



Arena Grand Prix Puchar Polski
O wiecim, 25 - 26/3/2023



Konkurencja 10
25/3/2023 - 18:14

Kobiet, 400m zmienny

14 lat i starsi
Wyniki

Minimum kwalifikacyjne M Fukuoka 2023 Open: 4:43.06 / Minimum kwalifikacyjne ME Dublin 2023 19 - 23: 4:48.72 /
Minimum kwalifikacyjne Uniwersjada Chengdu 18 - 27: 4:48.72

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.
1. Famulok Zuzanna	03 AZS AWF Katowice	4:53.14	750
50m: 31.27 31.27	150m: 1:45.05 37.53	250m: 3:03.50 41.82	350m: 4:20.42 34.44
100m: 1:07.52 36.25	200m: 2:21.68 36.63	300m: 3:45.98 42.48	400m: 4:53.14 32.72
2. Knop Aleksandra	03 UKS 190 Łódź	4:53.82	745
50m: 31.39 31.39	150m: 1:45.65 38.64	250m: 3:06.35 43.74	350m: 4:22.53 32.18
100m: 1:07.01 35.62	200m: 2:22.61 36.96	300m: 3:50.35 44.00	400m: 4:53.82 31.29
3. Pozna ska Justyna	05 Jedyńska Łódź	5:00.41	697
50m: 31.70 31.70	150m: 1:46.66 38.65	250m: 3:07.73 43.67	350m: 4:26.29 34.64
100m: 1:08.01 36.31	200m: 2:24.06 37.40	300m: 3:51.65 43.92	400m: 5:00.41 34.12
4. Gli ska Oliwia	07 TP Zielona Góra	5:05.37	663
50m: 33.13 33.13	150m: 1:49.35 39.03	250m: 3:11.87 44.65	350m: 4:31.61 35.34
100m: 1:10.32 37.19	200m: 2:27.22 37.87	300m: 3:56.27 44.40	400m: 5:05.37 33.76
5. Wilk Anna	06 Fala Kra nik	5:06.33	657
50m: 32.84 32.84	150m: 1:51.89 41.71	250m: 3:15.09 43.28	350m: 4:33.00 35.45
100m: 1:10.18 37.34	200m: 2:31.81 39.92	300m: 3:57.55 42.46	400m: 5:06.33 33.33
6. Savchenko Oleksandra	08 KSZO Ostrowiec w.	5:06.52	656
50m: 31.08 31.08	150m: 1:47.76 40.34	250m: 3:11.38 44.50	350m: 4:31.83 35.62
100m: 1:07.42 36.34	200m: 2:26.88 39.12	300m: 3:56.21 44.83	400m: 5:06.52 34.69
7. Juda Aleksandra	06 Unia O wi cim	5:06.62	655
50m: 31.38 31.38	150m: 1:47.62 40.19	250m: 3:11.74 44.01	350m: 4:31.10 35.72
100m: 1:07.43 36.05	200m: 2:27.73 40.11	300m: 3:55.38 43.64	400m: 5:06.62 35.52
8. B tkowska Zuzanna	06 SMS Galicja Kraków	5:06.87	653
50m: 32.23 32.23	150m: 1:49.65 40.36	250m: 3:11.79 42.80	350m: 4:32.23 36.89
100m: 1:09.29 37.06	200m: 2:28.99 39.34	300m: 3:55.34 43.55	400m: 5:06.87 34.64
9. Lubi ska Alicja	05 Jedyńska Łódź	5:07.68	648
50m: 32.24 32.24	150m: 1:49.40 40.52	250m: 3:11.51 42.03	350m: 4:31.87 37.59
100m: 1:08.88 36.64	200m: 2:29.48 40.08	300m: 3:54.28 42.77	400m: 5:07.68 35.81
10. Piekarska Natalia	06 UKS 190 Łódź	5:08.54	643
50m: 32.19 32.19	150m: 1:48.03 39.26	250m: 3:13.23 45.81	350m: 5:08.54
100m: 1:08.77 36.58	200m: 2:27.42 39.39	300m: 3:59.20 45.97	400m: 5:08.54
11. S dła Alicja	05 Jedyńska Łódź	5:13.44	613
50m: 31.76 31.76	150m: 1:52.05 41.82	250m: 3:16.19 42.61	350m: 4:37.90 37.37
100m: 1:10.23 38.47	200m: 2:33.58 41.53	300m: 4:00.53 44.34	400m: 5:13.44 35.54
12. Lechowska Magdalena	06 I sk Wrocław	5:15.25	603
50m: 32.48 32.48	150m: 1:51.66 41.00	250m: 3:18.00 45.28	350m: 4:39.99 35.91
100m: 1:10.66 38.18	200m: 2:32.72 41.06	300m: 4:04.08 46.08	400m: 5:15.25 35.26
13. Maciak Julia	06 Muszelka Warszawa	5:16.33	597
50m: 32.88 32.88	150m: 1:52.38 41.74	250m: 3:19.61 48.82	350m: 4:42.92 35.13
100m: 1:10.64 37.76	200m: 2:30.79 38.41	300m: 4:07.79 48.18	400m: 5:16.33 33.41
14. Plaga Olga	07 Skalar Słupsk	5:19.73	578
50m: 33.70 33.70	150m: 1:52.93 41.25	250m: 3:18.11 45.13	350m: 4:41.84 38.64
100m: 1:11.68 37.98	200m: 2:32.98 40.05	300m: 4:03.20 45.09	400m: 5:19.73 37.89
15. Drabych Mariana	07 KSZO Ostrowiec w.	5:19.84	577
50m: 33.58 33.58	150m: 1:53.65 40.48	250m: 3:20.94 48.09	350m: 4:45.29 36.58
100m: 1:13.17 39.59	200m: 2:32.85 39.20	300m: 4:08.71 47.77	400m: 5:19.84 34.55





