

2018 Zimowe Mistrzostwa Polski Seniorów, Młodzie ovców, Juniorów 17-18 lat
Lublin, 18. - 22.12.2018

Konkurencja 22 20.12.2018 - 17:13	Kobiet, 400m dowolny					14 lat i starsi Wyniki Finał
Rekord Polski Open	4:05.77	BARZYCKA Paulina	00114	Gorzow	26.11.2005	
Rekord Polski 19 - 23	4:05.77	BARZYCKA Paulina	00114	Gorzow	26.11.2005	
Rekord Polski 18	4:07.14	PIECHOTA Paulina	01605	Łód	20.12.2017	
Rekord Polski 17	4:08.04	KILIJA SKA Donata	00612	Pozna	17.12.2011	
Rekord Polski 16	4:08.04	KILIJA SKA Donata	00612	Poznan	17.12.2011	
Rekord Polski 15	4:09.54	KILIJA SKA Donata	01705	Olsztyn	15.12.2018	
Rekord Polski 14	4:09.54	GU Wiktoria	01705	Olsztyn	15.12.2018	

Punkty: FINA 2018

Pozycja			Wiek			Czas	Pkt.
Finał A							
1.	KARPISZ Milena	21	AZS Łód	4:08.75	838		
	50m: 29.21 29.21	150m: 1:32.27 31.72	250m: 2:35.48 31.44	350m: 3:38.14 31.22			
	100m: 1:00.55 31.34	200m: 2:04.04 31.77	300m: 3:06.92 31.44	400m: 4:08.75 30.61			
2.	PIECHOTA Paulina	19	UKS 190 Łód	4:09.41	831		
	50m: 28.95 28.95	150m: 1:32.08 31.76	250m: 2:35.52 31.65	350m: 3:38.64 31.35			
	100m: 1:00.32 31.37	200m: 2:03.87 31.79	300m: 3:07.29 31.77	400m: 4:09.41 30.77			
3.	POLA SKA Aleksandra	18	UKS GOS Raszyn	4:09.81	827		
	50m: 29.49 29.49	150m: 1:32.81 31.83	250m: 2:36.13 31.68	350m: 3:39.04 31.24			
	100m: 1:00.98 31.49	200m: 2:04.45 31.64	300m: 3:07.80 31.67	400m: 4:09.81 30.77			
4.	KOSSAKOWSKA Dominika	17	AZS AWF Katowice	4:13.84	788		
	50m: 29.07 29.07	150m: 1:33.18 32.01	250m: 2:37.72 32.21	350m: 3:42.00 31.98			
	100m: 1:01.17 32.10	200m: 2:05.51 32.33	300m: 3:10.02 32.30	400m: 4:13.84 31.84			
5.	UKOWSKA Paula	25	KU AZS UMCS Lublin	4:13.86	788		
	50m: 29.34 29.34	150m: 1:33.20 32.12	250m: 2:37.21 31.83	350m: 3:41.83 32.41			
	100m: 1:01.08 31.74	200m: 2:05.38 32.18	300m: 3:09.42 32.21	400m: 4:13.86 32.03			
6.	ANDRZEJEWSKA Kamila	19	KU AZS UMCS Lublin	4:14.91	778		
