

Arena Grand Prix Puchar Polski
Poznań, 12. - 13.11.2022

Konkurencja 22
2022.11.12 - 20:24

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Rekord Polski 4:02.68 POLA SKA Aleksandra POL Olsztyn 2020.12.18

Min. indywidualne na M (25m) Melbourne 2022 Open: 4:02.11

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	GU	Wiktoria	04	MKP Szczecin				4:11.21	807
	50m:	30.35 30.35	150m:	1:35.19 32.43	250m:	2:39.36 31.71	350m:	3:42.21 31.10	
	100m:	1:02.76 32.41	200m:	2:07.65 32.46	300m:	3:11.11 31.75	400m:	4:11.21 29.00	
2.	TARASIEWICZ	Klaudia	04	MKP Szczecin				4:11.22	807
	50m:	30.28 30.28	150m:	1:34.08 31.78	250m:	2:37.47 31.31	350m:	3:40.87 31.78	
	100m:	1:02.30 32.02	200m:	2:06.16 32.08	300m:	3:09.09 31.62	400m:	4:11.22 30.35	
3.	POLA SKA	Aleksandra	00	UKS GOS Raszyn				4:16.37	759
	50m:	30.08 30.08	150m:	1:34.84 32.30	250m:	2:39.18 32.11	350m:	3:43.79 32.55	
	100m:	1:02.54 32.46	200m:	2:07.07 32.23	300m:	3:11.24 32.06	400m:	4:16.37 32.58	
4.	ŁUCZAK	Dominika	02	TP Zielona Góra				4:20.69	722
	50m:	30.63 30.63	150m:	1:36.51 33.14	250m:		350m:	3:48.14	
	100m:	1:03.37 32.74	200m:	2:09.46 32.95	300m:		400m:	4:20.69 32.55	
5.	MACIAK	Julia	06	IUKS „Muszelka” Warszawa				4:21.18	718
	50m:	30.22 30.22	150m:	1:36.20 32.99	250m:	2:42.25 32.96	350m:	3:48.98 33.41	
	100m:	1:03.21 32.99	200m:	2:09.29 33.09	300m:	3:15.57 33.32	400m:	4:21.18 32.20	
6.	KULIK	Julia	05	UKS GOS Raszyn				4:24.12	694
	50m:	31.40 31.40	150m:	1:41.46 35.13	250m:	2:48.86 32.18	350m:	3:52.52 31.77	
	100m:	1:06.33 34.93	200m:	2:16.68 35.22	300m:	3:20.75 31.89	400m:	4:24.12 31.60	
7.	HELLAK	Emilia	03	KS SWIM-ART Wrocław				4:24.18	694
	50m:	30.02 30.02	150m:	1:36.25 33.38	250m:	2:43.70 33.71	350m:	3:51.13 33.86	
	100m:	1:02.87 32.85	200m:	2:09.99 33.74	300m:	3:17.27 33.57	400m:	4:24.18 33.05	
8.	MAŁOLEPSZA	Weronika	07	MKP Szczecin				4:25.03	687
	50m:	30.42 30.42	150m:	1:36.79 33.45	250m:	2:44.61 34.01	350m:	3:52.69 34.19	
	100m:	1:03.34 32.92	200m:	2:10.60 33.81	300m:	3:18.50 33.89	400m:	4:25.03 32.34	
9.	PRZYBYLSKA	Oliwia	07	KU AZS UMCS Lublin				4:25.28	685
	50m:	30.60 30.60	150m:	1:37.28 33.38	250m:	2:44.18 33.44	350m:	3:52.45 34.32	
	100m:	1:03.90 33.30	200m:	2:10.74 33.46	300m:	3:18.13 33.95	400m:	4:25.28 32.83	
10.	NOWAK	Maja	03	UKS GOS Raszyn				4:25.30	685
	50m:	32.58 32.58	150m:	1:43.72 35.61	250m:	2:50.27 31.49	350m:	3:54.29 32.10	
	100m:	1:08.11 35.53	200m:	2:18.78 35.06	300m:	3:22.19 31.92	400m:	4:25.30 31.01	
11.	KOSSOWSKA	Julita	05	UKS 190 Łódź				4:25.59	683
	50m:	31.14 31.14	150m:	1:37.93 33.65	250m:	2:45.44 33.88	350m:	3:53.40 33.94	
	100m:	1:04.28 33.14	200m:	2:11.56 33.63	300m:	3:19.46 34.02	400m:	4:25.59 32.19	
12.	FIGAS	Alicja	04	MKP Szczecin				4:25.60	683
	50m:	31.24 31.24	150m:	1:37.79 33.51	250m:	2:45.09 33.59	350m:	3:52.76 33.82	
	100m:	1:04.28 33.04	200m:	2:11.50 33.71	300m:	3:18.94 33.85	400m:	4:25.60 32.84	
13.	GÓRSKA	Zofia	05	UKS GOS Raszyn				4:29.72	652
	50m:	30.41 30.41	150m:	1:37.91 34.15	250m:	2:46.67 34.42	350m:	3:55.95 34.66	
	100m:	1:03.76 33.35	200m:	2:12.25 34.34	300m:	3:21.29 34.62	400m:	4:29.72 33.77	
14.	KUCZMAR	Zuzanna	07	UKP „Polonia Warszawa”				4:30.91	643
	50m:	30.24 30.24	150m:	1:37.39 34.14	250m:	2:46.58 34.53	350m:	3:56.73 35.11	
	100m:	1:03.25 33.01	200m:	2:12.05 34.66	300m:	3:21.62 35.04	400m:	4:30.91 34.18	
15.	WIDNICKA	Kamila	06	MKS Juwenia Wrocław				4:31.55	639
	50m:	31.01 31.01	150m:	1:38.64 34.29	250m:	2:48.00 34.68	350m:	3:57.65 34.94	
	100m:	1:04.35 33.34	200m:	2:13.32 34.68	300m:	3:22.71 34.71	400m:	4:31.55 33.90	
	R	P Apolonia	06	MKS Juwenia Wrocław				4:31.55	639
	50m:	31.87 31.87	150m:	1:40.76 34.62	250m:	2:49.60 34.34	350m:	3:58.93 34.56	
	100m:	1:06.14 34.27	200m:	2:15.26 34.50	300m:	3:24.37 34.77	400m:	4:31.55 32.62	

