

Zimowe Mistrzostwa Polski Seniorów i Młodzie ovców
Łód , 19. - 22.12.2017

Event 22	Women, 400m Freestyle				OPEN
20.12.2017 - 16:58					Results Finals
Rekord Polski Open	4:05.77	BARZYCKA Paulina	00114	Gorzow	26.11.2005
Rekord Polski 14	4:13.34	KNOP Aleksandra	01605	Poznan	25.11.2017
Rekord Polski 15	4:11.12	KILIJA SKA Donata	00612	Lodz	21.11.2010
Rekord Polski 16	4:08.04	KILIJA SKA Donata	00612	Poznan	17.12.2011
Rekord Polski 17	4:08.04	KILIJA SKA Donata	00612	Pozna	17.12.2011
Rekord Polski 18	4:08.04	KILIJA SKA Donata	00612	Pozna	17.12.2011
Rekord Polski 19 - 23	4:05.77	BARZYCKA Paulina	00114	Gorzow	26.11.2005

Points: FINA 2017

Rank			Age			Time	Pts	
Final A								
1.	PIECHOTA Paulina		18	UKS 190 Lodz		4:07.14	854	
	<i>Rekord Polski 18 lat</i>							
	50m:	29.34 29.34	150m:	1:32.06 31.37	250m:	2:34.35 31.11	350m:	3:36.72 30.99
	100m:	1:00.69 31.35	200m:	2:03.24 31.18	300m:	3:05.73 31.38	400m:	4:07.14 30.42
2.	ZUKOWSKA Paula		24	AZS AWF Katowice		4:07.67	849	
	50m:	29.69 29.69	150m:	1:32.76 31.44	250m:	2:35.55 31.32	350m:	3:37.62 30.85
	100m:	1:01.32 31.63	200m:	2:04.23 31.47	300m:	3:06.77 31.22	400m:	4:07.67 30.05
3.	KARPISZ Milena		20	KU AZS PL		4:07.81	847	
	50m:	29.30 29.30	150m:	1:31.55 31.05	250m:	2:34.04 31.31	350m:	3:36.87 31.30
	100m:	1:00.50 31.20	200m:	2:02.73 31.18	300m:	3:05.57 31.53	400m:	4:07.81 30.94
4.	KNOP Aleksandra		14	UKS 190 Lodz		4:10.66	819	
	<i>Rekord Polski 14, 15 lat</i>							
	50m:	29.45 29.45	150m:	1:33.06 31.71	250m:	2:35.53 31.20	350m:	3:38.58 31.67
	100m:	1:01.35 31.90	200m:	2:04.33 31.27	300m:	3:06.91 31.38	400m:	4:10.66 32.08
5.	ANDRZEJEWSKA Kamila SL		18	Ku Azs Umcs Lublin		4:15.73	771	
	50m:	30.64 30.64	150m:	1:35.07 32.43	250m:	2:39.74 32.35	350m:	3:44.90 32.46
	100m:	1:02.64 32.00	200m:	2:07.39 32.32	300m:	3:12.44 32.70	400m:	4:15.73 30.83
6.	MARGULA WERONIKA SSz		17	MKP Szczecin		4:15.76	770	
	50m:	29.94 29.94	150m:	1:34.00 32.03	250m:	2:38.79 32.57	350m:	3:43.96 32.65
	100m:	1:01.97 32.03	200m:	2:06.22 32.22	300m:	3:11.31 32.52	400m:	4:15.76 31.80
7.	BARYLA JULIA SSz		17	MKP Szczecin		4:18.33	748	
	50m:	29.88 29.88	150m:	1:34.38 32.65	250m:	2:40.57 33.07	350m:	3:46.51 33.04
	100m:	1:01.73 31.85	200m:	2:07.50 33.12	300m:	3:13.47 32.90	400m:	4:18.33 31.82
8.	ZABOROWICZ Julia		16	K.S. Gornik Sosnowiec		4:18.86	743	
	50m:	29.56 29.56	150m:	1:34.04 32.79	250m:	2:40.74 33.29	350m:	3:47.45 33.09
	100m:	1:01.25 31.69	200m:	2:07.45 33.41	300m:	3:14.36 33.62	400m:	4:18.86 31.41
9.	RAJCA Olivia		15	UKS 190 Lodz		4:23.70	703	
	50m:	31.68 31.68	150m:	1:38.08 33.34	250m:	2:44.81 33.32	350m:	3:51.66 33.41
	100m:	1:04.74 33.06	200m:	2:11.49 33.41	300m:	3:18.25 33.44	400m:	4:23.70 32.04
10.	ADAMCZYK Julia SL		18	Ku Azs Umcs Lublin		4:24.38	697	
	50m:	29.83 29.83	150m:	1:35.85 33.23	250m:	2:43.32 33.80	350m:	3:51.46 34.17
	100m:	1:02.62 32.79	200m:	2:09.52 33.67	300m:	3:17.29 33.97	400m:	4:24.38 32.92
Final B								
11.	JANKOWSKA Klaudia		19	Uks Gim92 Ursynow Warszawa		4:17.28	757	
	50m:	29.84 29.84	150m:	1:35.18 32.58	250m:	2:40.35 32.26	350m:	3:45.22 32.53
	100m:	1:02.60 32.76	200m:	2:08.09 32.91	300m:	3:12.69 32.34	400m:	4:17.28 32.06

