

2022 Letnie Mistrzostwa Polski Juniorów Młodszych 15 lat
Lublin, 14. - 17.7.2022

Konkurencja 22
16.07.2022 - 9:43

Dziewcz t, 400m dowolny

15 lat
Wyniki Eliminacje

Rekord Polski 15 lat 4:16.14 KNOP Aleksandra 01605 Łódź 26.05.2018

Punkty: FINA 2022

Pozycja			Wiek					Czas	Pkt.	CR
1.	WIERNICKA Julia		15	KS Pi tka Chorzów				4:38.23	613A	+0,85
	50m: 31.42	31.42	150m: 1:42.31	36.43	250m: 2:53.79	35.77	350m: 4:04.74	34.68		
	100m: 1:05.88	34.46	200m: 2:18.02	35.71	300m: 3:30.06	36.27	400m: 4:38.23	33.49		
2.	R CZKOWSKA Maja		15	LKS Jedno 32 Przyszowice				4:39.93	602A	+0,74
	50m: 31.64	31.64	150m: 1:41.64	35.47	250m: 2:53.82	36.23	350m: 4:05.74	35.99		
	100m: 1:06.17	34.53	200m: 2:17.59	35.95	300m: 3:29.75	35.93	400m: 4:39.93	34.19		
3.	MAŁOLEPSZA Weronika		15	MKP Szczecin				4:40.12	601A	+0,68
	50m: 31.75	31.75	150m: 1:41.51	35.73	250m: 2:53.23	35.91	350m: 4:05.49	35.76		
	100m: 1:05.78	34.03	200m: 2:17.32	35.81	300m: 3:29.73	36.50	400m: 4:40.12	34.63		
4.	GULCZY SKA Natalia		15	Uks Cityzen				4:40.18	601A	+0,66
	50m: 31.92	31.92	150m: 1:42.36	35.47	250m: 2:55.22	36.46	350m: 4:06.59	34.51		
	100m: 1:06.89	34.97	200m: 2:18.76	36.40	300m: 3:32.08	36.86	400m: 4:40.18	33.59		
5.	KUCZMAR Zuzanna		15	MKS Ochota Warszawa				4:40.25	600A	+0,64
	50m: 31.14	31.14	150m: 1:41.23	35.68	250m: 2:53.08	35.96	350m: 4:05.79	36.52		
	100m: 1:05.55	34.41	200m: 2:17.12	35.89	300m: 3:29.27	36.19	400m: 4:40.25	34.46		
6.	SZOPA Natalia		15	UKP Gryf D bica				4:40.55	598A	+0,71
	50m: 30.99	30.99	150m: 1:42.32	36.78	250m: 2:55.39	36.38	350m: 4:07.53	35.72		
	100m: 1:05.54	34.55	200m: 2:19.01	36.69	300m: 3:31.81	36.42	400m: 4:40.55	33.02		
7.	SOWA Barbara		15	UKP Unia O wi cim				4:42.61	585A	+0,67
	50m: 32.41	32.41	150m: 1:43.99	35.91	250m: 2:56.30	35.69	350m: 4:07.79	35.31		
	100m: 1:08.08	35.67	200m: 2:20.61	36.62	300m: 3:32.48	36.18	400m: 4:42.61	34.82		
8.	POPPE Marta		15	UKS „MANTA” Kochłowice Ruda I sk				4:42.69	585A	+0,83
	50m: 32.18	32.18	150m: 1:41.78	35.41	250m: 2:54.63	35.91	350m: 4:07.60	36.17		
	100m: 1:06.37	34.19	200m: 2:18.72	36.94	300m: 3:31.43	36.80	400m: 4:42.69	35.09		
