

2021 Główne Mistrzostwa Polski Seniorów i Młodzie owców  
Lublin, 28.4. - 2.5.2021

Konkurencja 20  
30.04.2021 - 9:30

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki Eliminacje

Rekord Polski Open	4:04.23	JEDRZEJCZAK Otylia	00114	Melbourne (AUS)	25.03.2007
Rekord Polski 19 - 23	4:05.84	JEDRZEJCZAK Otylia	00114	Budapeszt (HUN)	03.08.2006
Rekord Polski 18	4:12.62	UKOWSKA Paula	00107	Doha (UAE)	09.12.2009
Rekord Polski 17	4:12.62	UKOWSKA Paula	00107	Doha (UAE)	09.12.2009
Rekord Polski 16	4:12.62	ZUKOWSKA Paula	00107	Doha (QAT)	09.12.2009
Rekord Polski 15	4:16.14	KNOP Aleksandra	01605	Łód	26.05.2018
Rekord Polski 14	4:16.54	KILIJA SKA Donata	00612	Tampere (FIN)	20.07.2009

Minimum kwal do ME Budapeszt 2021 - junior Open: 4:16.43 / Minimum kwal do ME Budapeszt 2021 - senior Open: 4:12.85 /  
Minimum kwal do MEJ Rzym 2021 Open: 4:18.12 / Minimum kwal do M J Kaza 2021 Open: 4:11.83 /  
Minimum kwal do IO Tokio 2021 (standard "A") Open: 4:07.90

