



Zimowe Mistrzostwa Polski Juniorów Młodszych 16-lat w pływaniu
Bydgoszcz, 15-17.12.2023

Konkurencja 19
2023-12-16 - 9:24

Dziewcz t, 400m dowolny

16 lat
Wyniki Eliminacje

Rekord Polski 16-lat 4:08.04 KILIJA SKA Donata 00612 Poznan 2011-12-17

Punkt: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.
1. WŁADYCZKA Amelia	07 WKS L SK Wrocław	4:23.50	676 A
50m: 30.51 30.51	150m: 1:37.61 33.86	250m: 2:45.12 33.66	350m: 3:50.90 32.58
100m: 1:03.75 33.24	200m: 2:11.46 33.85	300m: 3:18.32 33.20	400m: 4:23.50 32.60
2. POPPE Marta	07 KU AZS UMCS Lublin	4:24.72	667 A
50m: 30.76 30.76	150m: 1:37.65 33.83	250m: 2:45.31 33.67	350m: 3:52.10 33.16
100m: 1:03.82 33.06	200m: 2:11.64 33.99	300m: 3:18.94 33.63	400m: 4:24.72 32.62
3. KOT Emilia	07 TP Zielona Góra	4:25.78	659 A
50m: 30.86 30.86	150m: 1:38.31 33.84	250m: 2:45.89 33.90	350m: 3:53.30 33.45
100m: 1:04.47 33.61	200m: 2:11.99 33.68	300m: 3:19.85 33.96	400m: 4:25.78 32.48
4. WIERNICKA Julia	07 KU AZS UMCS Lublin	4:26.68	652 A
50m: 30.78 30.78	150m: 1:38.18 34.00	250m: 2:45.86 33.84	350m: 3:53.81 34.09
100m: 1:04.18 33.40	200m: 2:12.02 33.84	300m: 3:19.72 33.86	400m: 4:26.68 32.87
5. GULCZY SKA Natalia	07 UKS Cityzen	4:27.22	648 A
50m: 30.25 30.25	150m: 1:37.94 34.30	250m: 2:46.71 34.01	350m: 3:54.75 33.61
100m: 1:03.64 33.39	200m: 2:12.70 34.76	300m: 3:21.14 34.43	400m: 4:27.22 32.47
6. DU KO Julia	07 RWKS SPARTA Biłgoraj	4:29.63	631 A
50m: 31.41 31.41	150m: 1:39.30 34.23	250m: 2:47.12 33.85	350m: 3:55.94 34.89
100m: 1:05.07 33.66	200m: 2:13.27 33.97	300m: 3:21.05 33.93	400m: 4:29.63 33.69
7. MAŁOLEPSZA Weronika	07 MKP Szczecin	4:30.46	625 A
50m: 31.17 31.17	150m: 1:38.61 34.06	250m: 2:47.60 34.50	350m: 3:56.27 34.12
100m: 1:04.55 33.38	200m: 2:13.10 34.49	300m: 3:22.15 34.55	400m: 4:30.46 34.19
8. WO AKOWSKA Zofia	07 KU AZS UMCS Lublin	4:30.97	621 A
50m: 30.74 30.74	150m: 1:38.17 34.04	250m: 2:46.61 34.20	350m: 3:56.75 35.05
100m: 1:04.13 33.39	200m: 2:12.41 34.24	300m: 3:21.70 35.09	400m: 4:30.97 34.22
9. GRZESIAK Oliwia	07 WKS L SK Wrocław	4:31.66	617 A
50m: 30.60 30.60	150m: 1:38.63 34.18	250m: 2:47.94 34.87	350m: 3:57.81 35.09
100m: 1:04.45 33.85	200m: 2:13.07 34.44	300m: 3:22.72 34.78	400m: 4:31.66 33.85
10. SOWA Barbara	07 UKP UNIA O wi cim	4:32.56	611 A
50m: 31.84 31.84	150m: 1:41.08 34.96	250m: 2:50.73 34.58	350m: 3:59.31 34.03
100m: 1:06.12 34.28	200m: 2:16.15 35.07	300m: 3:25.28 34.55	400m: 4:32.56 33.25
11. BAIDALINOVA Sofia	07 KS KSZO Ostrowiec w.	4:33.17	607 B
50m: 31.44 31.44	150m: 1:40.99 34.85	250m: 2:50.52 34.67	350m: 3:59.74 34.56
100m: 1:06.14 34.70	200m: 2:15.85 34.86	300m: 3:25.18 34.66	400m: 4:33.17 33.43
12. CI SZCZYK Emilia	07 MTP Lublinianka	4:33.28	606 B
50m: 31.33 31.33	150m: 1:41.00 34.96	250m: 2:50.77 34.84	350m: 4:00.57 34.63
100m: 1:06.04 34.71	200m: 2:15.93 34.93	300m: 3:25.94 35.17	400m: 4:33.28 32.71
13. RYDY SKA Maja	07 MKS SP 63 Bydgoszcz	4:34.16	600 B
50m: 31.67 31.67	150m: 1:40.83 34.87	250m: 2:51.09 35.01	350m: 4:00.92 34.56
100m: 1:05.96 34.29	200m: 2:16.08 35.25	300m: 3:26.36 35.27	400m: 4:34.16 33.24
14. BUDZE Monika	07 MKP Astromal-Leszno	4:34.45	598 B
50m: 31.22 31.22	150m: 1:39.91 34.61	250m: 2:50.73 35.41	350m: 4:01.15 34.83
100m: 1:05.30 34.08	200m: 2:15.32 35.41	300m: 3:26.32 35.59	400m: 4:34.45 33.30
15. TRAFALSKA Zuzanna	07 UKS 190 Łódź	4:34.79	596 B
50m: 32.10 32.10	150m: 1:40.93 34.85	250m: 2:50.17 34.46	350m: 4:00.36 35.52
100m: 1:06.08 33.98	200m: 2:15.71 34.78	300m: 3:24.84 34.67	400m: 4:34.79 34.43
16. KURYSIA Anna	07 UKP UNIA O wi cim	4:35.39	592 B
50m: 31.66 31.66	150m: 1:40.81 34.90	250m: 2:50.80 34.92	350m: 4:01.37 35.15
100m: 1:05.91 34.25	200m: 2:15.88 35.07	300m: 3:26.22 35.42	400m: 4:35.39 34.02





