



Ministerstwo
Sportu i Turystyki



Zimowe Mistrzostwa Polski Seniorów, Młodzieowców i Juniorów 17-18lat w pływaniu
Bydgoszcz, 01-05.12.2021

Konkurencja 22

Kobiet, 400m dowolny

14 lat i starsi

03.12.2021 - 9:28

Wyniki Eliminacje

Rekord Polski 4:02.68 POLANSKA Aleksandra 07614 Olsztyn 18.12.2020

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
1. POLA SKA Aleksandra	00 UKS GOS Raszyn	4:16.76	756 A
50m: 29.84 29.84	150m: 1:33.85 32.15	250m: 2:38.86 32.55	350m: 3:44.39 32.76
100m: 1:01.70 31.86	200m: 2:06.31 32.46	300m: 3:11.63 32.77	400m: 4:16.76 32.37
2. GU Wiktoria	04 UKS DELFIN Piotrków Trybunalski	4:16.82	755 A
50m: 30.16 30.16	150m: 1:34.51 32.30	250m: 2:39.59 32.68	350m: 3:44.87 32.55
100m: 1:02.21 32.05	200m: 2:06.91 32.40	300m: 3:12.32 32.73	400m: 4:16.82 31.95
3. TARASIEWICZ Klaudia	04 MKP Szczecin	4:17.36	750 A
50m: 29.77 29.77	150m: 1:34.97 32.56	250m: 2:39.66 32.55	350m: 3:44.94 32.23
100m: 1:02.41 32.64	200m: 2:07.11 32.14	300m: 3:12.71 33.05	400m: 4:17.36 32.42
4. UKOWSKA Paula	93 KU AZS UMCS Lublin	4:18.71	739 A
50m: 30.35 30.35	150m: 1:35.62 32.81	250m: 2:41.22 32.79	350m: 3:46.54 32.35
100m: 1:02.81 32.46	200m: 2:08.43 32.81	300m: 3:14.19 32.97	400m: 4:18.71 32.17
5. KNOP Aleksandra	03 UKS 190 Łódź	4:19.27	734 A
50m: 30.36 30.36	150m: 1:35.48 32.85	250m: 2:41.27 32.82	350m: 3:46.96 32.96
100m: 1:02.63 32.27	200m: 2:08.45 32.97	300m: 3:14.00 32.73	400m: 4:19.27 32.31
6. KLIMEK Marta	03 UKP UNIA O wi cim	4:21.98	711 A
50m: 30.19 30.19	150m: 1:35.53 33.02	250m: 2:41.82 33.00	350m: 3:48.86 33.75
100m: 1:02.51 32.32	200m: 2:08.82 33.29	300m: 3:15.11 33.29	400m: 4:21.98 33.12
7. KULIK Julia	05 UKS GOS Raszyn	4:22.03	711 A
50m: 29.94 29.94	150m: 1:36.82 33.34	250m: 2:42.41 32.51	350m: 3:49.04 33.48
100m: 1:03.48 33.54	200m: 2:09.90 33.08	300m: 3:15.56 33.15	400m: 4:22.03 32.99
8. MO D AN Milena	03 MKP Szczecin	4:22.09	710 A
50m: 30.84 30.84	150m: 1:36.55 32.90	250m: 2:42.68 33.16	350m: 3:49.18 33.26
100m: 1:03.65 32.81	200m: 2:09.52 32.97	300m: 3:15.92 33.24	400m: 4:22.09 32.91
9. MRO EK Weronika	04 MKP Szczecin	4:23.35	700 A
50m: 30.90 30.90	150m: 1:36.93 33.21	250m: 2:43.73 33.54	350m: 3:51.40 33.84
100m: 1:03.72 32.82	200m: 2:10.19 33.26	300m: 3:17.56 33.83	400m: 4:23.35 31.95
10. FIGAS Alicja	04 MKP Szczecin	4:25.04	687 A
50m: 31.41 31.41	150m: 1:37.79 33.30	250m: 2:45.02 33.58	350m: 3:52.06 33.52
100m: 1:04.49 33.08	200m: 2:11.44 33.65	300m: 3:18.54 33.52	400m: 4:25.04 32.98
11. CIOCH-GRADZIK Wiktoria	03 KU AZS UMCS Lublin	4:25.33	685 B
50m: 30.34 30.34	150m: 1:36.26 33.19	250m: 2:43.93 33.93	350m: 3:52.19 34.08
100m: 1:03.07 32.73	200m: 2:10.00 33.74	300m: 3:18.11 34.18	400m: 4:25.33 33.14
12. MACIAK Julia	06 IUKS MUSZELKA Warszawa	4:26.01	679 B
50m: 30.63 30.63	150m: 1:37.27 33.45	250m: 2:44.74 33.77	350m: 3:53.00 33.95
100m: 1:03.82 33.19	200m: 2:10.97 33.70	300m: 3:19.05 34.31	400m: 4:26.01 33.01
13. SIWKO Natalia	04 KU AZS UMCS Lublin	4:26.20	678 B
50m: 30.82 30.82	150m: 1:37.75 33.72	250m: 2:45.49 33.88	350m: 3:53.56 33.95
100m: 1:04.03 33.21	200m: 2:11.61 33.86	300m: 3:19.61 34.12	400m: 4:26.20 32.64
14. WIKTOROWICZ Patrycja	04 MKS SMS VICTORIA Racibórz	4:26.25	678 B
50m: 30.32 30.32	150m: 1:37.09 33.73	250m: 2:45.67 34.38	350m: 3:53.87 34.11
100m: 1:03.36 33.04	200m: 2:11.29 34.20	300m: 3:19.76 34.09	400m: 4:26.25 32.38
15. GERBIER Kiara	04 KS WARTA Poznań	4:27.15	671 B
50m: 30.11 30.11	150m: 1:37.49 34.01	250m: 2:46.06 34.20	350m: 3:54.45 34.13
100m: 1:03.48 33.37	200m: 2:11.86 34.37	300m: 3:20.32 34.26	400m: 4:27.15 32.70
16. DOMORADZKA Aleksandra	03 KU AZS UMCS Lublin	4:27.20	670 B
50m: 30.32 30.32	150m: 1:38.47 34.39	250m: 2:46.38 33.93	350m: 3:54.70 34.24
100m: 1:04.08 33.76	200m: 2:12.45 33.98	300m: 3:20.46 34.08	400m: 4:27.20 32.50





