

Mistrzostwa Polski w pływaniu w kat. Open, Młodzieowców 19-23 lat, Juniorów 17-18 lat
Bydgoszcz, 19-22.12.2024Konkurencja 21
2024-12-20

Kobiet, 400m zmienny

Open
Wyniki Finał

Rekord Polski 4:31.89 BARANOWSKA Katarzyna 00116 Debrecen (HUN) 2007-12-16

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.			
Finał A												
1.	KNOP Aleksandra		03	UKS 190 Łódź				4:37.61	811			
	25m:	13.46	13.46	125m:	1:19.50	17.44	225m:	2:30.09	20.11	325m:	3:49.11	16.81
	50m:	29.12	15.66	150m:	1:36.11	16.61	250m:	2:50.56	20.47	350m:	4:05.53	16.42
	75m:	45.40	16.28	175m:	1:53.10	16.99	275m:	3:11.27	20.71	375m:	4:21.89	16.36
	100m:	1:02.06	16.66	200m:	2:09.98	16.88	300m:	3:32.30	21.03	400m:	4:37.61	15.72
2.	PRZYBYLSKA Oliwia		07	KU AZS UMCS Lublin				4:50.88	705			
	25m:	14.28	14.28	125m:	1:26.26	19.13	225m:	2:41.28	20.31	325m:	4:00.20	17.51
	50m:	30.85	16.57	150m:	1:44.38	18.12	250m:	3:01.38	20.10	350m:	4:16.79	16.59
	75m:	48.48	17.63	175m:	2:02.94	18.56	275m:	3:22.01	20.63	375m:	4:33.78	16.99
	100m:	1:07.13	18.65	200m:	2:20.97	18.03	300m:	3:42.69	20.68	400m:	4:50.88	17.10
3.	HERBREder Gabriela		03	UKS GIM 92 Ursynów				4:52.11	696			
	25m:	13.82	13.82	125m:	1:27.15	19.93	225m:	2:44.18	20.45	325m:	4:03.47	17.26
	50m:	30.71	16.89	150m:	1:46.04	18.89	250m:	3:04.57	20.39	350m:	4:20.06	16.59
	75m:	49.09	18.38	175m:	2:05.02	18.98	275m:	3:25.85	21.28	375m:	4:36.93	16.87
	100m:	1:07.22	18.13	200m:	2:23.73	18.71	300m:	3:46.21	20.36	400m:	4:52.11	15.18
4.	GLI SKA Oliwia		07	TP Zielona Góra				4:52.61	692			
	25m:	14.23	14.23	125m:	1:25.11	18.16	225m:	2:38.64	20.92	325m:	4:00.24	17.61
	50m:	31.26	17.03	150m:	1:42.65	17.54	250m:	2:59.46	20.82	350m:	4:17.52	17.28
	75m:	48.85	17.59	175m:	2:00.23	17.58	275m:	3:20.83	21.37	375m:	4:35.25	17.73
	100m:	1:06.95	18.10	200m:	2:17.72	17.49	300m:	3:42.63	21.80	400m:	4:52.61	17.36
5.	SULAK Antonina		06	AZS AWF Katowice				4:56.37	666			
	25m:	14.79	14.79	125m:	1:28.19	19.74	225m:	2:46.06	20.97	325m:	4:05.98	17.65
	50m:	32.01	17.22	150m:	1:47.28	19.09	250m:	3:06.90	20.84	350m:	4:23.24	17.26
	75m:	49.92	17.91	175m:	2:06.29	19.01	275m:	3:27.62	20.72	375m:	4:40.36	17.12
	100m:	1:08.45	18.53	200m:	2:25.09	18.80	300m:	3:48.33	20.71	400m:	4:56.37	16.01
6.	RODZIEWICZ Alicja		08	UKS NAWA Skierniewice				4:57.99	656			
	25m:	14.65	14.65	125m:	1:28.57	18.82	225m:	2:45.70	21.35	325m:	4:07.85	17.48
	50m:	32.34	17.69	150m:	1:47.02	18.45	250m:	3:06.90	21.20	350m:	4:24.88	17.03
	75m:	50.48	18.14	175m:	2:05.46	18.44	275m:	3:28.47	21.57	375m:	4:41.62	16.74
	100m:	1:09.75	19.27	200m:	2:24.35	18.89	300m:	3:50.37	21.90	400m:	4:57.99	16.37
7.	WILK Anna		06	UKP FALA Krańnik				4:58.89	650			
	25m:	14.55	14.55	125m:	1:29.06	20.10	225m:	2:48.02	20.75	325m:	4:08.50	17.46
	50m:	32.27	17.72	150m:	1:48.35	19.29	250m:	3:08.90	20.88	350m:	4:25.47	16.97
	75m:	50.25	17.98	175m:	2:07.90	19.55	275m:	3:29.77	20.87	375m:	4:42.65	17.18
	100m:	1:08.96	18.71	200m:	2:27.27	19.37	300m:	3:51.04	21.27	400m:	4:58.89	16.24
8.	POZNA SKA Justyna		05	AZS AWF Katowice				4:59.44	646			
	25m:	14.39	14.39	125m:	1:27.10	19.27	225m:	2:43.34	21.38	325m:	4:07.42	18.17
	50m:	31.67	17.28	150m:	1:45.30	18.20	250m:	3:05.14	21.80	350m:	4:24.92	17.50
	75m:	49.58	17.91	175m:	2:03.79	18.49	275m:	3:27.33	22.19	375m:	4:42.67	17.75
	100m:	1:07.83	18.25	200m:	2:21.96	18.17	300m:	3:49.25	21.92	400m:	4:59.44	16.77
9.	NIKIEL Natalia		06	MKS Park Wodny Tarnowskie Góry				5:00.83	637			
	25m:	14.42	14.42	125m:	1:28.68	19.83	225m:	2:47.02	21.81	325m:	4:10.00	18.01
	50m:	32.43	18.01	150m:	1:47.76	19.08	250m:	3:08.50	21.48	350m:	4:27.25	17.25
	75m:	50.39	17.96	175m:	2:06.40	18.64	275m:	3:30.13	21.63	375m:	4:44.24	16.99
	100m:	1:08.85	18.46	200m:	2:25.21	18.81	300m:	3:51.99	21.86	400m:	5:00.83	16.59
10.	CZUBAK Maria		06	IKS Konstancin				5:05.69	607			
	25m:	14.47	14.47	125m:	1:28.25	19.06	225m:	2:47.40	22.57	325m:	4:14.08	17.58
	50m:	32.02	17.55	150m:	1:46.86	18.61	250m:	3:10.24	22.84	350m:	4:31.40	17.32
	75m:	49.95	17.93	175m:	2:05.70	18.84	275m:	3:33.17	22.93	375m:	4:48.75	17.35
	100m:	1:09.19	19.24	200m:	2:24.83	19.13	300m:	3:56.50	23.33	400m:	5:05.69	16.94

