

Konkurencja 19  
02.12.2016 - 17:48

Dziewcz t, 400m dowolny

10 - 14 lat  
Wyniki

Punkty: FINA 2016

| Pozycja       |                          |               | Rok ur. |                               |       |       |         | Czas           | Pkt.  |         |       |
|---------------|--------------------------|---------------|---------|-------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| <b>10 lat</b> |                          |               |         |                               |       |       |         |                |       |         |       |
| 1.            | GRUSZCZY SKA, Aleksandra |               | 06      | MKP Warszawianka              |       |       |         | <b>6:07.16</b> | 273   |         |       |
|               | 50m:                     | 40.80 40.80   | 150m:   | 2:15.06                       | 48.04 | 250m: | 3:50.74 | 47.21          | 350m: | 5:24.25 | 47.00 |
|               | 100m:                    | 1:27.02 46.22 | 200m:   | 3:03.53                       | 48.47 | 300m: | 4:37.25 | 46.51          | 400m: | 6:07.16 | 42.91 |
| 2.            | OSIAK, Julia             |               | 06      | MKP Warszawianka              |       |       |         | <b>6:11.00</b> | 265   |         |       |
|               | 50m:                     | 43.50 43.50   | 150m:   | 2:18.45                       | 46.85 | 250m: | 3:54.74 | 48.05          | 350m: | 5:28.84 | 46.75 |
|               | 100m:                    | 1:31.60 48.10 | 200m:   | 3:06.69                       | 48.24 | 300m: | 4:42.09 | 47.35          | 400m: | 6:11.00 | 42.16 |
| 3.            | BORKIEWICZ, Klaudia      |               | 06      | Iskra Konin                   |       |       |         | <b>6:16.22</b> | 254   |         |       |
|               | 50m:                     | 39.50 39.50   | 150m:   | 2:15.22                       | 48.19 | 250m: | 3:53.25 | 49.05          | 350m: | 5:29.77 | 48.39 |
|               | 100m:                    | 1:27.03 47.53 | 200m:   | 3:04.20                       | 48.98 | 300m: | 4:41.38 | 48.13          | 400m: | 6:16.22 | 46.45 |
| 4.            | RUCI SKA, Helena         |               | 06      | MKP Warszawianka              |       |       |         | <b>6:28.08</b> | 231   |         |       |
|               | 50m:                     | 41.93 41.93   | 150m:   | 2:21.16                       | 49.75 | 250m: | 4:00.35 | 49.84          | 350m: | 5:41.08 | 50.12 |
|               | 100m:                    | 1:31.41 49.48 | 200m:   | 3:10.51                       | 49.35 | 300m: | 4:50.96 | 50.61          | 400m: | 6:28.08 | 47.00 |
| 5.            | PIETRUSZY SKA, Joanna    |               | 06      | IUKP Wodnik Police            |       |       |         | <b>6:39.14</b> | 212   |         |       |
|               | 50m:                     | 44.63 44.63   | 150m:   | 2:27.77                       | 51.62 | 250m: | 4:10.65 | 49.94          | 350m: | 5:51.41 | 49.70 |
|               | 100m:                    | 1:36.15 51.52 | 200m:   | 3:20.71                       | 52.94 | 300m: | 5:01.71 | 51.06          | 400m: | 6:39.14 | 47.73 |
| <b>11 lat</b> |                          |               |         |                               |       |       |         |                |       |         |       |
| 1.            | CENCORA, Zofia           |               | 05      | UKS 190 Łód                   |       |       |         | <b>5:36.02</b> | 356   |         |       |
|               | 50m:                     | 37.11 37.11   | 150m:   | 2:01.89                       | 42.94 | 250m: | 3:28.51 | 43.07          | 350m: | 4:54.85 | 42.62 |
|               | 100m:                    | 1:18.95 41.84 | 200m:   | 2:45.44                       | 43.55 | 300m: | 4:12.23 | 43.72          | 400m: | 5:36.02 | 41.17 |
| 2.            | KULIK, Julia             |               | 05      | UKS GOS Razyn                 |       |       |         | <b>5:39.50</b> | 346   |         |       |
|               | 50m:                     | 37.14 37.14   | 150m:   | 2:02.16                       | 42.82 | 250m: | 3:28.96 | 43.35          | 350m: | 4:57.66 | 44.56 |
|               | 100m:                    | 1:19.34 42.20 | 200m:   | 2:45.61                       | 43.45 | 300m: | 4:13.10 | 44.14          | 400m: | 5:39.50 | 41.84 |
