

Letnie Mistrzostwa Polski Juniorów Młodszych 15 lat  
Lublin, 13. - 16.7.2023

Konkurencja 22  
15.07.2023 - 9:49

Dziewcz t, 400m dowolny

15 lat  
Wyniki Eliminacje

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

Punkty: FINA 2023

Pozycja			Wiek						Czas	Pkt.	CR
1.	KONDRASIUK Zofia		15	UKS „GIM 92 Ursynów”					<b>4:40.28</b>	600A	+0,75
	50m:	32.06 32.06	150m:	1:43.40 35.90	250m:	2:54.32 34.98	350m:	4:05.42 35.45			
	100m:	1:07.50 35.44	200m:	2:19.34 35.94	300m:	3:29.97 35.65	400m:	4:40.28 34.86			
2.	ŁAKOMA Maria		15	UKS „Sokół-Mo cice” Tarnów					<b>4:41.26</b>	593A	+0,74
	50m:	32.09 32.09	150m:	1:43.39 35.80	250m:	2:54.57 35.16	350m:	4:05.92 35.32			
	100m:	1:07.59 35.50	200m:	2:19.41 36.02	300m:	3:30.60 36.03	400m:	4:41.26 35.34			
3.	WI TEK Amelia		15	WKS I sk					<b>4:42.10</b>	588A	+0,79
	50m:	32.63 32.63	150m:	1:44.65 36.41	250m:	2:56.97 36.24	350m:	4:08.65 35.21			
	100m:	1:08.24 35.61	200m:	2:20.73 36.08	300m:	3:33.44 36.47	400m:	4:42.10 33.45			
4.	JAKUBCZYK Natalia		15	CSiR MOS w D browie Górnicy					<b>4:43.39</b>	580A	+0,64
	50m:	31.67 31.67	150m:	1:42.63 35.85	250m:	2:55.19 36.69	350m:	4:08.14 36.75			
	100m:	1:06.78 35.11	200m:	2:18.50 35.87	300m:	3:31.39 36.20	400m:	4:43.39 35.25			
5.	FERSZT Kornelia		15	KS „Górniki” Sosnowiec					<b>4:43.69</b>	578A	+0,75
	50m:	32.63 32.63	150m:	1:45.12 36.33	250m:	2:57.63 35.73	350m:	4:09.45 35.82			
	100m:	1:08.79 36.16	200m:	2:21.90 36.78	300m:	3:33.63 36.00	400m:	4:43.69 34.24			
6.	JA KOWSKA Julia		15	UKS MOS w Opolu					<b>4:43.74</b>	578A	+0,80
	50m:	32.22 32.22	150m:	1:43.95 36.03	250m:	2:56.66 36.32	350m:	4:09.28 36.15			
	100m:	1:07.92 35.70	200m:	2:20.34 36.39	300m:	3:33.13 36.47	400m:	4:43.74 34.46			
7.	WRONA Maria		15	UKP Unia O wi cim					<b>4:44.96</b>	570A	+0,71
	50m:	32.74 32.74	150m:	1:44.16 35.95	250m:	2:56.50 36.28	350m:	4:09.48 36.42			
	100m:	1:08.21 35.47	200m:	2:20.22 36.06	300m:	3:33.06 36.56	400m:	4:44.96 35.48			
8.	ŁUKASIK Zuzanna		15	CSiR MOS w D browie Górnicy					<b>4:45.68</b>	566A	+0,73
	50m:	32.82 32.82	150m:	1:44.12 35.35	250m:	2:56.92 36.36	350m:	4:10.30 36.34			
	100m:	1:08.77 35.95	200m:	2:20.56 36.44	300m:	3:33.96 37.04	400m:	4:45.68 35.38			
