

ARENA GRAND PRIX PUCHAR POLSKI  
Kozienice, 23- - 24-2-2019

Konkurencja 24 Kobiet, 400m zmienny Open Wyniki  
24-02-2019 - 9:00

Rekord Polski Open	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	16-12-2007
Rekord Polski 19 - 23	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	16-12-2007
Rekord Polski 18	4:33.70	BARANOWSKA Katarzyna	POL	Trieste (ITA)	11-12-2005
Rekord Polski 17	4:38.72	SZCZEPANIAK Karolina		Gorzów Wlkp.	29-11-2009
Rekord Polski 16	4:38.89	KNOP Aleksandra	01605	Lublin	18-12-2018
Rekord Polski 15	4:38.89	KNOP Aleksandra	01605	Lublin	18-12-2018
Rekord Polski 14	4:43.77	KNOP Aleksandra	01605	Łódź	22-12-2017

Punkty: Rudolph Table 2017

Pozycja Rok ur. Czas Pkt.

14 lat

1. BURDYN Dominika	05	Mi dzyszkolny UKS „Olimpijczy	<b>5:24.36</b>	508
50m: 33.97 33.97	150m: 1:54.95 41.52	250m: 3:21.76 46.63	350m: 4:47.38 38.10	
100m: 1:13.43 39.46	200m: 2:35.13 40.18	300m: 4:09.28 47.52	400m: 5:24.36 36.98	

15 lat

1. TARASIEWICZ Klaudia	04	UKP POLONIA Warszawa	<b>4:55.50</b>	672
50m: 31.94 31.94	150m: 1:47.14 38.32	250m: 3:06.23 42.76	350m: 4:23.20 33.06	
100m: 1:08.82 36.88	200m: 2:23.47 36.33	300m: 3:50.14 43.91	400m: 4:55.50 32.30	
2. GWAJ Julia	04	Mi dzyszkolny UKS „Olimpijczy	<b>5:20.00</b>	529
50m: 33.66 33.66	150m: 1:54.98 41.03	250m: 3:19.79 44.89	350m: 4:42.50 36.92	
100m: 1:13.95 40.29	200m: 2:34.90 39.92	300m: 4:05.58 45.79	400m: 5:20.00 37.50	

16 lat

1. NOWAK Maja	03	AZS AWF Warszawa	<b>4:58.63</b>	651
50m: 33.11 33.11	150m: 1:47.87 37.17	250m: 3:08.05 43.84	350m: 4:25.94 34.14	
100m: 1:10.70 37.59	200m: 2:24.21 36.34	300m: 3:51.80 43.75	400m: 4:58.63 32.69	
2. RUSSEK Agata	03	UKP POLONIA Warszawa	<b>5:13.57</b>	563
50m: 32.15 32.15	150m: 1:51.97 42.69	250m: 3:16.07 42.24	350m: 4:36.89 38.10	
100m: 1:09.28 37.13	200m: 2:33.83 41.86	300m: 3:58.79 42.72	400m: 5:13.57 36.68	
3. ZIEMACKA Julia	03	IUKS MUSZELKA Warszawa	<b>5:16.38</b>	548
50m: 33.59 33.59	150m: 1:50.39 37.98	250m: 3:16.33 48.69	350m: 4:41.31 36.22	
100m: 1:12.41 38.82	200m: 2:27.64 37.25	300m: 4:05.09 48.76	400m: 5:16.38 35.07	
4. DOMORADZKA Aleksandra	03	Mi dzyszkolny UKS „Olimpijczy	<b>5:22.49</b>	517
50m: 34.73 34.73	150m: 1:57.06 41.83	250m: 3:22.48 44.65	350m: 4:46.00 37.80	
100m: 1:15.23 40.50	200m: 2:37.83 40.77	300m: 4:08.20 45.72	400m: 5:22.49 36.49	

17 - 18 lat

1. HERASIMOWICZ Zuzanna	02	AZS AWF Warszawa	<b>4:55.91</b>	670
50m: 32.57 32.57	150m: 1:44.89 35.40	250m: 3:04.00 42.55	350m: 4:22.70 34.57	
100m: 1:09.49 36.92	200m: 2:21.45 36.56	300m: 3:48.13 44.13	400m: 4:55.91 33.21	
2. KUCHTA Maria	02	UKS DWÓJKA Tczew	<b>5:00.42</b>	640
50m: 31.77 31.77	150m: 1:48.02 39.60	250m: 3:09.59 43.17	350m: 4:27.30 34.74	
100m: 1:08.42 36.65	200m: 2:26.42 38.40	300m: 3:52.56 42.97	400m: 5:00.42 33.12	
3. CICHOWSKA Julia	01	MKS JUVENIA Wrocław	<b>5:01.20</b>	635
50m: 31.41 31.41	150m: 1:47.30 39.06	250m: 3:07.75 42.36	350m: 4:26.28 35.51	
100m: 1:08.24 36.83	200m: 2:25.39 38.09	300m: 3:50.77 43.02	400m: 5:01.20 34.92	
4. MOZOŁOWSKA Emilia	02	UKP POLONIA Warszawa	<b>5:05.01</b>	611
50m: 32.01 32.01	150m: 1:47.34 37.18	250m: 3:08.00 43.85	350m: 4:29.76 36.63	
100m: 1:10.16 38.15	200m: 2:24.15 36.81	300m: 3:53.13 45.13	400m: 5:05.01 35.25	

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Konkurencja 24, Kobiet, 400m zmienny

Open

1.	TCHÓRZ Alicja		92	MKS JUVENIA Wrocław		<b>4:43.63</b>	760	
	50m: 29.37	29.37	150m: 1:40.86	37.74	250m: 2:58.29	40.33	350m: 4:11.72	33.07
	100m: 1:03.12	33.75	200m: 2:17.96	37.10	300m: 3:38.65	40.36	400m: 4:43.63	31.91
2.	UKOWSKA Paula		93	KU AZS UMCS Lublin		<b>4:51.40</b>	701	
	50m: 31.68	31.68	150m: 1:46.44	38.90	250m: 3:04.82	40.22	350m: 4:20.35	34.55
	100m: 1:07.54	35.86	200m: 2:24.60	38.16	300m: 3:45.80	40.98	400m: 4:51.40	31.05
3.	TARASIEWICZ Klaudia		04	UKP POLONIA Warszawa		<b>4:55.50</b>	672	
	50m: 31.94	31.94	150m: 1:47.14	38.32	250m: 3:06.23	42.76	350m: 4:23.20	33.06
	100m: 1:08.82	36.88	200m: 2:23.47	36.33	300m: 3:50.14	43.91	400m: 4:55.50	32.30
4.	HERASIMOWICZ Zuzanna		02	AZS AWF Warszawa		<b>4:55.91</b>	670	
	50m: 32.57	32.57	150m: 1:44.89	35.40	250m: 3:04.00	42.55	350m: 4:22.70	34.57
	100m: 1:09.49	36.92	200m: 2:21.45	36.56	300m: 3:48.13	44.13	400m: 4:55.91	33.21
5.	NOWAK Maja		03	AZS AWF Warszawa		<b>4:58.63</b>	651	
	50m: 33.11	33.11	150m: 1:47.87	37.17	250m: 3:08.05	43.84	350m: 4:25.94	34.14
	100m: 1:10.70	37.59	200m: 2:24.21	36.34	300m: 3:51.80	43.75	400m: 4:58.63	32.69
6.	KUCHTA Maria		02	UKS DWÓJKA Tczew		<b>5:00.42</b>	640	
	50m: 31.77	31.77	150m: 1:48.02	39.60	250m: 3:09.59	43.17	350m: 4:27.30	34.74
	100m: 1:08.42	36.65	200m: 2:26.42	38.40	300m: 3:52.56	42.97	400m: 5:00.42	33.12
7.	CICHOWSKA Julia		01	MKS JUVENIA Wrocław		<b>5:01.20</b>	635	
	50m: 31.41	31.41	150m: 1:47.30	39.06	250m: 3:07.75	42.36	350m: 4:26.28	35.51
	100m: 1:08.24	36.83	200m: 2:25.39	38.09	300m: 3:50.77	43.02	400m: 5:01.20	34.92
8.	MOZOŁOWSKA Emilia		02	UKP POLONIA Warszawa		<b>5:05.01</b>	611	
	50m: 32.01	32.01	150m: 1:47.34	37.18	250m: 3:08.00	43.85	350m: 4:29.76	36.63
	100m: 1:10.16	38.15	200m: 2:24.15	36.81	300m: 3:53.13	45.13	400m: 5:05.01	35.25
9.	RUSSEK Agata		03	UKP POLONIA Warszawa		<b>5:13.57</b>	563	
	50m: 32.15	32.15	150m: 1:51.97	42.69	250m: 3:16.07	42.24	350m: 4:36.89	38.10
	100m: 1:09.28	37.13	200m: 2:33.83	41.86	300m: 3:58.79	42.72	400m: 5:13.57	36.68
10.	ZIEMACKA Julia		03	IUKS MUSZELKA Warszawa		<b>5:16.38</b>	548	
	50m: 33.59	33.59	150m: 1:50.39	37.98	250m: 3:16.33	48.69	350m: 4:41.31	36.22
	100m: 1:12.41	38.82	200m: 2:27.64	37.25	300m: 4:05.09	48.76	400m: 5:16.38	35.07
11.	GWAJ Julia		04	Mi dzyszkolny UKS „Olimpijczy		<b>5:20.00</b>	529	
	50m: 33.66	33.66	150m: 1:54.98	41.03	250m: 3:19.79	44.89	350m: 4:42.50	36.92
	100m: 1:13.95	40.29	200m: 2:34.90	39.92	300m: 4:05.58	45.79	400m: 5:20.00	37.50
12.	DOMORADZKA Aleksandra		03	Mi dzyszkolny UKS „Olimpijczy		<b>5:22.49</b>	517	
	50m: 34.73	34.73	150m: 1:57.06	41.83	250m: 3:22.48	44.65	350m: 4:46.00	37.80
	100m: 1:15.23	40.50	200m: 2:37.83	40.77	300m: 4:08.20	45.72	400m: 5:22.49	36.49
13.	BURDYN Dominika		05	Mi dzyszkolny UKS „Olimpijczy		<b>5:24.36</b>	508	
	50m: 33.97	33.97	150m: 1:54.95	41.52	250m: 3:21.76	46.63	350m: 4:47.38	38.10
	100m: 1:13.43	39.46	200m: 2:35.13	40.18	300m: 4:09.28	47.52	400m: 5:24.36	36.98