



Zimowe Mistrzostwa Polski Juniorów 14 letnich w pływaniu
Olsztyn, 17. - 19.12.2021

Konkurencja 11
2021.12.17 - 18:56

Dziewcz t, 400m zmienny

14 lat
Wyniki Finał

Rekord Polski Open	4:31.89	BARANOWSKA Katarzyna	POL	Debrecen (HUN)	2007.12.16
Rekord Polski 14	4:43.77	KNOP Aleksandra	POL	Łódź	2017.12.22

Punkty: FINA 2021

Pozycja Rok ur. Czas Pkt.

Finał A

1. POPPE Marta	07	UKS „MANTA” Kochłowice Ruda I ska	4:58.28	654
50m: 32.16 32.16	150m: 1:47.25 38.46	250m: 3:08.15 42.42	350m: 4:25.01 33.72	
100m: 1:08.79 36.63	200m: 2:25.73 38.48	300m: 3:51.29 43.14	400m: 4:58.28 33.27	
2. PRZYBYLSKA Oliwia	07	MKS Piaseczno	4:59.39	646
50m: 31.19 31.19	150m: 1:45.46 37.48	250m: 3:05.20 42.46	350m: 4:23.47 35.71	
100m: 1:07.98 36.79	200m: 2:22.74 37.28	300m: 3:47.76 42.56	400m: 4:59.39 35.92	
3. GLI SKA Oliwia	07	TP Zielona Góra	5:03.74	619
50m: 34.11 34.11	150m: 1:49.20 36.30	250m: 3:11.33 45.17	350m: 4:29.70 34.30	
100m: 1:12.90 38.79	200m: 2:26.16 36.96	300m: 3:55.40 44.07	400m: 5:03.74 34.04	
4. PLAGA Olga	07	TP Skalar Słupsk	5:08.94	588
50m: 33.22 33.22	150m: 1:50.37 40.03	250m: 3:12.70 43.03	350m: 4:33.30 36.96	
100m: 1:10.34 37.12	200m: 2:29.67 39.30	300m: 3:56.34 43.64	400m: 5:08.94 35.64	
5. JAINTA Sara	07	DOKiS SP Vega Dobrodzie	5:11.64	573
50m: 33.46 33.46	150m: 1:51.53 39.92	250m: 3:16.74 46.37	350m: 4:38.04 35.64	
100m: 1:11.61 38.15	200m: 2:30.37 38.84	300m: 4:02.40 45.66	400m: 5:11.64 33.60	
6. K DZIOR Pola	07	UKS SP5 Swim	5:11.67	573
50m: 33.58 33.58	150m: 1:51.73 40.04	250m: 3:16.11 44.87	350m: 4:37.36 35.92	
100m: 1:11.69 38.11	200m: 2:31.24 39.51	300m: 4:01.44 45.33	400m: 5:11.67 34.31	
7. MARCINIAK Aleksandra	07	UKS SMS Galicja Kraków	5:16.76	546
50m: 32.82 32.82	150m: 1:53.58 41.79	250m: 3:17.71 43.74	350m: 4:39.83 37.19	
100m: 1:11.79 38.97	200m: 2:33.97 40.39	300m: 4:02.64 44.93	400m: 5:16.76 36.93	
8. MICHALIK Weronika	07	UKS Nawa Skierniewice	5:18.24	538
50m: 33.93 33.93	150m: 1:55.41 40.50	250m: 3:18.37 44.29	350m: 4:41.30 38.18	
100m: 1:14.91 40.98	200m: 2:34.08 38.67	300m: 4:03.12 44.75	400m: 5:18.24 36.94	
9. MIERNIK Hanna	07	MOSM Tychy	5:20.36	528
50m: 34.04 34.04	150m: 1:54.42 41.40	250m: 3:21.75 46.81	350m: 4:45.33 36.25	
100m: 1:13.02 38.98	200m: 2:34.94 40.52	300m: 4:09.08 47.33	400m: 5:20.36 35.03	
10. KRÓL Karolina	07	UKS SMS Galicja Kraków	5:26.82	497
50m: 35.25 35.25	150m: 2:00.37 42.55	250m: 3:29.38 46.35	350m: 4:53.00 37.93	
100m: 1:15.81 40.56	200m: 2:43.03 42.66	300m: 4:15.07 45.69	400m: 5:26.82 35.01	

