

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

Konkurencja 40 22.12.2017 - 9:35	Kobiet, 400m zmienny				OPEN Wyniki Eliminacje
Rekord Polski Open	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	16.12.2007
Rekord Polski 14	4:46.42	KNOP Aleksandra	01605	Lublin	03.03.2017
Rekord Polski 15	4:44.76	HALICKA Lidia		Olsztyn	02.12.2016
Rekord Polski 16	4:42.49	JEDRZEJCZAK Otylia	POL	Spała	18.12.1999
Rekord Polski 17	4:38.72	SZCZEPANIAK Karolina		Gorzów Wlkp.	29.11.2009
Rekord Polski 18	4:33.70	BARANOWSKA Katarzyna	POL	Trieste (ITA)	11.12.2005
Rekord Polski 19 - 23	4:31.89	BARANOWSKA Katarzyna	00116	Debrecen (HUN)	16.12.2007

Punkty: FINA 2017

Pozycja	Wiek		Czas		Pkt.
1. UKOWSKA Paula	24	AZS AWF Katowice	4:48.63	726	A
50m: 30.94 30.94	150m: 1:43.07 37.26	250m: 3:01.05 41.19	350m: 4:16.66 33.65		
100m: 1:05.81 34.87	200m: 2:19.86 36.79	300m: 3:43.01 41.96	400m: 4:48.63 31.97		
2. KNOP Aleksandra	14	UKS 190 Łód	4:53.34	691	A
50m: 31.17 31.17	150m: 1:43.65 36.83	250m: 3:02.83 42.76	350m: 4:20.07 33.94		
100m: 1:06.82 35.65	200m: 2:20.07 36.42	300m: 3:46.13 43.30	400m: 4:53.34 33.27		
3. ADAMCZYK Julia SL	18	Ku Azs Umcs Lublin	4:54.10	686	A
50m: 31.72 31.72	150m: 1:45.92 37.84	250m: 3:04.00 41.14	350m: 4:21.11 35.53		
100m: 1:08.08 36.36	200m: 2:22.86 36.94	300m: 3:45.58 41.58	400m: 4:54.10 32.99		
4. PARADOWSKA Kinga SB	16	MUKS Pi tnaстка Bydgoszcz	4:54.24	685	A
50m: 32.04 32.04	150m: 1:46.75 37.72	250m: 3:05.27 40.91	350m: 4:20.88 34.20		
100m: 1:09.03 36.99	200m: 2:24.36 37.61	300m: 3:46.68 41.41	400m: 4:54.24 33.36		
5. PIECHOTA Paulina	18	UKS 190 Łód	4:55.22	678	A
50m: 31.46 31.46	150m: 1:45.15 37.79	250m: 3:04.83 43.04	350m: 4:21.48 33.28		
100m: 1:07.36 35.90	200m: 2:21.79 36.64	300m: 3:48.20 43.37	400m: 4:55.22 33.74		
6. WILCZEWSKA Aleksandra	15	Olimpia Lublin	4:56.19	672	A
50m: 32.51 32.51	150m: 1:47.23 37.64	250m: 3:05.12 41.73	350m: 4:22.54 35.01		
100m: 1:09.59 37.08	200m: 2:23.39 36.16	300m: 3:47.53 42.41	400m: 4:56.19 33.65		
7. HALICKA Lidia	16	WKS I sk Wrocław	4:56.47	670	A
50m: 31.28 31.28	150m: 1:45.59 37.99	250m: 3:03.80 41.00	350m: 4:21.37 36.54		
100m: 1:07.60 36.32	200m: 2:22.80 37.21	300m: 3:44.83 41.03	400m: 4:56.47 35.10		
8. MUSIOŁ Wiktoria	19	AZS AWF Katowice	4:56.73	668	A
50m: 30.94 30.94	150m: 1:44.14 37.68	250m: 3:04.69 43.35	350m: 4:22.80 34.99		
100m: 1:06.46 35.52	200m: 2:21.34 37.20	300m: 3:47.81 43.12	400m: 4:56.73 33.93		
9. DUJANI Iva	14	Uks Gim92 Ursynów Warszawa	4:57.97	660	A
50m: 30.99 30.99	150m: 1:45.66 38.41	250m: 3:05.18 42.04	350m: 4:23.40 35.66		
100m: 1:07.25 36.26	200m: 2:23.14 37.48	300m: 3:47.74 42.56	400m: 4:57.97 34.57		
GU Wiktoria	13	Delfin Piotrków Trybunalski	4:57.97	660	A
50m: 32.82 32.82	150m: 1:48.13 37.63	250m: 3:07.75 41.55	350m: 4:24.81 34.94		
100m: 1:10.50 37.68	200m: 2:26.20 38.07	300m: 3:49.87 42.12	400m: 4:57.97 33.16		
11. W GRZYNOWSKA Aleksandra	16	WKS I sk Wrocław	4:59.12	652	B
50m: 31.16 31.16	150m: 1:45.47 38.25	250m: 3:06.97 43.81	350m: 4:25.60 34.78		
100m: 1:07.22 36.06	200m: 2:23.16 37.69	300m: 3:50.82 43.85	400m: 4:59.12 33.52		
12. GRZEGORCZYK Izabella	24	K.S.Warta Pozna	5:00.79	641	B
50m: 31.28 31.28	150m: 1:46.05 37.67	250m: 3:07.07 43.58	350m: 4:26.56 34.65		
100m: 1:08.38 37.10	200m: 2:23.49 37.44	300m: 3:51.91 44.84	400m: 5:00.79 34.23		
13. MENDYK Adrianna	19	Mks Wodnik Radom	5:01.02	640	B
50m: 31.33 31.33	150m: 1:46.27 38.12	250m: 3:06.86 42.87	350m: 4:26.11 35.34		
100m: 1:08.15 36.82	200m: 2:23.99 37.72	300m: 3:50.77 43.91	400m: 5:01.02 34.91		

