

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

Konkurencja 13  
23.03.2019 - 18:34

Kobiet, 400m zmienny

14 lat i starsi  
Wyniki

Rekord Polski Open	4:36.95	BARANOWSKA Katarzyna	POL	Beijing (CHN)	09.08.2008
Rekord Polski 19 - 23	4:36.95	BARANOWSKA Katarzyna	POL	Beijing (CHN)	09.08.2008
Rekord Polski 18	4:43.39	BARANOWSKA Katarzyna	POL	Debica	20.05.2005
Rekord Polski 17	4:45.13	SZCZEPANIAK Karolina	POL	Rome (ITA)	02.08.2009
Rekord Polski 16	4:45.38	KNOP Aleksandra	POL	Łód	25.05.2018
Rekord Polski 15	4:45.38	KNOP Aleksandra	POL	Łód	25.05.2018
Rekord Polski 14	4:52.05	KNOP Aleksandra	POL	Lublin	19.05.2017

Punkty: FINA 2019

Pozycja Wiek Czas Pkt.

JUNIOR MŁODSZY 14 LAT

1. CIERPIAŁOWSKA Paulina	14	Malborskie WOPR	<b>5:10.73</b>	629
50m: 31.02 31.02	150m: 1:48.18 41.36	250m: 3:13.16 45.13	350m: 4:35.91 36.70	
100m: 1:06.82 35.80	200m: 2:28.03 39.85	300m: 3:59.21 46.05	400m: 5:10.73 34.82	
2. SZALAST Karolina	14	UKS Tri-Team Rumia	<b>5:20.02</b>	576
50m: 33.94 33.94	150m: 1:54.66 40.89	250m: 3:21.36 46.84	350m: 4:44.80 36.52	
100m: 1:13.77 39.83	200m: 2:34.52 39.86	300m: 4:08.28 46.92	400m: 5:20.02 35.22	
3. KLUSEK Aleksandra	14	UKP „Polonia Warszawa”	<b>5:22.58</b>	562
50m: 32.08 32.08	150m: 1:52.82 42.05	250m: 3:20.42 46.65	350m: 4:46.09 36.97	
100m: 1:10.77 38.69	200m: 2:33.77 40.95	300m: 4:09.12 48.70	400m: 5:22.58 36.49	
4. AMILKIEWICZ Aleksandra	14	KS OLIMPIA Lublin	<b>5:22.82</b>	561
50m:	150m: 1:55.77 42.78	250m: 3:22.51 45.97	350m: 4:46.22 38.67	
100m: 1:12.99	200m: 2:36.54 40.77	300m: 4:07.55 45.04	400m: 5:22.82 36.60	
5. ZI BA Anastazja	14	MTKP Delfin Toru	<b>5:34.96</b>	502
50m: 32.32 32.32	150m: 1:56.73 46.79	250m: 3:28.56 47.70	350m: 4:57.23 41.13	
100m: 1:09.94 37.62	200m: 2:40.86 44.13	300m: 4:16.10 47.54	400m: 5:34.96 37.73	
6. BURDYN Dominika	14	MUKS „Olimpijczyk” Suwałki	<b>5:35.92</b>	498
50m: 32.64 32.64	150m: 1:57.62 44.30	250m: 3:29.11 48.47	350m: 4:58.30 39.12	
100m: 1:13.32 40.68	200m: 2:40.64 43.02	300m: 4:19.18 50.07	400m: 5:35.92 37.62	
7. SOSNÓWKA Oliwia	14	UKP Fala Kra nik	<b>5:42.70</b>	469
50m: 35.84 35.84	150m: 2:03.68 46.75	250m: 3:36.82 47.91	350m: 5:04.89 40.70	
100m: 1:16.93 41.09	200m: 2:48.91 45.23	300m: 4:24.19 47.37	400m: 5:42.70 37.81	
8. SAMORAJ Oliwia	14	MKS Piaseczno	<b>5:43.52</b>	466
50m: 37.01 37.01	150m: 2:06.24 42.44	250m: 3:38.26 50.29	350m: 5:07.96 38.88	
100m: 1:23.80 46.79	200m: 2:47.97 41.73	300m: 4:29.08 50.82	400m: 5:43.52 35.56	
9. PABISIAK Helena	14	UKP „Polonia Warszawa”	<b>5:50.15</b>	440
50m: 34.93 34.93	150m: 2:04.67 45.09	250m: 3:38.63 50.13	350m: 5:10.36 40.79	
100m: 1:19.58 44.65	200m: 2:48.50 43.83	300m: 4:29.57 50.94	400m: 5:50.15 39.79	

