

2020 Główne Mistrzostwa Województwa Lubelskiego  
Lublin, 19. - 20.9.2020

Konkurencja 19  
19.09.2020 - 16:21

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	01403	Ostrowiec Sw.	05.04.2008

Punkty: FINA 2020

Pozycja Wiek Czas Pkt.

MŁODZIK

1. WYSOCKA Amelia	13	UKP Fala Kra nik	<b>4:46.01</b>	565
50m: 31.17 31.17	150m: 1:45.84 37.53	250m: 2:58.93 35.96	350m: 4:11.62 36.15	
100m: 1:08.31 37.14	200m: 2:22.97 37.13	300m: 3:35.47 36.54	400m: 4:46.01 34.39	
2. SUROWIEC Gabriela	13	UKP Fala Kra nik	<b>5:07.19</b>	456
50m: 35.17 35.17	150m: 1:52.00 38.68	250m: 3:10.65 39.44	350m: 4:29.84 39.18	
100m: 1:13.32 38.15	200m: 2:31.21 39.21	300m: 3:50.66 40.01	400m: 5:07.19 37.35	
3. GRABOWSKA Amelia	13	KS OLIMPIA Lublin	<b>5:20.27</b>	402
50m: 36.44 36.44	150m: 1:56.93 40.88	250m: 3:19.12 40.97	350m: 4:40.95 40.77	
100m: 1:16.05 39.61	200m: 2:38.15 41.22	300m: 4:00.18 41.06	400m: 5:20.27 39.32	
4. CICH Kinga	13	RWKS Sparta Biłgoraj	<b>5:27.37</b>	376
50m: 35.71 35.71	150m: 1:58.17 42.11	250m: 3:21.80 41.89	350m: 4:46.86 42.00	
100m: 1:16.06 40.35	200m: 2:39.91 41.74	300m: 4:04.86 43.06	400m: 5:27.37 40.51	
5. ADAMEK Emilia	12	MTP „Lublinianka”	<b>5:30.95</b>	364
50m: 36.47 36.47	150m: 2:00.34 42.68	250m: 3:24.91 42.56	350m: 4:50.19 42.24	
100m: 1:17.66 41.19	200m: 2:42.35 42.01	300m: 4:07.95 43.04	400m: 5:30.95 40.76	
6. KAZANOWSKA Klaudia	12	Uks 51	<b>5:32.83</b>	358
50m: 36.93 36.93	150m: 1:59.82 41.77	250m: 3:24.81 42.73	350m: 4:50.64 43.11	
100m: 1:18.05 41.12	200m: 2:42.08 42.26	300m: 4:07.53 42.72	400m: 5:32.83 42.19	
7. BATYRA Julia	12	Uks Skarpa Lublin	<b>5:33.67</b>	355
50m: 35.66 35.66	150m: 2:00.61 43.26	250m: 3:26.89 43.35	350m: 4:53.26 42.89	
100m: 1:17.35 41.69	200m: 2:43.54 42.93	300m: 4:10.37 43.48	400m: 5:33.67 40.41	
8. WA KOWICZ Małgorzata	13	KS OLIMPIA Lublin	<b>5:43.35</b>	326
50m: 39.09 39.09	150m: 2:05.62 43.70	250m: 3:33.93 44.32	350m: 5:01.73 43.43	
100m: 1:21.92 42.83	200m: 2:49.61 43.99	300m: 4:18.30 44.37	400m: 5:43.35 41.62	
9. ROCZON Jagoda	13	Uks 51	<b>5:53.70</b>	298
50m: 39.40 39.40	150m: 2:07.07 44.29	250m: 3:37.85 45.29	350m: 5:09.80 45.73	
100m: 1:22.78 43.38	200m: 2:52.56 45.49	300m: 4:24.07 46.22	400m: 5:53.70 43.90	

