



Łódzki Okręgowy
Związek Pływacki



Ministerstwo
Sportu i Turystyki



PGE Grand Prix Puchar Polski
Łód , 23-24.11.2024

Konkurencja 1
2024-11-23 - 9:00

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Rekord Polski 4:02.68 POLANSKA Aleksandra 07614 Olsztyn 2020-12-18

Punkty: AQUA 2024

Pozycja	Rok ur.	Czas	Pkt.
14 lat i starsi			
1. GU Wiktoria	04 MKP Szczecin	4:11.30	779
50m: 29.05 29.05	150m: 1:31.09 31.18	250m: 2:34.20 31.71	350m: 3:38.51 32.46
100m: 59.91 30.86	200m: 2:02.49 31.40	300m: 3:06.05 31.85	400m: 4:11.30 32.79
2. TARASIEWICZ Klaudia	04 MKP Szczecin	4:13.02	763
50m: 29.14 29.14	150m: 1:32.21 31.54	250m: 2:35.75 31.74	350m: 3:40.69 32.63
100m: 1:00.67 31.53	200m: 2:04.01 31.80	300m: 3:08.06 32.31	400m: 4:13.02 32.33
3. CZUBAK Maria	06 IKS Konstancin	4:20.48	700
50m: 30.07 30.07	150m: 1:35.49 32.96	250m: 2:41.37 37.11	350m: 3:47.77 33.23
100m: 1:02.53 32.46	200m: 2:04.26 28.77	300m: 3:14.54 33.17	400m: 4:20.48 32.71
4. POLAK Iga	09 UKP UNIA O wi cim	4:22.36	685
50m: 30.70 30.70	150m: 1:37.07 33.34	250m: 2:43.69 33.27	350m: 3:49.76 33.01
100m: 1:03.73 33.03	200m: 2:10.42 33.35	300m: 3:16.75 33.06	400m: 4:22.36 32.60
5. KONDRASIUK Zofia	08 UKS GIM 92 Ursynów	4:23.92	673
50m: 30.46 30.46	150m: 1:36.75 33.45	250m: 2:43.52 33.07	350m: 3:50.86 33.50
100m: 1:03.30 32.84	200m: 2:10.45 33.70	300m: 3:17.36 33.84	400m: 4:23.92 33.06
6. MAŁOLEPSZA Weronika	07 MKP Szczecin	4:24.35	669
50m: 30.94 30.94	150m: 1:37.49 33.38	250m: 2:44.62 33.43	350m: 3:52.64 34.02
100m: 1:04.11 33.17	200m: 2:11.19 33.70	300m: 3:18.62 34.00	400m: 4:24.35 31.71
7. NOWAK Maja	03 KU AZS UW	4:24.59	668
50m: 30.47 30.47	150m: 1:37.28 33.42	250m: 2:44.35 33.50	350m: 3:51.83 33.63
100m: 1:03.86 33.39	200m: 2:10.85 33.57	300m: 3:18.20 33.85	400m: 4:24.59 32.76
8. CHALUPOVA Adela	06 Sport Club Pardubice	4:24.65	667
50m: 29.94 29.94	150m: 1:36.40 33.59	250m: 2:43.79 33.67	350m: 3:51.38 33.84
100m: 1:02.81 32.87	200m: 2:10.12 33.72	300m: 3:17.54 33.75	400m: 4:24.65 33.27
9. KARKOCHA Gabriela	09 UKP UNIA O wi cim	4:26.52	653
50m: 30.87 30.87	150m: 1:38.06 33.82	250m: 2:45.28 33.46	350m: 3:53.26 34.15
100m: 1:04.24 33.37	200m: 2:11.82 33.76	300m: 3:19.11 33.83	400m: 4:26.52 33.26
10. DUDA Natalia	10 MKP Szczecin	4:26.59	653
50m: 30.94 30.94	150m: 1:38.42 33.92	250m: 2:46.27 33.93	350m: 3:54.12 33.86
100m: 1:04.50 33.56	200m: 2:12.34 33.92	300m: 3:20.26 33.99	400m: 4:26.59 32.47
11. KUCZMAR Aleksandra	09 UKP POLONIA Warszawa	4:28.15	641
50m: 30.23 30.23	150m: 1:36.74 33.68	250m: 2:45.44 34.39	350m: 3:54.79 34.70
100m: 1:03.06 32.83	200m: 2:11.05 34.31	300m: 3:20.09 34.65	400m: 4:28.15 33.36
12. JANISZEWSKA Natalia	06 UKS G-8 Bielany Warszawa	4:29.38	633
50m: 31.33 31.33	150m: 1:39.09 33.97	250m: 2:47.20 33.75	350m: 3:55.93 34.48
100m: 1:05.12 33.79	200m: 2:13.45 34.36	300m: 3:21.45 34.25	400m: 4:29.38 33.45
13. KUCZMAR Zuzanna	07 UKP POLONIA Warszawa	4:29.53	631
50m: 30.50 30.50	150m: 1:38.09 33.95	250m: 2:46.43 33.95	350m: 3:55.75 34.82
100m: 1:04.14 33.64	200m: 2:12.48 34.39	300m: 3:20.93 34.50	400m: 4:29.53 33.78
14. BONECKA Anna	07 Mokotowski UKP Warszawianka- Wodny	4:32.73	609
50m: 30.10 30.10	150m: 1:37.45 34.08	250m: 2:47.18 35.07	350m: 3:57.90 35.50
100m: 1:03.37 33.27	200m: 2:12.11 34.66	300m: 3:22.40 35.22	400m: 4:32.73 34.83
15. ADAMIKOVA Barbora	08 Sport Club Pardubice	4:33.70	603
50m: 30.28 30.28	150m: 1:38.45 34.51	250m: 2:48.64 35.20	350m: 3:59.36 35.18
100m: 1:03.94 33.66	200m: 2:13.44 34.99	300m: 3:24.18 35.54	400m: 4:33.70 34.34
16. TRAFALSKA Zuzanna	07 UKS 190 Łód	4:34.00	601
50m: 31.82 31.82	150m: 1:41.52 35.06	250m: 2:51.15 34.62	350m: 4:00.78 34.67
100m: 1:06.46 34.64	200m: 2:16.53 35.01	300m: 3:26.11 34.96	400m: 4:34.00 33.22



