Event 19 | Girls, 400m Freestyle | 14 years
07-12-2019 - 9:54 | Results Prelim

Rek Polski Seniorów	4:05.77	Barzycka Paulina	AZWAR	Gorzów Wlkp.	26-11-2005
Rek Polski Juniorów 14-lat	4:09.54	Guść Wiktoria	DEPIO	Olsztyn	15-12-2018

Points: FINA 2018

Rank										RT	Time	Pts	
1.	Kulik Julia				GOS Raszyn					+0,48	**4:28.73**	664	A
	50m:	31.78	31.78	150m:	1:39.98	33.91	250m:	2:47.02	33.22	350m:	3:54.72	34.14	
	100m:	1:06.07	34.29	200m:	2:13.80	33.82	300m:	3:20.58	33.56	400m:	4:28.73	34.01	
2.	Kowalska Klara				Olimpijczyk 23 Lublin					+0,42	**4:28.92**	663	A
	50m:	30.28	30.28	150m:	1:38.44	34.44	250m:	2:46.54	33.70	350m:	3:55.64	34.55	
	100m:	1:04.00	33.72	200m:	2:12.84	34.40	300m:	3:21.09	34.55	400m:	4:28.92	33.28	
3.	Slabosz Emilia				Wodnik 29 Tychy					+0,72	**4:29.57**	658	A
	50m:	30.79	30.79	150m:	1:39.78	34.90	250m:	2:48.52	34.28	350m:	3:57.38	34.32	
	100m:	1:04.88	34.09	200m:	2:14.24	34.46	300m:	3:23.06	34.54	400m:	4:29.57	32.19	
4.	Klusek Aleksandra				UKP Polonia Warszawa					+0,73	**4:30.22**	653	A
	50m:	31.34	31.34	150m:	1:40.08	34.32	250m:	2:47.40	33.26	350m:	3:55.96	34.42	
	100m:	1:05.76	34.42	200m:	2:14.14	34.06	300m:	3:21.54	34.14	400m:	4:30.22	34.26	
5.	Marcinkowska Maja				Jedynka Lodz					+0,66	**4:30.79**	649	A
	50m:	30.98	30.98	150m:	1:39.84	34.71	250m:	2:48.86	34.53	350m:	3:57.97	34.44	
	100m:	1:05.13	34.15	200m:	2:14.33	34.49	300m:	3:23.53	34.67	400m:	4:30.79	32.82	
6.	Kossowska Julita				UKS 190 Lodz					+0,73	**4:31.70**	643	A
	50m:	31.29	31.29	150m:	1:39.91	34.63	250m:	2:49.06	34.27	350m:	3:57.97	34.28	
	100m:	1:05.28	33.99	200m:	2:14.79	34.88	300m:	3:23.69	34.63	400m:	4:31.70	33.73	
7.	Sujkowska Roksana				Kormoran Olsztyn					+0,80	**4:31.98**	641	A
	50m:	30.73	30.73	150m:	1:39.97	34.94	250m:	2:49.46	34.63	350m:	3:59.19	34.78	
	100m:	1:05.03	34.30	200m:	2:14.83	34.86	300m:	3:24.41	34.95	400m:	4:31.98	32.79	
8.	Kraszewska Martyna				Kormoran Olsztyn					+0,71	**4:32.41**	638	A
	50m:	31.81	31.81	150m:	1:40.73	34.40	250m:	2:49.48	34.50	350m:	3:59.78	34.96	
	100m:	1:06.33	34.52	200m:	2:14.98	34.25	300m:	3:24.82	35.34	400m:	4:32.41	32.63	
9.	Gorska Zofia				UKP Polonia Warszawa					+0,69	**4:36.47**	610	A
	50m:	31.74	31.74	150m:	1:41.57	34.97	250m:	2:52.56	35.42	350m:	4:02.54	34.70	
	100m:	1:06.60	34.86	200m:	2:17.14	35.57	300m:	3:27.84	35.28	400m:	4:36.47	33.93	
10.	Gawedzka Natalia				UKS MOS Elk					+0,73	**4:37.12**	606	A