Zimowe Mistrzostwa Polski Seniorów i Młodzie ovców
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Konkurencja 40, Kobiet, 400m zmienny, Eliminacje, OPEN

Pozycja					Wiek					Czas	Pkt.	
14.	KRYPA Marta				15	UKS Manta Warszawa Włochy				5:01.40	637 B	
	50m:	31.76	31.76	150m:	1:47.18	39.02	250m:	3:08.78	42.27	350m:	4:27.07	35.02
	100m:	1:08.16	36.40	200m:	2:26.51	39.33	300m:	3:52.05	43.27	400m:	5:01.40	34.33
15.	CYNARSKA Natalia				14	UKP Polonia Warszawa				5:01.43	637 B	
	50m:	32.54	32.54	150m:	1:47.84	37.37	250m:	3:07.30	42.78	350m:	4:27.41	35.78
	100m:	1:10.47	37.93	200m:	2:24.52	36.68	300m:	3:51.63	44.33	400m:	5:01.43	34.02
16.	RAJCA Olivia				15	UKS 190 Łód				5:02.84	628 B	
	50m:	32.78	32.78	150m:	1:50.10	40.38	250m:	3:12.03	43.64	350m:	4:30.88	35.00
	100m:	1:09.72	36.94	200m:	2:28.39	38.29	300m:	3:55.88	43.85	400m:	5:02.84	31.96
17.	TERESKO Anna				20	CSIR MOS D browa Górnicza				5:04.42	619 B	
	50m:	32.13	32.13	150m:	1:47.30	38.92	250m:	3:10.71	44.98	350m:	4:30.83	34.83
	100m:	1:08.38	36.25	200m:	2:25.73	38.43	300m:	3:56.00	45.29	400m:	5:04.42	33.59
18.	GANCARZ Julia				14	MKS Ikar Mielec				5:05.28	613 B	
	50m:	32.02	32.02	150m:	1:48.73	39.34	250m:	3:11.66	44.37	350m:	4:31.76	34.77
	100m:	1:09.39	37.37	200m:	2:27.29	38.56	300m:	3:56.99	45.33	400m:	5:05.28	33.52
19.	CERLICH Oliwia				15	MKS Ikar Mielec				5:05.63	611 B	
	50m:	32.04	32.04	150m:	1:49.05	39.10	250m:	3:10.68	43.71	350m:	4:31.73	35.60
	100m:	1:09.95	37.91	200m:	2:26.97	37.92	300m:	3:56.13	45.45	400m:	5:05.63	33.90
20.	BANACZKOWSKA Aleksandra Soc				15	KS KSZO Ostrowiec w				5:06.23	608 B	
	50m:	34.24	34.24	150m:	1:51.11	38.95	250m:	3:11.51	40.98	350m:	4:30.53	37.05
	100m:	1:12.16	37.92	200m:	2:30.53	39.42	300m:	3:53.48	41.97	400m:	5:06.23	35.70
21.	MACIEJEWSKA Beata				14	UKS SP 149 Łód				5:07.01	603 R	