9.	PIEBIAK Nicola		15	MKS Juwenia Wrocław					<b>4:45.85</b>	565A	+0,84
	50m:	32.21 32.21	150m:	1:44.42 36.44	250m:	2:57.00 36.03	350m:	4:10.67 36.64			
	100m:	1:07.98 35.77	200m:	2:20.97 36.55	300m:	3:34.03 37.03	400m:	4:45.85 35.18			
10.	FR SZCZAK Antonina		15	Kaliski Klub Sportowy „Włókniarz” 192					<b>4:47.87</b>	553A	+0,72
	50m:	32.71 32.71	150m:	1:46.72 37.60	250m:	3:00.97 36.52	350m:	4:13.84 36.34			
	100m:	1:09.12 36.41	200m:	2:24.45 37.73	300m:	3:37.50 36.53	400m:	4:47.87 34.03			
11.	KORDEK Zuzanna		15	Akademia Sms Racibórz					<b>4:50.07</b>	541B	+0,79
	50m:	31.91 31.91	150m:	1:43.72 36.66	250m:	2:58.66 37.66	350m:	4:14.28 38.00			
	100m:	1:07.06 35.15	200m:	2:21.00 37.28	300m:	3:36.28 37.62	400m:	4:50.07 35.79			
12.	TOMASZEWSKA Maria		15	MKP „SŁOWIANKA” Gorzów Wlkp.					<b>4:50.88</b>	536B	+0,62
	50m:	32.29 32.29	150m:	1:46.01 37.22	250m:	3:00.75 37.61	350m:	4:15.19 37.18			
	100m:	1:08.79 36.50	200m:	2:23.14 37.13	300m:	3:38.01 37.26	400m:	4:50.88 35.69			
13.	SKORYKOW Lena		15	UKS Ostrobramska					<b>4:51.84</b>	531B	+0,73
	50m:	32.79 32.79	150m:	1:46.15 36.87	250m:	3:01.28 37.89	350m:	4:17.14 37.55			
	100m:	1:09.28 36.49	200m:	2:23.39 37.24	300m:	3:39.59 38.31	400m:	4:51.84 34.70			
14.	FARTUSZY SKA Weronika		15	UKS Junior Kluczbork					<b>4:53.06</b>	524B	+0,79
	50m:	33.66 33.66	150m:	1:48.02 37.30	250m:	3:03.11 37.45	350m:	4:17.32 36.79			
	100m:	1:10.72 37.06	200m:	2:25.66 37.64	300m:	3:40.53 37.42	400m:	4:53.06 35.74			
15.	GRZECH Maja		15	UKS abianka Gda sk					<b>4:54.68</b>	516B	+0,82
	50m:	32.88 32.88	150m:	1:46.91 37.41	250m:	3:02.59 37.82	350m:	4:18.42 37.76			
	100m:	1:09.50 36.62	200m:	2:24.77 37.86	300m:	3:40.66 38.07	400m:	4:54.68 36.26			
16.	JAŁOWIECKA Gabriela		15	UKS SMS Galicja Kraków					<b>4:54.82</b>	515B	+0,90
	50m:	32.57 32.57	150m:	1:46.00 37.09	250m:	3:01.18 37.22	350m:	4:16.93 38.04			
	100m:	1:08.91 36.34	200m:	2:23.96 37.96	300m:	3:38.89 37.71	400m:	4:54.82 37.89			
17.	SZPERNALOWSKA Miła		15	CSiR MOS w D browie Górnicy					<b>4:55.79</b>	510B	+0,70
	50m:	34.71 34.71	150m:	1:52.05 39.25	250m:	3:07.67 37.91	350m:	4:21.41 36.38			
	100m:	1:12.80 38.09	200m:	2:29.76 37.71	300m:	3:45.03 37.36	400m:	4:55.79 34.38			

