

2017 Główne Mistrzostwa Polski Seniorów i Młodzie ovców  
Lublin, 18. - 21.5.2017

Event 17 Women, 400m Medley 14 years and older  
19.05.2017 - 11:05 Results Prelim

Rekord Polski 4:36.95 BARANOWSKA Katarzyna 00116 Beijing (CHN) 09.08.2008

Points: FINA 2017

Rank			Age					Time	Pts	RT
1.	RUTKOWSKA Agnieszka		16	Skalar Slupsk				<b>4:58.34</b>	711	+0,78
	50m:	32.55 32.55	150m:	1:47.96	38.04	250m:	3:07.77	42.12	350m:	4:24.48 34.68
	100m:	1:09.92 37.37	200m:	2:25.65	37.69	300m:	3:49.80	42.03	400m:	4:58.34 33.86
2.	ZUKOWSKA Paula		24	Slask Wroclaw				<b>5:00.82</b>	694	+0,78
	50m:	31.09 31.09	150m:	1:45.20	38.30	250m:	3:07.47	44.43	350m:	4:26.93 35.06
	100m:	1:06.90 35.81	200m:	2:23.04	37.84	300m:	3:51.87	44.40	400m:	5:00.82 33.89
3.	KNOP Aleksandra		14	UKS 190 Lodz				<b>5:01.27</b>	691	+0,52
	50m:	31.16 31.16	150m:	1:46.56	39.29	250m:	3:09.15	43.76	350m:	4:28.28 34.17
	100m:	1:07.27 36.11	200m:	2:25.39	38.83	300m:	3:54.11	44.96	400m:	5:01.27 32.99
4.	ADAMCZYK Julia SL		18	AZS UMCS Lublin				<b>5:01.67</b>	688	+0,75
	50m:	31.93 31.93	150m:	1:47.40	39.04	250m:	3:08.93	43.48	350m:	4:27.26 36.99
	100m:	1:08.36 36.43	200m:	2:25.45	38.05	300m:	3:50.27	41.34	400m:	5:01.67 34.41
5.	HALICKA Lidia		16	Slask Wroclaw				<b>5:01.81</b>	687	+0,77
	50m:	31.53 31.53	150m:	1:47.32	39.18	250m:	3:08.34	41.90	350m:	4:27.12 36.72
	100m:	1:08.14 36.61	200m:	2:26.44	39.12	300m:	3:50.40	42.06	400m:	5:01.81 34.69
6.	SAMULA Wiktoria SL		18	AZS UMCS Lublin				<b>5:04.71</b>	667	+0,70
	50m:	31.37 31.37	150m:	1:49.32	41.32	250m:	3:10.58	41.44	350m:	4:29.32 37.19
	100m:	1:08.00 36.63	200m:	2:29.14	39.82	300m:	3:52.13	41.55	400m:	5:04.71 35.39
7.	WILCZEWSKA Aleksandra		15	Olimpia Lublin				<b>5:04.84</b>	667	
	50m:	32.94 32.94	150m:	1:49.10	38.34	250m:	3:10.77	44.01	350m:	4:31.14 36.00
	100m:	1:10.76 37.82	200m:	2:26.76	37.66	300m:	3:55.14	44.37	400m:	5:04.84 33.70
8.	DUJANIC Iva		14	Gim 92 Ursynow W-wa				<b>5:05.07</b>	665	
	50m:	32.39 32.39	150m:	1:49.33	40.42	250m:	3:11.48	42.43	350m:	4:30.84 36.21
	100m:	1:08.91 36.52	200m:	2:29.05	39.72	300m:	3:54.63	43.15	400m:	5:05.07 34.23
9.	JANISZEWSKA Dominika		18	AZS AWF Warszawa				<b>5:05.20</b>	664	+0,86
	50m:	31.95 31.95	150m:	1:49.04	41.38	250m:	3:10.93	42.29	350m:	4:30.86 36.76
	100m:	1:07.66 35.71	200m:	2:28.64	39.60	300m:	3:54.10	43.17	400m:	5:05.20 34.34
10.	DZWONNIK Zuzana		17	AZS UL PL Lodz				<b>5:05.72</b>	661	+0,58
	50m:	32.01 32.01	150m:	1:47.47	38.39	250m:	3:08.87	42.74	350m:	4:29.63 36.60
	100m:	1:09.08 37.07	200m:	2:26.13	38.66	300m:	3:53.03	44.16	400m:	5:05.72 36.09
11.	MUSIOL Wiktoria SO		19	Unia Oswiecim				<b>5:06.23</b>	658	+0,74
	50m:	31.14 31.14	150m:	1:46.41	39.37	250m:	3:09.95	45.03	350m:	4:31.25 35.94
	100m:	1:07.04 35.90	200m:	2:24.92	38.51	300m:	3:55.31	45.36	400m:	5:06.23 34.98
12.	ZAWISZA Alina SO		17	Unia Oswiecim				<b>5:06.75</b>	654	+0,73
	50m:	31.77 31.77	150m:	1:48.53	38.37	250m:	3:11.74	45.30	350m:	4:31.88 34.52
	100m:	1:10.16 38.39	200m:	2:26.44	37.91	300m:	3:57.36	45.62	400m:	5:06.75 34.87
13.	OSINIAK Ewa SL		17	AZS UMCS Lublin				<b>5:08.74</b>	642	+0,74
	50m:	32.39 32.39	150m:	1:49.91	39.72	250m:	3:12.93	44.36	350m:	4:33.54 35.84
	100m:	1:10.19 37.80	200m:	2:28.57	38.66	300m:	3:57.70	44.77	400m:	5:08.74 35.20
14.	DABROWSKA Tatiana		15	UKS 190 Lodz				<b>5:09.50</b>	637	+0,85
	50m:	32.06 32.06	150m:	1:51.22	42.17	250m:	3:14.48	43.88	350m:	4:35.23 36.36
	100m:	1:09.05 36.99	200m:	2:30.60	39.38	300m:	3:58.87	44.39	400m:	5:09.50 34.27
15.	MENDYK Adrianna		19	Wodnik Radom				<b>5:10.76</b>	629	+0,81
	50m:	32.27 32.27	150m:	1:48.19	38.83	250m:	3:12.14	44.80	350m:	4:34.44 36.72
	100m:	1:09.36 37.09	200m:	2:27.34	39.15	300m:	3:57.72	45.58	400m:	5:10.76 36.32
16.	RAJCA Olivia		15	UKS 190 Lodz				<b>5:11.10</b>	627	
	50m:	32.88 32.88	150m:	1:51.95	40.77	250m:	3:16.77	45.03	350m:	4:38.05 35.72
	100m:	1:11.18 38.30	200m:	2:31.74	39.79	300m:	4:02.33	45.56	400m:	5:11.10 33.05
17.	WEGRZYNOWSKA Aleksandra		16	Slask Wroclaw				<b>5:12.02</b>	622	
	50m:	32.30 32.30	150m:	1:50.72	40.17	250m:	3:16.15	46.18	350m:	4:37.94 35.92
	100m:	1:10.55 38.25	200m:	2:29.97	39.25	300m:	4:02.02	45.87	400m:	5:12.02 34.08