| 3.            | KLUSEK, Aleksandra       |               | 05      | Iuks Muszelka                 |       |       |         | <b>5:42.28</b> | 337   |         |       |
|               | 50m:                     | 36.26 36.26   | 150m:   | 2:03.11                       | 44.59 | 250m: | 3:32.60 | 45.10          | 350m: | 5:01.33 | 43.97 |
|               | 100m:                    | 1:18.52 42.26 | 200m:   | 2:47.50                       | 44.39 | 300m: | 4:17.36 | 44.76          | 400m: | 5:42.28 | 40.95 |
| <b>12 lat</b> |                          |               |         |                               |       |       |         |                |       |         |       |
| 1.            | TARASIEWICZ, Klaudia     |               | 04      | UKP Polonia                   |       |       |         | <b>4:52.65</b> | 540   |         |       |
|               | 50m:                     | 33.89 33.89   | 150m:   | 1:48.46                       | 37.51 | 250m: | 3:02.75 | 37.05          | 350m: | 4:17.76 | 37.61 |
|               | 100m:                    | 1:10.95 37.06 | 200m:   | 2:25.70                       | 37.24 | 300m: | 3:40.15 | 37.40          | 400m: | 4:52.65 | 34.89 |
| 2.            | CYGAN, Julia             |               | 04      | MUKS "Pi tnatka" Bydgoszcz    |       |       |         | <b>5:01.00</b> | 496   |         |       |
|               | 50m:                     | 33.75 33.75   | 150m:   | 1:50.93                       | 38.61 | 250m: | 3:07.55 | 38.21          | 350m: | 4:24.18 | 38.19 |
|               | 100m:                    | 1:12.32 38.57 | 200m:   | 2:29.34                       | 38.41 | 300m: | 3:45.99 | 38.44          | 400m: | 5:01.00 | 36.82 |
| 3.            | KRUPA, Milena            |               | 04      | AZS-AWF Wrocław               |       |       |         | <b>5:06.22</b> | 471   |         |       |
|               | 50m:                     | 34.27 34.27   | 150m:   | 1:52.61                       | 39.44 | 250m: | 3:11.51 | 39.60          | 350m: | 4:29.81 | 39.05 |
|               | 100m:                    | 1:13.17 38.90 | 200m:   | 2:31.91                       | 39.30 | 300m: | 3:50.76 | 39.25          | 400m: | 5:06.22 | 36.41 |
| 4.            | CATI, Lidia              |               | 04      | ródmiejski UKS Polna Warszawa |       |       |         | <b>5:27.51</b> | 385   |         |       |
|               | 50m:                     | 35.00 35.00   | 150m:   | 1:57.70                       | 42.20 | 250m: | 3:22.00 | 42.14          | 350m: | 4:47.32 | 42.00 |
|               | 100m:                    | 1:15.50 40.50 | 200m:   | 2:39.86                       | 42.16 | 300m: | 4:05.32 | 43.32          | 400m: | 5:27.51 | 40.19 |
| 5.            | SUSKIEWICZ, Maja         |               | 04      | ródmiejski UKS Polna Warszawa |       |       |         | <b>5:29.56</b> | 378   |         |       |
|               | 50m:                     | 35.64 35.64   | 150m:   | 1:59.15                       | 42.55 | 250m: | 3:24.15 | 42.49          | 350m: | 4:49.86 | 42.27 |
|               | 100m:                    | 1:16.60 40.96 | 200m:   | 2:41.66                       | 42.51 | 300m: | 4:07.59 | 43.44          | 400m: | 5:29.56 | 39.70 |
| 6.            | WALENCIAK, Weronika      |               | 04      | UKS V Łomianki                |       |       |         | <b>5:34.01</b> | 363   |         |       |
|               | 50m:                     | 37.04 37.04   | 150m:   | 2:02.76                       | 43.37 | 250m: | 3:28.79 | 42.94          | 350m: | 4:54.10 | 42.67 |
|               | 100m:                    | 1:19.39 42.35 | 200m:   | 2:45.85                       | 43.09 | 300m: | 4:11.43 | 42.64          | 400m: | 5:34.01 | 39.91 |
| 7.            | SKOCZYLAS, Zuzanna       |               | 04      | UKS Fala Niepor t             |       |       |         | <b>5:45.38</b> | 328   |         |       |
|               | 50m:                     | 37.74 37.74   | 150m:   | 2:03.67                       | 44.08 | 250m: | 3:33.12 | 44.57          | 350m: | 5:02.60 | 44.49 |
|               | 100m:                    | 1:19.59 41.85 | 200m:   | 2:48.55                       | 44.88 | 300m: | 4:18.11 | 44.99          | 400m: | 5:45.38 | 42.78 |

