

Z DELFINEM DO PARY A 2021  
Toru , 6.11.2021

Event 25  
06.11.2021

Women, 400m Freestyle

12 years and older  
Results

Points: FINA 2020

Rank			YB					Time	Pts	
<b>12 years</b>										
1.	CZARNOMSKA, Natalia		09	UKS „Osemka” Torun				<b>5:08.66</b>	435	
	50m:	34.27 34.27	150m:	1:50.99	39.16	250m:	3:10.77	39.71	350m:	4:29.66 39.58
	100m:	1:11.83 37.56	200m:	2:31.06	40.07	300m:	3:50.08	39.31	400m:	5:08.66 39.00
2.	MADRY, Maja		09	St. KP Olimpia Swiecie				<b>5:21.83</b>	383	
	50m:	35.81 35.81	150m:	1:55.13	40.08	250m:	3:17.42	41.00	350m:	4:41.80 42.31
	100m:	1:15.05 39.24	200m:	2:36.42	41.29	300m:	3:59.49	42.07	400m:	5:21.83 40.03
3.	SOCHA, Weronika		09	MUKS "Pietnastka"				<b>5:40.53</b>	324	
	50m:	39.35 39.35	150m:	2:07.46	44.95	250m:	3:35.50	43.87	350m:	5:00.64 41.70
	100m:	1:22.51 43.16	200m:	2:51.63	44.17	300m:	4:18.94	43.44	400m:	5:40.53 39.89
4.	WOJTOWICZ, Magdalena		09	MTKP Delfin Torun				<b>5:50.87</b>	296	
	50m:	39.64 39.64	150m:	2:07.79	44.25	250m:	3:38.06	45.29	350m:	5:08.17 45.51
	100m:	1:23.54 43.90	200m:	2:52.77	44.98	300m:	4:22.66	44.60	400m:	5:50.87 42.70
<b>13 years</b>										
1.	SWIS, Wiktoria		08	MUKP „Przyjazne Wody"				<b>4:54.57</b>	500	
	50m:	32.14 32.14	150m:	1:46.61	38.14	250m:	3:02.97	37.83	350m:	4:18.80 37.97
	100m:	1:08.47 36.33	200m:	2:25.14	38.53	300m:	3:40.83	37.86	400m:	4:54.57 35.77
2.	DOROZYNSKA, Zuzanna		08	MTKP Delfin Torun				<b>5:12.35</b>	420	
	50m:	35.62 35.62	150m:	1:54.78	39.54	250m:	3:14.30	39.29	350m:	4:33.46 39.81
	100m:	1:15.24 39.62	200m:	2:35.01	40.23	300m:	3:53.65	39.35	400m:	5:12.35 38.89
3.	MALINOWSKA, Martyna		08	UKS Ruch Grudziadz				<b>5:20.37</b>	389	
	50m:	35.07 35.07	150m:	1:54.55	40.86	250m:	3:17.99	42.15	350m:	4:41.09 41.13
	100m:	1:13.69 38.62	200m:	2:35.84	41.29	300m:	3:59.96	41.97	400m:	5:20.37 39.28
4.	IWANOWSKA, Zuzanna		08	MUKS "Pietnastka"				<b>5:22.54</b>	381	
	50m:	34.38 34.38	150m:	1:55.32	41.70	250m:	3:19.15	41.78	350m:	4:42.70 42.25
	100m:	1:13.62 39.24	200m:	2:37.37	42.05	300m:	4:00.45	41.30	400m:	5:22.54 39.84
5.	ZAGRODNIK, Hanna		08	MKS SP 63 Bydgoszcz				<b>5:45.57</b>	310	
	50m:	39.26 39.26	150m:	2:06.85	44.40	250m:	3:36.74	45.36	350m:	5:05.11 42.98
	100m:	1:22.45 43.19	200m:	2:51.38	44.53	300m:	4:22.13	45.39	400m:	5:45.57 40.46
6.	CZICZAK, Matylda		08	UKS „Osemka” Torun				<b>5:51.03</b>	295	
	50m:	39.22 39.22	150m:	2:06.93	44.25	250m:	3:36.53	44.77	350m:	5:07.14 45.55
	100m:	1:22.68 43.46	200m:	2:51.76	44.83	300m:	4:21.59	45.06	400m:	5:51.03 43.89
<b>14 years</b>										
1.	KOZLOWSKA, Antonina		07	MKS „Astoria” Bydgoszcz				<b>4:53.11</b>	508	
	50m:	32.81 32.81	150m:	1:46.71	37.99	250m:	3:02.27	37.73	350m:	4:17.30 37.40
	100m:	1:08.72 35.91	200m:	2:24.54	37.83	300m:	3:39.90	37.63	400m:	4:53.11 35.81
2.	JACUK, Julia		07	MKS „Astoria” Bydgoszcz				<b>4:57.70</b>	485	
	50m:	32.71 32.71	150m:	1:47.88	39.55	250m:	3:03.06	38.10	350m:	
	100m:	1:08.33 35.62	200m:	2:24.96	37.08	300m:	4:19.71	1:16.65	400m:	4:57.70
3.	RYDYNSKA, Maja		07	MKS SP 63 Bydgoszcz				<b>5:02.75</b>	461	
	50m:	32.66 32.66	150m:	1:46.82	37.89	250m:	3:04.58	38.93	350m:	4:23.74 39.74
	100m:	1:08.93 36.27	200m:	2:25.65	38.83	300m:	3:44.00	39.42	400m:	5:02.75 39.01
4.	ANTKOWIAK, Matylda		07	MUKS "Pietnastka"				<b>5:36.37</b>	336	
	50m:	36.94 36.94	150m:	1:59.09	41.43	250m:	3:24.89	43.60	350m:	4:52.65 43.98
	100m:	1:17.66 40.72	200m:	2:41.29	42.20	300m:	4:08.67	43.78	400m:	5:36.37 43.72