	50m:	31.39	31.39	150m:	1:40.57	34.89	250m:	2:51.62	35.66	350m:	4:03.10	35.91	
	100m:	1:05.68	34.29	200m:	2:15.96	35.39	300m:	3:27.19	35.57	400m:	4:37.12	34.02	
11.	Maksymowicz Nina				G-8 Bielany Warszawa					+0,67	**4:37.39**	604	B
	50m:	30.82	30.82	150m:	1:39.96	34.83	250m:	2:50.79	35.46	350m:	4:03.11	36.42	
	100m:	1:05.13	34.31	200m:	2:15.33	35.37	300m:	3:26.69	35.90	400m:	4:37.39	34.28	
12.	Cyganek Nina				Salwator Krakow					+0,88	**4:39.07**	593	B
	50m:	32.76	32.76	150m:	1:43.30	34.04	250m:	2:53.59	35.02	350m:	4:04.37	35.28	
	100m:	1:09.26	36.50	200m:	2:18.57	35.27	300m:	3:29.09	35.50	400m:	4:39.07	34.70	
13.	Dadej Julia				BOSiR Brzesko					+0,60	**4:39.19**	592	B
	50m:	31.83	31.83	150m:	1:41.73	35.13	250m:	2:53.03	35.73	350m:	4:04.79	35.70	
	100m:	1:06.60	34.77	200m:	2:17.30	35.57	300m:	3:29.09	36.06	400m:	4:39.19	34.40	
14.	Tofil Emilia				KS Delfin Gdynia					+0,60	**4:39.55**	590	B
	50m:	32.32	32.32	150m:	1:42.87	35.33	250m:	2:53.59	35.38	350m:	4:05.00	35.85	
	100m:	1:07.54	35.22	200m:	2:18.21	35.34	300m:	3:29.15	35.56	400m:	4:39.55	34.55	
15.	Gajcy Natalia				UKP Polonia Warszawa					+0,73	**4:41.45**	578	B
	50m:	31.98	31.98	150m:	1:42.33	35.56	250m:	2:54.14	35.90	350m:	4:06.27	36.07	
	100m:	1:06.77	34.79	200m:	2:18.24	35.91	300m:	3:30.20	36.06	400m:	4:41.45	35.18	
16.	Kieruzel Martyna				Jedynka Lodz						**4:42.74**	570	B
	50m:	33.34	33.34	150m:	1:44.49	35.78	250m:	2:56.58	36.06	350m:	4:08.66	36.11	
	100m:	1:08.71	35.37	200m:	2:20.52	36.03	300m:	3:32.55	35.97	400m:	4:42.74	34.08	

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Rank											RT	Time	Pts	
17.	Jakubik Julia				Unia Oswiecim						+0,77	**4:42.75**	570	B
	50m:	31.82	31.82	150m:	1:42.63	35.74	250m:	2:55.17	36.72	350m:	4:08.36	36.56		
	100m:	1:06.89	35.07	200m:	2:18.45	35.82	300m:	3:31.80	36.63	400m:	4:42.75	34.39		
18.	Olkowska Laura				GOS Raszyn						+0,74	**4:43.52**	565	B
	50m:	32.80	32.80	150m:	1:45.28	36.43	250m:	2:56.61	35.05	350m:	4:08.60	35.64		
	100m:	1:08.85	36.05	200m:	2:21.56	36.28	300m:	3:32.96	36.35	400m:	4:43.52	34.92		
19.	Siejak Patrycja				Kormoran Olsztyn						+0,82	**4:43.61**	565	B
	50m:	31.82	31.82	150m:	1:42.75	35.82	250m:	2:55.72	36.56	350m:	4:08.73	36.65		
	100m:	1:06.93	35.11	200m:	2:19.16	36.41	300m:	3:32.08	36.36	400m:	4:43.61	34.88		
20.	Volkert Julia				MOSM Tychy						+0,77	**4:43.79**	564	B
	50m:	31.68	31.68	150m:	1:41.54	34.93	250m:	2:53.90	36.38	350m:	4:07.84	37.35		
