

PGE Grand Prix Puchar Polski
OLSZTYN, 12. - 13.4.2025

 Konkurencja 22
12.04.2025 - 18:51

Kobiet, 400m zmienny

 Open
Wyniki

 Minimum kwalifikacyjne MŚ Singapur 2025:43.06 ,
Minimum kwalifikacyjne ME U23 Samorin 14:48.72 ,
Minimum kwalifikacyjne Uniwersjada Berlin4:48.72 ,
Punkty: AQUA 2025

Pozycja	Wiek										Czas	Pkt.
Open												
1.	KNOP, Aleksandra			22	UKS 190 Łódź					4:47.63	776	
	Minimum kwalifikacyjne Uniwersjada Berlin 2025 , Minimum kwalifikacyjne ME U23 Samorin 19 - 23											
	50m:	30.10	30.10	150m:	1:41.09	36.95	250m:	3:00.22	43.17	350m:	4:16.24	32.25
	100m:	1:04.14	34.04	200m:	2:17.05	35.96	300m:	3:43.99	43.77	400m:	4:47.63	31.39
2.	GUŚĆ, Wiktoria			21	MKP Szczecin					4:56.61	708	
	50m:	31.10	31.10	150m:	1:46.93	39.12	250m:	3:06.66	41.98	350m:	4:23.49	33.54
	100m:	1:07.81	36.71	200m:	2:24.68	37.75	300m:	3:49.95	43.29	400m:	4:56.61	33.12
3.	GLIŃSKA, Oliwia			18	TP Zielona Góra					5:05.04	651	
	50m:	32.71	32.71	150m:	1:47.26	38.11	250m:	3:08.87	44.18	350m:	4:30.08	36.19
	100m:	1:09.15	36.44	200m:	2:24.69	37.43	300m:	3:53.89	45.02	400m:	5:05.04	34.96
4.	BRZOZOWSKA, Julia			17	KU AZS UMCS Lublin					5:10.17	619	
	50m:	32.42	32.42	150m:	1:48.60	38.56	250m:	3:12.52	46.17	350m:	4:34.83	36.17
	100m:	1:10.04	37.62	200m:	2:26.35	37.75	300m:	3:58.66	46.14	400m:	5:10.17	35.34
5.	SLADKOVA, Barbora			16	Sport Club Pardubice					5:11.38	612	
	50m:	32.65	32.65	150m:	1:51.97	41.39	250m:	3:16.13	44.19	350m:	4:36.60	36.20
	100m:	1:10.58	37.93	200m:	2:31.94	39.97	300m:	4:00.40	44.27	400m:	5:11.38	34.78
6.	BOMBA, Julia			14	CSiR MOS w Dąbrowie Górniczej					5:19.09	568	
	50m:	32.18	32.18	150m:	1:53.31	43.27	250m:	3:20.26	46.21	350m:	4:44.06	36.07
	100m:	1:10.04	37.86	200m:	2:34.05	40.74	300m:	4:07.99	47.73	400m:	5:19.09	35.03
7.	PIETUCH, Antonina			15	AZS AWF Warszawa					5:21.05	558	
	50m:	33.34	33.34	150m:	1:54.09	40.37	250m:	3:22.28	48.74	350m:	4:46.66	36.92
	100m:	1:13.72	40.38	200m:	2:33.54	39.45	300m:	4:09.74	47.46	400m:	5:21.05	34.39
8.	PLAGA, Olga			18	TP Skalar, Słupsk					5:21.35	556	
	50m:	33.70	33.70	150m:	1:55.05	42.96	250m:	3:20.80	44.10	350m:	4:44.49	38.37
	100m:	1:12.09	38.39	200m:	2:36.70	41.65	300m:	4:06.12	45.32	400m:	5:21.35	36.86
9.	CHAŁUPKA, Amelia			16	MKS Piaseczno					5:26.93	528	
	50m:	33.64	33.64	150m:	1:57.81	43.75	250m:	3:26.59	46.58	350m:	4:51.02	38.12
	100m:	1:14.06	40.42	200m:	2:40.01	42.20	300m:	4:12.90	46.31	400m:	5:26.93	35.91
10.	BRANDYSKA, Aneta			18	Sport Club Pardubice					5:30.29	512	
	50m:	34.64	34.64	150m:	2:00.91	44.65	250m:	3:28.73	45.54	350m:	4:52.69	38.32
	100m:	1:16.26	41.62	200m:	2:43.19	42.28	300m:	4:14.37	45.64	400m:	5:30.29	37.60
11.	BARCZAK, Karolina			14	MTP Kormoran Olsztyn					5:30.80	510	
	50m:	34.28	34.28	150m:	1:57.63	44.22	250m:	3:28.72	47.76	350m:	4:54.47	37.37
	100m:	1:13.41	39.13	200m:	2:40.96	43.33	300m:	4:17.10	48.38	400m:	5:30.80	36.33
12.	PIETRZYK, Hanna			18	UKS Nawa Skierniewice					5:33.82	496	
	50m:	33.06	33.06	150m:	2:00.60	46.29	250m:	3:28.49	44.75	350m:	4:54.33	40.45
	100m:	1:14.31	41.25	200m:	2:43.74	43.14	300m:	4:13.88	45.39	400m:	5:33.82	39.49
13.	JACIOW, Magdalena			15	UKS Aqua Team Mikołów					5:34.37	494	
	50m:	34.04	34.04	150m:	2:00.83	47.09	250m:	3:31.46	44.97	350m:	4:56.64	39.33
	100m:	1:13.74	39.70	200m:	2:46.49	45.66	300m:	4:17.31	45.85	400m:	5:34.37	37.73
14.	ROZWADOWSKA, Karolina			16	MKS Trójka Łódź					5:35.25	490	
	50m:	35.74	35.74	150m:	2:03.36	46.29	250m:	3:33.72	45.67	350m:	4:59.14	39.77
	100m:	1:17.07	41.33	200m:	2:48.05	44.69	300m:	4:19.37	45.65	400m:	5:35.25	36.11

