



Arena Grand Prix Puchar Polski
O wi cim, 9 - 10/3/2024



Konkurencja 11
9/3/2024 - 14:02

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Minimum kwalifikacyjne IO Paris 2024 Open: 4:38.53 / Minimum kwalifikacyjne MES Belgrad 2024 Open: 4:45.89

Punkt: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.
1. Knop Aleksandra	03 UKS 190 Łód	4:58.50	710
50m: 29.99 29.99	150m: 1:41.98 37.48	250m: 3:03.06 44.28	350m: 4:23.95 35.32
100m: 1:04.50 34.51	200m: 2:18.78 36.80	300m: 3:48.63 45.57	400m: 4:58.50 34.55
2. Gli ska Oliwia	07 TP Zielona Góra	5:01.47	689
50m: 33.11 33.11	150m: 1:48.17 38.61	250m: 3:08.66 43.39	350m: 4:26.88 35.32
100m: 1:09.56 36.45	200m: 2:25.27 37.10	300m: 3:51.56 42.90	400m: 5:01.47 34.59
3. Juda Aleksandra	06 Unia O wi cim	5:10.48	631
50m: 32.24 32.24	150m: 1:50.04 41.07	250m: 3:13.55 43.75	350m: 4:34.60 37.17
100m: 1:08.97 36.73	200m: 2:29.80 39.76	300m: 3:57.43 43.88	400m: 5:10.48 35.88
4. Wilk Anna	06 Fala Kra nik	5:12.64	618
50m: 33.07 33.07	150m: 1:51.87 41.11	250m: 3:16.45 44.50	350m: 4:38.26 36.63
100m: 1:10.76 37.69	200m: 2:31.95 40.08	300m: 4:01.63 45.18	400m: 5:12.64 34.38
5. B tkowska Zuzanna	06 SMS Galicja Kraków	5:12.78	617
50m: 33.09 33.09	150m: 1:51.97 41.37	250m: 3:14.97 42.95	350m: 4:36.30 37.85
100m: 1:10.60 37.51	200m: 2:32.02 40.05	300m: 3:58.45 43.48	400m: 5:12.78 36.48
6. Piekarska Natalia	06 UKS 190 Łód	5:13.20	615
50m: 32.24 32.24	150m: 1:50.10 41.46	250m: 3:17.99 46.80	350m: 4:38.99 34.38
100m: 1:08.64 36.40	200m: 2:31.19 41.09	300m: 4:04.61 46.62	400m: 5:13.20 34.21
7. Sulak Antonina	06 Pi тка Konstantynów Ł.	5:14.65	606
50m: 34.25 34.25	150m: 1:53.82 40.01	250m: 3:18.54 45.34	350m: 4:39.51 36.50
100m: 1:13.81 39.56	200m: 2:33.20 39.38	300m: 4:03.01 44.47	400m: 5:14.65 35.14
8. Brzozowska Julia	08 AZS UMCS Lublin	5:15.06	604
50m: 33.05 33.05	150m: 1:50.18 38.25	250m: 3:15.45 46.37	350m: 4:39.01 37.17
100m: 1:11.93 38.88	200m: 2:29.08 38.90	300m: 4:01.84 46.39	400m: 5:15.06 36.05
9. Traczyk Anna	06 Juvenia Wrocław	5:16.85	594
50m: 32.93 32.93	150m: 1:51.12 39.70	250m: 3:16.37 46.74	350m: 4:41.56 37.56
100m: 1:11.42 38.49	200m: 2:29.63 38.51	300m: 4:04.00 47.63	400m: 5:16.85 35.29
10. Teodorowicz Michalina	07 SMS Galicja Kraków	5:18.37	585
50m: 32.99 32.99	150m: 1:52.17 41.49	250m: 3:19.36 45.88	350m: 4:42.90 37.45
100m: 1:10.68 37.69	200m: 2:33.48 41.31	300m: 4:05.45 46.09	400m: 5:18.37 35.47
11. Dudek Lena	09 CSiR MOS D browa Grn.	5:18.50	584
50m: 32.99 32.99	150m: 1:51.54 41.89	250m: 3:17.64 44.66	350m: 4:42.39 38.54
100m: 1:09.65 36.66	200m: 2:32.98 41.44	300m: 4:03.85 46.21	400m: 5:18.50 36.11
12. Milancej El bieta	09 Polonia Warszawa	5:18.52	584
50m: 33.64 33.64	150m: 1:59.02 44.87	250m: 3:25.00 43.98	350m: 4:44.73 36.09
100m: 1:14.15 40.51	200m: 2:41.02 42.00	300m: 4:08.64 43.64	400m: 5:18.52 33.79
13. Maciak Julia	06 Muszelka Warszawa	5:19.85	577
50m: 33.75 33.75	150m: 1:53.04 40.95	250m: 3:22.04 49.77	350m: 4:46.67 35.23
100m: 1:12.09 38.34	200m: 2:32.27 39.23	300m: 4:11.44 49.40	400m: 5:19.85 33.18
14. Mla Viktoria	07 Unia O wi cim	5:21.18	570
50m: 32.96 32.96	150m: 1:55.45 43.10	250m: 3:21.59 44.50	350m: 4:45.36 38.84
100m: 1:12.35 39.39	200m: 2:37.09 41.64	300m: 4:06.52 44.93	400m: 5:21.18 35.82
15. Stefa czyk Magdalena	08 CSiR MOS D browa Grn.	5:21.33	569
50m: 33.17 33.17	150m: 1:54.04 42.43	250m: 3:20.24 45.40	350m: 4:44.80 38.41
100m: 1:11.61 38.44	200m: 2:34.84 40.80	300m: 4:06.39 46.15	400m: 5:21.33 36.53





