



Grand Prix Puchar Polski O wi cim  
O wi cim, 9 - 10/10/2021



Konkurencja 12  
9/10/2021 - 16:30

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
1. Famulok Zuzanna	03 Unia O wi cim	<b>4:43.99</b>	758
50m: 30.88 30.88	150m: 1:43.72 37.77	250m: 2:59.59 39.56	350m: 4:12.88 33.26
100m: 1:05.95 35.07	200m: 2:20.03 36.31	300m: 3:39.62 40.03	400m: 4:43.99 31.11
2. ukowska Paula	93 AZS UMCS Lublin	<b>4:44.03</b>	757
50m: 30.79 30.79	150m: 1:43.14 37.26	250m: 2:59.54 40.90	350m: 4:13.23 32.10
100m: 1:05.88 35.09	200m: 2:18.64 35.50	300m: 3:41.13 41.59	400m: 4:44.03 30.80
3. Herasimowicz Zuzanna	02 AZS AWF Warszawa	<b>4:45.87</b>	743
50m: 31.66 31.66	150m: 1:42.67 35.78	250m: 2:58.52 40.70	350m: 4:13.66 33.66
100m: 1:06.89 35.23	200m: 2:17.82 35.15	300m: 3:40.00 41.48	400m: 4:45.87 32.21
4. Knop Aleksandra	03 UKS 190 Łód	<b>4:46.38</b>	739
50m: 30.87 30.87	150m: 1:42.21 36.77	250m: 3:00.83 42.35	350m: 4:15.51 30.49
100m: 1:05.44 34.57	200m: 2:18.48 36.27	300m: 3:45.02 44.19	400m: 4:46.38 30.87
5. Gu Wiktoria	04 Delfin Piotrków Tryb.	<b>4:47.72</b>	728
50m: 31.47 31.47	150m: 1:42.89 35.97	250m: 2:59.34 41.27	350m: 4:15.52 34.10
100m: 1:06.92 35.45	200m: 2:18.07 35.18	300m: 3:41.42 42.08	400m: 4:47.72 32.20
6. Piechota Paulina	99 UKS 190 Łód	<b>4:53.17</b>	689
50m: 31.62 31.62	150m: 1:46.67 38.60	250m: 3:04.94 40.93	350m: 4:21.04 33.70
100m: 1:08.07 36.45	200m: 2:24.01 37.34	300m: 3:47.34 42.40	400m: 4:53.17 32.13
7. Piekarska Natalia	06 UKS 190 Łód	<b>4:57.24</b>	661
50m: 31.53 31.53	150m: 1:46.59 39.03	250m: 3:07.39 42.83	350m: 4:24.73 33.80
100m: 1:07.56 36.03	200m: 2:24.56 37.97	300m: 3:50.93 43.54	400m: 4:57.24 32.51
8. Kowalska Klara	05 AZS UMCS Lublin	<b>4:57.88</b>	656
50m: 30.62 30.62	150m: 1:44.50 38.65	250m: 3:06.53 44.74	350m: 4:25.34 33.76
100m: 1:05.85 35.23	200m: 2:21.79 37.29	300m: 3:51.58 45.05	400m: 4:57.88 32.54
9. Herbreder Gabriela	03 GIM 92 Ursynów Warszawa	<b>4:58.91</b>	650
50m: 31.35 31.35	150m: 1:46.88 39.10	250m: 3:07.64 42.32	350m: 4:25.29 35.00
100m: 1:07.78 36.43	200m: 2:25.32 38.44	300m: 3:50.29 42.65	400m: 4:58.91 33.62
10. Cioch-Gradzik Wiktoria	03 AZS UMCS Lublin	<b>4:59.24</b>	647
50m: 32.10 32.10	150m: 1:47.75 40.12	250m: 3:10.39 43.38	350m: 4:26.96 33.45
100m: 1:07.63 35.53	200m: 2:27.01 39.26	300m: 3:53.51 43.12	400m: 4:59.24 32.28
11. Klimek Marta	03 Unia O wi cim	<b>4:59.78</b>	644
50m: 33.65 33.65	150m: 1:48.04 37.82	250m: 3:10.87 46.15	350m: 4:28.81 31.94
100m: 1:10.22 36.57	200m: 2:24.72 36.68	300m: 3:56.87 46.00	400m: 4:59.78 30.97
12. Lechowska Magdalena	06 I sk Wrocław	<b>5:02.14</b>	629
50m: 32.57 32.57	150m: 1:49.28 38.76	250m: 3:10.05 42.23	350m: 4:29.08 35.46
100m: 1:10.52 37.95	200m: 2:27.82 38.54	300m: 3:53.62 43.57	400m: 5:02.14 33.06
13. Słabosz Emilia	05 MOSM Tychy	<b>5:02.43</b>	627
50m: 32.48 32.48	150m: 1:48.73 38.83	250m: 3:09.46 43.25	350m: 4:28.84 34.98
100m: 1:09.90 37.42	200m: 2:26.21 37.48	300m: 3:53.86 44.40	400m: 5:02.43 33.59
14. Mikołajczyk Maja	04 UKS 190 Łód	<b>5:02.47</b>	627
50m: 32.55 32.55	150m: 1:47.66 38.75	250m: 3:08.58 42.00	350m: 4:27.60 35.22
100m: 1:08.91 36.36	200m: 2:26.58 38.92	300m: 3:52.38 43.80	400m: 5:02.47 34.87
15. Król Gabriela	06 Wisła Puławy	<b>5:02.69</b>	626
50m: 32.51 32.51	150m: 1:48.15 38.22	250m: 3:08.63 43.51	350m: 4:28.49 36.14
100m: 1:09.93 37.42	200m: 2:25.12 36.97	300m: 3:52.35 43.72	400m: 5:02.69 34.20
16. B tkowska Zuzanna	06 SMS Galicja Kraków	<b>5:04.18</b>	616
50m: 32.38 32.38	150m: 1:49.63 39.79	250m: 3:09.32 41.41	350m: 4:29.43 37.23
100m: 1:09.84 37.46	200m: 2:27.91 38.28	300m: 3:52.20 42.88	400m: 5:04.18 34.75

