



Mistrzostwa Polski Juniorów 15-lat  
Ostrowiec w., 14-16 grudnia 2018r



Konkurencja 19  
15-12-2018 - 9:42

Dziewcz t, 400m dowolny

15 lat  
Wyniki Eliminacje

Rek Polski Seniorów	4:05.77	Barzycka Paulina	AZWAR	Gorzów Wlkp.	26-11-2005
Rek Polski Jun. 15-lat	4:10.66	Knop Aleksandra	190LOD	Łód	20-12-2017

Punkty: FINA 2017

Pozycja					CR	Czas	Pkt.		
1.	Knop Aleksandra	UKS 190 Łód				+0,62	<b>4:23.34</b>	706	A
	50m: 30.11 30.11	150m: 1:36.44 33.38	250m: 2:43.36 33.60	350m: 3:50.36 33.59					
	100m: 1:03.06 32.95	200m: 2:09.76 33.32	300m: 3:16.77 33.41	400m: 4:23.34 32.98					
2.	Cynarska Weronika	UKP Polonia Warszawa				+0,53	<b>4:25.99</b>	685	A
	50m: 30.54 30.54	150m: 1:37.01 33.26	250m: 2:44.12 33.60	350m: 3:52.26 34.38					
	100m: 1:03.75 33.21	200m: 2:10.52 33.51	300m: 3:17.88 33.76	400m: 4:25.99 33.73					
3.	Klimek Marta	Unia O wi cim				+0,74	<b>4:27.48</b>	674	A
	50m: 30.48 30.48	150m: 1:37.62 33.84	250m: 2:45.45 34.10	350m: 3:54.45 34.51					
	100m: 1:03.78 33.30	200m: 2:11.35 33.73	300m: 3:19.94 34.49	400m: 4:27.48 33.03					
4.	Pogo Milena	MOS D browa Górnicza				+0,71	<b>4:27.63</b>	672	A
	50m: 31.66 31.66	150m: 1:38.82 33.60	250m: 2:46.53 33.79	350m: 3:54.72 33.96					
	100m: 1:05.22 33.56	200m: 2:12.74 33.92	300m: 3:20.76 34.23	400m: 4:27.63 32.91					
5.	Ambro y Antonina	Ochota Warszawa				+0,78	<b>4:27.75</b>	671	A
	50m: 29.52 29.52	150m: 1:38.37 34.62	250m: 2:46.28 33.67	350m: 3:54.56 33.92					
	100m: 1:03.75 34.23	200m: 2:12.61 34.24	300m: 3:20.64 34.36	400m: 4:27.75 33.19					
6.	Neubauer Paulina	Dwójka Tczew				+0,68	<b>4:28.77</b>	664	A
	50m: 31.10 31.10	150m: 1:38.75 33.84	250m: 2:47.71 34.34	350m: 3:56.21 34.08					
	100m: 1:04.91 33.81	200m: 2:13.37 34.62	300m: 3:22.13 34.42	400m: 4:28.77 32.56					
7.	Nowak Maja	AZS AWF Warszawa				+0,78	<b>4:28.93</b>	663	A
	50m: 31.06 31.06	150m: 1:38.28 33.84	250m: 2:47.13 34.47	350m: 3:56.24 34.63					
	100m: 1:04.44 33.38	200m: 2:12.66 34.38	300m: 3:21.61 34.48	400m: 4:28.93 32.69					
8.	Szwabi ska Adrianna	Torpeda Ole nica				+0,66	<b>4:28.98</b>	662	A
