



Arena Grand Prix Puchar Polski  
O wi cim, 24 - 25/10/2020



Konkurencja 12  
24/10/2020 - 16:00

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.					Czas	Pkt.		
1.	Knop Aleksandra		03	UKS 190 Łód				<b>4:43.40</b>	762		
	50m:	30.01 30.01	150m:	1:39.57	36.31	250m:	2:57.91	42.56	350m:	4:12.72	31.38
	100m:	1:03.26 33.25	200m:	2:15.35	35.78	300m:	3:41.34	43.43	400m:	4:43.40	30.68
2.	Herasimowicz Zuzanna		02	AZS AWF Warszawa				<b>4:43.65</b>	760		
	50m:	31.85 31.85	150m:	1:42.90	35.17	250m:	2:58.15	40.94	350m:	4:12.58	33.04
	100m:	1:07.73 35.88	200m:	2:17.21	34.31	300m:	3:39.54	41.39	400m:	4:43.65	31.07
3.	W grzynowska Aleksandra		01	I sk Wrocław				<b>4:51.70</b>	699		
	50m:	29.78 29.78	150m:	1:41.22	37.01	250m:	3:02.31	44.84	350m:	4:19.86	32.93
	100m:	1:04.21 34.43	200m:	2:17.47	36.25	300m:	3:46.93	44.62	400m:	4:51.70	31.84
4.	Nowak Zuzanna		02	Unia O wi cim				<b>4:54.20</b>	681		
	50m:	30.94 30.94	150m:	1:44.59	38.15	250m:	3:05.09	42.37	350m:	4:22.38	34.14
	100m:	1:06.44 35.50	200m:	2:22.72	38.13	300m:	3:48.24	43.15	400m:	4:54.20	31.82
5.	Andrzejewska Kamila		99	AZS UMCS Lublin				<b>4:54.23</b>	681		
	50m:	31.27 31.27	150m:	1:45.98	39.16	250m:	3:06.00	41.67	350m:	4:22.14	33.97
	100m:	1:06.82 35.55	200m:	2:24.33	38.35	300m:	3:48.17	42.17	400m:	4:54.23	32.09
6.	Famulok Zuzanna		03	Unia O wi cim				<b>4:56.06</b>	669		
	50m:	30.15 30.15	150m:	1:47.28	42.87	250m:	3:05.73	40.90	350m:	4:21.98	35.54
	100m:	1:04.41 34.26	200m:	2:24.83	37.55	300m:	3:46.44	40.71	400m:	4:56.06	34.08
7.	Lubi ska Alicja		05	Unia O wi cim				<b>4:58.95</b>	649		
	50m:	31.21 31.21	150m:	1:45.51	38.21	250m:	3:04.34	42.21	350m:	4:24.24	36.11
	100m:	1:07.30 36.09	200m:	2:22.13	36.62	300m:	3:48.13	43.79	400m:	4:58.95	34.71
8.	Biernat Oliwia		03	SMS Galicja Kraków				<b>5:01.96</b>	630		
	50m:	31.35 31.35	150m:	1:45.92	38.49	250m:	3:06.64	42.66	350m:	4:26.63	37.22
	100m:	1:07.43 36.08	200m:	2:23.98	38.06	300m:	3:49.41	42.77	400m:	5:01.96	35.33
9.	Lala Nadia		04	Unia O wi cim				<b>5:02.55</b>	626		
	50m:	31.23 31.23	150m:	1:47.24	39.62	250m:	3:09.74	43.49	350m:	4:29.52	35.60
	100m:	1:07.62 36.39	200m:	2:26.25	39.01	300m:	3:53.92	44.18	400m:	5:02.55	33.03
10.	Bednarz Julia		04	Orka Zamo				<b>5:04.11</b>	617		
	50m:	32.68 32.68	150m:	1:50.45	39.64	250m:	3:11.20	41.34	350m:	4:29.69	36.47
	100m:	1:10.81 38.13	200m:	2:29.86	39.41	300m:	3:53.22	42.02	400m:	5:04.11	34.42
11.	Mikołajczyk Maja		04	UKS SP-149 Łód				<b>5:04.47</b>	615		
	50m:	31.93 31.93	150m:	1:48.85	40.37	250m:	3:11.56	42.28	350m:	4:29.51	35.01
	100m:	1:08.48 36.55	200m:	2:29.28	40.43	300m:	3:54.50	42.94	400m:	5:04.47	34.96
12.	Burdyn Dominika		05	AZS UMCS Lublin				<b>5:08.73</b>	590		
	50m:	32.18 32.18	150m:	1:48.25	39.02	250m:	3:13.06	45.96	350m:	4:35.05	35.84
	100m:	1:09.23 37.05	200m:	2:27.10	38.85	300m:	3:59.21	46.15	400m:	5:08.73	33.68
13.	Słabosz Emilia		05	Wodnik 29 Tychy				<b>5:09.31</b>	586		
	50m:	31.63 31.63	150m:	1:47.85	39.02	250m:	3:10.98	45.28	350m:	4:35.50	35.85
	100m:	1:08.83 37.20	200m:	2:25.70	37.85	300m:	3:59.65	48.67	400m:	5:09.31	33.81
14.	Kossowska Julita		05	UKS 190 Łód				<b>5:09.47</b>	585		
	50m:	31.10 31.10	150m:	1:51.58	43.35	250m:	3:17.90	45.12	350m:	4:37.11	34.39
	100m:	1:08.23 37.13	200m:	2:32.78	41.20	300m:	4:02.72	44.82	400m:	5:09.47	32.36
15.	Maciejewska Beata		03	UKS SP-149 Łód				<b>5:10.85</b>	578		
	50m:	34.29 34.29	150m:	1:53.49	40.11	250m:	3:16.10	43.43	350m:	4:35.65	36.13
	100m:	1:13.38 39.09	200m:	2:32.67	39.18	300m:	3:59.52	43.42	400m:	5:10.85	35.20
16.	Marczak Marta		04	AZS AWF Katowice				<b>5:11.60</b>	573		
	50m:	32.90 32.90	150m:	1:51.54	40.89	250m:	3:15.12	44.84	350m:	4:38.01	37.10
	100m:	1:10.65 37.75	200m:	2:30.28	38.74	300m:	4:00.91	45.79	400m:	5:11.60	33.59

