



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

Konkurencja 31

Kobiet, 400m dowolny

Open

28.02.2021 - 14:02

Wyniki

Rekord Polski Open 4:04.23 JEDRZEJCZAK Otylia POL Melbourne (AUS) 25.03.2007

Minimum kwal do IO Tokio 2021 (standard "A") : 4:07.90

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
14 lat			
1. KUCZMAR Zuzanna	07 MKS OCHOTA Warszawa	4:43.06	582
50m: 31.46 31.46	150m: 1:42.61 36.13	250m: 2:54.73 35.73	350m: 4:07.57 36.05
100m: 1:06.48 35.02	200m: 2:19.00 36.39	300m: 3:31.52 36.79	400m: 4:43.06 35.49
2. SOBCZAK Antonina	07 MKP Warszawianka	4:50.85	537
50m: 33.75 33.75	150m: 1:48.98 37.77	250m: 3:04.55 37.30	350m: 4:17.21 35.44
100m: 1:11.21 37.46	200m: 2:27.25 38.27	300m: 3:41.77 37.22	400m: 4:50.85 33.64
3. DOKSANSKÁ Anezka	07 TJ Slávie Chomutov	4:51.38	534
50m: 33.25 33.25	150m: 1:47.31 37.25	250m: 3:02.33 37.56	350m: 4:16.28 36.43
100m: 1:10.06 36.81	200m: 2:24.77 37.46	300m: 3:39.85 37.52	400m: 4:51.38 35.10
4. TRAFALSKA Zuzanna	07 TP Olimpijczyk Aleksandrów Ł.	4:56.19	508
50m: 32.02 32.02	150m: 1:46.13 37.62	250m: 3:02.20 38.20	350m: 4:19.07 38.53
100m: 1:08.51 36.49	200m: 2:24.00 37.87	300m: 3:40.54 38.34	400m: 4:56.19 37.12
5. MURAS Nina	07 UKS 307 Warszawa	4:59.98	489
50m: 33.78 33.78	150m: 1:50.12 38.92	250m: 3:06.55 38.31	350m: 4:23.86 38.51
100m: 1:11.20 37.42	200m: 2:28.24 38.12	300m: 3:45.35 38.80	400m: 4:59.98 36.12
6. JAINTA Sara	07 DOKiS SP Vega Dobrodzie	5:00.13	489
50m: 34.46 34.46	150m: 1:50.32 38.21	250m: 3:06.43 37.79	350m: 4:22.65
100m: 1:12.11 37.65	200m: 2:28.64 38.32	300m:	400m: 5:00.13 37.48
7. R CZKOWSKA Maja	07 LKS Jedno 32 Przyszowice	5:00.30	488
50m: 33.72 33.72	150m: 1:49.44 37.45	250m: 3:05.41 37.28	350m: 4:22.86 38.23
100m: 1:11.99 38.27	200m: 2:28.13 38.69	300m: 3:44.63 39.22	400m: 5:00.30 37.44
8. SIEDLEWSKA Marcelina	07 UKS ABIANKA Gda sk	5:01.59	481
50m: 34.29 34.29	150m: 1:50.07 38.44	250m: 3:08.05 38.63	350m: 4:25.81 38.71
100m: 1:11.63 37.34	200m: 2:29.42 39.35	300m: 3:47.10 39.05	400m: 5:01.59 35.78
9. DZI GIEL Marta	07 UKS Manta Warszawa Włochy	5:04.81	466
50m: 33.82 33.82	150m: 1:50.10 39.14	250m: 3:07.72 39.24	350m: 4:27.01 39.87
100m: 1:10.96 37.14	200m: 2:28.48 38.38	300m: 3:47.14 39.42	400m: 5:04.81 37.80
10. CIECHANOWSKA Aleksandra	07 UKS 307 Warszawa	5:09.36	446
50m: 33.65 33.65	150m: 1:51.95 39.45	250m: 3:11.84 39.17	350m: 4:32.27 39.48
100m: 1:12.50 38.85	200m: 2:32.67 40.72	300m: 3:52.79 40.95	400m: 5:09.36 37.09
11. DENISIEWICZ Zuzanna	07 UKS NAWA Skierniewice	5:10.66	440
50m: 35.83 35.83	150m: 1:55.14 40.14	250m: 3:14.37 39.61	350m: 4:32.90 39.16
100m: 1:15.00 39.17	200m: 2:34.76 39.62	300m: 3:53.74 39.37	400m: 5:10.66 37.76
12. JAWORSKA Milena	07 St. KF KS Fenix O arów Mazowiecki	5:16.42	417
50m: 34.40 34.40	150m:	250m: 3:17.02 41.45	350m: 4:38.40 40.48
100m: 1:13.83 39.43	200m: 2:35.57	300m: 3:57.92 40.90	400m: 5:16.42 38.02
13. BAKUN Maja	07 UKS G-8 Bielany Warszawa	5:18.25	410
50m: 34.64 34.64	150m: 1:56.12 41.67	250m: 3:19.45 42.39	350m: 4:40.61 40.43
100m: 1:14.45 39.81	200m: 2:37.06 40.94	300m: 4:00.18 40.73	400m: 5:18.25 37.64
14. MICHALAK Zuzanna	07 St. KF KS Fenix O arów Mazowiecki	5:19.03	407
50m: 36.72 36.72	150m: 1:58.40 41.23	250m: 3:21.79 41.69	350m: 4:43.20 40.23
100m: 1:17.17 40.45	200m: 2:40.10 41.70	300m: 4:02.97 41.18	400m: 5:19.03 35.83
15. GUZDEK Anna	07 UKS AQUATICA Pawłowice	5:20.77	400
50m: 35.38 35.38	150m: 1:57.04 40.62	250m: 3:19.64 41.03	350m: 4:42.65 41.23
100m: 1:16.42 41.04	200m: 2:38.61 41.57	300m: 4:01.42 41.78	400m: 5:20.77 38.12





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

Konkurencja 31, Dziewcz t, 400m dowolny, 14 lat

Pozycja				Rok ur.					Czas	Pkt.		
16.	BUTRYN Wiktoria			07	KP Ciechanów				5:22.44	394		
	50m:	36.41	36.41	150m:	1:59.56	42.03	250m:	3:23.28	41.80	350m:	4:45.57	41.02
	100m:	1:17.53	41.12	200m:	2:41.48	41.92	300m:	4:04.55	41.27	400m:	5:22.44	36.87
17.	PARZNIEWSKA Aleksandra			07	St. KF KS Fenix O arów Mazowiecki				5:31.31	363		
	50m:	38.42	38.42	150m:	2:03.70	43.04	250m:	3:29.23	42.53	350m:	4:52.35	41.24
	100m:	1:20.66	42.24	200m:	2:46.70	43.00	300m:	4:11.11	41.88	400m:	5:31.31	38.96
18.	JAGODZI SKA Zofia			07	UKS ÓSEMKA Starogard Gda ski				5:32.65	359		
	50m:	37.38	37.38	150m:	2:02.10	42.92	250m:	3:28.08	42.76	350m:	4:52.86	41.77
	100m:	1:19.18	41.80	200m:	2:45.32	43.22	300m:	4:11.09	43.01	400m:	5:32.65	39.79

