



Arena Grand Prix Puchar Polski
O wi cim, 19 - 20/3/2022



Konkurencja 22
19/3/2022 - 21:09

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Minimum kwalifikacyjne Mistrzostwa świata Seniorów Open: 4:07.90

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
1. Pola ska Aleksandra	00 GOS Raszyn	4:14.33	803
50m: 29.13 29.13	150m: 1:32.56 31.83	250m: 2:36.80 32.06	350m: 3:41.93 32.66
100m: 1:00.73 31.60	200m: 2:04.74 32.18	300m: 3:09.27 32.47	400m: 4:14.33 32.40
2. Knop Aleksandra	03 UKS 190 Łód	4:18.27	767
50m: 28.78 28.78	150m: 1:33.38 32.38	250m: 2:39.30 33.12	350m: 3:45.49 32.94
100m: 1:01.00 32.22	200m: 2:06.18 32.80	300m: 3:12.55 33.25	400m: 4:18.27 32.78
3. Tarasiewicz Klaudia	04 MKP Szczecin	4:20.11	751
50m: 30.35 30.35	150m: 1:34.83 32.29	250m: 2:40.26 32.59	350m: 3:46.72 33.49
100m: 1:02.54 32.19	200m: 2:07.67 32.84	300m: 3:13.23 32.97	400m: 4:20.11 33.39
4. Piechota Paulina	99 UKS 190 Łód	4:21.73	737
50m: 30.53 30.53	150m: 1:35.74 32.77	250m: 2:41.66 33.13	350m: 3:48.81 33.97
100m: 1:02.97 32.44	200m: 2:08.53 32.79	300m: 3:14.84 33.18	400m: 4:21.73 32.92
5. Piekarska Natalia	06 UKS 190 Łód	4:27.98	687
50m: 30.66 30.66	150m: 1:38.86 34.01	250m: 2:46.98 33.82	350m: 3:54.94 33.38
100m: 1:04.85 34.19	200m: 2:13.16 34.30	300m: 3:21.56 34.58	400m: 4:27.98 33.04
6. Czubak Maria	06 IKS Konstancin	4:28.85	680
50m: 30.39 30.39	150m: 1:38.76 34.25	250m: 2:46.94 34.21	350m: 3:55.78 34.55
100m: 1:04.51 34.12	200m: 2:12.73 33.97	300m: 3:21.23 34.29	400m: 4:28.85 33.07
7. Maciak Julia	06 Muszelka Warszawa	4:29.10	678
50m: 30.65 30.65	150m: 1:38.55 34.25	250m: 2:46.93 34.26	350m: 3:55.87 34.62
100m: 1:04.30 33.65	200m: 2:12.67 34.12	300m: 3:21.25 34.32	400m: 4:29.10 33.23
8. Kulik Julia	05 GOS Raszyn	4:29.77	673
50m: 30.44 30.44	150m: 1:37.15 33.31	250m: 2:45.20 34.13	350m: 3:55.59 35.04
100m: 1:03.84 33.40	200m: 2:11.07 33.92	300m: 3:20.55 35.35	400m: 4:29.77 34.18
9. Wrzesi ska Wiktoria	04 UKS 190 Łód	4:33.04	649
50m: 31.83 31.83	150m: 1:41.70 35.18	250m: 2:50.81 34.33	350m: 3:59.40 34.29
100m: 1:06.52 34.69	200m: 2:16.48 34.78	300m: 3:25.11 34.30	400m: 4:33.04 33.64
10. Wilk Anna	06 Fala Kra nik	4:33.07	649
50m: 30.89 30.89	150m: 1:39.92 34.83	250m: 2:49.55 35.05	350m: 3:59.98 35.08
100m: 1:05.09 34.20	200m: 2:14.50 34.58	300m: 3:24.90 35.35	400m: 4:33.07 33.09
11. Łuczak Dominika	02 TP Zielona Góra	4:33.25	648
50m: 31.50 31.50	150m: 1:39.72 34.21	250m: 2:49.26 34.62	350m: 3:59.12 34.80
100m: 1:05.51 34.01	200m: 2:14.64 34.92	300m: 3:24.32 35.06	400m: 4:33.25 34.13
12. Siwko Natalia	04 AZS UMCS Lublin	4:33.69	644
50m: 31.85 31.85	150m: 1:41.14 34.86	250m: 2:50.97 35.06	350m: 4:00.61 34.99
100m: 1:06.28 34.43	200m: 2:15.91 34.77	300m: 3:25.62 34.65	400m: 4:33.69 33.08
13. Cioch-Gradzik Wiktoria	03 AZS UMCS Lublin	4:34.14	641
50m: 31.67 31.67	150m: 1:40.31 34.50	250m: 2:50.11 35.05	350m: 4:00.10 34.72
100m: 1:05.81 34.14	200m: 2:15.06 34.75	300m: 3:25.38 35.27	400m: 4:34.14 34.04
14. Chmielewska Aleksandra	06 Olimpijczyk Suwałki	4:35.18	634
50m: 31.55 31.55	150m: 1:40.75 34.87	250m: 2:50.70 34.99	350m: 4:01.17 35.36
100m: 1:05.88 34.33	200m: 2:15.71 34.96	300m: 3:25.81 35.11	400m: 4:35.18 34.01
15. Kusion Judyta	06 Unia O wi cim	4:35.36	633
50m: 31.64 31.64	150m: 1:41.10 35.00	250m: 2:51.85 35.62	350m: 4:02.38 34.97
100m: 1:06.10 34.46	200m: 2:16.23 35.13	300m: 3:27.41 35.56	400m: 4:35.36 32.98
16. Domoradzka Aleksandra	03 AZS UMCS Lublin	4:36.04	628
50m: 30.85 30.85	150m: 1:40.30 34.83	250m: 2:51.03 35.45	350m: 4:02.10 35.68
100m: 1:05.47 34.62	200m: 2:15.58 35.28	300m: 3:26.42 35.39	400m: 4:36.04 33.94

