



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



Konkurencja 33  
10/10/2021 - 10:17

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2021

| Pozycja                   | Rok ur.                 | Czas                | Pkt.                |
|---------------------------|-------------------------|---------------------|---------------------|
| 1. Knop Aleksandra        | 03 UKS 190 Łód          | <b>4:14.03</b>      | 780                 |
| 50m: 29.60 29.60          | 150m: 1:33.53 32.09     | 250m: 2:38.02 32.15 | 350m: 3:41.78 31.97 |
| 100m: 1:01.44 31.84       | 200m: 2:05.87 32.34     | 300m: 3:09.81 31.79 | 400m: 4:14.03 32.25 |
| 2. ukowska Paula          | 93 AZS UMCS Lublin      | <b>4:15.52</b>      | 767                 |
| 50m: 30.10 30.10          | 150m: 1:35.13 32.31     | 250m: 2:39.99 32.47 | 350m: 3:45.18 32.17 |
| 100m: 1:02.82 32.72       | 200m: 2:07.52 32.39     | 300m: 3:13.01 33.02 | 400m: 4:15.52 30.34 |
| 3. Piechota Paulina       | 99 UKS 190 Łód          | <b>4:16.10</b>      | 762                 |
| 50m: 30.41 30.41          | 150m: 1:34.81 32.09     | 250m: 2:38.86 31.99 | 350m: 3:43.63 32.56 |
| 100m: 1:02.72 32.31       | 200m: 2:06.87 32.06     | 300m: 3:11.07 32.21 | 400m: 4:16.10 32.47 |
| 4. Herasimowicz Zuzanna   | 02 AZS AWF Warszawa     | <b>4:19.29</b>      | 734                 |
| 50m: 30.79 30.79          | 150m: 1:36.43 32.94     | 250m: 2:41.27 32.39 | 350m: 3:46.62 32.59 |
| 100m: 1:03.49 32.70       | 200m: 2:08.88 32.45     | 300m: 3:14.03 32.76 | 400m: 4:19.29 32.67 |
| 5. Kraszewska Martyna     | 05 Kormoran Olsztyn     | <b>4:22.62</b>      | 706                 |
| 50m: 30.06 30.06          | 150m: 1:36.32 33.60     | 250m: 2:44.53 34.18 | 350m: 3:51.63 33.25 |
| 100m: 1:02.72 32.66       | 200m: 2:10.35 34.03     | 300m: 3:18.38 33.85 | 400m: 4:22.62 30.99 |
| 6. Górka Zofia            | 05 UKP Polonia Warszawa | <b>4:24.60</b>      | 690                 |
| 50m: 30.12 30.12          | 150m: 1:36.81 33.73     | 250m: 2:44.55 33.92 | 350m: 3:52.00 33.64 |
| 100m: 1:03.08 32.96       | 200m: 2:10.63 33.82     | 300m: 3:18.36 33.81 | 400m: 4:24.60 32.60 |
| 7. Cioch-Gradzik Wiktoria | 03 AZS UMCS Lublin      | <b>4:26.43</b>      | 676                 |
| 50m: 31.12 31.12          | 150m: 1:38.02 33.55     | 250m: 2:45.87 33.93 | 350m: 3:53.64 33.88 |
| 100m: 1:04.47 33.35       | 200m: 2:11.94 33.92     | 300m: 3:19.76 33.89 | 400m: 4:26.43 32.79 |
| 8. Kowalska Klara         | 05 AZS UMCS Lublin      | <b>4:26.68</b>      | 674                 |
| 50m: 30.78 30.78          | 150m: 1:38.37 34.07     | 250m: 2:46.05 33.72 | 350m: 3:53.93 33.97 |
| 100m: 1:04.30 33.52       | 200m: 2:12.33 33.96     | 300m: 3:19.96 33.91 | 400m: 4:26.68 32.75 |
| 9. Wilk Anna              | 06 Fala Kra nik         | <b>4:26.98</b>      | 672                 |
| 50m: 30.79 30.79          | 150m: 1:38.25 33.62     | 250m: 2:46.10 34.02 | 350m: 3:54.84 34.25 |
| 100m: 1:04.63 33.84       | 200m: 2:12.08 33.83     | 300m: 3:20.59 34.49 | 400m: 4:26.98 32.14 |
| 10. Lechowska Magdalena   | 06 I sk Wrocław         | <b>4:26.99</b>      | 672                 |
| 50m: 30.80 30.80          | 150m: 1:37.89 33.41     | 250m: 2:45.97 33.87 | 350m: 3:54.77 34.31 |
| 100m: 1:04.48 33.68       | 200m: 2:12.10 34.21     | 300m: 3:20.46 34.49 | 400m: 4:26.99 32.22 |
| 11. Siwko Natalia         | 04 AZS UMCS Lublin      | <b>4:30.98</b>      | 643                 |
| 50m: 30.49 30.49          | 150m: 1:38.03 34.12     | 250m: 2:47.28 34.71 | 350m: 3:56.98 34.62 |
| 100m: 1:03.91 33.42       | 200m: 2:12.57 34.54     | 300m: 3:22.36 35.08 | 400m: 4:30.98 34.00 |
| 12. Maciak Julia          | 06 Muszelka Warszawa    | <b>4:31.10</b>      | 642                 |
| 50m: 30.91 30.91          | 150m: 1:39.07 34.33     | 250m: 2:47.37 34.08 | 350m: 3:57.70 34.54 |
| 100m: 1:04.74 33.83       | 200m: 2:13.29 34.22     | 300m: 3:23.16 35.79 | 400m: 4:31.10 33.40 |
| 13. Lala Nadia            | 04 Unia O wi cim        | <b>4:31.69</b>      | 638                 |
| 50m: 30.09 30.09          | 150m: 1:37.24 33.96     | 250m: 2:46.53 35.09 | 350m: 3:57.44 35.49 |
| 100m: 1:03.28 33.19       | 200m: 2:11.44 34.20     | 300m: 3:21.95 35.42 | 400m: 4:31.69 34.25 |
| 14. Janiszewska Natalia   | 06 I sk Wrocław         | <b>4:31.92</b>      | 636                 |
| 50m: 30.91 30.91          | 150m: 1:38.88 34.34     | 250m: 2:47.94 34.53 | 350m: 3:58.10 35.29 |
| 100m: 1:04.54 33.63       | 200m: 2:13.41 34.53     | 300m: 3:22.81 34.87 | 400m: 4:31.92 33.82 |
| 15. Lewandowska Natalia   | 01 AZS UMCS Lublin      | <b>4:31.99</b>      | 636                 |
| 50m: 30.94 30.94          | 150m: 1:38.42 33.99     | 250m: 2:47.32 34.65 | 350m: 3:57.99 35.11 |
| 100m: 1:04.43 33.49       | 200m: 2:12.67 34.25     | 300m: 3:22.88 35.56 | 400m: 4:31.99 34.00 |
| 16. Walczak Barbara       | 06 G-8 Bielany Warszawa | <b>4:33.86</b>      | 623                 |
| 50m: 31.28 31.28          | 150m: 1:40.09 34.83     | 250m: 2:49.77 34.82 | 350m: 3:59.99 35.01 |
| 100m: 1:05.26 33.98       | 200m: 2:14.95 34.86     | 300m: 3:24.98 35.21 | 400m: 4:33.86 33.87 |





