



ARENA Grand Prix Puchar Polski  
Ostrowiec wi tokrzyski, 27. - 28.2.2021

Konkurencja 10  
27.02.2021 - 16:00

Kobiet, 400m zmienny

Open  
Wyniki

Minimum kwal do IO Tokio 2021 (standard "A") : 4:38.53

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
14 lat			
1. SOBCZAK Antonina	07 MKP Warszawianka	<b>5:25.18</b>	549
50m: 34.84 34.84	150m: 1:58.15 42.08	250m: 3:25.10 46.43	350m: 4:50.23 36.98
100m: 1:16.07 41.23	200m: 2:38.67 40.52	300m: 4:13.25 48.15	400m: 5:25.18 34.95
2. K DZIOR Pola	07 KS OLIMPIA Lublin	<b>5:26.25</b>	544
50m: 36.70 36.70	150m: 1:59.97 44.23	250m: 3:28.99 45.64	350m: 4:50.57 37.74
100m: 1:15.74 39.04	200m: 2:43.35 43.38	300m: 4:12.83 43.84	400m: 5:26.25 35.68
3. JAINTA Sara	07 DOKiS SP Vega Dobrodzie	<b>5:33.10</b>	511
50m: 35.08 35.08	150m: 1:56.67 41.89	250m: 3:28.93 50.44	350m: 4:56.76 38.07
100m: 1:14.78 39.70	200m: 2:38.49 41.82	300m: 4:18.69 49.76	400m: 5:33.10 36.34
4. DENISIEWICZ Zuzanna	07 UKS NAWA Skierniewice	<b>5:35.24</b>	501
50m: 36.80 36.80	150m: 2:01.37 42.53	250m: 3:29.77 46.51	350m: 4:56.53 40.66
100m: 1:18.84 42.04	200m: 2:43.26 41.89	300m: 4:15.87 46.10	400m: 5:35.24 38.71
5. SIEDLEWSKA Marcelina	07 UKS ABIANKA Gda sk	<b>5:44.75</b>	461
50m: 35.72 35.72	150m: 2:04.20 44.44	250m: 3:37.45 49.42	350m: 5:07.30 41.37
100m: 1:19.76 44.04	200m: 2:48.03 43.83	300m: 4:25.93 48.48	400m: 5:44.75 37.45
6. RUTKOWSKA Aneta	07 UKS SP-149 Łód	<b>5:50.70</b>	438
50m: 35.17 35.17	150m: 2:05.38 46.91	250m: 3:39.68 48.61	350m: 5:10.24 39.40
100m: 1:18.47 43.30	200m: 2:51.07 45.69	300m: 4:30.84 51.16	400m: 5:50.70 40.46
7. DZI GIEL Marta	07 UKS Manta Warszawa Włochy	<b>5:55.45</b>	420
50m: 36.95 36.95	150m: 2:05.26 45.81	250m: 3:44.55 53.85	350m: 5:16.90 39.39
100m: 1:19.45 42.50	200m: 2:50.70 45.44	300m: 4:37.51 52.96	400m: 5:55.45 38.55
8. BARON Antonina	07 MKS Park Wodny Tarnowskie Góry	<b>6:01.01</b>	401
50m: 37.80 37.80	150m: 2:12.94 51.93	250m: 3:51.10 48.81	350m: 5:22.18 41.55
100m: 1:21.01 43.21	200m: 3:02.29 49.35	300m: 4:40.63 49.53	400m: 6:01.01 38.83
15 lat			
1. RAKOWSKA Marta	06 UKS MOS w Opolu	<b>5:07.23</b>	651
50m: 34.14 34.14	150m: 1:53.92 41.42	250m: 3:16.50 43.91	350m: 4:35.56 35.29
100m: 1:12.50 38.36	200m: 2:32.59 38.67	300m: 4:00.27 43.77	400m: 5:07.23 31.67
2. KRÓL Gabriela	06 KS WISŁA Puławy	<b>5:08.44</b>	644
50m: 32.19 32.19	150m: 1:50.37 40.52	250m: 3:13.87 44.57	350m: 4:33.88 36.28
100m: 1:09.85 37.66	200m: 2:29.30 38.93	300m: 3:57.60 43.73	400m: 5:08.44 34.56
3. JANDOVÁ Daniela	06 Klub plaveckých sport Ostrava, z.s.	<b>5:16.24</b>	597
50m: 35.38 35.38	150m: 1:54.58 40.44	250m: 3:21.41 47.14	350m: 4:42.83 35.94
100m: 1:14.14 38.76	200m: 2:34.27 39.69	300m: 4:06.89 45.48	400m: 5:16.24 33.41
4. LECHOWSKA Magdalena	06 WKS I sk Wrocław	<b>5:17.08</b>	592
50m: 33.02 33.02	150m: 1:53.21 41.45	250m: 3:19.21 44.75	350m: 4:42.75 37.68
100m: 1:11.76 38.74	200m: 2:34.46 41.25	300m: 4:05.07 45.86	400m: 5:17.08 34.33
5. KAMI SKA Zuzanna	06 KS KSZO Ostrowiec w.	<b>5:18.40</b>	585
50m: 34.87 34.87	150m: 1:57.72 42.26	250m: 3:21.98 42.98	350m: 4:42.74 38.11
100m: 1:15.46 40.59	200m: 2:39.00 41.28	300m: 4:04.63 42.65	400m: 5:18.40 35.66
6. GŁOWACKA Weronika	06 IKS Konstancin	<b>5:20.85</b>	572
50m: 32.57 32.57	150m: 1:54.53 44.51	250m: 3:22.43 43.49	350m: 4:44.90 38.07
100m: 1:10.02 37.45	200m: 2:38.94 44.41	300m: 4:06.83 44.40	400m: 5:20.85 35.95
7. MACIAK Julia	06 IUKS MUSZELKA Warszawa	<b>5:21.71</b>	567
50m: 33.24 33.24	150m: 1:53.45 42.01	250m: 3:24.40 51.65	350m: 4:48.55 34.54
100m: 1:11.44 38.20	200m: 2:32.75 39.30	300m: 4:14.01 49.61	400m: 5:21.71 33.16