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Konkurencja 22, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.							Czas	Pkt.	
17.	MAZUR	Zuzanna	05	MKP „SŁOWIANKA”	Gorzów Wlkp.	4:32.90	629					
	50m:	31.19	31.19	150m:	1:40.03	34.61	250m:	2:50.04	35.08	350m:	3:59.69	34.78
	100m:	1:05.42	34.23	200m:	2:14.96	34.93	300m:	3:24.91	34.87	400m:	4:32.90	33.21
18.	ZAGDA	SKA Oliwia	05	MKS Juwenia	Wrocław	4:33.37	626					
	50m:	31.64	31.64	150m:	1:39.71	34.28	250m:	2:49.24	34.93	350m:	3:59.18	34.88
	100m:	1:05.43	33.79	200m:	2:14.31	34.60	300m:	3:24.30	35.06	400m:	4:33.37	34.19
19.	SAMORAJ	Oliwia	05	MKS Piaseczno		4:33.82	623					
	50m:	31.26	31.26	150m:	1:40.08	34.85	250m:	2:50.34	35.03	350m:	4:00.79	35.40
	100m:	1:05.23	33.97	200m:	2:15.31	35.23	300m:	3:25.39	35.05	400m:	4:33.82	33.03
20.	PIEKARSKA	Natalia	06	UKS 190 Łódź		4:34.19	620					
	50m:	31.73	31.73	150m:	1:41.50	34.90	250m:	2:51.04	34.88	350m:	4:00.34	34.65
	100m:	1:06.60	34.87	200m:	2:16.16	34.66	300m:	3:25.69	34.65	400m:	4:34.19	33.85
21.	GULCZY	SKA Natalia	07	Uks Cityzen		4:34.45	619					
	50m:	30.25	30.25	150m:	1:39.03	34.76	250m:	2:49.59	35.20	350m:	3:59.76	34.26
	100m:	1:04.27	34.02	200m:	2:14.39	35.36	300m:	3:25.50	35.91	400m:	4:34.45	34.69
22.	KOWALCZYK	Katarzyna	05	MKP Szczecin		4:35.56	611					
	50m:	32.36	32.36	150m:	1:41.68	34.93	250m:	2:52.07	35.09	350m:	4:02.32	35.14
	100m:	1:06.75	34.39	200m:	2:16.98	35.30	300m:	3:27.18	35.11	400m:	4:35.56	33.24
23.	CHMIELEWSKA	Aleksandra	06	Mi dzyszkolny UKS „Olimpijczyk”	Suwałki	4:36.08	608					
	50m:	31.93	31.93	150m:	1:40.02	34.21	250m:	2:49.82	35.18	350m:	4:01.78	36.16
	100m:	1:05.81	33.88	200m:	2:14.64	34.62	300m:	3:25.62	35.80	400m:	4:36.08	34.30
24.	TRAFALSKA	Zuzanna	07	UKS 190 Łódź		4:36.80	603					
	50m:	32.14	32.14	150m:	1:42.81	35.13	250m:	2:53.40	35.18	350m:	4:02.47	34.33
	100m:	1:07.68	35.54	200m:	2:18.22	35.41	300m:	3:28.14	34.74	400m:	4:36.80	34.33
25.	HUBERT	Julia	06	MKP Szczecin		4:37.60	598					
	50m:	31.60	31.60	150m:	1:41.79	35.27	250m:	2:52.58	35.29	350m:	4:03.39	35.14
	100m:	1:06.52	34.92	200m:	2:17.29	35.50	300m:	3:28.25	35.67	400m:	4:37.60	34.21
26.	MIKUŁA	Natalia	06	UKS 190 Łódź		4:40.15	582					
	50m:	31.62	31.62	150m:	1:41.84	35.45	250m:	2:53.20	35.37	350m:	4:05.05	35.94
	100m:	1:06.39	34.77	200m:	2:17.83	35.99	300m:	3:29.11	35.91	400m:	4:40.15	35.10
27.	JANIK	Julia	06	UKS 190 Łódź		4:40.46	580					
	50m:	31.43	31.43	150m:	1:42.03	35.62	250m:	2:54.30	35.87	350m:	4:05.63	35.56
	100m:	1:06.41	34.98	200m:	2:18.43	36.40	300m:	3:30.07	35.77	400m:	4:40.46	34.83
28.	BISZEWSKA	Gabriela	05	Mi dzyszkolny UKS „Olimpijczyk”	Suwałki	4:41.54	573					
	50m:	31.92	31.92	150m:	1:42.38	35.44	250m:	2:53.72	35.74	350m:	4:06.07	36.30
	100m:	1:06.94	35.02	200m:	2:17.98	35.60	300m:	3:29.77	36.05	400m:	4:41.54	35.47
29.	SZOPA	Natalia	07	UKP Gryf D bica		4:42.03	570					
	50m:	29.72	29.72	150m:	1:38.88	35.72	250m:	2:52.86	37.49	350m:	4:06.51	36.61
	100m:	1:03.16	33.44	200m:	2:15.37	36.49	300m:	3:29.90	37.04	400m:	4:42.03	35.52
30.	SKORYKOW	Lena	08	UKS Ostrobramska		4:42.29	569					
	50m:	31.61	31.61	150m:	1:42.43	35.89	250m:	2:54.52	35.76	350m:	4:05.40	35.50
	100m:	1:06.54	34.93	200m:	2:18.76	36.33	300m:	3:29.90	35.38	400m:	4:42.29	36.89
31.	TARASZKIEWICZ	Zofia	07	Mokotowski UKP Warszawianka-	Wodny	4:44.93	553					
	50m:	31.60	31.60	150m:	1:42.11	35.66	250m:	2:54.33	36.03	350m:	4:07.70	37.21
	100m:	1:06.45	34.85	200m:	2:18.30	36.19	300m:	3:30.49	36.16	400m:	4:44.93	37.23
32.	GRZECH	Maja	08	UKS abianka	Gdańsk	4:45.13	552					
	50m:	32.52	32.52	150m:	1:43.81	35.87	250m:	2:56.77	36.57	350m:	4:10.06	36.65
	100m:	1:07.94	35.42	200m:	2:20.20	36.39	300m:	3:33.41	36.64	400m:	4:45.13	35.07
33.	ORASZEK	Karolina	07	Mokotowski UKP Warszawianka-	Wodny	4:45.49	550					
	50m:	31.13	31.13	150m:	1:41.91	35.81	250m:	2:55.78	37.17	350m:	4:09.52	36.67
	100m:	1:06.10	34.97	200m:	2:18.61	36.70	300m:	3:32.85	37.07	400m:	4:45.49	35.97
34.	KOWALSKA	Oliwia	05	MKP „SŁOWIANKA”	Gorzów Wlkp.	4:46.33	545					
	50m:	33.01	33.01	150m:	1:45.12	36.56	250m:	2:58.26	36.58	350m:	4:11.37	36.68
	100m:	1:08.56	35.55	200m:	2:21.68	36.56	300m:	3:34.69	36.43	400m:	4:46.33	34.96

