

2021 Arena Grand Prix Puchar Polski  
Lublin, 27. - 28.3.2021

Konkurencja 22  
27.03.2021 - 17:49

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

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

Punkty: FINA 2021

Pozycja			Wiek					Czas	Pkt.
<b>JUNIOR MŁODSZY 14 LAT</b>									
1.	KUCZMAR Zuzanna		14	MKS Ochota Warszawa			<b>4:41.22</b>	594	
	50m: 31.40	31.40	150m: 1:41.83	35.94	250m: 2:53.33	35.72	350m: 4:05.92	36.32	
	100m: 1:05.89	34.49	200m: 2:17.61	35.78	300m: 3:29.60	36.27	400m: 4:41.22	35.30	
2.	ORASZEK Karolina		14	UKP „Polonia Warszawa”			<b>4:48.71</b>	549	
	50m: 31.84	31.84	150m: 1:45.07	37.41	250m: 2:58.88	36.24	350m: 4:12.99	37.34	
	100m: 1:07.66	35.82	200m: 2:22.64	37.57	300m: 3:35.65	36.77	400m: 4:48.71	35.72	
3.	TRAFALSKA Zuzanna		14	TP Olimpijczyk Aleksandrów Łódzki			<b>4:52.38</b>	528	
	50m: 31.93	31.93	150m: 1:44.02	37.01	250m: 2:59.19	37.90	350m: 4:15.73	38.56	
	100m: 1:07.01	35.08	200m: 2:21.29	37.27	300m: 3:37.17	37.98	400m: 4:52.38	36.65	
<b>JUNIOR MŁODSZY 15 LAT</b>									
1.	MILEK Alicja		15	Solne Miasto SP. zo.o			<b>4:32.67</b>	652	
	50m: 29.90	29.90	150m: 1:37.83	34.53	250m: 2:47.97	35.26	350m: 3:58.75	35.53	
	100m: 1:03.30	33.40	200m: 2:12.71	34.88	300m: 3:23.22	35.25	400m: 4:32.67	33.92	
2.	MACIAK Julia		15	IUKS „Muszelka” Warszawa			<b>4:33.44</b>	646	
	50m: 30.87	30.87	150m: 1:39.64	34.68	250m: 2:49.51	35.20	350m: 4:00.13	35.10	
	100m: 1:04.96	34.09	200m: 2:14.31	34.67	300m: 3:25.03	35.52	400m: 4:33.44	33.31	
3.	CZUBAK Maria		15	IKS Konstancin			<b>4:34.16</b>	641	
	50m: 30.68	30.68	150m: 1:40.56	35.34	250m: 2:51.02	35.02	350m: 4:00.76	34.49	
	100m: 1:05.22	34.54	200m: 2:16.00	35.44	300m: 3:26.27	35.25	400m: 4:34.16	33.40	
4.	GORCZYCA Gabriela		15	Solne Miasto SP. zo.o			<b>4:35.72</b>	630	
	50m: 31.49	31.49	150m: 1:40.99	34.89	250m: 2:51.47	35.19	350m: 4:01.79	34.86	
	100m: 1:06.10	34.61	200m: 2:16.28	35.29	300m: 3:26.93	35.46	400m: 4:35.72	33.93	
5.	WALCZAK Barbara		15	UKS G-8 Bielany Warszawa			<b>4:38.68</b>	610	
	50m: 30.82	30.82	150m: 1:40.64	35.26	250m: 2:51.76	35.57	350m: 4:04.53	36.36	
	100m: 1:05.38	34.56	200m: 2:16.19	35.55	300m: 3:28.17	36.41	400m: 4:38.68	34.15	
6.	CHMIELEWSKA Aleksandra		15	Mi dzyszkolny UKS „Olimpijczyk” Suwałki			<b>4:44.28</b>	575	
	50m: 31.63	31.63	150m: 1:39.75	34.46	250m: 2:51.67	36.82	350m: 4:07.05	37.98	
	100m: 1:05.29	33.66	200m: 2:14.85	35.10	300m: 3:29.07	37.40	400m: 4:44.28	37.23	
7.	WILK Anna		15	UKP Fala Krańców			<b>4:44.41</b>	574	
	50m: 31.93	31.93	150m: 1:44.09	36.58	250m: 2:57.17	36.39	350m: 4:10.34	36.53	
	100m: 1:07.51	35.58	200m: 2:20.78	36.69	300m: 3:33.81	36.64	400m: 4:44.41	34.07	
8.	ŁAZARZ Milena		15	UKP Unia Olimpijczyków			<b>4:44.93</b>	571	
	50m: 31.71	31.71	150m: 1:43.50	36.47	250m: 2:56.36	36.27	350m: 4:09.36	36.19	
	100m: 1:07.03	35.32	200m: 2:20.09	36.59	300m: 3:33.17	36.81	400m: 4:44.93	35.57	
9.	LIPOWSKA Nadia		15	UKS Nawa Skierniewice			<b>4:48.24</b>	552	
	50m: 33.09	33.09	150m: 1:46.63	36.89	250m: 2:59.91	36.61	350m: 4:13.87	36.71	
	100m: 1:09.74	36.65	200m: 2:23.30	36.67	300m: 3:37.16	37.25	400m: 4:48.24	34.37	
10.	MIKUŁA Natalia		15	TP Olimpijczyk Aleksandrów Łódzki			<b>4:54.60</b>	517	
	50m: 31.93	31.93	150m: 1:44.16	36.98	250m: 2:59.93	38.14	350m: 4:17.44	38.81	
	100m: 1:07.18	35.25	200m: 2:21.79	37.63	300m: 3:38.63	38.70	400m: 4:54.60	37.16	