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Konkurencja 10, Dziewcz t, 400m zmienny, 15 lat

Pozycja			Rok ur.						Czas	Pkt.
8.	NIKIEL Natalia		06	MKS Park Wodny Tarnowskie Góry					<b>5:30.99</b>	521
	50m: 35.72	35.72	150m: 1:56.89	42.70	250m: 3:28.49	49.24	350m: 4:53.90		38.63	
	100m: 1:14.19	38.47	200m: 2:39.25	42.36	300m: 4:15.27	46.78	400m: 5:30.99		37.09	
9.	RULEWSKA Julia		06	UKS ÓSEMKA Starogard Gda ski					<b>5:31.08</b>	520
	50m: 34.71	34.71	150m: 1:58.51	44.83	250m: 3:31.34	48.15	350m: 4:54.68		38.14	
	100m: 1:13.68	38.97	200m: 2:43.19	44.68	300m: 4:16.54	45.20	400m: 5:31.08		36.40	
10.	PAWEŁEK Zuzanna		06	KP SOKÓŁ Rzeszów					<b>5:38.08</b>	489
	50m: 34.95	34.95	150m: 2:01.00	45.68	250m: 3:34.60	49.47	350m: 5:02.01		37.62	
	100m: 1:15.32	40.37	200m: 2:45.13	44.13	300m: 4:24.39	49.79	400m: 5:38.08		36.07	
11.	WILANOWSKA Karina		06	UKP POLONIA Warszawa					<b>5:38.98</b>	485
	50m: 35.21	35.21	150m: 2:00.23	42.47	250m: 3:30.39	49.14	350m: 5:00.64		40.48	
	100m: 1:17.76	42.55	200m: 2:41.25	41.02	300m: 4:20.16	49.77	400m: 5:38.98		38.34	

16 lat

1.	POZNA SKA Justyna		05	MKS JEDYNKA Łód					<b>5:05.54</b>	662
	50m: 32.21	32.21	150m: 1:48.89	39.06	250m: 3:10.98	44.39	350m: 4:31.55		35.80	
	100m: 1:09.83	37.62	200m: 2:26.59	37.70	300m: 3:55.75	44.77	400m: 5:05.54		33.99	
2.	KLUSEK Aleksandra		05	UKP POLONIA Warszawa					<b>5:10.89</b>	628
	50m: 33.10	33.10	150m: 1:49.21	39.82	250m: 3:13.76	44.96	350m: 4:36.54		36.46	
	100m: 1:09.39	36.29	200m: 2:28.80	39.59	300m: 4:00.08	46.32	400m: 5:10.89		34.35	
3.	PAROL Olga		05	UKS ABIANKA Gda sk					<b>5:12.95</b>	616
	50m: 33.78	33.78	150m: 1:53.68	42.45	250m: 3:20.43	46.35	350m: 4:39.79		35.72	
	100m: 1:11.23	37.45	200m: 2:34.08	40.40	300m: 4:04.07	43.64	400m: 5:12.95		33.16	
4.	KOWALSKA Zuzanna		05	KU AZS UMCS Lublin					<b>5:14.92</b>	605
	50m: 32.67	32.67	150m: 1:53.78	42.47	250m: 3:17.34	43.42	350m: 4:39.81		37.90	
	100m: 1:11.31	38.64	200m: 2:33.92	40.14	300m: 4:01.91	44.57	400m: 5:14.92		35.11	
5.	ZI BA Anastazja		05	MTKP DELFIN Toru					<b>5:20.56</b>	573
	50m: 34.23	34.23	150m: 1:54.06	42.67	250m: 3:21.89	46.22	350m: 4:45.41		38.30	
	100m: 1:11.39	37.16	200m: 2:35.67	41.61	300m: 4:07.11	45.22	400m: 5:20.56		35.15	
6.	ŁUSZCZEWSKA Emilia		05	KU AZS UMCS Lublin					<b>5:24.09</b>	555
	50m: 33.87	33.87	150m: 1:57.72	42.85	250m: 3:25.25	46.20	350m: 4:48.61		36.97	
	100m: 1:14.87	41.00	200m: 2:39.05	41.33	300m: 4:11.64	46.39	400m: 5:24.09		35.48	
7.	TUPALSKA Oliwia		05	UKP POLONIA Warszawa					<b>5:25.08</b>	550
	50m: 32.64	32.64	150m: 1:55.80	43.76	250m: 3:23.89	47.22	350m: 4:48.83		37.55	
	100m: 1:12.04	39.40	200m: 2:36.67	40.87	300m: 4:11.28	47.39	400m: 5:25.08		36.25	
8.	KORAL Milena		05	UKS AQUATICA Pawłowice					<b>5:38.32</b>	488
	50m: 35.19	35.19	150m: 1:59.63	44.21	250m: 3:31.27	47.98	350m: 4:59.65		39.92	
	100m: 1:15.42	40.23	200m: 2:43.29	43.66	300m: 4:19.73	48.46	400m: 5:38.32		38.67	
9.	SOSNÓWKA Oliwia		05	UKP FALA Kra nik					<b>6:03.14</b>	394
	50m: 35.01	35.01	150m: 2:08.85	51.84	250m: 3:51.42	54.15	350m: 5:23.67		41.91	
	100m: 1:17.01	42.00	200m: 2:57.27	48.42	300m: 4:41.76	50.34	400m: 6:03.14		39.47	
DYSKW.	BURDYN Dominika		05	KU AZS UMCS Lublin						
	<i>K15 - Pływak nie dotkn ł ciany dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>									
DYSKW.	KOWALSKA Klara		05	KU AZS UMCS Lublin						
	<i>G7 - Pływak znajdował si w pozycji na piersiach po opuszczaniu ciany nawrotowej.</i>									