Punkty: FINA 2020

Pozycja			Wiek					Czas	Pkt.	CR
1.	POLA SKA Aleksandra	21	UKS GOS Raszyn					<b>4:22.99</b>	726A	+0,78
	50m: 30.02 30.02	150m: 1:35.71	33.05	250m: 2:42.36	33.65	350m: 3:49.87	34.01			
	100m: 1:02.66 32.64	200m: 2:08.71	33.00	300m: 3:15.86	33.50	400m: 4:22.99	33.12			
2.	TARASIEWICZ Klaudia	17	UKP „Polonia Warszawa”					<b>4:23.15</b>	725A	+0,68
	50m: 30.40 30.40	150m: 1:36.15	33.09	250m: 2:42.92	33.40	350m: 3:50.49	34.00			
	100m: 1:03.06 32.66	200m: 2:09.52	33.37	300m: 3:16.49	33.57	400m: 4:23.15	32.66			
3.	KNOP Aleksandra	18	UKS 190 Łód					<b>4:23.73</b>	720A	+0,64
	50m: 30.11 30.11	150m: 1:36.53	33.13	250m: 2:43.18	33.68	350m: 3:50.66	33.93			
	100m: 1:03.40 33.29	200m: 2:09.50	32.97	300m: 3:16.73	33.55	400m: 4:23.73	33.07			
4.	PIECHOTA Paulina	22	UKS 190 Łód					<b>4:25.63</b>	705A	+0,79
	50m: 30.59 30.59	150m: 1:37.27	33.70	250m: 2:44.46	33.41	350m: 3:52.59	34.35			
	100m: 1:03.57 32.98	200m: 2:11.05	33.78	300m: 3:18.24	33.78	400m: 4:25.63	33.04			
5.	KULIK Julia	16	UKS GOS Raszyn					<b>4:25.69</b>	704A	+0,71
	50m: 30.24 30.24	150m: 1:35.82	33.28	250m: 2:43.39	33.91	350m: 3:52.27	34.60			
	100m: 1:02.54 32.30	200m: 2:09.48	33.66	300m: 3:17.67	34.28	400m: 4:25.69	33.42			
6.	KRASZEWSKA Martyna	16	MTP Kormoran Olsztyn					<b>4:25.89</b>	703A	+0,71
	50m: 31.07 31.07	150m: 1:39.22	33.88	250m: 2:47.34	33.65	350m: 3:54.35	33.12			
	100m: 1:05.34 34.27	200m: 2:13.69	34.47	300m: 3:21.23	33.89	400m: 4:25.89	31.54			
7.	GU Wiktoria	17	UKS „Delfin” Piotrków Trybunalski					<b>4:26.90</b>	695A	+0,69
	50m: 30.33 30.33	150m: 1:37.17	33.88	250m: 2:44.79	33.93	350m: 3:53.34	34.65			
	100m: 1:03.29 32.96	200m: 2:10.86	33.69	300m: 3:18.69	33.90	400m: 4:26.90	33.56			
8.	SZL K Katarzyna	19	UKS 190 Łód					<b>4:27.55</b>	690A	+0,77
	50m: 30.84 30.84	150m: 1:39.12	34.54	250m: 2:47.24	34.10	350m: 3:55.25	34.07			
	100m: 1:04.58 33.74	200m: 2:13.14	34.02	300m: 3:21.18	33.94	400m: 4:27.55	32.30			
9.	KOWALSKA Klara	16	KU AZS UMCS Lublin					<b>4:29.08</b>	678A	+0,67
	50m: 30.81 30.81	150m: 1:39.16	34.36	250m: 2:47.37	33.84	350m: 3:55.39	34.07			
	100m: 1:04.80 33.99	200m: 2:13.53	34.37	300m: 3:21.32	33.95	400m: 4:29.08	33.69			
10.	KLIMEK Marta	18	UKP Unia O wi cim					<b>4:29.86</b>	672A	+0,77
	50m: 30.62 30.62	150m: 1:37.92	33.89	250m: 2:46.54	34.38	350m: 3:56.03	35.02			
	100m: 1:04.03 33.41	200m: 2:12.16	34.24	300m: 3:21.01	34.47	400m: 4:29.86	33.83			
11.	MARGULA Weronika	21	MKP Szczecin					<b>4:30.84</b>	665B	+0,73
	50m: 30.89 30.89	150m: 1:38.02	33.95	250m: 2:46.59	34.53	350m: 3:56.43	35.29			
	100m: 1:04.07 33.18	200m: 2:12.06	34.04	300m: 3:21.14	34.55	400m: 4:30.84	34.41			
12.	ŁUCZAK Dominika	19	TP Zielona Góra					<b>4:31.70</b>	659B	+0,74
	50m: 30.94 30.94	150m: 1:39.10	34.47	250m: 2:48.27	34.75	350m: 3:57.81	34.87			
	100m: 1:04.63 33.69	200m: 2:13.52	34.42	300m: 3:22.94	34.67	400m: 4:31.70	33.89			
13.	NITA Daria	20	KU AZS UMCS Lublin					<b>4:31.74</b>	658B	+0,74
	50m: 31.21 31.21	150m: 1:40.87	35.28	250m: 2:50.72	35.07	350m: 3:58.78	33.31			
	100m: 1:05.59 34.38	200m: 2:15.65	34.78	300m: 3:25.47	34.75	400m: 4:31.74	32.96			
14.	MACIAK Julia	15	IUKS „Muszelka” Warszawa					<b>4:32.55</b>	653B	+0,76
	50m: 30.48 30.48	150m: 1:39.06	34.68	250m: 2:48.42	34.36	350m: 3:58.65	35.12			
	100m: 1:04.38 33.90	200m: 2:14.06	35.00	300m: 3:23.53	35.11	400m: 4:32.55	33.90			

