

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 3. - 4.6.2016

Konkurencja 19
03.06.2016 - 19:39

Dziewcz t, 400m dowolny

10 - 14 lat
Wyniki

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.
10 lat			
1. GRUSZCZY SKA, Aleksandra	06	6:02.36	284
50m: 42.07 42.07	150m: 2:14.89 46.15	250m: 3:47.22 45.89	350m: 5:19.89 45.95
100m: 1:28.74 46.67	200m: 3:01.33 46.44	300m: 4:33.94 46.72	400m: 6:02.36 42.47
2. JAROSZ, Julia	06	6:46.03	202
50m: 44.36 44.36	150m: 2:32.35 53.96	250m: 4:17.31 51.34	350m: 5:59.44 50.71
100m: 1:38.39 54.03	200m: 3:25.97 53.62	300m: 5:08.73 51.42	400m: 6:46.03 46.59
3. RUCI SKA, Helena	06	6:49.62	197
50m: 43.87 43.87	150m: 2:29.56 53.86	250m: 4:16.01 52.09	350m: 6:01.35 52.03
100m: 1:35.70 51.83	200m: 3:23.92 54.36	300m: 5:09.32 53.31	400m: 6:49.62 48.27
NIE UK. DUZOWSKA, Martyna	06		
50m: 42.52 42.52	150m: 2:15.96 46.68	250m: 3:34.37	350m: 400m:
100m: 1:29.28 46.76	200m: 3:05.23 49.27		
11 lat			
1. OLKOWSKA, Laura	05	5:26.09	390
50m: 38.58 38.58	150m: 2:03.69 42.43	250m: 3:27.72 41.14	350m: 4:48.88 39.51
100m: 1:21.26 42.68	200m: 2:46.58 42.89	300m: 4:09.37 41.65	400m: 5:26.09 37.21
2. APANAS, Karolina	05	5:28.28	382
50m: 37.11 37.11	150m: 2:00.46 42.15	250m: 3:25.35 42.39	350m: 4:49.01 41.37
100m: 1:18.31 41.20	200m: 2:42.96 42.50	300m: 4:07.64 42.29	400m: 5:28.28 39.27
3. SAMORAJ, Oliwia	05	5:39.68	345
50m: 38.94 38.94	150m: 2:06.20 43.97	250m: 3:34.06 43.45	350m: 4:59.76 42.43
100m: 1:22.23 43.29	200m: 2:50.61 44.41	300m: 4:17.33 43.27	400m: 5:39.68 39.92
4. CENCORA, Zofia	05	5:58.03	295
50m: 39.19 39.19	150m: 2:11.36 46.63	250m: 3:45.45 46.91	350m: 5:17.10 45.63
100m: 1:24.73 45.54	200m: 2:58.54 47.18	300m: 4:31.47 46.02	400m: 5:58.03 40.93
5. MARCINKOWSKA, Maja	05	5:58.72	293
50m: 41.83 41.83	150m: 2:15.35 46.88	250m: 3:48.89 46.68	350m: 5:19.04 44.71
100m: 1:28.47 46.64	200m: 3:02.21 46.86	300m: 4:34.33 45.44	400m: 5:58.72 39.68
6. GÓRSKA, Zofia	05	5:58.87	293
50m: 37.52 37.52	150m: 2:08.46 46.56	250m: 3:41.65 47.04	350m: 5:14.82 46.81
100m: 1:21.90 44.38	200m: 2:54.61 46.15	300m: 4:28.01 46.36	400m: 5:58.87 44.05
7. JURKOWSKA, Iga	05	6:08.37	270
50m: 39.72 39.72	150m: 2:13.24 47.31	250m: 3:49.01 48.46	350m: 5:23.58 47.48
100m: 48.19 8.47	200m: 3:00.55 47.31	300m: 4:36.10 47.09	400m: 6:08.37 44.79
8. STAWICKA, Julia	05	6:34.54	220
50m: 41.65 41.65	150m: 2:21.38 50.82	250m: 4:04.52 51.92	350m: 5:46.95 51.34
100m: 1:30.56 48.91	200m: 3:12.60 51.22	300m: 4:55.61 51.09	400m: 6:34.54 47.59
12 lat			
1. MIKOŁAJCZYK, Maja	04	4:58.96	506
50m: 35.16 35.16	150m: 1:51.22 38.22	250m: 3:07.15 37.93	350m: 4:22.77 37.40
100m: 1:13.00 37.84	200m: 2:29.22 38.00	300m: 3:45.37 38.22	400m: 4:58.96 36.19
2. GU , Wiktoria	04	5:02.66	488
50m: 34.30 34.30	150m: 1:52.53 39.68	250m: 3:10.10 38.49	350m: 4:26.48 37.15
100m: 1:12.85 38.55	200m: 2:31.61 39.08	300m: 3:49.33 39.23	400m: 5:02.66 36.18
3. TARASIEWICZ, Klaudia	04	5:06.98	468
50m: 35.66 35.66	150m: 1:54.13 39.60	250m: 3:13.04 39.94	350m: 4:32.15 38.71
100m: 1:14.53 38.87	200m: 2:33.10 38.97	300m: 3:53.44 40.40	400m: 5:06.98 34.83

