



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



Konkurencja 33
27/10/2019 - 10:14

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2019

Pozycja			Rok ur.					Czas	Pkt.		
1.	Tarasiewicz Klaudia		04	Polonia Warszawa				4:13.56	785		
	50m:	30.52 30.52	150m:	1:34.70	32.44	250m:	2:38.49	31.22	350m:	3:42.08	31.80
	100m:	1:02.26 31.74	200m:	2:07.27	32.57	300m:	3:10.28	31.79	400m:	4:13.56	31.48
2.	Knop Aleksandra		03	UKS 190 Łód				4:16.11	761		
	50m:	30.13 30.13	150m:	1:34.54	32.51	250m:	2:39.33	32.22	350m:	3:43.86	31.72
	100m:	1:02.03 31.90	200m:	2:07.11	32.57	300m:	3:12.14	32.81	400m:	4:16.11	32.25
3.	W grzynowska Aleksandra		01	I sk Wrocław				4:19.93	728		
	50m:	30.62 30.62	150m:	1:36.66	33.10	250m:	2:43.15	33.31	350m:	3:49.09	32.60
	100m:	1:03.56 32.94	200m:	2:09.84	33.18	300m:	3:16.49	33.34	400m:	4:19.93	30.84
4.	Andrzejewska Kamila		99	AZS UMCS Lublin				4:20.06	727		
	50m:	30.63 30.63	150m:	1:36.36	33.04	250m:	2:43.14	33.38	350m:	3:48.94	32.53
	100m:	1:03.32 32.69	200m:	2:09.76	33.40	300m:	3:16.41	33.27	400m:	4:20.06	31.12
5.	Rabiniak Zuzanna		01	AZS UMCS Lublin				4:24.09	694		
	50m:	29.72 29.72	150m:	1:35.62	33.09	250m:	2:42.46	33.33	350m:	3:50.52	34.19
	100m:	1:02.53 32.81	200m:	2:09.13	33.51	300m:	3:16.33	33.87	400m:	4:24.09	33.57
6.	Piechota Karolina		01	UKS 190 Łód				4:24.40	692		
	50m:	31.53 31.53	150m:	1:37.65	33.24	250m:	2:44.30	33.20	350m:	3:51.52	33.66
	100m:	1:04.41 32.88	200m:	2:11.10	33.45	300m:	3:17.86	33.56	400m:	4:24.40	32.88
7.	Hellak Emilia		03	I sk Wrocław				4:25.22	686		
	50m:	30.49 30.49	150m:	1:37.72	33.68	250m:	2:44.98	33.50	350m:	3:52.32	33.65
	100m:	1:04.04 33.55	200m:	2:11.48	33.76	300m:	3:18.67	33.69	400m:	4:25.22	32.90
8.	Lewandowska Natalia		01	AZS AWF Katowice				4:25.88	680		
	50m:	29.66 29.66	150m:	1:34.75	33.01	250m:	2:43.14	34.36	350m:	3:52.20	34.48
	100m:	1:01.74 32.08	200m:	2:08.78	34.03	300m:	3:17.72	34.58	400m:	4:25.88	33.68
9.	Bociek Wiktoria		04	Górnik Sosnowiec				4:27.05	672		
	50m:	31.03 31.03	150m:	1:38.20	33.75	250m:	2:46.76	34.58	350m:	3:54.72	33.99
	100m:	1:04.45 33.42	200m:	2:12.18	33.98	300m:	3:20.73	33.97	400m:	4:27.05	32.33
10.	Nowak Maja		03	AZS AWF Warszawa				4:27.61	667		
	50m:	31.14 31.14	150m:	1:38.20	33.54	250m:	2:45.84	34.06	350m:	3:54.29	34.24
	100m:	1:04.66 33.52	200m:	2:11.78	33.58	300m:	3:20.05	34.21	400m:	4:27.61	33.32
11.	Kawka Nina		03	G-8 Bielany Warszawa				4:27.91	665		
	50m:	30.06 30.06	150m:	1:37.13	34.00	250m:	2:45.78	34.45	350m:	3:55.15	34.65
	100m:	1:03.13 33.07	200m:	2:11.33	34.20	300m:	3:20.50	34.72	400m:	4:27.91	32.76
12.	Cioch-Gradzik Wiktoria		03	AZS UMCS Lublin				4:30.03	650		
	50m:	31.44 31.44	150m:	1:39.45	34.18	250m:	2:48.00	34.10	350m:	3:56.62	34.16
	100m:	1:05.27 33.83	200m:	2:13.90	34.45	300m:	3:22.46	34.46	400m:	4:30.03	33.41
13.	Zar ba-Paradowska Julia		02	G-8 Bielany Warszawa				4:30.36	647		
	50m:	30.89 30.89	150m:	1:38.35	34.12	250m:	2:47.26	34.61	350m:	3:56.40	34.55
	100m:	1:04.23 33.34	200m:	2:12.65	34.30	300m:	3:21.85	34.59	400m:	4:30.36	33.96
14.	Kosi ska Dominika		01	AZS AWF Katowice				4:30.37	647		
	50m:	32.14 32.14	150m:	1:42.13	34.93	250m:	2:51.00	33.51	350m:	3:58.56	33.67
	100m:	1:07.20 35.06	200m:	2:17.49	35.36	300m:	3:24.89	33.89	400m:	4:30.37	31.81
15.	Słabosz Emilia		05	Wodnik 29 Tychy				4:31.31	640		
	50m:	31.18 31.18	150m:	1:40.51	34.86	250m:	2:50.36	34.69	350m:	3:59.23	34.48
	100m:	1:05.65 34.47	200m:	2:15.67	35.16	300m:	3:24.75	34.39	400m:	4:31.31	32.08
16.	Szewczyk Zofia		02	Fala Kra nik				4:31.49	639		
	50m:	32.00 32.00	150m:	1:40.68	34.35	250m:	2:49.98	34.40	350m:	3:58.46	34.19
	100m:	1:06.33 34.33	200m:	2:15.58	34.90	300m:	3:24.27	34.29	400m:	4:31.49	33.03