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Konkurencja 10, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.
16.	Karli ska Paula			05	MKP Szczecin				5:20.06	576
	50m: 32.07	32.07	150m: 1:52.72	41.19	250m: 3:19.24	47.50	350m: 4:44.46	37.26		
	100m: 1:11.53	39.46	200m: 2:31.74	39.02	300m: 4:07.20	47.96	400m: 5:20.06	35.60		
17.	Du ko Julia			07	Sparta Biłgoraj				5:20.69	572
	50m: 32.94	32.94	150m: 1:56.62	46.66	250m: 3:27.05	46.51	350m: 4:47.38	35.31		
	100m: 1:09.96	37.02	200m: 2:40.54	43.92	300m: 4:12.07	45.02	400m: 5:20.69	33.31		
18.	Poppe Marta			07	AZS UMCS Lublin				5:20.88	571
	50m: 33.63	33.63	150m: 1:55.53	42.73	250m: 3:21.70	45.64	350m: 4:45.73	36.65		
	100m: 1:12.80	39.17	200m: 2:36.06	40.53	300m: 4:09.08	47.38	400m: 5:20.88	35.15		
19.	Stefa czyk Magdalena			08	CSiR MOS D browa Grn.				5:21.80	567
	50m: 32.97	32.97	150m: 1:54.83	43.69	250m: 3:22.47	45.49	350m: 4:46.02	38.23		
	100m: 1:11.14	38.17	200m: 2:36.98	42.15	300m: 4:07.79	45.32	400m: 5:21.80	35.78		
20.	Marciniak Aleksandra			07	SMS Galicja Kraków				5:23.96	555
	50m: 32.59	32.59	150m: 1:53.80	43.15	250m: 3:21.82	45.68	350m: 4:47.09	38.52		
	100m: 1:10.65	38.06	200m: 2:36.14	42.34	300m: 4:08.57	46.75	400m: 5:23.96	36.87		
21.	Nikiel Natalia			06	Park Wodny Tarn. Góry				5:24.07	555
	50m: 34.72	34.72	150m: 1:57.94	43.83	250m: 3:24.37	45.56	350m: 4:47.34	37.29		
	100m: 1:14.11	39.39	200m: 2:38.81	40.87	300m: 4:10.05	45.68	400m: 5:24.07	36.73		
22.	Mła Viktoria			07	Unia O wi cim				5:26.29	543
	50m: 33.59	33.59	150m: 1:56.41	43.35	250m: 3:24.31	45.98	350m: 4:49.66	38.44		
	100m: 1:13.06	39.47	200m: 2:38.33	41.92	300m: 4:11.22	46.91	400m: 5:26.29	36.63		
23.	Kuczmar Aleksandra			09	Ochota Warszawa				5:28.81	531
	50m: 32.98	32.98	150m: 1:56.09	43.19	250m: 3:25.82	48.81	350m: 4:52.21	37.36		
	100m: 1:12.90	39.92	200m: 2:37.01	40.92	300m: 4:14.85	49.03	400m: 5:28.81	36.60		
24.	Drabik Aneta			04	Sukces Chorzów				5:30.70	522
