



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

Konkurencja 19
2023.12.09 - 9:38

Dziewcząt, 400m dowolny

14 lat
Wyniki Eliminacje

Rekord Polski 14 lat 4:09.54 GU Wiktoria POL Olsztyn 2018.12.15

Punkty: FINA 2023

Pozycja			Rok ur.							Czas	Pkt.	
1.	WEGNER Julia		09	UKS "Olimp" Gorzów Wlkp.						4:31.66	617	A
	50m:	32.11 32.11	150m:	1:41.94	34.70	250m:	2:51.52	34.44	350m:	3:59.66	33.72	
	100m:	1:07.24 35.13	200m:	2:17.08	35.14	300m:	3:25.94	34.42	400m:	4:31.66	32.00	
2.	POLAK Iga		09	Płetwał Zakopane						4:31.87	615	A
	50m:	32.04 32.04	150m:	1:41.38	34.90	250m:	2:50.71	34.54	350m:	3:59.21	33.85	
	100m:	1:06.48 34.44	200m:	2:16.17	34.79	300m:	3:25.36	34.65	400m:	4:31.87	32.66	
3.	KUCZMAR Aleksandra		09	UKP „Polonia Warszawa”						4:33.41	605	A
	50m:	31.83 31.83	150m:	1:41.18	35.01	250m:	2:50.98	34.82	350m:	3:59.26	33.84	
	100m:	1:06.17 34.34	200m:	2:16.16	34.98	300m:	3:25.42	34.44	400m:	4:33.41	34.15	
4.	RESZKO Lena		09	UKP „Polonia Warszawa”						4:35.74	590	A
	50m:	31.26 31.26	150m:	1:41.32	35.51	250m:	2:51.75	35.34	350m:	4:01.95	35.08	
	100m:	1:05.81 34.55	200m:	2:16.41	35.09	300m:	3:26.87	35.12	400m:	4:35.74	33.79	
5.	GO CI SKA Gabriela		09	UKS SMS Galicja Kraków						4:35.82	589	A
	50m:	31.41 31.41	150m:	1:41.29	35.30	250m:	2:51.95	35.46	350m:	4:02.39	35.30	
	100m:	1:05.99 34.58	200m:	2:16.49	35.20	300m:	3:27.09	35.14	400m:	4:35.82	33.43	
6.	CIUPA Ewelina		09	UKS „MANTA” Kochłowice Ruda I ska						4:39.86	564	A
	50m:	31.58 31.58	150m:	1:42.17	35.47	250m:	2:53.52	35.83	350m:	4:04.92	35.63	
	100m:	1:06.70 35.12	200m:	2:17.69	35.52	300m:	3:29.29	35.77	400m:	4:39.86	34.94	
7.	WIECZOREK Michalina		09	UKP Unia O wi cim						4:40.36	561	A
	50m:	32.27 32.27	150m:	1:42.60	35.24	250m:	2:53.84	35.61	350m:	4:05.91	36.28	
	100m:	1:07.36 35.09	200m:	2:18.23	35.63	300m:	3:29.63	35.79	400m:	4:40.36	34.45	
8.	DŁUGOPOLSKA Nikola		09	UKS SMS Galicja Kraków						4:40.65	559	A
	50m:	32.05 32.05	150m:	1:43.17	35.71	250m:	2:54.98	36.08	350m:	4:06.24	35.59	
	100m:	1:07.46 35.41	200m:	2:18.90	35.73	300m:	3:30.65	35.67	400m:	4:40.65	34.41	
9.	MAZUREK Dagmara		09	KU AZS UMCS Lublin						4:40.66	559	A
	50m:	31.62 31.62	150m:	1:41.43	35.41	250m:	2:52.97	36.12	350m:	4:05.25	36.39	
	100m:	1:06.02 34.40	200m:	2:16.85	35.42	300m:	3:28.86	35.89	400m:	4:40.66	35.41	
10.	ZI TEK Julia		09	UKP „Ruda I ska”						4:40.87	558	A
	50m:	31.30 31.30	150m:	1:42.13	35.90	250m:	2:54.61	36.25	350m:	4:06.68	35.54	
	100m:	1:06.23 34.93	200m:	2:18.36	36.23	300m:	3:31.14	36.53	400m:	4:40.87	34.19	
11.	KISZCZAK Olga		09	UKP Unia O wi cim						4:41.21	556	B
	50m:	32.19 32.19	150m:	1:42.72	35.43	250m:	2:54.65	35.96	350m:	4:06.79	35.99	
	100m:	1:07.29 35.10	200m:	2:18.69	35.97	300m:	3:30.80	36.15	400m:	4:41.21	34.42	
12.	G SKA Paulina		09	MKS "IKAR" Stal Mielec						4:41.53	554	B
	50m:	31.83 31.83	150m:	1:42.01	35.21	250m:	2:53.65	36.06	350m:	4:06.16	36.20	
	100m:	1:06.80 34.97	200m:	2:17.59	35.58	300m:	3:29.96	36.31	400m:	4:41.53	35.37	
13.	CHAŁUPKA Amelia		09	MKS Piaseczno						4:42.45	549	B
	50m:	32.41 32.41	150m:	1:44.59	36.37	250m:	2:57.02	36.01	350m:	4:08.61	35.78	
	100m:	1:08.22 35.81	200m:	2:21.01	36.42	300m:	3:32.83	35.81	400m:	4:42.45	33.84	
14.	CHYCZEWSKA Pola		09	UKS "Olimp" Gorzów Wlkp.						4:43.03	545	B
	50m:	30.91 30.91	150m:	1:41.81	35.92	250m:	2:53.93	36.03	350m:	4:07.61	36.58	
	100m:	1:05.89 34.98	200m:	2:17.90	36.09	300m:	3:31.03	37.10	400m:	4:43.03	35.42	
15.	BEDNAREK Lena		09	CSiR MOS w D browie Górniczej						4:44.23	538	B
	50m:	31.45 31.45	150m:	1:43.20	36.61	250m:	2:56.43	36.73	350m:	4:09.85	36.71	
	100m:	1:06.59 35.14	200m:	2:19.70	36.50	300m:	3:33.14	36.71	400m:	4:44.23	34.38	
16.	GNA Nadia		09	UKS Tri-Team Rumia						4:45.59	531	B
	50m:	32.25 32.25	150m:	1:44.23	36.11	250m:	2:57.12	36.41	350m:	4:09.94	36.47	
	100m:	1:08.12 35.87	200m:	2:20.71	36.48	300m:	3:33.47	36.35	400m:	4:45.59	35.65	
17.	ŁUCZAK Anika		09	UKS SP-149 Łódź						4:45.73	530	B
	50m:	32.52 32.52	150m:	1:44.47	35.96	250m:	2:57.67	36.64	350m:	4:10.50	36.34	
	100m:	1:08.51 35.99	200m:	2:21.03	36.56	300m:	3:34.16	36.49	400m:	4:45.73	35.23	



