



Arena Grand Prix Puchar Polski  
O wi cim, 26 - 27/10/2019



Konkurencja 12  
26/10/2019 - 16:00

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2019

Pozycja	Rok ur.	Czas	Pkt.
1. Knop Aleksandra	03 UKS 190 Łód	<b>4:46.32</b>	739
50m: 30.86 30.86	150m: 1:41.99 36.73	250m: 2:59.77 42.00	350m: 4:14.46 32.52
100m: 1:05.26 34.40	200m: 2:17.77 35.78	300m: 3:41.94 42.17	400m: 4:46.32 31.86
2. W grzynowska Aleksandra	01 I sk Wrocław	<b>4:53.47</b>	686
50m: 30.51 30.51	150m: 1:44.78 38.57	250m: 3:06.28 44.74	350m: 4:22.86 32.85
100m: 1:06.21 35.70	200m: 2:21.54 36.76	300m: 3:50.01 43.73	400m: 4:53.47 30.61
3. Nowak Zuzanna	02 Unia O wi cim	<b>4:54.92</b>	676
50m: 32.15 32.15	150m: 1:47.24 38.64	250m: 3:06.32 41.69	350m: 4:23.35 34.25
100m: 1:08.60 36.45	200m: 2:24.63 37.39	300m: 3:49.10 42.78	400m: 4:54.92 31.57
4. Sobiak Zuzanna	02 I sk Wrocław	<b>5:00.65</b>	638
50m: 32.09 32.09	150m: 1:47.25 38.27	250m: 3:08.65 44.03	350m: 4:27.68 34.39
100m: 1:08.98 36.89	200m: 2:24.62 37.37	300m: 3:53.29 44.64	400m: 5:00.65 32.97
5. Nowak Maja	03 AZS AWF Warszawa	<b>5:01.13</b>	635
50m: 33.35 33.35	150m: 1:49.55 38.72	250m: 3:11.08 44.15	350m: 4:28.88 33.57
100m: 1:10.83 37.48	200m: 2:26.93 37.38	300m: 3:55.31 44.23	400m: 5:01.13 32.25
6. Wilczewska Aleksandra	02 AZS UMCS Lublin	<b>5:01.57</b>	633
50m: 32.70 32.70	150m: 1:48.32 38.48	250m: 3:09.69 43.60	350m: 4:28.66 34.99
100m: 1:09.84 37.14	200m: 2:26.09 37.77	300m: 3:53.67 43.98	400m: 5:01.57 32.91
7. Prochownik Martyna	02 AZS UMCS Lublin	<b>5:01.69</b>	632
50m: 31.33 31.33	150m: 1:47.15 39.52	250m: 3:09.34 43.87	350m: 4:27.91 35.17
100m: 1:07.63 36.30	200m: 2:25.47 38.32	300m: 3:52.74 43.40	400m: 5:01.69 33.78
8. Cioch-Gradzik Wiktoria	03 AZS UMCS Lublin	<b>5:03.08</b>	623
50m: 32.72 32.72	150m: 1:49.22 39.70	250m: 3:12.53 44.12	350m: 4:30.34 33.74
100m: 1:09.52 36.80	200m: 2:28.41 39.19	300m: 3:56.60 44.07	400m: 5:03.08 32.74
9. Lubi ska Alicja	05 Unia O wi cim	<b>5:03.42</b>	621
50m: 30.89 30.89	150m: 1:46.79 39.57	250m: 3:08.65 41.70	350m: 4:28.32 35.58
100m: 1:07.22 36.33	200m: 2:26.95 40.16	300m: 3:52.74 44.09	400m: 5:03.42 35.10
10. Bociek Wiktoria	04 Górnik Sosnowiec	<b>5:05.86</b>	606
50m: 33.24 33.24	150m: 1:50.28 39.90	250m: 3:13.67 44.16	350m: 4:32.96 34.56
100m: 1:10.38 37.14	200m: 2:29.51 39.23	300m: 3:58.40 44.73	400m: 5:05.86 32.90
11. Ko cielniak Aleksandra	02 Shark Rudna	<b>5:08.07</b>	593
50m: 32.75 32.75	150m: 1:50.24 38.76	250m: 3:11.96 44.54	350m: 4:33.60 36.45
100m: 1:11.48 38.73	200m: 2:27.42 37.18	300m: 3:57.15 45.19	400m: 5:08.07 34.47
12. Sm tek Wiktoria	01 MMKS K dzierzyn-Ko le	<b>5:09.43</b>	586
50m: 33.49 33.49	150m: 1:53.79 39.82	250m: 3:16.33 43.61	350m: 4:35.89 36.01
100m: 1:13.97 40.48	200m: 2:32.72 38.93	300m: 3:59.88 43.55	400m: 5:09.43 33.54
13. Cerlich Oliwia	02 Ikar Mielec	<b>5:09.62</b>	584
50m: 33.42 33.42	150m: 1:52.00 40.71	250m: 3:14.91 43.17	350m: 4:34.92 35.84
100m: 1:11.29 37.87	200m: 2:31.74 39.74	300m: 3:59.08 44.17	400m: 5:09.62 34.70
14. Słabosz Emilia	05 Wodnik 29 Tychy	<b>5:09.75</b>	584
50m: 32.74 32.74	150m: 1:49.75 38.19	250m: 3:13.23 46.10	350m: 4:35.58 36.39
100m: 1:11.56 38.82	200m: 2:27.13 37.38	300m: 3:59.19 45.96	400m: 5:09.75 34.17
15. ak Amelia	04 Unia O wi cim	<b>5:10.70</b>	578
50m: 33.11 33.11	150m: 1:50.57 39.69	250m: 3:13.87 44.87	350m: 4:35.16 35.79
100m: 1:10.88 37.77	200m: 2:29.00 38.43	300m: 3:59.37 45.50	400m: 5:10.70 35.54
16. Dra yk Natalia	02 Unia O wi cim	<b>5:12.09</b>	571
50m: 32.30 32.30	150m: 1:48.39 39.62	250m: 3:11.97 44.77	350m: 4:35.08 37.18
100m: 1:08.77 36.47	200m: 2:27.20 38.81	300m: 3:57.90 45.93	400m: 5:12.09 37.01

