

Arena Grand Prix Puchar Polski
Łódź, 9. - 10.11.2019Konkurencja 22
09.11.2019 - 17:56

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2019

Pozycja	Rok ur.	Czas	Pkt.
14 lat i starsi			
1. POLA SKA Aleksandra	00	4:05.79	862
50m: 28.52 28.52	150m: 1:30.29 31.14	250m: 2:32.44 30.97	350m: 3:34.45 31.04
100m: 59.15 30.63	200m: 2:01.47 31.18	300m: 3:03.41 30.97	400m: 4:05.79 31.34
2. PIECHOTA Paulina	99	4:10.12	818
50m: 28.84 28.84	150m: 1:30.64 31.20	250m: 2:33.48 31.35	350m: 3:38.04 32.41
100m: 59.44 30.60	200m: 2:02.13 31.49	300m: 3:05.63 32.15	400m: 4:10.12 32.08
3. KNOP Aleksandra	03	4:14.59	775
50m: 29.71 29.71	150m: 1:33.40 31.93	250m: 2:37.84 32.28	350m: 3:42.36 32.38
100m: 1:01.47 31.76	200m: 2:05.56 32.16	300m: 3:09.98 32.14	400m: 4:14.59 32.23
4. GU Wiktoria	04	4:16.76	756
50m: 29.25 29.25	150m: 1:32.07 31.74	250m: 2:37.11 32.68	350m: 3:43.66 33.22
100m: 1:00.33 31.08	200m: 2:04.43 32.36	300m: 3:10.44 33.33	400m: 4:16.76 33.10
5. KULIK Julia	05	4:21.50	715
50m: 29.96 29.96	150m: 1:35.47 32.86	250m: 2:41.77 33.14	350m: 3:48.70 33.46
100m: 1:02.61 32.65	200m: 2:08.63 33.16	300m: 3:15.24 33.47	400m: 4:21.50 32.80
6. NOWAK Maja	03	4:22.92	704
50m: 30.31 30.31	150m: 1:36.46 33.21	250m: 2:43.74 33.71	350m: 3:50.98 33.48
100m: 1:03.25 32.94	200m: 2:10.03 33.57	300m: 3:17.50 33.76	400m: 4:22.92 31.94
7. MIZIK Julia	04	4:23.34	700
50m: 29.41 29.41	150m: 1:35.10 32.97	250m: 2:41.71 33.35	350m: 3:49.74 34.13
100m: 1:02.13 32.72	200m: 2:08.36 33.26	300m: 3:15.61 33.90	400m: 4:23.34 33.60
8. HELLAK Emilia	03	4:25.07	687
50m: 30.38 30.38	150m: 1:37.27 33.65	250m: 2:44.54 33.69	350m: 3:52.16 33.68
100m: 1:03.62 33.24	200m: 2:10.85 33.58	300m: 3:18.48 33.94	400m: 4:25.07 32.91
9. RODA Dominika	02	4:25.60	683
50m: 31.03 31.03	150m: 1:38.43 33.84	250m: 2:46.02 33.84	350m: 3:53.29 33.33
100m: 1:04.59 33.56	200m: 2:12.18 33.75	300m: 3:19.96 33.94	400m: 4:25.60 32.31
10. SZEWCZYK Zofia	02	4:25.75	681
50m: 31.55 31.55	150m: 1:38.85 33.77	250m: 2:46.18 33.45	350m: 3:53.66 33.44
100m: 1:05.08 33.53	200m: 2:12.73 33.88	300m: 3:20.22 34.04	400m: 4:25.75 32.09
11. SZL K Katarzyna	02	4:25.83	681
50m: 30.92 30.92	150m: 1:38.00 33.77	250m: 2:45.63 33.64	350m: 3:53.00 33.79
100m: 1:04.23 33.31	200m: 2:11.99 33.99	300m: 3:19.21 33.58	400m: 4:25.83 32.83
12. PIECHOTA Karolina	01	4:25.94	680
50m: 31.29 31.29	150m: 1:37.64 33.32	250m: 2:44.61 33.62	350m: 3:52.57 33.95
100m: 1:04.32 33.03	200m: 2:10.99 33.35	300m: 3:18.62 34.01	400m: 4:25.94 33.37
13. URBAN Karolina	03	4:28.49	661
50m: 31.62 31.62	150m: 1:38.89 33.65	250m: 2:46.69 33.99	350m: 3:54.37 33.78
100m: 1:05.24 33.62	200m: 2:12.70 33.81	300m: 3:20.59 33.90	400m: 4:28.49 34.12
14. MO D AN Milena	03	4:28.86	658
50m: 32.60 32.60	150m: 1:41.00 34.05	250m: 2:48.33 33.65	350m: 3:55.57 33.48
100m: 1:06.95 34.35	200m: 2:14.68 33.68	300m: 3:22.09 33.76	400m: 4:28.86 33.29
15. MAZURKIEWICZ Barbara	01	4:29.23	655
50m: 30.68 30.68	150m: 1:38.78 34.06	250m: 2:47.47 34.17	350m: 3:55.75 33.89
100m: 1:04.72 34.04	200m: 2:13.30 34.52	300m: 3:21.86 34.39	400m: 4:29.23 33.48