JUNIOR MŁODSZY

1. BERNAT Laura	15	KU AZS UMCS Lublin	<b>4:33.77</b>	644
50m: 30.92 30.92	150m: 1:40.82 34.96	250m: 2:51.18 34.94	350m: 4:01.28 34.72	
100m: 1:05.86 34.94	200m: 2:16.24 35.42	300m: 3:26.56 35.38	400m: 4:33.77 32.49	
2. BURDYN Dominika	15	KU AZS UMCS Lublin	<b>4:44.03</b>	577
50m: 32.07 32.07	150m: 1:43.19 35.98	250m: 2:55.86 36.47	350m: 4:09.14 36.58	
100m: 1:07.21 35.14	200m: 2:19.39 36.20	300m: 3:32.56 36.70	400m: 4:44.03 34.89	
3. KOWALSKA Zuzanna	15	KU AZS UMCS Lublin	<b>4:53.37</b>	523
50m: 32.35 32.35	150m: 1:44.21 36.74	250m: 2:59.36 37.94	350m: 4:16.11 38.53	
100m: 1:07.47 35.12	200m: 2:21.42 37.21	300m: 3:37.58 38.22	400m: 4:53.37 37.26	
4. PYSZNIAK Alicja	15	KU AZS UMCS Lublin	<b>4:55.44</b>	512
50m: 33.22 33.22	150m: 1:47.91 37.59	250m: 3:03.52 37.94	350m: 4:19.57 38.00	
100m: 1:10.32 37.10	200m: 2:25.58 37.67	300m: 3:41.57 38.05	400m: 4:55.44 35.87	
5. SOSNÓWKA Oliwia	15	UKP Fala Kra nik	<b>4:58.69</b>	496
50m: 33.81 33.81	150m: 1:48.99 38.02	250m: 3:06.10 38.67	350m: 4:22.50 37.93	
100m: 1:10.97 37.16	200m: 2:27.43 38.44	300m: 3:44.57 38.47	400m: 4:58.69 36.19	

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Konkurencja 19, Dziewcz t, 400m dowolny, JUNIOR MŁODSZY

Pozycja			Wiek				Czas				Pkt.
6.	JASIK Nikola	14	KS „Wisła” Puławy				<b>5:07.36</b>				455
	50m: 33.53	33.53	150m: 1:52.00	39.42	250m: 3:11.62	39.68	350m: 4:30.77	39.18			
	100m: 1:12.58	39.05	200m: 2:31.94	39.94	300m: 3:51.59	39.97	400m: 5:07.36	36.59			
7.	NAKLICKA Izabela	14	UKS „ORKA” Zamo				<b>5:10.67</b>				440
	50m: 34.68	34.68	150m: 1:53.62	40.54	250m: 3:14.44	40.62	350m: 4:34.62	39.94			
	100m: 1:13.08	38.40	200m: 2:33.82	40.20	300m: 3:54.68	40.24	400m: 5:10.67	36.05			
8.	SŁOTWI SKA Wiktoria	15	KS „Wisła” Puławy				<b>5:11.08</b>				439
	50m: 35.32	35.32	150m: 1:55.49	40.43	250m: 3:16.30	40.17	350m: 4:35.89	39.58			
	100m: 1:15.06	39.74	200m: 2:36.13	40.64	300m: 3:56.31	40.01	400m: 5:11.08	35.19			
9.	SALASA Zuzanna	14	UKP Bychawa				<b>6:13.78</b>				253
	50m: 40.06	40.06	150m: 2:15.51	48.78	250m: 3:52.45	48.49	350m: 5:29.08	48.24			
	100m: 1:26.73	46.67	200m: 3:03.96	48.45	300m: 4:40.84	48.39	400m: 6:13.78	44.70			