JUNIOR MŁODSZY 15 LAT

1. TARASIEWICZ Klaudia	15	UKP „Polonia Warszawa”	<b>5:05.04</b>	665
50m: 31.89 31.89	150m: 1:47.33 38.77	250m: 3:11.90 46.70	350m: 4:33.16 34.32	
100m: 1:08.56 36.67	200m: 2:25.20 37.87	300m: 3:58.84 46.94	400m: 5:05.04 31.88	
2. MIKOŁAJCZYK Maja	15	UKS SP-149 Łód	<b>5:10.32</b>	632
50m: 33.07 33.07	150m: 1:51.64 41.32	250m: 3:16.49 43.66	350m: 4:35.75 34.59	
100m: 1:10.32 37.25	200m: 2:32.83 41.19	300m: 4:01.16 44.67	400m: 5:10.32 34.57	
3. BEDNARZ Julia	15	UKS „ORKA” Zamo	<b>5:15.83</b>	599
50m: 33.46 33.46	150m: 1:54.29 42.43	250m: 3:19.03 42.79	350m: 4:40.56 37.02	
100m: 1:11.86 38.40	200m: 2:36.24 41.95	300m: 4:03.54 44.51	400m: 5:15.83 35.27	
4. DRAGAN Julia	15	KS OLIMPIA Lublin	<b>5:18.27</b>	586
50m: 34.73 34.73	150m: 1:57.13 40.89	250m: 3:22.40 43.75	350m: 4:42.93 36.20	
100m: 1:16.24 41.51	200m: 2:38.65 41.52	300m: 4:06.73 44.33	400m: 5:18.27 35.34	
5. MACIASZCZYK Weronika	15	UKS SP-149 Łód	<b>5:19.72</b>	578
50m: 34.15 34.15	150m: 1:54.44 41.74	250m: 3:21.47 45.89	350m: 4:44.72 36.82	
100m: 1:12.70 38.55	200m: 2:35.58 41.14	300m: 4:07.90 46.43	400m: 5:19.72 35.00	

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Konkurencja 13, Dziewcz t, 400m zmienny, JUNIOR MŁODSZY 15 LAT

Pozycja			Wiek						Czas	Pkt.		
6.	WECKWERT Iga		15		UKS abianka Gda sk				<b>5:24.62</b>	552		
	50m:	34.93	34.93	150m:	1:56.71	40.82	250m:	3:22.47	46.76	350m:	4:47.39	38.80
	100m:	1:15.89	40.96	200m:	2:35.71	39.00	300m:	4:08.59	46.12	400m:	5:24.62	37.23
7.	GWAJ Julia		15		MUKS „Olimpijczyk” Suwałki				<b>5:27.93</b>	535		
	50m:	34.49	34.49	150m:	2:00.13	44.17	250m:	3:29.17	46.29	350m:	4:52.71	36.55
	100m:	1:15.96	41.47	200m:	2:42.88	42.75	300m:	4:16.16	46.99	400m:	5:27.93	35.22
8.	SOBOLEWSKA Magdalena		15		UKS „MANTA” Kochłowice Ruda I sk				<b>5:28.12</b>	534		
	50m:	34.90	34.90	150m:	1:56.83	41.56	250m:	3:26.43	47.60	350m:	4:51.79	36.40
	100m:	1:15.27	40.37	200m:	2:38.83	42.00	300m:	4:15.39	48.96	400m:	5:28.12	36.33
9.	SIOMA Zuzanna		15		UKS „ORKA” Zamo				<b>5:28.42</b>	533		
	50m:	35.83	35.83	150m:	2:01.61	43.67	250m:	3:29.17	46.91	350m:	4:54.04	37.81
	100m:	1:17.94	42.11	200m:	2:42.26	40.65	300m:	4:16.23	47.06	400m:	5:28.42	34.38
10.	KOZAK Katarzyna		15		UKS Olimpijczyk 23				<b>5:30.55</b>	523		
	50m:	32.62	32.62	150m:	1:52.54	42.94	250m:	3:24.78	50.14	350m:	4:53.62	39.38
	100m:	1:09.60	36.98	200m:	2:34.64	42.10	300m:	4:14.24	49.46	400m:	5:30.55	36.93

