

## Konkurencja 22

## Kobiet, 400m dowolny

## Open

2022-12-02 - 9:20

Wyniki Eliminacje

Rekord Polski 4:02.68 POLA SKA Aleksandra POL Olsztyn 2020-12-18

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
1.	KNOP Aleksandra		03	UKS 190 Łód			<b>4:15.22</b>	769 A	
	50m: 29.68 29.68	150m: 1:33.40 32.14		250m: 2:38.26 32.51	350m: 3:43.43 32.58				
	100m: 1:01.26 31.58	200m: 2:05.75 32.35		300m: 3:10.85 32.59	400m: 4:15.22 31.79				
2.	KRASZEWSKA Martyna		05	MTP KORMORAN Olsztyn			<b>4:15.82</b>	764 A	
	50m: 29.58 29.58	150m: 1:33.98 32.47		250m: 2:39.06 32.44	350m: 3:44.75 32.62				
	100m: 1:01.51 31.93	200m: 2:06.62 32.64		300m: 3:12.13 33.07	400m: 4:15.82 31.07				
3.	POLA SKA Aleksandra		00	UKS GOS Raszyn			<b>4:16.26</b>	760 A	
	50m: 29.11 29.11	150m: 1:33.31 32.62		250m: 2:38.64 32.76	350m: 3:44.27 32.62				
	100m: 1:00.69 31.58	200m: 2:05.88 32.57		300m: 3:11.65 33.01	400m: 4:16.26 31.99				
4.	PIECHOTA Paulina		99	UKS 190 Łód			<b>4:18.07</b>	744 A	
	50m: 30.42 30.42	150m: 1:35.43 32.73		250m: 2:40.80 32.58	350m: 3:45.85 32.38				
	100m: 1:02.70 32.28	200m: 2:08.22 32.79		300m: 3:13.47 32.67	400m: 4:18.07 32.22				
5.	KOWALSKA Klara		05	KU AZS UMCS Lublin			<b>4:18.36</b>	742 A	
	50m: 30.14 30.14	150m: 1:36.14 33.05		250m: 2:41.20 32.36	350m: 3:46.49 32.70				
	100m: 1:03.09 32.95	200m: 2:08.84 32.70		300m: 3:13.79 32.59	400m: 4:18.36 31.87				
6.	GU Wiktoria		04	MKP Szczecin			<b>4:19.07</b>	736 A	
	50m: 20.54 20.54	150m: 1:35.84 32.74		250m: 2:41.34 32.54	350m: 3:46.81 32.55				
	100m: 1:03.10 42.56	200m: 2:08.80 32.96		300m: 3:14.26 32.92	400m: 4:19.07 32.26				
7.	KULIK Julia		05	UKS GOS Raszyn			<b>4:19.21</b>	734 A	
	50m: 30.90 30.90	150m: 1:36.07 32.83		250m: 2:40.69 31.93	350m: 3:46.88 33.33				
	100m: 1:03.24 32.34	200m: 2:08.76 32.69		300m: 3:13.55 32.86	400m: 4:19.21 32.33				
8.	MACIAK Julia		06	IUKS MUSZELKA Warszawa			<b>4:19.52</b>	732 A	
	50m: 30.57 30.57	150m: 1:35.92 32.76		250m: 2:41.64 32.66	350m: 3:47.81 33.21				
	100m: 1:03.16 32.59	200m: 2:08.98 33.06		300m: 3:14.60 32.96	400m: 4:19.52 31.71				
9.	POZNA SKA Justyna		05	MKS JEDYNKA Łód			<b>4:19.80</b>	729 A	
	50m: 30.69 30.69	150m: 1:36.02 32.98		250m: 2:41.83 32.84	350m: 3:47.43 32.95				
	100m: 1:03.04 32.35	200m: 2:08.99 32.97		300m: 3:14.48 32.65	400m: 4:19.80 32.37				
10.	NOWAK Maja		03	UKS GOS Raszyn			<b>4:22.16</b>	710 A	
	50m: 31.22 31.22	150m: 1:37.76 33.44		250m: 2:44.68 33.16	350m: 3:50.16 32.81				
	100m: 1:04.32 33.10	200m: 2:11.52 33.76		300m: 3:17.35 32.67	400m: 4:22.16 32.00				
11.	WIKTOROWICZ Patrycja		04	MKS SMS Victoria Racibórz			<b>4:22.21</b>	709 B	
	50m: 30.55 30.55	150m: 1:36.11 32.87		250m: 2:42.26 33.14	350m: 3:49.64 33.84				
	100m: 1:03.24 32.69	200m: 2:09.12 33.01		300m: 3:15.80 33.54	400m: 4:22.21 32.57				
12.	WRZESI SKA Wiktoria		04	UKS 190 Łód			<b>4:22.98</b>	703 B	
	50m: 30.70 30.70	150m: 1:36.94 33.16		250m: 2:43.64 33.50	350m: 3:50.35 33.26				
	100m: 1:03.78 33.08	200m: 2:10.14 33.20		300m: 3:17.09 33.45	400m: 4:22.98 32.63				
13.	ŁUCZAK Dominika		02	TP Zielona Góra			<b>4:23.65</b>	698 B	
	50m: 30.46 30.46	150m: 1:36.61 33.22		250m: 2:43.28 33.26	350m: 3:50.57 33.94				
	100m: 1:03.39 32.93	200m: 2:10.02 33.41		300m: 3:16.63 33.35	400m: 4:23.65 33.08				
14.	KOSSOWSKA Julita		05	UKS 190 Łód			<b>4:23.94</b>	696 B	
	50m: 30.46 30.46	150m: 1:36.75 33.41		250m: 2:43.97 33.46	350m: 3:51.77 33.97				
	100m: 1:03.34 32.88	200m: 2:10.51 33.76		300m: 3:17.80 33.83	400m: 4:23.94 32.17				
15.	GÓRSKA Zofia		05	UKS GOS Raszyn			<b>4:26.07</b>	679 B	
	50m: 30.24 30.24	150m: 1:37.25 33.85		250m: 2:45.26 33.81	350m: 3:53.63 33.96				
	100m: 1:03.40 33.16	200m: 2:11.45 34.20		300m: 3:19.67 34.41	400m: 4:26.07 32.44				
16.	NITA Daria		01	KS AZS AGH Kraków			<b>4:27.19</b>	671 B	
	50m: 30.58 30.58	150m: 1:37.71 33.74		250m: 2:45.99 34.16	350m: 3:54.08 33.92				
	100m: 1:03.97 33.39	200m: 2:11.83 34.12		300m: 3:20.16 34.17	400m: 4:27.19 33.11				

## Konkurencja 22, Kobiet, 400m dowolny, Eliminacje, Open

Pozycja					Rok ur.					Czas	Pkt.	
17.	BOCIAN Roksana				04	UKP UNIA O wi cim				<b>4:27.36</b>	669 B	
	50m:	30.57	30.57	150m:	1:38.00	34.07	250m:	2:45.76	33.96	350m:	3:54.06	34.13
	100m:	1:03.93	33.36	200m:	2:11.80	33.80	300m:	3:19.93	34.17	400m:	4:27.36	33.30
18.	HELLAK Emilia				03	KS SWIM-ART Wrocław				<b>4:27.93</b>	665 B	
	50m:	29.89	29.89	150m:	1:36.16	33.62	250m:	2:44.29	34.30	350m:	3:53.41	34.70
	100m:	1:02.54	32.65	200m:	2:09.99	33.83	300m:	3:18.71	34.42	400m:	4:27.93	34.52
19.	BUKOWSKA Olga				05	MKP Szczecin				<b>4:28.16</b>	663 B	
	50m:	30.21	30.21	150m:	1:37.25	33.69	250m:	2:45.51	34.31	350m:	3:54.91	34.57
	100m:	1:03.56	33.35	200m:	2:11.20	33.95	300m:	3:20.34	34.83	400m:	4:28.16	33.25
20.	SIWKO Natalia				04	KU AZS UMCS Lublin				<b>4:28.25</b>	663 B	
	50m:	30.84	30.84	150m:	1:38.60	34.18	250m:	2:47.17	34.25	350m:	3:55.66	34.33
	100m:	1:04.42	33.58	200m:	2:12.92	34.32	300m:	3:21.33	34.16	400m:	4:28.25	32.59
21.	FIGAS Alicja				04	MKP Szczecin				<b>4:28.41</b>	661 C	
	50m:	30.85	30.85	150m:	1:37.25	33.49	250m:	2:45.27	33.92	350m:	3:54.52	34.79
	100m:	1:03.76	32.91	200m:	2:11.35	34.10	300m:	3:19.73	34.46	400m:	4:28.41	33.89
22.	MAKSYMOWICZ Nina				05	UKS G-8 Bielany Warszawa				<b>4:28.64</b>	660 C	
	50m:	31.26	31.26	150m:	1:38.68	34.08	250m:	2:46.92	34.38	350m:	3:55.80	34.28
	100m:	1:04.60	33.34	200m:	2:12.54	33.86	300m:	3:21.52	34.60	400m:	4:28.64	32.84
23.	SŁABOSZ Emilia				05	MOSM Tychy				<b>4:29.71</b>	652 C	
	50m:	30.47	30.47	150m:	1:38.65	34.39	250m:	2:47.87	34.80	350m:	3:57.24	34.45
	100m:	1:04.26	33.79	200m:	2:13.07	34.42	300m:	3:22.79	34.92	400m:	4:29.71	32.47
24.	SAMORAJ Oliwia				05	MKS Piaseczno				<b>4:31.43</b>	640 C	
	50m:	30.84	30.84	150m:	1:38.72	34.33	250m:	2:48.69	35.07	350m:	3:58.15	34.46
	100m:	1:04.39	33.55	200m:	2:13.62	34.90	300m:	3:23.69	35.00	400m:	4:31.43	33.28
25.	MAKSYMOWICZ Nadia				05	UKS G-8 Bielany Warszawa				<b>4:32.09</b>	635 C	
	50m:	31.58	31.58	150m:	1:39.55	34.31	250m:	2:49.08	35.02	350m:	3:58.83	35.13
	100m:	1:05.24	33.66	200m:	2:14.06	34.51	300m:	3:23.70	34.62	400m:	4:32.09	33.26
26.	MAZUR Zuzanna				05	MKP SŁOWIANKA Gorzów Wlkp.				<b>4:32.98</b>	629 C	
	50m:	31.32	31.32	150m:	1:39.68	34.58	250m:	2:49.30	34.61	350m:	3:58.96	34.70
	100m:	1:05.10	33.78	200m:	2:14.69	35.01	300m:	3:24.26	34.96	400m:	4:32.98	34.02
27.	KOWALCZYK Katarzyna				05	MKP Szczecin				<b>4:34.44</b>	619 C	
	50m:	31.79	31.79	150m:	1:40.57	34.66	250m:	2:50.64	35.12	350m:	4:00.75	34.95
	100m:	1:05.91	34.12	200m:	2:15.52	34.95	300m:	3:25.80	35.16	400m:	4:34.44	33.69
28.	FIRA Weronika				04	SIKRET Gliwice				<b>4:35.92</b>	609 C	
	50m:	31.84	31.84	150m:	1:41.35	34.76	250m:	2:51.32	34.88	350m:	4:01.61	35.19
	100m:	1:06.59	34.75	200m:	2:16.44	35.09	300m:	3:26.42	35.10	400m:	4:35.92	34.31
29.	MLECZEK Natalia				05	MKP Wodnik 29 Tychy				<b>4:36.06</b>	608 C	
	50m:	32.02	32.02	150m:	1:41.28	34.90	250m:	2:52.05	35.29	350m:	4:02.53	35.15
	100m:	1:06.38	34.36	200m:	2:16.76	35.48	300m:	3:27.38	35.33	400m:	4:36.06	33.53
30.	TADKO Wiktoria				05	MKS SMS Victoria Racibórz				<b>4:36.22</b>	607 C	
	50m:	31.97	31.97	150m:	1:41.47	35.05	250m:	2:52.21	35.58	350m:	4:02.87	34.96
	100m:	1:06.42	34.45	200m:	2:16.63	35.16	300m:	3:27.91	35.70	400m:	4:36.22	33.35
31.	BISZEWSKA Gabriela				05	MUKS OLIMPIJCZYK Suwałki				<b>4:36.67</b>	604 R	
	50m:	32.43	32.43	150m:	1:41.09	34.67	250m:	2:51.31	35.19	350m:	4:02.29	35.65
	100m:	1:06.42	33.99	200m:	2:16.12	35.03	300m:	3:26.64	35.33	400m:	4:36.67	34.38
32.	ZAGDA SKA Oliwia				05	MKS JUVENIA Wrocław				<b>4:37.25</b>	600 R	
	50m:	31.29	31.29	150m:	1:39.43	34.57	250m:	2:50.46	35.72	350m:	4:02.10	35.80
	100m:	1:04.86	33.57	200m:	2:14.74	35.31	300m:	3:26.30	35.84	400m:	4:37.25	35.15
33.	CICHA Aleksandra				05	UKS SMS GALICJA Kraków				<b>4:41.20</b>	575	
	50m:	32.55	32.55	150m:	1:43.66	35.80	250m:	2:54.96	35.57	350m:	4:06.32	35.66
	100m:	1:07.86	35.31	200m:	2:19.39	35.73	300m:	3:30.66	35.70	400m:	4:41.20	34.88

## Konkurencja 22, Kobiet, 400m dowolny, Eliminacje, Open

Pozycja					Rok ur.					Czas	Pkt.	
34.	SKALI SKA Ewa				05	IKS Konstancin				<b>4:41.36</b>	574	
	50m:	32.21	32.21	150m:	1:44.26	36.10	250m:	2:56.25	35.92	350m:	4:06.97	35.18
	100m:	1:08.16	35.95	200m:	2:20.33	36.07	300m:	3:31.79	35.54	400m:	4:41.36	34.39
35.	VOLKERT Julia				05	UKP UNIA O wi cim				<b>4:41.59</b>	573	
	50m:	32.13	32.13	150m:	1:42.28	35.23	250m:	2:53.95	36.05	350m:	4:06.25	36.23
	100m:	1:07.05	34.92	200m:	2:17.90	35.62	300m:	3:30.02	36.07	400m:	4:41.59	35.34
36.	TOMASZEWSKA Aleksandra				99	St. Lok. SALOS Cortile Kielce				<b>4:45.43</b>	550	
	50m:	32.81	32.81	150m:	1:44.73	36.50	250m:	2:58.01	36.44	350m:	4:10.27	35.73
	100m:	1:08.23	35.42	200m:	2:21.57	36.84	300m:	3:34.54	36.53	400m:	4:45.43	35.16
37.	KOWALSKA Julia				04	UKP UNIA O wi cim				<b>4:47.36</b>	539	
	50m:	32.36	32.36	150m:	1:43.21	35.59	250m:	2:56.14	36.93	350m:	4:10.99	37.53
	100m:	1:07.62	35.26	200m:	2:19.21	36.00	300m:	3:33.46	37.32	400m:	4:47.36	36.37
38.	JAWORSKA Wiktoria				05	MUKS PI TNASTKA Bydgoszcz				<b>4:49.48</b>	527	
	50m:	32.17	32.17	150m:	1:44.39	36.80	250m:	2:58.50	37.23	350m:	4:13.44	37.43
	100m:	1:07.59	35.42	200m:	2:21.27	36.88	300m:	3:36.01	37.51	400m:	4:49.48	36.04
39.	SELL Karolina				07	MUKP Korona-Swim Kielce				<b>4:53.20</b>	507	
	50m:	33.09	33.09	150m:	1:46.45	36.89	250m:	3:00.76	37.25	350m:	4:15.98	37.17
	100m:	1:09.56	36.47	200m:	2:23.51	37.06	300m:	3:38.81	38.05	400m:	4:53.20	37.22
40.	PABISIAK Helena				05	UKP POLONIA Warszawa				<b>4:55.69</b>	495	
	50m:	33.88	33.88	150m:	1:48.73	37.83	250m:	3:04.71	37.66	350m:	4:19.27	37.30
	100m:	1:10.90	37.02	200m:	2:27.05	38.32	300m:	3:41.97	37.26	400m:	4:55.69	36.42
	SOSNÓWKA Oliwia				05	UKP FALA Kra nik				<b>4:55.69</b>	495	
	50m:	33.68	33.68	150m:	1:47.71	37.43	250m:	3:03.52	37.77	350m:	4:19.47	38.15
	100m:	1:10.28	36.60	200m:	2:25.75	38.04	300m:	3:41.32	37.80	400m:	4:55.69	36.22
42.	KOWALSKA Oliwia				05	MKP SŁOWIANKA Gorzów Wlkp.				<b>4:58.43</b>	481	
	50m:	33.18	33.18	150m:	1:46.22	36.97	250m:	3:02.59	38.33	350m:	4:20.49	39.26
	100m:	1:09.25	36.07	200m:	2:24.26	38.04	300m:	3:41.23	38.64	400m:	4:58.43	37.94
43.	LEWANDOWSKA Zuzanna				08	MUKS PI TNASTKA Bydgoszcz				<b>5:17.70</b>	399	
	50m:	27.06	27.06	150m:	1:53.80	40.24	250m:	3:16.10	41.51	350m:	4:38.70	41.09
	100m:	1:13.56	46.50	200m:	2:34.59	40.79	300m:	3:57.61	41.51	400m:	5:17.70	39.00
44.	IWANOWSKA Zuzanna				08	MUKS PI TNASTKA Bydgoszcz				<b>5:19.62</b>	392	
	50m:			150m:	1:55.45	41.05	250m:	3:17.74	41.22	350m:	4:40.55	41.02
	100m:	1:14.40		200m:	2:36.52	41.07	300m:	3:59.53	41.79	400m:	5:19.62	39.07
45.	ZAGRODNIK Hanna				08	MKS SP 63 Bydgoszcz				<b>5:28.02</b>	362	
	50m:	35.45	35.45	150m:	1:57.30	41.50	250m:	3:21.76	42.16	350m:	4:47.20	42.82
	100m:	1:15.80	40.35	200m:	2:39.60	42.30	300m:	4:04.38	42.62	400m:	5:28.02	40.82