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 3. - 4.6.2016

Konkurencja 19, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.		
4.	MACIASZCZYK, Wiktoria		04	UKS SP 149 Łód				5:17.82	421		
	50m:	37.55 37.55	150m:	2:00.19	41.02	250m:	3:20.94	40.03	350m:	4:41.15	39.29
	100m:	1:19.17 41.62	200m:	2:40.91	40.72	300m:	4:01.86	40.92	400m:	5:17.82	36.67
5.	MACIASZCZYK, Weronika		04	UKS SP 149 Łód				5:19.37	415		
	50m:	37.71 37.71	150m:	2:00.03	41.28	250m:	3:21.99	40.57	350m:	4:42.36	39.83
	100m:	1:18.75 41.04	200m:	2:41.42	41.39	300m:	4:02.53	40.54	400m:	5:19.37	37.01
6.	RACZY SKA, Wiktoria		04	AZS UŁ PŁ Łód				5:20.81	410		
	50m:	34.13 34.13	150m:	1:55.65	41.05	250m:	3:18.11	41.43	350m:	4:41.08	41.05
	100m:	1:14.60 40.47	200m:	2:36.68	41.03	300m:	4:00.03	41.92	400m:	5:20.81	39.73
7.	DUBAN, Karolina		04	Uks Kapry Armexim Pruszków				5:21.60	407		
	50m:	37.63 37.63	150m:	2:00.57	41.69	250m:	3:23.89	41.77	350m:	4:45.23	40.18
	100m:	1:18.88 41.25	200m:	2:42.12	41.55	300m:	4:05.05	41.16	400m:	5:21.60	36.37
8.	WITEK, Oliwia		04	UKS SP 149 Łód				5:26.32	389		
	50m:	38.08 38.08	150m:	2:02.40	42.03	250m:	3:26.88	42.15	350m:	4:48.62	40.23
	100m:	1:20.37 42.29	200m:	2:44.73	42.33	300m:	4:08.39	41.51	400m:	5:26.32	37.70
9.	BIE , Julia		04	UKS G-8 Bielany Warszawa				5:39.89	344		
	50m:	38.00 38.00	150m:	2:05.28	43.39	250m:	3:33.24	43.00	350m:	4:59.73	42.50
	100m:	1:21.89 43.89	200m:	2:50.24	44.96	300m:	4:17.23	43.99	400m:	5:39.89	40.16
10.	ROMANIUK, Matylda		04	Uks Wawer				5:51.89	310		
	50m:	38.26 38.26	150m:	2:07.72	45.53	250m:	3:38.57	46.11	350m:	5:08.87	44.69
	100m:	1:22.19 43.93	200m:	2:52.46	44.74	300m:	4:24.18	45.61	400m:	5:51.89	43.02
11.	ZAKRZEWSKA, Oliwia		04	Uks Wawer				6:06.09	276		
	50m:	38.64 38.64	150m:	2:09.40	47.20	250m:	3:47.23	48.69	350m:	5:22.33	47.96
	100m:	1:22.20 43.56	200m:	2:58.54	49.14	300m:	4:34.37	47.14	400m:	6:06.09	43.76

