

ARENA GRAND PRIX PUCHAR POLSKI
Łódź, 10. - 11.11.2018

Konkurencja 11
10.11.2018 - 10:08

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Rekord Polski Open	4:05.77	BARZYCKA, Paulina	00114	Gorzow	26.11.2005
Rekord Polski 19 - 23	4:05.77	BARZYCKA, Paulina	00114	Gorzow	26.11.2005
Rekord Polski 18	4:07.14	PIECHOTA, Paulina	01605	Łódź	20.12.2017
Rekord Polski 17	4:08.04	KILIJA SKA, Donata	00612	Poznań	17.12.2011
Rekord Polski 16	4:08.04	KILIJA SKA, Donata	00612	Poznań	17.12.2011
Rekord Polski 15	4:10.66	KNOP, Aleksandra	01605	Łódź	20.12.2017
Rekord Polski 14	4:10.66	KNOP, Aleksandra	01605	Łódź	20.12.2017

Punkty: FINA 2018

Pozycja			Rok ur.			Czas	Pkt.
14 lat i starsi							
1.	UKOWSKA, Paula	93	KU AZS UMCS Lublin	4:13.60	790		
	50m: 30.67 30.67	150m: 1:35.73 32.31	250m: 2:39.66 31.94	350m: 3:43.22 31.71			
	100m: 1:03.42 32.75	200m: 2:07.72 31.99	300m: 3:11.51 31.85	400m: 4:13.60 30.38			
2.	PIECHOTA, Paulina	99	UKS 190 Łódź	4:14.37	783		
	50m: 30.63 30.63	150m: 1:35.39 32.06	250m: 2:38.87 31.71	350m: 3:43.27 32.26			
	100m: 1:03.33 32.70	200m: 2:07.16 31.77	300m: 3:11.01 32.14	400m: 4:14.37 31.10			
3.	KNOP, Aleksandra	03	UKS 190 Łódź	4:14.79	779		
	50m: 30.83 30.83	150m: 1:36.73 32.84	250m: 2:40.91 31.91	350m: 3:44.64 31.65			
	100m: 1:03.89 33.06	200m: 2:09.00 32.27	300m: 3:12.99 32.08	400m: 4:14.79 30.15			
4.	NITA, Daria	01	KS Korona Kraków	4:18.52	746		
	50m: 30.03 30.03	150m: 1:34.07 32.34	250m: 2:40.01 32.99	350m: 3:46.08 32.83			
	100m: 1:01.73 31.70	200m: 2:07.02 32.95	300m: 3:13.25 33.24	400m: 4:18.52 32.44			
5.	JASZCZUK, Ewa	02	MTP Kormoran Olsztyn	4:20.70	727		
	50m: 31.39 31.39	150m: 1:38.10 33.47	250m: 2:44.22 32.42	350m: 3:49.33 32.47			
	100m: 1:04.63 33.24	200m: 2:11.80 33.70	300m: 3:16.86 32.64	400m: 4:20.70 31.37			
6.	MARGULA, Weronika	00	MKP Szczecin	4:20.95	725		
	50m: 31.12 31.12	150m: 1:36.72 32.66	250m: 2:41.72 32.50	350m: 3:48.27 33.57			
	100m: 1:04.06 32.94	200m: 2:09.22 32.50	300m: 3:14.70 32.98	400m: 4:20.95 32.68			
7.	OSINIAK, Ewa	00	KU AZS UMCS Lublin	4:21.15	724		
	50m: 30.51 30.51	150m: 1:36.46 33.29	250m: 2:42.79 33.37	350m: 3:48.88 32.83			
	100m: 1:03.17 32.66	200m: 2:09.42 32.96	300m: 3:16.05 33.26	400m: 4:21.15 32.27			
8.	HELLAK, Emilia	03	WKS I sk Wrocław	4:22.36	714		
	50m: 29.43 29.43	150m: 1:35.75 33.46	250m: 2:42.71 33.34	350m: 3:49.36 33.34			
	100m: 1:02.29 32.86	200m: 2:09.37 33.62	300m: 3:16.02 33.31	400m: 4:22.36 33.00			
9.	KUCHTA, Maria	02	UKS „Dwójka” Tczew	4:22.82	710		
	50m: 30.92 30.92	150m: 1:37.21 33.15	250m: 2:44.06 33.48	350m: 3:50.54 32.90			
	100m: 1:04.06 33.14	200m: 2:10.58 33.37	300m: 3:17.64 33.58	400m: 4:22.82 32.28			
10.	WARDZI SKA, Martyna	98	AZS AWF Warszawa	4:23.38	705		
	50m: 29.98 29.98	150m: 1:36.07 33.50	250m: 2:43.73 33.87	350m: 3:51.52 33.54			
	100m: 1:02.57 32.59	200m: 2:09.86 33.79	300m: 3:17.98 34.25	400m: 4:23.38 31.86			
11.	ANDRZEJEWSKA, Kamila	99	KU AZS UMCS Lublin	4:24.80	694		
	50m: 31.28 31.28	150m: 1:38.41 33.61	250m: 2:45.24 33.47	350m: 3:52.00 33.10			
	100m: 1:04.80 33.52	200m: 2:11.77 33.36	300m: 3:18.90 33.66	400m: 4:24.80 32.80			
12.	W GRZYNOWSKA, Aleksandra	01	WKS I sk Wrocław	4:24.85	694		
	50m: 30.69 30.69	150m: 1:38.11 33.80	250m: 2:45.35 33.71	350m: 3:52.50 33.44			
	100m: 1:04.31 33.62	200m: 2:11.64 33.53	300m: 3:19.06 33.71	400m: 4:24.85 32.35			
13.	TARASIEWICZ, Klaudia	04	UKP „Polonia Warszawa”	4:26.06	684		
	50m: 31.08 31.08	150m: 1:38.07 33.50	250m: 2:45.11 33.33	350m: 3:52.63 33.49			
	100m: 1:04.57 33.49	200m: 2:11.78 33.71	300m: 3:19.14 34.03	400m: 4:26.06 33.43			
14.	SKIBIAK, Klaudia	02	UKS 190 Łódź	4:26.14	684		
	50m: 30.96 30.96	150m: 1:38.16 33.65	250m: 2:45.69 33.88	350m: 3:53.48 33.71			
	100m: 1:04.51 33.55	200m: 2:11.81 33.65	300m: 3:19.77 34.08	400m: 4:26.14 32.66			
15.	SZWABI SKA, Adrianna	03	UKP „TORPEDA” Oleśnica	4:26.25	683		
	50m: 30.14 30.14	150m: 1:37.17 33.81	250m: 2:45.69 34.19	350m: 3:54.71 34.27			
	100m: 1:03.36 33.22	200m: 2:11.50 34.33	300m: 3:20.44 34.75	400m: 4:26.25 31.54			

