

2019 Arena Grand Prix Puchar Polski  
Lublin, 23. - 24.3.2019

Konkurencja 11  
23.03.2019 - 11:53

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Rekord Polski Open	4:04.23	JEDRZEJCZAK Otylia	POL	Melbourne (AUS)	25.03.2007
Rekord Polski 19 - 23	4:05.84	JEDRZEJCZAK Otylia	POL	Budapeszt (HUN)	03.08.2006
Rekord Polski 18	4:12.62	UKOWSKA Paula	POL	Doha (UAE)	09.12.2009
Rekord Polski 17	4:12.62	UKOWSKA Paula	POL	Doha (UAE)	09.12.2009
Rekord Polski 16	4:12.62	ZUKOWSKA Paula	POL	Doha (QAT)	09.12.2009
Rekord Polski 15	4:16.14	KNOP Aleksandra	POL	Łódź	26.05.2018
Rekord Polski 14	4:16.54	KILIJA SKA Donata	POL	Tampere (FIN)	20.07.2009

Punkty: FINA 2019

Pozycja			Wiek				Czas				Pkt.
<b>JUNIOR MŁODSZY 14 LAT</b>											
1.	MLECZEK Natalia		14	LKS Jedno 32 Przyszowice		<b>4:42.53</b>				586	
	50m:	33.33 33.33	150m:	1:45.15 36.00	250m:	2:56.97 35.95	350m:	4:08.48 35.35			
	100m:	1:09.15 35.82	200m:	2:21.02 35.87	300m:	3:33.13 36.16	400m:	4:42.53 34.05			
2.	KRASZEWSKA Martyna		14	MTP Kormoran Olsztyn		<b>4:43.68</b>				579	
	50m:	31.92 31.92	150m:	1:43.26 35.84	250m:	2:55.80 36.58	350m:	4:09.28 36.78			
	100m:	1:07.42 35.50	200m:	2:19.22 35.96	300m:	3:32.50 36.70	400m:	4:43.68 34.40			
3.	GÓRSKA Zofia		14	UKP „Polonia Warszawa”		<b>4:47.68</b>				555	
	50m:	32.61 32.61	150m:	1:44.52 36.38	250m:	2:58.40 37.05	350m:	4:12.16 36.41			
	100m:	1:08.14 35.53	200m:	2:21.35 36.83	300m:	3:35.75 37.35	400m:	4:47.68 35.52			
4.	SUJKOWSKA Roksana		14	MTP Kormoran Olsztyn		<b>4:49.28</b>				546	
	50m:	32.95 32.95	150m:	1:46.62 37.15	250m:	2:59.99 36.46	350m:	4:13.89 36.82			
	100m:	1:09.47 36.52	200m:	2:23.53 36.91	300m:	3:37.07 37.08	400m:	4:49.28 35.39			
5.	DADEJ Julia		14	BOSiR Brzesko		<b>4:52.53</b>				528	
	50m:	34.42 34.42	150m:	1:47.98 36.99	250m:	3:02.46 37.10	350m:	4:16.76 36.82			
	100m:	1:10.99 36.57	200m:	2:25.36 37.38	300m:	3:39.94 37.48	400m:	4:52.53 35.77			
6.	SAMORAJ Oliwia		14	MKS Piaseczno		<b>4:52.87</b>				526	
	50m:	32.75 32.75	150m:	1:45.45 36.53	250m:	3:00.23 37.59	350m:	4:16.70 38.17			
	100m:	1:08.92 36.17	200m:	2:22.64 37.19	300m:	3:38.53 38.30	400m:	4:52.87 36.17			
7.	KRAWCZYK Maja		14	BUKS Warszawa		<b>4:53.11</b>				525	
	50m:	31.96 31.96	150m:	1:46.30 37.65	250m:	3:02.36 37.77	350m:	4:17.47 37.56			
	100m:	1:08.65 36.69	200m:	2:24.59 38.29	300m:	3:39.91 37.55	400m:	4:53.11 35.64			
8.	ZI BA Anastazja		14	MTKP Delfin Toru		<b>4:55.33</b>				513	
	50m:	32.57 32.57	150m:	1:47.70 37.91	250m:	3:04.62 38.24	350m:	4:20.11 37.03			
	100m:	1:09.79 37.22	200m:	2:26.38 38.68	300m:	3:43.08 38.46	400m:	4:55.33 35.22			
9.	L GA Maja		14	KS Neptun widnica		<b>5:04.77</b>				467	
	50m:	33.76 33.76	150m:	1:50.45 38.66	250m:	3:07.94 38.83	350m:	4:26.56 39.10			
	100m:	1:11.79 38.03	200m:	2:29.11 38.66	300m:	3:47.46 39.52	400m:	5:04.77 38.21			
10.	MOTOR Magdalena		14	KP Sokół Rzeszów		<b>5:06.68</b>				458	
	50m:	34.43 34.43	150m:	1:52.74 39.56	250m:	3:12.08 39.77	350m:	4:30.30 39.16			
	100m:	1:13.18 38.75	200m:	2:32.31 39.57	300m:	3:51.14 39.06	400m:	5:06.68 36.38			
11.	PIECZUL Inga		14	UKS „MANTA” Kochłowice Ruda I sk		<b>5:16.00</b>				418	
	50m:	34.13 34.13	150m:	1:52.70 40.06	250m:	3:14.62 41.21	350m:	4:36.63 40.70			
	100m:	1:12.64 38.51	200m:	2:33.41 40.71	300m:	3:55.93 41.31	400m:	5:16.00 39.37			
12.	LASECKA Anna		14	UKS 307 Warszawa		<b>5:23.27</b>				391	
	50m:	34.33 34.33	150m:	1:55.52 41.16	250m:	3:19.93 41.92	350m:	4:44.26 41.99			
	100m:	1:14.36 40.03	200m:	2:38.01 42.49	300m:	4:02.27 42.34	400m:	5:23.27 39.01			
13.	RUTWA Wiktoria		14	MKS Piaseczno		<b>5:24.21</b>				387	
	50m:	36.26 36.26	150m:	1:59.04 41.36	250m:	3:21.46 41.17	350m:	4:44.48 40.79			
	100m:	1:17.68 41.42	200m:	2:40.29 41.25	300m:	4:03.69 42.23	400m:	5:24.21 39.73			
14.	SŁOTWI SKA Wiktoria		14	KS „Wisła” Puławy		<b>5:25.16</b>				384	
	50m:	36.73 36.73	150m:	1:59.30 41.49	250m:	3:23.44 42.16	350m:	4:47.18 41.62			
	100m:	1:17.81 41.08	200m:	2:41.28 41.98	300m:	4:05.56 42.12	400m:	5:25.16 37.98			
15.	PIECZYKOLAN Alicja		14	RWKS Sparta Biłgoraj		<b>5:43.58</b>				325	
	50m:	37.53 37.53	150m:	2:03.78 43.77	250m:	3:32.66 44.58	350m:	5:02.82 44.97			
	100m:	1:20.01 42.48	200m:	2:48.08 44.30	300m:	4:17.85 45.19	400m:	5:43.58 40.76			

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Konkurencja 11, Dziewcz t, 400m dowolny, JUNIOR MŁODSZY 14 LAT

Pozycja			Wiek				Czas				Pkt.	
16.	SMYKOWSKA Kinga		14				UKS „MANTA” Kochłowice Ruda I sk				<b>5:45.68</b>	320
	50m:	39.17	39.17	150m:	2:07.48	44.73	250m:	3:35.91	43.92	350m:	5:05.34	43.95
	100m:	1:22.75	43.58	200m:	2:51.99	44.51	300m:	4:21.39	45.48	400m:	5:45.68	40.34

