



Letnie Mistrzostwa Polski Juniorów 16-lat w pływaniu  
Ostrowiec wi tokrzyski, 14-17.07.2022

Konkurencja 22  
16.07.2022 - 9:32

Dziewcz t, 400m dowolny

16 lat

Wyniki Eliminacje

Rekord Polski 16 lat 4:12.62 ZUKOWSKA Paula POL Doha (QAT) 09.12.2009

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.
1. CZUBAK Maria	06 IKS Konstancin	<b>4:28.35</b>	684 A
50m: 30.97 30.97	150m: 1:38.96 34.13	250m: 2:47.77 34.45	350m: 3:55.76 33.75
100m: 1:04.83 33.86	200m: 2:13.32 34.36	300m: 3:22.01 34.24	400m: 4:28.35 32.59
2. MIŁEK Alicja	06 MKS JEDYNKA Łód	<b>4:34.14</b>	641 A
50m: 29.87 29.87	150m: 1:39.48 35.45	250m: 2:50.10 35.34	350m: 4:00.62 35.14
100m: 1:04.03 34.16	200m: 2:14.76 35.28	300m: 3:25.48 35.38	400m: 4:34.14 33.52
3. WILK Anna	06 UKP FALA Kra nik	<b>4:34.31</b>	640 A
50m: 31.07 31.07	150m: 1:40.06 34.90	250m: 2:50.17 35.23	350m: 4:00.56 35.17
100m: 1:05.16 34.09	200m: 2:14.94 34.88	300m: 3:25.39 35.22	400m: 4:34.31 33.75
4. RUDOMINA Agnieszka	06 UKS ABIANKA Gda sk	<b>4:34.38</b>	640 A
50m: 31.44 31.44	150m: 1:40.47 34.88	250m: 2:50.55 35.05	350m: 4:00.83 35.09
100m: 1:05.59 34.15	200m: 2:15.50 35.03	300m: 3:25.74 35.19	400m: 4:34.38 33.55
5. MACIAK Julia	06 IUKS MUSZELKA Warszawa	<b>4:35.57</b>	631 A
50m: 31.90 31.90	150m: 1:41.46 34.94	250m: 2:51.60 35.27	350m: 4:01.69 35.13
100m: 1:06.52 34.62	200m: 2:16.33 34.87	300m: 3:26.56 34.96	400m: 4:35.57 33.88
6. R P Apolonia	06 Mokotowski UKP Warszawianka- Wodny	<b>4:36.21</b>	627 A
50m: 31.50 31.50	150m: 1:41.42 35.32	250m: 2:52.19 35.40	350m: 4:02.99 35.23
100m: 1:06.10 34.60	200m: 2:16.79 35.37	300m: 3:27.76 35.57	400m: 4:36.21 33.22
7. CHMIELEWSKA Aleksandra	06 MUKS OLIMPIJCZYK Suwałki	<b>4:40.03</b>	602 A
50m: 31.68 31.68	150m: 1:40.36 34.88	250m: 2:52.51 36.05	350m: 4:06.12 37.25
100m: 1:05.48 33.80	200m: 2:16.46 36.10	300m: 3:28.87 36.36	400m: 4:40.03 33.91
OSTROWSKA Nina	06 MKS TRÓJKA Łód	<b>4:40.03</b>	602 A
50m: 30.87 30.87	150m: 1:39.71 34.96	250m: 2:52.21 36.51	350m: 4:04.67 36.13
100m: 1:04.75 33.88	200m: 2:15.70 35.99	300m: 3:28.54 36.33	400m: 4:40.03 35.36
9. NIKIEL Natalia	06 MKS Park Wodny Tarnowskie Góry	<b>4:40.65</b>	598 A
50m: 33.20 33.20	150m: 1:43.98 35.87	250m: 2:54.97 35.20	350m: 4:06.55 35.43
100m: 1:08.11 34.91	200m: 2:19.77 35.79	300m: 3:31.12 36.15	400m: 4:40.65 34.10
10. GORCZYCA Gabriela	06 UKS SMS GALICJA Kraków	<b>4:40.91</b>	596 A
50m: 31.95 31.95	150m: 1:42.28 35.40	250m: 2:53.57 35.94	350m: 4:05.88 36.58
100m: 1:06.88 34.93	200m: 2:17.63 35.35	300m: 3:29.30 35.73	400m: 4:40.91 35.03
11. ADAMCZYK Karolina	06 Mokotowski UKP Warszawianka- Wodny	<b>4:41.29</b>	594 B
50m: 31.83 31.83	150m: 1:43.66 36.14	250m: 2:54.77 35.22	350m: 4:06.18 35.69
100m: 1:07.52 35.69	200m: 2:19.55 35.89	300m: 3:30.49 35.72	400m: 4:41.29 35.11
12. WALCZAK Barbara	06 UKS G-8 Bielany Warszawa	<b>4:41.85</b>	590 B
50m: 32.02 32.02	150m: 1:41.44 35.08	250m: 2:53.59 36.62	350m: 4:06.96 36.44
100m: 1:06.36 34.34	200m: 2:16.97 35.53	300m: 3:30.52 36.93	400m: 4:41.85 34.89
13. HUBERT Julia	06 MKP Szczecin	<b>4:42.71</b>	585 B
50m: 31.39 31.39	150m: 1:41.37 35.50	250m: 2:54.01 36.70	350m: 4:07.33 36.55
100m: 1:05.87 34.48	200m: 2:17.31 35.94	300m: 3:30.78 36.77	400m: 4:42.71 35.38
14. ŁAZARZ Milena	06 UKP UNIA O wi cim	<b>4:43.35</b>	581 B
50m: 31.43 31.43	150m: 1:43.23 36.53	250m: 2:55.51 35.94	350m: 4:08.30 36.02
100m: 1:06.70 35.27	200m: 2:19.57 36.34	300m: 3:32.28 36.77	400m: 4:43.35 35.05
15. TRACZYK Anna	06 MKS JUVENIA Wrocław	<b>4:43.51</b>	580 B
50m: 31.60 31.60	150m: 1:42.30 35.84	250m: 2:55.90 36.73	350m: 4:08.72 36.28
100m: 1:06.46 34.86	200m: 2:19.17 36.87	300m: 3:32.44 36.54	400m: 4:43.51 34.79
16. MACURA Kinga	06 UKP UNIA O wi cim	<b>4:43.71</b>	578 B
50m: 32.48 32.48	150m: 1:44.12 36.23	250m: 2:56.09 35.82	350m: 4:08.62 36.48
100m: 1:07.89 35.41	200m: 2:20.27 36.15	300m: 3:32.14 36.05	400m: 4:43.71 35.09