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Konkurencja 1, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
17.	WRZESI	SKA Wiktoria	04	UKS 190 Łód				4:34.99	595
	50m:	31.60 31.60	150m:	1:40.63 34.85	250m:	2:50.94 35.19	350m:	4:00.91 34.95	
	100m:	1:05.78 34.18	200m:	2:15.75 35.12	300m:	3:25.96 35.02	400m:	4:34.99 34.08	
18.	GEBEL	Maja	08	IKS Konstancin				4:35.92	589
	50m:	30.27 30.27	150m:	1:38.90 34.65	250m:	2:49.43 35.68	350m:	4:01.18 35.79	
	100m:	1:04.25 33.98	200m:	2:13.75 34.85	300m:	3:25.39 35.96	400m:	4:35.92 34.74	
19.	DROBNA	Angelika	07	UKP UNIA O wi cim				4:36.84	583
	50m:	31.89 31.89	150m:	1:41.27 35.09	250m:	2:51.56 35.07	350m:	4:02.21 35.39	
	100m:	1:06.18 34.29	200m:	2:16.49 35.22	300m:	3:26.82 35.26	400m:	4:36.84 34.63	
20.	SOBÓTKA	Oliwia	10	UKS GIM 92 Ursynów				4:37.37	579
	50m:	31.48 31.48	150m:	1:41.92 35.78	250m:	2:52.17 34.57	350m:	4:02.57 35.27	
	100m:	1:06.14 34.66	200m:	2:17.60 35.68	300m:	3:27.30 35.13	400m:	4:37.37 34.80	
21.	LESIAK	Weronika	08	UKS NAWA Skierniewice				4:38.55	572
	50m:	32.05 32.05	150m:	1:42.79 35.51	250m:	2:54.42 35.81	350m:	4:05.33 35.26	
	100m:	1:07.28 35.23	200m:	2:18.61 35.82	300m:	3:30.07 35.65	400m:	4:38.55 33.22	
22.	BAKUN	Maja	07	UKS G-8 Bielany Warszawa				4:38.57	572
	50m:	31.16 31.16	150m:	1:40.81 35.09	250m:	2:51.86 35.55	350m:	4:03.54 36.03	
	100m:	1:05.72 34.56	200m:	2:16.31 35.50	300m:	3:27.51 35.65	400m:	4:38.57 35.03	
23.	ORNOWSKA	Zuzanna	08	UKP POLONIA Warszawa				4:38.87	570
	50m:	31.05 31.05	150m:	1:40.99 35.46	250m:	2:52.28 35.43	350m:	4:04.09 35.77	
	100m:	1:05.53 34.48	200m:	2:16.85 35.86	300m:	3:28.32 36.04	400m:	4:38.87 34.78	
24.	ŁUCZAK	Anika	09	UKS SP-149 Łód				4:40.21	562
	50m:	31.98 31.98	150m:	1:43.07 35.70	250m:	2:54.13 35.37	350m:	4:05.16 35.45	
	100m:	1:07.37 35.39	200m:	2:18.76 35.69	300m:	3:29.71 35.58	400m:	4:40.21 35.05	
25.	KOCHA	SKA Urszula	09	UKS OLIMP Gorzów Wlkp.				4:40.41	561
	50m:	31.60 31.60	150m:	1:42.93 36.24	250m:	2:55.70 36.70	350m:	4:06.93 35.33	
	100m:	1:06.69 35.09	200m:	2:19.00 36.07	300m:	3:31.60 35.90	400m:	4:40.41 33.48	
