



ARENA GRAND PRIX PUCHAR POLSKI - o Puchar Rektora Warszawskiego Uniwersytetu Medycznego
Warszawa, 10. - 11.4.2021

Konkurencja 11
10.04.2021 - 13:39

Kobiet, 400m dowolny

Open
Wyniki

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
Open			
1. POLAŃSKA, Aleksandra	00	UKS GOS Raszyn	4:16.66 781
50m: 29.68 29.68	150m: 1:34.17 32.39	250m: 2:38.79 32.31	350m: 3:44.59 33.19
100m: 1:01.78 32.10	200m: 2:06.48 32.31	300m: 3:11.40 32.61	400m: 4:16.66 32.07
2. TARASIEWICZ, Klaudia	04	UKP „Polonia Warszawa”	4:23.64 721
50m: 30.51 30.51	150m: 1:36.04 32.90	250m: 2:43.05 33.61	350m: 3:50.66 33.91
100m: 1:03.14 32.63	200m: 2:09.44 33.40	300m: 3:16.75 33.70	400m: 4:23.64 32.98
3. SZŁĘK, Katarzyna	02	UKS 190 Łódź	4:24.97 710
50m: 31.00 31.00	150m: 1:37.67 33.40	250m: 2:45.11 33.79	350m: 3:52.41 33.70
100m: 1:04.27 33.27	200m: 2:11.32 33.65	300m: 3:18.71 33.60	400m: 4:24.97 32.56
4. KULIK, Julia	05	UKS GOS Raszyn	4:29.31 676
50m: 31.35 31.35	150m: 1:38.90 33.44	250m: 2:46.63 33.53	350m: 3:55.31 34.44
100m: 1:05.46 34.11	200m: 2:13.10 34.20	300m: 3:20.87 34.24	400m: 4:29.31 34.00
5. ŁUCZAK, Dominika	02	TP Zielona Góra	4:31.09 663
50m: 31.36 31.36	150m: 1:39.39 34.17	250m: 2:48.30 34.74	350m: 3:57.61 34.75
100m: 1:05.22 33.86	200m: 2:13.56 34.17	300m: 3:22.86 34.56	400m: 4:31.09 33.48
6. MACIAK, Julia	06	IUKS „Muszelka” Warszawa	4:33.40 646
50m: 31.25 31.25	150m: 1:40.90 35.26	250m: 2:50.42 35.02	350m: 3:59.77 34.83
100m: 1:05.64 34.39	200m: 2:15.40 34.50	300m: 3:24.94 34.52	400m: 4:33.40 33.63
7. JABŁOŃSKA, Oliwia	97	Wojewódzkie Zrzeszenie Sportowe Nieprawomocne „START”	4:34.27 640
50m: 32.19 32.19	150m: 1:41.44 34.87	250m: 2:50.63 34.52	350m: 4:00.37 35.11
100m: 1:06.57 34.38	200m: 2:16.11 34.67	300m: 3:25.26 34.63	400m: 4:34.27 33.90
8. MROŻEK, Weronika	04	MKP Szczecin	4:35.20 634
50m: 31.70 31.70	150m: 1:40.87 34.55	250m: 2:51.01 34.82	350m: 4:01.66 34.84
100m: 1:06.32 34.62	200m: 2:16.19 35.32	300m: 3:26.82 35.81	400m: 4:35.20 33.54
9. CZUBAK, Maria	06	IKS Konstancin	4:35.32 633
50m: 29.44 29.44	150m: 1:39.18 35.60	250m: 2:50.88 36.00	350m: 4:02.06 35.58
100m: 1:03.58 34.14	200m: 2:14.88 35.70	300m: 3:26.48 35.60	400m: 4:35.32 33.26
10. SZALAST, Karolina	05	UKS Tri-Team Rumia	4:35.34 633
50m: 32.09 32.09	150m: 1:41.30 34.88	250m: 2:51.08 34.96	350m: 4:01.67 35.40
100m: 1:06.42 34.33	200m: 2:16.12 34.82	300m: 3:26.27 35.19	400m: 4:35.34 33.67
11. MIŁEK, Alicja	06	Solne Miasto SP. zo.o	4:35.53 632
50m: 30.54 30.54	150m: 1:39.31 35.16	250m: 2:49.77 35.22	350m: 4:01.11 35.77
100m: 1:04.15 33.61	200m: 2:14.55 35.24	300m: 3:25.34 35.57	400m: 4:35.53 34.42
12. NOWAK, Maja	03	AZS AWF Warszawa	4:35.78 630
50m: 30.84 30.84	150m: 1:38.95 34.43	250m: 2:49.59 35.05	350m: 4:00.92 35.38
100m: 1:04.52 33.68	200m: 2:14.54 35.59	300m: 3:25.54 35.95	400m: 4:35.78 34.86
13. BEDNARZ, Julia	04	UKS „ORKA” Zamość	4:36.79 623
50m: 32.01 32.01	150m: 1:40.63 34.56	250m: 2:51.07 35.23	350m: 4:02.23 35.72
100m: 1:06.07 34.06	200m: 2:15.84 35.21	300m: 3:26.51 35.44	400m: 4:36.79 34.56
14. KOSSOWSKA, Julita	05	UKS 190 Łódź	4:37.72 617
50m: 31.43 31.43	150m: 1:40.95 35.22	250m: 2:51.80 35.39	350m: 4:03.36 35.60
100m: 1:05.73 34.30	200m: 2:16.41 35.46	300m: 3:27.76 35.96	400m: 4:37.72 34.36

