

Konkurencja 21  
 02.05.2022 - 17:12

## Kobiety, 400m dowolny

 Open  
 Wyniki Finał

Rekord Polski	4:04.23	JEDRZEJCZAK Otylia	00114	Melbourne (AUS)	25.03.2007
Mistrzostwa Europy Seniorów - Rzym 2022 Open: 4:10.38; 18: 4:12.86 / Mistrzostwa Europy Juniorów- Bukareszt 2022 16 - 17: 4:20.14 / Mistrzostwa świata Seniorów - Budapeszt 2022 Open: 4:07.90 / Letnia Uniwersjada - Chengdu 2022 Open: 4:12.86					
Punkty: FINA 2022					

Pozycja			Rok ur.					Czas	Pkt.
<b>Finał A</b>									
1.	KNOP Aleksandra		03	UKS 190 Łódź				<b>4:13.51</b>	811
	50m:	29.90 29.90	150m:	1:33.50 32.00	250m:	2:37.96 32.14	350m:	3:42.13 31.75	
	100m:	1:01.50 31.60	200m:	2:05.82 32.32	300m:	3:10.38 32.42	400m:	4:13.51 31.38	
2.	POLA SKA Aleksandra		00	UKS GOS Raszyn				<b>4:13.71</b>	809
	50m:	29.13 29.13	150m:	1:32.01 31.69	250m:	2:36.02 32.07	350m:	3:41.19 32.75	
	100m:	1:00.32 31.19	200m:	2:03.95 31.94	300m:	3:08.44 32.42	400m:	4:13.71 32.52	
3.	TARASIEWICZ Klaudia		04	MKP Szczecin				<b>4:14.94</b>	797
	50m:	29.90 29.90	150m:	1:33.78 31.99	250m:	2:37.81 31.77	350m:	3:42.58 32.71	
	100m:	1:01.79 31.89	200m:	2:06.04 32.26	300m:	3:09.87 32.06	400m:	4:14.94 32.36	
4.	SNITKO Karyna		04	UKS GOS Raszyn				<b>4:22.19</b>	733
	50m:	30.13 30.13	150m:	1:35.63 32.94	250m:	2:42.40 33.25	350m:	3:49.23 33.22	
	100m:	1:02.69 32.56	200m:	2:09.15 33.52	300m:	3:16.01 33.61	400m:	4:22.19 32.96	
5.	GU Wiktoria		04	UKS DELFIN Piotrków Trybunalski				<b>4:22.69</b>	729
	50m:	29.73 29.73	150m:	1:33.46 32.21	250m:	2:39.55 33.52	350m:	3:48.37 34.99	
	100m:	1:01.25 31.52	200m:	2:06.03 32.57	300m:	3:13.38 33.83	400m:	4:22.69 34.32	
6.	KULIK Julia		05	UKS GOS Raszyn				<b>4:23.23</b>	724
	50m:	30.37 30.37	150m:	1:35.72 33.13	250m:	2:42.81 33.59	350m:	3:50.50 33.93	
	100m:	1:02.59 32.22	200m:	2:09.22 33.50	300m:	3:16.57 33.76	400m:	4:23.23 32.73	
7.	PIEKARSKA Natalia		06	UKS 190 Łódź				<b>4:28.16</b>	685
	50m:	31.09 31.09	150m:	1:38.90 34.07	250m:	2:47.31 34.21	350m:	3:55.72 34.03	
	100m:	1:04.83 33.74	200m:	2:13.10 34.20	300m:	3:21.69 34.38	400m:	4:28.16 32.44	
8.	CZUBAK Maria		06	IKS Konstancin				<b>4:28.26</b>	684
	50m:	31.07 31.07	150m:	1:38.83 33.83	250m:	2:47.25 34.27	350m:	3:55.44 34.03	
	100m:	1:05.00 33.93	200m:	2:12.98 34.15	300m:	3:21.41 34.16	400m:	4:28.26 32.82	
<b>Finał B</b>									
9.	W GRZYNOWSKA Aleksandra		01	WKS L SK Wrocław				<b>4:25.74</b>	704
	50m:	29.88 29.88	150m:	1:36.87 33.97	250m:	2:45.40 34.17	350m:	3:52.96 33.56	
	100m:	1:02.90 33.02	200m:	2:11.23 34.36	300m:	3:19.40 34.00	400m:	4:25.74 32.78	
10.	ŁUCZAK Dominika		02	TP Zielona Góra				<b>4:28.50</b>	683
	50m:	30.97 30.97	150m:	1:38.12 33.92	250m:	2:47.00 34.56	350m:	3:55.19 33.83	
	100m:	1:04.20 33.23	200m:	2:12.44 34.32	300m:	3:21.36 34.36	400m:	4:28.50 33.31	
11.	KRASZEWSKA Martyna		05	MTP KORMORAN Olsztyn				<b>4:32.04</b>	656
	50m:	30.34 30.34	150m:	1:38.96 35.21	250m:	2:49.26 35.25	350m:	3:59.24 34.89	
	100m:	1:03.75 33.41	200m:	2:14.01 35.05	300m:	3:24.35 35.09	400m:	4:32.04 32.80	
12.	RUDOMINA Agnieszka		06	UKS ABIANKA Gdańsk				<b>4:33.17</b>	648
	50m:	31.40 31.40	150m:	1:40.42 34.91	250m:	2:49.89 34.73	350m:	3:59.91 34.88	
	100m:	1:05.51 34.11	200m:	2:15.16 34.74	300m:	3:25.03 35.14	400m:	4:33.17 33.26	
13.	MAKSYMOWICZ Nina		05	UKS G-8 Bielany Warszawa				<b>4:34.77</b>	637
	50m:	31.53 31.53	150m:	1:40.75 35.04	250m:	2:51.27 35.16	350m:	4:01.51 35.10	
	100m:	1:05.71 34.18	200m:	2:16.11 35.36	300m:	3:26.41 35.14	400m:	4:34.77 33.26	
14.	WIERNICKA Julia		07	KS PI TKA Chorzów				<b>4:38.31</b>	613
	50m:	31.69 31.69	150m:	1:41.62 35.08	250m:	2:52.70 35.39	350m:	4:04.54 35.90	
	100m:	1:06.54 34.85	200m:	2:17.31 35.69	300m:	3:28.64 35.94	400m:	4:38.31 33.77	

