

2019 Główne Mistrzostwa Województwa Lubelskiego
Lublin, 22. - 23.6.2019

Konkurencja 19
22.06.2019 - 16:23

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Rekord Polski Open	4:04.23	JEDRZEJCZAK Otylia	POL	Melbourne (AUS)	25.03.2007
Rekord Polski 19 - 23	4:05.84	JEDRZEJCZAK Otylia	POL	Budapeszt (HUN)	03.08.2006
Rekord Polski 18	4:12.62	UKOWSKA Paula	POL	Doha (UAE)	09.12.2009
Rekord Polski 17	4:12.62	UKOWSKA Paula	POL	Doha (UAE)	09.12.2009
Rekord Polski 16	4:12.62	ZUKOWSKA Paula	POL	Doha (QAT)	09.12.2009
Rekord Polski 15	4:16.14	KNOP Aleksandra	POL	Łódź	26.05.2018
Rekord Polski 14	4:16.54	KILIJA SKA Donata	POL	Tampere (FIN)	20.07.2009
Rekord LOZP	4:18.01	BARZYCKA Paulina	POL	Ostrowiec Sw.	05.04.2008

Punkty: FINA 2019

Pozycja			Wiek				Czas		Pkt.
MŁODZIK									
1.	WILK Anna	13	UKP Fala Kra nik				4:46.34		563
	50m: 32.61 32.61	150m: 1:46.47 36.74	250m: 2:59.84 36.72	350m: 4:12.07 35.65					
	100m: 1:09.73 37.12	200m: 2:23.12 36.65	300m: 3:36.42 36.58	400m: 4:46.34 34.27					
2.	MACHULAK Milena	13	UKP Fala Kra nik				4:59.41		492
	50m: 35.43 35.43	150m: 1:52.52 39.20	250m: 3:08.46 37.57	350m: 4:24.17 37.56					
	100m: 1:13.32 37.89	200m: 2:30.89 38.37	300m: 3:46.61 38.15	400m: 4:59.41 35.24					
3.	CIURSKA Gabriela	13	Uks 51				5:14.37		425
	50m: 33.81 33.81	150m: 1:51.33 39.73	250m: 3:12.55 41.26	350m: 4:35.53 42.11					
	100m: 1:11.60 37.79	200m: 2:31.29 39.96	300m: 3:53.42 40.87	400m: 5:14.37 38.84					
4.	NAKLICKA Izabela	13	UKS „ORKA” Zamo				5:17.88		411
	50m: 37.30 37.30	150m: 1:59.16 41.11	250m: 3:21.30 41.21	350m: 4:41.31 39.88					
	100m: 1:18.05 40.75	200m: 2:40.09 40.93	300m: 4:01.43 40.13	400m: 5:17.88 36.57					
5.	K DZIOR Pola	12	KS OLIMPIA Lublin				5:17.91		411
	50m: 37.26 37.26	150m: 1:57.80 40.17	250m: 3:19.33 41.08	350m: 4:40.34 40.49					
	100m: 1:17.63 40.37	200m: 2:38.25 40.45	300m: 3:59.85 40.52	400m: 5:17.91 37.57					
6.	WIELGUS Emilia	12	UKP Fala Kra nik				5:33.38		356
	50m: 38.16 38.16	150m: 2:03.95 42.96	250m: 3:31.32 43.94	350m: 4:53.95 39.50					
	100m: 1:20.99 42.83	200m: 2:47.38 43.43	300m: 4:14.45 43.13	400m: 5:33.38 39.43					
7.	KO CIOŁEK Otylia	13	UKS Olimpijczyk 23				5:35.87		348
	50m: 36.33 36.33	150m: 2:00.53 42.94	250m: 3:26.52 42.78	350m: 4:54.31 43.31					
	100m: 1:17.59 41.26	200m: 2:43.74 43.21	300m: 4:11.00 44.48	400m: 5:35.87 41.56					
8.	CIE LAK Amelia	12	RWKS Sparta Biłgoraj				5:53.18		300
	50m: 39.41 39.41	150m: 2:09.34 45.92	250m: 3:41.05 45.32	350m: 5:11.42 44.78					
	100m: 1:23.42 44.01	200m: 2:55.73 46.39	300m: 4:26.64 45.59	400m: 5:53.18 41.76					
9.	HAUZNER Natalia	12	UKS „ORKA” Zamo				5:54.67		296
	50m: 38.88 38.88	150m: 2:09.46 45.65	250m: 3:42.11 47.20	350m: 5:12.57 45.22					
	100m: 1:23.81 44.93	200m: 2:54.91 45.45	300m: 4:27.35 45.24	400m: 5:54.67 42.10					
10.	NIED WIED Martyna	12	UKS „ORKA” Zamo				5:56.10		292
	50m: 38.40 38.40	150m: 2:08.82 45.99	250m: 3:41.92 46.54	350m: 5:14.14 44.94					
	100m: 1:22.83 44.43	200m: 2:55.38 46.56	300m: 4:29.20 47.28	400m: 5:56.10 41.96					
11.	SALASA Zuzanna	13	UKP Bychawa				5:57.98		288
	50m: 40.97 40.97	150m: 2:13.18 45.74	250m: 3:46.06 46.28	350m: 5:16.48 44.18					
	100m: 1:27.44 46.47	200m: 2:59.78 46.60	300m: 4:32.30 46.24	400m: 5:57.98 41.50					
12.	WA KOWICZ Małgorzata	12	KS OLIMPIA Lublin				6:14.16		252
	50m: 39.46 39.46	150m: 2:12.26 47.41	250m: 3:50.54 49.28	350m: 5:28.27 48.26					
	100m: 1:24.85 45.39	200m: 3:01.26 49.00	300m: 4:40.01 49.47	400m: 6:14.16 45.89					
13.	STACHOWIAK Maria	13	MTP „Lublinianka”				6:24.27		233
	50m:	150m:	250m:	350m: 5:38.38 48.85					
	100m: 1:32.34	200m: 3:10.84	300m: 4:49.53	400m: 6:24.27 45.89					