Obsługa zawodów: SMS SwimArt My lenice

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10/10/2021 13:36 - Strona 1



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Pozycja			Rok ur.				Czas	Pkt.
17.	Lala Nadia		04	Unia O wi cim			<b>5:05.48</b>	609
	50m: 32.55	32.55	150m: 1:49.16	40.18	250m: 3:12.80	44.32	350m: 4:31.83	35.33
	100m: 1:08.98	36.43	200m: 2:28.48	39.32	300m: 3:56.50	43.70	400m: 5:05.48	33.65
18.	Wilk Anna		06	Fala Kra nik			<b>5:06.11</b>	605
	50m: 33.88	33.88	150m: 1:53.01	40.80	250m: 3:15.21	42.81	350m: 4:32.77	34.85
	100m: 1:12.21	38.33	200m: 2:32.40	39.39	300m: 3:57.92	42.71	400m: 5:06.11	33.34
19.	Juda Aleksandra		06	Unia O wi cim			<b>5:06.23</b>	604
	50m: 32.16	32.16	150m: 1:48.58	39.58	250m: 3:10.29	43.60	350m: 4:30.75	36.91
	100m: 1:09.00	36.84	200m: 2:26.69	38.11	300m: 3:53.84	43.55	400m: 5:06.23	35.48
20.	Kraszewska Martyna		05	Kormoran Olsztyn			<b>5:06.75</b>	601
	50m: 30.38	30.38	150m: 1:49.37	42.55	250m: 3:14.34	45.04	350m: 4:35.86	36.05
	100m: 1:06.82	36.44	200m: 2:29.30	39.93	300m: 3:59.81	45.47	400m: 5:06.75	30.89
21.	Wrzesi ska Wiktoria		04	UKS 190 Łód			<b>5:08.68</b>	590
	50m: 33.00	33.00	150m: 1:51.35	41.09	250m: 3:15.38	43.67	350m: 4:34.86	34.88
	100m: 1:10.26	37.26	200m: 2:31.71	40.36	300m: 3:59.98	44.60	400m: 5:08.68	33.82
22.	Tupalska Oliwia		05	UKP Polonia Warszawa			<b>5:08.81</b>	589
	50m: 31.90	31.90	150m: 1:51.21	40.51	250m: 3:15.23	44.74	350m: 4:35.17	34.87
	100m: 1:10.70	38.80	200m: 2:30.49	39.28	300m: 4:00.30	45.07	400m: 5:08.81	33.64
23.	Szyszko Karolina		03	UKP Polonia Warszawa			<b>5:10.70</b>	578
	50m: 33.20	33.20	150m: 1:50.24	39.26	250m: 3:12.96	44.04	350m: 4:34.30	37.19
	100m: 1:10.98	37.78	200m: 2:28.92	38.68	300m: 3:57.11	44.15	400m: 5:10.70	36.40
24.	Gomułka Weronika		06	UKS 190 Łód			<b>5:11.45</b>	574
	50m: 33.36	33.36	150m: 1:51.88	40.72	250m: 3:15.00	44.71	350m: 4:36.90	36.15
	100m: 1:11.16	37.80	200m: 2:30.29	38.41	300m: 4:00.75	45.75	400m: 5:11.45	34.55
25.	Bukowska Olga		05	UKP Ruda l ska			<b>5:12.07</b>	571
