



Mistrzostwa Polski Seniorów
Młodzie owców, Juniorów 17-18 lat
Ostrowiec w., 18-22 grudnia 2019r



Konkurencja 22
20-12-2019 - 17:16

Kobiet, 400m dowolny

Open/Senior
Wyniki Finał

Rekord Polski Seniorów	4:05.77	Barzycka Paulina	AZWAR	Gorzów Wlkp.	26-11-2005
Rek.Polski Młodzie owców	4:05.77	Barzycka Paulina	AZWAR	Gorzów Wlkp.	26-11-2005
Rek.Polski Jun.18-lat	4:07.14	Piechota Paulina	190LOD	Łód	20-12-2017
Rek.Polski Jun.17-lat	4:08.04	Kilija ska Donata	KSOST	Pozna	17-12-2011
Rek.Polski Jun.16-lat	4:08.04	Kilija ska Donata	KSOST	Pozna	17-12-2011
Rek.Polski Jun.15-lat	4:08.60	Gu Wiktoria	DEPIO	Poznan	23-11-2019
Rek.Polski Jun.14-lat	4:09.54	Gu Wiktoria	DEPIO	Olsztyn	15-12-2018

Minimum ME Budapeszt Open: 4:04.37

Punkty: FINA 2019

Pozycja	Rok ur.	Czas	Pkt.
Finał A			
1. Piechota Paulina	99 UKS 190 Łód	4:05.33	866
<i>Rekord Polski Seniorów, Młodzie owców</i>			
50m:	28.84 28.84	150m:	1:30.18 30.92
100m:	59.26 30.42	200m:	2:01.31 31.13
250m:	2:32.54 31.23	350m:	3:35.17 31.07
300m:	3:04.10 31.56	400m:	4:05.33 30.16
2. Knop Aleksandra	03 UKS 190 Łód	4:08.36	835
50m:	28.46 28.46	150m:	1:29.73 30.93
100m:	58.80 30.34	200m:	2:01.01 31.28
250m:	2:32.37 31.36	350m:	3:35.86 31.80
300m:	3:04.06 31.69	400m:	4:08.36 32.50
3. Pola ska Aleksandra	00 UKS GOS Raszyn	4:09.66	822
50m:	28.72 28.72	150m:	1:30.06 30.74
100m:	59.32 30.60	200m:	2:01.35 31.29
250m:	2:32.74 31.39	350m:	3:37.10 32.72
300m:	3:04.38 31.64	400m:	4:09.66 32.56
4. Gu Wiktoria	04 Delfin Piotrków Trybunalski	4:11.17	807
50m:	28.32 28.32	150m:	1:30.26 31.33
100m:	58.93 30.61	200m:	2:01.60 31.34
250m:	2:33.44 31.84	350m:	3:39.03 33.12
300m:	3:05.91 32.47	400m:	4:11.17 32.14
5. ukowska Paula	93 KU AZS UMCS Lublin	4:11.19	807
50m:	29.66 29.66	150m:	1:32.96 31.69
100m:	1:01.27 31.61	200m:	2:04.84 31.88
250m:	2:36.27 31.43	350m:	3:39.95 31.86
300m:	3:08.09 31.82	400m:	4:11.19 31.24
6. W grzynowska Aleksandra	01 WKS I sk Wrocław	4:13.47	785
50m:	29.09 29.09	150m:	1:30.93 31.05
100m:	59.88 30.79	200m:	2:02.69 31.76
250m:	2:35.04 32.35	350m:	3:41.03 33.01
300m:	3:08.02 32.98	400m:	4:13.47 32.44
7. Andrzejewska Kamila	99 KU AZS UMCS Lublin	4:15.57	766
50m:	29.78 29.78	150m:	1:33.86 32.34
100m:	1:01.52 31.74	200m:	2:06.20 32.34
250m:	2:38.53 32.33	350m:	3:43.64 32.64
300m:	3:11.00 32.47	400m:	4:15.57 31.93
8. Nita Daria	01 KS Korona Kraków	4:20.09	727
50m:	29.41 29.41	150m:	1:34.30 32.68
100m:	1:01.62 32.21	200m:	2:07.40 33.10
250m:	2:40.52 33.12	350m:	3:47.48 33.54
300m:	3:13.94 33.42	400m:	4:20.09 32.61
9. Miciak Agata	02 Słowianka Gorzów Wlkp.	4:21.36	716
50m:	30.04 30.04	150m:	1:36.13 33.25
100m:		200m:	2:09.38 33.25
250m:	2:43.08 33.70	350m:	3:49.87 33.31
300m:	3:16.56 33.48	400m:	4:21.36 31.49
10. D browska Tatiana	02 WKS I sk Wrocław	4:22.84	704
50m:	30.44 30.44	150m:	1:36.35 33.18
100m:	1:03.17 32.73	200m:	2:10.41 34.06
250m:	2:44.09 33.68	350m:	3:51.01 33.16
300m:	3:17.85 33.76	400m:	4:22.84 31.83
Finał B			
11. Kulik Julia	05 UKS GOS Raszyn	4:22.66	706
50m:	30.33 30.33	150m:	1:37.26 33.42
100m:	1:03.84 33.51	200m:	2:11.10 33.84
250m:	2:44.00 32.90	350m:	3:50.28 32.93
300m:	3:17.35 33.35	400m:	4:22.66 32.38
12. roda Dominika	02 MKP Szczecin	4:23.60	698
50m:	30.90 30.90	150m:	1:38.01 33.73
100m:	1:04.28 33.38	200m:	2:11.23 33.22
250m:	2:44.22 32.99	350m:	3:50.94 33.31
300m:	3:17.63 33.41	400m:	4:23.60 32.66
13. Łuczak Dominika	02 TP Zielona Góra	4:23.98	695
50m:	30.47 30.47	150m:	1:36.79 33.21
100m:	1:03.58 33.11	200m:	2:10.14 33.35
250m:	2:43.69 33.55	350m:	3:51.37 33.87
300m:	3:17.50 33.81	400m:	4:23.98 32.61