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Pozycja			Rok ur.						Czas	Pkt.		
17.	MOLENDĄ Dominika		03	UKS	ABIANKA Gda sk				4:27.62	667	B	
	50m:	30.85	30.85	150m:	1:38.09	33.83	250m:	2:46.27	33.97	350m:	3:54.52	34.18
	100m:	1:04.26	33.41	200m:	2:12.30	34.21	300m:	3:20.34	34.07	400m:	4:27.62	33.10
18.	BOCIAN Roksana		04	UKP	UNIA O wi cim				4:28.35	662	B	
	50m:	30.89	30.89	150m:	1:38.65	34.11	250m:	2:46.72	34.06	350m:	3:55.61	34.40
	100m:	1:04.54	33.65	200m:	2:12.66	34.01	300m:	3:21.21	34.49	400m:	4:28.35	32.74
19.	LALA Nadia		04	UKP	UNIA O wi cim				4:28.53	661	B	
	50m:	30.64	30.64	150m:	1:38.64	34.16	250m:	2:47.01	33.99	350m:	3:56.13	34.40
	100m:	1:04.48	33.84	200m:	2:13.02	34.38	300m:	3:21.73	34.72	400m:	4:28.53	32.40
20.	NOWAK Maja		03	UKS	48 Warszawa ródmi cie				4:28.59	660	B	
	50m:	30.57	30.57	150m:	1:37.35	33.96	250m:	2:48.17	35.44	350m:	3:55.79	32.67
	100m:	1:03.39	32.82	200m:	2:12.73	35.38	300m:	3:23.12	34.95	400m:	4:28.59	32.80
21.	ŁUCZAK Dominika		02	TP	Zielona Góra				4:28.66	660	C	
	50m:	31.05	31.05	150m:	1:38.15	33.96	250m:	2:46.55	34.31	350m:	3:55.15	34.30
	100m:	1:04.19	33.14	200m:	2:12.24	34.09	300m:	3:20.85	34.30	400m:	4:28.66	33.51
22.	GANCARZ Julia		03	WKS	L SK Wrocław				4:30.26	648	C	
	50m:	31.19	31.19	150m:	1:39.47	34.25	250m:	2:48.09	34.26	350m:	3:56.89	34.53
	100m:	1:05.22	34.03	200m:	2:13.83	34.36	300m:	3:22.36	34.27	400m:	4:30.26	33.37
23.	NITA Daria		01	KU	AZS AGH Kraków				4:30.44	647	C	
	50m:	30.73	30.73	150m:	1:38.49	33.96	250m:	2:47.15	34.43	350m:	3:56.31	34.52
	100m:	1:04.53	33.80	200m:	2:12.72	34.23	300m:	3:21.79	34.64	400m:	4:30.44	34.13
24.	MAKSYMOWICZ Nina		05	UKS	G-8 Bielany Warszawa				4:31.86	637	C	
	50m:	30.91	30.91	150m:	1:39.58	34.81	250m:	2:48.54	34.74	350m:	3:57.86	34.72
	100m:	1:04.77	33.86	200m:	2:13.80	34.22	300m:	3:23.14	34.60	400m:	4:31.86	34.00
25.	KARWOWSKA Wiktoria		04	KU	AZS UMCS Lublin				4:34.79	616	C	
