



Arena Grand Prix Puchar Polski  
O wi cim, 19 - 20/3/2022



Konkurencja 1  
19/3/2022 - 8:30

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Minimum kwalifikacyjne Mistrzostwa wiaty Seniorów Open: 4:38.53

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
1. Famulok Zuzanna	03 Unia O wi cim	<b>4:53.03</b>	751
50m: 31.28 31.28	150m: 1:44.50 38.45	250m: 3:03.95 41.62	350m: 4:20.15 34.83
100m: 1:06.05 34.77	200m: 2:22.33 37.83	300m: 3:45.32 41.37	400m: 4:53.03 32.88
2. Pozna ska Justyna	05 Jedyńska Łód	<b>4:53.53</b>	747
50m: 31.79 31.79	150m: 1:44.58 37.15	250m: 3:04.39 43.35	350m: 4:21.54 34.42
100m: 1:07.43 35.64	200m: 2:21.04 36.46	300m: 3:47.12 42.73	400m: 4:53.53 31.99
3. Piekarska Natalia	06 UKS 190 Łód	<b>4:55.87</b>	729
50m: 31.52 31.52	150m: 1:45.34 37.99	250m: 3:05.55 42.70	350m: 4:22.56 34.02
100m: 1:07.35 35.83	200m: 2:22.85 37.51	300m: 3:48.54 42.99	400m: 4:55.87 33.31
4. Gu Wiktoria	04 Delfin Piotrków Tryb.	<b>4:58.82</b>	708
50m: 30.41 30.41	150m: 1:44.38 38.43	250m: 3:05.27 43.27	350m: 4:24.29 35.11
100m: 1:05.95 35.54	200m: 2:22.00 37.62	300m: 3:49.18 43.91	400m: 4:58.82 34.53
5. ukowska Paula	93 AZS UMCS Lublin	<b>5:02.54</b>	682
50m: 32.75 32.75	150m: 1:48.70 39.28	250m: 3:11.72 44.42	350m: 4:29.68 34.03
100m: 1:09.42 36.67	200m: 2:27.30 38.60	300m: 3:55.65 43.93	400m: 5:02.54 32.86
6. Kowalska Klara	05 AZS UMCS Lublin	<b>5:05.70</b>	661
50m: 30.76 30.76	150m: 1:44.85 39.30	250m: 3:09.11 46.54	350m: 4:31.75 36.23
100m: 1:05.55 34.79	200m: 2:22.57 37.72	300m: 3:55.52 46.41	400m: 5:05.70 33.95
7. Lubi ska Alicja	05 Jedyńska Łód	<b>5:08.88</b>	641
50m: 32.05 32.05	150m: 1:49.20 40.63	250m: 3:11.36 43.02	350m: 4:32.86 37.47
100m: 1:08.57 36.52	200m: 2:28.34 39.14	300m: 3:55.39 44.03	400m: 5:08.88 36.02
8. Lechowska Magdalena	06 I sk Wrocław	<b>5:10.21</b>	633
50m: 32.63 32.63	150m: 1:52.00 41.65	250m: 3:15.30 43.89	350m: 4:36.07 36.77
100m: 1:10.35 37.72	200m: 2:31.41 39.41	300m: 3:59.30 44.00	400m: 5:10.21 34.14
9. Dzwonnik Zuzanna	00 UKS 190 Łód	<b>5:10.54</b>	631
50m: 33.34 33.34	150m: 1:51.54 38.64	250m: 3:14.54 43.17	350m: 4:34.06 35.28
100m: 1:12.90 39.56	200m: 2:31.37 39.83	300m: 3:58.78 44.24	400m: 5:10.54 36.48
10. Gli ska Oliwia	07 TP Zielona Góra	<b>5:11.34</b>	626
50m: 33.89 33.89	150m: 1:53.62 39.91	250m: 3:17.85 45.47	350m: 4:37.55 34.90
100m: 1:13.71 39.82	200m: 2:32.38 38.76	300m: 4:02.65 44.80	400m: 5:11.34 33.79
11. Juda Aleksandra	06 Unia O wi cim	<b>5:12.06</b>	621
50m: 32.90 32.90	150m: 1:51.99 40.85	250m: 3:16.59 44.04	350m: 4:36.68 35.79
100m: 1:11.14 38.24	200m: 2:32.55 40.56	300m: 4:00.89 44.30	400m: 5:12.06 35.38
12. Klimek Marta	03 Unia O wi cim	<b>5:12.64</b>	618
50m: 34.87 34.87	150m: 1:55.33 41.17	250m: 3:21.90 47.77	350m: 4:41.82 32.41
100m: 1:14.16 39.29	200m: 2:34.13 38.80	300m: 4:09.41 47.51	400m: 5:12.64 30.82
13. B tkowska Zuzanna	06 SMS Galicja Kraków	<b>5:13.61</b>	612
50m: 32.53 32.53	150m: 1:52.77 41.33	250m: 3:15.96 42.77	350m: 4:38.11 37.79
100m: 1:11.44 38.91	200m: 2:33.19 40.42	300m: 4:00.32 44.36	400m: 5:13.61 35.50
14. Klusek Aleksandra	05 Polonia Warszawa	<b>5:14.59</b>	606
50m: 30.71 30.71	150m: 1:46.93 40.27	250m: 3:11.67 45.85	350m: 4:37.14 38.45
100m: 1:06.66 35.95	200m: 2:25.82 38.89	300m: 3:58.69 47.02	400m: 5:14.59 37.45
15. S dła Alicja	05 Jedyńska Łód	<b>5:15.62</b>	601
50m: 33.15 33.15	150m: 1:54.62 41.90	250m: 3:19.49 43.49	350m: 4:41.01 36.96
100m: 1:12.72 39.57	200m: 2:36.00 41.38	300m: 4:04.05 44.56	400m: 5:15.62 34.61
16. Maciak Julia	06 Muszelka Warszawa	<b>5:16.34</b>	596
50m: 32.33 32.33	150m: 1:49.81 39.69	250m: 3:18.24 50.63	350m: 4:43.10 34.77
100m: 1:10.12 37.79	200m: 2:27.61 37.80	300m: 4:08.33 50.09	400m: 5:16.34 33.24

