

Grand Prix Polski w pływaniu Zawody Kwalifikacyjne do Mistrzostw świata w Windsor  
Poznań, 19- - 20-11-2016

Konkurencja 24 Kobiet, 400m zmienny 13 lat i starsi  
2016-11-20 - 11:40 Wyniki

Minimum kwalifikacyjne do M	4:31.20								
Top Times "Poland" Open	4:31.89	Baranowska Katarzyna	POL	Debrecen (HUN)					2007-12-16
Top Times "Poland" 13	4:54.66	Knop Aleksandra	POL	Raciborz					2016-10-15
Top Times "Poland" 14	4:53.86	Sie czyk Jowita	POL	Poznan					2011-12-18
Top Times "Poland" 15	4:45.72	Szpucha Katarzyna	POL	Ciechanow					2011-03-11
Top Times "Poland" 16	4:42.49	Jedrzejczak Otylia	POL	???					1999-12-01
Top Times "Poland" 17	4:33.26	Nitka Aleksandra	POL	Zabierzow					2010-10-09
Top Times "Poland" 18	4:33.70	Baranowska Katarzyna	POL	Trieste (ITA)					2005-12-11
Top Times "Poland" 19 +	4:31.89	Baranowska Katarzyna	POL	Debrecen (HUN)					2007-12-16

Punkty: FINA 2016

Pozycja Rok ur. Czas Pkt.

13 - 14 lat

1.	Knop Aleksandra	03	Uks 190 Łód	<b>4:59.03</b>	653
	50m: 32.17 32.17	150m: 1:46.86 37.92	250m: 3:07.19 43.06	350m: 4:25.91 34.51	
	100m: 1:08.94 36.77	200m: 2:24.13 37.27	300m: 3:51.40 44.21	400m: 4:59.03 33.12	
2.	Buko Martyna	02	MKS Medyk Gi ycko	<b>5:05.74</b>	611
	50m: 32.84 32.84	150m: 1:49.54 37.81	250m: 3:12.18 43.60	350m: 4:31.80 35.49	
	100m: 1:11.73 38.89	200m: 2:28.58 39.04	300m: 3:56.31 44.13	400m: 5:05.74 33.94	
3.	Zar ba-Paradowska Julia	02	Buks Warszawa	<b>5:07.24</b>	602
	50m: 32.80 32.80	150m: 1:49.11 39.20	250m: 3:11.85 43.88	350m: 4:31.79 35.97	
	100m: 1:09.91 37.11	200m: 2:27.97 38.86	300m: 3:55.82 43.97	400m: 5:07.24 35.45	
4.	Kuchta Maria	02	Dwójka Tczew	<b>5:07.82</b>	598
	50m: 32.76 32.76	150m: 1:53.02 41.93	250m: 3:16.39 43.74	350m: 4:35.33 35.25	
	100m: 1:11.09 38.33	200m: 2:32.65 39.63	300m: 4:00.08 43.69	400m: 5:07.82 32.49	
5.	Wilczewska Aleksandra	02	KS OLIMPIA Lublin	<b>5:09.90</b>	586
	50m: 33.65 33.65	150m: 1:51.32 38.92	250m: 3:13.02 44.82	350m: 4:34.98 37.09	
	100m: 1:12.40 38.75	200m: 2:28.20 36.88	300m: 3:57.89 44.87	400m: 5:09.90 34.92	
6.	Krypa Marta	02	UKS Manta Warszawa Włochy	<b>5:12.44</b>	572
	50m: 33.54 33.54	150m: 1:52.46 39.69	250m: 3:16.26 44.35	350m: 4:37.33 36.19	
	100m: 1:12.77 39.23	200m: 2:31.91 39.45	300m: 4:01.14 44.88	400m: 5:12.44 35.11	
7.	Mozołowska Emilia	02	Uks,, oliborz" Warszawa	<b>5:13.01</b>	569
	50m: 34.09 34.09	150m: 1:51.38 39.32	250m: 3:12.73 44.15	350m: 4:36.57 37.24	
	100m: 1:12.06 37.97	200m: 2:28.58 37.20	300m: 3:59.33 46.60	400m: 5:13.01 36.44	
8.	Jaszczuk Ewa SOL	02	MTP KORMORAN Olsztyn	<b>5:13.41</b>	567
	50m: 32.45 32.45	150m: 1:51.46 41.81	250m: 3:16.96 45.94	350m: 4:39.22 36.26	
	100m: 1:09.65 37.20	200m: 2:31.02 39.56	300m: 4:02.96 46.00	400m: 5:13.41 34.19	
9.	D browska Tatiana	02	UKS Pi tka Konstantinów Łódzki	<b>5:15.86</b>	554
	50m: 33.28 33.28	150m: 1:54.65 42.56	250m: 3:20.04 44.55	350m: 4:40.99 36.46	
	100m: 1:12.09 38.81	200m: 2:35.49 40.84	300m: 4:04.53 44.49	400m: 5:15.86 34.87	
10.	Byli ska Agnieszka SG	02	Uks abianka Gda sk	<b>5:20.59</b>	530
	50m: 33.86 33.86	150m: 1:56.87 42.35	250m: 3:22.67 44.81	350m: 4:45.82 36.86	
	100m: 1:14.52 40.66	200m: 2:37.86 40.99	300m: 4:08.96 46.29	400m: 5:20.59 34.77	
11.	Noco Dominika	02	UKS MANTA Kochłowice Ruda l s	<b>5:21.89</b>	523
	50m: 33.52 33.52	150m: 1:54.23 40.54	250m: 3:19.83 45.92	350m: 4:44.66 37.69	
	100m: 1:13.69 40.17	200m: 2:33.91 39.68	300m: 4:06.97 47.14	400m: 5:21.89 37.23	
12.	Pluta Emilia	02	UKS Aligator Gorzyce	<b>5:22.20</b>	522
	50m: 36.28 36.28	150m: 2:00.36 42.81	250m: 3:23.91 42.16	350m: 4:46.12 37.87	
	100m: 1:17.55 41.27	200m: 2:41.75 41.39	300m: 4:08.25 44.34	400m: 5:22.20 36.08	
13.	Herbreder Gabriela	03	UKS Gim 92 Ursynów W-wa	<b>5:24.59</b>	510
	50m: 34.41 34.41	150m: 1:58.02 44.48	250m: 3:25.30 46.80	350m: 4:49.71 39.08	
	100m: 1:13.54 39.13	200m: 2:38.50 40.48	300m: 4:10.63 45.33	400m: 5:24.59 34.88	
14.	Kuc Weronika	02	BARAKUDA Starachowice	<b>5:24.93</b>	509
	50m: 34.09 34.09	150m: 1:57.68 40.62	250m: 3:24.74 46.07	350m: 4:49.12 37.51	
	100m: 1:17.06 42.97	200m: 2:38.67 40.99	300m: 4:11.61 46.87	400m: 5:24.93 35.81	

