



Event 22  
2016-04-30 - 19:31

Women, 400m Freestyle

14 years and older  
Results

Top Times "Poland"	4:04.23	JEDRZEJCZAK Otylia	00114	Melbourne (AUS)	2007-03-25
Top Times "Poland"	4:04.23	JEDRZEJCZAK Otylia	00114	Melbourne (AUS)	2007-03-25

Points: FINA 2015

Rank			YB					Time	Pts			
1.	KARPISZ Milena		97	Piatka Konstantynow Lodzki				<b>4:16.31</b>	804			
	50m:	30.54	30.54	150m:	1:36.02	32.85	250m:	2:41.37	32.55	350m:	3:45.53	31.83
	100m:	1:03.17	32.63	200m:	2:08.82	32.80	300m:	3:13.70	32.33	400m:	4:16.31	30.78
2.	ZUKOWSKA Paula		93	MKS Juvenia Wroclaw				<b>4:16.52</b>	802			
	50m:	30.32	30.32	150m:	1:36.05	32.99	250m:	2:41.41	32.73	350m:	3:45.79	32.30
	100m:	1:03.06	32.74	200m:	2:08.68	32.63	300m:	3:13.49	32.08	400m:	4:16.52	30.73
3.	PIECHOTA Paulina		99	UKS 190 Lodz				<b>4:16.68</b>	800			
	50m:	30.55	30.55	150m:	1:35.94	32.70	250m:	2:41.00	32.46	350m:	3:45.66	32.09
	100m:	1:03.24	32.69	200m:	2:08.54	32.60	300m:	3:13.57	32.57	400m:	4:16.68	31.02
4.	CZERNIAK Monika		92	KORMORAN Olsztyn				<b>4:18.39</b>	785			
	50m:	30.57	30.57	150m:	1:36.41	32.91	250m:	2:41.73	32.67	350m:	3:46.71	32.39
	100m:	1:03.50	32.93	200m:	2:09.06	32.65	300m:	3:14.32	32.59	400m:	4:18.39	31.68
5.	KUNKA Kamila		96	AZS-AGH Krakow				<b>4:20.90</b>	762			
	50m:	30.41	30.41	150m:	1:36.44	33.22	250m:	2:43.23	33.39	350m:	3:49.13	32.77
	100m:	1:03.22	32.81	200m:	2:09.84	33.40	300m:	3:16.36	33.13	400m:	4:20.90	31.77
6.	JANISZEWSKA Dominika		99	AZS AWF Warszawa				<b>4:27.13</b>	710			
	50m:	31.67	31.67	150m:	1:38.47	33.39	250m:	2:45.73	33.63	350m:	3:54.14	34.15
	100m:	1:05.08	33.41	200m:	2:12.10	33.63	300m:	3:19.99	34.26	400m:	4:27.13	32.99
7.	WOJTOWICZ Gabriela		95	AZS-AWFis Gdansk				<b>4:29.46</b>	692			
	50m:	31.51	31.51	150m:	1:39.13	34.31	250m:	2:47.11	33.81	350m:	3:56.51	34.79
	100m:	1:04.82	33.31	200m:	2:13.30	34.17	300m:	3:21.72	34.61	400m:	4:29.46	32.95
8.	BARYLA Julia		00	Dwojka Morena Gdansk				<b>4:32.21</b>	671			
	50m:	32.16	32.16	150m:	1:42.14	34.94	250m:	2:51.35	34.08	350m:	3:59.51	33.84
	100m:	1:07.20	35.04	200m:	2:17.27	35.13	300m:	3:25.67	34.32	400m:	4:32.21	32.70
9.	ANDRZEJEWSKA Kamila SL		99	MKS Lider Chelm				<b>4:34.06</b>	657			
	50m:	31.68	31.68	150m:	1:41.62	34.92	250m:	2:50.76	34.39	350m:	3:59.94	34.80
	100m:	1:06.70	35.02	200m:	2:16.37	34.75	300m:	3:25.14	34.38	400m:	4:34.06	34.12
10.	WIKIEL Manuela		92	AZS UWM Olsztyn				<b>4:34.83</b>	652			
	50m:	31.31	31.31	150m:	1:39.15	34.31	250m:	2:49.16	35.11	350m:	4:00.07	35.25
	100m:	1:04.84	33.53	200m:	2:14.05	34.90	300m:	3:24.82	35.66	400m:	4:34.83	34.76
11.	MARGULA WERONIKA SSz		00	MKP Szczecin				<b>4:37.14</b>	636			
	50m:	32.30	32.30	150m:	1:42.29	34.89	250m:	2:52.19	34.64	350m:	4:01.99	34.98
	100m:	1:07.40	35.10	200m:	2:17.55	35.26	300m:	3:27.01	34.82	400m:	4:37.14	35.15
12.	MUSIOL Wiktoria SO		98	UKP Unia Oswiecim				<b>4:37.99</b>	630			
	50m:	32.36	32.36	150m:	1:43.36	35.74	250m:	2:54.42	35.41	350m:	4:04.23	34.59
	100m:	1:07.62	35.26	200m:	2:19.01	35.65	300m:	3:29.64	35.22	400m:	4:37.99	33.76
13.	GORECKA Weronika		00	MKS Juvenia Wroclaw				<b>4:38.78</b>	625			
	50m:	31.56	31.56	150m:	1:42.23	35.63	250m:	2:53.64	35.81	350m:	4:04.89	35.56
	100m:	1:06.60	35.04	200m:	2:17.83	35.60	300m:	3:29.33	35.69	400m:	4:38.78	33.89
14.	BEDNAREK Zuzanna		01	MKS Jedyinka Lodz				<b>4:39.74</b>	618			
	50m:	31.92	31.92	150m:	1:41.90	35.39	250m:	2:53.46	35.91	350m:	4:05.42	36.37
	100m:	1:06.51	34.59	200m:	2:17.55	35.65	300m:	3:29.05	35.59	400m:	4:39.74	34.32