Mistrzostwa Polski w pływaniu w kat. Open, Młodzieowców 19-23 lat, Juniorów 17-18 lat
Bydgoszcz, 19-22.12.2024

Konkurencja 21, Kobiet, 400m zmienny, Finał, Open

Pozycja			Rok ur.				Czas		Pkt.
Finał B									
11.	PIEKARSKA Natalia		06	UKS 190 Łódź				4:59.70	644
	25m:	14.78 14.78	125m:	1:27.56 19.92	225m:	2:47.54 22.74	325m:	4:11.01 16.87	
	50m:	31.92 17.14	150m:	1:46.66 19.10	250m:	3:09.71 22.17	350m:	4:27.51 16.50	
	75m:	49.58 17.66	175m:	2:05.85 19.19	275m:	3:31.84 22.13	375m:	4:44.08 16.57	
	100m:	1:07.64 18.06	200m:	2:24.80 18.95	300m:	3:54.14 22.30	400m:	4:59.70 15.62	
12.	LECHOWSKA Magdalena		06	WKS L SK Wrocław				5:00.20	641
	25m:	14.45 14.45	125m:	1:28.60 20.03	225m:	2:46.98 20.98	325m:	4:09.61 18.18	
	50m:	31.59 17.14	150m:	1:47.73 19.13	250m:	3:08.29 21.31	350m:	4:26.86 17.25	
	75m:	49.78 18.19	175m:	2:06.95 19.22	275m:	3:29.86 21.57	375m:	4:44.13 17.27	
	100m:	1:08.57 18.79	200m:	2:26.00 19.05	300m:	3:51.43 21.57	400m:	5:00.20 16.07	
13.	PLAGA Olga		07	TP SKALAR Słupsk				5:02.37	628
	25m:	15.07 15.07	125m:	1:30.95 20.59	225m:	2:50.64 20.39	325m:	4:10.47 17.74	
	50m:	32.99 17.92	150m:	1:50.64 19.69	250m:	3:10.86 20.22	350m:	4:27.68 17.21	
	75m:	51.48 18.49	175m:	2:10.45 19.81	275m:	3:31.64 20.78	375m:	4:45.35 17.67	
	100m:	1:10.36 18.88	200m:	2:30.25 19.80	300m:	3:52.73 21.09	400m:	5:02.37 17.02	
14.	MLA Viktoria		07	UKP UNIA O wi cim				5:03.96	618
	25m:	14.50 14.50	125m:	1:29.02 20.27	225m:	2:49.29 20.76	325m:	4:11.23 18.45	
	50m:	31.69 17.19	150m:	1:48.77 19.75	250m:	3:09.90 20.61	350m:	4:29.23 18.00	
	75m:	50.00 18.31	175m:	2:08.66 19.89	275m:	3:31.41 21.51	375m:	4:47.11 17.88	
	100m:	1:08.75 18.75	200m:	2:28.53 19.87	300m:	3:52.78 21.37	400m:	5:03.96 16.85	
15.	KUCZMAR Aleksandra		09	UKP POLONIA Warszawa				5:04.09	617
	25m:	14.26 14.26	125m:	1:28.46 19.75	225m:	2:48.05 21.64	325m:	4:12.75 17.87	
	50m:	31.25 16.99	150m:	1:47.66 19.20	250m:	3:09.87 21.82	350m:	4:30.23 17.48	
	75m:	49.59 18.34	175m:	2:06.59 18.93	275m:	3:32.20 22.33	375m:	4:47.80 17.57	
	100m:	1:08.71 19.12	200m:	2:26.41 19.82	300m:	3:54.88 22.68	400m:	5:04.09 16.29	
16.	SKRZYPCZAK Natalia		07	Akademia SMS Racibórz				5:05.86	606
	25m:	14.60 14.60	125m:	1:30.05 20.19	225m:	2:49.94 21.49	325m:	4:12.40 18.44	