	100m:	1:06.61	34.93	200m:	2:17.52	35.98	300m:	3:30.49	36.59	400m:	4:43.79	35.95		
21.	Samoraj Oliwia				MKS Piaseczno						+0,59	**4:44.40**	560	R
	50m:	32.01	32.01	150m:	1:43.29	36.19	250m:	2:56.22	36.50	350m:	4:09.39	36.55		
	100m:	1:07.10	35.09	200m:	2:19.72	36.43	300m:	3:32.84	36.62	400m:	4:44.40	35.01		
22.	Kowalczyk Katarzyna				MKP Szczecin						+0,79	**4:45.66**	553	R
	50m:	33.10	33.10	150m:	1:43.75	35.59	250m:	2:55.87	36.26	350m:	4:09.21	36.96		
	100m:	1:08.16	35.06	200m:	2:19.61	35.86	300m:	3:32.25	36.38	400m:	4:45.66	36.45		
23.	Cicha Aleksandra				SMS Galicja Krakow						+0,74	**4:45.74**	552	
	50m:	34.01	34.01	150m:	1:46.87	36.97	250m:	3:00.15	36.98	350m:	4:12.23	35.63		
	100m:	1:09.90	35.89	200m:	2:23.17	36.30	300m:	3:36.60	36.45	400m:	4:45.74	33.51		
24.	Mroczek Magda				WOPR Malbork						+0,72	**4:46.93**	546	
	50m:	31.97	31.97	150m:	1:43.78	36.25	250m:	2:57.16	36.93	350m:	4:11.20	36.87		
	100m:	1:07.53	35.56	200m:	2:20.23	36.45	300m:	3:34.33	37.17	400m:	4:46.93	35.73		
25.	Jaworska Wiktoria				Pietnastka Bydgoszcz						+0,62	**4:46.94**	545	
	50m:	31.97	31.97	150m:	1:44.33	36.58	250m:	2:58.15	37.09	350m:	4:12.27	37.19		
	100m:	1:07.75	35.78	200m:	2:21.06	36.73	300m:	3:35.08	36.93	400m:	4:46.94	34.67		
26.	Olecka Amelia				Gim-92 Ursynow W-wa						+0,79	**4:47.06**	545	
	50m:	32.80	32.80	150m:	1:45.65	36.74	250m:	2:58.76	36.81	350m:	4:12.39	36.93		
	100m:	1:08.91	36.11	200m:	2:21.95	36.30	300m:	3:35.46	36.70	400m:	4:47.06	34.67		
27.	Nowak Paulina				Tri-Team Rumia						+0,75	**4:48.97**	534	
	50m:	33.65	33.65	150m:	1:45.02	35.89	250m:	2:58.04	36.55	350m:	4:11.69	37.00		
	100m:	1:09.13	35.48	200m:	2:21.49	36.47	300m:	3:34.69	36.65	400m:	4:48.97	37.28		
28.	Stachowicz Ilona				Wodnik Krosno						+0,78	**4:49.29**	532	
	50m:	31.26	31.26	150m:	1:43.48	36.95	250m:	2:59.09	38.00	350m:	4:13.64	37.23		
	100m:	1:06.53	35.27	200m:	2:21.09	37.61	300m:	3:36.41	37.32	400m:	4:49.29	35.65		
29.	Tchorzewska Sabina				SMS Galicja Krakow						+0,61	**4:50.80**	524	
	50m:	32.36	32.36	150m:	1:45.19	36.89	250m:	2:59.51	37.15	350m:	4:14.19	37.46		
	100m:	1:08.30	35.94	200m:	2:22.36	37.17	300m:	3:36.73	37.22	400m:	4:50.80	36.61		
30.	Motor Magdalena				Sokol Rzeszow							**4:51.22**	522	
	50m:	32.84	32.84	150m:	1:46.08	37.02	250m:	3:00.67	37.33	350m:	4:15.67	37.36		
	100m:	1:09.06	36.22	200m:	2:23.34	37.26	300m:	3:38.31	37.64	400m:	4:51.22	35.55		