JUNIOR MŁODSZY 15 LAT

1.	TARASIEWICZ Klaudia		15				UKP „Polonia Warszawa”				<b>4:28.06</b>	686
	50m:	31.11	31.11	150m:	1:39.31	34.25	250m:	2:47.31	33.46	350m:	3:56.25	34.48
	100m:	1:05.06	33.95	200m:	2:13.85	34.54	300m:	3:21.77	34.46	400m:	4:28.06	31.81
2.	MIZIK Julia		15				UKS Manta Warszawa Włochy				<b>4:37.40</b>	619
	50m:	30.50	30.50	150m:	1:39.88	34.95	250m:	2:50.93	35.18	350m:	4:02.50	35.67
	100m:	1:04.93	34.43	200m:	2:15.75	35.87	300m:	3:26.83	35.90	400m:	4:37.40	34.90
3.	MALINO Julia		15				UKS „ORKA” Zamo				<b>4:42.49</b>	586
	50m:	33.06	33.06	150m:	1:44.13	36.02	250m:	2:56.75	36.62	350m:	4:09.09	36.21
	100m:	1:08.11	35.05	200m:	2:20.13	36.00	300m:	3:32.88	36.13	400m:	4:42.49	33.40
4.	SIWKO Natalia		15				KS OLIMPIA Lublin				<b>4:43.37</b>	581
	50m:	33.02	33.02	150m:	1:44.77	35.84	250m:	2:57.17	36.41	350m:	4:09.03	35.95
	100m:	1:08.83	35.81	200m:	2:20.76	36.09	300m:	3:33.08	35.91	400m:	4:43.37	34.34
5.	KRUPI SKA Lila		15				MTP Kormoran Olsztyn				<b>4:47.54</b>	556
	50m:	33.52	33.52	150m:	1:46.40	36.68	250m:	2:59.82	36.75	350m:	4:12.87	36.49
	100m:	1:09.72	36.20	200m:	2:23.07	36.67	300m:	3:36.38	36.56	400m:	4:47.54	34.67
6.	BOCIAN Roksana		15				LKS Jedno 32 Przyszowice				<b>4:48.33</b>	551
	50m:	32.81	32.81	150m:	1:45.37	37.02	250m:	3:00.58	37.94	350m:	4:13.20	34.92
	100m:	1:08.35	35.54	200m:	2:22.64	37.27	300m:	3:38.28	37.70	400m:	4:48.33	35.13
7.	LALA Nadia		15				UKS Salmo ory				<b>4:51.15</b>	535
	50m:	33.09	33.09	150m:	1:46.90	37.66	250m:	3:02.31	37.86	350m:	4:16.27	36.70
	100m:	1:09.24	36.15	200m:	2:24.45	37.55	300m:	3:39.57	37.26	400m:	4:51.15	34.88
8.	ROGOWICZ Zuzanna		15				UKS OMEGA Sokółka				<b>4:54.20</b>	519
	50m:	33.33	33.33	150m:	1:47.87	37.29	250m:	3:03.19	37.64	350m:	4:19.47	37.95
	100m:	1:10.58	37.25	200m:	2:25.55	37.68	300m:	3:41.52	38.33	400m:	4:54.20	34.73
9.	WUSZTER Iga		15				KP MZOS Płock				<b>4:55.62</b>	511
	50m:	33.42	33.42	150m:	1:48.04	37.42	250m:	3:03.09	37.67	350m:	4:18.67	37.09
	100m:	1:10.62	37.20	200m:	2:25.42	37.38	300m:	3:41.58	38.49	400m:	4:55.62	36.95
10.	RACZY SKA Wiktoria		15				AZS Łód				<b>4:57.86</b>	500
	50m:	33.97	33.97	150m:	1:49.75	37.82	250m:	3:05.38	37.47	350m:	4:20.79	37.35
	100m:	1:11.93	37.96	200m:	2:27.91	38.16	300m:	3:43.44	38.06	400m:	4:57.86	37.07
11.	ŁYSIO Julia		15				MKS Trójka Łód				<b>5:00.50</b>	487
	50m:	33.84	33.84	150m:	1:50.47	39.00	250m:	3:08.52	38.91	350m:	4:25.12	37.79
	100m:	1:11.47	37.63	200m:	2:29.61	39.14	300m:	3:47.33	38.81	400m:	5:00.50	35.38
12.	GŁOWALA Gabriela		15				UKS Olimpijczyk 23				<b>5:03.12</b>	474
	50m:	34.30	34.30	150m:	1:50.36	38.02	250m:	3:08.56	38.93	350m:	4:26.36	38.50
	100m:	1:12.34	38.04	200m:	2:29.63	39.27	300m:	3:47.86	39.30	400m:	5:03.12	36.76
13.	GUTOWSKA Maria		15				UKP Jedyńka Elbl g				<b>5:04.24</b>	469
	50m:	34.53	34.53	150m:	1:51.87	38.68	250m:	3:10.14	39.43	350m:	4:27.48	38.40
	100m:	1:13.19	38.66	200m:	2:30.71	38.84	300m:	3:49.08	38.94	400m:	5:04.24	36.76
14.	NAGRABA Oliwia		15				UKS 307 Warszawa				<b>5:05.53</b>	463
	50m:	33.74	33.74	150m:	1:50.45	38.81	250m:	3:09.05	39.38	350m:	4:27.05	37.90
	100m:	1:11.64	37.90	200m:	2:29.67	39.22	300m:	3:49.15	40.10	400m:	5:05.53	38.48
15.	WRÓBLEWSKA Klaudia		15				UKS „ORKA” Zamo				<b>5:07.68</b>	453
	50m:	34.59	34.59	150m:	1:52.69	39.38	250m:	3:11.31	39.78	350m:	4:29.80	39.19
	100m:	1:13.31	38.72	200m:	2:31.53	38.84	300m:	3:50.61	39.30	400m:	5:07.68	37.88
16.	PA KO Maja		15				St. KF KS „Fenix” O arów Mazowiecki				<b>5:08.09</b>	452
	50m:	32.62	32.62	150m:	1:49.70	39.57	250m:	3:10.50	40.54	350m:	4:30.42	39.75
	100m:	1:10.13	37.51	200m:	2:29.96	40.26	300m:	3:50.67	40.17	400m:	5:08.09	37.67

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Konkurencja 11, Dziewcz t, 400m dowolny, JUNIOR MŁODSZY 15 LAT

Pozycja			Wiek				Czas				Pkt.	
17.	SYSIO	Zuzanna	15	MUKS Wodnik Łask				<b>5:16.81</b>				415
	50m:	34.01	34.01	150m:	1:51.39	39.59	250m:	3:14.23	42.06	350m:	4:37.52	41.37
	100m:	1:11.80	37.79	200m:	2:32.17	40.78	300m:	3:56.15	41.92	400m:	5:16.81	39.29
18.	PETERA	Patrycja	15	UKS Pi tka Konstantynów Łódzki				<b>5:20.45</b>				401
	50m:	34.22	34.22	150m:	1:54.33	40.97	250m:	3:18.20	41.97	350m:	4:41.62	41.55
	100m:	1:13.36	39.14	200m:	2:36.23	41.90	300m:	4:00.07	41.87	400m:	5:20.45	38.83
19.	D BROWSKA	Pola	15	UKS 307 Warszawa				<b>5:29.99</b>				367
	50m:	36.86	36.86	150m:	2:01.35	42.84	250m:	3:26.50	42.92	350m:	4:50.70	42.32
	100m:	1:18.51	41.65	200m:	2:43.58	42.23	300m:	4:08.38	41.88	400m:	5:29.99	39.29