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

| Pozycja |                       |               | Rok ur. |                           |       |               |       | Czas           | Pkt. |
|---------|-----------------------|---------------|---------|---------------------------|-------|---------------|-------|----------------|------|
| 8.      | ZAKRZEWSKA, Oliwia    |               | 04      | UKS Ostrobramska Warszawa |       |               |       | <b>5:45.61</b> | 328  |
|         | 50m:                  | 37.57 37.57   | 150m:   | 2:04.68 44.01             | 250m: | 3:34.25 45.24 | 350m: | 5:03.21 44.21  |      |
|         | 100m:                 | 1:20.67 43.10 | 200m:   | 2:49.01 44.33             | 300m: | 4:19.00 44.75 | 400m: | 5:45.61 42.40  |      |
| 9.      | FR CKIEWICZ, Wiktoria |               | 04      | UKS Delfin Garwolin       |       |               |       | <b>6:27.51</b> | 232  |
|         | 50m:                  | 39.51 39.51   | 150m:   | 2:16.97 49.50             | 250m: | 3:59.17 50.38 | 350m: | 5:42.38 50.64  |      |
|         | 100m:                 | 1:27.47 47.96 | 200m:   | 3:08.79 51.82             | 300m: | 4:51.74 52.57 | 400m: | 6:27.51 45.13  |      |