Finał B

11. DRA YK Wiktoria	07	UKS „MANTA” Kochłowice Ruda I ska	5:24.67	507
50m: 34.23 34.23	150m: 1:55.83 41.65	250m: 3:25.10 46.76	350m: 4:49.67 36.84	
100m: 1:14.18 39.95	200m: 2:38.34 42.51	300m: 4:12.83 47.73	400m: 5:24.67 35.00	
12. KURYSIA Anna	07	UKP Unia O wi cim	5:25.32	504
50m: 34.73 34.73	150m: 1:58.16 42.05	250m: 3:25.23 45.63	350m: 4:49.44 37.31	
100m: 1:16.11 41.38	200m: 2:39.60 41.44	300m: 4:12.13 46.90	400m: 5:25.32 35.88	
13. JAROS Aleksandra	07	KS Neptun widnica	5:27.11	496
50m: 33.11 33.11	150m: 1:55.45 44.38	250m: 3:25.40 46.20	350m: 4:51.09 37.68	
100m: 1:11.07 37.96	200m: 2:39.20 43.75	300m: 4:13.41 48.01	400m: 5:27.11 36.02	
14. BUDZE Monika	07	MKP Astromal-Leszno	5:27.63	493
50m: 33.46 33.46	150m: 1:57.82 43.73	250m: 3:27.18 46.21	350m: 4:52.38 37.12	
100m: 1:14.09 40.63	200m: 2:40.97 43.15	300m: 4:15.26 48.08	400m: 5:27.63 35.25	
15. CICHA Zofia	07	UKS SMS Galicja Kraków	5:28.01	491
50m: 35.59 35.59	150m: 2:00.37 42.55	250m: 3:29.38 46.35	350m: 4:53.00 37.93	
100m: 1:17.82 42.23	200m: 2:43.03 42.66	300m: 4:15.07 45.69	400m: 5:28.01 35.01	



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Pozycja				Rok ur.					Czas	Pkt.	
16.	ZARZECKA Roksana			07	Klub Pływacki Ciechanów				5:29.51	485	
	50m:	33.93	33.93	150m:	1:56.24	42.86	250m:	3:25.17	46.31	350m: 4:52.08	39.51
	100m:	1:13.38	39.45	200m:	2:38.86	42.62	300m:	4:12.57	47.40	400m: 5:29.51	37.43
17.	KOZIOŁ Gabriela			07	UKS "Feniks" D bica				5:30.51	480	
	50m:	33.43	33.43	150m:	1:55.82	41.84	250m:	3:24.30	46.90	350m: 4:51.62	38.91
	100m:	1:13.98	40.55	200m:	2:37.40	41.58	300m:	4:12.71	48.41	400m: 5:30.51	38.89
18.	RUTKOWSKA Aneta			07	UKS SP-149 Łód				5:31.67	475	
	50m:	35.72	35.72	150m:	2:01.32	44.52	250m:	3:30.07	45.16	350m: 4:55.20	38.86
	100m:	1:16.80	41.08	200m:	2:44.91	43.59	300m:	4:16.34	46.27	400m: 5:31.67	36.47
19.	LIPI SKA Julia			07	UKS "Feniks" D bica				5:33.82	466	
	50m:	35.21	35.21	150m:	1:59.62	44.07	250m:	3:28.71	46.59	350m: 4:56.59	41.03
	100m:	1:15.55	40.34	200m:	2:42.12	42.50	300m:	4:15.56	46.85	400m: 5:33.82	37.23
20.	SOSNÓWKA Milena			07	UKP Fala Kra nik				5:39.20	444	
	50m:			150m:	1:57.86		250m:			350m:	
	100m:			200m:	2:40.92	43.06	300m:			400m: 5:39.20	