

Konkurencja 11  
 01.05.2022

## Kobiet, 400m zmienny

 Open  
 Wyniki Eliminacje

Rekord Polski 4:36.95 BARANOWSKA Katarzyna 00116 Beijing (CHN) 09.08.2008

 Mistrzostwa Europy Seniorów - Rzym 2022 Open: 4:41.32; 18: 4:44.10 / Mistrzostwa Europy Juniorów- Bukareszt 2022 16 - 17: 4:56.78 /  
 Mistrzostwa świata Seniorów - Budapeszt 2022 Open: 4:38.53 / Letnia Uniwersjada - Chengdu 2022 Open: 4:44.10

Punkty: FINA 2022

| Pozycja |  |         | Rok ur. |                                 |         |       |       | Czas           | Pkt.  |       |         |       |
|---------|--|---------|---------|---------------------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 1.      | PIEKARSKA Natalia                            |         | 06      | UKS 190 Łódź                    |         |       |       | <b>4:54.80</b> | 737   | A     |         |       |
|         | <i>Minimum na ME Juniorów Bukareszt 2022</i> |         |         |                                 |         |       |       |                |       |       |         |       |
|         | 50m:   | 31.41   | 31.41   | 150m:                           | 1:44.96 | 38.25 | 250m: | 3:05.38        | 43.02 | 350m: | 4:22.06 | 34.27 |
|         | 100m:  | 1:06.71 | 35.30   | 200m:                           | 2:22.36 | 37.40 | 300m: | 3:47.79        | 42.41 | 400m: | 4:54.80 | 32.74 |
| 2.      | FAMULOK Zuzanna                              |         | 03      | UKP UNIA O wi cim               |         |       |       | <b>4:54.87</b> | 737   | A     |         |       |
|         | 50m:   | 30.38   | 30.38   | 150m:                           | 1:45.03 | 39.44 | 250m: | 3:06.06        | 42.46 | 350m: | 4:22.64 | 34.12 |
|         | 100m:  | 1:05.59 | 35.21   | 200m:                           | 2:23.60 | 38.57 | 300m: | 3:48.52        | 42.46 | 400m: | 4:54.87 | 32.23 |
| 3.      | POZNA SKA Justyna                            |         | 05      | MKS JEDYNKA Łódź                |         |       |       | <b>5:02.58</b> | 682   | A     |         |       |
|         | 50m:   | 32.03   | 32.03   | 150m:                           | 1:47.63 | 38.43 | 250m: | 3:08.77        | 43.59 | 350m: | 4:28.64 | 36.13 |
|         | 100m:  | 1:09.20 | 37.17   | 200m:                           | 2:25.18 | 37.55 | 300m: | 3:52.51        | 43.74 | 400m: | 5:02.58 | 33.94 |
| 4.      | MANIKO Nikol                                 |         | 06      | Ukraine                         |         |       |       | <b>5:06.53</b> | 656   | A     |         |       |
|         | 50m:   | 31.41   | 31.41   | 150m:                           | 1:47.27 | 39.41 | 250m: | 3:10.21        | 43.62 | 350m: | 4:31.13 | 36.51 |
|         | 100m:  | 1:07.86 | 36.45   | 200m:                           | 2:26.59 | 39.32 | 300m: | 3:54.62        | 44.41 | 400m: | 5:06.53 | 35.40 |
| 5.      | LECHOWSKA Magdalena                          |         | 06      | WKS L SK Wrocław                |         |       |       | <b>5:08.93</b> | 640   | A     |         |       |
|         | 50m:   | 32.46   | 32.46   | 150m:                           | 1:52.48 | 41.68 | 250m: | 3:15.27        | 42.58 | 350m: | 4:34.67 | 35.88 |
|         | 100m:  | 1:10.80 | 38.34   | 200m:                           | 2:32.69 | 40.21 | 300m: | 3:58.79        | 43.52 | 400m: | 5:08.93 | 34.26 |
| 6.      | RAKOWSKA Marta                               |         | 06      | DOKiS SP VEGA Dobrodzie         |         |       |       | <b>5:10.77</b> | 629   | A     |         |       |
|         | 50m:   | 32.96   | 32.96   | 150m:                           | 1:52.58 | 41.74 | 250m: | 3:16.93        | 44.83 | 350m: | 4:37.30 | 35.82 |
|         | 100m:  | 1:10.84 | 37.88   | 200m:                           | 2:32.10 | 39.52 | 300m: | 4:01.48        | 44.55 | 400m: | 5:10.77 | 33.47 |
| 7.      | GLI SKA Oliwia                               |         | 07      | TP Zielona Góra                 |         |       |       | <b>5:11.58</b> | 624   | A     |         |       |
|         | 50m:   | 33.84   | 33.84   | 150m:                           | 1:50.63 | 39.27 | 250m: | 3:14.04        | 45.08 | 350m: | 4:35.99 | 36.18 |
