



Zimowe Mistrzostwa Polski Juniorów Młodszych 14 lat w pływaniu  
Ostrowiec wi tokrzyski, 18. - 20.12.2020

Konkurencja 19  
19.12.2020

Dziewcz t, 400m dowolny

14 lat

Wyniki Eliminacje

Rekord Polski 14lat	4:09.54	GU Wiktoria	01705	Olsztyn	15.12.2018
Rekord Polski Open	4:05.77	BARZYCKA Paulina	00114	Gorzow	26.11.2005

Punkt: FINA 2020

Pozycja	Rok ur.	Czas	Pkt.
1. MILEK Alicja	06 Solne Miasto SP. zo.o	<b>4:24.22</b>	693 Q
50m: 29.62 29.62	150m: 1:35.68 33.44	250m: 2:42.97 33.56	350m: 3:50.90 33.91
100m: 1:02.24 32.62	200m: 2:09.41 33.73	300m: 3:16.99 34.02	400m: 4:24.22 33.32
2. MACIAK Julia	06 IUKS MUSZELKA Warszawa	<b>4:28.78</b>	659 Q
50m: 31.27 31.27	150m: 1:38.39 34.04	250m: 2:46.98 34.39	350m: 3:55.42 34.08
100m: 1:04.35 33.08	200m: 2:12.59 34.20	300m: 3:21.34 34.36	400m: 4:28.78 33.36
3. GORCZYCA Gabriela	06 Solne Miasto SP. zo.o	<b>4:32.18</b>	634 Q
50m: 30.63 30.63	150m: 1:38.40 34.21	250m: 2:47.45 34.61	350m: 3:57.55 34.90
100m: 1:04.19 33.56	200m: 2:12.84 34.44	300m: 3:22.65 35.20	400m: 4:32.18 34.63
4. OSTROWSKA Nina	06 UKS SP-149 Łódź	<b>4:32.28</b>	634 Q
50m: 30.49 30.49	150m: 1:38.10 34.42	250m: 2:48.27 35.21	350m: 3:58.54 34.90
100m: 1:03.68 33.19	200m: 2:13.06 34.96	300m: 3:23.64 35.37	400m: 4:32.28 33.74
5. SZARGIEJ Aleksandra	06 UKS abianka Gda sk	<b>4:34.51</b>	618 Q
50m: 30.44 30.44	150m: 1:39.26 34.76	250m: 2:50.19 35.46	350m: 4:00.84 34.79
100m: 1:04.50 34.06	200m: 2:14.73 35.47	300m: 3:26.05 35.86	400m: 4:34.51 33.67
6. RAKOWSKA Marta	06 UKS MOS Opole	<b>4:35.04</b>	615 Q
50m: 30.92 30.92	150m: 1:39.69 34.68	250m: 2:50.13 35.22	350m: 4:01.27 35.40
100m: 1:05.01 34.09	200m: 2:14.91 35.22	300m: 3:25.87 35.74	400m: 4:35.04 33.77
7. KUSION Judyta	06 UKP UNIA O wi cim	<b>4:35.29</b>	613 Q
50m: 31.81 31.81	150m: 1:40.89 34.91	250m: 2:51.09 35.30	350m: 4:01.82 35.22
100m: 1:05.98 34.17	200m: 2:15.79 34.90	300m: 3:26.60 35.51	400m: 4:35.29 33.47
RUDOMINA Agnieszka	06 UKS abianka Gda sk	<b>4:35.29</b>	613 Q
50m: 30.92 30.92	150m: 1:41.16 35.64	250m: 2:52.20 35.51	350m: 4:02.59 35.10
100m: 1:05.52 34.60	200m: 2:16.69 35.53	300m: 3:27.49 35.29	400m: 4:35.29 32.70
9. R P Apolonia	06 MKS ZNICZ Koszalin	<b>4:36.48</b>	605 Q
50m: 31.45 31.45	150m: 1:40.87 35.10	250m: 2:51.64 35.30	350m: 4:02.88 35.81
100m: 1:05.77 34.32	200m: 2:16.34 35.47	300m: 3:27.07 35.43	400m: 4:36.48 33.60
10. CZUBAK Maria	06 IKS Konstancin	<b>4:37.08</b>	601 Q
50m: 30.64 30.64	150m: 1:41.02 35.64	250m: 2:52.67 35.96	350m: 4:03.25 35.31
100m: 1:05.38 34.74	200m: 2:16.71 35.69	300m: 3:27.94 35.27	400m: 4:37.08 33.83
11. CHŁ D Zuzanna	06 UKS MOS Opole	<b>4:38.25</b>	594 R
50m: 31.85 31.85	150m: 1:42.58 35.85	250m: 2:53.98 35.47	350m: 4:04.30 35.01
100m: 1:06.73 34.88	200m: 2:18.51 35.93	300m: 3:29.29 35.31	400m: 4:38.25 33.95
12. WALCZAK Barbara	06 UKS G-8 Bielany Warszawa	<b>4:39.51</b>	586 R
50m: 30.96 30.96	150m: 1:39.49 34.77	250m: 2:51.45 36.42	350m: 4:04.40 36.46
100m: 1:04.72 33.76	200m: 2:15.03 35.54	300m: 3:27.94 36.49	400m: 4:39.51 35.11
13. LIPOWSKA Nadia	06 UKS NAWA Skierniewice	<b>4:43.16</b>	563
50m: 31.58 31.58	150m: 1:42.08 35.68	250m: 2:55.38 37.02	350m: 4:09.26 36.84
100m: 1:06.40 34.82	200m: 2:18.36 36.28	300m: 3:32.42 37.04	400m: 4:43.16 33.90
14. ŁAZARZ Milena	06 UKP UNIA O wi cim	<b>4:43.26</b>	563
50m: 31.63 31.63	150m: 1:42.46 36.02	250m: 2:54.83 36.10	350m: 4:07.96 36.22
100m: 1:06.44 34.81	200m: 2:18.73 36.27	300m: 3:31.74 36.91	400m: 4:43.26 35.30
15. MAGIEREK Karolina	06 UKS GOS Raszyn	<b>4:43.41</b>	562
50m: 31.10 31.10	150m: 1:41.70 35.83	250m: 2:54.53 36.11	350m: 4:08.43 37.25
100m: 1:05.87 34.77	200m: 2:18.42 36.72	300m: 3:31.18 36.65	400m: 4:43.41 34.98
16. MIKUŁA Natalia	06 TP Olimpijczyk Aleksandrów Ł.	<b>4:44.96</b>	553
50m: 31.43 31.43	150m: 1:42.40 36.33	250m: 2:55.72 36.50	350m: 4:09.09 36.86
100m: 1:06.07 34.64	200m: 2:19.22 36.82	300m: 3:32.23 36.51	400m: 4:44.96 35.87