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Konkurencja 22, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
16.	MRO EK Weronika		04	MKP Szczecin			4:30.32	647	
	50m: 31.21	31.21	150m: 1:38.49	34.02	250m: 2:47.44	34.52	350m: 3:56.77	34.82	
	100m: 1:04.47	33.26	200m: 2:12.92	34.43	300m: 3:21.95	34.51	400m: 4:30.32	33.55	
17.	WRZESI SKA Wiktoria		04	UKS 190 Łódź			4:30.39	647	
	50m: 31.12	31.12	150m: 1:39.39	34.33	250m: 2:48.34	34.26	350m: 3:57.24	34.56	
	100m: 1:05.06	33.94	200m: 2:14.08	34.69	300m: 3:22.68	34.34	400m: 4:30.39	33.15	
18.	KOSI SKA Dominika		01	AZS AWF Katowice			4:30.62	645	
	50m: 32.47	32.47	150m: 1:42.96	35.25	250m: 2:52.48	34.39	350m: 3:59.42	33.32	
	100m: 1:07.71	35.24	200m: 2:18.09	35.13	300m: 3:26.10	33.62	400m: 4:30.62	31.20	
19.	KRASZEWSKA Martyna		05	MTP Kormoran Olsztyn			4:31.79	637	
	50m: 31.12	31.12	150m: 1:40.50	34.84	250m: 2:50.54	34.95	350m: 3:59.09	34.36	
	100m: 1:05.66	34.54	200m: 2:15.59	35.09	300m: 3:24.73	34.19	400m: 4:31.79	32.70	
20.	MAKSYMOWICZ Nina		05	UKS G-8 Bielany Warszawa			4:31.83	637	
	50m: 30.64	30.64	150m: 1:40.07	34.78	250m: 2:50.63	34.86	350m: 3:59.57	34.04	
	100m: 1:05.29	34.65	200m: 2:15.77	35.70	300m: 3:25.53	34.90	400m: 4:31.83	32.26	
21.	MARCINKOWSKA Maja		05	MKS Jedyńka Łódź			4:31.96	636	
	50m: 31.98	31.98	150m: 1:40.29	34.63	250m: 2:49.69	34.78	350m: 3:58.71	34.25	
	100m: 1:05.66	33.68	200m: 2:14.91	34.62	300m: 3:24.46	34.77	400m: 4:31.96	33.25	
22.	SIWKO Natalia		04	KU AZS UMCS Lublin			4:32.16	634	
	50m: 31.78	31.78	150m: 1:40.65	34.63	250m: 2:50.25	34.82	350m: 3:59.45	34.50	
	100m: 1:06.02	34.24	200m: 2:15.43	34.78	300m: 3:24.95	34.70	400m: 4:32.16	32.71	
23.	HAŁADYN Karolina		03	UKS 190 Łódź			4:32.60	631	
	50m: 31.82	31.82	150m: 1:40.63	34.62	250m: 2:50.30	34.75	350m: 3:59.02	34.18	
	100m: 1:06.01	34.19	200m: 2:15.55	34.92	300m: 3:24.84	34.54	400m: 4:32.60	33.58	
24.	GARBARCZYK Weronika		03	MKP Szczecin			4:32.66	631	
	50m: 30.98	30.98	150m: 1:38.94	34.11	250m: 2:48.37	34.72	350m: 3:58.47	35.23	
	100m: 1:04.83	33.85	200m: 2:13.65	34.71	300m: 3:23.24	34.87	400m: 4:32.66	34.19	
25.	KOSSOWSKA Julita		05	UKS 190 Łódź			4:34.62	618	
	50m: 31.98	31.98	150m: 1:41.31	34.91	250m: 2:51.12	35.10	350m: 3:57.99	32.65	
	100m: 1:06.40	34.42	200m: 2:16.02	34.71	300m: 3:25.34	34.22	400m: 4:34.62	36.63	
26.	WO NICA Milena		04	UKS abianka Gdańsk			4:35.22	613	
	50m: 31.41	31.41	150m: 1:41.36	35.19	250m: 2:51.45	35.02	350m: 4:01.42	34.88	
	100m: 1:06.17	34.76	200m: 2:16.43	35.07	300m: 3:26.54	35.09	400m: 4:35.22	33.80	
27.	BEDNAREK Aleksandra		98	UKS SP-149 Łódź			4:35.67	610	
	50m: 31.66	31.66	150m: 1:39.82	34.45	250m: 2:50.36	34.87	350m: 4:01.45	35.36	
	100m: 1:05.37	33.71	200m: 2:15.49	35.67	300m: 3:26.09	35.73	400m: 4:35.67	34.22	
28.	GAWEDZKA Natalia		05	UKS MOS Ełk			4:35.71	610	
	50m: 32.48	32.48	150m: 1:42.74	35.53	250m: 2:53.35	35.09	350m: 4:03.18	34.98	
	100m: 1:07.21	34.73	200m: 2:18.26	35.52	300m: 3:28.20	34.85	400m: 4:35.71	32.53	
29.	ŁYSAKOWSKA Julia		01	KU AZS UMCS Lublin			4:35.78	610	
	50m: 32.09	32.09	150m: 1:41.37	34.79	250m: 2:51.25	35.12	350m: 4:01.23	35.32	
	100m: 1:06.58	34.49	200m: 2:16.13	34.76	300m: 3:25.91	34.66	400m: 4:35.78	34.55	
30.	MICIAK Agata		02	MKP „SŁOWIANKA” Gorzów Wlkp.			4:36.99	602	
	50m: 31.59	31.59	150m: 1:40.91	34.95	250m: 2:51.31	35.37	350m: 4:02.33	35.19	
	100m: 1:05.96	34.37	200m: 2:15.94	35.03	300m: 3:27.14	35.83	400m: 4:36.99	34.66	
31.	MIERNIK Wiktoria		04	UKP Unia Oświęcim			4:37.20	600	
	50m: 32.23	32.23	150m: 1:42.76	35.19	250m: 2:53.77	35.29	350m: 4:04.29	35.15	
	100m: 1:07.57	35.34	200m: 2:18.48	35.72	300m: 3:29.14	35.37	400m: 4:37.20	32.91	