Zimowe Mistrzostwa Polski Juniorów Młodszych 16-lat w pływaniu
Bydgoszcz, 15-17.12.2023

Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 16 lat

Pozycja	Rok ur.	Czas	Pkt.
17. R CZKOWSKA Maja	07 LKS Jedno 32 Przyszowice	4:36.31	586 B
50m: 31.68 31.68	150m: 1:41.08 34.89	250m: 2:51.68 35.24	350m: 4:02.35 35.21
100m: 1:06.19 34.51	200m: 2:16.44 35.36	300m: 3:27.14 35.46	400m: 4:36.31 33.96
18. ZAKRZEWSKA Oliwia	07 UKS NAWA Skierniewice	4:37.63	578 B
50m: 32.07 32.07	150m: 1:43.03 35.82	250m: 2:54.21 35.56	350m: 4:04.25 34.86
100m: 1:07.21 35.14	200m: 2:18.65 35.62	300m: 3:29.39 35.18	400m: 4:37.63 33.38
19. SITKIEWICZ Jagoda	07 UKS WODNIK Siemianowice I skie	4:39.04	569 B
50m: 32.10 32.10	150m: 1:42.84 35.82	250m: 2:54.26 35.70	350m: 4:04.92 34.89
100m: 1:07.02 34.92	200m: 2:18.56 35.72	300m: 3:30.03 35.77	400m: 4:39.04 34.12
20. SZOPA Natalia	07 UKP GRYF D bica	4:39.64	565 B
50m: 30.92 30.92	150m: 1:39.68 35.35	250m: 2:52.17 36.19	350m: 4:04.93 36.21
100m: 1:04.33 33.41	200m: 2:15.98 36.30	300m: 3:28.72 36.55	400m: 4:39.64 34.71
21. DROBNA Angelika	07 UKP UNIA O wi cim	4:39.78	565 R
50m: 32.05 32.05	150m: 1:42.36 35.51	250m: 2:53.35 35.50	350m: 4:04.73 35.74
100m: 1:06.85 34.80	200m: 2:17.85 35.49	300m: 3:28.99 35.64	400m: 4:39.78 35.05
22. ZABRZESKA Kinga	07 MKS JUVENIA Wrocław	4:40.48	560 R
50m: 31.68 31.68	150m: 1:42.79 35.84	250m: 2:54.51 35.49	350m: 4:05.70 35.56
100m: 1:06.95 35.27	200m: 2:19.02 36.23	300m: 3:30.14 35.63	400m: 4:40.48 34.78
23. MICHALSKA Pola	07 Mokotowski UKP Warszawianka- Wodny	4:44.01	540
50m: 32.63 32.63	150m: 1:44.01 36.12	250m: 2:57.47 36.65	350m: 4:09.84 35.87
100m: 1:07.89 35.26	200m: 2:20.82 36.81	300m: 3:33.97 36.50	400m: 4:44.01 34.17
24. GOLANOWSKA Gabriela	07 KKS WŁÓKNIARZ 1925 Kalisz	4:44.71	536
50m: 33.32 33.32	150m: 1:45.29 35.87	250m: 2:57.15 35.84	350m: 4:09.08 35.92
100m: 1:09.42 36.10	200m: 2:21.31 36.02	300m: 3:33.16 36.01	400m: 4:44.71 35.63
25. W GRZYCKA Małgorzata	07 MKS TRÓJKA Łód	4:45.16	533
50m: 31.94 31.94	150m: 1:43.30 36.38	250m: 2:57.02 36.93	350m: 4:09.97 36.38
100m: 1:06.92 34.98	200m: 2:20.09 36.79	300m: 3:33.59 36.57	400m: 4:45.16 35.19
26. GRACKA Hanna	07 MKP Szczecin	4:46.61	525
50m: 32.46 32.46	150m: 1:44.09 36.37	250m: 2:57.24 36.67	350m: 4:10.95 36.76
100m: 1:07.72 35.26	200m: 2:20.57 36.48	300m: 3:34.19 36.95	400m: 4:46.61 35.66