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O wi cim, 9 - 10/3/2024



Konkurencja 11, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja	Rok ur.	Czas	Pkt.
16. Kosta czyk Kaja	09 CSiR MOS D browa Grn.	5:21.87	566
50m: 31.98 31.98	150m: 1:52.26 41.22	250m: 3:19.31 47.73	350m: 4:46.45 38.09
100m: 1:11.04 39.06	200m: 2:31.58 39.32	300m: 4:08.36 49.05	400m: 5:21.87 35.42
17. Skrzypczak Natalia	07 Akademia SMS Racibórz	5:21.94	566
50m: 33.90 33.90	150m: 1:54.87 42.72	250m: 3:21.93 46.11	350m: 4:45.50 38.48
100m: 1:12.15 38.25	200m: 2:35.82 40.95	300m: 4:07.02 45.09	400m: 5:21.94 36.44
18. Wnuk Jessika	08 Juvenia Wrocław	5:22.39	563
50m: 32.80 32.80	150m: 1:53.91 43.02	250m: 3:23.08 47.50	350m: 4:47.35 37.65
100m: 1:10.89 38.09	200m: 2:35.58 41.67	300m: 4:09.70 46.62	400m: 5:22.39 35.04
19. Marciniak Aleksandra	07 SMS Galicja Kraków	5:23.46	558
50m: 32.66 32.66	150m: 1:52.58 42.95	250m: 3:20.09 46.03	350m: 4:45.31 38.94
100m: 1:09.63 36.97	200m: 2:34.06 41.48	300m: 4:06.37 46.28	400m: 5:23.46 38.15
20. Jarosz Helena	06 Omega Olkusz	5:25.29	549
50m: 32.75 32.75	150m: 1:54.56 42.81	250m: 3:20.91 45.21	350m: 4:46.50 39.71
100m: 1:11.75 39.00	200m: 2:35.70 41.14	300m: 4:06.79 45.88	400m: 5:25.29 38.79
21. Zi tek Julia	09 UKP Ruda I ska	5:25.83	546
50m: 33.70 33.70	150m: 1:57.91 43.93	250m: 3:28.08 47.28	350m: 4:50.84 35.49
100m: 1:13.98 40.28	200m: 2:40.80 42.89	300m: 4:15.35 47.27	400m: 5:25.83 34.99
22. Wrzesi ska Wiktoria	04 UKS 190 Łód	5:26.80	541
50m: 34.99 34.99	150m: 2:00.70 46.03	250m: 3:28.28 44.36	350m: 4:50.73 36.90
100m: 1:14.67 39.68	200m: 2:43.92 43.22	300m: 4:13.83 45.55	400m: 5:26.80 36.07
23. Kapka Antonina	09 CSiR MOS D browa Grn.	5:27.78	536
50m: 33.89 33.89	150m: 1:58.50 45.18	250m: 3:26.53 45.57	350m: 4:50.95 39.10
100m: 1:13.32 39.43	200m: 2:40.96 42.46	300m: 4:11.85 45.32	400m: 5:27.78 36.83