JUNIOR MŁODSZY 16 LAT

1.	KNOP Aleksandra		16		UKS 190 Łód				<b>4:55.77</b>	730		
	50m:	30.67	30.67	150m:	1:43.65	38.06	250m:	3:03.03	42.47	350m:	4:21.65	34.41
	100m:	1:05.59	34.92	200m:	2:20.56	36.91	300m:	3:47.24	44.21	400m:	4:55.77	34.12
2.	KLIMEK Marta		16		UKP Unia O wi cim				<b>5:06.48</b>	656		
	50m:	32.47	32.47	150m:	1:50.80	40.86	250m:	3:14.61	45.32	350m:	4:34.65	34.02
	100m:	1:09.94	37.47	200m:	2:29.29	38.49	300m:	4:00.63	46.02	400m:	5:06.48	31.83
3.	CYNARSKA Weronika		16		UKP „Polonia Warszawa”				<b>5:08.74</b>	642		
	50m:	33.50	33.50	150m:	1:53.91	40.64	250m:	3:16.82	43.53	350m:	4:35.45	34.51
	100m:	1:13.27	39.77	200m:	2:33.29	39.38	300m:	4:00.94	44.12	400m:	5:08.74	33.29
4.	MACIEJEWSKA Beata		16		UKS SP-149 Łód				<b>5:11.12</b>	627		
	50m:	33.75	33.75	150m:	1:52.87	40.92	250m:	3:16.76	44.66	350m:	4:36.81	35.55
	100m:	1:11.95	38.20	200m:	2:32.10	39.23	300m:	4:01.26	44.50	400m:	5:11.12	34.31
5.	NOWAK Maja		16		AZS AWF Warszawa				<b>5:12.29</b>	620		
	50m:	34.88	34.88	150m:	1:51.70	39.81	250m:	3:17.39	46.35	350m:	4:39.51	35.24
	100m:	1:11.89	37.01	200m:	2:31.04	39.34	300m:	4:04.27	46.88	400m:	5:12.29	32.78
6.	CIOCH-GRADZIK Wiktoria		16		UKS „MANTA” Kochłowice Ruda I sk				<b>5:16.95</b>	593		
	50m:	34.08	34.08	150m:	1:55.80	42.41	250m:	3:22.68	45.63	350m:	4:42.75	34.64
	100m:	1:13.39	39.31	200m:	2:37.05	41.25	300m:	4:08.11	45.43	400m:	5:16.95	34.20
7.	SŁOWIK Martyna		16		IKS Konstancin				<b>5:22.10</b>	565		
	50m:	33.35	33.35	150m:	1:54.21	42.55	250m:	3:23.16	47.42	350m:	4:46.86	36.82
	100m:	1:11.66	38.31	200m:	2:35.74	41.53	300m:	4:10.04	46.88	400m:	5:22.10	35.24
8.	MALEC Wiktoria		16		MKS „IKAR” Mielec				<b>5:22.58</b>	562		
	50m:	33.57	33.57	150m:	1:52.30	38.98	250m:	3:18.72	48.44	350m:	4:44.54	37.32
	100m:	1:13.32	39.75	200m:	2:30.28	37.98	300m:	4:07.22	48.50	400m:	5:22.58	38.04
9.	DOMORADZKA Aleksandra		16		MUKS „Olimpijczyk” Suwałki				<b>5:30.24</b>	524		
	50m:	36.10	36.10	150m:	2:02.03	43.07	250m:	3:30.19	45.89	350m:	4:54.47	37.39
	100m:	1:18.96	42.86	200m:	2:44.30	42.27	300m:	4:17.08	46.89	400m:	5:30.24	35.77
10.	KOŁODZIEJCZYK Oliwia		16		KS OLIMPIA Lublin				<b>5:36.79</b>	494		
	50m:	34.66	34.66	150m:	1:58.90	43.39	250m:	3:29.91	48.74	350m:	4:59.47	39.09
	100m:	1:15.51	40.85	200m:	2:41.17	42.27	300m:	4:20.38	50.47	400m:	5:36.79	37.32
11.	WITEK Aleksandra		16		UKS abianka Gda sk				<b>5:54.95</b>	422		
	50m:	35.16	35.16	150m:	2:08.67	46.24	250m:	3:42.77	48.28	350m:	5:14.31	41.10
	100m:	1:22.43	47.27	200m:	2:54.49	45.82	300m:	4:33.21	50.44	400m:	5:54.95	40.64