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Pozycja			Wiek					Czas	Pkt.	CR	
18.	DRAJER Zuzanna		15	Kaliski Klub Sportowy „Włókniarz” 1924				<b>4:56.19</b>	508B	+0,78	
	50m:	33.74 33.74	150m:	1:49.61	38.10	250m:	3:06.01	37.62	350m:	4:20.55	37.15
	100m:	1:11.51 37.77	200m:	2:28.39	38.78	300m:	3:43.40	37.39	400m:	4:56.19	35.64
19.	KUBICZEK Sara		15	UKS Wodnik Siemianowice I skie				<b>4:58.06</b>	498B	+0,73	
	50m:	32.57 32.57	150m:	1:47.11	38.00	250m:	3:03.59	38.37	350m:	4:20.64	38.46
	100m:	1:09.11 36.54	200m:	2:25.22	38.11	300m:	3:42.18	38.59	400m:	4:58.06	37.42
20.	ORNOWSKA Zuzanna		15	MKS Juwenia Białystok				<b>4:58.23</b>	498B	+0,78	
	50m:	32.48 32.48	150m:	1:47.20	37.96	250m:	3:04.17	38.65	350m:	4:21.27	38.36
	100m:	1:09.24 36.76	200m:	2:25.52	38.32	300m:	3:42.91	38.74	400m:	4:58.23	36.96
21.	BEREZAK Milena		15	MKS "IKAR" Stal Mielec				<b>4:59.24</b>	493R	+0,71	
	50m:	33.70 33.70	150m:	1:48.69	37.91	250m:	3:05.66	38.30	350m:	4:22.66	38.48
	100m:	1:10.78 37.08	200m:	2:27.36	38.67	300m:	3:44.18	38.52	400m:	4:59.24	36.58
22.	ZABRANIAK Karina		15	MKP Szczecin				<b>4:59.57</b>	491R	+0,77	
	50m:	32.35 32.35	150m:	1:46.61	37.94	250m:	3:04.15	38.94	350m:	4:21.88	39.20
	100m:	1:08.67 36.32	200m:	2:25.21	38.60	300m:	3:42.68	38.53	400m:	4:59.57	37.69
23.	WŁODARCZYK Maja		15	UKP Manta Jelcz-Laskowice				<b>4:59.79</b>	490	+0,66	
	50m:	33.07 33.07	150m:	1:47.18	37.22	250m:	3:03.50	38.13	350m:	4:21.50	38.65
	100m:	1:09.96 36.89	200m:	2:25.37	38.19	300m:	3:42.85	39.35	400m:	4:59.79	38.29
24.	BATYRA Julia		15	Uks Skarpa Lublin				<b>4:59.96</b>	489	+0,91	
	50m:	33.16 33.16	150m:	1:47.61	38.00	250m:	3:04.72	38.52	350m:	4:22.58	39.14
	100m:	1:09.61 36.45	200m:	2:26.20	38.59	300m:	3:43.44	38.72	400m:	4:59.96	37.38
25.	PÓŁKOTYCKA Olga		15	UKS Wodnik Siemianowice I skie				<b>5:00.51</b>	486	+0,67	
	50m:	32.49 32.49	150m:	1:47.75	38.23	250m:	3:05.23	38.55	350m:	4:23.35	38.93
	100m:	1:09.52 37.03	200m:	2:26.68	38.93	300m:	3:44.42	39.19	400m:	5:00.51	37.16
26.	STANKO Khrystyna		15	MUKS "Pi tnatka"				<b>5:00.62</b>	486	+0,74	
	50m:	33.20 33.20	150m:	1:49.15	38.54	250m:	3:06.65	38.53	350m:	4:23.90	38.25
	100m:	1:10.61 37.41	200m:	2:28.12	38.97	300m:	3:45.65	39.00	400m:	5:00.62	36.72
27.	SPYCHALSKA Dominika		15	KP Aquapark W growiec				<b>5:00.66</b>	486	+0,77	
	50m:	33.12 33.12	150m:	1:50.97	39.02	250m:	3:09.77	39.54	350m:	4:27.29	38.47
	100m:	1:11.95 38.83	200m:	2:30.23	39.26	300m:	3:48.82	39.05	400m:	5:00.66	33.37
28.	ZAGONARI Sydney		15	UKS Victoria Kozy				<b>5:01.04</b>	484	+0,72	
	50m:	33.85 33.85	150m:	1:49.31	38.55	250m:	3:06.88	38.77	350m:	4:23.40	37.72
	100m:	1:10.76 36.91	200m:	2:28.11	38.80	300m:	3:45.68	38.80	400m:	5:01.04	37.64
29.	LETKIEWICZ Zuzanna		15	TP Zielona Góra				<b>5:01.48</b>	482	+0,72	
	50m:	33.35 33.35	150m:	1:48.20	38.30	250m:	3:06.90	39.59	350m:	4:25.70	38.98
	100m:	1:09.90 36.55	200m:	2:27.31	39.11	300m:	3:46.72	39.82	400m:	5:01.48	35.78
30.	MAY Matylda		15	MKP Astromal-Leszno				<b>5:02.48</b>	477	+0,68	
	50m:	33.66 33.66	150m:	1:49.25	38.36	250m:	3:07.02	39.03	350m:	4:25.17	39.00
	100m:	1:10.89 37.23	200m:	2:27.99	38.74	300m:	3:46.17	39.15	400m:	5:02.48	37.31
31.	ONICHIMIUK Alicja		15	KU AZS UAM Pozna				<b>5:05.13</b>	465	+0,67	
	50m:	32.22 32.22	150m:	1:48.45	38.81	250m:	3:07.97	39.60	350m:	4:27.90	40.20
	100m:	1:09.64 37.42	200m:	2:28.37	39.92	300m:	3:47.70	39.73	400m:	5:05.13	37.23
32.	MIELECH Magdalena		15	Stowarzyszenie "OLIMPIJCZYK KRAKÓ				<b>5:07.49</b>	454	+0,75	
	50m:	33.94 33.94	150m:	1:51.11	38.80	250m:	3:10.48	40.10	350m:	4:29.84	39.42
	100m:	1:12.31 38.37	200m:	2:30.38	39.27	300m:	3:50.42	39.94	400m:	5:07.49	37.65
33.	O KA Nina		15	KS Delfin Gdynia				<b>5:08.35</b>	450	+0,69	
	50m:	32.86 32.86	150m:	1:48.57	38.47	250m:	3:08.27	39.77	350m:	4:28.60	40.03
	100m:	1:10.10 37.24	200m:	2:28.50	39.93	300m:	3:48.57	40.30	400m:	5:08.35	39.75
34.	ST PKA Amelia		15	UKS 190 Łód				<b>5:08.79</b>	448	+0,73	
	50m:	33.59 33.59	150m:	1:50.44	39.35	250m:	3:10.88	41.01	350m:	4:31.48	40.10
	100m:	1:11.09 37.50	200m:	2:29.87	39.43	300m:	3:51.38	40.50	400m:	5:08.79	37.31
35.	DORO Y SKA Zuzanna		15	MTKP Delfin Toru				<b>5:19.38</b>	405	+0,59	
	50m:	34.00 34.00	150m:	1:53.32	40.59	250m:	3:16.40	41.70	350m:	4:39.21	41.40
	100m:	1:12.73 38.73	200m:	2:34.70	41.38	300m:	3:57.81	41.41	400m:	5:19.38	40.17