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O wi cim, 26 - 27/10/2019



Konkurencja 12, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.
17.	muda Weronika			00	AZS UMCS Lublin				<b>5:12.51</b>	568
	50m: 33.02	33.02	150m: 1:51.92	41.12	250m: 3:15.56	43.22	350m: 4:36.51	37.14		
	100m: 1:10.80	37.78	200m: 2:32.34	40.42	300m: 3:59.37	43.81	400m: 5:12.51	36.00		
18.	Sobolewska Magdalena			04	Unia O wi cim				<b>5:12.62</b>	568
	50m: 33.41	33.41	150m: 1:51.05	40.24	250m: 3:16.79	45.28	350m: 4:38.28	34.89		
	100m: 1:10.81	37.40	200m: 2:31.51	40.46	300m: 4:03.39	46.60	400m: 5:12.62	34.34		
19.	Piechota Karolina			01	UKS 190 Łódź				<b>5:14.73</b>	556
	50m: 34.26	34.26	150m: 1:54.74	42.16	250m: 3:21.55	47.12	350m: 4:41.91	34.21		
	100m: 1:12.58	38.32	200m: 2:34.43	39.69	300m: 4:07.70	46.15	400m: 5:14.73	32.82		
20.	Cicha Aleksandra			05	SMS Galicja Kraków				<b>5:15.12</b>	554
	50m: 33.50	33.50	150m: 1:52.21	40.55	250m: 3:15.96	45.04	350m: 4:38.92	36.88		
	100m: 1:11.66	38.16	200m: 2:30.92	38.71	300m: 4:02.04	46.08	400m: 5:15.12	36.20		
21.	Marczak Marta			04	AZS AWF Katowice				<b>5:15.17</b>	554
	50m: 32.81	32.81	150m: 1:53.01	41.65	250m: 3:17.44	45.09	350m: 4:40.91	37.33		
	100m: 1:11.36	38.55	200m: 2:32.35	39.34	300m: 4:03.58	46.14	400m: 5:15.17	34.26		
22.	Siwko Natalia			04	AZS UMCS Lublin				<b>5:15.35</b>	553
	50m: 32.77	32.77	150m: 1:51.39	40.90	250m: 3:16.84	46.12	350m: 4:41.10	36.88		
	100m: 1:10.49	37.72	200m: 2:30.72	39.33	300m: 4:04.22	47.38	400m: 5:15.35	34.25		
23.	Urba ska Patrycja			05	Jedynka Łódź				<b>5:16.72</b>	546
	50m: 34.97	34.97	150m: 1:57.60	40.68	250m: 3:20.68	43.83	350m: 4:42.09	36.11		
	100m: 1:16.92	41.95	200m: 2:36.85	39.25	300m: 4:05.98	45.30	400m: 5:16.72	34.63		
24.	Szpiegowska Wiktoria			02	I sk Wrocław				<b>5:16.96</b>	545
	50m: 33.40	33.40	150m: 1:52.60	40.65	250m: 3:18.46	46.23	350m: 4:41.78	36.48		
	100m: 1:11.95	38.55	200m: 2:32.23	39.63	300m: 4:05.30	46.84	400m: 5:16.96	35.18		
25.	Gwaj Julia			04	Olimpijczyk Suwałki				<b>5:17.13</b>	544
