

2020 Puchar KU AZS UMCS Lublin  
Lublin, 5.9.2020

Konkurencja 5  
05.09.2020 - 10:52

Kobiet, 400m dowolny

13 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 (POL)	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	01403	Ostrowiec Sw. (POL)	05.04.2008

Punkty: Rudolph Table 2019

Pozycja			Wiek			Czas	Pkt.
<b>13 - 14 lat</b>							
1.	WILK Anna	14	UKP Fala Kra nik	<b>4:38.31</b>	13,2		
	50m: 31.63 31.63	150m: 1:42.82 36.00	250m: 2:53.95 35.17	350m: 4:04.88 34.93			
	100m: 1:06.82 35.19	200m: 2:18.78 35.96	300m: 3:29.95 36.00	400m: 4:38.31 33.43			
2.	MACIAK Julia	14	IUKS „Muszelka” Warszawa	<b>4:38.61</b>	13,1		
	50m: 31.91 31.91	150m: 1:42.99 35.86	250m: 2:54.58 35.54	350m: 4:05.21 34.86			
	100m: 1:07.13 35.22	200m: 2:19.04 36.05	300m: 3:30.35 35.77	400m: 4:38.61 33.40			
3.	WALCZAK Barbara	14	UKS G-8 Bielany Warszawa	<b>4:47.71</b>	10,8		
	50m: 31.43 31.43	150m: 1:42.95 36.45	250m: 2:57.52 37.41	350m: 4:13.08 37.78			
	100m: 1:06.50 35.07	200m: 2:20.11 37.16	300m: 3:35.30 37.78	400m: 4:47.71 34.63			
4.	K DZIOR Pola	13	KS OLIMPIA Lublin	<b>4:59.60</b>	9,6		
	50m: 34.62 34.62	150m: 1:50.52 38.43	250m: 3:07.28 38.61	350m: 4:23.38 37.67			
	100m: 1:12.09 37.47	200m: 2:28.67 38.15	300m: 3:45.71 38.43	400m: 4:59.60 36.22			
5.	GAWĘŁKO Zuzanna	14	KS „Wisła” Puławy	<b>5:00.56</b>	7,5		
	50m: 33.39 33.39	150m: 1:49.84 38.88	250m: 3:07.40 38.92	350m: 4:24.37 38.36			
	100m: 1:10.96 37.57	200m: 2:28.48 38.64	300m: 3:46.01 38.61	400m: 5:00.56 36.19			
6.	CIEPIELEWSKA Oliwia	14	KS „Wisła” Puławy	<b>5:32.21</b>			
	50m: 38.07 38.07	150m: 2:03.09 42.39	250m: 3:28.99 42.79	350m: 4:54.41 41.87			
	100m: 1:20.70 42.63	200m: 2:46.20 43.11	300m: 4:12.54 43.55	400m: 5:32.21 37.80			
<b>15 - 16 lat</b>							
1.	SIWKO Natalia	16	KU AZS UMCS Lublin	<b>4:42.57</b>	10,1		
	50m: 31.94 31.94	150m: 1:42.72 35.99	250m: 2:54.69 36.00	350m: 4:06.61 35.88			
	100m: 1:06.73 34.79	200m: 2:18.69 35.97	300m: 3:30.73 36.04	400m: 4:42.57 35.96			
2.	GÓRSKA Zofia	15	UKP „Polonia Warszawa”	<b>4:45.60</b>	10,1		
	50m: 31.77 31.77	150m: 1:43.90 36.53	250m: 2:56.68 36.23	350m: 4:09.59 36.43			
	100m: 1:07.37 35.60	200m: 2:20.45 36.55	300m: 3:33.16 36.48	400m: 4:45.60 36.01			
3.	BRACH Oliwia	16	UKP „Polonia Warszawa”	<b>4:50.18</b>	8,1		
	50m: 33.09 33.09	150m: 1:46.55 37.13	250m: 3:01.32 37.32	350m: 4:15.82 36.91			
	100m: 1:09.42 36.33	200m: 2:24.00 37.45	300m: 3:38.91 37.59	400m: 4:50.18 34.36			
4.	GAJCY Natalia	15	UKP „Polonia Warszawa”	<b>4:55.08</b>	7,6		
	50m: 33.37 33.37	150m: 1:47.44 37.66	250m: 3:02.66 37.51	350m: 4:18.14 37.12			
	100m: 1:09.78 36.41	200m: 2:25.15 37.71	300m: 3:41.02 38.36	400m: 4:55.08 36.94			
5.	WRÓBLEWSKA Klaudia	16	UKP „Polonia Warszawa”	<b>5:02.24</b>	4,9		
	50m: 34.30 34.30	150m: 1:50.60 38.38	250m: 3:07.72 38.55	350m: 4:24.79 38.44			
	100m: 1:12.22 37.92	200m: 2:29.17 38.57	300m: 3:46.35 38.63	400m: 5:02.24 37.45			
6.	SOSNÓWKA Oliwia	15	UKP Fala Kra nik	<b>5:03.46</b>	5,4		
	50m: 34.93 34.93	150m: 1:51.88 38.98	250m: 3:08.96 37.95	350m: 4:27.08 38.30			
	100m: 1:12.90 37.97	200m: 2:31.01 39.13	300m: 3:48.78 39.82	400m: 5:03.46 36.38			
7.	SŁOTWI SKA Wiktoria	15	KS „Wisła” Puławy	<b>5:12.42</b>	3,1		
	50m: 35.81 35.81	150m: 1:54.96 39.86	250m: 3:14.49 39.89	350m: 4:34.35 40.10			
	100m: 1:15.10 39.29	200m: 2:34.60 39.64	300m: 3:54.25 39.76	400m: 5:12.42 38.07			