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Ostrowiec wi tokrzyski, 27. - 28.2.2021



Konkurencja 10, Kobiet, 400m zmienny

17 - 18 lat

1.	FAMULOK Zuzanna	03	UKP UNIA O wi cim	<b>4:52.86</b>	752
	50m: 30.89 30.89	150m: 1:44.39 38.98	250m: 3:04.16 41.72	350m: 4:20.47 35.41	
	100m: 1:05.41 34.52	200m: 2:22.44 38.05	300m: 3:45.06 40.90	400m: 4:52.86 32.39	
2.	KLIMEK Marta	03	UKP UNIA O wi cim	<b>5:06.56</b>	655
	50m: 32.98 32.98	150m: 1:51.20 39.66	250m: 3:16.52 46.85	350m: 4:35.08 31.85	
	100m: 1:11.54 38.56	200m: 2:29.67 38.47	300m: 4:03.23 46.71	400m: 5:06.56 31.48	
3.	NOWAK Maja	03	AZS AWF Warszawa	<b>5:10.67</b>	630
	50m: 33.28 33.28	150m: 1:51.42 39.82	250m: 3:17.41 46.81	350m: 4:38.31 34.29	
	100m: 1:11.60 38.32	200m: 2:30.60 39.18	300m: 4:04.02 46.61	400m: 5:10.67 32.36	
4.	BEDNARZ Julia	04	UKS ORKA Zamo	<b>5:10.74</b>	629
	50m: 32.25 32.25	150m: 1:52.15 40.86	250m: 3:15.23 42.45	350m: 4:35.20 35.44	
	100m: 1:11.29 39.04	200m: 2:32.78 40.63	300m: 3:59.76 44.53	400m: 5:10.74 35.54	
5.	CYGAN Julia	04	MKS ASTORIA Bydgoszcz	<b>5:11.34</b>	626
	50m: 33.14 33.14	150m: 1:53.07 40.43	250m: 3:16.03 42.11	350m: 4:36.10 36.76	
	100m: 1:12.64 39.50	200m: 2:33.92 40.85	300m: 3:59.34 43.31	400m: 5:11.34 35.24	
6.	DRAGAN Julia	04	KS OLIMPIA Lublin	<b>5:13.39</b>	613
	<i>Rekord Polski osób niesłyszących kat. SENIOR, kat. JUNIOR 17-lat</i>				
	50m: 33.84 33.84	150m: 1:55.62 41.95	250m: 3:20.78 44.11	350m: 4:39.90 35.01	
	100m: 1:13.67 39.83	200m: 2:36.67 41.05	300m: 4:04.89 44.11	400m: 5:13.39 33.49	
7.	PISKORSKA Adela	03	UKS SHARK Rudna	<b>5:14.80</b>	605
	50m: 31.71 31.71	150m: 1:51.79 40.45	250m: 3:16.68 46.07	350m: 4:39.34 37.03	
	100m: 1:11.34 39.63	200m: 2:30.61 38.82	300m: 4:02.31 45.63	400m: 5:14.80 35.46	
8.	WRZESI SKA Wiktoria	04	UKS 190 Łód	<b>5:14.82</b>	605
	50m: 33.82 33.82	150m: 1:54.47 42.89	250m: 3:19.20 44.21	350m: 4:39.81 35.97	
	100m: 1:11.58 37.76	200m: 2:34.99 40.52	300m: 4:03.84 44.64	400m: 5:14.82 35.01	
9.	JAVORKOVÁ Kamila	04	TJ Slávie Chomutov	<b>5:15.83</b>	599
	50m: 34.23 34.23	150m: 1:55.28 41.87	250m: 3:20.84 43.99	350m: 4:41.57 35.93	
	100m: 1:13.41 39.18	200m: 2:36.85 41.57	300m: 4:05.64 44.80	400m: 5:15.83 34.26	
10.	GANCARZ Julia	03	WKS I sk Wrocław	<b>5:17.30</b>	591
	50m: 32.62 32.62	150m: 1:51.99 40.53	250m: 3:19.71 46.83	350m: 4:42.50 36.03	
	100m: 1:11.46 38.84	200m: 2:32.88 40.89	300m: 4:06.47 46.76	400m: 5:17.30 34.80	
11.	CIOCH-GRADZIK Wiktoria	03	KU AZS UMCS Lublin	<b>5:19.82</b>	577
	50m: 33.64 33.64	150m: 1:55.75 41.97	250m: 3:25.27 46.63	350m: 4:45.42 35.29	
	100m: 1:13.78 40.14	200m: 2:38.64 42.89	300m: 4:10.13 44.86	400m: 5:19.82 34.40	
12.	SIWKO Natalia	04	KU AZS UMCS Lublin	<b>5:20.58</b>	573
	50m: 34.56 34.56	150m: 1:55.71 42.00	250m: 3:24.40 47.96	350m: 4:47.12 36.51	
	100m: 1:13.71 39.15	200m: 2:36.44 40.73	300m: 4:10.61 46.21	400m: 5:20.58 33.46	
13.	MACIEJEWSKA Beata	03	UKS SP-149 Łód	<b>5:20.62</b>	573
	50m: 34.43 34.43	150m: 1:56.40 42.09	250m: 3:23.42 46.89	350m: 4:44.89 37.13	
	100m: 1:14.31 39.88	200m: 2:36.53 40.13	300m: 4:07.76 44.34	400m: 5:20.62 35.73	
14.	SIOMA Zuzanna	04	UKS ORKA Zamo	<b>5:21.05</b>	571
	50m: 35.49 35.49	150m: 1:54.83 40.49	250m: 3:21.62 46.55	350m: 4:44.56 37.93	
	100m: 1:14.34 38.85	200m: 2:35.07 40.24	300m: 4:06.63 45.01	400m: 5:21.05 36.49	
15.	HAŁADYN Kamila	04	UKS SP-149 Łód	<b>5:30.13</b>	525
	50m: 33.35 33.35	150m: 1:55.62 43.95	250m: 3:27.92 49.61	350m: 4:54.99 37.27	
	100m: 1:11.67 38.32	200m: 2:38.31 42.69	300m: 4:17.72 49.80	400m: 5:30.13 35.14	
16.	FIRA Weronika	04	SIKRET Gliwice	<b>5:33.48</b>	509
	50m: 35.74 35.74	150m: 2:01.35 43.17	250m: 3:30.74 48.62	350m: 4:56.78 37.08	
	100m: 1:18.18 42.44	200m: 2:42.12 40.77	300m: 4:19.70 48.96	400m: 5:33.48 36.70	
17.	KIERAGA Patrycja	04	MKS POLONIA Warszawa	<b>5:43.20</b>	467
	50m: 34.17 34.17	150m: 1:59.21 43.89	250m: 3:30.43 46.84	350m: 5:02.96 43.15	
	100m: 1:15.32 41.15	200m: 2:43.59 44.38	300m: 4:19.81 49.38	400m: 5:43.20 40.24	