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Pozycja			Wiek					Czas	Pkt.	CR		
15.	NOWAK Maja		18	AZS AWF Warszawa				<b>4:32.77</b>	651B	+0,80		
	50m:	31.56	31.56	150m:	1:40.18	34.40	250m:	2:49.14	34.37	350m:	3:59.09	34.58
	100m:	1:05.78	34.22	200m:	2:14.77	34.59	300m:	3:24.51	35.37	400m:	4:32.77	33.68
16.	ANDRZEJEWSKA Kamila		22	KU AZS UMCS Lublin				<b>4:32.85</b>	650B	+0,69		
	50m:	31.10	31.10	150m:	1:38.76	34.34	250m:	2:48.58	35.10	350m:	3:58.82	35.33
	100m:	1:04.42	33.32	200m:	2:13.48	34.72	300m:	3:23.49	34.91	400m:	4:32.85	34.03
17.	KOSSOWSKA Julita		16	UKS 190 Łód				<b>4:33.79</b>	644B	+0,76		
	50m:	31.08	31.08	150m:	1:39.89	34.21	250m:	2:50.11	35.10	350m:	4:00.37	34.81
	100m:	1:05.68	34.60	200m:	2:15.01	35.12	300m:	3:25.56	35.45	400m:	4:33.79	33.42
18.	HELLAK Emilia		18	WKS I sk				<b>4:34.08</b>	642B	+0,71		
	50m:	30.69	30.69	150m:	1:38.43	34.30	250m:	2:48.78	35.33	350m:	3:59.30	35.13
	100m:	1:04.13	33.44	200m:	2:13.45	35.02	300m:	3:24.17	35.39	400m:	4:34.08	34.78
19.	WOJCIECHOWSKA Joanna		23	KU AZS UMCS Lublin				<b>4:34.54</b>	638B	+0,76		
	50m:	31.29	31.29	150m:	1:39.69	34.68	250m:	2:49.16	34.75	350m:	3:59.78	35.38
	100m:	1:05.01	33.72	200m:	2:14.41	34.72	300m:	3:24.40	35.24	400m:	4:34.54	34.76
20.	JABŁO SKA Oliwia		24	Wojewódzkie Zrzeszenie Sportowe Niep				<b>4:34.55</b>	raw638B	„+0,77:T”		
	50m:	31.94	31.94	150m:	1:40.99	35.03	250m:	2:50.72	35.02	350m:	4:00.38	34.97
	100m:	1:05.96	34.02	200m:	2:15.70	34.71	300m:	3:25.41	34.69	400m:	4:34.55	34.17
21.	GORCZYCA Gabriela		15	UKS SMS Galicja Kraków				<b>4:35.41</b>	632R	+0,68		
	50m:	31.22	31.22	150m:	1:40.88	34.87	250m:	2:51.15	35.10	350m:	4:01.80	35.41
	100m:	1:06.01	34.79	200m:	2:16.05	35.17	300m:	3:26.39	35.24	400m:	4:35.41	33.61
22.	DOMORADZKA Aleksandra		18	KU AZS UMCS Lublin				<b>4:37.16</b>	620R	+0,71		
	50m:	31.20	31.20	150m:	1:41.38	35.56	250m:	2:52.24	35.56	350m:	4:02.88	35.08
	100m:	1:05.82	34.62	200m:	2:16.68	35.30	300m:	3:27.80	35.56	400m:	4:37.16	34.28
23.	CIOCH-GRADZIK Wiktoria		18	KU AZS UMCS Lublin				<b>4:37.18</b>	620	+0,78		
	50m:	31.32	31.32	150m:	1:40.52	35.01	250m:	2:51.00	35.25	350m:	4:02.20	35.61
	100m:	1:05.51	34.19	200m:	2:15.75	35.23	300m:	3:26.59	35.59	400m:	4:37.18	34.98
24.	WRZESI SKA Wiktoria		17	UKS 190 Łód				<b>4:37.31</b>	619	+0,81		
	50m:	31.14	31.14	150m:	1:40.82	35.46	250m:	2:52.17	35.85	350m:	4:02.74	35.13
	100m:	1:05.36	34.22	200m:	2:16.32	35.50	300m:	3:27.61	35.44	400m:	4:37.31	34.57
25.	BEDNARZ Julia		17	UKS „ORKA” Zamo				<b>4:37.44</b>	619	+0,81		
	50m:	31.47	31.47	150m:	1:40.12	34.80	250m:	2:50.53	35.48	350m:	4:02.83	36.13
	100m:	1:05.32	33.85	200m:	2:15.05	34.93	300m:	3:26.70	36.17	400m:	4:37.44	34.61
26.	SIWKO Natalia		17	KU AZS UMCS Lublin				<b>4:37.83</b>	616	+0,73		
	50m:	31.18	31.18	150m:	1:40.51	35.18	250m:	2:51.46	35.40	350m:	4:02.94	35.57
	100m:	1:05.33	34.15	200m:	2:16.06	35.55	300m:	3:27.37	35.91	400m:	4:37.83	34.89
27.	MACIEJEWSKA Beata		18	UKS SP-149 Łód				<b>4:38.03</b>	615	+0,76		
	50m:	31.33	31.33	150m:	1:41.24	35.54	250m:	2:52.72	35.57	350m:	4:03.73	35.31
	100m:	1:05.70	34.37	200m:	2:17.15	35.91	300m:	3:28.42	35.70	400m:	4:38.03	34.30
28.	CZUBAK Maria		15	IKS Konstancin				<b>4:38.24</b>	613	+0,73		
	50m:	30.43	30.43	150m:	1:40.86	35.69	250m:	2:51.93	35.64	350m:	4:03.50	36.01
	100m:	1:05.17	34.74	200m:	2:16.29	35.43	300m:	3:27.49	35.56	400m:	4:38.24	34.74
29.	SOBIAK Zuzanna		19	WKS I sk				<b>4:39.10</b>	608	+0,65		
	50m:	30.41	30.41	150m:	1:39.07	35.22	250m:	2:50.19	35.54	350m:	4:03.10	36.62
	100m:	1:03.85	33.44	200m:	2:14.65	35.58	300m:	3:26.48	36.29	400m:	4:39.10	36.00
30.	RUDOMINA Agnieszka		15	UKS abianka Gda sk				<b>4:39.47</b>	605	+0,68		
	50m:	30.95	30.95	150m:	1:41.25	35.34	250m:	2:53.07	36.04	350m:	4:05.25	35.92
	100m:	1:05.91	34.96	200m:	2:17.03	35.78	300m:	3:29.33	36.26	400m:	4:39.47	34.22
31.	MALARZ Maja		17	UKS SMS Galicja Kraków				<b>4:39.73</b>	604	+0,67		
	50m:	30.71	30.71	150m:	1:39.85	35.02	250m:	2:51.17	35.75	350m:	4:03.97	36.44
	100m:	1:04.83	34.12	200m:	2:15.42	35.57	300m:	3:27.53	36.36	400m:	4:39.73	35.76

