



Łódzki Okręgowy
Związek Pływacki



Ministerstwo
Sportu i Turystyki



PGE Grand Prix Puchar Polski
Łód , 23-24.11.2024

Konkurencja 11

Kobiet, 400m zmienny

14 lat i starsi

2024-11-23 - 10:41

Wyniki

Rekord Polski 4:31.89 BARANOWSKA Katarzyna 00116 Debrecen (HUN) 2007-12-16

Punkty: AQUA 2024

Pozycja	Rok ur.	Czas	Pkt.
14 lat i starsi			
1. KNOP Aleksandra	03 UKS 190 Łód	4:49.07	718
50m: 30.95 30.95	150m: 1:42.69 36.82	250m: 3:00.27 41.72	350m: 4:16.56 33.41
100m: 1:05.87 34.92	200m: 2:18.55 35.86	300m: 3:43.15 42.88	400m: 4:49.07 32.51
2. GLI SKA Oliwia	07 TP Zielona Góra	4:54.97	676
50m: 32.24 32.24	150m: 1:44.00 35.82	250m: 3:03.18 43.46	350m: 4:20.88 34.73
100m: 1:08.18 35.94	200m: 2:19.72 35.72	300m: 3:46.15 42.97	400m: 4:54.97 34.09
3. CRHOVA Charlene Daniela	08 Sport Club Pardubice	4:57.40	660
50m: 30.86 30.86	150m: 1:45.77 38.01	250m: 3:05.47 41.69	350m: 4:22.47 35.27
100m: 1:07.76 36.90	200m: 2:23.78 38.01	300m: 3:47.20 41.73	400m: 4:57.40 34.93
4. CZUBAK Maria	06 IKS Konstancin	5:00.46	640
50m: 33.14 33.14	150m: 1:46.40 37.60	250m: 3:10.28 46.06	350m: 4:28.23 33.68
100m: 1:08.80 35.66	200m: 2:24.22 37.82	300m: 3:54.55 44.27	400m: 5:00.46 32.23
5. VOJTALOVA Andrea	03 Sport Club Pardubice	5:01.84	631
50m: 32.79 32.79	150m: 1:47.21 37.28	250m: 3:08.79 42.78	350m: 4:27.26 34.86
100m: 1:09.93 37.14	200m: 2:26.01 38.80	300m: 3:52.40 43.61	400m: 5:01.84 34.58
6. RODZIEWICZ Alicja	08 UKS NAWA Skierniewice	5:04.15	617
50m: 33.31 33.31	150m: 1:48.09 37.15	250m: 3:09.68 44.07	350m: 4:29.10 34.83
100m: 1:10.94 37.63	200m: 2:25.61 37.52	300m: 3:54.27 44.59	400m: 5:04.15 35.05
7. KONDRASIUK Zofia	08 UKS GIM 92 Ursynów	5:04.57	614
50m: 33.69 33.69	150m: 1:49.12 37.29	250m: 3:10.60 44.18	350m: 4:30.81 35.24
100m: 1:11.83 38.14	200m: 2:26.42 37.30	300m: 3:55.57 44.97	400m: 5:04.57 33.76
8. KUCZMAR Aleksandra	09 UKP POLONIA Warszawa	5:09.04	588
50m: 33.24 33.24	150m: 1:51.29 39.82	250m: 3:14.57 43.73	350m: 4:34.21 35.36
100m: 1:11.47 38.23	200m: 2:30.84 39.55	300m: 3:58.85 44.28	400m: 5:09.04 34.83
9. WIECZOREK Michalina	09 UKP UNIA O wi cim	5:10.97	577
50m: 33.12 33.12	150m: 1:51.72 40.39	250m: 3:16.18 44.48	350m: 4:36.72 34.60
100m: 1:11.33 38.21	200m: 2:31.70 39.98	300m: 4:02.12 45.94	400m: 5:10.97 34.25
10. PIETUCH Antonina	10 AZS AWF Warszawa	5:11.65	573
50m: 34.33 34.33	150m: 1:50.99 36.64	250m: 3:15.43 47.14	350m: 4:37.45 35.74
100m: 1:14.35 40.02	200m: 2:28.29 37.30	300m: 4:01.71 46.28	400m: 5:11.65 34.20
11. ORNOWSKA Zuzanna	08 UKP POLONIA Warszawa	5:20.23	528
50m: 34.95 34.95	150m: 1:57.50 40.47	250m: 3:23.59 45.15	350m: 4:44.71 36.46
100m: 1:17.03 42.08	200m: 2:38.44 40.94	300m: 4:08.25 44.66	400m: 5:20.23 35.52
12. ZAKRZEWSKA Oliwia	07 UKS NAWA Skierniewice	5:20.71	526
50m: 34.28 34.28	150m: 1:53.99 40.58	250m: 3:21.78 48.25	350m: 4:45.82 35.72
100m: 1:13.41 39.13	200m: 2:33.53 39.54	300m: 4:10.10 48.32	400m: 5:20.71 34.89
13. WRONA Maria	08 UKP UNIA O wi cim	5:22.10	519
50m: 35.01 35.01	150m: 1:58.06 42.90	250m: 3:24.58 45.05	350m: 4:46.71 35.82
100m: 1:15.16 40.15	200m: 2:39.53 41.47	300m: 4:10.89 46.31	400m: 5:22.10 35.39
14. CHAŁUPKA Amelia	09 MKS Piaseczno	5:22.22	518
50m: 35.70 35.70	150m: 1:59.51 43.20	250m: 3:27.06 44.77	350m: 4:48.14 36.86
100m: 1:16.31 40.61	200m: 2:42.29 42.78	300m: 4:11.28 44.22	400m: 5:22.22 34.08
15. BRANDYSKA Aneta	07 Sport Club Pardubice	5:22.95	515
50m: 34.18 34.18	150m: 1:56.60 41.86	250m: 3:21.65 44.81	350m: 4:45.76 38.51
100m: 1:14.74 40.56	200m: 2:36.84 40.24	300m: 4:07.25 45.60	400m: 5:22.95 37.19
16. WALCZYK Hanna	10 Grudzi dzki KP ORKA	5:23.46	513
50m: 33.82 33.82	150m: 1:54.36 39.99	250m: 3:22.56 48.19	350m: 4:47.26 37.12
100m: 1:14.37 40.55	200m: 2:34.37 40.01	300m: 4:10.14 47.58	400m: 5:23.46 36.20