26.	CHAŁUPKA	Amelia	09	MKS Piaseczno				4:41.42	555
	50m:	31.84 31.84	150m:	1:43.51 36.15	250m:	2:56.02 36.07	350m:	4:07.27 35.43	
	100m:	1:07.36 35.52	200m:	2:19.95 36.44	300m:	3:31.84 35.82	400m:	4:41.42 34.15	
27.	BORTLISZ	Gabriela	10	Mokotowski UKP Warszawianka- Wodny				4:43.16	545
	50m:	30.62 30.62	150m:	1:41.04 35.46	250m:	2:53.78 36.53	350m:	4:07.50 36.70	
	100m:	1:05.58 34.96	200m:	2:17.25 36.21	300m:	3:30.80 37.02	400m:	4:43.16 35.66	
28.	PIETRZYK	Hanna	07	UKS NAWA Skierniewice				4:43.44	543
	50m:	31.99 31.99	150m:	1:43.76 36.24	250m:	2:55.97 35.72	350m:	4:08.71 36.19	
	100m:	1:07.52 35.53	200m:	2:20.25 36.49	300m:	3:32.52 36.55	400m:	4:43.44 34.73	
29.	JESSA	Zuzanna	10	UKS OLIMP Gorzów Wlkp.				4:43.86	541
	50m:	31.56 31.56	150m:	1:43.13 36.05	250m:	2:55.90 36.35	350m:	4:08.56 35.99	
	100m:	1:07.08 35.52	200m:	2:19.55 36.42	300m:	3:32.57 36.67	400m:	4:43.86 35.30	
30.	CZUBIK	Marta	06	UKS G-8 Bielany Warszawa				4:44.16	539
	50m:	32.03 32.03	150m:	1:43.22 36.05	250m:	2:55.14 35.94	350m:	4:07.73 35.97	
	100m:	1:07.17 35.14	200m:	2:19.20 35.98	300m:	3:31.76 36.62	400m:	4:44.16 36.43	
31.	WEGNER	Julia	09	MKP Szczecin				4:44.42	537
	50m:	31.44 31.44	150m:	1:41.74 35.77	250m:	2:54.83 36.49	350m:	4:08.89 37.09	
	100m:	1:05.97 34.53	200m:	2:18.34 36.60	300m:	3:31.80 36.97	400m:	4:44.42 35.53	
32.	CHYCZEWSKA	Pola	09	UKS OLIMP Gorzów Wlkp.				4:45.93	529
	50m:	31.18 31.18	150m:	1:41.59 35.90	250m:	2:54.72 36.80	350m:	4:09.28 37.31	
	100m:	1:05.69 34.51	200m:	2:17.92 36.33	300m:	3:31.97 37.25	400m:	4:45.93 36.65	
33.	ŠENKE	ÍKOVÁ Lucie	08	Plavecký Klub Nový Ji ín				4:46.21	527
	50m:	31.79 31.79	150m:	1:43.57 36.23	250m:	2:56.39 36.51	350m:	4:10.03 36.70	
	100m:	1:07.34 35.55	200m:	2:19.88 36.31	300m:	3:33.33 36.94	400m:	4:46.21 36.18	
34.	SZTREKER-WÓJCIK	Iga	09	UKS G-8 Bielany Warszawa				4:46.58	525
	50m:	32.46 32.46	150m:	1:43.56 36.01	250m:	2:56.11 36.45	350m:	4:10.00 37.00	
	100m:	1:07.55 35.09	200m:	2:19.66 36.10	300m:	3:33.00 36.89	400m:	4:46.58 36.58	