27. GUZDEK Anna	07 UKS G-8 Bielany Warszawa	4:47.68	519
50m: 33.12 33.12	150m: 1:45.08 36.22	250m: 2:58.45 36.70	350m: 4:11.81 36.19
100m: 1:08.86 35.74	200m: 2:21.75 36.67	300m: 3:35.62 37.17	400m: 4:47.68 35.87
28. LASZCZAK Aleksandra	07 UKP UNIA O wi cim	4:48.41	515
50m: 32.71 32.71	150m: 1:44.35 36.36	250m: 2:58.03 37.02	350m: 4:12.28 37.21
100m: 1:07.99 35.28	200m: 2:21.01 36.66	300m: 3:35.07 37.04	400m: 4:48.41 36.13
29. WALICKA Martyna	07 MKS ASTORIA Bydgoszcz	4:50.25	506
50m: 32.68 32.68	150m: 1:45.80 37.02	250m: 3:00.12 37.16	350m: 4:14.82 37.36
100m: 1:08.78 36.10	200m: 2:22.96 37.16	300m: 3:37.46 37.34	400m: 4:50.25 35.43
30. CAŁA Anastazja	07 UKP UNIA O wi cim	4:51.18	501
50m: 32.42 32.42	150m: 1:44.91 36.44	250m: 2:59.93 37.70	350m: 4:15.28 37.70
100m: 1:08.47 36.05	200m: 2:22.23 37.32	300m: 3:37.58 37.65	400m: 4:51.18 35.90
31. DRABYCH Mariana	07 KS KSZO Ostrowiec w.	4:52.06	496
50m: 32.92 32.92	150m: 1:46.42 37.19	250m: 3:00.44 36.74	350m: 4:15.94 37.56
100m: 1:09.23 36.31	200m: 2:23.70 37.28	300m: 3:38.38 37.94	400m: 4:52.06 36.12
32. SELL Karolina	07 MUKP Korona-Swim Kielce	4:59.52	460
50m: 32.72 32.72	150m: 1:45.09 36.70	250m: 3:01.61 38.77	350m: 4:21.42 39.87
100m: 1:08.39 35.67	200m: 2:22.84 37.75	300m: 3:41.55 39.94	400m: 4:59.52 38.10
33. SIEDLECKA Alicja	07 O AZS w Poznaniu	5:00.49	456
50m: 32.93 32.93	150m: 1:46.60 37.46	250m: 3:03.99 39.11	350m: 4:23.31 39.50
100m: 1:09.14 36.21	200m: 2:24.88 38.28	300m: 3:43.81 39.82	400m: 5:00.49 37.18





Zimowe Mistrzostwa Polski Juniorów Młodszych 16-lat w pływaniu
Bydgoszcz, 15-17.12.2023

Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 16 lat

Pozycja				Rok ur.					Czas	Pkt.		
34.	WOJTKOWIAK Wiktoria			07	KKS WŁÓKNIARZ 1925 Kalisz				5:02.37	447		
	50m:	32.84	32.84	150m:	1:48.37	38.15	250m:	3:04.63	38.02	350m:	4:22.94	39.43
	100m:	1:10.22	37.38	200m:	2:26.61	38.24	300m:	3:43.51	38.88	400m:	5:02.37	39.43
35.	SUSKA Zuzanna			07	UKP Jedynka Elbl g				5:13.39	402		
	50m:	33.34	33.34	150m:	1:51.62	40.00	250m:	3:13.57	40.98	350m:	4:35.13	40.61
	100m:	1:11.62	38.28	200m:	2:32.59	40.97	300m:	3:54.52	40.95	400m:	5:13.39	38.26
36.	MITU Weronika			07	KARPATIA Gorlice				5:16.44	390		
	50m:	35.50	35.50	150m:	1:56.65	41.38	250m:	3:17.35	40.44	350m:	4:38.20	40.10
	100m:	1:15.27	39.77	200m:	2:36.91	40.26	300m:	3:58.10	40.75	400m:	5:16.44	38.24