	50m: 34.94	34.94	150m: 1:54.86	40.67	250m: 3:18.53	44.38	350m: 4:38.21	35.56
	100m: 1:14.19	39.25	200m: 2:34.15	39.29	300m: 4:02.65	44.12	400m: 5:12.07	33.86
26.	Pasierowska Wiktoria		05	GIM 92 Ursynów Warszawa			<b>5:12.77</b>	567
	50m: 33.47	33.47	150m: 1:51.03	39.64	250m: 3:15.88	46.00	350m: 4:37.69	35.89
	100m: 1:11.39	37.92	200m: 2:29.88	38.85	300m: 4:01.80	45.92	400m: 5:12.77	35.08
27.	Nikiel Natalia		06	Park Wodny Tarn. Góry			<b>5:13.74</b>	562
	50m: 33.69	33.69	150m: 1:51.82	40.47	250m: 3:16.05	44.68	350m: 4:38.56	36.82
	100m: 1:11.35	37.66	200m: 2:31.37	39.55	300m: 4:01.74	45.69	400m: 5:13.74	35.18
28.	Wilanowska Karina		06	UKP Polonia Warszawa			<b>5:13.97</b>	560
	50m: 32.93	32.93	150m: 1:50.52	38.47	250m: 3:14.68	46.73	350m: 4:38.94	37.32
	100m: 1:12.05	39.12	200m: 2:27.95	37.43	300m: 4:01.62	46.94	400m: 5:13.97	35.03
29.	Poppe Marta		07	Manta Kochłowice Ruda l.			<b>5:16.63</b>	546
	50m: 32.64	32.64	150m: 1:51.23	40.85	250m: 3:16.85	45.44	350m: 4:41.08	37.46
	100m: 1:10.38	37.74	200m: 2:31.41	40.18	300m: 4:03.62	46.77	400m: 5:16.63	35.55
30.	Marciniak Aleksandra		07	SMS Galicja Kraków			<b>5:16.95</b>	545
	50m: 32.79	32.79	150m: 1:53.54	42.96	250m: 3:20.42	44.31	350m: 4:41.64	36.64
	100m: 1:10.58	37.79	200m: 2:36.11	42.57	300m: 4:05.00	44.58	400m: 5:16.95	35.31
31.	Mikuła Natalia		06	Olimpijczyk Aleksandrów Ł.			<b>5:18.81</b>	535
	50m: 34.99	34.99	150m: 1:56.18	40.88	250m: 3:20.23	43.97	350m: 4:43.01	37.62
	100m: 1:15.30	40.31	200m: 2:36.26	40.08	300m: 4:05.39	45.16	400m: 5:18.81	35.80
32.	Wójcik Zuzanna		07	Korona-Swim Kielce			<b>5:19.88</b>	530
	50m: 33.60	33.60	150m: 1:54.96	42.06	250m: 3:20.38	44.16	350m: 4:43.57	37.60
	100m: 1:12.90	39.30	200m: 2:36.22	41.26	300m: 4:05.97	45.59	400m: 5:19.88	36.31
33.	Cicha Aleksandra		05	SMS Galicja Kraków			<b>5:19.93</b>	530
	50m: 34.74	34.74	150m: 1:54.68	40.63	250m: 3:21.69	47.37	350m: 4:45.07	35.92
	100m: 1:14.05	39.31	200m: 2:34.32	39.64	300m: 4:09.15	47.46	400m: 5:19.93	34.86