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Konkurencja 1, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
35.	FIGAS Alicja		04	MKP Szczecin				4:47.07	523
	50m: 31.70	31.70	150m: 1:41.92	35.43	250m: 2:55.72	36.95	350m: 4:10.24	37.49	
	100m: 1:06.49	34.79	200m: 2:18.77	36.85	300m: 3:32.75	37.03	400m: 4:47.07	36.83	
36.	PIA CI SKA Alicja		07	Mokotowski UKP Warszawianka- Wodny				4:50.98	502
	50m: 32.71	32.71	150m: 1:45.36	36.86	250m: 3:00.04	37.82	350m: 4:14.47	36.97	
	100m: 1:08.50	35.79	200m: 2:22.22	36.86	300m: 3:37.50	37.46	400m: 4:50.98	36.51	
37.	FIGURSKA Paula		07	UKS G-8 Bielany Warszawa				4:51.20	501
	50m: 31.70	31.70	150m: 1:44.88	37.12	250m: 2:59.87	37.78	350m: 4:14.24	36.95	
	100m: 1:07.76	36.06	200m: 2:22.09	37.21	300m: 3:37.29	37.42	400m: 4:51.20	36.96	
38.	DR KIEWICZ Pola		07	UKS NAWA Skierniewice				4:51.91	497
	50m: 32.84	32.84	150m: 1:45.32	36.61	250m: 2:59.79	37.29	350m: 4:15.06	37.78	
	100m: 1:08.71	35.87	200m: 2:22.50	37.18	300m: 3:37.28	37.49	400m: 4:51.91	36.85	
39.	BOGATEK Małgorzata		08	UKS G-8 Bielany Warszawa				4:53.74	488
	50m:		150m: 1:46.18	37.23	250m: 3:01.99	38.19	350m: 4:17.90	37.84	
	100m: 1:08.95		200m: 2:23.80	37.62	300m: 3:40.06	38.07	400m: 4:53.74	35.84	
40.	GORSKA Liliana		08	UKS G-8 Bielany Warszawa				4:56.22	476
	50m: 33.18	33.18	150m: 1:47.18	37.27	250m: 3:03.39	38.41	350m: 4:19.50	37.83	
	100m: 1:09.91	36.73	200m: 2:24.98	37.80	300m: 3:41.67	38.28	400m: 4:56.22	36.72	
41.	SZUSTAK Lena		10	KS Barakuda Mi sk Mazowiecki				4:56.25	475
	50m: 33.32	33.32	150m: 1:46.20	36.79	250m: 3:01.22	37.76	350m: 4:18.04	38.49	
	100m: 1:09.41	36.09	200m: 2:23.46	37.26	300m: 3:39.55	38.33	400m: 4:56.25	38.21	
42.	URAKOWSKA Zuzanna		10	Fundacja Power Swimming				4:58.08	467
	50m: 34.19	34.19	150m: 1:49.37	37.90	250m: 3:04.45	37.08	350m: 4:20.41	38.27	
	100m: 1:11.47	37.28	200m: 2:27.37	38.00	300m: 3:42.14	37.69	400m: 4:58.08	37.67	
43.	GERASIMOVA Nicole		10	Mokotowski UKP Warszawianka- Wodny				5:00.90	454
	50m: 32.91	32.91	150m: 1:50.06	39.06	250m: 3:08.04	38.81	350m: 4:25.74	39.08	
	100m: 1:11.00	38.09	200m: 2:29.23	39.17	300m: 3:46.66	38.62	400m: 5:00.90	35.16	
44.	WALICKA Martyna		07	MKS ASTORIA Bydgoszcz				5:03.51	442
	50m: 31.45	31.45	150m: 1:42.98	36.61	250m: 3:01.11	40.29	350m: 4:22.88	41.45	
	100m: 1:06.37	34.92	200m: 2:20.82	37.84	300m: 3:41.43	40.32	400m: 5:03.51	40.63	
45.	WESOŁOWSKA Wiktoria		10	MUKS WODNIK Łask				5:05.44	434
	50m: 33.16	33.16	150m: 1:48.48	38.50	250m: 3:06.29	38.81	350m: 4:25.98	40.33	
	100m: 1:09.98	36.82	200m: 2:27.48	39.00	300m: 3:45.65	39.36	400m: 5:05.44	39.46	
46.	NAWROCKA Natalia		08	MUKS WODNIK Łask				5:08.06	423
	50m: 32.91	32.91	150m: 1:49.66	39.14	250m: 3:09.52	40.09	350m: 4:29.55	40.29	
	100m: 1:10.52	37.61	200m: 2:29.43	39.77	300m: 3:49.26	39.74	400m: 5:08.06	38.51	
47.	SIENKIEWICZ Marianna		10	IKS Konstancin				5:08.61	421
	50m: 33.93	33.93	150m: 1:51.68	38.94	250m: 3:10.91	39.82	350m: 4:30.56	39.73	
	100m: 1:12.74	38.81	200m: 2:31.09	39.41	300m: 3:50.83	39.92	400m: 5:08.61	38.05	
48.	SELIWIAK Hanna		10	SKS 137 DELFIN Łód				5:13.06	403
	50m: 34.75	34.75	150m: 1:52.87	39.49	250m: 3:13.79	40.59	350m: 4:35.00	40.26	
	100m: 1:13.38	38.63	200m: 2:33.20	40.33	300m: 3:54.74	40.95	400m: 5:13.06	38.06	
49.	GŁOGOWSKA Maja		10	UKS PI TKA Konstancynów Łódzki				5:15.16	395
	50m: 33.63	33.63	150m: 1:50.31	39.48	250m: 3:13.05	42.46	350m: 4:36.91	40.84	
	100m: 1:10.83	37.20	200m: 2:30.59	40.28	300m: 3:56.07	43.02	400m: 5:15.16	38.25	
50.	SUKIENNIK Anna		10	MUKS WODNIK Łask				5:18.09	384
	50m: 35.03	35.03	150m: 1:54.64	40.75	250m: 3:17.17	41.32	350m: 4:38.96	40.65	
	100m: 1:13.89	38.86	200m: 2:35.85	41.21	300m: 3:58.31	41.14	400m: 5:18.09	39.13	
51.	ŁOPACI SKA Karina		10	IKS Konstancin				5:18.67	382
	50m: 33.40	33.40	150m: 1:50.77	39.58	250m:		350m: 4:16.76	41.66	
	100m: 1:11.19	37.79	200m: 2:31.99	41.22	300m: 3:35.10		400m: 5:18.67	1:01.91	