	50m:	30.42	30.42	150m:	1:38.32	34.28	250m:	2:48.46	35.24	350m:	3:59.97	35.87
	100m:	1:04.04	33.62	200m:	2:13.22	34.90	300m:	3:24.10	35.64	400m:	4:34.79	34.82
26.	MIERNIK Wiktoria		04	UKP	UNIA O wi cim				4:35.19	614	C	
	50m:	31.25	31.25	150m:	1:39.77	34.44	250m:	2:50.01	35.28	350m:	4:00.99	35.64
	100m:	1:05.33	34.08	200m:	2:14.73	34.96	300m:	3:25.35	35.34	400m:	4:35.19	34.20
27.	WRZESI SKA Wiktoria		04	UKS	190 Łód				4:35.52	611	C	
	50m:	31.09	31.09	150m:	1:39.69	34.77	250m:	2:50.39	35.51	350m:	4:00.82	35.10
	100m:	1:04.92	33.83	200m:	2:14.88	35.19	300m:	3:25.72	35.33	400m:	4:35.52	34.70
28.	BRACH Oliwia		04	UKP	POLONIA Warszawa				4:36.08	608	C	
	50m:	31.41	31.41	150m:	1:40.36	34.96	250m:	2:50.77	35.39	350m:	4:01.61	35.57
	100m:	1:05.40	33.99	200m:	2:15.38	35.02	300m:	3:26.04	35.27	400m:	4:36.08	34.47
29.	FIRA Weronika		04	SIKRET	Gliwice				4:37.25	600	C	
	50m:	31.12	31.12	150m:	1:40.45	35.12	250m:	2:51.23	35.44	350m:	4:02.59	35.62
	100m:	1:05.33	34.21	200m:	2:15.79	35.34	300m:	3:26.97	35.74	400m:	4:37.25	34.66
30.	MALINO Julia		04	UKS	ORKA Zamo				4:38.19	594	C	
	50m:	31.52	31.52	150m:	1:40.96	35.01	250m:	2:52.37	35.98	350m:	4:03.93	35.72
	100m:	1:05.95	34.43	200m:	2:16.39	35.43	300m:	3:28.21	35.84	400m:	4:38.19	34.26
31.	PIEPIÓRKA Martyna		03	UKS	ABIANKA Gda sk				4:38.32	593	R	
	50m:	30.98	30.98	150m:	1:40.83	35.26	250m:	2:53.07	36.37	350m:	4:04.98	35.83
	100m:	1:05.57	34.59	200m:	2:16.70	35.87	300m:	3:29.15	36.08	400m:	4:38.32	33.34
32.	KRAMKOWSKA Dominika		04	MKS	JUVENIA Wrocław				4:38.55	592	R	
	50m:	31.23	31.23	150m:	1:40.24	34.99	250m:	2:51.29	35.57	350m:	4:03.34	35.70
	100m:	1:05.25	34.02	200m:	2:15.72	35.48	300m:	3:27.64	36.35	400m:	4:38.55	35.21
33.	GWAJ Julia		04	MUKS	OLIMPIJCZYK Suwałki				4:39.76	584		
	50m:	30.75	30.75	150m:	1:39.78	35.06	250m:	2:50.79	35.95	350m:	4:03.40	36.49
	100m:	1:04.72	33.97	200m:	2:14.84	35.06	300m:	3:26.91	36.12	400m:	4:39.76	36.36



