

Arena Grand Prix Puchar Polski
Lublin, 4. - 5.11.2023

Konkurencja 12
04.11.2023 - 18:42

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Rekord Polski Open	4:04.23	JEDRZEJCZAK Otylia	00114	Melbourne (AUS)	25.03.2007
Rekord Polski 19 - 23	4:05.84	JEDRZEJCZAK Otylia	00114	Budapeszt (HUN)	03.08.2006
Rekord Polski 18	4:12.62	UKOWSKA Paula	00107	Doha (UAE)	09.12.2009
Rekord Polski 17	4:12.62	UKOWSKA Paula	00107	Doha (UAE)	09.12.2009
Rekord Polski 16	4:12.62	ZUKOWSKA Paula	00107	Doha (QAT)	09.12.2009
Rekord Polski 15	4:16.14	KNOP Aleksandra	01605	Łódź	26.05.2018
Rekord Polski 14	4:16.54	KILIJA SKA Donata	00612	Tampere (FIN)	20.07.2009

Minimum - IO - Pary (Francja) Open: 4:07.90 / Minimum - M - Doha (Katar) Open: 4:10.57

Punkty: FINA 2023

Pozycja	Wiek				Czas	Pkt.	CR
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JUNIOR MŁODSZY 14 LAT

1. RESZKO Lena	14	UKP „Polonia Warszawa”	4:31.44	660	+0,78
50m: 31.17 31.17	150m: 1:39.65 34.12	250m: 2:49.32 34.48	350m: 3:58.31 34.24		
100m: 1:05.53 34.36	200m: 2:14.84 35.19	300m: 3:24.07 34.75	400m: 4:31.44 33.13		
2. KUCZMAR Aleksandra	14	UKP „Polonia Warszawa”	4:42.65	585	+0,74
50m: 31.59 31.59	150m: 1:42.84 35.80	250m: 2:55.10 36.21	350m: 4:08.28 36.81		
100m: 1:07.04 35.45	200m: 2:18.89 36.05	300m: 3:31.47 36.37	400m: 4:42.65 34.37		
3. RUTKOWSKA Maja	14	UKS SP-149 Łódź	4:53.38	523	+0,77
50m: 33.41 33.41	150m: 1:50.24 38.72	250m: 3:04.50 36.43	350m: 4:18.22 36.77		
100m: 1:11.52 38.11	200m: 2:28.07 37.83	300m: 3:41.45 36.95	400m: 4:53.38 35.16		
4. GNA Nadia	14	UKS Tri-Team Rumia	4:54.54	517	+0,80
50m: 33.28 33.28	150m: 1:47.31 37.23	250m: 3:02.44 37.73	350m: 4:17.80 37.55		
100m: 1:10.08 36.80	200m: 2:24.71 37.40	300m: 3:40.25 37.81	400m: 4:54.54 36.74		
5. KOCHANIK Izabela	14	UKS Tri-Team Rumia	4:56.03	509	+0,67
50m: 33.79 33.79	150m: 1:47.71 37.31	250m: 3:03.36 37.81	350m: 4:19.71 38.04		
100m: 1:10.40 36.61	200m: 2:25.55 37.84	300m: 3:41.67 38.31	400m: 4:56.03 36.32		

