



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

Konkurencja 19
2021.12.18 - 9:46

Dziewcz t, 400m dowolny

14 lat
Wyniki Eliminacje

Rekord Polski Open	4:05.77	BARZYCKA Paulina	POL	Gorzow	2005.11.26
Rekord Polski 14	4:09.54	GU Wiktoria	POL	Olsztyn	2018.12.15

Punkty: FINA 2021

Pozycja			Rok ur.			Czas	Pkt.	
1.	SZOPA Natalia		07	UKP Gryf D bica		4:35.23	613	A
	50m:	31.03 31.03	150m:	1:40.67 35.41	250m:	2:51.71 35.40	350m:	4:02.69 35.21
	100m:	1:05.26 34.23	200m:	2:16.31 35.64	300m:	3:27.48 35.77	400m:	4:35.23 32.54
2.	WIERNICKA Julia		07	KS Pi tka Chorzów		4:35.30	613	A
	50m:	30.95 30.95	150m:	1:40.82 35.30	250m:	2:51.49 35.49	350m:	4:02.51 35.44
	100m:	1:05.52 34.57	200m:	2:16.00 35.18	300m:	3:27.07 35.58	400m:	4:35.30 32.79
3.	MAŁOLEPSZA Weronika		07	MKP Szczecin		4:35.35	613	A
	50m:	31.06 31.06	150m:	1:40.46 35.01	250m:	2:50.80 34.87	350m:	4:01.65 35.40
	100m:	1:05.45 34.39	200m:	2:15.93 35.47	300m:	3:26.25 35.45	400m:	4:35.35 33.70
4.	KUCZMAR Zuzanna		07	MKS Ochota Warszawa		4:35.50	612	A
	50m:	30.94 30.94	150m:	1:40.70 35.31	250m:	2:51.22 35.25	350m:	4:01.98 35.31
	100m:	1:05.39 34.45	200m:	2:15.97 35.27	300m:	3:26.67 35.45	400m:	4:35.50 33.52
5.	POPPE Marta		07	UKS „MANTA” Kochłowice Ruda l ska		4:36.03	608	A
	50m:	31.30 31.30	150m:	1:41.05 35.35	250m:	2:51.80 35.40	350m:	4:02.30 35.08
	100m:	1:05.70 34.40	200m:	2:16.40 35.35	300m:	3:27.22 35.42	400m:	4:36.03 33.73
6.	GULCZY SKA Natalia		07	Uks Cityzen		4:37.51	598	A
	50m:	31.03 31.03	150m:	1:41.22 35.31	250m:	2:52.23 35.38	350m:	4:03.74 35.27
	100m:	1:05.91 34.88	200m:	2:16.85 35.63	300m:	3:28.47 36.24	400m:	4:37.51 33.77
7.	WÓJCIK Zuzanna		07	MUKP Korona-Swim Kielce		4:37.77	597	A
	50m:	31.30 31.30	150m:	1:40.98 35.16	250m:	2:51.94 35.51	350m:	4:03.38 35.97
	100m:	1:05.82 34.52	200m:	2:16.43 35.45	300m:	3:27.41 35.47	400m:	4:37.77 34.39
8.	R CZKOWSKA Maja		07	LKS Jedno 32 Przyszowice		4:37.80	597	A
	50m:	31.63 31.63	150m:	1:41.24 35.00	250m:	2:52.04 35.78	350m:	4:03.47 35.70
	100m:	1:06.24 34.61	200m:	2:16.26 35.02	300m:	3:27.77 35.73	400m:	4:37.80 34.33
9.	MURAS Nina		07	Mokotowski UKP Warszawianka- Wodny		4:39.55	585	A
	50m:	32.76 32.76	150m:	1:44.94 36.40	250m:	2:56.00 35.52	350m:	4:06.49 35.25
	100m:	1:08.54 35.78	200m:	2:20.48 35.54	300m:	3:31.24 35.24	400m:	4:39.55 33.06
10.	SIDLEWSKA Marcelina		07	UKS abianka Gda sk		4:40.12	582	A
	50m:	32.09 32.09	150m:	1:43.77 36.23	250m:	2:55.81 36.15	350m:	4:07.48 35.78
	100m:	1:07.54 35.45	200m:	2:19.66 35.89	300m:	3:31.70 35.89	400m:	4:40.12 32.64
11.	WŁADYCZKA Amelia		07	MKS Juwenia Wrocław		4:41.31	574	B
	50m:	31.28 31.28	150m:	1:41.98 35.93	250m:	2:54.20 36.08	350m:	4:06.81 36.41
	100m:	1:06.05 34.77	200m:	2:18.12 36.14	300m:	3:30.40 36.20	400m:	4:41.31 34.50
12.	SOWA Barbara		07	UKP Unia O wi cim		4:41.95	571	B
	50m:	31.35 31.35	150m:	1:43.03 36.24	250m:	2:55.54 36.47	350m:	4:07.64 36.19
	100m:	1:06.79 35.44	200m:	2:19.07 36.04	300m:	3:31.45 35.91	400m:	4:41.95 34.31
13.	W GRZYCKA Małgorzata		07	MKS Trójka Łód		4:43.23	563	B
	50m:	32.12 32.12	150m:	1:43.56 36.00	250m:	2:55.81 36.08	350m:	4:08.76 36.05
	100m:	1:07.56 35.44	200m:	2:19.73 36.17	300m:	3:32.71 36.90	400m:	4:43.23 34.47
14.	CICH Kinga		07	RWKS Sparta Biłgoraj		4:45.48	550	B
	50m:		150m:		250m:	2:57.53	350m:	4:09.75
	100m:		200m:		300m:		400m:	4:45.48 35.73
15.	SZCZERBA Patrycja		07	Ognisko TKKF DELFIN Tarnów		4:47.52	538	B
	50m:	33.28 33.28	150m:	1:46.83 36.80	250m:	3:00.76 36.84	350m:	4:13.43 36.19
	100m:	1:10.03 36.75	200m:	2:23.92 37.09	300m:	3:37.24 36.48	400m:	4:47.52 34.09
16.	LASZCZAK Aleksandra		07	UKP Unia O wi cim		4:47.72	537	B
	50m:	32.66 32.66	150m:		250m:		350m:	
	100m:		200m:		300m:		400m:	4:47.72