24. Wieczorek Michalina	09 Unia O wi cim	5:27.88	536
50m: 33.90 33.90	150m: 1:56.29 42.64	250m: 3:26.03 47.60	350m: 4:51.99 37.14
100m: 1:13.65 39.75	200m: 2:38.43 42.14	300m: 4:14.85 48.82	400m: 5:27.88 35.89
25. Wrona Maria	08 Unia O wi cim	5:29.10	530
50m: 34.81 34.81	150m: 2:00.41 44.40	250m: 3:30.12 46.39	350m: 4:53.63 36.41
100m: 1:16.01 41.20	200m: 2:43.73 43.32	300m: 4:17.22 47.10	400m: 5:29.10 35.47
26. Matyjasek Olga	10 Swim Team MOSiR K dzierzyn-K.	5:29.34	529
50m: 32.46 32.46	150m: 1:57.98 43.61	250m: 3:26.76 46.19	350m: 4:52.69 39.44
100m: 1:14.37 41.91	200m: 2:40.57 42.59	300m: 4:13.25 46.49	400m: 5:29.34 36.65
27. Kijewska Wiktoria	08 Polonia Warszawa	5:30.82	521
50m: 33.07 33.07	150m: 1:54.44 42.32	250m: 3:25.86 49.22	350m: 4:52.72 37.91
100m: 1:12.12 39.05	200m: 2:36.64 42.20	300m: 4:14.81 48.95	400m: 5:30.82 38.10
28. Varyvonchuk Julia	09 Juvenia Wrocław	5:31.38	519
50m: 33.86 33.86	150m: 2:00.00 44.40	250m: 3:23.18 47.54	350m: 4:52.69 40.38
100m: 1:13.74 39.88	200m: 2:35.64 41.14	300m: 4:12.31 49.13	400m: 5:31.38 38.69
29. Ornowska Zuzanna	08 Polonia Warszawa	5:33.34	510
50m: 34.45 34.45	150m: 2:01.69 44.15	250m: 3:30.65 46.02	350m: 4:56.52 38.29
100m: 1:17.54 43.09	200m: 2:44.63 42.94	300m: 4:18.23 47.58	400m: 5:33.34 36.82
30. Matyniak Sylwia	08 CSiR MOS D browa Grn.	5:34.71	503
50m: 32.34 32.34	150m: 1:55.15 43.53	250m: 3:26.94 48.76	350m: 4:57.60 39.57
100m: 1:11.62 39.28	200m: 2:38.18 43.03	300m: 4:18.03 51.09	400m: 5:34.71 37.11
31. Sty Zuzanna	09 Polonia Warszawa	5:34.83	503
50m: 34.01 34.01	150m: 1:58.88 45.29	250m: 3:30.91 47.79	350m: 4:58.25 38.67
100m: 1:13.59 39.58	200m: 2:43.12 44.24	300m: 4:19.58 48.67	400m: 5:34.83 36.58
32. Pi tek Nadia	10 I sk Wrocław	5:37.52	491
50m: 34.25 34.25	150m: 2:02.44 45.87	250m: 3:33.63 45.97	350m: 4:59.93 39.28
100m: 1:16.57 42.32	200m: 2:47.66 45.22	300m: 4:20.65 47.02	400m: 5:37.52 37.59