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Konkurencja 22, Kobiet, 400m dowolny, Finał, Open/Senior

Pozycja				Rok ur.					Czas	Pkt.		
14.	Szewczyk Zofia			02	UKP Fala Kra nik				4:24.23	693		
	50m:	30.56	30.56	150m:	1:37.56	33.74	250m:	2:45.07	33.68	350m:	3:52.14	33.38
	100m:	1:03.82	33.26	200m:	2:11.39	33.83	300m:	3:18.76	33.69	400m:	4:24.23	32.09
15.	Nowak Maja			03	AZS AWF Warszawa				4:24.86	688		
	50m:	30.12	30.12	150m:	1:35.65	33.03	250m:	2:42.15	33.39	350m:	3:50.94	34.48
	100m:	1:02.62	32.50	200m:	2:08.76	33.11	300m:	3:16.46	34.31	400m:	4:24.86	33.92
16.	Skarwecka Wiktoria			02	UKP Unia O wi cim				4:27.19	671		
	50m:	30.36	30.36	150m:	1:36.95	33.65	250m:	2:44.74	33.86	350m:	3:53.42	34.26
	100m:	1:03.30	32.94	200m:	2:10.88	33.93	300m:	3:19.16	34.42	400m:	4:27.19	33.77
17.	Jabło ska Oliwia			97	WZSN Start Wrocław				4:27.54	668		
	50m:	31.26	31.26	150m:	1:38.59	33.88	250m:	2:46.73	33.94	350m:	3:54.66	33.91
	100m:	1:04.71	33.45	200m:	2:12.79	34.20	300m:	3:20.75	34.02	400m:	4:27.54	32.88
18.	Kuchta Maria			02	UKS Dwójka Tczew				4:27.70	667		
	50m:	30.12	30.12	150m:	1:37.35	34.01	250m:	2:46.04	34.18	350m:	3:55.07	34.16
	100m:	1:03.34	33.22	200m:	2:11.86	34.51	300m:	3:20.91	34.87	400m:	4:27.70	32.63
19.	Zarembik Katarzyna			02	MKS SMS Victoria Racibórz				4:30.86	644		
	50m:	30.52	30.52	150m:	1:38.26	34.01	250m:	2:47.11	34.48	350m:	3:57.17	35.09
	100m:	1:04.25	33.73	200m:	2:12.63	34.37	300m:	3:22.08	34.97	400m:	4:30.86	33.69
20.	Cerlich Oliwia			02	MKS Ikar Mielec				4:32.41	633		
	50m:	30.50	30.50	150m:	1:37.45	33.81	250m:	2:46.26	34.52	350m:	3:57.31	35.95
	100m:	1:03.64	33.14	200m:	2:11.74	34.29	300m:	3:21.36	35.10	400m:	4:32.41	35.10
Finał C												
21.	Serafin Barbara			02	G-8 Bielany Warszawa				4:30.36	647		
	50m:	30.87	30.87	150m:	1:39.20	34.31	250m:	2:48.31	34.50	350m:	3:57.32	34.58