wyniki: www.livetiming.pl

obsługa informatyczna: elachodyna@poczta.fm

EI bieta Chodyna kont. 600215732



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

Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 14 lat

Pozycja	Rok ur.	Chasy	Pkt.
17. ORASZEK Karolina	07	Mokotowski UKP Warszawianka- Wodny	4:48.51 532 B
50m: 31.20 31.20	150m: 1:43.12 36.45	250m: 2:56.84 36.31	350m: 4:11.42 37.49
100m: 1:06.67 35.47	200m: 2:20.53 37.41	300m: 3:33.93 37.09	400m: 4:48.51 37.09
18. GOLANOWSKA Gabriela	07	Kaliski Klub Sportowy „Włókniarz” 1925	4:50.69 521 B
50m: 33.50 33.50	150m: 1:47.90 37.35	250m: 3:02.25 37.02	350m: 4:16.63 37.05
100m: 1:10.55 37.05	200m: 2:25.23 37.33	300m: 3:39.58 37.33	400m: 4:50.69 34.06
MODRZY SKA Wiktoria	07	MKP Szczecin	4:50.69 521 B
50m: 32.33 32.33	150m: 1:44.57 36.97	250m: 2:59.89 37.75	350m: 4:14.82 37.34
100m: 1:07.60 35.27	200m: 2:22.14 37.57	300m: 3:37.48 37.59	400m: 4:50.69 35.87
20. OWCZAREK Julia	07	MKP „SŁOWIANKA” Gorzów Wlkp.	4:51.61 516 B
50m: 33.56 33.56	150m: 1:47.15 37.28	250m: 3:02.35 37.62	350m: 4:16.91 36.87
100m: 1:09.87 36.31	200m: 2:24.73 37.58	300m: 3:40.04 37.69	400m: 4:51.61 34.70
21. PIA CI SKA Alicja	07	UKS Swim Team Wilanów	4:51.70 515 R
50m: 33.23 33.23	150m: 1:46.58 36.74	250m: 3:01.64 37.86	350m: 4:16.10 36.93
100m: 1:09.84 36.61	200m: 2:23.78 37.20	300m: 3:39.17 37.53	400m: 4:51.70 35.60
22. RYDY SKA Maja	07	MKS SP 63 Bydgoszcz	4:51.82 515 R
50m: 32.92 32.92	150m: 1:46.54 37.28	250m: 3:01.83 37.38	350m: 4:17.30 37.47
100m: 1:09.26 36.34	200m: 2:24.45 37.91	300m: 3:39.83 38.00	400m: 4:51.82 34.52
23. MICHALSKA Pola	07	Mokotowski UKP Warszawianka- Wodny	4:51.90 514
50m: 31.86 31.86	150m: 1:45.30 37.54	250m: 3:01.68 38.05	350m: 4:16.75 37.64
100m: 1:07.76 35.90	200m: 2:23.63 38.33	300m: 3:39.11 37.43	400m: 4:51.90 35.15
24. JAROS Aleksandra	07	KS Neptun widnica	4:52.46 511
50m: 33.66 33.66	150m: 1:47.66 37.20	250m: 3:02.39 37.20	350m: 4:16.88 37.27
100m: 1:10.46 36.80	200m: 2:25.19 37.53	300m: 3:39.61 37.22	400m: 4:52.46 35.58
25. GUZDEK Anna	07	UKP Unia O wi cim	4:52.66 510