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Konkurencja 22, Kobiety, 400m dowolny

JUNIOR MŁODSZY 16 LAT

1. KRASZEWSKA Martyna	16	MTP Kormoran Olsztyn	<b>4:29.71</b>	673
50m: 30.77 30.77	150m: 1:38.80 34.36	250m: 2:47.35 34.30	350m: 3:56.60 34.38	
100m: 1:04.44 33.67	200m: 2:13.05 34.25	300m: 3:22.22 34.87	400m: 4:29.71 33.11	
2. GÓRSKA Zofia	16	UKP „Polonia Warszawa”	<b>4:33.38</b>	647
50m: 31.11 31.11	150m: 1:39.47 34.73	250m: 2:49.70 35.05	350m: 4:00.21 35.37	
100m: 1:04.74 33.63	200m: 2:14.65 35.18	300m: 3:24.84 35.14	400m: 4:33.38 33.17	
3. KOWALSKA Klara	16	KU AZS UMCS Lublin	<b>4:35.22</b>	634
50m: 31.54 31.54	150m: 1:40.82 34.89	250m: 2:50.51 34.88	350m: 4:00.59 35.17	
100m: 1:05.93 34.39	200m: 2:15.63 34.81	300m: 3:25.42 34.91	400m: 4:35.22 34.63	
4. MAKSYMOWICZ Nina	16	UKS G-8 Bielany Warszawa	<b>4:37.25</b>	620
50m: 30.60 30.60	150m: 1:39.91 35.00	250m: 2:51.58 36.71	350m: 4:03.47 36.14	
100m: 1:04.91 34.31	200m: 2:14.87 34.96	300m: 3:27.33 35.75	400m: 4:37.25 33.78	
5. KOSSOWSKA Julita	16	UKS 190 Łódź	<b>4:37.86</b>	616
50m: 31.09 31.09	150m: 1:40.48 35.07	250m: 2:51.62 35.55	350m: 4:03.30 35.59	
100m: 1:05.41 34.32	200m: 2:16.07 35.59	300m: 3:27.71 36.09	400m: 4:37.86 34.56	
6. JANDOVA Daniela	16	Klub plaveckých sport Ostrava	<b>4:38.46</b>	612
50m: 31.35 31.35	150m: 1:41.83 35.53	250m: 2:53.24 35.38	350m: 4:04.73 35.57	
100m: 1:06.30 34.95	200m: 2:17.86 36.03	300m: 3:29.16 35.92	400m: 4:38.46 33.73	
7. SŁABOSZ Emilia	16	MOSM Tychy	<b>4:38.52</b>	611
50m: 31.14 31.14	150m: 1:41.54 35.66	250m: 2:53.05 35.93	350m: 4:04.68 35.54	
100m: 1:05.88 34.74	200m: 2:17.12 35.58	300m: 3:29.14 36.09	400m: 4:38.52 33.84	
8. WARCHAŁOWSKA Paulina	16	KU AZS UMCS Lublin	<b>4:40.37</b>	599
50m: 31.59 31.59	150m: 1:41.52 35.60	250m: 2:54.00 36.36	350m: 4:06.51 36.31	
100m: 1:05.92 34.33	200m: 2:17.64 36.12	300m: 3:30.20 36.20	400m: 4:40.37 33.86	
9. SAMORAJ Oliwia	16	MKS Piaseczno	<b>4:41.12</b>	595
50m: 31.81 31.81	150m: 1:42.57 36.04	250m: 2:54.80 35.99	350m: 4:07.09 35.84	
100m: 1:06.53 34.72	200m: 2:18.81 36.24	300m: 3:31.25 36.45	400m: 4:41.12 34.03	
10. KOWALCZYK Katarzyna	16	MKP Szczecin	<b>4:43.65</b>	579
50m: 32.60 32.60	150m: 1:43.07 35.64	250m: 2:55.81 36.51	350m: 4:08.46 36.28	
100m: 1:07.43 34.83	200m: 2:19.30 36.23	300m: 3:32.18 36.37	400m: 4:43.65 35.19	
11. MAZUR Zuzanna	16	MKP „SŁOWIANKA” Gorzów Wlkp.	<b>4:47.16</b>	558
50m: 32.36 32.36	150m: 1:44.49 36.61	250m: 2:58.66 37.33	350m: 4:12.05 36.65	
100m: 1:07.88 35.52	200m: 2:21.33 36.84	300m: 3:35.40 36.74	400m: 4:47.16 35.11	
12. NOWAK Paulina	16	UKS Tri-Team Rumia	<b>4:48.37</b>	551
50m: 33.59 33.59	150m: 1:45.82 36.62	250m: 2:59.05 36.43	350m: 4:12.24 36.47	
100m: 1:09.20 35.61	200m: 2:22.62 36.80	300m: 3:35.77 36.72	400m: 4:48.37 36.13	
13. BISZEWSKA Gabriela	16	Mi dzyszkolny UKS „Olimpijczyk” Suwałki	<b>4:53.28</b>	524
50m: 31.93 31.93	150m: 1:45.14 37.18	250m: 3:00.29 36.94	350m: 4:16.57 37.97	
100m: 1:07.96 36.03	200m: 2:23.35 38.21	300m: 3:38.60 38.31	400m: 4:53.28 36.71	
14. GAJCY Natalia	16	UKP „Polonia Warszawa”	<b>4:54.25</b>	518
50m: 32.42 32.42	150m: 1:45.45 36.71	250m: 2:59.53 36.95	350m: 4:15.81 38.11	
100m: 1:08.74 36.32	200m: 2:22.58 37.13	300m: 3:37.70 38.17	400m: 4:54.25 38.44	