OPEN

1.	GEORGES Daniela	23	KU AZS UMCS Lublin				<b>4:28.13</b>				685
	50m: 30.40	30.40	150m: 1:37.09	33.64	250m: 2:45.88	34.76	350m: 3:55.50	34.68			
	100m: 1:03.45	33.05	200m: 2:11.12	34.03	300m: 3:20.82	34.94	400m: 4:28.13	32.63			
2.	BERNAT Laura	15	KU AZS UMCS Lublin				<b>4:33.77</b>				644
	50m: 30.92	30.92	150m: 1:40.82	34.96	250m: 2:51.18	34.94	350m: 4:01.28	34.72			
	100m: 1:05.86	34.94	200m: 2:16.24	35.42	300m: 3:26.56	35.38	400m: 4:33.77	32.49			
3.	SIWKO Natalia	16	KU AZS UMCS Lublin				<b>4:39.91</b>				602
	50m: 31.25	31.25	150m: 1:41.09	35.31	250m: 2:52.66	35.90	350m: 4:05.07	36.20			
	100m: 1:05.78	34.53	200m: 2:16.76	35.67	300m: 3:28.87	36.21	400m: 4:39.91	34.84			
4.	MALINO Julia	16	UKS „ORKA” Zamo				<b>4:42.65</b>				585
	50m: 32.04	32.04	150m: 1:42.31	35.66	250m: 2:54.84	36.59	350m: 4:07.71	36.62			
	100m: 1:06.65	34.61	200m: 2:18.25	35.94	300m: 3:31.09	36.25	400m: 4:42.65	34.94			
5.	BURDYN Dominika	15	KU AZS UMCS Lublin				<b>4:44.03</b>				577
	50m: 32.07	32.07	150m: 1:43.19	35.98	250m: 2:55.86	36.47	350m: 4:09.14	36.58			
	100m: 1:07.21	35.14	200m: 2:19.39	36.20	300m: 3:32.56	36.70	400m: 4:44.03	34.89			
6.	WYSOCKA Amelia	13	UKP Fala Kra nik				<b>4:46.01</b>				565
	50m: 31.17	31.17	150m: 1:45.84	37.53	250m: 2:58.93	35.96	350m: 4:11.62	36.15			
	100m: 1:08.31	37.14	200m: 2:22.97	37.13	300m: 3:35.47	36.54	400m: 4:46.01	34.39			
7.	KARWOWSKA Wiktoria	16	KS Narwal Mi dzyrzec Podl.				<b>4:51.81</b>				532
	50m: 32.09	32.09	150m: 1:43.87	36.42	250m: 2:58.94	37.94	350m: 4:15.12	38.13			
	100m: 1:07.45	35.36	200m: 2:21.00	37.13	300m: 3:36.99	38.05	400m: 4:51.81	36.69			
8.	KOWALSKA Zuzanna	15	KU AZS UMCS Lublin				<b>4:53.37</b>				523
	50m: 32.35	32.35	150m: 1:44.21	36.74	250m: 2:59.36	37.94	350m: 4:16.11	38.53			
	100m: 1:07.47	35.12	200m: 2:21.42	37.21	300m: 3:37.58	38.22	400m: 4:53.37	37.26			
9.	PYSZNIAK Alicja	15	KU AZS UMCS Lublin				<b>4:55.44</b>				512
	50m: 33.22	33.22	150m: 1:47.91	37.59	250m: 3:03.52	37.94	350m: 4:19.57	38.00			
	100m: 1:10.32	37.10	200m: 2:25.58	37.67	300m: 3:41.57	38.05	400m: 4:55.44	35.87			
10.	SOSNÓWKA Oliwia	15	UKP Fala Kra nik				<b>4:58.69</b>				496
	50m: 33.81	33.81	150m: 1:48.99	38.02	250m: 3:06.10	38.67	350m: 4:22.50	37.93			
	100m: 1:10.97	37.16	200m: 2:27.43	38.44	300m: 3:44.57	38.47	400m: 4:58.69	36.19			
11.	B BEN Nina	17	KS OLIMPIA Lublin				<b>4:59.34</b>				492
	50m: 34.84	34.84	150m: 1:50.57	38.06	250m: 3:06.74	38.24	350m: 4:22.83	37.85			
	100m: 1:12.51	37.67	200m: 2:28.50	37.93	300m: 3:44.98	38.24	400m: 4:59.34	36.51			
12.	SUROWIEC Gabriela	13	UKP Fala Kra nik				<b>5:07.19</b>				456
	50m: 35.17	35.17	150m: 1:52.00	38.68	250m: 3:10.65	39.44	350m: 4:29.84	39.18			
	100m: 1:13.32	38.15	200m: 2:31.21	39.21	300m: 3:50.66	40.01	400m: 5:07.19	37.35			
13.	JASIK Nikola	14	KS „Wisła” Puławy				<b>5:07.36</b>				455
	50m: 33.53	33.53	150m: 1:52.00	39.42	250m: 3:11.62	39.68	350m: 4:30.77	39.18			
	100m: 1:12.58	39.05	200m: 2:31.94	39.94	300m: 3:51.59	39.97	400m: 5:07.36	36.59			

