.74	300m: 3:29.43	36.15	400m: 4:41.24	35.53					
36.	Adamczyk Agata	99	Aligator Gorzyce						4:41.43	578	+0,85	
	50m: 31.99 31.99	150m: 1:42.97	36.04	250m: 2:55.71	36.47	350m: 4:07.27	35.49					
	100m: 1:06.93 34.94	200m: 2:19.24	36.27	300m: 3:31.78	36.07	400m: 4:41.43	34.16					
37.	Wi niewska Barbara	00	oliborz Warszawa						4:41.55	577	+0,70	
	50m: 31.61 31.61	150m: 1:42.67	35.81	250m: 2:54.20	35.81	350m: 4:06.81	35.95					
	100m: 1:06.86 35.25	200m: 2:18.39	35.72	300m: 3:30.86	36.66	400m: 4:41.55	34.74					
38.	Rutkowska Agnieszka	01	Skalar Słupsk						4:41.71	576	+0,82	
	50m: 31.85 31.85	150m: 1:43.28	36.40	250m: 2:55.08	35.72	350m: 4:08.13	36.30					
	100m: 1:06.88 35.03	200m: 2:19.36	36.08	300m: 3:31.83	36.75	400m: 4:41.71	33.58					
39.	Mikołajek Weronika	00	Avia widnik						4:42.65	571	+0,74	
	50m: 32.05 32.05	150m: 1:43.23	35.97	250m: 2:55.54	36.36	350m: 4:07.88	35.71					
	100m: 1:07.26 35.21	200m: 2:19.18	35.95	300m: 3:32.17	36.63	400m: 4:42.65	34.77					
40.	Goł biewska Dominika	01	GIM 92 Ursynów Warszawa						4:43.79	564	+0,74	
	50m: 32.66 32.66	150m: 1:45.77	36.44	250m: 2:58.59	36.22	350m: 4:09.60	35.17					
	100m: 1:09.33 36.67	200m: 2:22.37	36.60	300m: 3:34.43	35.84	400m: 4:43.79	34.19					
41.	Koral Julia SR	98	Górnik Radlin						4:44.91	557	+0,80	
	50m: 31.91 31.91	150m: 1:43.11	35.95	250m: 2:55.82	36.56	350m: 4:09.36	36.78					
	100m: 1:07.16 35.25	200m: 2:19.26	36.15	300m: 3:32.58	36.76	400m: 4:44.91	35.55					
42.	Pipczy ska Kamila	00	Warszawianka Warszawa						4:45.11	556	+0,75	
	50m: 31.34 31.34	150m: 1:42.18	35.88	250m: 2:55.64	36.80	350m: 4:09.55	37.15					
	100m: 1:06.30 34.96	200m: 2:18.84	36.66	300m: 3:32.40	36.76	400m: 4:45.11	35.56					
43.	W grzynowska Aleksandra	01	I sk Wrocław						4:46.87	546	+0,58	
	50m: 32.14 32.14	150m: 1:45.03	36.74	250m: 2:57.88	36.62	350m: 4:11.48	36.66					
	100m: 1:08.29 36.15	200m: 2:21.26	36.23	300m: 3:34.82	36.94	400m: 4:46.87	35.39					
44.	Lewandowska Natalia SO	01	Unia O wi cim						4:49.06	534	+0,79	
	50m: 31.84 31.84	150m: 1:42.81	36.00	250m: 2:56.29	36.90	350m: 4:12.31	38.23					
	100m: 1:06.81 34.97	200m: 2:19.39	36.58	300m: 3:34.08	37.79	400m: 4:49.06	36.75					
45.	Cie lar Zuzanna	01	SMS Galicja Kraków						4:49.20	533	+0,79	
	50m: 32.33 32.33	150m: 1:46.33	37.33	250m: 2:59.83	36.30	350m: 4:14.10	36.97					
	100m: 1:09.00 36.67	200m: 2:23.53	37.20	300m: 3:37.13	37.30	400m: 4:49.20	35.10					