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Pozycja			Rok ur.					Czas	Pkt.
35.	HLUSHCHENKO Varvara		08	UKS 190 Łódź				4:46.88	542
	50m: 31.90 31.90	150m: 1:44.28	36.58	250m: 2:58.10	36.68	350m: 4:12.01	36.60		
	100m: 1:07.70 35.80	200m: 2:21.42	37.14	300m: 3:35.41	37.31	400m: 4:46.88	34.87		
36.	JAWORSKA Wiktoria		05	MUKS "Piłnastka"				4:47.06	541
	50m: 31.55 31.55	150m: 1:42.72	36.23	250m: 2:55.89	36.81	350m: 4:10.39	37.38		
	100m: 1:06.49 34.94	200m: 2:19.08	36.36	300m: 3:33.01	37.12	400m: 4:47.06	36.67		
37.	TOMASZEWSKA Maria		08	MKP „SŁOWIANKA" Gorzów Wlkp.				4:48.90	530
	50m: 32.14 32.14	150m: 1:47.11	37.85	250m: 3:01.81	37.32	350m: 4:15.71	36.95		
	100m: 1:09.26 37.12	200m: 2:24.49	37.38	300m: 3:38.76	36.95	400m: 4:48.90	33.19		
38.	MICHALSKA Pola		07	Mokotowski UKP Warszawianka- Wodny				4:50.11	524
	50m: 32.59 32.59	150m: 1:45.34	37.05	250m: 2:59.03	37.34	350m: 4:13.55	37.39		
	100m: 1:08.29 35.70	200m: 2:21.69	36.35	300m: 3:36.16	37.13	400m: 4:50.11	36.56		
39.	W GRZYCKA Małgorzata		07	MKS Trójka Łódź				4:50.77	520
	50m: 32.42 32.42	150m: 1:45.18	36.59	250m: 2:59.69	37.23	350m: 4:14.34	37.17		
	100m: 1:08.59 36.17	200m: 2:22.46	37.28	300m: 3:37.17	37.48	400m: 4:50.77	36.43		
	MAJEWSKA Martyna		08	MKS Znicz Koszalin				4:50.77	520
	50m: 31.34 31.34	150m: 1:43.99	36.78	250m: 2:59.12	37.83	350m: 4:15.38	38.48		
	100m: 1:07.21 35.87	200m: 2:21.29	37.30	300m: 3:36.90	37.78	400m: 4:50.77	35.39		
41.	WICHULSKA Małgorzata		07	Mokotowski UKP Warszawianka- Wodny				4:52.17	513
	50m: 31.18 31.18	150m: 1:43.69	37.02	250m: 2:59.47	38.33	350m: 4:15.80	38.13		
	100m: 1:06.67 35.49	200m: 2:21.14	37.45	300m: 3:37.67	38.20	400m: 4:52.17	36.37		
42.	WOJTOWICZ Małgorzata		06	MTKP Delfin Toru				4:53.03	508
	50m: 34.17 34.17	150m: 1:47.78	36.90	250m: 3:02.11	37.12	350m: 4:17.25	37.60		
	100m: 1:10.88 36.71	200m: 2:24.99	37.21	300m: 3:39.65	37.54	400m: 4:53.03	35.78		
43.	FARTUSZY SKA Weronika		08	UKS Junior Kluczbork				4:54.53	500
	50m: 33.18 33.18	150m: 1:48.56	38.37	250m: 3:03.27	36.29	350m: 4:17.45	37.12		
	100m: 1:10.19 37.01	200m: 2:26.98	38.42	300m: 3:40.33	37.06	400m: 4:54.53	37.08		
44.	MORITZ Marcelina		05	MUKS "Piłnastka"				4:54.74	499
	50m: 33.03 33.03	150m: 1:46.51	37.11	250m: 3:02.17	38.14	350m: 4:17.82	37.87		
	100m: 1:09.40 36.37	200m: 2:24.03	37.52	300m: 3:39.95	37.78	400m: 4:54.74	36.92		
45.	SELL Karolina		07	MUKP Korona-Swim Kielce				4:55.37	496
	50m: 31.88 31.88	150m: 1:45.52	37.52	250m: 3:02.33	38.64	350m: 4:19.30	37.92		
	100m: 1:08.00 36.12	200m: 2:23.69	38.17	300m: 3:41.38	39.05	400m: 4:55.37	36.07		
46.	SPYCHALSKA Dominika		08	KP Aquapark W growiec				4:55.79	494
	50m: 32.82 32.82	150m: 1:48.47	38.28	250m: 3:04.97	38.12	350m: 4:20.26	37.43		
	100m: 1:10.19 37.37	200m: 2:26.85	38.38	300m: 3:42.83	37.86	400m: 4:55.79	35.53		
47.	KRYSTEK Jagoda		08	SKS 137 Delfin Łódź				4:56.17	492
	50m: 33.11 33.11	150m: 1:47.81	37.69	250m: 3:03.93	37.91	350m: 4:19.44	37.76		
	100m: 1:10.12 37.01	200m: 2:26.02	38.21	300m: 3:41.68	37.75	400m: 4:56.17	36.73		
48.	STANKO Khrystyna		08	MUKS "Piłnastka"				5:02.49	462
	50m: 31.75 31.75	150m: 1:46.19	38.01	250m: 3:04.40	39.25	350m: 4:24.95	39.46		
	100m: 1:08.18 36.43	200m: 2:25.15	38.96	300m: 3:45.49	41.09	400m: 5:02.49	37.54		
49.	MAY Matylda		08	MKP Astromal-Leszno				5:02.76	461
	50m: 34.61 34.61	150m: 1:50.51	38.40	250m: 3:08.25	39.02	350m: 4:26.10	38.85		
	100m: 1:12.11 37.50	200m: 2:29.23	38.72	300m: 3:47.25	39.00	400m: 5:02.76	36.66		
50.	KANIASTA Matylda		05	KS Warta Poznań				5:09.39	432
	50m: 33.47 33.47	150m: 1:48.58	37.73	250m: 3:07.22	39.54	350m: 4:29.32	41.69		
	100m: 1:10.85 37.38	200m: 2:27.68	39.10	300m: 3:47.63	40.41	400m: 5:09.39	40.07		
51.	DORO Y SKA Zuzanna		08	MTKP Delfin Toru				5:09.99	429
	50m: 35.74 35.74	150m: 1:54.85	39.68	250m: 3:13.71	39.21	350m: 4:32.31	38.83		
	100m: 1:15.17 39.43	200m: 2:34.50	39.65	300m: 3:53.48	39.77	400m: 5:09.99	37.68		
52.	KOMOR Agata		05	MKP „SŁOWIANKA" Gorzów Wlkp.				5:15.13	409
	50m: 33.84 33.84	150m: 1:49.91	38.90	250m: 3:11.28	41.33	350m: 4:34.08	41.57		
	100m: 1:11.01 37.17	200m: 2:29.95	40.04	300m: 3:52.51	41.23	400m: 5:15.13	41.05		