	50m:	33.25	33.25	150m:	1:51.50	39.19	250m:	3:13.10	43.36	350m:	4:32.83	35.22
	100m:	1:12.31	39.06	200m:	2:29.74	38.24	300m:	3:57.61	44.51	400m:	5:07.01	34.18
22.	COCHÓR Izabela				16	MUKP Warszawianka Wodny Park				5:07.05	603 R	
	50m:	31.76	31.76	150m:	1:47.89	38.49	250m:	3:10.37	44.51	350m:	4:32.48	36.99
	100m:	1:09.40	37.64	200m:	2:25.86	37.97	300m:	3:55.49	45.12	400m:	5:07.05	34.57
23.	D BROWSKA Tatiana				15	UKS 190 Łód				5:07.92	598	
	50m:	31.40	31.40	150m:	1:47.76	40.26	250m:	3:11.11	44.14	350m:	4:33.14	36.53
	100m:	1:07.50	36.10	200m:	2:26.97	39.21	300m:	3:56.61	45.50	400m:	5:07.92	34.78
24.	BARTYZEL Aleksandra				19	AZS AGH Kraków				5:08.14	596	
	50m:	31.70	31.70	150m:	1:47.42	38.04	250m:	3:10.88	44.82	350m:	4:32.75	36.74
	100m:	1:09.38	37.68	200m:	2:26.06	38.64	300m:	3:56.01	45.13	400m:	5:08.14	35.39
25.	MISIORNY Anna				17	MKS Trójka Łód				5:08.37	595	
	50m:	31.66	31.66	150m:	1:46.69	38.24	250m:	3:10.47	45.52	350m:	4:33.72	37.06
	100m:	1:08.45	36.79	200m:	2:24.95	38.26	300m:	3:56.66	46.19	400m:	5:08.37	34.65
26.	KEMPA Anna SO				16	MMKS K dzierzyn-Ko le				5:08.88	592	
	50m:	32.94	32.94	150m:	1:51.27	40.08	250m:	3:12.27	42.04	350m:	4:32.54	36.95
	100m:	1:11.19	38.25	200m:	2:30.23	38.96	300m:	3:55.59	43.32	400m:	5:08.88	36.34
27.	BEDNAREK Aleksandra				19	UKS SP 149 Łód				5:09.09	591	
	50m:	33.25	33.25	150m:	1:51.34	39.52	250m:	3:12.91	43.50	350m:	4:33.68	37.01
	100m:	1:11.82	38.57	200m:	2:29.41	38.07	300m:	3:56.67	43.76	400m:	5:09.09	35.41
28.	TASAK Aleksandra				14	UKS SMS GALICJA Kraków				5:09.49	589	
	50m:	31.44	31.44	150m:	1:46.74	38.98	250m:	3:09.63	44.40	350m:	4:33.51	38.21
	100m:	1:07.76	36.32	200m:	2:25.23	38.49	300m:	3:55.30	45.67	400m:	5:09.49	35.98

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Konkurencja 40, Kobiet, 400m zmienny, Eliminacje, OPEN