	50m: 35.01	35.01	150m: 2:00.02	44.83	250m: 3:28.39	45.87	350m: 4:54.40	38.75		
	100m: 1:15.19	40.18	200m: 2:42.52	42.50	300m: 4:15.65	47.26	400m: 5:30.70	36.30		
25.	Celi ska Małgorzata			06	KSZO Ostrowiec w.				5:35.45	500
	50m: 33.35	33.35	150m: 1:55.20	42.59	250m: 3:27.98	50.70	350m: 4:58.08	40.44		
	100m: 1:12.61	39.26	200m: 2:37.28	42.08	300m: 4:17.64	49.66	400m: 5:35.45	37.37		
26.	Piwo ska Oliwia			09	Korona-Swim Kielce				5:36.43	496
	50m: 36.74	36.74	150m: 2:02.56	41.00	250m: 3:31.88	48.35	350m: 5:00.29	39.25		
	100m: 1:21.56	44.82	200m: 2:43.53	40.97	300m: 4:21.04	49.16	400m: 5:36.43	36.14		
27.	Fartuszy ska Weronika			08	Junior Kluczbork				5:36.80	494
	50m: 36.63	36.63	150m: 2:04.23	45.00	250m: 3:35.43	47.54	350m: 5:00.49	37.22		
	100m: 1:19.23	42.60	200m: 2:47.89	43.66	300m: 4:23.27	47.84	400m: 5:36.80	36.31		
28.	Trafalska Antonina			08	Olimpijczyk Aleksandrów Ł.				5:37.04	493
	50m: 33.86	33.86	150m: 2:00.75	46.82	250m: 3:32.23	47.03	350m: 5:00.60	40.05		
	100m: 1:13.93	40.07	200m: 2:45.20	44.45	300m: 4:20.55	48.32	400m: 5:37.04	36.44		
29.	Gna Nadia			09	Tri-Team Rumia				5:38.65	486
	50m: 35.84	35.84	150m: 2:03.16	45.45	250m: 3:34.38	47.71	350m: 5:02.01	40.49		
	100m: 1:17.71	41.87	200m: 2:46.67	43.51	300m: 4:21.52	47.14	400m: 5:38.65	36.64		
30.	Sobolak Gabriela			09	Olimpijczyk Aleksandrów Ł.				5:38.66	486
	50m: 35.96	35.96	150m: 2:05.27	46.48	250m: 3:34.37	44.79	350m: 5:01.70	40.09		
	100m: 1:18.79	42.83	200m: 2:49.58	44.31	300m: 4:21.61	47.24	400m: 5:38.66	36.96		
31.	Karkocha Gabriela			09	Manta Kochłowice Ruda I.				5:40.40	479
	50m: 33.58	33.58	150m: 1:58.42	45.17	250m: 3:32.28	50.85	350m: 5:02.10	38.87		
	100m: 1:13.25	39.67	200m: 2:41.43	43.01	300m: 4:23.23	50.95	400m: 5:40.40	38.30		
32.	Jaros Aleksandra			07	Neptun widnica				5:40.41	479
	50m: 33.61	33.61	150m: 1:59.33	45.86	250m: 3:33.52	49.21	350m: 5:03.05	40.06		
	100m: 1:13.47	39.86	200m: 2:44.31	44.98	300m: 4:22.99	49.47	400m: 5:40.41	37.36		