JUNIOR MŁODSZY 16 LAT

1.	KNOP	Aleksandra	16	UKS 190 Łód				<b>4:18.04</b>				769
	50m:	29.39	29.39	150m:	1:33.90	32.56	250m:	2:39.11	32.68	350m:	3:45.27	33.07
	100m:	1:01.34	31.95	200m:	2:06.43	32.53	300m:	3:12.20	33.09	400m:	4:18.04	32.77
2.	ZIELI SKA	Daria	16	UKP „Polonia Warszawa”				<b>4:30.16</b>				670
	50m:	30.42	30.42	150m:	1:38.16	34.27	250m:	2:46.77	34.27	350m:	3:56.57	34.94
	100m:	1:03.89	33.47	200m:	2:12.50	34.34	300m:	3:21.63	34.86	400m:	4:30.16	33.59
3.	CYNARSKA	Weronika	16	UKP „Polonia Warszawa”				<b>4:30.89</b>				665
	50m:	31.20	31.20	150m:	1:38.66	33.72	250m:	2:46.95	34.15	350m:	3:57.10	35.23
	100m:	1:04.94	33.74	200m:	2:12.80	34.14	300m:	3:21.87	34.92	400m:	4:30.89	33.79
4.	NOWAK	Maja	16	AZS AWF Warszawa				<b>4:33.12</b>				648
	50m:	31.94	31.94	150m:	1:40.79	34.60	250m:	2:50.68	35.08	350m:	4:00.33	34.55
	100m:	1:06.19	34.25	200m:	2:15.60	34.81	300m:	3:25.78	35.10	400m:	4:33.12	32.79
5.	NEUBAUER	Paulina	16	UKS „Dwójka” Tczew				<b>4:33.93</b>				643
	50m:	31.41	31.41	150m:	1:40.84	35.19	250m:	2:50.61	34.75	350m:	4:00.49	34.72
	100m:	1:05.65	34.24	200m:	2:15.86	35.02	300m:	3:25.77	35.16	400m:	4:33.93	33.44
6.	PIEPIÓRKA	Martyna	16	UKS abianka Gda sk				<b>4:39.18</b>				607
	50m:	32.23	32.23	150m:	1:43.04	35.36	250m:	2:54.55	35.88	350m:	4:04.45	34.06
	100m:	1:07.68	35.45	200m:	2:18.67	35.63	300m:	3:30.39	35.84	400m:	4:39.18	34.73
7.	CIOCH-GRADZIK	Wiktoria	16	UKS „MANTA” Kochłowice Ruda I sk				<b>4:39.69</b>				604
	50m:	32.58	32.58	150m:	1:43.79	36.16	250m:	2:55.57	35.44	350m:	4:05.61	34.69
	100m:	1:07.63	35.05	200m:	2:20.13	36.34	300m:	3:30.92	35.35	400m:	4:39.69	34.08
8.	URBAN	Karolina	16	UKS „Ósemka” Starogard Gda ski				<b>4:39.78</b>				603
	50m:	32.37	32.37	150m:	1:42.33	34.91	250m:	2:52.90	35.09	350m:	4:04.94	36.11
	100m:	1:07.42	35.05	200m:	2:17.81	35.48	300m:	3:28.83	35.93	400m:	4:39.78	34.84
9.	ZIEMACKA	Julia	16	IUKS „Muszelka” Warszawa				<b>4:42.46</b>				586
	50m:	31.58	31.58	150m:	1:42.44	35.84	250m:	2:54.83	35.92	350m:	4:06.94	35.84
	100m:	1:06.60	35.02	200m:	2:18.91	36.47	300m:	3:31.10	36.27	400m:	4:42.46	35.52
10.	MOLENDĄ	Dominika	16	UKS abianka Gda sk				<b>4:43.70</b>				579
	50m:	32.65	32.65	150m:	1:44.32	36.18	250m:	2:57.14	36.35	350m:	4:08.88	35.87
	100m:	1:08.14	35.49	200m:	2:20.79	36.47	300m:	3:33.01	35.87	400m:	4:43.70	34.82
11.	SŁOWIK	Martyna	16	IKS Konstancin				<b>4:45.04</b>				570
	50m:	32.34	32.34	150m:	1:43.57	35.86	250m:	2:56.58	36.66	350m:	4:09.43	36.46
	100m:	1:07.71	35.37	200m:	2:19.92	36.35	300m:	3:32.97	36.39	400m:	4:45.04	35.61
12.	HAŁADYN	Karolina	16	UKS 190 Łód				<b>4:45.61</b>				567
	50m:	33.42	33.42	150m:	1:45.53	36.16	250m:	2:58.32	36.30	350m:	4:10.45	35.81
	100m:	1:09.37	35.95	200m:	2:22.02	36.49	300m:	3:34.64	36.32	400m:	4:45.61	35.16
13.	KULIK	Wiktoria	16	MTP Kormoran Olsztyn				<b>4:46.35</b>				563
	50m:	32.66	32.66	150m:	1:44.74	36.07	250m:	2:57.84	36.41	350m:	4:10.85	36.35
	100m:	1:08.67	36.01	200m:	2:21.43	36.69	300m:	3:34.50	36.66	400m:	4:46.35	35.50
14.	GÓRAL	Paula	16	UKS „Dwójka” Tczew				<b>4:55.19</b>				514
	50m:	33.47	33.47	150m:	1:47.63	36.95	250m:	3:02.54	37.63	350m:	4:18.64	38.19
	100m:	1:10.68	37.21	200m:	2:24.91	37.28	300m:	3:40.45	37.91	400m:	4:55.19	36.55

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Konkurencja 11, Dziewcz t, 400m dowolny, JUNIOR MŁODSZY 16 LAT

Pozycja					Wiek					Czas	Pkt.	
15.	TOPP Zofia				16	UKS G-8 Bielany Warszawa				<b>4:58.37</b>	497	
	50m:	33.46	33.46	150m:	1:48.16	37.92	250m:	3:04.52	38.44	350m:	4:21.36	38.40
	100m:	1:10.24	36.78	200m:	2:26.08	37.92	300m:	3:42.96	38.44	400m:	4:58.37	37.01
16.	SZYSZKO Karolina				16	MUKS „Olimpijczyk” Suwałki				<b>4:59.16</b>	493	
	50m:	33.31	33.31	150m:	1:49.06	38.63	250m:	3:05.51	38.37	350m:	4:22.65	38.75
	100m:	1:10.43	37.12	200m:	2:27.14	38.08	300m:	3:43.90	38.39	400m:	4:59.16	36.51
17.	D BKOWSKA Aleksandra				16	KP MZOS Płock				<b>5:06.83</b>	457	
	50m:	33.73	33.73	150m:	1:51.34	39.30	250m:	3:10.36	39.40	350m:	4:29.08	39.25
	100m:	1:12.04	38.31	200m:	2:30.96	39.62	300m:	3:49.83	39.47	400m:	5:06.83	37.75
18.	KARWOWSKA Anna				16	MKS CKS-SMS Szczecin				<b>5:30.28</b>	366	
	50m:	35.80	35.80	150m:	2:00.79	42.69	250m:	3:25.67	42.33	350m:	4:49.88	41.73
	100m:	1:18.10	42.30	200m:	2:43.34	42.55	300m:	4:08.15	42.48	400m:	5:30.28	40.40