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32.	AK Amelia		04	UKP Unia O wi cim			4:37.44	599	
	50m:	32.30 32.30	150m:	1:42.44 35.19	250m:	2:53.40 35.27	350m:	4:03.92 35.14	
	100m:	1:07.25 34.95	200m:	2:18.13 35.69	300m:	3:28.78 35.38	400m:	4:37.44 33.52	
33.	PIOTROWICZ Maja		02	KU AZS UMCS Lublin			4:37.87	596	
	50m:	30.40 30.40	150m:	1:37.72 34.15	250m:	2:48.01 35.45	350m:	4:00.12 36.18	
	100m:	1:03.57 33.17	200m:	2:12.56 34.84	300m:	3:23.94 35.93	400m:	4:37.87 37.75	
34.	MALINO Julia		04	UKS „ORKA” Zamo			4:37.94	596	
	50m:	32.06 32.06	150m:	1:40.97 34.92	250m:	2:50.92 35.26	350m:	4:02.56 35.85	
	100m:	1:06.05 33.99	200m:	2:15.66 34.69	300m:	3:26.71 35.79	400m:	4:37.94 35.38	
35.	SUJKOWSKA Roksana		05	MTP Kormoran Olsztyn			4:38.46	592	
	50m:	32.67 32.67	150m:	1:43.74 35.74	250m:	2:54.57 35.06	350m:	4:05.05 35.20	
	100m:	1:08.00 35.33	200m:	2:19.51 35.77	300m:	3:29.85 35.28	400m:	4:38.46 33.41	
36.	MACIEJEWSKA Beata		03	UKS SP-149 Łódź			4:39.82	584	
	50m:	32.51 32.51	150m:	1:43.10 35.43	250m:	2:54.58 35.62	350m:	4:05.61 35.12	
	100m:	1:07.67 35.16	200m:	2:18.96 35.86	300m:	3:30.49 35.91	400m:	4:39.82 34.21	
37.	NOCO Dominika		02	UKP Unia O wi cim			4:39.87	583	
	50m:	31.59 31.59	150m:	1:40.51 34.77	250m:	2:51.26 35.65	350m:	4:03.59 36.25	
	100m:	1:05.74 34.15	200m:	2:15.61 35.10	300m:	3:27.34 36.08	400m:	4:39.87 36.28	
38.	KOŁODZIEJCZYK Oliwia		03	KU AZS UMCS Lublin			4:40.75	578	
	50m:	31.78 31.78	150m:	1:41.85 35.58	250m:	2:53.91 36.53	350m:	4:05.70 35.75	
	100m:	1:06.27 34.49	200m:	2:17.38 35.53	300m:	3:29.95 36.04	400m:	4:40.75 35.05	
39.	TOFIL Emilia		05	KS Delfin Gdynia			4:41.35	574	
	50m:	32.40 32.40	150m:	1:43.75 35.81	250m:	2:55.33 35.81	350m:	4:07.22 35.95	
	100m:	1:07.94 35.54	200m:	2:19.52 35.77	300m:	3:31.27 35.94	400m:	4:41.35 34.13	
40.	HRAPKOWICZ Klaudia		04	UKP Unia O wi cim			4:41.80	571	
	50m:	32.15 32.15	150m:	1:43.11 35.96	250m:	2:55.52 36.31	350m:	4:07.57 36.03	
	100m:	1:07.15 35.00	200m:	2:19.21 36.10	300m:	3:31.54 36.02	400m:	4:41.80 34.23	
41.	RACZY SKA Wiktoria		04	AZS Łódź			4:41.95	571	
	50m:	31.89 31.89	150m:	1:43.34 35.89	250m:	2:55.49 36.22	350m:	4:06.81 35.64	
	100m:	1:07.45 35.56	200m:	2:19.27 35.93	300m:	3:31.17 35.68	400m:	4:41.95 35.14	
42.	SAMORAJ Oliwia		05	MKS Piaseczno			4:43.14	563	
	50m:	31.94 31.94	150m:	1:43.66 36.56	250m:	2:56.12 36.24	350m:	4:08.45 35.58	
	100m:	1:07.10 35.16	200m:	2:19.88 36.22	300m:	3:32.87 36.75	400m:	4:43.14 34.69	
43.	KIERUZEL Martyna		05	MKS Jedyńka Łódź			4:43.20	563	
	50m:	33.27 33.27	150m:	1:45.50 36.10	250m:	2:57.52 36.04	350m:	4:08.88 35.78	
	100m:	1:09.40 36.13	200m:	2:21.48 35.98	300m:	3:33.10 35.58	400m:	4:43.20 34.32	
44.	POTEMKA Justyna		04	MKS Jedyńka Łódź			4:44.76	554	
	50m:	31.91 31.91	150m:	1:42.52 35.78	250m:	2:55.88 36.98	350m:	4:09.18 36.49	
	100m:	1:06.74 34.83	200m:	2:18.90 36.38	300m:	3:32.69 36.81	400m:	4:44.76 35.58	
45.	JAKUBIK Julia		05	UKP Unia O wi cim			4:44.81	554	
	50m:	32.09 32.09	150m:	1:43.66 36.24	250m:	2:56.65 36.74	350m:	4:09.56 36.48	
	100m:	1:07.42 35.33	200m:	2:19.91 36.25	300m:	3:33.08 36.43	400m:	4:44.81 35.25	
46.	TOMASZEWSKA Aleksandra		99	St. Lok. SALOS Cortile Kielce			4:47.52	538	
	50m:	31.34 31.34	150m:	1:41.16 35.40	250m:	2:54.20 36.71	350m:	4:09.67 38.29	
	100m:	1:05.76 34.42	200m:	2:17.49 36.33	300m:	3:31.38 37.18	400m:	4:47.52 37.85	
47.	DYDUCH Martyna		04	UKP Unia O wi cim			4:48.52	532	
	50m:	33.20 33.20	150m:	1:45.37 36.37	250m:	2:58.93 36.89	350m:	4:12.70 36.78	
	100m:	1:09.00 35.80	200m:	2:22.04 36.67	300m:	3:35.92 36.99	400m:	4:48.52 35.82	