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Pozycja			Rok ur.					Czas	Pkt.
53.	PILARSKA Maja		08	KP Aquapark W growiec				5:23.92	376
	50m:	37.01 37.01	150m:	1:58.84 41.31	250m:	3:20.33 40.46	350m:	4:43.73 41.29	
	100m:	1:17.53 40.52	200m:	2:39.87 41.03	300m:	4:02.44 42.11	400m:	5:23.92 40.19	
54.	KRUTUL Aga		08	MKS Znicz Koszalin				5:25.83	370
	50m:	34.30 34.30	150m:	1:53.07 40.27	250m:	3:17.71 43.01	350m:	4:43.45 42.38	
	100m:	1:12.80 38.50	200m:	2:34.70 41.63	300m:	4:01.07 43.36	400m:	5:25.83 42.38	
55.	WITKOWSKA Alicja		08	MKP „SŁOWIANKA" Gorzów Wlkp.				5:28.44	361
	50m:	36.48 36.48	150m:	1:59.85 42.36	250m:	3:23.78 41.59	350m:	4:47.71 41.85	
	100m:	1:17.49 41.01	200m:	2:42.19 42.34	300m:	4:05.86 42.08	400m:	5:28.44 40.73	
56.	DEREWECKA Kamila		08	MKS Znicz Koszalin				5:33.13	346
	50m:	35.38 35.38	150m:	1:57.36 41.73	250m:	3:25.39 44.59	350m:	4:52.04 43.27	
	100m:	1:15.63 40.25	200m:	2:40.80 43.44	300m:	4:08.77 43.38	400m:	5:33.13 41.09	