JUNIOR 17 LAT

1.	KOSSAKOWSKA Dominika				18	AZS AWF Katowice				<b>4:25.36</b>	707	
	50m:	30.46	30.46	150m:	1:36.62	33.39	250m:	2:44.75	34.12	350m:	3:52.90	33.96
	100m:	1:03.23	32.77	200m:	2:10.63	34.01	300m:	3:18.94	34.19	400m:	4:25.36	32.46
2.	NITA Daria				18	KS Korona Kraków				<b>4:27.74</b>	688	
	50m:	31.43	31.43	150m:	1:40.59	34.84	250m:	2:49.54	34.33	350m:	3:56.47	33.04
	100m:	1:05.75	34.32	200m:	2:15.21	34.62	300m:	3:23.43	33.89	400m:	4:27.74	31.27
3.	SKIBIAK Klaudia				17	UKS 190 Łódź				<b>4:27.97</b>	687	
	50m:	31.20	31.20	150m:	1:39.38	34.70	250m:	2:47.85	33.88	350m:	3:55.85	33.86
	100m:	1:04.68	33.48	200m:	2:13.97	34.59	300m:	3:21.99	34.14	400m:	4:27.97	32.12
4.	JASZCZUK Ewa				17	MTP Kormoran Olsztyn				<b>4:28.43</b>	683	
	50m:	31.73	31.73	150m:	1:40.07	34.14	250m:	2:47.66	33.15	350m:	3:55.18	33.58
	100m:	1:05.93	34.20	200m:	2:14.51	34.44	300m:	3:21.60	33.94	400m:	4:28.43	33.25
5.	PIECHOTA Karolina				18	UKS 190 Łódź				<b>4:30.08</b>	671	
	50m:	31.70	31.70	150m:	1:39.33	33.92	250m:	2:48.01	34.73	350m:	3:56.49	34.25
	100m:	1:05.41	33.71	200m:	2:13.28	33.95	300m:	3:22.24	34.23	400m:	4:30.08	33.59
6.	W GRZYNOWSKA Aleksandra				18	WKS I sk Wrocław				<b>4:32.61</b>	652	
	50m:	31.38	31.38	150m:	1:41.03	35.19	250m:	2:50.51	34.66	350m:	3:59.52	34.27
	100m:	1:05.84	34.46	200m:	2:15.85	34.82	300m:	3:25.25	34.74	400m:	4:32.61	33.09
7.	D BROWSKA Tatiana				17	UKS 190 Łódź				<b>4:33.08</b>	649	
	50m:	31.98	31.98	150m:	1:40.14	34.52	250m:	2:49.92	35.03	350m:	3:59.83	34.83
	100m:	1:05.62	33.64	200m:	2:14.89	34.75	300m:	3:25.00	35.08	400m:	4:33.08	33.25
8.	SZL K Katarzyna				17	KU AZS Politechniki Łódzkiej				<b>4:33.26</b>	647	
	50m:	30.84	30.84	150m:	1:38.95	34.48	250m:	2:48.65	35.11	350m:	3:59.95	35.47
	100m:	1:04.47	33.63	200m:	2:13.54	34.59	300m:	3:24.48	35.83	400m:	4:33.26	33.31
9.	MICIAK Agata				17	MKP „SŁOWIANKA” Gorzów Wlkp.				<b>4:35.25</b>	634	
	50m:	31.66	31.66	150m:	1:41.28	35.24	250m:	2:51.65	35.03	350m:	4:01.50	34.52
	100m:	1:06.04	34.38	200m:	2:16.62	35.34	300m:	3:26.98	35.33	400m:	4:35.25	33.75
10.	SZEWCZYK Zofia				17	UKP Fala Kra nik				<b>4:35.36</b>	633	
	50m:	32.76	32.76	150m:	1:42.99	35.55	250m:	2:52.97	34.69	350m:	4:02.27	34.62
	100m:	1:07.44	34.68	200m:	2:18.28	35.29	300m:	3:27.65	34.68	400m:	4:35.36	33.09
11.	ŁYSAKOWSKA Julia				18	KU AZS UMCS Lublin				<b>4:36.41</b>	626	
	50m:	32.54	32.54	150m:	1:42.43	34.91	250m:	2:52.65	34.86	350m:	4:02.46	34.66
	100m:	1:07.52	34.98	200m:	2:17.79	35.36	300m:	3:27.80	35.15	400m:	4:36.41	33.95
12.	KUCHTA Maria				17	UKS „Dwójka” Tczew				<b>4:38.24</b>	613	
	50m:	31.55	31.55	150m:	1:41.27	35.44	250m:	2:52.51	35.80	350m:	4:04.38	36.02
	100m:	1:05.83	34.28	200m:	2:16.71	35.44	300m:	3:28.36	35.85	400m:	4:38.24	33.86
13.	SHPYCHKA Yaroslava				18	KU AZS Politechniki Łódzkiej				<b>4:39.81</b>	603	
	50m:	31.86	31.86	150m:	1:42.59	35.55	250m:	2:53.67	35.55	350m:	4:05.11	35.72
	100m:	1:07.04	35.18	200m:	2:18.12	35.53	300m:	3:29.39	35.72	400m:	4:39.81	34.70

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Konkurencja 11, Kobiet, 400m dowolny, JUNIOR 17 LAT

Pozycja			Wiek				Czas				Pkt.	
14.	PROCHOWNIK	Martyna	17	KU AZS UMCS Lublin				<b>4:40.23</b>				600
	50m:	32.29	32.29	150m:	1:43.20	35.64	250m:	2:54.46	35.50	350m:	4:05.85	35.50
	100m:	1:07.56	35.27	200m:	2:18.96	35.76	300m:	3:30.35	35.89	400m:	4:40.23	34.38
15.	RABINIAK	Zuzanna	18	KU AZS UMCS Lublin				<b>4:40.94</b>				596
	50m:	31.56	31.56	150m:	1:41.59	35.68	250m:	2:53.18	35.67	350m:	4:05.64	36.34
	100m:	1:05.91	34.35	200m:	2:17.51	35.92	300m:	3:29.30	36.12	400m:	4:40.94	35.30
16.	WILCZEWSKA	Aleksandra	17	KU AZS UMCS Lublin				<b>4:43.30</b>				581
	50m:	32.18	32.18	150m:	1:43.17	35.54	250m:	2:55.45	36.02	350m:	4:07.86	35.78
	100m:	1:07.63	35.45	200m:	2:19.43	36.26	300m:	3:32.08	36.63	400m:	4:43.30	35.44
17.	KWIATKOWSKA	Zofia	18	KU AZS UMCS Lublin				<b>4:44.56</b>				573
	50m:	32.18	32.18	150m:	1:45.10	37.06	250m:	2:58.83	37.07	350m:	4:11.29	35.65
	100m:	1:08.04	35.86	200m:	2:21.76	36.66	300m:	3:35.64	36.81	400m:	4:44.56	33.27
18.	BUGAŁA	Martyna	17	UKS Skarpa Lublin				<b>4:49.40</b>				545
	50m:	33.59	33.59	150m:	1:46.55	36.99	250m:	3:00.12	37.17	350m:	4:14.19	37.62
	100m:	1:09.56	35.97	200m:	2:22.95	36.40	300m:	3:36.57	36.45	400m:	4:49.40	35.21
19.	KUMOREK	Kamila	17	KU AZS UMCS Lublin				<b>4:50.55</b>				539
	50m:	31.76	31.76	150m:	1:43.68	36.47	250m:	2:58.10	37.33	350m:	4:13.92	38.31
	100m:	1:07.21	35.45	200m:	2:20.77	37.09	300m:	3:35.61	37.51	400m:	4:50.55	36.63
20.	BILSKA	Natalia	18	UKS abianka Gda sk				<b>5:02.49</b>				477
	50m:	34.44	34.44	150m:	1:51.65	39.09	250m:	3:09.64	39.21	350m:	4:26.91	38.71
	100m:	1:12.56	38.12	200m:	2:30.43	38.78	300m:	3:48.20	38.56	400m:	5:02.49	35.58
21.	POLASIK	Natalia	17	MKS Medyk Gi ycko				<b>5:09.30</b>				446
	50m:	34.04	34.04	150m:	1:50.78	39.12	250m:	3:11.10	40.51	350m:	4:30.92	40.06
	100m:	1:11.66	37.62	200m:	2:30.59	39.81	300m:	3:50.86	39.76	400m:	5:09.30	38.38