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

Pozycja			Rok ur.					Czas	Pkt.
17.	GŁOGOWSKA Natalia		08	UKS PI TKA Konstantynów Łódzki				5:52.97	394
	50m: 35.72 35.72	150m: 2:02.46	44.81	250m: 3:38.91	52.15	350m: 5:11.63	40.09		
	100m: 1:17.65 41.93	200m: 2:46.76	44.30	300m: 4:31.54	52.63	400m: 5:52.97	41.34		

17 - 18 lat

1.	GLI SKA Oliwia		07	TP Zielona Góra				4:54.97	676
	50m: 32.24 32.24	150m: 1:44.00	35.82	250m: 3:03.18	43.46	350m: 4:20.88	34.73		
	100m: 1:08.18 35.94	200m: 2:19.72	35.72	300m: 3:46.15	42.97	400m: 4:54.97	34.09		
2.	CZUBAK Maria		06	IKS Konstancin				5:00.46	640
	50m: 33.14 33.14	150m: 1:46.40	37.60	250m: 3:10.28	46.06	350m: 4:28.23	33.68		
	100m: 1:08.80 35.66	200m: 2:24.22	37.82	300m: 3:54.55	44.27	400m: 5:00.46	32.23		
3.	ZAKRZEWSKA Oliwia		07	UKS NAWA Skierniewice				5:20.71	526
	50m: 34.28 34.28	150m: 1:53.99	40.58	250m: 3:21.78	48.25	350m: 4:45.82	35.72		
	100m: 1:13.41 39.13	200m: 2:33.53	39.54	300m: 4:10.10	48.32	400m: 5:20.71	34.89		
4.	BRANDYSKA Aneta		07	Sport Club Pardubice				5:22.95	515
	50m: 34.18 34.18	150m: 1:56.60	41.86	250m: 3:21.65	44.81	350m: 4:45.76	38.51		
	100m: 1:14.74 40.56	200m: 2:36.84	40.24	300m: 4:07.25	45.60	400m: 5:22.95	37.19		