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Konkurencja 19, Dziewcząt, 400m dowolny, Eliminacje, 14 lat

Pozycja					Rok ur.					Czas	Pkt.	
18.	OKO Anna				09	LKS Jedno 32 Przyszowice				4:46.03	528 B	
	50m:	31.98	31.98	150m:	1:43.40	36.16	250m:	2:56.51	36.71	350m:	4:10.66	36.89
	100m:	1:07.24	35.26	200m:	2:19.80	36.40	300m:	3:33.77	37.26	400m:	4:46.03	35.37
19.	ŁUCZAK Agata				09	Stowarzyszenie Solne Miasto Wieliczka				4:47.04	523 B	
	50m:	32.22	32.22	150m:	1:43.91	36.42	250m:	2:57.11	36.82	350m:	4:11.00	36.61
	100m:	1:07.49	35.27	200m:	2:20.29	36.38	300m:	3:34.39	37.28	400m:	4:47.04	36.04
20.	SOBOLAK Gabriela				09	UKS „GIM 92 Ursynów”				4:47.56	520 B	
	50m:	32.36	32.36	150m:	1:44.54	36.44	250m:	2:57.86	36.50	350m:	4:12.02	37.00
	100m:	1:08.10	35.74	200m:	2:21.36	36.82	300m:	3:35.02	37.16	400m:	4:47.56	35.54
21.	MAIK Victoria				09	UKS „MANTA” Kochłowice Ruda I sk				4:47.84	518 R	
	50m:	32.25	32.25	150m:	1:45.18	36.85	250m:	2:58.68	36.75	350m:	4:13.63	37.72
	100m:	1:08.33	36.08	200m:	2:21.93	36.75	300m:	3:35.91	37.23	400m:	4:47.84	34.21
22.	MAJSZUTOWICZ Zofia				09	MKP Szczecin				4:48.93	513 R	
	50m:	32.29	32.29	150m:	1:45.03	36.68	250m:	2:59.52	37.38	350m:	4:13.02	36.60
	100m:	1:08.35	36.06	200m:	2:22.14	37.11	300m:	3:36.42	36.90	400m:	4:48.93	35.91
23.	WOLNA Aleksandra				09	MKP Astromal-Leszno				4:49.03	512	
	50m:	33.25	33.25	150m:	1:46.40	36.77	250m:	3:00.23	36.73	350m:	4:14.33	36.91
	100m:	1:09.63	36.38	200m:	2:23.50	37.10	300m:	3:37.42	37.19	400m:	4:49.03	34.70
24.	BOGIELCZYK Natalia				09	KS Neptun widnica				4:49.39	510	
	50m:	33.13	33.13	150m:	1:45.62	36.48	250m:	2:59.70	36.91	350m:	4:13.86	37.00
	100m:	1:09.14	36.01	200m:	2:22.79	37.17	300m:	3:36.86	37.16	400m:	4:49.39	35.53
25.	MICHALIK Wiktoria				09	UKP Unia Owi cim				4:50.13	506	
	50m:	33.50	33.50	150m:	1:47.65	37.24	250m:	3:02.69	37.22	350m:	4:16.18	36.80
	100m:	1:10.41	36.91	200m:	2:25.47	37.82	300m:	3:39.38	36.69	400m:	4:50.13	33.95
26.	SZCZEPANIK Nikola				09	UKS "Olimp" Gorzów Wlkp.				4:50.67	503	
	50m:	32.64	32.64	150m:	1:46.59	37.29	250m:	3:01.72	37.61	350m:	4:17.04	37.35