	50m: 30.95 30.95	150m: 1:39.33 34.26	250m: 2:48.12 34.42	350m: 3:57.34 34.74					
	100m: 1:05.07 34.12	200m: 2:13.70 34.37	300m: 3:22.60 34.48	400m: 4:28.98 31.64					
9.	Kawka Nina	Gim-92 Ursynów W-wa				+0,65	<b>4:29.30</b>	660	A
	50m: 31.18 31.18	150m: 1:40.15 34.68	250m: 2:48.57 34.17	350m: 3:57.44 34.48					
	100m: 1:05.47 34.29	200m: 2:14.40 34.25	300m: 3:22.96 34.39	400m: 4:29.30 31.86					
10.	Zieli ska Daria	UKP Polonia Warszawa				+0,70	<b>4:29.49</b>	659	A
	50m: 31.06 31.06	150m: 1:38.82 34.02	250m: 2:47.43 34.25	350m: 3:56.57 34.40					
	100m: 1:04.80 33.74	200m: 2:13.18 34.36	300m: 3:22.17 34.74	400m: 4:29.49 32.92					
11.	Gancarz Julia	MKS Ikar Mielec				+0,72	<b>4:29.69</b>	657	B
	50m: 31.19 31.19	150m: 1:39.00 33.87	250m: 2:47.86 34.37	350m: 3:56.97 34.56					
	100m: 1:05.13 33.94	200m: 2:13.49 34.49	300m: 3:22.41 34.55	400m: 4:29.69 32.72					
12.	Cioch-Gradzik Wiktoria	Manta Kochłowice Ruda I				+0,76	<b>4:29.80</b>	656	B
	50m: 30.93 30.93	150m: 1:39.23 34.51	250m: 2:48.16 34.44	350m: 3:56.74 34.13					
	100m: 1:04.72 33.79	200m: 2:13.72 34.49	300m: 3:22.61 34.45	400m: 4:29.80 33.06					
13.	Słowik Martyna	IKS Konstancin				+0,75	<b>4:30.09</b>	654	B
	50m: 30.97 30.97	150m: 1:38.39 34.05	250m: 2:47.13 34.39	350m: 3:56.32 34.49					
	100m: 1:04.34 33.37	200m: 2:12.74 34.35	300m: 3:21.83 34.70	400m: 4:30.09 33.77					
14.	Garbarczyk Weronika	MKP Szczecin				+0,75	<b>4:30.34</b>	652	B
	50m: 30.84 30.84	150m: 1:38.84 34.11	250m: 2:47.26 34.23	350m: 3:56.65 34.79					
	100m: 1:04.73 33.89	200m: 2:13.03 34.19	300m: 3:21.86 34.60	400m: 4:30.34 33.69					
15.	Zmierczak Natalia	Kormoran Olsztyn				+0,66	<b>4:31.36</b>	645	B
	50m: 30.53 30.53	150m: 1:38.80 34.53	250m: 2:48.33 34.38	350m: 3:58.36 35.18					
	100m: 1:04.27 33.74	200m: 2:13.95 35.15	300m: 3:23.18 34.85	400m: 4:31.36 33.00					
16.	Kindrat Julia	WKS I sk Wrocław				+0,81	<b>4:31.83</b>	642	B Skr.
	50m: 31.13 31.13	150m: 1:39.98 34.65	250m: 2:49.58 34.72	350m: 3:59.01 34.66					
	100m: 1:05.33 34.20	200m: 2:14.86 34.88	300m: 3:24.35 34.77	400m: 4:31.83 32.82					



