

Arena Grand Prix Puchar Polski
Kozienice, 24. - 25.2.2018

Konkurencja 33
25.02.2018 - 10:18

Kobiet, 400m dowolny

Open
Wyniki

Rekord Polski Open	4:05.77	BARZYCKA Paulina	00114	Gorzow	26.11.2005
Rekord Polski 14	4:10.66	KNOP Aleksandra	01605	Łódź	20.12.2017
Rekord Polski 15	4:10.66	KNOP Aleksandra	01605	Łódź	20.12.2017
Rekord Polski 16	4:08.04	KILIJA SKA Donata	00612	Poznan	17.12.2011
Rekord Polski 17	4:08.04	KILIJA SKA Donata	00612	Pozna	17.12.2011
Rekord Polski 18	4:07.14	PIECHOTA Paulina	01605	Łódź	20.12.2017
Rekord Polski 19 - 23	4:05.77	BARZYCKA Paulina	00114	Gorzow	26.11.2005

Punkty: FINA 2017

Pozycja			Rok ur.			Czas	Pkt.
14 lat							
1.	TARASIEWICZ Klaudia	04	UKP „Polonia Warszawa”	4:33.18	632		
	50m: 31.65 31.65	150m: 1:40.56 34.45	250m: 2:50.08 34.85	350m: 3:59.91 34.66			
	100m: 1:06.11 34.46	200m: 2:15.23 34.67	300m: 3:25.25 35.17	400m: 4:33.18 33.27			
2.	MIZIK Julia	04	MKS Ochota Warszawa	4:42.98	569		
	50m: 31.86 31.86	150m: 1:42.79 35.85	250m: 2:55.24 36.05	350m: 4:07.80 36.20			
	100m: 1:06.94 35.08	200m: 2:19.19 36.40	300m: 3:31.60 36.36	400m: 4:42.98 35.18			
3.	MALINO Julia	04	UKS „ORKA” Zamo	4:43.02	568		
	50m: 31.52 31.52	150m: 1:42.27 35.75	250m: 2:55.10 36.66	350m: 4:08.79 36.78			
	100m: 1:06.52 35.00	200m: 2:18.44 36.17	300m: 3:32.01 36.91	400m: 4:43.02 34.23			
4.	SZUPER Katarzyna	04	UKS „ORKA” Zamo	4:46.33	549		
	50m: 31.02 31.02	150m: 1:42.85 36.38	250m: 2:55.99 36.78	350m: 4:11.05 37.63			
	100m: 1:06.47 35.45	200m: 2:19.21 36.36	300m: 3:33.42 37.43	400m: 4:46.33 35.28			
5.	BEDNARZ Julia	04	UKS „ORKA” Zamo	4:48.19	538		
	50m: 32.86 32.86	150m: 1:44.53 35.92	250m: 2:57.98 36.75	350m: 4:11.46 36.69			
	100m: 1:08.61 35.75	200m: 2:21.23 36.70	300m: 3:34.77 36.79	400m: 4:48.19 36.73			
6.	DRAGAN Julia	04	KS OLIMPIA Lublin	4:50.96	523		
	50m: 32.69 32.69	150m: 1:46.66 37.32	250m: 3:01.06 37.11	350m: 4:15.29 36.99			
	100m: 1:09.34 36.65	200m: 2:23.95 37.29	300m: 3:38.30 37.24	400m: 4:50.96 35.67			
7.	MALEC Klaudia	04	UKS „ORKA” Zamo	4:54.59	504		
	50m: 32.00 32.00	150m: 1:45.09 37.51	250m: 3:00.58 38.08	350m: 4:17.27 37.11			
	100m: 1:07.58 35.58	200m: 2:22.50 37.41	300m: 3:40.16 39.58	400m: 4:54.59 37.32			
15 lat							
1.	ZIEMACKA Julia	03	IUKS „Muszelka” Warszawa	4:31.93	641		
	50m: 30.94 30.94	150m: 1:39.08 34.42	250m: 2:48.62 34.92	350m: 3:58.67 34.69			
	100m: 1:04.66 33.72	200m: 2:13.70 34.62	300m: 3:23.98 35.36	400m: 4:31.93 33.26			
2.	AMBRO Y Antonina	03	MKS Ochota Warszawa	4:35.05	619		
	50m: 31.91 31.91	150m: 1:41.17 34.67	250m: 2:50.78 34.88	350m: 4:01.18 35.00			
	100m: 1:06.50 34.59	200m: 2:15.90 34.73	300m: 3:26.18 35.40	400m: 4:35.05 33.87			
3.	CIOCH-GRADZIK Wiktoria	03	UKS „MANTA” Kochłowice Ruda	4:44.84	558		
	50m: 32.76 32.76	150m: 1:43.78 35.90	250m: 2:57.40 36.41	350m: 4:09.91 35.81			
	100m: 1:07.88 35.12	200m: 2:20.99 37.21	300m: 3:34.10 36.70	400m: 4:44.84 34.93			
4.	SKRZYPIEC Nika	03	MKS Juwenia Wrocław	4:48.52	537		
	50m: 32.94 32.94	150m: 1:45.59 36.37	250m: 2:59.69 37.14	350m: 4:13.71 36.92			
	100m: 1:09.22 36.28	200m: 2:22.55 36.96	300m: 3:36.79 37.10	400m: 4:48.52 34.81			
5.	NIEWIADOMSKA Nikola	03	UKS „MANTA” Kochłowice Ruda	4:50.29	527		
	50m: 31.36 31.36	150m: 1:44.73 37.16	250m: 2:59.61 37.53	350m: 4:14.50 37.56			
	100m: 1:07.57 36.21	200m: 2:22.08 37.35	300m: 3:36.94 37.33	400m: 4:50.29 35.79			
6.	KOŁODZIEJCZYK Oliwia	03	KS OLIMPIA Lublin	4:51.99	518		
	50m: 33.88 33.88	150m: 1:49.63 38.35	250m: 3:04.41 36.48	350m: 4:17.16 36.69			
	100m: 1:11.28 37.40	200m: 2:27.93 38.30	300m: 3:40.47 36.06	400m: 4:51.99 34.83			
7.	CICHOCKA Oliwia	03	UKS Olimpijczyk 23	4:55.12	501		
	50m: 34.01 34.01	150m: 1:47.96 37.53	250m: 3:03.18 37.47	350m: 4:18.29 37.70			
	100m: 1:10.43 36.42	200m: 2:25.71 37.75	300m: 3:40.59 37.41	400m: 4:55.12 36.83			