Grand Prix Polski w pływaniu Zawody Kwalifikacyjne do Mistrzostw świata w Windsor  
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Konkurencja 24, Dziewczyny, 400m zmienny, 13 - 14 lat

Pozycja			Rok ur.					Czas	Pkt.			
15.	Gładkoj Marta	SOL	02	MTP KORMORAN Olsztyn				<b>5:31.11</b>	481			
	50m:	35.32	35.32	150m:	1:58.98	42.68	250m:	3:28.88	47.35	350m:	4:54.60	38.13
	100m:	1:16.30	40.98	200m:	2:41.53	42.55	300m:	4:16.47	47.59	400m:	5:31.11	36.51
16.	Obuchowicz Natasza		03	Legia Warszawa				<b>5:39.22</b>	447			
	50m:	36.36	36.36	150m:	2:01.93	42.30	250m:	3:33.24	49.70	350m:	5:02.44	39.28
	100m:	1:19.63	43.27	200m:	2:43.54	41.61	300m:	4:23.16	49.92	400m:	5:39.22	36.78
17.	Stodolska Zofia		03	Mks - Astoria Bydgoszcz				<b>5:46.64</b>	419			
	50m:	35.65	35.65	150m:	2:03.67	44.54	250m:	3:37.77	50.52	350m:	5:08.78	39.58
	100m:	1:19.13	43.48	200m:	2:47.25	43.58	300m:	4:29.20	51.43	400m:	5:46.64	37.86
18.	Ajtner Sonia		02	MKP W growiec				<b>6:01.17</b>	370			
	50m:	38.60	38.60	150m:	2:11.92	47.53	250m:	3:49.97	51.18	350m:	5:20.97	40.55
	100m:	1:24.39	45.79	200m:	2:58.79	46.87	300m:	4:40.42	50.45	400m:	6:01.17	40.20
DYSKW.	Sobiak Zuzanna		02	K.S.Warta Poznań				<b>5:16.93</b>				
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyjściem jednym ruchem po starcie i nawrocie)</i>											
	50m:	33.11	33.11	150m:	1:52.56	39.70	250m:	3:18.37	46.70	350m:	4:41.67	36.17
	100m:	1:12.86	39.75	200m:	2:31.67	39.11	300m:	4:05.50	47.13	400m:	5:16.93	35.26
DYSKW.	Piśko Natalia	SŁ	02	MKS Jedynka Łódź				<b>5:36.58</b>				
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyjściem jednym ruchem po starcie i nawrocie)</i>											
	50m:	34.37	34.37	150m:	2:02.14	42.96	250m:	3:34.50	51.34	350m:	5:01.22	35.87
	100m:	1:19.18	44.81	200m:	2:43.16	41.02	300m:	4:25.35	50.85	400m:	5:36.58	35.36