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Ostrowiec w tokrzyski, 18. - 20.12.2020

Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 14 lat

Pozycja				Rok ur.					Czas	Pkt.		
17.	WILK Anna			06	UKP FALA Kra nik				<b>4:45.39</b>	550		
	50m:	31.56	31.56	150m:	1:44.19	37.03	250m:	2:56.69	36.25	350m:	4:10.28	36.60
	100m:	1:07.16	35.60	200m:	2:20.44	36.25	300m:	3:33.68	36.99	400m:	4:45.39	35.11
18.	GR ZKA Roksana			06	TP Zielona Góra				<b>4:45.62</b>	549		
	50m:	32.49	32.49	150m:	1:44.18	36.25	250m:	2:57.07	36.06	350m:	4:10.20	36.67
	100m:	1:07.93	35.44	200m:	2:21.01	36.83	300m:	3:33.53	36.46	400m:	4:45.62	35.42
19.	NIKIEL Natalia			06	MKS Park Wodny Tarnowskie Góry				<b>4:45.65</b>	549		
	50m:	32.09	32.09	150m:	1:44.26	36.42	250m:	2:56.73	36.19	350m:	4:10.11	36.76
	100m:	1:07.84	35.75	200m:	2:20.54	36.28	300m:	3:33.35	36.62	400m:	4:45.65	35.54
20.	KOWALSKA Wiktoria			06	MTP Kormoran Olsztyn				<b>4:47.16</b>	540		
	50m:	32.49	32.49	150m:	1:46.17	36.81	250m:	2:59.82	36.93	350m:	4:12.40	36.24
	100m:	1:09.36	36.87	200m:	2:22.89	36.72	300m:	3:36.16	36.34	400m:	4:47.16	34.76
21.	RULEWSKA Julia			06	UKS ÓSEMKA Starogard Gda ski				<b>4:47.45</b>	538		
	50m:	31.03	31.03	150m:	1:42.35	36.33	250m:	2:56.59	37.10	350m:	4:11.71	37.59
	100m:	1:06.02	34.99	200m:	2:19.49	37.14	300m:	3:34.12	37.53	400m:	4:47.45	35.74
22.	HUBERT Julia			06	MKP Szczecin				<b>4:47.54</b>	538		
	50m:	31.39	31.39	150m:	1:43.07	36.24	250m:	2:57.60	37.59	350m:	4:12.50	37.58
	100m:	1:06.83	35.44	200m:	2:20.01	36.94	300m:	3:34.92	37.32	400m:	4:47.54	35.04
23.	TRACZYK Anna			06	MKS JUVENIA Wrocław				<b>4:48.05</b>	535		
	50m:	32.21	32.21	150m:	1:43.72	36.18	250m:	2:57.95	37.26	350m:	4:12.28	36.96
	100m:	1:07.54	35.33	200m:	2:20.69	36.97	300m:	3:35.32	37.37	400m:	4:48.05	35.77
24.	BAŁDYGA Kamila			06	MTP Kormoran Olsztyn				<b>4:48.63</b>	532		
	50m:	32.17	32.17	150m:	1:44.27	36.45	250m:	2:57.87	36.71	350m:	4:12.29	37.25
	100m:	1:07.82	35.65	200m:	2:21.16	36.89	300m:	3:35.04	37.17	400m:	4:48.63	36.34
