



Event 1
2016-04-30 - 9:00

Women, 400m Medley

14 years and older
Results

Top Times "Poland"	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	2008-08-09
Top Times "Poland"	4:36.95	BARANOWSKA Katarzyna	00116	Beijing (CHN)	2008-08-09

Points: FINA 2015

Rank			YB					Time	Pts
1.	ADAMCZYK Julia SL	99	AZS UMCS Lublin				4:58.42	727	
	50m: 31.38 31.38	150m: 1:46.19	38.61	250m: 3:05.97	42.66	350m: 4:24.44	35.61		
	100m: 1:07.58 36.20	200m: 2:23.31	37.12	300m: 3:48.83	42.86	400m: 4:58.42	33.98		
2.	GRALEWSKA Kalina	96	MUKP Warszawianka Wodny Park				5:00.12	715	
	50m: 30.64 30.64	150m: 1:45.77	39.13	250m: 3:07.26	43.38	350m: 4:26.36	35.23		
	100m: 1:06.64 36.00	200m: 2:23.88	38.11	300m: 3:51.13	43.87	400m: 5:00.12	33.76		
3.	WOJTOWICZ Gabriela	95	AZS-AWFIS Gdansk				5:00.62	711	
	50m: 30.81 30.81	150m: 1:44.80	38.85	250m: 3:06.48	44.96	350m: 4:27.03	34.76		
	100m: 1:05.95 35.14	200m: 2:21.52	36.72	300m: 3:52.27	45.79	400m: 5:00.62	33.59		
4.	FILIPEK Jagoda SWR	99	Slask Wroclaw				5:07.52	665	
	50m: 31.99 31.99	150m: 1:48.95	39.89	250m: 3:12.18	44.01	350m: 4:33.52	36.44		
	100m: 1:09.06 37.07	200m: 2:28.17	39.22	300m: 3:57.08	44.90	400m: 5:07.52	34.00		
5.	OSINIAK Ewa	00	UKS Olimpijczyk 23 Lublin				5:08.21	660	
	50m: 32.51 32.51	150m: 1:50.26	39.81	250m: 3:13.61	44.05	350m: 4:33.95	35.14		
	100m: 1:10.45 37.94	200m: 2:29.56	39.30	300m: 3:58.81	45.20	400m: 5:08.21	34.26		
6.	PARADOWSKA Kinga SB	01	MUKS Pietnastka Bydgoszcz				5:15.46	616	
	50m: 31.77 31.77	150m: 1:50.63	40.78	250m: 3:15.46	44.28	350m: 4:39.28	37.22		
	100m: 1:09.85 38.08	200m: 2:31.18	40.55	300m: 4:02.06	46.60	400m: 5:15.46	36.18		
7.	ZAREBA-PARADOWSKA Julia	02	BUKS Warszawa				5:16.93	607	
	50m: 32.23 32.23	150m: 1:50.97	41.31	250m: 3:17.06	45.43	350m: 4:40.24	37.45		
	100m: 1:09.66 37.43	200m: 2:31.63	40.66	300m: 4:02.79	45.73	400m: 5:16.93	36.69		
8.	MARGULA WERONIKA SSz	00	MKP Szczecin				5:17.48	604	
	50m: 32.81 32.81	150m: 1:51.14	39.30	250m: 3:17.39	47.34	350m: 4:41.86	36.90		
	100m: 1:11.84 39.03	200m: 2:30.05	38.91	300m: 4:04.96	47.57	400m: 5:17.48	35.62		
9.	WEGRZYNOWSKA Aleksandra	01	Slask Wroclaw				5:20.74	586	
	50m: 33.49 33.49	150m: 1:53.74	41.37	250m: 3:21.66	47.30	350m: 4:45.59	36.31		
	100m: 1:12.37 38.88	200m: 2:34.36	40.62	300m: 4:09.28	47.62	400m: 5:20.74	35.15		
10.	PECYNA Michalina	00	IKS Konstancin				5:21.23	583	
	50m: 33.13 33.13	150m: 1:55.47	43.14	250m: 3:22.29	46.55	350m: 4:44.96	37.65		
	100m: 1:12.33 39.20	200m: 2:35.74	40.27	300m: 4:07.31	45.02	400m: 5:21.23	36.27		
11.	BEDNAREK Aleksandra	98	MKS Jedyńka Lodz				5:23.60	570	
	50m: 35.15 35.15	150m: 1:57.16	40.94	250m: 3:23.93	46.33	350m: 4:47.85	37.05		
	100m: 1:16.22 41.07	200m: 2:37.60	40.44	300m: 4:10.80	46.87	400m: 5:23.60	35.75		
12.	PAJAK Liliana ZG	99	TP Zielona Gora				5:23.92	569	
	50m: 34.14 34.14	150m: 1:53.85	40.58	250m: 3:20.93	47.00	350m: 4:46.50	38.02		
	100m: 1:13.27 39.13	200m: 2:33.93	40.08	300m: 4:08.48	47.55	400m: 5:23.92	37.42		
13.	KONDRASIUK Malgorzata	98	MUKP Warszawianka Wodny Park				5:29.14	542	
	50m: 33.03 33.03	150m: 1:55.79	42.55	250m: 3:24.73	47.87	350m: 4:52.15	38.14		
	100m: 1:13.24 40.21	200m: 2:36.86	41.07	300m: 4:14.01	49.28	400m: 5:29.14	36.99		
	JASZCZUK Ewa SOL	02	KORMORAN Olsztyn				5:29.14	542	
	50m: 33.35 33.35	150m: 1:52.77	41.82	250m: 3:23.84	48.84	350m: 4:51.09	38.88		
	100m: 1:10.95 37.60	200m: 2:35.00	42.23	300m: 4:12.21	48.37	400m: 5:29.14	38.05		