ARENA GRAND PRIX PUCHAR POLSKI
Łódź, 10. - 11.11.2018

Konkurencja 11, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
16.	BARYŁA, Julia		00	MKP Szczecin				4:27.42	674		
	50m:	31.18 31.18	150m:	1:38.09	33.51	250m:	2:45.73	33.93	350m:	3:53.98	33.85
	100m:	1:04.58 33.40	200m:	2:11.80	33.71	300m:	3:20.13	34.40	400m:	4:27.42	33.44
17.	KAWKA, Nina		03	UKS „GIM 92 Ursynów”				4:27.49	673		
	50m:	30.78 30.78	150m:	1:38.92	34.07	250m:	2:47.61	34.39	350m:	3:55.61	33.64
	100m:	1:04.85 34.07	200m:	2:13.22	34.30	300m:	3:21.97	34.36	400m:	4:27.49	31.88
18.	GÓRNICKA, Aleksandra		02	MKP Szczecin				4:27.69	672		
	50m:	31.01 31.01	150m:	1:38.46	33.85	250m:	2:47.05	34.31	350m:	3:55.35	34.05
	100m:	1:04.61 33.60	200m:	2:12.74	34.28	300m:	3:21.30	34.25	400m:	4:27.69	32.34
19.	RABINIAK, Zuzanna		01	KU AZS UMCS Lublin				4:28.24	668		
	50m:	30.56 30.56	150m:	1:38.25	34.11	250m:	2:46.48	34.22	350m:	3:54.86	34.08
	100m:	1:04.14 33.58	200m:	2:12.26	34.01	300m:	3:20.78	34.30	400m:	4:28.24	33.38
20.	KLIMEK, Marta		03	UKP Unia O wi cim				4:28.50	666		
	50m:	31.14 31.14	150m:	1:39.11	34.29	250m:	2:47.85	34.19	350m:	3:55.89	33.72
	100m:	1:04.82 33.68	200m:	2:13.66	34.55	300m:	3:22.17	34.32	400m:	4:28.50	32.61
21.	NEUBAUER, Paulina		03	UKS „Dwójka” Tczew				4:29.01	662		
	50m:	31.85 31.85	150m:	1:39.59	33.99	250m:	2:47.64	33.90	350m:	3:55.76	33.98
	100m:	1:05.60 33.75	200m:	2:13.74	34.15	300m:	3:21.78	34.14	400m:	4:29.01	33.25
22.	WRZESI SKA, Wiktoria		04	UKS 190 Łódź				4:30.21	653		
	50m:	32.31 32.31	150m:	1:40.40	34.03	250m:	2:49.32	34.19	350m:	3:57.90	34.09
	100m:	1:06.37 34.06	200m:	2:15.13	34.73	300m:	3:23.81	34.49	400m:	4:30.21	32.31
23.	URBAN, Karolina		03	UKS „Ósemka” Starogard Gdańsk				4:30.42	652		
	50m:	31.79 31.79	150m:	1:39.23	33.83	250m:	2:47.62	34.14	350m:	3:56.89	34.41
	100m:	1:05.40 33.61	200m:	2:13.48	34.25	300m:	3:22.48	34.86	400m:	4:30.42	33.53
24.	NOWAK, Maja		03	AZS AWF Warszawa				4:30.53	651		
	50m:	30.46 30.46	150m:	1:38.73	34.31	250m:	2:47.60	34.46	350m:	3:56.94	34.57
	100m:	1:04.42 33.96	200m:	2:13.14	34.41	300m:	3:22.37	34.77	400m:	4:30.53	33.59
25.	JAKUBCZAK, Martyna		02	Kaliski Klub Sportowy „Włókn				4:30.70	650		
	50m:	30.29 30.29	150m:	1:38.92	34.48	250m:	2:48.22	34.70	350m:	3:57.87	34.72
	100m:	1:04.44 34.15	200m:	2:13.52	34.60	300m:	3:23.15	34.93	400m:	4:30.70	32.83
26.	CYGAN, Julia		04	MUKS "Piłnastka"				4:32.06	640		
	50m:	31.12 31.12	150m:	1:39.33	34.53	250m:	2:48.44	34.46	350m:	3:58.39	34.83
	100m:	1:04.80 33.68	200m:	2:13.98	34.65	300m:	3:23.56	35.12	400m:	4:32.06	33.67
27.	TRACZYK, Justyna		04	WKS I sk Wrocław				4:32.74	635		
	50m:	31.45 31.45	150m:	1:39.83	34.44	250m:	2:49.19	34.71	350m:	3:58.61	34.54
	100m:	1:05.39 33.94	200m:	2:14.48	34.65	300m:	3:24.07	34.88	400m:	4:32.74	34.13
28.	DOMAŁA, Zuzanna		02	Kaliski Klub Sportowy „Włókn				4:32.78	635		
	50m:	31.65 31.65	150m:	1:40.78	34.65	250m:	2:49.47	34.57	350m:	3:59.15	34.88
	100m:	1:06.13 34.48	200m:	2:14.90	34.12	300m:	3:24.27	34.80	400m:	4:32.78	33.63
29.	KINDRAT, Julia		03	WKS I sk Wrocław				4:33.21	632		
	50m:	31.52 31.52	150m:	1:40.64	34.93	250m:	2:50.31	34.75	350m:	4:00.01	34.80
	100m:	1:05.71 34.19	200m:	2:15.56	34.92	300m:	3:25.21	34.90	400m:	4:33.21	33.20
30.	ŁYSAKOWSKA, Julia		01	KU AZS UMCS Lublin				4:33.51	630		
	50m:	31.03 31.03	150m:	1:39.18	34.43	250m:	2:48.92	34.82	350m:	3:58.74	35.05
	100m:	1:04.75 33.72	200m:	2:14.10	34.92	300m:	3:23.69	34.77	400m:	4:33.51	34.77
31.	SŁOWIK, Martyna		03	IKS Konstancin				4:33.57	629		
	50m:	32.03 32.03	150m:	1:40.70	34.55	250m:	2:50.02	34.72	350m:	3:59.91	34.88
	100m:	1:06.15 34.12	200m:	2:15.30	34.60	300m:	3:25.03	35.01	400m:	4:33.57	33.66
32.	ZIEMACKA, Julia		03	IUKS „Muszelka” Warszawa				4:34.07	626		
	50m:	31.00 31.00	150m:	1:38.97	34.51	250m:	2:48.49	34.97	350m:	3:58.95	35.29
	100m:	1:04.46 33.46	200m:	2:13.52	34.55	300m:	3:23.66	35.17	400m:	4:34.07	35.12
33.	ZMIERCZAK, Natalia		03	MTP Kormoran Olsztyn				4:34.45	623		
	50m:	30.21 30.21	150m:	1:38.74	34.78	250m:	2:48.72	34.73	350m:	3:59.54	35.59
	100m:	1:03.96 33.75	200m:	2:13.99	35.25	300m:	3:23.95	35.23	400m:	4:34.45	34.91