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Konkurencja 33, Kobiet, 400m dowolny, 14 lat i starsi

| Pozycja                    | Rok ur.             | Czas                | Pkt.                |
|----------------------------|---------------------|---------------------|---------------------|
| 17. Pasierowska Wiktoria   | 05                  | <b>4:34.82</b>      | 616                 |
| 50m: 31.44 31.44           | 150m: 1:39.69 34.22 | 250m: 2:49.45 35.19 | 350m: 3:59.72 35.26 |
| 100m: 1:05.47 34.03        | 200m: 2:14.26 34.57 | 300m: 3:24.46 35.01 | 400m: 4:34.82 35.10 |
| 18. Domoradzka Aleksandra  | 03                  | <b>4:35.03</b>      | 615                 |
| 50m: 30.92 30.92           | 150m: 1:40.53 35.01 | 250m: 2:50.75 35.19 | 350m: 4:01.24 35.24 |
| 100m: 1:05.52 34.60        | 200m: 2:15.56 35.03 | 300m: 3:26.00 35.25 | 400m: 4:35.03 33.79 |
| 19. Mikołajczyk Maja       | 04                  | <b>4:35.49</b>      | 612                 |
| 50m: 31.76 31.76           | 150m: 1:40.82 34.47 | 250m: 2:50.59 34.99 | 350m: 4:00.44 34.39 |
| 100m: 1:06.35 34.59        | 200m: 2:15.60 34.78 | 300m: 3:26.05 35.46 | 400m: 4:35.49 35.05 |
| 20. Gwaj Julia             | 04                  | <b>4:36.12</b>      | 608                 |
| 50m: 30.27 30.27           | 150m: 1:37.97 34.25 | 250m: 2:47.66 34.96 | 350m: 4:00.49 36.05 |
| 100m: 1:03.72 33.45        | 200m: 2:12.70 34.73 | 300m: 3:24.44 36.78 | 400m: 4:36.12 35.63 |
| 21. Krawczyk Maja          | 05                  | <b>4:36.67</b>      | 604                 |
| 50m: 31.26 31.26           | 150m: 1:40.84 35.14 | 250m: 2:51.75 35.13 | 350m: 4:02.60 35.76 |
| 100m: 1:05.70 34.44        | 200m: 2:16.62 35.78 | 300m: 3:26.84 35.09 | 400m: 4:36.67 34.07 |
| 22. Łazarz Milena          | 06                  | <b>4:37.26</b>      | 600                 |
| 50m: 31.50 31.50           | 150m: 1:41.74 35.41 | 250m: 2:52.70 34.88 | 350m: 4:03.45 35.48 |
| 100m: 1:06.33 34.83        | 200m: 2:17.82 36.08 | 300m: 3:27.97 35.27 | 400m: 4:37.26 33.81 |
| 23. Miernik Wiktoria       | 04                  | <b>4:37.56</b>      | 598                 |
| 50m: 31.41 31.41           | 150m: 1:41.27 35.22 | 250m: 2:52.39 35.57 | 350m: 4:03.32 35.54 |
| 100m: 1:06.05 34.64        | 200m: 2:16.82 35.55 | 300m: 3:27.78 35.39 | 400m: 4:37.56 34.24 |
| 24. Poppe Marta            | 07                  | <b>4:37.58</b>      | 598                 |
| 50m: 31.38 31.38           | 150m: 1:40.72 34.91 | 250m: 2:51.92 35.81 | 350m: 4:03.06 35.48 |
| 100m: 1:05.81 34.43        | 200m: 2:16.11 35.39 | 300m: 3:27.58 35.66 | 400m: 4:37.58 34.52 |