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Konkurencja 13, Kobiet, 400m zmienny

JUNIOR 17 LAT

1.	WILCZEWSKA Aleksandra	17	KU AZS UMCS Lublin	<b>5:02.35</b>	683
	50m: 32.51 32.51	150m: 1:48.68 39.15	250m: 3:10.28 43.01	350m: 4:28.89 35.08	
	100m: 1:09.53 37.02	200m: 2:27.27 38.59	300m: 3:53.81 43.53	400m: 5:02.35 33.46	
2.	KUCHTA Maria	17	UKS „Dwójka” Tczew	<b>5:11.63</b>	624
	50m: 31.77 31.77	150m: 1:51.27 42.21	250m: 3:16.92 44.37	350m: 4:38.76 36.46	
	100m: 1:09.06 37.29	200m: 2:32.55 41.28	300m: 4:02.30 45.38	400m: 5:11.63 32.87	
3.	KRYPA Marta	17	UKS Manta Warszawa Włochy	<b>5:14.47</b>	607
	50m: 32.07 32.07	150m: 1:50.48 40.95	250m: 3:16.17 44.40	350m: 4:38.20 36.36	
	100m: 1:09.53 37.46	200m: 2:31.77 41.29	300m: 4:01.84 45.67	400m: 5:14.47 36.27	
4.	CERLICH Oliwia	17	MKS „IKAR” Mielec	<b>5:15.20</b>	603
	50m: 33.08 33.08	150m: 1:53.46 41.69	250m: 3:18.84 44.08	350m: 4:40.18 35.96	
	100m: 1:11.77 38.69	200m: 2:34.76 41.30	300m: 4:04.22 45.38	400m: 5:15.20 35.02	
5.	MILEK Marcelina	17	UKS SMS Galicja Kraków	<b>5:16.59</b>	595
	50m: 33.97 33.97	150m: 1:51.59 40.22	250m: 3:17.08 45.15	350m: 4:42.15 37.97	
	100m: 1:11.37 37.40	200m: 2:31.93 40.34	300m: 4:04.18 47.10	400m: 5:16.59 34.44	
6.	SHPYCHKA Yaroslava	18	KU AZS Politechniki Łódzkiej	<b>5:29.33</b>	529
	50m: 35.00 35.00	150m: 2:02.80 44.70	250m: 3:31.18 45.52	350m: 4:54.02 37.11	
	100m: 1:18.10 43.10	200m: 2:45.66 42.86	300m: 4:16.91 45.73	400m: 5:29.33 35.31	