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Konkurencja 22, Dziewcz t, 400m dowolny, Eliminacje, 16 lat

Pozycja			Rok ur.						Czas	Pkt.		
17.	SVIATKINA Yeva*		06	MKS TRÓJKA Łód					<b>4:45.34</b>	569	B	
	50m:	32.63	32.63	150m:	1:45.19	36.67	250m:	2:58.68	36.69	350m:	4:11.73	35.85
	100m:	1:08.52	35.89	200m:	2:21.99	36.80	300m:	3:35.88	37.20	400m:	4:45.34	33.61
18.	WIDNICKA Kamila		06	MKS JUVENIA Wrocław					<b>4:45.70</b>	566	B	
	50m:	31.98	31.98	150m:	1:43.86	36.10	250m:	2:57.32	36.61	350m:	4:10.47	36.52
	100m:	1:07.76	35.78	200m:	2:20.71	36.85	300m:	3:33.95	36.63	400m:	4:45.70	35.23
19.	GAWEŁKO Zuzanna		06	KS WISŁA Puławy					<b>4:46.22</b>	563	B	
	50m:	32.16	32.16	150m:	1:44.50	36.39	250m:	2:57.11	36.22	350m:	4:10.19	36.50
	100m:	1:08.11	35.95	200m:	2:20.89	36.39	300m:	3:33.69	36.58	400m:	4:46.22	36.03
20.	SZACHMYTOWSKA Lena		06	MTS Kwidzyn					<b>4:48.90</b>	548	B	
	50m:	32.36	32.36	150m:	1:45.79	37.33	250m:	3:00.00	37.09	350m:	4:13.75	36.69
	100m:	1:08.46	36.10	200m:	2:22.91	37.12	300m:	3:37.06	37.06	400m:	4:48.90	35.15
21.	HRYMALIUK Anastasiia*		06	MKS TRÓJKA Łód					<b>4:49.11</b>	547	R	
	50m:	32.10	32.10	150m:	1:45.18	36.74	250m:	2:58.81	36.85	350m:	4:13.53	37.43
	100m:	1:08.44	36.34	200m:	2:21.96	36.78	300m:	3:36.10	37.29	400m:	4:49.11	35.58
22.	BADURA Natalia		06	UKP UNIA O wi cim					<b>4:50.07</b>	541	R	
	50m:	32.66	32.66	150m:	1:46.07	37.21	250m:	3:01.36	37.75	350m:	4:15.65	36.97
	100m:	1:08.86	36.20	200m:	2:23.61	37.54	300m:	3:38.68	37.32	400m:	4:50.07	34.42
23.	RULEWSKA Julia		06	UKS ÓSEMKA Starogard Gda ski					<b>4:50.31</b>	540		
	50m:	31.72	31.72	150m:	1:43.11	36.06	250m:	2:57.34	37.41	350m:	4:14.69	39.09
	100m:	1:07.05	35.33	200m:	2:19.93	36.82	300m:	3:35.60	38.26	400m:	4:50.31	35.62
24.	SZABRA SKA Oliwia		06	UKS GIM 92 Ursynów					<b>4:50.35</b>	540		
	50m:	32.36	32.36	150m:	1:44.61	36.70	250m:	2:58.67	37.36	350m:	4:13.24	37.68
	100m:	1:07.91	35.55	200m:	2:21.31	36.70	300m:	3:35.56	36.89	400m:	4:50.35	37.11
25.	BAŁDYGA Kamila		06	MTP Kormoran Olsztyn					<b>4:53.60</b>	522		