Wyniki : www.polswim.pl i www.livetimeing.pl

Obsługa informatyczna : zawody@wmozp.pl

SŁAWOMIR GRABIEC 600 851 363

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10.04.2021 15:16 - Strona 1



ARENA GRAND PRIX PUCHAR POLSKI - o Puchar Rektora Warszawskiego Uniwersytetu Medycznego
Warszawa, 10. - 11.4.2021

Konkurencja 11, Kobiety, 400m dowolny, Open

Pozycja			Rok ur.						Czas	Pkt.
15.	RUDOMINA, Agnieszka		06	UKS Żabianka Gdańsk					4:37.75	617
	50m: 31.47 31.47	150m: 1:41.90 35.72	250m: 2:53.46 36.08	350m: 4:04.74 35.59						
	100m: 1:06.18 34.71	200m: 2:17.38 35.48	300m: 3:29.15 35.69	400m: 4:37.75 33.01						
16.	MAKSYMOWICZ, Nina		05	UKS G-8 Bielany Warszawa					4:37.80	616
	50m: 32.05 32.05	150m: 1:41.53 34.78	250m: 2:52.31 35.45	350m: 4:04.12 36.61						
	100m: 1:06.75 34.70	200m: 2:16.86 35.33	300m: 3:27.51 35.20	400m: 4:37.80 33.68						
17.	GÓRSKA, Zofia		05	UKP „Polonia Warszawa”					4:39.34	606
	50m: 30.95 30.95	150m: 1:40.59 35.57	250m: 2:53.02 36.35	350m: 4:06.02 36.52						
	100m: 1:05.02 34.07	200m: 2:16.67 36.08	300m: 3:29.50 36.48	400m: 4:39.34 33.32						
18.	KOWALCZYK, Katarzyna		05	MKP Szczecin					4:40.24	600
	50m: 31.95 31.95	150m: 1:41.52 35.13	250m: 2:53.38 35.89	350m: 4:05.37 35.58						
	100m: 1:06.39 34.44	200m: 2:17.49 35.97	300m: 3:29.79 36.41	400m: 4:40.24 34.87						
19.	MOŹDŻAN, Milena		03	MKP Szczecin					4:40.77	597
	50m: 33.70 33.70	150m: 1:45.41 36.17	250m: 2:56.98 35.27	350m: 4:06.84 34.74						
	100m: 1:09.24 35.54	200m: 2:21.71 36.30	300m: 3:32.10 35.12	400m: 4:40.77 33.93						
20.	ZAGDAŃSKA, Oliwia		05	MKS Juvenia Wrocław					4:41.04	595
	50m: 31.32 31.32	150m: 1:41.84 35.62	250m: 2:54.28 36.33	350m: 4:06.69 35.89						
	100m: 1:06.22 34.90	200m: 2:17.95 36.11	300m: 3:30.80 36.52	400m: 4:41.04 34.35						
21.	FIGAS, Alicja		04	MKP Szczecin					4:41.96	589
	50m: 31.66 31.66	150m: 1:41.69 35.06	250m: 2:53.26 36.02	350m: 4:06.19 36.28						
	100m: 1:06.63 34.97	200m: 2:17.24 35.55	300m: 3:29.91 36.65	400m: 4:41.96 35.77						
22.	KUCZMAR, Zuzanna		07	MKS Ochota Warszawa					4:42.02	589
	50m: 30.62 30.62	150m: 1:42.27 36.01	250m: 2:54.79 36.04	350m: 4:07.51 35.87						
	100m: 1:06.26 35.64	200m: 2:18.75 36.48	300m: 3:31.64 36.85	400m: 4:42.02 34.51						
23.	BRACH, Oliwia		04	UKP „Polonia Warszawa”					4:43.14	582
	50m: 32.75 32.75	150m: 1:43.65 35.71	250m: 2:56.10 36.51	350m: 4:08.21 36.12						
	100m: 1:07.94 35.19	200m: 2:19.59 35.94	300m: 3:32.09 35.99	400m: 4:43.14 34.93						
24.	MALINOŚ, Julia		04	UKS „ORKA” Zamość					4:44.50	574
	50m: 32.18 32.18	150m: 1:42.56 35.66	250m: 2:55.51 36.73	350m: 4:08.89 36.72						
	100m: 1:06.90 34.72	200m: 2:18.78 36.22	300m: 3:32.17 36.66	400m: 4:44.50 35.61						
25.	SIEJAK, Patrycja		05	MTP Kormoran Olsztyn					4:45.44	568
	50m: 33.71 33.71	150m: 1:46.32 36.23	250m: 2:58.03 35.27	350m: 4:10.01 35.51						
	100m: 1:10.09 36.38	200m: 2:22.76 36.44	300m: 3:34.50 36.47	400m: 4:45.44 35.43						
26.	PASIEROWSKA, Wiktoria		05	UKS „GIM 92 Ursynów”					4:45.72	566
	50m: 32.86 32.86	150m: 1:44.36 36.14	250m: 2:57.48 36.79	350m: 4:10.24 36.21						
	100m: 1:08.22 35.36	200m: 2:20.69 36.33	300m: 3:34.03 36.55	400m: 4:45.72 35.48						
27.	BEDNAREK, Aleksandra		98	MKS Jedyńka Łódź					4:46.12	564
	50m: 33.44 33.44	150m: 1:45.67 36.32	250m: 2:58.24 36.41	350m: 4:10.84 36.36						
	100m: 1:09.35 35.91	200m: 2:21.83 36.16	300m: 3:34.48 36.24	400m: 4:46.12 35.28						
28.	ROMANIUK, Matylda		04	UKP „Polonia Warszawa”					4:46.15	564
	50m: 32.27 32.27	150m: 1:44.79 36.75	250m: 2:57.45 36.26	350m: 4:11.50 36.98						
	100m: 1:08.04 35.77	200m: 2:21.19 36.40	300m: 3:34.52 37.07	400m: 4:46.15 34.65						
29.	GWAJ, Julia		04	Międzyszkolny UKS „Olimpijczyk” Suwałki					4:46.27	563
	50m: 32.45 32.45	150m: 1:44.55 36.39	250m: 2:57.96	350m:						
	100m: 1:08.16 35.71	200m:	300m:	400m: 4:46.27						



