

Grand Prix - Puchar Polski w Pływaniu 2013-2014
Opole, 3- - 4-5-2014

Konkurencja 11 Kobiet, 400m dowolny 14 lat i starsi
2014-05-03 - 11:00 Wyniki

Top Times "Poland" 4:04.23 JEDRZEJCZAK, Otylia 00114 Melbourne (AUS) 2007-03-25

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	ZACHOSZCZ, Joanna		93	AZS UWM Olsztyn				4:21.94	761
	50m: 30.84	30.84	150m: 1:36.06	32.83	250m: 2:42.33	33.19	350m: 3:49.09	33.42	
	100m: 1:03.23	32.39	200m: 2:09.14	33.08	300m: 3:15.67	33.34	400m: 4:21.94	32.85	
2.	WIKIEŁ, Manuela		92	AZS UWM Olsztyn				4:22.92	752
	50m: 31.42	31.42	150m: 1:36.74	32.85	250m: 2:43.18	33.29	350m: 3:50.34	33.75	
	100m: 1:03.89	32.47	200m: 2:09.89	33.15	300m: 3:16.59	33.41	400m: 4:22.92	32.58	
3.	NAZI BŁO, Klaudia		93	MKS Juwenia Wrocław				4:26.75	720
	50m: 31.58	31.58	150m: 1:40.35	34.56	250m: 2:48.38	33.74	350m: 3:55.35	33.17	
	100m: 1:05.79	34.21	200m: 2:14.64	34.29	300m: 3:22.18	33.80	400m: 4:26.75	31.40	
4.	OLCZAK, Mirella		93	AZS Warszawa				4:28.50	706
	50m: 31.53	31.53	150m: 1:39.93	34.40	250m: 2:48.06	34.25	350m: 3:55.70	33.49	
	100m: 1:05.53	34.00	200m: 2:13.81	33.88	300m: 3:22.21	34.15	400m: 4:28.50	32.80	
5.	PO AROWSZCZYK, Beata		91	MKS Juwenia Wrocław				4:36.32	648
	50m: 31.76	31.76	150m: 1:41.00	34.82	250m: 2:51.24	35.22	350m: 4:01.76	35.44	
	100m: 1:06.18	34.42	200m: 2:16.02	35.02	300m: 3:26.32	35.08	400m: 4:36.32	34.56	
6.	GRUSZCZY SKA, Aleksandra SO		98	UKP Unia O wi cim				4:36.35	648
	50m: 31.31	31.31	150m: 1:40.40	34.94	250m: 2:50.93	35.32	350m: 4:01.46	35.36	
	100m: 1:05.46	34.15	200m: 2:15.61	35.21	300m: 3:26.10	35.17	400m: 4:36.35	34.89	
7.	MACIUCH, Karolina		96	DOKiS SP "Vega" Dobrodzie				4:40.02	622
	50m: 31.74	31.74	150m: 1:40.93	34.93	250m: 2:52.02	35.63	350m: 4:04.35	36.29	
	100m: 1:06.00	34.26	200m: 2:16.39	35.46	300m: 3:28.06	36.04	400m: 4:40.02	35.67	
8.	PODLEWSKA, Miriam SO		97	UKP Unia O wi cim				4:41.76	611
	50m: 31.73	31.73	150m: 1:41.74	35.38	250m: 2:53.88	36.47	350m: 4:06.19	36.20	
	100m: 1:06.36	34.63	200m: 2:17.41	35.67	300m: 3:29.99	36.11	400m: 4:41.76	35.57	
9.	LESZCZY SKA, Klaudia Julia SO		99	UKP Unia O wi cim				4:43.75	598
	50m: 31.91	31.91	150m: 1:42.02	35.74	250m: 2:54.51	36.58	350m: 4:08.25	36.95	
	100m: 1:06.28	34.37	200m: 2:17.93	35.91	300m: 3:31.30	36.79	400m: 4:43.75	35.50	
10.	NOWACKA, Aleksandra		90	AZS Warszawa				4:44.46	594
	50m: 32.17	32.17	150m: 1:43.63	36.35	250m: 2:57.08	36.59	350m: 4:09.41	36.20	
	100m: 1:07.28	35.11	200m: 2:20.49	36.86	300m: 3:33.21	36.13	400m: 4:44.46	35.05	
11.	ZROBEK, Natalia		99	UKS 190 Łód				4:46.44	581
	50m: 32.60	32.60	150m: 1:46.53	37.38	250m: 3:00.10	36.22	350m: 4:12.27	35.88	
	100m: 1:09.15	36.55	200m: 2:23.88	37.35	300m: 3:36.39	36.29	400m: 4:46.44	34.17	
12.	SADOWSKA, Klaudia		99	WKS I sk Wrocław				4:46.48	581
	50m: 31.94	31.94	150m: 1:44.69	36.89	250m: 2:58.96	37.17	350m: 4:12.21	36.43	
	100m: 1:07.80	35.86	200m: 2:21.79	37.10	300m: 3:35.78	36.82	400m: 4:46.48	34.27	
13.	KRÓL, Oliwia		99	MKS Trójka Łód				4:47.36	576
	50m: 33.32	33.32	150m: 1:47.26	37.64	250m: 3:01.11	37.34	350m: 4:13.49	36.04	
	100m: 1:09.62	36.30	200m: 2:23.77	36.51	300m: 3:37.45	36.34	400m: 4:47.36	33.87	
14.	JAROCHA, Wiktoria		98	KSZO Ostrowiec				4:48.80	567
	50m: 32.10	32.10	150m: 1:42.57	35.71	250m: 2:55.52	36.94	350m: 4:11.49	38.28	
	100m: 1:06.86	34.76	200m: 2:18.58	36.01	300m: 3:33.21	37.69	400m: 4:48.80	37.31	
15.	STAROS, Sandra		99	Uks Victoria Józefów				4:49.07	566
	50m: 33.28	33.28	150m: 1:45.54	36.42	250m: 2:58.89	36.79	350m: 4:13.37	36.90	
	100m: 1:09.12	35.84	200m: 2:22.10	36.56	300m: 3:36.47	37.58	400m: 4:49.07	35.70	
16.	TOMALA, Aleksandra SR		97	MKS ZRYW Opole				4:49.25	565
	50m: 33.59	33.59	150m: 1:49.18	37.58	250m: 3:03.14	36.66	350m: 4:15.65	36.08	
	100m: 1:11.60	38.01	200m: 2:26.48	37.30	300m: 3:39.57	36.43	400m: 4:49.25	33.60	