OPEN

1.	UKOWSKA Paula	26	KU AZS UMCS Lublin	<b>4:49.94</b>	775
	50m: 31.55 31.55	150m: 1:45.05 38.31	250m: 3:03.11 41.44	350m: 4:17.44 33.26	
	100m: 1:06.74 35.19	200m: 2:21.67 36.62	300m: 3:44.18 41.07	400m: 4:49.94 32.50	
2.	KNOP Aleksandra	16	UKS 190 Łódź	<b>4:55.77</b>	730
	50m: 30.67 30.67	150m: 1:43.65 38.06	250m: 3:03.03 42.47	350m: 4:21.65 34.41	
	100m: 1:05.59 34.92	200m: 2:20.56 36.91	300m: 3:47.24 44.21	400m: 4:55.77 34.12	
3.	WILCZEWSKA Aleksandra	17	KU AZS UMCS Lublin	<b>5:02.35</b>	683
	50m: 32.51 32.51	150m: 1:48.68 39.15	250m: 3:10.28 43.01	350m: 4:28.89 35.08	
	100m: 1:09.53 37.02	200m: 2:27.27 38.59	300m: 3:53.81 43.53	400m: 5:02.35 33.46	
4.	ANDRZEJEWSKA Kamila	20	KU AZS UMCS Lublin	<b>5:02.66</b>	681
	50m: 31.89 31.89	150m: 1:48.33 40.60	250m: 3:11.76 44.69	350m: 4:29.67 33.96	
	100m: 1:07.73 35.84	200m: 2:27.07 38.74	300m: 3:55.71 43.95	400m: 5:02.66 32.99	
5.	TARASIEWICZ Klaudia	15	UKP „Polonia Warszawa”	<b>5:05.04</b>	665
	50m: 31.89 31.89	150m: 1:47.33 38.77	250m: 3:11.90 46.70	350m: 4:33.16 34.32	
	100m: 1:08.56 36.67	200m: 2:25.20 37.87	300m: 3:58.84 46.94	400m: 5:05.04 31.88	
6.	KLIMEK Marta	16	UKP Unia O wi cim	<b>5:06.48</b>	656
	50m: 32.47 32.47	150m: 1:50.80 40.86	250m: 3:14.61 45.32	350m: 4:34.65 34.02	
	100m: 1:09.94 37.47	200m: 2:29.29 38.49	300m: 4:00.63 46.02	400m: 5:06.48 31.83	
7.	CYNARSKA Weronika	16	UKP „Polonia Warszawa”	<b>5:08.74</b>	642
	50m: 33.50 33.50	150m: 1:53.91 40.64	250m: 3:16.82 43.53	350m: 4:35.45 34.51	
	100m: 1:13.27 39.77	200m: 2:33.29 39.38	300m: 4:00.94 44.12	400m: 5:08.74 33.29	
8.	MIKOŁAJCZYK Maja	15	UKS SP-149 Łódź	<b>5:10.32</b>	632
	50m: 33.07 33.07	150m: 1:51.64 41.32	250m: 3:16.49 43.66	350m: 4:35.75 34.59	
	100m: 1:10.32 37.25	200m: 2:32.83 41.19	300m: 4:01.16 44.67	400m: 5:10.32 34.57	
9.	CIERPIAŁOWSKA Paulina	14	Malborskie WOPR	<b>5:10.73</b>	629
	50m: 31.02 31.02	150m: 1:48.18 41.36	250m: 3:13.16 45.13	350m: 4:35.91 36.70	
	100m: 1:06.82 35.80	200m: 2:28.03 39.85	300m: 3:59.21 46.05	400m: 5:10.73 34.82	
10.	MACIEJEWSKA Beata	16	UKS SP-149 Łódź	<b>5:11.12</b>	627
	50m: 33.75 33.75	150m: 1:52.87 40.92	250m: 3:16.76 44.66	350m: 4:36.81 35.55	
	100m: 1:11.95 38.20	200m: 2:32.10 39.23	300m: 4:01.26 44.50	400m: 5:11.12 34.31	
11.	KUCHTA Maria	17	UKS „Dwójka” Tczew	<b>5:11.63</b>	624
	50m: 31.77 31.77	150m: 1:51.27 42.21	250m: 3:16.92 44.37	350m: 4:38.76 36.46	
	100m: 1:09.06 37.29	200m: 2:32.55 41.28	300m: 4:02.30 45.38	400m: 5:11.63 32.87	

