



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



Konkurencja 31
26/3/2023 - 14:18

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Minimum kwalifikacyjne M Fukuoka 2023 Open: 4:10.57 / Minimum kwalifikacyjne ME Dublin 2023 19 - 23: 4:15.01 /
Minimum kwalifikacyjne Uniwersjada Chengdu 18 - 27: 4:15.01

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.		
1.	Pola ska Aleksandra		00	GOS Raszyn				4:15.54	791		
	50m:	28.81 28.81	150m:	1:31.83	31.87	250m:	2:37.37	33.08	350m:	3:43.26	32.87
	100m:	59.96 31.15	200m:	2:04.29	32.46	300m:	3:10.39	33.02	400m:	4:15.54	32.28
2.	Knop Aleksandra		03	UKS 190 Łód				4:29.75	673		
	50m:	31.16 31.16	150m:	1:39.19	34.41	250m:	2:48.51	34.40	350m:	3:56.98	33.66
	100m:	1:04.78 33.62	200m:	2:14.11	34.92	300m:	3:23.32	34.81	400m:	4:29.75	32.77
3.	Czubak Maria		06	IKS Konstancin				4:30.07	670		
	50m:	31.53 31.53	150m:	1:40.65	34.56	250m:	2:49.40	34.60	350m:	3:57.61	34.18
	100m:	1:06.09 34.56	200m:	2:14.80	34.15	300m:	3:23.43	34.03	400m:	4:30.07	32.46
4.	Piechota Paulina		99	UKS 190 Łód				4:31.09	663		
	50m:	31.88 31.88	150m:	1:41.42	34.84	250m:	2:50.17	34.36	350m:	3:58.47	34.17
	100m:	1:06.58 34.70	200m:	2:15.81	34.39	300m:	3:24.30	34.13	400m:	4:31.09	32.62
5.	R p Apolonia		06	Juvenia Wrocław				4:31.39	660		
	50m:	31.25 31.25	150m:	1:39.90	34.56	250m:	2:49.78	34.94	350m:	3:58.61	34.14
	100m:	1:05.34 34.09	200m:	2:14.84	34.94	300m:	3:24.47	34.69	400m:	4:31.39	32.78
6.	Maciak Julia		06	Muszelka Warszawa				4:31.57	659		
	50m:	31.80 31.80	150m:	1:41.58	34.99	250m:	2:50.35	34.64	350m:	3:58.77	34.26
	100m:	1:06.59 34.79	200m:	2:15.71	34.13	300m:	3:24.51	34.16	400m:	4:31.57	32.80
7.	Górska Zofia		05	GOS Raszyn				4:33.68	644		
	50m:	31.28 31.28	150m:	1:40.79	35.11	250m:	2:51.26	35.36	350m:	4:00.60	34.20
	100m:	1:05.68 34.40	200m:	2:15.90	35.11	300m:	3:26.40	35.14	400m:	4:33.68	33.08
8.	Piekarska Natalia		06	UKS 190 Łód				4:34.49	638		
	50m:	31.74 31.74	150m:	1:40.47	34.35	250m:	2:49.45	34.56	350m:	3:58.86	35.09
	100m:	1:06.12 34.38	200m:	2:14.89	34.42	300m:	3:23.77	34.32	400m:	4:34.49	35.63
9.	Wilk Anna		06	Fala Kra nik				4:35.02	635		
	50m:	31.29 31.29	150m:	1:40.54	34.83	250m:	2:50.37	34.97	350m:	4:00.71	35.43
	100m:	1:05.71 34.42	200m:	2:15.40	34.86	300m:	3:25.28	34.91	400m:	4:35.02	34.31
10.	Hellak Emilia		03	Swim-Art Wrocław				4:35.66	630		
	50m:	30.71 30.71	150m:	1:38.98	34.67	250m:	2:49.26	35.37	350m:	4:00.24	35.62
	100m:	1:04.31 33.60	200m:	2:13.89	34.91	300m:	3:24.62	35.36	400m:	4:35.66	35.42
11.	Savchenko Oleksandra		08	KSZO Ostrowiec w.				4:35.90	629		
	50m:	31.36 31.36	150m:	1:40.14	34.74	250m:	2:50.23	35.41	350m:	4:01.49	35.73
	100m:	1:05.40 34.04	200m:	2:14.82	34.68	300m:	3:25.76	35.53	400m:	4:35.90	34.41
12.	Kusion Judyta		06	Unia O wi cim				4:36.88	622		
	50m:	31.84 31.84	150m:	1:41.49	35.07	250m:	2:52.75	35.74	350m:	4:03.12	35.27
	100m:	1:06.42 34.58	200m:	2:17.01	35.52	300m:	3:27.85	35.10	400m:	4:36.88	33.76
13.	Wiernicka Julia		07	SMS Galicja Kraków				4:37.85	615		
	50m:	31.82 31.82	150m:	1:41.97	35.19	250m:	2:53.26	35.68	350m:	4:04.11	35.10
	100m:	1:06.78 34.96	200m:	2:17.58	35.61	300m:	3:29.01	35.75	400m:	4:37.85	33.74
14.	Kossowska Julita		05	UKS 190 Łód				4:37.98	615		
	50m:	31.63 31.63	150m:	1:41.16	34.94	250m:	2:52.41	35.63	350m:	4:03.85	35.67
	100m:	1:06.22 34.59	200m:	2:16.78	35.62	300m:	3:28.18	35.77	400m:	4:37.98	34.13
15.	Łazarz Milena		06	Unia O wi cim				4:38.93	608		
	50m:	31.56 31.56	150m:	1:42.52	35.90	250m:	2:53.28	34.82	350m:	4:04.44	35.05
	100m:	1:06.62 35.06	200m:	2:18.46	35.94	300m:	3:29.39	36.11	400m:	4:38.93	34.49

