

Letnie Mistrzostwa Polski Juniorów Młodszych 14 lat
Ostrowiec wi tokrzyski, 06-09-07-2023

Konkurencja 22 Dziewcz t, 400m dowolny 14 lat
2023-07-08 - 9:46 Wyniki Eliminacje

Rekord Polski 14-lat 4:16.54 KILIJA SKA Donata 00612 Tampere (FIN) 2009-07-20

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.		
1.	KUCZMAR Aleksandra		09	MKS Ochota Warszawa				4:40.12	601	A	
	50m:	31.86 31.86	150m:	1:41.98	35.51	250m:	2:53.68	35.84	350m:	4:05.63	35.98
	100m:	1:06.47 34.61	200m:	2:17.84	35.86	300m:	3:29.65	35.97	400m:	4:40.12	34.49
2.	KARKOCHA Gabriela		09	UKS MANTA Kochłowice Ruda I ska				4:43.34	580	A	
	50m:	32.15 32.15	150m:	1:43.68	35.99	250m:	2:56.05	36.13	350m:	4:08.70	36.04
	100m:	1:07.69 35.54	200m:	2:19.92	36.24	300m:	3:32.66	36.61	400m:	4:43.34	34.64
3.	WEGNER Julia		09	MKP SŁOWIANKA Gorzów Wlkp.				4:43.48	579	A	
	50m:	31.79 31.79	150m:	1:44.24	36.36	250m:	2:57.26	36.05	350m:	4:09.18	35.51
	100m:	1:07.88 36.09	200m:	2:21.21	36.97	300m:	3:33.67	36.41	400m:	4:43.48	34.30
4.	POLAK Iga		09	KS PŁETWAŁ Zakopane				4:44.28	575	A	
	50m:	32.45 32.45	150m:	1:44.55	36.56	250m:	2:57.35	36.38	350m:	4:09.37	35.82
	100m:	1:07.99 35.54	200m:	2:20.97	36.42	300m:	3:33.55	36.20	400m:	4:44.28	34.91
5.	RESZKO Lena		09	UKP POLONIA Warszawa				4:44.52	573	A	
	50m:	32.07 32.07	150m:	1:44.22	36.36	250m:	2:57.04	36.18	350m:	4:09.52	35.95
	100m:	1:07.86 35.79	200m:	2:20.86	36.64	300m:	3:33.57	36.53	400m:	4:44.52	35.00
6.	KISZCZAK Olga		09	UKS ÓSEMKA O wi cim				4:46.47	561	A	
	50m:	32.73 32.73	150m:	1:44.59	36.28	250m:	2:58.31	37.07	350m:	4:11.86	36.58
	100m:	1:08.31 35.58	200m:	2:21.24	36.65	300m:	3:35.28	36.97	400m:	4:46.47	34.61
7.	DŁUGOPOLSKA Nikola		09	Stow. OLIMPIJCZYK Kraków				4:48.31	551	A	
	50m:	32.72 32.72	150m:	1:45.14	36.45	250m:	2:58.41	36.53	350m:	4:12.42	37.00
	100m:	1:08.69 35.97	200m:	2:21.88	36.74	300m:	3:35.42	37.01	400m:	4:48.31	35.89
8.	MAZUREK Dagmara		09	UKS Olimpijczyk 23				4:48.49	550	A	
	50m:	32.32 32.32	150m:	1:44.13	36.34	250m:	2:57.90	37.08	350m:	4:12.52	37.07
	100m:	1:07.79 35.47	200m:	2:20.82	36.69	300m:	3:35.45	37.55	400m:	4:48.49	35.97
9.	AK Zoya		09	UKS SMS Galicja Kraków				4:48.66	549	A	
	50m:	33.27 33.27	150m:	1:46.52	37.04	250m:	3:00.43	36.67	350m:	4:13.48	36.24
	100m:	1:09.48 36.21	200m:	2:23.76	37.24	300m:	3:37.24	36.81	400m:	4:48.66	35.18
10.	WIECZOREK Michalina		09	UKS ÓSEMKA O wi cim				4:50.39	539	A	
	50m:	32.74 32.74	150m:	1:46.77	37.68	250m:	3:01.45	37.53	350m:	4:15.62	36.96
	100m:	1:09.09 36.35	200m:	2:23.92	37.15	300m:	3:38.66	37.21	400m:	4:50.39	34.77
11.	CHYZEWSKA Pola		09	MKP SŁOWIANKA Gorzów Wlkp.				4:50.64	538	B	