15 lat

1.	MACIAK Julia			06	IUKS MUSZELKA Warszawa				4:33.93	643		
	50m:	31.33	31.33	150m:	1:40.86	35.19	250m:	2:50.82	35.24	350m:	4:00.37	34.93
	100m:	1:05.67	34.34	200m:	2:15.58	34.72	300m:	3:25.44	34.62	400m:	4:33.93	33.56
2.	MILEK Alicja			06	Solne Miasto SP. zo.o				4:35.38	633		
	50m:	31.16	31.16	150m:	1:40.30	34.97	250m:	2:50.68	35.20	350m:	4:01.85	35.61
	100m:	1:05.33	34.17	200m:	2:15.48	35.18	300m:	3:26.24	35.56	400m:	4:35.38	33.53
3.	WALCZAK Barbara			06	UKS G-8 Bielany Warszawa				4:37.57	618		
	50m:	31.41	31.41	150m:	1:41.09	35.10	250m:	2:51.95	35.61	350m:	4:03.46	35.82
	100m:	1:05.99	34.58	200m:	2:16.34	35.25	300m:	3:27.64	35.69	400m:	4:37.57	34.11
4.	JANDOVÁ Daniela			06	Klub pływackich sport Ostrava, z.s.				4:39.67	604		
	50m:	31.75	31.75	150m:	1:42.71	35.90	250m:	2:54.61	36.24	350m:	4:05.89	35.18
	100m:	1:06.81	35.06	200m:	2:18.37	35.66	300m:	3:30.71	36.10	400m:	4:39.67	33.78
5.	GORCZYCA Gabriela			06	Solne Miasto SP. zo.o				4:39.96	602		
	50m:	31.92	31.92	150m:	1:42.53	35.50	250m:	2:53.87	35.72	350m:	4:05.86	35.80
	100m:	1:07.03	35.11	200m:	2:18.15	35.62	300m:	3:30.06	36.19	400m:	4:39.96	34.10
6.	RUDOMINA Agnieszka			06	UKS ABIANKA Gda sk				4:40.45	599		
	50m:	31.23	31.23	150m:	1:42.66	36.10	250m:	2:55.31	36.58	350m:	4:07.62	35.79
	100m:	1:06.56	35.33	200m:	2:18.73	36.07	300m:	3:31.83	36.52	400m:	4:40.45	32.83
7.	CHŁ D Zuzanna			06	UKS MOS w Opolu				4:43.96	577		
	50m:	33.14	33.14	150m:	1:46.12	37.02	250m:	2:58.85	35.85	350m:	4:10.26	35.41
	100m:	1:09.10	35.96	200m:	2:23.00	36.88	300m:	3:34.85	36.00	400m:	4:43.96	33.70
8.	PITY SKA Klara			06	WKS I sk Wrocław				4:45.12	570		
	50m:	32.58	32.58	150m:	1:44.52	36.33	250m:	2:58.58	36.87	350m:	4:10.88	35.88
	100m:	1:08.19	35.61	200m:	2:21.71	37.19	300m:	3:35.00	36.42	400m:	4:45.12	34.24
9.	CHMIELEWSKA Aleksandra			06	MUKS OLIMPIJCZYK Suwałki				4:45.51	568		
	50m:	32.53	32.53	150m:	1:45.17	36.53	250m:	2:57.37	36.02	350m:	4:10.14	36.31
	100m:	1:08.64	36.11	200m:	2:21.35	36.18	300m:	3:33.83	36.46	400m:	4:45.51	35.37
10.	OSTROWSKA Nina			06	UKS SP-149 Łód				4:46.14	564		
	50m:	31.42	31.42	150m:	1:44.34	37.38	250m:	2:59.47	38.15	350m:	4:13.41	37.86
	100m:	1:06.96	35.54	200m:	2:21.32	36.98	300m:	3:35.55	36.08	400m:	4:46.14	32.73
11.	LECHOWSKA Magdalena			06	WKS I sk Wrocław				4:46.15	564		
	50m:	32.32	32.32	150m:	1:45.54	37.07	250m:	2:58.72	36.91	350m:	4:11.14	36.20
	100m:	1:08.47	36.15	200m:	2:21.81	36.27	300m:	3:34.94	36.22	400m:	4:46.15	35.01
12.	BIELAWA Anna			06	UKS Tri-Team Rumia				4:49.44	545		
	50m:	31.94	31.94	150m:	1:45.63	37.40	250m:	3:00.48	37.50	350m:	4:14.27	36.86
	100m:	1:08.23	36.29	200m:	2:22.98	37.35	300m:	3:37.41	36.93	400m:	4:49.44	35.17
13.	SZAFRA SKA Malwina			06	KS KSZO Ostrowiec w.				4:50.71	538		
	50m:	32.68	32.68	150m:	1:45.49	37.03	250m:	2:59.81	37.79	350m:	4:15.38	37.65
	100m:	1:08.46	35.78	200m:	2:22.02	36.53	300m:	3:37.73	37.92	400m:	4:50.71	35.33





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Ostrowiec wi tokrzyski, 27. - 28.2.2021

Konkurencja 31, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
14.	B TKOWSKA Zuzanna		06	CKiS w Skawinie				4:53.70	521
	50m: 32.20 32.20	150m: 1:45.92		37.50	250m: 3:00.88	37.56	350m: 4:16.42	37.65	
	100m: 1:08.42 36.22	200m: 2:23.32		37.40	300m: 3:38.77	37.89	400m: 4:53.70	37.28	
15.	CELI SKA Małgorzata		06	KS KSZO Ostrowiec w.				4:54.09	519
	50m: 33.52 33.52	150m: 1:47.97		37.45	250m: 3:02.58	37.27	350m: 4:18.22	37.42	
	100m: 1:10.52 37.00	200m: 2:25.31		37.34	300m: 3:40.80	38.22	400m: 4:54.09	35.87	
16.	MIKUŁA Natalia		06	TP Olimpijczyk Aleksandrów Ł.				4:55.67	511
	50m: 32.57 32.57	150m: 1:45.39		37.23	250m: 3:01.80	38.67	350m: 4:19.10	38.80	
	100m: 1:08.16 35.59	200m: 2:23.13		37.74	300m: 3:40.30	38.50	400m: 4:55.67	36.57	
17.	LIPOWSKA Nadia		06	UKS NAWA Skierniewice				4:57.15	503
	50m: 33.00 33.00	150m: 1:48.53		37.99	250m: 3:05.29	38.55	350m: 4:21.90	38.03	
	100m: 1:10.54 37.54	200m: 2:26.74		38.21	300m: 3:43.87	38.58	400m: 4:57.15	35.25	
18.	NIKIEL Natalia		06	MKS Park Wodny Tarnowskie Góry				4:57.19	503
	50m: 33.83 33.83	150m: 1:49.07		38.18	250m: 3:05.48	38.36	350m: 4:20.80	37.71	
	100m: 1:10.89 37.06	200m: 2:27.12		38.05	300m: 3:43.09	37.61	400m: 4:57.19	36.39	
19.	SKROBISZ Urszula		06	UKS ÓSEMKA Starogard Gda ski				4:57.80	500
	50m: 34.52 34.52	150m: 1:50.11		38.42	250m: 3:06.69	38.00	350m: 4:22.40	37.74	
	100m: 1:11.69 37.17	200m: 2:28.69		38.58	300m: 3:44.66	37.97	400m: 4:57.80	35.40	
20.	GAWĘŁKO Zuzanna		06	KS WISŁA Puławy				4:58.12	498
	50m: 33.32 33.32	150m: 1:48.74		38.27	250m: 3:05.55	38.57	350m: 4:21.99	37.97	
	100m: 1:10.47 37.15	200m: 2:26.98		38.24	300m: 3:44.02	38.47	400m: 4:58.12	36.13	
21.	SZABRA SKA Oliwia		06	UKS GIM 92 Ursynów				4:58.54	496
	50m: 33.59 33.59	150m: 1:48.05		37.92	250m: 3:04.38	37.90	350m: 4:20.21	37.54	
	100m: 1:10.13 36.54	200m: 2:26.48		38.43	300m: 3:42.67	38.29	400m: 4:58.54	38.33	
22.	KAWA Paulina		06	UKS WODNIK Siemianowice I.				5:00.98	484
	50m: 33.60 33.60	150m: 1:49.36		38.29	250m: 3:06.99	39.04	350m: 4:24.05	38.87	
	100m: 1:11.07 37.47	200m: 2:27.95		38.59	300m: 3:45.18	38.19	400m: 5:00.98	36.93	
23.	FURMA SKA Julia		06	UKS NAWA Skierniewice				5:03.85	471
	50m: 35.00 35.00	150m: 1:53.32		39.11	250m: 3:11.51	38.98	350m: 4:28.45	38.26	
	100m: 1:14.21 39.21	200m: 2:32.53		39.21	300m: 3:50.19	38.68	400m: 5:03.85	35.40	
24.	MURAS Oliwia		06	UKS 307 Warszawa				5:04.92	466
	50m: 33.65 33.65	150m: 1:49.32		38.67	250m: 3:08.14	39.40	350m: 4:27.85	40.15	
	100m: 1:10.65 37.00	200m: 2:28.74		39.42	300m: 3:47.70	39.56	400m: 5:04.92	37.07	
25.	MOCZYŁO Kaja		06	UKS JEDYNKA SP SOLEX				5:05.70	462
	50m: 34.68 34.68	150m: 1:53.87		39.81	250m: 3:13.86	39.84	350m: 4:31.11	38.78	
	100m: 1:14.06 39.38	200m: 2:34.02		40.15	300m: 3:52.33	38.47	400m: 5:05.70	34.59	
26.	KLOFCZY SKA Maja		06	UKS ABIANKA Gda sk				5:05.83	462
	50m: 34.45 34.45	150m: 1:53.08		39.58	250m: 3:11.67	38.59	350m: 4:28.75	38.14	
	100m: 1:13.50 39.05	200m: 2:33.08		40.00	300m: 3:50.61	38.94	400m: 5:05.83	37.08	
27.	NAKLICKA Izabela		06	UKS ORKA Zamo				5:10.51	441
	50m: 35.27 35.27	150m: 1:53.22		39.78	250m: 3:13.54	40.62	350m: 4:33.50	40.11	
	100m: 1:13.44 38.17	200m: 2:32.92		39.70	300m: 3:53.39	39.85	400m: 5:10.51	37.01	
28.	BRACHACZEK Emilia		06	UKS WODNIK Siemianowice I.				5:16.27	417
	50m: 35.46 35.46	150m: 1:55.47		40.29	250m: 3:16.78	40.64	350m: 4:38.15	40.26	
	100m: 1:15.18 39.72	200m: 2:36.14		40.67	300m: 3:57.89	41.11	400m: 5:16.27	38.12	
29.	KOT Zuzanna		06	UKS 307 Warszawa				5:17.64	412
	50m: 35.37 35.37	150m: 1:56.15		41.19	250m: 3:17.78	40.71	350m: 4:38.79	40.33	
	100m: 1:14.96 39.59	200m: 2:37.07		40.92	300m: 3:58.46	40.68	400m: 5:17.64	38.85	
30.	POLACZEK Wiktoria		06	MKS Park Wodny Tarnowskie Góry				5:20.19	402
	50m: 36.58 36.58	150m: 1:57.53		41.09	250m: 3:19.11	40.83	350m: 4:40.85	40.89	
	100m: 1:16.44 39.86	200m: 2:38.28		40.75	300m: 3:59.96	40.85	400m: 5:20.19	39.34	





