

MISTRZOSTWA POLSKI W PŁYWANIU SENIORÓW I MŁODZIE OWCÓW
OLSZTYN, 5- - 8-6-2014

Event 27
2014-06-07 - 10:39

Women, 400m Freestyle

Open
Results Prelim

Rekord Polski	4:04.23	J DRZEJCZAK Otylia
Minimum ME (Berlin)	4:11.13	
Minimum ME dla Juniorów (Berlin)	4:14.95	
Minimum MEJ (Dordrecht)	4:22.05	

Points: FINA 2014

Rank			YB							Time	Pts	
1.	ZACHOSZCZ Joanna		93	AZS UWM Olsztyn						4:22.21	758	A
	50m:	31.54 31.54	150m:	1:38.54	33.55	250m:	2:45.34	33.24	350m:	3:50.42	32.53	
	100m:	1:04.99 33.45	200m:	2:12.10	33.56	300m:	3:17.89	32.55	400m:	4:22.21	31.79	
2.	CZERNAK Monika		92	AZS UWM Olsztyn						4:22.30	757	A
	50m:	30.58 30.58	150m:	1:36.56	33.06	250m:	2:42.99	33.22	350m:	3:50.06	33.57	
	100m:	1:03.50 32.92	200m:	2:09.77	33.21	300m:	3:16.49	33.50	400m:	4:22.30	32.24	
3.	KARPISZ Milena		97	UKS "Piatka" Konstancynow Lodz						4:22.59	755	A
	50m:	30.95 30.95	150m:	1:36.97	33.08	250m:	2:43.41	33.25	350m:	3:50.26	33.39	
	100m:	1:03.89 32.94	200m:	2:10.16	33.19	300m:	3:16.87	33.46	400m:	4:22.59	32.33	
4.	ORCZYKOWSKA Wioletta		97	KS Limanowa-Swim						4:22.63	755	A
	50m:	30.46 30.46	150m:	1:37.63	33.55	250m:	2:44.90	33.51	350m:	3:51.58	33.47	
	100m:	1:04.08 33.62	200m:	2:11.39	33.76	300m:	3:18.11	33.21	400m:	4:22.63	31.05	
5.	WASILEWSKA Barbara		94	LKS Omega Kleszczow						4:22.67	754	A
	50m:	31.04 31.04	150m:	1:37.51	33.43	250m:	2:44.16	33.35	350m:	3:50.35	32.95	
	100m:	1:04.08 33.04	200m:	2:10.81	33.30	300m:	3:17.40	33.24	400m:	4:22.67	32.32	
6.	KILIJANSKA Donata SWR		95	KSZO Ostrowiec Sw.						4:22.75	754	A
	50m:	30.47 30.47	150m:	1:37.99	33.71	250m:	2:45.01	33.17	350m:	3:50.47	32.35	
	100m:	1:04.28 33.81	200m:	2:11.84	33.85	300m:	3:18.12	33.11	400m:	4:22.75	32.28	
7.	BURSKA Justyna		95	UKS "Piatka" Konstancynow Lodz						4:22.91	752	A
	50m:	31.14 31.14	150m:	1:37.64	33.19	250m:	2:44.39	33.36	350m:	3:50.96	33.16	
	100m:	1:04.45 33.31	200m:	2:11.03	33.39	300m:	3:17.80	33.41	400m:	4:22.91	31.95	
8.	WIKIEL Manuela		92	AZS UWM Olsztyn						4:23.31	749	A
	50m:	31.47 31.47	150m:	1:37.97	33.21	250m:	2:44.75	33.13	350m:	3:50.84	32.77	
	100m:	1:04.76 33.29	200m:	2:11.62	33.65	300m:	3:18.07	33.32	400m:	4:23.31	32.47	
9.	JANKOWSKA Klaudia		98	UKS Gim 92 Ursynow						4:24.64	737	A
	50m:	30.84 30.84	150m:	1:37.89	33.37	250m:	2:44.86	33.37	350m:	3:51.95	33.60	
	100m:	1:04.52 33.68	200m:	2:11.49	33.60	300m:	3:18.35	33.49	400m:	4:24.64	32.69	