Event 22, Women, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
15.	PIEKOS Natalia				02	MKS Jedyńka Łódź				<b>4:39.94</b>	617	
	50m:	31.38	31.38	150m:	1:42.15	35.99	250m:	2:53.53	35.88	350m:	4:05.28	35.86
	100m:	1:06.16	34.78	200m:	2:17.65	35.50	300m:	3:29.42	35.89	400m:	4:39.94	34.66
16.	WĘGRZYŃSKA Aleksandra				01	Śląsk Wrocław				<b>4:40.05</b>	616	
	50m:	32.07	32.07	150m:	1:42.53	35.43	250m:	2:54.38	35.87	350m:	4:06.05	35.44
	100m:	1:07.10	35.03	200m:	2:18.51	35.98	300m:	3:30.61	36.23	400m:	4:40.05	34.00
17.	KLESSA Helena				00	MKP Szczecin				<b>4:40.91</b>	611	
	50m:	32.01	32.01	150m:	1:42.70	35.66	250m:	2:54.06	35.38	350m:	4:05.73	35.48
	100m:	1:07.04	35.03	200m:	2:18.68	35.98	300m:	3:30.25	36.19	400m:	4:40.91	35.18
18.	PLUTA Emilia				02	UKS Aligator Gorzyce				<b>4:41.52</b>	607	
	50m:	32.59	32.59	150m:	1:44.59	36.24	250m:	2:56.39	35.48	350m:	4:07.63	35.55
	100m:	1:08.35	35.76	200m:	2:20.91	36.32	300m:	3:32.08	35.69	400m:	4:41.52	33.89
19.	KONDRASIUŁ Malgorzata				98	MUKP Warszawianka Wodny Park				<b>4:41.63</b>	606	
	50m:	32.36	32.36	150m:	1:42.73	35.16	250m:	2:53.71	35.41	350m:	4:06.45	36.46
	100m:	1:07.57	35.21	200m:	2:18.30	35.57	300m:	3:29.99	36.28	400m:	4:41.63	35.18
20.	OSINIĄK Ewa				00	UKS Olimpijczyk 23 Lublin				<b>4:42.32</b>	601	
	50m:	31.97	31.97	150m:	1:43.01	35.77	250m:	2:54.85	35.94	350m:	4:07.12	35.76
	100m:	1:07.24	35.27	200m:	2:18.91	35.90	300m:	3:31.36	36.51	400m:	4:42.32	35.20
21.	LYSAKOWSKA Julia SL				01	AZS UMCS Lublin				<b>4:43.27</b>	595	
	50m:	33.06	33.06	150m:	1:44.54	36.07	250m:	2:56.13	35.71	350m:	4:08.32	36.06
	100m:	1:08.47	35.41	200m:	2:20.42	35.88	300m:	3:32.26	36.13	400m:	4:43.27	34.95
22.	BLAJET Oliwia				00	Warta Poznań				<b>4:44.71</b>	586	
	50m:	32.21	32.21	150m:	1:44.19	36.31	250m:	2:56.89	36.47	350m:	4:09.84	36.58
	100m:	1:07.88	35.67	200m:	2:20.42	36.23	300m:	3:33.26	36.37	400m:	4:44.71	34.87