	50m:	32.22 17.62	150m:	1:49.50 19.45	250m:	3:11.37 21.43	350m:	4:30.35 17.95	
	75m:	50.91 18.69	175m:	2:09.32 19.82	275m:	3:32.52 21.15	375m:	4:48.63 18.28	
	100m:	1:09.86 18.95	200m:	2:28.45 19.13	300m:	3:53.96 21.44	400m:	5:05.86 17.23	
17.	SKROK Julia		07	WKS L SK Wrocław				5:06.54	602
	25m:	14.53 14.53	125m:	1:31.87 21.64	225m:	2:53.15 21.05	325m:	4:15.66 18.49	
	50m:	32.49 17.96	150m:	1:51.77 19.90	250m:	3:14.22 21.07	350m:	4:32.92 17.26	
	75m:	51.45 18.96	175m:	2:12.21 20.44	275m:	3:35.70 21.48	375m:	4:50.41 17.49	
	100m:	1:10.23 18.78	200m:	2:32.10 19.89	300m:	3:57.17 21.47	400m:	5:06.54 16.13	
18.	B TKOWSKA Zuzanna		06	UKS SMS Galicja Kraków				5:07.01	599
	25m:	15.69 15.69	125m:	1:31.91 20.34	225m:	2:50.93 20.82	325m:	4:14.37 18.35	
	50m:	34.07 18.38	150m:	1:51.49 19.58	250m:	3:12.46 21.53	350m:	4:32.17 17.80	
	75m:	52.47 18.40	175m:	2:10.69 19.20	275m:	3:33.92 21.46	375m:	4:49.97 17.80	
	100m:	1:11.57 19.10	200m:	2:30.11 19.42	300m:	3:56.02 22.10	400m:	5:07.01 17.04	
19.	MARCINIAK Aleksandra		07	UKS SMS Galicja Kraków				5:18.13	539
	25m:	14.60 14.60	125m:	1:29.83 20.94	225m:	2:52.91 22.36	325m:	4:20.81 19.67	
	50m:	32.06 17.46	150m:	1:49.91 20.08	250m:	3:15.73 22.82	350m:	4:39.93 19.12	
	75m:	50.07 18.01	175m:	2:10.29 20.38	275m:	3:38.26 22.53	375m:	4:59.19 19.26	
	100m:	1:08.89 18.82	200m:	2:30.55 20.26	300m:	4:01.14 22.88	400m:	5:18.13 18.94	
Finał C									
21.	RYDY SKA Maja		07	MKS SP 63 Bydgoszcz				5:17.58	542
	25m:	14.54 14.54	125m:	1:32.10 20.71	225m:	2:54.68 22.66	325m:	4:23.52 18.69	
	50m:	32.39 17.85	150m:	1:51.73 19.63	250m:	3:17.38 22.70	350m:	4:42.12 18.60	
	75m:	51.61 19.22	175m:	2:11.86 20.13	275m:	3:41.11 23.73	375m:	5:00.69 18.57	
	100m:	1:11.39 19.78	200m:	2:32.02 20.16	300m:	4:04.83 23.72	400m:	5:17.58 16.89	
22.	KAMPCZYK Paulina		06	MKS SMS VICTORIA Racibórz				5:22.41	518
	25m:	15.76 15.76	125m:	1:37.85 22.41	225m:	3:03.35 22.25	325m:	4:29.71 18.62	
	50m:	35.09 19.33	150m:	1:58.83 20.98	250m:	3:25.95 22.60	350m:	4:47.57 17.86	
	75m:	54.83 19.74	175m:	2:20.19 21.36	275m:	3:48.49 22.54	375m:	5:05.60 18.03	
	100m:	1:15.44 20.61	200m:	2:41.10 20.91	300m:	4:11.09 22.60	400m:	5:22.41 16.81	