| 25. Chmielewska Aleksandra | 06                  | <b>4:37.60</b>      | 598                 |
| 50m: 31.62 31.62           | 150m: 1:40.48 34.49 | 250m: 2:50.73 35.25 | 350m: 4:02.60 36.02 |
| 100m: 1:05.99 34.37        | 200m: 2:15.48 35.00 | 300m: 3:26.58 35.85 | 400m: 4:37.60 35.00 |
| 26. Karwowska Wiktoria     | 04                  | <b>4:37.83</b>      | 596                 |
| 50m: 31.71 31.71           | 150m: 1:41.60 35.33 | 250m: 2:52.66 35.47 | 350m: 4:04.01 35.79 |
| 100m: 1:06.27 34.56        | 200m: 2:17.19 35.59 | 300m: 3:28.22 35.56 | 400m: 4:37.83 33.82 |
| 27. Piekarska Natalia      | 06                  | <b>4:38.26</b>      | 594                 |
| 50m: 31.40 31.40           | 150m: 1:42.47 35.71 | 250m: 2:54.39 35.54 | 350m: 4:04.67 34.91 |
| 100m: 1:06.76 35.36        | 200m: 2:18.85 36.38 | 300m: 3:29.76 35.37 | 400m: 4:38.26 33.59 |
| 28. Ziemacka Julia         | 03                  | <b>4:38.73</b>      | 591                 |
| 50m: 32.09 32.09           | 150m: 1:42.33 35.47 | 250m: 2:53.53 35.41 | 350m: 4:05.21 36.09 |
| 100m: 1:06.86 34.77        | 200m: 2:18.12 35.79 | 300m: 3:29.12 35.59 | 400m: 4:38.73 33.52 |
| 29. Nikiel Natalia         | 06                  | <b>4:38.89</b>      | 590                 |
| 50m: 32.64 32.64           | 150m: 1:43.14 35.44 | 250m: 2:53.91 35.27 | 350m: 4:05.03 35.46 |
| 100m: 1:07.70 35.06        | 200m: 2:18.64 35.50 | 300m: 3:29.57 35.66 | 400m: 4:38.89 33.86 |
| 30. Wiktorowicz Patrycja   | 04                  | <b>4:39.11</b>      | 588                 |
| 50m: 31.56 31.56           | 150m: 1:41.32 34.97 | 250m: 2:53.05 36.06 | 350m: 4:05.26 36.11 |
| 100m: 1:06.35 34.79        | 200m: 2:16.99 35.67 | 300m: 3:29.15 36.10 | 400m: 4:39.11 33.85 |
| 31. Maksymowicz Nina       | 05                  | <b>4:39.43</b>      | 586                 |
| 50m: 31.35 31.35           | 150m: 1:41.41 35.67 | 250m: 2:53.41 35.84 | 350m: 4:05.37 35.93 |
| 100m: 1:05.74 34.39        | 200m: 2:17.57 36.16 | 300m: 3:29.44 36.03 | 400m: 4:39.43 34.06 |
| 32. Kwiatkowska Zofia      | 01                  | <b>4:39.46</b>      | 586                 |
| 50m: 31.63 31.63           | 150m: 1:42.26 35.72 | 250m: 2:54.14 35.94 | 350m: 4:06.23 35.67 |
| 100m: 1:06.54 34.91        | 200m: 2:18.20 35.94 | 300m: 3:30.56 36.42 | 400m: 4:39.46 33.23 |
| 33. Bocian Roksana         | 04                  | <b>4:39.75</b>      | 584                 |
| 50m: 31.53 31.53           | 150m: 1:41.33 35.04 | 250m: 2:52.49 35.79 | 350m: 4:05.36 36.32 |
| 100m: 1:06.29 34.76        | 200m: 2:16.70 35.37 | 300m: 3:29.04 36.55 | 400m: 4:39.75 34.39 |





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O wi cim, 9 - 10/10/2021



Konkurencja 33, Kobiet, 400m dowolny, 14 lat i starsi

| Pozycja |                      |       |               | Rok ur. |                         |       |               |       | Czas           | Pkt. |
|---------|----------------------|-------|---------------|---------|-------------------------|-------|---------------|-------|----------------|------|
| 34.     | Palicka Wiktoria     |       |               | 05      | Skalar Słupsk           |       |               |       | <b>4:39.78</b> | 584  |
|         | 50m: 30.56           | 30.56 | 150m: 1:40.38 | 35.58   | 250m: 2:53.72           | 36.62 | 350m: 4:05.67 | 35.49 |                |      |
|         | 100m: 1:04.80        | 34.24 | 200m: 2:17.10 | 36.72   | 300m: 3:30.18           | 36.46 | 400m: 4:39.78 | 34.11 |                |      |
| 35.     | Kieruzel Martyna     |       |               | 05      | UKS 190 Łód             |       |               |       | <b>4:39.93</b> | 583  |
|         | 50m: 31.71           | 31.71 | 150m: 1:41.70 | 35.17   | 250m: 2:53.40           | 36.03 | 350m: 4:05.55 | 36.12 |                |      |
|         | 100m: 1:06.53        | 34.82 | 200m: 2:17.37 | 35.67   | 300m: 3:29.43           | 36.03 | 400m: 4:39.93 | 34.38 |                |      |
| 36.     | Biszewska Gabriela   |       |               | 05      | Olimpijczyk Suwałki     |       |               |       | <b>4:40.08</b> | 582  |
|         | 50m: 31.66           | 31.66 | 150m: 1:42.30 | 35.36   | 250m: 2:53.96           | 35.80 | 350m: 4:05.91 | 35.48 |                |      |
|         | 100m: 1:06.94        | 35.28 | 200m: 2:18.16 | 35.86   | 300m: 3:30.43           | 36.47 | 400m: 4:40.08 | 34.17 |                |      |
| 37.     | Bukowska Olga        |       |               | 05      | UKP Ruda I ska          |       |               |       | <b>4:40.83</b> | 577  |
|         | 50m: 32.40           | 32.40 | 150m: 1:43.92 | 36.11   | 250m: 2:55.41           | 36.01 | 350m: 4:07.35 | 35.94 |                |      |
|         | 100m: 1:07.81        | 35.41 | 200m: 2:19.40 | 35.48   | 300m: 3:31.41           | 36.00 | 400m: 4:40.83 | 33.48 |                |      |
| 38.     | Dadej Julia          |       |               | 05      | SMS Galicja Kraków      |       |               |       | <b>4:40.91</b> | 577  |
|         | 50m: 32.66           | 32.66 | 150m: 1:42.99 | 35.13   | 250m: 2:54.33           | 35.95 | 350m: 4:06.36 | 36.23 |                |      |
|         | 100m: 1:07.86        | 35.20 | 200m: 2:18.38 | 35.39   | 300m: 3:30.13           | 35.80 | 400m: 4:40.91 | 34.55 |                |      |
| 39.     | Warchałowska Paulina |       |               | 05      | AZS UMCS Lublin         |       |               |       | <b>4:41.17</b> | 575  |
|         | 50m: 32.36           | 32.36 | 150m: 1:43.34 | 35.78   | 250m: 2:54.77           | 35.74 | 350m: 4:06.54 | 35.61 |                |      |
|         | 100m: 1:07.56        | 35.20 | 200m: 2:19.03 | 35.69   | 300m: 3:30.93           | 36.16 | 400m: 4:41.17 | 34.63 |                |      |
| 40.     | Brach Oliwia         |       |               | 04      | UKP Polonia Warszawa    |       |               |       | <b>4:42.02</b> | 570  |
|         | 50m: 31.87           | 31.87 | 150m: 1:42.51 | 35.45   | 250m: 2:54.80           | 35.92 | 350m: 4:07.15 | 36.08 |                |      |
|         | 100m: 1:07.06        | 35.19 | 200m: 2:18.88 | 36.37   | 300m: 3:31.07           | 36.27 | 400m: 4:42.02 | 34.87 |                |      |
| 41.     | Janik Julia          |       |               | 06      | UKS 190 Łód             |       |               |       | <b>4:44.62</b> | 555  |
|         | 50m: 31.70           | 31.70 | 150m: 1:42.25 | 35.62   | 250m: 2:54.87           | 36.19 | 350m: 4:08.51 | 37.02 |                |      |
|         | 100m: 1:06.63        | 34.93 | 200m: 2:18.68 | 36.43   | 300m: 3:31.49           | 36.62 | 400m: 4:44.62 | 36.11 |                |      |
| 42.     | Wiernicka Julia      |       |               | 07      | Pi tka Chorzów          |       |               |       | <b>4:45.16</b> | 551  |
|         | 50m: 31.14           | 31.14 | 150m: 1:40.79 | 35.44   | 250m: 2:51.94           | 35.83 | 350m: 4:06.63 | 37.93 |                |      |
|         | 100m: 1:05.35        | 34.21 | 200m: 2:16.11 | 35.32   | 300m: 3:28.70           | 36.76 | 400m: 4:45.16 | 38.53 |                |      |
| 43.     | Jainta Sara          |       |               | 07      | Vega Dobrodzie          |       |               |       | <b>4:45.67</b> | 549  |
|         | 50m: 33.35           | 33.35 | 150m: 1:44.60 | 35.68   | 250m: 2:56.83           | 35.91 | 350m: 4:10.30 | 36.95 |                |      |
|         | 100m: 1:08.92        | 35.57 | 200m: 2:20.92 | 36.32   | 300m: 3:33.35           | 36.52 | 400m: 4:45.67 | 35.37 |                |      |
| 44.     | Szabra ska Oliwia    |       |               | 06      | GIM 92 Ursynów Warszawa |       |               |       | <b>4:46.57</b> | 543  |
|         | 50m: 33.07           | 33.07 | 150m: 1:45.13 | 36.46   | 250m: 2:58.66           | 36.92 | 350m: 4:11.25 | 36.35 |                |      |
|         | 100m: 1:08.67        | 35.60 | 200m: 2:21.74 | 36.61   | 300m: 3:34.90           | 36.24 | 400m: 4:46.57 | 35.32 |                |      |
| 45.     | Wilanowska Karina    |       |               | 06      | UKP Polonia Warszawa    |       |               |       | <b>4:46.66</b> | 543  |
|         | 50m: 32.17           | 32.17 | 150m: 1:45.89 | 37.13   | 250m: 2:58.83           | 36.07 | 350m: 4:11.54 | 36.26 |                |      |
|         | 100m: 1:08.76        | 36.59 | 200m: 2:22.76 | 36.87   | 300m: 3:35.28           | 36.45 | 400m: 4:46.66 | 35.12 |                |      |
| 46.     | Haładyn Kamila       |       |               | 04      | UKS 190 Łód             |       |               |       | <b>4:46.87</b> | 542  |
|         | 50m: 31.07           | 31.07 | 150m: 1:42.08 | 35.94   | 250m: 2:55.41           | 36.98 | 350m: 4:09.83 | 37.31 |                |      |
|         | 100m: 1:06.14        | 35.07 | 200m: 2:18.43 | 36.35   | 300m: 3:32.52           | 37.11 | 400m: 4:46.87 | 37.04 |                |      |
| 47.     | Jakubik Julia        |       |               | 05      | Unia O wi cim           |       |               |       | <b>4:47.09</b> | 540  |
|         | 50m: 32.42           | 32.42 | 150m: 1:44.57 | 36.17   | 250m: 2:57.90           | 36.90 | 350m: 4:12.22 | 36.89 |                |      |
|         | 100m: 1:08.40        | 35.98 | 200m: 2:21.00 | 36.43   | 300m: 3:35.33           | 37.43 | 400m: 4:47.09 | 34.87 |                |      |
| 48.     | Lipowska Nadia       |       |               | 06      | Nawa Skierniewice       |       |               |       | <b>4:47.49</b> | 538  |
|         | 50m: 33.10           | 33.10 | 150m: 1:44.75 | 35.98   | 250m: 2:57.74           | 36.58 | 350m: 4:12.52 | 37.81 |                |      |
|         | 100m: 1:08.77        | 35.67 | 200m: 2:21.16 | 36.41   | 300m: 3:34.71           | 36.97 | 400m: 4:47.49 | 34.97 |                |      |
| 49.     | Volkert Julia        |       |               | 05      | Unia O wi cim           |       |               |       | <b>4:47.55</b> | 538  |
|         | 50m: 33.18           | 33.18 | 150m: 1:44.85 | 36.36   | 250m: 2:58.39           | 36.80 | 350m: 4:11.89 | 36.62 |                |      |
|         | 100m: 1:08.49        | 35.31 | 200m: 2:21.59 | 36.74   | 300m: 3:35.27           | 36.88 | 400m: 4:47.55 | 35.66 |                |      |
| 50.     | Ch ciak Sandra       |       |               | 03      | GIM 92 Ursynów Warszawa |       |               |       | <b>4:48.00</b> | 535  |
|         | 50m: 32.05           | 32.05 | 150m: 1:44.38 | 36.77   | 250m: 2:58.33           | 37.22 | 350m: 4:12.82 | 37.32 |                |      |
|         | 100m: 1:07.61        | 35.56 | 200m: 2:21.11 | 36.73   | 300m: 3:35.50           | 37.17 | 400m: 4:48.00 | 35.18 |                |      |