9.	SZCZERBA Patrycja		15	Ognisko TKKF DELFIN Tarnów				4:43.27	581A	+0,78
	50m: 32.50	32.50	150m: 1:43.62	35.90	250m: 2:56.50	36.31	350m: 4:08.87	36.02		
	100m: 1:07.72	35.22	200m: 2:20.19	36.57	300m: 3:32.85	36.35	400m: 4:43.27	34.40		
10.	DUDA Anna		15	MKP Szczecin				4:46.50	562A	+0,71
	50m: 32.26	32.26	150m: 1:43.02	36.09	250m: 2:56.47	37.18	350m: 4:10.84	37.27		
	100m: 1:06.93	34.67	200m: 2:19.29	36.27	300m: 3:33.57	37.10	400m: 4:46.50	35.66		
11.	GRZESIAK Oliwia		15	WKS I sk				4:46.89	559B	+0,77
	50m: 31.66	31.66	150m: 1:43.30	36.47	250m: 2:57.33	36.96	350m: 4:11.41	37.00		
	100m: 1:06.83	35.17	200m: 2:20.37	37.07	300m: 3:34.41	37.08	400m: 4:46.89	35.48		
12.	RYDY SKA Maja		15	MKS SP 63 Bydgoszcz				4:48.73	549B	+0,85
	50m: 33.06	33.06	150m: 1:45.30	36.22	250m: 2:58.57	36.28	350m: 4:12.17	36.32		
	100m: 1:09.08	36.02	200m: 2:22.29	36.99	300m: 3:35.85	37.28	400m: 4:48.73	36.56		
13.	W GRZYCKA Małgorzata		15	MKS Trójka Łódź				4:49.38	545B	+0,75
	50m: 31.94	31.94	150m: 1:43.54	36.21	250m: 2:57.24	37.04	350m: 4:12.61	37.50		
	100m: 1:07.33	35.39	200m: 2:20.20	36.66	300m: 3:35.11	37.87	400m: 4:49.38	36.77		
14.	BUDZE Monika		15	MKP Astromal-Leszno				4:49.48	545B	+0,84
	50m: 32.28	32.28	150m: 1:44.67	36.58	250m: 2:58.90	37.14	350m: 4:13.45	37.21		
	100m: 1:08.09	35.81	200m: 2:21.76	37.09	300m: 3:36.24	37.34	400m: 4:49.48	36.03		
15.	GOLANOWSKA Gabriela		15	Kaliski Klub Sportowy „Włóknierz” 192				4:49.98	542B	+0,86
	50m: 33.45	33.45	150m: 1:46.66	36.70	250m: 3:01.66	36.77	350m: 4:15.30	36.47		
	100m: 1:09.96	36.51	200m: 2:24.89	38.23	300m: 3:38.83	37.17	400m: 4:49.98	34.68		
16.	DRA YK Wiktoria		15	UKS „MANTA” Kochłowice Ruda I sk				4:51.07	536B	+0,75
	50m: 33.46	33.46	150m: 1:46.59	36.84	250m: 3:01.29	37.36	350m: 4:15.85	37.07		
	100m: 1:09.75	36.29	200m: 2:23.93	37.34	300m: 3:38.78	37.49	400m: 4:51.07	35.22		
17.	LASZCZAK Aleksandra		15	UKP Unia O wi cim				4:52.49	528B	+0,76
	50m: 33.30	33.30	150m: 1:47.35	37.57	250m: 3:04.19	38.54	350m: 4:19.18	36.68		
	100m: 1:09.78	36.48	200m: 2:25.65	38.30	300m: 3:42.50	38.31	400m: 4:52.49	33.31		