13 lat

1.	KNOP, Aleksandra		03	Uks190				4:30.96	680		
	50m:	31.40 31.40	150m:	1:40.80	34.65	250m:	2:49.98	34.59	350m:	3:58.82	34.04
	100m:	1:06.15 34.75	200m:	2:15.39	34.59	300m:	3:24.78	34.80	400m:	4:30.96	32.14
2.	CYNARSKA, Weronika		03	Iuks Muszelka				4:46.30	577		
	50m:	32.30 32.30	150m:	1:44.58	36.52	250m:	2:58.41	36.74	350m:	4:11.57	36.32
	100m:	1:08.06 35.76	200m:	2:21.67	37.09	300m:	3:35.25	36.84	400m:	4:46.30	34.73
3.	BADZIAN, Natalia		03	Iuks Muszelka				4:51.47	546		
	50m:	32.78 32.78	150m:	1:47.06	37.24	250m:	3:02.13	37.71	350m:	4:16.30	37.09
	100m:	1:09.82 37.04	200m:	2:24.42	37.36	300m:	3:39.21	37.08	400m:	4:51.47	35.17
4.	URBANIAK, Dominika		03	Uks190				4:52.55	540		
	50m:	34.13 34.13	150m:	1:48.87	37.43	250m:	3:03.77	37.25	350m:	4:17.82	36.74
	100m:	1:11.44 37.31	200m:	2:26.52	37.65	300m:	3:41.08	37.31	400m:	4:52.55	34.73
5.	TACIAK, Martyna		03	Buks Warszawa				5:01.50	494		
	50m:	33.90 33.90	150m:	1:51.22	38.88	250m:	3:09.06	38.66	350m:	4:25.22	37.74
	100m:	1:12.34 38.44	200m:	2:30.40	39.18	300m:	3:47.48	38.42	400m:	5:01.50	36.28
6.	ZIEMACKA, Julia		03	Iuks Muszelka				5:07.11	467		
	50m:	34.70 34.70	150m:	1:53.28	39.10	250m:	3:11.15	39.18	350m:	4:29.81	38.78
	100m:	1:14.18 39.48	200m:	2:31.97	38.69	300m:	3:51.03	39.88	400m:	5:07.11	37.30
7.	MACIEJEWSKA, Beata		03	UKS SP 149 Łód				5:07.21	467		
	50m:	36.21 36.21	150m:	1:55.19	39.74	250m:	3:13.75	39.76	350m:	4:31.19	37.93
	100m:	1:15.45 39.24	200m:	2:33.99	38.80	300m:	3:53.26	39.51	400m:	5:07.21	36.02
8.	NOWAK, Zofia		03	Iuks Muszelka				5:08.19	462		
	50m:	32.93 32.93	150m:	1:51.19	40.01	250m:	3:10.43	39.40	350m:	4:29.47	39.68
	100m:	1:11.18 38.25	200m:	2:31.03	39.84	300m:	3:49.79	39.36	400m:	5:08.19	38.72
9.	OBUCHOWICZ, Natasza		03	Legia Warszawa				5:08.94	459		
	50m:	34.40 34.40	150m:	1:52.54	39.36	250m:	3:11.92	39.49	350m:	4:31.76	39.50
	100m:	1:13.18 38.78	200m:	2:32.43	39.89	300m:	3:52.26	40.34	400m:	5:08.94	37.18