OPEN

1.	KNOP	Aleksandra	16	UKS 190 Łód				<b>4:18.04</b>				769
	50m:	29.39	29.39	150m:	1:33.90	32.56	250m:	2:39.11	32.68	350m:	3:45.27	33.07
	100m:	1:01.34	31.95	200m:	2:06.43	32.53	300m:	3:12.20	33.09	400m:	4:18.04	32.77
2.	PIECHOTA	Paulina	20	UKS 190 Łód				<b>4:19.27</b>				758
	50m:	30.17	30.17	150m:	1:35.10	32.73	250m:	2:40.61	32.76	350m:	3:46.75	33.19
	100m:	1:02.37	32.20	200m:	2:07.85	32.75	300m:	3:13.56	32.95	400m:	4:19.27	32.52
3.	UKOWSKA	Paula	26	KU AZS UMCS Lublin				<b>4:20.65</b>				746
	50m:	30.64	30.64	150m:	1:36.91	33.26	250m:	2:43.46	33.16	350m:	3:49.08	32.81
	100m:	1:03.65	33.01	200m:	2:10.30	33.39	300m:	3:16.27	32.81	400m:	4:20.65	31.57
4.	KARPISZ	Milena	22	AZS Łód				<b>4:21.64</b>				738
	50m:	30.21	30.21	150m:	1:35.24	32.51	250m:	2:41.29	33.01	350m:	3:48.63	33.68
	100m:	1:02.73	32.52	200m:	2:08.28	33.04	300m:	3:14.95	33.66	400m:	4:21.64	33.01
5.	KOSSAKOWSKA	Dominika	18	AZS AWF Katowice				<b>4:25.36</b>				707
	50m:	30.46	30.46	150m:	1:36.62	33.39	250m:	2:44.75	34.12	350m:	3:52.90	33.96
	100m:	1:03.23	32.77	200m:	2:10.63	34.01	300m:	3:18.94	34.19	400m:	4:25.36	32.46
6.	NITA	Daria	18	KS Korona Kraków				<b>4:27.74</b>				688
	50m:	31.43	31.43	150m:	1:40.59	34.84	250m:	2:49.54	34.33	350m:	3:56.47	33.04
	100m:	1:05.75	34.32	200m:	2:15.21	34.62	300m:	3:23.43	33.89	400m:	4:27.74	31.27
7.	SKIBIAK	Klaudia	17	UKS 190 Łód				<b>4:27.97</b>				687
	50m:	31.20	31.20	150m:	1:39.38	34.70	250m:	2:47.85	33.88	350m:	3:55.85	33.86
	100m:	1:04.68	33.48	200m:	2:13.97	34.59	300m:	3:21.99	34.14	400m:	4:27.97	32.12
8.	TARASIEWICZ	Klaudia	15	UKP „Polonia Warszawa”				<b>4:28.06</b>				686
	50m:	31.11	31.11	150m:	1:39.31	34.25	250m:	2:47.31	33.46	350m:	3:56.25	34.48
	100m:	1:05.06	33.95	200m:	2:13.85	34.54	300m:	3:21.77	34.46	400m:	4:28.06	31.81
9.	JASZCZUK	Ewa	17	MTP Kormoran Olsztyn				<b>4:28.43</b>				683
	50m:	31.73	31.73	150m:	1:40.07	34.14	250m:	2:47.66	33.15	350m:	3:55.18	33.58
	100m:	1:05.93	34.20	200m:	2:14.51	34.44	300m:	3:21.60	33.94	400m:	4:28.43	33.25

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Pozycja			Wiek						Czas	Pkt.
10.	PIECHOTA Karolina	18	UKS 190 Łódź				<b>4:30.08</b>	671		
	50m: 31.70	31.70	150m: 1:39.33	33.92	250m: 2:48.01	34.73	350m: 3:56.49	34.25		
	100m: 1:05.41	33.71	200m: 2:13.28	33.95	300m: 3:22.24	34.23	400m: 4:30.08	33.59		
11.	ZIELI SKA Daria	16	UKP „Polonia Warszawa”				<b>4:30.16</b>	670		
	50m: 30.42	30.42	150m: 1:38.16	34.27	250m: 2:46.77	34.27	350m: 3:56.57	34.94		
	100m: 1:03.89	33.47	200m: 2:12.50	34.34	300m: 3:21.63	34.86	400m: 4:30.16	33.59		
12.	ANDRZEJEWSKA Kamila	20	KU AZS UMCS Lublin				<b>4:30.73</b>	666		
	50m: 31.41	31.41	150m: 1:39.95	34.32	250m: 2:48.42	34.04	350m: 3:56.86	34.32		
	100m: 1:05.63	34.22	200m: 2:14.38	34.43	300m: 3:22.54	34.12	400m: 4:30.73	33.87		
13.	CYNARSKA Weronika	16	UKP „Polonia Warszawa”				<b>4:30.89</b>	665		
	50m: 31.20	31.20	150m: 1:38.66	33.72	250m: 2:46.95	34.15	350m: 3:57.10	35.23		
	100m: 1:04.94	33.74	200m: 2:12.80	34.14	300m: 3:21.87	34.92	400m: 4:30.89	33.79		
14.	OSINIAK Ewa	19	KU AZS UMCS Lublin				<b>4:31.31</b>	662		
	50m: 31.50	31.50	150m: 1:39.98	34.44	250m: 2:48.95	34.35	350m: 3:57.98	34.02		
	100m: 1:05.54	34.04	200m: 2:14.60	34.62	300m: 3:23.96	35.01	400m: 4:31.31	33.33		
15.	W GRZYNOWSKA Aleksandra	18	WKS I sk Wrocław				<b>4:32.61</b>	652		
	50m: 31.38	31.38	150m: 1:41.03	35.19	250m: 2:50.51	34.66	350m: 3:59.52	34.27		
	100m: 1:05.84	34.46	200m: 2:15.85	34.82	300m: 3:25.25	34.74	400m: 4:32.61	33.09		
16.	D BROWSKA Tatiana	17	UKS 190 Łódź				<b>4:33.08</b>	649		
	50m: 31.98	31.98	150m: 1:40.14	34.52	250m: 2:49.92	35.03	350m: 3:59.83	34.83		
	100m: 1:05.62	33.64	200m: 2:14.89	34.75	300m: 3:25.00	35.08	400m: 4:33.08	33.25		
17.	NOWAK Maja	16	AZS AWF Warszawa				<b>4:33.12</b>	648		
	50m: 31.94	31.94	150m: 1:40.79	34.60	250m: 2:50.68	35.08	350m: 4:00.33	34.55		
	100m: 1:06.19	34.25	200m: 2:15.60	34.81	300m: 3:25.78	35.10	400m: 4:33.12	32.79		
18.	SZL K Katarzyna	17	KU AZS Politechniki Łódzkiej				<b>4:33.26</b>	647		
	50m: 30.84	30.84	150m: 1:38.95	34.48	250m: 2:48.65	35.11	350m: 3:59.95	35.47		
	100m: 1:04.47	33.63	200m: 2:13.54	34.59	300m: 3:24.48	35.83	400m: 4:33.26	33.31		
19.	JABŁO SKA Oliwia	22	WZSN „START”				<b>4:33.49</b>	646		
	50m: 32.17	32.17	150m: 1:41.01	34.62	250m: 2:50.63	34.82	350m: 4:00.01	34.56		
	100m: 1:06.39	34.22	200m: 2:15.81	34.80	300m: 3:25.45	34.82	400m: 4:33.49	33.48		
20.	MARGULA Weronika	19	MKP Szczecin				<b>4:33.78</b>	644		
	50m: 31.92	31.92	150m: 1:40.41	34.39	250m: 2:49.15	34.45	350m: 3:59.17	35.31		
	100m: 1:06.02	34.10	200m: 2:14.70	34.29	300m: 3:23.86	34.71	400m: 4:33.78	34.61		
21.	NEUBAUER Paulina	16	UKS „Dwójka” Tczew				<b>4:33.93</b>	643		
	50m: 31.41	31.41	150m: 1:40.84	35.19	250m: 2:50.61	34.75	350m: 4:00.49	34.72		
	100m: 1:05.65	34.24	200m: 2:15.86	35.02	300m: 3:25.77	35.16	400m: 4:33.93	33.44		
22.	IWANOWSKA Alexandra	19	MKS Juvenia Wrocław				<b>4:34.11</b>	641		
	50m: 30.72	30.72	150m: 1:38.52	34.22	250m: 2:48.41	35.23	350m: 3:59.23	35.56		
	100m: 1:04.30	33.58	200m: 2:13.18	34.66	300m: 3:23.67	35.26	400m: 4:34.11	34.88		
23.	MICIAK Agata	17	MKP „SŁOWIANKA” Gorzów Wlkp.				<b>4:35.25</b>	634		
	50m: 31.66	31.66	150m: 1:41.28	35.24	250m: 2:51.65	35.03	350m: 4:01.50	34.52		
	100m: 1:06.04	34.38	200m: 2:16.62	35.34	300m: 3:26.98	35.33	400m: 4:35.25	33.75		
24.	SZEWCZYK Zofia	17	UKP Fala Krańców				<b>4:35.36</b>	633		
	50m: 32.76	32.76	150m: 1:42.99	35.55	250m: 2:52.97	34.69	350m: 4:02.27	34.62		
	100m: 1:07.44	34.68	200m: 2:18.28	35.29	300m: 3:27.65	34.68	400m: 4:35.36	33.09		
25.	ŁYSAKOWSKA Julia	18	KU AZS UMCS Lublin				<b>4:36.41</b>	626		
	50m: 32.54	32.54	150m: 1:42.43	34.91	250m: 2:52.65	34.86	350m: 4:02.46	34.66		
	100m: 1:07.52	34.98	200m: 2:17.79	35.36	300m: 3:27.80	35.15	400m: 4:36.41	33.95		
26.	MIZIK Julia	15	UKS Manta Warszawa Włochy				<b>4:37.40</b>	619		
	50m: 30.50	30.50	150m: 1:39.88	34.95	250m: 2:50.93	35.18	350m: 4:02.50	35.67		
	100m: 1:04.93	34.43	200m: 2:15.75	35.87	300m: 3:26.83	35.90	400m: 4:37.40	34.90		
27.	KUCHTA Maria	17	UKS „Dwójka” Tczew				<b>4:38.24</b>	613		
	50m: 31.55	31.55	150m: 1:41.27	35.44	250m: 2:52.51	35.80	350m: 4:04.38	36.02		
	100m: 1:05.83	34.28	200m: 2:16.71	35.44	300m: 3:28.36	35.85	400m: 4:38.24	33.86		