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Kozienice, 24. - 25.2.2018

Konkurencja 33, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.				Czas		Pkt.
8.	RADKOWSKA Daria		03 UKS Olimpijczyk 23				5:02.50		465
	50m:	34.12 34.12	150m:	1:49.53 37.96	250m:	3:06.50 38.66	350m:	4:24.33 39.28	
	100m:	1:11.57 37.45	200m:	2:27.84 38.31	300m:	3:45.05 38.55	400m:	5:02.50 38.17	

16 lat

1.	JASIORSKA Aleksandra		02 UKP „Polonia Warszawa”				4:36.17		612
	50m:	31.33 31.33	150m:	1:39.33 34.42	250m:	2:49.59 35.14	350m:	4:01.52 35.98	
	100m:	1:04.91 33.58	200m:	2:14.45 35.12	300m:	3:25.54 35.95	400m:	4:36.17 34.65	
2.	WILCZEWSKA Aleksandra		02 KS OLIMPIA Lublin				4:37.12		606
	50m:	31.94 31.94	150m:	1:41.58 35.08	250m:	2:51.96 35.11	350m:	4:02.61 35.43	
	100m:	1:06.50 34.56	200m:	2:16.85 35.27	300m:	3:27.18 35.22	400m:	4:37.12 34.51	
3.	ZAJ C Wiktoria		02 UKP „Polonia Warszawa”				4:44.92		557
	50m:	31.85 31.85	150m:	1:43.76 36.97	250m:	2:57.94 37.03	350m:	4:09.91 35.74	
	100m:	1:06.79 34.94	200m:	2:20.91 37.15	300m:	3:34.17 36.23	400m:	4:44.92 35.01	
4.	BIAŁAS Aniela		02 UKP „Polonia Warszawa”				4:51.78		519
	50m:	32.73 32.73	150m:	1:44.34 35.97	250m:	2:59.66 38.19	350m:	4:15.60 38.19	
	100m:	1:08.37 35.64	200m:	2:21.47 37.13	300m:	3:37.41 37.75	400m:	4:51.78 36.18	

17 - 18 lat

1.	PIECHOTA Karolina		01 UKS 190 Łód				4:23.48		705
	50m:	31.30 31.30	150m:	1:37.38 33.27	250m:	2:43.93 33.45	350m:	3:50.91 33.50	
	100m:	1:04.11 32.81	200m:	2:10.48 33.10	300m:	3:17.41 33.48	400m:	4:23.48 32.57	
2.	FIEDKIEWICZ Kornelia		01 MKS Juvenia Wrocław				4:39.25		592
	50m:	30.15 30.15	150m:	1:41.03 35.95	250m:	2:53.15 36.17	350m:	4:05.12 35.77	
	100m:	1:05.08 34.93	200m:	2:16.98 35.95	300m:	3:29.35 36.20	400m:	4:39.25 34.13	