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Konkurencja 1, Kobiet, 400m dowolny

17 - 18 lat

1.	CZUBAK Maria	06	IKS Konstancin	4:20.48	700
	50m: 30.07 30.07	150m: 1:35.49 32.96	250m: 2:41.37 37.11	350m: 3:47.77 33.23	
	100m: 1:02.53 32.46	200m: 2:04.26 28.77	300m: 3:14.54 33.17	400m: 4:20.48 32.71	
2.	MAŁOLEPSZA Weronika	07	MKP Szczecin	4:24.35	669
	50m: 30.94 30.94	150m: 1:37.49 33.38	250m: 2:44.62 33.43	350m: 3:52.64 34.02	
	100m: 1:04.11 33.17	200m: 2:11.19 33.70	300m: 3:18.62 34.00	400m: 4:24.35 31.71	
3.	CHALUPOVA Adela	06	Sport Club Pardubice	4:24.65	667
	50m: 29.94 29.94	150m: 1:36.40 33.59	250m: 2:43.79 33.67	350m: 3:51.38 33.84	
	100m: 1:02.81 32.87	200m: 2:10.12 33.72	300m: 3:17.54 33.75	400m: 4:24.65 33.27	
4.	JANISZEWSKA Natalia	06	UKS G-8 Bielany Warszawa	4:29.38	633
	50m: 31.33 31.33	150m: 1:39.09 33.97	250m: 2:47.20 33.75	350m: 3:55.93 34.48	
	100m: 1:05.12 33.79	200m: 2:13.45 34.36	300m: 3:21.45 34.25	400m: 4:29.38 33.45	
5.	KUCZMAR Zuzanna	07	UKP POLONIA Warszawa	4:29.53	631
	50m: 30.50 30.50	150m: 1:38.09 33.95	250m: 2:46.43 33.95	350m: 3:55.75 34.82	
	100m: 1:04.14 33.64	200m: 2:12.48 34.39	300m: 3:20.93 34.50	400m: 4:29.53 33.78	
6.	BONECKA Anna	07	Mokotowski UKP Warszawianka- Wodny	4:32.73	609
	50m: 30.10 30.10	150m: 1:37.45 34.08	250m: 2:47.18 35.07	350m: 3:57.90 35.50	
	100m: 1:03.37 33.27	200m: 2:12.11 34.66	300m: 3:22.40 35.22	400m: 4:32.73 34.83	
7.	TRAFALSKA Zuzanna	07	UKS 190 Łód	4:34.00	601
	50m: 31.82 31.82	150m: 1:41.52 35.06	250m: 2:51.15 34.62	350m: 4:00.78 34.67	
	100m: 1:06.46 34.64	200m: 2:16.53 35.01	300m: 3:26.11 34.96	400m: 4:34.00 33.22	
8.	DROBNA Angelika	07	UKP UNIA O wi cim	4:36.84	583
	50m: 31.89 31.89	150m: 1:41.27 35.09	250m: 2:51.56 35.07	350m: 4:02.21 35.39	
	100m: 1:06.18 34.29	200m: 2:16.49 35.22	300m: 3:26.82 35.26	400m: 4:36.84 34.63	
9.	BAKUN Maja	07	UKS G-8 Bielany Warszawa	4:38.57	572
	50m: 31.16 31.16	150m: 1:40.81 35.09	250m: 2:51.86 35.55	350m: 4:03.54 36.03	
	100m: 1:05.72 34.56	200m: 2:16.31 35.50	300m: 3:27.51 35.65	400m: 4:38.57 35.03	
10.	PIETRZYK Hanna	07	UKS NAWA Skierniewice	4:43.44	543
	50m: 31.99 31.99	150m: 1:43.76 36.24	250m: 2:55.97 35.72	350m: 4:08.71 36.19	
	100m: 1:07.52 35.53	200m: 2:20.25 36.49	300m: 3:32.52 36.55	400m: 4:43.44 34.73	
11.	CZUBIK Marta	06	UKS G-8 Bielany Warszawa	4:44.16	539
	50m: 32.03 32.03	150m: 1:43.22 36.05	250m: 2:55.14 35.94	350m: 4:07.73 35.97	
	100m: 1:07.17 35.14	200m: 2:19.20 35.98	300m: 3:31.76 36.62	400m: 4:44.16 36.43	
12.	PIA CI SKA Alicja	07	Mokotowski UKP Warszawianka- Wodny	4:50.98	502
	50m: 32.71 32.71	150m: 1:45.36 36.86	250m: 3:00.04 37.82	350m: 4:14.47 36.97	
	100m: 1:08.50 35.79	200m: 2:22.22 36.86	300m: 3:37.50 37.46	400m: 4:50.98 36.51	
13.	FIGURSKA Paula	07	UKS G-8 Bielany Warszawa	4:51.20	501
	50m: 31.70 31.70	150m: 1:44.88 37.12	250m: 2:59.87 37.78	350m: 4:14.24 36.95	
	100m: 1:07.76 36.06	200m: 2:22.09 37.21	300m: 3:37.29 37.42	400m: 4:51.20 36.96	
14.	DR KIEWICZ Pola	07	UKS NAWA Skierniewice	4:51.91	497
	50m: 32.84 32.84	150m: 1:45.32 36.61	250m: 2:59.79 37.29	350m: 4:15.06 37.78	
	100m: 1:08.71 35.87	200m: 2:22.50 37.18	300m: 3:37.28 37.49	400m: 4:51.91 36.85	
15.	WALICKA Martyna	07	MKS ASTORIA Bydgoszcz	5:03.51	442
	50m: 31.45 31.45	150m: 1:42.98 36.61	250m: 3:01.11 40.29	350m: 4:22.88 41.45	
	100m: 1:06.37 34.92	200m: 2:20.82 37.84	300m: 3:41.43 40.32	400m: 5:03.51 40.63	