JUNIOR MŁODSZY 15 LAT

1. STUKOVA Yevheniia	15	KS „OLIMPIA” Lublin	4:44.64	572	+0,66
50m: 33.63 33.63	150m: 1:48.01 36.82	250m: 2:59.81 35.37	350m: 4:10.90 34.70		
100m: 1:11.19 37.56	200m: 2:24.44 36.43	300m: 3:36.20 36.39	400m: 4:44.64 33.74		
2. ORNOWSKA Zuzanna	15	UKP „Polonia Warszawa”	4:49.40	545	+0,77
50m: 32.42 32.42	150m: 1:45.43 37.19	250m: 2:59.45 37.38	350m: 4:13.89 37.02		
100m: 1:08.24 35.82	200m: 2:22.07 36.64	300m: 3:36.87 37.42	400m: 4:49.40 35.51		
3. BATYRA Julia	15	UKS SP5 Swim	4:52.41	528	+0,96
50m: 33.24 33.24	150m: 1:46.70 36.93	250m: 3:00.49 36.86	350m: 4:15.90 37.65		
100m: 1:09.77 36.53	200m: 2:23.63 36.93	300m: 3:38.25 37.76	400m: 4:52.41 36.51		
4. BRZOZOWSKA Julia	15	KU AZS UMCS Lublin	4:52.74	526	+0,76
50m: 34.11 34.11	150m: 1:49.32 37.62	250m: 3:04.05 37.38	350m: 4:17.77 36.14		
100m: 1:11.70 37.59	200m: 2:26.67 37.35	300m: 3:41.63 37.58	400m: 4:52.74 34.97		
5. KAZANOWSKA Klaudia	15	KU AZS UMCS Lublin	4:55.51	511	+0,70
50m: 32.79 32.79	150m: 1:46.20 36.89	250m: 3:01.32 37.78	350m: 4:18.55 38.60		
100m: 1:09.31 36.52	200m: 2:23.54 37.34	300m: 3:39.95 38.63	400m: 4:55.51 36.96		
6. JABŁO SKA Natalia	15	MTP Kormoran Olsztyn	4:56.30	507	+0,67
50m: 34.03 34.03	150m: 1:48.48 37.45	250m: 3:04.08 37.71	350m: 4:19.76 37.71		
100m: 1:11.03 37.00	200m: 2:26.37 37.89	300m: 3:42.05 37.97	400m: 4:56.30 36.54		
7. SKORYKOW Lena	15	Mokotowski UKP Warszawianka- Wodny	5:05.89	461	+0,74
50m: 33.59 33.59	150m: 1:50.25 38.95	250m: 3:08.87 39.40	350m: 4:28.03 39.65		
100m: 1:11.30 37.71	200m: 2:29.47 39.22	300m: 3:48.38 39.51	400m: 5:05.89 37.86		

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Konkurencja 12, Kobiet, 400m dowolny

JUNIOR MŁODSZY 16 LAT

1.	POPPE Marta	16	KU AZS UMCS Lublin	4:31.55	659	+0,76
	50m: 31.40 31.40	150m: 1:39.84 34.34	250m: 2:49.37 34.47	350m: 3:58.49 34.52		
	100m: 1:05.50 34.10	200m: 2:14.90 35.06	300m: 3:23.97 34.60	400m: 4:31.55 33.06		
2.	WIERNICKA Julia	16	KU AZS UMCS Lublin	4:33.80	643	+0,81
	50m: 31.29 31.29	150m: 1:40.26 34.71	250m: 2:49.92 34.73	350m: 3:59.90 34.81		
	100m: 1:05.55 34.26	200m: 2:15.19 34.93	300m: 3:25.09 35.17	400m: 4:33.80 33.90		
3.	WŁADYCZKA Amelia	16	WKS I sk	4:36.64	624	+0,75
	50m: 30.94 30.94	150m: 1:39.22 34.31	250m: 2:49.28 35.27	350m: 4:02.10 36.85		
	100m: 1:04.91 33.97	200m: 2:14.01 34.79	300m: 3:25.25 35.97	400m: 4:36.64 34.54		
4.	DU KO Julia	16	RWKS Sparta Biłgoraj	4:37.98	615	+0,76
	50m: 32.61 32.61	150m: 1:43.62 35.76	250m: 2:53.86 34.94	350m: 4:04.41 34.93		
	100m: 1:07.86 35.25	200m: 2:18.92 35.30	300m: 3:29.48 35.62	400m: 4:37.98 33.57		
5.	WO AKOWSKA Zofia	16	KU AZS UMCS Lublin	4:46.04	564	+0,74
	50m: 31.98 31.98	150m: 1:44.08 36.60	250m: 2:57.40 36.67	350m: 4:10.03 36.07		
	100m: 1:07.48 35.50	200m: 2:20.73 36.65	300m: 3:33.96 36.56	400m: 4:46.04 36.01		
6.	ZAKRZEWSKA Oliwia	16	UKS Nawa Skierniewice	4:54.55	516	+0,80
	50m: 34.04 34.04	150m: 1:48.97 37.74	250m: 3:04.65 38.01	350m: 4:19.10 37.00		
	100m: 1:11.23 37.19	200m: 2:26.64 37.67	300m: 3:42.10 37.45	400m: 4:54.55 35.45		
7.	DANILEWICZ Julia	16	KS „OLIMPIA” Lublin	5:10.39	441	+0,75
	50m: 33.55 33.55	150m: 1:51.14 39.45	250m: 3:11.26 40.24	350m: 4:32.04 39.96		
	100m: 1:11.69 38.14	200m: 2:31.02 39.88	300m: 3:52.08 40.82	400m: 5:10.39 38.35		

