

2018 Główne Mistrzostwa Polski Seniorów i Młodzie ovców  
Łód , 24. - 27.5.2018

Event 17 Women, 400m Medley 14 years and older  
25.05.2018 - 11:14 Results Prelim

Rekord Polski Open	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	09.08.2008
Rekord Polski 19 - 23	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	09.08.2008
Rekord Polski 18	4:43.39	BARANOWSKA Katarzyna	00116	Debica	20.05.2005
Rekord Polski 17	4:45.13	SZCZEPANIAK Karolina	00114	Rome (ITA)	02.08.2009
Rekord Polski 16	4:48.17	CZOPEK Agnieszka	00106	Moskwa (RUS)	26.07.1980
Rekord Polski 15	4:49.27	SZCZEPANIAK Karolina	00114	Gorzow Wlkp.	30.11.2007
Rekord Polski 14	4:52.05	KNOP Aleksandra	01605	Lublin	19.05.2017

Minimum-ME Glasgow K Open: 4:47.30 / Minimum-MEJ Helsinki K 14 - 17: 4:56.32

Points: FINA 2018

Rank			Age					Time	Pts	RT
1.	ZUKOWSKA Paula	25	AZS AWF Katowice					<b>4:54.76</b>	737	+0,76
	50m: 31.15 31.15	150m: 1:45.08	38.27	250m: 3:04.48	42.09	350m: 4:21.88	35.25			
	100m: 1:06.81 35.66	200m: 2:22.39	37.31	300m: 3:46.63	42.15	400m: 4:54.76	32.88			
2.	KNOP Aleksandra <i>Minimum-MEJ Helsinki</i>	15	UKS 190 Lodz					<b>4:55.51</b>	732	+0,50
	50m: 30.59 30.59	150m: 1:44.42	38.76	250m: 3:03.76	42.26	350m: 4:21.68	33.82			
	100m: 1:05.66 35.07	200m: 2:21.50	37.08	300m: 3:47.86	44.10	400m: 4:55.51	33.83			
3.	RUTKOWSKA Agnieszka <i>Minimum-MEJ Helsinki</i>	17	TP Skalar Slupsk					<b>4:56.30</b>	726	+0,66
	50m: 32.50 32.50	150m: 1:48.36	38.49	250m: 3:06.42	40.95	350m: 4:21.94	34.40			
	100m: 1:09.87 37.37	200m: 2:25.47	37.11	300m: 3:47.54	41.12	400m: 4:56.30	34.36			
4.	GAWRONSKA Zoe	18	MKP Szczecin					<b>4:57.42</b>	718	+0,66
	50m: 31.57 31.57	150m: 1:45.28	37.45	250m: 3:05.71	42.47	350m: 4:23.61	34.66			
	100m: 1:07.83 36.26	200m: 2:23.24	37.96	300m: 3:48.95	43.24	400m: 4:57.42	33.81			
5.	PARADOWSKA Kinga	17	MUKS "Pietnastka"					<b>4:59.50</b>	703	+0,63
	50m: 32.07 32.07	150m: 1:48.12	39.48	250m: 3:09.84	42.68	350m: 4:25.54	34.17			
	100m: 1:08.64 36.57	200m: 2:27.16	39.04	300m: 3:51.37	41.53	400m: 4:59.50	33.96			
6.	ADAMCZYK Julia	19	KU AZS UMCS Lublin					<b>5:00.13</b>	699	+0,77
	50m: 31.81 31.81	150m: 1:48.22	39.54	250m: 3:08.43	42.45	350m: 4:26.32	35.46			
	100m: 1:08.68 36.87	200m: 2:25.98	37.76	300m: 3:50.86	42.43	400m: 5:00.13	33.81			
7.	SAMULA Wiktoria	19	KU AZS UMCS Lublin					<b>5:03.60</b>	675	+0,70
	50m: 31.38 31.38	150m: 1:49.78	41.37	250m: 3:09.62	40.89	350m: 4:28.34	37.18			
	100m: 1:08.41 37.03	200m: 2:28.73	38.95	300m: 3:51.16	41.54	400m: 5:03.60	35.26			
8.	WILCZEWSKA Aleksandra	16	KS OLIMPIA Lublin					<b>5:04.36</b>	670	+0,61
	50m: 32.71 32.71	150m: 1:49.11	39.57	250m: 3:10.32	43.42	350m: 4:29.58	35.62			
	100m: 1:09.54 36.83	200m: 2:26.90	37.79	300m: 3:53.96	43.64	400m: 5:04.36	34.78			
9.	HERBREDER Gabriela	15	UKS „GIM 92 Ursynow"					<b>5:04.47</b>	669	+0,51
	50m: 30.86 30.86	150m: 1:49.03	41.37	250m: 3:10.85	41.69	350m: 4:29.80	36.68			
	100m: 1:07.66 36.80	200m: 2:29.16	40.13	300m: 3:53.12	42.27	400m: 5:04.47	34.67			
10.	CICHOWSKA Julia	17	MKS Juvenia Wroclaw					<b>5:08.08</b>	646	+0,70
	50m: 31.68 31.68	150m: 1:50.61	41.57	250m: 3:12.93	42.32	350m: 4:33.01	36.44			
	100m: 1:09.04 37.36	200m: 2:30.61	40.00	300m: 3:56.57	43.64	400m: 5:08.08	35.07			
11.	KRYPA Marta	16	UKS Manta Warszawa Wlochy					<b>5:08.23</b>	645	+0,56
	50m: 31.58 31.58	150m: 1:48.16	40.08	250m: 3:11.13	42.92	350m: 4:32.83	36.74			
	100m: 1:08.08 36.50	200m: 2:28.21	40.05	300m: 3:56.09	44.96	400m: 5:08.23	35.40			
12.	OSINIAK Ewa	18	KU AZS UMCS Lublin					<b>5:09.05</b>	640	+0,69
	50m: 31.88 31.88	150m: 1:49.67	40.37	250m: 3:13.31	44.31	350m: 4:33.75	35.89			
	100m: 1:09.30 37.42	200m: 2:29.00	39.33	300m: 3:57.86	44.55	400m: 5:09.05	35.30			
13.	WISNIEWSKA Oliwia	17	CSiR MOS w Dabrowie Gorniczej					<b>5:11.49</b>	625	+0,71
	50m: 32.16 32.16	150m: 1:48.82	39.01	250m: 3:12.77	45.86	350m: 4:36.31	37.33			
	100m: 1:09.81 37.65	200m: 2:26.91	38.09	300m: 3:58.98	46.21	400m: 5:11.49	35.18			
14.	CYNARSKA Weronika	15	UKP „Polonia Warszawa"					<b>5:11.59</b>	624	+0,55
	50m: 32.84 32.84	150m: 1:51.52	39.79	250m: 3:15.34	44.26	350m: 4:37.30	36.48			
	100m: 1:11.73 38.89	200m: 2:31.08	39.56	300m: 4:00.82	45.48	400m: 5:11.59	34.29			