Arena Grand Prix Puchar Polski
Owocim, 9 - 10/3/2024



Konkurencja 11, Kobiety, 400m zmienny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
33.	Michael Emma			10	CSiR MOS D	browa Grn.			5:44.27	463		
	50m:	36.23	36.23	150m:	2:04.56	46.45	250m:	3:37.61	48.17	350m:	5:05.36	39.49
	100m:	1:18.11	41.88	200m:	2:49.44	44.88	300m:	4:25.87	48.26	400m:	5:44.27	38.91
34.	Grzywacz Gabriela			09	CSiR MOS D	browa Grn.			5:47.01	452		
	50m:	36.19	36.19	150m:	2:04.66	45.75	250m:	3:40.19	50.55	350m:	5:11.25	39.00
	100m:	1:18.91	42.72	200m:	2:49.64	44.98	300m:	4:32.25	52.06	400m:	5:47.01	35.76
35.	Wo niak Zuzanna			09	UKS 190 Łód				5:48.42	446		
	50m:	34.99	34.99	150m:	2:02.48	46.60	250m:	3:38.27	51.99	350m:	5:10.10	40.22
	100m:	1:15.88	40.89	200m:	2:46.28	43.80	300m:	4:29.88	51.61	400m:	5:48.42	38.32
36.	Baniak Pola			09	BOSiR Brzesko				5:48.73	445		
	50m:	36.50	36.50	150m:	2:09.60	48.44	250m:	3:43.24	49.08	350m:	5:11.65	40.38
	100m:	1:21.16	44.66	200m:	2:54.16	44.56	300m:	4:31.27	48.03	400m:	5:48.73	37.08
37.	Gawlik Jagoda			06	Huragan Sosnowiec				5:49.23	443		
	50m:	35.04	35.04	150m:	2:02.93	46.30	250m:	3:38.19	51.37	350m:	5:10.10	40.07
	100m:	1:16.63	41.59	200m:	2:46.82	43.89	300m:	4:30.03	51.84	400m:	5:49.23	39.13
38.	Drzewiecka Karolina			08	CSiR MOS D	browa Grn.			5:50.07	440		
	50m:	35.60	35.60	150m:	2:07.49	49.12	250m:	3:40.24	47.65	350m:	5:10.72	41.13
	100m:	1:18.37	42.77	200m:	2:52.59	45.10	300m:	4:29.59	49.35	400m:	5:50.07	39.35
39.	Kurzeja Karolina			09	STP Nowy S cz				5:50.79	437		
	50m:	33.26	33.26	150m:	1:58.51	45.56	250m:	3:33.77	50.54	350m:	5:10.57	44.13
	100m:	1:12.95	39.69	200m:	2:43.23	44.72	300m:	4:26.44	52.67	400m:	5:50.79	40.22
40.	Borecka Klaudia			09	CSiR MOS D	browa Grn.			5:52.24	432		
	50m:	35.21	35.21	150m:	2:04.72	46.68	250m:	3:39.53	49.50	350m:	5:14.60	41.10
	100m:	1:18.04	42.83	200m:	2:50.03	45.31	300m:	4:33.50	53.97	400m:	5:52.24	37.64
41.	Fitał Karolina			10	UKP Ruda l ska				5:52.47	431		
	50m:	37.29	37.29	150m:	2:09.61	47.80	250m:	3:45.49	50.38	350m:	5:14.50	39.16
	100m:	1:21.81	44.52	200m:	2:55.11	45.50	300m:	4:35.34	49.85	400m:	5:52.47	37.97
42.	Osadnik Emilia			10	Delfin Kłobuck				5:53.49	427		
	50m:	36.24	36.24	150m:	2:07.02	46.69	250m:	3:40.33	47.04	350m:	5:13.01	44.15
	100m:	1:20.33	44.09	200m:	2:53.29	46.27	300m:	4:28.86	48.53	400m:	5:53.49	40.48
43.	Wrotniak Wiktoria			10	Dragon B dzin				5:56.54	416		
	50m:	36.28	36.28	150m:	2:05.62	45.90	250m:	3:40.06	50.25	350m:	5:14.89	44.28
	100m:	1:19.72	43.44	200m:	2:49.81	44.19	300m:	4:30.61	50.55	400m:	5:56.54	41.65
44.	K ska Klara			10	l sk Wrocław				5:56.98	415		
	50m:	37.55	37.55	150m:	2:11.82	46.54	250m:	3:46.80	50.97	350m:	5:19.70	41.57
	100m:	1:25.28	47.73	200m:	2:55.83	44.01	300m:	4:38.13	51.33	400m:	5:56.98	37.28
45.	Jarosz Hanna			10	Omega Olkusz				6:00.69	402		
	50m:	38.05	38.05	150m:	2:11.07	45.23	250m:	3:41.85	46.64	350m:	5:17.61	46.29
	100m:	1:25.84	47.79	200m:	2:55.21	44.14	300m:	4:31.32	49.47	400m:	6:00.69	43.08
46.	Patyra Joanna			09	UKS SP-149 Łód				6:06.76	383		
	50m:	39.15	39.15	150m:	2:15.92	51.56	250m:	3:53.88	48.88	350m:	5:25.75	43.71
	100m:	1:24.36	45.21	200m:	3:05.00	49.08	300m:	4:42.04	48.16	400m:	6:06.76	41.01