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Konkurencja 5, Kobiet, 400m dowolny

OPEN

1.	ANDRZEJEWSKA Kamila	21	KU AZS UMCS Lublin	<b>4:30.90</b>	11,9
	50m: 31.58 31.58	150m: 1:39.72	34.36 250m: 2:48.39	34.48	350m: 3:56.99
	100m: 1:05.36 33.78	200m: 2:13.91	34.19 300m: 3:22.58	34.19	400m: 4:30.90
2.	SZEWczyk Zofia	18	UKP Fala Kra nik	<b>4:36.54</b>	11,3
	50m: 31.79 31.79	150m: 1:40.80	34.82 250m: 2:50.75	34.90	350m: 4:01.77
	100m: 1:05.98 34.19	200m: 2:15.85	35.05 300m: 3:26.24	35.49	400m: 4:36.54
3.	WILK Anna	14	UKP Fala Kra nik	<b>4:38.31</b>	13,2
	50m: 31.63 31.63	150m: 1:42.82	36.00 250m: 2:53.95	35.17	350m: 4:04.88
	100m: 1:06.82 35.19	200m: 2:18.78	35.96 300m: 3:29.95	36.00	400m: 4:38.31
4.	MACIAK Julia	14	IUKS „Muszelka” Warszawa	<b>4:38.61</b>	13,1
	50m: 31.91 31.91	150m: 1:42.99	35.86 250m: 2:54.58	35.54	350m: 4:05.21
	100m: 1:07.13 35.22	200m: 2:19.04	36.05 300m: 3:30.35	35.77	400m: 4:38.61
5.	SIWKO Natalia	16	KU AZS UMCS Lublin	<b>4:42.57</b>	10,1
	50m: 31.94 31.94	150m: 1:42.72	35.99 250m: 2:54.69	36.00	350m: 4:06.61
	100m: 1:06.73 34.79	200m: 2:18.69	35.97 300m: 3:30.73	36.04	400m: 4:42.57
6.	GÓRSKA Zofia	15	UKP „Polonia Warszawa”	<b>4:45.60</b>	10,1
	50m: 31.77 31.77	150m: 1:43.90	36.53 250m: 2:56.68	36.23	350m: 4:09.59
	100m: 1:07.37 35.60	200m: 2:20.45	36.55 300m: 3:33.16	36.48	400m: 4:45.60
7.	WALCZAK Barbara	14	UKS G-8 Bielany Warszawa	<b>4:47.71</b>	10,8
	50m: 31.43 31.43	150m: 1:42.95	36.45 250m: 2:57.52	37.41	350m: 4:13.08
	100m: 1:06.50 35.07	200m: 2:20.11	37.16 300m: 3:35.30	37.78	400m: 4:47.71
8.	WOJCIECHOWSKA Joanna	22	KU AZS UMCS Lublin	<b>4:50.07</b>	6,7
	50m: 31.74 31.74	150m: 1:41.67	35.76 250m: 2:55.65	37.40	350m: 4:12.35
	100m: 1:05.91 34.17	200m: 2:18.25	36.58 300m: 3:33.57	37.92	400m: 4:50.07
9.	BRACH Oliwia	16	UKP „Polonia Warszawa”	<b>4:50.18</b>	8,1
	50m: 33.09 33.09	150m: 1:46.55	37.13 250m: 3:01.32	37.32	350m: 4:15.82
	100m: 1:09.42 36.33	200m: 2:24.00	37.45 300m: 3:38.91	37.59	400m: 4:50.18