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Rank			Age					Time	Pts	RT		
18.	SAJECKA Zofia		19	Gim 92 Ursynow W-wa				<b>5:12.28</b>	620	+0,53		
	50m:	32.61	32.61	150m:	1:49.77	38.99	250m:	3:14.32	44.66	350m:	4:35.99	36.30
	100m:	1:10.78	38.17	200m:	2:29.66	39.89	300m:	3:59.69	45.37	400m:	5:12.28	36.29
19.	KROSTA Emilia		15	Wodnik Siemianowice Sl.				<b>5:14.07</b>	609	+0,73		
	50m:	32.63	32.63	150m:	1:52.40	41.56	250m:	3:17.91	43.05	350m:	4:38.79	35.45
	100m:	1:10.84	38.21	200m:	2:34.86	42.46	300m:	4:03.34	45.43	400m:	5:14.07	35.28
20.	SKORUPA Monika		18	Vega Dobrodzien				<b>5:14.31</b>	608	+0,58		
	50m:	32.28	32.28	150m:	1:49.77	39.12	250m:	3:13.53	45.09	350m:	4:37.64	38.34
	100m:	1:10.65	38.37	200m:	2:28.44	38.67	300m:	3:59.30	45.77	400m:	5:14.31	36.67
21.	COCHOR Izabela		16	Ostrobramska Warszawa				<b>5:14.92</b>	605	+0,71		
	50m:	32.71	32.71	150m:	1:52.29	40.42	250m:	3:16.82	45.40	350m:	4:38.76	36.24
	100m:	1:11.87	39.16	200m:	2:31.42	39.13	300m:	4:02.52	45.70	400m:	5:14.92	36.16
22.	KOZLOWSKA Anna		21	AZS AGH Krakow				<b>5:15.32</b>	602	+0,78		
	50m:	31.79	31.79	150m:	1:51.50	41.95	250m:	3:16.35	44.71	350m:	4:39.16	37.11
	100m:	1:09.55	37.76	200m:	2:31.64	40.14	300m:	4:02.05	45.70	400m:	5:15.32	36.16
23.	BUKO Martyna		15	Medyk Gizycko				<b>5:16.94</b>	593	+0,66		
	50m:	32.16	32.16	150m:	1:51.80	39.74	250m:	3:17.41	45.78	350m:	4:40.85	36.40
	100m:	1:12.06	39.90	200m:	2:31.63	39.83	300m:	4:04.45	47.04	400m:	5:16.94	36.09
24.	RUSSEK Agata		14	Zoliborz Warszawa				<b>5:17.11</b>	592	+0,70		
	50m:	31.86	31.86	150m:	1:53.17	43.50	250m:	3:19.40	43.72	350m:	4:41.40	37.55
	100m:	1:09.67	37.81	200m:	2:35.68	42.51	300m:	4:03.85	44.45	400m:	5:17.11	35.71
25.	KRYPA Marta		15	Manta W-wa Wlochy				<b>5:17.90</b>	588	+0,67		
	50m:	32.11	32.11	150m:	1:51.95	41.46	250m:	3:18.82	45.41	350m:	4:41.81	36.93
	100m:	1:10.49	38.38	200m:	2:33.41	41.46	300m:	4:04.88	46.06	400m:	5:17.90	36.09
26.	TERESKO Anna		20	MOS Dabrowa Gornicza				<b>5:18.78</b>	583	+0,78		
	50m:	33.30	33.30	150m:	1:52.79	41.94	250m:	3:19.61	46.33	350m:	4:43.11	36.30
	100m:	1:10.85	37.55	200m:	2:33.28	40.49	300m:	4:06.81	47.20	400m:	5:18.78	35.67