Obsługa zawodów: SMS SwimArt My lenice

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19/3/2022 21:24 - Strona 1



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Konkurencja 22, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
17.	Maksymowicz Nina			05	G-8 Bielany Warszawa				4:36.59	624		
	50m:	31.53	31.53	150m:	1:40.49	34.73	250m:	2:50.05	34.85	350m:	4:02.08	35.85
	100m:	1:05.76	34.23	200m:	2:15.20	34.71	300m:	3:26.23	36.18	400m:	4:36.59	34.51
18.	Nowak Maja			03	UKS 48 Warszawa ródmi cie				4:36.64	624		
	50m:	31.36	31.36	150m:	1:41.62	35.69	250m:	2:53.05	34.97	350m:	4:02.98	34.13
	100m:	1:05.93	34.57	200m:	2:18.08	36.46	300m:	3:28.85	35.80	400m:	4:36.64	33.66
19.	Rudomina Agnieszka			06	abianka Gda sk				4:37.23	620		
	50m:	32.35	32.35	150m:	1:43.33	35.77	250m:	2:54.45	35.34	350m:	4:04.34	34.87
	100m:	1:07.56	35.21	200m:	2:19.11	35.78	300m:	3:29.47	35.02	400m:	4:37.23	32.89
20.	Słabosz Emilia			05	MOSM Tychy				4:37.41	619		
	50m:	31.31	31.31	150m:	1:41.88	35.64	250m:	2:53.29	35.82	350m:	4:04.44	35.37
	100m:	1:06.24	34.93	200m:	2:17.47	35.59	300m:	3:29.07	35.78	400m:	4:37.41	32.97
21.	Figas Alicja			04	MKP Szczecin				4:37.60	618		
	50m:	32.83	32.83	150m:	1:43.32	35.49	250m:	2:53.74	35.13	350m:	4:03.86	34.83
	100m:	1:07.83	35.00	200m:	2:18.61	35.29	300m:	3:29.03	35.29	400m:	4:37.60	33.74
22.	Łysakowska Karina			06	Trójka Łód				4:37.91	615		
	50m:	31.36	31.36	150m:	1:41.15	35.17	250m:	2:51.49	35.34	350m:	4:03.23	35.86
	100m:	1:05.98	34.62	200m:	2:16.15	35.00	300m:	3:27.37	35.88	400m:	4:37.91	34.68
23.	Lala Nadia			04	Unia O wi cim				4:38.17	614		
	50m:	31.58	31.58	150m:	1:42.17	35.76	250m:	2:53.28	35.43	350m:	4:04.52	35.56
	100m:	1:06.41	34.83	200m:	2:17.85	35.68	300m:	3:28.96	35.68	400m:	4:38.17	33.65
24.	Wiktorowicz Patrycja			04	SMS Victoria Racibórz				4:38.92	609		
	50m:	31.97	31.97	150m:	1:41.73	35.18	250m:	2:53.41	36.07	350m:	4:05.47	36.06
	100m:	1:06.55	34.58	200m:	2:17.34	35.61	300m:	3:29.41	36.00	400m:	4:38.92	33.45
