

2017 Letnie Mistrzostwa Polski Juniorów 15 lat  
Lublin, 14. - 16.7.2017

Konkurencja 19  
15.07.2017 - 9:45

Dziewcz t, 400m dowolny

15 lat  
Wyniki Eliminacje

REKORD POLSKI JUNIORÓW 15 LAT 4:16.54 KILIJA SKA Donata 00612 Tampere (FIN) 20.07.2009

Punkty: FINA 2017

Pozycja			Wiek					Czas	Pkt.	
1.	RAJCA Olivia		15	UKS 190 Łód				<b>4:30.61</b>	667	A
	50m:	31.55 31.55	150m:	1:40.30	34.70	250m:	2:49.51	34.69	350m:	3:58.18 34.21
	100m:	1:05.60 34.05	200m:	2:14.82	34.52	300m:	3:23.97	34.46	400m:	4:30.61 32.43
2.	JASZCZUK Ewa SOL		15	Kormoran Olsztyn				<b>4:30.63</b>	667	A
	50m:	31.47 31.47	150m:	1:38.95	34.24	250m:	2:47.87	34.40	350m:	3:57.06 34.53
	100m:	1:04.71 33.24	200m:	2:13.47	34.52	300m:	3:22.53	34.66	400m:	4:30.63 33.57
3.	PAWŁOWSKA Barbara		15	UKS 190 Łód				<b>4:36.35</b>	626	A
	50m:	31.05 31.05	150m:	1:39.15	34.32	250m:	2:49.46	35.20	350m:	4:01.22 35.94
	100m:	1:04.83 33.78	200m:	2:14.26	35.11	300m:	3:25.28	35.82	400m:	4:36.35 35.13
4.	ZAREMBIK Katarzyna SR		15	Victoria Racibórz				<b>4:36.36</b>	626	A
	50m:	31.90 31.90	150m:	1:42.28	35.63	250m:	2:53.58	35.53	350m:	4:03.99 34.86
	100m:	1:06.65 34.75	200m:	2:18.05	35.77	300m:	3:29.13	35.55	400m:	4:36.36 32.37
5.	KRYSZKOWSKA Natalia		15	MZOS Płock				<b>4:37.30</b>	620	A
	50m:	30.99 30.99	150m:	1:40.18	35.09	250m:	2:50.68	35.70	350m:	4:02.77 36.44
	100m:	1:05.09 34.10	200m:	2:14.98	34.80	300m:	3:26.33	35.65	400m:	4:37.30 34.53
6.	PAKUŁA Alicja		15	G-8 Bielany W-wa				<b>4:37.49</b>	618	A
	50m:	31.05 31.05	150m:	1:41.80	35.94	250m:	2:53.48	35.53	350m:	4:04.18 35.13
	100m:	1:05.86 34.81	200m:	2:17.95	36.15	300m:	3:29.05	35.57	400m:	4:37.49 33.31
7.	DOM OL Zuzanna		15	Włókniarz 1925 Kalisz				<b>4:39.05</b>	608	A
	50m:	31.50 31.50	150m:	1:41.76	35.29	250m:	2:53.14	35.81	350m:	4:04.85 35.88
	100m:	1:06.47 34.97	200m:	2:17.33	35.57	300m:	3:28.97	35.83	400m:	4:39.05 34.20
8.	CERLICH Oliwia		15	Ikar Mielec				<b>4:40.09</b>	601	A