ARENA Grand Prix Puchar Polski  
Ostrowiec wi tokrzyski, 27. - 28.2.2021

Konkurencja 10, Kobiet, 400m zmienny, 17 - 18 lat

Pozycja				Rok ur.					Czas	Pkt.		
18.	NOWAK Oliwia			04	UKS GIM 92 Ursynów				<b>5:44.06</b>	463		
	50m:	35.92	35.92	150m:	2:02.86	44.91	250m:	3:35.41	47.06	350m:	5:03.51	41.12
	100m:	1:17.95	42.03	200m:	2:48.35	45.49	300m:	4:22.39	46.98	400m:	5:44.06	40.55
DYSKW.	BIDNIK Wiktoria			04	UKS GIM 92 Ursynów							
	<i>G7 - Pływak znajdował się w pozycji na piersiach po opuszczeniu ciany nawrotowej., / Z3</i>											
Open												
1.	FAMULOK Zuzanna			03	UKP UNIA O wi cim				<b>4:52.86</b>	752		
	50m:	30.89	30.89	150m:	1:44.39	38.98	250m:	3:04.16	41.72	350m:	4:20.47	35.41
	100m:	1:05.41	34.52	200m:	2:22.44	38.05	300m:	3:45.06	40.90	400m:	4:52.86	32.39
2.	PARADOWSKA Kinga			01	MUKS PI TNASTKA Bydgoszcz				<b>4:56.76</b>	723		
	50m:	31.58	31.58	150m:	1:46.87	40.02	250m:	3:09.68	42.61	350m:	4:24.76	33.29
	100m:	1:06.85	35.27	200m:	2:27.07	40.20	300m:	3:51.47	41.79	400m:	4:56.76	32.00
3.	W GRZYNOWSKA Aleksandra			01	WKS I sk Wrocław				<b>4:57.18</b>	720		
	50m:	30.65	30.65	150m:	1:44.82	38.66	250m:	3:07.26	44.40	350m:	4:25.68	33.20
	100m:	1:06.16	35.51	200m:	2:22.86	38.04	300m:	3:52.48	45.22	400m:	4:57.18	31.50
4.	PIECHOTA Paulina			99	UKS 190 Łódź				<b>5:03.52</b>	675		
	50m:	32.48	32.48	150m:	1:48.47	41.52	250m:	3:11.38	43.82	350m:	4:30.18	34.38
	100m:	1:06.95	34.47	200m:	2:27.56	39.09	300m:	3:55.80	44.42	400m:	5:03.52	33.34
5.	POZNA SKA Justyna			05	MKS JEDYNKA Łódź				<b>5:05.54</b>	662		
	50m:	32.21	32.21	150m:	1:48.89	39.06	250m:	3:10.98	44.39	350m:	4:31.55	35.80
	100m:	1:09.83	37.62	200m:	2:26.59	37.70	300m:	3:55.75	44.77	400m:	5:05.54	33.99
6.	KLIMEK Marta			03	UKP UNIA O wi cim				<b>5:06.56</b>	655		
	50m:	32.98	32.98	150m:	1:51.20	39.66	250m:	3:16.52	46.85	350m:	4:35.08	31.85
	100m:	1:11.54	38.56	200m:	2:29.67	38.47	300m:	4:03.23	46.71	400m:	5:06.56	31.48
7.	DZWONNIK Zuzanna			00	UKS 190 Łódź				<b>5:06.84</b>	654		
	50m:	32.65	32.65	150m:	1:49.72	39.81	250m:	3:12.40	43.64	350m:	4:31.60	35.59
	100m:	1:09.91	37.26	200m:	2:28.76	39.04	300m:	3:56.01	43.61	400m:	5:06.84	35.24
8.	RAKOWSKA Marta			06	UKS MOS w Opolu				<b>5:07.23</b>	651		
	50m:	34.14	34.14	150m:	1:53.92	41.42	250m:	3:16.50	43.91	350m:	4:35.56	35.29
	100m:	1:12.50	38.36	200m:	2:32.59	38.67	300m:	4:00.27	43.77	400m:	5:07.23	31.67
9.	NOWAK Zuzanna			02	UKP UNIA O wi cim				<b>5:07.26</b>	651		
	50m:	32.29	32.29	150m:	1:48.97	40.39	250m:	3:13.90	45.48	350m:	4:34.92	35.71
	100m:	1:08.58	36.29	200m:	2:28.42	39.45	300m:	3:59.21	45.31	400m:	5:07.26	32.34
10.	KRÓL Gabriela			06	KS WISŁA Puławy				<b>5:08.44</b>	644		
	50m:	32.19	32.19	150m:	1:50.37	40.52	250m:	3:13.87	44.57	350m:	4:33.88	36.28
	100m:	1:09.85	37.66	200m:	2:29.30	38.93	300m:	3:57.60	43.73	400m:	5:08.44	34.56
11.	NOWAK Maja			03	AZS AWF Warszawa				<b>5:10.67</b>	630		
	50m:	33.28	33.28	150m:	1:51.42	39.82	250m:	3:17.41	46.81	350m:	4:38.31	34.29
	100m:	1:11.60	38.32	200m:	2:30.60	39.18	300m:	4:04.02	46.61	400m:	5:10.67	32.36
12.	BEDNARZ Julia			04	UKS ORKA Zamo				<b>5:10.74</b>	629		
	50m:	32.25	32.25	150m:	1:52.15	40.86	250m:	3:15.23	42.45	350m:	4:35.20	35.44
	100m:	1:11.29	39.04	200m:	2:32.78	40.63	300m:	3:59.76	44.53	400m:	5:10.74	35.54
13.	KLUSEK Aleksandra			05	UKP POLONIA Warszawa				<b>5:10.89</b>	628		
	50m:	33.10	33.10	150m:	1:49.21	39.82	250m:	3:13.76	44.96	350m:	4:36.54	36.46
	100m:	1:09.39	36.29	200m:	2:28.80	39.59	300m:	4:00.08	46.32	400m:	5:10.89	34.35
14.	CYGAN Julia			04	MKS ASTORIA Bydgoszcz				<b>5:11.34</b>	626		
	50m:	33.14	33.14	150m:	1:53.07	40.43	250m:	3:16.03	42.11	350m:	4:36.10	36.76
	100m:	1:12.64	39.50	200m:	2:33.92	40.85	300m:	3:59.34	43.31	400m:	5:11.34	35.24
15.	PAROL Olga			05	UKS ABIANKA Gda sk				<b>5:12.95</b>	616		
	50m:	33.78	33.78	150m:	1:53.68	42.45	250m:	3:20.43	46.35	350m:	4:39.79	35.72
	100m:	1:11.23	37.45	200m:	2:34.08	40.40	300m:	4:04.07	43.64	400m:	5:12.95	33.16