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Konkurencja 20, Kobiet, 400m dowolny, Eliminacje, 14 lat i starsi

Pozycja					Wiek					Czas	Pkt.	CR
32.	ZMIERCZAK Natalia				18	MTP Kormoran Olsztyn				<b>4:40.06</b>	601	+0,64
	50m:	30.59	30.59	150m:	1:40.11	35.09	250m:	2:51.03	35.40	350m:	4:03.92	36.44
	100m:	1:05.02	34.43	200m:	2:15.63	35.52	300m:	3:27.48	36.45	400m:	4:40.06	36.14
33.	KARWOWSKA Wiktoria				17	KU AZS UMCS Lublin				<b>4:40.94</b>	596	+0,81
	50m:	31.23	31.23	150m:	1:40.87	35.48	250m:	2:52.81	36.36	350m:	4:05.72	36.60
	100m:	1:05.39	34.16	200m:	2:16.45	35.58	300m:	3:29.12	36.31	400m:	4:40.94	35.22
34.	CYGAN Julia				17	MKS „Astoria” Bydgoszcz				<b>4:41.90</b>	590	+0,73
	50m:	30.93	30.93	150m:	1:41.25	35.90	250m:	2:53.63	36.52	350m:	4:06.76	36.96
	100m:	1:05.35	34.42	200m:	2:17.11	35.86	300m:	3:29.80	36.17	400m:	4:41.90	35.14
35.	FIRA Weronika				17	"Sikret" Gliwice				<b>4:42.62</b>	585	+0,73
	50m:	31.75	31.75	150m:	1:42.70	36.19	250m:	2:55.43	35.88	350m:	4:07.26	35.91
	100m:	1:06.51	34.76	200m:	2:19.55	36.85	300m:	3:31.35	35.92	400m:	4:42.62	35.36
36.	BEDNAREK Aleksandra				23	MKS Jedyńka Łód				<b>4:43.76</b>	578	+0,77
	50m:	33.34	33.34	150m:	1:44.18	35.41	250m:	2:55.33	35.55	350m:	4:08.23	36.33
	100m:	1:08.77	35.43	200m:	2:19.78	35.60	300m:	3:31.90	36.57	400m:	4:43.76	35.53
37.	MAGIEREK Karolina				15	UKS GOS Raszyn				<b>4:46.05</b>	564	+0,74
	50m:	31.87	31.87	150m:	1:43.54	36.64	250m:	2:56.65	36.78	350m:	4:10.42	36.93
	100m:	1:06.90	35.03	200m:	2:19.87	36.33	300m:	3:33.49	36.84	400m:	4:46.05	35.63
38.	WARCHAŁOWSKA Paulina				16	KU AZS UMCS Lublin				<b>4:46.31</b>	563	+0,75
	50m:	32.14	32.14	150m:	1:43.50	36.44	250m:	2:56.67	36.57	350m:	4:09.97	36.79
	100m:	1:07.06	34.92	200m:	2:20.10	36.60	300m:	3:33.18	36.51	400m:	4:46.31	36.34
39.	HAŁADYN Kamila				17	UKS SP-149 Łód				<b>4:46.47</b>	562	+0,68
	50m:	30.62	30.62	150m:	1:42.63	36.57	250m:	2:57.43	37.32	350m:	4:12.46	37.24
	100m:	1:06.06	35.44	200m:	2:20.11	37.48	300m:	3:35.22	37.79	400m:	4:46.47	34.01
40.	TOMASZEWSKA Aleksandra				22	St. Lok. SALOS Cortile Kielce				<b>4:46.54</b>	561	+0,78