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Pozycja			Wiek					Czas	Pkt.			
28.	PIEPIÓRKA	Martyna	16	UKS	abianka	Gda sk		<b>4:39.18</b>	607			
	50m:	32.23	32.23	150m:	1:43.04	35.36	250m:	2:54.55	35.88	350m:	4:04.45	34.06
	100m:	1:07.68	35.45	200m:	2:18.67	35.63	300m:	3:30.39	35.84	400m:	4:39.18	34.73
29.	CIOCH-GRADZIK	Wiktoria	16	UKS	„MANTA”	Kochłowice Ruda I sk		<b>4:39.69</b>	604			
	50m:	32.58	32.58	150m:	1:43.79	36.16	250m:	2:55.57	35.44	350m:	4:05.61	34.69
	100m:	1:07.63	35.05	200m:	2:20.13	36.34	300m:	3:30.92	35.35	400m:	4:39.69	34.08
30.	URBAN	Karolina	16	UKS	„Ósemka”	Starogard Gda ski		<b>4:39.78</b>	603			
	50m:	32.37	32.37	150m:	1:42.33	34.91	250m:	2:52.90	35.09	350m:	4:04.94	36.11
	100m:	1:07.42	35.05	200m:	2:17.81	35.48	300m:	3:28.83	35.93	400m:	4:39.78	34.84
31.	SHPYCHKA	Yaroslava	18	KU	AZS	Politechniki Łódzkiej		<b>4:39.81</b>	603			
	50m:	31.86	31.86	150m:	1:42.59	35.55	250m:	2:53.67	35.55	350m:	4:05.11	35.72
	100m:	1:07.04	35.18	200m:	2:18.12	35.53	300m:	3:29.39	35.72	400m:	4:39.81	34.70
32.	PROCHOWNIK	Martyna	17	KU	AZS	UMCS Lublin		<b>4:40.23</b>	600			
	50m:	32.29	32.29	150m:	1:43.20	35.64	250m:	2:54.46	35.50	350m:	4:05.85	35.50
	100m:	1:07.56	35.27	200m:	2:18.96	35.76	300m:	3:30.35	35.89	400m:	4:40.23	34.38
33.	RABINIAK	Zuzanna	18	KU	AZS	UMCS Lublin		<b>4:40.94</b>	596			
	50m:	31.56	31.56	150m:	1:41.59	35.68	250m:	2:53.18	35.67	350m:	4:05.64	36.34
	100m:	1:05.91	34.35	200m:	2:17.51	35.92	300m:	3:29.30	36.12	400m:	4:40.94	35.30
34.	ZIEMACKA	Julia	16	IUKS	„Muszelka”	Warszawa		<b>4:42.46</b>	586			
	50m:	31.58	31.58	150m:	1:42.44	35.84	250m:	2:54.83	35.92	350m:	4:06.94	35.84
	100m:	1:06.60	35.02	200m:	2:18.91	36.47	300m:	3:31.10	36.27	400m:	4:42.46	35.52
35.	MALINO	Julia	15	UKS	„ORKA”	Zamo		<b>4:42.49</b>	586			
	50m:	33.06	33.06	150m:	1:44.13	36.02	250m:	2:56.75	36.62	350m:	4:09.09	36.21
	100m:	1:08.11	35.05	200m:	2:20.13	36.00	300m:	3:32.88	36.13	400m:	4:42.49	33.40
36.	MLECZEK	Natalia	14	LKS	Jedno	32 Przyszowice		<b>4:42.53</b>	586			
	50m:	33.33	33.33	150m:	1:45.15	36.00	250m:	2:56.97	35.95	350m:	4:08.48	35.35
	100m:	1:09.15	35.82	200m:	2:21.02	35.87	300m:	3:33.13	36.16	400m:	4:42.53	34.05
37.	WILCZEWSKA	Aleksandra	17	KU	AZS	UMCS Lublin		<b>4:43.30</b>	581			
	50m:	32.18	32.18	150m:	1:43.17	35.54	250m:	2:55.45	36.02	350m:	4:07.86	35.78
	100m:	1:07.63	35.45	200m:	2:19.43	36.26	300m:	3:32.08	36.63	400m:	4:43.30	35.44
38.	SIWKO	Natalia	15	KS	OLIMPIA	Lublin		<b>4:43.37</b>	581			
	50m:	33.02	33.02	150m:	1:44.67	35.84	250m:	2:57.17	36.41	350m:	4:09.03	35.95
	100m:	1:08.83	35.81	200m:	2:20.76	36.09	300m:	3:33.08	35.91	400m:	4:43.37	34.34
39.	KRASZEWSKA	Martyna	14	MTP	Kormoran	Olsztyn		<b>4:43.68</b>	579			
	50m:	31.92	31.92	150m:	1:43.26	35.84	250m:	2:55.80	36.58	350m:	4:09.28	36.78
	100m:	1:07.42	35.50	200m:	2:19.22	35.96	300m:	3:32.50	36.70	400m:	4:43.68	34.40
40.	MOLENDĄ	Dominika	16	UKS	abianka	Gda sk		<b>4:43.70</b>	579			
	50m:	32.65	32.65	150m:	1:44.32	36.18	250m:	2:57.14	36.35	350m:	4:08.88	35.87
	100m:	1:08.14	35.49	200m:	2:20.79	36.47	300m:	3:33.01	35.87	400m:	4:43.70	34.82
41.	KWIATKOWSKA	Zofia	18	KU	AZS	UMCS Lublin		<b>4:44.56</b>	573			
	50m:	32.18	32.18	150m:	1:45.10	37.06	250m:	2:58.83	37.07	350m:	4:11.29	35.65
	100m:	1:08.04	35.86	200m:	2:21.76	36.66	300m:	3:35.64	36.81	400m:	4:44.56	33.27
42.	ROGOWSKA	Paulina	21	St. Lok.	SALOS	Cortile Kielce		<b>4:44.91</b>	571			
	50m:	32.00	32.00	150m:	1:43.19	36.23	250m:	2:55.59	36.22	350m:	4:09.34	36.99
	100m:	1:06.96	34.96	200m:	2:19.37	36.18	300m:	3:32.35	36.76	400m:	4:44.91	35.57
43.	SŁOWIK	Martyna	16	IKS	Konstancin			<b>4:45.04</b>	570			
	50m:	32.34	32.34	150m:	1:43.57	35.86	250m:	2:56.58	36.66	350m:	4:09.43	36.46
	100m:	1:07.71	35.37	200m:	2:19.92	36.35	300m:	3:32.97	36.39	400m:	4:45.04	35.61
44.	HAŁADYN	Karolina	16	UKS	190	Łód		<b>4:45.61</b>	567			
	50m:	33.42	33.42	150m:	1:45.53	36.16	250m:	2:58.32	36.30	350m:	4:10.45	35.81
	100m:	1:09.37	35.95	200m:	2:22.02	36.49	300m:	3:34.64	36.32	400m:	4:45.61	35.16
45.	WISTU	Julia	19	UKS	SMS	Galicja Kraków		<b>4:45.86</b>	565			
	50m:	32.84	32.84	150m:	1:43.93	35.51	250m:	2:56.51	35.80	350m:	4:09.84	35.93
	100m:	1:08.42	35.58	200m:	2:20.71	36.78	300m:	3:33.91	37.40	400m:	4:45.86	36.02