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Pozycja		Rok ur.						Czas	Pkt.	
34.	MAKSYMOWICZ Nadia	05	UKS G-8 Bielany Warszawa	4:40.01	583	50m: 31.64 31.64	150m: 1:40.93 35.20	250m: 2:51.39 35.30	350m: 4:04.99 37.07	400m: 4:40.01 35.02
35.	MIZIK Julia	04	UKS MANTA Warszawa Włochy	4:41.45	574	50m: 30.05 30.05	150m: 1:38.37 34.69	250m: 2:49.23 35.94	350m: 4:03.57 37.43	400m: 4:41.45 37.88
36.	PRZYBYSZ Kinga	04	MKP Astromal-Leszno	4:41.49	573	50m: 31.56 31.56	150m: 1:43.34 36.38	250m: 2:55.76 36.03	350m: 4:07.07 35.55	400m: 4:41.49 34.42
37.	CH CIAK Sandra	03	UKS G-8 Bielany Warszawa	4:42.05	570	50m: 31.36 31.36	150m: 1:42.39 35.99	250m: 2:54.90 36.38	350m: 4:07.85 36.57	400m: 4:42.05 34.20
38.	WA NIEWSKA Martyna	04	UKP JEDYNKA Elbląg	4:43.37	562	50m: 31.90 31.90	150m: 1:43.08 36.08	250m: 2:55.45 36.25	350m: 4:07.95 36.19	400m: 4:43.37 35.42
39.	TRAFALSKA Zuzanna	07	TP Olimpijczyk Aleksandrów Ł.	4:44.94	553	50m: 30.80 30.80	150m: 1:41.48 36.20	250m: 2:55.59 37.18	350m: 4:09.66 37.12	400m: 4:44.94 35.28
40.	MA LEJ Iga	03	MKS JUVENIA Wrocław	4:45.07	552	50m: 31.74 31.74	150m: 1:42.20 35.50	250m: 2:54.71 36.43	350m: 4:08.58 37.02	400m: 4:45.07 36.49
41.	KOWALSKA Julia	04	UKP UNIA Owiścim	4:45.64	549	50m: 31.99 31.99	150m: 1:43.22 36.18	250m: 2:56.57 36.63	350m: 4:09.83 36.43	400m: 4:45.64 35.81
42.	KRUPIŃSKA Liła	04	MTP KORMORAN Olsztyn	4:47.64	537	50m: 32.74 32.74	150m: 1:43.86 36.02	250m: 2:57.09 36.82	350m: 4:11.08 37.01	400m: 4:47.64 36.56
43.	DUTKOWIAK Aleksandra	03	WKS LSK Wrocław	4:47.98	535	50m: 31.74 31.74	150m: 1:45.57 37.25	250m: 2:59.85 36.82	350m: 4:13.73 36.79	400m: 4:47.98 34.25
44.	KUBCZYK Gabriela	04	KKS WŁÓKNIARZ 1925 Kalisz	4:49.89	525	50m: 32.69 32.69	150m: 1:45.34 36.81	250m: 2:59.64 37.08	350m: 4:14.36 36.99	400m: 4:49.89 35.53
45.	KOWACKA Aleksandra	04	MKS TRÓJKA Łódź	4:56.79	489	50m: 32.39 32.39	150m: 1:44.90 37.25	250m: 3:02.73 39.34	350m: 4:19.75 38.57	400m: 4:56.79 37.04
46.	RYDYŃSKA Maja	07	MKS SP 63 Bydgoszcz	4:57.91	484	50m: 33.02 33.02	150m: 1:45.80 37.41	250m: 3:02.59 38.57	350m: 4:20.21 39.03	400m: 4:57.91 37.70
47.	WRÓBLEWSKA Klaudia	04	KS KSZO Ostrowiec w.	5:00.52	471	50m: 32.95 32.95	150m: 1:47.18 37.45	250m: 3:03.29 38.17	350m: 4:21.19 39.33	400m: 5:00.52 39.33
48.	CIEŃ LUKOWSKA Pola	04	UKS Swim Team Wilanów	5:11.07	425	50m: 32.48 32.48	150m: 1:47.48 38.21	250m: 3:08.64 40.90	350m: 4:32.51 42.20	400m: 5:11.07 38.56