	100m:	1:09.30	36.66	200m:	2:24.11	37.52	300m:	3:39.69	37.97	400m:	4:50.67	33.63
27.	BALICKA Ada				09	KS Warta Poznań				4:51.95	497	
	50m:	32.65	32.65	150m:	1:44.83	36.68	250m:	2:58.91	36.76	350m:	4:14.69	37.93
	100m:	1:08.15	35.50	200m:	2:22.15	37.32	300m:	3:36.76	37.85	400m:	4:51.95	37.26
28.	WITO Anna				09	UKS MOS w Opolu				4:53.02	491	
	50m:	32.13	32.13	150m:	1:45.25	37.00	250m:	2:59.96	37.75	350m:	4:16.10	37.99
	100m:	1:08.25	36.12	200m:	2:22.21	36.96	300m:	3:38.11	38.15	400m:	4:53.02	36.92
29.	SZTREKER-WÓJCIK Iga				09	UKS G-8 Bielany Warszawa				4:53.05	491	
	50m:	33.87	33.87	150m:	1:47.80	36.97	250m:	3:02.51	37.38	350m:	4:16.34	36.18
	100m:	1:10.83	36.96	200m:	2:25.13	37.33	300m:	3:40.16	37.65	400m:	4:53.05	36.71
30.	DRABYCH Valeriia				09	KS KSZO Ostrowiec w.				4:54.12	486	
	50m:	32.13	32.13	150m:	1:44.06	36.95	250m:	2:59.29	37.89	350m:	4:16.18	38.55
	100m:	1:07.11	34.98	200m:	2:21.40	37.34	300m:	3:37.63	38.34	400m:	4:54.12	37.94
31.	STARKIEWICZ Zuzanna				09	KU AZS UMCS Lublin				4:55.74	478	
	50m:	32.29	32.29	150m:	1:46.34	37.69	250m:	3:02.50	38.35	350m:	4:18.64	38.26
	100m:	1:08.65	36.36	200m:	2:24.15	37.81	300m:	3:40.38	37.88	400m:	4:55.74	37.10
32.	BILI SKA Iga				09	UKS „MANTA” Kochłowice Ruda I sk				4:57.14	471	
	50m:	33.05	33.05	150m:	1:47.81	38.19	250m:	3:03.95	38.69	350m:	4:19.82	38.36
	100m:	1:09.62	36.57	200m:	2:25.26	37.45	300m:	3:41.46	37.51	400m:	4:57.14	37.32
33.	POŁE Oliwia				09	MKS CKS-SMS Szczecin				4:57.70	469	
	50m:	32.89	32.89	150m:	1:47.63	37.94	250m:	3:04.82	38.76	350m:	4:20.95	37.95
	100m:	1:09.69	36.80	200m:	2:26.06	38.43	300m:	3:43.00	38.18	400m:	4:57.70	36.75
34.	GIERACH Maja				09	UKS Wodnik Siemianowice I skie				4:58.11	467	
	50m:	33.32	33.32	150m:	1:48.75	38.12	250m:	3:05.51	38.65	350m:	4:23.00	38.64
	100m:	1:10.63	37.31	200m:	2:26.86	38.11	300m:	3:44.36	38.85	400m:	4:58.11	35.11
35.	M DRY Maja				09	AZS AWF Warszawa				4:59.77	459	
	50m:	32.64	32.64	150m:	1:45.49	36.99	250m:	3:03.19	38.93	350m:	4:21.73	39.13
	100m:	1:08.50	35.86	200m:	2:24.26	38.77	300m:	3:42.60	39.41	400m:	4:59.77	38.04