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Pozycja		Rok ur.						Czas	Pkt.
16.	DRAGAN Julia	04	KS OLIMPIA Lublin					<b>5:13.39</b>	613
	<i>Rekord Polski osób niesłyszących kat. SENIOR, kat. JUNIOR 17-lat</i>								
	50m: 33.84 33.84	150m: 1:55.62	41.95	250m: 3:20.78	44.11	350m: 4:39.90	35.01		
	100m: 1:13.67 39.83	200m: 2:36.67	41.05	300m: 4:04.89	44.11	400m: 5:13.39	33.49		
17.	SVOBODOVÁ Michaela	01	Plavecký klub Slávia VŠ Plzeň z.s.					<b>5:13.58</b>	612
	50m: 32.02 32.02	150m: 1:50.69	41.55	250m: 3:17.90	45.83	350m: 4:38.57	35.68		
	100m: 1:09.14 37.12	200m: 2:32.07	41.38	300m: 4:02.89	44.99	400m: 5:13.58	35.01		
18.	SOBIAK Zuzanna	02	WKS I sk Wrocław					<b>5:14.11</b>	609
	50m: 32.88 32.88	150m: 1:50.96	40.41	250m: 3:16.64	46.88	350m: 4:39.67	35.45		
	100m: 1:10.55 37.67	200m: 2:29.76	38.80	300m: 4:04.22	47.58	400m: 5:14.11	34.44		
19.	PIOTROWICZ Maja	02	KU AZS UMCS Lublin					<b>5:14.48</b>	607
	50m: 33.54 33.54	150m: 1:54.40	41.71	250m: 3:19.66	44.52	350m: 4:42.24	37.26		
	100m: 1:12.69 39.15	200m: 2:35.14	40.74	300m: 4:04.98	45.32	400m: 5:14.48	32.24		
20.	PISKORSKA Adela	03	UKS SHARK Rudna					<b>5:14.80</b>	605
	50m: 31.71 31.71	150m: 1:51.79	40.45	250m: 3:16.68	46.07	350m: 4:39.34	37.03		
	100m: 1:11.34 39.63	200m: 2:30.61	38.82	300m: 4:02.31	45.63	400m: 5:14.80	35.46		
21.	WRZESI SKA Wiktoria	04	UKS 190 Łódź					<b>5:14.82</b>	605
	50m: 33.82 33.82	150m: 1:54.47	42.89	250m: 3:19.20	44.21	350m: 4:39.81	35.97		
	100m: 1:11.58 37.76	200m: 2:34.99	40.52	300m: 4:03.84	44.64	400m: 5:14.82	35.01		
22.	KOWALSKA Zuzanna	05	KU AZS UMCS Lublin					<b>5:14.92</b>	605
	50m: 32.67 32.67	150m: 1:53.78	42.47	250m: 3:17.34	43.42	350m: 4:39.81	37.90		
	100m: 1:11.31 38.64	200m: 2:33.92	40.14	300m: 4:01.91	44.57	400m: 5:14.92	35.11		
23.	JAVORKOVÁ Kamila	04	TJ Slávie Chomutov					<b>5:15.83</b>	599
	50m: 34.23 34.23	150m: 1:55.28	41.87	250m: 3:20.84	43.99	350m: 4:41.57	35.93		
	100m: 1:13.41 39.18	200m: 2:36.85	41.57	300m: 4:05.64	44.80	400m: 5:15.83	34.26		