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Pozycja	Rok ur.				Czas				Pkt.
30. MAGIEREK, Karolina	06	UKS GOS Raszyn			4:48.64				549
50m: 32.95 32.95	150m: 1:46.40 36.74	250m: 3:00.62 36.90	350m: 4:13.06 36.06						
100m: 1:09.66 36.71	200m: 2:23.72 37.32	300m: 3:37.00 36.38	400m: 4:48.64 35.58						
31. NOWAK, Paulina	05	UKS Tri-Team Rumia			4:49.10				547
50m: 33.82 33.82	150m: 1:46.92 36.79	250m: 3:00.89 37.22	350m: 4:14.21 36.42						
100m: 1:10.13 36.31	200m: 2:23.67 36.75	300m: 3:37.79 36.90	400m: 4:49.10 34.89						
32. CHMIELEWSKA, Aleksandra	06	Międzyszkolny UKS „Olimpijczyk” Suwałki			4:50.00				542
50m: 33.49 33.49	150m: 1:46.04 36.43	250m: 2:59.55 36.82	350m: 4:13.62 37.17						
100m: 1:09.61 36.12	200m: 2:22.73 36.69	300m: 3:36.45 36.90	400m: 4:50.00 36.38						
33. RĄP, Apolonia	06	MKS Znicz Koszalin			4:50.32				540
50m: 31.89 31.89	150m: 1:44.04 36.68	250m: 350m: 4:16.52							
100m: 1:07.36 35.47	200m: 2:21.35 37.31	300m: 400m: 4:50.32	33.80						
34. GAJCZY, Natalia	05	UKP „Polonia Warszawa”			4:51.62				533
50m: 150m: 1:44.14 36.85	250m: 350m: 4:15.03								
100m: 1:07.29 200m: 2:21.74 37.60	300m: 400m: 4:51.62	36.59							
35. MIKUŁA, Natalia	06	TP Olimpijczyk Aleksandrów Łódzki			4:51.90				531
50m: 32.50 32.50	150m: 1:46.18 37.47	250m: 3:00.83 37.27	350m: 4:15.28 37.49						
100m: 1:08.71 36.21	200m: 2:23.56 37.38	300m: 3:37.79 36.96	400m: 4:51.90 36.62						
36. BAŁDYGA, Kamila	06	MTP Kormoran Olsztyn			4:52.11				530
50m: 33.13 33.13	150m: 1:46.51 37.07	250m: 3:01.04 37.13	350m: 4:15.53 37.18						
100m: 1:09.44 36.31	200m: 2:23.91 37.40	300m: 3:38.35 37.31	400m: 4:52.11 36.58						
37. ADAMCZYK, Karolina	06	KS „1” Ożarów Mazowiecki			4:53.39				523
50m: 33.82 33.82	150m: 1:50.53 38.06	250m: 3:05.37 36.98	350m: 4:19.25 36.71						
100m: 1:12.47 38.65	200m: 2:28.39 37.86	300m: 3:42.54 37.17	400m: 4:53.39 34.14						
38. TRAFALSKA, Zuzanna	07	TP Olimpijczyk Aleksandrów Łódzki			4:53.72				521
50m: 33.18 33.18	150m: 1:46.96 37.07	250m: 3:01.59 37.56	350m: 4:17.40 37.87						
100m: 1:09.89 36.71	200m: 2:24.03 37.07	300m: 3:39.53 37.94	400m: 4:53.72 36.32						
39. KIERUZEL, Martyna	05	UKS 190 Łódź			4:53.94				520
50m: 34.23 34.23	150m: 1:48.99 37.71	250m: 3:04.53 37.61	350m: 4:18.62 36.83						
100m: 1:11.28 37.05	200m: 2:26.92 37.93	300m: 3:41.79 37.26	400m: 4:53.94 35.32						
40. NIKIEL, Natalia	06	MKS Park Wodny Tarnowskie Góry			4:55.03				514
50m: 34.96 34.96	150m: 1:48.97 37.06	250m: 3:03.63 37.28	350m: 4:18.49 37.34						
100m: 1:11.91 36.95	200m: 2:26.35 37.38	300m: 3:41.15 37.52	400m: 4:55.03 36.54						
41. SZABRAŃSKA, Oliwia	06	UKS „GIM 92 Ursynów”			4:55.21				513
50m: 32.95 32.95	150m: 1:46.77 37.04	250m: 3:02.30 37.74	350m: 4:17.71 37.29						
100m: 1:09.73 36.78	200m: 2:24.56 37.79	300m: 3:40.42 38.12	400m: 4:55.21 37.50						
42. BISZEWSKA, Gabriela	05	Międzyszkolny UKS „Olimpijczyk” Suwałki			4:55.73				511
50m: 34.03 34.03	150m: 1:48.24 37.20	250m: 3:03.03 37.68	350m: 4:20.42 38.81						
100m: 1:11.04 37.01	200m: 2:25.35 37.11	300m: 3:41.61 38.58	400m: 4:55.73 35.31						
43. CHĄCIAK, Sandra	03	UKS „GIM 92 Ursynów”			4:56.97				504
50m: 33.38 33.38	150m: 1:48.07 37.63	250m: 3:03.85 37.81	350m: 4:20.08 37.94						
100m: 1:10.44 37.06	200m: 2:26.04 37.97	300m: 3:42.14 38.29	400m: 4:56.97 36.89						
44. JAWORSKA, Wiktoria	05	MUKS „Piętnastka”			4:56.99				504
50m: 32.95 32.95	150m: 1:47.37 37.64	250m: 3:03.49 38.35	350m: 4:19.99 37.97						
100m: 1:09.73 36.78	200m: 2:25.14 37.77	300m: 3:42.02 38.53	400m: 4:56.99 37.00						



