



Grand Prix Puchar Polski  
O wicim, 27/ - 28/4/2013



Event 31  
28/4/2013 - 9:31

Women, 400m Freestyle

14 years and older  
Results

Points: FINA 2012

Rank	YB	Time	Pts	100m	200m	300m	400m
1. Burska Justyna	95 Piatka Konstantynow L.	<b>4:19.73</b>	780	1:04.89	1:06.63	1:05.04	1:03.17
	50m:	150m:	250m:	350m:			
	100m: 1:04.89	200m: 2:11.52	300m: 3:16.56	400m: 4:19.73			
2. Zachoszcz Joanna	93 AZS UWM Olsztyn	<b>4:20.20</b>	776		1:05.10	1:03.79	
	50m:	150m:	250m:	350m:			
	100m:	200m: 2:11.31	300m: 3:16.41	400m: 4:20.20			
3. Wasilewska Barbara	94 Omega Kleszczow	<b>4:24.33</b>	740	1:04.94	1:07.50	1:06.47	1:05.42
	50m:	150m:	250m:	350m:			
	100m: 1:04.94	200m: 2:12.44	300m: 3:18.91	400m: 4:24.33			
4. Czerniak Monika	92 AZS UWM Olsztyn	<b>4:26.02</b>	726	1:04.62	1:07.79	1:07.10	1:06.51
	50m:	150m:	250m:	350m:			
	100m: 1:04.62	200m: 2:12.41	300m: 3:19.51	400m: 4:26.02			
5. Bernat Aleksandra	90 Warta Poznan	<b>4:28.15</b>	709	1:04.75	1:07.56	1:08.57	1:07.27
	50m:	150m:	250m:	350m:			
	100m: 1:04.75	200m: 2:12.31	300m: 3:20.88	400m: 4:28.15			
6. Wikiel Manuela	92 AZS UWM Olsztyn	<b>4:28.68</b>	705	1:06.11	1:07.66	1:07.42	1:07.49
	50m:	150m:	250m:	350m:			
	100m: 1:06.11	200m: 2:13.77	300m: 3:21.19	400m: 4:28.68			
7. Karpisz Milena	97 Piatka Konstantynow L.	<b>4:32.77</b>	673	1:05.59	1:08.38	1:09.56	1:09.24
	50m:	150m:	250m:	350m:			
	100m: 1:05.59	200m: 2:13.97	300m: 3:23.53	400m: 4:32.77			
8. Kunka Kamila SO	96 Unia Oswiecim	<b>4:33.43</b>	669	1:06.42	1:10.83	1:09.80	1:06.38
	50m:	150m:	250m:	350m:			
	100m: 1:06.42	200m: 2:17.25	300m: 3:27.05	400m: 4:33.43			
9. Nienaltowska Natalia	96 Polonia Warszawa	<b>4:34.51</b>	661	1:06.76	1:09.74	1:09.80	1:08.21
	50m:	150m:	250m:	350m:			
	100m: 1:06.76	200m: 2:16.50	300m: 3:26.30	400m: 4:34.51			
10. Orczykowska Wioletta SK	97 Limanowa-swim	<b>4:36.12</b>	649	1:07.22	1:10.57	1:10.85	1:07.48
	50m:	150m:	250m:	350m:			
	100m: 1:07.22	200m: 2:17.79	300m: 3:28.64	400m: 4:36.12			
11. Ulatowska Alicja	96 Unia Oswiecim	<b>4:36.58</b>	646	1:05.23	1:10.03		
	50m:	150m:	250m:	350m:			
	100m: 1:05.23	200m: 2:15.26	300m:	400m: 4:36.58			
12. Piechota Paulina	99 UKS 190 Lodz	<b>4:36.82</b>	644	1:06.71	1:10.72	1:10.15	1:09.24
	50m:	150m:	250m:	350m:			
	100m: 1:06.71	200m: 2:17.43	300m: 3:27.58	400m: 4:36.82			
13. Zbrojewska Michalina	96 Piatka Konstantynow L.	<b>4:36.95</b>	643	1:07.29	1:09.74	1:10.78	1:09.14
	50m:	150m:	250m:	350m:			
	100m: 1:07.29	200m: 2:17.03	300m: 3:27.81	400m: 4:36.95			
14. Rudawska Adrianna	96 Olimpijczyk 23 Lublin	<b>4:37.10</b>	642	1:06.65	1:10.05	1:10.40	1:10.00
	50m:	150m:	250m:	350m:			
	100m: 1:06.65	200m: 2:16.70	300m: 3:27.10	400m: 4:37.10			
15. Bartoszek Joanna	96 AZS AWF Katowice	<b>4:39.71</b>	625	1:07.94	1:11.36	1:09.78	1:10.63
	50m:	150m:	250m:	350m:			
	100m: 1:07.94	200m: 2:19.30	300m: 3:29.08	400m: 4:39.71			
16. Nita Anna	97 Piatka Konstantynow L.	<b>4:40.75</b>	618	1:06.99	1:11.75	1:11.80	1:10.21
	50m:	150m:	250m:	350m:			
	100m: 1:06.99	200m: 2:18.74	300m: 3:30.54	400m: 4:40.75			
17. Sedlak Katarzyna	94 Orka Zamosc	<b>4:42.35</b>	607	1:07.70	1:11.30	1:11.98	1:11.37
	50m:	150m:	250m:	350m:			
	100m: 1:07.70	200m: 2:19.00	300m: 3:30.98	400m: 4:42.35			
18. Jankowska Klaudia	98 GIM 92 Ursynow	<b>4:43.41</b>	600	1:08.16	1:12.77	1:12.46	1:10.02
	50m:	150m:	250m:	350m:			
	100m: 1:08.16	200m: 2:20.93	300m: 3:33.39	400m: 4:43.41			
19. Lewandowska Paulina SO	96 Unia Oswiecim	<b>4:45.15</b>	589	1:10.16	1:12.53	1:12.63	1:09.83
	50m:	150m:	250m:	350m:			
	100m: 1:10.16	200m: 2:22.69	300m: 3:35.32	400m: 4:45.15			



