



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 - 17:11

Wyniki Finał

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

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.		
<b>Finał A</b>											
1.	FAMULOK Zuzanna		03	UKP UNIA O wi cim				<b>4:39.12</b>	798		
	50m:	29.76 29.76	150m:	1:40.29	36.67	250m:	2:55.36	39.07	350m:	4:07.97	32.76
	100m:	1:03.62 33.86	200m:	2:16.29	36.00	300m:	3:35.21	39.85	400m:	4:39.12	31.15
2.	UKOWSKA Paula		93	KU AZS UMCS Lublin				<b>4:39.71</b>	793		
	50m:	30.63 30.63	150m:	1:41.07	35.56	250m:	2:55.68	39.84	350m:	4:08.34	32.26
	100m:	1:05.51 34.88	200m:	2:15.84	34.77	300m:	3:36.08	40.40	400m:	4:39.71	31.37
3.	POZNA SKA Justyna		05	MKS JEDYNKA Łód				<b>4:42.60</b>	769		
	50m:	30.26 30.26	150m:	1:39.91	35.07	250m:	2:55.44	40.81	350m:	4:10.80	33.87
	100m:	1:04.84 34.58	200m:	2:14.63	34.72	300m:	3:36.93	41.49	400m:	4:42.60	31.80
4.	GU Wiktoria		04	UKS DELFIN Piotrków Trybunalski				<b>4:42.71</b>	768		
	50m:	30.47 30.47	150m:	1:40.68	35.97	250m:	2:56.45	40.00	350m:	4:10.45	33.27
	100m:	1:04.71 34.24	200m:	2:16.45	35.77	300m:	3:37.18	40.73	400m:	4:42.71	32.26
5.	HERASIMOWICZ Zuzanna		02	AZS AWF Warszawa				<b>4:49.01</b>	719		
	50m:	30.14 30.14	150m:	1:39.25	34.63	250m:	2:54.71	41.46	350m:	4:13.66	35.51
	100m:	1:04.62 34.48	200m:	2:13.25	34.00	300m:	3:38.15	43.44	400m:	4:49.01	35.35
6.	MO D AN Milena		03	MKP Szczecin				<b>4:50.59</b>	707		
	50m:	30.35 30.35	150m:	1:42.64	37.40	250m:	3:01.02	41.84	350m:	4:17.39	33.78
	100m:	1:05.24 34.89	200m:	2:19.18	36.54	300m:	3:43.61	42.59	400m:	4:50.59	33.20
7.	KAMI SKA Anna		03	MUKS PI TNASTKA Bydgoszcz				<b>4:53.45</b>	687		
	50m:	30.24 30.24	150m:	1:44.03	38.15	250m:	3:03.42	42.34	350m:	4:21.41	35.62
	100m:	1:05.88 35.64	200m:	2:21.08	37.05	300m:	3:45.79	42.37	400m:	4:53.45	32.04
8.	MIKOŁAJCZYK Maja		04	UKS 190 Łód				<b>4:54.52</b>	679		
	50m:	31.38 31.38	150m:	1:45.42	38.22	250m:	3:05.11	40.64	350m:	4:21.45	34.52
	100m:	1:07.20 35.82	200m:	2:24.47	39.05	300m:	3:46.93	41.82	400m:	4:54.52	33.07
9.	CIOCH-GRADZIK Wiktoria		03	KU AZS UMCS Lublin				<b>4:55.50</b>	672		
	50m:	31.41 31.41	150m:	1:46.18	39.17	250m:	3:06.99	42.22	350m:	4:22.90	33.60
	100m:	1:07.01 35.60	200m:	2:24.77	38.59	300m:	3:49.30	42.31	400m:	4:55.50	32.60
10.	BIERNAT Oliwia		03	UKS SMS GALICJA Kraków				<b>4:59.98</b>	643		
	50m:	32.13 32.13	150m:	1:46.87	38.67	250m:	3:06.88	42.31	350m:	4:25.36	35.64
	100m:	1:08.20 36.07	200m:	2:24.57	37.70	300m:	3:49.72	42.84	400m:	4:59.98	34.62
<b>Finał B</b>											
11.	BOCIAN Roksana		04	UKP UNIA O wi cim				<b>5:01.39</b>	634		
	50m:	32.73 32.73	150m:	1:49.41	38.92	250m:	3:10.03	41.66	350m:	4:28.41	35.61
	100m:	1:10.49 37.76	200m:	2:28.37	38.96	300m:	3:52.80	42.77	400m:	5:01.39	32.98
12.	SURMIAK Klara		04	UKP Ruda l ska				<b>5:11.09</b>	576		
	50m:	32.73 32.73	150m:	1:51.12	40.91	250m:	3:14.32	42.73	350m:	4:35.34	37.58
	100m:	1:10.21 37.48	200m:	2:31.59	40.47	300m:	3:57.76	43.44	400m:	5:11.09	35.75
13.	FIRA Weronika		04	SIKRET Gliwice				<b>5:14.03</b>	560		
	50m:	33.26 33.26	150m:	1:52.54	39.96	250m:	3:16.96	45.13	350m:	4:38.68	36.20
	100m:	1:12.58 39.32	200m:	2:31.83	39.29	300m:	4:02.48	45.52	400m:	5:14.03	35.35
14.	BIDNIK Wiktoria		04	UKS GIM 92 Ursynów				<b>5:22.04</b>	519		
	50m:	33.29 33.29	150m:	1:52.28	40.05	250m:	3:17.50	45.74	350m:	4:43.96	39.79
	100m:	1:12.23 38.94	200m:	2:31.76	39.48	300m:	4:04.17	46.67	400m:	5:22.04	38.08
15.	KUBICKA Klaudia		04	Sejwal Rypin				<b>5:22.63</b>	516		
	50m:	34.90 34.90	150m:	1:58.56	43.50	250m:	3:24.50	44.27	350m:	4:47.18	38.59
	100m:	1:15.06 40.16	200m:	2:40.23	41.67	300m:	4:08.59	44.09	400m:	5:22.63	35.45