2019 Główny Mistrzostwa Województwa Lubelskiego
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Konkurencja 19, Kobiet, 400m dowolny

JUNIOR MŁODSZY

1.	MALINO Julia	15	UKS „ORKA” Zamo	4:42.36	587
	50m: 32.56 32.56	150m: 1:43.24 35.90	250m: 2:55.64 36.62	350m: 4:08.35 36.28	
	100m: 1:07.34 34.78	200m: 2:19.02 35.78	300m: 3:32.07 36.43	400m: 4:42.36 34.01	
2.	SIWKO Natalia	15	KS OLIMPIA Lublin	4:46.65	561
	50m: 32.38 32.38	150m: 1:45.28 36.57	250m: 2:58.68 36.99	350m: 4:11.99 36.23	
	100m: 1:08.71 36.33	200m: 2:21.69 36.41	300m: 3:35.76 37.08	400m: 4:46.65 34.66	
3.	GAZDA Małgorzata	15	UKS Olimpijczyk 23	4:49.15	546
	50m: 32.79 32.79	150m: 1:47.03 37.59	250m: 3:01.57 37.34	350m: 4:14.75 36.61	
	100m: 1:09.44 36.65	200m: 2:24.23 37.20	300m: 3:38.14 36.57	400m: 4:49.15 34.40	
4.	KARWOWSKA Wiktoria	15	KS Narwał Mi dzyrzec Podl.	4:55.35	513
	50m: 33.17 33.17	150m: 1:47.54 37.62	250m: 3:03.38 38.07	350m: 4:19.17 37.32	
	100m: 1:09.92 36.75	200m: 2:25.31 37.77	300m: 3:41.85 38.47	400m: 4:55.35 36.18	
5.	KOWALSKA Zuzanna	14	UKS Olimpijczyk 23	4:58.33	497
	50m: 33.15 33.15	150m: 1:47.12 37.71	250m: 3:04.10 38.90	350m: 4:21.27 38.59	
	100m: 1:09.41 36.26	200m: 2:25.20 38.08	300m: 3:42.68 38.58	400m: 4:58.33 37.06	
6.	WRÓBLEWSKA Klaudia	15	UKS „ORKA” Zamo	5:03.05	475
	50m: 34.51 34.51	150m: 1:50.00 38.04	250m: 3:07.62 38.82	350m: 4:25.57 38.97	
	100m: 1:11.96 37.45	200m: 2:28.80 38.80	300m: 3:46.60 38.98	400m: 5:03.05 37.48	
7.	PYSZNIAK Alicja	14	KS OLIMPIA Lublin	5:05.15	465
	50m: 35.36 35.36	150m: 1:54.06 39.53	250m: 3:12.37 39.20	350m: 4:29.04 38.27	
	100m: 1:14.53 39.17	200m: 2:33.17 39.11	300m: 3:50.77 38.40	400m: 5:05.15 36.11	
8.	SOSNÓWKA Oliwia	14	UKP Fala Kra nik	5:06.82	457
	50m: 35.80 35.80	150m: 1:52.59 38.73	250m: 3:10.39 38.89	350m: 4:29.21 39.86	
	100m: 1:13.86 38.06	200m: 2:31.50 38.91	300m: 3:49.35 38.96	400m: 5:06.82 37.61	
9.	SUCHORAB Zuzanna	14	UKS Olimpijczyk 23	5:07.55	454
