



Ministerstwo
Sportu i Turystyki



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

Konkurencja 3

Kobiet, 400m zmienny

14 lat i starsi

01.12.2021 - 9:37

Wyniki Eliminacje

Rekord Polski 4:31.89 BARANOWSKA Katarzyna 00116 Debrecen (HUN) 16.12.2007

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.
1.	FAMULOK Zuzanna		03	UKP UNIA O wi cim				4:51.85	698 A
	50m: 31.27	31.27	150m: 1:45.50	38.22	250m: 3:02.89	40.49	350m: 4:18.61	34.85	
	100m: 1:07.28	36.01	200m: 2:22.40	36.90	300m: 3:43.76	40.87	400m: 4:51.85	33.24	
2.	POZNA SKA Justyna		05	MKS JEDYNKA Łód				4:52.37	694 A
	50m: 31.97	31.97	150m: 1:44.22	36.50	250m: 3:01.80	41.75	350m: 4:18.88	35.04	
	100m: 1:07.72	35.75	200m: 2:20.05	35.83	300m: 3:43.84	42.04	400m: 4:52.37	33.49	
3.	GU Wiktoria		04	UKS DELFIN Piotrków Trybunalski				4:53.34	687 A
	50m: 31.55	31.55	150m: 1:43.99	36.48	250m: 3:01.30	40.82	350m: 4:18.76	35.29	
	100m: 1:07.51	35.96	200m: 2:20.48	36.49	300m: 3:43.47	42.17	400m: 4:53.34	34.58	
4.	HERASIMOWICZ Zuzanna		02	AZS AWF Warszawa				4:54.94	676 A
	50m: 31.83	31.83	150m: 1:45.58	37.18	250m: 3:03.20	41.40	350m: 4:20.49	35.11	
	100m: 1:08.40	36.57	200m: 2:21.80	36.22	300m: 3:45.38	42.18	400m: 4:54.94	34.45	
	KAMI SKA Anna		03	MUKS PI TNASTKA Bydgoszcz				4:54.94	676 A
	50m: 30.24	30.24	150m: 1:44.24	38.73	250m: 3:03.81	42.33	350m: 4:21.50	35.18	
	100m: 1:05.51	35.27	200m: 2:21.48	37.24	300m: 3:46.32	42.51	400m: 4:54.94	33.44	
6.	UKOWSKA Paula		93	KU AZS UMCS Lublin				4:56.36	667 A
	50m: 32.22	32.22	150m: 1:46.66	37.97	250m: 3:06.16	42.78	350m: 4:24.21	34.41	
	100m: 1:08.69	36.47	200m: 2:23.38	36.72	300m: 3:49.80	43.64	400m: 4:56.36	32.15	
7.	MIKOŁAJCZYK Maja		04	UKS 190 Łód				4:58.17	654 A
	50m: 31.73	31.73	150m: 1:47.13	38.87	250m: 3:06.89	40.81	350m: 4:24.71	34.93	
	100m: 1:08.26	36.53	200m: 2:26.08	38.95	300m: 3:49.78	42.89	400m: 4:58.17	33.46	
8.	MO D AN Milena		03	MKP Szczecin				4:58.65	651 A
	50m: 31.18	31.18	150m: 1:45.72	39.03	250m: 3:06.12	42.75	350m: 4:24.84	34.98	
	100m: 1:06.69	35.51	200m: 2:23.37	37.65	300m: 3:49.86	43.74	400m: 4:58.65	33.81	
9.	CIOCH-GRADZIK Wiktoria		03	KU AZS UMCS Lublin				5:00.28	641 A
	50m: 31.44	31.44	150m: 1:45.47	39.05	250m: 3:07.75	43.45	350m: 4:26.30	35.22	
	100m: 1:06.42	34.98	200m: 2:24.30	38.83	300m: 3:51.08	43.33	400m: 5:00.28	33.98	
10.	BIERNAT Oliwia		03	UKS SMS GALICJA Kraków				5:01.40	634 A
	50m: 31.36	31.36	150m: 1:46.10	38.47	250m: 3:06.76	42.96	350m: 4:26.64	36.39	
	100m: 1:07.63	36.27	200m: 2:23.80	37.70	300m: 3:50.25	43.49	400m: 5:01.40	34.76	
11.	BOCIAN Roksana		04	UKP UNIA O wi cim				5:05.14	611 B
	50m: 31.47	31.47	150m: 1:48.29	39.76	250m: 3:10.14	42.61	350m: 4:30.22	36.46	
	100m: 1:08.53	37.06	200m: 2:27.53	39.24	300m: 3:53.76	43.62	400m: 5:05.14	34.92	
12.	ZI BA Anastazja		05	MUKS PI TNASTKA Bydgoszcz				5:08.82	589 B
	50m: 32.21	32.21	150m: 1:49.21	40.06	250m: 3:11.92	43.29	350m: 4:33.48	36.75	
	100m: 1:09.15	36.94	200m: 2:28.63	39.42	300m: 3:56.73	44.81	400m: 5:08.82	35.34	
13.	PIETRZYK Hanna		07	TP Olimpijczyk Aleksandrów Ł.				5:10.91	577 B
	50m: 31.27	31.27	150m: 1:50.62	40.88	250m: 3:12.27	42.00	350m: 4:34.92	38.83	
	100m: 1:09.74	38.47	200m: 2:30.27	39.65	300m: 3:56.09	43.82	400m: 5:10.91	35.99	
14.	SURMIAK Klara		04	UKP Ruda l ska				5:16.19	549 B
	50m: 34.07	34.07	150m: 1:53.59	41.36	250m: 3:18.10	43.76	350m: 4:40.17	37.77	
	100m: 1:12.23	38.16	200m: 2:34.34	40.75	300m: 4:02.40	44.30	400m: 5:16.19	36.02	
15.	FIRA Weronika		04	SIKRET Gliwice				5:18.07	539 B
	50m: 33.61	33.61	150m: 1:52.76	40.04	250m: 3:18.27	46.58	350m: 4:42.39	36.92	
	100m: 1:12.72	39.11	200m: 2:31.69	38.93	300m: 4:05.47	47.20	400m: 5:18.07	35.68	
16.	MIKUŁA Natalia		06	TP Olimpijczyk Aleksandrów Ł.				5:22.73	516 B
	50m: 35.07	35.07	150m: 1:56.97	40.62	250m: 3:20.98	44.12	350m: 4:44.90	39.32	
	100m: 1:16.35	41.28	200m: 2:36.86	39.89	300m: 4:05.58	44.60	400m: 5:22.73	37.83	





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Pozycja				Rok ur.					Czas	Pkt.		
17.	BIDNIK Wiktoria			04	UKS GIM 92 Ursynów				5:27.77	493	B	
	50m:	32.82	32.82	150m:	1:51.76	40.18	250m:	3:19.09	47.38	350m:	4:47.93	40.43
	100m:	1:11.58	38.76	200m:	2:31.71	39.95	300m:	4:07.50	48.41	400m:	5:27.77	39.84
18.	KUBICKA Klaudia			04	Sejwal Rypin				5:27.93	492	B	
	50m:	34.69	34.69	150m:	1:58.32	43.56	250m:	3:25.55	45.26	350m:	4:50.63	39.83
	100m:	1:14.76	40.07	200m:	2:40.29	41.97	300m:	4:10.80	45.25	400m:	5:27.93	37.30