15 lat

1.	Halicka Lidia	SWR	01	WKS I sk Wrocław				<b>4:50.95</b>	709			
	50m:	31.33	31.33	150m:	1:44.72	38.02	250m:	3:01.48	40.20	350m:	4:17.89	35.37
	100m:	1:06.70	35.37	200m:	2:21.28	36.56	300m:	3:42.52	41.04	400m:	4:50.95	33.06
2.	Paradowska Kinga	SB	01	MUKS "Piłnastka" Bydgoszcz				<b>5:00.81</b>	641			
	50m:	32.72	32.72	150m:	1:45.86	35.77	250m:	3:06.81	43.63	350m:	4:25.86	35.68
	100m:	1:10.09	37.37	200m:	2:23.18	37.32	300m:	3:50.18	43.37	400m:	5:00.81	34.95
3.	W grzynowska Aleksandra		01	WKS I sk Wrocław				<b>5:01.61</b>	636			
	50m:	31.37	31.37	150m:	1:45.67	38.06	250m:	3:09.05	45.63	350m:	4:28.29	33.98
	100m:	1:07.61	36.24	200m:	2:23.42	37.75	300m:	3:54.31	45.26	400m:	5:01.61	33.32
4.	Wolska Karolina		01	MUKS "Piłnastka" Bydgoszcz				<b>5:13.75</b>	565			
	50m:	33.00	33.00	150m:	1:51.32	39.53	250m:	3:15.48	45.75	350m:	4:38.97	37.04
	100m:	1:11.79	38.79	200m:	2:29.73	38.41	300m:	4:01.93	46.45	400m:	5:13.75	34.78
5.	Piechota Karolina		01	Uks 190 Łódź				<b>5:14.63</b>	560			
	50m:	33.97	33.97	150m:	1:52.14	40.64	250m:	3:18.75	47.01	350m:	4:40.97	34.83
	100m:	1:11.50	37.53	200m:	2:31.74	39.60	300m:	4:06.14	47.39	400m:	5:14.63	33.66
6.	Przybysz Olga		01	KP Astromal Akwawit Leszno				<b>5:16.17</b>	552			
	50m:	33.05	33.05	150m:	1:53.95	41.90	250m:	3:17.70	43.25	350m:	4:38.93	37.89
	100m:	1:12.05	39.00	200m:	2:34.45	40.50	300m:	4:01.04	43.34	400m:	5:16.17	37.24
7.	Juwicka Zuzanna		01	MKS Trójka Łódź				<b>5:20.20</b>	532			
	50m:	32.81	32.81	150m:	1:51.93	40.68	250m:	3:19.15	47.29	350m:	4:44.24	37.45
	100m:	1:11.25	38.44	200m:	2:31.86	39.93	300m:	4:06.79	47.64	400m:	5:20.20	35.96
8.	Łysakowska Julia	SL	01	KU AZS UMCS Lublin				<b>5:22.97</b>	518			
	50m:	33.58	33.58	150m:	1:54.97	41.54	250m:	3:21.75	48.50	350m:	4:47.87	37.23
	100m:	1:13.43	39.85	200m:	2:33.25	38.28	300m:	4:10.64	48.89	400m:	5:22.97	35.10
9.	Szebesczyk Hanna		01	WKS I sk Wrocław				<b>5:31.64</b>	478			
	50m:	35.10	35.10	150m:	2:03.22	42.48	250m:	3:31.17	46.25	350m:	4:55.39	37.53
	100m:	1:20.74	45.64	200m:	2:44.92	41.70	300m:	4:17.86	46.69	400m:	5:31.64	36.25

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Konkurencja 24, Kobiet, 400m zmienny