24.	JANDOVÁ Daniela	06	Klub plaveckých sport Ostrava, z.s.					<b>5:16.24</b>	597
	50m: 35.38 35.38	150m: 1:54.58	40.44	250m: 3:21.41	47.14	350m: 4:42.83	35.94		
	100m: 1:14.14 38.76	200m: 2:34.27	39.69	300m: 4:06.89	45.48	400m: 5:16.24	33.41		
25.	LECHOWSKA Magdalena	06	WKS I sk Wrocław					<b>5:17.08</b>	592
	50m: 33.02 33.02	150m: 1:53.21	41.45	250m: 3:19.21	44.75	350m: 4:42.75	37.68		
	100m: 1:11.76 38.74	200m: 2:34.46	41.25	300m: 4:05.07	45.86	400m: 5:17.08	34.33		
26.	GANCARZ Julia	03	WKS I sk Wrocław					<b>5:17.30</b>	591
	50m: 32.62 32.62	150m: 1:51.99	40.53	250m: 3:19.71	46.83	350m: 4:42.50	36.03		
	100m: 1:11.46 38.84	200m: 2:32.88	40.89	300m: 4:06.47	46.76	400m: 5:17.30	34.80		
27.	KAMI SKA Zuzanna	06	KS KSZO Ostrowiec w.					<b>5:18.40</b>	585
	50m: 34.87 34.87	150m: 1:57.72	42.26	250m: 3:21.98	42.98	350m: 4:42.74	38.11		
	100m: 1:15.46 40.59	200m: 2:39.00	41.28	300m: 4:04.63	42.65	400m: 5:18.40	35.66		
28.	CIOCH-GRADZIK Wiktoria	03	KU AZS UMCS Lublin					<b>5:19.82</b>	577
	50m: 33.64 33.64	150m: 1:55.75	41.97	250m: 3:25.27	46.63	350m: 4:45.42	35.29		
	100m: 1:13.78 40.14	200m: 2:38.64	42.89	300m: 4:10.13	44.86	400m: 5:19.82	34.40		
29.	ZI BA Anastazja	05	MTKP DELFIN Toruń					<b>5:20.56</b>	573
	50m: 34.23 34.23	150m: 1:54.06	42.67	250m: 3:21.89	46.22	350m: 4:45.41	38.30		
	100m: 1:11.39 37.16	200m: 2:35.67	41.61	300m: 4:07.11	45.22	400m: 5:20.56	35.15		
30.	SIWKO Natalia	04	KU AZS UMCS Lublin					<b>5:20.58</b>	573
	50m: 34.56 34.56	150m: 1:55.71	42.00	250m: 3:24.40	47.96	350m: 4:47.12	36.51		
	100m: 1:13.71 39.15	200m: 2:36.44	40.73	300m: 4:10.61	46.21	400m: 5:20.58	33.46		
31.	MACIEJEWSKA Beata	03	UKS SP-149 Łódź					<b>5:20.62</b>	573
	50m: 34.43 34.43	150m: 1:56.40	42.09	250m: 3:23.42	46.89	350m: 4:44.89	37.13		
	100m: 1:14.31 39.88	200m: 2:36.53	40.13	300m: 4:07.76	44.34	400m: 5:20.62	35.73		
32.	GŁOWACKA Weronika	06	IKS Konstancin					<b>5:20.85</b>	572
	50m: 32.57 32.57	150m: 1:54.53	44.51	250m: 3:22.43	43.49	350m: 4:44.90	38.07		
	100m: 1:10.02 37.45	200m: 2:38.94	44.41	300m: 4:06.83	44.40	400m: 5:20.85	35.95		