10.	GAJCY Natalia	15	UKP „Polonia Warszawa”	<b>4:55.08</b>	7,6
	50m: 33.37 33.37	150m: 1:47.44	37.66 250m: 3:02.66	37.51	350m: 4:18.14
	100m: 1:09.78 36.41	200m: 2:25.15	37.71 300m: 3:41.02	38.36	400m: 4:55.08
11.	CIOCH-GRADZIK Wiktoria	17	KU AZS UMCS Lublin	<b>4:55.61</b>	6,7
	50m: 32.74 32.74	150m: 1:46.19	37.39 250m: 3:01.97	37.78	350m: 4:18.25
	100m: 1:08.80 36.06	200m: 2:24.19	38.00 300m: 3:40.43	38.46	400m: 4:55.61
12.	K DZIOR Pola	13	KS OLIMPIA Lublin	<b>4:59.60</b>	9,6
	50m: 34.62 34.62	150m: 1:50.52	38.43 250m: 3:07.28	38.61	350m: 4:23.38
	100m: 1:12.09 37.47	200m: 2:28.67	38.15 300m: 3:45.71	38.43	400m: 4:59.60
13.	GAWEŁKO Zuzanna	14	KS „Wisła” Puławy	<b>5:00.56</b>	7,5
	50m: 33.39 33.39	150m: 1:49.84	38.88 250m: 3:07.40	38.92	350m: 4:24.37
	100m: 1:10.96 37.57	200m: 2:28.48	38.64 300m: 3:46.01	38.61	400m: 5:00.56
14.	WRÓBLEWSKA Klaudia	16	UKP „Polonia Warszawa”	<b>5:02.24</b>	4,9
	50m: 34.30 34.30	150m: 1:50.60	38.38 250m: 3:07.72	38.55	350m: 4:24.79
	100m: 1:12.22 37.92	200m: 2:29.17	38.57 300m: 3:46.35	38.63	400m: 5:02.24
15.	SOSNÓWKA Oliwia	15	UKP Fala Kra nik	<b>5:03.46</b>	5,4
	50m: 34.93 34.93	150m: 1:51.88	38.98 250m: 3:08.96	37.95	350m: 4:27.08
	100m: 1:12.90 37.97	200m: 2:31.01	39.13 300m: 3:48.78	39.82	400m: 5:03.46
16.	SŁOTWI SKA Wiktoria	15	KS „Wisła” Puławy	<b>5:12.42</b>	3,1
	50m: 35.81 35.81	150m: 1:54.96	39.86 250m: 3:14.49	39.89	350m: 4:34.35
	100m: 1:15.10 39.29	200m: 2:34.60	39.64 300m: 3:54.25	39.76	400m: 5:12.42
17.	CIEPIELEWSKA Oliwia	14	KS „Wisła” Puławy	<b>5:32.21</b>	
	50m: 38.07 38.07	150m: 2:03.09	42.39 250m: 3:28.99	42.79	350m: 4:54.41
	100m: 1:20.70 42.63	200m: 2:46.20	43.11 300m: 4:12.54	43.55	400m: 5:32.21

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Konkurencja 5, Kobiet, 400m dowolny

PK	SOBÓTKA Oliwia		10	UKS 48 Warszawa		ródmie cie		<b>5:09.63</b>	18,7			
	50m:	33.60	33.60	150m:	1:49.94	38.30	250m:	3:09.36	39.62	350m:	4:29.41	39.89
	100m:	1:11.64	38.04	200m:	2:29.74	39.80	300m:	3:49.52	40.16	400m:	5:09.63	40.22