16 lat

1.	Dzwonnik Zuzanna		00	Azs Uł Pł Łód		<b>5:01.96</b>	634	
	50m: 33.01	33.01	150m: 1:49.21	37.86	250m: 3:08.95	41.96	350m: 4:27.08	35.21
	100m: 1:11.35	38.34	200m: 2:26.99	37.78	300m: 3:51.87	42.92	400m: 5:01.96	34.88
2.	Osiniak Ewa SL		00	KU AZS UMCS Lublin		<b>5:03.53</b>	624	
	50m: 32.36	32.36	150m: 1:49.69	39.67	250m: 3:11.47	43.16	350m: 4:29.82	35.26
	100m: 1:10.02	37.66	200m: 2:28.31	38.62	300m: 3:54.56	43.09	400m: 5:03.53	33.71
3.	Gotowska Weronika		00	UKS G 8 - bielany		<b>5:04.67</b>	617	
	50m: 32.42	32.42	150m: 1:47.98	39.10	250m: 3:10.78	43.53	350m: 4:30.34	34.85
	100m: 1:08.88	36.46	200m: 2:27.25	39.27	300m: 3:55.49	44.71	400m: 5:04.67	34.33
4.	Kowalska Dominika		00	MKS Trójka Łód		<b>5:07.59</b>	600	
	50m: 31.86	31.86	150m: 1:52.91	44.03	250m: 3:14.55	40.36	350m: 4:33.17	36.37
	100m: 1:08.88	37.02	200m: 2:34.19	41.28	300m: 3:56.80	42.25	400m: 5:07.59	34.42
5.	Lisowska Wiktoria SOL		00	MKS JUVENIA Białystok		<b>5:12.71</b>	571	
	50m: 31.61	31.61	150m: 1:48.10	38.75	250m: 3:13.24	46.63	350m: 4:37.01	36.80
	100m: 1:09.35	37.74	200m: 2:26.61	38.51	300m: 4:00.21	46.97	400m: 5:12.71	35.70
6.	Kujawska Katarzyna		00	MTKP Delfin Toru		<b>5:17.28</b>	546	
	50m: 33.36	33.36	150m: 1:52.97	40.92	250m: 3:18.82	45.72	350m: 4:41.98	37.28
	100m: 1:12.05	38.69	200m: 2:33.10	40.13	300m: 4:04.70	45.88	400m: 5:17.28	35.30
7.	Borejszo Paula		00	MKP Szczecin		<b>5:18.87</b>	538	
	50m: 34.09	34.09	150m: 1:53.93	41.84	250m: 3:19.69	44.90	350m: 4:43.18	37.43
	100m: 1:12.09	38.00	200m: 2:34.79	40.86	300m: 4:05.75	46.06	400m: 5:18.87	35.69
8.	Janczak Patrycja		00	MKP Szczecin		<b>5:27.93</b>	495	
	50m: 34.23	34.23	150m: 1:57.81	43.44	250m: 3:27.01	47.44	350m: 4:51.97	36.41
	100m: 1:14.37	40.14	200m: 2:39.57	41.76	300m: 4:15.56	48.55	400m: 5:27.93	35.96

17 - 18 lat

1.	Adamczyk Julia SL		99	KU AZS UMCS Lublin		<b>4:47.84</b>	732	
	50m: 31.00	31.00	150m: 1:43.01	37.03	250m: 2:59.82	40.23	350m: 4:14.62	34.25
	100m: 1:05.98	34.98	200m: 2:19.59	36.58	300m: 3:40.37	40.55	400m: 4:47.84	33.22
2.	Andrzejewska Kamila SL		99	MKS Lider Chełm		<b>4:57.00</b>	666	
	50m: 31.88	31.88	150m: 1:47.80	39.09	250m: 3:08.39	43.01	350m: 4:24.68	33.41
	100m: 1:08.71	36.83	200m: 2:25.38	37.58	300m: 3:51.27	42.88	400m: 4:57.00	32.32
3.	Sajacka Zofia		98	UKS Gim 92 Ursynów W-wa		<b>5:00.52</b>	643	
	50m: 32.42	32.42	150m: 1:47.35	36.78	250m: 3:07.81	43.57	350m: 4:26.42	34.73
	100m: 1:10.57	38.15	200m: 2:24.24	36.89	300m: 3:51.69	43.88	400m: 5:00.52	34.10
4.	Mendyk Adrianna		98	Mks Wodnik Radom		<b>5:04.70</b>	617	
	50m: 32.41	32.41	150m: 1:49.07	38.42	250m: 3:11.57	43.93	350m: 4:30.75	35.18
	100m: 1:10.65	38.24	200m: 2:27.64	38.57	300m: 3:55.57	44.00	400m: 5:04.70	33.95
5.	Wardzi ska Martyna		98	MKS Trójka Łód		<b>5:06.61</b>	605	
	50m: 33.86	33.86	150m: 1:51.35	39.67	250m: 3:14.17	43.93	350m: 4:33.09	34.91
	100m: 1:11.68	37.82	200m: 2:30.24	38.89	300m: 3:58.18	44.01	400m: 5:06.61	33.52
6.	Skorupa Monika		99	DOKiS SP Vega Dobrodzie		<b>5:08.94</b>	592	
	50m: 32.39	32.39	150m: 1:49.05	37.95	250m: 3:10.00	44.03	350m: 4:32.35	37.29
	100m: 1:11.10	38.71	200m: 2:25.97	36.92	300m: 3:55.06	45.06	400m: 5:08.94	36.59
7.	Król Oliwia		99	MKS Trójka Łód		<b>5:11.44</b>	578	
	50m: 33.05	33.05	150m: 1:52.23	41.77	250m: 3:17.65	44.53	350m: 4:37.59	34.99
	100m: 1:10.46	37.41	200m: 2:33.12	40.89	300m: 4:02.60	44.95	400m: 5:11.44	33.85
8.	Bednarek Aleksandra		98	UKS SP 149 Łód		<b>5:20.43</b>	530	
	50m: 34.97	34.97	150m: 1:56.64	41.46	250m: 3:21.70	44.78	350m: 4:44.56	37.64
	100m: 1:15.18	40.21	200m: 2:36.92	40.28	300m: 4:06.92	45.22	400m: 5:20.43	35.87