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Konkurencja 13, Kobiet, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.			
12.	NOWAK Maja		16	AZS AWF Warszawa				<b>5:12.29</b>	620			
	50m:	34.88 34.88	150m:	1:51.70	39.81	250m:	3:17.39	46.35	350m:	4:39.51	35.24	
	100m:	1:11.89	37.01	200m:	2:31.04	39.34	300m:	4:04.27	46.88	400m:	5:12.29	32.78
13.	KRYPA Marta		17	UKS Manta Warszawa Włochy				<b>5:14.47</b>	607			
	50m:	32.07 32.07	150m:	1:50.48	40.95	250m:	3:16.17	44.40	350m:	4:38.20	36.36	
	100m:	1:09.53	37.46	200m:	2:31.77	41.29	300m:	4:01.84	45.67	400m:	5:14.47	36.27
14.	CERLICH Oliwia		17	MKS „IKAR” Mielec				<b>5:15.20</b>	603			
	50m:	33.08 33.08	150m:	1:53.46	41.69	250m:	3:18.84	44.08	350m:	4:40.18	35.96	
	100m:	1:11.77	38.69	200m:	2:34.76	41.30	300m:	4:04.22	45.38	400m:	5:15.20	35.02
15.	MARGULA Weronika		19	MKP Szczecin				<b>5:15.60</b>	601			
	50m:	33.33 33.33	150m:	1:50.77	39.65	250m:	3:17.23	47.68	350m:	4:41.45	35.83	
	100m:	1:11.12	37.79	200m:	2:29.55	38.78	300m:	4:05.62	48.39	400m:	5:15.60	34.15
16.	BEDNARZ Julia		15	UKS „ORKA” Zamo				<b>5:15.83</b>	599			
	50m:	33.46 33.46	150m:	1:54.29	42.43	250m:	3:19.03	42.79	350m:	4:40.56	37.02	
	100m:	1:11.86	38.40	200m:	2:36.24	41.95	300m:	4:03.54	44.51	400m:	5:15.83	35.27
17.	MILEK Marcelina		17	UKS SMS Galicja Kraków				<b>5:16.59</b>	595			
	50m:	33.97 33.97	150m:	1:51.59	40.22	250m:	3:17.08	45.15	350m:	4:42.15	37.97	
	100m:	1:11.37	37.40	200m:	2:31.93	40.34	300m:	4:04.18	47.10	400m:	5:16.59	34.44
18.	CIOCH-GRADZIK Wiktoria		16	UKS „MANTA” Kochłowice Ruda I sk				<b>5:16.95</b>	593			
	50m:	34.08 34.08	150m:	1:55.80	42.41	250m:	3:22.68	45.63	350m:	4:42.75	34.64	
	100m:	1:13.39	39.31	200m:	2:37.05	41.25	300m:	4:08.11	45.43	400m:	5:16.95	34.20
19.	DRAGAN Julia		15	KS OLIMPIA Lublin				<b>5:18.27</b>	586			
	50m:	34.73 34.73	150m:	1:57.13	40.89	250m:	3:22.40	43.75	350m:	4:42.93	36.20	
	100m:	1:16.24	41.51	200m:	2:38.65	41.52	300m:	4:06.73	44.33	400m:	5:18.27	35.34
20.	MACIASZCZYK Weronika		15	UKS SP-149 Łód				<b>5:19.72</b>	578			
	50m:	34.15 34.15	150m:	1:54.44	41.74	250m:	3:21.47	45.89	350m:	4:44.72	36.82	