17 - 18 lat

1.	GU Wiktoria		04	MKP Szczecin				4:11.21	807
	50m:	30.35 30.35	150m:	1:35.19 32.43	250m:	2:39.36 31.71	350m:	3:42.21 31.10	
	100m:	1:02.76 32.41	200m:	2:07.65 32.46	300m:	3:11.11 31.75	400m:	4:11.21 29.00	
2.	TARASIEWICZ Klaudia		04	MKP Szczecin				4:11.22	807
	50m:	30.28 30.28	150m:	1:34.08 31.78	250m:	2:37.47 31.31	350m:	3:40.87 31.78	
	100m:	1:02.30 32.02	200m:	2:06.16 32.08	300m:	3:09.09 31.62	400m:	4:11.22 30.35	
3.	KULIK Julia		05	UKS GOS Raszyn				4:24.12	694
	50m:	31.40 31.40	150m:	1:41.46 35.13	250m:	2:48.86 32.18	350m:	3:52.52 31.77	
	100m:	1:06.33 34.93	200m:	2:16.68 35.22	300m:	3:20.75 31.89	400m:	4:24.12 31.60	
4.	KOSSOWSKA Julita		05	UKS 190 Łódź				4:25.59	683
	50m:	31.14 31.14	150m:	1:37.93 33.65	250m:	2:45.44 33.88	350m:	3:53.40 33.94	
	100m:	1:04.28 33.14	200m:	2:11.56 33.63	300m:	3:19.46 34.02	400m:	4:25.59 32.19	
5.	FIGAS Alicja		04	MKP Szczecin				4:25.60	683
	50m:	31.24 31.24	150m:	1:37.79 33.51	250m:	2:45.09 33.59	350m:	3:52.76 33.82	
	100m:	1:04.28 33.04	200m:	2:11.50 33.71	300m:	3:18.94 33.85	400m:	4:25.60 32.84	
6.	GÓRSKA Zofia		05	UKS GOS Raszyn				4:29.72	652
	50m:	30.41 30.41	150m:	1:37.91 34.15	250m:	2:46.67 34.42	350m:	3:55.95 34.66	
	100m:	1:03.76 33.35	200m:	2:12.25 34.34	300m:	3:21.29 34.62	400m:	4:29.72 33.77	
7.	MAZUR Zuzanna		05	MKP „SŁOWIANKA" Gorzów Wlkp.				4:32.90	629
	50m:	31.19 31.19	150m:	1:40.03 34.61	250m:	2:50.04 35.08	350m:	3:59.69 34.78	
	100m:	1:05.42 34.23	200m:	2:14.96 34.93	300m:	3:24.91 34.87	400m:	4:32.90 33.21	
8.	ZAGDA SKA Oliwia		05	MKS Juwenia Wrocław				4:33.37	626
	50m:	31.64 31.64	150m:	1:39.71 34.28	250m:	2:49.24 34.93	350m:	3:59.18 34.88	
	100m:	1:05.43 33.79	200m:	2:14.31 34.60	300m:	3:24.30 35.06	400m:	4:33.37 34.19	
9.	SAMORAJ Oliwia		05	MKS Piaseczno				4:33.82	623
	50m:	31.26 31.26	150m:	1:40.08 34.85	250m:	2:50.34 35.03	350m:	4:00.79 35.40	
	100m:	1:05.23 33.97	200m:	2:15.31 35.23	300m:	3:25.39 35.05	400m:	4:33.82 33.03	
10.	KOWALCZYK Katarzyna		05	MKP Szczecin				4:35.56	611
	50m:	32.36 32.36	150m:	1:41.68 34.93	250m:	2:52.07 35.09	350m:	4:02.32 35.14	
	100m:	1:06.75 34.39	200m:	2:16.98 35.30	300m:	3:27.18 35.11	400m:	4:35.56 33.24	
11.	BISZEWSKA Gabriela		05	Mi dzyszkolny UKS „Olimpijczyk" Suwałki				4:41.54	573
	50m:	31.92 31.92	150m:	1:42.38 35.44	250m:	2:53.72 35.74	350m:	4:06.07 36.30	
	100m:	1:06.94 35.02	200m:	2:17.98 35.60	300m:	3:29.77 36.05	400m:	4:41.54 35.47	
12.	KOWALSKA Oliwia		05	MKP „SŁOWIANKA" Gorzów Wlkp.				4:46.33	545
	50m:	33.01 33.01	150m:	1:45.12 36.56	250m:	2:58.26 36.58	350m:	4:11.37 36.68	
	100m:	1:08.56 35.55	200m:	2:21.68 36.56	300m:	3:34.69 36.43	400m:	4:46.33 34.96	
13.	JAWORSKA Wiktoria		05	MUKS "Pi tnastrka"				4:47.06	541
	50m:	31.55 31.55	150m:	1:42.72 36.23	250m:	2:55.89 36.81	350m:	4:10.39 37.38	
	100m:	1:06.49 34.94	200m:	2:19.08 36.36	300m:	3:33.01 37.12	400m:	4:47.06 36.67	

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Konkurencja 22, Kobiet, 400m dowolny, 17 - 18 lat

Pozycja			Rok ur.				Czas				Pkt.
14.	MORITZ Marcelina		05	MUKS "Pi tnastrka"				4:54.74	499		
	50m: 33.03	33.03	150m: 1:46.51	37.11	250m: 3:02.17	38.14	350m: 4:17.82	37.87			
	100m: 1:09.40	36.37	200m: 2:24.03	37.52	300m: 3:39.95	37.78	400m: 4:54.74	36.92			
15.	KANIASTA Matylda		05	KS Warta Pozna				5:09.39	432		
	50m: 33.47	33.47	150m: 1:48.58	37.73	250m: 3:07.22	39.54	350m: 4:29.32	41.69			
	100m: 1:10.85	37.38	200m: 2:27.68	39.10	300m: 3:47.63	40.41	400m: 5:09.39	40.07			
16.	KOMOR Agata		05	MKP „SŁOWIANKA" Gorzów Wlkp.				5:15.13	409		
	50m: 33.84	33.84	150m: 1:49.91	38.90	250m: 3:11.28	41.33	350m: 4:34.08	41.57			
	100m: 1:11.01	37.17	200m: 2:29.95	40.04	300m: 3:52.51	41.23	400m: 5:15.13	41.05			

16 lat

1.	MACIAK Julia		06	IUKS „Muszelka" Warszawa				4:21.18	718
	50m: 30.22	30.22	150m: 1:36.20	32.99	250m: 2:42.25	32.96	350m: 3:48.98	33.41	
	100m: 1:03.21	32.99	200m: 2:09.29	33.09	300m: 3:15.57	33.32	400m: 4:21.18	32.20	
2.	WIDNICKA Kamila		06	MKS Juwenia Wrocław				4:31.55	639
	50m: 31.01	31.01	150m: 1:38.64	34.29	250m: 2:48.00	34.68	350m: 3:57.65	34.94	
	100m: 1:04.35	33.34	200m: 2:13.32	34.68	300m: 3:22.71	34.71	400m: 4:31.55	33.90	
	R P Apolonia		06	MKS Juwenia Wrocław				4:31.55	639
	50m: 31.87	31.87	150m: 1:40.76	34.62	250m: 2:49.60	34.34	350m: 3:58.93	34.56	
	100m: 1:06.14	34.27	200m: 2:15.26	34.50	300m: 3:24.37	34.77	400m: 4:31.55	32.62	
4.	PIEKARSKA Natalia		06	UKS 190 Łód				4:34.19	620
	50m: 31.73	31.73	150m: 1:41.50	34.90	250m: 2:51.04	34.88	350m: 4:00.34	34.65	
	100m: 1:06.60	34.87	200m: 2:16.16	34.66	300m: 3:25.69	34.65	400m: 4:34.19	33.85	
5.	CHMIELEWSKA Aleksandra		06	Mi dzyszkołny UKS „Olimpijczyk" Suwałki				4:36.08	608
	50m: 31.93	31.93	150m: 1:40.02	34.21	250m: 2:49.82	35.18	350m: 4:01.78	36.16	
	100m: 1:05.81	33.88	200m: 2:14.64	34.62	300m: 3:25.62	35.80	400m: 4:36.08	34.30	
6.	HUBERT Julia		06	MKP Szczecin				4:37.60	598
	50m: 31.60	31.60	150m: 1:41.79	35.27	250m: 2:52.58	35.29	350m: 4:03.39	35.14	
	100m: 1:06.52	34.92	200m: 2:17.29	35.50	300m: 3:28.25	35.67	400m: 4:37.60	34.21	
7.	MIKUŁA Natalia		06	UKS 190 Łód				4:40.15	582
	50m: 31.62	31.62	150m: 1:41.84	35.45	250m: 2:53.20	35.37	350m: 4:05.05	35.94	
	100m: 1:06.39	34.77	200m: 2:17.83	35.99	300m: 3:29.11	35.91	400m: 4:40.15	35.10	
8.	JANIK Julia		06	UKS 190 Łód				4:40.46	580
	50m: 31.43	31.43	150m: 1:42.03	35.62	250m: 2:54.30	35.87	350m: 4:05.63	35.56	
	100m: 1:06.41	34.98	200m: 2:18.43	36.40	300m: 3:30.07	35.77	400m: 4:40.46	34.83	
9.	WOJTOWICZ Małgorzata		06	MTKP Delfin Toru				4:53.03	508
	50m: 34.17	34.17	150m: 1:47.78	36.90	250m: 3:02.11	37.12	350m: 4:17.25	37.60	
	100m: 1:10.88	36.71	200m: 2:24.99	37.21	300m: 3:39.65	37.54	400m: 4:53.03	35.78	