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Pozycja			Rok ur.					Czas	Pkt.		
48.	WODECKA Roksana		03	UKS 190 Łódź				4:48.72	531		
	50m:	32.96 32.96	150m:	1:47.04	37.14	250m:	3:00.16	36.18	350m:	4:13.01	36.28
	100m:	1:09.90 36.94	200m:	2:23.98	36.94	300m:	3:36.73	36.57	400m:	4:48.72	35.71
49.	BUKOWSKA Olga		05	MKS „Pałac Młodzieży”				4:49.85	525		
	50m:	33.48 33.48	150m:	1:46.18	36.85	250m:	3:00.67	37.40	350m:	4:14.50	36.73
	100m:	1:09.33 35.85	200m:	2:23.27	37.09	300m:	3:37.77	37.10	400m:	4:49.85	35.35
50.	HAŁADYN Kamila		04	UKS SP-149 Łódź				4:49.90	525		
	50m:	31.60 31.60	150m:	1:44.57	37.27	250m:	2:59.30	37.21	350m:	4:14.32	37.66
	100m:	1:07.30 35.70	200m:	2:22.09	37.52	300m:	3:36.66	37.36	400m:	4:49.90	35.58
51.	NOWAK Paulina		05	UKS Tri-Team Rumia				4:50.22	523		
	50m:	33.77 33.77	150m:	1:47.38	36.90	250m:	3:01.90	37.10	350m:	4:14.64	36.46
	100m:	1:10.48 36.71	200m:	2:24.80	37.42	300m:	3:38.18	36.28	400m:	4:50.22	35.58
52.	WITEK Oliwia		04	MKS Jedynka Łódź				4:52.54	511		
	50m:	33.11 33.11	150m:	1:46.01	36.98	250m:	3:00.86	37.55	350m:	4:15.90	37.50
	100m:	1:09.03 35.92	200m:	2:23.31	37.30	300m:	3:38.40	37.54	400m:	4:52.54	36.64
53.	SZYNAL Amelia		03	Uks Skarpa Lublin				4:52.56	511		
	50m:	33.49 33.49	150m:	1:47.61	37.42	250m:	3:02.50	37.06	350m:	4:16.79	37.13
	100m:	1:10.19 36.70	200m:	2:25.44	37.83	300m:	3:39.66	37.16	400m:	4:52.56	35.77
54.	SYSIO Zuzanna		04	MUKS Wodnik Łask				4:56.16	492		
	50m:	32.93 32.93	150m:	1:46.53	37.50	250m:	3:02.28	38.10	350m:	4:19.24	37.84
	100m:	1:09.03 36.10	200m:	2:24.18	37.65	300m:	3:41.40	39.12	400m:	4:56.16	36.92
55.	KOWACKA Aleksandra		04	UKS SP-149 Łódź				4:57.04	488		
	50m:	33.38 33.38	150m:	1:49.02	38.61	250m:	3:05.35	38.65	350m:	4:20.67	37.62
	100m:	1:10.41 37.03	200m:	2:26.70	37.68	300m:	3:43.05	37.70	400m:	4:57.04	36.37
56.	GRZEGORCZYK Maja		05	UKS MOS Ełk				4:58.51	481		
	50m:	32.85 32.85	150m:	1:48.59	38.53	250m:	3:05.37	38.11	350m:	4:21.82	37.98
	100m:	1:10.06 37.21	200m:	2:27.26	38.67	300m:	3:43.84	38.47	400m:	4:58.51	36.69
57.	PABISIAK Helena		05	UKP „Polonia Warszawa”				5:00.75	470		
	50m:	32.76 32.76	150m:	1:48.48	38.39	250m:	3:06.21	39.06	350m:	4:23.29	38.30
	100m:	1:10.09 37.33	200m:	2:27.15	38.67	300m:	3:44.99	38.78	400m:	5:00.75	37.46
58.	LIWOWSKA Maria		03	UKS Piłka Konstantynów Łódzki				5:03.02	460		
	50m:	32.88 32.88	150m:	1:49.62	38.88	250m:	3:07.33	38.03	350m:	4:26.19	39.30
	100m:	1:10.74 37.86	200m:	2:29.30	39.68	300m:	3:46.89	39.56	400m:	5:03.02	36.83
59.	ZAWADA Malwina		05	MKS Piaseczno				5:04.43	453		
	50m:	33.67 33.67	150m:	1:50.05	38.33	250m:	3:08.14	39.17	350m:	4:26.05	39.37
	100m:	1:11.72 38.05	200m:	2:28.97	38.92	300m:	3:46.68	38.54	400m:	5:04.43	38.38
60.	PETERA Patrycja		04	UKS Piłka Konstantynów Łódzki				5:13.89	413		
	50m:	33.85 33.85	150m:	1:52.59	40.18	250m:	3:13.16	40.59	350m:	4:34.31	40.54
	100m:	1:12.41 38.56	200m:	2:32.57	39.98	300m:	3:53.77	40.61	400m:	5:13.89	39.58
NIE UK.	WUSZTER Iga		04	KP MZOS Płock							
	50m:	32.69 32.69	150m:	1:51.11	40.36	250m:	3:24.35	52.45	350m:		
	100m:	1:10.75 38.06	200m:	2:31.90	40.79	300m:	4:55.54	1:31.19	400m:		