Open

1.	KARPISZ Milena		97 KU AZS Politechniki Łódzkiej				4:12.27		803
	50m:	30.32 30.32	150m:	1:34.75 32.12	250m:	2:39.10 31.89	350m:	3:42.23 31.38	
	100m:	1:02.63 32.31	200m:	2:07.21 32.46	300m:	3:10.85 31.75	400m:	4:12.27 30.04	
2.	PIECHOTA Paulina		99 UKS 190 Łód				4:12.58		800
	50m:	30.37 30.37	150m:	1:34.99 32.16	250m:	2:38.96 31.69	350m:	3:42.23 31.39	
	100m:	1:02.83 32.46	200m:	2:07.27 32.28	300m:	3:10.84 31.88	400m:	4:12.58 30.35	
3.	UKOWSKA Paula		93 AZS AWF Katowice				4:12.77		798
	50m:	30.19 30.19	150m:	1:35.06 32.22	250m:	2:39.35 31.70	350m:	3:42.48 31.46	
	100m:	1:02.84 32.65	200m:	2:07.65 32.59	300m:	3:11.02 31.67	400m:	4:12.77 30.29	
4.	PIECHOTA Karolina		01 UKS 190 Łód				4:23.48		705
	50m:	31.30 31.30	150m:	1:37.38 33.27	250m:	2:43.93 33.45	350m:	3:50.91 33.50	
	100m:	1:04.11 32.81	200m:	2:10.48 33.10	300m:	3:17.41 33.48	400m:	4:23.48 32.57	
5.	NASKR T Agata		98 MKS „Astoria” Bydgoszcz				4:24.59		696
	50m:	30.25 30.25	150m:	1:37.11 33.48	250m:	2:44.77 33.78	350m:	3:52.33 33.66	
	100m:	1:03.63 33.38	200m:	2:10.99 33.88	300m:	3:18.67 33.90	400m:	4:24.59 32.26	
6.	ZIEMACKA Julia		03 IUKS „Muszelka” Warszawa				4:31.93		641
	50m:	30.94 30.94	150m:	1:39.08 34.42	250m:	2:48.62 34.92	350m:	3:58.67 34.69	
	100m:	1:04.66 33.72	200m:	2:13.70 34.62	300m:	3:23.98 35.36	400m:	4:31.93 33.26	
7.	TARASIEWICZ Klaudia		04 UKP „Polonia Warszawa”				4:33.18		632
	50m:	31.65 31.65	150m:	1:40.56 34.45	250m:	2:50.08 34.85	350m:	3:59.91 34.66	
	100m:	1:06.11 34.46	200m:	2:15.23 34.67	300m:	3:25.25 35.17	400m:	4:33.18 33.27	
8.	AMBRO Y Antonina		03 MKS Ochota Warszawa				4:35.05		619
	50m:	31.91 31.91	150m:	1:41.17 34.67	250m:	2:50.78 34.88	350m:	4:01.18 35.00	
	100m:	1:06.50 34.59	200m:	2:15.90 34.73	300m:	3:26.18 35.40	400m:	4:35.05 33.87	