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 3. - 4.6.2016

Konkurencja 19, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.		
10.	TOPP, Zofia		03	UKS G-8 Bielany Warszawa				5:10.15	453		
	50m:	34.61 34.61	150m:	1:53.26	39.51	250m:	3:12.62	39.94	350m:	4:32.50	39.73
	100m:	1:13.75 39.14	200m:	2:32.68	39.42	300m:	3:52.77	40.15	400m:	5:10.15	37.65
11.	ERA SKA, Ula		03	Buks Warszawa				5:10.41	452		
	50m:	36.78 36.78	150m:	1:56.28	39.88	250m:	3:14.44	39.07	350m:	4:33.01	38.08
	100m:	1:16.40 39.62	200m:	2:35.37	39.09	300m:	3:54.93	40.49	400m:	5:10.41	37.40
12.	CIESIELSKA, Natalia		03	UKS SP 149 Łód				5:12.27	444		
	50m:	36.79 36.79	150m:	1:56.19	39.84	250m:	3:15.50	39.63	350m:	4:34.00	39.14
	100m:	1:16.35 39.56	200m:	2:35.87	39.68	300m:	3:54.86	39.36	400m:	5:12.27	38.27
13.	JUREK, Michalina		03	ródmiejski UKS Polna Warszawa				5:16.85	425		
	50m:	36.26 36.26	150m:	1:57.19	41.06	250m:	3:19.46	41.50	350m:	4:40.41	40.48
	100m:	1:16.13 39.87	200m:	2:37.96	40.77	300m:	3:59.93	40.47	400m:	5:16.85	36.44
14.	URBA SKA, Barbara		03	UKS SP 149 Łód				5:18.54	419		
	50m:	36.57 36.57	150m:	1:57.16	40.36	250m:	3:18.64	40.68	350m:	4:40.04	40.38
	100m:	1:16.80 40.23	200m:	2:37.96	40.80	300m:	3:59.66	41.02	400m:	5:18.54	38.50
15.	SANIAWA, Karolina		03	MKS Piaseczno				5:22.06	405		
	50m:	33.52 33.52	150m:	1:54.85	41.52	250m:	3:19.65	42.38	350m:	4:44.05	42.20
	100m:	1:13.33 39.81	200m:	2:37.27	42.42	300m:	4:01.85	42.20	400m:	5:22.06	38.01
16.	ZIÓŁKOWSKA, Martyna		03	UKS V Łomianki				5:22.18	405		
	50m:	36.46 36.46	150m:	1:56.85	41.20	250m:	3:18.77	41.73	350m:	4:42.58	42.41
	100m:	1:15.65 39.19	200m:	2:37.04	40.19	300m:	4:00.17	41.40	400m:	5:22.18	39.60
17.	WŁODARKIEWICZ, Magdalena		03	UKS Pirania Targówek				5:26.56	388		
	50m:	35.20 35.20	150m:	1:58.55	42.58	250m:	3:24.20	42.85	350m:	4:47.78	41.31
	100m:	1:15.97 40.77	200m:	2:41.35	42.80	300m:	4:06.47	42.27	400m:	5:26.56	38.78
18.	BORUCKA, Ida		03	UKS V Łomianki				5:47.29	323		
	50m:	38.72 38.72	150m:	2:06.40	44.20	250m:	3:35.05	44.57	350m:	5:04.39	44.27
	100m:	1:22.20 43.48	200m:	2:50.48	44.08	300m:	4:20.12	45.07	400m:	5:47.29	42.90
19.	SZANIAWSKA, Agata		03	UKS Delfin Garwolin				5:49.72	316		
	50m:	39.65 39.65	150m:	2:08.55	44.74	250m:	3:38.50	44.56	350m:	5:07.59	44.11
	100m:	1:23.81 44.16	200m:	2:53.94	45.39	300m:	4:23.48	44.98	400m:	5:49.72	42.13
20.	ZAR BA, Daria		03	Buks Warszawa				5:55.98	300		
	50m:	38.79 38.79	150m:	2:08.46	45.46	250m:	3:40.24	46.53	350m:	5:14.19	46.34
	100m:	1:23.00 44.21	200m:	2:53.71	45.25	300m:	4:27.85	47.61	400m:	5:55.98	41.79