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Rank					Age					Time	Pts	
12.	GUSC Wiktoria				13	Delfin Piotrkow Trybunalski				4:20.65	728	
	50m:	29.47	29.47	150m:	1:35.36	33.07	250m:	2:42.25	33.47	350m:	3:48.52	32.82
	100m:	1:02.29	32.82	200m:	2:08.78	33.42	300m:	3:15.70	33.45	400m:	4:20.65	32.13
13.	SZAFRANSKA Julia Soc				17	KS KSZO Ostrowiec Sw				4:22.53	712	
	50m:	31.09	31.09	150m:	1:36.47	32.96	250m:	2:43.27	33.32	350m:	3:50.16	33.30
	100m:	1:03.51	32.42	200m:	2:09.95	33.48	300m:	3:16.86	33.59	400m:	4:22.53	32.37
14.	POGORZELSKA Inez				17	UKS GOS Raszyn				4:23.40	705	
	50m:	30.37	30.37	150m:	1:36.44	33.36	250m:	2:43.47	33.31	350m:	3:51.11	33.84
	100m:	1:03.08	32.71	200m:	2:10.16	33.72	300m:	3:17.27	33.80	400m:	4:23.40	32.29
15.	BAKUNIAK Hanna				21	MKP Szczecin				4:23.77	702	
	50m:	30.11	30.11	150m:	1:35.72	33.17	250m:	2:42.34	33.41	350m:	3:50.72	34.51
	100m:	1:02.55	32.44	200m:	2:08.93	33.21	300m:	3:16.21	33.87	400m:	4:23.77	33.05
16.	KLIMEK Marta SO				14	Unia Oswiecim				4:23.89	701	
	50m:	29.54	29.54	150m:	1:35.25	33.27	250m:	2:41.99	33.52	350m:	3:46.91	31.58
	100m:	1:01.98	32.44	200m:	2:08.47	33.22	300m:	3:15.33	33.34	400m:	4:23.89	36.98
17.	JASZCZUK Ewa SOL				15	MTP Kormoran Olsztyn				4:24.84	694	
	50m:	30.64	30.64	150m:	1:36.83	33.39	250m:	2:43.97	33.71	350m:	3:51.72	34.02
	100m:	1:03.44	32.80	200m:	2:10.26	33.43	300m:	3:17.70	33.73	400m:	4:24.84	33.12
18.	WARDZINSKA Martyna				19	AZS AWF Warszawa				4:26.80	679	
	50m:	30.72	30.72	150m:	1:37.44	33.60	250m:	2:45.91	34.25	350m:	3:54.08	33.99
	100m:	1:03.84	33.12	200m:	2:11.66	34.22	300m:	3:20.09	34.18	400m:	4:26.80	32.72
19.	KRAUZE Alicja SO				16	Malborskie WOPR				4:27.43	674	
	50m:	30.91	30.91	150m:	1:38.67	34.20	250m:	2:46.35	33.71	350m:	3:54.17	33.72
	100m:	1:04.47	33.56	200m:	2:12.64	33.97	300m:	3:20.45	34.10	400m:	4:27.43	33.26
20.	KAWKA Nina				14	Uks Gim92 Ursynow Warszawa				4:28.16	668	
	50m:	30.50	30.50	150m:	1:37.98	33.77	250m:	2:46.47	34.21	350m:	3:55.01	34.34
	100m:	1:04.21	33.71	200m:	2:12.26	34.28	300m:	3:20.67	34.20	400m:	4:28.16	33.15