JUNIOR 17-18 LAT

1. GU Wiktoria	17	UKS „Delfin” Piotrków Trybunalski	<b>4:19.92</b>	752
50m: 29.35 29.35	150m: 1:34.29 32.86	250m: 2:40.17 32.96	350m: 3:46.99 33.71	
100m: 1:01.43 32.08	200m: 2:07.21 32.92	300m: 3:13.28 33.11	400m: 4:19.92 32.93	
2. KLIMEK Marta	18	UKP Unia O wi cim	<b>4:23.42</b>	723
50m: 28.67 28.67	150m: 1:33.67 33.23	250m: 2:41.42 34.20	350m: 3:50.46 34.54	
100m: 1:00.44 31.77	200m: 2:07.22 33.55	300m: 3:15.92 34.50	400m: 4:23.42 32.96	

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Pozycja				Wiek					Czas	Pkt.		
3.	HELLAK Emilia			18	WKS I sk				<b>4:29.57</b>	674		
	50m:	31.03	31.03	150m:	1:38.67	34.10	250m:	2:47.25	34.48	350m:	3:56.43	34.62
	100m:	1:04.57	33.54	200m:	2:12.77	34.10	300m:	3:21.81	34.56	400m:	4:29.57	33.14
4.	NOWAK Maja			18	AZS AWF Warszawa				<b>4:30.88</b>	665		
	50m:	30.79	30.79	150m:	1:38.79	34.59	250m:	2:48.46	34.69	350m:	3:57.66	34.17
	100m:	1:04.20	33.41	200m:	2:13.77	34.98	300m:	3:23.49	35.03	400m:	4:30.88	33.22
5.	MRO EK Weronika			17	MKP Szczecin				<b>4:31.85</b>	658		
	50m:	31.44	31.44	150m:	1:40.16	34.40	250m:	2:49.18	34.48	350m:	3:58.77	34.65
	100m:	1:05.76	34.32	200m:	2:14.70	34.54	300m:	3:24.12	34.94	400m:	4:31.85	33.08
6.	MO D AN Milena			18	MKP Szczecin				<b>4:33.13</b>	648		
	50m:	31.97	31.97	150m:	1:40.84	34.78	250m:	2:50.31	34.77	350m:	3:59.56	34.58
	100m:	1:06.06	34.09	200m:	2:15.54	34.70	300m:	3:24.98	34.67	400m:	4:33.13	33.57
7.	PIEPIÓRKA Martyna			18	UKS abianka Gda sk				<b>4:33.50</b>	646		
	50m:	31.82	31.82	150m:	1:40.75	34.44	250m:	2:50.78	34.96	350m:	4:00.37	34.53
	100m:	1:06.31	34.49	200m:	2:15.82	35.07	300m:	3:25.84	35.06	400m:	4:33.50	33.13
8.	BEDNARZ Julia			17	UKS „ORKA” Zamo				<b>4:35.46</b>	632		
	50m:	31.55	31.55	150m:	1:39.81	34.44	250m:	2:50.12	35.38	350m:	4:00.93	35.37
	100m:	1:05.37	33.82	200m:	2:14.74	34.93	300m:	3:25.56	35.44	400m:	4:35.46	34.53
9.	WRZESI SKA Wiktoria			17	UKS 190 Łód				<b>4:35.63</b>	631		
	50m:	30.83	30.83	150m:	1:39.41	34.85	250m:	2:50.44	35.69	350m:	4:01.32	34.98
	100m:	1:04.56	33.73	200m:	2:14.75	35.34	300m:	3:26.34	35.90	400m:	4:35.63	34.31
10.	CIOCH-GRADZIK Wiktoria			18	KU AZS UMCS Lublin				<b>4:36.35</b>	626		
	50m:	32.01	32.01	150m:	1:41.33	34.93	250m:	2:51.45	35.11	350m:	4:02.01	35.38
	100m:	1:06.40	34.39	200m:	2:16.34	35.01	300m:	3:26.63	35.18	400m:	4:36.35	34.34
11.	LALA Nadia			17	UKP Unia O wi cim				<b>4:36.86</b>	623		
	50m:	31.37	31.37	150m:	1:41.23	35.57	250m:	2:52.26	35.75	350m:	4:03.40	35.44
	100m:	1:05.66	34.29	200m:	2:16.51	35.28	300m:	3:27.96	35.70	400m:	4:36.86	33.46
12.	SIWKO Natalia			17	KU AZS UMCS Lublin				<b>4:37.16</b>	620		
	50m:	31.71	31.71	150m:	1:40.61	34.83	250m:	2:51.21	35.44	350m:	4:02.48	35.69
	100m:	1:05.78	34.07	200m:	2:15.77	35.16	300m:	3:26.79	35.58	400m:	4:37.16	34.68
13.	CYGAN Julia			17	MKS „Astoria” Bydgoszcz				<b>4:38.81</b>	610		
	50m:	31.15	31.15	150m:	1:40.42	34.86	250m:	2:51.47	35.45	350m:	4:03.41	35.99
	100m:	1:05.56	34.41	200m:	2:16.02	35.60	300m:	3:27.42	35.95	400m:	4:38.81	35.40
14.	KARWOWSKA Wiktoria			17	KS Narwał Mi dzyrzec Podl.				<b>4:39.24</b>	607		
	50m:	31.93	31.93	150m:	1:42.40	35.77	250m:	2:53.32	35.66	350m:	4:04.41	35.50
	100m:	1:06.63	34.70	200m:	2:17.66	35.26	300m:	3:28.91	35.59	400m:	4:39.24	34.83
15.	KAWKA Nina			18	UKS G-8 Bielany Warszawa				<b>4:39.49</b>	605		
	50m:	31.31	31.31	150m:	1:41.82	35.37	250m:	2:53.92	36.15	350m:	4:05.72	35.73
	100m:	1:06.45	35.14	200m:	2:17.77	35.95	300m:	3:29.99	36.07	400m:	4:39.49	33.77
16.	DOMORADZKA Aleksandra			18	KU AZS UMCS Lublin				<b>4:40.05</b>	601		
	50m:	31.27	31.27	150m:	1:41.81	35.79	250m:	2:53.58	35.94	350m:	4:05.06	35.29
	100m:	1:06.02	34.75	200m:	2:17.64	35.83	300m:	3:29.77	36.19	400m:	4:40.05	34.99
17.	MOLENDY Dominika			18	UKS abianka Gda sk				<b>4:41.26</b>	594		
	50m:	31.50	31.50	150m:	1:41.77	35.93	250m:	2:53.98	36.21	350m:	4:05.82	35.85
	100m:	1:05.84	34.34	200m:	2:17.77	36.00	300m:	3:29.97	35.99	400m:	4:41.26	35.44
18.	FIGAS Alicja			17	MKP Szczecin				<b>4:41.48</b>	592		
	50m:	31.79	31.79	150m:	1:42.70	35.90	250m:	2:53.20	35.05	350m:	4:05.24	35.66
	100m:	1:06.80	35.01	200m:	2:18.15	35.45	300m:	3:29.58	36.38	400m:	4:41.48	36.24
19.	FIRA Weronika			17	"Sikret" Gliwice				<b>4:44.05</b>	576		
	50m:	31.70	31.70	150m:	1:43.35	36.26	250m:	2:55.14	35.39	350m:	4:08.38	36.57
	100m:	1:07.09	35.39	200m:	2:19.75	36.40	300m:	3:31.81	36.67	400m:	4:44.05	35.67