25.	SZWABI KA Alicja			06	UKP TORPEDA Ole nica				<b>4:49.16</b>	529		
	50m:	31.90	31.90	150m:	1:44.71	37.04	250m:	2:59.71	37.53	350m:	4:14.93	37.75
	100m:	1:07.67	35.77	200m:	2:22.18	37.47	300m:	3:37.18	37.47	400m:	4:49.16	34.23
26.	TOMSIA Oliwia			06	UKS OMEGA Olszusz				<b>4:49.47</b>	527		
	50m:	31.42	31.42	150m:	1:44.05	37.25	250m:	2:59.48	37.74	350m:	4:14.66	37.64
	100m:	1:06.80	35.38	200m:	2:21.74	37.69	300m:	3:37.02	37.54	400m:	4:49.47	34.81
27.	CHMIELEWSKA Aleksandra			06	MUKS OLIMPIJCZYK Suwałki				<b>4:49.87</b>	525		
	50m:	31.14	31.14	150m:	1:42.42	36.17	250m:	2:56.89	37.57	350m:	4:12.42	37.80
	100m:	1:06.25	35.11	200m:	2:19.32	36.90	300m:	3:34.62	37.73	400m:	4:49.87	37.45
28.	PAWEŁEK Zuzanna			06	KP SOKÓŁ Rzeszów				<b>4:51.15</b>	518		
	50m:	31.73	31.73	150m:	1:43.91	37.11	250m:	2:58.89	37.87	350m:	4:15.14	37.80
	100m:	1:06.80	35.07	200m:	2:21.02	37.11	300m:	3:37.34	38.45	400m:	4:51.15	36.01
29.	SZACHMYTOWSKA Lena			06	MTS Kwidzyn				<b>4:51.56</b>	516		
	50m:	32.46	32.46	150m:	1:44.58	36.65	250m:	2:59.52	37.38	350m:	4:14.95	37.16
	100m:	1:07.93	35.47	200m:	2:22.14	37.56	300m:	3:37.79	38.27	400m:	4:51.56	36.61
30.	SZAFRA SKA Malwina			06	KS KSZO Ostrowiec w.				<b>4:53.88</b>	504		
	50m:	31.21	31.21	150m:	1:43.19	36.78	250m:	2:59.52	38.39	350m:	4:16.36	38.72
	100m:	1:06.41	35.20	200m:	2:21.13	37.94	300m:	3:37.64	38.12	400m:	4:53.88	37.52
31.	MACURA Kinga			06	MTP DELFIN Cieszyn				<b>4:54.00</b>	503		
	50m:	31.63	31.63	150m:	1:43.16	36.57	250m:	2:58.32	37.91	350m:	4:15.73	38.91
	100m:	1:06.59	34.96	200m:	2:20.41	37.25	300m:	3:36.82	38.50	400m:	4:54.00	38.27
32.	WISZNIEWSKA Zuzanna			06	UKS MOS Ełk				<b>4:55.59</b>	495		
	50m:	32.04	32.04	150m:	1:44.38	37.16	250m:	3:00.63	38.30	350m:	4:17.51	38.59
	100m:	1:07.22	35.18	200m:	2:22.33	37.95	300m:	3:38.92	38.29	400m:	4:55.59	38.08
33.	MOCZYŁO Kaja			06	UKS JEDYNKA SP SOLEX L bork				<b>4:56.05</b>	493		
	50m:	32.98	32.98	150m:	1:47.44	37.86	250m:	3:04.63	38.62	350m:	4:20.08	37.87
	100m:	1:09.58	36.60	200m:	2:26.01	38.57	300m:	3:42.21	37.58	400m:	4:56.05	35.97