	50m: 35.71 35.71	150m: 1:54.28 39.32	250m: 3:13.37 39.57	350m: 4:31.18 38.63	
	100m: 1:14.96 39.25	200m: 2:33.80 39.52	300m: 3:52.55 39.18	400m: 5:07.55 36.37	
10.	KIERAGA Patrycja	15	KS OLIMPIA Lublin	5:08.17	451
	50m: 34.21 34.21	150m: 1:49.68 37.92	250m: 3:09.79 39.83	350m: 4:32.44 41.35	
	100m: 1:11.76 37.55	200m: 2:29.96 40.28	300m: 3:51.09 41.30	400m: 5:08.17 35.73	
11.	WAŁACH Emilia	15	Uks 51	5:10.55	441
	50m: 34.12 34.12	150m: 1:51.74 39.35	250m: 3:11.71 40.17	350m: 4:31.33 39.94	
	100m: 1:12.39 38.27	200m: 2:31.54 39.80	300m: 3:51.39 39.68	400m: 5:10.55 39.22	
12.	MITUŁA Magdalena	15	KS OLIMPIA Lublin	5:23.64	390
	50m: 35.93 35.93	150m: 1:59.16 42.38	250m: 3:22.98 41.80	350m: 4:45.21 40.97	
	100m: 1:16.78 40.85	200m: 2:41.18 42.02	300m: 4:04.24 41.26	400m: 5:23.64 38.43	
13.	MARZEC Monika	14	UKP Fala Kra nik	5:32.92	358
	50m: 37.29 37.29	150m: 2:02.62 42.92	250m: 3:27.57 41.97	350m: 4:53.53 42.77	
	100m: 1:19.70 42.41	200m: 2:45.60 42.98	300m: 4:10.76 43.19	400m: 5:32.92 39.39	

OPEN

1.	ŁYSAKOWSKA Julia	18	KU AZS UMCS Lublin	4:32.58	652
	50m: 32.41 32.41	150m: 1:41.53 34.67	250m: 2:50.93 34.73	350m: 3:59.73 34.12	
	100m: 1:06.86 34.45	200m: 2:16.20 34.67	300m: 3:25.61 34.68	400m: 4:32.58 32.85	
2.	WOJCIECHOWSKA Joanna	21	KU AZS UMCS Lublin	4:35.07	635
	50m: 31.75 31.75	150m: 1:40.77 34.85	250m: 2:50.70 34.87	350m: 4:00.77 35.03	
	100m: 1:05.92 34.17	200m: 2:15.83 35.06	300m: 3:25.74 35.04	400m: 4:35.07 34.30	
3.	RABINIAK Zuzanna	18	KU AZS UMCS Lublin	4:36.94	622
	50m: 31.70 31.70	150m: 1:41.26 35.34	250m: 2:51.29 35.04	350m: 4:01.79 35.28	
	100m: 1:05.92 34.22	200m: 2:16.25 34.99	300m: 3:26.51 35.22	400m: 4:36.94 35.15	
4.	SZEWCZYK Zofia	17	UKP Fala Kra nik	4:37.56	618
	50m: 33.24 33.24	150m: 1:44.06 35.51	250m: 2:54.73 35.13	350m: 4:04.37 34.62	
	100m: 1:08.55 35.31	200m: 2:19.60 35.54	300m: 3:29.75 35.02	400m: 4:37.56 33.19	