Pozycja	Wiek	Czas	Pkt.
29. SM TEK Wiktoria SR	16	5:09.50	589
50m: 33.88 33.88 150m: 1:53.86 38.88 250m: 3:14.93 42.87 350m: 4:34.99 36.43			
100m: 1:14.98 41.10 200m: 2:32.06 38.20 300m: 3:58.56 43.63 400m: 5:09.50 34.51			
30. MO D AN Milena	14	5:10.31	584
50m: 33.38 33.38 150m: 1:51.38 40.06 250m: 3:14.28 43.31 350m: 4:35.32 36.15			
100m: 1:11.32 37.94 200m: 2:30.97 39.59 300m: 3:59.17 44.89 400m: 5:10.31 34.99			
31. RUSSEK Agata	14	5:11.26	579
50m: 32.20 32.20 150m: 1:51.04 41.80 250m: 3:14.24 41.82 350m: 4:34.70 37.86			
100m: 1:09.24 37.04 200m: 2:32.42 41.38 300m: 3:56.84 42.60 400m: 5:11.26 36.56			
32. KUCHTA Maria	15	5:12.20	574
50m: 33.16 33.16 150m: 1:53.32 41.74 250m: 3:18.50 45.45 350m: 4:38.97 36.01			
100m: 1:11.58 38.42 200m: 2:33.05 39.73 300m: 4:02.96 44.46 400m: 5:12.20 33.23			
33. SAJECKA Zofia	19	5:12.45	572
50m: 31.92 31.92 150m: 1:48.16 39.10 250m: 3:13.55 45.91 350m: 4:37.17 36.76			
100m: 1:09.06 37.14 200m: 2:27.64 39.48 300m: 4:00.41 46.86 400m: 5:12.45 35.28			
34. FR CKIEWICZ Martyna SZG	14	5:12.47	572
50m: 32.41 32.41 150m: 1:51.22 40.60 250m: 3:15.59 44.96 350m: 4:36.80 36.85			
100m: 1:10.62 38.21 200m: 2:30.63 39.41 300m: 3:59.95 44.36 400m: 5:12.47 35.67			
35. WOJTANEK Wiktoria	16	5:13.34	567
50m: 32.49 32.49 150m: 1:51.36 40.62 250m: 3:15.05 44.31 350m: 4:37.38 37.70			
100m: 1:10.74 38.25 200m: 2:30.74 39.38 300m: 3:59.68 44.63 400m: 5:13.34 35.96			
36. CICHOWSKA Julia	16	5:14.01	564
50m: 31.90 31.90 150m: 1:51.65 41.64 250m: 3:14.76 43.02 350m: 4:36.99 38.58			
100m: 1:10.01 38.11 200m: 2:31.74 40.09 300m: 3:58.41 43.65 400m: 5:14.01 37.02			
37. BADZIAN Natalia	14	5:14.25	562
50m: 32.93 32.93 150m: 1:51.49 41.10 250m: 3:17.29 45.74 350m: 4:39.66 36.20			
100m: 1:10.39 37.46 200m: 2:31.55 40.06 300m: 4:03.46 46.17 400m: 5:14.25 34.59			
38. PIOTROWICZ Maja SZG	15	5:15.92	553
50m: 33.08 33.08 150m: 1:50.68 38.73 250m: 3:15.38 45.83 350m: 4:38.99 37.88			
100m: 1:11.95 38.87 200m: 2:29.55 38.87 300m: 4:01.11 45.73 400m: 5:15.92 36.93			
39. ROKITA Hanna	14	5:18.25	541
50m: 34.28 34.28 150m: 1:56.66 42.71 250m: 3:20.98 43.40 350m: 4:42.65 37.38			
100m: 1:13.95 39.67 200m: 2:37.58 40.92 300m: 4:05.27 44.29 400m: 5:18.25 35.60			
40. MALINA Amelia	14	5:18.93	538
50m: 32.77 32.77 150m: 1:51.94 40.23 250m: 3:17.80 45.61 350m: 4:42.22 37.66			
100m: 1:11.71 38.94 200m: 2:32.19 40.25 300m: 4:04.56 46.76 400m: 5:18.93 36.71			
41. TOMO Martyna SL	17	5:19.13	537
50m: 33.28 33.28 150m: 1:52.70 41.99 250m: 3:20.81 46.29 350m: 4:43.87 36.08			
100m: 1:10.71 37.43 200m: 2:34.52 41.82 300m: 4:07.79 46.98 400m: 5:19.13 35.26			
42. KRUSZEWSKA Kaja	17	5:22.06	522
50m: 34.05 34.05 150m: 1:55.27 42.79 250m: 3:24.13 47.07 350m: 4:48.11 36.40			
100m: 1:12.48 38.43 200m: 2:37.06 41.79 300m: 4:11.71 47.58 400m: 5:22.06 33.95			
43. FUKS Aleksandra	14	5:23.37	516
50m: 34.17 34.17 150m: 1:54.40 41.42 250m: 3:21.21 45.62 350m: 4:47.90 39.22			
100m: 1:12.98 38.81 200m: 2:35.59 41.19 300m: 4:08.68 47.47 400m: 5:23.37 35.47			