50m: 33.00 33.00	150m: 1:46.03 36.85	250m: 3:00.96 37.58	350m: 4:16.85 37.30
100m: 1:09.18 36.18	200m: 2:23.38 37.35	300m: 3:39.55 38.59	400m: 4:52.66 35.81
26. JACUK Julia	07	MKS „Astoria” Bydgoszcz	4:52.84 509
50m: 32.31 32.31	150m: 1:45.38 37.00	250m: 3:01.11 37.93	350m: 4:17.21 37.34
100m: 1:08.38 36.07	200m: 2:23.18 37.80	300m: 3:39.87 38.76	400m: 4:52.84 35.63
27. TRAFALSKA Zuzanna	07	TP Olimpijczyk Aleksandrów Łódzki	4:53.43 506
50m: 30.96 30.96	150m: 1:43.76 37.47	250m: 3:00.09 38.54	350m: 4:16.84 38.37
100m: 1:06.29 35.33	200m: 2:21.55 37.79	300m: 3:38.47 38.38	400m: 4:53.43 36.59
28. DZI GIEL Marta	07	UKS Manta Warszawa Włochy	4:55.17 497
50m: 33.44 33.44	150m: 1:48.38 37.60	250m: 3:04.17 37.79	350m: 4:19.49 37.51
100m: 1:10.78 37.34	200m: 2:26.38 38.00	300m: 3:41.98 37.81	400m: 4:55.17 35.68
29. GIEROWSKA Antonina	07	UKS „GIM 92 Ursynów”	4:56.16 492
50m: 32.48 32.48	150m: 1:46.90 37.70	250m: 3:03.12 37.79	350m: 4:20.14 37.89
100m: 1:09.20 36.72	200m: 2:25.33 38.43	300m: 3:42.25 39.13	400m: 4:56.16 36.02
30. TRZEBI SKA Magdalena	07	Uks „Pingwiny”	4:56.71 490
50m: 32.95 32.95	150m: 1:48.58 38.49	250m: 3:05.88 38.55	350m: 4:21.37 37.09
100m: 1:10.09 37.14	200m: 2:27.33 38.75	300m: 3:44.28 38.40	400m: 4:56.71 35.34
31. ZDZIEBŁO Zosia	07	Uks "Salmo ory”	4:56.82 489
50m: 33.20 33.20	150m: 1:47.37 37.81	250m: 3:04.27 38.60	350m: 4:20.65 37.99
100m: 1:09.56 36.36	200m: 2:25.67 38.30	300m: 3:42.66 38.39	400m: 4:56.82 36.17
32. CZERWI SKA – LA CERRA Domenica	07	MKS SMS Victoria Racibórz	4:56.86 489
50m: 33.17 33.17	150m: 1:46.36 37.23	250m: 3:02.65 38.21	350m: 4:19.36 38.42
100m: 1:09.13 35.96	200m: 2:24.44 38.08	300m: 3:40.94 38.29	400m: 4:56.86 37.50
33. SKUDLIK Michalina	07	UKS „MANTA” Kochłowice Ruda l ska	4:57.53 485
50m: 33.78 33.78	150m: 1:49.20 38.43	250m: 3:04.88 37.92	350m: 4:21.32 38.16
100m: 1:10.77 36.99	200m: 2:26.96 37.76	300m: 3:43.16 38.28	400m: 4:57.53 36.21



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Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 14 lat