16 lat

1.	KONDRASIUK Zofia	08	UKS GIM 92 Ursynów	4:23.92	673
	50m: 30.46 30.46	150m: 1:36.75 33.45	250m: 2:43.52 33.07	350m: 3:50.86 33.50	
	100m: 1:03.30 32.84	200m: 2:10.45 33.70	300m: 3:17.36 33.84	400m: 4:23.92 33.06	
2.	ADAMIKOVA Barbora	08	Sport Club Pardubice	4:33.70	603
	50m: 30.28 30.28	150m: 1:38.45 34.51	250m: 2:48.64 35.20	350m: 3:59.36 35.18	
	100m: 1:03.94 33.66	200m: 2:13.44 34.99	300m: 3:24.18 35.54	400m: 4:33.70 34.34	

PGE Grand Prix Puchar Polski
Łód , 23-24.11.2024

Konkurencja 1, Dziewcz t, 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	GEBEL Maja		08	IKS Konstancin				4:35.92	589
	50m: 30.27	30.27	150m: 1:38.90	34.65	250m: 2:49.43	35.68	350m: 4:01.18	35.79	
	100m: 1:04.25	33.98	200m: 2:13.75	34.85	300m: 3:25.39	35.96	400m: 4:35.92	34.74	
4.	LESIAK Weronika		08	UKS NAWA Skierniewice				4:38.55	572
	50m: 32.05	32.05	150m: 1:42.79	35.51	250m: 2:54.42	35.81	350m: 4:05.33	35.26	
	100m: 1:07.28	35.23	200m: 2:18.61	35.82	300m: 3:30.07	35.65	400m: 4:38.55	33.22	
5.	ORNOWSKA Zuzanna		08	UKP POLONIA Warszawa				4:38.87	570
	50m: 31.05	31.05	150m: 1:40.99	35.46	250m: 2:52.28	35.43	350m: 4:04.09	35.77	
	100m: 1:05.53	34.48	200m: 2:16.85	35.86	300m: 3:28.32	36.04	400m: 4:38.87	34.78	
6.	ŠENKE ÍKOVÁ Lucie		08	Plavecký Klub Nový Ji ín				4:46.21	527
	50m: 31.79	31.79	150m: 1:43.57	36.23	250m: 2:56.39	36.51	350m: 4:10.03	36.70	
	100m: 1:07.34	35.55	200m: 2:19.88	36.31	300m: 3:33.33	36.94	400m: 4:46.21	36.18	
7.	BOGATEK Małgorzata		08	UKS G-8 Bielany Warszawa				4:53.74	488
	50m:		150m: 1:46.18	37.23	250m: 3:01.99	38.19	350m: 4:17.90	37.84	
	100m: 1:08.95		200m: 2:23.80	37.62	300m: 3:40.06	38.07	400m: 4:53.74	35.84	
8.	GORSKA Liliana		08	UKS G-8 Bielany Warszawa				4:56.22	476
	50m: 33.18	33.18	150m: 1:47.18	37.27	250m: 3:03.39	38.41	350m: 4:19.50	37.83	
	100m: 1:09.91	36.73	200m: 2:24.98	37.80	300m: 3:41.67	38.28	400m: 4:56.22	36.72	
9.	NAWROCKA Natalia		08	MUKS WODNIK Łask				5:08.06	423
	50m: 32.91	32.91	150m: 1:49.66	39.14	250m: 3:09.52	40.09	350m: 4:29.55	40.29	
	100m: 1:10.52	37.61	200m: 2:29.43	39.77	300m: 3:49.26	39.74	400m: 5:08.06	38.51	

15 lat

1.	POLAK Iga		09	UKP UNIA O wi cim				4:22.36	685
	50m: 30.70	30.70	150m: 1:37.07	33.34	250m: 2:43.69	33.27	350m: 3:49.76	33.01	
	100m: 1:03.73	33.03	200m: 2:10.42	33.35	300m: 3:16.75	33.06	400m: 4:22.36	32.60	
2.	KARKOCHA Gabriela		09	UKP UNIA O wi cim				4:26.52	653
	50m: 30.87	30.87	150m: 1:38.06	33.82	250m: 2:45.28	33.46	350m: 3:53.26	34.15	
	100m: 1:04.24	33.37	200m: 2:11.82	33.76	300m: 3:19.11	33.83	400m: 4:26.52	33.26	
3.	KUCZMAR Aleksandra		09	UKP POLONIA Warszawa				4:28.15	641
	50m: 30.23	30.23	150m: 1:36.74	33.68	250m: 2:45.44	34.39	350m: 3:54.79	34.70	
	100m: 1:03.06	32.83	200m: 2:11.05	34.31	300m: 3:20.09	34.65	400m: 4:28.15	33.36	
4.	ŁUCZAK Anika		09	UKS SP-149 Łód				4:40.21	562
	50m: 31.98	31.98	150m: 1:43.07	35.70	250m: 2:54.13	35.37	350m: 4:05.16	35.45	
	100m: 1:07.37	35.39	200m: 2:18.76	35.69	300m: 3:29.71	35.58	400m: 4:40.21	35.05	
5.	KOCHA SKA Urszula		09	UKS OLIMP Gorzów Wlkp.				4:40.41	561
	50m: 31.60	31.60	150m: 1:42.93	36.24	250m: 2:55.70	36.70	350m: 4:06.93	35.33	
	100m: 1:06.69	35.09	200m: 2:19.00	36.07	300m: 3:31.60	35.90	400m: 4:40.41	33.48	
6.	CHAŁUPKA Amelia		09	MKS Piaseczno				4:41.42	555
	50m: 31.84	31.84	150m: 1:43.51	36.15	250m: 2:56.02	36.07	350m: 4:07.27	35.43	
	100m: 1:07.36	35.52	200m: 2:19.95	36.44	300m: 3:31.84	35.82	400m: 4:41.42	34.15	
7.	WEGNER Julia		09	MKP Szczecin				4:44.42	537
	50m: 31.44	31.44	150m: 1:41.74	35.77	250m: 2:54.83	36.49	350m: 4:08.89	37.09	
	100m: 1:05.97	34.53	200m: 2:18.34	36.60	300m: 3:31.80	36.97	400m: 4:44.42	35.53	
8.	CHYCZEWSKA Pola		09	UKS OLIMP Gorzów Wlkp.				4:45.93	529
	50m: 31.18	31.18	150m: 1:41.59	35.90	250m: 2:54.72	36.80	350m: 4:09.28	37.31	
	100m: 1:05.69	34.51	200m: 2:17.92	36.33	300m: 3:31.97	37.25	400m: 4:45.93	36.65	
9.	SZTREKER-WÓJCIK Iga		09	UKS G-8 Bielany Warszawa				4:46.58	525
	50m: 32.46	32.46	150m: 1:43.56	36.01	250m: 2:56.11	36.45	350m: 4:10.00	37.00	
	100m: 1:07.55	35.09	200m: 2:19.66	36.10	300m: 3:33.00	36.89	400m: 4:46.58	36.58	



Łódzki Okręgowy
Związek Pływacki



Ministerstwo
Sportu i Turystyki



PGE Grand Prix Puchar Polski
Łódź, 23-24.11.2024

Konkurencja 1, Kobiety, 400m dowolny

14 lat

1.	DUDA Natalia	10	MKP Szczecin	4:26.59	653
	50m: 30.94 30.94	150m: 1:38.42 33.92	250m: 2:46.27 33.93	350m: 3:54.12 33.86	
	100m: 1:04.50 33.56	200m: 2:12.34 33.92	300m: 3:20.26 33.99	400m: 4:26.59 32.47	
2.	SOBÓTKA Oliwia	10	UKS GIM 92 Ursynów	4:37.37	579
	50m: 31.48 31.48	150m: 1:41.92 35.78	250m: 2:52.17 34.57	350m: 4:02.57 35.27	
	100m: 1:06.14 34.66	200m: 2:17.60 35.68	300m: 3:27.30 35.13	400m: 4:37.37 34.80	
3.	BORTLISZ Gabriela	10	Mokotowski UKP Warszawianka- Wodny	4:43.16	545
	50m: 30.62 30.62	150m: 1:41.04 35.46	250m: 2:53.78 36.53	350m: 4:07.50 36.70	
	100m: 1:05.58 34.96	200m: 2:17.25 36.21	300m: 3:30.80 37.02	400m: 4:43.16 35.66	
4.	JESSA Zuzanna	10	UKS OLIMP Gorzów Wlkp.	4:43.86	541
	50m: 31.56 31.56	150m: 1:43.13 36.05	250m: 2:55.90 36.35	350m: 4:08.56 35.99	
	100m: 1:07.08 35.52	200m: 2:19.55 36.42	300m: 3:32.57 36.67	400m: 4:43.86 35.30	
5.	SZUSTAK Lena	10	KS Barakuda Mi sk Mazowiecki	4:56.25	475
	50m: 33.32 33.32	150m: 1:46.20 36.79	250m: 3:01.22 37.76	350m: 4:18.04 38.49	
	100m: 1:09.41 36.09	200m: 2:23.46 37.26	300m: 3:39.55 38.33	400m: 4:56.25 38.21	
6.	URAKOWSKA Zuzanna	10	Fundacja Power Swimming	4:58.08	467
	50m: 34.19 34.19	150m: 1:49.37 37.90	250m: 3:04.45 37.08	350m: 4:20.41 38.27	
	100m: 1:11.47 37.28	200m: 2:27.37 38.00	300m: 3:42.14 37.69	400m: 4:58.08 37.67	
7.	GERASIMOVA Nicole	10	Mokotowski UKP Warszawianka- Wodny	5:00.90	454
	50m: 32.91 32.91	150m: 1:50.06 39.06	250m: 3:08.04 38.81	350m: 4:25.74 39.08	
	100m: 1:11.00 38.09	200m: 2:29.23 39.17	300m: 3:46.66 38.62	400m: 5:00.90 35.16	
8.	WESOŁOWSKA Wiktoria	10	MUKS WODNIK Łask	5:05.44	434
	50m: 33.16 33.16	150m: 1:48.48 38.50	250m: 3:06.29 38.81	350m: 4:25.98 40.33	
	100m: 1:09.98 36.82	200m: 2:27.48 39.00	300m: 3:45.65 39.36	400m: 5:05.44 39.46	
9.	SIENKIEWICZ Marianna	10	IKS Konstancin	5:08.61	421
	50m: 33.93 33.93	150m: 1:51.68 38.94	250m: 3:10.91 39.82	350m: 4:30.56 39.73	
	100m: 1:12.74 38.81	200m: 2:31.09 39.41	300m: 3:50.83 39.92	400m: 5:08.61 38.05	
10.	SELIWIAK Hanna	10	SKS 137 DELFIN Łódź	5:13.06	403
	50m: 34.75 34.75	150m: 1:52.87 39.49	250m: 3:13.79 40.59	350m: 4:35.00 40.26	
	100m: 1:13.38 38.63	200m: 2:33.20 40.33	300m: 3:54.74 40.95	400m: 5:13.06 38.06	
11.	GŁOGOWSKA Maja	10	UKS PI TKA Konstantinów Łódzki	5:15.16	395
	50m: 33.63 33.63	150m: 1:50.31 39.48	250m: 3:13.05 42.46	350m: 4:36.91 40.84	
	100m: 1:10.83 37.20	200m: 2:30.59 40.28	300m: 3:56.07 43.02	400m: 5:15.16 38.25	
12.	SUKIENNIK Anna	10	MUKS WODNIK Łask	5:18.09	384
	50m: 35.03 35.03	150m: 1:54.64 40.75	250m: 3:17.17 41.32	350m: 4:38.96 40.65	
	100m: 1:13.89 38.86	200m: 2:35.85 41.21	300m: 3:58.31 41.14	400m: 5:18.09 39.13	
13.	ŁOPACI SKA Karina	10	IKS Konstancin	5:18.67	382
	50m: 33.40 33.40	150m: 1:50.77 39.58	250m: 3:17.17 41.32	350m: 4:16.76 41.66	
	100m: 1:11.19 37.79	200m: 2:31.99 41.22	300m: 3:35.10 41.14	400m: 5:18.67 1:01.91	