JUNIOR 17-18 LAT

1.	KOWALSKA Klara	18	KU AZS UMCS Lublin	4:25.66	704	+0,65
	50m: 30.76 30.76	150m: 1:38.16 33.65	250m: 2:45.27 33.54	350m: 3:52.57 33.62		
	100m: 1:04.51 33.75	200m: 2:11.73 33.57	300m: 3:18.95 33.68	400m: 4:25.66 33.09		
2.	MACIAK Julia	17	IUKS „Muszelka” Warszawa	4:32.77	650	+0,76
	50m: 31.15 31.15	150m: 1:41.14 35.05	250m: 2:50.98 34.87	350m: 4:00.07 34.38		
	100m: 1:06.09 34.94	200m: 2:16.11 34.97	300m: 3:25.69 34.71	400m: 4:32.77 32.70		
3.	KRÓL Gabriela	17	KS „Wisła” Puławy	4:37.72	616	+0,71
	50m: 31.04 31.04	150m: 1:41.62 35.54	250m: 2:52.09 34.74	350m: 4:02.62 35.13		
	100m: 1:06.08 35.04	200m: 2:17.35 35.73	300m: 3:27.49 35.40	400m: 4:37.72 35.10		
4.	SAMORAJ Oliwia	18	MKS Piaseczno	4:38.21	613	+0,77
	50m: 31.93 31.93	150m: 1:42.34 35.53	250m: 2:53.55 35.44	350m: 4:04.82 35.67		
	100m: 1:06.81 34.88	200m: 2:18.11 35.77	300m: 3:29.15 35.60	400m: 4:38.21 33.39		
5.	RYFKA Maja	17	UKP Fala Kra nik	4:38.38	612	+0,84
	50m: 30.97 30.97	150m: 1:41.62 35.48	250m: 2:53.20 35.53	350m: 4:04.43 35.25		
	100m: 1:06.14 35.17	200m: 2:17.67 36.05	300m: 3:29.18 35.98	400m: 4:38.38 33.95		
6.	GAWEŁKO Zuzanna	17	KU AZS UMCS Lublin	4:40.08	601	+0,63
	50m: 32.39 32.39	150m: 1:43.98 36.02	250m: 2:55.22 35.69	350m: 4:06.36 35.69		
	100m: 1:07.96 35.57	200m: 2:19.53 35.55	300m: 3:30.67 35.45	400m: 4:40.08 33.72		
7.	KOSSOWSKA Julita	18	UKS 190 Łód	4:42.16	588	+0,80
	50m: 32.62 32.62	150m: 1:43.34 35.45	250m: 2:54.85 35.83	350m: 4:07.39 36.18		
	100m: 1:07.89 35.27	200m: 2:19.02 35.68	300m: 3:31.21 36.36	400m: 4:42.16 34.77		
8.	KRASZEWSKA Martyna	18	MTP Kormoran Olsztyn	4:47.24	557	+0,68
	50m: 32.46 32.46	150m: 1:43.21 35.86	250m: 2:56.17 36.49	350m: 4:11.48 37.93		
	100m: 1:07.35 34.89	200m: 2:19.68 36.47	300m: 3:33.55 37.38	400m: 4:47.24 35.76		
9.	SOJKA Oliwia	17	UKS Aqua Team Mikołów	4:50.08	541	+0,70
	50m: 33.18 33.18	150m: 1:47.43 37.27	250m: 3:01.78 37.26	350m: 4:15.14 35.41		
	100m: 1:10.16 36.98	200m: 2:24.52 37.09	300m: 3:39.73 37.95	400m: 4:50.08 34.94		
10.	WISZNIEWSKA Zuzanna	17	UKP „Polonia Warszawa”	5:02.21	478	+0,65
	50m: 33.37 33.37	150m: 1:50.54 39.30	250m: 3:08.22 38.83	350m: 4:26.07 38.95		
	100m: 1:11.24 37.87	200m: 2:29.39 38.85	300m: 3:47.12 38.90	400m: 5:02.21 36.14		