## 13 lat

|     |   |               |       |                           |       |               |       |                |     |
|-----|---|---------------|-------|---------------------------|-------|---------------|-------|----------------|-----|
| 1.  | KNOP, Aleksandra                                      |               | 03    | UKS 190 Łód               |       |               |       | <b>4:25.14</b> | 726 |
|     | <i>Wynik lepszy od Rekordu Polski Młodziczek 13 l</i> |               |       |                           |       |               |       |                |     |
|     | 50m:  | 30.01 30.01   | 150m: | 1:37.88 34.18             | 250m: | 2:45.65 34.41 | 350m: | 3:53.54 33.80  |     |
|     | 100m:   | 1:03.70 33.69 | 200m: | 2:11.24 33.36             | 300m: | 3:19.74 34.09 | 400m: | 4:25.14 31.60  |     |
| 2.  | D BROWSKA, Wiktoria                                   |               | 03    | UKS JAGIELLONKA Warszawa  |       |               |       | <b>4:39.41</b> | 620 |
|     | 50m:  | 31.96 31.96   | 150m: | 1:42.71 35.77             | 250m: | 2:54.59 35.97 | 350m: | 4:05.59 35.24  |     |
|     | 100m:   | 1:06.94 34.98 | 200m: | 2:18.62 35.91             | 300m: | 3:30.35 35.76 | 400m: | 4:39.41 33.82  |     |
| 3.  | CYNARSKA, Weronika                                    |               | 03    | Iuks Muszelka             |       |               |       | <b>4:41.61</b> | 606 |
|     | 50m:  | 32.27 32.27   | 150m: | 1:43.24 35.98             | 250m: | 2:55.73 36.11 | 350m: | 4:07.29 35.47  |     |
|     | 100m:   | 1:07.26 34.99 | 200m: | 2:19.62 36.38             | 300m: | 3:31.82 36.09 | 400m: | 4:41.61 34.32  |     |
| 4.  | URBANIAK, Dominika                                    |               | 03    | UKS 190 Łód               |       |               |       | <b>4:41.62</b> | 606 |
|     | 50m:  | 32.13 32.13   | 150m: | 1:43.40 36.20             | 250m: | 2:56.16 36.38 | 350m: | 4:07.66 35.57  |     |
|     | 100m:   | 1:07.20 35.07 | 200m: | 2:19.78 36.38             | 300m: | 3:32.09 35.93 | 400m: | 4:41.62 33.96  |     |
| 5.  | CYNARSKA, Natalia                                     |               | 03    | Iuks Muszelka             |       |               |       | <b>4:52.61</b> | 540 |
|     | 50m:  | 33.05 33.05   | 150m: | 1:45.58 36.96             | 250m: | 3:00.21 37.22 | 350m: | 4:14.90 37.45  |     |
|     | 100m:   | 1:08.62 35.57 | 200m: | 2:22.99 37.41             | 300m: | 3:37.45 37.24 | 400m: | 4:52.61 37.71  |     |
| 6.  | MOTYL, Sara   |               | 03    | UKS 190 Łód               |       |               |       | <b>4:57.00</b> | 516 |
|     | 50m:  | 33.88 33.88   | 150m: | 1:49.26 37.52             | 250m: | 3:06.13 38.51 | 350m: | 4:22.05 37.26  |     |
|     | 100m:   | 1:11.74 37.86 | 200m: | 2:27.62 38.36             | 300m: | 3:44.79 38.66 | 400m: | 4:57.00 34.95  |     |
| 7.  | HAŁADYN, Karolina                                     |               | 03    | UKS 190 Łód               |       |               |       | <b>4:57.25</b> | 515 |
|     | 50m:  | 33.36 33.36   | 150m: | 1:48.01 37.74             | 250m: | 3:03.73 37.99 | 350m: | 4:20.00 37.95  |     |
|     | 100m:   | 1:10.27 36.91 | 200m: | 2:25.74 37.73             | 300m: | 3:42.05 38.32 | 400m: | 4:57.25 37.25  |     |
| 8.  | BADZIAN, Natalia                                      |               | 03    | Iuks Muszelka             |       |               |       | <b>5:00.19</b> | 500 |
|     | 50m:  | 33.43 33.43   | 150m: | 1:49.34 37.96             | 250m: | 3:05.92 38.24 | 350m: | 4:22.45 37.86  |     |
|     | 100m:   | 1:11.38 37.95 | 200m: | 2:27.68 38.34             | 300m: | 3:44.59 38.67 | 400m: | 5:00.19 37.74  |     |
| 9.  | NOWAK, Zofia  |               | 03    | Uks G-8 Bielany           |       |               |       | <b>5:01.16</b> | 495 |
|     | 50m:  | 32.43 32.43   | 150m: | 1:48.06 38.51             | 250m: | 3:05.64 38.55 | 350m: | 4:23.22 38.69  |     |
|     | 100m:   | 1:09.55 37.12 | 200m: | 2:27.09 39.03             | 300m: | 3:44.53 38.89 | 400m: | 5:01.16 37.94  |     |
| 10. | ZIEMACKA, Julia                                       |               | 03    | Iuks Muszelka             |       |               |       | <b>5:03.46</b> | 484 |
|     | 50m:  | 33.87 33.87   | 150m: | 1:50.36 39.08             | 250m: | 3:08.79 39.21 | 350m: | 4:26.75 39.07  |     |
|     | 100m:   | 1:11.28 37.41 | 200m: | 2:29.58 39.22             | 300m: | 3:47.68 38.89 | 400m: | 5:03.46 36.71  |     |
| 11. | MACIEJEWSKA, Beata                                    |               | 03    | UKS SP 149 Łód            |       |               |       | <b>5:04.76</b> | 478 |
|     | 50m:  | 35.29 35.29   | 150m: | 1:53.56 39.35             | 250m: | 3:12.50 39.32 | 350m: | 4:29.67 38.22  |     |
|     | 100m:   | 1:14.21 38.92 | 200m: | 2:33.18 39.62             | 300m: | 3:51.45 38.95 | 400m: | 5:04.76 35.09  |     |
| 12. | KARBOWSKA, Julia                                      |               | 03    | Uks Victoria Józefów      |       |               |       | <b>5:05.15</b> | 476 |
|     | 50m:  | 34.74 34.74   | 150m: | 1:51.02 38.00             | 250m: | 3:10.37 40.06 | 350m: | 4:29.50 39.20  |     |
|     | 100m:   | 1:13.02 38.28 | 200m: | 2:30.31 39.29             | 300m: | 3:50.30 39.93 | 400m: | 5:05.15 35.65  |     |
| 13. | ZIÓŁKOWSKA, Martyna                                   |               | 03    | UKS V Łomianki            |       |               |       | <b>5:14.53</b> | 435 |
|     | 50m:  | 35.32 35.32   | 150m: | 1:55.06 39.62             | 250m: | 3:16.35 40.79 | 350m: | 4:36.22 39.40  |     |
|     | 100m:   | 1:15.44 40.12 | 200m: | 2:35.56 40.50             | 300m: | 3:56.82 40.47 | 400m: | 5:14.53 38.31  |     |
| 14. | TYNDZIK, Maria  |               | 03    | Uks G-8 Bielany           |       |               |       | <b>5:24.45</b> | 396 |
|     | 50m:  | 36.13 36.13   | 150m: | 1:58.44 40.98             | 250m: | 3:21.88 41.55 | 350m: | 4:44.01 40.08  |     |
|     | 100m:   | 1:17.46 41.33 | 200m: | 2:40.33 41.89             | 300m: | 4:03.93 42.05 | 400m: | 5:24.45 40.44  |     |
| 15. | LASKA, Kornelia                                       |               | 03    | UKS Manta Warszawa Włochy |       |               |       | <b>5:30.69</b> | 374 |
|     | 50m:  | 35.67 35.67   | 150m: | 1:58.47 41.76             | 250m: | 3:24.46 43.22 | 350m: | 4:50.39 42.58  |     |
|     | 100m:   | 1:16.71 41.04 | 200m: | 2:41.24 42.77             | 300m: | 4:07.81 43.35 | 400m: | 5:30.69 40.30  |     |

