



Zimowe Mistrzostwa Polski Juniorów Młodszych 14 lat w pływaniu  
Poznań, 8. - 10.12.2023

Konkurencja 11  
2023.12.08 - 18:50

Dziewcząt, 400m zmienny

14 lat  
Wyniki Finał

Rekord Polski 14 lat 4:43.77 KNOP Aleksandra POL Łódź 2017.12.22

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.
<b>Finał A</b>			
1. DUDEK Lena	09 CSiR MOS w D browie Górnicy	<b>4:56.99</b>	662
50m: 31.69 31.69	150m: 1:45.94 38.34	250m: 3:05.41 41.15	350m: 4:22.86 35.27
100m: 1:07.60 35.91	200m: 2:24.26 38.32	300m: 3:47.59 42.18	400m: 4:56.99 34.13
2. KAPKA Antonina	09 CSiR MOS w D browie Górnicy	<b>5:02.47</b>	627
50m: 32.21 32.21	150m: 1:49.77 40.44	250m: 3:10.75 41.26	350m: 4:27.83 35.41
100m: 1:09.33 37.12	200m: 2:29.49 39.72	300m: 3:52.42 41.67	400m: 5:02.47 34.64
3. KUCZMAR Aleksandra	09 UKP „Polonia Warszawa”	<b>5:07.12</b>	599
50m: 31.81 31.81	150m: 1:48.58 39.39	250m: 3:10.89 43.48	350m: 4:32.22 35.10
100m: 1:09.19 37.38	200m: 2:27.41 38.83	300m: 3:57.12 46.23	400m: 5:07.12 34.90
4. STY Zuzanna	09 UKP „Polonia Warszawa”	<b>5:11.87</b>	572
50m: 32.54 32.54	150m: 1:52.25 41.17	250m: 3:15.19 42.18	350m: 4:36.94 37.17
100m: 1:11.08 38.54	200m: 2:33.01 40.76	300m: 3:59.77 44.58	400m: 5:11.87 34.93
5. BOGIELCZYK Natalia	09 KS Neptun widnica	<b>5:16.17</b>	549
50m: 33.99 33.99	150m: 1:55.77 42.80	250m: 3:21.91 44.66	350m: 4:42.33 35.41
100m: 1:12.97 38.98	200m: 2:37.25 41.48	300m: 4:06.92 45.01	400m: 5:16.17 33.84
6. SOBOLAK Gabriela	09 UKS „GIM 92 Ursynów”	<b>5:16.64</b>	546
50m: 34.87 34.87	150m: 1:57.56 41.59	250m: 3:21.38 43.65	350m: 4:42.76 37.16
100m: 1:15.97 41.10	200m: 2:37.73 40.17	300m: 4:05.60 44.22	400m: 5:16.64 33.88
7. GRYKO Patrycja	09 KS Poznań	<b>5:16.76</b>	546
50m: 31.99 31.99	150m: 1:51.68 40.67	250m: 3:18.17 46.16	350m: 4:41.80 36.79
100m: 1:11.01 39.02	200m: 2:32.01 40.33	300m: 4:05.01 46.84	400m: 5:16.76 34.96
8. CHAŁUPKA Amelia	09 MKS Piaseczno	<b>5:20.31</b>	528
50m: 34.78 34.78	150m: 1:56.33 41.47	250m: 3:23.23 46.37	350m: 4:46.48 36.83
100m: 1:14.86 40.08	200m: 2:36.86 40.53	300m: 4:09.65 46.42	400m: 5:20.31 33.83
9. ZI TEK Julia	09 UKP „Rudańska”	<b>5:23.48</b>	512
50m: 33.11 33.11	150m: 1:56.32 42.83	250m: 3:26.04 46.26	350m: 4:49.27 35.62
100m: 1:13.49 40.38	200m: 2:39.78 43.46	300m: 4:13.65 47.61	400m: 5:23.48 34.21
10. GORZKIEWICZ Łucja	09 UKS „GIM 92 Ursynów”	<b>5:26.80</b>	497
50m: 35.46 35.46	150m: 2:01.45 43.71	250m: 3:27.70 44.53	350m: 4:51.07 38.02
100m: 1:17.74 42.28	200m: 2:43.17 41.72	300m: 4:13.05 45.35	400m: 5:26.80 35.73
<b>Finał B</b>			
11. ROZWADOWSKA Karolina	09 SKS 137 Delfin Łódź	<b>5:33.46</b>	468
50m: 36.27 36.27	150m: 2:04.04 44.76	250m: 3:32.45 45.65	350m: 4:57.59 38.49
100m: 1:19.28 43.01	200m: 2:46.80 42.76	300m: 4:19.10 46.65	400m: 5:33.46 35.87
12. FTARA Maja	09 MKS "IKAR" Stal Mielec	<b>5:36.17</b>	457
50m: 33.28 33.28	150m: 1:58.63 45.48	250m: 3:27.33 45.53	350m: 4:57.88 42.08
100m: 1:13.15 39.87	200m: 2:41.80 43.17	300m: 4:15.80 48.47	400m: 5:36.17 38.29
13. KOSI SKA Olga	09 UKS Aquatica Pawłowice	<b>5:38.66</b>	446
50m: 35.37 35.37	150m: 2:00.92 44.52	250m: 3:31.46 46.89	350m: 5:00.57 41.74
100m: 1:16.40 41.03	200m: 2:44.57 43.65	300m: 4:18.83 47.37	400m: 5:38.66 38.09
14. BANIAK Pola	09 BOSiR Brzesko	<b>5:39.15</b>	445
50m: 33.49 33.49	150m: 2:00.23 45.19	250m: 3:30.84 47.27	350m: 5:01.41 41.80
100m: 1:15.04 41.55	200m: 2:43.57 43.34	300m: 4:19.61 48.77	400m: 5:39.15 37.74
15. PATYRA Joanna	09 UKS SP-149 Łódź	<b>5:43.80</b>	427
50m: 37.01 37.01	150m: 2:08.02 46.33	250m: 3:39.48 46.32	350m: 5:06.41 40.65
100m: 1:21.69 44.68	200m: 2:53.16 45.14	300m: 4:25.76 46.28	400m: 5:43.80 37.39
16. JAROS Martyna	09 KS Neptun widnica	<b>5:52.60</b>	396
50m: 38.19 38.19	150m: 2:10.83 46.19	250m: 3:42.42 47.29	350m: 5:13.49 40.60
100m: 1:24.64 46.45	200m: 2:55.13 44.30	300m: 4:32.89 50.47	400m: 5:52.60 39.11