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Konkurencja 12, Kobiet, 400m dowolny, JUNIOR 17-18 LAT

Pozycja			Wiek				Czas		Pkt.	CR	
11.	SOSNÓWKA Oliwia		18				UKP Fala Kra nik		5:04.79	466	+0,79
	50m:	34.70 34.70	150m:	1:51.54	38.85	250m:	3:09.19	38.58	350m:	4:27.20	38.64
	100m:	1:12.69 37.99	200m:	2:30.61	39.07	300m:	3:48.56	39.37	400m:	5:04.79	37.59
12.	PABISIAK Helena		18				UKP „Polonia Warszawa"		5:16.11	418	+0,72
	50m:	35.12 35.12	150m:	1:52.70	39.44	250m:	3:13.14	40.04	350m:	4:35.63	41.57
	100m:	1:13.26 38.14	200m:	2:33.10	40.40	300m:	3:54.06	40.92	400m:	5:16.11	40.48
OPEN											
1.	KOWALSKA Klara		18				KU AZS UMCS Lublin		4:25.66	704	+0,65
	50m:	30.76 30.76	150m:	1:38.16	33.65	250m:	2:45.27	33.54	350m:	3:52.57	33.62
	100m:	1:04.51 33.75	200m:	2:11.73	33.57	300m:	3:18.95	33.68	400m:	4:25.66	33.09
2.	RESZKO Lena		14				UKP „Polonia Warszawa"		4:31.44	660	+0,78
	50m:	31.17 31.17	150m:	1:39.65	34.12	250m:	2:49.32	34.48	350m:	3:58.31	34.24
	100m:	1:05.53 34.36	200m:	2:14.84	35.19	300m:	3:24.07	34.75	400m:	4:31.44	33.13
3.	POPPE Marta		16				KU AZS UMCS Lublin		4:31.55	659	+0,76
	50m:	31.40 31.40	150m:	1:39.84	34.34	250m:	2:49.37	34.47	350m:	3:58.49	34.52
	100m:	1:05.50 34.10	200m:	2:14.90	35.06	300m:	3:23.97	34.60	400m:	4:31.55	33.06
4.	MACIAK Julia		17				IUKS „Muszelka" Warszawa		4:32.77	650	+0,76
	50m:	31.15 31.15	150m:	1:41.14	35.05	250m:	2:50.98	34.87	350m:	4:00.07	34.38
	100m:	1:06.09 34.94	200m:	2:16.11	34.97	300m:	3:25.69	34.71	400m:	4:32.77	32.70
5.	WIERNICKA Julia		16				KU AZS UMCS Lublin		4:33.80	643	+0,81
	50m:	31.29 31.29	150m:	1:40.26	34.71	250m:	2:49.92	34.73	350m:	3:59.90	34.81
	100m:	1:05.55 34.26	200m:	2:15.19	34.93	300m:	3:25.09	35.17	400m:	4:33.80	33.90
6.	ŁUCZAK Dominika		21				TP Zielona Góra		4:35.41	632	+0,70
	50m:	31.90 31.90	150m:	1:41.08	34.66	250m:	2:50.98	35.07	350m:	4:01.27	35.13
	100m:	1:06.42 34.52	200m:	2:15.91	34.83	300m:	3:26.14	35.16	400m:	4:35.41	34.14