Obsługa zawodów: SMS SwimArt My lenice

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26/3/2023 15:00 - Strona 1



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



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

Pozycja				Rok ur.					Czas	Pkt.		
16.	Du ko Julia			07	Sparta Biłgoraj				4:39.17	607		
	50m:	32.04	32.04	150m:	1:43.27	36.14	250m:	2:54.35	35.23	350m:	4:05.52	35.42
	100m:	1:07.13	35.09	200m:	2:19.12	35.85	300m:	3:30.10	35.75	400m:	4:39.17	33.65
17.	Kulik Julia			05	GOS Raszyn				4:40.02	601		
	50m:	31.91	31.91	150m:	1:43.39	35.47	250m:	2:53.83	34.91	350m:	4:05.23	35.79
	100m:	1:07.92	36.01	200m:	2:18.92	35.53	300m:	3:29.44	35.61	400m:	4:40.02	34.79
18.	Kuczmar Zuzanna			07	Polonia Warszawa				4:40.16	600		
	50m:	31.47	31.47	150m:	1:42.75	36.00	250m:	2:53.93	35.19	350m:	4:04.81	35.19
	100m:	1:06.75	35.28	200m:	2:18.74	35.99	300m:	3:29.62	35.69	400m:	4:40.16	35.35
19.	widnicka Kamila			06	Juvenia Wrocław				4:40.34	599		
	50m:	31.57	31.57	150m:	1:41.73	35.70	250m:	2:53.91	36.27	350m:	4:05.30	35.48
	100m:	1:06.03	34.46	200m:	2:17.64	35.91	300m:	3:29.82	35.91	400m:	4:40.34	35.04
20.	Sowa Barbara			07	Unia O wi cim				4:40.65	597		
	50m:	32.44	32.44	150m:	1:43.87	36.18	250m:	2:56.08	36.24	350m:	4:07.03	35.41
	100m:	1:07.69	35.25	200m:	2:19.84	35.97	300m:	3:31.62	35.54	400m:	4:40.65	33.62
21.	B tkowska Zuzanna			06	SMS Galicja Kraków				4:41.21	594		
	50m:	31.15	31.15	150m:	1:41.49	35.80	250m:	2:53.53	36.20	350m:	4:06.27	36.29
	100m:	1:05.69	34.54	200m:	2:17.33	35.84	300m:	3:29.98	36.45	400m:	4:41.21	34.94
22.	Pasierowska Wiktoria			05	GIM 92 Ursynów Warszawa				4:41.39	592		
	50m:	32.24	32.24	150m:	1:42.51	35.64	250m:	2:53.74	35.34	350m:	4:05.38	35.60
	100m:	1:06.87	34.63	200m:	2:18.40	35.89	300m:	3:29.78	36.04	400m:	4:41.39	36.01
23.	Samoraj Oliwia			05	MKS Piaseczno				4:41.55	591		
	50m:	32.49	32.49	150m:	1:43.00	35.92	250m:	2:54.90	35.80	350m:	4:06.92	36.04
	100m:	1:07.08	34.59	200m:	2:19.10	36.10	300m:	3:30.88	35.98	400m:	4:41.55	34.63
24.	Poppe Marta			07	AZS UMCS Lublin				4:42.44	586		
	50m:	31.79	31.79	150m:	1:43.03	35.98	250m:	2:55.60	36.36	350m:	4:07.58	36.00
	100m:	1:07.05	35.26	200m:	2:19.24	36.21	300m:	3:31.58	35.98	400m:	4:42.44	34.86
25.	Karkocha Gabriela			09	Manta Kochłowice Ruda I.				4:42.85	583		
	50m:	32.23	32.23	150m:	1:42.79	35.44	250m:	2:54.66	36.27	350m:	4:07.54	36.34
	100m:	1:07.35	35.12	200m:	2:18.39	35.60	300m:	3:31.20	36.54	400m:	4:42.85	35.31
26.	Grzesiak Oliwia			07	I sk Wrocław				4:43.17	581		
	50m:	31.71	31.71	150m:	1:42.92	35.96	250m:	2:55.52	36.37	350m:	4:08.43	36.17
	100m:	1:06.96	35.25	200m:	2:19.15	36.23	300m:	3:32.26	36.74	400m:	4:43.17	34.74
27.	Hlushchenko Varvara			08	UKS 190 Łód				4:43.22	581		
	50m:	33.95	33.95	150m:	1:48.05	36.86	250m:	3:00.59	35.87	350m:	4:11.93	35.43
	100m:	1:11.19	37.24	200m:	2:24.72	36.67	300m:	3:36.50	35.91	400m:	4:43.22	31.29
28.	Jakubczyk Natalia			08	CSiR MOS D browa Grn.				4:43.77	578		
	50m:	32.57	32.57	150m:	1:44.70	36.27	250m:	2:57.45	36.29	350m:	4:09.52	35.96
	100m:	1:08.43	35.86	200m:	2:21.16	36.46	300m:	3:33.56	36.11	400m:	4:43.77	34.25
29.	Polak Iga			09	Płetwal Zakopane				4:43.84	577		
	50m:	32.46	32.46	150m:	1:43.31	35.50	250m:	2:56.14	36.79	350m:	4:09.64	36.47
	100m:	1:07.81	35.35	200m:	2:19.35	36.04	300m:	3:33.17	37.03	400m:	4:43.84	34.20
30.	Jach Tamara			06	I sk Wrocław				4:44.31	574		
	50m:	32.22	32.22	150m:	1:44.41	35.90	250m:	2:57.79	36.61	350m:	4:10.14	35.85
	100m:	1:08.51	36.29	200m:	2:21.18	36.77	300m:	3:34.29	36.50	400m:	4:44.31	34.17
31.	Macura Kinga			06	Unia O wi cim				4:45.27	569		
	50m:	31.99	31.99	150m:	1:43.18	36.04	250m:	2:55.83	36.52	350m:	4:09.13	36.96
	100m:	1:07.14	35.15	200m:	2:19.31	36.13	300m:	3:32.17	36.34	400m:	4:45.27	36.14
32.	Kurysia Anna			07	Unia O wi cim				4:46.50	561		
	50m:	32.27	32.27	150m:	1:44.69	36.80	250m:	2:58.79	37.21	350m:	4:12.04	36.45
	100m:	1:07.89	35.62	200m:	2:21.58	36.89	300m:	3:35.59	36.80	400m:	4:46.50	34.46