31.	Mazur Zuzanna				Slowianka Gorzow Wlkp.							**4:51.37**	521	
	50m:	32.61	32.61	150m:	1:45.74	36.84	250m:	3:00.52	37.50	350m:	4:15.53	37.83		
	100m:	1:08.90	36.29	200m:	2:23.02	37.28	300m:	3:37.70	37.18	400m:	4:51.37	35.84		
32.	Sosnowka Oliwia				Fala Krasnik						+0,78	**4:52.25**	516	
	50m:	32.68	32.68	150m:	1:47.10	37.62	250m:	3:01.70	37.28	350m:	4:16.51	37.55		
	100m:	1:09.48	36.80	200m:	2:24.42	37.32	300m:	3:38.96	37.26	400m:	4:52.25	35.74		
33.	Kasprzycka Nikola				KS Swim2Win Krosno						+0,42	**4:53.40**	510	
	50m:	32.96	32.96	150m:	1:47.66	37.74	250m:	3:03.43	37.86	350m:	4:18.06	37.13		
	100m:	1:09.92	36.96	200m:	2:25.57	37.91	300m:	3:40.93	37.50	400m:	4:53.40	35.34		

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Rank										RT	Time	Pts
34.	Lasisz Julia				MKP Szczecin					+0,77	**4:53.98**	507
	50m:	33.06	33.06	150m:	1:45.70	36.89	250m:	3:01.27	38.09	350m:	4:18.14	38.36
	100m:	1:08.81	35.75	200m:	2:23.18	37.48	300m:	3:39.78	38.51	400m:	4:53.98	35.84
35.	Grzybek Magdalena				KS Gornik Radlin						**4:54.82**	503
	50m:	32.77	32.77	150m:	1:46.71	37.57	250m:	3:02.95	38.39	350m:	4:18.69	37.69
	100m:	1:09.14	36.37	200m:	2:24.56	37.85	300m:	3:41.00	38.05	400m:	4:54.82	36.13
36.	Luszczewska Emilia				Juvenia Bialystok					+0,53	**4:56.89**	492
	50m:	32.32	32.32	150m:	1:45.88	37.43	250m:	3:02.06	38.68	350m:	4:19.54	38.97
	100m:	1:08.45	36.13	200m:	2:23.38	37.50	300m:	3:40.57	38.51	400m:	4:56.89	37.35
37.	Kleczek Maria				Gim-92 Ursynow W-wa					+0,62	**4:57.26**	491
	50m:	31.93	31.93	150m:	1:46.77	38.01	250m:	3:03.75	38.55	350m:	4:20.25	37.94
	100m:	1:08.76	36.83	200m:	2:25.20	38.43	300m:	3:42.31	38.56	400m:	4:57.26	37.01
38.	Pabisiak Helena				UKP Polonia Warszawa					+0,72	**4:57.35**	490
	50m:	33.10	33.10	150m:	1:47.47	37.76	250m:	3:02.72	37.62	350m:	4:19.55	38.84
	100m:	1:09.71	36.61	200m:	2:25.10	37.63	300m:	3:40.71	37.99	400m:	4:57.35	37.80
39.	Jawor Sandra				MKS Trojka Lodz					+0,82	**4:57.73**	488
	50m:	34.05	34.05	150m:	1:50.53	38.78	250m:	3:07.54	38.49	350m:	4:22.90	37.56
	100m:	1:11.75	37.70	200m:	2:29.05	38.52	300m:	3:45.34	37.80	400m:	4:57.73	34.83
40.	Srutwa Wiktoria				MKS Piaseczno					+0,69	**4:58.32**	485
	50m:	33.11	33.11	150m:	1:49.13	38.63	250m:	3:06.08	38.32	350m:	4:22.50	37.90
	100m:	1:10.50	37.39	200m:	2:27.76	38.63	300m:	3:44.60	38.52	400m:	4:58.32	35.82
41.	Lipinska Maja				Tri-Team Rumia					+0,71	**4:58.87**	483
	50m:	33.26	33.26	150m:	1:47.57	37.56	250m:	3:04.03	38.38	350m:	4:21.75	