Ministerstwo
Sportu i Turystyki



Mistrzostwa Polski w pływaniu w kat. Open, Młodzieowców 19-23 lat, Juniorów 17-18 lat
Bydgoszcz, 19-22.12.2024

Konkurencja 21, Kobiet, 400m zmienny, Finał, Open

Pozycja				Rok ur.					Czas	Pkt.		
23.	WALICKA Martyna			07	MKS ASTORIA Bydgoszcz				5:28.84	488		
	25m:	15.66	15.66	125m:	1:36.86	21.28	225m:	3:01.92	23.36	325m:	4:33.18	19.94
	50m:	34.45	18.79	150m:	1:57.19	20.33	250m:	3:25.34	23.42	350m:	4:52.00	18.82
	75m:	54.50	20.05	175m:	2:17.94	20.75	275m:	3:49.17	23.83	375m:	5:11.03	19.03
	100m:	1:15.58	21.08	200m:	2:38.56	20.62	300m:	4:13.24	24.07	400m:	5:28.84	17.81
24.	SOSNÓWKA Milena			07	UKP FALA Krańnik				5:43.93	426		
	25m:	14.86	14.86	125m:	1:34.04	22.82	225m:	3:05.23	25.61	325m:	4:44.39	20.75
	50m:	32.69	17.83	150m:	1:55.64	21.60	250m:	3:31.16	25.93	350m:	5:04.85	20.46
	75m:	51.41	18.72	175m:	2:17.34	21.70	275m:	3:57.09	25.93	375m:	5:25.21	20.36
	100m:	1:11.22	19.81	200m:	2:39.62	22.28	300m:	4:23.64	26.55	400m:	5:43.93	18.72