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



Konkurencja 33, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
17.	Kwiatkowska Zofia			01	AZS UMCS Lublin				4:32.07	635		
	50m:	31.41	31.41	150m:	1:39.82	34.84	250m:	2:50.05	35.16	350m:	3:58.90	33.88
	100m:	1:04.98	33.57	200m:	2:14.89	35.07	300m:	3:25.02	34.97	400m:	4:32.07	33.17
18.	Serafin Barbara			02	G-8 Bielany Warszawa				4:32.22	634		
	50m:	31.17	31.17	150m:	1:39.79	34.74	250m:	2:49.11	34.71	350m:	3:58.47	34.72
	100m:	1:05.05	33.88	200m:	2:14.40	34.61	300m:	3:23.75	34.64	400m:	4:32.22	33.75
19.	Zarembik Katarzyna			02	SMS Victoria Racibórz				4:33.21	627		
	50m:	31.00	31.00	150m:	1:40.22	34.81	250m:	2:50.91	35.43	350m:	4:00.44	34.64
	100m:	1:05.41	34.41	200m:	2:15.48	35.26	300m:	3:25.80	34.89	400m:	4:33.21	32.77
20.	Siwko Natalia			04	AZS UMCS Lublin				4:33.33	626		
	50m:	31.52	31.52	150m:	1:40.07	34.51	250m:	2:49.90	34.94	350m:	4:00.26	35.15
	100m:	1:05.56	34.04	200m:	2:14.96	34.89	300m:	3:25.11	35.21	400m:	4:33.33	33.07
21.	Haładyn Karolina			03	UKS 190 Łódź				4:34.31	620		
	50m:	31.07	31.07	150m:	1:39.62	34.46	250m:	2:49.28	35.01	350m:	3:59.59	35.27
	100m:	1:05.16	34.09	200m:	2:14.27	34.65	300m:	3:24.32	35.04	400m:	4:34.31	34.72
22.	Lala Nadia			04	Unia O wi cim				4:34.97	615		
	50m:	31.29	31.29	150m:	1:40.67	35.21	250m:	2:51.66	35.89	350m:	4:01.99	35.31
	100m:	1:05.46	34.17	200m:	2:15.77	35.10	300m:	3:26.68	35.02	400m:	4:34.97	32.98
23.	Pogo Milena			03	Unia O wi cim				4:35.01	615		
	50m:	32.35	32.35	150m:	1:40.83	34.35	250m:	2:50.14	34.74	350m:	4:00.74	35.39
	100m:	1:06.48	34.13	200m:	2:15.40	34.57	300m:	3:25.35	35.21	400m:	4:35.01	34.27
24.	Kmošenova Lea			04	Matador Púchov				4:35.50	612		
	50m:	30.92	30.92	150m:	1:40.36	35.12	250m:	2:51.07	35.22	350m:	4:01.88	35.18
	100m:	1:05.24	34.32	200m:	2:15.85	35.49	300m:	3:26.70	35.63	400m:	4:35.50	33.62
25.	D browska Tatiana			02	I sk Wrocław				4:35.59	611		