46.	Działkowska Natalia	01	Gilus Gilowice						4:50.37	526	+0,77	
	50m: 32.48 32.48	150m: 1:46.82	37.65	250m: 3:01.79	37.38	350m: 4:16.05	36.77					
	100m: 1:09.17 36.69	200m: 2:24.41	37.59	300m: 3:39.28	37.49	400m: 4:50.37	34.32					
47.	ylska Joanna	00	Korona Kraków						4:52.04	517	+0,85	
	50m: 33.13 33.13	150m: 1:46.31	36.94	250m: 3:00.42	37.06	350m: 4:14.94	37.31					
	100m: 1:09.37 36.24	200m: 2:23.36	37.05	300m: 3:37.63	37.21	400m: 4:52.04	37.10					
48.	Szopa Marta	00	CSTR Strzy ów						4:52.07	517	+0,80	
	50m: 32.79 32.79	150m: 1:46.88	37.54	250m: 3:01.73	37.30	350m: 4:17.03	37.74					
	100m: 1:09.34 36.55	200m: 2:24.43	37.55	300m: 3:39.29	37.56	400m: 4:52.07	35.04					
49.	Pyrlík Paulina SO	99	Unia O wi cim						4:54.63	504	+0,75	
	50m: 33.32 33.32	150m: 1:47.18	37.37	250m: 3:02.64	37.88	350m: 4:18.59	38.02					
	100m: 1:09.81 36.49	200m: 2:24.76	37.58	300m: 3:40.57	37.93	400m: 4:54.63	36.04					
50.	Łosak Wiktoria SK	98	KSZO Ostrowiec w.						4:57.52	489	+0,85	
	50m: 33.34 33.34	150m: 1:47.72	37.74	250m: 3:04.01	37.64	350m: 4:20.37	38.42					
	100m: 1:09.98 36.64	200m: 2:26.37	38.65	300m: 3:41.95	37.94	400m: 4:57.52	37.15					
51.	Szeremeta Weronika	00	Skalar Słupsk						4:58.76	483	+0,75	
	50m: 32.48 32.48	150m: 1:47.60	38.20	250m: 3:04.59	38.76	350m: 4:22.92	38.82					
	100m: 1:09.40 36.92	200m: 2:25.83	38.23	300m: 3:44.10	39.51	400m: 4:58.76	35.84					



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Pozycja				Rok ur.						Czas	Pkt.	CR
52.	wistu Julia			00	Górnik Radlin					4:59.39	480	+0,68
	50m:	32.85	32.85	150m:	1:47.47	38.15	250m:	3:05.15	39.32	350m:	4:24.68	39.98
	100m:	1:09.32	36.47	200m:	2:25.83	38.36	300m:	3:44.70	39.55	400m:	4:59.39	34.71
53.	Rudek Wiktoria			00	Orka Luba					4:59.84	478	+0,76
	50m:	32.30	32.30	150m:	1:47.30	37.91	250m:	3:05.25	39.08	350m:	4:23.78	38.96
	100m:	1:09.39	37.09	200m:	2:26.17	38.87	300m:	3:44.82	39.57	400m:	4:59.84	36.06
54.	Regulska Nastazja			01	GIM 92 Ursynów Warszawa					5:00.68	474	+0,69
	50m:	32.10	32.10	150m:	1:46.28	37.45	250m:	3:03.84	39.24	350m:	4:23.09	39.96
	100m:	1:08.83	36.73	200m:	2:24.60	38.32	300m:	3:43.13	39.29	400m:	5:00.68	37.59
55.	Soliwoda Julia			01	Nawa Skierniewice					5:03.56	461	+0,86
	50m:	32.93	32.93	150m:	1:48.16	38.17	250m:	3:05.95	39.03	350m:	4:24.64	39.14
	100m:	1:09.99	37.06	200m:	2:26.92	38.76	300m:	3:45.50	39.55	400m:	5:03.56	38.92