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Łódź, 10. - 11.11.2018

Konkurencja 11, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
34.	SZYMA SKA, Julia		03	UKS 190 Łódź				4:35.47	617
	50m: 32.59 32.59	150m: 1:42.16	34.74	250m: 2:51.90	34.89	350m: 4:01.40	34.99		
	100m: 1:07.42 34.83	200m: 2:17.01	34.85	300m: 3:26.41	34.51	400m: 4:35.47	34.07		
35.	PISAREK, Justyna		00	UKP Unia O wi cim				4:35.61	616
	50m: 31.21 31.21	150m: 1:39.85	34.66	250m: 2:50.06	35.19	350m: 4:00.99	35.50		
	100m: 1:05.19 33.98	200m: 2:14.87	35.02	300m: 3:25.49	35.43	400m: 4:35.61	34.62		
36.	KACZOROWSKA, Alicja		04	UKS G-8 Bielany Warszawa				4:36.81	608
	50m: 32.05 32.05	150m: 1:41.13	34.55	250m: 2:51.68	35.47	350m: 4:02.84	35.74		
	100m: 1:06.58 34.53	200m: 2:16.21	35.08	300m: 3:27.10	35.42	400m: 4:36.81	33.97		
37.	KWIATKOWSKA, Zofia		01	KU AZS UMCS Lublin				4:36.86	607
	50m: 31.44 31.44	150m: 1:41.53	35.46	250m: 2:52.53	35.34	350m: 4:02.97	34.98		
	100m: 1:06.07 34.63	200m: 2:17.19	35.66	300m: 3:27.99	35.46	400m: 4:36.86	33.89		
38.	KOSTRZEWSKA, Maria		03	UKS 190 Łódź				4:37.93	600
	50m: 33.22 33.22	150m: 1:43.81	35.35	250m: 2:54.78	35.41	350m: 4:04.78	34.96		
	100m: 1:08.46 35.24	200m: 2:19.37	35.56	300m: 3:29.82	35.04	400m: 4:37.93	33.15		
39.	GRZELCZYK, Natalia		02	Kaliski Klub Sportowy „Włókn				4:38.49	597
	50m: 30.94 30.94	150m: 1:39.83	34.67	250m: 2:50.81	35.73	350m: 4:02.90	36.12		
	100m: 1:05.16 34.22	200m: 2:15.08	35.25	300m: 3:26.78	35.97	400m: 4:38.49	35.59		
40.	SZEWCZYK, Zofia		02	UKP Fala Kra nik				4:38.51	597
	50m: 32.55 32.55	150m: 1:42.85	35.47	250m: 2:53.46	35.08	350m: 4:04.21	35.35		
	100m: 1:07.38 34.83	200m: 2:18.38	35.53	300m: 3:28.86	35.40	400m: 4:38.51	34.30		
41.	CIOCH-GRADZIK, Wiktoria		03	UKS „MANTA" Kochłowice Ruda				4:39.25	592
	50m: 31.75 31.75	150m: 1:41.90	35.56	250m: 2:53.62	35.77	350m: 4:04.73	35.40		
	100m: 1:06.34 34.59	200m: 2:17.85	35.95	300m: 3:29.33	35.71	400m: 4:39.25	34.52		
42.	HAŁADYN, Karolina		03	UKS 190 Łódź				4:40.26	585
	50m: 33.11 33.11	150m: 1:43.88	35.52	250m: 2:54.98	35.59	350m: 4:05.93	35.44		
	100m: 1:08.36 35.25	200m: 2:19.39	35.51	300m: 3:30.49	35.51	400m: 4:40.26	34.33		
43.	SERAFIN, Barbara		02	UKS G-8 Bielany Warszawa				4:40.29	585
	50m: 31.26 31.26	150m: 1:41.55	35.72	250m: 2:53.45	35.98	350m: 4:05.72	36.03		
	100m: 1:05.83 34.57	200m: 2:17.47	35.92	300m: 3:29.69	36.24	400m: 4:40.29	34.57		
44.	KULIK, Wiktoria		03	MTP Kormoran Olsztyn				4:40.47	584
	50m: 31.86 31.86	150m: 1:42.39	35.58	250m: 2:53.92	35.83	350m: 4:05.68	35.90		
	100m: 1:06.81 34.95	200m: 2:18.09	35.70	300m: 3:29.78	35.86	400m: 4:40.47	34.79		
45.	MIZIK, Julia		04	UKS Manta Warszawa Włochy				4:40.54	584
	50m: 30.44 30.44	150m: 1:40.32	35.48	250m: 2:52.08	36.27	350m: 4:05.33	36.58		
	100m: 1:04.84 34.40	200m: 2:15.81	35.49	300m: 3:28.75	36.67	400m: 4:40.54	35.21		
46.	SZYMA SKA, Wiktoria		02	Kaliski Klub Sportowy „Włókn				4:40.96	581
	50m: 31.95 31.95	150m: 1:42.62	35.73	250m: 2:54.94	36.35	350m: 4:07.29	35.84		
	100m: 1:06.89 34.94	200m: 2:18.59	35.97	300m: 3:31.45	36.51	400m: 4:40.96	33.67		
47.	SHPYCHKA, Yaroslava		01	KU AZS Politechniki Łódzkiej				4:41.02	581
	50m: 31.63 31.63	150m: 1:42.20	35.69	250m: 2:53.71	35.72	350m: 4:05.43	35.83		
	100m: 1:06.51 34.88	200m: 2:17.99	35.79	300m: 3:29.60	35.89	400m: 4:41.02	35.59		
48.	KANTECKA, Julia		03	Kaliski Klub Sportowy „Włókn				4:41.64	577
	50m: 32.11 32.11	150m: 1:42.95	35.67	250m: 2:55.28	36.02	350m: 4:07.14	35.83		
	100m: 1:07.28 35.17	200m: 2:19.26	36.31	300m: 3:31.31	36.03	400m: 4:41.64	34.50		
49.	KOŁODZIEJCZYK, Oliwia		03	KS OLIMPIA Lublin				4:42.80	570
	50m: 32.41 32.41	150m: 1:44.34	36.11	250m: 2:56.40	36.20	350m: 4:07.58	35.15		
	100m: 1:08.23 35.82	200m: 2:20.20	35.86	300m: 3:32.43	36.03	400m: 4:42.80	35.22		
50.	FRYSIAK, Zuzanna		03	MUKS "Pi tnastka"				4:43.54	565
	50m: 32.08 32.08	150m: 1:40.75	34.98	250m: 2:53.20	36.75	350m: 4:07.32	37.21		
	100m: 1:05.77 33.69	200m: 2:16.45	35.70	300m: 3:30.11	36.91	400m: 4:43.54	36.22		
51.	ADAMSKA, Maria		03	UKS G-8 Bielany Warszawa				4:44.17	562
	50m: 32.71 32.71	150m: 1:45.89	37.01	250m: 2:58.00	35.84	350m: 4:09.49	35.42		
	100m: 1:08.88 36.17	200m: 2:22.16	36.27	300m: 3:34.07	36.07	400m: 4:44.17	34.68		