|         | 100m:  | 1:11.36 | 37.52   | 200m:                           | 2:28.96 | 38.33 | 300m: | 3:59.81        | 45.77 | 400m: | 5:11.58 | 35.59 |
| 8.      | RODZIEWICZ Alicja                            |         | 08      | UKS NAWA Skierniewice           |         |       |       | <b>5:11.79</b> | 623   | A     |         |       |
|         | 50m:   | 32.92   | 32.92   | 150m:                           | 1:50.17 | 38.91 | 250m: | 3:14.58        | 45.46 | 350m: | 4:36.90 | 35.43 |
|         | 100m:  | 1:11.26 | 38.34   | 200m:                           | 2:29.12 | 38.95 | 300m: | 4:01.47        | 46.89 | 400m: | 5:11.79 | 34.89 |
| 9.      | PRZYBYLSKA Oliwia                            |         | 07      | MKS Piaseczno                   |         |       |       | <b>5:12.71</b> | 617   | B     |         |       |
|         | 50m:   | 32.42   | 32.42   | 150m:                           | 1:51.22 | 39.58 | 250m: | 3:13.58        | 42.67 | 350m: | 4:35.92 | 37.93 |
|         | 100m:  | 1:11.64 | 39.22   | 200m:                           | 2:30.91 | 39.69 | 300m: | 3:57.99        | 44.41 | 400m: | 5:12.71 | 36.79 |
| 10.     | W GRZYNOWSKA Aleksandra                      |         | 01      | WKS L SK Wrocław                |         |       |       | <b>5:13.22</b> | 614   | B     |         |       |
|         | 50m:   | 30.90   | 30.90   | 150m:                           | 1:49.71 | 42.26 | 250m: | 3:18.25        | 45.81 | 350m: | 4:39.20 | 35.56 |
|         | 100m:  | 1:07.45 | 36.55   | 200m:                           | 2:32.44 | 42.73 | 300m: | 4:03.64        | 45.39 | 400m: | 5:13.22 | 34.02 |
| 11.     | SULAK Antonina                               |         | 06      | UKS PI TKA Konstancynów Łódzki  |         |       |       | <b>5:15.29</b> | 602   | B     |         |       |
|         | 50m:   | 32.95   | 32.95   | 150m:                           | 1:52.26 | 41.31 | 250m: | 3:17.24        | 45.16 | 350m: | 4:38.72 | 36.93 |
|         | 100m:  | 1:10.95 | 38.00   | 200m:                           | 2:32.08 | 39.82 | 300m: | 4:01.79        | 44.55 | 400m: | 5:15.29 | 36.57 |
| 12.     | TUPALSKA Oliwia                              |         | 05      | UKP POLONIA Warszawa            |         |       |       | <b>5:15.69</b> | 600   | B     |         |       |
|         | 50m:   | 32.40   | 32.40   | 150m:                           | 1:52.78 | 42.14 | 250m: | 3:19.02        | 45.41 | 350m: | 4:40.32 | 35.41 |
|         | 100m:  | 1:10.64 | 38.24   | 200m:                           | 2:33.61 | 40.83 | 300m: | 4:04.91        | 45.89 | 400m: | 5:15.69 | 35.37 |
| 13.     | POPPE Marta                                  |         | 07      | UKS MANTA Kochłowice Ruda I ska |         |       |       | <b>5:19.10</b> | 581   | B     |         |       |
|         | 50m:   | 34.31   | 34.31   | 150m:                           | 1:55.35 | 41.85 | 250m: | 3:22.90        | 46.35 | 350m: | 4:45.06 | 35.33 |
|         | 100m:  | 1:13.50 | 39.19   | 200m:                           | 2:36.55 | 41.20 | 300m: | 4:09.73        | 46.83 | 400m: | 5:19.10 | 34.04 |
| 14.     | NIKIEL Natalia                               |         | 06      | MKS Park Wodny Tarnowskie Góry  |         |       |       | <b>5:20.89</b> | 571   | B     |         |       |
|         | 50m:   | 34.12   | 34.12   | 150m:                           | 1:55.31 | 42.66 | 250m: | 3:22.03        | 46.78 | 350m: | 4:45.44 | 36.55 |
|         | 100m:  | 1:12.65 | 38.53   | 200m:                           | 2:35.25 | 39.94 | 300m: | 4:08.89        | 46.86 | 400m: | 5:20.89 | 35.45 |
| 15.     | SURMIAK Klara                                |         | 04      | UKP Ruda I ska                  |         |       |       | <b>5:21.03</b> | 571   | B     |         |       |
|         | 50m:   | 34.61   | 34.61   | 150m:                           | 1:57.82 | 42.73 | 250m: | 3:23.52        | 43.54 | 350m: | 4:45.28 | 37.31 |
|         | 100m:  | 1:15.09 | 40.48   | 200m:                           | 2:39.98 | 42.16 | 300m: | 4:07.97        | 44.45 | 400m: | 5:21.03 | 35.75 |