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Konkurencja 22, Kobiet, 400m dowolny, JUNIOR 17-18 LAT

Pozycja			Wiek					Czas	Pkt.
20.	ROMANIUK Matylda		17	UKP „Polonia Warszawa”				<b>4:46.54</b>	561
	50m:	32.50 32.50	150m:	1:44.54	36.57	250m:	2:57.69 36.81	350m:	4:11.02 36.89
	100m:	1:07.97 35.47	200m:	2:20.88	36.34	300m:	3:34.13 36.44	400m:	4:46.54 35.52
21.	WODECKA Roksana		18	UKS 190 Łódź				<b>4:55.27</b>	513
	50m:	32.27 32.27	150m:	1:46.13	37.55	250m:	3:01.49 37.84	350m:	4:18.31 38.73
	100m:	1:08.58 36.31	200m:	2:23.65	37.52	300m:	3:39.58 38.09	400m:	4:55.27 36.96
22.	GAZDA Małgorzata		17	KU AZS UMCS Lublin				<b>4:59.47</b>	492
	50m:	32.56 32.56	150m:	1:47.71	38.26	250m:	3:04.82 38.40	350m:	4:21.73 38.20
	100m:	1:09.45 36.89	200m:	2:26.42	38.71	300m:	3:43.53 38.71	400m:	4:59.47 37.74