7.	WŁADYCZKA Amelia		16				WKS I sk		4:36.64	624	+0,75
	50m:	30.94 30.94	150m:	1:39.22	34.31	250m:	2:49.28	35.27	350m:	4:02.10	36.85
	100m:	1:04.91 33.97	200m:	2:14.01	34.79	300m:	3:25.25	35.97	400m:	4:36.64	34.54
8.	KRÓL Gabriela		17				KS „Wisła" Puławy		4:37.72	616	+0,71
	50m:	31.04 31.04	150m:	1:41.62	35.54	250m:	2:52.09	34.74	350m:	4:02.62	35.13
	100m:	1:06.08 35.04	200m:	2:17.35	35.73	300m:	3:27.49	35.40	400m:	4:37.72	35.10
9.	DU KO Julia		16				RWKS Sparta Biłgoraj		4:37.98	615	+0,76
	50m:	32.61 32.61	150m:	1:43.62	35.76	250m:	2:53.86	34.94	350m:	4:04.41	34.93
	100m:	1:07.86 35.25	200m:	2:18.92	35.30	300m:	3:29.48	35.62	400m:	4:37.98	33.57
10.	SAMORAJ Oliwia		18				MKS Piaseczno		4:38.21	613	+0,77
	50m:	31.93 31.93	150m:	1:42.34	35.53	250m:	2:53.55	35.44	350m:	4:04.82	35.67
	100m:	1:06.81 34.88	200m:	2:18.11	35.77	300m:	3:29.15	35.60	400m:	4:38.21	33.39
11.	RYFKA Maja		17				UKP Fala Kra nik		4:38.38	612	+0,84
	50m:	30.97 30.97	150m:	1:41.62	35.48	250m:	2:53.20	35.53	350m:	4:04.43	35.25
	100m:	1:06.14 35.17	200m:	2:17.67	36.05	300m:	3:29.18	35.98	400m:	4:38.38	33.95
12.	GAWEŁKO Zuzanna		17				KU AZS UMCS Lublin		4:40.08	601	+0,63
	50m:	32.39 32.39	150m:	1:43.98	36.02	250m:	2:55.22	35.69	350m:	4:06.36	35.69
	100m:	1:07.96 35.57	200m:	2:19.53	35.55	300m:	3:30.67	35.45	400m:	4:40.08	33.72
13.	SIWKO Natalia		19				KU AZS UMCS Lublin		4:41.48	592	+0,74
	50m:	32.08 32.08	150m:	1:43.68	35.83	250m:	2:55.41	35.94	350m:	4:06.96	35.78
	100m:	1:07.85 35.77	200m:	2:19.47	35.79	300m:	3:31.18	35.77	400m:	4:41.48	34.52
14.	KOSSOWSKA Julita		18				UKS 190 Łód		4:42.16	588	+0,80
	50m:	32.62 32.62	150m:	1:43.34	35.45	250m:	2:54.85	35.83	350m:	4:07.39	36.18
	100m:	1:07.89 35.27	200m:	2:19.02	35.68	300m:	3:31.21	36.36	400m:	4:42.16	34.77
15.	KUCZMAR Aleksandra		14				UKP „Polonia Warszawa"		4:42.65	585	+0,74
	50m:	31.59 31.59	150m:	1:42.84	35.80	250m:	2:55.10	36.21	350m:	4:08.28	36.81
	100m:	1:07.04 35.45	200m:	2:18.89	36.05	300m:	3:31.47	36.37	400m:	4:42.65	34.37