27.	ZMUDA Weronika SL		17	AZS UMCS Lublin				<b>5:19.05</b>	581	+0,68		
	50m:	33.14	33.14	150m:	1:56.33	43.34	250m:	3:21.56	42.71	350m:	4:42.83	37.50
	100m:	1:12.99	39.85	200m:	2:38.85	42.52	300m:	4:05.33	43.77	400m:	5:19.05	36.22
28.	PISKORZ Aleksandra		16	Wodnik Siemianowice Sl.				<b>5:20.44</b>	574	+0,58		
	50m:	32.33	32.33	150m:	1:53.25	41.40	250m:	3:16.87	43.82	350m:	4:42.47	40.63
	100m:	1:11.85	39.52	200m:	2:33.05	39.80	300m:	4:01.84	44.97	400m:	5:20.44	37.97
29.	PROCHOWNIK Olimpia SL		18	AZS UMCS Lublin				<b>5:21.76</b>	567	+0,74		
	50m:	31.99	31.99	150m:	1:55.21	44.95	250m:	3:22.17	44.38	350m:	4:45.39	37.73
	100m:	1:10.26	38.27	200m:	2:37.79	42.58	300m:	4:07.66	45.49	400m:	5:21.76	36.37
30.	KUCHTA Maria		15	Dwojka Tczew				<b>5:22.40</b>	563	+0,81		
	50m:	33.93	33.93	150m:	1:58.51	44.76	250m:	3:26.45	46.20	350m:	4:48.55	36.19
	100m:	1:13.75	39.82	200m:	2:40.25	41.74	300m:	4:12.36	45.91	400m:	5:22.40	33.85
31.	TERLECKA Anna		15	Wodnik Krasnystaw				<b>5:22.42</b>	563	+0,80		
	50m:	32.58	32.58	150m:	1:56.53	45.09	250m:	3:23.75	45.34	350m:	4:46.81	37.72
	100m:	1:11.44	38.86	200m:	2:38.41	41.88	300m:	4:09.09	45.34	400m:	5:22.42	35.61
32.	URBANIAK Dominika		14	UKS 190 Lodz				<b>5:22.77</b>	561			
	50m:	32.74	32.74	150m:	1:51.81	41.32	250m:	3:19.94	47.61	350m:	4:46.24	37.49
	100m:	1:10.49	37.75	200m:	2:32.33	40.52	300m:	4:08.75	48.81	400m:	5:22.77	36.53
33.	MOZOLOWSKA Emilia		15	Zoliborz Warszawa				<b>5:25.73</b>	546	+0,80		
	50m:	33.19	33.19	150m:	1:56.22	42.76	250m:	3:22.13	46.19	350m:	4:48.48	39.27
	100m:	1:13.46	40.27	200m:	2:35.94	39.72	300m:	4:09.21	47.08	400m:	5:25.73	37.25
34.	OSTROWSKA Kamila		16	MOS Dabrowa Gornicza				<b>5:27.81</b>	536	+0,55		
	50m:	34.24	34.24	150m:	1:55.89	41.43	250m:	3:22.80	46.33	350m:	4:49.46	39.74
	100m:	1:14.46	40.22	200m:	2:36.47	40.58	300m:	4:09.72	46.92	400m:	5:27.81	38.35
35.	LUTKIEWICZ Gabriela		14	Wisla Pulawy				<b>5:28.25</b>	534	+0,72		
	50m:	32.79	32.79	150m:	1:51.36	41.49	250m:	3:20.70	48.42	350m:	4:50.31	39.25
	100m:	1:09.87	37.08	200m:	2:32.28	40.92	300m:	4:11.06	50.36	400m:	5:28.25	37.94