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Konkurencja 19, Dziewczyny, 400m dowolny, Eliminacje, 14 lat

Pozycja	Rok ur.	Czas	Pkt.
36. L CZEK Zuzanna	09	5:02.85	445
50m: 33.23 33.23	150m: 1:50.85 39.24	250m: 3:08.22 38.86	350m: 4:25.10 38.43
100m: 1:11.61 38.38	200m: 2:29.36 38.51	300m: 3:46.67 38.45	400m: 5:02.85 37.75
37. WOJCIECHOWSKA Zofia	09	5:03.01	444
50m: 33.28 33.28	150m: 1:49.17 38.45	250m: 3:07.18 39.04	350m: 4:23.71 37.87
100m: 1:10.72 37.44	200m: 2:28.14 38.97	300m: 3:45.84 38.66	400m: 5:03.01 39.30
38. JADOWSKA Lena	09	5:04.28	439
50m: 33.09 33.09	150m: 1:49.50 38.90	250m: 3:07.33 38.99	350m: 4:23.03 37.01
100m: 1:10.60 37.51	200m: 2:28.34 38.84	300m: 3:46.02 38.69	400m: 5:04.28 41.25
39. DOMAGAŁA Katarzyna	09	5:09.36	417
50m: 33.48 33.48	150m: 1:48.93 38.18	250m: 3:07.71 39.74	350m: 4:28.82 40.66
100m: 1:10.75 37.27	200m: 2:27.97 39.04	300m: 3:48.16 40.45	400m: 5:09.36 40.54
40. MUDZI SKA Milena	09	5:10.10	414
50m: 33.06 33.06	150m: 1:50.37 39.67	250m: 3:10.86 40.59	350m: 4:31.38 40.38
100m: 1:10.70 37.64	200m: 2:30.27 39.90	300m: 3:51.00 40.14	400m: 5:10.10 38.72
41. WOJTOWICZ Magdalena	09	5:17.45	386
50m: 36.36 36.36	150m: 1:56.89 40.57	250m: 3:18.81 41.16	350m: 4:39.37 39.65
100m: 1:16.32 39.96	200m: 2:37.65 40.76	300m: 3:59.72 40.91	400m: 5:17.45 38.08
42. KOSECKA Klara	09	5:18.27	383
50m: 36.12 36.12	150m: 1:56.99 40.94	250m: 3:18.52 40.78	350m: 4:40.41 40.74
100m: 1:16.05 39.93	200m: 2:37.74 40.75	300m: 3:59.67 41.15	400m: 5:18.27 37.86
43. RABENDA Natasza	09	5:18.71	382
50m: 34.17 34.17	150m: 1:55.07 41.17	250m: 3:17.78 41.21	350m: 4:39.69 40.61
100m: 1:13.90 39.73	200m: 2:36.57 41.50	300m: 3:59.08 41.30	400m: 5:18.71 39.02
44. SŁYCHAN Maja	09	5:20.37	376
50m: 36.08 36.08	150m: 1:56.31 40.41	250m: 3:18.52 41.22	350m: 4:40.67 40.80
100m: 1:15.90 39.82	200m: 2:37.30 40.99	300m: 3:59.87 41.35	400m: 5:20.37 39.70
45. RZEPczyk Zofia	09	5:29.73	345
50m: 37.17 37.17	150m: 2:01.51 42.97	250m: 3:27.10 42.25	350m: 4:52.00 41.94
100m: 1:18.54 41.37	200m: 2:44.85 43.34	300m: 4:10.06 42.96	400m: 5:29.73 37.73
46. SZMYD Karolina	09	5:37.03	323
50m: 37.19 37.19	150m: 2:01.00 42.61	250m: 3:27.67 43.36	350m: 4:56.13 44.08
100m: 1:18.39 41.20	200m: 2:44.31 43.31	300m: 4:12.05 44.38	400m: 5:37.03 40.90
47. KOZIOL Maja	09	5:55.13	276
50m: 40.31 40.31	150m: 2:07.25 44.21	250m: 3:38.00 45.74	350m: 5:10.56 46.63
100m: 1:23.04 42.73	200m: 2:52.26 45.01	300m: 4:23.93 45.93	400m: 5:55.13 44.57
DYSKW. CHRAB SZCZ Maja	09		
<i>O2 - Pływak nie ukończył całego dystansu.</i>			
50m: 32.27 32.27	150m:	250m:	350m:
100m:	200m:	300m:	400m: