



Zimowe Mistrzostwa MKP Bobry Dębica  
Dębica, 29- - 30-1-2016

Event 20  
2016-01-30 - 12:40

Women, 400m Freestyle

Open  
Results

Points: FINA 2014

Rank			YB					Time	Pts
11 years and younger									
1.	KUSION Judyta		06	BOSiR Brzesko				<b>5:50.31</b>	300
	50m: 42.70	42.70	150m: 2:11.63	44.95	250m: 3:38.47	42.16	350m: 5:08.03	45.14	
	100m: 1:26.68	43.98	200m: 2:56.31	44.68	300m: 4:22.89	44.42	400m: 5:50.31	42.28	
2.	DADEJ Julia		05	BOSiR Brzesko				<b>6:21.59</b>	232
	50m: 43.22	43.22	150m: 2:19.95	48.45	250m: 3:57.90	49.12	350m: 5:36.58	48.66	
	100m: 1:31.50	48.28	200m: 3:08.78	48.83	300m: 4:47.92	50.02	400m: 6:21.59	45.01	
12 - 13 years									
1.	FUKS Aleksandra		03	MUKS GILUS Gilowice				<b>5:00.60</b>	474
	50m: 32.96	32.96	150m: 1:49.08	39.06	250m: 3:07.20	39.31	350m: 4:24.54	38.55	
	100m: 1:10.02	37.06	200m: 2:27.89	38.81	300m: 3:45.99	38.79	400m: 5:00.60	36.06	
2.	GANCARZ Julia		03	MKS IKAR Mielec				<b>5:01.91</b>	468
	50m: 33.39	33.39	150m: 1:49.48	38.22	250m: 3:06.70	38.81	350m: 4:24.79	38.98	
	100m: 1:11.26	37.87	200m: 2:27.89	38.41	300m: 3:45.81	39.11	400m: 5:01.91	37.12	
3.	OLIWA Laura		03	DOKIS SP VEGA Dobrodzien				<b>5:30.00</b>	358
	50m: 36.93	36.93	150m: 2:00.37	42.27	250m: 3:24.13	41.87	350m: 4:49.82	42.70	
	100m: 1:18.10	41.17	200m: 2:42.26	41.89	300m: 4:07.12	42.99	400m: 5:30.00	40.18	
4.	MADEJ Maja		03	BOSiR Brzesko				<b>5:32.81</b>	349
	50m: 36.87	36.87	150m: 1:59.89	42.29	250m: 3:25.31	42.57	350m: 4:51.56	43.43	
	100m: 1:17.60	40.73	200m: 2:42.74	42.85	300m: 4:08.13	42.82	400m: 5:32.81	41.25	
5.	ADAMCZYK Aleksandra		03	MUKS UNIA Busko Zdroj				<b>5:56.76</b>	284
	50m: 40.43	40.43	150m: 2:09.86	45.53	250m: 3:40.88	45.83	350m: 5:12.59	45.37	
	100m: 1:24.33	43.90	200m: 2:55.05	45.19	300m: 4:27.22	46.34	400m: 5:56.76	44.17	
14 - 15 years									
1.	SMIETANA Karolina		01	UKS SMS GALICJA Krakow				<b>4:44.63</b>	559
	50m: 31.92	31.92	150m: 1:44.29	36.07	250m: 2:57.17	36.21	350m: 4:09.83	36.30	
	100m: 1:08.22	36.30	200m: 2:20.96	36.67	300m: 3:33.53	36.36	400m: 4:44.63	34.80	
2.	NITA Daria		01	KS KORONA Krakow				<b>4:48.04</b>	539
	50m: 32.92	32.92	150m: 1:46.09	36.93	250m: 2:59.04	36.55	350m: 4:12.16	36.61	
	100m: 1:09.16	36.24	200m: 2:22.49	36.40	300m: 3:35.55	36.51	400m: 4:48.04	35.88	
3.	DZIALKOWSKA Natalia		01	MUKS GILUS Gilowice				<b>4:48.69</b>	536
	50m: 32.52	32.52	150m: 1:46.54	37.47	250m: 3:01.25	37.24	350m: 4:14.49	36.09	
	100m: 1:09.07	36.55	200m: 2:24.01	37.47	300m: 3:38.40	37.15	400m: 4:48.69	34.20	
4.	PECIAK Katarzyna		02	Solne Miasto Wieliczka				<b>4:50.29</b>	527
	50m: 33.74	33.74	150m: 1:48.49	37.77	250m:		350m: 4:16.66	36.29	
	100m: 1:10.72	36.98	200m: 2:25.93	37.44	300m: 3:40.37		400m: 4:50.29	33.63	
5.	CERLICH Oliwia		02	MKS IKAR Mielec				<b>4:50.83</b>	524
	50m: 33.00	33.00	150m: 1:46.28	36.63	250m: 3:00.68	37.15	350m: 4:14.73	36.77	
	100m: 1:09.65	36.65	200m: 2:23.53	37.25	300m: 3:37.96	37.28	400m: 4:50.83	36.10	
6.	KROL Wiktoria		02	UKS SMS GALICJA Krakow				<b>4:51.87</b>	518
	50m: 34.06	34.06	150m: 1:48.58	37.80	250m: 3:03.44	37.51	350m: 4:16.78	36.23	
	100m: 1:10.78	36.72	200m: 2:25.93	37.35	300m: 3:40.55	37.11	400m: 4:51.87	35.09	





Zimowe Mistrzostwa MKP Bobry Dębica  
Dębica, 29- - 30-1-2016

Event 20, Girls, 400m Freestyle, 14 - 15 years

Rank			YB					Time	Pts			
7.	KUSION Weronika		02	BOSiR Brzesko				<b>4:53.28</b>	511			
	50m:	33.56	33.56	150m:	1:47.59	37.20	250m:	3:02.78	37.88	350m:	4:17.74	37.48
	100m:	1:10.39	36.83	200m:	2:24.90	37.31	300m:	3:40.26	37.48	400m:	4:53.28	35.54
8.	ZIEBA Gabriela SO		01	Unia Oswiecim				<b>4:53.36</b>	510			
	50m:	34.03	34.03	150m:	1:49.87	37.76	250m:	3:04.16	37.03	350m:	4:17.54	36.67
	100m:	1:12.11	38.08	200m:	2:27.13	37.26	300m:	3:40.87	36.71	400m:	4:53.36	35.82
9.	SPIK Vanessa		02	DOKiS SP VEGA Dobrodzien				<b>4:54.84</b>	503			
	50m:	33.17	33.17	150m:	1:48.47	38.16	250m:	3:04.07	37.54	350m:	4:19.02	37.33
	100m:	1:10.31	37.14	200m:	2:26.53	38.06	300m:	3:41.69	37.62	400m:	4:54.84	35.82
10.	SROCZYNSKA Julia		02	SP MOTYL MOSiR Stalowa Wola				<b>4:56.26</b>	496			
	50m:	32.41	32.41	150m:	1:46.37	37.38	250m:	3:03.27	38.52	350m:	4:20.07	38.46
	100m:	1:08.99	36.58	200m:	2:24.75	38.38	300m:	3:41.61	38.34	400m:	4:56.26	36.19
11.	KULISIEWICZ Adrianna		02	UKS SMS GALICJA Krakow				<b>4:56.41</b>	495			
	50m:	33.98	33.98	150m:	1:48.60	37.67	250m:	3:04.37	37.87	350m:	4:19.65	37.75
	100m:	1:10.93	36.95	200m:	2:26.50	37.90	300m:	3:41.90	37.53	400m:	4:56.41	36.76
12.	BATOR Aleksandra SO		01	Unia Oswiecim				<b>5:01.23</b>	471			
	50m:	35.34	35.34	150m:	1:52.25	38.43	250m:	3:09.13	38.46	350m:	4:25.24	37.83
	100m:	1:13.82	38.48	200m:	2:30.67	38.42	300m:	3:47.41	38.28	400m:	5:01.23	35.99
13.	DEDO Katarzyna		02	Akademia Sportu Progres Krakow				<b>5:01.76</b>	469			
	50m:	34.31	34.31	150m:	2:28.32	1:17.04	250m:	3:45.66	38.65	350m:		
	100m:	1:11.28	36.97	200m:	3:07.01	38.69	300m:			400m:	5:01.76	
14.	SKARWECKA Wiktoria SO		02	Unia Oswiecim				<b>5:02.33</b>	466			
	50m:	34.19	34.19	150m:	1:49.97	38.31	250m:	3:07.55	38.78	350m:	4:25.15	38.88
	100m:	1:11.66	37.47	200m:	2:28.77	38.80	300m:	3:46.27	38.72	400m:	5:02.33	37.18
15.	RAZNA Aleksandra		02	Akademia Sportu Progres Krakow				<b>5:04.30</b>	457			
	50m:	35.36	35.36	150m:	1:51.72	38.39	250m:	3:08.88	38.50	350m:	4:26.50	38.62
	100m:	1:13.33	37.97	200m:	2:30.38	38.66	300m:	3:47.88	39.00	400m:	5:04.30	37.80
16.	GRYCHTOL Weronika		01	UKS WODNIK 29 Katowice				<b>5:05.50</b>	452			
	50m:	33.88	33.88	150m:	1:49.36	38.15	250m:	3:07.41	39.11	350m:	4:26.33	39.45
	100m:	1:11.21	37.33	200m:	2:28.30	38.94	300m:	3:46.88	39.47	400m:	5:05.50	39.17
17.	KUMOREK Kamila SO		02	Unia Oswiecim				<b>5:06.28</b>	448			
	50m:	34.23	34.23	150m:	1:51.97	39.14	250m:	3:10.48	39.44	350m:		
	100m:	1:12.83	38.60	200m:	2:31.04	39.07	300m:	3:49.69	39.21	400m:	5:06.28	
18.	KAPCINSKA Maja SO		02	Unia Oswiecim				<b>5:06.44</b>	448			
	50m:	35.05	35.05	150m:	1:53.63	39.69	250m:	3:12.89	39.51	350m:	4:30.52	38.03
	100m:	1:13.94	38.89	200m:	2:33.38	39.75	300m:	3:52.49	39.60	400m:	5:06.44	35.92
19.	PRZEWOZNIAK Patrycja SO		01	Unia Oswiecim				<b>5:06.65</b>	447			
	50m:	35.65	35.65	150m:	1:52.62	38.85	250m:	3:09.99	38.62	350m:	4:27.81	39.21
	100m:	1:13.77	38.12	200m:	2:31.37	38.75	300m:	3:48.60	38.61	400m:	5:06.65	38.84
20.	MAZUREK Gabriela		01	KS KORONA Krakow				<b>5:07.79</b>	442			
	50m:	35.70	35.70	150m:	1:54.04	39.35	250m:	3:12.42	39.12	350m:	4:30.62	39.04
	100m:	1:14.69	38.99	200m:	2:33.30	39.26	300m:	3:51.58	39.16	400m:	5:07.79	37.17
21.	CZICHY Malgorzata		02	MKS Park Wodny Tarnowskie Gory				<b>5:08.42</b>	439			
	50m:	32.90	32.90	150m:	1:49.86	39.94	250m:	3:10.47	40.52	350m:	4:30.42	40.00
	100m:	1:09.92	37.02	200m:	2:29.95	40.09	300m:	3:50.42	39.95	400m:	5:08.42	38.00
22.	PROCHOWNIK Martyna SO		02	Unia Oswiecim				<b>5:11.82</b>	425			
	50m:	35.56	35.56	150m:	1:53.71	39.52	250m:	3:13.51	39.87	350m:	4:33.33	39.58
	100m:	1:14.19	38.63	200m:	2:33.64	39.93	300m:	3:53.75	40.24	400m:	5:11.82	38.49