23.	SLICZŃIAK Weronika SL				99	AZS UMCS Lublin				<b>4:44.80</b>	586	
	50m:	33.01	33.01	150m:	1:44.53	36.07	250m:	2:56.18	35.87	350m:	4:08.90	36.57
	100m:	1:08.46	35.45	200m:	2:20.31	35.78	300m:	3:32.33	36.15	400m:	4:44.80	35.90
24.	JASZCZUK Ewa SOL				02	KORMORAN Olsztyn				<b>4:45.56</b>	581	
	50m:	31.91	31.91	150m:	1:43.78	36.55	250m:	2:57.37	36.56	350m:	4:10.66	36.32
	100m:	1:07.23	35.32	200m:	2:20.81	37.03	300m:	3:34.34	36.97	400m:	4:45.56	34.90
25.	BEDNAREK Aleksandra				98	MKS Jedyńka Łódź				<b>4:46.82</b>	574	
	50m:	33.70	33.70	150m:	1:46.24	36.33	250m:	2:58.85	35.91	350m:	4:11.36	36.25
	100m:	1:09.91	36.21	200m:	2:22.94	36.70	300m:	3:35.11	36.26	400m:	4:46.82	35.46
26.	MICAŁ Agata				02	MKP Słowianka Gorzów				<b>4:49.75</b>	556	
	50m:	31.80	31.80	150m:	1:44.56	36.83	250m:	2:59.07	37.47	350m:	4:14.33	37.65
	100m:	1:07.73	35.93	200m:	2:21.60	37.04	300m:	3:36.68	37.61	400m:	4:49.75	35.42
27.	SZEBESCZYK Hanna				01	Śląsk Wrocław				<b>4:50.08</b>	554	
	50m:	32.77	32.77	150m:	1:46.70	37.15	250m:	3:01.60	37.30	350m:	4:15.26	36.73
	100m:	1:09.55	36.78	200m:	2:24.30	37.60	300m:	3:38.53	36.93	400m:	4:50.08	34.82
28.	SENCZYSZYN Barbara				00	MKP Szczecin				<b>4:50.44</b>	552	
	50m:	32.36	32.36	150m:	1:44.05	36.45	250m:	2:58.82	37.42	350m:	4:14.12	37.57
	100m:	1:07.60	35.24	200m:	2:21.40	37.35	300m:	3:36.55	37.73	400m:	4:50.44	36.32
29.	GORSKA Julia				00	UKS SKALAR Warszawa				<b>4:50.64</b>	551	
	50m:	32.93	32.93	150m:	1:46.53	37.46	250m:	3:01.77	37.62	350m:	4:15.49	36.55
	100m:	1:09.07	36.14	200m:	2:24.15	37.62	300m:	3:38.94	37.17	400m:	4:50.64	35.15
30.	CHODYNA Kinga				00	KORMORAN Olsztyn				<b>4:51.52</b>	546	
	50m:	33.34	33.34	150m:	1:46.86	36.88	250m:	3:01.86	37.33	350m:	4:16.16	36.58
	100m:	1:09.98	36.64	200m:	2:24.53	37.67	300m:	3:39.58	37.72	400m:	4:51.52	35.36