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Pozycja	Wiek	Czas	Pkt.	CR
18. TARASZKIEWICZ Zofia	15	Mokotowski UKP Warszawianka- Wodny 4:52.76	526B	+0,65
50m: 32.69 32.69	150m: 1:46.29 37.47	250m: 3:01.52 37.37	350m: 4:16.64 37.53	
100m: 1:08.82 36.13	200m: 2:24.15 37.86	300m: 3:39.11 37.59	400m: 4:52.76 36.12	
19. BUKOWSKA Michalina	15	UKP „Ruda I ska”	4:53.26	524B +0,75
50m: 33.29 33.29	150m: 1:46.24 37.10	250m: 3:01.34 37.55	350m: 4:17.11 37.79	
100m: 1:09.14 35.85	200m: 2:23.79 37.55	300m: 3:39.32 37.98	400m: 4:53.26 36.15	
20. SOBCZAK Antonina	15	UKS 48 Warszawa ródmi cie	4:53.49	522B +0,73
50m: 32.39 32.39	150m: 1:45.36 36.60	250m: 3:01.01 38.16	350m: 4:16.57 37.83	
100m: 1:08.76 36.37	200m: 2:22.85 37.49	300m: 3:38.74 37.73	400m: 4:53.49 36.92	
21. GUZDEK Anna	15	UKP Unia O wi cim	4:54.10	519R +0,72
50m: 33.89 33.89	150m: 1:48.32 37.67	250m: 3:03.83 38.10	350m: 4:19.00 37.70	
100m: 1:10.65 36.76	200m: 2:25.73 37.41	300m: 3:41.30 37.47	400m: 4:54.10 35.10	
22. MURAS Nina	15	Mokotowski UKP Warszawianka- Wodny 4:55.01	514R	+0,73
50m: 33.63 33.63	150m: 1:50.08 38.86	250m: 3:05.50 38.03	350m: 4:20.01 37.14	
100m: 1:11.22 37.59	200m: 2:27.47 37.39	300m: 3:42.87 37.37	400m: 4:55.01 35.00	
23. ORASZEK Karolina	15	Mokotowski UKP Warszawianka- Wodny 4:55.23	513	+0,84
50m: 32.86 32.86	150m: 1:46.02 37.27	250m: 3:01.61 37.58	350m: 4:17.98 38.14	
100m: 1:08.75 35.89	200m: 2:24.03 38.01	300m: 3:39.84 38.23	400m: 4:55.23 37.25	
24. TRAFALSKA Zuzanna	15	TP Olimpijczyk Aleksandrów Łódzki	4:55.97	509 +0,80
50m: 32.27 32.27	150m: 1:45.16 37.23	250m: 3:01.61 38.82	350m: 4:19.01 38.51	
100m: 1:07.93 35.66	200m: 2:22.79 37.63	300m: 3:40.50 38.89	400m: 4:55.97 36.96	
25. DZI GIEL Marta	15	UKS Manta Warszawa Włochy	4:56.34	508 +0,72
50m: 32.34 32.34	150m: 1:46.84 38.05	250m: 3:03.12 37.97	350m: 4:19.57 37.93	
100m: 1:08.79 36.45	200m: 2:25.15 38.31	300m: 3:41.64 38.52	400m: 4:56.34 36.77	
26. WŁADYCZKA Amelia	15	MKS Juwenia Wrocław	4:56.75	505 +0,73
50m: 33.41 33.41	150m: 1:47.19 37.14	250m: 3:02.74 37.49	350m: 4:18.96 38.50	
