



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



Konkurencja 31
16/3/2025 - 10:50

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Minimum kwalifikacyjne M Singapur 2025 Open: 4:43.06 / Minimum kwalifikacyjne Uniwersjada Berlin 2025 Open: 4:48.26 /
Minimum kwalifikacyjne ME U23 Samorin 19 - 23: 4:48.72

Punkty: AQUA 2025

Pozycja				Rok ur.					Czas	Pkt.		
1.	Knop Aleksandra			03	UKS 190 Łód				4:50.43	754		
	50m:	30.44	30.44	150m:	1:41.14	36.44	250m:	3:00.92	43.95	350m:	4:19.10	33.73
	100m:	1:04.70	34.26	200m:	2:16.97	35.83	300m:	3:45.37	44.45	400m:	4:50.43	31.33
2.	Tarasiewicz Klaudia			04	MKP Szczecin				5:03.03	664		
	50m:	32.54	32.54	150m:	1:49.43	39.80	250m:	3:13.04	45.47	350m:	4:31.68	33.64
	100m:	1:09.63	37.09	200m:	2:27.57	38.14	300m:	3:58.04	45.00	400m:	5:03.03	31.35
3.	Piskorska Adela			03	AZS UMCS Lublin				5:07.34	636		
	50m:	31.31	31.31	150m:	1:46.66	37.82	250m:	3:09.24	45.68	350m:	4:31.94	36.93
	100m:	1:08.84	37.53	200m:	2:23.56	36.90	300m:	3:55.01	45.77	400m:	5:07.34	35.40
4.	Bobrowska Alina			08	KSZO Ostrowiec w.				5:09.16	625		
	50m:	31.73	31.73	150m:	1:48.50	40.35	250m:	3:12.37	44.83	350m:	4:34.62	37.41
	100m:	1:08.15	36.42	200m:	2:27.54	39.04	300m:	3:57.21	44.84	400m:	5:09.16	34.54
5.	Sulak Antonina			06	AZS AWF Katowice				5:09.52	623		
	50m:	32.85	32.85	150m:	1:51.18	40.31	250m:	3:13.91	44.42	350m:	4:34.82	37.33
	100m:	1:10.87	38.02	200m:	2:29.49	38.31	300m:	3:57.49	43.58	400m:	5:09.52	34.70
6.	Kowalska-Fr czyk Zofia			10	GIM 92 Ursynów Warszawa				5:12.23	607		
	50m:	31.66	31.66	150m:	1:51.19	41.60	250m:	3:16.54	46.02	350m:	4:38.65	37.51
	100m:	1:09.59	37.93	200m:	2:30.52	39.33	300m:	4:01.14	44.60	400m:	5:12.23	33.58
7.	Rodziewicz Alicja			08	Nawa Skierniewice				5:12.40	606		
	50m:	32.77	32.77	150m:	1:50.97	40.26	250m:	3:15.21	45.66	350m:	4:36.81	35.62
