



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

Konkurencja 19
2021.12.18 - 17:26

Dziewcz t, 400m dowolny

14 lat
Wyniki Finał

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

Punkty: FINA 2021

Pozycja Rok ur. Czas Pkt.

Finał A

1. WIERNICKA Julia	07	KS Pi tka Chorzów	4:29.22	655
50m: 30.87 30.87	150m: 1:39.56 34.38	250m: 2:48.66 34.51	350m: 3:57.33 34.10	
100m: 1:05.18 34.31	200m: 2:14.15 34.59	300m: 3:23.23 34.57	400m: 4:29.22 31.89	
2. MAŁOLEPSZA Weronika	07	MKP Szczecin	4:30.53	646
50m: 30.88 30.88	150m: 1:38.88 34.14	250m: 2:48.47 34.72	350m: 3:57.59 34.23	
100m: 1:04.74 33.86	200m: 2:13.75 34.87	300m: 3:23.36 34.89	400m: 4:30.53 32.94	
3. POPPE Marta	07	UKS „MANTA” Kochłowice Ruda I ska	4:30.69	645
50m: 30.59 30.59	150m: 1:39.39 34.25	250m: 2:48.80 34.73	350m: 3:58.28 34.59	
100m: 1:05.14 34.55	200m: 2:14.07 34.68	300m: 3:23.69 34.89	400m: 4:30.69 32.41	
4. WÓJCIK Zuzanna	07	MUKP Korona-Swim Kielce	4:31.31	640
50m: 30.77 30.77	150m: 1:38.79 33.94	250m: 2:48.41 34.98	350m: 3:58.36 34.93	
100m: 1:04.85 34.08	200m: 2:13.43 34.64	300m: 3:23.43 35.02	400m: 4:31.31 32.95	
5. KUCZMAR Zuzanna	07	MKS Ochota Warszawa	4:34.37	619
50m: 30.55 30.55	150m: 1:39.25 34.03	250m: 2:48.89 34.96	350m: 3:59.17 35.55	
100m: 1:05.22 34.67	200m: 2:13.93 34.68	300m: 3:23.62 34.73	400m: 4:34.37 35.20	
6. MURAS Nina	07	Mokotowski UKP Warszawianka- Wodny	4:38.10	595
50m: 31.30 31.30	150m: 1:40.64 34.87	250m: 2:51.88 35.64	350m: 4:03.61 35.64	
100m: 1:05.77 34.47	200m: 2:16.24 35.60	300m: 3:27.97 36.09	400m: 4:38.10 34.49	
7. R CZKOWSKA Maja	07	LKS Jedno 32 Przyszowice	4:38.94	589
50m: 31.49 31.49	150m: 1:40.26 34.37	250m: 2:51.41 35.99	350m: 4:02.74 35.10	
100m: 1:05.89 34.40	200m: 2:15.42 35.16	300m: 3:27.64 36.23	400m: 4:38.94 36.20	
8. SIEDLEWSKA Marcelina	07	UKS abianka Gda sk	4:39.10	588
50m: 31.47 31.47	150m: 1:41.30 35.24	250m: 2:52.68 36.14	350m: 4:05.40 36.47	
100m:	200m: 2:16.54 35.24	300m: 3:28.93 36.25	400m: 4:39.10 33.70	
9. GULCZY SKA Natalia	07	Uks Cityzen	4:42.70	566
50m: 31.12 31.12	150m: 1:40.17 34.48	250m: 2:50.00 35.43	350m: 3:59.14 34.41	
100m: 1:05.69 34.57	200m: 2:14.57 34.40	300m: 3:24.73 34.73	400m: 4:42.70 43.56	
10. SZOPA Natalia	07	UKP Gryf D bica	4:44.50	555
50m: 30.75 30.75	150m: 1:40.52 35.45	250m: 2:55.09 37.43	350m: 4:08.86 37.18	
100m: 1:05.07 34.32	200m: 2:17.66 37.14	300m: 3:31.68 36.59	400m: 4:44.50 35.64	