100m: 1:10.05 36.64	200m: 2:25.25 38.06	300m: 3:40.46 37.72	400m: 4:56.75 37.79	
27. SKOWRON Natalia	15	MKS Pałac Młodzie y Katowice	4:57.71	501 +0,73
50m: 33.66 33.66	150m: 1:49.72 38.54	250m: 3:06.18 37.76	350m: 4:21.79 37.29	
100m: 1:11.18 37.52	200m: 2:28.42 38.70	300m: 3:44.50 38.32	400m: 4:57.71 35.92	
28. PIA CI SKA Alicja	15	UKS Swim Team Wilanów	4:58.00	499 +0,78
50m: 32.51 32.51	150m: 1:45.49 37.06	250m: 3:02.76 38.97	350m: 4:20.50 38.67	
100m: 1:08.43 35.92	200m: 2:23.79 38.30	300m: 3:41.83 39.07	400m: 4:58.00 37.50	
29. CZUBA Julia	15	UKP Unia O wi cim	4:58.43	497 +0,73
50m: 33.49 33.49	150m: 1:49.57 38.40	250m: 3:06.49 38.35	350m: 4:22.53 37.87	
100m: 1:11.17 37.68	200m: 2:28.14 38.57	300m: 3:44.66 38.17	400m: 4:58.43 35.90	
30. TRZEBI SKA Magdalena	15	Uks „Pingwiny”	5:00.42	487 +0,88
50m: 32.74 32.74	150m: 1:48.24 38.70	250m: 3:05.95 38.81	350m: 4:24.15 39.21	
100m: 1:09.54 36.80	200m: 2:27.14 38.90	300m: 3:44.94 38.99	400m: 5:00.42 36.27	
31. JAROS Aleksandra	15	KS Neptun widnica	5:03.13	474 +0,73
50m: 33.65 33.65	150m: 1:49.79 38.06	250m: 3:08.07 39.21	350m: 4:26.02 38.96	
100m: 1:11.73 38.08	200m: 2:28.86 39.07	300m: 3:47.06 38.99	400m: 5:03.13 37.11	
32. RUTKOWSKA Aneta	15	MKS Trójka Łód	5:03.29	473 +0,72
50m: 34.02 34.02	150m: 1:51.80 39.26	250m: 3:08.83 37.94	350m: 4:25.78 38.81	
100m: 1:12.54 38.52	200m: 2:30.89 39.09	300m: 3:46.97 38.14	400m: 5:03.29 37.51	
33. WOJTKOWIAK Wiktoria	15	Kaliski Klub Sportowy „Włóknierz” 192 5:04.94	466	+0,73
50m: 33.54 33.54	150m: 1:50.80 39.19	250m: 3:09.66 39.14	350m: 4:27.71 38.88	
100m: 1:11.61 38.07	200m: 2:30.52 39.72	300m: 3:48.83 39.17	400m: 5:04.94 37.23	
34. SKUDLIK Michalina	15	UKS „MANTA” Kochłowice Ruda I sk 5:05.50	463	+0,77
50m: 34.11 34.11	150m: 1:49.69 38.30	250m: 3:07.76 38.87	350m: 4:26.74 39.43	
100m: 1:11.39 37.28	200m: 2:28.89 39.20	300m: 3:47.31 39.55	400m: 5:05.50 38.76	
35. CAŁA Anastazja	15	UKP Unia O wi cim	5:07.85	453 +0,68
50m: 34.28 34.28	150m: 1:51.22 38.93	250m: 3:10.27 39.49	350m: 4:29.62 39.45	
100m: 1:12.29 38.01	200m: 2:30.78 39.56	300m: 3:50.17 39.90	400m: 5:07.85 38.23	

