



PGE Grand Prix Puchar Polski
O wi cim, 15 - 16/3/2025



Konkurencja 21
16/3/2025 - 9:00

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Minimum kwalifikacyjne M Singapur 2025 Open: 4:10.23 / Minimum kwalifikacyjne Uniwersjada Berlin 2025 Open: 4:15.01 /
Minimum kwalifikacyjne ME U23 Samorin 19 - 23: 4:15.01

Punkty: AQUA 2025

Pozycja			Rok ur.					Czas	Pkt.
1.	Tarasiewicz Klaudia		04	MKP Szczecin				4:15.86	778
	50m: 30.20	30.20	150m: 1:34.82	32.45	250m: 2:39.68	32.34	350m: 3:44.74	32.61	
	100m: 1:02.37	32.17	200m: 2:07.34	32.52	300m: 3:12.13	32.45	400m: 4:15.86	31.12	
2.	Polaska Aleksandra		00	AZS UW Warszawa				4:19.73	744
	50m: 29.44	29.44	150m: 1:34.14	32.75	250m: 2:40.00	33.02	350m: 3:46.51	33.53	
	100m: 1:01.39	31.95	200m: 2:06.98	32.84	300m: 3:12.98	32.98	400m: 4:19.73	33.22	
3.	Famulok Zuzanna		03	AZS AWF Katowice				4:23.00	716
	50m: 30.23	30.23	150m: 1:35.47	33.15	250m: 2:41.93	33.32	350m: 3:50.11	34.22	
	100m: 1:02.32	32.09	200m: 2:08.61	33.14	300m: 3:15.89	33.96	400m: 4:23.00	32.89	
4.	Gu Wiktoria		04	MKP Szczecin				4:24.20	707
	50m: 30.70	30.70	150m: 1:36.89	33.54	250m: 2:44.74	34.04	350m: 3:51.64	33.23	
	100m: 1:03.35	32.65	200m: 2:10.70	33.81	300m: 3:18.41	33.67	400m: 4:24.20	32.56	
5.	Duda Natalia		10	MKP Szczecin				4:27.26	683
	50m: 31.14	31.14	150m: 1:38.85	34.46	250m: 2:48.41	34.58	350m: 3:55.27	32.52	
	100m: 1:04.39	33.25	200m: 2:13.83	34.98	300m: 3:22.75	34.34	400m: 4:27.26	31.99	
6.	Kowalska Klara		05	AZS UMCS Lublin				4:27.95	677
	50m: 30.32	30.32	150m: 1:36.56	33.54	250m: 2:44.97	34.23	350m: 3:53.79	34.55	
	100m: 1:03.02	32.70	200m: 2:10.74	34.18	300m: 3:19.24	34.27	400m: 4:27.95	34.16	
7.	Kulik Julia		05	AZS UW Warszawa				4:29.34	667
	50m: 29.85	29.85	150m: 1:36.73	33.83	250m: 2:45.31	34.50	350m: 3:55.61	35.28	
	100m: 1:02.90	33.05	200m: 2:10.81	34.08	300m: 3:20.33	35.02	400m: 4:29.34	33.73	
8.	Polak Iga		09	Unia O wi cim				4:30.34	660
	50m: 31.23	31.23	150m: 1:39.22	34.25	250m: 2:48.67	34.67	350m: 3:57.26	33.95	
	100m: 1:04.97	33.74	200m: 2:14.00	34.78	300m: 3:23.31	34.64	400m: 4:30.34	33.08	
9.	Reszko Lena		09	Polonia Warszawa				4:32.26	646
	50m: 30.73	30.73	150m: 1:38.62	34.51	250m: 2:48.47	34.96	350m: 3:58.16	34.55	
	100m: 1:04.11	33.38	200m: 2:13.51	34.89	300m: 3:23.61	35.14	400m: 4:32.26	34.10	
10.	Nowak Maja		03	AZS UW Warszawa				4:32.44	644
	50m: 31.13	31.13	150m: 1:40.04	34.49	250m: 2:49.32	34.49	350m: 3:58.33	34.49	
	100m: 1:05.55	34.42	200m: 2:14.83	34.79	300m: 3:23.84	34.52	400m: 4:32.44	34.11	
