

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

Event 40	Women, 400m Medley					OPEN
22.12.2017 - 9:35						Results Prelim
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	

Points: FINA 2017

Rank			Age					Time	Pts	
1.	ZUKOWSKA 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 Lodz					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 Pietnastka 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 Lodz					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 Slask Wroclaw					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.	MUSIOL 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.	DUJANIC Iva	14	Uks Gim92 Ursynow 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		
	GUSC Wiktoria	13	Delfin Piotrkow 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.	WEGRZYNOWSKA Aleksandra	16	WKS Slask Wroclaw					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 Poznan					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		

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Event 40, Women, 400m Medley, Prelim, OPEN

Rank					Age					Time	Pts	
14.	KRYPA Marta				15	UKS Manta Warszawa Wlochy				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 Lodz				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 Dabrowa Gornicza				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 Sw				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 Lodz				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.	COCHOR 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.	DABROWSKA Tatiana				15	UKS 190 Lodz				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 Krakow				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 Trojka Lodz				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 Kedzierzyn-Kozle				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 Lodz				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 Krakow				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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Event 40, Women, 400m Medley, Prelim, OPEN

Rank					Age					Time	Pts	
29.	SMETEK Wiktoria SR				16	MMKS Kedzierzyn-Kozle				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.	MOZDZAN Milena				14	UKS Shark Rudna				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	UKP Polonia Warszawa				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	Dwojka Tczew				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	Swimmers St. Plywackie				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.	FRACKIEWICZ Martyna SZG				14	TP Zielona Gora				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	UKS GOS Raszyn				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	MKS Juwenia Wroclaw				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	UKP Polonia Warszawa				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	BARAKUDA Starachowice				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	MKS Park Wodny Tarnowskie Gory				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	CSIR MOS Dabrowa Gornicza				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.	TOMON Martyna SL				17	UKS Skarpa Lublin				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	MKS JUWENIA Bialystok				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	MUKS Gilus Gilowice				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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Łód , 19. - 22.12.2017

Event 40, Women, 400m Medley, Prelim, OPEN

Rank					Age					Time	Pts	
44.	KOSTRZEWSKA Maria				14	UKS 190 Lodz				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.	BYLINSKA Agnieszka SG				15	UKS Zabianka Gdansk				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 Trojka Lodz				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 Gdansk				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.	WARDZINSKA 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.	BIEGANSKA 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.	FRACKIEWICZ 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