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Ostrowiec wi tokrzyski, 27. - 28.2.2021

Konkurencja 31, Dziewcz t, 400m dowolny, 15 lat

Pozycja				Rok ur.					Czas	Pkt.		
31.	BRZYSKA Jagoda			06	MKS Park Wodny Tarnowskie Góry				5:31.39	363		
	50m:	36.10	36.10	150m:	2:00.89	43.43	250m:	3:26.88	42.71	350m:	4:52.58	42.95
	100m:	1:17.46	41.36	200m:	2:44.17	43.28	300m:	4:09.63	42.75	400m:	5:31.39	38.81

16 lat

1.	KULIK Julia			05	UKS GOS Raszyn				4:33.98	642		
	50m:	30.50	30.50	150m:	1:37.01	33.72	250m:	2:48.01	35.76	350m:	3:59.59	35.69
	100m:	1:03.29	32.79	200m:	2:12.25	35.24	300m:	3:23.90	35.89	400m:	4:33.98	34.39
2.	ZAGDA SKA Oliwia			05	MKS JUVENIA Wrocław				4:39.90	602		
	50m:	31.84	31.84	150m:	1:41.96	35.62	250m:	2:54.27	36.46	350m:	4:06.00	35.70
	100m:	1:06.34	34.50	200m:	2:17.81	35.85	300m:	3:30.30	36.03	400m:	4:39.90	33.90
3.	GÓRSKA Zofia			05	UKP POLONIA Warszawa				4:40.33	600		
	50m:	31.22	31.22	150m:	1:41.56	35.39	250m:	2:53.93	35.82	350m:	4:05.95	35.95
	100m:	1:06.17	34.95	200m:	2:18.11	36.55	300m:	3:30.00	36.07	400m:	4:40.33	34.38
	KOSSOWSKA Julita			05	UKS 190 Łód				4:40.33	600		
	50m:	31.20	31.20	150m:	1:40.97	35.29	250m:	2:52.76	35.94	350m:	4:05.49	36.13
	100m:	1:05.68	34.48	200m:	2:16.82	35.85	300m:	3:29.36	36.60	400m:	4:40.33	34.84
5.	PASIEROWSKA Wiktoria			05	UKS GIM 92 Ursynów				4:48.42	551		
	50m:	33.08	33.08	150m:	1:45.28	36.73	250m:	2:59.73	37.56	350m:	4:13.52	36.43
	100m:	1:08.55	35.47	200m:	2:22.17	36.89	300m:	3:37.09	37.36	400m:	4:48.42	34.90
6.	GAJCY Natalia			05	UKP POLONIA Warszawa				4:51.32	534		
	50m:	32.97	32.97	150m:	1:46.36	36.67	250m:	3:01.25	37.45	350m:	4:15.03	35.99
	100m:	1:09.69	36.72	200m:	2:23.80	37.44	300m:	3:39.04	37.79	400m:	4:51.32	36.29
7.	BISZEWSKA Gabriela			05	MUKS OLIMPIJCZYK Suwałki				4:55.90	510		
	50m:	34.02	34.02	150m:	1:48.91	37.69	250m:	3:04.48	37.69	350m:	4:19.89	37.18
	100m:	1:11.22	37.20	200m:	2:26.79	37.88	300m:	3:42.71	38.23	400m:	4:55.90	36.01
8.	PETRYKOWSKA Adrianna			05	KS KSZO Ostrowiec w.				4:57.36	502		
	50m:	32.83	32.83	150m:	1:46.91	37.51	250m:	3:03.33	38.39	350m:	4:20.74	38.70
	100m:	1:09.40	36.57	200m:	2:24.94	38.03	300m:	3:42.04	38.71	400m:	4:57.36	36.62
9.	PABISIAK Helena			05	UKP POLONIA Warszawa				5:00.67	486		
	50m:	34.69	34.69	150m:	1:51.36	38.90	250m:	3:08.54	38.27	350m:	4:23.71	36.98
	100m:	1:12.46	37.77	200m:	2:30.27	38.91	300m:	3:46.73	38.19	400m:	5:00.67	36.96
10.	KIERUZEL Martyna			05	UKS 190 Łód				5:10.68	440		
	50m:	35.03	35.03	150m:	1:53.79	40.06	250m:	3:13.72	40.12	350m:	4:33.71	40.34
	100m:	1:13.73	38.70	200m:	2:33.60	39.81	300m:	3:53.37	39.65	400m:	5:10.68	36.97
11.	NOWAK Victoria			05	MKS Park Wodny Tarnowskie Góry				5:27.63	375		
	50m:	1:59.77	1:59.77	150m:			250m:	3:23.10	41.72	350m:	4:46.67	41.71
	100m:	1:17.78		200m:	2:41.38		300m:	4:04.96	41.86	400m:	5:27.63	40.96

17 - 18 lat

1.	GU Wiktoria			04	UKS DELFIN Piotrków Trybunalski				4:22.32	732		
	50m:	30.74	30.74	150m:	1:36.82	33.20	250m:	2:42.61	32.99	350m:	3:49.94	33.80
	100m:	1:03.62	32.88	200m:	2:09.62	32.80	300m:	3:16.14	33.53	400m:	4:22.32	32.38
2.	KLIMEK Marta			03	UKP UNIA O wi cim				4:22.50	730		
	50m:	30.53	30.53	150m:	1:36.52	32.85	250m:	2:43.63	33.90	350m:	3:50.38	32.97
	100m:	1:03.67	33.14	200m:	2:09.73	33.21	300m:	3:17.41	33.78	400m:	4:22.50	32.12
3.	KNOP Aleksandra			03	UKS 190 Łód				4:22.87	727		
	50m:	30.37	30.37	150m:	1:37.89	33.67	250m:	2:45.10	33.52	350m:	3:51.27	33.10
	100m:	1:04.22	33.85	200m:	2:11.58	33.69	300m:	3:18.17	33.07	400m:	4:22.87	31.60
4.	TARASIEWICZ Klaudia			04	UKP POLONIA Warszawa				4:23.66	721		
	50m:	30.60	30.60	150m:	1:36.97	33.04	250m:	2:43.69	33.15	350m:	3:50.84	33.41
	100m:	1:03.93	33.33	200m:	2:10.54	33.57	300m:	3:17.43	33.74	400m:	4:23.66	32.82





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Konkurencja 31, Kobiet, 400m dowolny, 17 - 18 lat