11.	Walczak Barbara		06	AZS UW Warszawa				4:36.90	614
	50m: 31.87	31.87	150m: 1:41.30	35.05	250m: 2:51.89	35.46	350m: 4:03.05	35.66	
	100m: 1:06.25	34.38	200m: 2:16.43	35.13	300m: 3:27.39	35.50	400m: 4:36.90	33.85	
12.	Rajca Matylda		10	Jedno 32 Przyszowice				4:37.11	612
	50m:		150m:		250m:		350m:		
	100m: 1:06.51		200m: 2:17.18		300m: 3:28.37		400m: 4:37.11		
13.	Małolepsza Weronika		07	MKP Szczecin				4:37.40	610
	50m: 31.55	31.55	150m: 1:40.25	34.67	250m: 2:50.92	34.91	350m: 4:02.23	35.43	
	100m: 1:05.58	34.03	200m: 2:16.01	35.76	300m: 3:26.80	35.88	400m: 4:37.40	35.17	
14.	Kuczmar Zuzanna		07	Polonia Warszawa				4:38.76	602
	50m: 31.67	31.67	150m: 1:42.38	35.79	250m: 2:53.17	35.47	350m: 4:03.93	35.39	
	100m: 1:06.59	34.92	200m: 2:17.70	35.32	300m: 3:28.54	35.37	400m: 4:38.76	34.83	
15.	Rczkowska Maja		07	Jedno 32 Przyszowice				4:39.95	594
	50m: 32.48	32.48	150m: 1:42.20	35.31	250m: 2:52.88	35.61	350m: 4:04.98	36.07	
	100m: 1:06.89	34.41	200m: 2:17.27	35.07	300m: 3:28.91	36.03	400m: 4:39.95	34.97	





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Konkurencja 21, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.
16.	wi tek Amelia			08	I sk Wrocław				4:40.17	592
	50m: 32.17	32.17	150m: 1:42.46	35.54	250m: 2:54.10	35.91	350m: 4:05.95	35.99		
	100m: 1:06.92	34.75	200m: 2:18.19	35.73	300m: 3:29.96	35.86	400m: 4:40.17	34.22		
17.	Kuczmar Aleksandra			09	Polonia Warszawa				4:41.35	585
	50m: 31.28	31.28	150m: 1:41.41	35.44	250m: 2:53.59	36.12	350m: 4:06.73	36.49		
	100m: 1:05.97	34.69	200m: 2:17.47	36.06	300m: 3:30.24	36.65	400m: 4:41.35	34.62		
18.	Kondrasiuk Zofia			08	GIM 92 Ursynów Warszawa				4:41.59	584
	50m: 32.05	32.05	150m: 1:42.13	35.51	250m: 2:53.99	36.13	350m: 4:06.07	35.98		
	100m: 1:06.62	34.57	200m: 2:17.86	35.73	300m: 3:30.09	36.10	400m: 4:41.59	35.52		
19.	Nikiel Emilia			11	Park Wodny Tarn. Góry				4:41.82	582
	50m: 32.02	32.02	150m: 1:43.48	35.99	250m: 2:55.50	35.97	350m: 4:07.35	35.79		
	100m: 1:07.49	35.47	200m: 2:19.53	36.05	300m: 3:31.56	36.06	400m: 4:41.82	34.47		
20.	Oko Anna			09	Jedno 32 Przyszowice				4:42.02	581
	50m: 31.84	31.84	150m: 1:42.65	35.91	250m: 2:54.83	36.18	350m: 4:07.35	36.30		
	100m: 1:06.74	34.90	200m: 2:18.65	36.00	300m: 3:31.05	36.22	400m: 4:42.02	34.67		
21.	Trafalska Zuzanna			07	UKS 190 Łódź				4:43.97	569
	50m: 32.78	32.78	150m: 1:43.33	35.36	250m: 2:54.78	35.76	350m: 4:08.25	36.71		
	100m: 1:07.97	35.19	200m: 2:19.02	35.69	300m: 3:31.54	36.76	400m: 4:43.97	35.72		
22.	Bednarek Lena			09	CSiR MOS D browa Grn.				4:45.43	560