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Konkurencja 22, Kobiety, 400m dowolny

17 - 18 lat

1.	RODA Dominika	02	MKP Szczecin	4:25.60	683
	50m: 31.03 31.03	150m: 1:38.43 33.84	250m: 2:46.02 33.84	350m: 3:53.29 33.33	
	100m: 1:04.59 33.56	200m: 2:12.18 33.75	300m: 3:19.96 33.94	400m: 4:25.60 32.31	
2.	SZEWCZYK Zofia	02	UKP Fala Kra nik	4:25.75	681
	50m: 31.55 31.55	150m: 1:38.85 33.77	250m: 2:46.18 33.45	350m: 3:53.66 33.44	
	100m: 1:05.08 33.53	200m: 2:12.73 33.88	300m: 3:20.22 34.04	400m: 4:25.75 32.09	
3.	SZL K Katarzyna	02	KU AZS Politechniki Łódzkiej	4:25.83	681
	50m: 30.92 30.92	150m: 1:38.00 33.77	250m: 2:45.63 33.64	350m: 3:53.00 33.79	
	100m: 1:04.23 33.31	200m: 2:11.99 33.99	300m: 3:19.21 33.58	400m: 4:25.83 32.83	
4.	PIECHOTA Karolina	01	UKS 190 Łódź	4:25.94	680
	50m: 31.29 31.29	150m: 1:37.64 33.32	250m: 2:44.61 33.62	350m: 3:52.57 33.95	
	100m: 1:04.32 33.03	200m: 2:10.99 33.35	300m: 3:18.62 34.01	400m: 4:25.94 33.37	
5.	MAZURKIEWICZ Barbara	01	KU AZS UMCS Lublin	4:29.23	655
	50m: 30.68 30.68	150m: 1:38.78 34.06	250m: 2:47.47 34.17	350m: 3:55.75 33.89	
	100m: 1:04.72 34.04	200m: 2:13.30 34.52	300m: 3:21.86 34.39	400m: 4:29.23 33.48	
6.	KOSI SKA Dominika	01	AZS AWF Katowice	4:30.62	645
	50m: 32.47 32.47	150m: 1:42.96 35.25	250m: 2:52.48 34.39	350m: 3:59.42 33.32	
	100m: 1:07.71 35.24	200m: 2:18.09 35.13	300m: 3:26.10 33.62	400m: 4:30.62 31.20	
7.	ŁYSAKOWSKA Julia	01	KU AZS UMCS Lublin	4:35.78	610
	50m: 32.09 32.09	150m: 1:41.37 34.79	250m: 2:51.25 35.12	350m: 4:01.23 35.32	
	100m: 1:06.58 34.49	200m: 2:16.13 34.76	300m: 3:25.91 34.66	400m: 4:35.78 34.55	
8.	MICIAK Agata	02	MKP „SŁOWIANKA” Gorzów Wlkp.	4:36.99	602
	50m: 31.59 31.59	150m: 1:40.91 34.95	250m: 2:51.31 35.37	350m: 4:02.33 35.19	
	100m: 1:05.96 34.37	200m: 2:15.94 35.03	300m: 3:27.14 35.83	400m: 4:36.99 34.66	
9.	PIOTROWICZ Maja	02	KU AZS UMCS Lublin	4:37.87	596
	50m: 30.40 30.40	150m: 1:37.72 34.15	250m: 2:48.01 35.45	350m: 4:00.12 36.18	
	100m: 1:03.57 33.17	200m: 2:12.56 34.84	300m: 3:23.94 35.93	400m: 4:37.87 37.75	
10.	NOCO Dominika	02	UKP Unia O wi cim	4:39.87	583
	50m: 31.59 31.59	150m: 1:40.51 34.77	250m: 2:51.26 35.65	350m: 4:03.59 36.25	
	100m: 1:05.74 34.15	200m: 2:15.61 35.10	300m: 3:27.34 36.08	400m: 4:39.87 36.28	

16 lat

1.	KNOP Aleksandra	03	UKS 190 Łódź	4:14.59	775
	50m: 29.71 29.71	150m: 1:33.40 31.93	250m: 2:37.84 32.28	350m: 3:42.36 32.38	
	100m: 1:01.47 31.76	200m: 2:05.56 32.16	300m: 3:09.98 32.14	400m: 4:14.59 32.23	
2.	NOWAK Maja	03	AZS AWF Warszawa	4:22.92	704
	50m: 30.31 30.31	150m: 1:36.46 33.21	250m: 2:43.74 33.71	350m: 3:50.98 33.48	
	100m: 1:03.25 32.94	200m: 2:10.03 33.57	300m: 3:17.50 33.76	400m: 4:22.92 31.94	
3.	HELLAK Emilia	03	WKS I sk Wrocław	4:25.07	687
	50m: 30.38 30.38	150m: 1:37.27 33.65	250m: 2:44.54 33.69	350m: 3:52.16 33.68	
	100m: 1:03.62 33.24	200m: 2:10.85 33.58	300m: 3:18.48 33.94	400m: 4:25.07 32.91	
4.	URBAN Karolina	03	UKS „Ósemka” Starogard Gda ski	4:28.49	661
	50m: 31.62 31.62	150m: 1:38.89 33.65	250m: 2:46.69 33.99	350m: 3:54.37 33.78	
	100m: 1:05.24 33.62	200m: 2:12.70 33.81	300m: 3:20.59 33.90	400m: 4:28.49 34.12	
5.	MO D AN Milena	03	MKP Szczecin	4:28.86	658
	50m: 32.60 32.60	150m: 1:41.00 34.05	250m: 2:48.33 33.65	350m: 3:55.57 33.48	
	100m: 1:06.95 34.35	200m: 2:14.68 33.68	300m: 3:22.09 33.76	400m: 4:28.86 33.29	