	100m:	1:10.01	36.75	200m:	2:25.65	38.08	300m:			400m:	4:58.87	37.12
42.	Slotwinska Wiktoria				Wisla Pulawy					+0,73	**4:58.88**	483
	50m:	34.87	34.87	150m:	1:51.06	38.52	250m:	3:07.18	38.27	350m:	4:23.71	38.01
	100m:	1:12.54	37.67	200m:	2:28.91	37.85	300m:	3:45.70	38.52	400m:	4:58.88	35.17
43.	Domzol Zofia				Wlokniarz Kalisz					+0,76	**4:59.00**	482
	50m:	33.73	33.73	150m:	1:49.50	38.18	250m:	3:07.68	38.89	350m:	4:24.11	37.93
	100m:	1:11.32	37.59	200m:	2:28.79	39.29	300m:	3:46.18	38.50	400m:	4:59.00	34.89
44.	Pieczul Inga				Wodnik 29 Tychy						**4:59.66**	479
	50m:	33.13	33.13	150m:	1:48.39	38.34	250m:	3:04.96	38.22	350m:	4:22.03	38.43
	100m:	1:10.05	36.92	200m:	2:26.74	38.35	300m:	3:43.60	38.64	400m:	4:59.66	37.63
45.	Zawada Malwina				MKS Piaseczno					+0,75	**4:59.70**	479
	50m:	32.77	32.77	150m:	1:49.02	38.58	250m:	3:05.96	38.66	350m:	4:23.36	38.54
	100m:	1:10.44	37.67	200m:	2:27.30	38.28	300m:	3:44.82	38.86	400m:	4:59.70	36.34
46.	Matwin Julia				Unia Oswiecim					+0,71	**4:59.91**	478
	50m:	33.02	33.02	150m:	1:48.70	38.42	250m:	3:05.70	38.55	350m:	4:23.15	38.47
	100m:	1:10.28	37.26	200m:	2:27.15	38.45	300m:	3:44.68	38.98	400m:	4:59.91	36.76
47.	Onoszko Anna				Warta Poznan					+0,78	**5:02.48**	466
	50m:	34.90	34.90	150m:			250m:	3:09.84	38.51	350m:		
	100m:	1:13.36	38.46	200m:	2:31.33		300m:	3:48.81	38.97	400m:	5:02.48	
48.	Suchorab Zuzanna				AZS UMCS Lublin					+0,62	**5:02.72**	464
	50m:	34.54	34.54	150m:	1:51.45	38.82	250m:	3:09.14	38.68	350m:	4:26.50	38.83
	100m:	1:12.63	38.09	200m:	2:30.46	39.01	300m:	3:47.67	38.53	400m:	5:02.72	36.22
49.	Biszewska Gabriela				Olimpijczyk Suwalki					+0,70	**5:02.81**	464
	50m:	33.01	33.01	150m:	1:48.82	39.03	250m:	3:06.55	39.69	350m:	4:24.16	39.61
	100m:	1:09.79	36.78	200m:	2:26.86	38.04	300m:	3:44.55	38.00	400m:	5:02.81	38.65
50.	Kutz Natalia				Delfin Polaniec					+0,90	**5:04.29**	457
	50m:	33.92	33.92	150m:	1:50.84	39.15	250m:	3:08.05	38.30	350m:	4:26.40	38.77
	100m:	1:11.69	37.77	200m:	2:29.75	38.91	300m:	3:47.63	39.58	400m:	5:04.29	37.89

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Rank										RT	Time	Pts
51.	Kryza Maja				Unia Oswiecim					+0,74	**5:05.60**	451
	50m:	34.41	34.41	150m:	1:50.89	38.97	250m:	3:09.68	39.53	350m:	4:28.34	39.15
	100m:	1:11.92	37.51	200m:	2:30.15	39.26	300m:	3:49.19	39.51	400m:	5:05.60	37.26
52.	Nowicka Aleksandra				MTP Lublinianka					+0,54	**5:05.67**	451