	50m:	32.96	32.96	150m:	1:45.93	36.93	250m:	3:00.95	37.71	350m:	4:16.64	37.87
	100m:	1:09.00	36.04	200m:	2:23.24	37.31	300m:	3:38.77	37.82	400m:	4:53.60	36.96
26.	GAWLIK Jagoda		06	KS GÓRNIK Sosnowiec					<b>4:55.51</b>	512		
	50m:	33.27	33.27	150m:	1:46.47	37.11	250m:	3:01.80	37.88	350m:	4:17.70	37.67
	100m:	1:09.36	36.09	200m:	2:23.92	37.45	300m:	3:40.03	38.23	400m:	4:55.51	37.81
27.	SZAFRA SKA Malwina		06	KS KSZO Ostrowiec w.					<b>4:55.55</b>	512		
	50m:	32.72	32.72	150m:	1:46.14	37.08	250m:	3:01.98	38.02	350m:	4:18.55	38.12
	100m:	1:09.06	36.34	200m:	2:23.96	37.82	300m:	3:40.43	38.45	400m:	4:55.55	37.00
28.	FURMA SKA Julia		06	UKS NAWA Skierniewice					<b>4:57.96</b>	499		
	50m:	34.17	34.17	150m:	1:49.04	38.01	250m:	3:05.40	37.88	350m:	4:21.90	38.01
	100m:	1:11.03	36.86	200m:	2:27.52	38.48	300m:	3:43.89	38.49	400m:	4:57.96	36.06
29.	PODPORA Marta		06	UKP POLONIA Warszawa					<b>4:58.08</b>	499		
	50m:	32.87	32.87	150m:	1:47.21	37.96	250m:	3:05.39	39.12	350m:	4:21.30	37.24
	100m:	1:09.25	36.38	200m:	2:26.27	39.06	300m:	3:44.06	38.67	400m:	4:58.08	36.78
30.	NOWALI SKA Julia		06	KS JUST SWIM Jelenia Góra					<b>4:59.11</b>	494		
	50m:	32.07	32.07	150m:	1:47.31	38.24	250m:	3:04.40	38.88	350m:	4:22.17	38.29
	100m:	1:09.07	37.00	200m:	2:25.52	38.21	300m:	3:43.88	39.48	400m:	4:59.11	36.94
31.	KARCZMARCZYK Julia		06	UKS DELFIN Garwolin					<b>4:59.96</b>	489		
	50m:	34.00	34.00	150m:	1:50.33	38.72	250m:	3:08.13	38.94	350m:	4:24.38	37.62
	100m:	1:11.61	37.61	200m:	2:29.19	38.86	300m:	3:46.76	38.63	400m:	4:59.96	35.58
32.	WOJTOWICZ Małgorzata		06	MTKP DELFIN Toru					<b>5:00.27</b>	488		
	50m:	34.82	34.82	150m:	1:51.12	38.66	250m:	3:08.39	38.41	350m:	4:24.73	37.92
	100m:	1:12.46	37.64	200m:	2:29.98	38.86	300m:	3:46.81	38.42	400m:	5:00.27	35.54
33.	CELI SKA Małgorzata		06	KS KSZO Ostrowiec w.					<b>5:00.39</b>	487		
	50m:	32.77	32.77	150m:	1:46.98	37.81	250m:	3:03.72	38.35	350m:	4:22.31	39.54
	100m:	1:09.17	36.40	200m:	2:25.37	38.39	300m:	3:42.77	39.05	400m:	5:00.39	38.08