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Konkurencja 11, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
52.	BORYS, Zofia		04	UKS G-8 Bielany Warszawa				4:44.45	560
	50m:	33.37 33.37	150m:	1:44.86	36.05	250m:	2:57.66 36.37	350m:	4:09.61 35.58
	100m:	1:08.81 35.44	200m:	2:21.29	36.43	300m:	3:34.03 36.37	400m:	4:44.45 34.84
53.	ERA SKA, Urszula		03	BUKS Warszawa				4:45.95	551
	50m:	32.71 32.71	150m:	1:44.90	35.96	250m:	2:57.66 36.44	350m:	4:10.25 36.25
	100m:	1:08.94 36.23	200m:	2:21.22	36.32	300m:	3:34.00 36.34	400m:	4:45.95 35.70
54.	GÓRAL, Paula		03	UKS „Dwójka” Tczew				4:47.18	544
	50m:	33.32 33.32	150m:	1:45.37	35.99	250m:	2:58.04 36.47	350m:	4:11.51 36.65
	100m:	1:09.38 36.06	200m:	2:21.57	36.20	300m:	3:34.86 36.82	400m:	4:47.18 35.67
55.	GAZDA, Małgorzata		04	UKS Olimpijczyk 23				4:47.63	542
	50m:	32.25 32.25	150m:	1:44.41	36.15	250m:	2:57.05 36.29	350m:	4:10.87 37.18
	100m:	1:08.26 36.01	200m:	2:20.76	36.35	300m:	3:33.69 36.64	400m:	4:47.63 36.76
56.	POTEMKA, Justyna		04	MKS Jedyńka Łódź				4:48.44	537
	50m:	33.21 33.21	150m:	1:47.89	37.67	250m:	3:00.48 35.33	350m:	4:13.20 36.21
	100m:	1:10.22 37.01	200m:	2:25.15	37.26	300m:	3:36.99 36.51	400m:	4:48.44 35.24
57.	BIERNACKA, Maja		04	MKS Jedyńka Łódź				4:50.04	528
	50m:	33.04 33.04	150m:	1:46.45	37.24	250m:	3:00.84 37.17	350m:	4:15.03 37.06
	100m:	1:09.21 36.17	200m:	2:23.67	37.22	300m:	3:37.97 37.13	400m:	4:50.04 35.01
58.	SZPIEGOWSKA, Wiktoria		02	WKS I sk Wrocław				4:51.22	522
	50m:	32.69 32.69	150m:	1:45.65	36.95	250m:	2:59.69 37.01	350m:	4:15.09 37.72
	100m:	1:08.70 36.01	200m:	2:22.68	37.03	300m:	3:37.37 37.68	400m:	4:51.22 36.13
59.	ADAMSKA, Julia		03	UKS G-8 Bielany Warszawa				4:52.99	512
	50m:	33.55 33.55	150m:	1:47.39	37.10	250m:	3:02.10 37.58	350m:	4:17.22 37.88
	100m:	1:10.29 36.74	200m:	2:24.52	37.13	300m:	3:39.34 37.24	400m:	4:52.99 35.77
60.	WITEK, Oliwia		04	UKS SP-149 Łódź				4:53.24	511
	50m:	33.59 33.59	150m:	1:47.57	37.30	250m:	3:01.80 37.06	350m:	4:17.08 37.79
	100m:	1:10.27 36.68	200m:	2:24.74	37.17	300m:	3:39.29 37.49	400m:	4:53.24 36.16
61.	GUTOWSKA, Maria		04	UKP Jedyńka Elbląg				4:53.46	510
	50m:	33.73 33.73	150m:	1:47.23	37.02	250m:	3:02.01 37.19	350m:	4:16.93 37.44
	100m:	1:10.21 36.48	200m:	2:24.82	37.59	300m:	3:39.49 37.48	400m:	4:53.46 36.53
62.	WITEK, Aleksandra		03	UKS abianka Gdańsk				4:57.33	490
	50m:	32.84 32.84	150m:	1:46.96	37.65	250m:	3:03.47 38.45	350m:	4:19.63 38.05
	100m:	1:09.31 36.47	200m:	2:25.02	38.06	300m:	3:41.58 38.11	400m:	4:57.33 37.70
63.	LIWOWSKA, Maria		03	UKS Piłka Konstancynów Łódzki				4:59.25	481
	50m:	33.45 33.45	150m:	1:48.70	37.86	250m:	3:04.45 37.92	350m:	4:22.06 38.86
	100m:	1:10.84 37.39	200m:	2:26.53	37.83	300m:	3:43.20 38.75	400m:	4:59.25 37.19
64.	CIESIELSKA, Natalia		03	UKS SP-149 Łódź				4:59.65	479
	50m:	35.18 35.18	150m:	1:50.28	37.65	250m:	3:06.23 37.81	350m:	4:22.27 37.68
	100m:	1:12.63 37.45	200m:	2:28.42	38.14	300m:	3:44.59 38.36	400m:	4:59.65 37.38
65.	SIKORSKA, Oliwia		04	MKS Juwenia Wrocław				5:01.61	470
	50m:	32.97 32.97	150m:	1:48.05	38.13	250m:	3:05.40 38.89	350m:	4:23.63 38.81
	100m:	1:09.92 36.95	200m:	2:26.51	38.46	300m:	3:44.82 39.42	400m:	5:01.61 37.98
66.	CATI, Lidia		04	ródmiejski UKS				5:03.45	461
	50m:	33.24 33.24	150m:	1:49.10	39.10	250m:	3:06.93 39.30	350m:	4:25.62 39.65
	100m:	1:10.00 36.76	200m:	2:27.63	38.53	300m:	3:45.97 39.04	400m:	5:03.45 37.83
67.	KA MIEROWSKA, Nina		04	UKS oliborz				5:05.30	453
	50m:	34.01 34.01	150m:	1:51.42	38.73	250m:	3:09.03 38.61	350m:	4:26.59 38.56
	100m:	1:12.69 38.68	200m:	2:30.42	39.00	300m:	3:48.03 39.00	400m:	5:05.30 38.71
68.	PAKO, Maja		04	St. KF KS „Fenix” Oarów Maz				5:09.17	436
	50m:	34.04 34.04	150m:	1:51.22	39.28	250m:	3:11.38 40.32	350m:	4:31.03 39.96
	100m:	1:11.94 37.90	200m:	2:31.06	39.84	300m:	3:51.07 39.69	400m:	5:09.17 38.14
69.	BRONIAREK, Pamela		95	UKS Nawa Skierniewice				5:12.67	421
	50m:	36.49 36.49	150m:	1:56.11	40.15	250m:	3:16.32 40.12	350m:	4:34.46 39.42
	100m:	1:15.96 39.47	200m:	2:36.20	40.09	300m:	3:55.04 38.72	400m:	5:12.67 38.21