	50m:	31.63 31.63	150m:	1:41.75	35.66	250m:	2:54.42	36.33	350m:	4:06.50 36.19
	100m:	1:06.09 34.46	200m:	2:18.09	36.34	300m:	3:30.31	35.89	400m:	4:40.09 33.59
9.	KRYPA Marta		15	Manta W-wa Włochy				<b>4:40.18</b>	601	A
	50m:	31.46 31.46	150m:	1:42.07	35.57	250m:	2:53.83	35.87	350m:	4:05.11 35.28
	100m:	1:06.50 35.04	200m:	2:17.96	35.89	300m:	3:29.83	36.00	400m:	4:40.18 35.07
10.	MICIĄK Agata		15	Słowianka Gorzów Wlkp.				<b>4:40.39</b>	599	A
	50m:	30.86 30.86	150m:	1:40.83	35.32	250m:	2:52.95	36.30	350m:	4:05.56 36.30
	100m:	1:05.51 34.65	200m:	2:16.65	35.82	300m:	3:29.26	36.31	400m:	4:40.39 34.83
11.	ROMAN Matylda		15	Zryw Opole				<b>4:40.40</b>	599	B
	50m:	31.87 31.87	150m:	1:41.12	34.95	250m:	2:52.54	36.02	350m:	4:05.39 36.49
	100m:	1:06.17 34.30	200m:	2:16.52	35.40	300m:	3:28.90	36.36	400m:	4:40.40 35.01
12.	PROCHOWNIK Martyna SO		15	Unia O wi cim				<b>4:41.53</b>	592	B
	50m:	31.47 31.47	150m:	1:42.60	35.83	250m:	2:54.50	35.67	350m:	4:06.56 36.15
	100m:	1:06.77 35.30	200m:	2:18.83	36.23	300m:	3:30.41	35.91	400m:	4:41.53 34.97
13.	RACZEWSKA Emilia SOL		15	Kormoran Olsztyn				<b>4:43.69</b>	579	B
	50m:	31.55 31.55	150m:	1:41.84	35.53	250m:	2:54.00	36.24	350m:	4:07.24 36.86
	100m:	1:06.31 34.76	200m:	2:17.76	35.92	300m:	3:30.38	36.38	400m:	4:43.69 36.45
14.	KUSION Weronika SO		15	Unia O wi cim				<b>4:44.01</b>	577	B
	50m:	32.96 32.96	150m:	1:45.59	36.39	250m:	2:58.28	36.20	350m:	4:10.19 35.87
	100m:	1:09.20 36.24	200m:	2:22.08	36.49	300m:	3:34.32	36.04	400m:	4:44.01 33.82
	SERAFIN Barbara		15	G-8 Bielany W-wa				<b>4:44.01</b>	577	B
	50m:	32.47 32.47	150m:	1:45.05	36.39	250m:	2:58.07	36.41	350m:	4:10.40 35.97
	100m:	1:08.66 36.19	200m:	2:21.66	36.61	300m:	3:34.43	36.36	400m:	4:44.01 33.61
16.	SZEWCZYK Zofia		15	Fala Kra nik				<b>4:44.05</b>	576	B
	50m:	33.30 33.30	150m:	1:45.48	36.51	250m:	2:57.77	36.01	350m:	4:09.63 35.92
	100m:	1:08.97 35.67	200m:	2:21.76	36.28	300m:	3:33.71	35.94	400m:	4:44.05 34.42