25.	Raczy ska Wiktoria			04	AZS UŁ PŁ Łód				4:38.95	609		
	50m:	32.08	32.08	150m:	1:43.42	35.74	250m:	2:54.35	35.59	350m:	4:05.08	35.25
	100m:	1:07.68	35.60	200m:	2:18.76	35.34	300m:	3:29.83	35.48	400m:	4:38.95	33.87
26.	Szalast Karolina			05	Tri-Team Rumia				4:38.96	609		
	50m:	32.74	32.74	150m:	1:43.57	35.46	250m:	2:54.34	35.43	350m:	4:05.22	35.36
	100m:	1:08.11	35.37	200m:	2:18.91	35.34	300m:	3:29.86	35.52	400m:	4:38.96	33.74
27.	Hellak Emilia			03	Swim-Art Wrocław				4:39.18	607		
	50m:	31.25	31.25	150m:	1:40.88	35.24	250m:	2:51.17	35.34	350m:	4:03.61	36.25
	100m:	1:05.64	34.39	200m:	2:15.83	34.95	300m:	3:27.36	36.19	400m:	4:39.18	35.57
28.	Gu Wiktoria			04	Delfin Piotrków Tryb.				4:39.57	605		
	50m:	30.30	30.30	150m:	1:39.33	35.40	250m:	2:50.08	35.61	350m:	4:03.17	36.65
	100m:	1:03.93	33.63	200m:	2:14.47	35.14	300m:	3:26.52	36.44	400m:	4:39.57	36.40
29.	Pasierowska Wiktoria			05	GIM 92 Ursynów				4:39.97	602		
	50m:	31.45	31.45	150m:	1:40.22	35.01	250m:	2:51.59	36.02	350m:	4:04.04	36.51
	100m:	1:05.21	33.76	200m:	2:15.57	35.35	300m:	3:27.53	35.94	400m:	4:39.97	35.93
30.	Walczak Barbara			06	G-8 Bielany Warszawa				4:40.04	602		
	50m:	30.87	30.87	150m:	1:40.21	35.34	250m:	2:52.06	36.00	350m:	4:04.63	36.28
	100m:	1:04.87	34.00	200m:	2:16.06	35.85	300m:	3:28.35	36.29	400m:	4:40.04	35.41
31.	Ferszt Kornelia			08	Górnik Sosnowiec				4:40.18	601		
	50m:	32.15	32.15	150m:	1:45.86	36.88	250m:	2:57.28	35.43	350m:	4:07.41	34.79
	100m:	1:08.98	36.83	200m:	2:21.85	35.99	300m:	3:32.62	35.34	400m:	4:40.18	32.77
32.	Poppe Marta			07	Manta Kochłowice Ruda I.				4:42.74	584		
	50m:	31.74	31.74	150m:	1:42.38	35.66	250m:	2:54.82	36.10	350m:	4:07.78	36.22
	100m:	1:06.72	34.98	200m:	2:18.72	36.34	300m:	3:31.56	36.74	400m:	4:42.74	34.96
33.	Bocian Roksana			04	Unia O wi cim				4:43.15	582		
	50m:	32.03	32.03	150m:	1:43.39	36.08	250m:	2:56.55	36.90	350m:	4:10.36	37.15
	100m:	1:07.31	35.28	200m:	2:19.65	36.26	300m:	3:33.21	36.66	400m:	4:43.15	32.79