	50m:	31.51	31.51	150m:	1:40.17	34.73	250m:	2:50.06	34.87	350m:	4:00.86	35.33
	100m:	1:05.44	33.93	200m:	2:15.19	35.02	300m:	3:25.53	35.47	400m:	4:35.59	34.73
26.	Dadej Julia			05	BOSiR Brzesko				4:37.65	598		
	50m:	31.90	31.90	150m:	1:41.99	35.33	250m:	2:53.15	35.37	350m:	4:03.91	35.21
	100m:	1:06.66	34.76	200m:	2:17.78	35.79	300m:	3:28.70	35.55	400m:	4:37.65	33.74
27.	Kaczorowska Alicja			04	G-8 Bielany Warszawa				4:37.71	597		
	50m:	31.46	31.46	150m:	1:40.94	35.05	250m:	2:51.98	35.72	350m:	4:02.94	35.53
	100m:	1:05.89	34.43	200m:	2:16.26	35.32	300m:	3:27.41	35.43	400m:	4:37.71	34.77
28.	Fira Weronika			04	Sikret Gliwice				4:37.83	596		
	50m:	31.99	31.99	150m:	1:41.80	35.33	250m:	2:52.22	35.17	350m:	4:03.65	35.77
	100m:	1:06.47	34.48	200m:	2:17.05	35.25	300m:	3:27.88	35.66	400m:	4:37.83	34.18
29.	ak Amelia			04	Unia O wi cim				4:38.74	591		
	50m:	31.65	31.65	150m:	1:42.23	35.45	250m:	2:53.18	35.60	350m:	4:04.20	35.57
	100m:	1:06.78	35.13	200m:	2:17.58	35.35	300m:	3:28.63	35.45	400m:	4:38.74	34.54
30.	Adamska Maria			03	G-8 Bielany Warszawa				4:39.19	588		
	50m:	31.86	31.86	150m:	1:41.19	35.16	250m:	2:53.07	35.99	350m:	4:04.84	35.86
	100m:	1:06.03	34.17	200m:	2:17.08	35.89	300m:	3:28.98	35.91	400m:	4:39.19	34.35
31.	Wiktorowicz Patrycja			04	SMS Victoria Racibórz				4:40.07	582		
	50m:	32.20	32.20	150m:	1:42.71	35.65	250m:	2:53.95	35.56	350m:	4:05.83	36.10
	100m:	1:07.06	34.86	200m:	2:18.39	35.68	300m:	3:29.73	35.78	400m:	4:40.07	34.24
32.	Borys Zofia			04	G-8 Bielany Warszawa				4:40.17	582		
	50m:	32.81	32.81	150m:	1:42.93	35.37	250m:	2:54.64	35.80	350m:	4:05.21	35.27
	100m:	1:07.56	34.75	200m:	2:18.84	35.91	300m:	3:29.94	35.30	400m:	4:40.17	34.96
33.	Sobu Julia			04	Unia O wi cim				4:41.23	575		
	50m:	32.40	32.40	150m:	1:45.05	36.74	250m:	2:57.75	36.49	350m:	4:08.46	34.96
	100m:	1:08.31	35.91	200m:	2:21.26	36.21	300m:	3:33.50	35.75	400m:	4:41.23	32.77