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Pozycja			Rok ur.						Czas	Pkt.
45.	WIĘCKOWSKA, Alicja		03	UKS Delfin Garwolin					4:58.75	495
	50m: 33.45	33.45	150m: 1:47.90	38.09	250m: 3:05.07	38.75	350m: 4:22.47	38.58		
	100m: 1:09.81	36.36	200m: 2:26.32	38.42	300m: 3:43.89	38.82	400m: 4:58.75	36.28		
46.	MAŚLEJ, Iga		03	MKS Juvenia Wrocław					4:58.92	495
	50m: 33.60	33.60	150m: 1:48.59	37.75	250m: 3:04.50	38.18	350m: 4:21.33	38.17		
	100m: 1:10.84	37.24	200m: 2:26.32	37.73	300m: 3:43.16	38.66	400m: 4:58.92	37.59		
47.	DZIUBA, Monika		07	MTP Kormoran Olsztyn					4:59.71	491
	50m: 33.77	33.77	150m: 1:49.61	38.12	250m: 3:05.85	37.84	350m: 4:22.24	37.83		
	100m: 1:11.49	37.72	200m: 2:28.01	38.40	300m: 3:44.41	38.56	400m: 4:59.71	37.47		
48.	KNAPIK, Amelia		06	MKS Ochota Warszawa					5:02.97	475
	50m: 33.62	33.62	150m: 1:48.80	37.99	250m: 3:05.50	38.43	350m: 4:24.52	40.47		
	100m: 1:10.81	37.19	200m: 2:27.07	38.27	300m: 3:44.05	38.55	400m: 5:02.97	38.45		
49.	LEGA, Maja		05	KS Neptun Świdnica					5:04.67	467
	50m: 33.49	33.49	150m: 1:49.54	38.64	250m: 3:07.41	38.95	350m: 4:25.94	39.42		
	100m: 1:10.90	37.41	200m: 2:28.46	38.92	300m: 3:46.52	39.11	400m: 5:04.67	38.73		
50.	MOCZYŁO, Kaja		06	UKS „Jedynka” SP SOLEX					5:05.25	464
	50m: 34.81	34.81	150m: 1:52.41	39.26	250m: 3:12.05	40.28	350m: 4:29.62	38.60		
	100m: 1:13.15	38.34	200m: 2:31.77	39.36	300m: 3:51.02	38.97	400m: 5:05.25	35.63		
51.	KLOFCZYŃSKA, Maja		06	UKS Żabianka Gdańsk					5:06.60	458
	50m: 34.12	34.12	150m: 1:52.18	39.33	250m: 3:10.70	39.14	350m: 4:28.78	38.61		
	100m: 1:12.85	38.73	200m: 2:31.56	39.38	300m: 3:50.17	39.47	400m: 5:06.60	37.82		
52.	PABISIAK, Helena		05	UKP „Polonia Warszawa”					5:06.68	458
	50m: 33.45	33.45	150m: 1:48.81	37.87	250m: 3:06.31	39.07	350m: 4:27.34	40.18		
	100m: 1:10.94	37.49	200m: 2:27.24	38.43	300m: 3:47.16	40.85	400m: 5:06.68	39.34		
53.	PRACHARCZYK, Weronika		06	KS Posenania Poznań					5:07.90	452
	50m: 33.96	33.96	150m: 1:51.59	39.30	250m: 3:11.30	39.81	350m: 4:31.10	39.96		
	100m: 1:12.29	38.33	200m: 2:31.49	39.90	300m: 3:51.14	39.84	400m: 5:07.90	36.80		
54.	PATAN, Marcelina		06	MKS Znicz Koszalin					5:19.71	404
	50m: 34.40	34.40	150m: 1:52.75	40.05	250m: 3:16.12	42.02	350m: 4:39.09	41.51		
	100m: 1:12.70	38.30	200m: 2:34.10	41.35	300m: 3:57.58	41.46	400m: 5:19.71	40.62		