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Pozycja		Rok ur.						Czas	Pkt.
34.	Gorgosz Małgorzata	07	Aquatica Pawłowice					<b>5:21.72</b>	521
	50m: 32.28 32.28	150m: 1:51.06	39.90	250m: 3:19.08	47.79	350m: 4:45.27	37.74		
	100m: 1:11.16 38.88	200m: 2:31.29	40.23	300m: 4:07.53	48.45	400m: 5:21.72	36.45		
35.	Szabrowska Oliwia	06	GIM 92 Ursynów Warszawa					<b>5:22.27</b>	518
	50m: 35.40 35.40	150m: 1:58.89	42.61	250m: 3:27.68	46.97	350m: 4:48.76	35.81		
	100m: 1:16.28 40.88	200m: 2:40.71	41.82	300m: 4:12.95	45.27	400m: 5:22.27	33.51		
36.	Furmaszka Julia	06	Nawa Skierniewice					<b>5:22.82</b>	516
	50m: 35.82 35.82	150m: 1:56.72	42.60	250m: 3:25.19	47.95	350m: 4:48.64	36.46		
	100m: 1:14.12 38.30	200m: 2:37.24	40.52	300m: 4:12.18	46.99	400m: 5:22.82	34.18		
37.	Drażyk Wiktoria	07	Manta Kochłowice Ruda I.					<b>5:25.69</b>	502
	50m: 35.33 35.33	150m: 1:55.55	40.36	250m: 3:25.06	48.22	350m: 4:49.97	36.67		
	100m: 1:15.19 39.86	200m: 2:36.84	41.29	300m: 4:13.30	48.24	400m: 5:25.69	35.72		
38.	Tadko Wiktoria	05	Victoria Racibórz					<b>5:26.17</b>	500
	50m: 35.05 35.05	150m: 1:57.74	42.14	250m: 3:25.04	46.10	350m: 4:50.05	38.50		
	100m: 1:15.60 40.55	200m: 2:38.94	41.20	300m: 4:11.55	46.51	400m: 5:26.17	36.12		
	Bidnik Wiktoria	04	GIM 92 Ursynów Warszawa					<b>5:26.17</b>	500
	50m: 33.27 33.27	150m: 1:54.37	40.83	250m: 3:21.39	47.22	350m: 4:48.12	38.79		
	100m: 1:13.54 40.27	200m: 2:34.17	39.80	300m: 4:09.33	47.94	400m: 5:26.17	38.05		
40.	Sowa Barbara	07	Unia O wi cim					<b>5:29.52</b>	485
	50m: 34.87 34.87	150m: 1:58.03	41.42	250m: 3:26.97	47.76	350m: 4:52.83	36.92		
	100m: 1:16.61 41.74	200m: 2:39.21	41.18	300m: 4:15.91	48.94	400m: 5:29.52	36.69		
41.	Wróblewska Kaja	07	Swim Team Lubartów					<b>5:35.29</b>	460
	50m: 36.79 36.79	150m: 2:01.73	42.22	250m: 3:33.29	50.14	350m: 5:00.14	37.94		
	100m: 1:19.51 42.72	200m: 2:43.15	41.42	300m: 4:22.20	48.91	400m: 5:35.29	35.15		
42.	Zarzecka Rokszana	07	KP Ciechanów					<b>5:35.74</b>	458
	50m: 34.83 34.83	150m: 1:58.39	43.41	250m: 3:30.16	48.83	350m: 4:59.12	40.08		
	100m: 1:14.98 40.15	200m: 2:41.33	42.94	300m: 4:19.04	48.88	400m: 5:35.74	36.62		
43.	Drakiewicz Pola	07	Nawa Skierniewice					<b>5:36.29</b>	456
	50m: 37.06 37.06	150m: 2:04.64	43.08	250m: 3:30.74	43.99	350m: 4:57.33	40.88		
	100m: 1:21.56 44.50	200m: 2:46.75	42.11	300m: 4:16.45	45.71	400m: 5:36.29	38.96		
44.	Szolc Zuzanna	07	Aqua Team Mikołów					<b>5:42.54</b>	431
	50m: 39.05 39.05	150m: 2:06.50	42.99	250m: 3:37.35	48.68	350m: 5:05.01	40.06		
	100m: 1:23.51 44.46	200m: 2:48.67	42.17	300m: 4:24.95	47.60	400m: 5:42.54	37.53		
45.	Nowak Victoria	05	Park Wodny Tarn. Góry					<b>5:47.30</b>	414
	50m: 38.79 38.79	150m: 2:08.54	44.46	250m: 3:40.64	49.38	350m: 5:08.06	39.75		
	100m: 1:24.08 45.29	200m: 2:51.26	42.72	300m: 4:28.31	47.67	400m: 5:47.30	39.24		
46.	Cicha Zofia	07	SMS Galicja Kraków					<b>5:48.24</b>	411
	50m: 37.25 37.25	150m: 2:08.21	45.34	250m: 3:40.37	48.86	350m: 5:09.20	39.19		
	100m: 1:22.87 45.62	200m: 2:51.51	43.30	300m: 4:30.01	49.64	400m: 5:48.24	39.04		
47.	Matwin Julia	05	Unia O wi cim					<b>5:55.04</b>	387
	50m: 35.53 35.53	150m: 2:04.81	46.10	250m: 3:40.90	52.11	350m: 5:15.75	42.05		
	100m: 1:18.71 43.18	200m: 2:48.79	43.98	300m: 4:33.70	52.80	400m: 5:55.04	39.29		
48.	Brzyska Jagoda	06	Park Wodny Tarn. Góry					<b>6:05.91</b>	354
	50m: 37.74 37.74	150m: 2:15.86	50.01	250m: 3:52.43	50.79	350m: 5:25.52	41.55		
	100m: 1:25.85 48.11	200m: 3:01.64	45.78	300m: 4:43.97	51.54	400m: 6:05.91	40.39		
DYSKW.	Sojka Oliwia	06	Aqua Team Mikołów						
	<i>G8 - Pływak ukończył wyścig w połozeniu na piersiach. (Czas: 18:50)</i>								