14 lat

1.	ZAR BA-PARADOWSKA, Julia		02	Buks Warszawa				4:39.82	618		
	50m:	32.67 32.67	150m:	1:43.68	35.77	250m:	2:54.64	35.50	350m:	4:05.55	34.85
	100m:	1:07.91 35.24	200m:	2:19.14	35.46	300m:	3:30.70	36.06	400m:	4:39.82	34.27
2.	JABŁONOWSKA, Nikola		02	UKS G-8 Bielany Warszawa				4:41.51	607		
	50m:	32.45 32.45	150m:	1:43.79	35.93	250m:	2:55.19	35.62	350m:	4:06.77	35.18
	100m:	1:07.86 35.41	200m:	2:19.57	35.78	300m:	3:31.59	36.40	400m:	4:41.51	34.74
3.	MIELCZAREK, Sandra		02	Buks Warszawa				4:45.75	580		
	50m:	30.91 30.91	150m:	1:43.86	36.63	250m:	2:57.73	36.94	350m:	4:11.49	36.54
	100m:	1:07.23 36.32	200m:	2:20.79	36.93	300m:	3:34.95	37.22	400m:	4:45.75	34.26
4.	SIENKIEWICZ, Kaja		02	Buks Warszawa				4:47.28	571		
	50m:	31.27 31.27	150m:	1:43.60	36.61	250m:	2:57.90	36.85	350m:	4:11.86	36.32
	100m:	1:06.99 35.72	200m:	2:21.05	37.45	300m:	3:35.54	37.64	400m:	4:47.28	35.42
5.	ZAJ C, Wiktoria		02	Uks,, oliborz" Warszawa				4:50.91	550		
	50m:	32.56 32.56	150m:	1:46.02	36.84	250m:	3:00.08	37.29	350m:	4:15.12	37.23
	100m:	1:09.18 36.62	200m:	2:22.79	36.77	300m:	3:37.89	37.81	400m:	4:50.91	35.79
6.	PAWŁOWSKA, Barbara		02	Uks190				4:51.23	548		
	50m:	33.35 33.35	150m:	1:46.88	37.19	250m:	3:01.37	37.41	350m:	4:15.83	37.07
	100m:	1:09.69 36.34	200m:	2:23.96	37.08	300m:	3:38.76	37.39	400m:	4:51.23	35.40

