



Łódzki Okręgowy
Związek Pływacki



Ministerstwo
Sportu i Turystyki



PGE Grand Prix Puchar Polski
Łód , 23-24.11.2024

Event 1

Women, 400m Freestyle

14 years and older

2024-11-23 - 9:00

Results

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

Points: AQUA 2024

Rank			YB			Time			Pts
14 years and older									
1.	GUSC 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 Oswiecim		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 Ursynow		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.	MALOLEPSZA 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 Oswiecim		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 Lodz		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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Sportu i Turystyki



PGE Grand Prix Puchar Polski
Łód , 23-24.11.2024

Event 1, Women, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
17.	WRZESINSKA Wiktoria				04	UKS 190 Lodz				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 Oswiecim				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.	SOBOTKA Oliwia				10	UKS GIM 92 Ursynow				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.	LUCZAK Anika				09	UKS SP-149 Lodz				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.	KOCHANSKA Urszula				09	UKS OLIMP Gorzow 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.	CHALUPKA 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 Gorzow 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 Gorzow 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.	SENKERIKOVA Lucie				08	Plavecky Klub Novy Jicin				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-WOJCIK 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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Event 1, Women, 400m Freestyle, 14 years and older

Rank			YB					Time	Pts		
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.	PIASCINSKA 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.	DRAZKIEWICZ 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 Malgorzata		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 Minsk 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.	ZURAKOWSKA 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 Lask				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 Lask				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 Lodz				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.	GLOGOWSKA Maja		10	UKS PIATKA Konstancynow Lodzki				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 Lask				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.	LOPACINSKA 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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17 - 18 years

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.	MALOLEPSZA 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 Lodz	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 Oswiecim	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.	PIASCINSKA 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.	DRAZKIEWICZ 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 years

1.	KONDRASIUK Zofia	08	UKS GIM 92 Ursynow	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

Event 1, Girls, 400m Freestyle, 16 years

Rank			YB						Time	Pts		
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.	SENKERIKOVA Lucie		08	Plavecky Klub Novy Jicin					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 Malgorzata		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 Lask					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 years

1.	POLAK Iga		09	UKP UNIA Oswiecim					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 Oswiecim					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.	LUCZAK Anika		09	UKS SP-149 Lodz					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.	KOCHANSKA Urszula		09	UKS OLIMP Gorzow Wilkp.					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.	CHALUPKA 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 Gorzow Wilkp.					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-WOJCIK 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
Łód , 23-24.11.2024

Event 1, Women, 400m Freestyle

14 years

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.	SOBOTKA Oliwia	10	UKS GIM 92 Ursynow	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 Gorzow 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 Minsk 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.	ZURAKOWSKA 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.	WESOLOWSKA Wiktoria	10	MUKS WODNIK Lask	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 Lodz	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.	GLOGOWSKA Maja	10	UKS PIATKA Konstanynow Lodzki	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 Lask	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.	LOPACINSKA Karina	10	IKS Konstancin	5:18.67	382
	50m: 33.40 33.40	150m: 1:50.77 39.58	250m: 3:35.10	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	