OPEN

1.	PIECHOTA Paulina		22	UKS 190 Łódź				<b>4:17.73</b>	772
	50m:	29.75 29.75	150m:	1:34.57	32.81	250m:	2:39.88 32.80	350m:	3:45.83 33.05
	100m:	1:01.76 32.01	200m:	2:07.08	32.51	300m:	3:12.78 32.90	400m:	4:17.73 31.90
2.	GU Wiktoria		17	UKS „Delfin” Piotrków Trybunalski				<b>4:19.92</b>	752
	50m:	29.35 29.35	150m:	1:34.29	32.86	250m:	2:40.17 32.96	350m:	3:46.99 33.71
	100m:	1:01.43 32.08	200m:	2:07.21	32.92	300m:	3:13.28 33.11	400m:	4:19.92 32.93
3.	KOSSAKOWSKA Dominika		20	AZS AWF Katowice				<b>4:21.68</b>	737
	50m:	30.21 30.21	150m:	1:35.98	33.02	250m:	2:42.46 33.20	350m:	3:49.16 33.30
	100m:	1:02.96 32.75	200m:	2:09.26	33.28	300m:	3:15.86 33.40	400m:	4:21.68 32.52
4.	KLIMEK Marta		18	UKP Unia O wi cim				<b>4:23.42</b>	723
	50m:	28.67 28.67	150m:	1:33.67	33.23	250m:	2:41.42 34.20	350m:	3:50.46 34.54
	100m:	1:00.44 31.77	200m:	2:07.22	33.55	300m:	3:15.92 34.50	400m:	4:23.42 32.96
5.	W GRZYNOWSKA Aleksandra		20	WKS I sk				<b>4:24.59</b>	713
	50m:	29.80 29.80	150m:	1:36.07	33.57	250m:	2:44.33 34.43	350m:	3:51.95 33.54
	100m:	1:02.50 32.70	200m:	2:09.90	33.83	300m:	3:18.41 34.08	400m:	4:24.59 32.64
6.	ANDRZEJEWSKA Kamila		22	KU AZS UMCS Lublin				<b>4:25.68</b>	705
	50m:	30.80 30.80	150m:	1:37.71	33.65	250m:	2:45.09 33.61	350m:	3:52.28 33.61
	100m:	1:04.06 33.26	200m:	2:11.48	33.77	300m:	3:18.67 33.58	400m:	4:25.68 33.40
7.	SZL K Katarzyna		19	UKS 190 Łódź				<b>4:28.00</b>	686
	50m:	30.66 30.66	150m:	1:38.57	34.39	250m:	2:47.36 34.36	350m:	3:55.41 33.76
	100m:	1:04.18 33.52	200m:	2:13.00	34.43	300m:	3:21.65 34.29	400m:	4:28.00 32.59
8.	HELLAK Emilia		18	WKS I sk				<b>4:29.57</b>	674
	50m:	31.03 31.03	150m:	1:38.67	34.10	250m:	2:47.25 34.48	350m:	3:56.43 34.62
	100m:	1:04.57 33.54	200m:	2:12.77	34.10	300m:	3:21.81 34.56	400m:	4:29.57 33.14
9.	KRASZEWSKA Martyna		16	MTP Kormoran Olsztyn				<b>4:29.71</b>	673
	50m:	30.77 30.77	150m:	1:38.80	34.36	250m:	2:47.35 34.30	350m:	3:56.60 34.38
	100m:	1:04.44 33.67	200m:	2:13.05	34.25	300m:	3:22.22 34.87	400m:	4:29.71 33.11
10.	OSINIAK Ewa		21	KU AZS UMCS Lublin				<b>4:30.47</b>	668
	50m:	31.30 31.30	150m:	1:40.19	34.83	250m:	2:49.38 34.30	350m:	3:57.64 33.76
	100m:	1:05.36 34.06	200m:	2:15.08	34.89	300m:	3:23.88 34.50	400m:	4:30.47 32.83
11.	NOWAK Maja		18	AZS AWF Warszawa				<b>4:30.88</b>	665
	50m:	30.79 30.79	150m:	1:38.79	34.59	250m:	2:48.46 34.69	350m:	3:57.66 34.17
	100m:	1:04.20 33.41	200m:	2:13.77	34.98	300m:	3:23.49 35.03	400m:	4:30.88 33.22
12.	MRO EK Weronika		17	MKP Szczecin				<b>4:31.85</b>	658
	50m:	31.44 31.44	150m:	1:40.16	34.40	250m:	2:49.18 34.48	350m:	3:58.77 34.65
	100m:	1:05.76 34.32	200m:	2:14.70	34.54	300m:	3:24.12 34.94	400m:	4:31.85 33.08
13.	WOJCIECHOWSKA Joanna		23	KU AZS UMCS Lublin				<b>4:32.23</b>	655
	50m:	31.16 31.16	150m:	1:38.98	34.34	250m:	2:47.97 34.61	350m:	3:58.26 35.30
	100m:	1:04.64 33.48	200m:	2:13.36	34.38	300m:	3:22.96 34.99	400m:	4:32.23 33.97