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Konkurencja 40, Kobiet, 400m zmienny, Eliminacje, OPEN

Pozycja			Wiek					Czas	Pkt.		
44.	KOSTRZEWSKA Maria		14	UKS 190 Łód				5:23.89	514		
	50m:	34.02 34.02	150m:	1:56.20	42.18	250m:	3:24.67	47.09	350m:	4:48.69	37.02
	100m:	1:14.02 40.00	200m:	2:37.58	41.38	300m:	4:11.67	47.00	400m:	5:23.89	35.20
45.	BYLI SKA Agnieszka SG		15	UKS Zabianka Gda sk				5:24.71	510		
	50m:	33.07 33.07	150m:	1:51.99	40.70	250m:	3:19.61	46.97	350m:	4:45.46	39.28
	100m:	1:11.29 38.22	200m:	2:32.64	40.65	300m:	4:06.18	46.57	400m:	5:24.71	39.25
46.	DESZCZKA Laura		16	MKS Trójka Łód				5:25.89	504		
	50m:	34.91 34.91	150m:	1:54.98	40.82	250m:	3:21.47	45.61	350m:	4:47.34	39.35
	100m:	1:14.16 39.25	200m:	2:35.86	40.88	300m:	4:07.99	46.52	400m:	5:25.89	38.55
47.	WITEK Aleksandra SG		14	UKS Zabianka Gda sk				5:28.08	494		
	50m:	33.73 33.73	150m:	1:55.68	41.82	250m:	3:22.09	45.25	350m:	4:49.18	40.11
	100m:	1:13.86 40.13	200m:	2:36.84	41.16	300m:	4:09.07	46.98	400m:	5:28.08	38.90
48.	WARDZI SKA Martyna		19	AZS AWF Warszawa				5:30.00	486		
	50m:	34.91 34.91	150m:	2:00.15	44.59	250m:	3:27.97	45.58	350m:	4:53.61	40.00
	100m:	1:15.56 40.65	200m:	2:42.39	42.24	300m:	4:13.61	45.64	400m:	5:30.00	36.39
49.	ZOGLOWEK Joanna		15	UKP MANTA Jelcz-Laskowice				5:33.81	469		
	50m:	34.25 34.25	150m:	1:56.58	41.82	250m:	3:26.16	48.74	350m:	4:55.58	39.72
	100m:	1:14.76 40.51	200m:	2:37.42	40.84	300m:	4:15.86	49.70	400m:	5:33.81	38.23
50.	BIEGA SKA Weronika		14	UKS G - 8 Bielany				5:36.85	456		
	50m:	33.73 33.73	150m:	1:56.42	42.64	250m:	3:26.69	48.60	350m:	4:56.55	40.43
	100m:	1:13.78 40.05	200m:	2:38.09	41.67	300m:	4:16.12	49.43	400m:	5:36.85	40.30
51.	FR CKIEWICZ Emilia		14	UKS Delfin Garwolin				5:49.43	409		
	50m:	35.69 35.69	150m:	2:03.39	43.86	250m:	3:38.67	50.82	350m:	5:10.79	39.88
	100m:	1:19.53 43.84	200m:	2:47.85	44.46	300m:	4:30.91	52.24	400m:	5:49.43	38.64