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Narodowego  
i Sportu.



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THE REAL DEPTH INVESTMENT





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



Konkurencja 33, Kobiet, 400m dowolny, 14 lat i starsi

| Pozycja |                                |         |       | Rok ur. |                          |       |       |         | Czas           | Pkt.  |         |       |
|---------|--------------------------------|---------|-------|---------|--------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 51.     | Badura Natalia                 |         |       | 06      | Unia O wi cim            |       |       |         | <b>4:49.01</b> | 530   |         |       |
|         | 50m:                           | 33.33   | 33.33 | 150m:   | 1:46.05                  | 36.60 | 250m: | 2:59.52 | 36.80          | 350m: | 4:13.62 | 36.97 |
|         | 100m:                          | 1:09.45 | 36.12 | 200m:   | 2:22.72                  | 36.67 | 300m: | 3:36.65 | 37.13          | 400m: | 4:49.01 | 35.39 |
| 52.     | widerska Joanna                |         |       | 05      | Nawa Skierniewice        |       |       |         | <b>4:50.45</b> | 522   |         |       |
|         | 50m:                           | 32.09   | 32.09 | 150m:   | 1:43.96                  | 36.07 | 250m: | 2:55.67 | 35.92          | 350m: | 4:11.39 | 38.63 |
|         | 100m:                          | 1:07.89 | 35.80 | 200m:   | 2:19.75                  | 35.79 | 300m: | 3:32.76 | 37.09          | 400m: | 4:50.45 | 39.06 |
| 53.     | Olko Zuzanna                   |         |       | 06      | Delfin Gdynia            |       |       |         | <b>4:52.29</b> | 512   |         |       |
|         | 50m:                           | 32.85   | 32.85 | 150m:   | 1:45.87                  | 36.76 | 250m: | 3:00.85 | 37.66          | 350m: | 4:16.08 | 37.60 |
|         | 100m:                          | 1:09.11 | 36.26 | 200m:   | 2:23.19                  | 37.32 | 300m: | 3:38.48 | 37.63          | 400m: | 4:52.29 | 36.21 |
| 54.     | Sowa Barbara                   |         |       | 07      | Unia O wi cim            |       |       |         | <b>4:52.55</b> | 511   |         |       |
|         | 50m:                           | 32.91   | 32.91 | 150m:   | 1:46.14                  | 36.80 | 250m: | 3:01.23 | 37.76          | 350m: | 4:15.97 | 37.68 |
|         | 100m:                          | 1:09.34 | 36.43 | 200m:   | 2:23.47                  | 37.33 | 300m: | 3:38.29 | 37.06          | 400m: | 4:52.55 | 36.58 |
| 55.     | Bidnik Wiktoria                |         |       | 04      | GIM 92 Ursynów Warszawa  |       |       |         | <b>4:53.51</b> | 506   |         |       |
|         | 50m:                           | 32.68   | 32.68 | 150m:   | 1:45.86                  | 36.64 | 250m: | 3:00.43 | 37.28          | 350m: | 4:15.69 | 37.30 |
|         | 100m:                          | 1:09.22 | 36.54 | 200m:   | 2:23.15                  | 37.29 | 300m: | 3:38.39 | 37.96          | 400m: | 4:53.51 | 37.82 |
| 56.     | Furma ska Julia                |         |       | 06      | Nawa Skierniewice        |       |       |         | <b>4:54.97</b> | 498   |         |       |
|         | 50m:                           | 35.00   | 35.00 | 150m:   | 1:50.12                  | 37.86 | 250m: | 3:05.50 | 37.60          | 350m: | 4:20.00 | 36.93 |
|         | 100m:                          | 1:12.26 | 37.26 | 200m:   | 2:27.90                  | 37.78 | 300m: | 3:43.07 | 37.57          | 400m: | 4:54.97 | 34.97 |
| 57.     | R czkowska Maja                |         |       | 07      | Jedno 32 Przyszowice     |       |       |         | <b>4:55.18</b> | 497   |         |       |
|         | 50m:                           | 31.71   | 31.71 | 150m:   | 1:43.64                  | 36.65 | 250m: | 3:00.21 | 38.56          | 350m: | 4:17.43 | 38.20 |
|         | 100m:                          | 1:06.99 | 35.28 | 200m:   | 2:21.65                  | 38.01 | 300m: | 3:39.23 | 39.02          | 400m: | 4:55.18 | 37.75 |
| 58.     | Pabisiak Helena                |         |       | 05      | UKP Polonia Warszawa     |       |       |         | <b>4:55.50</b> | 496   |         |       |
|         | 50m:                           | 33.56   | 33.56 | 150m:   | 1:48.02                  | 37.58 | 250m: | 3:03.18 | 38.20          | 350m: | 4:18.90 | 36.92 |
|         | 100m:                          | 1:10.44 | 36.88 | 200m:   | 2:24.98                  | 36.96 | 300m: | 3:41.98 | 38.80          | 400m: | 4:55.50 | 36.60 |