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Konkurencja 19, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.
14.	KUMOREK Kamila	18	KU AZS UMCS Lublin					<b>5:07.63</b>	454
	50m: 33.96 33.96	150m: 1:51.61 39.31	250m: 3:10.52 39.61	350m: 4:29.79 39.78					
	100m: 1:12.30 38.34	200m: 2:30.91 39.30	300m: 3:50.01 39.49	400m: 5:07.63 37.84					
15.	NAKLICKA Izabela	14	UKS „ORKA” Zamo					<b>5:10.67</b>	440
	50m: 34.68 34.68	150m: 1:53.62 40.54	250m: 3:14.44 40.62	350m: 4:34.62 39.94					
	100m: 1:13.08 38.40	200m: 2:33.82 40.20	300m: 3:54.68 40.24	400m: 5:10.67 36.05					
16.	SŁOTWI SKA Wiktoria	15	KS „Wisła” Puławy					<b>5:11.08</b>	439
	50m: 35.32 35.32	150m: 1:55.49 40.43	250m: 3:16.30 40.17	350m: 4:35.89 39.58					
	100m: 1:15.06 39.74	200m: 2:36.13 40.64	300m: 3:56.31 40.01	400m: 5:11.08 35.19					
17.	GRABOWSKA Amelia	13	KS OLIMPIA Lublin					<b>5:20.27</b>	402
	50m: 36.44 36.44	150m: 1:56.93 40.88	250m: 3:19.12 40.97	350m: 4:40.95 40.77					
	100m: 1:16.05 39.61	200m: 2:38.15 41.22	300m: 4:00.18 41.06	400m: 5:20.27 39.32					
18.	CICH Kinga	13	RWKS Sparta Biłgoraj					<b>5:27.37</b>	376
	50m: 35.71 35.71	150m: 1:58.17 42.11	250m: 3:21.80 41.89	350m: 4:46.86 42.00					
	100m: 1:16.06 40.35	200m: 2:39.91 41.74	300m: 4:04.86 43.06	400m: 5:27.37 40.51					
19.	ADAMEK Emilia	12	MTP „Lublinianka”					<b>5:30.95</b>	364
	50m: 36.47 36.47	150m: 2:00.34 42.68	250m: 3:24.91 42.56	350m: 4:50.19 42.24					
	100m: 1:17.66 41.19	200m: 2:42.35 42.01	300m: 4:07.95 43.04	400m: 5:30.95 40.76					
20.	KAZANOWSKA Klaudia	12	Uks 51					<b>5:32.83</b>	358
	50m: 36.93 36.93	150m: 1:59.82 41.77	250m: 3:24.81 42.73	350m: 4:50.64 43.11					
	100m: 1:18.05 41.12	200m: 2:42.08 42.26	300m: 4:07.53 42.72	400m: 5:32.83 42.19					
21.	BATYRA Julia	12	Uks Skarpa Lublin					<b>5:33.67</b>	355
	50m: 35.66 35.66	150m: 2:00.61 43.26	250m: 3:26.89 43.35	350m: 4:53.26 42.89					
	100m: 1:17.35 41.69	200m: 2:43.54 42.93	300m: 4:10.37 43.48	400m: 5:33.67 40.41					
22.	WA KOWICZ Małgorzata	13	KS OLIMPIA Lublin					<b>5:43.35</b>	326
	50m: 39.09 39.09	150m: 2:05.62 43.70	250m: 3:33.93 44.32	350m: 5:01.73 43.43					
	100m: 1:21.92 42.83	200m: 2:49.61 43.99	300m: 4:18.30 44.37	400m: 5:43.35 41.62					
23.	ROCZON Jagoda	13	Uks 51					<b>5:53.70</b>	298
	50m: 39.40 39.40	150m: 2:07.07 44.29	250m: 3:37.85 45.29	350m: 5:09.80 45.73					
	100m: 1:22.78 43.38	200m: 2:52.56 45.49	300m: 4:24.07 46.22	400m: 5:53.70 43.90					
24.	SALASA Zuzanna	14	UKP Bychawa					<b>6:13.78</b>	253
	50m: 40.06 40.06	150m: 2:15.51 48.78	250m: 3:52.45 48.49	350m: 5:29.08 48.24					
	100m: 1:26.73 46.67	200m: 3:03.96 48.45	300m: 4:40.84 48.39	400m: 6:13.78 44.70					
PK	KLUSEK Aleksandra	15	UKP „Polonia Warszawa”					<b>4:35.72</b>	630
	50m: 31.18 31.18	150m: 1:40.29 35.24	250m: 2:50.41 35.28	350m: 4:01.58 35.22					
	100m: 1:05.05 33.87	200m: 2:15.13 34.84	300m: 3:26.36 35.95	400m: 4:35.72 34.14					
PK	MACIAK Julia	14	Iuks Muszelka Warszawa					<b>4:39.01</b>	608
	50m: 31.28 31.28	150m: 1:41.59 35.63	250m: 2:52.79 35.79	350m: 4:04.92 35.98					
	100m: 1:05.96 34.68	200m: 2:17.00 35.41	300m: 3:28.94 36.15	400m: 4:39.01 34.09					