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



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

Pozycja	Rok ur.	Czas	Pkt.
33. Łakoma Maria	08 Sokół-Mo cice Tarnów	4:46.51	561
50m: 32.96 32.96	150m: 1:45.57 36.59	250m: 2:59.07 36.87	350m: 4:11.22 35.75
100m: 1:08.98 36.02	200m: 2:22.20 36.63	300m: 3:35.47 36.40	400m: 4:46.51 35.29
34. R czkowska Maja	07 Jedno 32 Przyszowice	4:46.98	558
50m: 32.84 32.84	150m: 1:44.90 36.07	250m: 2:57.96 36.58	350m: 4:11.43 36.83
100m: 1:08.83 35.99	200m: 2:21.38 36.48	300m: 3:34.60 36.64	400m: 4:46.98 35.55
35. Bondarenko Anna	07 Unia O wi cim	4:48.13	552
50m: 33.46 33.46	150m: 1:45.07 36.06	250m: 2:57.70 36.28	350m: 4:11.84 37.09
100m: 1:09.01 35.55	200m: 2:21.42 36.35	300m: 3:34.75 37.05	400m: 4:48.13 36.29
36. Szabra ska Oliwia	06 GIM 92 Ursynów Warszawa	4:48.45	550
50m: 32.82 32.82	150m: 1:45.00 36.74	250m: 2:59.16 37.04	350m: 4:13.44 37.13
100m: 1:08.26 35.44	200m: 2:22.12 37.12	300m: 3:36.31 37.15	400m: 4:48.45 35.01
37. Wrona Maria	08 Unia O wi cim	4:50.35	539
50m: 32.95 32.95	150m: 1:44.74 36.46	250m: 2:58.52 37.18	350m: 4:13.90 37.94
100m: 1:08.28 35.33	200m: 2:21.34 36.60	300m: 3:35.96 37.44	400m: 4:50.35 36.45
38. Kershkova Gloriia	08 Unia O wi cim	4:50.52	538
50m: 32.91 32.91	150m: 1:44.85 36.39	250m: 2:59.51 37.76	350m: 4:14.38 37.60
100m: 1:08.46 35.55	200m: 2:21.75 36.90	300m: 3:36.78 37.27	400m: 4:50.52 36.14
39. Łukasik Zuzanna	08 CSiR MOS D browa Grn.	4:50.68	537
50m: 33.79 33.79	150m: 1:47.74 37.28	250m: 3:02.66 37.44	350m: 4:16.27 36.80
100m: 1:10.46 36.67	200m: 2:25.22 37.48	300m: 3:39.47 36.81	400m: 4:50.68 34.41
40. Fartuszy ska Weronika	08 Junior Kluczbork	4:50.72	537
50m: 33.66 33.66	150m: 1:48.39 37.51	250m: 3:02.45 36.88	350m: 4:16.32 36.45
100m: 1:10.88 37.22	200m: 2:25.57 37.18	300m: 3:39.87 37.42	400m: 4:50.72 34.40
41. Michalska Pola	07 Warszawianka- Wodny Park	4:50.83	537
50m: 32.61 32.61	150m: 1:45.16 36.69	250m: 3:00.10 37.54	350m: 4:15.48 37.43
100m: 1:08.47 35.86	200m: 2:22.56 37.40	300m: 3:38.05 37.95	400m: 4:50.83 35.35
42. wi tek Amelia	08 I sk Wrocław	4:51.49	533
50m: 33.23 33.23	150m: 1:47.17 37.43	250m: 3:01.74 37.52	350m: 4:15.82 37.11
100m: 1:09.74 36.51	200m: 2:24.22 37.05	300m: 3:38.71 36.97	400m: 4:51.49 35.67
43. Gawlik Jagoda	06 Górnik Sosnowiec	4:51.50	533
50m: 33.39 33.39	150m: 1:45.90 36.47	250m: 2:59.99 37.05	350m: 4:15.02 37.51
100m: 1:09.43 36.04	200m: 2:22.94 37.04	300m: 3:37.51 37.52	400m: 4:51.50 36.48
44. Taraskiewicz Zofia	07 Warszawianka- Wodny Park	4:51.76	531
50m: 32.26 32.26	150m: 1:45.32 37.25	250m: 3:00.09 37.33	350m: 4:15.71 37.67
100m: 1:08.07 35.81	200m: 2:22.76 37.44	300m: 3:38.04 37.95	400m: 4:51.76 36.05
45. Grajdura Nina	09 Sokół-Mo cice Tarnów	4:52.02	530
50m: 33.69 33.69	150m: 1:46.41 36.77	250m: 3:01.14 37.45	350m: 4:16.01 37.17
100m: 1:09.64 35.95	200m: 2:23.69 37.28	300m: 3:38.84 37.70	400m: 4:52.02 36.01
46. Wieczorek Michalina	09 Ósemka O wi cim	4:52.23	529
50m: 33.89 33.89	150m: 1:48.11 37.13	250m: 3:03.54 37.53	350m: 4:17.01 36.60
100m: 1:10.98 37.09	200m: 2:26.01 37.90	300m: 3:40.41 36.87	400m: 4:52.23 35.22
47. Grzech Maja	08 abianka Gda sk	4:52.25	529
50m: 34.09 34.09	150m: 1:47.94 36.56	250m: 3:03.18 37.71	350m: 4:17.44 37.09
100m: 1:11.38 37.29	200m: 2:25.47 37.53	300m: 3:40.35 37.17	400m: 4:52.25 34.81
48. Gna Nadia	09 Tri-Team Rumia	4:52.59	527
50m: 33.64 33.64	150m: 1:48.37 37.96	250m: 3:04.21 37.91	350m: 4:18.43 37.02
100m: 1:10.41 36.77	200m: 2:26.30 37.93	300m: 3:41.41 37.20	400m: 4:52.59 34.16
49. Dra yk Wiktoria	07 Unia O wi cim	4:53.80	520
50m: 33.43 33.43	150m: 1:46.35 36.92	250m: 3:01.01 37.61	350m: 4:17.27 38.47
100m: 1:09.43 36.00	200m: 2:23.40 37.05	300m: 3:38.80 37.79	400m: 4:53.80 36.53