## Warszawa, 2. - 3.12.2016

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

| Pozycja |                   |               | Rok ur. |                     |       |       |         | Czas           | Pkt.  |         |       |
|---------|-------------------|---------------|---------|---------------------|-------|-------|---------|----------------|-------|---------|-------|
| 16.     | TYNDZIK, Eleonora |               | 03      | UKS G-8 Bielany     |       |       |         | <b>5:31.89</b> | 370   |         |       |
|         | 50m:              | 35.95 35.95   | 150m:   | 2:00.50             | 42.69 | 250m: | 3:25.66 | 42.73          | 350m: | 4:52.81 | 43.71 |
|         | 100m:             | 1:17.81 41.86 | 200m:   | 2:42.93             | 42.43 | 300m: | 4:09.10 | 43.44          | 400m: | 5:31.89 | 39.08 |
| 17.     | SZANIAWSKA, Agata |               | 03      | UKS Delfin Garwolin |       |       |         | <b>5:40.35</b> | 343   |         |       |
|         | 50m:              | 37.46 37.46   | 150m:   | 2:01.85             | 42.63 | 250m: | 3:28.88 | 43.80          | 350m: | 4:58.17 | 44.45 |
|         | 100m:             | 1:19.22 41.76 | 200m:   | 2:45.08             | 43.23 | 300m: | 4:13.72 | 44.84          | 400m: | 5:40.35 | 42.18 |