| 59.     | Guzdek Anna                    |         |       | 07      | Unia O wi cim            |       |       |         | <b>4:56.55</b> | 490   |         |       |
|         | 50m:                           | 34.16   | 34.16 | 150m:   | 1:51.68                  | 38.31 | 250m: | 3:06.80 | 37.62          | 350m: | 4:21.70 | 37.04 |
|         | 100m:                          | 1:13.37 | 39.21 | 200m:   | 2:29.18                  | 37.50 | 300m: | 3:44.66 | 37.86          | 400m: | 4:56.55 | 34.85 |
| 60.     | Dr kiewicz Pola                |         |       | 07      | Nawa Skierniewice        |       |       |         | <b>4:56.92</b> | 488   |         |       |
|         | 50m:                           | 33.70   | 33.70 | 150m:   | 1:47.03                  | 36.89 | 250m: | 3:03.09 | 38.32          | 350m: | 4:20.09 | 38.49 |
|         | 100m:                          | 1:10.14 | 36.44 | 200m:   | 2:24.77                  | 37.74 | 300m: | 3:41.60 | 38.51          | 400m: | 4:56.92 | 36.83 |
| 61.     | Kowalska Julia                 |         |       | 04      | Unia O wi cim            |       |       |         | <b>4:57.89</b> | 484   |         |       |
|         | 50m:                           | 32.56   | 32.56 | 150m:   | 1:46.79                  | 37.75 | 250m: | 3:03.18 | 38.17          | 350m: | 4:20.48 | 38.59 |
|         | 100m:                          | 1:09.04 | 36.48 | 200m:   | 2:25.01                  | 38.22 | 300m: | 3:41.89 | 38.71          | 400m: | 4:57.89 | 37.41 |
| 62.     | Kalata Zuzanna                 |         |       | 07      | Victoria Racibórz        |       |       |         | <b>5:00.19</b> | 473   |         |       |
|         | 50m:                           | 34.14   | 34.14 | 150m:   | 1:49.36                  | 37.99 | 250m: | 3:06.43 | 38.64          | 350m: | 4:23.99 | 38.79 |
|         | 100m:                          | 1:11.37 | 37.23 | 200m:   | 2:27.79                  | 38.43 | 300m: | 3:45.20 | 38.77          | 400m: | 5:00.19 | 36.20 |
| 63.     | Skudlik Michalina              |         |       | 07      | Manta Kochłowice Ruda I. |       |       |         | <b>5:00.57</b> | 471   |         |       |
|         | 50m:                           | 35.00   | 35.00 | 150m:   | 1:51.86                  | 38.56 | 250m: | 3:09.12 | 38.53          | 350m: | 4:24.69 | 37.81 |
|         | 100m:                          | 1:13.30 | 38.30 | 200m:   | 2:30.59                  | 38.73 | 300m: | 3:46.88 | 37.76          | 400m: | 5:00.57 | 35.88 |
| 64.     | Matwin Julia                   |         |       | 05      | Unia O wi cim            |       |       |         | <b>5:01.17</b> | 468   |         |       |
|         | 50m:                           | 32.94   | 32.94 | 150m:   | 1:47.68                  | 38.19 | 250m: | 3:05.71 | 39.03          | 350m: | 4:23.56 | 38.61 |
|         | 100m:                          | 1:09.49 | 36.55 | 200m:   | 2:26.68                  | 39.00 | 300m: | 3:44.95 | 39.24          | 400m: | 5:01.17 | 37.61 |
| 65.     | Czerwi ska – La Cerra Domenica |         |       | 07      | Victoria Racibórz        |       |       |         | <b>5:05.40</b> | 449   |         |       |
|         | 50m:                           | 35.00   | 35.00 | 150m:   | 1:51.06                  | 38.27 | 250m: | 3:09.82 | 38.97          | 350m: | 4:28.30 | 39.52 |
|         | 100m:                          | 1:12.79 | 37.79 | 200m:   | 2:30.85                  | 39.79 | 300m: | 3:48.78 | 38.96          | 400m: | 5:05.40 | 37.10 |
| 66.     | Czuba Julia                    |         |       | 07      | Unia O wi cim            |       |       |         | <b>5:06.88</b> | 442   |         |       |
|         | 50m:                           | 34.26   | 34.26 | 150m:   | 1:52.68                  | 39.69 | 250m: | 3:11.66 | 39.53          | 350m: | 4:30.50 | 39.30 |
|         | 100m:                          | 1:12.99 | 38.73 | 200m:   | 2:32.13                  | 39.45 | 300m: | 3:51.20 | 39.54          | 400m: | 5:06.88 | 36.38 |
| 67.     | Pustelnik Aurelia              |         |       | 07      | Manta Kochłowice Ruda I. |       |       |         | <b>5:08.01</b> | 438   |         |       |
|         | 50m:                           | 33.75   | 33.75 | 150m:   | 1:51.10                  | 38.99 | 250m: | 3:09.18 | 39.44          | 350m: | 4:30.22 | 40.77 |
|         | 100m:                          | 1:12.11 | 38.36 | 200m:   | 2:29.74                  | 38.64 | 300m: | 3:49.45 | 40.27          | 400m: | 5:08.01 | 37.79 |