Grand Prix Polski w pływaniu Zawody Kwalifikacyjne do Mistrzostw świata w Windsor  
Poznań, 19- - 20-11-2016

Konkurencja 24, Kobiety, 400m zmienny

13 lat i starsi

1.	Adamczyk Julia SL	99	KU AZS UMCS Lublin	<b>4:47.84</b>	732
	50m: 31.00 31.00	150m: 1:43.01 37.03	250m: 2:59.82 40.23	350m: 4:14.62 34.25	
	100m: 1:05.98 34.98	200m: 2:19.59 36.58	300m: 3:40.37 40.55	400m: 4:47.84 33.22	
2.	Halicka Lidia SWR	01	WKS I sk Wrocław	<b>4:50.95</b>	709
	50m: 31.33 31.33	150m: 1:44.72 38.02	250m: 3:01.48 40.20	350m: 4:17.89 35.37	
	100m: 1:06.70 35.37	200m: 2:21.28 36.56	300m: 3:42.52 41.04	400m: 4:50.95 33.06	
3.	Andrzejewska Kamila SL	99	MKS Lider Chełm	<b>4:57.00</b>	666
	50m: 31.88 31.88	150m: 1:47.80 39.09	250m: 3:08.39 43.01	350m: 4:24.68 33.41	
	100m: 1:08.71 36.83	200m: 2:25.38 37.58	300m: 3:51.27 42.88	400m: 4:57.00 32.32	
4.	Knop Aleksandra	03	Uks 190 Łódź	<b>4:59.03</b>	653
	50m: 32.17 32.17	150m: 1:46.86 37.92	250m: 3:07.19 43.06	350m: 4:25.91 34.51	
	100m: 1:08.94 36.77	200m: 2:24.13 37.27	300m: 3:51.40 44.21	400m: 4:59.03 33.12	
5.	SajECKa Zofia	98	UKS Gim 92 Ursynów W-wa	<b>5:00.52</b>	643
	50m: 32.42 32.42	150m: 1:47.35 36.78	250m: 3:07.81 43.57	350m: 4:26.42 34.73	
	100m: 1:10.57 38.15	200m: 2:24.24 36.89	300m: 3:51.69 43.88	400m: 5:00.52 34.10	
6.	Paradowska Kinga SB	01	MUKS "Piłastka" Bydgoszcz	<b>5:00.81</b>	641
	50m: 32.72 32.72	150m: 1:45.86 35.77	250m: 3:06.81 43.63	350m: 4:25.86 35.68	
	100m: 1:10.09 37.37	200m: 2:23.18 37.32	300m: 3:50.18 43.37	400m: 5:00.81 34.95	
7.	Wgrzynowska Aleksandra	01	WKS I sk Wrocław	<b>5:01.61</b>	636
	50m: 31.37 31.37	150m: 1:45.67 38.06	250m: 3:09.05 45.63	350m: 4:28.29 33.98	
	100m: 1:07.61 36.24	200m: 2:23.42 37.75	300m: 3:54.31 45.26	400m: 5:01.61 33.32	
8.	Dzwonnik Zuzanna	00	Azs Uł Pł Łódź	<b>5:01.96</b>	634
	50m: 33.01 33.01	150m: 1:49.21 37.86	250m: 3:08.95 41.96	350m: 4:27.08 35.21	
	100m: 1:11.35 38.34	200m: 2:26.99 37.78	300m: 3:51.87 42.92	400m: 5:01.96 34.88	
9.	Osiniak Ewa SL	00	KU AZS UMCS Lublin	<b>5:03.53</b>	624
	50m: 32.36 32.36	150m: 1:49.69 39.67	250m: 3:11.47 43.16	350m: 4:29.82 35.26	