Obsługa zawodów: SMS SwimArt My Lenice

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20/3/2022 15:01 - Strona 1



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Konkurencja 1, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
17.	Jach Tamara		06	I sk Wrocław				<b>5:16.92</b>	593
	50m: 32.74	32.74	150m: 1:53.13	41.44	250m: 3:18.45	44.93	350m: 4:40.95	37.19	
	100m: 1:11.69	38.95	200m: 2:33.52	40.39	300m: 4:03.76	45.31	400m: 5:16.92	35.97	
18.	Słabosz Emilia		05	MOSM Tychy				<b>5:17.60</b>	589
	50m: 33.80	33.80	150m: 1:53.86	41.45	250m: 3:19.10	45.86	350m: 4:42.73	36.65	
	100m: 1:12.41	38.61	200m: 2:33.24	39.38	300m: 4:06.08	46.98	400m: 5:17.60	34.87	
19.	Parol Olga		05	abianka Gda sk				<b>5:18.29</b>	586
	50m: 33.25	33.25	150m: 1:51.49	40.23	250m: 3:17.18	45.54	350m: 4:41.61	37.67	
	100m: 1:11.26	38.01	200m: 2:31.64	40.15	300m: 4:03.94	46.76	400m: 5:18.29	36.68	
20.	Tadko Wiktoria		05	SMS Victoria Racibórz				<b>5:18.40</b>	585
	50m: 33.13	33.13	150m: 1:52.94	42.03	250m: 3:19.48	46.11	350m: 4:43.50	37.62	
	100m: 1:10.91	37.78	200m: 2:33.37	40.43	300m: 4:05.88	46.40	400m: 5:18.40	34.90	
21.	Cioch-Gradzik Wiktoria		03	AZS UMCS Lublin				<b>5:18.48</b>	585
	50m: 33.25	33.25	150m: 1:53.52	42.82	250m: 3:21.60	46.58	350m: 4:44.01	36.02	
	100m: 1:10.70	37.45	200m: 2:35.02	41.50	300m: 4:07.99	46.39	400m: 5:18.48	34.47	
22.	Nikiel Natalia		06	Park Wodny Tarn. Góry				<b>5:19.97</b>	576
	50m: 33.50	33.50	150m: 1:53.50	41.43	250m: 3:19.50	46.03	350m: 4:44.04	37.32	
	100m: 1:12.07	38.57	200m: 2:33.47	39.97	300m: 4:06.72	47.22	400m: 5:19.97	35.93	
23.	Sobczak Antonina		07	UKS 48 Warszawa ródnie cie				<b>5:20.06</b>	576
	50m: 33.50	33.50	150m: 1:53.11	39.14	250m: 3:18.67	47.36	350m: 4:44.33	36.75	
	100m: 1:13.97	40.47	200m: 2:31.31	38.20	300m: 4:07.58	48.91	400m: 5:20.06	35.73	
24.	Rudomina Agnieszka		06	abianka Gda sk				<b>5:20.46</b>	574
	50m: 34.71	34.71	150m: 1:56.64	41.42	250m: 3:23.40	46.61	350m: 4:46.50	35.82	
	100m: 1:15.22	40.51	200m: 2:36.79	40.15	300m: 4:10.68	47.28	400m: 5:20.46	33.96	