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Pozycja				Rok ur.					Czas	Pkt.		
34.	Sowa Barbara			07	Unia O wi cim				4:43.33	581		
	50m:	30.88	30.88	150m:	1:42.44	36.08	250m:	2:55.12	36.02	350m:	4:07.55	36.02
	100m:	1:06.36	35.48	200m:	2:19.10	36.66	300m:	3:31.53	36.41	400m:	4:43.33	35.78
35.	R czkowska Maja			07	Jedno 32 Przyszowice				4:43.68	579		
	50m:	32.36	32.36	150m:	1:43.14	35.75	250m:	2:55.32	36.11	350m:	4:08.55	36.48
	100m:	1:07.39	35.03	200m:	2:19.21	36.07	300m:	3:32.07	36.75	400m:	4:43.68	35.13
36.	Maksymowicz Nadia			05	G-8 Bielany Warszawa				4:43.84	578		
	50m:	30.27	30.27	150m:	1:40.97	35.93	250m:	2:54.09	36.80	350m:	4:08.58	37.15
	100m:	1:05.04	34.77	200m:	2:17.29	36.32	300m:	3:31.43	37.34	400m:	4:43.84	35.26
37.	Dadej Julia			05	SMS Galicja Kraków				4:44.02	577		
	50m:	33.14	33.14	150m:	1:45.08	36.22	250m:	2:57.72	36.27	350m:	4:09.65	35.85
	100m:	1:08.86	35.72	200m:	2:21.45	36.37	300m:	3:33.80	36.08	400m:	4:44.02	34.37
38.	Stru yk Karolina			04	Juvenia Wrocław				4:44.16	576		
	50m:	31.59	31.59	150m:	1:43.50	36.37	250m:	2:55.87	36.28	350m:	4:09.49	36.99
	100m:	1:07.13	35.54	200m:	2:19.59	36.09	300m:	3:32.50	36.63	400m:	4:44.16	34.67
39.	Macura Kinga			06	Unia O wi cim				4:45.61	567		
	50m:	32.37	32.37	150m:	1:43.94	35.83	250m:	2:56.85	36.51	350m:	4:09.88	36.48
	100m:	1:08.11	35.74	200m:	2:20.34	36.40	300m:	3:33.40	36.55	400m:	4:45.61	35.73
40.	Ostrowska Nina			06	Trójka Łód				4:45.84	566		
	50m:	31.51	31.51	150m:	1:42.08	35.67	250m:	2:56.09	37.25	350m:	4:10.06	36.85
	100m:	1:06.41	34.90	200m:	2:18.84	36.76	300m:	3:33.21	37.12	400m:	4:45.84	35.78
41.	Małolepsza Weronika			07	MKP Szczecin				4:45.92	565		
	50m:	32.82	32.82	150m:	1:44.67	36.40	250m:	2:57.33	36.87	350m:	4:11.34	37.68
	100m:	1:08.27	35.45	200m:	2:20.46	35.79	300m:	3:33.66	36.33	400m:	4:45.92	34.58
42.	Szczerba Patrycja			07	Delfin Tamów				4:47.14	558		
	50m:	32.15	32.15	150m:	1:45.30	36.83	250m:	2:59.40	36.97	350m:	4:12.70	36.46
	100m:	1:08.47	36.32	200m:	2:22.43	37.13	300m:	3:36.24	36.84	400m:	4:47.14	34.44
43.	Wiernicka Julia			07	Pi tka Chorzów				4:47.31	557		
	50m:	32.40	32.40	150m:	1:43.82	36.16	250m:	2:58.38	37.51	350m:	4:11.29	36.30
	100m:	1:07.66	35.26	200m:	2:20.87	37.05	300m:	3:34.99	36.61	400m:	4:47.31	36.02
44.	Szwabi ka Alicja			06	Torpeda Ole nica				4:47.42	556		
	50m:	31.89	31.89	150m:	1:44.09	36.44	250m:	2:57.80	36.62	350m:	4:12.01	36.89
	100m:	1:07.65	35.76	200m:	2:21.18	37.09	300m:	3:35.12	37.32	400m:	4:47.42	35.41
45.	Badura Natalia			06	Unia O wi cim				4:49.05	547		
	50m:	32.63	32.63	150m:	1:45.53	36.86	250m:	3:00.06	37.36	350m:	4:13.39	36.34
	100m:	1:08.67	36.04	200m:	2:22.70	37.17	300m:	3:37.05	36.99	400m:	4:49.05	35.66
46.	Ptaszy ska Weronika			03	Unia O wi cim				4:49.93	542		
	50m:	32.93	32.93	150m:	1:45.17	36.54	250m:	2:58.68	36.84	350m:	4:13.60	37.15
	100m:	1:08.63	35.70	200m:	2:21.84	36.67	300m:	3:36.45	37.77	400m:	4:49.93	36.33
47.	Biszewska Gabriela			05	Olimpijczyk Suwałki				4:50.64	538		
	50m:	32.14	32.14	150m:	1:44.48	36.86	250m:	2:59.45	37.67	350m:	4:14.13	37.14
	100m:	1:07.62	35.48	200m:	2:21.78	37.30	300m:	3:36.99	37.54	400m:	4:50.64	36.51
48.	Ba kowska Wiktoria			08	MOS Opolo				4:51.08	536		
	50m:	33.05	33.05	150m:	1:45.55	36.72	250m:	2:59.69	37.31	350m:	4:14.16	37.39
	100m:	1:08.83	35.78	200m:	2:22.38	36.83	300m:	3:36.77	37.08	400m:	4:51.08	36.92
49.	Trafalska Zuzanna			07	Olimpijczyk Aleksandrów Ł.				4:53.41	523		
	50m:	31.54	31.54	150m:	1:44.61	36.32	250m:	2:59.67	37.87	350m:	4:16.96	38.19
	100m:	1:08.29	36.75	200m:	2:21.80	37.19	300m:	3:38.77	39.10	400m:	4:53.41	36.45
50.	Skrobisz Urszula			06	Ósemka Starogard Gd.				4:54.24	519		
	50m:	33.99	33.99	150m:	1:48.60	37.53	250m:	3:04.06	37.63	350m:	4:18.74	37.44
	100m:	1:11.07	37.08	200m:	2:26.43	37.83	300m:	3:41.30	37.24	400m:	4:54.24	35.50