Grand Prix Puchar Polski  
O wi cim, 27/ - 28/4/2013



Event 31, Women, 400m Freestyle, 14 years and older

Rank	YB	Time	Pts	100m	200m	300m	400m		
20.	Szymanska Monika	96	Omega Kleszczow	<b>4:45.69</b>	586	1:08.56	1:12.47	1:12.65	1:12.01
	50m:	150m:	250m:	350m:					
	100m: 1:08.56	200m: 2:21.03	300m: 3:33.68	400m: 4:45.69					
21.	Bajorska Dorota SO	94	Unia Oswiecim	<b>4:45.81</b>	585	1:08.17	1:12.03	1:12.97	1:12.64
	50m:	150m:	250m:	350m:					
	100m: 1:08.17	200m: 2:20.20	300m: 3:33.17	400m: 4:45.81					
22.	Cwiekala Olga SO	96	Unia Oswiecim	<b>4:47.26</b>	577	1:08.71	1:12.93	1:13.25	1:12.37
	50m:	150m:	250m:	350m:					
	100m: 1:08.71	200m: 2:21.64	300m: 3:34.89	400m: 4:47.26					
23.	Kondrasiuk Malgorzata	98	GIM 92 Ursynow	<b>4:48.37</b>	570	1:08.97	1:12.28	1:13.68	1:13.44
	50m:	150m:	250m:	350m:					
	100m: 1:08.97	200m: 2:21.25	300m: 3:34.93	400m: 4:48.37					
24.	Nieszporek Wiktoria	99	UKS 190 Lodz	<b>4:49.90</b>	561	1:10.30	1:13.31	1:14.05	1:12.24
	50m:	150m:	250m:	350m:					
	100m: 1:10.30	200m: 2:23.61	300m: 3:37.66	400m: 4:49.90					
25.	Pankowska Wiktoria SO	98	Unia Oswiecim	<b>4:50.19</b>	559	1:10.00	1:13.74	1:13.72	1:12.73
	50m:	150m:	250m:	350m:					
	100m: 1:10.00	200m: 2:23.74	300m: 3:37.46	400m: 4:50.19					
26.	Haspert Dorota SO	98	Unia Oswiecim	<b>4:50.24</b>	559	1:09.61	1:14.24	1:14.15	1:12.24
	50m:	150m:	250m:	350m:					
	100m: 1:09.61	200m: 2:23.85	300m: 3:38.00	400m: 4:50.24					
27.	Szynal Ludwika	94	Skarpa Lublin	<b>4:50.34</b>	558	1:09.00	1:13.22	1:13.31	1:14.81
	50m:	150m:	250m:	350m:					
	100m: 1:09.00	200m: 2:22.22	300m: 3:35.53	400m: 4:50.34					
28.	Szczyrbak Kornelia SO	96	Jordan Krakow	<b>4:50.67</b>	556	1:09.56	1:14.48	1:13.74	1:12.89
	50m:	150m:	250m:	350m:					
	100m: 1:09.56	200m: 2:24.04	300m: 3:37.78	400m: 4:50.67					
29.	Skwarska Karolina	99	MZOS Plock	<b>4:50.68</b>	556	1:09.41	1:14.75	1:14.49	1:12.03
	50m:	150m:	250m:	350m:					