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



Konkurencja 33, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
34.	Miernik Wiktoria			04	Unia O wi cim				4:41.56	573		
	50m:	32.19	32.19	150m:	1:42.64	35.86	250m:	2:55.08	36.20	350m:	4:07.35	36.04
	100m:	1:06.78	34.59	200m:	2:18.88	36.24	300m:	3:31.31	36.23	400m:	4:41.56	34.21
35.	Gawedzka Natalia			05	UKS MOS Ełk				4:42.43	568		
	50m:	32.05	32.05	150m:	1:43.30	36.22	250m:	2:55.92	36.39	350m:	4:08.00	36.20
	100m:	1:07.08	35.03	200m:	2:19.53	36.23	300m:	3:31.80	35.88	400m:	4:42.43	34.43
36.	Burdyn Dominika			05	AZS UMCS Lublin				4:43.55	561		
	50m:	32.09	32.09	150m:	1:43.01	35.64	250m:	2:56.04	36.27	350m:	4:08.84	36.61
	100m:	1:07.37	35.28	200m:	2:19.77	36.76	300m:	3:32.23	36.19	400m:	4:43.55	34.71
37.	Chyra Julia			03	I sk Wrocław				4:43.73	560		
	50m:	32.28	32.28	150m:	1:43.19	35.67	250m:	2:55.50	36.40	350m:	4:08.61	36.54
	100m:	1:07.52	35.24	200m:	2:19.10	35.91	300m:	3:32.07	36.57	400m:	4:43.73	35.12
38.	Hrapkowicz Klaudia			04	Unia O wi cim				4:44.13	558		
	50m:	32.09	32.09	150m:	1:43.71	36.16	250m:	2:55.93	35.82	350m:	4:08.57	36.15
	100m:	1:07.55	35.46	200m:	2:20.11	36.40	300m:	3:32.42	36.49	400m:	4:44.13	35.56
39.	Tofil Emilia			05	Delfin Gdynia				4:44.16	557		
	50m:	32.04	32.04	150m:	1:43.39	35.67	250m:	2:55.32	36.27	350m:	4:08.50	36.60
	100m:	1:07.72	35.68	200m:	2:19.05	35.66	300m:	3:31.90	36.58	400m:	4:44.16	35.66
40.	Jakubik Julia			05	Unia O wi cim				4:44.91	553		
	50m:	31.81	31.81	150m:	1:43.20	36.13	250m:	2:56.16	36.73	350m:	4:10.00	37.28
	100m:	1:07.07	35.26	200m:	2:19.43	36.23	300m:	3:32.72	36.56	400m:	4:44.91	34.91
41.	Ptaszy ska Weronika			03	Unia O wi cim				4:48.11	535		
	50m:	32.37	32.37	150m:	1:42.91	35.60	250m:	2:56.70	37.19	350m:	4:11.38	37.32
	100m:	1:07.31	34.94	200m:	2:19.51	36.60	300m:	3:34.06	37.36	400m:	4:48.11	36.73
42.	Dwojak Wiktoria			04	AZS UMCS Lublin				4:49.63	526		
	50m:	32.23	32.23	150m:	1:45.03	36.62	250m:	2:59.28	37.38	350m:	4:13.82	37.14
	100m:	1:08.41	36.18	200m:	2:21.90	36.87	300m:	3:36.68	37.40	400m:	4:49.63	35.81
43.	Dyduch Martyna			04	Unia O wi cim				4:50.99	519		
	50m:	32.41	32.41	150m:	1:44.61	36.58	250m:	2:59.76	37.85	350m:	4:15.52	37.88
	100m:	1:08.03	35.62	200m:	2:21.91	37.30	300m:	3:37.64	37.88	400m:	4:50.99	35.47