## Konkurencja 21, Kobiet, 400m dowolny, Finał, Open

Pozycja		Rok ur.						Czas	Pkt.
15.	RAKOWSKA Marta	06	DOKiS SP VEGA Dobrodzie					<b>4:38.41</b>	612
	50m: 31.47 31.47	150m: 1:42.62	35.94	250m: 2:54.24	35.90	350m: 4:05.76		35.63	
	100m: 1:06.68 35.21	200m: 2:18.34	35.72	300m: 3:30.13	35.89	400m: 4:38.41		32.65	
16.	WRZESI SKA Wiktoria	04	UKS 190 Łódź					<b>4:38.83</b>	609
	50m: 31.78 31.78	150m: 1:42.27	35.58	250m: 2:53.69	35.74	350m: 4:05.01		35.74	
	100m: 1:06.69 34.91	200m: 2:17.95	35.68	300m: 3:29.27	35.58	400m: 4:38.83		33.82	

## Finał C

17.	LECHOWSKA Magdalena	06	WKS L SK Wrocław					<b>4:34.00</b>	642
	50m: 30.93 30.93	150m: 1:39.34	34.44	250m: 2:49.41	35.01	350m: 3:59.98		35.04	
	100m: 1:04.90 33.97	200m: 2:14.40	35.06	300m: 3:24.94	35.53	400m: 4:34.00		34.02	
18.	SUJKOWSKA Roksana	05	MTP KORMORAN Olsztyn					<b>4:37.89</b>	616
	50m: 31.71 31.71	150m: 1:41.66	35.59	250m: 2:52.70	35.58	350m: 4:03.77		35.32	
	100m: 1:06.07 34.36	200m: 2:17.12	35.46	300m: 3:28.45	35.75	400m: 4:37.89		34.12	
19.	MAZUR Zuzanna	05	MKP SŁOWIANKA Gorzów Wlkp.					<b>4:38.97</b>	608
	50m: 31.68 31.68	150m: 1:41.29	35.20	250m: 2:53.21	35.90	350m: 4:05.00		35.61	
	100m: 1:06.09 34.41	200m: 2:17.31	36.02	300m: 3:29.39	36.18	400m: 4:38.97		33.97	
20.	TRACZYK Anna	06	MKS JUVENIA Wrocław					<b>4:39.59</b>	604
	50m: 31.33 31.33	150m: 1:41.42	35.42	250m: 2:53.48	35.70	350m: 4:05.23		35.62	
	100m: 1:06.00 34.67	200m: 2:17.78	36.36	300m: 3:29.61	36.13	400m: 4:39.59		34.36	
21.	WALCZAK Barbara	06	UKS G-8 Bielany Warszawa					<b>4:40.88</b>	596
	50m: 31.18 31.18	150m: 1:40.28	34.96	250m: 2:52.27	35.93	350m: 4:05.29		36.17	
	100m: 1:05.32 34.14	200m: 2:16.34	36.06	300m: 3:29.12	36.85	400m: 4:40.88		35.59	
22.	FERSZT Kornelia	08	KS GÓRNIK Sosnowiec					<b>4:41.32</b>	593
	50m: 31.95 31.95	150m: 1:42.53	35.73	250m: 2:54.73	36.32	350m: 4:06.97		35.82	
	100m: 1:06.80 34.85	200m: 2:18.41	35.88	300m: 3:31.15	36.42	400m: 4:41.32		34.35	
23.	NIKIEL Natalia	06	MKS Park Wodny Tarnowskie Góry					<b>4:41.39</b>	593
	50m: 32.59 32.59	150m: 1:43.59	35.76	250m: 2:55.75	35.94	350m: 4:06.99		35.30	
	100m: 1:07.83 35.24	200m: 2:19.81	36.22	300m: 3:31.69	35.94	400m: 4:41.39		34.40	
24.	POPPE Marta	07	UKS MANTA Kochłowice Ruda I ska					<b>4:43.44</b>	580
	50m: 30.89 30.89	150m: 1:40.79	35.54	250m: 2:53.90	36.36	350m: 4:07.70		36.68	
	100m: 1:05.25 34.36	200m: 2:17.54	36.75	300m: 3:31.02	37.12	400m: 4:43.44		35.74	