	50m:	32.03 32.03	150m:	1:46.78	38.29	250m:	3:01.03	36.65	350m:	4:15.12	36.68
	100m:	1:08.49 36.46	200m:	2:24.38	37.60	300m:	3:38.44	37.41	400m:	4:50.64	35.52
12.	CHAŁUPKA Amelia		09	MKS Piaseczno				4:51.72	532	B	
	50m:	32.48 32.48	150m:	1:46.30	37.32	250m:	3:01.76	37.61	350m:	4:15.93	36.59
	100m:	1:08.98 36.50	200m:	2:24.15	37.85	300m:	3:39.34	37.58	400m:	4:51.72	35.79
13.	GRYKO Patrycja		09	KS WARTA Pozna				4:52.49	527	B	
	50m:	31.87 31.87	150m:	1:45.39	37.50	250m:	3:01.03	38.02	350m:	4:16.82	37.87
	100m:	1:07.89 36.02	200m:	2:23.01	37.62	300m:	3:38.95	37.92	400m:	4:52.49	35.67
14.	G SKA Paulina		09	MKS IKAR Stal Mielec				4:54.23	518	B	
	50m:	33.26 33.26	150m:	1:46.68	36.88	250m:	3:01.65	37.38	350m:	4:17.41	37.69
	100m:	1:09.80 36.54	200m:	2:24.27	37.59	300m:	3:39.72	38.07	400m:	4:54.23	36.82
15.	GNA Nadia		09	UKS Tri-Team Rumia				4:54.83	515	B	
	50m:	33.10 33.10	150m:	1:46.60	37.50	250m:	3:02.66	38.28	350m:	4:18.29	37.62
	100m:	1:09.10 36.00	200m:	2:24.38	37.78	300m:	3:40.67	38.01	400m:	4:54.83	36.54
16.	ELASKOWSKA Wiktoria		09	MKS TRÓJKA Łód				4:55.80	510	B	
	50m:	32.03 32.03	150m:	1:44.61	37.15	250m:	3:00.86	38.29	350m:	4:19.78	39.00
	100m:	1:07.46 35.43	200m:	2:22.57	37.96	300m:	3:40.78	39.92	400m:	4:55.80	36.02

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Pozycja	Rok ur.	Czas	Pkt.
17. SZCZEPANIK Nikola	09 MKP SŁOWIANKA Gorzów Wlkp.	4:56.12	508 B
50m: 33.32 33.32	150m: 1:49.57 38.68	250m: 3:05.85 37.83	350m: 4:21.33 37.10
100m: 1:10.89 37.57	200m: 2:28.02 38.45	300m: 3:44.23 38.38	400m: 4:56.12 34.79
18. LIPKOWSKA Paulina	09 UKS G-8 Bielany Warszawa	4:56.93	504 B
50m: 33.68 33.68	150m: 1:50.99 38.45	250m: 3:06.81 37.65	350m: 4:21.24 36.50
100m: 1:12.54 38.86	200m: 2:29.16 38.17	300m: 3:44.74 37.93	400m: 4:56.93 35.69
19. OKO Anna	09 LKS Jedno 32 Przyszowice	4:57.63	501 B
50m: 32.96 32.96	150m: 1:47.60 37.59	250m: 3:04.19 38.29	350m: 4:20.66 38.23
100m: 1:10.01 37.05	200m: 2:25.90 38.30	300m: 3:42.43 38.24	400m: 4:57.63 36.97
20. ZI TEK Julia	09 UKP Rudańska	4:58.22	498 B
50m: 32.78 32.78	150m: 1:49.41 39.01	250m: 3:06.50 38.21	350m: 4:21.73 36.99
100m: 1:10.40 37.62	200m: 2:28.29 38.88	300m: 3:44.74 38.24	400m: 4:58.22 36.49
21. MICHALIK Wiktoria	09 UKS ÓSEMKA Owiścim	5:00.59	486 R
50m: 33.10 33.10	150m: 1:48.78 38.93	250m: 3:06.38 39.43	350m: 4:24.04 39.04
100m: 1:09.85 36.75	200m: 2:26.95 38.17	300m: 3:45.00 38.62	400m: 5:00.59 36.55
22. POŁE Oliwia	09 MKS CKS-SMS Szczecin	5:00.74	485 R
50m: 33.90 33.90	150m: 1:48.65 37.78	250m: 3:07.28 39.66	350m: 4:24.82 38.07
100m: 1:10.87 36.97	200m: 2:27.62 38.97	300m: 3:46.75 39.47	400m: 5:00.74 35.92