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Pozycja			Wiek					Czas	Pkt.	
17.	ŁUCZAK Dominika		15	TP Zielona Góra				<b>4:44.11</b>	576	B
	50m:	32.48 32.48	150m:	1:43.76	35.99	250m:	2:56.13	36.15	350m:	4:08.65 36.19
	100m:	1:07.77 35.29	200m:	2:19.98	36.22	300m:	3:32.46	36.33	400m:	4:44.11 35.46
18.	JAWORSKA Maja		15	MZOS Płock				<b>4:44.77</b>	572	B
	50m:	31.38 31.38	150m:	1:42.58	35.96	250m:	2:55.72	36.92	350m:	4:09.72 36.95
	100m:	1:06.62 35.24	200m:	2:18.80	36.22	300m:	3:32.77	37.05	400m:	4:44.77 35.05
19.	JASIORSKA Aleksandra		15	Polonia Warszawa				<b>4:44.83</b>	572	B
	50m:	32.16 32.16	150m:	1:42.45	35.54	250m:	2:54.66	36.33	350m:	4:08.61 36.97
	100m:	1:06.91 34.75	200m:	2:18.33	35.88	300m:	3:31.64	36.98	400m:	4:44.83 36.22
20.	ZAJ C Wiktoria		15	oliborz Warszawa				<b>4:45.05</b>	570	B
	50m:	32.00 32.00	150m:	1:43.98	36.69	250m:	2:56.98	36.70	350m:	4:09.75 36.33
	100m:	1:07.29 35.29	200m:	2:20.28	36.30	300m:	3:33.42	36.44	400m:	4:45.05 35.30
21.	WYKRZYKOWSKA Zofia		15	Siódemka Sopot				<b>4:45.55</b>	567	R
	50m:	32.61 32.61	150m:	1:44.60	36.50	250m:	2:56.50	36.01	350m:	4:09.41 36.57
	100m:	1:08.10 35.49	200m:	2:20.49	35.89	300m:	3:32.84	36.34	400m:	4:45.55 36.14
22.	FUKS Emilia		15	Wodnik Siemianowice l.				<b>4:45.61</b>	567	R
	50m:	32.52 32.52	150m:	1:44.76	36.51	250m:	2:58.05	36.87	350m:	4:11.54 36.85
	100m:	1:08.25 35.73	200m:	2:21.18	36.42	300m:	3:34.69	36.64	400m:	4:45.61 34.07
23.	SZYMA SKA Wiktoria		15	Włókniarz 1925 Kalisz				<b>4:47.86</b>	554	
	50m:	31.86 31.86	150m:	1:43.81	36.48	250m:	2:57.37	36.71	350m:	4:11.98 36.94
	100m:	1:07.33 35.47	200m:	2:20.66	36.85	300m:	3:35.04	37.67	400m:	4:47.86 35.88
24.	BYLI SKA Agnieszka SG		15	abianka Gda sk				<b>4:48.58</b>	550	
	50m:	32.01 32.01	150m:	1:43.69	36.27	250m:	2:57.49	37.35	350m:	4:12.80 37.80
	100m:	1:07.42 35.41	200m:	2:20.14	36.45	300m:	3:35.00	37.51	400m:	4:48.58 35.78
25.	SIENKIEWICZ Kaja		15	BUKS Warszawa				<b>4:49.60</b>	544	
	50m:	32.29 32.29	150m:	1:44.60	36.60	250m:	2:58.54	37.34	350m:	4:13.03 37.40
	100m:	1:08.00 35.71	200m:	2:21.20	36.60	300m:	3:35.63	37.09	400m:	4:49.60 36.57
26.	KURZEPA Adrianna		15	Pirania Targówek				<b>4:50.52</b>	539	
	50m:	33.08 33.08	150m:	1:45.49	36.48	250m:	2:59.86	37.43	350m:	4:14.19 37.11
	100m:	1:09.01 35.93	200m:	2:22.43	36.94	300m:	3:37.08	37.22	400m:	4:50.52 36.33
27.	MAZIAR Alicja		15	Rekin wiebodzice				<b>4:50.64</b>	538	
	50m:	31.81 31.81	150m:	1:45.45	37.21	250m:	3:00.60	37.68	350m:	4:16.38 38.21
	100m:	1:08.24 36.43	200m:	2:22.92	37.47	300m:	3:38.17	37.57	400m:	4:50.64 34.26
28.	BIAŁAS Anieli SWwa		15	Polonia Warszawa				<b>4:50.71</b>	538	
	50m:	32.65 32.65	150m:	1:45.04	36.33	250m:	2:58.74	36.81	350m:	4:15.05 38.67
	100m:	1:08.71 36.06	200m:	2:21.93	36.89	300m:	3:36.38	37.64	400m:	4:50.71 35.66
29.	RODA Dominika		15	MKP Szczecin				<b>4:50.83</b>	537	
	50m:	33.00 33.00	150m:	1:45.01	36.17	250m:	2:59.54	37.43	350m:	4:15.37 37.78
	100m:	1:08.84 35.84	200m:	2:22.11	37.10	300m:	3:37.59	38.05	400m:	4:50.83 35.46
30.	PALONKA Zuzanna		15	l sk Wrocław				<b>4:52.81</b>	526	
	50m:	33.76 33.76	150m:	1:47.23	36.79	250m:	3:02.31	37.60	350m:	4:16.97 37.02
	100m:	1:10.44 36.68	200m:	2:24.71	37.48	300m:	3:39.95	37.64	400m:	4:52.81 35.84
31.	CHOMICKA Zofia		15	Pirania Targówek				<b>4:52.87</b>	526	
	50m:	33.43 33.43	150m:	1:46.56	36.94	250m:	3:01.76	37.92	350m:	4:16.70 37.53
	100m:	1:09.62 36.19	200m:	2:23.84	37.28	300m:	3:39.17	37.41	400m:	4:52.87 36.17
32.	GONET Katarzyna		15	Swim2win Krosno				<b>4:54.63</b>	516	
	50m:	33.98 33.98	150m:	1:47.02	36.56	250m:	3:02.55	37.56	350m:	4:18.87 38.10
	100m:	1:10.46 36.48	200m:	2:24.99	37.97	300m:	3:40.77	38.22	400m:	4:54.63 35.76
33.	NIEMCZYK Wiktoria		15	MOSM Tychy				<b>4:55.03</b>	514	
	50m:	34.09 34.09	150m:	1:49.46	37.74	250m:	3:05.65	38.08	350m:	4:20.44 35.87
	100m:	1:11.72 37.63	200m:	2:27.57	38.11	300m:	3:44.57	38.92	400m:	4:55.03 34.59