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Pozycja			Wiek						Czas	Pkt.	CR	
36.	PILARSKA Maja		15	KP Aquapark W growiec					<b>5:24.52</b>	386	+0,78	
	50m:	35.61	35.61	150m:	1:56.79	41.76	250m:	3:19.78	41.50	350m:	4:43.83	40.54
	100m:	1:15.03	39.42	200m:	2:38.28	41.49	300m:	4:03.29	43.51	400m:	5:24.52	40.69
37.	NAWROCKA Natalia		15	MUKS Wodnik Łask					<b>5:28.89</b>	371	+0,77	
	50m:	34.99	34.99	150m:	1:58.22	43.15	250m:	3:25.31	43.82	350m:	4:49.70	41.66
	100m:	1:15.07	40.08	200m:	2:41.49	43.27	300m:	4:08.04	42.73	400m:	5:28.89	39.19
38.	JANIA Alicja		15	UKS Victoria Kozy					<b>5:30.31</b>	366	+0,68	
	50m:	35.03	35.03	150m:	1:57.10	41.08	250m:	3:21.46	42.46	350m:	4:48.13	43.92
	100m:	1:16.02	40.99	200m:	2:39.00	41.90	300m:	4:04.21	42.75	400m:	5:30.31	42.18
DYSKW.	KULISZ Natalia		15	UKS Swim Team Wilanów								
	<i>O1 - Pływak wystartował po komendzie na miejsca i zaj ciu pozycji nieruchomej, a przed sygnałem startu</i>											