Zimowe Mistrzostwa MKP Bobry D bica  
D bica, 29- - 30-1-2016

Event 20, Girls, 400m Freestyle, 14 - 15 years

Rank			YB					Time	Pts			
23.	ROLNICKA Oliwia		01	UKS SMS GALICJA Krakow				<b>5:12.48</b>	422			
	50m:	34.62	34.62	150m:	1:53.18	39.90	250m:	3:13.53	39.95	350m:	4:34.04	39.97
	100m:	1:13.28	38.66	200m:	2:33.58	40.40	300m:	3:54.07	40.54	400m:	5:12.48	38.44
24.	WASIK Anna		01	KS KORONA Krakow				<b>5:16.61</b>	406			
	50m:	36.24	36.24	150m:	1:56.82	40.68	250m:	3:18.05	40.47	350m:	4:38.52	39.71
	100m:	1:16.14	39.90	200m:	2:37.58	40.76	300m:	3:58.81	40.76	400m:	5:16.61	38.09
25.	OCHAL Maja		01	UKS SMS GALICJA Krakow				<b>5:19.52</b>	395			
	50m:	36.69	36.69	150m:	1:58.06	41.30	250m:	3:19.49	40.81	350m:	4:39.98	40.17
	100m:	1:16.76	40.07	200m:	2:38.68	40.62	300m:	3:59.81	40.32	400m:	5:19.52	39.54
26.	WIDURSKA Kinga		02	UKS SMS GALICJA Krakow				<b>5:33.96</b>	346			
	50m:	36.73	36.73	150m:	2:01.10	43.15	250m:	3:26.08	42.58	350m:	4:51.74	42.86
	100m:	1:17.95	41.22	200m:	2:43.50	42.40	300m:	4:08.88	42.80	400m:	5:33.96	42.22