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Konkurencja 11, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
70.	SYSIO, Zuzanna		04	MUKS Wodnik Łask				5:16.38	407
	50m:	35.58 35.58	150m:	1:53.82 39.67	250m:	3:16.03 41.25	350m:	4:37.68 40.82	
	100m:	1:14.15 38.57	200m:	2:34.78 40.96	300m:	3:56.86 40.83	400m:	5:16.38 38.70	
14 lat									
1.	TARASIEWICZ, Klaudia		04	UKP „Polonia Warszawa”				4:26.06	684
	50m:	31.08 31.08	150m:	1:38.07 33.50	250m:	2:45.11 33.33	350m:	3:52.63 33.49	
	100m:	1:04.57 33.49	200m:	2:11.78 33.71	300m:	3:19.14 34.03	400m:	4:26.06 33.43	
2.	WRZESI SKA, Wiktoria		04	UKS 190 Łódź				4:30.21	653
	50m:	32.31 32.31	150m:	1:40.40 34.03	250m:	2:49.32 34.19	350m:	3:57.90 34.09	
	100m:	1:06.37 34.06	200m:	2:15.13 34.73	300m:	3:23.81 34.49	400m:	4:30.21 32.31	
3.	CYGAN, Julia		04	MUKS "Pi tnastrka"				4:32.06	640
	50m:	31.12 31.12	150m:	1:39.33 34.53	250m:	2:48.44 34.46	350m:	3:58.39 34.83	
	100m:	1:04.80 33.68	200m:	2:13.98 34.65	300m:	3:23.56 35.12	400m:	4:32.06 33.67	
4.	TRACZYK, Justyna		04	WKS I sk Wrocław				4:32.74	635
	50m:	31.45 31.45	150m:	1:39.83 34.44	250m:	2:49.19 34.71	350m:	3:58.61 34.54	
	100m:	1:05.39 33.94	200m:	2:14.48 34.65	300m:	3:24.07 34.88	400m:	4:32.74 34.13	
5.	KACZOROWSKA, Alicja		04	UKS G-8 Bielany Warszawa				4:36.81	608
	50m:	32.05 32.05	150m:	1:41.13 34.55	250m:	2:51.68 35.47	350m:	4:02.84 35.74	
	100m:	1:06.58 34.53	200m:	2:16.21 35.08	300m:	3:27.10 35.42	400m:	4:36.81 33.97	
6.	MIZIK, Julia		04	UKS Manta Warszawa Włochy				4:40.54	584
	50m:	30.44 30.44	150m:	1:40.32 35.48	250m:	2:52.08 36.27	350m:	4:05.33 36.58	
	100m:	1:04.84 34.40	200m:	2:15.81 35.49	300m:	3:28.75 36.67	400m:	4:40.54 35.21	
7.	BORYS, Zofia		04	UKS G-8 Bielany Warszawa				4:44.45	560
	50m:	33.37 33.37	150m:	1:44.86 36.05	250m:	2:57.66 36.37	350m:	4:09.61 35.58	
	100m:	1:08.81 35.44	200m:	2:21.29 36.43	300m:	3:34.03 36.37	400m:	4:44.45 34.84	
8.	GAZDA, Małgorzata		04	UKS Olimpijczyk 23				4:47.63	542
	50m:	32.25 32.25	150m:	1:44.41 36.15	250m:	2:57.05 36.29	350m:	4:10.87 37.18	
	100m:	1:08.26 36.01	200m:	2:20.76 36.35	300m:	3:33.69 36.64	400m:	4:47.63 36.76	
9.	POTEMKA, Justyna		04	MKS Jedyńka Łódź				4:48.44	537
	50m:	33.21 33.21	150m:	1:47.89 37.67	250m:	3:00.48 35.33	350m:	4:13.20 36.21	
	100m:	1:10.22 37.01	200m:	2:25.15 37.26	300m:	3:36.99 36.51	400m:	4:48.44 35.24	
10.	BIERNACKA, Maja		04	MKS Jedyńka Łódź				4:50.04	528
	50m:	33.04 33.04	150m:	1:46.45 37.24	250m:	3:00.84 37.17	350m:	4:15.03 37.06	
	100m:	1:09.21 36.17	200m:	2:23.67 37.22	300m:	3:37.97 37.13	400m:	4:50.04 35.01	
11.	WITEK, Oliwia		04	UKS SP-149 Łódź				4:53.24	511
	50m:	33.59 33.59	150m:	1:47.57 37.30	250m:	3:01.80 37.06	350m:	4:17.08 37.79	
	100m:	1:10.27 36.68	200m:	2:24.74 37.17	300m:	3:39.29 37.49	400m:	4:53.24 36.16	
12.	GUTOWSKA, Maria		04	UKP Jedyńka Elbl g				4:53.46	510
	50m:	33.73 33.73	150m:	1:47.23 37.02	250m:	3:02.01 37.19	350m:	4:16.93 37.44	
	100m:	1:10.21 36.48	200m:	2:24.82 37.59	300m:	3:39.49 37.48	400m:	4:53.46 36.53	
13.	SIKORSKA, Oliwia		04	MKS Juwenia Wrocław				5:01.61	470
	50m:	32.97 32.97	150m:	1:48.05 38.13	250m:	3:05.40 38.89	350m:	4:23.63 38.81	
	100m:	1:09.92 36.95	200m:	2:26.51 38.46	300m:	3:44.82 39.42	400m:	5:01.61 37.98	
14.	CATI, Lidia		04	ródmiejski UKS				5:03.45	461
	50m:	33.24 33.24	150m:	1:49.10 39.10	250m:	3:06.93 39.30	350m:	4:25.62 39.65	
	100m:	1:10.00 36.76	200m:	2:27.63 38.53	300m:	3:45.97 39.04	400m:	5:03.45 37.83	
15.	KA MIEROWSKA, Nina		04	UKS oliborz				5:05.30	453
	50m:	34.01 34.01	150m:	1:51.42 38.73	250m:	3:09.03 38.61	350m:	4:26.59 38.56	
	100m:	1:12.69 38.68	200m:	2:30.42 39.00	300m:	3:48.03 39.00	400m:	5:05.30 38.71	
16.	PA KO, Maja		04	St. KF KS „Fenix” O arów Maz				5:09.17	436
	50m:	34.04 34.04	150m:	1:51.22 39.28	250m:	3:11.38 40.32	350m:	4:31.03 39.96	
	100m:	1:11.94 37.90	200m:	2:31.06 39.84	300m:	3:51.07 39.69	400m:	5:09.17 38.14	

