

Z DELFINEM DO TOKIO 2019
TORU , 26.10.2019

Event 25
26.10.2019

Women, 400m Freestyle

12 years and older
Results

Points: FINA 2018

Rank			YB					Time	Pts	
16 years and older										
1.	PARADOWSKA, Kinga		01	MUKS "Pietnastka"				4:18.42	747	
	50m:	31.03 31.03	150m:	1:37.19	33.09	250m:	2:42.88	32.68	350m:	3:47.81 32.26
	100m:	1:04.10 33.07	200m:	2:10.20	33.01	300m:	3:15.55	32.67	400m:	4:18.42 30.61
2.	GUS, Julia		99	MUKS "Pietnastka"				4:36.40	610	
	50m:	30.78 30.78	150m:	1:38.73	34.42	250m:	2:49.54	35.78	350m:	4:01.38 35.96
	100m:	1:04.31 33.53	200m:	2:13.76	35.03	300m:	3:25.42	35.88	400m:	4:36.40 35.02
3.	FRYSIAK, Zuzanna		03	MUKS "Pietnastka"				4:43.03	568	
	50m:	32.91 32.91	150m:	1:43.40	35.34	250m:	2:55.46	36.03	350m:	4:08.47 36.50
	100m:	1:08.06 35.15	200m:	2:19.43	36.03	300m:	3:31.97	36.51	400m:	4:43.03 34.56
4.	RUTKOWSKA, Wiktoria		99	MUKS "Pietnastka"				4:46.47	548	
	50m:	32.84 32.84	150m:	1:43.51	35.68	250m:	2:55.70	36.25	350m:	4:09.40 37.22
	100m:	1:07.83 34.99	200m:	2:19.45	35.94	300m:	3:32.18	36.48	400m:	4:46.47 37.07
15 years										
1.	RYDYNSKA, Marianna		04	MUKS "Pietnastka"				4:31.31	645	
	50m:	32.14 32.14	150m:	1:40.06	34.13	250m:	2:48.92	34.46	350m:	3:57.40 34.31
	100m:	1:05.93 33.79	200m:	2:14.46	34.40	300m:	3:23.09	34.17	400m:	4:31.31 33.91
2.	SIENKIEWICZ, Martyna		04	MUKS "Pietnastka"				4:40.19	586	
	50m:	31.09 31.09	150m:	1:41.01	35.31	250m:	2:52.71	35.56	350m:	4:05.42 36.40
	100m:	1:05.70 34.61	200m:	2:17.15	36.14	300m:	3:29.02	36.31	400m:	4:40.19 34.77
3.	SADOWSKA, Dominika		04	MUKS "Pietnastka"				4:53.55	509	
	50m:	32.68 32.68	150m:	1:45.74	37.22	250m:	3:01.33	37.79	350m:	4:17.10 37.76
	100m:	1:08.52 35.84	200m:	2:23.54	37.80	300m:	3:39.34	38.01	400m:	4:53.55 36.45
4.	ORUM, Melissa		04	MUKS "Pietnastka"				4:54.66	504	
	50m:	34.12 34.12	150m:	1:47.14	36.51	250m:	3:02.50	37.97	350m:	4:17.72 37.88
	100m:	1:10.63 36.51	200m:	2:24.53	37.39	300m:	3:39.84	37.34	400m:	4:54.66 36.94
5.	STUDZINSKA, Nadia		04	MUKS "Pietnastka"				4:55.71	498	
	50m:	33.47 33.47	150m:	1:48.69	38.00	250m:	3:43.02	1:16.32	350m:	
	100m:	1:10.69 37.22	200m:	2:26.70	38.01	300m:			400m:	4:55.71
6.	PIELAK, Julia		04	UKS Tri-Team Rumia				4:55.89	497	
	50m:	34.71 34.71	150m:	1:50.17	38.48	250m:	3:06.45	38.10	350m:	4:20.77 36.64
	100m:	1:11.69 36.98	200m:	2:28.35	38.18	300m:	3:44.13	37.68	400m:	4:55.89 35.12
7.	TOMASIK, Otylia		04	MUKS "Pietnastka"				4:58.17	486	
	50m:	32.14 32.14	150m:	1:44.85	37.00	250m:	3:00.86	37.90	350m:	4:19.35 39.22
	100m:	1:07.85 35.71	200m:	2:22.96	38.11	300m:	3:40.13	39.27	400m:	4:58.17 38.82
14 years										
1.	SZALAST, Karolina		05	UKS Tri-Team Rumia				4:35.09	619	
	50m:	32.36 32.36	150m:	1:41.95	34.83	250m:	2:51.76	34.92	350m:	4:00.00 33.06
	100m:	1:07.12 34.76	200m:	2:16.84	34.89	300m:	3:26.94	35.18	400m:	4:35.09 35.09
2.	SEDLAK, Alicja		05	MUKS "Pietnastka"				4:43.01	569	
	50m:	32.17 32.17	150m:	1:42.81	35.57	250m:	2:54.72	36.29	350m:	4:07.82 36.55
	100m:	1:07.24 35.07	200m:	2:18.43	35.62	300m:	3:31.27	36.55	400m:	4:43.01 35.19
3.	JAWORSKA, Wiktoria		05	MUKS "Pietnastka"				4:54.20	506	
	50m:	32.39 32.39	150m:	1:46.25	37.85	250m:	3:02.50	38.37	350m:	4:18.50 37.41
	100m:	1:08.40 36.01	200m:	2:24.13	37.88	300m:	3:41.09	38.59	400m:	4:54.20 35.70
4.	KALKOWSKA, Julia		05	MUKS "Pietnastka"				4:55.69	498	
	50m:	33.79 33.79	150m:	1:49.11	38.22	250m:	3:05.77	38.44	350m:	4:21.24 37.25
	100m:	1:10.89 37.10	200m:	2:27.33	38.22	300m:	3:43.99	38.22	400m:	4:55.69 34.45