10.	PIECHOTA Paulina		99	UKS 190 Lodz						4:25.97	726	A
	50m:	30.49 30.49	150m:	1:37.15	33.38	250m:	2:44.72	33.78	350m:	3:52.66	34.09	
	100m:	1:03.77 33.28	200m:	2:10.94	33.79	300m:	3:18.57	33.85	400m:	4:25.97	33.31	
11.	BORKOWSKA Lucyna		97	Sambor Tczew						4:26.68	721	B
	50m:	30.65 30.65	150m:	1:38.15	34.04	250m:	2:45.90	33.65	350m:	3:53.82	33.64	
	100m:	1:04.11 33.46	200m:	2:12.25	34.10	300m:	3:20.18	34.28	400m:	4:26.68	32.86	
12.	KASPEREK Katarzyna		96	MKP Szczecin						4:28.27	708	B
	50m:	31.03 31.03	150m:	1:39.11	34.26	250m:	2:47.21	34.07	350m:	3:55.16	33.97	
	100m:	1:04.85 33.82	200m:	2:13.14	34.03	300m:	3:21.19	33.98	400m:	4:28.27	33.11	
13.	LEONCZUK Sara		99	UKS G-8 Bielany Warszawa						4:33.78	666	B
	50m:	31.17 31.17	150m:	1:39.87	34.87	250m:	2:49.59	34.91	350m:	4:00.61	35.68	
	100m:	1:05.00 33.83	200m:	2:14.68	34.81	300m:	3:24.93	35.34	400m:	4:33.78	33.17	
14.	ADAMCZYK Julia		99	MTP Lublinianka Lublin						4:34.00	664	B
	50m:	31.78 31.78	150m:	1:41.96	35.21	250m:	2:50.95	33.85	350m:	4:00.16	34.70	
	100m:	1:06.75 34.97	200m:	2:17.10	35.14	300m:	3:25.46	34.51	400m:	4:34.00	33.84	
15.	WOLOSZYN Sonia SOc		95	KSZO Ostrowiec Sw.						4:34.08	664	B
	50m:	31.36 31.36	150m:	1:40.28	34.86	250m:	2:50.75	35.23	350m:	4:00.82	34.61	
	100m:	1:05.42 34.06	200m:	2:15.52	35.24	300m:	3:26.21	35.46	400m:	4:34.08	33.26	
16.	NOWAK Julia		97	MKP Slowianka						4:34.84	658	B
	50m:	30.96 30.96	150m:	1:40.65	35.18	250m:	2:50.50	34.19	350m:	4:00.55	34.92	
	100m:	1:05.47 34.51	200m:	2:16.31	35.66	300m:	3:25.63	35.13	400m:	4:34.84	34.29	

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Rank					YB					Time	Pts	
17.	ULATOWSKA Alicja SO				96	UKP Unia Oswiecim				4:36.10	649 B	
	50m:	31.21	31.21	150m:	1:40.93	35.14	250m:	2:51.32	34.99	350m:	4:01.80	35.04
	100m:	1:05.79	34.58	200m:	2:16.33	35.40	300m:	3:26.76	35.44	400m:	4:36.10	34.30
18.	GRZEGORCZYK Izabella				93	KS Warta Poznan				4:36.75	645 B	
	50m:	32.16	32.16	150m:	1:41.76	34.93	250m:	2:52.58	35.40	350m:	4:02.18	34.26
	100m:	1:06.83	34.67	200m:	2:17.18	35.42	300m:	3:27.92	35.34	400m:	4:36.75	34.57
19.	SZCZYTKO Alicja				95	Olimijczyk Suwalki				4:37.34	641 B	
	50m:	31.07	31.07	150m:	1:39.42	34.50	250m:	2:49.81	35.48	350m:	4:01.16	35.77
	100m:	1:04.92	33.85	200m:	2:14.33	34.91	300m:	3:25.39	35.58	400m:	4:37.34	36.18