Obsługa zawodów: SMS SwimArt My lenice

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26/10/2020 18:53 - Strona 1



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O wi cim, 24 - 25/10/2020



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

Pozycja			Rok ur.					Czas	Pkt.			
17.	Gomułka Weronika		06	UKS 190 Łód				<b>5:11.64</b>	573			
	50m:	33.29	33.29	150m:	1:51.35	39.58	250m:	3:14.73	44.63	350m:	4:36.34	36.31
	100m:	1:11.77	38.48	200m:	2:30.10	38.75	300m:	4:00.03	45.30	400m:	5:11.64	35.30
18.	Sioma Zuzanna		04	Orka Zamo				<b>5:14.33</b>	559			
	50m:	33.08	33.08	150m:	1:50.98	38.38	250m:	3:13.80	44.72	350m:	4:37.70	38.48
	100m:	1:12.60	39.52	200m:	2:29.08	38.10	300m:	3:59.22	45.42	400m:	5:14.33	36.63
19.	Surmiak Klara		04	UKP Ruda I ska				<b>5:14.53</b>	557			
	50m:	33.18	33.18	150m:	1:53.00	41.09	250m:	3:17.41	43.35	350m:	4:39.35	38.01
	100m:	1:11.91	38.73	200m:	2:34.06	41.06	300m:	4:01.34	43.93	400m:	5:14.53	35.18
20.	Dyduch Martyna		04	Unia O wi cim				<b>5:15.76</b>	551			
	50m:	34.79	34.79	150m:	1:55.80	40.89	250m:	3:20.63	44.89	350m:	4:41.73	36.26
	100m:	1:14.91	40.12	200m:	2:35.74	39.94	300m:	4:05.47	44.84	400m:	5:15.76	34.03
21.	Bukowska Olga		05	UKP Ruda I ska				<b>5:15.83</b>	551			
	50m:	33.79	33.79	150m:	1:55.11	41.37	250m:	3:20.74	44.88	350m:	4:42.17	35.93
	100m:	1:13.74	39.95	200m:	2:35.86	40.75	300m:	4:06.24	45.50	400m:	5:15.83	33.66
22.	Wrona Ewa		06	Jasie Sucha Besk.				<b>5:18.13</b>	539			
	50m:	34.16	34.16	150m:	1:57.16	42.71	250m:	3:21.70	42.71	350m:	4:43.17	37.65
	100m:	1:14.45	40.29	200m:	2:38.99	41.83	300m:	4:05.52	43.82	400m:	5:18.13	34.96
23.	Zmierczak Natalia		03	Kormoran Olsztyn				<b>5:18.29</b>	538			
	50m:	30.91	30.91	150m:	1:49.41	41.49	250m:	3:14.84	45.50	350m:	4:39.65	37.92
	100m:	1:07.92	37.01	200m:	2:29.34	39.93	300m:	4:01.73	46.89	400m:	5:18.29	38.64
24.	Koral Milena		05	Aquatica Pawłowice				<b>5:20.71</b>	526			
	50m:	33.30	33.30	150m:	1:53.63	41.68	250m:	3:20.69	45.53	350m:	4:43.87	37.98
	100m:	1:11.95	38.65	200m:	2:35.16	41.53	300m:	4:05.89	45.20	400m:	5:20.71	36.84
25.	Cicha Aleksandra		05	SMS Galicja Kraków				<b>5:20.85</b>	525			
	50m:	34.25	34.25	150m:	1:53.95	39.85	250m:	3:20.15	46.91	350m:	4:45.22	37.18
	100m:	1:14.10	39.85	200m:	2:33.24	39.29	300m:	4:08.04	47.89	400m:	5:20.85	35.63
26.	Zi ba Anastazja		05	Delfin Toru				<b>5:24.08</b>	510			
	50m:	33.30	33.30	150m:	2:00.06	43.32	250m:	3:26.48	46.64	350m:	4:49.35	36.23
	100m:	1:16.74	43.44	200m:	2:39.84	39.78	300m:	4:13.12	46.64	400m:	5:24.08	34.73
27.	Jakubik Julia		05	Unia O wi cim				<b>5:24.39</b>	508			
	50m:	34.84	34.84	150m:	1:58.60	41.94	250m:	3:24.43	46.32	350m:	4:48.93	37.76
	100m:	1:16.66	41.82	200m:	2:38.11	39.51	300m:	4:11.17	46.74	400m:	5:24.39	35.46