Finał B

11. SOWA Barbara	07	UKP Unia O wi cim	4:39.36	587
50m: 30.41 30.41	150m: 1:40.23 35.48	250m: 2:52.64 36.16	350m: 4:04.68 36.10	
100m: 1:04.75 34.34	200m: 2:16.48 36.25	300m: 3:28.58 35.94	400m: 4:39.36 34.68	
12. WŁADYCZKA Amelia	07	MKS Juwenia Wrocław	4:41.20	575
50m: 31.25 31.25	150m: 1:41.17 35.52	250m: 2:54.00 36.19	350m: 4:07.19 36.24	
100m: 1:05.65 34.40	200m: 2:17.81 36.64	300m: 3:30.95 36.95	400m: 4:41.20 34.01	
13. CICH Kinga	07	RWKS Sparta Biłgoraj	4:41.45	574
50m: 31.19 31.19	150m: 1:40.88 35.56	250m: 2:53.64 36.64	350m: 4:06.48 36.46	
100m: 1:05.32 34.13	200m: 2:17.00 36.12	300m: 3:30.02 36.38	400m: 4:41.45 34.97	
14. LASZCZAK Aleksandra	07	UKP Unia O wi cim	4:42.31	568
50m: 30.94 30.94	150m: 1:42.71 36.59	250m: 2:55.67 36.62	350m: 4:08.69 36.32	
100m: 1:06.12 35.18	200m: 2:19.05 36.34	300m: 3:32.37 36.70	400m: 4:42.31 33.62	
15. SZCZERBA Patrycja	07	Ognisko TTKF DELFIN Tarnów	4:44.84	553
50m: 32.77 32.77	150m: 1:45.38 36.63	250m: 2:58.35 36.48	350m: 4:11.08 36.29	
100m: 1:08.75 35.98	200m: 2:21.87 36.49	300m: 3:34.79 36.44	400m: 4:44.84 33.76	



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

Pozycja				Rok	ur.					Czas	Pkt.	
16.	W GRZYCKA	Małgorzata		07		MKS Trójka Łód				4:46.05	546	
	50m:	31.98	31.98	150m:	1:43.43	36.04	250m:	2:56.98	36.60	350m:	4:11.12	37.00
	100m:	1:07.39	35.41	200m:	2:20.38	36.95	300m:	3:34.12	37.14	400m:	4:46.05	34.93
17.	GOLANOWSKA	Gabriela		07		Kaliski Klub Sportowy „Włókniarz” 1925				4:50.10	524	
	50m:	33.56	33.56	150m:	1:47.66	37.06	250m:	3:02.02	37.23	350m:	4:16.30	36.87
	100m:	1:10.60	37.04	200m:	2:24.79	37.13	300m:	3:39.43	37.41	400m:	4:50.10	33.80
18.	PIA CI SKA	Alicja		07		UKS Swim Team Wilanów				4:51.57	516	
	50m:	32.16	32.16	150m:	1:46.01	37.52	250m:	3:01.12	37.53	350m:	4:15.96	37.33
	100m:	1:08.49	36.33	200m:	2:23.59	37.58	300m:	3:38.63	37.51	400m:	4:51.57	35.61
19.	OWCZAREK	Julia		07		MKP „SŁOWIANKA” Gorzów Wlkp.				4:52.31	512	
	50m:	32.50	32.50	150m:	1:45.78	37.39	250m:	3:01.27	37.71	350m:	4:16.93	37.66
	100m:	1:08.39	35.89	200m:	2:23.56	37.78	300m:	3:39.27	38.00	400m:	4:52.31	35.38
20.	RYDY SKA	Maja		07		MKS SP 63 Bydgoszcz				4:52.75	510	
	50m:	32.05	32.05	150m:	2:23.04	38.04	250m:	3:39.06	38.06	350m:	4:52.75	35.38
	100m:	1:45.00	1:12.95	200m:	3:01.00	37.96	300m:	4:17.37	38.31	400m:	4:52.75	