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Konkurencja 22, Dziewcz t, 400m dowolny, Eliminacje, 15 lat

Pozycja					Wiek					Czas	Pkt.	CR
36.	ANTOS Alicja				15	UKP Unia O wi cim				5:07.87	453	+0,60
	50m:	34.35	34.35	150m:	1:51.99	39.48	250m:	3:11.14	39.43	350m:	4:30.15	39.26
	100m:	1:12.51	38.16	200m:	2:31.71	39.72	300m:	3:50.89	39.75	400m:	5:07.87	37.72
37.	MICHALAK Zuzanna				15	St. KF KS „Fenix” O arów Mazowiecki				5:08.03	452	+0,69
	50m:	33.73	33.73	150m:	1:50.40	39.06	250m:	3:09.58	39.98	350m:	4:29.73	39.75
	100m:	1:11.34	37.61	200m:	2:29.60	39.20	300m:	3:49.98	40.40	400m:	5:08.03	38.30
38.	BER Julia				15	UKS Pi tka Konstantinów Łódzki				5:10.90	439	+0,66
	50m:	34.50	34.50	150m:	1:51.40	38.96	250m:	3:11.28	40.27	350m:	4:32.30	41.12
	100m:	1:12.44	37.94	200m:	2:31.01	39.61	300m:	3:51.18	39.90	400m:	5:10.90	38.60
39.	KUBIAK Matylda				15	Uks "Salmo ory"				5:12.50	433	+0,68
	50m:	33.49	33.49	150m:	1:50.66	39.46	250m:	3:11.09	40.32	350m:	4:33.10	40.92
	100m:	1:11.20	37.71	200m:	2:30.77	40.11	300m:	3:52.18	41.09	400m:	5:12.50	39.40
40.	ZABRZESKA Kinga				15	ULKS „Wodny wiat"				5:16.66	416	+0,74
	50m:	34.00	34.00	150m:	1:52.65	40.38	250m:	3:14.03	41.10	350m:	4:36.63	41.66
	100m:	1:12.27	38.27	200m:	2:32.93	40.28	300m:	3:54.97	40.94	400m:	5:16.66	40.03
41.	WO NIAK Kornelia				15	UKS „FREGATA" Kolbuszowa				5:18.18	410	+0,76
	50m:	35.91	35.91	150m:	1:58.02	41.37	250m:	3:19.41	40.15	350m:	4:39.95	40.27
	100m:	1:16.65	40.74	200m:	2:39.26	41.24	300m:	3:59.68	40.27	400m:	5:18.18	38.23
42.	LIPI SKA Julia				15	UKS "Feniks" D bica				5:23.18	391	+0,91
	50m:	34.30	34.30	150m:	1:52.68	40.05	250m:	3:16.38	42.19	350m:	4:40.90	42.45
	100m:	1:12.63	38.33	200m:	2:34.19	41.51	300m:	3:58.45	42.07	400m:	5:23.18	42.28
43.	SUSKA Zuzanna				15	UKP Jedyńka Elbl g				5:28.24	373	+0,65
	50m:	36.35	36.35	150m:	2:01.09	42.87	250m:	3:26.73	42.50	350m:	4:50.93	41.73
	100m:	1:18.22	41.87	200m:	2:44.23	43.14	300m:	4:09.20	42.47	400m:	5:28.24	37.31
44.	MITU Weronika				15	Gorlicki Klub Pływacki Fala/Karpattia				5:29.77	368	+0,75
	50m:	36.65	36.65	150m:	2:02.06	43.18	250m:	3:27.34	42.74	350m:	4:51.95	42.66
	100m:	1:18.88	42.23	200m:	2:44.60	42.54	300m:	4:09.29	41.95	400m:	5:29.77	37.82
45.	STAWECKA Maria				15	SWIMLAND Olsztyn				5:41.75	331	+0,63
	50m:	38.05	38.05	150m:	2:03.27	43.14	250m:	3:33.24	45.34	350m:	5:00.60	43.43
	100m:	1:20.13	42.08	200m:	2:47.90	44.63	300m:	4:17.17	43.93	400m:	5:41.75	41.15
46.	GOL DZINOWSKA Amelia				15	Uks „Pingwiny"				5:48.92	311	+0,73
	50m:	37.09	37.09	150m:	2:03.17	43.74	250m:	3:33.98	44.65	350m:	5:05.18	45.20
	100m:	1:19.43	42.34	200m:	2:49.33	46.16	300m:	4:19.98	46.00	400m:	5:48.92	43.74
PK	NETREBKO Mariia				15	KS Delfin Gdynia				4:35.93	629	+0,65
	50m:	30.75	30.75	150m:	1:42.00	35.60	250m:	2:52.79	35.00	350m:	4:02.44	33.90
	100m:	1:06.40	35.65	200m:	2:17.79	35.79	300m:	3:28.54	35.75	400m:	4:35.93	33.49
PK	DRABYCH Mariana				15	KS KSZO Ostrowiec w.				4:38.26	613	+0,73
	50m:	31.33	31.33	150m:	1:42.85	36.55	250m:	2:54.66	36.07	350m:	4:05.33	34.67
	100m:	1:06.30	34.97	200m:	2:18.59	35.74	300m:	3:30.66	36.00	400m:	4:38.26	32.93
PK	BAIDALINOVA Sofia				15	KS KSZO Ostrowiec w.				4:48.15	552	+0,76
	50m:	32.66	32.66	150m:	1:46.00	37.17	250m:	3:00.26	36.77	350m:	4:14.41	37.02
	100m:	1:08.83	36.17	200m:	2:23.49	37.49	300m:	3:37.39	37.13	400m:	4:48.15	33.74