2017 Letnie Mistrzostwa Polski Juniorów 15 lat  
Lublin, 14. - 16.7.2017

Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 15 lat

Pozycja			Wiek					Czas	Pkt.
34.	BORO Paulina SOc		15	KSZO Ostrowiec w.			<b>4:55.14</b>	514	
	50m: 33.16 33.16	150m: 1:47.23		37.30	250m: 3:02.88	37.54	350m: 4:18.52	37.47	
	100m: 1:09.93 36.77	200m: 2:25.34		38.11	300m: 3:41.05	38.17	400m: 4:55.14	36.62	
35.	STROI SKA Katarzyna		15	Extreme Team Oborniki			<b>4:55.80</b>	510	
	50m: 34.24 34.24	150m: 1:49.40		37.93	250m: 3:04.45	37.36	350m: 4:19.17	37.35	
	100m: 1:11.47 37.23	200m: 2:27.09		37.69	300m: 3:41.82	37.37	400m: 4:55.80	36.63	
36.	KULISIEWICZ Adrianna		15	Galicja Kraków			<b>4:55.89</b>	510	
	50m: 33.57 33.57	150m: 1:48.28		37.44	250m: 3:03.68	37.38	350m: 4:19.31	37.43	
	100m: 1:10.84 37.27	200m: 2:26.30		38.02	300m: 3:41.88	38.20	400m: 4:55.89	36.58	
37.	CZEPULANIS Alicja		15	Słowianka Gorzów Wlkp.			<b>4:56.64</b>	506	
	50m: 32.93 32.93	150m: 1:46.86		37.40	250m: 3:03.42	38.54	350m: 4:19.92	37.88	
	100m: 1:09.46 36.53	200m: 2:24.88		38.02	300m: 3:42.04	38.62	400m: 4:56.64	36.72	
38.	KŁUSEK Maria		15	Shark Rudna			<b>4:56.85</b>	505	
	50m: 31.56 31.56	150m: 1:45.01		37.50	250m: 3:02.87	39.38	350m: 4:20.36	38.28	
	100m: 1:07.51 35.95	200m: 2:23.49		38.48	300m: 3:42.08	39.21	400m: 4:56.85	36.49	
39.	FIGURSKA Natalia		15	G-8 Bielany W-wa			<b>4:59.31</b>	493	
	50m: 33.81 33.81	150m: 1:49.34		38.52	250m: 3:06.72	38.98	350m: 4:23.61	38.76	
	100m: 1:10.82 37.01	200m: 2:27.74		38.40	300m: 3:44.85	38.13	400m: 4:59.31	35.70	
40.	EGNAŁEK Zofia		15	MKS Piaseczno			<b>4:59.97</b>	489	
	50m: 33.09 33.09	150m: 1:49.31		38.55	250m: 3:06.17	38.44	350m: 4:22.00	37.67	
	100m: 1:10.76 37.67	200m: 2:27.73		38.42	300m: 3:44.33	38.16	400m: 4:59.97	37.97	
41.	ZGÓRSKA Natalia		15	Pi tnatka Bydgoszcz			<b>5:00.46</b>	487	
	50m: 33.56 33.56	150m: 1:50.01		38.92	250m: 3:08.31	39.12	350m: 4:25.25	37.98	
	100m: 1:11.09 37.53	200m: 2:29.19		39.18	300m: 3:47.27	38.96	400m: 5:00.46	35.21	