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Konkurencja 12, Kobiet, 400m dowolny, OPEN

Pozycja			Wiek					Czas	Pkt.	CR		
16.	STUKOVA	Yevheniia	15	KS „OLIMPIA” Lublin				4:44.64	572	+0,66		
	50m:	33.63	33.63	150m:	1:48.01	36.82	250m:	2:59.81	35.37	350m:	4:10.90	34.70
	100m:	1:11.19	37.56	200m:	2:24.44	36.43	300m:	3:36.20	36.39	400m:	4:44.64	33.74
17.	WO AKOWSKA	Zofia	16	KU AZS UMCS Lublin				4:46.04	564	+0,74		
	50m:	31.98	31.98	150m:	1:44.08	36.60	250m:	2:57.40	36.67	350m:	4:10.03	36.07
	100m:	1:07.48	35.50	200m:	2:20.73	36.65	300m:	3:33.96	36.56	400m:	4:46.04	36.01
18.	KRASZEWSKA	Martyna	18	MTP Kormoran Olsztyn				4:47.24	557	+0,68		
	50m:	32.46	32.46	150m:	1:43.21	35.86	250m:	2:56.17	36.49	350m:	4:11.48	37.93
	100m:	1:07.35	34.89	200m:	2:19.68	36.47	300m:	3:33.55	37.38	400m:	4:47.24	35.76
19.	ORNOWSKA	Zuzanna	15	UKP „Polonia Warszawa”				4:49.40	545	+0,77		
	50m:	32.42	32.42	150m:	1:45.43	37.19	250m:	2:59.45	37.38	350m:	4:13.89	37.02
	100m:	1:08.24	35.82	200m:	2:22.07	36.64	300m:	3:36.87	37.42	400m:	4:49.40	35.51
20.	SOJKA	Oliwia	17	UKS Aqua Team Mikołów				4:50.08	541	+0,70		
	50m:	33.18	33.18	150m:	1:47.43	37.27	250m:	3:01.78	37.26	350m:	4:15.14	35.41
	100m:	1:10.16	36.98	200m:	2:24.52	37.09	300m:	3:39.73	37.95	400m:	4:50.08	34.94
21.	BATYRA	Julia	15	UKS SP5 Swim				4:52.41	528	+0,96		
	50m:	33.24	33.24	150m:	1:46.70	36.93	250m:	3:00.49	36.86	350m:	4:15.90	37.65
	100m:	1:09.77	36.53	200m:	2:23.63	36.93	300m:	3:38.25	37.76	400m:	4:52.41	36.51
22.	BRZOZOWSKA	Julia	15	KU AZS UMCS Lublin				4:52.74	526	+0,76		
	50m:	34.11	34.11	150m:	1:49.32	37.62	250m:	3:04.05	37.38	350m:	4:17.77	36.14
	100m:	1:11.70	37.59	200m:	2:26.67	37.35	300m:	3:41.63	37.58	400m:	4:52.74	34.97
23.	RUTKOWSKA	Maja	14	UKS SP-149 Łódź				4:53.38	523	+0,77		
	50m:	33.41	33.41	150m:	1:50.24	38.72	250m:	3:04.50	36.43	350m:	4:18.22	36.77
	100m:	1:11.52	38.11	200m:	2:28.07	37.83	300m:	3:41.45	36.95	400m:	4:53.38	35.16
24.	GNA	Nadia	14	UKS Tri-Team Rumia				4:54.54	517	+0,80		
	50m:	33.28	33.28	150m:	1:47.31	37.23	250m:	3:02.44	37.73	350m:	4:17.80	37.55