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Rank			Age					Time	Pts	RT
15.	GRZEGORCZYK Izabella	25	KS Warta Poznan					<b>5:11.73</b>	623	+0,64
	50m: 31.32 31.32	150m: 1:49.70	39.76	250m: 3:14.37	45.04	350m: 4:36.25	35.74			
	100m: 1:09.94 38.62	200m: 2:29.33	39.63	300m: 4:00.51	46.14	400m: 5:11.73	35.48			
16.	RYDYNSKA Marianna	14	MUKS "Pietnastka"					<b>5:13.22</b>	614	+0,81
	50m: 32.79 32.79	150m: 1:51.50	40.15	250m: 3:16.67	45.65	350m: 4:38.67	35.24			
	100m: 1:11.35 38.56	200m: 2:31.02	39.52	300m: 4:03.43	46.76	400m: 5:13.22	34.55			
17.	MIKOLAJCZYK Maja	14	UKS SP-149 Lodz					<b>5:14.91</b>	605	+0,57
	50m: 32.35 32.35	150m: 1:51.57	42.09	250m: 3:17.69	43.92	350m: 4:39.02	36.07			
	100m: 1:09.48 37.13	200m: 2:33.77	42.20	300m: 4:02.95	45.26	400m: 5:14.91	35.89			
18.	KEMPA Anna	17	MMKS Kedzierzyn-Kozle					<b>5:15.51</b>	601	+0,77
	50m: 33.62 33.62	150m: 1:53.80	42.05	250m: 3:16.61	42.31	350m: 4:38.33	38.44			
	100m: 1:11.75 38.13	200m: 2:34.30	40.50	300m: 3:59.89	43.28	400m: 5:15.51	37.18			
19.	MENDYK Adrianna	20	MKS Wodnik Radom					<b>5:15.75</b>	600	+0,65
	50m: 32.47 32.47	150m: 1:51.80	41.49	250m: 3:16.57	44.87	350m: 4:39.72	37.55			
	100m: 1:10.31 37.84	200m: 2:31.70	39.90	300m: 4:02.17	45.60	400m: 5:15.75	36.03			
20.	KUCHTA Maria	16	UKS „Dwojka” Tczew					<b>5:16.59</b>	595	+0,61
	50m: 33.02 33.02	150m: 1:53.90	42.00	250m: 3:20.44	46.41	350m: 4:42.95	36.70			
	100m: 1:11.90 38.88	200m: 2:34.03	40.13	300m: 4:06.25	45.81	400m: 5:16.59	33.64			
21.	DABROWSKA Tatiana	16	UKS 190 Lodz					<b>5:17.10</b>	592	+0,63
	50m: 31.32 31.32	150m: 1:51.76	44.01	250m: 3:18.39	46.70	350m: 4:41.39	36.61			
	100m: 1:07.75 36.43	200m: 2:31.69	39.93	300m: 4:04.78	46.39	400m: 5:17.10	35.71			
22.	ZAREBA-PARADOWSKA Julia	16	BUKS Warszawa					<b>5:17.75</b>	589	+0,79
	50m: 31.99 31.99	150m: 1:51.42	42.26	250m: 3:18.27	45.84	350m: 4:41.68	37.56			
	100m: 1:09.16 37.17	200m: 2:32.43	41.01	300m: 4:04.12	45.85	400m: 5:17.75	36.07			
23.	PROCHOWNIK Olimpia	19	KU AZS UMCS Lublin					<b>5:17.87</b>	588	+0,73
	50m: 34.00 34.00	150m: 1:54.34	42.10	250m: 3:19.30	43.87	350m: 4:41.26	38.34			