	100m: 1:10.02 37.66	200m: 2:28.31 38.62	300m: 3:54.56 43.09	400m: 5:03.53 33.71	
10.	Gotowska Weronika	00	UKS G 8 - bielany	<b>5:04.67</b>	617
	50m: 32.42 32.42	150m: 1:47.98 39.10	250m: 3:10.78 43.53	350m: 4:30.34 34.85	
	100m: 1:08.88 36.46	200m: 2:27.25 39.27	300m: 3:55.49 44.71	400m: 5:04.67 34.33	
11.	Mendyk Adrianna	98	Mks Wodnik Radom	<b>5:04.70</b>	617
	50m: 32.41 32.41	150m: 1:49.07 38.42	250m: 3:11.57 43.93	350m: 4:30.75 35.18	
	100m: 1:10.65 38.24	200m: 2:27.64 38.57	300m: 3:55.57 44.00	400m: 5:04.70 33.95	
12.	Buko Martyna	02	MKS Medyk Giżycko	<b>5:05.74</b>	611
	50m: 32.84 32.84	150m: 1:49.54 37.81	250m: 3:12.18 43.60	350m: 4:31.80 35.49	
	100m: 1:11.73 38.89	200m: 2:28.58 39.04	300m: 3:56.31 44.13	400m: 5:05.74 33.94	
13.	Wardzińska Martyna	98	MKS Trójka Łódź	<b>5:06.61</b>	605
	50m: 33.86 33.86	150m: 1:51.35 39.67	250m: 3:14.17 43.93	350m: 4:33.09 34.91	
	100m: 1:11.68 37.82	200m: 2:30.24 38.89	300m: 3:58.18 44.01	400m: 5:06.61 33.52	
14.	Zarba-Paradowska Julia	02	Buks Warszawa	<b>5:07.24</b>	602
	50m: 32.80 32.80	150m: 1:49.11 39.20	250m: 3:11.85 43.88	350m: 4:31.79 35.97	
	100m: 1:09.91 37.11	200m: 2:27.97 38.86	300m: 3:55.82 43.97	400m: 5:07.24 35.45	
15.	Kowalska Dominika	00	MKS Trójka Łódź	<b>5:07.59</b>	600
	50m: 31.86 31.86	150m: 1:52.91 44.03	250m: 3:14.55 40.36	350m: 4:33.17 36.37	
	100m: 1:08.88 37.02	200m: 2:34.19 41.28	300m: 3:56.80 42.25	400m: 5:07.59 34.42	
16.	Kuchta Maria	02	Dwójka Tczew	<b>5:07.82</b>	598
	50m: 32.76 32.76	150m: 1:53.02 41.93	250m: 3:16.39 43.74	350m: 4:35.33 35.25	
	100m: 1:11.09 38.33	200m: 2:32.65 39.63	300m: 4:00.08 43.69	400m: 5:07.82 32.49	
17.	Skorupa Monika	99	DOKiS SP Vega Dobrodzie	<b>5:08.94</b>	592
	50m: 32.39 32.39	150m: 1:49.05 37.95	250m: 3:10.00 44.03	350m: 4:32.35 37.29	
	100m: 1:11.10 38.71	200m: 2:25.97 36.92	300m: 3:55.06 45.06	400m: 5:08.94 36.59	
18.	Wilczewska Aleksandra	02	KS OLIMPIA Lublin	<b>5:09.90</b>	586
	50m: 33.65 33.65	150m: 1:51.32 38.92	250m: 3:13.02 44.82	350m: 4:34.98 37.09	
	100m: 1:12.40 38.75	200m: 2:28.20 36.88	300m: 3:57.89 44.87	400m: 5:09.90 34.92	