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PGE Grand Prix Puchar Polski
OLSZTYN, 12. - 13.4.2025

Konkurencja 22, Kobiety, 400m zmienny, Open

Pozycja		Wiek						Czas	Pkt.
15.	WALICKA, Martyna	18	MKS „Astoria” Bydgoszcz					5:36.07	486
	50m: 34.93 34.93	150m: 2:00.21	43.77	250m: 3:30.77	47.74	350m: 4:58.62		39.15	
	100m: 1:16.44 41.51	200m: 2:43.03	42.82	300m: 4:19.47	48.70	400m: 5:36.07		37.45	
16.	ŁAZAR, Milena	16	MKP Szczecin					5:39.71	471
	50m: 38.99 38.99	150m: 2:09.04	44.30	250m: 3:36.83	45.15	350m: 5:02.27		39.56	
	100m: 1:24.74 45.75	200m: 2:51.68	42.64	300m: 4:22.71	45.88	400m: 5:39.71		37.44	
17.	KOWNACKA, Katarzyna	16	UKP „Polonia Warszawa”					5:42.18	461
	50m: 37.88 37.88	150m: 2:07.29	43.00	250m: 3:36.32	47.15	350m: 5:04.45		39.10	
	100m: 1:24.29 46.41	200m: 2:49.17	41.88	300m: 4:25.35	49.03	400m: 5:42.18		37.73	
18.	LIPKOWSKA, Paulina	16	UKP „Polonia Warszawa”					5:42.93	458
	50m: 34.49 34.49	150m: 2:02.23	44.70	250m: 3:34.05	49.27	350m: 5:05.19		40.51	
	100m: 1:17.53 43.04	200m: 2:44.78	42.55	300m: 4:24.68	50.63	400m: 5:42.93		37.74	
19.	PALICKA, Patrycja	14	TP Skalar, Słupsk					5:45.23	449
	50m: 38.83 38.83	150m: 2:11.77	46.72	250m: 3:43.75	48.18	350m: 5:08.76		37.33	
	100m: 1:25.05 46.22	200m: 2:55.57	43.80	300m: 4:31.43	47.68	400m: 5:45.23		36.47	
20.	ŻOŁĄDEK, Julia	14	MKS Jedyńka Łódź					5:50.34	429
	50m: 37.04 37.04	150m: 2:10.82	48.40	250m: 3:43.71	47.39	350m: 5:10.80		39.69	
	100m: 1:22.42 45.38	200m: 2:56.32	45.50	300m: 4:31.11	47.40	400m: 5:50.34		39.54	