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THE REAL DEPTH INVESTMENT





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



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

Pozycja				Rok ur.					Czas	Pkt.
50.	Laszczak Aleksandra			07	Unia O wi cim				4:53.99	519
	50m: 32.92	32.92	150m: 1:46.49	36.86	250m: 3:02.64	38.08	350m: 4:18.70	37.71		
	100m: 1:09.63	36.71	200m: 2:24.56	38.07	300m: 3:40.99	38.35	400m: 4:53.99	35.29		
51.	Nikiel Natalia			06	Park Wodny Tarn. Góry				4:54.31	518
	50m: 33.85	33.85	150m: 1:46.97	36.56	250m: 3:01.76	37.26	350m: 4:17.15	37.65		
	100m: 1:10.41	36.56	200m: 2:24.50	37.53	300m: 3:39.50	37.74	400m: 4:54.31	37.16		
52.	Matyniak Sylwia			08	Manta Kochłowice Ruda I.				4:54.44	517
	50m: 33.08	33.08	150m: 1:47.03	37.06	250m: 3:02.38	37.92	350m: 4:18.12	37.74		
	100m: 1:09.97	36.89	200m: 2:24.46	37.43	300m: 3:40.38	38.00	400m: 4:54.44	36.32		
53.	Kiszcza Olga			09	Ósemka O wi cim				4:54.48	517
	50m: 32.47	32.47	150m: 1:46.80	37.29	250m: 3:03.31	38.26	350m: 4:19.63	37.90		
	100m: 1:09.51	37.04	200m: 2:25.05	38.25	300m: 3:41.73	38.42	400m: 4:54.48	34.85		
54.	Balas Maria			08	UKS 307 Warszawa				4:55.35	512
	50m: 32.40	32.40	150m: 1:46.29	37.66	250m: 3:03.21	38.76	350m: 4:19.86	37.94		
	100m: 1:08.63	36.23	200m: 2:24.45	38.16	300m: 3:41.92	38.71	400m: 4:55.35	35.49		
55.	Zabrzaska Kinga			07	Juvenia Wrocław				4:57.11	503
	50m: 33.82	33.82	150m: 1:49.04	38.09	250m: 3:04.74	37.82	350m: 4:20.48	37.58		
	100m: 1:10.95	37.13	200m: 2:26.92	37.88	300m: 3:42.90	38.16	400m: 4:57.11	36.63		
56.	Trafalska Zuzanna			07	UKS 190 Łódź				4:57.46	501
	50m: 34.06	34.06	150m: 1:48.90	37.55	250m: 3:04.59	38.30	350m: 4:20.51	38.21		
	100m: 1:11.35	37.29	200m: 2:26.29	37.39	300m: 3:42.30	37.71	400m: 4:57.46	36.95		
57.	Ferszt Kornelia			08	Górnik Sosnowiec				4:57.75	500
	50m: 33.95	33.95	150m: 1:49.50	37.90	250m: 3:05.47	37.50	350m: 4:21.29	37.79		
	100m: 1:11.60	37.65	200m: 2:27.97	38.47	300m: 3:43.50	38.03	400m: 4:57.75	36.46		