	100m: 1:12.24 38.24	200m: 2:35.43	41.09	300m: 4:02.92	43.62	400m: 5:17.87	36.61			
24.	CERLICH Oliwia	16	MKS „IKAR” Mielec					<b>5:18.42</b>	585	+0,59
	50m: 33.74 33.74	150m: 1:56.06	43.38	250m: 3:22.22	44.82	350m: 4:43.10	35.77			
	100m: 1:12.68 38.94	200m: 2:37.40	41.34	300m: 4:07.33	45.11	400m: 5:18.42	35.32			
25.	MUSIOL Wiktoria	20	AZS AWF Katowice					<b>5:18.60</b>	584	+0,62
	50m: 31.59 31.59	150m: 1:49.73	41.51	250m: 3:16.41	46.45	350m: 4:41.71	37.67			
	100m: 1:08.22 36.63	200m: 2:29.96	40.23	300m: 4:04.04	47.63	400m: 5:18.60	36.89			
26.	PIOTROWICZ Maja	16	Starachowicki Klub Plywacki BA					<b>5:20.12</b>	576	+0,59
	50m: 35.86 35.86	150m: 1:57.69	40.22	250m: 3:23.29	46.01	350m: 4:45.69	36.91			
	100m: 1:17.47 41.61	200m: 2:37.28	39.59	300m: 4:08.78	45.49	400m: 5:20.12	34.43			
27.	SMETEK Wiktoria	17	MMKS Kedzierzyn-Kozle					<b>5:20.55</b>	573	
	50m: 34.70 34.70	150m: 1:56.26	40.71	250m: 3:19.62	43.76	350m: 4:43.75	37.88			
	100m: 1:15.55 40.85	200m: 2:35.86	39.60	300m: 4:05.87	46.25	400m: 5:20.55	36.80			
28.	GANCARZ Julia	15	MKS „IKAR” Mielec					<b>5:20.58</b>	573	
	50m: 33.05 33.05	150m: 1:53.42	42.63	250m: 3:20.91	46.02	350m: 4:45.20	37.09			
	100m: 1:10.79 37.74	200m: 2:34.89	41.47	300m: 4:08.11	47.20	400m: 5:20.58	35.38			
29.	CYGAN Julia	14	MUKS "Pietnastka"					<b>5:20.64</b>	573	
	50m: 34.23 34.23	150m: 1:56.96	42.13	250m: 3:21.64	44.13	350m: 4:45.11	38.17			
	100m: 1:14.83 40.60	200m: 2:37.51	40.55	300m: 4:06.94	45.30	400m: 5:20.64	35.53			
30.	NEUBAUER Paulina	15	UKS „Dwojka” Tczew					<b>5:22.60</b>	562	
	50m: 33.85 33.85	150m: 1:57.02	42.63	250m: 3:23.87	46.38	350m: 4:47.43	36.72			
	100m: 1:14.39 40.54	200m: 2:37.49	40.47	300m: 4:10.71	46.84	400m: 5:22.60	35.17			
31.	WRZESINSKA Wiktoria	14	UKS 190 Lodz					<b>5:22.69</b>	562	
	50m: 35.36 35.36	150m: 2:00.00	43.85	250m: 3:27.21	44.96	350m: 4:47.54	35.93			
	100m: 1:16.15 40.79	200m: 2:42.25	42.25	300m: 4:11.61	44.40	400m: 5:22.69	35.15			
32.	KOSTRZEWSKA Maria	15	UKS 190 Lodz					<b>5:23.99</b>	555	+0,72
	50m: 34.75 34.75	150m: 1:58.18	43.28	250m: 3:25.62	45.82	350m: 4:49.18	36.67			
	100m: 1:14.90 40.15	200m: 2:39.80	41.62	300m: 4:12.51	46.89	400m: 5:23.99	34.81			