	100m:	1:10.71	37.94	200m:	2:29.55	38.58	300m:	4:01.19	45.98	400m:	5:12.40	35.59
8.	Gołub Karolina			10	GIM 92 Ursynów Warszawa				5:17.79	575		
	50m:	32.49	32.49	150m:	1:52.02	41.54	250m:	3:19.87	47.85	350m:	4:43.52	37.06
	100m:	1:10.48	37.99	200m:	2:32.02	40.00	300m:	4:06.46	46.59	400m:	5:17.79	34.27
9.	Bomba Julia			11	CSiR MOS D browa Grn.				5:19.77	565		
	50m:	33.10	33.10	150m:	1:53.68	41.87	250m:	3:22.19	47.31	350m:	4:45.03	35.89
	100m:	1:11.81	38.71	200m:	2:34.88	41.20	300m:	4:09.14	46.95	400m:	5:19.77	34.74
10.	Wilk Anna			06	Fala Kra nik				5:20.42	561		
	50m:	33.52	33.52	150m:	1:55.10	42.52	250m:	3:22.03	45.99	350m:	4:44.71	37.10
	100m:	1:12.58	39.06	200m:	2:36.04	40.94	300m:	4:07.61	45.58	400m:	5:20.42	35.71
11.	Wieczorek Michalina			09	Unia O wi cim				5:23.03	548		
	50m:	33.23	33.23	150m:	1:54.82	42.74	250m:	3:22.75	46.76	350m:	4:47.54	37.07
	100m:	1:12.08	38.85	200m:	2:35.99	41.17	300m:	4:10.47	47.72	400m:	5:23.03	35.49
12.	Kuczmar Aleksandra			09	Polonia Warszawa				5:24.49	540		
	50m:	34.19	34.19	150m:	1:57.17	42.70	250m:	3:24.76	46.51	350m:	4:48.68	36.96
	100m:	1:14.47	40.28	200m:	2:38.25	41.08	300m:	4:11.72	46.96	400m:	5:24.49	35.81
13.	Stefa czyk Magdalena			08	CSiR MOS D browa Grn.				5:25.23	537		
	50m:	33.76	33.76	150m:	1:56.00	43.28	250m:	3:24.66	46.68	350m:	4:49.50	37.46
	100m:	1:12.72	38.96	200m:	2:37.98	41.98	300m:	4:12.04	47.38	400m:	5:25.23	35.73
14.	Kosta czyk Kaja			09	CSiR MOS D browa Grn.				5:27.40	526		
	50m:	32.52	32.52	150m:	1:55.51	43.06	250m:	3:24.03	47.36	350m:	4:50.81	37.86
	100m:	1:12.45	39.93	200m:	2:36.67	41.16	300m:	4:12.95	48.92	400m:	5:27.40	36.59
15.	Denisiewicz Zuzanna			07	Nawa Skierniewice				5:28.15	522		
	50m:	34.09	34.09	150m:	1:56.19	41.79	250m:	3:21.61	45.47	350m:	4:48.08	40.55
	100m:	1:14.40	40.31	200m:	2:36.14	39.95	300m:	4:07.53	45.92	400m:	5:28.15	40.07