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Konkurencja 22, Dziewcz t, 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
6.	HAŁADYN Karolina		03	UKS 190 Łódź				4:32.60	631
	50m:	31.82 31.82	150m:	1:40.63 34.62	250m:	2:50.30 34.75	350m:	3:59.02 34.18	
	100m:	1:06.01 34.19	200m:	2:15.55 34.92	300m:	3:24.84 34.54	400m:	4:32.60 33.58	
7.	GARBARCZYK Weronika		03	MKP Szczecin				4:32.66	631
	50m:	30.98 30.98	150m:	1:38.94 34.11	250m:	2:48.37 34.72	350m:	3:58.47 35.23	
	100m:	1:04.83 33.85	200m:	2:13.65 34.71	300m:	3:23.24 34.87	400m:	4:32.66 34.19	
8.	MACIEJEWSKA Beata		03	UKS SP-149 Łódź				4:39.82	584
	50m:	32.51 32.51	150m:	1:43.10 35.43	250m:	2:54.58 35.62	350m:	4:05.61 35.12	
	100m:	1:07.67 35.16	200m:	2:18.96 35.86	300m:	3:30.49 35.91	400m:	4:39.82 34.21	
9.	KOŁODZIEJCZYK Oliwia		03	KU AZS UMCS Lublin				4:40.75	578
	50m:	31.78 31.78	150m:	1:41.85 35.58	250m:	2:53.91 36.53	350m:	4:05.70 35.75	
	100m:	1:06.27 34.49	200m:	2:17.38 35.53	300m:	3:29.95 36.04	400m:	4:40.75 35.05	
10.	WODECKA Roksana		03	UKS 190 Łódź				4:48.72	531
	50m:	32.96 32.96	150m:	1:47.04 37.14	250m:	3:00.16 36.18	350m:	4:13.01 36.28	
	100m:	1:09.90 36.94	200m:	2:23.98 36.94	300m:	3:36.73 36.57	400m:	4:48.72 35.71	
11.	SZYNAL Amelia		03	Uks Skarpa Lublin				4:52.56	511
	50m:	33.49 33.49	150m:	1:47.61 37.42	250m:	3:02.50 37.06	350m:	4:16.79 37.13	
	100m:	1:10.19 36.70	200m:	2:25.44 37.83	300m:	3:39.66 37.16	400m:	4:52.56 35.77	
12.	LIWOWSKA Maria		03	UKS Pi tka Konstantynów Łódzki				5:03.02	460
	50m:	32.88 32.88	150m:	1:49.62 38.88	250m:	3:07.33 38.03	350m:	4:26.19 39.30	
	100m:	1:10.74 37.86	200m:	2:29.30 39.68	300m:	3:46.89 39.56	400m:	5:03.02 36.83	

15 lat

1.	GU Wiktoria		04	UKS „Delfin” Piotrków Trybunalski				4:16.76	756
	50m:	29.25 29.25	150m:	1:32.07 31.74	250m:	2:37.11 32.68	350m:	3:43.66 33.22	
	100m:	1:00.33 31.08	200m:	2:04.43 32.36	300m:	3:10.44 33.33	400m:	4:16.76 33.10	
2.	MIZIK Julia		04	UKS Manta Warszawa Włochy				4:23.34	700
	50m:	29.41 29.41	150m:	1:35.10 32.97	250m:	2:41.71 33.35	350m:	3:49.74 34.13	
	100m:	1:02.13 32.72	200m:	2:08.36 33.26	300m:	3:15.61 33.90	400m:	4:23.34 33.60	
3.	MRO EK Weronika		04	MKP Szczecin				4:30.32	647
	50m:	31.21 31.21	150m:	1:38.49 34.02	250m:	2:47.44 34.52	350m:	3:56.77 34.82	
	100m:	1:04.47 33.26	200m:	2:12.92 34.43	300m:	3:21.95 34.51	400m:	4:30.32 33.55	
4.	WRZESI SKA Wiktoria		04	UKS 190 Łódź				4:30.39	647
	50m:	31.12 31.12	150m:	1:39.39 34.33	250m:	2:48.34 34.26	350m:	3:57.24 34.56	
	100m:	1:05.06 33.94	200m:	2:14.08 34.69	300m:	3:22.68 34.34	400m:	4:30.39 33.15	
5.	SIWKO Natalia		04	KU AZS UMCS Lublin				4:32.16	634
	50m:	31.78 31.78	150m:	1:40.65 34.63	250m:	2:50.25 34.82	350m:	3:59.45 34.50	
	100m:	1:06.02 34.24	200m:	2:15.43 34.78	300m:	3:24.95 34.70	400m:	4:32.16 32.71	
6.	WO NICA Milena		04	UKS abianka Gda sk				4:35.22	613
	50m:	31.41 31.41	150m:	1:41.36 35.19	250m:	2:51.45 35.02	350m:	4:01.42 34.88	
	100m:	1:06.17 34.76	200m:	2:16.43 35.07	300m:	3:26.54 35.09	400m:	4:35.22 33.80	
7.	MIERNIK Wiktoria		04	UKP Unia O wi cim				4:37.20	600
	50m:	32.23 32.23	150m:	1:42.76 35.19	250m:	2:53.77 35.29	350m:	4:04.29 35.15	
	100m:	1:07.57 35.34	200m:	2:18.48 35.72	300m:	3:29.14 35.37	400m:	4:37.20 32.91	
8.	AK Amelia		04	UKP Unia O wi cim				4:37.44	599
	50m:	32.30 32.30	150m:	1:42.44 35.19	250m:	2:53.40 35.27	350m:	4:03.92 35.14	
	100m:	1:07.25 34.95	200m:	2:18.13 35.69	300m:	3:28.78 35.38	400m:	4:37.44 33.52	