42.	SZKODA Klaudia		15	MOS D browa Górnicza			<b>5:02.46</b>	477	
	50m: 34.34 34.34	150m: 1:50.45		38.33	250m: 3:07.27	38.46	350m: 4:24.31	38.49	
	100m: 1:12.12 37.78	200m: 2:28.81		38.36	300m: 3:45.82	38.55	400m: 5:02.46	38.15	
43.	MRUK Aleksandra		15	Manta Jelcz-Laskowice			<b>5:03.08</b>	474	
	50m: 32.99 32.99	150m: 1:48.78		38.81	250m: 3:06.86	39.02	350m: 4:24.90	39.31	
	100m: 1:09.97 36.98	200m: 2:27.84		39.06	300m: 3:45.59	38.73	400m: 5:03.08	38.18	
44.	RYGIEL Oliwia		15	Junior Kluczbork			<b>5:03.32</b>	473	
	50m: 32.57 32.57	150m: 1:47.06		38.68	250m: 3:07.03	39.94	350m: 4:27.00	40.05	
	100m: 1:08.38 35.81	200m: 2:27.09		40.03	300m: 3:46.95	39.92	400m: 5:03.32	36.32	
45.	SZPIEGOWSKA Wiktoria		15	I sk Wrocław			<b>5:04.15</b>	469	
	50m: 34.10 34.10	150m: 1:51.69		39.22	250m: 3:09.86	38.93	350m: 4:26.97	38.28	
	100m: 1:12.47 38.37	200m: 2:30.93		39.24	300m: 3:48.69	38.83	400m: 5:04.15	37.18	
46.	GABOR Martyna		15	Shark Rudna			<b>5:04.73</b>	467	
	50m: 34.99 34.99	150m: 1:50.45		38.18	250m: 3:07.57	38.80	350m: 4:25.83	39.09	
	100m: 1:12.27 37.28	200m: 2:28.77		38.32	300m: 3:46.74	39.17	400m: 5:04.73	38.90	
47.	ZDANOWICZ Hanna		15	Atol Ole nica			<b>5:07.43</b>	455	
	50m: 31.72 31.72	150m: 1:49.62		40.70	250m: 3:09.86	40.13	350m: 4:29.18	38.67	
	100m: 1:08.92 37.20	200m: 2:29.73		40.11	300m: 3:50.51	40.65	400m: 5:07.43	38.25	
48.	WTULICH Anna SOL		15	Kormoran Olsztyn			<b>5:07.64</b>	454	
	50m: 33.21 33.21	150m: 1:50.22		39.47	250m: 3:09.39	39.68	350m: 4:30.86	40.77	
	100m: 1:10.75 37.54	200m: 2:29.71		39.49	300m: 3:50.09	40.70	400m: 5:07.64	36.78	
49.	BŁASZCZYK Weronika		15	Junior Kluczbork			<b>5:08.36</b>	450	
	50m: 34.59 34.59	150m: 1:52.16		39.01	250m: 3:10.80	39.29	350m: 4:30.32	39.67	
	100m: 1:13.15 38.56	200m: 2:31.51		39.35	300m: 3:50.65	39.85	400m: 5:08.36	38.04	
50.	MICHALAK Laura		15	MOSM Tychy			<b>5:10.05</b>	443	
	50m: 33.45 33.45	150m: 1:50.88		39.31	250m: 3:12.50	41.48	350m: 4:32.76	39.12	
	100m: 1:11.57 38.12	200m: 2:31.02		40.14	300m: 3:53.64	41.14	400m: 5:10.05	37.29	