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Rank			Age					Time	Pts	RT		
33.	FRACKIEWICZ Martyna		15	TP Zielona Gora				<b>5:26.00</b>	545	+0,66		
	50m:	32.67	32.67	150m:	1:56.07	43.82	250m:	3:24.45	46.37	350m:	4:49.12	37.98
	100m:	1:12.25	39.58	200m:	2:38.08	42.01	300m:	4:11.14	46.69	400m:	5:26.00	36.88
34.	STERNICZUK Weronika		15	UKS Piatka Konstantynow Lodzki				<b>5:26.36</b>	543	+0,65		
	50m:	33.00	33.00	150m:	1:56.78	44.14	250m:	3:25.33	46.09	350m:	4:49.90	38.37
	100m:	1:12.64	39.64	200m:	2:39.24	42.46	300m:	4:11.53	46.20	400m:	5:26.36	36.46
35.	BILSKA Natalia		17	UKS Zabianka Gdansk				<b>5:33.29</b>	510	+0,66		
	50m:	34.72	34.72	150m:	1:58.73	43.81	250m:	3:27.62	46.97	350m:	4:56.87	40.63
	100m:	1:14.92	40.20	200m:	2:40.65	41.92	300m:	4:16.24	48.62	400m:	5:33.29	36.42
36.	DESZCZKA Laura		17	MKS Trojka Lodz				<b>5:40.10</b>	480			
	50m:	36.37	36.37	150m:	2:02.24	44.17	250m:	3:34.19	48.76	350m:	5:02.48	39.48
	100m:	1:18.07	41.70	200m:	2:45.43	43.19	300m:	4:23.00	48.81	400m:	5:40.10	37.62
37.	WITEK Aleksandra		15	UKS Zabianka Gdansk				<b>5:42.73</b>	469	+0,78		
	50m:	34.15	34.15	150m:	1:59.53	44.06	250m:	3:32.90	49.05	350m:	5:02.24	40.21
	100m:	1:15.47	41.32	200m:	2:43.85	44.32	300m:	4:22.03	49.13	400m:	5:42.73	40.49
38.	CZERWINSKA Martyna		14	UKS „Dwojka” Tczew				<b>5:43.89</b>	464			
	50m:	34.17	34.17	150m:	1:59.80	45.51	250m:	3:33.78	51.15	350m:	5:05.32	40.61
	100m:	1:14.29	40.12	200m:	2:42.63	42.83	300m:	4:24.71	50.93	400m:	5:43.89	38.57
39.	KOLODZIEJCZYK Oliwia		15	KS OLIMPIA Lublin				<b>5:43.98</b>	464			
	50m:	35.03	35.03	150m:	2:02.97	45.98	250m:	3:36.90	49.92	350m:	5:06.63	38.91
	100m:	1:16.99	41.96	200m:	2:46.98	44.01	300m:	4:27.72	50.82	400m:	5:43.98	37.35
40.	ZAJACZKOWSKA Ewa		14	MKS Trojka Lodz				<b>5:46.97</b>	452			
	50m:	34.19	34.19	150m:	2:00.17	44.73	250m:	3:35.03	52.70	350m:	5:08.13	39.95
	100m:	1:15.44	41.25	200m:	2:42.33	42.16	300m:	4:28.18	53.15	400m:	5:46.97	38.84
DSQ	GEORGES Daniela		21	KU AZS UMCS Lublin				<b>5:04.56</b>		+0,75		
	<i>K16 - Pływak dotkn ł cian nierównocze nie dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>											
	50m:	30.50	30.50	150m:	1:46.22	40.19	250m:	3:09.72	45.21	350m:	4:31.01	34.83
	100m:	1:06.03	35.53	200m:	2:24.51	38.29	300m:	3:56.18	46.46	400m:	5:04.56	33.55