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Pozycja			Rok ur.					Czas	Pkt.
34.	BRACHACZEK Emilia		06	UKS WODNIK Siemianowice I skie				<b>5:02.48</b>	477
	50m: 33.87 33.87	150m: 1:48.79		37.77	250m: 3:05.80	38.64	350m: 4:23.47	38.75	
	100m: 1:11.02 37.15	200m: 2:27.16		38.37	300m: 3:44.72	38.92	400m: 5:02.48	39.01	
35.	WISZNIEWSKA Zuzanna		06	UKP POLONIA Warszawa				<b>5:02.84</b>	476
	50m: 31.85 31.85	150m: 1:46.81		38.14	250m: 3:05.81	39.92	350m: 4:24.26	39.09	
	100m: 1:08.67 36.82	200m: 2:25.89		39.08	300m: 3:45.17	39.36	400m: 5:02.84	38.58	
36.	SZCZUDŁO Alicja		06	SWIMLAND Olsztyn				<b>5:05.70</b>	462
	50m: 33.29 33.29	150m: 1:48.54		38.69	250m: 3:06.85	39.23	350m: 4:25.96	39.67	
	100m: 1:09.85 36.56	200m: 2:27.62		39.08	300m: 3:46.29	39.44	400m: 5:05.70	39.74	
37.	KUC Michalina		06	MUKS UNIA Busko Zdrój				<b>5:09.65</b>	445
	50m: 33.98 33.98	150m: 1:51.94		39.65	250m: 3:11.39	40.55	350m: 4:31.28	39.85	
	100m: 1:12.29 38.31	200m: 2:30.84		38.90	300m: 3:51.43	40.04	400m: 5:09.65	38.37	
38.	BRZYSKA Jagoda		06	MKS Park Wodny Tarnowskie Góry				<b>5:12.15</b>	434
	50m: 35.71 35.71	150m: 1:55.33		40.45	250m: 3:15.51	39.89	350m: 4:33.72	38.53	
	100m: 1:14.88 39.17	200m: 2:35.62		40.29	300m: 3:55.19	39.68	400m: 5:12.15	38.43	
39.	ŁADZIAK Nadia		06	MKS JEDYNKA Łód				<b>5:14.62</b>	424
	50m: 34.21 34.21	150m: 1:54.13		40.53	250m: 3:14.53	40.14	350m: 4:35.19	40.24	
	100m: 1:13.60 39.39	200m: 2:34.39		40.26	300m: 3:54.95	40.42	400m: 5:14.62	39.43	
40.	KORNACKA Kesja		06	Grupa 5Styl				<b>5:24.22</b>	387
	50m: 37.10 37.10	150m: 1:59.51		42.13	250m: 3:21.51	40.70	350m: 4:44.45	41.62	
	100m: 1:17.38 40.28	200m: 2:40.81		41.30	300m: 4:02.83	41.32	400m: 5:24.22	39.77	
41.	KOCHOWSKA Wiktoria		06	SIKRET Gliwice				<b>5:41.63</b>	331
	50m: 37.27 37.27	150m: 2:03.22		44.42	250m: 3:31.58	42.84	350m: 4:59.42	43.67	
	100m: 1:18.80 41.53	200m: 2:48.74		45.52	300m: 4:15.75	44.17	400m: 5:41.63	42.21	