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Pozycja			Rok ur.					Czas	Pkt.
17.	SYSIO, Zuzanna		04	MUKS Wodnik Łask				5:16.38	407
	50m:	35.58 35.58	150m:	1:53.82 39.67	250m:	3:16.03 41.25	350m:	4:37.68 40.82	
	100m:	1:14.15 38.57	200m:	2:34.78 40.96	300m:	3:56.86 40.83	400m:	5:16.38 38.70	
15 lat									
1.	KNOP, Aleksandra		03	UKS 190 Łódź				4:14.79	779
	50m:	30.83 30.83	150m:	1:36.73 32.84	250m:	2:40.91 31.91	350m:	3:44.64 31.65	
	100m:	1:03.89 33.06	200m:	2:09.00 32.27	300m:	3:12.99 32.08	400m:	4:14.79 30.15	
2.	HELLAK, Emilia		03	WKS I sk Wrocław				4:22.36	714
	50m:	29.43 29.43	150m:	1:35.75 33.46	250m:	2:42.71 33.34	350m:	3:49.36 33.34	
	100m:	1:02.29 32.86	200m:	2:09.37 33.62	300m:	3:16.02 33.31	400m:	4:22.36 33.00	
3.	SZWABI SKA, Adrianna		03	UKP „TORPEDA” Oleśnica				4:26.25	683
	50m:	30.14 30.14	150m:	1:37.17 33.81	250m:	2:45.69 34.19	350m:	3:54.71 34.27	
	100m:	1:03.36 33.22	200m:	2:11.50 34.33	300m:	3:20.44 34.75	400m:	4:26.25 31.54	
4.	KAWKA, Nina		03	UKS „GIM 92 Ursynów”				4:27.49	673
	50m:	30.78 30.78	150m:	1:38.92 34.07	250m:	2:47.61 34.39	350m:	3:55.61 33.64	
	100m:	1:04.85 34.07	200m:	2:13.22 34.30	300m:	3:21.97 34.36	400m:	4:27.49 31.88	
5.	KLIMEK, Marta		03	UKP Unia Olimpijczyków				4:28.50	666
	50m:	31.14 31.14	150m:	1:39.11 34.29	250m:	2:47.85 34.19	350m:	3:55.89 33.72	
	100m:	1:04.82 33.68	200m:	2:13.66 34.55	300m:	3:22.17 34.32	400m:	4:28.50 32.61	
6.	NEUBAUER, Paulina		03	UKS „Dwójka” Tczew				4:29.01	662
	50m:	31.85 31.85	150m:	1:39.59 33.99	250m:	2:47.64 33.90	350m:	3:55.76 33.98	
	100m:	1:05.60 33.75	200m:	2:13.74 34.15	300m:	3:21.78 34.14	400m:	4:29.01 33.25	
7.	URBAN, Karolina		03	UKS „Ósemka” Starogard Gdański				4:30.42	652
	50m:	31.79 31.79	150m:	1:39.23 33.83	250m:	2:47.62 34.14	350m:	3:56.89 34.41	
	100m:	1:05.40 33.61	200m:	2:13.48 34.25	300m:	3:22.48 34.86	400m:	4:30.42 33.53	
8.	NOWAK, Maja		03	AZS AWF Warszawa				4:30.53	651
	50m:	30.46 30.46	150m:	1:38.73 34.31	250m:	2:47.60 34.46	350m:	3:56.94 34.57	
	100m:	1:04.42 33.96	200m:	2:13.14 34.41	300m:	3:22.37 34.77	400m:	4:30.53 33.59	
9.	KINDRAT, Julia		03	WKS I sk Wrocław				4:33.21	632
	50m:	31.52 31.52	150m:	1:40.64 34.93	250m:	2:50.31 34.75	350m:	4:00.01 34.80	
	100m:	1:05.71 34.19	200m:	2:15.56 34.92	300m:	3:25.21 34.90	400m:	4:33.21 33.20	
10.	SŁOWIK, Martyna		03	IKS Konstancin				4:33.57	629
	50m:	32.03 32.03	150m:	1:40.70 34.55	250m:	2:50.02 34.72	350m:	3:59.91 34.88	
	100m:	1:06.15 34.12	200m:	2:15.30 34.60	300m:	3:25.03 35.01	400m:	4:33.57 33.66	
11.	ZIEMACKA, Julia		03	IUKS „Muszelka” Warszawa				4:34.07	626
	50m:	31.00 31.00	150m:	1:38.97 34.51	250m:	2:48.49 34.97	350m:	3:58.95 35.29	
	100m:	1:04.46 33.46	200m:	2:13.52 34.55	300m:	3:23.66 35.17	400m:	4:34.07 35.12	
12.	ZMIERCZAK, Natalia		03	MTP Kormoran Olsztyn				4:34.45	623
	50m:	30.21 30.21	150m:	1:38.74 34.78	250m:	2:48.72 34.73	350m:	3:59.54 35.59	
	100m:	1:03.96 33.75	200m:	2:13.99 35.25	300m:	3:23.95 35.23	400m:	4:34.45 34.91	
13.	SZYMA SKA, Julia		03	UKS 190 Łódź				4:35.47	617
	50m:	32.59 32.59	150m:	1:42.16 34.74	250m:	2:51.90 34.89	350m:	4:01.40 34.99	
	100m:	1:07.42 34.83	200m:	2:17.01 34.85	300m:	3:26.41 34.51	400m:	4:35.47 34.07	
14.	KOSTRZEWSKA, Maria		03	UKS 190 Łódź				4:37.93	600
	50m:	33.22 33.22	150m:	1:43.81 35.35	250m:	2:54.78 35.41	350m:	4:04.78 34.96	
	100m:	1:08.46 35.24	200m:	2:19.37 35.56	300m:	3:29.82 35.04	400m:	4:37.93 33.15	
15.	CIOCH-GRADZIK, Wiktoria		03	UKS „MANTA” Kochłowice Ruda				4:39.25	592
	50m:	31.75 31.75	150m:	1:41.90 35.56	250m:	2:53.62 35.77	350m:	4:04.73 35.40	
	100m:	1:06.34 34.59	200m:	2:17.85 35.95	300m:	3:29.33 35.71	400m:	4:39.25 34.52	
16.	HAŁADYN, Karolina		03	UKS 190 Łódź				4:40.26	585
	50m:	33.11 33.11	150m:	1:43.88 35.52	250m:	2:54.98 35.59	350m:	4:05.93 35.44	
	100m:	1:08.36 35.25	200m:	2:19.39 35.51	300m:	3:30.49 35.51	400m:	4:40.26 34.33	