	50m: 29.66 29.66	150m: 1:33.72 32.27	250m: 2:38.14 32.11	350m: 3:42.61 32.25			
	100m: 1:01.45 31.79	200m: 2:06.03 32.31	300m: 3:10.36 32.22	400m: 4:14.91 32.30			
7.	MARGULA Weronika	18	MKP Szczecin	4:14.99	777		
	50m: 29.99 29.99	150m: 1:33.95 32.10	250m: 2:38.06 32.14	350m: 3:42.92 32.64			
	100m: 1:01.85 31.86	200m: 2:05.92 31.97	300m: 3:10.28 32.22	400m: 4:14.99 32.07			
8.	ZABOROWICZ Julia	17	KS Górnik Sosnowiec	4:15.26	775		
	50m: 28.92 28.92	150m: 1:32.29 32.02	250m: 2:37.03 32.55	350m: 3:42.97 33.05			
	100m: 1:00.27 31.35	200m: 2:04.48 32.19	300m: 3:09.92 32.89	400m: 4:15.26 32.29			
9.	NITA Daria	17	KS Korona Kraków	4:16.53	764		
	50m: 29.99 29.99	150m: 1:34.73 32.58	250m: 2:40.11 32.99	350m: 3:45.28 32.16			
	100m: 1:02.15 32.16	200m: 2:07.12 32.39	300m: 3:13.12 33.01	400m: 4:16.53 31.25			
10.	WARDZI SKA Martyna	20	AZS AWF Warszawa	4:19.63	737		
	50m: 29.63 29.63	150m: 1:34.59 32.77	250m: 2:40.81 33.10	350m: 3:47.13 33.17			
	100m: 1:01.82 32.19	200m: 2:07.71 33.12	300m: 3:13.96 33.15	400m: 4:19.63 32.50			
Finał B							
11.	TERESKO Anna	21	CSiR MOS D browa Górnicza	4:19.60	737		
	50m: 30.24 30.24	150m: 1:35.28 32.69	250m: 2:40.63 32.67	350m: 3:47.02 33.14			
	100m: 1:02.59 32.35	200m: 2:07.96 32.68	300m: 3:13.88 33.25	400m: 4:19.60 32.58			
12.	W GRZYNOWSKA Aleksandra	17	WKS I sk Wrocław	4:20.14	732		
	50m: 29.72 29.72	150m: 1:35.57 33.04	250m: 2:41.40 32.87	350m: 3:48.22 33.29			
	100m: 1:02.53 32.81	200m: 2:08.53 32.96	300m: 3:14.93 33.53	400m: 4:20.14 31.92			
13.	OSINIAK Ewa	18	KU AZS UMCS Lublin	4:20.66	728		
	50m: 30.24 30.24	150m: 1:35.96 33.00	250m: 2:42.55 33.27	350m: 3:49.13 33.19			
	100m: 1:02.96 32.72	200m: 2:09.28 33.32	300m: 3:15.94 33.39	400m: 4:20.66 31.53			
14.	MICIAK Agata	16	MKP Słowianka Gorzów Wlkp.	4:25.15	691		
	50m: 30.67 30.67	150m: 1:37.25 32.95	250m: 2:44.17 33.70	350m: 3:52.26 34.09			
	100m: 1:04.30 33.63	200m: 2:10.47 33.22	300m: 3:18.17 34.00	400m: 4:25.15 32.89			