16 lat

1.	CRHOVA Charlene Daniela		08	Sport Club Pardubice				4:57.40	660
	50m: 30.86 30.86	150m: 1:45.77	38.01	250m: 3:05.47	41.69	350m: 4:22.47	35.27		
	100m: 1:07.76 36.90	200m: 2:23.78	38.01	300m: 3:47.20	41.73	400m: 4:57.40	34.93		
2.	RODZIEWICZ Alicja		08	UKS NAWA Skierniewice				5:04.15	617
	50m: 33.31 33.31	150m: 1:48.09	37.15	250m: 3:09.68	44.07	350m: 4:29.10	34.83		
	100m: 1:10.94 37.63	200m: 2:25.61	37.52	300m: 3:54.27	44.59	400m: 5:04.15	35.05		
3.	KONDRASIUK Zofia		08	UKS GIM 92 Ursynów				5:04.57	614
	50m: 33.69 33.69	150m: 1:49.12	37.29	250m: 3:10.60	44.18	350m: 4:30.81	35.24		
	100m: 1:11.83 38.14	200m: 2:26.42	37.30	300m: 3:55.57	44.97	400m: 5:04.57	33.76		
4.	ORNOWSKA Zuzanna		08	UKP POLONIA Warszawa				5:20.23	528
	50m: 34.95 34.95	150m: 1:57.50	40.47	250m: 3:23.59	45.15	350m: 4:44.71	36.46		
	100m: 1:17.03 42.08	200m: 2:38.44	40.94	300m: 4:08.25	44.66	400m: 5:20.23	35.52		
5.	WRONA Maria		08	UKP UNIA O wi cim				5:22.10	519
	50m: 35.01 35.01	150m: 1:58.06	42.90	250m: 3:24.58	45.05	350m: 4:46.71	35.82		
	100m: 1:15.16 40.15	200m: 2:39.53	41.47	300m: 4:10.89	46.31	400m: 5:22.10	35.39		
6.	GŁOGOWSKA Natalia		08	UKS PI TKA Konstantynów Łódzki				5:52.97	394
	50m: 35.72 35.72	150m: 2:02.46	44.81	250m: 3:38.91	52.15	350m: 5:11.63	40.09		
	100m: 1:17.65 41.93	200m: 2:46.76	44.30	300m: 4:31.54	52.63	400m: 5:52.97	41.34		

15 lat

1.	KUCZMAR Aleksandra		09	UKP POLONIA Warszawa				5:09.04	588
	50m: 33.24 33.24	150m: 1:51.29	39.82	250m: 3:14.57	43.73	350m: 4:34.21	35.36		
	100m: 1:11.47 38.23	200m: 2:30.84	39.55	300m: 3:58.85	44.28	400m: 5:09.04	34.83		
2.	WIECZOREK Michalina		09	UKP UNIA O wi cim				5:10.97	577
	50m: 33.12 33.12	150m: 1:51.72	40.39	250m: 3:16.18	44.48	350m: 4:36.72	34.60		
	100m: 1:11.33 38.21	200m: 2:31.70	39.98	300m: 4:02.12	45.94	400m: 5:10.97	34.25		
3.	CHAŁUPKA Amelia		09	MKS Piaseczno				5:22.22	518
	50m: 35.70 35.70	150m: 1:59.51	43.20	250m: 3:27.06	44.77	350m: 4:48.14	36.86		
	100m: 1:16.31 40.61	200m: 2:42.29	42.78	300m: 4:11.28	44.22	400m: 5:22.22	34.08		



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Konkurencja 11, Kobiet, 400m zmienny

14 lat

1.	PIETUCH Antonina		10	AZS AWF Warszawa		5:11.65	573					
	50m:	34.33	34.33	150m:	1:50.99	36.64	250m:	3:15.43	47.14	350m:	4:37.45	35.74
	100m:	1:14.35	40.02	200m:	2:28.29	37.30	300m:	4:01.71	46.28	400m:	5:11.65	34.20
2.	WALCZYK Hanna		10	Grudzi dzki KP ORKA		5:23.46	513					
	50m:	33.82	33.82	150m:	1:54.36	39.99	250m:	3:22.56	48.19	350m:	4:47.26	37.12
	100m:	1:14.37	40.55	200m:	2:34.37	40.01	300m:	4:10.14	47.58	400m:	5:23.46	36.20