44.	Surmiak Klara			04	UKP Ruda I ska				4:53.77	504		
	50m:	32.36	32.36	150m:	1:44.89	37.28	250m:	3:00.71	37.94	350m:	4:16.86	37.81
	100m:	1:07.61	35.25	200m:	2:22.77	37.88	300m:	3:39.05	38.34	400m:	4:53.77	36.91
45.	Bukowska Olga			05	Pałac Młodzie y Katowice				4:58.62	480		
	50m:	33.81	33.81	150m:	1:49.87	38.30	250m:	3:06.93	37.82	350m:	4:22.75	37.76
	100m:	1:11.57	37.76	200m:	2:29.11	39.24	300m:	3:44.99	38.06	400m:	4:58.62	35.87
46.	Marczy ska Eliza			05	I sk Wrocław				4:59.95	474		
	50m:	32.81	32.81	150m:	1:48.59	38.40	250m:	3:05.47	38.04	350m:	4:22.58	38.86
	100m:	1:10.19	37.38	200m:	2:27.43	38.84	300m:	3:43.72	38.25	400m:	4:59.95	37.37
47.	Matwin Julia			05	Unia O wi cim				5:00.80	470		
	50m:	32.75	32.75	150m:	1:49.02	38.56	250m:	3:06.38	38.89	350m:	4:24.13	38.61
	100m:	1:10.46	37.71	200m:	2:27.49	38.47	300m:	3:45.52	39.14	400m:	5:00.80	36.67
48.	Polasik Natalia			02	Medyk Gi ycko				5:05.56	448		
	50m:	33.61	33.61	150m:	1:49.03	38.33	250m:	3:07.05	39.15	350m:	4:26.53	39.74
	100m:	1:10.70	37.09	200m:	2:27.90	38.87	300m:	3:46.79	39.74	400m:	5:05.56	39.03
49.	Kryza Maja			05	Unia O wi cim				5:07.40	440		
	50m:	34.16	34.16	150m:	1:50.79	39.06	250m:	3:10.37	39.62	350m:	4:29.76	39.49
	100m:	1:11.73	37.57	200m:	2:30.75	39.96	300m:	3:50.27	39.90	400m:	5:07.40	37.64
50.	Ryba Monika			05	Płetwal Zakopane				5:18.38	396		
	50m:	34.60	34.60	150m:	1:53.79	40.06	250m:	3:16.50	41.82	350m:	4:38.46	40.52
	100m:	1:13.73	39.13	200m:	2:34.68	40.89	300m:	3:57.94	41.44	400m:	5:18.38	39.92

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



Konkurencja 33, Kobiety, 400m dowolny, 14 lat i starsi

Pozycja									Rok ur.									Czas	Pkt.
51.	Grzybek Zofia								05	Victoria Kozy								5:29.63	357
	50m:	36.75	36.75	150m:	2:00.04	42.58	250m:	3:25.16	42.65	350m:	4:50.29	42.32							
	100m:	1:17.46	40.71	200m:	2:42.51	42.47	300m:	4:07.97	42.81	400m:	5:29.63	39.34							
DYSKW.	Siejak Patrycja								05	Kormoran Olsztyn								4:49.27	
	<i>O1 - Pływak wystartował po komendzie na miejsca i zaj ciu pozycji nieruchomej, a przed sygnałem startu.</i>																		
	<i>(Czas: 12:00)</i>																		
	50m:	33.13	33.13	150m:	1:45.66	36.39	250m:	3:00.20	37.27	350m:	4:13.82	36.83							
	100m:	1:09.27	36.14	200m:	2:22.93	37.27	300m:	3:36.99	36.79	400m:	4:49.27	35.45							