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Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
34.	KLOFCZY SKA Maja		06	UKS abianka Gda sk				<b>4:58.05</b>	483
	50m: 32.91 32.91	150m: 1:47.94		38.04	250m: 3:04.19	37.73	350m: 4:20.79		38.47
	100m: 1:09.90 36.99	200m: 2:26.46		38.52	300m: 3:42.32	38.13	400m: 4:58.05		37.26
35.	TERKA Karolina		06	MKP ATOL Ole nica				<b>4:58.17</b>	482
	50m: 32.44 32.44	150m: 1:47.11		37.70	250m: 3:03.89	38.12	350m: 4:21.26		38.66
	100m: 1:09.41 36.97	200m: 2:25.77		38.66	300m: 3:42.60	38.71	400m: 4:58.17		36.91
36.	BADURA Natalia		06	UKS MANTA Kochłowice Ruda .				<b>4:58.84</b>	479
	50m: 32.64 32.64	150m: 1:47.05		37.78	250m: 3:03.70	38.17	350m: 4:20.99		38.62
	100m: 1:09.27 36.63	200m: 2:25.53		38.48	300m: 3:42.37	38.67	400m: 4:58.84		37.85
37.	SZCZEPANIAK Marta		06	UKS KORAL Wrocław				<b>4:59.26</b>	477
	50m: 33.30 33.30	150m: 1:48.18		37.92	250m: 3:05.73	38.90	350m: 4:22.60		37.96
	100m: 1:10.26 36.96	200m: 2:26.83		38.65	300m: 3:44.64	38.91	400m: 4:59.26		36.66
38.	GAGATEK Natalia		06	UKS WODNIK Siemianowice lskie				<b>5:01.57</b>	466
	50m: 33.46 33.46	150m: 1:47.84		37.60	250m: 3:05.08	38.94	350m: 4:23.66		39.40
	100m: 1:10.24 36.78	200m: 2:26.14		38.30	300m: 3:44.26	39.18	400m: 5:01.57		37.91
39.	W GRZYNOWICZ Martyna		06	MUKS OLIMPIJCZYK Suwałki				<b>5:06.96</b>	442
	50m: 33.14 33.14	150m: 1:48.96		38.22	250m: 3:07.19	39.44	350m: 4:28.69		40.85
	100m: 1:10.74 37.60	200m: 2:27.75		38.79	300m: 3:47.84	40.65	400m: 5:06.96		38.27
40.	SZCZUDŁO Alicja		06	MTP Kormoran Olsztyn				<b>5:07.17</b>	441
	50m: 34.36 34.36	150m: 1:51.19		38.95	250m: 3:09.62	39.54	350m: 4:28.28		39.46
	100m: 1:12.24 37.88	200m: 2:30.08		38.89	300m: 3:48.82	39.20	400m: 5:07.17		38.89
41.	MAZURKIEWICZ Marta		06	MKS JUVENIA Wrocław				<b>5:07.24</b>	441
	50m: 34.29 34.29	150m: 1:52.39		39.42	250m: 3:11.76	39.81	350m: 4:30.14		38.72
	100m: 1:12.97 38.68	200m: 2:31.95		39.56	300m: 3:51.42	39.66	400m: 5:07.24		37.10
42.	MAGDA Honorata		06	UKS LOKOMOTYWA Sopot				<b>5:08.33</b>	436
	50m: 32.42 32.42	150m: 1:46.94		38.30	250m: 3:06.73	40.31	350m: 4:28.81		41.05
	100m: 1:08.64 36.22	200m: 2:26.42		39.48	300m: 3:47.76	41.03	400m: 5:08.33		39.52
43.	KOT Zuzanna		06	UKS 307 Warszawa				<b>5:08.43</b>	436
	50m: 33.98 33.98	150m: 1:50.94		39.26	250m: 3:10.42	40.03	350m: 4:29.78		40.20
	100m: 1:11.68 37.70	200m: 2:30.39		39.45	300m: 3:49.58	39.16	400m: 5:08.43		38.65
44.	BUCZEK Julianna		06	UKS oliborz				<b>5:09.03</b>	433
	50m: 34.11 34.11	150m: 1:50.83		38.97	250m: 3:11.05	40.44	350m: 4:31.58		40.19
	100m: 1:11.86 37.75	200m: 2:30.61		39.78	300m: 3:51.39	40.34	400m: 5:09.03		37.45
45.	KUC Michalina		06	MUKS UNIA Busko Zdrój				<b>5:10.20</b>	428
	50m: 35.90 35.90	150m: 1:53.69		39.15	250m: 3:11.90	39.89	350m: 4:31.79		39.56
	100m: 1:14.54 38.64	200m: 2:32.01		38.32	300m: 3:52.23	40.33	400m: 5:10.20		38.41
46.	OLCZAK Liwia		06	UKS 190 Łód				<b>5:10.41</b>	427
	50m: 34.09 34.09	150m: 1:49.36		38.05	250m: 3:08.05	39.66	350m: 4:29.49		41.15
	100m: 1:11.31 37.22	200m: 2:28.39		39.03	300m: 3:48.34	40.29	400m: 5:10.41		40.92
47.	KARWACKA Kinga		06	UKS AQUATICA Pawłowice				<b>5:11.23</b>	424
	50m: 34.45 34.45	150m: 1:52.02		39.48	250m: 3:12.24	40.38	350m: 4:32.40		40.08
	100m: 1:12.54 38.09	200m: 2:31.86		39.84	300m: 3:52.32	40.08	400m: 5:11.23		38.83
48.	BIELECKA Maja		06	KS KSZO Ostrowiec w.				<b>5:14.65</b>	410
	50m: 34.83 34.83	150m: 1:54.24		40.64	250m: 3:14.73	40.22	350m: 4:34.64		40.00
	100m: 1:13.60 38.77	200m: 2:34.51		40.27	300m: 3:54.64	39.91	400m: 5:14.65		40.01
49.	INDYK Maja		06	MKS IKAR Mielec				<b>5:16.50</b>	403
	50m: 34.09 34.09	150m: 1:52.67		39.80	250m: 3:14.42	41.01	350m: 4:36.81		41.29
	100m: 1:12.87 38.78	200m: 2:33.41		40.74	300m: 3:55.52	41.10	400m: 5:16.50		39.69
50.	DOROSI SKA Paulina		06	UKS MANTA Kochłowice Ruda .				<b>5:20.43</b>	389
	50m: 35.15 35.15	150m: 1:55.04		40.49	250m: 3:17.02	41.05	350m: 4:39.87		41.32
	100m: 1:14.55 39.40	200m: 2:35.97		40.93	300m: 3:58.55	41.53	400m: 5:20.43		40.56