Pozycja			Rok ur.					Czas	Pkt.
5.	NOWAK Maja		03	AZS AWF Warszawa				4:31.49	660
	50m:	32.21 32.21	150m:	1:41.10 34.74	250m:	2:50.36 34.50	350m:	3:58.56 33.27	
	100m:	1:06.36 34.15	200m:	2:15.86 34.76	300m:	3:25.29 34.93	400m:	4:31.49 32.93	
6.	ZIELI SKA Daria		03	UKP POLONIA Warszawa				4:32.92	650
	50m:	31.34 31.34	150m:	1:39.96 34.68	250m:	2:49.66 34.76	350m:	3:59.10 34.37	
	100m:	1:05.28 33.94	200m:	2:14.90 34.94	300m:	3:24.73 35.07	400m:	4:32.92 33.82	
7.	WRZESI SKA Wiktoria		04	UKS 190 Łódź				4:36.79	623
	50m:	31.58 31.58	150m:	1:41.07 34.90	250m:	2:51.02 34.87	350m:	4:02.19 35.45	
	100m:	1:06.17 34.59	200m:	2:16.15 35.08	300m:	3:26.74 35.72	400m:	4:36.79 34.60	
8.	D BROWSKA Wiktoria		03	AZS AWF Warszawa				4:37.68	617
	50m:	32.07 32.07	150m:	1:41.64 35.04	250m:	2:52.10 35.52	350m:	4:03.42 35.84	
	100m:	1:06.60 34.53	200m:	2:16.58 34.94	300m:	3:27.58 35.48	400m:	4:37.68 34.26	
9.	MACIEJEWSKA Beata		03	UKS SP-149 Łódź				4:41.29	594
	50m:	31.45 31.45	150m:	1:42.75 36.20	250m:	2:54.97 36.02	350m:	4:06.50 35.46	
	100m:	1:06.55 35.10	200m:	2:18.95 36.20	300m:	3:31.04 36.07	400m:	4:41.29 34.79	
10.	BEDNARZ Julia		04	UKS ORKA Zamo				4:42.92	583
	50m:	32.27 32.27	150m:	1:42.59 35.55	250m:	2:54.93 36.17	350m:	4:07.94 36.20	
	100m:	1:07.04 34.77	200m:	2:18.76 36.17	300m:	3:31.74 36.81	400m:	4:42.92 34.98	
11.	BRACH Oliwia		04	UKP POLONIA Warszawa				4:43.70	579
	50m:	31.61 31.61	150m:	1:42.58 36.32	250m:	2:55.65 36.57	350m:	4:08.62 36.67	
	100m:	1:06.26 34.65	200m:	2:19.08 36.50	300m:	3:31.95 36.30	400m:	4:43.70 35.08	
12.	SZREDZI SKA Gabriela		04	UKP POLONIA Warszawa				4:44.08	576
	50m:	30.72 30.72	150m:	1:40.19 35.51	250m:	2:53.69 36.79	350m:	4:08.47 37.03	
	100m:	1:04.68 33.96	200m:	2:16.90 36.71	300m:	3:31.44 37.75	400m:	4:44.08 35.61	
13.	DOKSANSKÁ Eliška		03	TJ Slávie Chomutov				4:44.32	575
	50m:	32.89 32.89	150m:	1:44.63 36.26	250m:	2:57.69 36.56	350m:	4:10.49 36.02	
	100m:	1:08.37 35.48	200m:	2:21.13 36.50	300m:	3:34.47 36.78	400m:	4:44.32 33.83	
14.	WIKTOROWICZ Patrycja		04	MKS SMS Victoria Racibórz				4:44.55	573
	50m:	32.62 32.62	150m:	1:45.35 37.00	250m:	2:58.77 36.68	350m:	4:10.80 35.60	
	100m:	1:08.35 35.73	200m:	2:22.09 36.74	300m:	3:35.20 36.43	400m:	4:44.55 33.75	
15.	FIRA Weronika		04	SIKRET Gliwice				4:47.10	558
	50m:	32.55 32.55	150m:	1:45.42 37.17	250m:	2:58.02 35.97	350m:	4:11.27 36.44	
	100m:	1:08.25 35.70	200m:	2:22.05 36.63	300m:	3:34.83 36.81	400m:	4:47.10 35.83	
16.	ROMANIUK Matylda		04	UKP POLONIA Warszawa				4:48.43	551
	50m:	32.94 32.94	150m:	1:45.32 36.77	250m:	2:59.29 36.87	350m:	4:12.87 36.69	
	100m:	1:08.55 35.61	200m:	2:22.42 37.10	300m:	3:36.18 36.89	400m:	4:48.43 35.56	
17.	MA LEJ Iga		03	MKS JUVENIA Wrocław				4:49.26	546
	50m:	32.43 32.43	150m:	1:45.30 37.06	250m:	2:59.81 37.17	350m:	4:14.21 36.93	
	100m:	1:08.24 35.81	200m:	2:22.64 37.34	300m:	3:37.28 37.47	400m:	4:49.26 35.05	
18.	MALINO Julia		04	UKS ORKA Zamo				4:52.83	526
	50m:	31.72 31.72	150m:	1:45.36 37.48	250m:	2:59.90 37.32	350m:	4:15.65 38.05	
	100m:	1:07.88 36.16	200m:	2:22.58 37.22	300m:	3:37.60 37.70	400m:	4:52.83 37.18	
19.	KRAMKOWSKA Dominika		04	MKS JUVENIA Wrocław				4:55.02	514
	50m:	32.11 32.11	150m:	1:44.21 36.77	250m:	3:00.55 38.58	350m:	4:17.76 38.24	
	100m:	1:07.44 35.33	200m:	2:21.97 37.76	300m:	3:39.52 38.97	400m:	4:55.02 37.26	
20.	GOMUŁKA Natalia		04	UKS 190 Łódź				5:09.12	447
	50m:	36.51 36.51	150m:	1:54.45 39.10	250m:	3:12.92 39.16	350m:	4:31.19 38.93	
	100m:	1:15.35 38.84	200m:	2:33.76 39.31	300m:	3:52.26 39.34	400m:	5:09.12 37.93	
21.	KOWACKA Aleksandra		04	MKS TRÓJKA Łódź				5:09.19	447
	50m:	34.87 34.87	150m:	1:51.95 38.79	250m:	3:11.92 40.11	350m:	4:30.76 38.99	
	100m:	1:13.16 38.29	200m:	2:31.81 39.86	300m:	3:51.77 39.85	400m:	5:09.19 38.43	





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Konkurencja 31, Kobiet, 400m dowolny, 17 - 18 lat

Pozycja			Rok ur.					Czas	Pkt.
22.	HODUR Paulina		04	MKS POLONIA Warszawa				5:10.00	443
	50m: 34.73	34.73	150m: 1:52.15	39.61	250m: 3:11.67	40.00	350m: 4:31.66	40.26	
	100m: 1:12.54	37.81	200m: 2:31.67	39.52	300m: 3:51.40	39.73	400m: 5:10.00	38.34	
23.	CIE LUKOWSKA Pola		04	UKS Swim Team Wilanów				5:44.85	322
	50m: 36.40	36.40	150m: 2:03.02	44.77	250m: 3:33.04	44.72	350m: 5:03.17	44.82	
	100m: 1:18.25	41.85	200m: 2:48.32	45.30	300m: 4:18.35	45.31	400m: 5:44.85	41.68	