23. KOCHANIK Izabela	09 UKS Tri-Team Rumia	5:01.17	483
50m: 34.20 34.20	150m: 1:49.65 38.46	250m: 3:07.15 39.02	350m: 4:25.03 38.99
100m: 1:11.19 36.99	200m: 2:28.13 38.48	300m: 3:46.04 38.89	400m: 5:01.17 36.14
24. MAJSZUTOWICZ Zofia	09 MKP Szczecin	5:01.46	482
50m: 33.41 33.41	150m: 1:49.88 38.87	250m: 3:07.51 38.99	350m: 4:24.95 38.97
100m: 1:11.01 37.60	200m: 2:28.52 38.64	300m: 3:45.98 38.47	400m: 5:01.46 36.51
25. MAIK Victoria	09 KP SUKCES Chorzów	5:01.70	481
50m: 32.35 32.35	150m: 1:49.01 39.08	250m: 3:07.42 38.96	350m: 4:25.01 38.42
100m: 1:09.93 37.58	200m: 2:28.46 39.45	300m: 3:46.59 39.17	400m: 5:01.70 36.69
26. GRAJDURA Nina	09 UKS Sokół-Mościce Tarnów	5:01.99	479
50m: 32.92 32.92	150m: 1:47.50 38.18	250m: 3:05.54 39.01	350m: 4:24.03 39.53
100m: 1:09.32 36.40	200m: 2:26.53 39.03	300m: 3:44.50 38.96	400m: 5:01.99 37.96
27. EKIERT Gabriela	09 MKS JUVENIA Białystok	5:02.64	476
50m: 34.58 34.58	150m: 1:50.60 38.34	250m: 3:08.31 38.89	350m: 4:26.31 38.29
100m: 1:12.26 37.68	200m: 2:29.42 38.82	300m: 3:48.02 39.71	400m: 5:02.64 36.33
28. LESZCZEWSKA Lena	09 MKP Szczecin	5:03.01	474
50m: 34.01 34.01	150m: 1:49.78 38.62	250m: 3:09.07 39.03	350m: 4:27.13 38.23
100m: 1:11.16 37.15	200m: 2:30.04 40.26	300m: 3:48.90 39.83	400m: 5:03.01 35.88
29. DRABYCH Valeriia	09 KS KSZO Ostrowiec w.	5:03.07	474
50m: 34.07 34.07	150m: 1:49.71 38.59	250m: 3:07.79 39.23	350m: 4:26.09 39.15
100m: 1:11.12 37.05	200m: 2:28.56 38.85	300m: 3:46.94 39.15	400m: 5:03.07 36.98
30. BALICKA Ada	09 KS WARTA Poznań	5:03.42	472
50m: 33.57 33.57	150m: 1:48.40 38.07	250m: 3:06.57 39.42	350m: 4:25.81 39.57
100m: 1:10.33 36.76	200m: 2:27.15 38.75	300m: 3:46.24 39.67	400m: 5:03.42 37.61
31. WITO Anna	09 UKS MOS w Opolu	5:03.43	472
50m: 33.26 33.26	150m: 1:48.52 38.17	250m: 3:06.85 39.17	350m: 4:25.97 39.73
100m: 1:10.35 37.09	200m: 2:27.68 39.16	300m: 3:46.24 39.39	400m: 5:03.43 37.46
32. GŁA EWSKA Zofia	09 UKS GIM 92 Ursynów	5:03.61	472
50m: 35.33 35.33	150m: 1:52.60 38.54	250m: 3:10.36 38.56	350m: 4:26.85 38.11
100m: 1:14.06 38.73	200m: 2:31.80 39.20	300m: 3:48.74 38.38	400m: 5:03.61 36.76
33. GROCKA Natalia	09 MKS JUVENIA Wrocław	5:03.73	471
50m: 35.01 35.01	150m: 1:53.21 39.13	250m: 3:11.81 39.19	350m: 4:28.78 38.09
100m: 1:14.08 39.07	200m: 2:32.62 39.41	300m: 3:50.69 38.88	400m: 5:03.73 34.95
34. SADŁOWSKA Maja	09 Dwójka Morena Gdańsk	5:03.92	470
50m: 33.99 33.99	150m: 1:50.49 38.85	250m: 3:08.84 39.17	350m: 4:26.61 38.45
100m: 1:11.64 37.65	200m: 2:29.67 39.18	300m: 3:48.16 39.32	400m: 5:03.92 37.31

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Pozycja	Rok ur.	Czas	Pkt.