25.	Poppe Marta		07	Manta Kochłowice Ruda l.				<b>5:20.72</b>	572
	50m: 33.65	33.65	150m: 1:54.60	42.69	250m: 3:21.65	46.47	350m: 4:45.45	36.86	
	100m: 1:11.91	38.26	200m: 2:35.18	40.58	300m: 4:08.59	46.94	400m: 5:20.72	35.27	
26.	Ferszt Kornelia		08	Górnik Sosnowiec				<b>5:21.54</b>	568
	50m: 34.19	34.19	150m: 1:58.45	43.87	250m: 3:23.44	45.19	350m: 4:46.64	37.22	
	100m: 1:14.58	40.39	200m: 2:38.25	39.80	300m: 4:09.42	45.98	400m: 5:21.54	34.90	
27.	Siwko Natalia		04	AZS UMCS Lublin				<b>5:21.60</b>	568
	50m: 34.11	34.11	150m: 1:54.94	42.88	250m: 3:22.08	46.45	350m: 4:46.75	37.24	
	100m: 1:12.06	37.95	200m: 2:35.63	40.69	300m: 4:09.51	47.43	400m: 5:21.60	34.85	
28.	Pasierowska Wiktoria		05	GIM 92 Ursynów				<b>5:21.92</b>	566
	50m: 33.62	33.62	150m: 1:52.67	41.36	250m: 3:20.60	47.34	350m: 4:45.50	37.17	
	100m: 1:11.31	37.69	200m: 2:33.26	40.59	300m: 4:08.33	47.73	400m: 5:21.92	36.42	
29.	Lala Nadia		04	Unia O wi cim				<b>5:22.23</b>	564
	50m: 33.53	33.53	150m: 1:55.09	43.10	250m: 3:24.91	47.62	350m: 4:47.61	36.13	
	100m: 1:11.99	38.46	200m: 2:37.29	42.20	300m: 4:11.48	46.57	400m: 5:22.23	34.62	
30.	Stefa czyk Magdalena		08	CSiR MOS Dabrowa Grn.				<b>5:30.01</b>	525
	50m: 33.73	33.73	150m: 1:57.45	43.70	250m: 3:24.90	45.78	350m: 4:52.21	40.39	
	100m: 1:13.75	40.02	200m: 2:39.12	41.67	300m: 4:11.82	46.92	400m: 5:30.01	37.80	
31.	Skrobisz Urszula		06	Ósemka Starogard Gd.				<b>5:31.02</b>	521
	50m: 34.89	34.89	150m: 2:00.11	44.93	250m: 3:30.54	45.06	350m: 4:55.26	38.04	
	100m: 1:15.18	40.29	200m: 2:45.48	45.37	300m: 4:17.22	46.68	400m: 5:31.02	35.76	
32.	Plaga Olga		07	Skalar Słupsk				<b>5:31.03</b>	520
	50m: 35.16	35.16	150m: 1:58.62	42.60	250m: 3:26.96	46.17	350m: 4:52.59	39.22	
	100m: 1:16.02	40.86	200m: 2:40.79	42.17	300m: 4:13.37	46.41	400m: 5:31.03	38.44	
33.	Ba kowska Wiktoria		08	MOS Opole				<b>5:32.29</b>	515
	50m: 34.84	34.84	150m: 1:54.82	40.11	250m: 3:24.93	51.36	350m: 4:54.55	38.27	
	100m: 1:14.71	39.87	200m: 2:33.57	38.75	300m: 4:16.28	51.35	400m: 5:32.29	37.74	