Open

1.	POLA SKA Aleksandra		00	UKS GOS Raszyn				4:15.15	795
	50m: 30.69	30.69	150m: 1:36.42	32.50	250m: 2:40.67	31.98	350m: 3:44.12	31.63	
	100m: 1:03.92	33.23	200m: 2:08.69	32.27	300m: 3:12.49	31.82	400m: 4:15.15	31.03	
2.	PIECHOTA Paulina		99	UKS 190 Łódź				4:16.21	786
	50m: 30.44	30.44	150m: 1:35.83	32.67	250m: 2:40.77	32.33	350m: 3:44.99	32.11	
	100m: 1:03.16	32.72	200m: 2:08.44	32.61	300m: 3:12.88	32.11	400m: 4:16.21	31.22	
3.	KOSSAKOWSKA Dominika		01	AZS AWF Katowice				4:20.58	747
	50m: 30.43	30.43	150m: 1:35.90	32.73	250m: 2:41.99	33.13	350m: 3:48.43	33.11	
	100m: 1:03.17	32.74	200m: 2:08.86	32.96	300m: 3:15.32	33.33	400m: 4:20.58	32.15	
4.	GU Wiktoria		04	UKS DELFIN Piotrków Trybunalski				4:22.32	732
	50m: 30.74	30.74	150m: 1:36.82	33.20	250m: 2:42.61	32.99	350m: 3:49.94	33.80	
	100m: 1:03.62	32.88	200m: 2:09.62	32.80	300m: 3:16.14	33.53	400m: 4:22.32	32.38	
5.	KLIMEK Marta		03	UKP UNIA O wi cim				4:22.50	730
	50m: 30.53	30.53	150m: 1:36.52	32.85	250m: 2:43.63	33.90	350m: 3:50.38	32.97	
	100m: 1:03.67	33.14	200m: 2:09.73	33.21	300m: 3:17.41	33.78	400m: 4:22.50	32.12	
6.	KNOP Aleksandra		03	UKS 190 Łódź				4:22.87	727
	50m: 30.37	30.37	150m: 1:37.89	33.67	250m: 2:45.10	33.52	350m: 3:51.27	33.10	
	100m: 1:04.22	33.85	200m: 2:11.58	33.69	300m: 3:18.17	33.07	400m: 4:22.87	31.60	
7.	GEORGES Daniela		97	KU AZS UMCS Lublin				4:23.20	725
	50m: 30.52	30.52	150m: 1:36.88	33.49	250m: 2:44.60	33.89	350m: 3:51.55	33.17	
	100m: 1:03.39	32.87	200m: 2:10.71	33.83	300m: 3:18.38	33.78	400m: 4:23.20	31.65	
8.	TARASIEWICZ Klaudia		04	UKP POLONIA Warszawa				4:23.66	721
	50m: 30.60	30.60	150m: 1:36.97	33.04	250m: 2:43.69	33.15	350m: 3:50.84	33.41	
	100m: 1:03.93	33.33	200m: 2:10.54	33.57	300m: 3:17.43	33.74	400m: 4:23.66	32.82	
9.	W GRZYNOWSKA Aleksandra		01	WKS I sk Wrocław				4:25.31	707
	50m: 30.37	30.37	150m: 1:37.71	33.79	250m: 2:44.91	33.70	350m: 3:52.47	33.41	
	100m: 1:03.92	33.55	200m: 2:11.21	33.50	300m: 3:19.06	34.15	400m: 4:25.31	32.84	
10.	ŁUCZAK Dominika		02	TP Zielona Góra				4:29.32	676
	50m: 31.41	31.41	150m: 1:39.06	34.03	250m: 2:47.74	34.52	350m: 3:56.08	34.45	
	100m: 1:05.03	33.62	200m: 2:13.22	34.16	300m: 3:21.63	33.89	400m: 4:29.32	33.24	
11.	SZL K Katarzyna		02	UKS 190 Łódź				4:31.12	663
	50m: 30.87	30.87	150m: 1:39.78	34.82	250m: 2:48.00	33.93	350m: 3:57.59	35.13	
	100m: 1:04.96	34.09	200m: 2:14.07	34.29	300m: 3:22.46	34.46	400m: 4:31.12	33.53	
12.	PARADOWSKA Kinga		01	MUKS PI TNASTKA Bydgoszcz				4:31.20	662
	50m: 32.02	32.02	150m: 1:40.04	34.16	250m: 2:48.71	34.35	350m: 3:57.58	34.50	
	100m: 1:05.88	33.86	200m: 2:14.36	34.32	300m: 3:23.08	34.37	400m: 4:31.20	33.62	
13.	NOWAK Maja		03	AZS AWF Warszawa				4:31.49	660
	50m: 32.21	32.21	150m: 1:41.10	34.74	250m: 2:50.36	34.50	350m: 3:58.56	33.27	
	100m: 1:06.36	34.15	200m: 2:15.86	34.76	300m: 3:25.29	34.93	400m: 4:31.49	32.93	
14.	ZIELI SKA Daria		03	UKP POLONIA Warszawa				4:32.92	650
	50m: 31.34	31.34	150m: 1:39.96	34.68	250m: 2:49.66	34.76	350m: 3:59.10	34.37	
	100m: 1:05.28	33.94	200m: 2:14.90	34.94	300m: 3:24.73	35.07	400m: 4:32.92	33.82	





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Pozycja				Rok ur.					Czas	Pkt.		
15.	MACIAK Julia			06	IUKS MUSZELKA Warszawa				4:33.93	643		
	50m:	31.33	31.33	150m:	1:40.86	35.19	250m:	2:50.82	35.24	350m:	4:00.37	34.93
	100m:	1:05.67	34.34	200m:	2:15.58	34.72	300m:	3:25.44	34.62	400m:	4:33.93	33.56
16.	KULIK Julia			05	UKS GOS Raszyn				4:33.98	642		
	50m:	30.50	30.50	150m:	1:37.01	33.72	250m:	2:48.01	35.76	350m:	3:59.59	35.69
	100m:	1:03.29	32.79	200m:	2:12.25	35.24	300m:	3:23.90	35.89	400m:	4:33.98	34.39
17.	MILEK Alicja			06	Solne Miasto SP. zo.o				4:35.38	633		
	50m:	31.16	31.16	150m:	1:40.30	34.97	250m:	2:50.68	35.20	350m:	4:01.85	35.61
	100m:	1:05.33	34.17	200m:	2:15.48	35.18	300m:	3:26.24	35.56	400m:	4:35.38	33.53
18.	WRZESI SKA Wiktoria			04	UKS 190 Łód				4:36.79	623		
	50m:	31.58	31.58	150m:	1:41.07	34.90	250m:	2:51.02	34.87	350m:	4:02.19	35.45
	100m:	1:06.17	34.59	200m:	2:16.15	35.08	300m:	3:26.74	35.72	400m:	4:36.79	34.60
19.	WALCZAK Barbara			06	UKS G-8 Bielany Warszawa				4:37.57	618		
	50m:	31.41	31.41	150m:	1:41.09	35.10	250m:	2:51.95	35.61	350m:	4:03.46	35.82
	100m:	1:05.99	34.58	200m:	2:16.34	35.25	300m:	3:27.64	35.69	400m:	4:37.57	34.11
20.	D BROWSKA Wiktoria			03	AZS AWF Warszawa				4:37.68	617		
	50m:	32.07	32.07	150m:	1:41.64	35.04	250m:	2:52.10	35.52	350m:	4:03.42	35.84
	100m:	1:06.60	34.53	200m:	2:16.58	34.94	300m:	3:27.58	35.48	400m:	4:37.68	34.26
21.	LEWANDOWSKA Natalia			01	KU AZS UMCS Lublin				4:38.07	614		
	50m:	30.93	30.93	150m:	1:40.25	34.95	250m:	2:51.13	35.27	350m:	4:02.10	35.42
	100m:	1:05.30	34.37	200m:	2:15.86	35.61	300m:	3:26.68	35.55	400m:	4:38.07	35.97
22.	JANDOVÁ Daniela			06	Klub plaveckých sport Ostrava, z.s.				4:39.67	604		
	50m:	31.75	31.75	150m:	1:42.71	35.90	250m:	2:54.61	36.24	350m:	4:05.89	35.18
	100m:	1:06.81	35.06	200m:	2:18.37	35.66	300m:	3:30.71	36.10	400m:	4:39.67	33.78
23.	ZAGDA SKA Oliwia			05	MKS JUVENIA Wrocław				4:39.90	602		
	50m:	31.84	31.84	150m:	1:41.96	35.62	250m:	2:54.27	36.46	350m:	4:06.00	35.70
	100m:	1:06.34	34.50	200m:	2:17.81	35.85	300m:	3:30.30	36.03	400m:	4:39.90	33.90
24.	GORCZYCA Gabriela			06	Solne Miasto SP. zo.o				4:39.96	602		
	50m:	31.92	31.92	150m:	1:42.53	35.50	250m:	2:53.87	35.72	350m:	4:05.86	35.80
	100m:	1:07.03	35.11	200m:	2:18.15	35.62	300m:	3:30.06	36.19	400m:	4:39.96	34.10
25.	GÓRSKA Zofia			05	UKP POLONIA Warszawa				4:40.33	600		
	50m:	31.22	31.22	150m:	1:41.56	35.39	250m:	2:53.93	35.82	350m:	4:05.95	35.95
	100m:	1:06.17	34.95	200m:	2:18.11	36.55	300m:	3:30.00	36.07	400m:	4:40.33	34.38
	KOSSOWSKA Julita			05	UKS 190 Łód				4:40.33	600		
	50m:	31.20	31.20	150m:	1:40.97	35.29	250m:	2:52.76	35.94	350m:	4:05.49	36.13
	100m:	1:05.68	34.48	200m:	2:16.82	35.85	300m:	3:29.36	36.60	400m:	4:40.33	34.84
27.	RUDOMINA Agnieszka			06	UKS ABIANKA Gda sk				4:40.45	599		
	50m:	31.23	31.23	150m:	1:42.66	36.10	250m:	2:55.31	36.58	350m:	4:07.62	35.79
	100m:	1:06.56	35.33	200m:	2:18.73	36.07	300m:	3:31.83	36.52	400m:	4:40.45	32.83
28.	MACIEJEWSKA Beata			03	UKS SP-149 Łód				4:41.29	594		
	50m:	31.45	31.45	150m:	1:42.75	36.20	250m:	2:54.97	36.02	350m:	4:06.50	35.46
	100m:	1:06.55	35.10	200m:	2:18.95	36.20	300m:	3:31.04	36.07	400m:	4:41.29	34.79
29.	BEDNARZ Julia			04	UKS ORKA Zamo				4:42.92	583		
	50m:	32.27	32.27	150m:	1:42.59	35.55	250m:	2:54.93	36.17	350m:	4:07.94	36.20
	100m:	1:07.04	34.77	200m:	2:18.76	36.17	300m:	3:31.74	36.81	400m:	4:42.92	34.98
30.	KUCZMAR Zuzanna			07	MKS OCHOTA Warszawa				4:43.06	582		
	50m:	31.46	31.46	150m:	1:42.61	36.13	250m:	2:54.73	35.73	350m:	4:07.57	36.05
	100m:	1:06.48	35.02	200m:	2:19.00	36.39	300m:	3:31.52	36.79	400m:	4:43.06	35.49
31.	BRACH Oliwia			04	UKP POLONIA Warszawa				4:43.70	579		
	50m:	31.61	31.61	150m:	1:42.58	36.32	250m:	2:55.65	36.57	350m:	4:08.62	36.67
	100m:	1:06.26	34.65	200m:	2:19.08	36.50	300m:	3:31.95	36.30	400m:	4:43.70	35.08