17 - 18 lat

1.	GLIŃSKA, Oliwia	18	TP Zielona Góra					5:05.04	651
	50m: 32.71 32.71	150m: 1:47.26	38.11	250m: 3:08.87	44.18	350m: 4:30.08		36.19	
	100m: 1:09.15 36.44	200m: 2:24.69	37.43	300m: 3:53.89	45.02	400m: 5:05.04		34.96	
2.	BRZOZOWSKA, Julia	17	KU AZS UMCS Lublin					5:10.17	619
	50m: 32.42 32.42	150m: 1:48.60	38.56	250m: 3:12.52	46.17	350m: 4:34.83		36.17	
	100m: 1:10.04 37.62	200m: 2:26.35	37.75	300m: 3:58.66	46.14	400m: 5:10.17		35.34	
3.	PLAGA, Olga	18	TP Skalar, Słupsk					5:21.35	556
	50m: 33.70 33.70	150m: 1:55.05	42.96	250m: 3:20.80	44.10	350m: 4:44.49		38.37	
	100m: 1:12.09 38.39	200m: 2:36.70	41.65	300m: 4:06.12	45.32	400m: 5:21.35		36.86	
4.	BRANDYSKA, Aneta	18	Sport Club Pardubice					5:30.29	512
	50m: 34.64 34.64	150m: 2:00.91	44.65	250m: 3:28.73	45.54	350m: 4:52.69		38.32	
	100m: 1:16.26 41.62	200m: 2:43.19	42.28	300m: 4:14.37	45.64	400m: 5:30.29		37.60	
5.	PIETRZYK, Hanna	18	UKS Nawa Skierniewice					5:33.82	496
	50m: 33.06 33.06	150m: 2:00.60	46.29	250m: 3:28.49	44.75	350m: 4:54.33		40.45	
	100m: 1:14.31 41.25	200m: 2:43.74	43.14	300m: 4:13.88	45.39	400m: 5:33.82		39.49	
6.	WALICKA, Martyna	18	MKS „Astoria” Bydgoszcz					5:36.07	486
	50m: 34.93 34.93	150m: 2:00.21	43.77	250m: 3:30.77	47.74	350m: 4:58.62		39.15	
	100m: 1:16.44 41.51	200m: 2:43.03	42.82	300m: 4:19.47	48.70	400m: 5:36.07		37.45	

16 lat

1.	SLADKOVA, Barbora	16	Sport Club Pardubice					5:11.38	612
	50m: 32.65 32.65	150m: 1:51.97	41.39	250m: 3:16.13	44.19	350m: 4:36.60		36.20	
	100m: 1:10.58 37.93	200m: 2:31.94	39.97	300m: 4:00.40	44.27	400m: 5:11.38		34.78	
2.	CHAŁUPKA, Amelia	16	MKS Piaseczno					5:26.93	528
	50m: 33.64 33.64	150m: 1:57.81	43.75	250m: 3:26.59	46.58	350m: 4:51.02		38.12	
	100m: 1:14.06 40.42	200m: 2:40.01	42.20	300m: 4:12.90	46.31	400m: 5:26.93		35.91	
3.	ROZWADOWSKA, Karolina	16	MKS Trójka Łódź					5:35.25	490
	50m: 35.74 35.74	150m: 2:03.36	46.29	250m: 3:33.72	45.67	350m: 4:59.14		39.77	
	100m: 1:17.07 41.33	200m: 2:48.05	44.69	300m: 4:19.37	45.65	400m: 5:35.25		36.11	