	100m:	1:12.70	38.55	200m:	2:35.58	41.14	300m:	4:07.90	46.43	400m:	5:19.72	35.00
21.	SZALAST Karolina		14	UKS Tri-Team Rumia				<b>5:20.02</b>	576			
	50m:	33.94 33.94	150m:	1:54.66	40.89	250m:	3:21.36	46.84	350m:	4:44.80	36.52	
	100m:	1:13.77	39.83	200m:	2:34.52	39.86	300m:	4:08.28	46.92	400m:	5:20.02	35.22
22.	SŁOWIK Martyna		16	IKS Konstancin				<b>5:22.10</b>	565			
	50m:	33.35 33.35	150m:	1:54.21	42.55	250m:	3:23.16	47.42	350m:	4:46.86	36.82	
	100m:	1:11.66	38.31	200m:	2:35.74	41.53	300m:	4:10.04	46.88	400m:	5:22.10	35.24
23.	MALEC Wiktoria		16	MKS „IKAR” Mielec				<b>5:22.58</b>	562			
	50m:	33.57 33.57	150m:	1:52.30	38.98	250m:	3:18.72	48.44	350m:	4:44.54	37.32	
	100m:	1:13.32	39.75	200m:	2:30.28	37.98	300m:	4:07.22	48.50	400m:	5:22.58	38.04
	KLUSEK Aleksandra		14	UKP „Polonia Warszawa”				<b>5:22.58</b>	562			
	50m:	32.08 32.08	150m:	1:52.82	42.05	250m:	3:20.42	46.65	350m:	4:46.09	36.97	
	100m:	1:10.77	38.69	200m:	2:33.77	40.95	300m:	4:09.12	48.70	400m:	5:22.58	36.49
25.	AMILKIEWICZ Aleksandra		14	KS OLIMPIA Lublin				<b>5:22.82</b>	561			
	50m:		150m:	1:55.77	42.78	250m:	3:22.51	45.97	350m:	4:46.22	38.67	
	100m:	1:12.99		200m:	2:36.54	40.77	300m:	4:07.55	45.04	400m:	5:22.82	36.60
26.	WECKWERT Iga		15	UKS abianka Gda sk				<b>5:24.62</b>	552			
	50m:	34.93 34.93	150m:	1:56.71	40.82	250m:	3:22.47	46.76	350m:	4:47.39	38.80	
	100m:	1:15.89	40.96	200m:	2:35.71	39.00	300m:	4:08.59	46.12	400m:	5:24.62	37.23
27.	GWAJ Julia		15	MUKS „Olimpijczyk” Suwałki				<b>5:27.93</b>	535			
	50m:	34.49 34.49	150m:	2:00.13	44.17	250m:	3:29.17	46.29	350m:	4:52.71	36.55	
	100m:	1:15.96	41.47	200m:	2:42.88	42.75	300m:	4:16.16	46.99	400m:	5:27.93	35.22
28.	SOBOLEWSKA Magdalena		15	UKS „MANTA” Kochłowice Ruda I sk				<b>5:28.12</b>	534			
	50m:	34.90 34.90	150m:	1:56.83	41.56	250m:	3:26.43	47.60	350m:	4:51.79	36.40	
	100m:	1:15.27	40.37	200m:	2:38.83	42.00	300m:	4:15.39	48.96	400m:	5:28.12	36.33
29.	SIOMA Zuzanna		15	UKS „ORKA” Zamo				<b>5:28.42</b>	533			
	50m:	35.83 35.83	150m:	2:01.61	43.67	250m:	3:29.17	46.91	350m:	4:54.04	37.81	
	100m:	1:17.94	42.11	200m:	2:42.26	40.65	300m:	4:16.23	47.06	400m:	5:28.42	34.38