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Pozycja				Rok ur.					Czas	Pkt.
33.	SIOMA Zuzanna			04	UKS ORKA Zamo				<b>5:21.05</b>	571
	50m: 35.49	35.49	150m: 1:54.83	40.49	250m: 3:21.62	46.55	350m: 4:44.56	37.93		
	100m: 1:14.34	38.85	200m: 2:35.07	40.24	300m: 4:06.63	45.01	400m: 5:21.05	36.49		
34.	MACIAK Julia			06	IUKS MUSZELKA Warszawa				<b>5:21.71</b>	567
	50m: 33.24	33.24	150m: 1:53.45	42.01	250m: 3:24.40	51.65	350m: 4:48.55	34.54		
	100m: 1:11.44	38.20	200m: 2:32.75	39.30	300m: 4:14.01	49.61	400m: 5:21.71	33.16		
35.	ŁUSZCZEWSKA Emilia			05	KU AZS UMCS Lublin				<b>5:24.09</b>	555
	50m: 33.87	33.87	150m: 1:57.72	42.85	250m: 3:25.25	46.20	350m: 4:48.61	36.97		
	100m: 1:14.87	41.00	200m: 2:39.05	41.33	300m: 4:11.64	46.39	400m: 5:24.09	35.48		
36.	TUPALSKA Oliwia			05	UKP POLONIA Warszawa				<b>5:25.08</b>	550
	50m: 32.64	32.64	150m: 1:55.80	43.76	250m: 3:23.89	47.22	350m: 4:48.83	37.55		
	100m: 1:12.04	39.40	200m: 2:36.67	40.87	300m: 4:11.28	47.39	400m: 5:25.08	36.25		
37.	SOBCZAK Antonina			07	MKP Warszawianka				<b>5:25.18</b>	549
	50m: 34.84	34.84	150m: 1:58.15	42.08	250m: 3:25.10	46.43	350m: 4:50.23	36.98		
	100m: 1:16.07	41.23	200m: 2:38.67	40.52	300m: 4:13.25	48.15	400m: 5:25.18	34.95		
38.	K DZIOR Pola			07	KS OLIMPIA Lublin				<b>5:26.25</b>	544
	50m: 36.70	36.70	150m: 1:59.97	44.23	250m: 3:28.99	45.64	350m: 4:50.57	37.74		
	100m: 1:15.74	39.04	200m: 2:43.35	43.38	300m: 4:12.83	43.84	400m: 5:26.25	35.68		
39.	HAŁADYN Kamila			04	UKS SP-149 Łódź				<b>5:30.13</b>	525
	50m: 33.35	33.35	150m: 1:55.62	43.95	250m: 3:27.92	49.61	350m: 4:54.99	37.27		
	100m: 1:11.67	38.32	200m: 2:38.31	42.69	300m: 4:17.72	49.80	400m: 5:30.13	35.14		
40.	NIKIEL Natalia			06	MKS Park Wodny Tarnowskie Góry				<b>5:30.99</b>	521
	50m: 35.72	35.72	150m: 1:56.89	42.70	250m: 3:28.49	49.24	350m: 4:53.90	38.63		
	100m: 1:14.19	38.47	200m: 2:39.25	42.36	300m: 4:15.27	46.78	400m: 5:30.99	37.09		
41.	RULEWSKA Julia			06	UKS ÓSEMKA Starogard Gda ski				<b>5:31.08</b>	520
	50m: 34.71	34.71	150m: 1:58.51	44.83	250m: 3:31.34	48.15	350m: 4:54.68	38.14		
	100m: 1:13.68	38.97	200m: 2:43.19	44.68	300m: 4:16.54	45.20	400m: 5:31.08	36.40		
42.	JAINTA Sara			07	DOKiS SP Vega Dobrodzie				<b>5:33.10</b>	511
	50m: 35.08	35.08	150m: 1:56.67	41.89	250m: 3:28.93	50.44	350m: 4:56.76	38.07		
	100m: 1:14.78	39.70	200m: 2:38.49	41.82	300m: 4:18.69	49.76	400m: 5:33.10	36.34		
43.	FIRA Weronika			04	SIKRET Gliwice				<b>5:33.48</b>	509
	50m: 35.74	35.74	150m: 2:01.35	43.17	250m: 3:30.74	48.62	350m: 4:56.78	37.08		
	100m: 1:18.18	42.44	200m: 2:42.12	40.77	300m: 4:19.70	48.96	400m: 5:33.48	36.70		
44.	DENISIEWICZ Zuzanna			07	UKS NAWA Skierniewice				<b>5:35.24</b>	501
	50m: 36.80	36.80	150m: 2:01.37	42.53	250m: 3:29.77	46.51	350m: 4:56.53	40.66		
	100m: 1:18.84	42.04	200m: 2:43.26	41.89	300m: 4:15.87	46.10	400m: 5:35.24	38.71		
45.	PAWEŁEK Zuzanna			06	KP SOKÓŁ Rzeszów				<b>5:38.08</b>	489
	50m: 34.95	34.95	150m: 2:01.00	45.68	250m: 3:34.60	49.47	350m: 5:02.01	37.62		
	100m: 1:15.32	40.37	200m: 2:45.13	44.13	300m: 4:24.39	49.79	400m: 5:38.08	36.07		
46.	KORAL Milena			05	UKS AQUATICA Pawłowice				<b>5:38.32</b>	488
	50m: 35.19	35.19	150m: 1:59.63	44.21	250m: 3:31.27	47.98	350m: 4:59.65	39.92		
	100m: 1:15.42	40.23	200m: 2:43.29	43.66	300m: 4:19.73	48.46	400m: 5:38.32	38.67		
47.	WILANOWSKA Karina			06	UKP POLONIA Warszawa				<b>5:38.98</b>	485
	50m: 35.21	35.21	150m: 2:00.23	42.47	250m: 3:30.39	49.14	350m: 5:00.64	40.48		
	100m: 1:17.76	42.55	200m: 2:41.25	41.02	300m: 4:20.16	49.77	400m: 5:38.98	38.34		
48.	KIERAGA Patrycja			04	MKS POLONIA Warszawa				<b>5:43.20</b>	467
	50m: 34.17	34.17	150m: 1:59.21	43.89	250m: 3:30.43	46.84	350m: 5:02.96	43.15		
	100m: 1:15.32	41.15	200m: 2:43.59	44.38	300m: 4:19.81	49.38	400m: 5:43.20	40.24		
49.	NOWAK Oliwia			04	UKS GIM 92 Ursynów				<b>5:44.06</b>	463
	50m: 35.92	35.92	150m: 2:02.86	44.91	250m: 3:35.41	47.06	350m: 5:03.51	41.12		
	100m: 1:17.95	42.03	200m: 2:48.35	45.49	300m: 4:22.39	46.98	400m: 5:44.06	40.55		