16 years and older

1.	KUNKA Kamila		96	KU AZS-AGH Krakow				<b>4:21.78</b>	719			
	50m:	30.08	30.08	150m:	1:36.00	33.10	250m:	2:42.84	33.44	350m:	3:49.05	33.02
	100m:	1:02.90	32.82	200m:	2:09.40	33.40	300m:	3:16.03	33.19	400m:	4:21.78	32.73
2.	WOJCIECHOWSKA Joanna		98	LUKS Orlik Lublin				<b>4:27.06</b>	677			
	50m:	31.00	31.00	150m:	1:36.97	33.14	250m:	2:45.06	34.24	350m:	3:53.86	34.39
	100m:	1:03.83	32.83	200m:	2:10.82	33.85	300m:	3:19.47	34.41	400m:	4:27.06	33.20
3.	KOŁODZIEJ Katarzyna SO		00	Unia Oswiecim				<b>4:34.72</b>	622			
	50m:	32.41	32.41	150m:	1:42.79	35.32	250m:	3:27.38	1:09.43	350m:	4:02.26	
	100m:	1:07.47	35.06	200m:	2:17.95	35.16	300m:			400m:	4:34.72	32.46
4.	ADAMIEC Dominika SO		99	Unia Oswiecim				<b>4:34.79</b>	621			
	50m:	31.85	31.85	150m:	1:42.69	35.51	250m:	2:52.41	34.86	350m:	4:02.05	34.66
	100m:	1:07.18	35.33	200m:	2:17.55	34.86	300m:	3:27.39	34.98	400m:	4:34.79	32.74
5.	ZAWISZA Alina SO		00	Unia Oswiecim				<b>4:37.48</b>	603			
	50m:	32.33	32.33	150m:	1:42.90	35.37	250m:	2:53.63	35.29	350m:	4:03.66	35.07
	100m:	1:07.53	35.20	200m:	2:18.34	35.44	300m:	3:28.59	34.96	400m:	4:37.48	33.82
6.	RZEP CZYNSKA Patrycja SO		99	Unia Oswiecim				<b>4:38.87</b>	594			
	50m:	32.62	32.62	150m:	1:43.21	35.26	250m:	2:54.44	35.62	350m:	4:05.22	35.49
	100m:	1:07.95	35.33	200m:	2:18.82	35.61	300m:	3:29.73	35.29	400m:	4:38.87	33.65
7.	PALKA Maria SO		99	Unia Oswiecim				<b>4:41.65</b>	577			
	50m:	32.58	32.58	150m:			250m:	2:55.49	35.34	350m:	4:07.42	36.17
	100m:	1:43.88	1:11.30	200m:	2:20.15		300m:	3:31.25	35.76	400m:	4:41.65	34.23
8.	SIKORA Aleksandra		97	UKS JASIEN Sucha Beskidzka				<b>4:47.36</b>	543			
	50m:	32.63	32.63	150m:	1:43.66	35.95	250m:	2:57.12	36.86	350m:	4:11.11	37.19
	100m:	1:07.71	35.08	200m:	2:20.26	36.60	300m:	3:33.92	36.80	400m:	4:47.36	36.25
9.	SZUSTER Aleksandra SO		00	Unia Oswiecim				<b>4:49.59</b>	531			
	50m:	32.80	32.80	150m:	1:44.09	35.65	250m:	2:57.28	36.80	350m:	4:12.39	37.51
	100m:	1:08.44	35.64	200m:	2:20.48	36.39	300m:	3:34.88	37.60	400m:	4:49.59	37.20
10.	PYRLIK Paulina SO		99	Unia Oswiecim				<b>4:51.76</b>	519			
	50m:	34.76	34.76	150m:	1:49.45	36.85	250m:	3:02.29	36.30	350m:	4:16.56	37.19
	100m:	1:12.60	37.84	200m:	2:25.99	36.54	300m:	3:39.37	37.08	400m:	4:51.76	35.20
11.	NIZIOLEK Kinga		00	MKS IKAR Mielec				<b>4:51.82</b>	519			
	50m:	32.78	32.78	150m:	1:46.02	36.91	250m:	3:01.52	37.71	350m:	4:16.24	37.24
	100m:	1:09.11	36.33	200m:	2:23.81	37.79	300m:	3:39.00	37.48	400m:	4:51.82	35.58





Zimowe Mistrzostwa MKP Bobry Dębica  
Dębica, 29- - 30-1-2016

Event 20, Women, 400m Freestyle, 16 years and older

Rank			YB				Time	Pts
12.	MICHALSKA Katarzyna		98	AZS AWF Katowice		<b>5:09.30</b>	435	
	50m:	34.59 34.59	150m:	1:53.26 39.86	250m:	3:12.91 40.01	350m:	4:31.18 39.24
	100m:	1:13.40 38.81	200m:	2:32.90 39.64	300m:	3:51.94 39.03	400m:	5:09.30 38.12