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1.	TARASIEWICZ, Klaudia		04	UKP „Polonia Warszawa”					4:23.64	721
	50m: 30.51	30.51	150m: 1:36.04	32.90	250m: 2:43.05	33.61	350m: 3:50.66	33.91		
	100m: 1:03.14	32.63	200m: 2:09.44	33.40	300m: 3:16.75	33.70	400m: 4:23.64	32.98		
2.	MROŻEK, Weronika		04	MKP Szczecin					4:35.20	634
	50m: 31.70	31.70	150m: 1:40.87	34.55	250m: 2:51.01	34.82	350m: 4:01.66	34.84		
	100m: 1:06.32	34.62	200m: 2:16.19	35.32	300m: 3:26.82	35.81	400m: 4:35.20	33.54		
3.	NOWAK, Maja		03	AZS AWF Warszawa					4:35.78	630
	50m: 30.84	30.84	150m: 1:38.95	34.43	250m: 2:49.59	35.05	350m: 4:00.92	35.38		
	100m: 1:04.52	33.68	200m: 2:14.54	35.59	300m: 3:25.54	35.95	400m: 4:35.78	34.86		
4.	BEDNARZ, Julia		04	UKS „ORKA” Zamość					4:36.79	623
	50m: 32.01	32.01	150m: 1:40.63	34.56	250m: 2:51.07	35.23	350m: 4:02.23	35.72		
	100m: 1:06.07	34.06	200m: 2:15.84	35.21	300m: 3:26.51	35.44	400m: 4:36.79	34.56		



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Konkurencja 11, Kobiety, 400m dowolny, 17 - 18 lat

Pozycja	Rok ur.				Czas				Pkt.
5. MOŹDŻAN, Milena	03	MKP Szczecin			4:40.77				597
50m: 33.70	33.70	150m: 1:45.41	36.17	250m: 2:56.98	35.27	350m: 4:06.84	34.74		
100m: 1:09.24	35.54	200m: 2:21.71	36.30	300m: 3:32.10	35.12	400m: 4:40.77	33.93		
6. FIGAS, Alicja	04	MKP Szczecin			4:41.96				589
50m: 31.66	31.66	150m: 1:41.69	35.06	250m: 2:53.26	36.02	350m: 4:06.19	36.28		
100m: 1:06.63	34.97	200m: 2:17.24	35.55	300m: 3:29.91	36.65	400m: 4:41.96	35.77		
7. BRACH, Oliwia	04	UKP „Polonia Warszawa”			4:43.14				582
50m: 32.75	32.75	150m: 1:43.65	35.71	250m: 2:56.10	36.51	350m: 4:08.21	36.12		
100m: 1:07.94	35.19	200m: 2:19.59	35.94	300m: 3:32.09	35.99	400m: 4:43.14	34.93		
8. MALINOŚ, Julia	04	UKS „ORKA” Zamość			4:44.50				574
50m: 32.18	32.18	150m: 1:42.56	35.66	250m: 2:55.51	36.73	350m: 4:08.89	36.72		
100m: 1:06.90	34.72	200m: 2:18.78	36.22	300m: 3:32.17	36.66	400m: 4:44.50	35.61		
9. ROMANIUK, Matylda	04	UKP „Polonia Warszawa”			4:46.15				564
50m: 32.27	32.27	150m: 1:44.79	36.75	250m: 2:57.45	36.26	350m: 4:11.50	36.98		
100m: 1:08.04	35.77	200m: 2:21.19	36.40	300m: 3:34.52	37.07	400m: 4:46.15	34.65		
10. GWAJ, Julia	04	Międzyszkolny UKS „Olimpijczyk” Suwałki			4:46.27				563
50m: 32.45	32.45	150m: 1:44.55	36.39	250m: 2:57.96		350m:			
100m: 1:08.16	35.71	200m:		300m:		400m: 4:46.27			
11. CHĄCIAK, Sandra	03	UKS „GIM 92 Ursynów”			4:56.97				504
50m: 33.38	33.38	150m: 1:48.07	37.63	250m: 3:03.85	37.81	350m: 4:20.08	37.94		
100m: 1:10.44	37.06	200m: 2:26.04	37.97	300m: 3:42.14	38.29	400m: 4:56.97	36.89		
12. WIĘCKOWSKA, Alicja	03	UKS Delfin Garwolin			4:58.75				495
50m: 33.45	33.45	150m: 1:47.90	38.09	250m: 3:05.07	38.75	350m: 4:22.47	38.58		
100m: 1:09.81	36.36	200m: 2:26.32	38.42	300m: 3:43.89	38.82	400m: 4:58.75	36.28		
13. MAŚLEJ, Iga	03	MKS Juvenia Wrocław			4:58.92				495
50m: 33.60	33.60	150m: 1:48.59	37.75	250m: 3:04.50	38.18	350m: 4:21.33	38.17		
100m: 1:10.84	37.24	200m: 2:26.32	37.73	300m: 3:43.16	38.66	400m: 4:58.92	37.59		