## Konkurencja 11, Kobiety, 400m zmienny, Eliminacje, Open

| Pozycja |                     |               | Rok ur. |                                   |       |       |         | Czas           | Pkt.  |         |       |
|---------|---------------------|---------------|---------|-----------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 16.     | BUKOWSKA Olga       |               | 05      | UKP Ruda I ska                    |       |       |         | <b>5:21.62</b> | 568 B |         |       |
|         | 50m:                | 33.46 33.46   | 150m:   | 1:53.89                           | 41.43 | 250m: | 3:20.60 | 45.70          | 350m: | 4:45.35 | 37.82 |
|         | 100m:               | 1:12.46 39.00 | 200m:   | 2:34.90                           | 41.01 | 300m: | 4:07.53 | 46.93          | 400m: | 5:21.62 | 36.27 |
| 17.     | ZMIERCZAK Natalia   |               | 03      | MTP KORMORAN Olsztyn              |       |       |         | <b>5:22.31</b> | 564 C |         |       |
|         | 50m:                | 32.55 32.55   | 150m:   | 1:53.05                           | 41.68 | 250m: | 3:20.19 | 46.32          | 350m: | 4:44.11 | 36.30 |
|         | 100m:               | 1:11.37 38.82 | 200m:   | 2:33.87                           | 40.82 | 300m: | 4:07.81 | 47.62          | 400m: | 5:22.31 | 38.20 |
| 18.     | NOWAK Paulina       |               | 05      | UKS Tri-Team Rumia                |       |       |         | <b>5:23.21</b> | 559 C |         |       |
|         | 50m:                | 34.77 34.77   | 150m:   | 1:57.19                           | 42.26 | 250m: | 3:23.77 | 44.95          | 350m: | 4:46.55 | 37.26 |
|         | 100m:               | 1:14.93 40.16 | 200m:   | 2:38.82                           | 41.63 | 300m: | 4:09.29 | 45.52          | 400m: | 5:23.21 | 36.66 |
| 19.     | DENISIEWICZ Zuzanna |               | 07      | UKS NAWA Skierniewice             |       |       |         | <b>5:23.32</b> | 559 C |         |       |
|         | 50m:                | 34.65 34.65   | 150m:   | 1:56.01                           | 40.61 | 250m: | 3:21.25 | 46.66          | 350m: | 4:46.23 | 38.10 |
|         | 100m:               | 1:15.40 40.75 | 200m:   | 2:34.59                           | 38.58 | 300m: | 4:08.13 | 46.88          | 400m: | 5:23.32 | 37.09 |
| 20.     | FIRA Weronika       |               | 04      | SIKRET Gliwice                    |       |       |         | <b>5:28.60</b> | 532 C |         |       |
|         | 50m:                | 34.24 34.24   | 150m:   | 1:56.90                           | 41.58 | 250m: | 3:25.57 | 48.11          | 350m: | 4:51.81 | 37.68 |
|         | 100m:               | 1:15.32 41.08 | 200m:   | 2:37.46                           | 40.56 | 300m: | 4:14.13 | 48.56          | 400m: | 5:28.60 | 36.79 |
| 21.     | SKROBISZ Urszula    |               | 06      | UKS ÓSEMKA Starogard Gdański      |       |       |         | <b>5:30.67</b> | 522 C |         |       |
|         | 50m:                | 34.70 34.70   | 150m:   | 2:00.43                           | 44.86 | 250m: | 3:30.88 | 45.59          | 350m: | 4:55.52 | 37.83 |
|         | 100m:               | 1:15.57 40.87 | 200m:   | 2:45.29                           | 44.86 | 300m: | 4:17.69 | 46.81          | 400m: | 5:30.67 | 35.15 |
| 22.     | DRZEWIECKA Maja     |               | 08      | MKS Park Wodny Tarnowskie Góry    |       |       |         | <b>5:30.69</b> | 522 C |         |       |
|         | 50m:                | 34.70 34.70   | 150m:   | 1:59.64                           | 43.18 | 250m: | 3:28.69 | 46.73          | 350m: | 4:54.46 | 37.95 |
|         | 100m:               | 1:16.46 41.76 | 200m:   | 2:41.96                           | 42.32 | 300m: | 4:16.51 | 47.82          | 400m: | 5:30.69 | 36.23 |
| 23.     | FERSZT Kornelia     |               | 08      | KS GÓRNIK Sosnowiec               |       |       |         | <b>5:33.67</b> | 508 C |         |       |