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Pozycja			Wiek					Czas	Pkt.			
46.	KULIK	Wiktorija	16	MTP Kormoran Olsztyn			<b>4:46.35</b>	563				
	50m:	32.66	32.66	150m:	1:44.74	36.07	250m:	2:57.84	36.41	350m:	4:10.85	36.35
	100m:	1:08.67	36.01	200m:	2:21.43	36.69	300m:	3:34.50	36.66	400m:	4:46.35	35.50
47.	KRUPI	SKA Lila	15	MTP Kormoran Olsztyn			<b>4:47.54</b>	556				
	50m:	33.52	33.52	150m:	1:46.40	36.68	250m:	2:59.82	36.75	350m:	4:12.87	36.49
	100m:	1:09.72	36.20	200m:	2:23.07	36.67	300m:	3:36.38	36.56	400m:	4:47.54	34.67
48.	GÓRSKA	Zofia	14	UKP „Polonia Warszawa”			<b>4:47.68</b>	555				
	50m:	32.61	32.61	150m:	1:44.52	36.38	250m:	2:58.40	37.05	350m:	4:12.16	36.41
	100m:	1:08.14	35.53	200m:	2:21.35	36.83	300m:	3:35.75	37.35	400m:	4:47.68	35.52
49.	BOCIAN	Roksana	15	LKS Jedno 32 Przyszowice			<b>4:48.33</b>	551				
	50m:	32.81	32.81	150m:	1:45.37	37.02	250m:	3:00.58	37.94	350m:	4:13.20	34.92
	100m:	1:08.35	35.54	200m:	2:22.64	37.27	300m:	3:38.28	37.70	400m:	4:48.33	35.13
50.	SUJKOWSKA	Roksana	14	MTP Kormoran Olsztyn			<b>4:49.28</b>	546				
	50m:	32.95	32.95	150m:	1:46.62	37.15	250m:	2:59.99	36.46	350m:	4:13.89	36.82
	100m:	1:09.47	36.52	200m:	2:23.53	36.91	300m:	3:37.07	37.08	400m:	4:49.28	35.39
51.	BUGAŁA	Martyna	17	UKS Skarpa Lublin			<b>4:49.40</b>	545				
	50m:	33.59	33.59	150m:	1:46.55	36.99	250m:	3:00.12	37.17	350m:	4:14.19	37.62
	100m:	1:09.56	35.97	200m:	2:22.95	36.40	300m:	3:36.57	36.45	400m:	4:49.40	35.21
52.	KUMOREK	Kamila	17	KU AZS UMCS Lublin			<b>4:50.55</b>	539				
	50m:	31.76	31.76	150m:	1:43.68	36.47	250m:	2:58.10	37.33	350m:	4:13.92	38.31
	100m:	1:07.21	35.45	200m:	2:20.77	37.09	300m:	3:35.61	37.51	400m:	4:50.55	36.63
53.	LALA	Nadia	15	UKS Salmo ory			<b>4:51.15</b>	535				
	50m:	33.09	33.09	150m:	1:46.90	37.66	250m:	3:02.31	37.86	350m:	4:16.27	36.70
	100m:	1:09.24	36.15	200m:	2:24.45	37.55	300m:	3:39.57	37.26	400m:	4:51.15	34.88
54.	DADEJ	Julia	14	BOSiR Brzesko			<b>4:52.53</b>	528				
	50m:	34.42	34.42	150m:	1:47.98	36.99	250m:	3:02.46	37.10	350m:	4:16.76	36.82
	100m:	1:10.99	36.57	200m:	2:25.36	37.38	300m:	3:39.94	37.48	400m:	4:52.53	35.77
55.	SAMORAJ	Oliwia	14	MKS Piaseczno			<b>4:52.87</b>	526				
	50m:	32.75	32.75	150m:	1:45.45	36.53	250m:	3:00.23	37.59	350m:	4:16.70	38.17
	100m:	1:08.92	36.17	200m:	2:22.64	37.19	300m:	3:38.53	38.30	400m:	4:52.87	36.17
56.	KRAWCZYK	Maja	14	BUKS Warszawa			<b>4:53.11</b>	525				
	50m:	31.96	31.96	150m:	1:46.30	37.65	250m:	3:02.36	37.77	350m:	4:17.47	37.56
	100m:	1:08.65	36.69	200m:	2:24.59	38.29	300m:	3:39.91	37.55	400m:	4:53.11	35.64
57.	ROGOWICZ	Zuzanna	15	UKS OMEGA Sokółka			<b>4:54.20</b>	519				
	50m:	33.33	33.33	150m:	1:47.87	37.29	250m:	3:03.19	37.64	350m:	4:19.47	37.95
	100m:	1:10.58	37.25	200m:	2:25.55	37.68	300m:	3:41.52	38.33	400m:	4:54.20	34.73
58.	GÓRAL	Paula	16	UKS „Dwójka” Tczew			<b>4:55.19</b>	514				
	50m:	33.47	33.47	150m:	1:47.63	36.95	250m:	3:02.54	37.63	350m:	4:18.64	38.19
	100m:	1:10.68	37.21	200m:	2:24.91	37.28	300m:	3:40.45	37.91	400m:	4:55.19	36.55
59.	ZI BA	Anastazja	14	MTKP Delfin Toru			<b>4:55.33</b>	513				
	50m:	32.57	32.57	150m:	1:47.70	37.91	250m:	3:04.62	38.24	350m:	4:20.11	37.03
	100m:	1:09.79	37.22	200m:	2:26.38	38.68	300m:	3:43.08	38.46	400m:	4:55.33	35.22
60.	WUSZTER	Iga	15	KP MZOS Płock			<b>4:55.62</b>	511				
	50m:	33.42	33.42	150m:	1:48.04	37.42	250m:	3:03.09	37.67	350m:	4:18.67	37.09
	100m:	1:10.62	37.20	200m:	2:25.42	37.38	300m:	3:41.58	38.49	400m:	4:55.62	36.95
61.	RACZY	SKA Wiktorija	15	AZS Łódź			<b>4:57.86</b>	500				
	50m:	33.97	33.97	150m:	1:49.75	37.82	250m:	3:05.38	37.47	350m:	4:20.79	37.35
	100m:	1:11.93	37.96	200m:	2:27.91	38.16	300m:	3:43.44	38.06	400m:	4:57.86	37.07
62.	TOPP	Zofia	16	UKS G-8 Bielany Warszawa			<b>4:58.37</b>	497				
	50m:	33.46	33.46	150m:	1:48.16	37.92	250m:	3:04.52	38.44	350m:	4:21.36	38.40
	100m:	1:10.24	36.78	200m:	2:26.08	37.92	300m:	3:42.96	38.44	400m:	4:58.37	37.01
63.	SZYSZKO	Karolina	16	MUKS „Olimpijczyk” Suwałki			<b>4:59.16</b>	493				
	50m:	33.31	33.31	150m:	1:49.06	38.63	250m:	3:05.51	38.37	350m:	4:22.65	38.75
	100m:	1:10.43	37.12	200m:	2:27.14	38.08	300m:	3:43.90	38.39	400m:	4:59.16	36.51