16 lat

1. KULIK, Julia	05	UKS GOS Raszyn			4:29.31				676
50m: 31.35	31.35	150m: 1:38.90	33.44	250m: 2:46.63	33.53	350m: 3:55.31	34.44		
100m: 1:05.46	34.11	200m: 2:13.10	34.20	300m: 3:20.87	34.24	400m: 4:29.31	34.00		
2. SZALAST, Karolina	05	UKS Tri-Team Rumia			4:35.34				633
50m: 32.09	32.09	150m: 1:41.30	34.88	250m: 2:51.08	34.96	350m: 4:01.67	35.40		
100m: 1:06.42	34.33	200m: 2:16.12	34.82	300m: 3:26.27	35.19	400m: 4:35.34	33.67		
3. KOSSOWSKA, Julita	05	UKS 190 Łódź			4:37.72				617
50m: 31.43	31.43	150m: 1:40.95	35.22	250m: 2:51.80	35.39	350m: 4:03.36	35.60		
100m: 1:05.73	34.30	200m: 2:16.41	35.46	300m: 3:27.76	35.96	400m: 4:37.72	34.36		
4. MAKSYMOWICZ, Nina	05	UKS G-8 Bielany Warszawa			4:37.80				616
50m: 32.05	32.05	150m: 1:41.53	34.78	250m: 2:52.31	35.45	350m: 4:04.12	36.61		
100m: 1:06.75	34.70	200m: 2:16.86	35.33	300m: 3:27.51	35.20	400m: 4:37.80	33.68		
5. GÓRSKA, Zofia	05	UKP „Polonia Warszawa”			4:39.34				606
50m: 30.95	30.95	150m: 1:40.59	35.57	250m: 2:53.02	36.35	350m: 4:06.02	36.52		
100m: 1:05.02	34.07	200m: 2:16.67	36.08	300m: 3:29.50	36.48	400m: 4:39.34	33.32		