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Pozycja				Rok ur.					Czas	Pkt.
32.	CHŁ D Zuzanna			06	UKS MOS w Opolu				4:43.96	577
	50m: 33.14	33.14	150m: 1:46.12		37.02	250m: 2:58.85	35.85	350m: 4:10.26	35.41	
	100m: 1:09.10	35.96	200m: 2:23.00		36.88	300m: 3:34.85	36.00	400m: 4:43.96	33.70	
33.	SZREDZI SKA Gabriela			04	UKP POLONIA Warszawa				4:44.08	576
	50m: 30.72	30.72	150m: 1:40.19		35.51	250m: 2:53.69	36.79	350m: 4:08.47	37.03	
	100m: 1:04.68	33.96	200m: 2:16.90		36.71	300m: 3:31.44	37.75	400m: 4:44.08	35.61	
34.	DOKSANSKÁ Eliška			03	TJ Slávie Chomutov				4:44.32	575
	50m: 32.89	32.89	150m: 1:44.63		36.26	250m: 2:57.69	36.56	350m: 4:10.49	36.02	
	100m: 1:08.37	35.48	200m: 2:21.13		36.50	300m: 3:34.47	36.78	400m: 4:44.32	33.83	
35.	WIKTOROWICZ Patrycja			04	MKS SMS Victoria Racibórz				4:44.55	573
	50m: 32.62	32.62	150m: 1:45.35		37.00	250m: 2:58.77	36.68	350m: 4:10.80	35.60	
	100m: 1:08.35	35.73	200m: 2:22.09		36.74	300m: 3:35.20	36.43	400m: 4:44.55	33.75	
36.	PITY SKA Klara			06	WKS I sk Wrocław				4:45.12	570
	50m: 32.58	32.58	150m: 1:44.52		36.33	250m: 2:58.58	36.87	350m: 4:10.88	35.88	
	100m: 1:08.19	35.61	200m: 2:21.71		37.19	300m: 3:35.00	36.42	400m: 4:45.12	34.24	
37.	CHMIELEWSKA Aleksandra			06	MUKS OLIMPIJCZYK Suwałki				4:45.51	568
	50m: 32.53	32.53	150m: 1:45.17		36.53	250m: 2:57.37	36.02	350m: 4:10.14	36.31	
	100m: 1:08.64	36.11	200m: 2:21.35		36.18	300m: 3:33.83	36.46	400m: 4:45.51	35.37	
38.	OSTROWSKA Nina			06	UKS SP-149 Łódź				4:46.14	564
	50m: 31.42	31.42	150m: 1:44.34		37.38	250m: 2:59.47	38.15	350m: 4:13.41	37.86	
	100m: 1:06.96	35.54	200m: 2:21.32		36.98	300m: 3:35.55	36.08	400m: 4:46.14	32.73	
39.	LECHOWSKA Magdalena			06	WKS I sk Wrocław				4:46.15	564
	50m: 32.32	32.32	150m: 1:45.54		37.07	250m: 2:58.72	36.91	350m: 4:11.14	36.20	
	100m: 1:08.47	36.15	200m: 2:21.81		36.27	300m: 3:34.94	36.22	400m: 4:46.15	35.01	
40.	FIRA Weronika			04	SIKRET Gliwice				4:47.10	558
	50m: 32.55	32.55	150m: 1:45.42		37.17	250m: 2:58.02	35.97	350m: 4:11.27	36.44	
	100m: 1:08.25	35.70	200m: 2:22.05		36.63	300m: 3:34.83	36.81	400m: 4:47.10	35.83	
41.	PASIEROWSKA Wiktoria			05	UKS GIM 92 Ursynów				4:48.42	551
	50m: 33.08	33.08	150m: 1:45.28		36.73	250m: 2:59.73	37.56	350m: 4:13.52	36.43	
	100m: 1:08.55	35.47	200m: 2:22.17		36.89	300m: 3:37.09	37.36	400m: 4:48.42	34.90	
42.	ROMANIUK Matylda			04	UKP POLONIA Warszawa				4:48.43	551
	50m: 32.94	32.94	150m: 1:45.32		36.77	250m: 2:59.29	36.87	350m: 4:12.87	36.69	
	100m: 1:08.55	35.61	200m: 2:22.42		37.10	300m: 3:36.18	36.89	400m: 4:48.43	35.56	
43.	MA LEJ Iga			03	MKS JUVENIA Wrocław				4:49.26	546
	50m: 32.43	32.43	150m: 1:45.30		37.06	250m: 2:59.81	37.17	350m: 4:14.21	36.93	
	100m: 1:08.24	35.81	200m: 2:22.64		37.34	300m: 3:37.28	37.47	400m: 4:49.26	35.05	
44.	DEKONINCK Laura			02	MKS POLONIA Warszawa				4:49.43	545
	50m: 32.91	32.91	150m: 1:46.26		36.74	250m: 3:01.06	37.63	350m: 4:14.42	36.09	
	100m: 1:09.52	36.61	200m: 2:23.43		37.17	300m: 3:38.33	37.27	400m: 4:49.43	35.01	
45.	BIELAWA Anna			06	UKS Tri-Team Rumia				4:49.44	545
	50m: 31.94	31.94	150m: 1:45.63		37.40	250m: 3:00.48	37.50	350m: 4:14.27	36.86	
	100m: 1:08.23	36.29	200m: 2:22.98		37.35	300m: 3:37.41	36.93	400m: 4:49.44	35.17	
46.	TOMASZEWSKA Aleksandra			99	St. Lok. SALOS Cortile Kielce				4:50.47	539
	50m: 33.49	33.49	150m: 1:47.02		37.02	250m: 3:01.08	36.92	350m: 4:14.41	36.76	
	100m: 1:10.00	36.51	200m: 2:24.16		37.14	300m: 3:37.65	36.57	400m: 4:50.47	36.06	
47.	SZAFRA SKA Malwina			06	KS KSZO Ostrowiec w.				4:50.71	538
	50m: 32.68	32.68	150m: 1:45.49		37.03	250m: 2:59.81	37.79	350m: 4:15.38	37.65	
	100m: 1:08.46	35.78	200m: 2:22.02		36.53	300m: 3:37.73	37.92	400m: 4:50.71	35.33	
48.	SOBCZAK Antonina			07	MKP Warszawianka				4:50.85	537
	50m: 33.75	33.75	150m: 1:48.98		37.77	250m: 3:04.55	37.30	350m: 4:17.21	35.44	
	100m: 1:11.21	37.46	200m: 2:27.25		38.27	300m: 3:41.77	37.22	400m: 4:50.85	33.64	