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50.	SIEDLEWSKA Marcelina	07	UKS	ABIANKA Gda sk				<b>5:44.75</b>	461
	50m: 35.72 35.72	150m: 2:04.20	44.44	250m: 3:37.45	49.42	350m: 5:07.30	41.37		
	100m: 1:19.76 44.04	200m: 2:48.03	43.83	300m: 4:25.93	48.48	400m: 5:44.75	37.45		
51.	RUTKOWSKA Aneta	07	UKS	SP-149 Łód				<b>5:50.70</b>	438
	50m: 35.17 35.17	150m: 2:05.38	46.91	250m: 3:39.68	48.61	350m: 5:10.24	39.40		
	100m: 1:18.47 43.30	200m: 2:51.07	45.69	300m: 4:30.84	51.16	400m: 5:50.70	40.46		
52.	DZI GIEL Marta	07	UKS	Manta Warszawa Włochy				<b>5:55.45</b>	420
	50m: 36.95 36.95	150m: 2:05.26	45.81	250m: 3:44.55	53.85	350m: 5:16.90	39.39		
	100m: 1:19.45 42.50	200m: 2:50.70	45.44	300m: 4:37.51	52.96	400m: 5:55.45	38.55		
53.	BARON Antonina	07	MKS	Park Wodny Tarnowskie Góry				<b>6:01.01</b>	401
	50m: 37.80 37.80	150m: 2:12.94	51.93	250m: 3:51.10	48.81	350m: 5:22.18	41.55		
	100m: 1:21.01 43.21	200m: 3:02.29	49.35	300m: 4:40.63	49.53	400m: 6:01.01	38.83		
54.	SOSNÓWKA Oliwia	05	UKP	FALA Kra nik				<b>6:03.14</b>	394
	50m: 35.01 35.01	150m: 2:08.85	51.84	250m: 3:51.42	54.15	350m: 5:23.67	41.91		
	100m: 1:17.01 42.00	200m: 2:57.27	48.42	300m: 4:41.76	50.34	400m: 6:03.14	39.47		
DYSKW.	BURDYN Dominika	05	KU	AZS UMCS Lublin					
	<i>K15 - Pływak nie dotkn ł ciany dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>								
DYSKW.	KOWALSKA Klara	05	KU	AZS UMCS Lublin					
	<i>G7 - Pływak znajdował si w pozycji na piersiach po opuszczaniu ciany nawrotowej.</i>								
DYSKW.	BIDNIK Wiktoria	04	UKS	GIM 92 Ursynów					
	<i>G7 - Pływak znajdował si w pozycji na piersiach po opuszczaniu ciany nawrotowej., / Z3</i>								