	50m: 32.30	32.30	150m: 1:44.42	36.33	250m: 2:57.79	36.69	350m: 4:11.15	36.34		
	100m: 1:08.09	35.79	200m: 2:21.10	36.68	300m: 3:34.81	37.02	400m: 4:45.43	34.28		
	Idzkiewicz Hanna			09	GIM 92 Ursynów Warszawa				4:45.43	560
	50m: 32.79	32.79	150m: 1:45.96	36.28	250m: 3:00.70	37.23	350m: 4:12.65	34.85		
	100m: 1:09.68	36.89	200m: 2:23.47	37.51	300m: 3:37.80	37.10	400m: 4:45.43	32.78		
24.	Mosiakina Sofia			08	Unia O wi cim				4:45.70	559
	50m: 32.70	32.70	150m: 1:44.83	36.57	250m: 2:57.92	36.56	350m: 4:10.79	36.27		
	100m: 1:08.26	35.56	200m: 2:21.36	36.53	300m: 3:34.52	36.60	400m: 4:45.70	34.91		
25.	Wrzesi ska Wiktoria			04	UKS 190 Łódź				4:46.16	556
	50m: 32.87	32.87	150m: 1:45.17	36.18	250m: 2:56.91	35.56	350m: 4:10.22	36.91		
	100m: 1:08.99	36.12	200m: 2:21.35	36.18	300m: 3:33.31	36.40	400m: 4:46.16	35.94		
26.	Sowa Barbara			07	Unia O wi cim				4:46.33	555
	50m: 32.84	32.84	150m: 1:45.55	36.70	250m: 2:58.97	36.64	350m: 4:11.58	35.87		
	100m: 1:08.85	36.01	200m: 2:22.33	36.78	300m: 3:35.71	36.74	400m: 4:46.33	34.75		
27.	Różga Nina			11	CSiR MOS D browa Grn.				4:46.49	554
	50m: 31.09	31.09	150m: 1:44.00	36.65	250m: 2:58.45	37.23	350m: 4:11.81	36.59		
	100m: 1:07.35	36.26	200m: 2:21.22	37.22	300m: 3:35.22	36.77	400m: 4:46.49	34.68		
28.	Kocha ska Urszula			09	Olimp Gorzów Wlkp.				4:46.56	554
	50m: 31.71	31.71	150m: 1:45.78	37.14	250m: 2:59.33	36.61	350m: 4:12.18	36.39		
	100m: 1:08.64	36.93	200m: 2:22.72	36.94	300m: 3:35.79	36.46	400m: 4:46.56	34.38		
29.	Kokoszka Paulina			11	GIM 92 Ursynów Warszawa				4:47.70	547
	50m: 31.22	31.22	150m: 1:42.82	36.11	250m: 2:57.04	37.85	350m: 4:11.66	37.21		
	100m: 1:06.71	35.49	200m: 2:19.19	36.37	300m: 3:34.45	37.41	400m: 4:47.70	36.04		
30.	Sobótka Oliwia			10	GIM 92 Ursynów Warszawa				4:49.40	538
	50m: 33.38	33.38	150m: 1:47.14	37.36	250m: 3:00.94	36.87	350m: 4:14.51	36.61		
	100m: 1:09.78	36.40	200m: 2:24.07	36.93	300m: 3:37.90	36.96	400m: 4:49.40	34.89		
31.	Karolewska Julia			11	Swimland Olsztyn				4:51.63	525
	50m: 32.32	32.32	150m: 1:44.96	37.57	250m: 3:02.18	38.40	350m: 4:18.02	37.59		
	100m: 1:07.39	35.07	200m: 2:23.78	38.82	300m: 3:40.43	38.25	400m: 4:51.63	33.61		
32.	Rychter Zofia			10	Park Wodny Tarn. Góry				4:51.71	525
	50m: 33.14	33.14	150m: 1:47.32	37.52	250m: 3:01.73	37.17	350m: 4:16.19	37.13		
	100m: 1:09.80	36.66	200m: 2:24.56	37.24	300m: 3:39.06	37.33	400m: 4:51.71	35.52		

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Konkurencja 21, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.	