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49.	GAJCY Natalia		05	UKP POLONIA Warszawa				4:51.32	534
	50m: 32.97	32.97	150m: 1:46.36	36.67	250m: 3:01.25	37.45	350m: 4:15.03	35.99	
	100m: 1:09.69	36.72	200m: 2:23.80	37.44	300m: 3:39.04	37.79	400m: 4:51.32	36.29	
50.	DOKSANSKÁ Anezka		07	TJ Slávie Chomutov				4:51.38	534
	50m: 33.25	33.25	150m: 1:47.31	37.25	250m: 3:02.33	37.56	350m: 4:16.28	36.43	
	100m: 1:10.06	36.81	200m: 2:24.77	37.46	300m: 3:39.85	37.52	400m: 4:51.38	35.10	
51.	MALINO Julia		04	UKS ORKA Zamo				4:52.83	526
	50m: 31.72	31.72	150m: 1:45.36	37.48	250m: 2:59.90	37.32	350m: 4:15.65	38.05	
	100m: 1:07.88	36.16	200m: 2:22.58	37.22	300m: 3:37.60	37.70	400m: 4:52.83	37.18	
52.	B TKOWSKA Zuzanna		06	CKiS w Skawinie				4:53.70	521
	50m: 32.20	32.20	150m: 1:45.92	37.50	250m: 3:00.88	37.56	350m: 4:16.42	37.65	
	100m: 1:08.42	36.22	200m: 2:23.32	37.40	300m: 3:38.77	37.89	400m: 4:53.70	37.28	
53.	CELI SKA Małgorzata		06	KS KSZO Ostrowiec w.				4:54.09	519
	50m: 33.52	33.52	150m: 1:47.97	37.45	250m: 3:02.58	37.27	350m: 4:18.22	37.42	
	100m: 1:10.52	37.00	200m: 2:25.31	37.34	300m: 3:40.80	38.22	400m: 4:54.09	35.87	
54.	KRAMKOWSKA Dominika		04	MKS JUVENIA Wrocław				4:55.02	514
	50m: 32.11	32.11	150m: 1:44.21	36.77	250m: 3:00.55	38.58	350m: 4:17.76	38.24	
	100m: 1:07.44	35.33	200m: 2:21.97	37.76	300m: 3:39.52	38.97	400m: 4:55.02	37.26	
55.	MIKUŁA Natalia		06	TP Olimpijczyk Aleksandrów Ł.				4:55.67	511
	50m: 32.57	32.57	150m: 1:45.39	37.23	250m: 3:01.80	38.67	350m: 4:19.10	38.80	
	100m: 1:08.16	35.59	200m: 2:23.13	37.74	300m: 3:40.30	38.50	400m: 4:55.67	36.57	
56.	BISZEWSKA Gabriela		05	MUKS OLIMPIJCZYK Suwałki				4:55.90	510
	50m: 34.02	34.02	150m: 1:48.91	37.69	250m: 3:04.48	37.69	350m: 4:19.89	37.18	
	100m: 1:11.22	37.20	200m: 2:26.79	37.88	300m: 3:42.71	38.23	400m: 4:55.90	36.01	
57.	TRAFALSKA Zuzanna		07	TP Olimpijczyk Aleksandrów Ł.				4:56.19	508
	50m: 32.02	32.02	150m: 1:46.13	37.62	250m: 3:02.20	38.20	350m: 4:19.07	38.53	
	100m: 1:08.51	36.49	200m: 2:24.00	37.87	300m: 3:40.54	38.34	400m: 4:56.19	37.12	
58.	LIPOWSKA Nadia		06	UKS NAWA Skierniewice				4:57.15	503
	50m: 33.00	33.00	150m: 1:48.53	37.99	250m: 3:05.29	38.55	350m: 4:21.90	38.03	
	100m: 1:10.54	37.54	200m: 2:26.74	38.21	300m: 3:43.87	38.58	400m: 4:57.15	35.25	
59.	NIKIEL Natalia		06	MKS Park Wodny Tarnowskie Góry				4:57.19	503
	50m: 33.83	33.83	150m: 1:49.07	38.18	250m: 3:05.48	38.36	350m: 4:20.80	37.71	
	100m: 1:10.89	37.06	200m: 2:27.12	38.05	300m: 3:43.09	37.61	400m: 4:57.19	36.39	
60.	PETRYKOWSKA Adrianna		05	KS KSZO Ostrowiec w.				4:57.36	502
	50m: 32.83	32.83	150m: 1:46.91	37.51	250m: 3:03.33	38.39	350m: 4:20.74	38.70	
	100m: 1:09.40	36.57	200m: 2:24.94	38.03	300m: 3:42.04	38.71	400m: 4:57.36	36.62	
61.	SKROBISZ Urszula		06	UKS ÓSEMKA Starogard Gda ski				4:57.80	500
	50m: 34.52	34.52	150m: 1:50.11	38.42	250m: 3:06.69	38.00	350m: 4:22.40	37.74	
	100m: 1:11.69	37.17	200m: 2:28.69	38.58	300m: 3:44.66	37.97	400m: 4:57.80	35.40	
62.	GAWEŁKO Zuzanna		06	KS WISŁA Puławy				4:58.12	498
	50m: 33.32	33.32	150m: 1:48.74	38.27	250m: 3:05.55	38.57	350m: 4:21.99	37.97	
	100m: 1:10.47	37.15	200m: 2:26.98	38.24	300m: 3:44.02	38.47	400m: 4:58.12	36.13	
63.	SZABRA SKA Oliwia		06	UKS GIM 92 Ursynów				4:58.54	496
	50m: 33.59	33.59	150m: 1:48.05	37.92	250m: 3:04.38	37.90	350m: 4:20.21	37.54	
	100m: 1:10.13	36.54	200m: 2:26.48	38.43	300m: 3:42.67	38.29	400m: 4:58.54	38.33	
64.	MURAS Nina		07	UKS 307 Warszawa				4:59.98	489
	50m: 33.78	33.78	150m: 1:50.12	38.92	250m: 3:06.55	38.31	350m: 4:23.86	38.51	
	100m: 1:11.20	37.42	200m: 2:28.24	38.12	300m: 3:45.35	38.80	400m: 4:59.98	36.12	
65.	JAINTA Sara		07	DOKiS SP Vega Dobrodzie				5:00.13	489
	50m: 34.46	34.46	150m: 1:50.32	38.21	250m: 3:06.43	37.79	350m: 4:22.65		
	100m: 1:12.11	37.65	200m: 2:28.64	38.32	300m:		400m: 5:00.13	37.48	