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Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 15 lat

Pozycja						CR	Czas	Pkt.				
17.	Ziemacka Julia											
	50m:		150m:	1:39.09	34.32	250m:	2:48.30	34.84	350m:	3:58.02	34.79	
	100m:	1:04.77	200m:	2:13.46	34.37	300m:	3:23.23	34.93	400m:	4:32.15	34.13	
								<b>+0,68</b>	<b>4:32.15</b>	639	B	
18.	Maciejewska Beata											
	50m:	31.77	150m:	1:40.24	34.46	250m:	2:49.46	34.71	350m:	3:58.39	34.32	
	100m:	1:05.78	200m:	2:14.75	34.51	300m:	3:24.07	34.61	400m:	4:32.18	33.79	
									<b>+0,81</b>	<b>4:32.18</b>	639	B
19.	Kostrzewska Maria											
	50m:	32.50	150m:	1:41.93	34.92	250m:	2:51.58	34.78	350m:	4:00.69	34.42	
	100m:	1:07.01	200m:	2:16.80	34.87	300m:	3:26.27	34.69	400m:	4:33.52	32.83	
									<b>+0,80</b>	<b>4:33.52</b>	630	B
20.	Piepiórka Martyna											
	50m:	31.97	150m:	1:41.74	34.64	250m:	2:51.21	35.00	350m:	4:01.14	34.99	
	100m:	1:07.10	200m:	2:16.21	34.47	300m:	3:26.15	34.94	400m:	4:33.84	32.70	
									<b>+0,86</b>	<b>4:33.84</b>	628	B
21.	Kozaczuk Klara											
	50m:	32.71	150m:	1:42.47	34.95	250m:	2:51.67	34.25	350m:	4:00.45	34.27	
	100m:	1:07.52	200m:	2:17.42	34.95	300m:	3:26.18	34.51	400m:	4:34.00	33.55	
									<b>+0,65</b>	<b>4:34.00</b>	627	R
22.	Krzysztofiak Iga											
	50m:	31.04	150m:	1:39.51	34.90	250m:	2:49.67	35.28	350m:	4:01.13	35.93	
	100m:	1:04.61	200m:	2:14.39	34.88	300m:	3:25.20	35.53	400m:	4:34.37	33.24	
									<b>+0,53</b>	<b>4:34.37</b>	624	R Skr.
23.	Kuziów Martyna											
	50m:	30.80	150m:	1:39.25	34.80	250m:	2:49.33	35.19	350m:	4:00.32	35.45	
	100m:	1:04.45	200m:	2:14.14	34.89	300m:	3:24.87	35.54	400m:	4:34.61	34.29	
									<b>+0,69</b>	<b>4:34.61</b>	622	
24.	Wygnął Maja											
	50m:	31.37	150m:	1:40.10	34.47	250m:	2:50.05	35.09	350m:	4:00.19	34.96	
	100m:	1:05.63	200m:	2:14.96	34.86	300m:	3:25.23	35.18	400m:	4:35.24	35.05	
									<b>+0,73</b>	<b>4:35.24</b>	618	
25.	Haładyn Karolina											
	50m:	32.57	150m:	1:41.97	35.17	250m:	2:52.37	35.20	350m:	4:02.55	35.10	
	100m:	1:06.80	200m:	2:17.17	35.20	300m:	3:27.45	35.08	400m:	4:36.24	33.69	
									<b>+0,82</b>	<b>4:36.24</b>	611	
26.	Szymańska Julia											
	50m:	31.54	150m:	1:41.05	35.08	250m:	2:51.67	35.49	350m:	4:01.83	35.11	
	100m:	1:05.97	200m:	2:16.18	35.13	300m:	3:26.72	35.05	400m:	4:36.39	34.56	
									<b>+0,62</b>	<b>4:36.39</b>	610	
27.	Machulak Maja											
	50m:	32.07	150m:	1:41.75	35.14	250m:	2:52.37	35.28	350m:	4:02.41	35.05	
	100m:	1:06.61	200m:	2:17.09	35.34	300m:	3:27.36	34.99	400m:	4:36.46	34.05	
									<b>+0,92</b>	<b>4:36.46</b>	610	
28.	Fuks Aleksandra											
	50m:	32.06	150m:	1:40.90	34.44	250m:	2:50.87	34.78	350m:	4:01.34	35.25	
	100m:	1:06.46	200m:	2:16.09	35.19	300m:	3:26.09	35.22	400m:	4:36.93	35.59	
									<b>+0,66</b>	<b>4:36.93</b>	607	
29.	Kulik Wiktoria											
	50m:	31.83	150m:	1:41.29	34.95	250m:	2:51.52	35.29	350m:	4:02.45	35.54	
	100m:	1:06.34	200m:	2:16.23	34.94	300m:	3:26.91	35.39	400m:	4:36.95	34.50	
									<b>+0,73</b>	<b>4:36.95</b>	607	
30.	Adamska Maria											
	50m:	31.68	150m:	1:41.70	35.50	250m:	2:52.65	35.27	350m:	4:03.80	35.59	
	100m:	1:06.20	200m:	2:17.38	35.68	300m:	3:28.21	35.56	400m:	4:37.55	33.75	
									<b>+0,89</b>	<b>4:37.55</b>	603	
31.	Chciak Sandra											
	50m:	31.61	150m:	1:41.19	34.82	250m:	2:52.32	35.71	350m:	4:03.86	35.77	
	100m:	1:06.37	200m:	2:16.61	35.42	300m:	3:28.09	35.77	400m:	4:37.71	33.85	
									<b>+0,73</b>	<b>4:37.71</b>	602	
32.	Moldan Milena											
	50m:	31.57	150m:	1:40.55	35.10	250m:	2:50.83	35.14	350m:	4:02.51	35.96	
	100m:	1:05.45	200m:	2:15.69	35.14	300m:	3:26.55	35.72	400m:	4:37.94	35.43	
									<b>+0,72</b>	<b>4:37.94</b>	600	
33.	Piejko Dorota											
	50m:	33.33	150m:	1:44.62	35.68	250m:	2:56.20	35.62	350m:	4:07.92	35.76	
	100m:	1:08.94	200m:	2:20.58	35.96	300m:	3:32.16	35.96	400m:	4:41.97	34.05	
									<b>+0,80</b>	<b>4:41.97</b>	575	