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Pozycja			Rok ur.					Czas	Pkt.		
17.	KULIK, Wiktoria		03	MTP Kormoran Olsztyn				4:40.47	584		
	50m:	31.86 31.86	150m:	1:42.39	35.58	250m:	2:53.92	35.83	350m:	4:05.68	35.90
	100m:	1:06.81 34.95	200m:	2:18.09	35.70	300m:	3:29.78	35.86	400m:	4:40.47	34.79
18.	KANTECKA, Julia		03	Kaliski Klub Sportowy „Włókn				4:41.64	577		
	50m:	32.11 32.11	150m:	1:42.95	35.67	250m:	2:55.28	36.02	350m:	4:07.14	35.83
	100m:	1:07.28 35.17	200m:	2:19.26	36.31	300m:	3:31.31	36.03	400m:	4:41.64	34.50
19.	KOŁODZIEJCZYK, Oliwia		03	KS OLIMPIA Lublin				4:42.80	570		
	50m:	32.41 32.41	150m:	1:44.34	36.11	250m:	2:56.40	36.20	350m:	4:07.58	35.15
	100m:	1:08.23 35.82	200m:	2:20.20	35.86	300m:	3:32.43	36.03	400m:	4:42.80	35.22
20.	FRYSIAK, Zuzanna		03	MUKS "Pi tnastrka"				4:43.54	565		
	50m:	32.08 32.08	150m:	1:40.75	34.98	250m:	2:53.20	36.75	350m:	4:07.32	37.21
	100m:	1:05.77 33.69	200m:	2:16.45	35.70	300m:	3:30.11	36.91	400m:	4:43.54	36.22
21.	ADAMSKA, Maria		03	UKS G-8 Bielany Warszawa				4:44.17	562		
	50m:	32.71 32.71	150m:	1:45.89	37.01	250m:	2:58.00	35.84	350m:	4:09.49	35.42
	100m:	1:08.88 36.17	200m:	2:22.16	36.27	300m:	3:34.07	36.07	400m:	4:44.17	34.68
22.	ERA SKA, Urszula		03	BUKS Warszawa				4:45.95	551		
	50m:	32.71 32.71	150m:	1:44.90	35.96	250m:	2:57.66	36.44	350m:	4:10.25	36.25
	100m:	1:08.94 36.23	200m:	2:21.22	36.32	300m:	3:34.00	36.34	400m:	4:45.95	35.70
23.	GÓRAL, Paula		03	UKS „Dwójka" Tczew				4:47.18	544		
	50m:	33.32 33.32	150m:	1:45.37	35.99	250m:	2:58.04	36.47	350m:	4:11.51	36.65
	100m:	1:09.38 36.06	200m:	2:21.57	36.20	300m:	3:34.86	36.82	400m:	4:47.18	35.67
24.	ADAMSKA, Julia		03	UKS G-8 Bielany Warszawa				4:52.99	512		
	50m:	33.55 33.55	150m:	1:47.39	37.10	250m:	3:02.10	37.58	350m:	4:17.22	37.88
	100m:	1:10.29 36.74	200m:	2:24.52	37.13	300m:	3:39.34	37.24	400m:	4:52.99	35.77
25.	WITEK, Aleksandra		03	UKS abianka Gda sk				4:57.33	490		
	50m:	32.84 32.84	150m:	1:46.96	37.65	250m:	3:03.47	38.45	350m:	4:19.63	38.05
	100m:	1:09.31 36.47	200m:	2:25.02	38.06	300m:	3:41.58	38.11	400m:	4:57.33	37.70
26.	LIWOWSKA, Maria		03	UKS Pi tka Konstancynów Łódzki				4:59.25	481		
	50m:	33.45 33.45	150m:	1:48.70	37.86	250m:	3:04.45	37.92	350m:	4:22.06	38.86
	100m:	1:10.84 37.39	200m:	2:26.53	37.83	300m:	3:43.20	38.75	400m:	4:59.25	37.19
27.	CIESIELSKA, Natalia		03	UKS SP-149 Łód				4:59.65	479		
	50m:	35.18 35.18	150m:	1:50.28	37.65	250m:	3:06.23	37.81	350m:	4:22.27	37.68
	100m:	1:12.63 37.45	200m:	2:28.42	38.14	300m:	3:44.59	38.36	400m:	4:59.65	37.38

16 lat

1.	JASZCZUK, Ewa		02	MTP Kormoran Olsztyn				4:20.70	727		
	50m:	31.39 31.39	150m:	1:38.10	33.47	250m:	2:44.22	32.42	350m:	3:49.33	32.47
	100m:	1:04.63 33.24	200m:	2:11.80	33.70	300m:	3:16.86	32.64	400m:	4:20.70	31.37
2.	KUCHTA, Maria		02	UKS „Dwójka" Tczew				4:22.82	710		
	50m:	30.92 30.92	150m:	1:37.21	33.15	250m:	2:44.06	33.48	350m:	3:50.54	32.90
	100m:	1:04.06 33.14	200m:	2:10.58	33.37	300m:	3:17.64	33.58	400m:	4:22.82	32.28
3.	SKIBIAK, Klaudia		02	UKS 190 Łód				4:26.14	684		
	50m:	30.96 30.96	150m:	1:38.16	33.65	250m:	2:45.69	33.88	350m:	3:53.48	33.71
	100m:	1:04.51 33.55	200m:	2:11.81	33.65	300m:	3:19.77	34.08	400m:	4:26.14	32.66
4.	GÓRNICKA, Aleksandra		02	MKP Szczecin				4:27.69	672		
	50m:	31.01 31.01	150m:	1:38.46	33.85	250m:	2:47.05	34.31	350m:	3:55.35	34.05
	100m:	1:04.61 33.60	200m:	2:12.74	34.28	300m:	3:21.30	34.25	400m:	4:27.69	32.34
5.	JAKUBCZAK, Martyna		02	Kaliski Klub Sportowy „Włókn				4:30.70	650		
	50m:	30.29 30.29	150m:	1:38.92	34.48	250m:	2:48.22	34.70	350m:	3:57.87	34.72
	100m:	1:04.44 34.15	200m:	2:13.52	34.60	300m:	3:23.15	34.93	400m:	4:30.70	32.83
6.	DOM OL, Zuzanna		02	Kaliski Klub Sportowy „Włókn				4:32.78	635		
	50m:	31.65 31.65	150m:	1:40.78	34.65	250m:	2:49.47	34.57	350m:	3:59.15	34.88
	100m:	1:06.13 34.48	200m:	2:14.90	34.12	300m:	3:24.27	34.80	400m:	4:32.78	33.63