	50m:	33.80	33.80	150m:	1:51.39	39.46	250m:	3:10.04	39.22	350m:	4:29.53	39.58
	100m:	1:11.93	38.13	200m:	2:30.82	39.43	300m:	3:49.95	39.91	400m:	5:05.67	36.14
53.	Adamus Wiktoria				Aligator Gorzyce					+0,79	**5:08.08**	441
	50m:	34.92	34.92	150m:	1:52.78	39.26	250m:	3:12.26	40.28	350m:	4:31.42	39.61
	100m:	1:13.52	38.60	200m:	2:31.98	39.20	300m:	3:51.81	39.55	400m:	5:08.08	36.66
54.	Gierach Oliwia				Wodnik-29 Katowice					+0,58	**5:10.78**	429
	50m:	34.94	34.94	150m:	1:52.83	39.49	250m:	3:12.06	39.75	350m:	4:31.48	39.14
	100m:	1:13.34	38.40	200m:	2:32.31	39.48	300m:	3:52.34	40.28	400m:	5:10.78	39.30
55.	Cwynar Karolina				Sokol Rzeszow					+0,67	**5:13.85**	417
	50m:	33.77	33.77	150m:	1:51.80	39.40	250m:	3:11.93	40.63	350m:	4:34.46	40.84
	100m:	1:12.40	38.63	200m:	2:31.30	39.50	300m:	3:53.62	41.69	400m:	5:13.85	39.39
56.	Pawlak Patrycja				WKS Slask Wroclaw						**5:14.22**	415
	50m:	34.62	34.62	150m:	1:52.63	39.48	250m:	3:13.41	40.94	350m:	4:35.23	40.53
	100m:	1:13.15	38.53	200m:	2:32.47	39.84	300m:	3:54.70	41.29	400m:	5:14.22	38.99
57.	Bacler Natalia				WKS Slask Wroclaw					+0,63	**5:16.36**	407
	50m:	34.56	34.56	150m:	1:52.91	40.22	250m:	3:14.24	40.76	350m:	4:36.74	41.07
	100m:	1:12.69	38.13	200m:	2:33.48	40.57	300m:	3:55.67	41.43	400m:	5:16.36	39.62
58.	Waszkiewicz Alicja				Delfin Inowroclaw					+0,75	**5:19.67**	394
	50m:	35.37	35.37	150m:	1:56.12	40.71	250m:	3:19.12	41.45	350m:	4:40.96	40.43
	100m:	1:15.41	40.04	200m:	2:37.67	41.55	300m:	4:00.53	41.41	400m:	5:19.67	38.71
59.	Laskus Martyna				UKS Ostrobramska						**5:19.87**	394
	50m:	36.42	36.42	150m:	1:57.40	40.97	250m:	3:20.13	41.27	350m:	4:42.19	41.25
	100m:	1:16.43	40.01	200m:	2:38.86	41.46	300m:	4:00.94	40.81	400m:	5:19.87	37.68
60.	Pasko Julia				Sokol Rzeszow					+0,65	**5:22.65**	384
	50m:	35.15	35.15	150m:	1:57.10	41.65	250m:	3:20.26	41.60	350m:	4:43.37	41.99
	100m:	1:15.45	40.30	200m:	2:38.66	41.56	300m:	4:01.38	41.12	400m:	5:22.65	39.28
61.	Grzybek Zofia				UKS Victoria Kozy					+0,63	**5:34.13**	345
	50m:	37.65	37.65	150m:	2:02.37	43.38	250m:	3:27.92	42.48	350m:	4:52.94	42.45
	100m:	1:18.99	41.34	200m:	2:45.44	43.07	300m:	4:10.49	42.57	400m:	5:34.13	41.19
62.	Szerszen Wiktoria				Rokita Brzeg Dolny					+0,65	**5:49.94**	300
	50m:	35.15	35.15	150m:	2:01.19	44.22	250m:	3:32.82	45.71	350m:	5:06.70	47.49
	100m:	1:16.97	41.82	200m:	2:47.11	45.92	300m:	4:19.21	46.39	400m:	5:49.94	43.24