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64.	ŁYSIO Julia		15	MKS Trójka Łód			<b>5:00.50</b>	487	
	50m: 33.84	33.84	150m: 1:50.47	39.00	250m: 3:08.52	38.91	350m: 4:25.12	37.79	
	100m: 1:11.47	37.63	200m: 2:29.61	39.14	300m: 3:47.33	38.81	400m: 5:00.50	35.38	
65.	BILSKA Natalia		18	UKS abianka Gda sk			<b>5:02.49</b>	477	
	50m: 34.44	34.44	150m: 1:51.65	39.09	250m: 3:09.64	39.21	350m: 4:26.91	38.71	
	100m: 1:12.56	38.12	200m: 2:30.43	38.78	300m: 3:48.20	38.56	400m: 5:02.49	35.58	
66.	GŁOWALA Gabriela		15	UKS Olimpijczyk 23			<b>5:03.12</b>	474	
	50m: 34.30	34.30	150m: 1:50.36	38.02	250m: 3:08.56	38.93	350m: 4:26.36	38.50	
	100m: 1:12.34	38.04	200m: 2:29.63	39.27	300m: 3:47.86	39.30	400m: 5:03.12	36.76	
67.	GUTOWSKA Maria		15	UKP Jedyńka Elbl g			<b>5:04.24</b>	469	
	50m: 34.53	34.53	150m: 1:51.87	38.68	250m: 3:10.14	39.43	350m: 4:27.48	38.40	
	100m: 1:13.19	38.66	200m: 2:30.71	38.84	300m: 3:49.08	38.94	400m: 5:04.24	36.76	
68.	L GA Maja		14	KS Neptun widnica			<b>5:04.77</b>	467	
	50m: 33.76	33.76	150m: 1:50.45	38.66	250m: 3:07.94	38.83	350m: 4:26.56	39.10	
	100m: 1:11.79	38.03	200m: 2:29.11	38.66	300m: 3:47.46	39.52	400m: 5:04.77	38.21	
69.	NAGRABA Oliwia		15	UKS 307 Warszawa			<b>5:05.53</b>	463	
	50m: 33.74	33.74	150m: 1:50.45	38.81	250m: 3:09.05	39.38	350m: 4:27.05	37.90	
	100m: 1:11.64	37.90	200m: 2:29.67	39.22	300m: 3:49.15	40.10	400m: 5:05.53	38.48	
70.	MOTOR Magdalena		14	KP Sokół Rzeszów			<b>5:06.68</b>	458	
	50m: 34.43	34.43	150m: 1:52.74	39.56	250m: 3:12.08	39.77	350m: 4:30.30	39.16	
	100m: 1:13.18	38.75	200m: 2:32.31	39.57	300m: 3:51.14	39.06	400m: 5:06.68	36.38	
71.	D BKOWSKA Aleksandra		16	KP MZOS Płock			<b>5:06.83</b>	457	
	50m: 33.73	33.73	150m: 1:51.34	39.30	250m: 3:10.36	39.40	350m: 4:29.08	39.25	
	100m: 1:12.04	38.31	200m: 2:30.96	39.62	300m: 3:49.83	39.47	400m: 5:06.83	37.75	
72.	WRÓBLEWSKA Klaudia		15	UKS „ORKA” Zamo			<b>5:07.68</b>	453	
	50m: 34.59	34.59	150m: 1:52.69	39.38	250m: 3:11.31	39.78	350m: 4:29.80	39.19	
	100m: 1:13.31	38.72	200m: 2:31.53	38.84	300m: 3:50.61	39.30	400m: 5:07.68	37.88	
73.	PA KO Maja		15	St. KF KS „Fenix” O arów Mazowiecki			<b>5:08.09</b>	452	
	50m: 32.62	32.62	150m: 1:49.70	39.57	250m: 3:10.50	40.54	350m: 4:30.42	39.75	
	100m: 1:10.13	37.51	200m: 2:29.96	40.26	300m: 3:50.67	40.17	400m: 5:08.09	37.67	
74.	POLASIK Natalia		17	MKS Medyk Gi ycko			<b>5:09.30</b>	446	
	50m: 34.04	34.04	150m: 1:50.78	39.12	250m: 3:11.10	40.51	350m: 4:30.92	40.06	
	100m: 1:11.66	37.62	200m: 2:30.59	39.81	300m: 3:50.86	39.76	400m: 5:09.30	38.38	
75.	PIECZUL Inga		14	UKS „MANTA” Kochłowice Ruda l ska			<b>5:16.00</b>	418	
	50m: 34.13	34.13	150m: 1:52.70	40.06	250m: 3:14.62	41.21	350m: 4:36.63	40.70	
	100m: 1:12.64	38.51	200m: 2:33.41	40.71	300m: 3:55.93	41.31	400m: 5:16.00	39.37	
76.	SYSIO Zuzanna		15	MUKS Wodnik Łask			<b>5:16.81</b>	415	
	50m: 34.01	34.01	150m: 1:51.39	39.59	250m: 3:14.23	42.06	350m: 4:37.52	41.37	
	100m: 1:11.80	37.79	200m: 2:32.17	40.78	300m: 3:56.15	41.92	400m: 5:16.81	39.29	
77.	PETERA Patrycja		15	UKS Pi tka Konstancynów Łódzki			<b>5:20.45</b>	401	
	50m: 34.22	34.22	150m: 1:54.33	40.97	250m: 3:18.20	41.97	350m: 4:41.62	41.55	
	100m: 1:13.36	39.14	200m: 2:36.23	41.90	300m: 4:00.07	41.87	400m: 5:20.45	38.83	
78.	LASECKA Anna		14	UKS 307 Warszawa			<b>5:23.27</b>	391	
	50m: 34.33	34.33	150m: 1:55.52	41.16	250m: 3:19.93	41.92	350m: 4:44.26	41.99	
	100m: 1:14.36	40.03	200m: 2:38.01	42.49	300m: 4:02.27	42.34	400m: 5:23.27	39.01	
79.	RUTWA Wiktoria		14	MKS Piaseczno			<b>5:24.21</b>	387	
	50m: 36.26	36.26	150m: 1:59.04	41.36	250m: 3:21.46	41.17	350m: 4:44.48	40.79	
	100m: 1:17.68	41.42	200m: 2:40.29	41.25	300m: 4:03.69	42.23	400m: 5:24.21	39.73	
80.	SŁOTWI SKA Wiktoria		14	KS „Wisła” Puławy			<b>5:25.16</b>	384	
	50m: 36.73	36.73	150m: 1:59.30	41.49	250m: 3:23.44	42.16	350m: 4:47.18	41.62	
	100m: 1:17.81	41.08	200m: 2:41.28	41.98	300m: 4:05.56	42.12	400m: 5:25.16	37.98	
81.	D BROWSKA Pola		15	UKS 307 Warszawa			<b>5:29.99</b>	367	
	50m: 36.86	36.86	150m: 2:01.35	42.84	250m: 3:26.50	42.92	350m: 4:50.70	42.32	
	100m: 1:18.51	41.65	200m: 2:43.58	42.23	300m: 4:08.38	41.88	400m: 5:29.99	39.29	

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Konkurencja 11, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.			
82.	KARWOWSKA Anna		16	MKS CKS-SMS Szczecin				<b>5:30.28</b>	366			
	50m:	35.80	35.80	150m:	2:00.79	42.69	250m:	3:25.67	42.33	350m:	4:49.88	41.73
	100m:	1:18.10	42.30	200m:	2:43.34	42.55	300m:	4:08.15	42.48	400m:	5:30.28	40.40
83.	PIECZYKOLAN Alicja		14	RWKS Sparta Biłgoraj				<b>5:43.58</b>	325			
	50m:	37.53	37.53	150m:	2:03.78	43.77	250m:	3:32.66	44.58	350m:	5:02.82	44.97
	100m:	1:20.01	42.48	200m:	2:48.08	44.30	300m:	4:17.85	45.19	400m:	5:43.58	40.76
84.	SMYKOWSKA Kinga		14	UKS „MANTA” Kochłowice Ruda I sk				<b>5:45.68</b>	320			
	50m:	39.17	39.17	150m:	2:07.48	44.73	250m:	3:35.91	43.92	350m:	5:05.34	43.95
	100m:	1:22.75	43.58	200m:	2:51.99	44.51	300m:	4:21.39	45.48	400m:	5:45.68	40.34