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Pozycja	Rok ur.									Czas	Pkt.	
6.	KOWALCZYK, Katarzyna			05	MKP Szczecin					4:40.24	600	
	50m:	31.95	31.95	150m:	1:41.52	35.13	250m:	2:53.38	35.89	350m:	4:05.37	35.58
	100m:	1:06.39	34.44	200m:	2:17.49	35.97	300m:	3:29.79	36.41	400m:	4:40.24	34.87
7.	ZAGDAŃSKA, Oliwia			05	MKS Juvenia Wrocław					4:41.04	595	
	50m:	31.32	31.32	150m:	1:41.84	35.62	250m:	2:54.28	36.33	350m:	4:06.69	35.89
	100m:	1:06.22	34.90	200m:	2:17.95	36.11	300m:	3:30.80	36.52	400m:	4:41.04	34.35
8.	SIEJAK, Patrycja			05	MTP Kormoran Olsztyn					4:45.44	568	
	50m:	33.71	33.71	150m:	1:46.32	36.23	250m:	2:58.03	35.27	350m:	4:10.01	35.51
	100m:	1:10.09	36.38	200m:	2:22.76	36.44	300m:	3:34.50	36.47	400m:	4:45.44	35.43
9.	PASIEROWSKA, Wiktoria			05	UKS „GIM 92 Ursynów"					4:45.72	566	
	50m:	32.86	32.86	150m:	1:44.36	36.14	250m:	2:57.48	36.79	350m:	4:10.24	36.21
	100m:	1:08.22	35.36	200m:	2:20.69	36.33	300m:	3:34.03	36.55	400m:	4:45.72	35.48
10.	NOWAK, Paulina			05	UKS Tri-Team Rumia					4:49.10	547	
	50m:	33.82	33.82	150m:	1:46.92	36.79	250m:	3:00.89	37.22	350m:	4:14.21	36.42
	100m:	1:10.13	36.31	200m:	2:23.67	36.75	300m:	3:37.79	36.90	400m:	4:49.10	34.89
11.	GAJCY, Natalia			05	UKP „Polonia Warszawa"					4:51.62	533	
	50m:			150m:	1:44.14	36.85	250m:			350m:	4:15.03	
	100m:	1:07.29		200m:	2:21.74	37.60	300m:			400m:	4:51.62	36.59
12.	KIERUZEL, Martyna			05	UKS 190 Łódź					4:53.94	520	
	50m:	34.23	34.23	150m:	1:48.99	37.71	250m:	3:04.53	37.61	350m:	4:18.62	36.83
	100m:	1:11.28	37.05	200m:	2:26.92	37.93	300m:	3:41.79	37.26	400m:	4:53.94	35.32
13.	BISZEWSKA, Gabriela			05	Międzyszkolny UKS „Olimpijczyk" Suwałki					4:55.73	511	
	50m:	34.03	34.03	150m:	1:48.24	37.20	250m:	3:03.03	37.68	350m:	4:20.42	38.81
	100m:	1:11.04	37.01	200m:	2:25.35	37.11	300m:	3:41.61	38.58	400m:	4:55.73	35.31
14.	JAWORSKA, Wiktoria			05	MUKS "Piętnastka"					4:56.99	504	
	50m:	32.95	32.95	150m:	1:47.37	37.64	250m:	3:03.49	38.35	350m:	4:19.99	37.97
	100m:	1:09.73	36.78	200m:	2:25.14	37.77	300m:	3:42.02	38.53	400m:	4:56.99	37.00
15.	ŁĘGA, Maja			05	KS Neptun Świdnica					5:04.67	467	
	50m:	33.49	33.49	150m:	1:49.54	38.64	250m:	3:07.41	38.95	350m:	4:25.94	39.42
	100m:	1:10.90	37.41	200m:	2:28.46	38.92	300m:	3:46.52	39.11	400m:	5:04.67	38.73
16.	PABISIAK, Helena			05	UKP „Polonia Warszawa"					5:06.68	458	
	50m:	33.45	33.45	150m:	1:48.81	37.87	250m:	3:06.31	39.07	350m:	4:27.34	40.18
	100m:	1:10.94	37.49	200m:	2:27.24	38.43	300m:	3:47.16	40.85	400m:	5:06.68	39.34

15 lat

1.	MACIAK, Julia			06	IUKS „Muszelka" Warszawa					4:33.40	646	
	50m:	31.25	31.25	150m:	1:40.90	35.26	250m:	2:50.42	35.02	350m:	3:59.77	34.83
	100m:	1:05.64	34.39	200m:	2:15.40	34.50	300m:	3:24.94	34.52	400m:	4:33.40	33.63
2.	CZUBAK, Maria			06	IKS Konstancin					4:35.32	633	
	50m:	29.44	29.44	150m:	1:39.18	35.60	250m:	2:50.88	36.00	350m:	4:02.06	35.58
	100m:	1:03.58	34.14	200m:	2:14.88	35.70	300m:	3:26.48	35.60	400m:	4:35.32	33.26
3.	MIŁEK, Alicja			06	Solne Miasto SP. zo.o					4:35.53	632	
	50m:	30.54	30.54	150m:	1:39.31	35.16	250m:	2:49.77	35.22	350m:	4:01.11	35.77
	100m:	1:04.15	33.61	200m:	2:14.55	35.24	300m:	3:25.34	35.57	400m:	4:35.53	34.42



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Konkurencja 11, Dziewcząt, 400m dowolny, 15 lat