33.	Hajder Hanna				09	Delfin Toru				4:52.85	519	
	50m:	32.59	32.59	150m:	1:44.13	36.49	250m:	2:58.57	37.49	350m:	4:15.25	38.37
	100m:	1:07.64	35.05	200m:	2:21.08	36.95	300m:	3:36.88	38.31	400m:	4:52.85	37.60
34.	Malarz Milena				09	Victoria Kozy				4:54.14	512	
	50m:	32.50	32.50	150m:	1:47.63	37.91	250m:	3:03.16	37.05	350m:	4:18.31	37.69
	100m:	1:09.72	37.22	200m:	2:26.11	38.48	300m:	3:40.62	37.46	400m:	4:54.14	35.83
35.	Volkert Julia				05	AZS AWF Katowice				4:54.49	510	
	50m:	33.22	33.22	150m:	1:46.75	36.86	250m:	3:01.69	37.76	350m:	4:17.19	37.71
	100m:	1:09.89	36.67	200m:	2:23.93	37.18	300m:	3:39.48	37.79	400m:	4:54.49	37.30
36.	B tkowska Emilia				11	CKiS Skawina				4:57.31	496	
	50m:	33.47	33.47	150m:	1:47.94	37.41	250m:	3:04.63	38.43	350m:	4:21.12	38.24
	100m:	1:10.53	37.06	200m:	2:26.20	38.26	300m:	3:42.88	38.25	400m:	4:57.31	36.19
37.	Trafalska Antonina				08	UKS 190 Łód				4:58.53	490	
	50m:	34.52	34.52	150m:	1:49.32	37.66	250m:	3:05.56	37.98	350m:	4:21.64	37.27
	100m:	1:11.66	37.14	200m:	2:27.58	38.26	300m:	3:44.37	38.81	400m:	4:58.53	36.89
38.	Dzi giel Marta				07	AZS AWF Warszawa				4:59.13	487	
	50m:	34.83	34.83	150m:	1:50.47	38.06	250m:	3:07.58	38.59	350m:	4:23.50	37.58
	100m:	1:12.41	37.58	200m:	2:28.99	38.52	300m:	3:45.92	38.34	400m:	4:59.13	35.63
39.	Bili ska Iga				09	Manta Kochłowice Ruda l.				5:01.12	477	
	50m:	32.17	32.17	150m:	1:46.61	37.98	250m:	3:04.13	38.78	350m:	4:22.98	39.21
	100m:	1:08.63	36.46	200m:	2:25.35	38.74	300m:	3:43.77	39.64	400m:	5:01.12	38.14
40.	Fitał Karolina				10	UKP Ruda l ska				5:02.09	473	
	50m:	34.78	34.78	150m:	1:50.87	38.22	250m:	3:08.17	38.69	350m:	4:25.26	38.18
	100m:	1:12.65	37.87	200m:	2:29.48	38.61	300m:	3:47.08	38.91	400m:	5:02.09	36.83
41.	Ornowska Zuzanna				08	Polonia Warszawa				5:02.55	470	
	50m:	33.01	33.01	150m:	1:49.76	38.85	250m:	3:07.60	38.93	350m:	4:25.34	38.77
	100m:	1:10.91	37.90	200m:	2:28.67	38.91	300m:	3:46.57	38.97	400m:	5:02.55	37.21
42.	Łysiuk Lidia				11	GIM 92 Ursynów Warszawa				5:02.81	469	
	50m:	33.09	33.09	150m:	1:48.18	38.38	250m:	3:07.56	40.03	350m:	4:26.30	39.22
	100m:	1:09.80	36.71	200m:	2:27.53	39.35	300m:	3:47.08	39.52	400m:	5:02.81	36.51
43.	Ła ko Emilia				10	BOSiR Brzesko				5:03.03	468	
	50m:	34.54	34.54	150m:	1:50.49	38.20	250m:	3:08.05	38.63	350m:	4:25.44	38.85
	100m:	1:12.29	37.75	200m:	2:29.42	38.93	300m:	3:46.59	38.54	400m:	5:03.03	37.59
44.	Machno Anna				07	Victoria Zawiercie				5:03.73	465	
	50m:	31.59	31.59	150m:	1:46.22	38.37	250m:	3:05.42	39.63	350m:	4:26.07	40.55
	100m:	1:07.85	36.26	200m:	2:25.79	39.57	300m:	3:45.52	40.10	400m:	5:03.73	37.66
45.	Sacha Paulina				10	Nika Sport Team Kraków				5:05.61	456	
	50m:	33.79	33.79	150m:	1:51.22	39.53	250m:	3:11.18	40.17	350m:	4:28.86	38.38
	100m:	1:11.69	37.90	200m:	2:31.01	39.79	300m:	3:50.48	39.30	400m:	5:05.61	36.75
46.	Nowak Maja				10	SMS Galicja Kraków				5:06.01	455	
	50m:	34.33	34.33	150m:	1:51.86	38.93	250m:	3:10.66	39.60	350m:	4:29.68	39.38
	100m:	1:12.93	38.60	200m:	2:31.06	39.20	300m:	3:50.30	39.64	400m:	5:06.01	36.33
47.	Krakus Liliana				11	UKS SP-149 Łód				5:06.45	453	
	50m:	34.67	34.67	150m:	1:55.79	40.87	250m:	3:14.83	39.30	350m:	4:31.22	37.96
	100m:	1:14.92	40.25	200m:	2:35.53	39.74	300m:	3:53.26	38.43	400m:	5:06.45	35.23
48.	Cała Anastazja				07	Unia O wi cim				5:06.50	452	
	50m:	33.29	33.29	150m:	1:45.92	36.75	250m:	3:02.81	39.21	350m:	4:25.52	41.19
	100m:	1:09.17	35.88	200m:	2:23.60	37.68	300m:	3:44.33	41.52	400m:	5:06.50	40.98
49.	Franaszczak Zofia				10	V Łomianki				5:07.11	450	
	50m:	33.91	33.91	150m:	1:52.17	39.53	250m:	3:12.09	39.74	350m:	4:30.24	38.77
	100m:	1:12.64	38.73	200m:	2:32.35	40.18	300m:	3:51.47	39.38	400m:	5:07.11	36.87

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Pozycja				Rok ur.					Czas	Pkt.