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Konkurencja 11, Dziewczyny, 400m zmienny, Finał, 14 lat

Pozycja					Rok ur.					Czas	Pkt.	
17.	MUDZI SKA Milena				09	KS Barrakuda Gdańsk				<b>5:58.31</b>	377	
	50m:	36.43	36.43	150m:	2:10.04	45.86	250m:	3:47.59	51.91	350m:	5:19.65	39.28
	100m:	1:24.18	47.75	200m:	2:55.68	45.64	300m:	4:40.37	52.78	400m:	5:58.31	38.66
18.	NIEDZWIECKA Judyta				09	MUKS "Piłastka"				<b>6:00.71</b>	369	
	50m:	39.98	39.98	150m:	2:13.90	45.81	250m:	3:48.26	50.13	350m:	5:19.46	41.78
	100m:	1:28.09	48.11	200m:	2:58.13	44.23	300m:	4:37.68	49.42	400m:	6:00.71	41.25
19.	SZEWCZYK Amelia				09	UKS Maratonczyk Ostrów Wlkp.				<b>6:07.33</b>	350	
	50m:	40.21	40.21	150m:	2:17.97	48.76	250m:	3:55.36	49.89	350m:	5:28.21	41.66
	100m:	1:29.21	49.00	200m:	3:05.47	47.50	300m:	4:46.55	51.19	400m:	6:07.33	39.12
20.	SZMYD Karolina				09	UKS "Feniks" Dębica				<b>6:10.76</b>	340	
	50m:	40.65	40.65	150m:	2:17.25	47.00	250m:	3:53.92	49.87	350m:	5:28.48	44.47
	100m:	1:30.25	49.60	200m:	3:04.05	46.80	300m:	4:44.01	50.09	400m:	6:10.76	42.28