2017 Letnie Mistrzostwa Polski Juniorów 15 lat  
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Pozycja			Wiek				Czas	Pkt.				
51.	CZARNIAK Natalia		15				Pi tnastka Bydgoszcz	<b>5:12.81</b>	431			
	50m:	33.07	33.07	150m:	1:52.47	40.18	250m:	3:13.52	40.29	350m:	4:34.55	40.42
	100m:	1:12.29	39.22	200m:	2:33.23	40.76	300m:	3:54.13	40.61	400m:	5:12.81	38.26
52.	OSMAN Magdalena		15				Salos Cortile Kielce	<b>5:13.29</b>	429			
	50m:	35.33	35.33	150m:	1:55.41	40.78	250m:	3:16.92	40.71	350m:	4:36.49	39.95
	100m:	1:14.63	39.30	200m:	2:36.21	40.80	300m:	3:56.54	39.62	400m:	5:13.29	36.80
53.	MUSZY SKA Majka		15				Manta Jelcz-Laskowice	<b>5:17.44</b>	413			
	50m:	35.63	35.63	150m:	1:56.16	40.83	250m:	3:18.54	40.79	350m:	4:39.04	40.04
	100m:	1:15.33	39.70	200m:	2:37.75	41.59	300m:	3:59.00	40.46	400m:	5:17.44	38.40
54.	SIUDA Paulina		15				Pirania Targówek	<b>5:17.75</b>	412			
	50m:	35.65	35.65	150m:	1:56.36	40.94	250m:	3:18.09	40.53	350m:	4:39.08	40.23
	100m:	1:15.42	39.77	200m:	2:37.56	41.20	300m:	3:58.85	40.76	400m:	5:17.75	38.67
55.	BUGAŁA Martyna		15				Lublinianka	<b>5:18.19</b>	410			
	50m:	34.55	34.55	150m:	1:52.60	39.10	250m:	3:14.90	41.41	350m:	4:37.39	40.52
	100m:	1:13.50	38.95	200m:	2:33.49	40.89	300m:	3:56.87	41.97	400m:	5:18.19	40.80
56.	POLASIK Natalia		15				Medyk Gi ycko	<b>5:26.58</b>	379			
	50m:	33.20	33.20	150m:	1:53.23	40.87	250m:	3:17.79	42.73	350m:	4:43.27	42.51
	100m:	1:12.36	39.16	200m:	2:35.06	41.83	300m:	4:00.76	42.97	400m:	5:26.58	43.31
DYSKW.	PI KO Natalia		15				Jedynka Łód					
	<i>O15 - Brak kontaktu fizycznego ze cian podczas nawrotu</i>											
	50m:	31.67	31.67	150m:	1:41.75	35.55	250m:			350m:		
	100m:	1:06.20	34.53	200m:			300m:			400m:		