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Konkurencja 19, Dziewcz t, 400m dowolny, Eliminacje, 15 lat

Pozycja							CR	Czas	Pkt.
34.	Oliwa Laura						+0,71	<b>4:41.98</b>	575
	50m: 32.07	32.07	150m: 1:43.60	36.22	250m: 2:55.32	35.45	350m: 4:07.67	36.24	
	100m: 1:07.38	35.31	200m: 2:19.87	36.27	300m: 3:31.43	36.11	400m: 4:41.98	34.31	
35.	Jurek Michalina						+0,58	<b>4:43.12</b>	568
	50m: 31.96	31.96	150m: 1:42.76	35.81	250m: 2:55.30	36.27	350m: 4:07.90	36.39	
	100m: 1:06.95	34.99	200m: 2:19.03	36.27	300m: 3:31.51	36.21	400m: 4:43.12	35.22	
36.	Kołodziejczyk Oliwia						+0,60	<b>4:44.25</b>	561
	50m: 31.99	31.99	150m: 1:41.80	35.41	250m: 2:54.99	36.69	350m: 4:08.76	36.84	
	100m: 1:06.39	34.40	200m: 2:18.30	36.50	300m: 3:31.92	36.93	400m: 4:44.25	35.49	
37.	Januszewska Otylia						+0,79	<b>4:44.74</b>	558
	50m: 32.00	32.00	150m: 1:44.26	36.37	250m: 2:57.15	36.42	350m: 4:10.32	36.51	
	100m: 1:07.89	35.89	200m: 2:20.73	36.47	300m: 3:33.81	36.66	400m: 4:44.74	34.42	
38.	Kawczy ska Zuzanna						+0,75	<b>4:44.79</b>	558
	50m: 31.57	31.57	150m: 1:42.88	36.01	250m: 2:55.58	36.61	350m: 4:09.53	36.81	
	100m: 1:06.87	35.30	200m: 2:18.97	36.09	300m: 3:32.72	37.14	400m: 4:44.79	35.26	
39.	Góral Paula						+0,58	<b>4:46.34</b>	549
	50m: 32.40	32.40	150m: 1:44.79	36.23	250m: 2:57.80	36.55	350m: 4:11.79	37.21	
	100m: 1:08.56	36.16	200m: 2:21.25	36.46	300m: 3:34.58	36.78	400m: 4:46.34	34.55	
40.	Krawczyk Nikola						+0,65	<b>4:46.49</b>	548
	50m: 32.94	32.94	150m: 1:44.51	35.96	250m: 2:57.65	36.69	350m: 4:11.14	36.87	
	100m: 1:08.55	35.61	200m: 2:20.96	36.45	300m: 3:34.27	36.62	400m: 4:46.49	35.35	
41.	Topp Zofia						+0,46	<b>4:46.86</b>	546
	50m: 32.67	32.67	150m: 1:43.84	35.86	250m: 2:57.43	36.88	350m: 4:11.81	37.17	
	100m: 1:07.98	35.31	200m: 2:20.55	36.71	300m: 3:34.64	37.21	400m: 4:46.86	35.05	
42.	era ska Urszula						+0,76	<b>4:46.94</b>	545