Pozycja				Rok ur.					Czas	Pkt.	
34.	LIPI SKA Julia			07	UKS "Feniks" D bica				4:58.96	479	
	50m:	34.11	34.11	150m:	1:49.26	250m:	3:06.22	38.50	350m:	4:22.35	38.16
	100m:			200m:	2:27.72	300m:	3:44.19	37.97	400m:	4:58.96	36.61
35.	GAJEWSKA Maja			07	GKS „CARTUSIA” w Kartuzach				4:59.10	478	
	50m:	32.38	32.38	150m:	1:49.37	250m:	3:06.73	38.71	350m:	4:23.74	38.23
	100m:	1:09.93	37.55	200m:	2:28.02	300m:	3:45.51	38.78	400m:	4:59.10	35.36
36.	KOZŁOWSKA Antonina			07	MKS „Astoria” Bydgoszcz				4:59.39	476	
	50m:	33.73	33.73	150m:	1:49.70	250m:	3:06.85	38.87	350m:	4:22.73	37.64
	100m:	1:11.39	37.66	200m:	2:27.98	300m:	3:45.09	38.24	400m:	4:59.39	36.66
37.	CZUBA Julia			07	UKP Unia O wi cim				4:59.85	474	
	50m:	33.48	33.48	150m:	1:49.47	250m:	3:06.96	39.10	350m:	4:23.57	38.06
	100m:	1:10.98	37.50	200m:	2:27.86	300m:	3:45.51	38.55	400m:	4:59.85	36.28
38.	IWANICKA Dominika			07	MKP Zabrze				4:59.93	474	
	50m:			150m:	1:49.98	250m:	3:07.65	38.99	350m:		
	100m:	1:11.80		200m:	2:28.66	300m:	3:46.09	38.44	400m:	4:59.93	
39.	MURAWSKA Wiktoria			07	KS Delfin Gdynia				5:00.20	473	
	50m:	34.63	34.63	150m:	1:50.26	250m:	3:07.00	38.25	350m:	4:23.90	38.32
	100m:	1:11.83	37.20	200m:	2:28.75	300m:	3:45.58	38.58	400m:	5:00.20	36.30
40.	WOJTKOWIAK Wiktoria			07	Kaliski Klub Sportowy „Włóknarz” 1925				5:00.35	472	
	50m:	33.03	33.03	150m:	1:50.01	250m:	3:07.25	38.71	350m:	4:23.79	38.16
	100m:	1:10.93	37.90	200m:	2:28.54	300m:	3:45.63	38.38	400m:	5:00.35	36.56
41.	DR KIEWICZ Pola			07	UKS Nawa Skierniewice				5:00.89	469	
	50m:	33.46	33.46	150m:	1:48.67	250m:	3:05.77	38.57	350m:	4:23.89	38.81
	100m:	1:10.66	37.20	200m:	2:27.20	300m:	3:45.08	39.31	400m:	5:00.89	37.00
42.	UCHOWSKA Antonina			07	SWIMLAND Olsztyn				5:01.22	468	
	50m:	33.49	33.49	150m:	1:48.37	250m:	3:05.15	38.41	350m:	4:22.80	38.95
	100m:	1:10.43	36.94	200m:	2:26.74	300m:	3:43.85	38.70	400m:	5:01.22	38.42
43.	KULAS Anna			07	MKS Juwenia Wrocław				5:01.58	466	
	50m:	32.32	32.32	150m:	1:46.89	250m:	3:04.19	38.65	350m:	4:23.05	39.48
	100m:	1:09.34	37.02	200m:	2:25.54	300m:	3:43.57	39.38	400m:	5:01.58	38.53
44.	SELL Karolina			07	MUKP Korona-Swim Kielce				5:02.44	462	
	50m:	32.04	32.04	150m:	1:46.46	250m:	3:05.04	39.43	350m:	4:24.47	40.35
	100m:	1:08.60	36.56	200m:	2:25.61	300m:	3:44.12	39.08	400m:	5:02.44	37.97
45.	KUBIC Agata			07	KS Korona Kraków				5:03.41	458	
	50m:	35.75	35.75	150m:	1:52.32	250m:	3:09.52	38.52	350m:	4:26.86	38.46
	100m:	1:13.98	38.23	200m:	2:31.00	300m:	3:48.40	38.88	400m:	5:03.41	36.55
46.	SKOWRON Natalia			07	MKS Pałac Młodzie y Katowice				5:03.58	457	
	50m:			150m:	1:49.22	250m:	3:07.99	39.34	350m:	4:26.12	39.06
	100m:	1:10.89		200m:	2:28.65	300m:	3:47.06	39.07	400m:	5:03.58	37.46
47.	FILEK Magdalena			07	UKS Victoria Kozy				5:05.01	451	
	50m:	33.38	33.38	150m:	1:49.32	250m:	3:08.32	39.70	350m:	4:28.22	40.18
	100m:	1:10.85	37.47	200m:	2:28.62	300m:	3:48.04	39.72	400m:	5:05.01	36.79
48.	KRASZEWSKA Dominika			07	MTP Kormoran Olsztyn				5:06.97	442	
	50m:	34.29	34.29	150m:	1:51.40	250m:	3:10.59	39.60	350m:	4:29.58	39.36
	100m:	1:12.31	38.02	200m:	2:30.99	300m:	3:50.22	39.63	400m:	5:06.97	37.39
49.	BER Julia			07	UKS Pi tka Konstantinów Łódzki				5:07.01	442	
	50m:	32.98	32.98	150m:	1:47.91	250m:	3:07.19	39.92	350m:	4:28.41	40.46
	100m:	1:09.75	36.77	200m:	2:27.27	300m:	3:47.95	40.76	400m:	5:07.01	38.60
50.	ANTOS Alicja			07	UKP Unia O wi cim				5:07.99	438	
	50m:	34.52	34.52	150m:	1:52.17	250m:	3:11.01	39.78	350m:	4:29.22	38.94
	100m:	1:13.21	38.69	200m:	2:31.23	300m:	3:50.28	39.27	400m:	5:07.99	38.77