	100m: 1:09.41	200m: 2:24.16	300m: 3:38.65	400m: 4:50.68					
30.	Aleksandrowicz Arleta	96	Olimpijczyk Suwalki	<b>4:51.90</b>	549	1:09.63	1:13.68	1:14.35	1:14.24
	50m:	150m:	250m:	350m:					
	100m: 1:09.63	200m: 2:23.31	300m: 3:37.66	400m: 4:51.90					
31.	Bernat Gabriela	99	Skarpa Lublin	<b>4:52.69</b>	545	1:10.40	1:14.97	1:15.10	1:12.22
	50m:	150m:	250m:	350m:					
	100m: 1:10.40	200m: 2:25.37	300m: 3:40.47	400m: 4:52.69					
32.	Rzonca Patrycja	99	Piatka Konstantynow L.	<b>4:52.91</b>	544	1:08.41	1:16.22	1:14.83	1:13.45
	50m:	150m:	250m:	350m:					
	100m: 1:08.41	200m: 2:24.63	300m: 3:39.46	400m: 4:52.91					
33.	Ilcewicz Edyta	96	Victoria Jozefow	<b>4:53.62</b>	540	1:09.72	1:15.11	1:15.98	1:12.81
	50m:	150m:	250m:	350m:					
	100m: 1:09.72	200m: 2:24.83	300m: 3:40.81	400m: 4:53.62					
34.	Pokrywka Karolina	98	UKS 190 Lodz	<b>4:54.68</b>	534	1:10.65	1:14.59	1:15.21	1:14.23
	50m:	150m:	250m:	350m:					
	100m: 1:10.65	200m: 2:25.24	300m: 3:40.45	400m: 4:54.68					
35.	Stasinowska Katarzyna	94	Trojka Lodz	<b>4:55.19</b>	531	1:11.12	1:16.37	1:16.30	1:11.40
	50m:	150m:	250m:	350m:					
	100m: 1:11.12	200m: 2:27.49	300m: 3:43.79	400m: 4:55.19					
36.	Wlodarczyk Ewelina	96	Trojka Lodz	<b>4:55.22</b>	531	1:10.35	1:16.05	1:15.69	1:13.13
	50m:	150m:	250m:	350m:					
	100m: 1:10.35	200m: 2:26.40	300m: 3:42.09	400m: 4:55.22					
37.	Kurowska Wanda	98	SMS Galicja Krakow	<b>4:55.42</b>	530	1:12.56	1:16.42	1:14.66	1:11.78
	50m:	150m:	250m:	350m:					
	100m: 1:12.56	200m: 2:28.98	300m: 3:43.64	400m: 4:55.42					
38.	Szczytko Natalia	95	Olimpijczyk Suwalki	<b>4:55.47</b>	530	1:08.00	1:14.86	1:15.99	1:16.62
	50m:	150m:	250m:	350m:					
	100m: 1:08.00	200m: 2:22.86	300m: 3:38.85	400m: 4:55.47					
39.	Krol Oliwia	99	Trojka Lodz	<b>4:55.78</b>	528	1:11.45	1:16.62	1:15.30	1:12.41
	50m:	150m:	250m:	350m:					
	100m: 1:11.45	200m: 2:28.07	300m: 3:43.37	400m: 4:55.78					