20.	BAKUNIAK Hanna				96	MUKS Pietnastka Bydgoszcz				4:37.91	637 B	
	50m:	31.85	31.85	150m:	1:41.04	35.12	250m:	2:52.00	35.64	350m:	4:03.48	36.03
	100m:	1:05.92	34.07	200m:	2:16.36	35.32	300m:	3:27.45	35.45	400m:	4:37.91	34.43
21.	BARYLA Julia				00	Dwojka Morena Gdansk				4:40.42	620 R	
	50m:	31.18	31.18	150m:	1:41.03	35.44	250m:	2:53.16	36.14	350m:	4:05.80	36.00
	100m:	1:05.59	34.41	200m:	2:17.02	35.99	300m:	3:29.80	36.64	400m:	4:40.42	34.62
22.	ROGOWSKA Paulina				98	SL Salos Cortile Kielce				4:40.95	616 R	
	50m:	31.89	31.89	150m:	1:42.30	35.76	250m:	2:54.48	36.21	350m:	4:07.30	36.07
	100m:	1:06.54	34.65	200m:	2:18.27	35.97	300m:	3:31.23	36.75	400m:	4:40.95	33.65
23.	SZATANEK Julia				99	MKP Szczecin				4:41.08	615	
	50m:	31.22	31.22	150m:	1:39.82	34.54	250m:	2:51.16	35.96	350m:	4:04.85	36.93
	100m:	1:05.28	34.06	200m:	2:15.20	35.38	300m:	3:27.92	36.76	400m:	4:41.08	36.23
24.	KOTOWICZ Anna				98	UKS Mos Elk				4:41.67	612	
	50m:	31.30	31.30	150m:	1:41.25	35.62	250m:	2:53.09	36.43	350m:	4:06.71	36.92
	100m:	1:05.63	34.33	200m:	2:16.66	35.41	300m:	3:29.79	36.70	400m:	4:41.67	34.96
25.	DZIEWA Aleksandra				96	Lider Chelm				4:42.87	604	
	50m:	31.29	31.29	150m:	1:41.20	35.40	250m:	2:53.60	36.30	350m:	4:07.01	36.80
	100m:	1:05.80	34.51	200m:	2:17.30	36.10	300m:	3:30.21	36.61	400m:	4:42.87	35.86
26.	GRUSZCZYNSKA Aleksandra SO				98	UKP Unia Oswiecim				4:42.90	604	
	50m:	31.18	31.18	150m:	1:40.42	35.20	250m:	2:53.04	36.52	350m:	4:06.64	36.75
	100m:	1:05.22	34.04	200m:	2:16.52	36.10	300m:	3:29.89	36.85	400m:	4:42.90	36.26
27.	GIEDZICZ Katarzyna				98	MKS Juvenia Bialystok				4:43.64	599	
	50m:	31.12	31.12	150m:	1:42.01	36.33	250m:	2:55.49	36.73	350m:	4:08.26	36.09
	100m:	1:05.68	34.56	200m:	2:18.76	36.75	300m:	3:32.17	36.68	400m:	4:43.64	35.38
28.	WOJCIECHOWSKA Joanna				98	LUKS Orlik Lublin				4:44.44	594	
	50m:	31.54	31.54	150m:	1:41.77	35.49	250m:	2:55.00	36.46	350m:	4:08.93	36.71
	100m:	1:06.28	34.74	200m:	2:18.54	36.77	300m:	3:32.22	37.22	400m:	4:44.44	35.51
29.	ZROBEK Natalia				99	UKS 190 Lodz				4:44.56	593	
	50m:	31.08	31.08	150m:	1:41.95	35.77	250m:	2:54.76	36.88	350m:	4:09.09	37.22
	100m:	1:06.18	35.10	200m:	2:17.88	35.93	300m:	3:31.87	37.11	400m:	4:44.56	35.47
30.	POZAROWSZCZYK Beata				91	MKS Juvenia Wroclaw				4:44.96	591	
	50m:	31.10	31.10	150m:	1:40.63	35.04	250m:	2:52.86	36.11	350m:	4:07.69	37.43