## 14 lat

|    |                      |               |       |                                |       |       |         |                |       |         |       |
|----|----------------------|---------------|-------|--------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | KRYPA, Marta         |               | 02    | UKS Manta Warszawa Włochy      |       |       |         | <b>4:40.82</b> | 611   |         |       |
|    | 50m:                 | 31.98 31.98   | 150m: | 1:42.54                        | 35.41 | 250m: | 2:54.31 | 35.70          | 350m: | 4:05.89 | 35.54 |
|    | 100m:                | 1:07.13 35.15 | 200m: | 2:18.61                        | 36.07 | 300m: | 3:30.35 | 36.04          | 400m: | 4:40.82 | 34.93 |
| 2. | GOLLER, Klaudia      |               | 02    | UKS Ostrobramska Warszawa      |       |       |         | <b>4:55.18</b> | 526   |         |       |
|    | 50m:                 | 34.21 34.21   | 150m: | 1:49.67                        | 38.05 | 250m: | 3:03.76 | 36.71          | 350m: | 4:19.22 | 38.40 |
|    | 100m:                | 1:11.62 37.41 | 200m: | 2:27.05                        | 37.38 | 300m: | 3:40.82 | 37.06          | 400m: | 4:55.18 | 35.96 |
| 3. | D BROWSKA, Tatiana   |               | 02    | UKS Pi tka Konstantynów Łódzki |       |       |         | <b>4:56.82</b> | 517   |         |       |
|    | 50m:                 | 32.85 32.85   | 150m: | 1:48.11                        | 38.47 | 250m: | 3:05.14 | 38.30          | 350m: | 4:20.12 | 37.09 |
|    | 100m:                | 1:09.64 36.79 | 200m: | 2:26.84                        | 38.73 | 300m: | 3:43.03 | 37.89          | 400m: | 4:56.82 | 36.70 |
| 4. | KRYPA, Oliwia        |               | 02    | UKS Manta Warszawa Włochy      |       |       |         | <b>5:02.21</b> | 490   |         |       |
|    | 50m:                 | 33.62 33.62   | 150m: | 1:49.23                        | 38.52 | 250m: | 3:06.47 | 38.69          | 350m: | 4:24.33 | 38.92 |
|    | 100m:                | 1:10.71 37.09 | 200m: | 2:27.78                        | 38.55 | 300m: | 3:45.41 | 38.94          | 400m: | 5:02.21 | 37.88 |
| 5. | KURZEPA, Adrianna    |               | 02    | UKS Pirania Targówek           |       |       |         | <b>5:03.36</b> | 485   |         |       |
|    | 50m:                 | 35.30 35.30   | 150m: | 1:51.59                        | 38.30 | 250m: | 3:09.40 | 38.69          | 350m: | 4:26.54 | 38.10 |
|    | 100m:                | 1:13.29 37.99 | 200m: | 2:30.71                        | 39.12 | 300m: | 3:48.44 | 39.04          | 400m: | 5:03.36 | 36.82 |
| 6. | CHOMICKA, Zofia      |               | 02    | UKS Pirania Targówek           |       |       |         | <b>5:05.38</b> | 475   |         |       |
|    | 50m:                 | 34.54 34.54   | 150m: | 1:50.82                        | 38.90 | 250m: | 3:09.56 | 39.34          | 350m: | 4:27.52 | 39.34 |
|    | 100m:                | 1:11.92 37.38 | 200m: | 2:30.22                        | 39.40 | 300m: | 3:48.18 | 38.62          | 400m: | 5:05.38 | 37.86 |
| 7. | WRÓBLEWSKA, Amelia   |               | 02    | UKS Pirania Targówek           |       |       |         | <b>5:09.15</b> | 458   |         |       |
|    | 50m:                 | 33.00 33.00   | 150m: | 1:49.31                        | 38.86 | 250m: | 3:08.59 | 40.11          | 350m: | 4:29.67 | 40.65 |
|    | 100m:                | 1:10.45 37.45 | 200m: | 2:28.48                        | 39.17 | 300m: | 3:49.02 | 40.43          | 400m: | 5:09.15 | 39.48 |
| 8. | SIUDA, Paulina       |               | 02    | UKS Pirania Targówek           |       |       |         | <b>5:33.89</b> | 363   |         |       |
|    | 50m:                 | 36.39 36.39   | 150m: | 2:00.53                        | 42.21 | 250m: | 3:26.16 | 42.31          | 350m: | 4:52.19 | 42.63 |
|    | 100m:                | 1:18.32 41.93 | 200m: | 2:43.85                        | 43.32 | 300m: | 4:09.56 | 43.40          | 400m: | 5:33.89 | 41.70 |
| 9. | WO NIAK, Julia       |               | 02    | UKS Delfin Garwolin            |       |       |         | <b>5:54.17</b> | 304   |         |       |
|    | 50m:                 | 38.07 38.07   | 150m: | 2:06.84                        | 44.96 | 250m: | 3:38.20 | 45.98          | 350m: | 5:10.32 | 45.96 |
|    | 100m:                | 1:21.88 43.81 | 200m: | 2:52.22                        | 45.38 | 300m: | 4:24.36 | 46.16          | 400m: | 5:54.17 | 43.85 |
| PK | WOJCIECHOWSKA, Maria |               | 00    | UKS GOS Razyn                  |       |       |         | <b>4:55.49</b> | 524   |         |       |
|    | 50m:                 | 33.45 33.45   | 150m: | 1:46.46                        | 37.05 | 250m: | 3:02.23 | 37.80          | 350m: | 4:18.46 | 38.02 |
|    | 100m:                | 1:09.41 35.96 | 200m: | 2:24.43                        | 37.97 | 300m: | 3:40.44 | 38.21          | 400m: | 4:55.49 | 37.03 |