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Konkurencja 22, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.			
9.	MALINO	Julia	04	UKS „ORKA” Zamo				4:37.94	596			
	50m:	32.06	32.06	150m:	1:40.97	34.92	250m:	2:50.92	35.26	350m:	4:02.56	35.85
	100m:	1:06.05	33.99	200m:	2:15.66	34.69	300m:	3:26.71	35.79	400m:	4:37.94	35.38
10.	HRAPKOWICZ	Klaudia	04	UKP Unia O wi cim				4:41.80	571			
	50m:	32.15	32.15	150m:	1:43.11	35.96	250m:	2:55.52	36.31	350m:	4:07.57	36.03
	100m:	1:07.15	35.00	200m:	2:19.21	36.10	300m:	3:31.54	36.02	400m:	4:41.80	34.23
11.	RACZY	SKA Wiktoria	04	AZS Łódź				4:41.95	571			
	50m:	31.89	31.89	150m:	1:43.34	35.89	250m:	2:55.49	36.22	350m:	4:06.81	35.64
	100m:	1:07.45	35.56	200m:	2:19.27	35.93	300m:	3:31.17	35.68	400m:	4:41.95	35.14
12.	POTEMKA	Justyna	04	MKS Jedyńka Łódź				4:44.76	554			
	50m:	31.91	31.91	150m:	1:42.52	35.78	250m:	2:55.88	36.98	350m:	4:09.18	36.49
	100m:	1:06.74	34.83	200m:	2:18.90	36.38	300m:	3:32.69	36.81	400m:	4:44.76	35.58
13.	DYDUCH	Martyna	04	UKP Unia O wi cim				4:48.52	532			
	50m:	33.20	33.20	150m:	1:45.37	36.37	250m:	2:58.93	36.89	350m:	4:12.70	36.78
	100m:	1:09.00	35.80	200m:	2:22.04	36.67	300m:	3:35.92	36.99	400m:	4:48.52	35.82
14.	HAŁADYN	Kamila	04	UKS SP-149 Łódź				4:49.90	525			
	50m:	31.60	31.60	150m:	1:44.57	37.27	250m:	2:59.30	37.21	350m:	4:14.32	37.66
	100m:	1:07.30	35.70	200m:	2:22.09	37.52	300m:	3:36.66	37.36	400m:	4:49.90	35.58
15.	WITEK	Oliwia	04	MKS Jedyńka Łódź				4:52.54	511			
	50m:	33.11	33.11	150m:	1:46.01	36.98	250m:	3:00.86	37.55	350m:	4:15.90	37.50
	100m:	1:09.03	35.92	200m:	2:23.31	37.30	300m:	3:38.40	37.54	400m:	4:52.54	36.64
16.	SYSIO	Zuzanna	04	MUKS Wodnik Łask				4:56.16	492			
	50m:	32.93	32.93	150m:	1:46.53	37.50	250m:	3:02.28	38.10	350m:	4:19.24	37.84
	100m:	1:09.03	36.10	200m:	2:24.18	37.65	300m:	3:41.40	39.12	400m:	4:56.16	36.92
17.	KOWACKA	Aleksandra	04	UKS SP-149 Łódź				4:57.04	488			
	50m:	33.38	33.38	150m:	1:49.02	38.61	250m:	3:05.35	38.65	350m:	4:20.67	37.62
	100m:	1:10.41	37.03	200m:	2:26.70	37.68	300m:	3:43.05	37.70	400m:	4:57.04	36.37
18.	PETERA	Patrycja	04	UKS Pi tka Konstancynów Łódzki				5:13.89	413			
	50m:	33.85	33.85	150m:	1:52.59	40.18	250m:	3:13.16	40.59	350m:	4:34.31	40.54
	100m:	1:12.41	38.56	200m:	2:32.57	39.98	300m:	3:53.77	40.61	400m:	5:13.89	39.58
NIE UK.	WUSZTER	Iga	04	KP MZOS Płock								
	50m:	32.69	32.69	150m:	1:51.11	40.36	250m:	3:24.35	52.45	350m:		
	100m:	1:10.75	38.06	200m:	2:31.90	40.79	300m:	4:55.54	1:31.19	400m:		