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Lublin, 23. - 24.3.2019

Konkurencja 13, Kobiet, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.
30.	BARYŁA Julia		19	MKP Szczecin			<b>5:29.15</b>	529	
	50m: 34.23	34.23	150m: 1:57.28	43.15	250m: 3:27.33	47.56	350m: 4:52.11	37.84	
	100m: 1:14.13	39.90	200m: 2:39.77	42.49	300m: 4:14.27	46.94	400m: 5:29.15	37.04	
31.	SHPYCHKA Yaroslava		18	KU AZS Politechniki Łódzkiej			<b>5:29.33</b>	529	
	50m: 35.00	35.00	150m: 2:02.80	44.70	250m: 3:31.18	45.52	350m: 4:54.02	37.11	
	100m: 1:18.10	43.10	200m: 2:45.66	42.86	300m: 4:16.91	45.73	400m: 5:29.33	35.31	
32.	DOMORADZKA Aleksandra		16	MUKS „Olimpijczyk” Suwałki			<b>5:30.24</b>	524	
	50m: 36.10	36.10	150m: 2:02.03	43.07	250m: 3:30.19	45.89	350m: 4:54.47	37.39	
	100m: 1:18.96	42.86	200m: 2:44.30	42.27	300m: 4:17.08	46.89	400m: 5:30.24	35.77	
33.	KOZAK Katarzyna		15	UKS Olimpijczyk 23			<b>5:30.55</b>	523	
	50m: 32.62	32.62	150m: 1:52.54	42.94	250m: 3:24.78	50.14	350m: 4:53.62	39.38	
	100m: 1:09.60	36.98	200m: 2:34.64	42.10	300m: 4:14.24	49.46	400m: 5:30.55	36.93	
34.	ZI BA Anastazja		14	MTKP Delfin Toru			<b>5:34.96</b>	502	
	50m: 32.32	32.32	150m: 1:56.73	46.79	250m: 3:28.56	47.70	350m: 4:57.23	41.13	
	100m: 1:09.94	37.62	200m: 2:40.86	44.13	300m: 4:16.10	47.54	400m: 5:34.96	37.73	
35.	BURDYN Dominika		14	MUKS „Olimpijczyk” Suwałki			<b>5:35.92</b>	498	
	50m: 32.64	32.64	150m: 1:57.62	44.30	250m: 3:29.11	48.47	350m: 4:58.30	39.12	
	100m: 1:13.32	40.68	200m: 2:40.64	43.02	300m: 4:19.18	50.07	400m: 5:35.92	37.62	
36.	KOŁODZIEJCZYK Oliwia		16	KS OLIMPIA Lublin			<b>5:36.79</b>	494	
	50m: 34.66	34.66	150m: 1:58.90	43.39	250m: 3:29.91	48.74	350m: 4:59.47	39.09	
	100m: 1:15.51	40.85	200m: 2:41.17	42.27	300m: 4:20.38	50.47	400m: 5:36.79	37.32	
37.	SOSNÓWKA Oliwia		14	UKP Fala Krańców			<b>5:42.70</b>	469	
	50m: 35.84	35.84	150m: 2:03.68	46.75	250m: 3:36.82	47.91	350m: 5:04.89	40.70	
	100m: 1:16.93	41.09	200m: 2:48.91	45.23	300m: 4:24.19	47.37	400m: 5:42.70	37.81	
38.	SAMORAJ Oliwia		14	MKS Piaseczno			<b>5:43.52</b>	466	
	50m: 37.01	37.01	150m: 2:06.24	42.44	250m: 3:38.26	50.29	350m: 5:07.96	38.88	
	100m: 1:23.80	46.79	200m: 2:47.97	41.73	300m: 4:29.08	50.82	400m: 5:43.52	35.56	
39.	PABISIAK Helena		14	UKP „Polonia Warszawa”			<b>5:50.15</b>	440	
	50m: 34.93	34.93	150m: 2:04.67	45.09	250m: 3:38.63	50.13	350m: 5:10.36	40.79	
	100m: 1:19.58	44.65	200m: 2:48.50	43.83	300m: 4:29.57	50.94	400m: 5:50.15	39.79	
40.	WITEK Aleksandra		16	UKS abianka Gdańsk			<b>5:54.95</b>	422	
	50m: 35.16	35.16	150m: 2:08.67	46.24	250m: 3:42.77	48.28	350m: 5:14.31	41.10	
	100m: 1:22.43	47.27	200m: 2:54.49	45.82	300m: 4:33.21	50.44	400m: 5:54.95	40.64	
DYSKW.	TCHÓRZ Alicja		27	MKS Juwenia Wrocław					
	<i>O3 - Pływak podciągnął się na linie torowej (dodatkowy ruch napływu)</i>								