|         | 50m:                | 33.27 33.27   | 150m:   | 1:56.92                           | 43.21 | 250m: | 3:27.56 | 49.36          | 350m: | 4:56.60 | 38.94 |
|         | 100m:               | 1:13.71 40.44 | 200m:   | 2:38.20                           | 41.28 | 300m: | 4:17.66 | 50.10          | 400m: | 5:33.67 | 37.07 |
| 24.     | MIKUŁA Natalia      |               | 06      | TP OLIMPIJCZYK Aleksandrów Łódzki |       |       |         | <b>5:33.95</b> | 507 C |         |       |
|         | 50m:                | 34.13 34.13   | 150m:   | 1:55.06                           | 41.60 | 250m: | 3:24.10 | 47.90          | 350m: | 4:53.55 | 41.85 |
|         | 100m:               | 1:13.46 39.33 | 200m:   | 2:36.20                           | 41.14 | 300m: | 4:11.70 | 47.60          | 400m: | 5:33.95 | 40.40 |
| 25.     | MICHALIK Weronika   |               | 07      | UKS NAWA Skierniewice             |       |       |         | <b>5:35.75</b> | 499 R |         |       |
|         | 50m:                | 35.47 35.47   | 150m:   | 2:01.34                           | 42.09 | 250m: | 3:29.04 | 46.02          | 350m: | 4:56.90 | 40.27 |
|         | 100m:               | 1:19.25 43.78 | 200m:   | 2:43.02                           | 41.68 | 300m: | 4:16.63 | 47.59          | 400m: | 5:35.75 | 38.85 |
| 26.     | BUKOWSKA Michalina  |               | 07      | UKP Ruda I ska                    |       |       |         | <b>5:44.25</b> | 463 R |         |       |
|         | 50m:                | 35.37 35.37   | 150m:   | 2:03.51                           | 45.73 | 250m: | 3:38.59 | 50.61          | 350m: | 5:06.69 | 38.44 |
|         | 100m:               | 1:17.78 42.41 | 200m:   | 2:47.98                           | 44.47 | 300m: | 4:28.25 | 49.66          | 400m: | 5:44.25 | 37.56 |
| 27.     | FORNAL Hanna        |               | 06      | MKS TRÓJKA Łódź                   |       |       |         | <b>5:46.69</b> | 453   |         |       |
|         | 50m:                | 35.37 35.37   | 150m:   | 2:02.33                           | 45.08 | 250m: | 3:34.96 | 49.26          | 350m: | 5:06.95 | 40.86 |
|         | 100m:               | 1:17.25 41.88 | 200m:   | 2:45.70                           | 43.37 | 300m: | 4:26.09 | 51.13          | 400m: | 5:46.69 | 39.74 |
| 28.     | JAROS Aleksandra    |               | 07      | KS NEPTUN widnica                 |       |       |         | <b>5:48.82</b> | 445   |         |       |
|         | 50m:                | 34.75 34.75   | 150m:   | 2:04.98                           | 48.62 | 250m: | 3:40.02 | 49.65          | 350m: | 5:10.84 | 40.58 |
|         | 100m:               | 1:16.36 41.61 | 200m:   | 2:50.37                           | 45.39 | 300m: | 4:30.26 | 50.24          | 400m: | 5:48.82 | 37.98 |
| 29.     | NOWAK Victoria      |               | 05      | MKS Park Wodny Tarnowskie Góry    |       |       |         | <b>6:01.23</b> | 400   |         |       |
|         | 50m:                | 38.77 38.77   | 150m:   | 2:10.83                           | 45.57 | 250m: | 3:45.83 | 51.49          | 350m: | 5:19.38 | 42.93 |
|         | 100m:               | 1:25.26 46.49 | 200m:   | 2:54.34                           | 43.51 | 300m: | 4:36.45 | 50.62          | 400m: | 6:01.23 | 41.85 |
| 30.     | RODZIK Zuzanna      |               | 07      | OLIMPIJCZYK Tomaszów Mazowiecki   |       |       |         | <b>6:40.11</b> | 295   |         |       |
|         | 50m:                | 34.53 34.53   | 150m:   | 2:13.46                           | 55.70 | 250m: | 4:04.63 | 57.98          | 350m: | 5:53.03 | 48.23 |
|         | 100m:               | 1:17.76 43.23 | 200m:   | 3:06.65                           | 53.19 | 300m: | 5:04.80 | 1:00.17        | 400m: | 6:40.11 | 47.08 |

DYSKW. JAINTA Sara

07 DOKiS SP VEGA Dobrodzie

*Z3 - Pływak uko czył poszczególne odcinki niezgodnie z przepisami o zakazaniu wyścigu w danym stylu., K16*