	100m:	1:05.59	34.49	200m:	2:16.75	36.12	300m:	3:30.26	37.40	400m:	4:44.96	37.27
31.	WARDZINSKA Martyna				98	MKS Trojka Lodz				4:45.10	590	
	50m:	32.41	32.41	150m:	1:43.93	36.12	250m:	2:57.40	36.88	350m:	4:10.46	36.07
	100m:	1:07.81	35.40	200m:	2:20.52	36.59	300m:	3:34.39	36.99	400m:	4:45.10	34.64
32.	ZEMAJTIS Maria				00	MTP KORMORAN Olsztyn				4:45.47	587	
	50m:	31.84	31.84	150m:	1:43.81	36.24	250m:	2:57.53	36.66	350m:	4:10.88	36.11
	100m:	1:07.57	35.73	200m:	2:20.87	37.06	300m:	3:34.77	37.24	400m:	4:45.47	34.59
33.	KROL Oliwia				99	MKS Trojka Lodz				4:46.34	582	
	50m:	32.95	32.95	150m:	1:46.04	37.04	250m:	2:59.19	36.68	350m:	4:12.15	36.50
	100m:	1:09.00	36.05	200m:	2:22.51	36.47	300m:	3:35.65	36.46	400m:	4:46.34	34.19
34.	JABLONSKA Oliwia				97	MKS Juvenia Wroclaw				4:46.51	581	
	50m:	32.59	32.59	150m:	1:45.20	36.41	250m:	2:58.23	36.02	350m:	4:11.24	36.24
	100m:	1:08.79	36.20	200m:	2:22.21	37.01	300m:	3:35.00	36.77	400m:	4:46.51	35.27

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Rank			YB					Time	Pts
35.	SKWARSKA Karolina		99	MZOS Plock				4:47.01	578
	50m: 32.80	32.80	150m: 1:45.07	36.51	250m: 2:58.78	36.77	350m: 4:11.92	36.23	
	100m: 1:08.56	35.76	200m: 2:22.01	36.94	300m: 3:35.69	36.91	400m: 4:47.01	35.09	
36.	JANECKA Zuzanna		99	CSIR MOS Dabrowa Gornicza				4:47.42	576
	50m: 31.62	31.62	150m: 1:43.66	36.51	250m: 2:57.31	37.02	350m: 4:11.34	36.92	
	100m: 1:07.15	35.53	200m: 2:20.29	36.63	300m: 3:34.42	37.11	400m: 4:47.42	36.08	
37.	SINITCHINE Zoja		00	MTP KORMORAN Olsztyn				4:47.91	573
	50m: 31.30	31.30	150m: 1:42.17	36.24	250m: 2:56.92	37.43	350m: 4:12.01	37.36	
	100m: 1:05.93	34.63	200m: 2:19.49	37.32	300m: 3:34.65	37.73	400m: 4:47.91	35.90	
38.	KRUSZEWSKA Kaja		00	MKS Juvenia Bialystok				4:48.11	571
	50m: 33.34	33.34	150m: 1:45.97	36.67	250m: 2:59.61	36.84	350m: 4:13.54	36.84	
	100m: 1:09.30	35.96	200m: 2:22.77	36.80	300m: 3:36.70	37.09	400m: 4:48.11	34.57	
39.	KARASZKIEWICZ Daria		99	MTS Kwidzyn				4:48.17	571
	50m: 33.04	33.04	150m: 1:46.10	36.79	250m: 2:59.81	36.53	350m: 4:12.99	36.15	
	100m: 1:09.31	36.27	200m: 2:23.28	37.18	300m: 3:36.84	37.03	400m: 4:48.17	35.18	
40.	KUBACKA Magda		97	AZS AWF Katowice				4:48.79	567
	50m: 32.58	32.58	150m: 1:43.87	36.05	250m: 2:57.70	37.06	350m: 4:12.05	37.24	
	100m: 1:07.82	35.24	200m: 2:20.64	36.77	300m: 3:34.81	37.11	400m: 4:48.79	36.74	