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Rank			Age					Time	Pts	RT		
36.	NOCON Dominika		15	Manta Kochlowice Ruda Sl.				<b>5:32.85</b>	512	+0,61		
	50m:	33.26	33.26	150m:	1:54.81	42.37	250m:	3:26.05	49.26	350m:	4:53.30	38.97
	100m:	1:12.44	39.18	200m:	2:36.79	41.98	300m:	4:14.33	48.28	400m:	5:32.85	39.55
37.	KOLODZIEJCZYK Oliwia		14	Olimpia Lublin				<b>5:38.02</b>	489	+0,58		
	50m:	35.46	35.46	150m:	2:03.18	43.73	250m:	3:35.27	48.89	350m:	5:02.52	37.28
	100m:	1:19.45	43.99	200m:	2:46.38	43.20	300m:	4:25.24	49.97	400m:	5:38.02	35.50
38.	BIEGANSKA Weronika		14	G-8 Bielany W-wa				<b>5:43.68</b>	465			
	50m:	34.72	34.72	150m:	2:00.86	42.96	250m:	3:33.26	47.97	350m:	5:02.31	39.23
	100m:	1:17.90	43.18	200m:	2:45.29	44.43	300m:	4:23.08	49.82	400m:	5:43.68	41.37
39.	GORAL Paula		14	Dwojka Tczew				<b>5:43.72</b>	465			
	50m:	37.32	37.32	150m:	2:08.17	45.34	250m:	3:39.96	47.96	350m:	5:07.27	37.78
	100m:	1:22.83	45.51	200m:	2:52.00	43.83	300m:	4:29.49	49.53	400m:	5:43.72	36.45
40.	PIESKO Martyna		14	Lublinianka				<b>5:45.11</b>	459	+0,67		
	50m:	34.13	34.13	150m:	1:59.98	42.53	250m:	3:33.24	51.17	350m:	5:04.30	40.40
	100m:	1:17.45	43.32	200m:	2:42.07	42.09	300m:	4:23.90	50.66	400m:	5:45.11	40.81
41.	TOPP Zofia		14	G-8 Bielany W-wa				<b>5:51.03</b>	436	+0,79		
	50m:	34.83	34.83	150m:	2:02.98	44.60	250m:	3:39.52	52.05	350m:	5:12.43	39.79
	100m:	1:18.38	43.55	200m:	2:47.47	44.49	300m:	4:32.64	53.12	400m:	5:51.03	38.60
42.	FRACKIEWICZ Emilia		14	Delfin Garwolin				<b>6:31.94</b>	313	+0,70		
	50m:	42.02	42.02	150m:	2:20.75	47.50	250m:	4:07.51	59.55	350m:	5:49.72	43.41
	100m:	1:33.25	51.23	200m:	3:07.96	47.21	300m:	5:06.31	58.80	400m:	6:31.94	42.22
EXH	DRAGAN Julia		13	Olimpia Lublin				<b>5:38.93</b>	485			
	<i>WYNIK LEPSZY OD REKORDU POLSKI NIESŁYSZ CYCH JUNIORÓW DO 14 LAT</i>											
	50m:	34.96	34.96	150m:	2:02.69	44.37	250m:	3:33.27	47.09	350m:	5:00.81	39.34
	100m:	1:18.32	43.36	200m:	2:46.18	43.49	300m:	4:21.47	48.20	400m:	5:38.93	38.12