ARENA GRAND PRIX PUCHAR POLSKI
Łódź , 10. - 11.11.2018

Konkurencja 11, Dziewcz t, 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
7.	GRZELCZYK, Natalia		02	Kaliski Klub Sportowy „Włókn				4:38.49	597
	50m:	30.94 30.94	150m:	1:39.83 34.67	250m:	2:50.81 35.73	350m:	4:02.90 36.12	
	100m:	1:05.16 34.22	200m:	2:15.08 35.25	300m:	3:26.78 35.97	400m:	4:38.49 35.59	
8.	SZEWCZYK, Zofia		02	UKP Fala Kra nik				4:38.51	597
	50m:	32.55 32.55	150m:	1:42.85 35.47	250m:	2:53.46 35.08	350m:	4:04.21 35.35	
	100m:	1:07.38 34.83	200m:	2:18.38 35.53	300m:	3:28.86 35.40	400m:	4:38.51 34.30	
9.	SERAFIN, Barbara		02	UKS G-8 Bielany Warszawa				4:40.29	585
	50m:	31.26 31.26	150m:	1:41.55 35.72	250m:	2:53.45 35.98	350m:	4:05.72 36.03	
	100m:	1:05.83 34.57	200m:	2:17.47 35.92	300m:	3:29.69 36.24	400m:	4:40.29 34.57	
10.	SZYMA SKA, Wiktoria		02	Kaliski Klub Sportowy „Włókn				4:40.96	581
	50m:	31.95 31.95	150m:	1:42.62 35.73	250m:	2:54.94 36.35	350m:	4:07.29 35.84	
	100m:	1:06.89 34.94	200m:	2:18.59 35.97	300m:	3:31.45 36.51	400m:	4:40.96 33.67	
11.	SZPIEGOWSKA, Wiktoria		02	WKS I sk Wrocław				4:51.22	522
	50m:	32.69 32.69	150m:	1:45.65 36.95	250m:	2:59.69 37.01	350m:	4:15.09 37.72	
	100m:	1:08.70 36.01	200m:	2:22.68 37.03	300m:	3:37.37 37.68	400m:	4:51.22 36.13	

17 - 18 lat

1.	NITA, Daria		01	KS Korona Kraków				4:18.52	746
	50m:	30.03 30.03	150m:	1:34.07 32.34	250m:	2:40.01 32.99	350m:	3:46.08 32.83	
	100m:	1:01.73 31.70	200m:	2:07.02 32.95	300m:	3:13.25 33.24	400m:	4:18.52 32.44	
2.	MARGULA, Weronika		00	MKP Szczecin				4:20.95	725
	50m:	31.12 31.12	150m:	1:36.72 32.66	250m:	2:41.72 32.50	350m:	3:48.27 33.57	
	100m:	1:04.06 32.94	200m:	2:09.22 32.50	300m:	3:14.70 32.98	400m:	4:20.95 32.68	
3.	OSINIAK, Ewa		00	KU AZS UMCS Lublin				4:21.15	724
	50m:	30.51 30.51	150m:	1:36.46 33.29	250m:	2:42.79 33.37	350m:	3:48.88 32.83	
	100m:	1:03.17 32.66	200m:	2:09.42 32.96	300m:	3:16.05 33.26	400m:	4:21.15 32.27	
4.	W GRZYNOWSKA, Aleksandra		01	WKS I sk Wrocław				4:24.85	694
	50m:	30.69 30.69	150m:	1:38.11 33.80	250m:	2:45.35 33.71	350m:	3:52.50 33.44	
	100m:	1:04.31 33.62	200m:	2:11.64 33.53	300m:	3:19.06 33.71	400m:	4:24.85 32.35	
5.	BARYŁA, Julia		00	MKP Szczecin				4:27.42	674
	50m:	31.18 31.18	150m:	1:38.09 33.51	250m:	2:45.73 33.93	350m:	3:53.98 33.85	
	100m:	1:04.58 33.40	200m:	2:11.80 33.71	300m:	3:20.13 34.40	400m:	4:27.42 33.44	
6.	RABINIAK, Zuzanna		01	KU AZS UMCS Lublin				4:28.24	668
	50m:	30.56 30.56	150m:	1:38.25 34.11	250m:	2:46.48 34.22	350m:	3:54.86 34.08	
	100m:	1:04.14 33.58	200m:	2:12.26 34.01	300m:	3:20.78 34.30	400m:	4:28.24 33.38	
7.	ŁYSAKOWSKA, Julia		01	KU AZS UMCS Lublin				4:33.51	630
	50m:	31.03 31.03	150m:	1:39.18 34.43	250m:	2:48.92 34.82	350m:	3:58.74 35.05	
	100m:	1:04.75 33.72	200m:	2:14.10 34.92	300m:	3:23.69 34.77	400m:	4:33.51 34.77	
8.	PISAREK, Justyna		00	UKP Unia O wi cim				4:35.61	616
	50m:	31.21 31.21	150m:	1:39.85 34.66	250m:	2:50.06 35.19	350m:	4:00.99 35.50	
	100m:	1:05.19 33.98	200m:	2:14.87 35.02	300m:	3:25.49 35.43	400m:	4:35.61 34.62	
9.	KWIATKOWSKA, Zofia		01	KU AZS UMCS Lublin				4:36.86	607
	50m:	31.44 31.44	150m:	1:41.53 35.46	250m:	2:52.53 35.34	350m:	4:02.97 34.98	
	100m:	1:06.07 34.63	200m:	2:17.19 35.66	300m:	3:27.99 35.46	400m:	4:36.86 33.89	
10.	SHPYCHKA, Yaroslava		01	KU AZS Politechniki Łódzkiej				4:41.02	581
	50m:	31.63 31.63	150m:	1:42.20 35.69	250m:	2:53.71 35.72	350m:	4:05.43 35.83	
	100m:	1:06.51 34.88	200m:	2:17.99 35.79	300m:	3:29.60 35.89	400m:	4:41.02 35.59	