50.	Sell Magdalena			11	Korona-Swim Kielce				5:07.63	447
	50m: 34.56	34.56	150m: 1:52.71	39.82	250m: 3:11.15	38.78	350m: 4:29.71	39.51		
	100m: 1:12.89	38.33	200m: 2:32.37	39.66	300m: 3:50.20	39.05	400m: 5:07.63	37.92		
51.	Kowalczyk Helena			11	Trójka Łód				5:10.51	435
	50m: 34.33	34.33	150m: 1:55.06	40.22	250m: 3:15.88	40.78	350m: 4:35.39	40.10		
	100m: 1:14.84	40.51	200m: 2:35.10	40.04	300m: 3:55.29	39.41	400m: 5:10.51	35.12		
52.	Mydłowska Roxana			10	Nawa Skierniewice				5:11.34	432
	50m: 34.25	34.25	150m: 1:53.02	40.16	250m: 3:14.07	40.97	350m: 4:34.60	39.97		
	100m: 1:12.86	38.61	200m: 2:33.10	40.08	300m: 3:54.63	40.56	400m: 5:11.34	36.74		
53.	Kiero ska Maryla			11	Olimpijczyk Brzesko				5:12.36	427
	50m: 34.97	34.97	150m: 1:53.56	39.70	250m: 3:13.83	39.90	350m: 4:33.31	39.13		
	100m: 1:13.86	38.89	200m: 2:33.93	40.37	300m: 3:54.18	40.35	400m: 5:12.36	39.05		
54.	Bukowska Michalina			07	UKP Ruda l ska				5:13.84	421
	50m: 34.03	34.03	150m: 1:50.72	39.34	250m: 3:11.76	40.49	350m: 4:33.32	40.66		
	100m: 1:11.38	37.35	200m: 2:31.27	40.55	300m: 3:52.66	40.90	400m: 5:13.84	40.52		
55.	Dzik Zoja			09	Polonia Warszawa				5:14.05	421
	50m: 33.41	33.41	150m: 1:51.26	39.62	250m: 3:12.97	41.16	350m: 4:34.16	40.53		
	100m: 1:11.64	38.23	200m: 2:31.81	40.55	300m: 3:53.63	40.66	400m: 5:14.05	39.89		
56.	Surowiec Oliwia			10	Victoria Zawiercie				5:47.23	311
	50m: 35.74	35.74	150m: 2:00.61	44.10	250m: 3:32.00	45.82	350m: 5:03.83	45.75		
	100m: 1:16.51	40.77	200m: 2:46.18	45.57	300m: 4:18.08	46.08	400m: 5:47.23	43.40		
57.	abnicka Zofia			11	Nowy KP Bielsko-Biała				5:57.73	284
	50m: 36.45	36.45	150m: 2:01.67	44.27	250m: 3:35.04	47.43	350m: 5:09.38	47.38		
	100m: 1:17.40	40.95	200m: 2:47.61	45.94	300m: 4:22.00	46.96	400m: 5:57.73	48.35		
PK	Kacer Maria			12	BOSiR Brzesko				4:49.97	534
	50m: 33.04	33.04	150m: 1:45.52	36.91	250m: 2:59.97	37.56	350m: 4:14.70	37.23		
	100m: 1:08.61	35.57	200m: 2:22.41	36.89	300m: 3:37.47	37.50	400m: 4:49.97	35.27		