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Pozycja			Wiek					Czas	Pkt.
14.	MILEK Alicja		15	Solne Miasto SP. zo.o				<b>4:32.67</b>	652
	50m: 29.90	29.90	150m: 1:37.83	34.53	250m: 2:47.97	35.26	350m: 3:58.75	35.53	
	100m: 1:03.30	33.40	200m: 2:12.71	34.88	300m: 3:23.22	35.25	400m: 4:32.67	33.92	
15.	JABŁO SKA Oliwia		24	Wojewódzkie Zrzeszenie Sportowe Nieprawo				<b>4:32.88</b>	raw650h „START”
	50m: 31.88	31.88	150m: 1:40.37	34.34	250m: 2:49.70	34.96	350m: 3:59.18	35.01	
	100m: 1:06.03	34.15	200m: 2:14.74	34.37	300m: 3:24.17	34.47	400m: 4:32.88	33.70	
16.	MO D AN Milena		18	MKP Szczecin				<b>4:33.13</b>	648
	50m: 31.97	31.97	150m: 1:40.84	34.78	250m: 2:50.31	34.77	350m: 3:59.56	34.58	
	100m: 1:06.06	34.09	200m: 2:15.54	34.70	300m: 3:24.98	34.67	400m: 4:33.13	33.57	
17.	GÓRSKA Zofia		16	UKP „Polonia Warszawa”				<b>4:33.38</b>	647
	50m: 31.11	31.11	150m: 1:39.47	34.73	250m: 2:49.70	35.05	350m: 4:00.21	35.37	
	100m: 1:04.74	33.63	200m: 2:14.65	35.18	300m: 3:24.84	35.14	400m: 4:33.38	33.17	
18.	MACIAK Julia		15	IUKS „Muszelka” Warszawa				<b>4:33.44</b>	646
	50m: 30.87	30.87	150m: 1:39.64	34.68	250m: 2:49.51	35.20	350m: 4:00.13	35.10	
	100m: 1:04.96	34.09	200m: 2:14.31	34.67	300m: 3:25.03	35.52	400m: 4:33.44	33.31	
19.	PIEPIÓRKA Martyna		18	UKS abianka Gda sk				<b>4:33.50</b>	646
	50m: 31.82	31.82	150m: 1:40.75	34.44	250m: 2:50.78	34.96	350m: 4:00.37	34.53	
	100m: 1:06.31	34.49	200m: 2:15.82	35.07	300m: 3:25.84	35.06	400m: 4:33.50	33.13	
20.	CZUBAK Maria		15	IKS Konstancin				<b>4:34.16</b>	641
	50m: 30.68	30.68	150m: 1:40.56	35.34	250m: 2:51.02	35.02	350m: 4:00.76	34.49	
	100m: 1:05.22	34.54	200m: 2:16.00	35.44	300m: 3:26.27	35.25	400m: 4:34.16	33.40	
21.	KOWALSKA Klara		16	KU AZS UMCS Lublin				<b>4:35.22</b>	634
	50m: 31.54	31.54	150m: 1:40.82	34.89	250m: 2:50.51	34.88	350m: 4:00.59	35.17	
	100m: 1:05.93	34.39	200m: 2:15.63	34.81	300m: 3:25.42	34.91	400m: 4:35.22	34.63	
22.	BEDNARZ Julia		17	UKS „ORKA” Zamo				<b>4:35.46</b>	632
	50m: 31.55	31.55	150m: 1:39.81	34.44	250m: 2:50.12	35.38	350m: 4:00.93	35.37	
	100m: 1:05.37	33.82	200m: 2:14.74	34.93	300m: 3:25.56	35.44	400m: 4:35.46	34.53	
23.	WRZESI SKA Wiktoria		17	UKS 190 Łód				<b>4:35.63</b>	631
	50m: 30.83	30.83	150m: 1:39.41	34.85	250m: 2:50.44	35.69	350m: 4:01.32	34.98	
	100m: 1:04.56	33.73	200m: 2:14.75	35.34	300m: 3:26.34	35.90	400m: 4:35.63	34.31	
24.	GORCZYCA Gabriela		15	Solne Miasto SP. zo.o				<b>4:35.72</b>	630
	50m: 31.49	31.49	150m: 1:40.99	34.89	250m: 2:51.47	35.19	350m: 4:01.79	34.86	
	100m: 1:06.10	34.61	200m: 2:16.28	35.29	300m: 3:26.93	35.46	400m: 4:35.72	33.93	
25.	CIOCH-GRADZIK Wiktoria		18	KU AZS UMCS Lublin				<b>4:36.35</b>	626
	50m: 32.01	32.01	150m: 1:41.33	34.93	250m: 2:51.45	35.11	350m: 4:02.01	35.38	
	100m: 1:06.40	34.39	200m: 2:16.34	35.01	300m: 3:26.63	35.18	400m: 4:36.35	34.34	
26.	ROSI SKA Karolina		19	Grudzi dzki KP „Orka”				<b>4:36.51</b>	625
	50m: 31.62	31.62	150m: 1:42.08	35.32	250m: 2:53.45	35.65	350m: 4:03.29	35.13	
	100m: 1:06.76	35.14	200m: 2:17.80	35.72	300m: 3:28.16	34.71	400m: 4:36.51	33.22	
27.	LALA Nadia		17	UKP Unia O wi cim				<b>4:36.86</b>	623
	50m: 31.37	31.37	150m: 1:41.23	35.57	250m: 2:52.26	35.75	350m: 4:03.40	35.44	
	100m: 1:05.66	34.29	200m: 2:16.51	35.28	300m: 3:27.96	35.70	400m: 4:36.86	33.46	
28.	SIWKO Natalia		17	KU AZS UMCS Lublin				<b>4:37.16</b>	620
	50m: 31.71	31.71	150m: 1:40.61	34.83	250m: 2:51.21	35.44	350m: 4:02.48	35.69	
	100m: 1:05.78	34.07	200m: 2:15.77	35.16	300m: 3:26.79	35.58	400m: 4:37.16	34.68	
29.	MAKSYMOWICZ Nina		16	UKS G-8 Bielany Warszawa				<b>4:37.25</b>	620
	50m: 30.60	30.60	150m: 1:39.91	35.00	250m: 2:51.58	36.71	350m: 4:03.47	36.14	
	100m: 1:04.91	34.31	200m: 2:14.87	34.96	300m: 3:27.33	35.75	400m: 4:37.25	33.78	
30.	KOSSOWSKA Julita		16	UKS 190 Łód				<b>4:37.86</b>	616
	50m: 31.09	31.09	150m: 1:40.48	35.07	250m: 2:51.62	35.55	350m: 4:03.30	35.59	
	100m: 1:05.41	34.32	200m: 2:16.07	35.59	300m: 3:27.71	36.09	400m: 4:37.86	34.56	