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Konkurencja 19, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.
5.	MALINO Julia		15	UKS „ORKA” Zamo				4:42.36	587
	50m: 32.56	32.56	150m: 1:43.24	35.90	250m: 2:55.64	36.62	350m: 4:08.35	36.28	
	100m: 1:07.34	34.78	200m: 2:19.02	35.78	300m: 3:32.07	36.43	400m: 4:42.36	34.01	
6.	PROCHOWNIK Martyna		17	KU AZS UMCS Lublin				4:42.78	584
	50m: 32.13	32.13	150m: 1:42.04	35.25	250m: 2:53.25	35.74	350m: 4:06.63	36.94	
	100m: 1:06.79	34.66	200m: 2:17.51	35.47	300m: 3:29.69	36.44	400m: 4:42.78	36.15	
7.	MACHULAK Maja		16	UKP Fala Kra nik				4:43.15	582
	50m: 33.00	33.00	150m: 1:44.34	35.79	250m: 2:56.42	36.21	350m: 4:08.81	35.83	
	100m: 1:08.55	35.55	200m: 2:20.21	35.87	300m: 3:32.98	36.56	400m: 4:43.15	34.34	
8.	WILK Anna		13	UKP Fala Kra nik				4:46.34	563
	50m: 32.61	32.61	150m: 1:46.47	36.74	250m: 2:59.84	36.72	350m: 4:12.07	35.65	
	100m: 1:09.73	37.12	200m: 2:23.12	36.65	300m: 3:36.42	36.58	400m: 4:46.34	34.27	
9.	KWIATKOWSKA Zofia		18	KU AZS UMCS Lublin				4:46.48	562
	50m: 32.15	32.15	150m: 1:44.86	37.01	250m: 2:59.02	37.29	350m: 4:12.64	36.47	
	100m: 1:07.85	35.70	200m: 2:21.73	36.87	300m: 3:36.17	37.15	400m: 4:46.48	33.84	
10.	SIWKO Natalia		15	KS OLIMPIA Lublin				4:46.65	561
	50m: 32.38	32.38	150m: 1:45.28	36.57	250m: 2:58.68	36.99	350m: 4:11.99	36.23	
	100m: 1:08.71	36.33	200m: 2:21.69	36.41	300m: 3:35.76	37.08	400m: 4:46.65	34.66	
11.	GAZDA Małgorzata		15	UKS Olimpijczyk 23				4:49.15	546
	50m: 32.79	32.79	150m: 1:47.03	37.59	250m: 3:01.57	37.34	350m: 4:14.75	36.61	
	100m: 1:09.44	36.65	200m: 2:24.23	37.20	300m: 3:38.14	36.57	400m: 4:49.15	34.40	
12.	KOŁODZIEJCZYK Oliwia		16	KS OLIMPIA Lublin				4:49.30	546
	50m: 32.86	32.86	150m: 1:47.12	37.72	250m: 3:01.75	37.13	350m: 4:14.96	36.06	
	100m: 1:09.40	36.54	200m: 2:24.62	37.50	300m: 3:38.90	37.15	400m: 4:49.30	34.34	
13.	KARWOWSKA Wiktoria		15	KS Narwal Mi dzyrzec Podl.				4:55.35	513
	50m: 33.17	33.17	150m: 1:47.54	37.62	250m: 3:03.38	38.07	350m: 4:19.17	37.32	