	100m:	1:10.08	36.80	200m:	2:24.71	37.40	300m:	3:40.25	37.81	400m:	4:54.54	36.74
25.	ZAKRZEWSKA	Oliwia	16	UKS Nawa Skierniewice				4:54.55	516	+0,80		
	50m:	34.04	34.04	150m:	1:48.97	37.74	250m:	3:04.65	38.01	350m:	4:19.10	37.00
	100m:	1:11.23	37.19	200m:	2:26.64	37.67	300m:	3:42.10	37.45	400m:	4:54.55	35.45
26.	KAZANOWSKA	Klaudia	15	KU AZS UMCS Lublin				4:55.51	511	+0,70		
	50m:	32.79	32.79	150m:	1:46.20	36.89	250m:	3:01.32	37.78	350m:	4:18.55	38.60
	100m:	1:09.31	36.52	200m:	2:23.54	37.34	300m:	3:39.95	38.63	400m:	4:55.51	36.96
27.	KOCHANIK	Izabela	14	UKS Tri-Team Rumia				4:56.03	509	+0,67		
	50m:	33.79	33.79	150m:	1:47.71	37.31	250m:	3:03.36	37.81	350m:	4:19.71	38.04
	100m:	1:10.40	36.61	200m:	2:25.55	37.84	300m:	3:41.67	38.31	400m:	4:56.03	36.32
28.	JABŁO SKA	Natalia	15	MTP Kormoran Olsztyn				4:56.30	507	+0,67		
	50m:	34.03	34.03	150m:	1:48.48	37.45	250m:	3:04.08	37.71	350m:	4:19.76	37.71
	100m:	1:11.03	37.00	200m:	2:26.37	37.89	300m:	3:42.05	37.97	400m:	4:56.30	36.54
29.	WISZNIEWSKA	Zuzanna	17	UKP „Polonia Warszawa”				5:02.21	478	+0,65		
	50m:	33.37	33.37	150m:	1:50.54	39.30	250m:	3:08.22	38.83	350m:	4:26.07	38.95
	100m:	1:11.24	37.87	200m:	2:29.39	38.85	300m:	3:47.12	38.90	400m:	5:02.21	36.14
30.	SOSNÓWKA	Oliwia	18	UKP Fala Kra nik				5:04.79	466	+0,79		
	50m:	34.70	34.70	150m:	1:51.54	38.85	250m:	3:09.19	38.58	350m:	4:27.20	38.64
	100m:	1:12.69	37.99	200m:	2:30.61	39.07	300m:	3:48.56	39.37	400m:	5:04.79	37.59
31.	SKORYKOW	Lena	15	Mokotowski UKP Warszawianka- Wodny				5:05.89	461	+0,74		
	50m:	33.59	33.59	150m:	1:50.25	38.95	250m:	3:08.87	39.40	350m:	4:28.03	39.65
	100m:	1:11.30	37.71	200m:	2:29.47	39.22	300m:	3:48.38	39.51	400m:	5:05.89	37.86
32.	DANILEWICZ	Julia	16	KS „OLIMPIA” Lublin				5:10.39	441	+0,75		
	50m:	33.55	33.55	150m:	1:51.14	39.45	250m:	3:11.26	40.24	350m:	4:32.04	39.96
	100m:	1:11.69	38.14	200m:	2:31.02	39.88	300m:	3:52.08	40.82	400m:	5:10.39	38.35
33.	PABISIAK	Helena	18	UKP „Polonia Warszawa”				5:16.11	418	+0,72		
	50m:	35.12	35.12	150m:	1:52.70	39.44	250m:	3:13.14	40.04	350m:	4:35.63	41.57
	100m:	1:13.26	38.14	200m:	2:33.10	40.40	300m:	3:54.06	40.92	400m:	5:16.11	40.48