	50m: 32.96	32.96	150m: 1:53.66	41.11	250m: 3:19.35	45.67	350m: 4:41.68	36.43		
	100m: 1:12.55	39.59	200m: 2:33.68	40.02	300m: 4:05.25	45.90	400m: 5:17.13	35.45		
26.	Wrzesi ska Wiktoria			04	UKS 190 Łódź				<b>5:19.77</b>	530
	50m: 34.93	34.93	150m: 1:58.45	43.65	250m: 3:23.46	44.30	350m: 4:44.50	36.42		
	100m: 1:14.80	39.87	200m: 2:39.16	40.71	300m: 4:08.08	44.62	400m: 5:19.77	35.27		
27.	Fira Weronika			04	Sikret Gliwice				<b>5:20.72</b>	526
	50m: 34.04	34.04	150m: 1:54.95	40.08	250m: 3:20.93	46.81	350m: 4:45.11	37.07		
	100m: 1:14.87	40.83	200m: 2:34.12	39.17	300m: 4:08.04	47.11	400m: 5:20.72	35.61		
28.	Jakubik Julia			05	Unia O wi cim				<b>5:24.66</b>	507
	50m: 34.34	34.34	150m: 1:58.31	41.77	250m: 3:24.66	45.81	350m: 4:48.73	37.54		
	100m: 1:16.54	42.20	200m: 2:38.85	40.54	300m: 4:11.19	46.53	400m: 5:24.66	35.93		
29.	Bukowska Olga			05	Pałac Młodzie y Katowice				<b>5:30.24</b>	482
	50m: 33.01	33.01	150m: 1:58.27	44.79	250m: 3:27.60	46.94	350m: 4:53.89	38.71		
	100m: 1:13.48	40.47	200m: 2:40.66	42.39	300m: 4:15.18	47.58	400m: 5:30.24	36.35		
30.	Rapkiewicz Natalia			05	SMS Galicja Kraków				<b>5:33.33</b>	468
	50m: 34.04	34.04	150m: 1:59.03	43.90	250m: 3:29.51	47.21	350m: 4:55.03	39.39		
	100m: 1:15.13	41.09	200m: 2:42.30	43.27	300m: 4:15.64	46.13	400m: 5:33.33	38.30		
31.	Tofil Emilia			05	Delfin Gdynia				<b>5:35.78</b>	458
	50m: 39.07	39.07	150m: 2:04.57	42.04	250m: 3:34.33	48.45	350m: 5:00.05	37.64		
	100m: 1:22.53	43.46	200m: 2:45.88	41.31	300m: 4:22.41	48.08	400m: 5:35.78	35.73		
32.	Matwin Julia			05	Unia O wi cim				<b>5:40.13</b>	441
	50m: 35.98	35.98	150m: 2:02.82	44.85	250m: 3:34.98	49.23	350m: 5:03.39	39.32		
	100m: 1:17.97	41.99	200m: 2:45.75	42.93	300m: 4:24.07	49.09	400m: 5:40.13	36.74		
33.	Kryza Maja			05	Unia O wi cim				<b>5:47.12</b>	415
	50m: 36.48	36.48	150m: 2:04.63	44.40	250m: 3:37.69	49.84	350m: 5:08.73	41.41		
	100m: 1:20.23	43.75	200m: 2:47.85	43.22	300m: 4:27.32	49.63	400m: 5:47.12	38.39		

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