15 lat

1.	MAŁOLEPSZA Weronika		07	MKP Szczecin				4:25.03	687
	50m: 30.42	30.42	150m: 1:36.79	33.45	250m: 2:44.61	34.01	350m: 3:52.69	34.19	
	100m: 1:03.34	32.92	200m: 2:10.60	33.81	300m: 3:18.50	33.89	400m: 4:25.03	32.34	
2.	PRZYBYLSKA Oliwia		07	KU AZS UMCS Lublin				4:25.28	685
	50m: 30.60	30.60	150m: 1:37.28	33.38	250m: 2:44.18	33.44	350m: 3:52.45	34.32	
	100m: 1:03.90	33.30	200m: 2:10.74	33.46	300m: 3:18.13	33.95	400m: 4:25.28	32.83	
3.	KUCZMAR Zuzanna		07	UKP „Polonia Warszawa"				4:30.91	643
	50m: 30.24	30.24	150m: 1:37.39	34.14	250m: 2:46.58	34.53	350m: 3:56.73	35.11	
	100m: 1:03.25	33.01	200m: 2:12.05	34.66	300m: 3:21.62	35.04	400m: 4:30.91	34.18	
4.	GULCZY SKA Natalia		07	Uks Cityzen				4:34.45	619
	50m: 30.25	30.25	150m: 1:39.03	34.76	250m: 2:49.59	35.20	350m: 3:59.76	34.26	
	100m: 1:04.27	34.02	200m: 2:14.39	35.36	300m: 3:25.50	35.91	400m: 4:34.45	34.69	

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Konkurencja 22, Dziewcz. t., 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.		
5.	TRAFALSKA Zuzanna		07	UKS 190 Łódź				4:36.80	603		
	50m:	32.14 32.14	150m:	1:42.81	35.13	250m:	2:53.40	35.18	350m:	4:02.47	34.33
	100m:	1:07.68 35.54	200m:	2:18.22	35.41	300m:	3:28.14	34.74	400m:	4:36.80	34.33
6.	SZOPA Natalia		07	UKP Gryf Dębica				4:42.03	570		
	50m:	29.72 29.72	150m:	1:38.88	35.72	250m:	2:52.86	37.49	350m:	4:06.51	36.61
	100m:	1:03.16 33.44	200m:	2:15.37	36.49	300m:	3:29.90	37.04	400m:	4:42.03	35.52
7.	TARASZKIEWICZ Zofia		07	Mokotowski UKP Warszawianka- Wodny				4:44.93	553		
	50m:	31.60 31.60	150m:	1:42.11	35.66	250m:	2:54.33	36.03	350m:	4:07.70	37.21
	100m:	1:06.45 34.85	200m:	2:18.30	36.19	300m:	3:30.49	36.16	400m:	4:44.93	37.23
8.	ORASZEK Karolina		07	Mokotowski UKP Warszawianka- Wodny				4:45.49	550		
	50m:	31.13 31.13	150m:	1:41.91	35.81	250m:	2:55.78	37.17	350m:	4:09.52	36.67
	100m:	1:06.10 34.97	200m:	2:18.61	36.70	300m:	3:32.85	37.07	400m:	4:45.49	35.97
9.	MICHALSKA Pola		07	Mokotowski UKP Warszawianka- Wodny				4:50.11	524		
	50m:	32.59 32.59	150m:	1:45.34	37.05	250m:	2:59.03	37.34	350m:	4:13.55	37.39
	100m:	1:08.29 35.70	200m:	2:21.69	36.35	300m:	3:36.16	37.13	400m:	4:50.11	36.56
10.	W GRZYCKA Małgorzata		07	MKS Trójka Łódź				4:50.77	520		
	50m:	32.42 32.42	150m:	1:45.18	36.59	250m:	2:59.69	37.23	350m:	4:14.34	37.17
	100m:	1:08.59 36.17	200m:	2:22.46	37.28	300m:	3:37.17	37.48	400m:	4:50.77	36.43
11.	WICHULSKA Małgorzata		07	Mokotowski UKP Warszawianka- Wodny				4:52.17	513		
	50m:	31.18 31.18	150m:	1:43.69	37.02	250m:	2:59.47	38.33	350m:	4:15.80	38.13
	100m:	1:06.67 35.49	200m:	2:21.14	37.45	300m:	3:37.67	38.20	400m:	4:52.17	36.37
12.	SELL Karolina		07	MUKP Korona-Swim Kielce				4:55.37	496		
	50m:	31.88 31.88	150m:	1:45.52	37.52	250m:	3:02.33	38.64	350m:	4:19.30	37.92
	100m:	1:08.00 36.12	200m:	2:23.69	38.17	300m:	3:41.38	39.05	400m:	4:55.37	36.07
14 lat											
1.	SKORYKOW Lena		08	UKS Ostrobramska				4:42.29	569		
	50m:	31.61 31.61	150m:	1:42.43	35.89	250m:	2:54.52	35.76	350m:	4:05.40	35.50
	100m:	1:06.54 34.93	200m:	2:18.76	36.33	300m:	3:29.90	35.38	400m:	4:42.29	36.89
2.	GRZECH Maja		08	UKS abianka Gdańsk				4:45.13	552		
	50m:	32.52 32.52	150m:	1:43.81	35.87	250m:	2:56.77	36.57	350m:	4:10.06	36.65
	100m:	1:07.94 35.42	200m:	2:20.20	36.39	300m:	3:33.41	36.64	400m:	4:45.13	35.07
3.	HLUSHCHENKO Varvara		08	UKS 190 Łódź				4:46.88	542		
	50m:	31.90 31.90	150m:	1:44.28	36.58	250m:	2:58.10	36.68	350m:	4:12.01	36.60
	100m:	1:07.70 35.80	200m:	2:21.42	37.14	300m:	3:35.41	37.31	400m:	4:46.88	34.87
4.	TOMASZEWSKA Maria		08	MKP „SŁOWIANKA” Gorzów Wlkp.				4:48.90	530		
	50m:	32.14 32.14	150m:	1:47.11	37.85	250m:	3:01.81	37.32	350m:	4:15.71	36.95
	100m:	1:09.26 37.12	200m:	2:24.49	37.38	300m:	3:38.76	36.95	400m:	4:48.90	33.19
5.	MAJEWSKA Martyna		08	MKS Znicz Koszalin				4:50.77	520		
	50m:	31.34 31.34	150m:	1:43.99	36.78	250m:	2:59.12	37.83	350m:	4:15.38	38.48
	100m:	1:07.21 35.87	200m:	2:21.29	37.30	300m:	3:36.90	37.78	400m:	4:50.77	35.39
6.	FARTUSZY SKA Weronika		08	UKS Junior Kluczbork				4:54.53	500		
	50m:	33.18 33.18	150m:	1:48.56	38.37	250m:	3:03.27	36.29	350m:	4:17.45	37.12
	100m:	1:10.19 37.01	200m:	2:26.98	38.42	300m:	3:40.33	37.06	400m:	4:54.53	37.08
7.	SPYCHALSKA Dominika		08	KP Aquapark Wągrowiec				4:55.79	494		
	50m:	32.82 32.82	150m:	1:48.47	38.28	250m:	3:04.97	38.12	350m:	4:20.26	37.43
	100m:	1:10.19 37.37	200m:	2:26.85	38.38	300m:	3:42.83	37.86	400m:	4:55.79	35.53
8.	KRYSTEK Jagoda		08	SKS 137 Delfin Łódź				4:56.17	492		
	50m:	33.11 33.11	150m:	1:47.81	37.69	250m:	3:03.93	37.91	350m:	4:19.44	37.76
	100m:	1:10.12 37.01	200m:	2:26.02	38.21	300m:	3:41.68	37.75	400m:	4:56.17	36.73
9.	STANKO Khrystyna		08	MUKS "Piłastka"				5:02.49	462		
	50m:	31.75 31.75	150m:	1:46.19	38.01	250m:	3:04.40	39.25	350m:	4:24.95	39.46
	100m:	1:08.18 36.43	200m:	2:25.15	38.96	300m:	3:45.49	41.09	400m:	5:02.49	37.54