Event 22, Women, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
31.	SZELUGA Wiktoria SOL				01	KORMORAN Olsztyn				<b>4:52.00</b>	544	
	50m:	32.23	32.23	150m:	1:44.91	37.13	250m:	2:59.72	37.83	350m:	4:15.47	37.77
	100m:	1:07.78	35.55	200m:	2:21.89	36.98	300m:	3:37.70	37.98	400m:	4:52.00	36.53
32.	ZIELINSKA Oliwia				01	MKP Szczecin				<b>4:55.74</b>	523	
	50m:	32.96	32.96	150m:	1:46.94	37.49	250m:	3:02.79	38.06	350m:	4:18.70	38.16
	100m:	1:09.45	36.49	200m:	2:24.73	37.79	300m:	3:40.54	37.75	400m:	4:55.74	37.04
33.	HALAWCZAK Marcelina				02	MKP Szczecin				<b>4:57.57</b>	514	
	50m:	32.59	32.59	150m:	1:47.08	38.07	250m:	3:04.58	38.88	350m:	4:21.30	37.81
	100m:	1:09.01	36.42	200m:	2:25.70	38.62	300m:	3:43.49	38.91	400m:	4:57.57	36.27
34.	KULESZA Weronika				02	MKP Słowianka Gorzów				<b>4:59.79</b>	502	
	50m:	33.81	33.81	150m:	1:50.09	38.68	250m:	3:07.53	38.64	350m:	4:24.08	37.69
	100m:	1:11.41	37.60	200m:	2:28.89	38.80	300m:	3:46.39	38.86	400m:	4:59.79	35.71
35.	RUTKOWSKA Wiktoria SB				99	MUKS Pietnastka Bydgoszcz				<b>4:59.88</b>	502	
	50m:	34.07	34.07	150m:	1:49.07	37.84	250m:	3:05.43	38.21	350m:	4:22.32	37.95
	100m:	1:11.23	37.16	200m:	2:27.22	38.15	300m:	3:44.37	38.94	400m:	4:59.88	37.56
36.	GASOWSKA Martyna				01	Delfin Toruń				<b>5:01.75</b>	492	
	50m:	33.36	33.36	150m:	1:50.14	38.82	250m:	3:07.81	38.64	350m:	4:25.11	38.25
	100m:	1:11.32	37.96	200m:	2:29.17	39.03	300m:	3:46.86	39.05	400m:	5:01.75	36.64
37.	JANCZAK Patrycja				00	MKP Szczecin				<b>5:01.91</b>	492	
	50m:	34.17	34.17	150m:	1:50.42	38.31	250m:	3:07.40	38.62	350m:	4:24.25	38.59
	100m:	1:12.11	37.94	200m:	2:28.78	38.36	300m:	3:45.66	38.26	400m:	5:01.91	37.66
38.	SZEREMETA Weronika				00	Skalar Słupsk				<b>5:01.94</b>	492	
	50m:	33.10	33.10	150m:	1:49.62	38.97	250m:	3:07.73	38.85	350m:	4:25.69	38.55
	100m:	1:10.65	37.55	200m:	2:28.88	39.26	300m:	3:47.14	39.41	400m:	5:01.94	36.25
39.	DZIUBLINSKA Maja				98	CKS-SMS Szczecin				<b>5:03.18</b>	486	
	50m:	33.52	33.52	150m:	1:49.89	38.82	250m:	3:07.57	38.84	350m:	4:25.13	38.67
	100m:	1:11.07	37.55	200m:	2:28.73	38.84	300m:	3:46.46	38.89	400m:	5:03.18	38.05
40.	WIELINSKA Paulina				02	KS WANKAN Legnica				<b>5:04.82</b>	478	
	50m:	33.68	33.68	150m:	1:49.65	38.62	250m:	3:07.40	39.04	350m:	4:26.15	39.63
	100m:	1:11.03	37.35	200m:	2:28.36	38.71	300m:	3:46.52	39.12	400m:	5:04.82	38.67
41.	CHWALCZYNSKA Aleksandra				01	Śląsk Wrocław				<b>5:04.83</b>	478	
	50m:	34.51	34.51	150m:	1:52.03	38.84	250m:	3:09.46	38.80	350m:	4:27.31	38.56
	100m:	1:13.19	38.68	200m:	2:30.66	38.63	300m:	3:48.75	39.29	400m:	5:04.83	37.52
42.	TOMASIAK Weronika				00	MKP Słowianka Gorzów				<b>5:04.87</b>	477	
	50m:	34.06	34.06	150m:	1:52.20	39.62	250m:	3:11.24	39.06	350m:	4:28.73	38.70
	100m:	1:12.58	38.52	200m:	2:32.18	39.98	300m:	3:50.03	38.79	400m:	5:04.87	36.14
43.	POPIEL Anna				01	CKS-SMS Szczecin				<b>5:06.16</b>	471	
	50m:	33.39	33.39	150m:	1:49.77	38.60	250m:	3:08.49	39.90	350m:	4:28.09	39.54
	100m:	1:11.17	37.78	200m:	2:28.59	38.82	300m:	3:48.55	40.06	400m:	5:06.16	38.07
44.	MAKSIM Matylda				00	UKS Zabianka Gdańsk				<b>5:06.62</b>	469	
	50m:	34.41	34.41	150m:	1:52.59	39.25	250m:	3:10.90	39.01	350m:	4:29.11	38.96
	100m:	1:13.34	38.93	200m:	2:31.89	39.30	300m:	3:50.15	39.25	400m:	5:06.62	37.51
45.	JUC Aleksandra				01	UKS Manta Warszawa Włochy				<b>5:06.98</b>	468	
	50m:	33.03	33.03	150m:	1:51.63	39.35	250m:	3:10.96	39.06	350m:	4:28.35	39.25
	100m:	1:12.28	39.25	200m:	2:31.90	40.27	300m:	3:49.10	38.14	400m:	5:06.98	38.63
46.	LISZTWAN Alicja				02	Znicz Koszalin				<b>5:07.08</b>	467	
	50m:	34.35	34.35	150m:	1:51.54	38.97	250m:	3:10.29	39.60	350m:	4:29.55	40.06
	100m:	1:12.57	38.22	200m:	2:30.69	39.15	300m:	3:49.49	39.20	400m:	5:07.08	37.53