	100m: 1:09.92	36.75	200m: 2:25.31	37.77	300m: 3:41.85	38.47	400m: 4:55.35	36.18	
14.	KOWALSKA Zuzanna		14	UKS Olimpijczyk 23				4:58.33	497
	50m: 33.15	33.15	150m: 1:47.12	37.71	250m: 3:04.10	38.90	350m: 4:21.27	38.59	
	100m: 1:09.41	36.26	200m: 2:25.20	38.08	300m: 3:42.68	38.58	400m: 4:58.33	37.06	
15.	SZYNAL Amelia		16	Uks Skarpa Lublin				4:58.92	495
	50m: 34.71	34.71	150m: 1:51.44	38.55	250m: 3:07.74	38.09	350m: 4:23.56	37.35	
	100m: 1:12.89	38.18	200m: 2:29.65	38.21	300m: 3:46.21	38.47	400m: 4:58.92	35.36	
16.	MACHULAK Milena		13	UKP Fala Kra nik				4:59.41	492
	50m: 35.43	35.43	150m: 1:52.52	39.20	250m: 3:08.46	37.57	350m: 4:24.17	37.56	
	100m: 1:13.32	37.89	200m: 2:30.89	38.37	300m: 3:46.61	38.15	400m: 4:59.41	35.24	
17.	WRÓBLEWSKA Klaudia		15	UKS „ORKA” Zamo				5:03.05	475
	50m: 34.51	34.51	150m: 1:50.00	38.04	250m: 3:07.62	38.82	350m: 4:25.57	38.97	
	100m: 1:11.96	37.45	200m: 2:28.80	38.80	300m: 3:46.60	38.98	400m: 5:03.05	37.48	
18.	PYSZNIAK Alicja		14	KS OLIMPIA Lublin				5:05.15	465
	50m: 35.36	35.36	150m: 1:54.06	39.53	250m: 3:12.37	39.20	350m: 4:29.04	38.27	
	100m: 1:14.53	39.17	200m: 2:33.17	39.11	300m: 3:50.77	38.40	400m: 5:05.15	36.11	
19.	SOSNÓWKA Oliwia		14	UKP Fala Kra nik				5:06.82	457
	50m: 35.80	35.80	150m: 1:52.59	38.73	250m: 3:10.39	38.89	350m: 4:29.21	39.86	
	100m: 1:13.86	38.06	200m: 2:31.50	38.91	300m: 3:49.35	38.96	400m: 5:06.82	37.61	
20.	SUCHORAB Zuzanna		14	UKS Olimpijczyk 23				5:07.55	454
	50m: 35.71	35.71	150m: 1:54.28	39.32	250m: 3:13.37	39.57	350m: 4:31.18	38.63	
	100m: 1:14.96	39.25	200m: 2:33.80	39.52	300m: 3:52.55	39.18	400m: 5:07.55	36.37	
21.	KIERAGA Patrycja		15	KS OLIMPIA Lublin				5:08.17	451
	50m: 34.21	34.21	150m: 1:49.68	37.92	250m: 3:09.79	39.83	350m: 4:32.44	41.35	
	100m: 1:11.76	37.55	200m: 2:29.96	40.28	300m: 3:51.09	41.30	400m: 5:08.17	35.73	
22.	WAŁACH Emilia		15	Uks 51				5:10.55	441
	50m: 34.12	34.12	150m: 1:51.74	39.35	250m: 3:11.71	40.17	350m: 4:31.33	39.94	
	100m: 1:12.39	38.27	200m: 2:31.54	39.80	300m: 3:51.39	39.68	400m: 5:10.55	39.22	