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Pozycja			Rok ur.					Czas	Pkt.
34.	Marciniak Aleksandra		07	SMS Galicja Kraków				<b>5:32.96</b>	511
	50m: 34.16	34.16	150m: 1:59.65	45.77	250m: 3:30.15	46.11	350m: 4:55.55	38.77	
	100m: 1:13.88	39.72	200m: 2:44.04	44.39	300m: 4:16.78	46.63	400m: 5:32.96	37.41	
35.	Fira Weronika		04	Sikret Gliwice				<b>5:33.11</b>	511
	50m: 34.23	34.23	150m: 1:58.10	42.73	250m: 3:28.16	48.14	350m: 4:55.98	38.62	
	100m: 1:15.37	41.14	200m: 2:40.02	41.92	300m: 4:17.36	49.20	400m: 5:33.11	37.13	
36.	Drabik Aneta		04	Sukces Chorzów				<b>5:34.67</b>	504
	50m: 34.59	34.59	150m: 2:00.17	44.92	250m: 3:30.02	47.32	350m: 4:57.54	39.37	
	100m: 1:15.25	40.66	200m: 2:42.70	42.53	300m: 4:18.17	48.15	400m: 5:34.67	37.13	
37.	Czaja Zuzanna		08	KS SMS Wieliczka				<b>5:35.60</b>	499
	50m: 35.12	35.12	150m: 1:58.27	42.26	250m: 3:32.64	53.33	350m: 5:00.66	36.39	
	100m: 1:16.01	40.89	200m: 2:39.31	41.04	300m: 4:24.27	51.63	400m: 5:35.60	34.94	
38.	Mikuła Natalia		06	Olimpijczyk Aleksandrów Ł.				<b>5:36.69</b>	495
	50m: 36.57	36.57	150m: 2:01.03	42.69	250m: 3:29.40	47.16	350m: 4:57.36	40.81	
	100m: 1:18.34	41.77	200m: 2:42.24	41.21	300m: 4:16.55	47.15	400m: 5:36.69	39.33	
39.	Sojka Oliwia		06	Aqua Team Mikołów				<b>5:38.84</b>	485
	50m: 35.38	35.38	150m: 1:59.46	43.20	250m: 3:29.13	47.76	350m: 4:58.91	41.52	
	100m: 1:16.26	40.88	200m: 2:41.37	41.91	300m: 4:17.39	48.26	400m: 5:38.84	39.93	
40.	Matyniak Sylwia		08	Manta Kochłowice Ruda I.				<b>5:44.90</b>	460
	50m: 33.78	33.78	150m: 1:58.92	44.27	250m: 3:33.96	51.75	350m: 5:06.30	40.49	
	100m: 1:14.65	40.87	200m: 2:42.21	43.29	300m: 4:25.81	51.85	400m: 5:44.90	38.60	
41.	Dra yk Wiktoria		07	Manta Kochłowice Ruda I.				<b>5:46.98</b>	452
	50m: 37.39	37.39	150m: 2:05.21	43.03	250m: 3:41.35	51.43	350m: 5:10.11	37.66	
	100m: 1:22.18	44.79	200m: 2:49.92	44.71	300m: 4:32.45	51.10	400m: 5:46.98	36.87	
42.	Zarzecka Rokszana		07	KP Ciechanów				<b>5:47.83</b>	449
	50m: 33.35	33.35	150m: 2:01.17	48.06	250m: 3:36.79	49.43	350m: 4:39.69	13.10	
	100m: 1:13.11	39.76	200m: 2:47.36	46.19	300m: 4:26.59	49.80	400m: 5:47.83	1:08.14	
43.	Nowak Victoria		05	Park Wodny Tarn. Góry				<b>5:53.11</b>	429
	50m: 38.25	38.25	150m: 2:09.18	45.68	250m: 3:43.41	50.63	350m: 5:14.37	41.76	
	100m: 1:23.50	45.25	200m: 2:52.78	43.60	300m: 4:32.61	49.20	400m: 5:53.11	38.74	
44.	Łuczka Natalia		08	Manta Kochłowice Ruda I.				<b>5:54.27</b>	425
	50m:		150m:		250m:		350m:		
	100m: 1:16.78		200m: 2:52.93		300m: 4:34.86		400m: 5:54.27		
45.	Borowska Oliwia		06	Ondraszek Bielsko Biała				<b>5:55.32</b>	421
	50m: 34.96	34.96	150m: 2:02.80	44.93	250m: 3:39.11	52.39	350m: 5:13.57	42.47	
	100m: 1:17.87	42.91	200m: 2:46.72	43.92	300m: 4:31.10	51.99	400m: 5:55.32	41.75	
46.	Karwacka Kinga		06	Aquatica Pawłowice				<b>6:01.07</b>	401
	50m: 37.67	37.67	150m: 2:08.96	46.56	250m: 3:47.48	52.65	350m: 5:21.81	40.83	
	100m: 1:22.40	44.73	200m: 2:54.83	45.87	300m: 4:40.98	53.50	400m: 6:01.07	39.26	
47.	Brzyska Jagoda		06	Park Wodny Tarn. Góry				<b>6:08.10</b>	378
	50m: 39.70	39.70	150m: 2:17.36	50.20	250m: 3:54.60	49.18	350m: 5:27.21	42.24	
	100m: 1:27.16	47.46	200m: 3:05.42	48.06	300m: 4:44.97	50.37	400m: 6:08.10	40.89	
48.	Wierzgacz Hanna		08	MKS CKS-SMS Szczecin				<b>6:24.27</b>	333
	50m: 38.37	38.37	150m: 2:17.89	52.44	250m: 4:00.49	55.03	350m: 5:43.00	46.31	
	100m: 1:25.45	47.08	200m: 3:05.46	47.57	300m: 4:56.69	56.20	400m: 6:24.27	41.27	