14 lat

1.	KULIK	Julia	05	UKS GOS Raszyn				4:21.50	715			
	50m:	29.96	29.96	150m:	1:35.47	32.86	250m:	2:41.77	33.14	350m:	3:48.70	33.46
	100m:	1:02.61	32.65	200m:	2:08.63	33.16	300m:	3:15.24	33.47	400m:	4:21.50	32.80
2.	KRASZEWSKA	Martyna	05	MTP Kormoran Olsztyn				4:31.79	637			
	50m:	31.12	31.12	150m:	1:40.50	34.84	250m:	2:50.54	34.95	350m:	3:59.09	34.36
	100m:	1:05.66	34.54	200m:	2:15.59	35.09	300m:	3:24.73	34.19	400m:	4:31.79	32.70
3.	MAKSYMOWICZ	Nina	05	UKS G-8 Bielany Warszawa				4:31.83	637			
	50m:	30.64	30.64	150m:	1:40.07	34.78	250m:	2:50.63	34.86	350m:	3:59.57	34.04
	100m:	1:05.29	34.65	200m:	2:15.77	35.70	300m:	3:25.53	34.90	400m:	4:31.83	32.26
4.	MARCINKOWSKA	Maja	05	MKS Jedyńka Łódź				4:31.96	636			
	50m:	31.98	31.98	150m:	1:40.29	34.63	250m:	2:49.69	34.78	350m:	3:58.71	34.25
	100m:	1:05.66	33.68	200m:	2:14.91	34.62	300m:	3:24.46	34.77	400m:	4:31.96	33.25



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Konkurencja 22, Dziewcz t, 400m dowolny, 14 lat

Pozycja			Rok ur.				Czas				Pkt.
5.	KOSSOWSKA Julita		05	UKS 190 Łódź			4:34.62				618
	50m:	31.98 31.98	150m:	1:41.31 34.91	250m:	2:51.12 35.10	350m:	3:57.99 32.65	400m:	4:34.62 36.63	
	100m:	1:06.40 34.42	200m:	2:16.02 34.71	300m:	3:25.34 34.22					
6.	GAWEDZKA Natalia		05	UKS MOS Ełk			4:35.71				610
	50m:	32.48 32.48	150m:	1:42.74 35.53	250m:	2:53.35 35.09	350m:	4:03.18 34.98	400m:	4:35.71 32.53	
	100m:	1:07.21 34.73	200m:	2:18.26 35.52	300m:	3:28.20 34.85					
7.	SUJKOWSKA Roksana		05	MTP Kormoran Olsztyn			4:38.46				592
	50m:	32.67 32.67	150m:	1:43.74 35.74	250m:	2:54.57 35.06	350m:	4:05.05 35.20	400m:	4:38.46 33.41	
	100m:	1:08.00 35.33	200m:	2:19.51 35.77	300m:	3:29.85 35.28					
8.	TOFIL Emilia		05	KS Delfin Gdynia			4:41.35				574
	50m:	32.40 32.40	150m:	1:43.75 35.81	250m:	2:55.33 35.81	350m:	4:07.22 35.95	400m:	4:41.35 34.13	
	100m:	1:07.94 35.54	200m:	2:19.52 35.77	300m:	3:31.27 35.94					
9.	SAMORAJ Oliwia		05	MKS Piaseczno			4:43.14				563
	50m:	31.94 31.94	150m:	1:43.66 36.56	250m:	2:56.12 36.24	350m:	4:08.45 35.58	400m:	4:43.14 34.69	
	100m:	1:07.10 35.16	200m:	2:19.88 36.22	300m:	3:32.87 36.75					
10.	KIERUZEL Martyna		05	MKS Jedyńka Łódź			4:43.20				563
	50m:	33.27 33.27	150m:	1:45.50 36.10	250m:	2:57.52 36.04	350m:	4:08.88 35.78	400m:	4:43.20 34.32	
	100m:	1:09.40 36.13	200m:	2:21.48 35.98	300m:	3:33.10 35.58					
11.	JAKUBIK Julia		05	UKP Unia O wi cim			4:44.81				554
	50m:	32.09 32.09	150m:	1:43.66 36.24	250m:	2:56.65 36.74	350m:	4:09.56 36.48	400m:	4:44.81 35.25	
	100m:	1:07.42 35.33	200m:	2:19.91 36.25	300m:	3:33.08 36.43					
12.	BUKOWSKA Olga		05	MKS „Pałac Młodzie y”			4:49.85				525
	50m:	33.48 33.48	150m:	1:46.18 36.85	250m:	3:00.67 37.40	350m:	4:14.50 36.73	400m:	4:49.85 35.35	
	100m:	1:09.33 35.85	200m:	2:23.27 37.09	300m:	3:37.77 37.10					
13.	NOWAK Paulina		05	UKS Tri-Team Rumia			4:50.22				523
	50m:	33.77 33.77	150m:	1:47.38 36.90	250m:	3:01.90 37.10	350m:	4:14.64 36.46	400m:	4:50.22 35.58	
	100m:	1:10.48 36.71	200m:	2:24.80 37.42	300m:	3:38.18 36.28					
14.	GRZEGORCZYK Maja		05	UKS MOS Ełk			4:58.51				481
	50m:	32.85 32.85	150m:	1:48.59 38.53	250m:	3:05.37 38.11	350m:	4:21.82 37.98	400m:	4:58.51 36.69	
	100m:	1:10.06 37.21	200m:	2:27.26 38.67	300m:	3:43.84 38.47					
15.	PABISIAK Helena		05	UKP „Polonia Warszawa”			5:00.75				470
	50m:	32.76 32.76	150m:	1:48.48 38.39	250m:	3:06.21 39.06	350m:	4:23.29 38.30	400m:	5:00.75 37.46	
	100m:	1:10.09 37.33	200m:	2:27.15 38.67	300m:	3:44.99 38.78					
16.	ZAWADA Malwina		05	MKS Piaseczno			5:04.43				453
	50m:	33.67 33.67	150m:	1:50.05 38.33	250m:	3:08.14 39.17	350m:	4:26.05 39.37	400m:	5:04.43 38.38	
	100m:	1:11.72 38.05	200m:	2:28.97 38.92	300m:	3:46.68 38.54					