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Pozycja					Rok ur.					Czas	Pkt.	
19.	Król Oliwia				99	MKS Trójka Łódź				<b>5:11.44</b>	578	
	50m:	33.05	33.05	150m:	1:52.23	41.77	250m:	3:17.65	44.53	350m:	4:37.59	34.99
	100m:	1:10.46	37.41	200m:	2:33.12	40.89	300m:	4:02.60	44.95	400m:	5:11.44	33.85
20.	Krypa Marta				02	UKS Manta Warszawa Włochy				<b>5:12.44</b>	572	
	50m:	33.54	33.54	150m:	1:52.46	39.69	250m:	3:16.26	44.35	350m:	4:37.33	36.19
	100m:	1:12.77	39.23	200m:	2:31.91	39.45	300m:	4:01.14	44.88	400m:	5:12.44	35.11
21.	Lisowska Wiktoria SOL				00	MKS JUVENIA Białystok				<b>5:12.71</b>	571	
	50m:	31.61	31.61	150m:	1:48.10	38.75	250m:	3:13.24	46.63	350m:	4:37.01	36.80
	100m:	1:09.35	37.74	200m:	2:26.61	38.51	300m:	4:00.21	46.97	400m:	5:12.71	35.70
22.	Mozołowska Emilia				02	Uks,, oliborz" Warszawa				<b>5:13.01</b>	569	
	50m:	34.09	34.09	150m:	1:51.38	39.32	250m:	3:12.73	44.15	350m:	4:36.57	37.24
	100m:	1:12.06	37.97	200m:	2:28.58	37.20	300m:	3:59.33	46.60	400m:	5:13.01	36.44
23.	Jaszczuk Ewa SOL				02	MTP KORMORAN Olsztyn				<b>5:13.41</b>	567	
	50m:	32.45	32.45	150m:	1:51.46	41.81	250m:	3:16.96	45.94	350m:	4:39.22	36.26
	100m:	1:09.65	37.20	200m:	2:31.02	39.56	300m:	4:02.96	46.00	400m:	5:13.41	34.19
24.	Wolska Karolina				01	MUKS "Pi tnatka" Bydgoszcz				<b>5:13.75</b>	565	
	50m:	33.00	33.00	150m:	1:51.32	39.53	250m:	3:15.48	45.75	350m:	4:38.97	37.04
	100m:	1:11.79	38.79	200m:	2:29.73	38.41	300m:	4:01.93	46.45	400m:	5:13.75	34.78
25.	Piechota Karolina				01	Uks 190 Łódź				<b>5:14.63</b>	560	
	50m:	33.97	33.97	150m:	1:52.14	40.64	250m:	3:18.75	47.01	350m:	4:40.97	34.83
	100m:	1:11.50	37.53	200m:	2:31.74	39.60	300m:	4:06.14	47.39	400m:	5:14.63	33.66
26.	D browska Tatiana				02	UKS Pi tka Konstantynów Łódzki				<b>5:15.86</b>	554	
	50m:	33.28	33.28	150m:	1:54.65	42.56	250m:	3:20.04	44.55	350m:	4:40.99	36.46
	100m:	1:12.09	38.81	200m:	2:35.49	40.84	300m:	4:04.53	44.49	400m:	5:15.86	34.87
27.	Przybysz Olga				01	KP Astromal Akwawit Leszno				<b>5:16.17</b>	552	
	50m:	33.05	33.05	150m:	1:53.95	41.90	250m:	3:17.70	43.25	350m:	4:38.93	37.89
	100m:	1:12.05	39.00	200m:	2:34.45	40.50	300m:	4:01.04	43.34	400m:	5:16.17	37.24
28.	Kujawska Katarzyna				00	MTKP Delfin Toru				<b>5:17.28</b>	546	
	50m:	33.36	33.36	150m:	1:52.97	40.92	250m:	3:18.82	45.72	350m:	4:41.98	37.28
	100m:	1:12.05	38.69	200m:	2:33.10	40.13	300m:	4:04.70	45.88	400m:	5:17.28	35.30
29.	Borejszo Paula				00	MKP Szczecin				<b>5:18.87</b>	538	
	50m:	34.09	34.09	150m:	1:53.93	41.84	250m:	3:19.69	44.90	350m:	4:43.18	37.43
	100m:	1:12.09	38.00	200m:	2:34.79	40.86	300m:	4:05.75	46.06	400m:	5:18.87	35.69
30.	Ju wicka Zuzanna				01	MKS Trójka Łódź				<b>5:20.20</b>	532	
	50m:	32.81	32.81	150m:	1:51.93	40.68	250m:	3:19.15	47.29	350m:	4:44.24	37.45
	100m:	1:11.25	38.44	200m:	2:31.86	39.93	300m:	4:06.79	47.64	400m:	5:20.20	35.96
31.	Bednarek Aleksandra				98	UKS SP 149 Łódź				<b>5:20.43</b>	530	
	50m:	34.97	34.97	150m:	1:56.64	41.46	250m:	3:21.70	44.78	350m:	4:44.56	37.64
	100m:	1:15.18	40.21	200m:	2:36.92	40.28	300m:	4:06.92	45.22	400m:	5:20.43	35.87
32.	Byli ska Agnieszka SG				02	Uks abianka Gda sk				<b>5:20.59</b>	530	
	50m:	33.86	33.86	150m:	1:56.87	42.35	250m:	3:22.67	44.81	350m:	4:45.82	36.86
	100m:	1:14.52	40.66	200m:	2:37.86	40.99	300m:	4:08.96	46.29	400m:	5:20.59	34.77
33.	Noco Dominika				02	UKS MANTA Kochłowice Ruda l s				<b>5:21.89</b>	523	
	50m:	33.52	33.52	150m:	1:54.23	40.54	250m:	3:19.83	45.92	350m:	4:44.66	37.69
	100m:	1:13.69	40.17	200m:	2:33.91	39.68	300m:	4:06.97	47.14	400m:	5:21.89	37.23
34.	Pluta Emilia				02	UKS Aligator Gorzyce				<b>5:22.20</b>	522	
	50m:	36.28	36.28	150m:	2:00.36	42.81	250m:	3:23.91	42.16	350m:	4:46.12	37.87
	100m:	1:17.55	41.27	200m:	2:41.75	41.39	300m:	4:08.25	44.34	400m:	5:22.20	36.08
35.	Łysakowska Julia SL				01	KU AZS UMCS Lublin				<b>5:22.97</b>	518	
	50m:	33.58	33.58	150m:	1:54.97	41.54	250m:	3:21.75	48.50	350m:	4:47.87	37.23
	100m:	1:13.43	39.85	200m:	2:33.25	38.28	300m:	4:10.64	48.89	400m:	5:22.97	35.10
36.	Herbreder Gabriela				03	UKS Gim 92 Ursynów W-wa				<b>5:24.59</b>	510	
	50m:	34.41	34.41	150m:	1:58.02	44.48	250m:	3:25.30	46.80	350m:	4:49.71	39.08
	100m:	1:13.54	39.13	200m:	2:38.50	40.48	300m:	4:10.63	45.33	400m:	5:24.59	34.88