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Rank					YB					Time	Pts	
15.	DABROWSKA Tatiana				02	Piatka Konstantynow Lodzki				5:29.72	539	
	50m:	34.55	34.55	150m:	1:59.42	44.13	250m:	3:27.73	45.58	350m:	4:53.12	38.72
	100m:	1:15.29	40.74	200m:	2:42.15	42.73	300m:	4:14.40	46.67	400m:	5:29.72	36.60
16.	PLUTA Emilia				02	UKS Aligator Gorzyce				5:30.79	534	
	50m:	36.20	36.20	150m:	2:02.12	44.00	250m:	3:31.35	46.26	350m:	4:55.09	36.96
	100m:	1:18.12	41.92	200m:	2:45.09	42.97	300m:	4:18.13	46.78	400m:	5:30.79	35.70
17.	BOREJSZO Paula				00	MKP Szczecin				5:33.34	522	
	50m:	34.90	34.90	150m:	1:57.80	42.80	250m:	3:26.88	48.17	350m:	4:55.38	39.37
	100m:	1:15.00	40.10	200m:	2:38.71	40.91	300m:	4:16.01	49.13	400m:	5:33.34	37.96
18.	SZEBESCZYK Hanna				01	Slask Wroclaw				5:37.94	501	
	50m:	34.22	34.22	150m:	2:03.55	44.69	250m:	3:33.97	47.42	350m:	5:01.20	38.77
	100m:	1:18.86	44.64	200m:	2:46.55	43.00	300m:	4:22.43	48.46	400m:	5:37.94	36.74
19.	FARYNA Patrycja				01	KS WANKAN Legnica				5:41.75	484	
	50m:	35.60	35.60	150m:	2:03.84	45.26	250m:	3:34.13	46.59	350m:	5:01.89	39.58
	100m:	1:18.58	42.98	200m:	2:47.54	43.70	300m:	4:22.31	48.18	400m:	5:41.75	39.86
20.	KULESZA Weronika				02	MKP Slowianka Gorzow				5:43.99	475	
	50m:	35.03	35.03	150m:	2:03.02	46.72	250m:	3:37.16	47.47	350m:	5:05.67	40.03
	100m:	1:16.30	41.27	200m:	2:49.69	46.67	300m:	4:25.64	48.48	400m:	5:43.99	38.32
21.	CIESIUL Karolina				01	KS WANKAN Legnica				5:46.83	463	
	50m:	34.90	34.90	150m:	2:00.97	43.43	250m:	3:33.67	51.30	350m:	5:07.32	41.14
	100m:	1:17.54	42.64	200m:	2:42.37	41.40	300m:	4:26.18	52.51	400m:	5:46.83	39.51
22.	WIELINSKA Paulina				02	KS WANKAN Legnica				5:47.42	461	
	50m:	35.23	35.23	150m:	2:08.58	49.76	250m:	3:41.88	48.06	350m:	5:09.91	38.55
	100m:	1:18.82	43.59	200m:	2:53.82	45.24	300m:	4:31.36	49.48	400m:	5:47.42	37.51
23.	PYDYSZEWSKA Ewa				02	Piatka Konstantynow Lodzki				5:49.99	451	
	50m:	38.62	38.62	150m:	2:10.30	45.07	250m:	3:41.80	47.68	350m:	5:11.33	40.34
	100m:	1:25.23	46.61	200m:	2:54.12	43.82	300m:	4:30.99	49.19	400m:	5:49.99	38.66
24.	KROL Wiktoria				01	Warta Poznan				5:50.72	448	
	50m:	36.47	36.47	150m:	2:06.23	43.52	250m:	3:39.55	51.89	350m:	5:11.36	39.29
	100m:	1:22.71	46.24	200m:	2:47.66	41.43	300m:	4:32.07	52.52	400m:	5:50.72	39.36