	50m: 32.64	32.64	150m: 1:44.53	36.41	250m: 2:57.04	36.34	350m: 4:10.64	36.86	
	100m: 1:08.12	35.48	200m: 2:20.70	36.17	300m: 3:33.78	36.74	400m: 4:46.94	36.30	
43.	D bkowska Aleksandra						+0,81	<b>4:47.57</b>	542
	50m: 32.60	32.60	150m: 1:45.67	37.00	250m: 2:59.61	36.97	350m: 4:12.67	36.43	
	100m: 1:08.67	36.07	200m: 2:22.64	36.97	300m: 3:36.24	36.63	400m: 4:47.57	34.90	
44.	Ma lej Iga						+0,58	<b>4:49.33</b>	532
	50m: 32.55	32.55	150m: 1:45.33	36.68	250m: 2:59.37	36.94	350m: 4:13.49	37.00	
	100m: 1:08.65	36.10	200m: 2:22.43	37.10	300m: 3:36.49	37.12	400m: 4:49.33	35.84	
45.	Niewiadomska Nikola						+0,89	<b>4:50.22</b>	527
	50m: 32.35	32.35	150m: 1:45.33	36.57	250m: 2:59.80	37.34	350m: 4:13.51	36.98	
	100m: 1:08.76	36.41	200m: 2:22.46	37.13	300m: 3:36.53	36.73	400m: 4:50.22	36.71	
46.	Ptaszy ska Weronika						+0,73	<b>4:52.46</b>	515
	50m: 33.21	33.21	150m: 1:45.62	36.49	250m: 3:00.25	37.80	350m: 4:15.83	38.02	
	100m: 1:09.13	35.92	200m: 2:22.45	36.83	300m: 3:37.81	37.56	400m: 4:52.46	36.63	
47.	Adamska Julia						+0,70	<b>4:52.52</b>	515
	50m: 32.51	32.51	150m: 1:46.67	37.41	250m: 3:01.77	37.32	350m: 4:16.58	37.78	
	100m: 1:09.26	36.75	200m: 2:24.45	37.78	300m: 3:38.80	37.03	400m: 4:52.52	35.94	
48.	Frysiak Zuzanna						+0,53	<b>4:52.81</b>	513
	50m: 33.56	33.56	150m: 1:45.12	36.38	250m: 3:00.35	37.81	350m: 4:15.81	37.87	
	100m: 1:08.74	35.18	200m: 2:22.54	37.42	300m: 3:37.94	37.59	400m: 4:52.81	37.00	
49.	B ben Nina						+0,73	<b>4:53.13</b>	512
	50m: 32.36	32.36	150m: 1:44.64	36.60	250m: 2:59.94	37.81	350m: 4:16.40	38.21	
	100m: 1:08.04	35.68	200m: 2:22.13	37.49	300m: 3:38.19	38.25	400m: 4:53.13	36.73	
50.	Wi ckowska Alicja						+0,72	<b>4:54.65</b>	504
	50m: 32.19	32.19	150m: 1:46.55	37.72	250m: 3:02.93	38.28	350m: 4:18.96	37.94	
	100m: 1:08.83	36.64	200m: 2:24.65	38.10	300m: 3:41.02	38.09	400m: 4:54.65	35.69	