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 3. - 4.6.2016

Konkurencja 19, Dziewcz t, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
7.	MOZOŁOWSKA, Emilia		02	Uks,, oliborz" Warszawa				4:52.25	542
	50m:	32.91 32.91	150m:	1:47.05	37.83	250m:	3:02.57 37.54	350m:	4:17.04 37.04
	100m:	1:09.22 36.31	200m:	2:25.03	37.98	300m:	3:40.00 37.43	400m:	4:52.25 35.21
8.	NOWAKOWSKA, Małgorzata		02	Uks190				4:52.89	539
	50m:	33.15 33.15	150m:	1:48.50	38.25	250m:	3:04.36 38.07	350m:	4:18.49 36.25
	100m:	1:10.25 37.10	200m:	2:26.29	37.79	300m:	3:42.24 37.88	400m:	4:52.89 34.40
9.	JASIORSKA, Aleksandra		02	Iuks Muszelka				4:53.69	534
	50m:	33.32 33.32	150m:	1:46.91	37.06	250m:	3:01.33 37.50	350m:	4:17.03 38.00
	100m:	1:09.85 36.53	200m:	2:23.83	36.92	300m:	3:39.03 37.70	400m:	4:53.69 36.66
10.	PAKUŁA, Alicja		02	UKS Pirania Targówek				4:54.15	532
	50m:	32.71 32.71	150m:	1:47.74	37.89	250m:	3:03.51 38.48	350m:	4:19.45 37.86
	100m:	1:09.85 37.14	200m:	2:25.03	37.29	300m:	3:41.59 38.08	400m:	4:54.15 34.70
11.	D BROWSKA, Tatiana		02	UKS"Pi tka"Konstantynów Łódzki				4:59.99	501
	50m:	34.02 34.02	150m:	1:50.90	38.86	250m:	3:07.69 38.39	350m:	4:23.81 38.01
	100m:	1:12.04 38.02	200m:	2:29.30	38.40	300m:	3:45.80 38.11	400m:	4:59.99 36.18
12.	RAJCA, Olivia		02	Uks190				5:00.90	497
	50m:	34.91 34.91	150m:	1:52.30	38.62	250m:	3:09.25 38.35	350m:	4:25.14 37.41
	100m:	1:13.68 38.77	200m:	2:30.90	38.60	300m:	3:47.73 38.48	400m:	5:00.90 35.76
13.	FIGURSKA, Natalia		02	UKS G-8 Bielany Warszawa				5:01.54	493
	50m:	32.90 32.90	150m:	1:48.45	38.31	250m:	3:06.61 39.55	350m:	4:24.07 38.40
	100m:	1:10.14 37.24	200m:	2:27.06	38.61	300m:	3:45.67 39.06	400m:	5:01.54 37.47
14.	MIKSA, Paulina		02	Uks190				5:03.84	482
	50m:	35.00 35.00	150m:	1:52.05	38.54	250m:	3:09.19 38.40	350m:	4:26.72 38.83
	100m:	1:13.51 38.51	200m:	2:30.79	38.74	300m:	3:47.89 38.70	400m:	5:03.84 37.12
15.	SIERAK, Kinga		02	Klub Sportowy Płetwał Szczytno				5:04.48	479
	50m:	32.87 32.87	150m:	1:51.04	40.03	250m:	3:09.83 39.02	350m:	4:27.50 39.23
	100m:	1:11.01 38.14	200m:	2:30.81	39.77	300m:	3:48.27 38.44	400m:	5:04.48 36.98
16.	KURZEPA, Adrianna		02	UKS Pirania Targówek				5:05.00	477
	50m:	35.01 35.01	150m:	1:52.76	39.44	250m:	3:10.19 38.14	350m:	4:27.99 39.00
	100m:	1:13.32 38.31	200m:	2:32.05	39.29	300m:	3:48.99 38.80	400m:	5:05.00 37.01
17.	CHMIELEWSKA, Julia		02	MUKP Warszawianka				5:05.66	474
	50m:	33.83 33.83	150m:	1:49.74	38.87	250m:	3:09.39 39.83	350m:	4:28.36 39.30
	100m:	1:10.87 37.04	200m:	2:29.56	39.82	300m:	3:49.06 39.67	400m:	5:05.66 37.30
18.	CHOMICKA, Zofia		02	UKS Pirania Targówek				5:09.62	456
	50m:	35.85 35.85	150m:	1:54.77	39.62	250m:	3:14.29 39.85	350m:	4:32.73 39.07
	100m:	1:15.15 39.30	200m:	2:34.44	39.67	300m:	3:53.66 39.37	400m:	5:09.62 36.89
19.	ORŁOWSKA, Zuzanna		02	UKS NAWA Skierniewice				5:16.79	426
	50m:	34.63 34.63	150m:	1:54.72	40.05	250m:	3:15.69 40.24	350m:	4:36.63 40.50
	100m:	1:14.67 40.04	200m:	2:35.45	40.73	300m:	3:56.13 40.44	400m:	5:16.79 40.16
20.	TRYBUCH, Oliwia		02	MKS POLONIA Warszawa				5:20.29	412
	50m:	34.83 34.83	150m:	1:56.33	41.70	250m:	3:20.28 42.64	350m:	4:42.13 40.05
	100m:	1:14.63 39.80	200m:	2:37.64	41.31	300m:	4:02.08 41.80	400m:	5:20.29 38.16
21.	EGNAŁEK, Zofia		02	MKS Piaseczno				5:24.92	394
	50m:	36.34 36.34	150m:	1:59.99	41.90	250m:	3:22.73 40.75	350m:	4:44.93 40.50
	100m:	1:18.09 41.75	200m:	2:41.98	41.99	300m:	4:04.43 41.70	400m:	5:24.92 39.99
22.	BORUCKA, Alicja		02	UKS Posejdon Pułtusk				5:29.98	376
	50m:	36.97 36.97	150m:	2:01.33	42.51	250m:	3:26.92 42.54	350m:	4:51.58 42.14
	100m:	1:18.82 41.85	200m:	2:44.38	43.05	300m:	4:09.44 42.52	400m:	5:29.98 38.40
23.	REZNER, Julia		02	Uks Kapry Armexim Pruszków				5:42.51	337
	50m:	37.95 37.95	150m:	2:05.14	44.05	250m:	3:32.95 44.04	350m:	5:00.90 43.78
	100m:	1:21.09 43.14	200m:	2:48.91	43.77	300m:	4:17.12 44.17	400m:	5:42.51 41.61