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Konkurencja 33, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.
9.	JASIORSKA Aleksandra		02	UKP „Polonia Warszawa”				4:36.17	612
	50m: 31.33	31.33	150m: 1:39.33	34.42	250m: 2:49.59	35.14	350m: 4:01.52	35.98	
	100m: 1:04.91	33.58	200m: 2:14.45	35.12	300m: 3:25.54	35.95	400m: 4:36.17	34.65	
10.	WILCZEWSKA Aleksandra		02	KS OLIMPIA Lublin				4:37.12	606
	50m: 31.94	31.94	150m: 1:41.58	35.08	250m: 2:51.96	35.11	350m: 4:02.61	35.43	
	100m: 1:06.50	34.56	200m: 2:16.85	35.27	300m: 3:27.18	35.22	400m: 4:37.12	34.51	
11.	FIEDKIEWICZ Kornelia		01	MKS Juwenia Wrocław				4:39.25	592
	50m: 30.15	30.15	150m: 1:41.03	35.95	250m: 2:53.15	36.17	350m: 4:05.12	35.77	
	100m: 1:05.08	34.93	200m: 2:16.98	35.95	300m: 3:29.35	36.20	400m: 4:39.25	34.13	
12.	MIZIK Julia		04	MKS Ochota Warszawa				4:42.98	569
	50m: 31.86	31.86	150m: 1:42.79	35.85	250m: 2:55.24	36.05	350m: 4:07.80	36.20	
	100m: 1:06.94	35.08	200m: 2:19.19	36.40	300m: 3:31.60	36.36	400m: 4:42.98	35.18	
13.	MALINO Julia		04	UKS „ORKA” Zamo				4:43.02	568
	50m: 31.52	31.52	150m: 1:42.27	35.75	250m: 2:55.10	36.66	350m: 4:08.79	36.78	
	100m: 1:06.52	35.00	200m: 2:18.44	36.17	300m: 3:32.01	36.91	400m: 4:43.02	34.23	
14.	CIOCH-GRADZIK Wiktoria		03	UKS „MANTA” Kochłowice Ruda				4:44.84	558
	50m: 32.76	32.76	150m: 1:43.78	35.90	250m: 2:57.40	36.41	350m: 4:09.91	35.81	
	100m: 1:07.88	35.12	200m: 2:20.99	37.21	300m: 3:34.10	36.70	400m: 4:44.84	34.93	
15.	ZAJ C Wiktoria		02	UKP „Polonia Warszawa”				4:44.92	557
	50m: 31.85	31.85	150m: 1:43.76	36.97	250m: 2:57.94	37.03	350m: 4:09.91	35.74	
	100m: 1:06.79	34.94	200m: 2:20.91	37.15	300m: 3:34.17	36.23	400m: 4:44.92	35.01	
16.	SZUPER Katarzyna		04	UKS „ORKA” Zamo				4:46.33	549
	50m: 31.02	31.02	150m: 1:42.85	36.38	250m: 2:55.99	36.78	350m: 4:11.05	37.63	
	100m: 1:06.47	35.45	200m: 2:19.21	36.36	300m: 3:33.42	37.43	400m: 4:46.33	35.28	
17.	BEDNARZ Julia		04	UKS „ORKA” Zamo				4:48.19	538
	50m: 32.86	32.86	150m: 1:44.53	35.92	250m: 2:57.98	36.75	350m: 4:11.46	36.69	
	100m: 1:08.61	35.75	200m: 2:21.23	36.70	300m: 3:34.77	36.79	400m: 4:48.19	36.73	
18.	SKRZYPIEC Nika		03	MKS Juwenia Wrocław				4:48.52	537
	50m: 32.94	32.94	150m: 1:45.59	36.37	250m: 2:59.69	37.14	350m: 4:13.71	36.92	
	100m: 1:09.22	36.28	200m: 2:22.55	36.96	300m: 3:36.79	37.10	400m: 4:48.52	34.81	
19.	NIEWIADOMSKA Nikola		03	UKS „MANTA” Kochłowice Ruda				4:50.29	527
	50m: 31.36	31.36	150m: 1:44.73	37.16	250m: 2:59.61	37.53	350m: 4:14.50	37.56	
	100m: 1:07.57	36.21	200m: 2:22.08	37.35	300m: 3:36.94	37.33	400m: 4:50.29	35.79	
20.	DRAGAN Julia		04	KS OLIMPIA Lublin				4:50.96	523
	50m: 32.69	32.69	150m: 1:46.66	37.32	250m: 3:01.06	37.11	350m: 4:15.29	36.99	
	100m: 1:09.34	36.65	200m: 2:23.95	37.29	300m: 3:38.30	37.24	400m: 4:50.96	35.67	
21.	BIAŁAS Aniela		02	UKP „Polonia Warszawa”				4:51.78	519
	50m: 32.73	32.73	150m: 1:44.34	35.97	250m: 2:59.66	38.19	350m: 4:15.60	38.19	
	100m: 1:08.37	35.64	200m: 2:21.47	37.13	300m: 3:37.41	37.75	400m: 4:51.78	36.18	
22.	KOŁODZIEJCZYK Oliwia		03	KS OLIMPIA Lublin				4:51.99	518
	50m: 33.88	33.88	150m: 1:49.63	38.35	250m: 3:04.41	36.48	350m: 4:17.16	36.69	
	100m: 1:11.28	37.40	200m: 2:27.93	38.30	300m: 3:40.47	36.06	400m: 4:51.99	34.83	
23.	MALEC Klaudia		04	UKS „ORKA” Zamo				4:54.59	504
	50m: 32.00	32.00	150m: 1:45.09	37.51	250m: 3:00.58	38.08	350m: 4:17.27	37.11	
	100m: 1:07.58	35.58	200m: 2:22.50	37.41	300m: 3:40.16	39.58	400m: 4:54.59	37.32	
24.	CICHOCKA Oliwia		03	UKS Olimpijczyk 23				4:55.12	501
	50m: 34.01	34.01	150m: 1:47.96	37.53	250m: 3:03.18	37.47	350m: 4:18.29	37.70	
	100m: 1:10.43	36.42	200m: 2:25.71	37.75	300m: 3:40.59	37.41	400m: 4:55.12	36.83	
25.	RADKOWSKA Daria		03	UKS Olimpijczyk 23				5:02.50	465
	50m: 34.12	34.12	150m: 1:49.53	37.96	250m: 3:06.50	38.66	350m: 4:24.33	39.28	
	100m: 1:11.57	37.45	200m: 2:27.84	38.31	300m: 3:45.05	38.55	400m: 5:02.50	38.17	