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Pozycja							CR	Czas	Pkt.
51.	Cichocka Oliwia					Olimpijczyk 23 Lublin	+0,81	<b>4:54.90</b>	502
	50m: 33.33	33.33	150m: 1:46.83	36.86	250m: 3:02.16	37.79	350m: 4:17.54	37.85	
	100m: 1:09.97	36.64	200m: 2:24.37	37.54	300m: 3:39.69	37.53	400m: 4:54.90	37.36	
52.	Ciesielska Natalia					SP-149 Łódź	+0,81	<b>4:55.26</b>	501
	50m: 34.74	34.74	150m: 1:48.91	37.38	250m: 3:03.90	37.61	350m: 4:18.97	37.51	
	100m: 1:11.53	36.79	200m: 2:26.29	37.38	300m: 3:41.46	37.56	400m: 4:55.26	36.29	
53.	Zakrzewska Marta					Juvenia Wrocław	+0,80	<b>4:55.29</b>	500
	50m: 31.77	31.77	150m: 1:44.59	37.21	250m: 3:00.51	37.81	350m: 4:16.93	38.29	
	100m: 1:07.38	35.61	200m: 2:22.70	38.11	300m: 3:38.64	38.13	400m: 4:55.29	38.36	
54.	Hajduk Oliwia					Atol Ole nica	+0,74	<b>4:55.35</b>	500
	50m: 32.52	32.52	150m: 1:46.52	37.53	250m: 3:03.30	38.22	350m: 4:19.04	37.83	
	100m: 1:08.99	36.47	200m: 2:25.08	38.56	300m: 3:41.21	37.91	400m: 4:55.35	36.31	
55.	Kumor Aleksandra					Unia O wi cim	+0,62	<b>4:55.46</b>	500
	50m: 33.64	33.64	150m: 1:47.29	37.08	250m: 3:02.82	37.79	350m: 4:19.08	38.12	
	100m: 1:10.21	36.57	200m: 2:25.03	37.74	300m: 3:40.96	38.14	400m: 4:55.46	36.38	
56.	Krywiel Karolina					SMS Victoria Racibórz	+0,73	<b>4:55.71</b>	498
	50m: 34.09	34.09	150m: 1:47.61	37.31	250m: 3:02.87	37.44	350m: 4:19.63	38.67	
	100m: 1:10.30	36.21	200m: 2:25.43	37.82	300m: 3:40.96	38.09	400m: 4:55.71	36.08	
57.	Florkiewicz Liwia					Gryf D bica	+0,64	<b>4:57.89</b>	487
	50m: 32.99	32.99	150m: 1:47.44	37.93	250m: 3:04.41	38.38	350m: 4:21.03	38.04	
	100m: 1:09.51	36.52	200m: 2:26.03	38.59	300m: 3:42.99	38.58	400m: 4:57.89	36.86	
58.	Madej Maja					Pływak Bochnia	+0,64	<b>5:00.41</b>	475
	50m: 33.56	33.56	150m: 1:48.12	37.55	250m: 3:05.73	39.28	350m: 4:22.77	38.69	
	100m: 1:10.57	37.01	200m: 2:26.45	38.33	300m: 3:44.08	38.35	400m: 5:00.41	37.64	
59.	Liwowska Maria					Pi tka Konstantynów Łódzki	+0,81	<b>5:00.62</b>	474
	50m: 31.34	31.34	150m: 1:46.16	38.69	250m: 3:04.29	38.90	350m: 4:22.24	39.01	
	100m: 1:07.47	36.13	200m: 2:25.39	39.23	300m: 3:43.23	38.94	400m: 5:00.62	38.38	
60.	Dobrowolska Natalia					SMS Victoria Racibórz	+0,72	<b>5:04.08</b>	458
	50m: 33.57	33.57	150m: 1:49.12	38.35	250m: 3:06.64	39.11	350m: 4:25.37	39.42	
	100m: 1:10.77	37.20	200m: 2:27.53	38.41	300m: 3:45.95	39.31	400m: 5:04.08	38.71	
61.	Karwowska Anna					CKS-SMS Szczecin	+0,63	<b>5:12.81</b>	421
	50m: 35.67	35.67	150m: 1:55.00	39.62	250m: 3:15.53	40.29	350m: 4:35.64	40.18	
	100m: 1:15.38	39.71	200m: 2:35.24	40.24	300m: 3:55.46	39.93	400m: 5:12.81	37.17	
62.	Bratu Patrycja					Gryf D bica	+0,73	<b>5:18.69</b>	398
	50m: 35.86	35.86	150m: 1:56.55	40.52	250m: 3:19.14	41.31	350m: 4:40.16	39.51	
	100m: 1:16.03	40.17	200m: 2:37.83	41.28	300m: 4:00.65	41.51	400m: 5:18.69	38.53	
63.	Zawalniuk Daria					SP-149 Łódź	+0,75	<b>5:28.05</b>	365
	50m: 35.17	35.17	150m: 1:58.24	41.80	250m: 3:23.62	42.75	350m: 4:48.83	42.39	
	100m: 1:16.44	41.27	200m: 2:40.87	42.63	300m: 4:06.44	42.82	400m: 5:28.05	39.22	
NW	Urban Karolina					Ósemka Starogard Gd.			