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



Konkurencja 33, Kobiet, 400m dowolny, 14 lat i starsi

| Pozycja |                      |       | Rok ur.       |                            |               |       |               | Czas           | Pkt. |
|---------|----------------------|-------|---------------|----------------------------|---------------|-------|---------------|----------------|------|
| 68.     | Zarzecka Roksana     |       | 07            | KP Ciechanów               |               |       |               | <b>5:08.54</b> | 435  |
|         | 50m: 34.57           | 34.57 | 150m: 1:52.75 | 39.71                      | 250m: 3:11.21 | 39.49 | 350m: 4:30.80 | 39.68          |      |
|         | 100m: 1:13.04        | 38.47 | 200m: 2:31.72 | 38.97                      | 300m: 3:51.12 | 39.91 | 400m: 5:08.54 | 37.74          |      |
| 69.     | Drobna Angelika      |       | 07            | Ondraszek Bielsko Biała    |               |       |               | <b>5:14.57</b> | 411  |
|         | 50m: 34.13           | 34.13 | 150m: 1:51.90 | 39.91                      | 250m: 3:12.06 | 40.69 | 350m: 4:34.07 | 41.25          |      |
|         | 100m: 1:11.99        | 37.86 | 200m: 2:31.37 | 39.47                      | 300m: 3:52.82 | 40.76 | 400m: 5:14.57 | 40.50          |      |
| 70.     | Ja niecka Paulina    |       | 07            | UKS MOS Opole              |               |       |               | <b>5:14.68</b> | 410  |
|         | 50m: 33.46           | 33.46 | 150m: 1:53.81 | 40.38                      | 250m: 3:15.11 | 40.76 | 350m: 4:35.57 | 39.85          |      |
|         | 100m: 1:13.43        | 39.97 | 200m: 2:34.35 | 40.54                      | 300m: 3:55.72 | 40.61 | 400m: 5:14.68 | 39.11          |      |
| 71.     | Boche ska Aleksandra |       | 05            | Kro nicka Przysta Kro nice |               |       |               | <b>5:32.37</b> | 348  |
|         | 50m: 35.76           | 35.76 | 150m: 2:01.41 | 43.88                      | 250m: 3:27.10 | 42.48 | 350m: 4:53.29 | 43.29          |      |
|         | 100m: 1:17.53        | 41.77 | 200m: 2:44.62 | 43.21                      | 300m: 4:10.00 | 42.90 | 400m: 5:32.37 | 39.08          |      |