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15 years

1. ADAMCZYK, Karolina	06	Mokotowski UKP Warszawianka- Wodny	<b>4:34.75</b>	617
50m: 30.90 30.90	150m: 1:40.02 35.17	250m: 2:49.70 34.49	350m: 4:00.01 35.70	
100m: 1:04.85 33.95	200m: 2:15.21 35.19	300m: 3:24.31 34.61	400m: 4:34.75 34.74	
2. RAP, Apolonia	06	Mokotowski UKP Warszawianka- Wodny	<b>4:36.76</b>	603
50m: 31.04 31.04	150m: 1:40.57 35.20	250m: 2:51.13 35.66	350m: 4:02.94	
100m: 1:05.37 34.33	200m: 2:15.47 34.90	300m:	400m: 4:36.76 33.82	
3. WOJTOWICZ, Malgorzata	06	MTKP Delfin Torun	<b>5:04.66</b>	452
50m: 34.42 34.42	150m: 1:51.77 39.07	250m: 3:09.97 39.28	350m: 4:28.05 39.05	
100m: 1:12.70 38.28	200m: 2:30.69 38.92	300m: 3:49.00 39.03	400m: 5:04.66 36.61	
4. ODWAZNA, Aleksandra	06	MTKP Delfin Torun	<b>5:08.55</b>	435
50m: 34.30 34.30	150m: 1:50.23 38.85	250m: 3:08.66 39.56	350m: 4:29.81 40.05	
100m: 1:11.38 37.08	200m: 2:29.10 38.87	300m: 3:49.76 41.10	400m: 5:08.55 38.74	

16 years and older

1. SZREDZINSKA, Gabriela	04	UKP „Polonia Warszawa”	<b>4:31.34</b>	640
50m: 30.08 30.08	150m: 1:37.50 34.03	250m: 2:47.10 34.86	350m: 3:57.65 35.14	
100m: 1:03.47 33.39	200m: 2:12.24 34.74	300m: 3:22.51 35.41	400m: 4:31.34 33.69	
2. BAKUNIAK, Hanna	96	MKS „Astoria” Bydgoszcz	<b>4:44.82</b>	553
50m: 31.26 31.26	150m: 2:18.08 1:12.19	250m: 3:30.77 37.25	350m:	
100m: 1:05.89 34.63	200m: 2:53.52 35.44	300m: 4:08.67 37.90	400m: 4:44.82	