35. DUDA Katarzyna	09 UKS VICTORIA Kozy	5:04.49	467
50m: 35.50 35.50	150m: 1:53.58 38.80 250m: 3:11.04 38.76 350m: 4:27.54 37.68		
100m: 1:14.78 39.28	200m: 2:32.28 38.70 300m: 3:49.86 38.82 400m: 5:04.49 36.95		
36. CHRAB SZCZ Maja	09 MUKP Korona-Swim Kielce	5:04.58	467
50m: 33.46 33.46	150m: 1:50.20 38.82 250m: 3:09.10 39.36 350m: 4:27.83 39.32		
100m: 1:11.38 37.92	200m: 2:29.74 39.54 300m: 3:48.51 39.41 400m: 5:04.58 36.75		
37. BOGIELCZYK Natalia	09 KS NEPTUN widnica	5:04.89	466
50m: 34.58 34.58	150m: 1:50.37 38.51 250m: 3:08.79 39.12 350m: 4:27.24 39.00		
100m: 1:11.86 37.28	200m: 2:29.67 39.30 300m: 3:48.24 39.45 400m: 5:04.89 37.65		
38. SOWI SKA Wiktorja	09 KP Ciechanów	5:04.96	465
50m: 33.01 33.01	150m: 1:50.70 39.28 250m: 3:09.11 39.29 350m: 4:28.36 38.78		
100m: 1:11.42 38.41	200m: 2:29.82 39.12 300m: 3:49.58 40.47 400m: 5:04.96 36.60		
39. GIERACH Maja	09 UKS MANTA Kochłowice Ruda I ska	5:05.92	461
50m: 35.10 35.10	150m: 1:52.95 38.89 250m: 3:11.91 39.60 350m: 4:29.79 38.24		
100m: 1:14.06 38.96	200m: 2:32.31 39.36 300m: 3:51.55 39.64 400m: 5:05.92 36.13		
40. KO CIELNIK Kalina	09 UKP Na Fali	5:07.29	455
50m: 34.49 34.49	150m: 1:50.42 38.51 250m: 3:09.45 40.11 350m: 4:28.99 39.63		
100m: 1:11.91 37.42	200m: 2:29.34 38.92 300m: 3:49.36 39.91 400m: 5:07.29 38.30		
41. M DRY Maja	09 St. KP Olimpia wiecie	5:10.01	443
50m: 33.55 33.55	150m: 1:50.88 39.10 250m: 3:11.62 40.10 350m: 4:31.63 39.50		
100m: 1:11.78 38.23	200m: 2:31.52 40.64 300m: 3:52.13 40.51 400m: 5:10.01 38.38		
42. MAKOWSKA Natasza	09 MKS JAGIELLONKA Warszawa	5:10.58	440
50m: 34.85 34.85	150m: 1:54.92 40.11 250m: 3:15.99 40.61 350m: 4:34.68 38.87		
100m: 1:14.81 39.96	200m: 2:35.38 40.46 300m: 3:55.81 39.82 400m: 5:10.58 35.90		
43. BILI SKA Iga	09 UKS MANTA Kochłowice Ruda I ska	5:12.90	431
50m: 34.79 34.79	150m: 1:53.97 39.57 250m: 3:13.97 40.13 350m: 4:33.73 39.61		
100m: 1:14.40 39.61	200m: 2:33.84 39.87 300m: 3:54.12 40.15 400m: 5:12.90 39.17		
44. PIKO Julia	09 MKS JAGIELLONKA Warszawa	5:13.40	429
50m: 35.23 35.23	150m: 1:56.05 40.63 250m: 3:17.11 39.88 350m: 4:35.38 38.68		
100m: 1:15.42 40.19	200m: 2:37.23 41.18 300m: 3:56.70 39.59 400m: 5:13.40 38.02		
45. JADOWSKA Lena	09 MKS Piaseczno	5:13.42	429
50m: 34.41 34.41	150m: 1:54.37 40.15 250m: 3:14.90 40.26 350m: 4:35.17 39.74		
100m: 1:14.22 39.81	200m: 2:34.64 40.27 300m: 3:55.43 40.53 400m: 5:13.42 38.25		
46. STAMBUŁA Joanna	09 MKS Oceanik Ostrzeszów	5:14.62	424
50m: 33.46 33.46	150m: 1:50.45 39.32 250m: 3:13.30 40.83 350m: 4:35.28 40.28		
100m: 1:11.13 37.67	200m: 2:32.47 42.02 300m: 3:55.00 41.70 400m: 5:14.62 39.34		
47. WOJCIECHOWSKA Zofia	09 MKS CKS-SMS Szczecin	5:16.43	416
50m: 35.11 35.11	150m: 1:54.37 40.24 250m: 3:15.75 40.50 350m: 4:37.60 40.54		
100m: 1:14.13 39.02	200m: 2:35.25 40.88 300m: 3:57.06 41.31 400m: 5:16.43 38.83		
48. MUDZI SKA Milena	09 KS BARRAKUDA Gda sk	5:19.37	405
50m: 33.65 33.65	150m: 1:55.71 42.12 250m: 3:20.16 42.25 350m: 4:41.50 39.55		
100m: 1:13.59 39.94	200m: 2:37.91 42.20 300m: 4:01.95 41.79 400m: 5:19.37 37.87		
49. TATKOWSKA Oliwia	09 Dwójka Morena Gda sk	5:20.91	399
50m: 35.33 35.33	150m: 1:56.20 41.42 250m: 3:18.99 41.25 350m: 4:40.92 39.85		
100m: 1:14.78 39.45	200m: 2:37.74 41.54 300m: 4:01.07 42.08 400m: 5:20.91 39.99		
50. STARKIEWICZ Zuzanna	09 KU AZS UMCS Lublin	5:21.68	396
50m: 35.51 35.51	150m: 1:56.04 41.18 250m: 3:19.95 42.00 350m: 4:44.44 42.19		
100m: 1:14.86 39.35	200m: 2:37.95 41.91 300m: 4:02.25 42.30 400m: 5:21.68 37.24		
51. KWIATO Natalia	09 UKS ALIGATOR Gorzyce	5:22.28	394
50m: 34.96 34.96	150m: 1:56.91 42.17 250m: 3:19.19 40.90 350m: 4:42.72 41.88		
100m: 1:14.74 39.78	200m: 2:38.29 41.38 300m: 4:00.84 41.65 400m: 5:22.28 39.56		
52. DOMAGAŁA Katarzyna	09 UKS FENIKS D bica	5:24.60	386
50m: 34.62 34.62	150m: 1:52.40 39.84 250m: 3:15.37 42.22 350m: 4:41.22 42.54		
100m: 1:12.56 37.94	200m: 2:33.15 40.75 300m: 3:58.68 43.31 400m: 5:24.60 43.38		

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Pozycja			Rok ur.					Czas	Pkt.
53.	GOŁ BIEWSKA Alicja		09	KP Ciechanów				5:29.59	368
	50m:	36.78 36.78	150m:	1:59.76	41.94	250m:	3:24.08 42.48	350m:	4:48.79 42.51
	100m:	1:17.82 41.04	200m:	2:41.60	41.84	300m:	4:06.28 42.20	400m:	5:29.59 40.80
54.	MILEJ Zofia		09	MKS SP 63 Bydgoszcz				5:33.98	354
	50m:	36.26 36.26	150m:	2:00.07	42.74	250m:	3:26.24 43.37	350m:	4:53.16 43.42
	100m:	1:17.33 41.07	200m:	2:42.87	42.80	300m:	4:09.74 43.50	400m:	5:33.98 40.82
55.	WOJTOWICZ Magdalena		09	MTKP DELFIN Toru				5:34.86	351
	50m:	37.78 37.78	150m:	2:01.63	42.13	250m:	3:27.57 43.18	350m:	4:53.38 42.70
	100m:	1:19.50 41.72	200m:	2:44.39	42.76	300m:	4:10.68 43.11	400m:	5:34.86 41.48
56.	MAZUREK Martyna		09	MTP Lublinianka				5:42.54	328
	50m:	37.17 37.17	150m:	2:03.17	43.29	250m:	3:31.22 43.84	350m:	5:00.35 45.39
	100m:	1:19.88 42.71	200m:	2:47.38	44.21	300m:	4:14.96 43.74	400m:	5:42.54 42.19
57.	MADEJ Maja		09	UKS DELFINEK Ustrzyki Dolne				5:47.75	314
	50m:	36.08 36.08	150m:	2:01.30	44.41	250m:	3:32.58 46.11	350m:	5:04.05 45.80
	100m:	1:16.89 40.81	200m:	2:46.47	45.17	300m:	4:18.25 45.67	400m:	5:47.75 43.70