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Pozycja			Rok ur.					Czas	Pkt.			
37.	Kuc Weronika		02	BARAKUDA Starachowice				<b>5:24.93</b>	509			
	50m:	34.09	34.09	150m:	1:57.68	40.62	250m:	3:24.74	46.07	350m:	4:49.12	37.51
	100m:	1:17.06	42.97	200m:	2:38.67	40.99	300m:	4:11.61	46.87	400m:	5:24.93	35.81
38.	Janczak Patrycja		00	MKP Szczecin				<b>5:27.93</b>	495			
	50m:	34.23	34.23	150m:	1:57.81	43.44	250m:	3:27.01	47.44	350m:	4:51.97	36.41
	100m:	1:14.37	40.14	200m:	2:39.57	41.76	300m:	4:15.56	48.55	400m:	5:27.93	35.96
39.	Gładkoj Marta SOL		02	MTP KORMORAN Olsztyn				<b>5:31.11</b>	481			
	50m:	35.32	35.32	150m:	1:58.98	42.68	250m:	3:28.88	47.35	350m:	4:54.60	38.13
	100m:	1:16.30	40.98	200m:	2:41.53	42.55	300m:	4:16.47	47.59	400m:	5:31.11	36.51
40.	Szebesczyk Hanna		01	WKS I sk Wrocław				<b>5:31.64</b>	478			
	50m:	35.10	35.10	150m:	2:03.22	42.48	250m:	3:31.17	46.25	350m:	4:55.39	37.53
	100m:	1:20.74	45.64	200m:	2:44.92	41.70	300m:	4:17.86	46.69	400m:	5:31.64	36.25
41.	Obuchowicz Natasza		03	Legia Warszawa				<b>5:39.22</b>	447			
	50m:	36.36	36.36	150m:	2:01.93	42.30	250m:	3:33.24	49.70	350m:	5:02.44	39.28
	100m:	1:19.63	43.27	200m:	2:43.54	41.61	300m:	4:23.16	49.92	400m:	5:39.22	36.78
42.	Stodolska Zofia		03	Mks - Astoria Bydgoszcz				<b>5:46.64</b>	419			
	50m:	35.65	35.65	150m:	2:03.67	44.54	250m:	3:37.77	50.52	350m:	5:08.78	39.58
	100m:	1:19.13	43.48	200m:	2:47.25	43.58	300m:	4:29.20	51.43	400m:	5:46.64	37.86
43.	Ajtner Sonia		02	MKP W growiec				<b>6:01.17</b>	370			
	50m:	38.60	38.60	150m:	2:11.92	47.53	250m:	3:49.97	51.18	350m:	5:20.97	40.55
	100m:	1:24.39	45.79	200m:	2:58.79	46.87	300m:	4:40.42	50.45	400m:	6:01.17	40.20
DYSKW.	Sobiak Zuzanna		02	K.S.Warta Pozna				<b>5:16.93</b>				
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>											
	50m:	33.11	33.11	150m:	1:52.56	39.70	250m:	3:18.37	46.70	350m:	4:41.67	36.17
	100m:	1:12.86	39.75	200m:	2:31.67	39.11	300m:	4:05.50	47.13	400m:	5:16.93	35.26
DYSKW.	Pi ko Natalia SŁ		02	MKS Jedyńka Łód				<b>5:36.58</b>				
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>											
	50m:	34.37	34.37	150m:	2:02.14	42.96	250m:	3:34.50	51.34	350m:	5:01.22	35.87
	100m:	1:19.18	44.81	200m:	2:43.16	41.02	300m:	4:25.35	50.85	400m:	5:36.58	35.36