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PGE Grand Prix Puchar Polski
OLSZTYN, 12. - 13.4.2025

Konkurencja 22, Dziewcząt, 400m zmienny, 16 lat

Pozycja									Wiek					Czas	Pkt.
4.	ŁAZAR, Milena								16	MKP Szczecin				5:39.71	471
	50m:	38.99	38.99	150m:	2:09.04	44.30	250m:	3:36.83	45.15	350m:	5:02.27	39.56			
	100m:	1:24.74	45.75	200m:	2:51.68	42.64	300m:	4:22.71	45.88	400m:	5:39.71	37.44			
5.	KOWNACKA, Katarzyna								16	UKP „Polonia Warszawa"				5:42.18	461
	50m:	37.88	37.88	150m:	2:07.29	43.00	250m:	3:36.32	47.15	350m:	5:04.45	39.10			
	100m:	1:24.29	46.41	200m:	2:49.17	41.88	300m:	4:25.35	49.03	400m:	5:42.18	37.73			
6.	LIPKOWSKA, Paulina								16	UKP „Polonia Warszawa"				5:42.93	458
	50m:	34.49	34.49	150m:	2:02.23	44.70	250m:	3:34.05	49.27	350m:	5:05.19	40.51			
	100m:	1:17.53	43.04	200m:	2:44.78	42.55	300m:	4:24.68	50.63	400m:	5:42.93	37.74			

15 lat

1.	PIETUCH, Antonina			15	AZS AWF Warszawa				5:21.05	558		
	50m:	33.34	33.34	150m:	1:54.09	40.37	250m:	3:22.28	48.74	350m:	4:46.66	36.92
	100m:	1:13.72	40.38	200m:	2:33.54	39.45	300m:	4:09.74	47.46	400m:	5:21.05	34.39
2.	JACIOW, Magdalena			15	UKS Aqua Team Mikołów				5:34.37	494		
	50m:	34.04	34.04	150m:	2:00.83	47.09	250m:	3:31.46	44.97	350m:	4:56.64	39.33
	100m:	1:13.74	39.70	200m:	2:46.49	45.66	300m:	4:17.31	45.85	400m:	5:34.37	37.73

14 lat

1.	BOMBA, Julia			14	CSiR MOS w Dąbrowie Górniczej				5:19.09	568		
	50m:	32.18	32.18	150m:	1:53.31	43.27	250m:	3:20.26	46.21	350m:	4:44.06	36.07
	100m:	1:10.04	37.86	200m:	2:34.05	40.74	300m:	4:07.99	47.73	400m:	5:19.09	35.03
2.	BARCZAK, Karolina			14	MTP Kormoran Olsztyn				5:30.80	510		
	50m:	34.28	34.28	150m:	1:57.63	44.22	250m:	3:28.72	47.76	350m:	4:54.47	37.37
	100m:	1:13.41	39.13	200m:	2:40.96	43.33	300m:	4:17.10	48.38	400m:	5:30.80	36.33
3.	PALICKA, Patrycja			14	TP Skalar, Słupsk				5:45.23	449		
	50m:	38.83	38.83	150m:	2:11.77	46.72	250m:	3:43.75	48.18	350m:	5:08.76	37.33
	100m:	1:25.05	46.22	200m:	2:55.57	43.80	300m:	4:31.43	47.68	400m:	5:45.23	36.47
4.	ŻOŁĄDEK, Julia			14	MKS Jedyńka Łódź				5:50.34	429		
	50m:	37.04	37.04	150m:	2:10.82	48.40	250m:	3:43.71	47.39	350m:	5:10.80	39.69
	100m:	1:22.42	45.38	200m:	2:56.32	45.50	300m:	4:31.11	47.40	400m:	5:50.34	39.54