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Konkurencja 19, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek				Czas				Pkt.
23.	CIURSKA Gabriela	13	Uks 51				5:14.37				425
	50m: 33.81	33.81	150m: 1:51.33	39.73	250m: 3:12.55	41.26	350m: 4:35.53	42.11	400m: 5:14.37	38.84	
	100m: 1:11.60	37.79	200m: 2:31.29	39.96	300m: 3:53.42	40.87					
24.	NAKLICKA Izabela	13	UKS „ORKA” Zamo				5:17.88				411
	50m: 37.30	37.30	150m: 1:59.16	41.11	250m: 3:21.30	41.21	350m: 4:41.31	39.88	400m: 5:17.88	36.57	
	100m: 1:18.05	40.75	200m: 2:40.09	40.93	300m: 4:01.43	40.13					
25.	K DZIOR Pola	12	KS OLIMPIA Lublin				5:17.91				411
	50m: 37.26	37.26	150m: 1:57.80	40.17	250m: 3:19.33	41.08	350m: 4:40.34	40.49	400m: 5:17.91	37.57	
	100m: 1:17.63	40.37	200m: 2:38.25	40.45	300m: 3:59.85	40.52					
26.	MITUŁA Magdalena	15	KS OLIMPIA Lublin				5:23.64				390
	50m: 35.93	35.93	150m: 1:59.16	42.38	250m: 3:22.98	41.80	350m: 4:45.21	40.97	400m: 5:23.64	38.43	
	100m: 1:16.78	40.85	200m: 2:41.18	42.02	300m: 4:04.24	41.26					
27.	MARZEC Monika	14	UKP Fala Kra nik				5:32.92				358
	50m: 37.29	37.29	150m: 2:02.62	42.92	250m: 3:27.57	41.97	350m: 4:53.53	42.77	400m: 5:32.92	39.39	
	100m: 1:19.70	42.41	200m: 2:45.60	42.98	300m: 4:10.76	43.19					
28.	WIELGUS Emilia	12	UKP Fala Kra nik				5:33.38				356
	50m: 38.16	38.16	150m: 2:03.95	42.96	250m: 3:31.32	43.94	350m: 4:53.95	39.50	400m: 5:33.38	39.43	
	100m: 1:20.99	42.83	200m: 2:47.38	43.43	300m: 4:14.45	43.13					
29.	KO CIOŁEK Otylia	13	UKS Olimpijczyk 23				5:35.87				348
	50m: 36.33	36.33	150m: 2:00.53	42.94	250m: 3:26.52	42.78	350m: 4:54.31	43.31	400m: 5:35.87	41.56	
	100m: 1:17.59	41.26	200m: 2:43.74	43.21	300m: 4:11.00	44.48					
30.	CIE LAK Amelia	12	RWKS Sparta Biłgoraj				5:53.18				300
	50m: 39.41	39.41	150m: 2:09.34	45.92	250m: 3:41.05	45.32	350m: 5:11.42	44.78	400m: 5:53.18	41.76	
	100m: 1:23.42	44.01	200m: 2:55.73	46.39	300m: 4:26.64	45.59					
31.	HAUZNER Natalia	12	UKS „ORKA” Zamo				5:54.67				296
	50m: 38.88	38.88	150m: 2:09.46	45.65	250m: 3:42.11	47.20	350m: 5:12.57	45.22	400m: 5:54.67	42.10	
	100m: 1:23.81	44.93	200m: 2:54.91	45.45	300m: 4:27.35	45.24					
32.	NIED WIED Martyna	12	UKS „ORKA” Zamo				5:56.10				292
	50m: 38.40	38.40	150m: 2:08.82	45.99	250m: 3:41.92	46.54	350m: 5:14.14	44.94	400m: 5:56.10	41.96	
	100m: 1:22.83	44.43	200m: 2:55.38	46.56	300m: 4:29.20	47.28					
33.	SALASA Zuzanna	13	UKP Bychawa				5:57.98				288
	50m: 40.97	40.97	150m: 2:13.18	45.74	250m: 3:46.06	46.28	350m: 5:16.48	44.18	400m: 5:57.98	41.50	
	100m: 1:27.44	46.47	200m: 2:59.78	46.60	300m: 4:32.30	46.24					
34.	WA KOWICZ Małgorzata	12	KS OLIMPIA Lublin				6:14.16				252
	50m: 39.46	39.46	150m: 2:12.26	47.41	250m: 3:50.54	49.28	350m: 5:28.27	48.26	400m: 6:14.16	45.89	
	100m: 1:24.85	45.39	200m: 3:01.26	49.00	300m: 4:40.01	49.47					
35.	STACHOWIAK Maria	13	MTP „Lublinianka”				6:24.27				233
	50m:		150m:		250m:		350m: 5:38.38	48.85	400m: 6:24.27	45.89	
	100m: 1:32.34		200m: 3:10.84		300m: 4:49.53						