Pozycja	Rok ur.									Czas	Pkt.	
4.	RUDOMINA, Agnieszka			06	UKS Żabianka Gdańsk					4:37.75	617	
	50m:	31.47	31.47	150m:	1:41.90	35.72	250m:	2:53.46	36.08	350m:	4:04.74	35.59
	100m:	1:06.18	34.71	200m:	2:17.38	35.48	300m:	3:29.15	35.69	400m:	4:37.75	33.01
5.	MAGIEREK, Karolina			06	UKS GOS Raszyn					4:48.64	549	
	50m:	32.95	32.95	150m:	1:46.40	36.74	250m:	3:00.62	36.90	350m:	4:13.06	36.06
	100m:	1:09.66	36.71	200m:	2:23.72	37.32	300m:	3:37.00	36.38	400m:	4:48.64	35.58
6.	CHMIELEWSKA, Aleksandra			06	Międzyszkolny UKS „Olimpijczyk” Suwałki					4:50.00	542	
	50m:	33.49	33.49	150m:	1:46.04	36.43	250m:	2:59.55	36.82	350m:	4:13.62	37.17
	100m:	1:09.61	36.12	200m:	2:22.73	36.69	300m:	3:36.45	36.90	400m:	4:50.00	36.38
7.	RĄP, Apolonia			06	MKS Znicz Koszalin					4:50.32	540	
	50m:	31.89	31.89	150m:	1:44.04	36.68	250m:			350m:	4:16.52	
	100m:	1:07.36	35.47	200m:	2:21.35	37.31	300m:			400m:	4:50.32	33.80
8.	MIKUŁA, Natalia			06	TP Olimpijczyk Aleksandrów Łódzki					4:51.90	531	
	50m:	32.50	32.50	150m:	1:46.18	37.47	250m:	3:00.83	37.27	350m:	4:15.28	37.49
	100m:	1:08.71	36.21	200m:	2:23.56	37.38	300m:	3:37.79	36.96	400m:	4:51.90	36.62
9.	BAŁDYGA, Kamila			06	MTP Kormoran Olsztyn					4:52.11	530	
	50m:	33.13	33.13	150m:	1:46.51	37.07	250m:	3:01.04	37.13	350m:	4:15.53	37.18
	100m:	1:09.44	36.31	200m:	2:23.91	37.40	300m:	3:38.35	37.31	400m:	4:52.11	36.58
10.	ADAMCZYK, Karolina			06	KS „1” Ożarów Mazowiecki					4:53.39	523	
	50m:	33.82	33.82	150m:	1:50.53	38.06	250m:	3:05.37	36.98	350m:	4:19.25	36.71
	100m:	1:12.47	38.65	200m:	2:28.39	37.86	300m:	3:42.54	37.17	400m:	4:53.39	34.14
11.	NIKIEL, Natalia			06	MKS Park Wodny Tarnowskie Góry					4:55.03	514	
	50m:	34.96	34.96	150m:	1:48.97	37.06	250m:	3:03.63	37.28	350m:	4:18.49	37.34
	100m:	1:11.91	36.95	200m:	2:26.35	37.38	300m:	3:41.15	37.52	400m:	4:55.03	36.54
12.	SZABRAŃSKA, Oliwia			06	UKS „GIM 92 Ursynów”					4:55.21	513	
	50m:	32.95	32.95	150m:	1:46.77	37.04	250m:	3:02.30	37.74	350m:	4:17.71	37.29
	100m:	1:09.73	36.78	200m:	2:24.56	37.79	300m:	3:40.42	38.12	400m:	4:55.21	37.50
13.	KNAPIK, Amelia			06	MKS Ochota Warszawa					5:02.97	475	
	50m:	33.62	33.62	150m:	1:48.80	37.99	250m:	3:05.50	38.43	350m:	4:24.52	40.47
	100m:	1:10.81	37.19	200m:	2:27.07	38.27	300m:	3:44.05	38.55	400m:	5:02.97	38.45
14.	MOCZYŁO, Kaja			06	UKS „Jedynka” SP SOLEX					5:05.25	464	
	50m:	34.81	34.81	150m:	1:52.41	39.26	250m:	3:12.05	40.28	350m:	4:29.62	38.60
	100m:	1:13.15	38.34	200m:	2:31.77	39.36	300m:	3:51.02	38.97	400m:	5:05.25	35.63
15.	KLOFCZYŃSKA, Maja			06	UKS Żabianka Gdańsk					5:06.60	458	
	50m:	34.12	34.12	150m:	1:52.18	39.33	250m:	3:10.70	39.14	350m:	4:28.78	38.61
	100m:	1:12.85	38.73	200m:	2:31.56	39.38	300m:	3:50.17	39.47	400m:	5:06.60	37.82
16.	PRACHARCZYK, Weronika			06	KS Poznań Poznań					5:07.90	452	
	50m:	33.96	33.96	150m:	1:51.59	39.30	250m:	3:11.30	39.81	350m:	4:31.10	39.96
	100m:	1:12.29	38.33	200m:	2:31.49	39.90	300m:	3:51.14	39.84	400m:	5:07.90	36.80
17.	PATAN, Marcelina			06	MKS Znicz Koszalin					5:19.71	404	
	50m:	34.40	34.40	150m:	1:52.75	40.05	250m:	3:16.12	42.02	350m:	4:39.09	41.51
	100m:	1:12.70	38.30	200m:	2:34.10	41.35	300m:	3:57.58	41.46	400m:	5:19.71	40.62



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14 lat

1.	KUCZMAR, Zuzanna	07	MKS Ochota Warszawa	4:42.02	589
	50m: 30.62 30.62	150m: 1:42.27	36.01 250m: 2:54.79 36.04	350m: 4:07.51 35.87	
	100m: 1:06.26 35.64	200m: 2:18.75	36.48 300m: 3:31.64 36.85	400m: 4:42.02 34.51	
2.	TRAFALSKA, Zuzanna	07	TP Olimpijczyk Aleksandrów Łódzki	4:53.72	521
	50m: 33.18 33.18	150m: 1:46.96	37.07 250m: 3:01.59 37.56	350m: 4:17.40 37.87	
	100m: 1:09.89 36.71	200m: 2:24.03	37.07 300m: 3:39.53 37.94	400m: 4:53.72 36.32	
3.	DZIUBA, Monika	07	MTP Kormoran Olsztyn	4:59.71	491
	50m: 33.77 33.77	150m: 1:49.61	38.12 250m: 3:05.85 37.84	350m: 4:22.24 37.83	
	100m: 1:11.49 37.72	200m: 2:28.01	38.40 300m: 3:44.41 38.56	400m: 4:59.71 37.47	