2018 Zimowe Mistrzostwa Polski Seniorów, Młodzie owców, Juniorów 17-18 lat
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Konkurencja 22, Kobiet, 400m dowolny, Finał, 14 lat i starsi

Pozycja			Wiek				Czas				Pkt.
15.	ŁYSAKOWSKA Julia		17	KU AZS UMCS Lublin			4:25.25				691
	50m:	30.43 30.43	150m:	1:37.50	33.85	250m:	2:44.94	33.88	350m:	3:52.57	33.70
	100m:	1:03.65 33.22	200m:	2:11.06	33.56	300m:	3:18.87	33.93	400m:	4:25.25	32.68
16.	NOWAK Maja		15	AZS AWF Warszawa			4:25.74				687
	50m:	30.02 30.02	150m:	1:37.00	33.63	250m:	2:45.06	34.33	350m:	3:54.04	34.57
	100m:	1:03.37 33.35	200m:	2:10.73	33.73	300m:	3:19.47	34.41	400m:	4:25.74	31.70
17.	CELMER Wiktoria		15	KS Warta Pozna			4:26.06				684
	50m:	30.04 30.04	150m:	1:37.73	34.00	250m:	2:46.30	34.28	350m:	3:53.94	33.51
	100m:	1:03.73 33.69	200m:	2:12.02	34.29	300m:	3:20.43	34.13	400m:	4:26.06	32.12
18.	MAIK Julia		15	KKS Włókniarz 1925 Kalisz			4:27.24				675
	50m:	29.88 29.88	150m:	1:37.65	34.19	250m:	2:46.16	34.23	350m:	3:54.14	33.68
	100m:	1:03.46 33.58	200m:	2:11.93	34.28	300m:	3:20.46	34.30	400m:	4:27.24	33.10
19.	JABŁO SKA Oliwia		21	WZSN Start Wrocław			4:27.34				675
	50m:	31.27 31.27	150m:	1:38.27	33.79	250m:	2:46.45	34.18	350m:	3:54.47	33.90
	100m:	1:04.48 33.21	200m:	2:12.27	34.00	300m:	3:20.57	34.12	400m:	4:27.34	32.87
20.	KAWKA Nina		15	UKS GIM 92 Ursynów			4:32.81				635
	50m:	30.32 30.32	150m:	1:38.08	34.09	250m:	2:48.06	35.09	350m:	3:58.45	35.12
	100m:	1:03.99 33.67	200m:	2:12.97	34.89	300m:	3:23.33	35.27	400m:	4:32.81	34.36
Finał C											
21.	BŁAJET Oliwia		18	KS Warta Pozna			4:33.13				633
	50m:	30.71 30.71	150m:	1:39.09	34.62	250m:	2:48.97	34.99	350m:	3:59.08	34.71
	100m:	1:04.47 33.76	200m:	2:13.98	34.89	300m:	3:24.37	35.40	400m:	4:33.13	34.05
22.	KACZOR Natalia		17	UKS Junior Kluczbork			4:35.66				615
	50m:	30.20 30.20	150m:	1:38.53	34.87	250m:	2:49.40	35.46	350m:	4:01.09	35.95
	100m:	1:03.66 33.46	200m:	2:13.94	35.41	300m:	3:25.14	35.74	400m:	4:35.66	34.57
23.	SHPYCHKA Yaroslava		17	KU AZS Politechniki Łódzkiej			4:36.13				612
	50m:	30.53 30.53	150m:	1:39.24	34.79	250m:	2:49.43	35.21	350m:	4:00.68	35.76
	100m:	1:04.45 33.92	200m:	2:14.22	34.98	300m:	3:24.92	35.49	400m:	4:36.13	35.45
24.	KWIATKOWSKA Zofia		17	KU AZS UMCS Lublin			4:37.88				601
	50m:	30.71 30.71	150m:	1:39.19	34.41	250m:	2:50.30	35.61	350m:	4:03.18	36.70
	100m:	1:04.78 34.07	200m:	2:14.69	35.50	300m:	3:26.48	36.18	400m:	4:37.88	34.70
25.	SERAFIN Magdalena		17	UKS SMS Galicja Kraków			4:39.84				588
	50m:	31.31 31.31	150m:	1:39.94	34.91	250m:	2:51.44	35.82	350m:	4:04.31	36.65
	100m:	1:05.03 33.72	200m:	2:15.62	35.68	300m:	3:27.66	36.22	400m:	4:39.84	35.53
26.	ZAWADZKA Anna		18	MKP Wodnik 29 Tychy			4:40.66				583
	50m:	31.87 31.87	150m:	1:41.89	35.76	250m:	2:52.70	36.06	350m:	4:05.99	37.08
	100m:	1:06.13 34.26	200m:	2:16.64	34.75	300m:	3:28.91	36.21	400m:	4:40.66	34.67
27.	MIETANA Karolina		17	UKS SMS Galicja Kraków			4:41.84				576
	50m:	30.98 30.98	150m:	1:40.46	35.17	250m:	2:52.58	36.21	350m:	4:05.83	37.04
	100m:	1:05.29 34.31	200m:	2:16.37	35.91	300m:	3:28.79	36.21	400m:	4:41.84	36.01
28.	SZUSTER Aleksandra		18	UKS SMS Galicja Kraków			4:53.84				508
	50m:	30.47 30.47	150m:	1:40.93	36.22	250m:	2:55.24	37.82	350m:	4:14.34	39.94
	100m:	1:04.71 34.24	200m:	2:17.42	36.49	300m:	3:34.40	39.16	400m:	4:53.84	39.50