	100m:	1:04.89	34.02	200m:	2:13.81	34.61	300m:	3:22.74	34.43	400m:	4:30.36	33.04
22.	Łysakowska Julia			01	KU AZS UMCS Lublin				4:31.40	640		
	50m:	29.94	29.94	150m:	1:35.69	33.37	250m:	2:46.15	36.43	350m:	3:56.89	35.27
	100m:	1:02.32	32.38	200m:	2:09.72	34.03	300m:	3:21.62	35.47	400m:	4:31.40	34.51
23.	Kaczor Natalia			01	UKS Junior Kluczbork				4:31.56	639		
	50m:	29.88	29.88	150m:	1:36.78	34.05	250m:	2:46.66	35.34	350m:	3:57.51	35.44
	100m:	1:02.73	32.85	200m:	2:11.32	34.54	300m:	3:22.07	35.41	400m:	4:31.56	34.05
24.	Dom ol Zuzanna			02	Włókniarz 1925 Kalisz				4:32.04	635		
	50m:	31.18	31.18	150m:	1:38.97	34.12	250m:	2:48.63	34.75	350m:	3:58.56	34.89
	100m:	1:04.85	33.67	200m:	2:13.88	34.91	300m:	3:23.67	35.04	400m:	4:32.04	33.48
25.	Zar ba-Paradowska Julia			02	G-8 Bielany Warszawa				4:33.06	628		
	50m:	30.81	30.81	150m:	1:38.47	34.29	250m:	2:48.20	35.04	350m:	3:58.43	34.90
	100m:	1:04.18	33.37	200m:	2:13.16	34.69	300m:	3:23.53	35.33	400m:	4:33.06	34.63
26.	Kurasi ska Oliwia			02	KS KSZO Ostrowiec w.				4:38.05	595		
	50m:	31.72	31.72	150m:	1:41.11	34.92	250m:	2:52.22	35.70	350m:	4:03.29	35.61
	100m:	1:06.19	34.47	200m:	2:16.52	35.41	300m:	3:27.68	35.46	400m:	4:38.05	34.76
27.	Szpiegowska Wiktoria			02	WKS I sk Wrocław				4:43.61	561		
	50m:	31.81	31.81	150m:	1:42.03	35.19	250m:	2:54.55	36.39	350m:	4:07.82	36.91
	100m:	1:06.84	35.03	200m:	2:18.16	36.13	300m:	3:30.91	36.36	400m:	4:43.61	35.79
28.	Bugała Martyna			02	UKS Skarpa Lublin				4:47.66	537		
	50m:	31.66	31.66	150m:	1:43.23	36.32	250m:	2:57.43	37.16	350m:	4:11.34	36.92
	100m:	1:06.91	35.25	200m:	2:20.27	37.04	300m:	3:34.42	36.99	400m:	4:47.66	36.32
29.	Polasik Natalia			02	MKS Medyk Gi ycko				5:01.84	465		
	50m:	32.79	32.79	150m:	1:47.24	37.94	250m:	3:04.40	38.63	350m:	4:23.05	39.30
	100m:	1:09.30	36.51	200m:	2:25.77	38.53	300m:	3:43.75	39.35	400m:	5:01.84	38.79