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Pozycja				Rok ur.					Czas	Pkt.		
51.	Łazarz Milena			06	Unia O wi cim				4:54.42	518		
	50m:	32.10	32.10	150m:	1:45.05	37.33	250m:	3:00.22	37.42	350m:	4:16.78	38.46
	100m:	1:07.72	35.62	200m:	2:22.80	37.75	300m:	3:38.32	38.10	400m:	4:54.42	37.64
52.	Kieruzel Martyna			05	UKS 190 Łód				4:56.10	509		
	50m:	33.56	33.56	150m:	1:47.04	37.45	250m:	3:04.67	38.79	350m:	4:20.47	37.17
	100m:	1:09.59	36.03	200m:	2:25.88	38.84	300m:	3:43.30	38.63	400m:	4:56.10	35.63
53.	Haładyn Kamila			04	UKS 190 Łód				4:56.25	508		
	50m:	33.80	33.80	150m:	1:49.20	38.02	250m:	3:05.61	38.33	350m:	4:20.02	36.30
	100m:	1:11.18	37.38	200m:	2:27.28	38.08	300m:	3:43.72	38.11	400m:	4:56.25	36.23
54.	Przybysz Kinga			04	Astromal Leszno				5:00.63	486		
	50m:	32.98	32.98	150m:	1:48.97	38.62	250m:	3:06.85	39.12	350m:	4:23.89	37.93
	100m:	1:10.35	37.37	200m:	2:27.73	38.76	300m:	3:45.96	39.11	400m:	5:00.63	36.74
55.	Zi ba Emilia			04	AZS AWF Katowice				5:04.31	469		
	50m:	33.91	33.91	150m:	1:49.64	38.53	250m:	3:07.44	38.96	350m:	4:25.83	38.89
	100m:	1:11.11	37.20	200m:	2:28.48	38.84	300m:	3:46.94	39.50	400m:	5:04.31	38.48
56.	Kowalczyk Katarzyna			05	Trójka Łód				5:06.30	460		
	50m:	33.91	33.91	150m:	1:50.01	38.53	250m:	3:08.60	39.38	350m:	4:27.38	39.36
	100m:	1:11.48	37.57	200m:	2:29.22	39.21	300m:	3:48.02	39.42	400m:	5:06.30	38.92