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Pozycja					Rok ur.					Czas	Pkt.	
51.	ZABRZESKA Kinga				07	ULKS „Wodny wiat”				5:09.00	433	
	50m:	33.54	33.54	150m:	1:49.88	38.78	250m:	3:09.30	39.81	350m:	4:29.97	40.63
	100m:	1:11.10	37.56	200m:	2:29.49	39.61	300m:	3:49.34	40.04	400m:	5:09.00	39.03
52.	JARZYNA Klaudia				07	UKP Unia O wi cim				5:10.52	427	
	50m:	34.34	34.34	150m:	1:51.37	39.27	250m:	3:11.40	40.27	350m:	4:31.84	40.11
	100m:	1:12.10	37.76	200m:	2:31.13	39.76	300m:	3:51.73	40.33	400m:	5:10.52	38.68
53.	KUBIAK Matylda				07	Uks "Salmo ory”				5:10.89	425	
	50m:	33.75	33.75	150m:	2:30.71	1:19.32	250m:	4:32.66	40.67	350m:		
	100m:	1:11.39	37.64	200m:	3:51.99	1:21.28	300m:	5:10.89	38.23	400m:	5:10.89	
54.	CAŁA Anastazja				07	UKP Unia O wi cim				5:13.38	415	
	50m:	32.87	32.87	150m:	1:49.06	39.13	250m:	3:09.57	41.26	350m:	4:32.25	41.32
	100m:	1:09.93	37.06	200m:	2:28.31	39.25	300m:	3:50.93	41.36	400m:	5:13.38	41.13
55.	WALICKA Martyna				07	MUKS "Pi tnastka”				5:13.53	415	
	50m:	34.29	34.29	150m:	1:52.61	39.68	250m:	3:13.30	40.37	350m:	4:34.62	40.56
	100m:	1:12.93	38.64	200m:	2:32.93	40.32	300m:	3:54.06	40.76	400m:	5:13.53	38.91
56.	SUSKA Zuzanna				07	UKP Jedyńka Elbl g				5:16.13	405	
	50m:	35.82	35.82	150m:	1:56.37	40.54	250m:	3:57.60	40.15	350m:		
	100m:	1:15.83	40.01	200m:	3:17.45	1:21.08	300m:	4:37.84	40.24	400m:	5:16.13	
57.	WO NIAK Kornelia				07	UKS „FREGATA” Kolbuszowa				5:16.28	404	
	50m:	35.28	35.28	150m:	1:55.09	40.41	250m:	3:15.98	40.18	350m:	4:36.61	40.03
	100m:	1:14.68	39.40	200m:	2:35.80	40.71	300m:	3:56.58	40.60	400m:	5:16.28	39.67
58.	BA KOWSKA Julia				07	UKS abianka Gda sk				5:25.28	371	
	50m:	36.28	36.28	150m:	1:58.79	41.70	250m:	3:21.56	41.34	350m:	4:45.56	42.02
	100m:	1:17.09	40.81	200m:	2:40.22	41.43	300m:	4:03.54	41.98	400m:	5:25.28	39.72
59.	PAZIK Dominika				07	SWIMLAND Olsztyn				5:34.11	343	
	50m:	37.53	37.53	150m:	2:02.86	42.95	250m:	3:29.04	43.18	350m:	4:55.60	42.63
	100m:	1:19.91	42.38	200m:	2:45.86	43.00	300m:	4:12.97	43.93	400m:	5:34.11	38.51
60.	GRITZNER Marianna				07	MKS Medyk Gi ycko				5:35.12	340	
	50m:	34.27	34.27	150m:	1:56.94	43.09	250m:	3:24.40	43.93	350m:	4:52.96	44.13
	100m:	1:13.85	39.58	200m:	2:40.47	43.53	300m:	4:08.83	44.43	400m:	5:35.12	42.16