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Konkurencja 22, Dziewcz t, 400m dowolny, 14 lat

Pozycja				Rok ur.					Czas	Pkt.	
10.	MAY Matylda			08	MKP Astromal-Leszno				5:02.76	461	
	50m:	34.61	34.61	150m:	1:50.51	38.40	250m:	3:08.25	39.02	350m: 4:26.10	38.85
	100m:	1:12.11	37.50	200m:	2:29.23	38.72	300m:	3:47.25	39.00	400m: 5:02.76	36.66
11.	DORO Y SKA Zuzanna			08	MTKP Delfin Toru				5:09.99	429	
	50m:	35.74	35.74	150m:	1:54.85	39.68	250m:	3:13.71	39.21	350m: 4:32.31	38.83
	100m:	1:15.17	39.43	200m:	2:34.50	39.65	300m:	3:53.48	39.77	400m: 5:09.99	37.68
12.	PILARSKA Maja			08	KP Aquapark W growiec				5:23.92	376	
	50m:	37.01	37.01	150m:	1:58.84	41.31	250m:	3:20.33	40.46	350m: 4:43.73	41.29
	100m:	1:17.53	40.52	200m:	2:39.87	41.03	300m:	4:02.44	42.11	400m: 5:23.92	40.19
13.	KRUTUL Aga			08	MKS Znicz Koszalin				5:25.83	370	
	50m:	34.30	34.30	150m:	1:53.07	40.27	250m:	3:17.71	43.01	350m: 4:43.45	42.38
	100m:	1:12.80	38.50	200m:	2:34.70	41.63	300m:	4:01.07	43.36	400m: 5:25.83	42.38
14.	WITKOWSKA Alicja			08	MKP „SŁOWIANKA" Gorzów Wlkp.				5:28.44	361	
	50m:	36.48	36.48	150m:	1:59.85	42.36	250m:	3:23.78	41.59	350m: 4:47.71	41.85
	100m:	1:17.49	41.01	200m:	2:42.19	42.34	300m:	4:05.86	42.08	400m: 5:28.44	40.73
15.	DEREWECKA Kamila			08	MKS Znicz Koszalin				5:33.13	346	
	50m:	35.38	35.38	150m:	1:57.36	41.73	250m:	3:25.39	44.59	350m: 4:52.04	43.27
	100m:	1:15.63	40.25	200m:	2:40.80	43.44	300m:	4:08.77	43.38	400m: 5:33.13	41.09