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Pozycja				Rok ur.						Czas	Pkt.	
51.	ODWA NA Aleksandra			06	Toru	Multisport Team				<b>5:20.68</b>	388	
	50m:	35.27	35.27	150m:	1:54.66	40.24	250m:	3:16.44	41.01	350m:	4:41.20	41.69
	100m:	1:14.42	39.15	200m:	2:35.43	40.77	300m:	3:59.51	43.07	400m:	5:20.68	39.48
52.	WOJTOWICZ Małgorzata			06	MTKP DELFIN	Toru				<b>5:23.09</b>	379	
	50m:	35.01	35.01	150m:	1:56.95	42.11	250m:	3:21.57	42.26	350m:	4:44.86	41.75
	100m:	1:14.84	39.83	200m:	2:39.31	42.36	300m:	4:03.11	41.54	400m:	5:23.09	38.23
53.	TARACH Wiktoria			06	MKS SP 63	Bydgoszcz				<b>5:25.34</b>	371	
	50m:	35.60	35.60	150m:	1:56.50	41.38	250m:	3:20.69	42.44	350m:	4:44.59	41.50
	100m:	1:15.12	39.52	200m:	2:38.25	41.75	300m:	4:03.09	42.40	400m:	5:25.34	40.75
54.	KL CZAR Natalia			06	UKP UNIA O	wi cim				<b>5:33.69</b>	344	
	50m:	37.66	37.66	150m:	2:02.52	43.11	250m:	3:28.03	42.17	350m:	4:53.92	42.73
	100m:	1:19.41	41.75	200m:	2:45.86	43.34	300m:	4:11.19	43.16	400m:	5:33.69	39.77