	50m:	33.07	33.07	150m:	1:45.40	36.69	250m:	2:58.80	36.30	350m:	4:11.38	35.96
	100m:	1:08.71	35.64	200m:	2:22.50	37.10	300m:	3:35.42	36.62	400m:	4:46.54	35.16
41.	SIEJAK Patrycja				16	MTP Kormoran Olsztyn				<b>4:47.91</b>	553	+0,83
	50m:	33.29	33.29	150m:	1:46.06	36.66	250m:	2:59.90	36.76	350m:	4:12.86	36.52
	100m:	1:09.40	36.11	200m:	2:23.14	37.08	300m:	3:36.34	36.44	400m:	4:47.91	35.05
42.	MALINO Julia				17	UKS „ORKA” Zamo				<b>4:48.66</b>	549	+0,66
	50m:	31.40	31.40	150m:	1:42.08	36.04	250m:	2:56.38	37.57	350m:	4:11.98	37.57
	100m:	1:06.04	34.64	200m:	2:18.81	36.73	300m:	3:34.41	38.03	400m:	4:48.66	36.68
43.	KOWALSKA Zuzanna				16	KU AZS UMCS Lublin				<b>4:51.02</b>	536	+0,77
	50m:	32.75	32.75	150m:	1:45.80	37.18	250m:	3:00.16	37.46	350m:	4:14.93	37.26
	100m:	1:08.62	35.87	200m:	2:22.70	36.90	300m:	3:37.67	37.51	400m:	4:51.02	36.09
44.	MIKUŁA Natalia				15	TP Olimpijczyk Aleksandrów Łódzki				<b>4:54.27</b>	518	+0,62
	50m:	33.19	33.19	150m:	1:47.58	38.26	250m:	3:04.00	38.18	350m:	4:19.36	37.67
	100m:	1:09.32	36.13	200m:	2:25.82	38.24	300m:	3:41.69	37.69	400m:	4:54.27	34.91
45.	ŁUSZCZEWSKA Emilia				16	KU AZS UMCS Lublin				<b>4:55.31</b>	513	+0,72
	50m:	33.01	33.01	150m:	1:47.64	37.99	250m:	3:04.57	38.59	350m:	4:20.77	37.83
	100m:	1:09.65	36.64	200m:	2:25.98	38.34	300m:	3:42.94	38.37	400m:	4:55.31	34.54
46.	BIELAWA Anna				15	UKS Tri-Team Rumia				<b>4:56.07</b>	509	+0,72
	50m:	33.10	33.10	150m:	1:47.49	37.88	250m:	3:03.97	38.34	350m:	4:20.61	38.10
	100m:	1:09.61	36.51	200m:	2:25.63	38.14	300m:	3:42.51	38.54	400m:	4:56.07	35.46
47.	JANASZEK-SEYDLITZ Zofia				15	UKS „GIM 92 Ursynów”				<b>5:01.88</b>	480	+0,68
	50m:	31.47	31.47	150m:	1:47.27	38.60	250m:	3:05.62	39.15	350m:	4:23.96	38.73
	100m:	1:08.67	37.20	200m:	2:26.47	39.20	300m:	3:45.23	39.61	400m:	5:01.88	37.92
48.	FILIPCZAK Nikola				15	SWIMLAND Olsztyn				<b>5:07.00</b>	456	+0,62
	50m:	33.86	33.86	150m:	1:50.05	38.26	250m:	3:08.63	39.44	350m:	4:28.38	40.09
	100m:	1:11.79	37.93	200m:	2:29.19	39.14	300m:	3:48.29	39.66	400m:	5:07.00	38.62