58.	Boczej Agata			07	Wodnik Siemianowice I.				4:58.42	497
	50m: 32.43	32.43	150m: 1:47.65	38.11	250m: 3:04.14	38.39	350m: 4:21.25	38.53		
	100m: 1:09.54	37.11	200m: 2:25.75	38.10	300m: 3:42.72	38.58	400m: 4:58.42	37.17		
59.	Bednarek Lena			09	Piłka Chorzów				5:01.03	484
	50m: 33.86	33.86	150m: 1:48.35	37.56	250m: 3:05.87	39.09	350m: 4:23.94	39.51		
	100m: 1:10.79	36.93	200m: 2:26.78	38.43	300m: 3:44.43	38.56	400m: 5:01.03	37.09		
60.	Gławska Zofia			09	GIM 92 Ursynów Warszawa				5:02.56	476
	50m: 35.11	35.11	150m: 1:52.69	38.93	250m: 3:09.88	38.66	350m: 4:26.65	38.71		
	100m: 1:13.76	38.65	200m: 2:31.22	38.53	300m: 3:47.94	38.06	400m: 5:02.56	35.91		
61.	Idzkiewicz Hanna			09	GIM 92 Ursynów Warszawa				5:04.17	469
	50m: 37.31	37.31	150m: 1:57.72	39.99	250m: 3:15.53	38.70	350m: 4:30.49	36.66		
	100m: 1:17.73	40.42	200m: 2:36.83	39.11	300m: 3:53.83	38.30	400m: 5:04.17	33.68		
62.	Sadowska Maria			08	GIM 92 Ursynów Warszawa				5:04.27	468
	50m: 36.65	36.65	150m: 1:54.93	39.11	250m: 3:11.87	38.18	350m: 4:28.02	37.92		
	100m: 1:15.82	39.17	200m: 2:33.69	38.76	300m: 3:50.10	38.23	400m: 5:04.27	36.25		
63.	Oka Nina			08	Delfin Gdynia				5:05.41	463
	50m: 33.53	33.53	150m: 1:50.43	38.91	250m: 3:09.07	38.80	350m: 4:27.33	39.33		
	100m: 1:11.52	37.99	200m: 2:30.27	39.84	300m: 3:48.00	38.93	400m: 5:05.41	38.08		
64.	Połe Oliwia			09	MKS CKS-SMS Szczecin				5:05.79	462
	50m: 34.70	34.70	150m: 1:52.82	39.50	250m: 3:12.55	39.79	350m: 4:30.13	37.81		
	100m: 1:13.32	38.62	200m: 2:32.76	39.94	300m: 3:52.32	39.77	400m: 5:05.79	35.66		
65.	Chrabaszcz Maja			09	Korona-Swim Kielce				5:06.71	457
	50m: 35.71	35.71	150m: 1:53.49	39.37	250m: 3:11.95	39.34	350m: 4:29.64	38.37		
	100m: 1:14.12	38.41	200m: 2:32.61	39.12	300m: 3:51.27	39.32	400m: 5:06.71	37.07		
66.	Cała Anastazja			07	Unia O wi cim				5:07.52	454
	50m: 33.16	33.16	150m: 1:47.43	38.42	250m: 3:06.61	39.80	350m: 4:29.71	42.13		
	100m: 1:09.01	35.85	200m: 2:26.81	39.38	300m: 3:47.58	40.97	400m: 5:07.52	37.81		