41.	BUDA Karolina		97	CSIR MOS Dabrowa Gornicza				4:49.17	565
	50m: 31.52	31.52	150m: 1:43.90	36.76	250m: 2:58.27	37.10	350m: 4:13.16	37.60	
	100m: 1:07.14	35.62	200m: 2:21.17	37.27	300m: 3:35.56	37.29	400m: 4:49.17	36.01	
42.	SROCZYNSKA Paula		98	KPP Bobry Debica				4:50.60	557
	50m: 33.04	33.04	150m: 1:46.14	37.08	250m: 3:00.70	37.30	350m: 4:14.99	37.04	
	100m: 1:09.06	36.02	200m: 2:23.40	37.26	300m: 3:37.95	37.25	400m: 4:50.60	35.61	
43.	RZONCA Patrycja		99	UKS "Piatka" Konstancynow Lodz				4:53.37	541
	50m: 32.75	32.75	150m: 1:46.68	37.41	250m: 3:02.14	37.63	350m: 4:17.37	37.43	
	100m: 1:09.27	36.52	200m: 2:24.51	37.83	300m: 3:39.94	37.80	400m: 4:53.37	36.00	
44.	KAPLON Aleksandra		99	Orka Zamosc				4:54.90	533
	50m: 32.15	32.15	150m: 1:45.15	36.95	250m: 3:00.63	37.60	350m: 4:17.83	38.55	
	100m: 1:08.20	36.05	200m: 2:23.03	37.88	300m: 3:39.28	38.65	400m: 4:54.90	37.07	
45.	ADAMOWICZ Maja		96	UKS Jagiellonka Warszawa				4:56.46	524
	50m: 33.08	33.08	150m: 1:46.69	37.14	250m: 3:02.67	38.22	350m: 4:19.62	38.47	
	100m: 1:09.55	36.47	200m: 2:24.45	37.76	300m: 3:41.15	38.48	400m: 4:56.46	36.84	
46.	FILIPKOWSKA Dominika		99	MKS ROS Pisz				4:57.33	520
	50m: 33.45	33.45	150m: 1:48.09	37.83	250m: 3:04.10	37.95	350m: 4:20.22	37.73	
	100m: 1:10.26	36.81	200m: 2:26.15	38.06	300m: 3:42.49	38.39	400m: 4:57.33	37.11	
47.	OSELKOWSKA Julia		99	MTP KORMORAN Olsztyn				4:57.49	519
	50m: 33.87	33.87	150m: 1:48.58	37.50	250m: 3:04.83	38.45	350m: 4:21.07	37.83	
	100m: 1:11.08	37.21	200m: 2:26.38	37.80	300m: 3:43.24	38.41	400m: 4:57.49	36.42	
48.	WECLAWIAK Irena		98	UKS Gim 92 Ursynow				4:57.58	519
	50m: 32.61	32.61	150m: 1:46.52	37.63	250m: 3:03.08	38.47	350m: 4:20.47	38.61	
	100m: 1:08.89	36.28	200m: 2:24.61	38.09	300m: 3:41.86	38.78	400m: 4:57.58	37.11	
49.	JEZOWSKA Kamila		00	CSIR MOS Dabrowa Gornicza				5:00.00	506
	50m: 31.58	31.58	150m: 1:48.70	39.01	250m: 3:06.87	39.21	350m: 4:23.26	37.92	
	100m: 1:09.69	38.11	200m: 2:27.66	38.96	300m: 3:45.34	38.47	400m: 5:00.00	36.74	
50.	SMOLUCHOWSKA Magdalena		98	Dwojka Morena Gdansk				5:00.26	505
	50m: 33.42	33.42	150m: 1:50.20	38.64	250m: 3:08.23	39.13	350m: 4:25.25	38.35	
	100m: 1:11.56	38.14	200m: 2:29.10	38.90	300m: 3:46.90	38.67	400m: 5:00.26	35.01	
51.	CHODYNA Kinga		00	MTP KORMORAN Olsztyn				5:00.85	502
	50m: 33.71	33.71	150m: 1:49.52	38.14	250m: 3:06.35	38.27	350m: 4:23.63	38.28	