Obsługa zawodów: SMS SwimArt My lenice

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25/3/2023 18:44 - Strona 2



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Konkurencja 10, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.
33.	wi Wiktoria			08	Posnania Pozna				5:44.77	461
	50m: 35.15	35.15	150m: 2:01.76	46.60	250m: 3:37.30	50.27	350m: 5:07.72	40.39		
	100m: 1:15.16	40.01	200m: 2:47.03	45.27	300m: 4:27.33	50.03	400m: 5:44.77	37.05		
34.	Kiszczak Olga			09	Ósemka O wi cim				5:45.23	459
	50m: 34.07	34.07	150m: 2:01.70	44.69	250m: 3:36.69	51.72	350m: 5:07.41	39.34		
	100m: 1:17.01	42.94	200m: 2:44.97	43.27	300m: 4:28.07	51.38	400m: 5:45.23	37.82		
35.	Kurzeja Karolina			09	STP Nowy S cz				5:46.47	454
	50m: 34.39	34.39	150m: 2:02.06	45.21	250m: 3:38.10	50.53	350m: 5:09.51	39.63		
	100m: 1:16.85	42.46	200m: 2:47.57	45.51	300m: 4:29.88	51.78	400m: 5:46.47	36.96		
36.	Chmiel Zuzanna			08	SMS Galicja Kraków				5:53.11	429
	50m: 36.99	36.99	150m: 2:05.97	44.39	250m: 3:42.40	52.89	350m: 5:14.48	40.95		
	100m: 1:21.58	44.59	200m: 2:49.51	43.54	300m: 4:33.53	51.13	400m: 5:53.11	38.63		
37.	Łuczka Natalia			08	Wodnik Siemianowice I skie				5:54.45	424
	50m: 35.14	35.14	150m: 2:04.93	47.50	250m: 3:42.36	49.90	350m: 5:15.58	41.86		
	100m: 1:17.43	42.29	200m: 2:52.46	47.53	300m: 4:33.72	51.36	400m: 5:54.45	38.87		
38.	Karwacka Kinga			06	Aquatica Pawłowice				5:58.36	410
	50m: 36.33	36.33	150m: 2:06.82	46.39	250m: 3:43.20	50.00	350m: 5:16.75	43.24		
	100m: 1:20.43	44.10	200m: 2:53.20	46.38	300m: 4:33.51	50.31	400m: 5:58.36	41.61		
39.	Kalata Zuzanna			07	SMS Galicja Kraków				6:00.78	402
	50m: 36.15	36.15	150m: 2:12.31	49.41	250m: 3:48.54	49.48	350m: 5:20.27	42.06		
	100m: 1:22.90	46.75	200m: 2:59.06	46.75	300m: 4:38.21	49.67	400m: 6:00.78	40.51		
40.	Kloc Martyna			09	Manta Kochłowice Ruda l.				6:09.40	374
	50m: 38.33	38.33	150m: 2:13.09	47.56	250m: 3:51.85	53.81	350m: 5:28.58	42.69		
	100m: 1:25.53	47.20	200m: 2:58.04	44.95	300m: 4:45.89	54.04	400m: 6:09.40	40.82		
41.	Jaros Martyna			09	Neptun widnica				6:14.26	360
	50m: 41.42	41.42	150m: 2:20.63	48.43	250m: 3:57.61	50.87	350m: 5:32.82	42.97		
	100m: 1:32.20	50.78	200m: 3:06.74	46.11	300m: 4:49.85	52.24	400m: 6:14.26	41.44		
42.	Szewczyk Amelia			09	Marato czyk Ostrów Wlkp.				6:14.47	359
	50m: 39.25	39.25	150m: 2:18.03	50.67	250m: 3:58.45	50.64	350m: 5:34.55	43.65		
	100m: 1:27.36	48.11	200m: 3:07.81	49.78	300m: 4:50.90	52.45	400m: 6:14.47	39.92		
43.	Bachniak Zuzanna			09	Orka Cz stochowa				6:19.56	345
	50m: 41.01	41.01	150m: 2:21.58	50.48	250m: 3:58.65	49.48	350m: 5:35.84	46.22		
	100m: 1:31.10	50.09	200m: 3:09.17	47.59	300m: 4:49.62	50.97	400m: 6:19.56	43.72		
DYSKW.	Gorzkiwicz Łucja			09	GIM 92 Ursynów Warszawa					
	<i>O2 - Pływak nie uko czył całego dystansu. (Czas: 18:37)</i>									
	50m: 37.72	37.72	150m: 1:57.42	32.93	250m:		350m:			
	100m: 1:24.49	46.77	200m:		300m:		400m:			