Z DELFINEM DO TOKIO 2019
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Event 25, Girls, 400m Freestyle, 14 years

Rank			YB					Time	Pts		
5.	CIESIELSKA, Inga		05	MUKS "Pietnastka"				4:56.81	493		
	50m:	32.30 32.30	150m:	1:45.11	36.91	250m:	3:01.41	38.43	350m:	4:18.60	38.34
	100m:	1:08.20 35.90	200m:	2:22.98	37.87	300m:	3:40.26	38.85	400m:	4:56.81	38.21
6.	RONKIEWICZ, Dominika		05	MUKS "Pietnastka"				5:02.44	466		
	50m:	32.37 32.37	150m:	1:47.07	38.25	250m:	3:05.10	39.24	350m:	4:24.68	39.68
	100m:	1:08.82 36.45	200m:	2:25.86	38.79	300m:	3:45.00	39.90	400m:	5:02.44	37.76
7.	LIPINSKA, Maja		05	UKS Tri-Team Rumia				5:03.74	460		
	50m:	34.70 34.70	150m:	1:51.06	38.85	250m:	3:08.97	39.03	350m:	4:26.55	38.54
	100m:	1:12.21 37.51	200m:	2:29.94	38.88	300m:	3:48.01	39.04	400m:	5:03.74	37.19
8.	WORONIECKA, Emilia		05	MUKS "Pietnastka"				5:06.82	446		
	50m:	36.01 36.01	150m:	1:54.19	39.42	250m:	3:13.58	39.65	350m:	4:29.60	37.05
	100m:	1:14.77 38.76	200m:	2:33.93	39.74	300m:	3:52.55	38.97	400m:	5:06.82	37.22
9.	LIBUSZEWSKA, Julia		05	MUKS "Pietnastka"				5:12.70	421		
	50m:	36.55 36.55	150m:	1:55.79	40.22	250m:	3:56.57	40.44	350m:	5:12.89	36.89
	100m:	1:15.57 39.02	200m:	3:16.13	1:20.34	300m:	4:36.00	39.43	400m:	5:12.70	

13 years

1.	KULCZYNSKA, Adriana		06	MUKS "Pietnastka"				5:05.31	453		
	50m:	33.21 33.21	150m:	1:50.03	39.22	250m:	3:09.28	39.77	350m:	4:29.48	39.80
	100m:	1:10.81 37.60	200m:	2:29.51	39.48	300m:	3:49.68	40.40	400m:	5:05.31	35.83
2.	MATUSZYNSKA, Sonia		06	MKS SP-63 Bydgoszcz				5:08.44	439		
	50m:	33.48 33.48	150m:	1:51.92	39.98	250m:	3:11.18	40.27	350m:	4:31.50	40.22
	100m:	1:11.94 38.46	200m:	2:30.91	38.99	300m:	3:51.28	40.10	400m:	5:08.44	36.94
3.	SOWINSKA, Anna		06	MTKP Delfin Torun				5:20.23	392		
	50m:	37.00 37.00	150m:	1:59.05	41.52	250m:	4:02.03	40.86	350m:	5:20.23	38.16
	100m:	1:17.53 40.53	200m:	3:21.17	1:22.12	300m:	4:42.07	40.04	400m:	5:20.23	
4.	WOJTOWICZ, Malgorzata		06	MTKP Delfin Torun				5:32.19	351		
	50m:	39.18 39.18	150m:	2:05.10	42.83	250m:	3:29.31	42.44	350m:	4:52.85	41.76
	100m:	1:22.27 43.09	200m:	2:46.87	41.77	300m:	4:11.09	41.78	400m:	5:32.19	39.34
5.	SKOMRA, Julia		06	MTKP Delfin Torun				6:20.33	234		
	50m:	40.23 40.23	150m:	2:14.20	48.30	250m:	3:52.43	49.69	350m:	5:31.96	51.38
	100m:	1:25.90 45.67	200m:	3:02.74	48.54	300m:	4:40.58	48.15	400m:	6:20.33	48.37

12 years

1.	JACUK, Julia		07	MUKS "Pietnastka"				5:07.07	445		
	50m:	33.40 33.40	150m:	1:50.43	38.88	250m:	3:08.58	39.63	350m:	4:30.00	40.94
	100m:	1:11.55 38.15	200m:	2:28.95	38.52	300m:	3:49.06	40.48	400m:	5:07.07	37.07
2.	RYDYNSKA, Maja		07	MKS SP-63 Bydgoszcz				5:22.82	383		
	50m:	36.91 36.91	150m:	1:58.86	41.68	250m:	3:21.48	41.63	350m:	4:43.83	40.70
	100m:	1:17.18 40.27	200m:	2:39.85	40.99	300m:	4:03.13	41.65	400m:	5:22.82	38.99
3.	KOZLOWSKA, Antonina		07	MKS „Astoria” Bydgoszcz				5:24.26	378		
	50m:	35.81 35.81	150m:	1:58.50	42.29	250m:	3:22.24	41.95	350m:	4:46.04	41.69
	100m:	1:16.21 40.40	200m:	2:40.29	41.79	300m:	4:04.35	42.11	400m:	5:24.26	38.22
EXH	ZIEBA, Anastazja		05	MTKP Delfin Torun				4:52.54	515		
	50m:	32.08 32.08	150m:	1:46.68	37.54	250m:	3:02.42	37.42	350m:	4:17.49	36.56
	100m:	1:09.14 37.06	200m:	2:25.00	38.32	300m:	3:40.93	38.51	400m:	4:52.54	35.05