



Łódzki Okręgowy  
Związek Pływacki



Ministerstwo  
Sportu i Turystyki



PGE Grand Prix Puchar Polski  
Łód , 23-24.11.2024

Event 11

Women, 400m Medley

14 years and older

2024-11-23 - 10:41

Results

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

Points: AQUA 2024

Rank			YB			Time			Pts
14 years and older									
1.	KNOP Aleksandra		03	UKS 190 Lodz		<b>4:49.07</b>			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.	GLINSKA Oliwia		07	TP Zielona Gora		<b>4:54.97</b>			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		<b>4:57.40</b>			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		<b>5:00.46</b>			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		<b>5:01.84</b>			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		<b>5:04.15</b>			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 Ursynow		<b>5:04.57</b>			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		<b>5:09.04</b>			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 Oswiecim		<b>5:10.97</b>			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		<b>5:11.65</b>			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		<b>5:20.23</b>			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		<b>5:20.71</b>			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 Oswiecim		<b>5:22.10</b>			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.	CHALUPKA Amelia		09	MKS Piaseczno		<b>5:22.22</b>			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		<b>5:22.95</b>			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	Grudziadzki KP ORKA		<b>5:23.46</b>			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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Ministerstwo  
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PGE Grand Prix Puchar Polski  
Łód , 23-24.11.2024

Event 11, Women, 400m Medley, 14 years and older

Rank			YB					Time	Pts
17.	GLOGOWSKA Natalia		08	UKS PIATKA Konstantinow Lodzki				<b>5:52.97</b>	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 years

1.	GLINSKA Oliwia		07	TP Zielona Gora				<b>4:54.97</b>	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				<b>5:00.46</b>	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				<b>5:20.71</b>	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				<b>5:22.95</b>	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 years

1.	CRHOVA Charlene Daniela		08	Sport Club Pardubice				<b>4:57.40</b>	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				<b>5:04.15</b>	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 Ursynow				<b>5:04.57</b>	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				<b>5:20.23</b>	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 Oswiecim				<b>5:22.10</b>	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.	GLOGOWSKA Natalia		08	UKS PIATKA Konstantinow Lodzki				<b>5:52.97</b>	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 years

1.	KUCZMAR Aleksandra		09	UKP POLONIA Warszawa				<b>5:09.04</b>	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 Oswiecim				<b>5:10.97</b>	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.	CHALUPKA Amelia		09	MKS Piaseczno				<b>5:22.22</b>	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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Event 11, Women, 400m Medley

14 years

1.	PIETUCH Antonina		10	AZS AWF Warszawa		<b>5:11.65</b>	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	Grudziadzki KP ORKA		<b>5:23.46</b>	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