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 3. - 4.6.2016

Konkurencja 19, Dziewcz t, 400m dowolny

PK RADECKA, Maja	01	UKS Posejdon Pułtusk	5:13.58	439
50m: 33.83 33.83	150m: 1:52.86 40.25	250m: 3:14.62 40.96	350m: 4:35.80 40.27	
100m: 1:12.61 38.78	200m: 2:33.66 40.80	300m: 3:55.53 40.91	400m: 5:13.58 37.78	
PK TOBIASZ, Anna	01	UKS Victoria Józefów	4:54.83	528
50m: 31.87 31.87	150m: 1:45.54 37.81	250m: 3:02.13 37.83	350m: 4:17.92 37.64	
100m: 1:07.73 35.86	200m: 2:24.30 38.76	300m: 3:40.28 38.15	400m: 4:54.83 36.91	
PK B K, Julia	01	UKS Victoria Józefów	5:06.48	470
50m: 35.04 35.04	150m: 1:52.13 39.26	250m: 3:11.45 39.89	350m: 4:29.63 38.76	
100m: 1:12.87 37.83	200m: 2:31.56 39.43	300m: 3:50.87 39.42	400m: 5:06.48 36.85	
PK SOJA, Małgorzata	01	UKS G-8 Bielany Warszawa	4:46.66	574
50m: 33.25 33.25	150m: 1:44.53 35.96	250m: 2:56.63 36.11	350m: 4:10.42 37.20	
100m: 1:08.57 35.32	200m: 2:20.52 35.99	300m: 3:33.22 36.59	400m: 4:46.66 36.24	
PK SOLIWODA, Julia	01	UKS NAWA Skierniewice	4:55.79	523
50m: 32.88 32.88	150m: 1:47.13 37.54	250m: 3:03.06 38.04	350m: 4:19.25 38.21	
100m: 1:09.59 36.71	200m: 2:25.02 37.89	300m: 3:41.04 37.98	400m: 4:55.79 36.54	
PK OSI SKA, Wiktoria	01	UKS SP 149 Łódź	4:42.55	600
50m: 32.17 32.17	150m: 1:43.72 36.29	250m: 2:55.85 36.13	350m: 4:07.94 35.85	
100m: 1:07.43 35.26	200m: 2:19.72 36.00	300m: 3:32.09 36.24	400m: 4:42.55 34.61	
PK POGORZELSKA, Inez	00	UKS Gos Raszyn	4:44.36	589
50m: 31.77 31.77	150m: 1:43.78 36.66	250m: 2:56.43 36.20	350m: 4:09.05 35.99	
100m: 1:07.12 35.35	200m: 2:20.23 36.45	300m: 3:33.06 36.63	400m: 4:44.36 35.31	
PK POLANSKA, Aleksandra	00	UKS Gos Raszyn	4:28.49	699
50m: 31.73 31.73	150m: 1:39.70 33.77	250m: 2:47.35 33.73	350m: 3:55.61 34.10	
100m: 1:05.93 34.20	200m: 2:13.62 33.92	300m: 3:21.51 34.16	400m: 4:28.49 32.88	
PK WOJCIECHOWSKA, Maria	00	Omega Kleszczów	4:57.87	512
50m: 33.49 33.49	150m: 1:47.74 37.43	250m: 3:04.79 38.85	350m: 4:20.56 37.40	
100m: 1:10.31 36.82	200m: 2:25.94 38.20	300m: 3:43.16 38.37	400m: 4:57.87 37.31	
PK SIKORSKA, Maria	00	Uks Gim 92 Ursynów Warszawa	4:52.33	542
50m: 32.92 32.92	150m: 1:46.83 37.87	250m: 3:03.02 37.96	350m: 4:17.23 36.78	
100m: 1:08.96 36.04	200m: 2:25.06 38.23	300m: 3:40.45 37.43	400m: 4:52.33 35.10	
PK SCHMIDT, Zuzanna	01	UKS Gos Raszyn	5:28.82	380
50m: 35.85 35.85	150m: 1:59.79 42.53	250m: 3:24.31 42.55	350m: 4:49.28 41.98	
100m: 1:17.26 41.41	200m: 2:41.76 41.97	300m: 4:07.30 42.99	400m: 5:28.82 39.54	
PK WI NIEWSKA, Barbara	00	Uks,, oliborz" Warszawa	4:52.53	541
50m: 32.68 32.68	150m: 1:47.07 37.95	250m: 3:02.06 37.55	350m: 4:17.40 37.43	
100m: 1:09.12 36.44	200m: 2:24.51 37.44	300m: 3:39.97 37.91	400m: 4:52.53 35.13	