Grand Prix Puchar Polski  
O wicim, 27/ - 28/4/2013



Event 31, Women, 400m Freestyle, 14 years and older

Rank	YB	Time	Pts	100m	200m	300m	400m	
40.	Gruszczynska Aleksandra S98	Unia Oswiecim	<b>4:56.16</b>	526	1:09.03	1:15.30	1:16.09	1:15.74
	50m:	150m:	250m:	350m:				
	100m: 1:09.03	200m: 2:24.33	300m: 3:40.42	400m: 4:56.16				
41.	Adamowicz Maja	96 Jagiellonka Warszawa	<b>4:56.50</b>	524	1:10.17	1:15.87	1:15.92	1:14.54
	50m:	150m:	250m:	350m:				
	100m: 1:10.17	200m: 2:26.04	300m: 3:41.96	400m: 4:56.50				
42.	Leszczynska Klaudia Julia	99 Fala Niepolomice	<b>4:57.24</b>	520	1:10.80	1:16.24	1:16.25	1:13.95
	50m:	150m:	250m:	350m:				
	100m: 1:10.80	200m: 2:27.04	300m: 3:43.29	400m: 4:57.24				
43.	Zrobek Natalia	99 UKS 190 Lodz	<b>4:59.21</b>	510	1:11.30	1:16.43	1:15.68	1:15.80
	50m:	150m:	250m:	350m:				
	100m: 1:11.30	200m: 2:27.73	300m: 3:43.41	400m: 4:59.21				
44.	Bochenska Wiktoria SO	99 Unia Oswiecim	<b>4:59.49</b>	509	2:28.63	1:17.09		
	50m:	150m:	250m:	350m:				
	100m: 2:28.63	200m: 3:45.72	300m:	400m: 4:59.49				
45.	Gasin Nadia	98 Ikar Mielec	<b>5:00.58</b>	503	1:11.52	1:16.73	1:17.15	1:15.18
	50m:	150m:	250m:	350m:				
	100m: 1:11.52	200m: 2:28.25	300m: 3:45.40	400m: 5:00.58				
46.	Hasny Marta SR	98 Zryw Opole	<b>5:01.91</b>	497	1:11.63	1:18.30	1:17.95	1:14.03
	50m:	150m:	250m:	350m:				
	100m: 1:11.63	200m: 2:29.93	300m: 3:47.88	400m: 5:01.91				
47.	Redner Sandra	99 Trojka Lodz	<b>5:02.26</b>	495	1:12.42	1:17.86	1:17.56	1:14.42
	50m:	150m:	250m:	350m:				
	100m: 1:12.42	200m: 2:30.28	300m: 3:47.84	400m: 5:02.26				
48.	Osmulska Adriana	98 Skarpa Lublin	<b>5:03.30</b>	490	1:13.87	1:18.24	1:16.63	1:14.56
	50m:	150m:	250m:	350m:				
	100m: 1:13.87	200m: 2:32.11	300m: 3:48.74	400m: 5:03.30				
49.	Gruca Marcelina SO	98 Unia Oswiecim	<b>5:03.58</b>	488	1:10.11	1:16.82	1:19.57	1:17.08
	50m:	150m:	250m:	350m:				
	100m: 1:10.11	200m: 2:26.93	300m: 3:46.50	400m: 5:03.58				
50.	Bazylo Joanna	99 Jagiellonka Warszawa	<b>5:05.19</b>	481	1:11.60	1:20.13	1:18.29	1:15.17
	50m:	150m:	250m:	350m:				
	100m: 1:11.60	200m: 2:31.73	300m: 3:50.02	400m: 5:05.19				
51.	Szkrobocz Martyna	95 UKP Ruda Slaska	<b>5:07.97</b>	468	1:11.82	1:17.71	1:19.49	1:18.95
	50m:	150m:	250m:	350m:				
	100m: 1:11.82	200m: 2:29.53	300m: 3:49.02	400m: 5:07.97				
52.	Kaplon Aleksandra	99 Orka Zamosc	<b>5:09.34</b>	462	1:09.55	1:17.66	1:22.29	1:19.84
	50m:	150m:	250m:	350m:				
	100m: 1:09.55	200m: 2:27.21	300m: 3:49.50	400m: 5:09.34				
53.	Dudek Sylwia	99 GIM 92 Ursynow	<b>5:09.81</b>	459	1:10.98	1:19.76	1:20.86	1:18.21
	50m:	150m:	250m:	350m:				
	100m: 1:10.98	200m: 2:30.74	300m: 3:51.60	400m: 5:09.81				
54.	Staros Sandra	99 Victoria Jozefow	<b>5:09.88</b>	459	1:12.76	1:18.63		
	50m:	150m:	250m:	350m:				
	100m: 1:12.76	200m: 2:31.39	300m:	400m: 5:09.88				
55.	Kolber Roksana SO	98 Unia Oswiecim	<b>5:11.31</b>	453	1:13.72	1:18.79	1:20.11	1:18.69
	50m:	150m:	250m:	350m:				
	100m: 1:13.72	200m: 2:32.51	300m: 3:52.62	400m: 5:11.31				
56.	Pabian Agnieszka	96 Korona Krakow	<b>5:11.83</b>	451	1:14.80	1:20.07	1:18.92	1:18.04
	50m:	150m:	250m:	350m:				
	100m: 1:14.80	200m: 2:34.87	300m: 3:53.79	400m: 5:11.83				
57.	Pyrlik Paulina	99 CKiS Skawina	<b>5:19.59</b>	419	1:12.99	1:21.29	1:23.53	1:21.78
	50m:	150m:	250m:	350m:				
	100m: 1:12.99	200m: 2:34.28	300m: 3:57.81	400m: 5:19.59				
58.	Krolewicz Konstancja	98 Ikar Mielec	<b>5:20.53</b>	415	1:13.28	1:22.28	1:24.48	1:20.49
	50m:	150m:	250m:	350m:				
	100m: 1:13.28	200m: 2:35.56	300m: 4:00.04	400m: 5:20.53				
59.	Pereira-Mojsa Monika	99 Jagiellonka Warszawa	<b>5:26.96</b>	391	1:15.55	1:24.40	1:25.62	1:21.39
	50m:	150m:	250m:	350m:				
	100m: 1:15.55	200m: 2:39.95	300m: 4:05.57	400m: 5:26.96				