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Pozycja					Wiek					Czas	Pkt.	
31.	JANDOVA Daniela				16	Klub pływackich sport	Ostrava			<b>4:38.46</b>	612	
	50m:	31.35	31.35	150m:	1:41.83	35.53	250m:	2:53.24	35.38	350m:	4:04.73	35.57
	100m:	1:06.30	34.95	200m:	2:17.86	36.03	300m:	3:29.16	35.92	400m:	4:38.46	33.73
32.	SŁABOSZ Emilia				16	MOSM Tychy				<b>4:38.52</b>	611	
	50m:	31.14	31.14	150m:	1:41.54	35.66	250m:	2:53.05	35.93	350m:	4:04.68	35.54
	100m:	1:05.88	34.74	200m:	2:17.12	35.58	300m:	3:29.14	36.09	400m:	4:38.52	33.84
33.	WALCZAK Barbara				15	UKS G-8 Bielany Warszawa				<b>4:38.68</b>	610	
	50m:	30.82	30.82	150m:	1:40.64	35.26	250m:	2:51.76	35.57	350m:	4:04.53	36.36
	100m:	1:05.38	34.56	200m:	2:16.19	35.55	300m:	3:28.17	36.41	400m:	4:38.68	34.15
34.	CYGAN Julia				17	MKS „Astoria” Bydgoszcz				<b>4:38.81</b>	610	
	50m:	31.15	31.15	150m:	1:40.42	34.86	250m:	2:51.47	35.45	350m:	4:03.41	35.99
	100m:	1:05.56	34.41	200m:	2:16.02	35.60	300m:	3:27.42	35.95	400m:	4:38.81	35.40
35.	KARWOWSKA Wiktoria				17	KS Narwał Mi dzyrzec Podl.				<b>4:39.24</b>	607	
	50m:	31.93	31.93	150m:	1:42.40	35.77	250m:	2:53.32	35.66	350m:	4:04.41	35.50
	100m:	1:06.63	34.70	200m:	2:17.66	35.26	300m:	3:28.91	35.59	400m:	4:39.24	34.83
36.	KAWKA Nina				18	UKS G-8 Bielany Warszawa				<b>4:39.49</b>	605	
	50m:	31.31	31.31	150m:	1:41.82	35.37	250m:	2:53.92	36.15	350m:	4:05.72	35.73
	100m:	1:06.45	35.14	200m:	2:17.77	35.95	300m:	3:29.99	36.07	400m:	4:39.49	33.77
37.	DOMORADZKA Aleksandra				18	KU AZS UMCS Lublin				<b>4:40.05</b>	601	
	50m:	31.27	31.27	150m:	1:41.81	35.79	250m:	2:53.58	35.94	350m:	4:05.06	35.29
	100m:	1:06.02	34.75	200m:	2:17.64	35.83	300m:	3:29.77	36.19	400m:	4:40.05	34.99
38.	WARCHAŁOWSKA Paulina				16	KU AZS UMCS Lublin				<b>4:40.37</b>	599	
	50m:	31.59	31.59	150m:	1:41.52	35.60	250m:	2:54.00	36.36	350m:	4:06.51	36.31
	100m:	1:05.92	34.33	200m:	2:17.64	36.12	300m:	3:30.20	36.20	400m:	4:40.37	33.86
39.	SAMORAJ Oliwia				16	MKS Piaseczno				<b>4:41.12</b>	595	
	50m:	31.81	31.81	150m:	1:42.57	36.04	250m:	2:54.80	35.99	350m:	4:07.09	35.84
	100m:	1:06.53	34.72	200m:	2:18.81	36.24	300m:	3:31.25	36.45	400m:	4:41.12	34.03
40.	KUCZMAR Zuzanna				14	MKS Ochota Warszawa				<b>4:41.22</b>	594	
	50m:	31.40	31.40	150m:	1:41.83	35.94	250m:	2:53.33	35.72	350m:	4:05.92	36.32
	100m:	1:05.89	34.49	200m:	2:17.61	35.78	300m:	3:29.60	36.27	400m:	4:41.22	35.30
41.	MOLENDĄ Dominika				18	UKS abianka Gda sk				<b>4:41.26</b>	594	
	50m:	31.50	31.50	150m:	1:41.77	35.93	250m:	2:53.98	36.21	350m:	4:05.82	35.85
	100m:	1:05.84	34.34	200m:	2:17.77	36.00	300m:	3:29.97	35.99	400m:	4:41.26	35.44
42.	FIGAS Alicja				17	MKP Szczecin				<b>4:41.48</b>	592	
	50m:	31.79	31.79	150m:	1:42.70	35.90	250m:	2:53.20	35.05	350m:	4:05.24	35.66
	100m:	1:06.80	35.01	200m:	2:18.15	35.45	300m:	3:29.58	36.38	400m:	4:41.48	36.24
43.	KOWALCZYK Katarzyna				16	MKP Szczecin				<b>4:43.65</b>	579	
	50m:	32.60	32.60	150m:	1:43.07	35.64	250m:	2:55.81	36.51	350m:	4:08.46	36.28
	100m:	1:07.43	34.83	200m:	2:19.30	36.23	300m:	3:32.18	36.37	400m:	4:43.65	35.19
44.	FIRA Weronika				17	"Sikret" Gliwice				<b>4:44.05</b>	576	
	50m:	31.70	31.70	150m:	1:43.35	36.26	250m:	2:55.14	35.39	350m:	4:08.38	36.57
	100m:	1:07.09	35.39	200m:	2:19.75	36.40	300m:	3:31.81	36.67	400m:	4:44.05	35.67
45.	CHMIELEWSKA Aleksandra				15	Mi dzyszkołny UKS „Olimpijczyk” Suwałki				<b>4:44.28</b>	575	
	50m:	31.63	31.63	150m:	1:39.75	34.46	250m:	2:51.67	36.82	350m:	4:07.05	37.98
	100m:	1:05.29	33.66	200m:	2:14.85	35.10	300m:	3:29.07	37.40	400m:	4:44.28	37.23
46.	WILK Anna				15	UKP Fala Kra nik				<b>4:44.41</b>	574	
	50m:	31.93	31.93	150m:	1:44.09	36.58	250m:	2:57.17	36.39	350m:	4:10.34	36.53
	100m:	1:07.51	35.58	200m:	2:20.78	36.69	300m:	3:33.81	36.64	400m:	4:44.41	34.07
47.	ŁAZARZ Milena				15	UKP Unia O wi cim				<b>4:44.93</b>	571	
	50m:	31.71	31.71	150m:	1:43.50	36.47	250m:	2:56.36	36.27	350m:	4:09.36	36.19
	100m:	1:07.03	35.32	200m:	2:20.09	36.59	300m:	3:33.17	36.81	400m:	4:44.93	35.57