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O wiecim, 25 - 26/3/2023



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

Pozycja				Rok ur.					Czas	Pkt.
67.	Michalik Wiktoria			09	Ósemka O wiecim				5:08.71	449
	50m: 34.57	34.57	150m: 1:53.93	40.13	250m: 3:13.23	40.06	350m: 4:31.97	38.88		
	100m: 1:13.80	39.23	200m: 2:33.17	39.24	300m: 3:53.09	39.86	400m: 5:08.71	36.74		
68.	Chmiel Zuzanna			08	SMS Galicja Kraków				5:09.52	445
	50m: 34.37	34.37	150m: 1:53.93	40.39	250m: 3:14.38	40.24	350m: 4:32.84	38.42		
	100m: 1:13.54	39.17	200m: 2:34.14	40.21	300m: 3:54.42	40.04	400m: 5:09.52	36.68		
69.	Walicka Martyna			07	Astoria Bydgoszcz				5:09.87	444
	50m: 34.91	34.91	150m: 1:53.14	39.64	250m: 3:12.90	39.89	350m: 4:32.58	39.70		
	100m: 1:13.50	38.59	200m: 2:33.01	39.87	300m: 3:52.88	39.98	400m: 5:09.87	37.29		
70.	Gierach Maja			09	Manta Kochłowice Ruda I.				5:10.10	443
	50m: 35.18	35.18	150m: 1:54.19	39.87	250m: 3:14.67	40.75	350m: 4:35.22	40.53		
	100m: 1:14.32	39.14	200m: 2:33.92	39.73	300m: 3:54.69	40.02	400m: 5:10.10	34.88		
71.	Oko Anna			09	Jedno 32 Przyszowice				5:10.27	442
	50m: 34.48	34.48	150m: 1:53.15	39.44	250m: 3:12.06	39.73	350m: 4:32.06	39.61		
	100m: 1:13.71	39.23	200m: 2:32.33	39.18	300m: 3:52.45	40.39	400m: 5:10.27	38.21		
72.	Bili ska Iga			09	Manta Kochłowice Ruda I.				5:11.49	437
	50m: 35.29	35.29	150m: 1:53.95	39.58	250m: 3:13.83	39.96	350m: 4:33.51	38.91		
	100m: 1:14.37	39.08	200m: 2:33.87	39.92	300m: 3:54.60	40.77	400m: 5:11.49	37.98		
73.	Chałupka Amelia			09	MKS Piaseczno				5:11.89	435
	50m: 34.46	34.46	150m: 1:53.96	40.72	250m: 3:15.51	40.85	350m: 4:35.64	39.73		
	100m: 1:13.24	38.78	200m: 2:34.66	40.70	300m: 3:55.91	40.40	400m: 5:11.89	36.25		
74.	Belzyt Maja			08	abianka Gda sk				5:13.07	430
	50m: 35.02	35.02	150m: 1:54.84	40.68	250m: 3:15.80	40.42	350m: 4:37.01	40.40		
	100m: 1:14.16	39.14	200m: 2:35.38	40.54	300m: 3:56.61	40.81	400m: 5:13.07	36.06		
75.	Wojciechowska Zofia			09	MKS CKS-SMS Szczecin				5:14.01	426
	50m: 35.58	35.58	150m: 1:54.44	39.80	250m: 3:14.55	40.21	350m: 4:35.30	39.69		
	100m: 1:14.64	39.06	200m: 2:34.34	39.90	300m: 3:55.61	41.06	400m: 5:14.01	38.71		
76.	Jacuk Julia			07	Astoria Bydgoszcz				5:18.84	407
	50m:		150m: 1:51.53	39.92	250m: 3:14.92	41.82	350m: 4:38.57	41.43		
	100m: 1:11.61		200m: 2:33.10	41.57	300m: 3:57.14	42.22	400m: 5:18.84	40.27		
77.	Jadowska Lena			09	MKS Piaseczno				5:32.88	358
	50m: 37.55	37.55	150m: 2:03.62	43.61	250m: 3:30.00	43.34	350m: 4:54.81	41.94		
	100m: 1:20.01	42.46	200m: 2:46.66	43.04	300m: 4:12.87	42.87	400m: 5:32.88	38.07		
78.	Szczepanik Zuzanna			09	Feniks D bica				5:38.88	339
	50m: 35.29	35.29	150m: 1:59.87	43.26	250m: 3:27.59	43.55	350m: 4:56.82	44.65		
	100m: 1:16.61	41.32	200m: 2:44.04	44.17	300m: 4:12.17	44.58	400m: 5:38.88	42.06		
79.	Bachniak Zuzanna			09	Orka Cz stochowa				5:41.07	332
	50m: 37.35	37.35	150m: 2:04.10	44.68	250m: 3:32.85	44.58	350m: 5:00.70	43.62		
	100m: 1:19.42	42.07	200m: 2:48.27	44.17	300m: 4:17.08	44.23	400m: 5:41.07	40.37		