	100m: 1:11.38	37.67	200m: 2:28.08	38.56	300m: 3:45.35	39.00	400m: 5:00.85	37.22	
52.	KOLBER Roksana SO		98	UKP Unia Oswiecim				5:02.20	495
	50m: 34.04	34.04	150m: 1:49.20	38.00	250m: 3:06.79	39.26	350m: 4:24.50	38.45	
	100m: 1:11.20	37.16	200m: 2:27.53	38.33	300m: 3:46.05	39.26	400m: 5:02.20	37.70	

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53.	CIEKANSKA Wiktoria		00	Dwojka Morena Gdansk				5:02.46	494		
	50m:	33.60 33.60	150m:	1:50.66	39.15	250m:	3:09.27	39.26	350m:	4:26.19	37.94
	100m:	1:11.51 37.91	200m:	2:30.01	39.35	300m:	3:48.25	38.98	400m:	5:02.46	36.27
54.	KORONOWSKA Anna		99	KP Pletwal Mlawa				5:04.25	485		
	50m:	35.10 35.10	150m:	1:54.11	39.90	250m:	3:12.06	37.98	350m:	4:28.34	37.29
	100m:	1:14.21 39.11	200m:	2:34.08	39.97	300m:	3:51.05	38.99	400m:	5:04.25	35.91
55.	WRONSKA Marianna		00	Siodemka Sopot				5:10.14	458		
	50m:	33.92 33.92	150m:	1:52.30	39.45	250m:	3:12.90	40.06	350m:	4:32.87	39.45
	100m:	1:12.85 38.93	200m:	2:32.84	40.54	300m:	3:53.42	40.52	400m:	5:10.14	37.27
56.	BUZYCKA Maja		00	KP Pletwal Mlawa				5:15.48	435		
	50m:	36.06 36.06	150m:	1:57.26	40.22	250m:	3:16.81	39.84	350m:	4:37.36	40.15
	100m:	1:17.04 40.98	200m:	2:36.97	39.71	300m:	3:57.21	40.40	400m:	5:15.48	38.12
57.	NIEWIADOMSKA Adrianna		99	UKS Gos Raszyn				5:19.65	418		
	50m:	27.41 27.41	150m:	1:58.04	44.10	250m:	3:22.33	42.11	350m:	4:43.00	40.50
	100m:	1:13.94 46.53	200m:	2:40.22	42.18	300m:	4:02.50	40.17	400m:	5:19.65	36.65
58.	FRYCKOWSKA Natalia		99	MUKS Pietnastka Bydgoszcz				5:19.99	417		
	<i>minimum MEJ - 50 dowolny</i>										
	50m:	26.29 26.29	150m:	1:55.05	42.66	250m:	3:18.77	41.67	350m:	4:40.59	41.24
	100m:	1:12.39 46.10	200m:	2:37.10	42.05	300m:	3:59.35	40.58	400m:	5:19.99	39.40
59.	GLOGOWSKA Agata		00	Dwojka Morena Gdansk				5:20.82	414		
	50m:	35.43 35.43	150m:	1:56.99	41.63	250m:	3:21.26	42.49	350m:	4:43.80	41.05
	100m:	1:15.36 39.93	200m:	2:38.77	41.78	300m:	4:02.75	41.49	400m:	5:20.82	37.02
60.	ZIEMIAN Weronika		00	Siodemka Sopot				5:22.19	408		
	50m:	36.43 36.43	150m:	1:58.18	42.16	250m:	3:21.96	41.84	350m:	4:44.21	40.63
	100m:	1:16.02 39.59	200m:	2:40.12	41.94	300m:	4:03.58	41.62	400m:	5:22.19	37.98
61.	TRELLA Matylda		00	Siodemka Sopot				5:32.59	371		
	50m:	35.43 35.43	150m:	1:59.02	42.63	250m:	3:24.69	43.41	350m:	4:52.47	44.94
	100m:	1:16.39 40.96	200m:	2:41.28	42.26	300m:	4:07.53	42.84	400m:	5:32.59	40.12