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48.	NITA Daria				20	KU AZS UMCS Lublin				<b>4:45.65</b>	567	
	50m:	32.03	32.03	150m:	1:44.52	36.61	250m:	2:57.44	36.47	350m:	4:10.17	36.33
	100m:	1:07.91	35.88	200m:	2:20.97	36.45	300m:	3:33.84	36.40	400m:	4:45.65	35.48
49.	ROMANIUK Matylda				17	UKP „Polonia Warszawa”				<b>4:46.54</b>	561	
	50m:	32.50	32.50	150m:	1:44.54	36.57	250m:	2:57.69	36.81	350m:	4:11.02	36.89
	100m:	1:07.97	35.47	200m:	2:20.88	36.34	300m:	3:34.13	36.44	400m:	4:46.54	35.52
50.	MAZUR Zuzanna				16	MKP „SŁOWIANKA” Gorzów Wlkp.				<b>4:47.16</b>	558	
	50m:	32.36	32.36	150m:	1:44.49	36.61	250m:	2:58.66	37.33	350m:	4:12.05	36.65
	100m:	1:07.88	35.52	200m:	2:21.33	36.84	300m:	3:35.40	36.74	400m:	4:47.16	35.11
51.	LIPOWSKA Nadia				15	UKS Nawa Skierniewice				<b>4:48.24</b>	552	
	50m:	33.09	33.09	150m:	1:46.63	36.89	250m:	2:59.91	36.61	350m:	4:13.87	36.71
	100m:	1:09.74	36.65	200m:	2:23.30	36.67	300m:	3:37.16	37.25	400m:	4:48.24	34.37
52.	NOWAK Paulina				16	UKS Tri-Team Rumia				<b>4:48.37</b>	551	
	50m:	33.59	33.59	150m:	1:45.82	36.62	250m:	2:59.05	36.43	350m:	4:12.24	36.47
	100m:	1:09.20	35.61	200m:	2:22.62	36.80	300m:	3:35.77	36.72	400m:	4:48.37	36.13
53.	ORASZEK Karolina				14	UKP „Polonia Warszawa”				<b>4:48.71</b>	549	
	50m:	31.84	31.84	150m:	1:45.07	37.41	250m:	2:58.88	36.24	350m:	4:12.99	37.34
	100m:	1:07.66	35.82	200m:	2:22.64	37.57	300m:	3:35.65	36.77	400m:	4:48.71	35.72
54.	DEKONINCK Laura				19	MKS Polonia Warszawa				<b>4:51.00</b>	536	
	50m:	30.96	30.96	150m:	1:42.79	36.51	250m:	2:56.75	37.33	350m:	4:13.11	38.56
	100m:	1:06.28	35.32	200m:	2:19.42	36.63	300m:	3:34.55	37.80	400m:	4:51.00	37.89
55.	TRAFALSKA Zuzanna				14	TP Olimpijczyk Aleksandrów Łódzki				<b>4:52.38</b>	528	
	50m:	31.93	31.93	150m:	1:44.02	37.01	250m:	2:59.19	37.90	350m:	4:15.73	38.56
	100m:	1:07.01	35.08	200m:	2:21.29	37.27	300m:	3:37.17	37.98	400m:	4:52.38	36.65
56.	BISZEWSKA Gabriela				16	Mi dzyszkolny UKS „Olimpijczyk” Suwałki				<b>4:53.28</b>	524	
	50m:	31.93	31.93	150m:	1:45.14	37.18	250m:	3:00.29	36.94	350m:	4:16.57	37.97
	100m:	1:07.96	36.03	200m:	2:23.35	38.21	300m:	3:38.60	38.31	400m:	4:53.28	36.71
57.	GAJCY Natalia				16	UKP „Polonia Warszawa”				<b>4:54.25</b>	518	
	50m:	32.42	32.42	150m:	1:45.45	36.71	250m:	2:59.53	36.95	350m:	4:15.81	38.11
	100m:	1:08.74	36.32	200m:	2:22.58	37.13	300m:	3:37.70	38.17	400m:	4:54.25	38.44
58.	MIKUŁA Natalia				15	TP Olimpijczyk Aleksandrów Łódzki				<b>4:54.60</b>	517	
	50m:	31.93	31.93	150m:	1:44.16	36.98	250m:	2:59.93	38.14	350m:	4:17.44	38.81
	100m:	1:07.18	35.25	200m:	2:21.79	37.63	300m:	3:38.63	38.70	400m:	4:54.60	37.16
59.	WODECKA Roksana				18	UKS 190 Łódź				<b>4:55.27</b>	513	
	50m:	32.27	32.27	150m:	1:46.13	37.55	250m:	3:01.49	37.84	350m:	4:18.31	38.73
	100m:	1:08.58	36.31	200m:	2:23.65	37.52	300m:	3:39.58	38.09	400m:	4:55.27	36.96
60.	GAZDA Małgorzata				17	KU AZS UMCS Lublin				<b>4:59.47</b>	492	
	50m:	32.56	32.56	150m:	1:47.71	38.26	250m:	3:04.82	38.40	350m:	4:21.73	38.20
	100m:	1:09.45	36.89	200m:	2:26.42	38.71	300m:	3:43.53	38.71	400m:	4:59.47	37.74