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Rank					YB					Time	Pts	
47.	GRZEGOLEC Weronika				02	MKP Słowianka Gorzów				<b>5:07.27</b>	466	
	50m:	34.76	34.76	150m:	1:52.94	39.62	250m:	3:12.94	40.18	350m:	4:31.11	38.16
	100m:	1:13.32	38.56	200m:	2:32.76	39.82	300m:	3:52.95	40.01	400m:	5:07.27	36.16
48.	SZULC Sylwia				02	Znicz Koszalin				<b>5:09.01</b>	459	
	50m:	32.85	32.85	150m:	1:49.51	39.37	250m:	3:11.04	40.81	350m:	4:31.41	39.74
	100m:	1:10.14	37.29	200m:	2:30.23	40.72	300m:	3:51.67	40.63	400m:	5:09.01	37.60
49.	MICHALAK Weronika				00	Warta Poznań				<b>5:09.22</b>	458	
	50m:	34.74	34.74	150m:	1:52.33	39.07	250m:	3:11.57	39.41	350m:	4:31.38	39.70
	100m:	1:13.26	38.52	200m:	2:32.16	39.83	300m:	3:51.68	40.11	400m:	5:09.22	37.84
50.	KORYCKA Zuzanna				02	MKP Słowianka Gorzów				<b>5:20.08</b>	413	
	50m:	35.16	35.16	150m:	1:56.15	40.97	250m:	3:19.26	41.48	350m:	4:41.86	41.30
	100m:	1:15.18	40.02	200m:	2:37.78	41.63	300m:	4:00.56	41.30	400m:	5:20.08	38.22
51.	KALDUN Ewelina				02	MKP Szczecin				<b>5:20.94</b>	409	
	50m:	34.19	34.19	150m:	1:53.05	40.51	250m:	3:16.06	41.93	350m:	4:40.08	42.01
	100m:	1:12.54	38.35	200m:	2:34.13	41.08	300m:	3:58.07	42.01	400m:	5:20.94	40.86