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66.	R CZKOWSKA Maja	07	LKS Jedno	32 Przyszowice				5:00.30	488
	50m: 33.72 33.72	150m: 1:49.44	37.45	250m: 3:05.41	37.28	350m: 4:22.86	38.23		
	100m: 1:11.99 38.27	200m: 2:28.13	38.69	300m: 3:44.63	39.22	400m: 5:00.30	37.44		
67.	PABISIAK Helena	05	UKP POLONIA	Warszawa				5:00.67	486
	50m: 34.69 34.69	150m: 1:51.36	38.90	250m: 3:08.54	38.27	350m: 4:23.71	36.98		
	100m: 1:12.46 37.77	200m: 2:30.27	38.91	300m: 3:46.73	38.19	400m: 5:00.67	36.96		
68.	KAWA Paulina	06	UKS WODNIK	Siemianowice I.				5:00.98	484
	50m: 33.60 33.60	150m: 1:49.36	38.29	250m: 3:06.99	39.04	350m: 4:24.05	38.87		
	100m: 1:11.07 37.47	200m: 2:27.95	38.59	300m: 3:45.18	38.19	400m: 5:00.98	36.93		
69.	SIEDLEWSKA Marcelina	07	UKS ABIANKA	Gda sk				5:01.59	481
	50m: 34.29 34.29	150m: 1:50.07	38.44	250m: 3:08.05	38.63	350m: 4:25.81	38.71		
	100m: 1:11.63 37.34	200m: 2:29.42	39.35	300m: 3:47.10	39.05	400m: 5:01.59	35.78		
70.	FURMA SKA Julia	06	UKS NAWA	Skierniewice				5:03.85	471
	50m: 35.00 35.00	150m: 1:53.32	39.11	250m: 3:11.51	38.98	350m: 4:28.45	38.26		
	100m: 1:14.21 39.21	200m: 2:32.53	39.21	300m: 3:50.19	38.68	400m: 5:03.85	35.40		
71.	DZI GIEL Marta	07	UKS Manta	Warszawa Włochy				5:04.81	466
	50m: 33.82 33.82	150m: 1:50.10	39.14	250m: 3:07.72	39.24	350m: 4:27.01	39.87		
	100m: 1:10.96 37.14	200m: 2:28.48	38.38	300m: 3:47.14	39.42	400m: 5:04.81	37.80		
72.	MURAS Oliwia	06	UKS 307	Warszawa				5:04.92	466
	50m: 33.65 33.65	150m: 1:49.32	38.67	250m: 3:08.14	39.40	350m: 4:27.85	40.15		
	100m: 1:10.65 37.00	200m: 2:28.74	39.42	300m: 3:47.70	39.56	400m: 5:04.92	37.07		
73.	MOCZYŁO Kaja	06	UKS JEDYNKA SP	SOLEX				5:05.70	462
	50m: 34.68 34.68	150m: 1:53.87	39.81	250m: 3:13.86	39.84	350m: 4:31.11	38.78		
	100m: 1:14.06 39.38	200m: 2:34.02	40.15	300m: 3:52.33	38.47	400m: 5:05.70	34.59		
74.	KLOFCZY SKA Maja	06	UKS ABIANKA	Gda sk				5:05.83	462
	50m: 34.45 34.45	150m: 1:53.08	39.58	250m: 3:11.67	38.59	350m: 4:28.75	38.14		
	100m: 1:13.50 39.05	200m: 2:33.08	40.00	300m: 3:50.61	38.94	400m: 5:05.83	37.08		
75.	GOMUŁKA Natalia	04	UKS 190	Łód				5:09.12	447
	50m: 36.51 36.51	150m: 1:54.45	39.10	250m: 3:12.92	39.16	350m: 4:31.19	38.93		
	100m: 1:15.35 38.84	200m: 2:33.76	39.31	300m: 3:52.26	39.34	400m: 5:09.12	37.93		
76.	KOWACKA Aleksandra	04	MKS TRÓJKA	Łód				5:09.19	447
	50m: 34.87 34.87	150m: 1:51.95	38.79	250m: 3:11.92	40.11	350m: 4:30.76	38.99		
	100m: 1:13.16 38.29	200m: 2:31.81	39.86	300m: 3:51.77	39.85	400m: 5:09.19	38.43		
77.	CIECHANOWSKA Aleksandra	07	UKS 307	Warszawa				5:09.36	446
	50m: 33.65 33.65	150m: 1:51.95	39.45	250m: 3:11.84	39.17	350m: 4:32.27	39.48		
	100m: 1:12.50 38.85	200m: 2:32.67	40.72	300m: 3:52.79	40.95	400m: 5:09.36	37.09		
78.	HODUR Paulina	04	MKS POLONIA	Warszawa				5:10.00	443
	50m: 34.73 34.73	150m: 1:52.15	39.61	250m: 3:11.67	40.00	350m: 4:31.66	40.26		
	100m: 1:12.54 37.81	200m: 2:31.67	39.52	300m: 3:51.40	39.73	400m: 5:10.00	38.34		
79.	NAKLICKA Izabela	06	UKS ORKA	Zamo				5:10.51	441
	50m: 35.27 35.27	150m: 1:53.22	39.78	250m: 3:13.54	40.62	350m: 4:33.50	40.11		
	100m: 1:13.44 38.17	200m: 2:32.92	39.70	300m: 3:53.39	39.85	400m: 5:10.51	37.01		
80.	DENISIEWICZ Zuzanna	07	UKS NAWA	Skierniewice				5:10.66	440
	50m: 35.83 35.83	150m: 1:55.14	40.14	250m: 3:14.37	39.61	350m: 4:32.90	39.16		
	100m: 1:15.00 39.17	200m: 2:34.76	39.62	300m: 3:53.74	39.37	400m: 5:10.66	37.76		
81.	KIERUZEL Martyna	05	UKS 190	Łód				5:10.68	440
	50m: 35.03 35.03	150m: 1:53.79	40.06	250m: 3:13.72	40.12	350m: 4:33.71	40.34		
	100m: 1:13.73 38.70	200m: 2:33.60	39.81	300m: 3:53.37	39.65	400m: 5:10.68	36.97		
82.	BRACHACZEK Emilia	06	UKS WODNIK	Siemianowice I.				5:16.27	417
	50m: 35.46 35.46	150m: 1:55.47	40.29	250m: 3:16.78	40.64	350m: 4:38.15	40.26		
	100m: 1:15.18 39.72	200m: 2:36.14	40.67	300m: 3:57.89	41.11	400m: 5:16.27	38.12		





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

Konkurencja 31, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.
83.	JAWORSKA Milena		07	St. KF KS Fenix O arów Mazowiecki				5:16.42	417
	50m:	34.40 34.40	150m:	250m:	3:17.02 41.45	350m:	4:38.40	40.48	
	100m:	1:13.83 39.43	200m:	300m:	3:57.92 40.90	400m:	5:16.42	38.02	
84.	KOT Zuzanna		06	UKS 307 Warszawa				5:17.64	412
	50m:	35.37 35.37	150m:	41.19 250m:	3:17.78 40.71	350m:	4:38.79	40.33	
	100m:	1:14.96 39.59	200m:	40.92 300m:	3:58.46 40.68	400m:	5:17.64	38.85	
85.	BAKUN Maja		07	UKS G-8 Bielany Warszawa				5:18.25	410
	50m:	34.64 34.64	150m:	41.67 250m:	3:19.45 42.39	350m:	4:40.61	40.43	
	100m:	1:14.45 39.81	200m:	40.94 300m:	4:00.18 40.73	400m:	5:18.25	37.64	
86.	MICHALAK Zuzanna		07	St. KF KS Fenix O arów Mazowiecki				5:19.03	407
	50m:	36.72 36.72	150m:	41.23 250m:	3:21.79 41.69	350m:	4:43.20	40.23	
	100m:	1:17.17 40.45	200m:	41.70 300m:	4:02.97 41.18	400m:	5:19.03	35.83	
87.	POLACZEK Wiktoria		06	MKS Park Wodny Tarnowskie Góry				5:20.19	402
	50m:	36.58 36.58	150m:	41.09 250m:	3:19.11 40.83	350m:	4:40.85	40.89	
	100m:	1:16.44 39.86	200m:	40.75 300m:	3:59.96 40.85	400m:	5:20.19	39.34	
88.	GUZDEK Anna		07	UKS AQUATICA Pawłowice				5:20.77	400
	50m:	35.38 35.38	150m:	40.62 250m:	3:19.64 41.03	350m:	4:42.65	41.23	
	100m:	1:16.42 41.04	200m:	41.57 300m:	4:01.42 41.78	400m:	5:20.77	38.12	
89.	BUTRYN Wiktoria		07	KP Ciechanów				5:22.44	394
	50m:	36.41 36.41	150m:	42.03 250m:	3:23.28 41.80	350m:	4:45.57	41.02	
	100m:	1:17.53 41.12	200m:	41.92 300m:	4:04.55 41.27	400m:	5:22.44	36.87	
90.	NOWAK Victoria		05	MKS Park Wodny Tarnowskie Góry				5:27.63	375
	50m:	1:59.77 1:59.77	150m:	250m:	3:23.10 41.72	350m:	4:46.67	41.71	
	100m:	1:17.78	200m:	300m:	4:04.96 41.86	400m:	5:27.63	40.96	
91.	PARZNIEWSKA Aleksandra		07	St. KF KS Fenix O arów Mazowiecki				5:31.31	363
	50m:	38.42 38.42	150m:	43.04 250m:	3:29.23 42.53	350m:	4:52.35	41.24	
	100m:	1:20.66 42.24	200m:	43.00 300m:	4:11.11 41.88	400m:	5:31.31	38.96	
92.	BRZYSKA Jagoda		06	MKS Park Wodny Tarnowskie Góry				5:31.39	363
	50m:	36.10 36.10	150m:	43.43 250m:	3:26.88 42.71	350m:	4:52.58	42.95	
	100m:	1:17.46 41.36	200m:	43.28 300m:	4:09.63 42.75	400m:	5:31.39	38.81	
93.	JAGODZI SKA Zofia		07	UKS ÓSEMKA Starogard Gda ski				5:32.65	359
	50m:	37.38 37.38	150m:	42.92 250m:	3:28.08 42.76	350m:	4:52.86	41.77	
	100m:	1:19.18 41.80	200m:	43.22 300m:	4:11.09 43.01	400m:	5:32.65	39.79	
94.	CIE LUKOWSKA Pola		04	UKS Swim Team Wilanów				5:44.85	322
	50m:	36.40 36.40	150m:	44.77 250m:	3:33.04 44.72	350m:	5:03.17	44.82	
	100m:	1:18.25 41.85	200m:	45.30 300m:	4:18.35 45.31	400m:	5:44.85	41.68	