Obsługa zawodów: SMS SwimArt My lenice

www.swimart.pl

e-mail: zawody@swimart.pl

Splash Meet Manager, 11.81460

Registered to SMS SwimArt My lenice

16/3/2025 13:50 - Strona 1



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



Konkurencja 31, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.
16.	Lesiak Weronika			08	Nawa Skierniewice				5:28.78	519
	50m: 34.94	34.94	150m: 2:04.78	44.88	250m: 3:32.21	44.31	350m: 4:54.58	37.17		
	100m: 1:19.90	44.96	200m: 2:47.90	43.12	300m: 4:17.41	45.20	400m: 5:28.78	34.20		
17.	Kulka Milena			11	CSiR MOS D browa Grn.				5:30.23	513
	50m: 34.82	34.82	150m: 1:59.73	44.96	250m: 3:28.51	45.71	350m: 4:53.75	39.38		
	100m: 1:14.77	39.95	200m: 2:42.80	43.07	300m: 4:14.37	45.86	400m: 5:30.23	36.48		
18.	Nikiel Emilia			11	Park Wodny Tarn. Góry				5:30.24	513
	50m: 35.86	35.86	150m: 1:59.91	41.33	250m: 3:28.97	48.94	350m: 4:55.26	36.26		
	100m: 1:18.58	42.72	200m: 2:40.03	40.12	300m: 4:19.00	50.03	400m: 5:30.24	34.98		
19.	Ornowska Zuzanna			08	Polonia Warszawa				5:34.69	492
	50m: 36.62	36.62	150m: 2:05.09	44.42	250m: 3:32.98	47.58	350m: 4:58.81	39.52		
	100m: 1:20.67	44.05	200m: 2:45.40	40.31	300m: 4:19.29	46.31	400m: 5:34.69	35.88		
20.	Drabik Aneta			04	Sukces Chorzów				5:35.35	489
	50m: 35.28	35.28	150m: 2:02.84	45.63	250m: 3:33.55	47.39	350m: 4:59.08	38.19		
	100m: 1:17.21	41.93	200m: 2:46.16	43.32	300m: 4:20.89	47.34	400m: 5:35.35	36.27		
21.	Łysiuk Karina			11	GIM 92 Ursynów Warszawa				5:36.31	485
	50m: 35.95	35.95	150m: 2:01.35	43.92	250m: 3:31.57	47.78	350m: 5:00.25	39.20		
	100m: 1:17.43	41.48	200m: 2:43.79	42.44	300m: 4:21.05	49.48	400m: 5:36.31	36.06		
22.	Dan íková Laura			11	Nowy KP Bielsko-Biała				5:36.77	483
	50m: 38.85	38.85	150m: 2:08.18	43.91	250m: 3:35.58	45.34	350m: 4:59.94	39.28		
	100m: 1:24.27	45.42	200m: 2:50.24	42.06	300m: 4:20.66	45.08	400m: 5:36.77	36.83		
23.	Cyran Weronika			10	Sokół Rzeszów				5:41.50	463
	50m: 36.47	36.47	150m: 2:03.72	45.37	250m: 3:35.04	47.97	350m: 5:03.38	39.51		
	100m: 1:18.35	41.88	200m: 2:47.07	43.35	300m: 4:23.87	48.83	400m: 5:41.50	38.12		
24.	Muszy ska Patrycja			10	Delfin Łód				5:44.75	450
	50m: 40.54	40.54	150m: 2:12.61	45.94	250m: 3:39.99	42.75	350m: 5:06.17	41.15		
	100m: 1:26.67	46.13	200m: 2:57.24	44.63	300m: 4:25.02	45.03	400m: 5:44.75	38.58		
25.	Krakus Liliana			11	UKS SP-149 Łód				5:45.37	448
	50m: 37.94	37.94	150m: 2:08.24	45.11	250m: 3:42.08	50.36	350m: 5:09.90	37.62		
	100m: 1:23.13	45.19	200m: 2:51.72	43.48	300m: 4:32.28	50.20	400m: 5:45.37	35.47		
26.	Fitał Karolina			10	UKP Ruda l ska				5:45.68	447
	50m: 36.09	36.09	150m:		250m: 3:41.01	50.32	350m: 5:08.69	38.54		
	100m: 1:18.02	41.93	200m: 2:50.69		300m: 4:30.15	49.14	400m: 5:45.68	36.99		
27.	Ku nierz Antonina			10	UKP Ruda l ska				5:45.91	446
	50m: 38.92	38.92	150m: 2:13.37	48.92	250m: 3:45.42	45.85	350m: 5:10.01	37.84		
	100m: 1:24.45	45.53	200m: 2:59.57	46.20	300m: 4:32.17	46.75	400m: 5:45.91	35.90		
28.	Szersze -Niew głowska Zofia			11	GIM 92 Ursynów Warszawa				5:50.19	430
	50m: 39.81	39.81	150m: 2:12.87	46.41	250m: 3:40.75	43.91	350m: 5:11.71	44.21		
	100m: 1:26.46	46.65	200m: 2:56.84	43.97	300m: 4:27.50	46.75	400m: 5:50.19	38.48		
29.	oł dek Julia			11	Jedynka Łód				6:00.23	395
	50m: 37.72	37.72	150m: 2:13.94	50.40	250m: 3:48.36	47.03	350m: 5:19.63	42.16		
	100m: 1:23.54	45.82	200m: 3:01.33	47.39	300m: 4:37.47	49.11	400m: 6:00.23	40.60		
30.	Siniarska Sylwia			10	Delfin Łód				6:11.10	361
	50m: 37.49	37.49	150m: 2:09.86	46.29	250m: 3:50.40	54.37	350m: 5:28.92	43.71		
	100m: 1:23.57	46.08	200m: 2:56.03	46.17	300m: 4:45.21	54.81	400m: 6:11.10	42.18		