



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



Event 23  
24/10/2015 - 20:29

Women, 400m Freestyle

14 years and older  
Results

Points: FINA 2015

Rank					YB					Time	Pts	RT
1.	Czerniak Monika				92	Kormoran Olsztyn				<b>4:11.75</b>	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.	Zukowska Paula				93	Juvenia Wroclaw				<b>4:12.70</b>	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				<b>4:14.37</b>	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 Krakow				<b>4:14.92</b>	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	Piatka Konstanyow L.				<b>4:16.37</b>	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				<b>4:19.00</b>	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 Ursynow Warszawa				<b>4:19.08</b>	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	Piatka Konstanyow L.				<b>4:20.72</b>	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				<b>4:21.31</b>	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.	Baryla Julia				00	Dwojka Morena Gdansk				<b>4:24.79</b>	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				<b>4:25.99</b>	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				<b>4:26.76</b>	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				<b>4:28.06</b>	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	Dwojka Morena Gdansk				<b>4:28.75</b>	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.	Kasperek Katarzyna				96	AZS-AWFIS Gdansk				<b>4:28.88</b>	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				<b>4:29.30</b>	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				<b>4:29.56</b>	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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Event 23, Women, 400m Freestyle, 14 years and older

Rank			YB					Time	Pts	RT
17.	Zaborowicz Julia		01	Gornik Sosnowiec				<b>4:29.56</b>	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			
	100m: 1:04.41 33.88	200m: 2:13.18	34.20	300m: 3:22.53	34.76	400m: 4:29.56	32.72			
19.	Kolodziej Katarzyna SO		00	Unia Oswiecim				<b>4:30.63</b>	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			
	100m: 1:05.25 34.21	200m: 2:14.32	34.55	300m: 3:23.33	34.61	400m: 4:30.63	33.04			
20.	Zrobek Natalia		99	Jedynka Lodz				<b>4:31.05</b>	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			
	100m: 1:04.70 33.79	200m: 2:13.95	34.79	300m: 3:23.19	34.82	400m: 4:31.05	33.29			
21.	Weclawiak Irena		98	GIM 92 Ursynow Warszawa				<b>4:32.58</b>	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			
	100m: 1:05.08 33.93	200m: 2:15.12	35.05	300m: 3:24.57	34.72	400m: 4:32.58	33.46			
22.	Gawlicka Maja SZG		98	Korner Zielona Gora				<b>4:32.83</b>	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			
	100m: 1:07.19 34.78	200m: 2:17.44	35.34	300m: 3:26.35	34.42	400m: 4:32.83	32.28			
23.	Niewiadomska Adrianna		99	GOS Raszyn				<b>4:32.87</b>	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			
	100m: 1:04.75 33.97	200m: 2:14.81	35.22	300m: 3:25.17	34.94	400m: 4:32.87	32.96			
24.	Oleba Malgorzata SSz		98	MKP Szczecin				<b>4:33.20</b>	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			
	100m: 1:06.82 34.53	200m: 2:15.86	34.56	300m: 3:25.23	34.71	400m: 4:33.20	33.63			
25.	Leszczynska Klaudia Julia SO		99	Unia Oswiecim				<b>4:34.11</b>	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			
	100m: 1:05.56 34.33	200m: 2:16.18	35.25	300m: 3:25.29	34.61	400m: 4:34.11	34.28			
26.	Wisniewska Oliwia		01	CSIR MOS Dabrowa Grn.				<b>4:35.44</b>	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			
	100m: 1:05.29 33.95	200m: 2:14.47	34.73	300m: 3:24.99	35.64	400m: 4:35.44	34.48			
27.	Rogowska Paulina		98	Salos Cortile Kielce				<b>4:37.49</b>	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			
	100m: 1:05.27 34.44	200m: 2:15.47	35.47	300m: 3:26.52	35.61	400m: 4:37.49	35.09			
28.	Krauze Alicja		01	MAL WOPR Malbork				<b>4:37.80</b>	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			
	100m: 1:06.34 34.92	200m: 2:16.94	35.54	300m: 3:28.14	35.54	400m: 4:37.80	34.33			
29.	Zaduminska Weronika		99	AZS AWF Warszawa				<b>4:37.93</b>	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			
	100m: 1:05.35 33.96	200m: 2:16.05	35.64	300m: 3:27.50	35.79	400m: 4:37.93	34.68			
30.	Wawrzynkiewicz Wiktoria		99	Zoliborz Warszawa				<b>4:38.41</b>	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			
	100m: 1:07.63 35.22	200m: 2:18.73	35.95	300m: 3:30.02	35.56	400m: 4:38.41	33.53			
31.	Rzeczynska Patrycja SO		99	Unia Oswiecim				<b>4:38.99</b>	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			
	100m: 1:06.79 35.16	200m: 2:17.94	35.60	300m: 3:29.16	35.73	400m: 4:38.99	34.20			
32.	Pankowska Wiktoria SO		98	Unia Oswiecim				<b>4:39.32</b>	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			
	100m: 1:05.71 34.40	200m: 2:16.59	35.60	300m: 3:27.40	35.68	400m: 4:39.32	35.73			
33.	Halicka Lidia		01	Slask Wroclaw				<b>4:39.67</b>	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			
	100m: 1:05.90 34.72	200m: 2:17.08	35.42	300m: 3:29.13	36.26	400m: 4:39.67	34.30			
34.	Smietana Karolina		01	SMS Galicja Krakow				<b>4:40.85</b>	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			
	100m: 1:07.93 35.89	200m: 2:19.34	36.01	300m: 3:32.01	36.11	400m: 4:40.85	33.07			



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

Rank		YB						Time	Pts	RT
35.	Sproska Magdalena	97	Zryw Opole					<b>4:41.24</b>	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					<b>4:41.43</b>	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.	Wisniewska Barbara	00	Zoliborz Warszawa					<b>4:41.55</b>	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 Slupsk					<b>4:41.71</b>	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.	Mikolajek Weronika	00	Avia Swidnik					<b>4:42.65</b>	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.	Golebiewska Dominika	01	GIM 92 Ursynow Warszawa					<b>4:43.79</b>	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	Gornik Radlin					<b>4:44.91</b>	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.	Pipczynska Kamila	00	Warszawianka Warszawa					<b>4:45.11</b>	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.	Wegrzynowska Aleksandra	01	Slask Wroclaw					<b>4:46.87</b>	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 Oswiecim					<b>4:49.06</b>	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.	Cieslar Zuzanna	01	SMS Galicja Krakow					<b>4:49.20</b>	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.	Dzialkowska Natalia	01	Gilus Gilowice					<b>4:50.37</b>	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.	Zylska Joanna	00	Korona Krakow					<b>4:52.04</b>	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 Strzyzow					<b>4:52.07</b>	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 Oswiecim					<b>4:54.63</b>	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.	Losak Wiktoria	98	KSZO Ostrowiec Sw.					<b>4:57.52</b>	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 Slupsk					<b>4:58.76</b>	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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Rank					YB					Time	Pts	RT
52.	Swistun Julia				00	Gornik Radlin				<b>4:59.39</b>	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 Luban				<b>4:59.84</b>	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 Ursynow Warszawa				<b>5:00.68</b>	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				<b>5:03.56</b>	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