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

Pozycja			Rok ur.					Czas	Pkt.		
17.	LICHWA, Dominika SO		99	UKP Unia O wi cim				4:49.89	561		
	50m:	31.91 31.91	150m:	1:43.08	36.22	250m:	2:56.62	36.93	350m:	4:12.63	38.14
	100m:	1:06.86 34.95	200m:	2:19.69	36.61	300m:	3:34.49	37.87	400m:	4:49.89	37.26
18.	DUDA, Zuzanna		99	WKS I sk Wrocław				4:50.69	556		
	50m:	32.90 32.90	150m:	1:46.70	37.12	250m:	3:01.45	37.18	350m:	4:16.00	36.95
	100m:	1:09.58 36.68	200m:	2:24.27	37.57	300m:	3:39.05	37.60	400m:	4:50.69	34.69
19.	BRONEK, Martyna		00	UKS Aligator Gorzyce				4:50.80	556		
	50m:	31.15 31.15	150m:	1:44.40	37.32	250m:	2:59.56	37.86	350m:	4:15.67	38.05
	100m:	1:07.08 35.93	200m:	2:21.70	37.30	300m:	3:37.62	38.06	400m:	4:50.80	35.13
20.	FILIPEK, Jagoda		99	WKS I sk Wrocław				4:50.90	555		
	50m:	32.16 32.16	150m:	1:45.23	37.08	250m:	3:00.18	37.15	350m:	4:14.68	37.00
	100m:	1:08.15 35.99	200m:	2:23.03	37.80	300m:	3:37.68	37.50	400m:	4:50.90	36.22
21.	KRUSZCZY SKA, Julia		99	Ruch Grudzi dz				4:51.59	551		
	50m:	32.24 32.24	150m:	1:44.56	36.73	250m:	2:59.85	37.66	350m:	4:15.95	38.15
	100m:	1:07.83 35.59	200m:	2:22.19	37.63	300m:	3:37.80	37.95	400m:	4:51.59	35.64
22.	PROCHOWNIK, Olimpia SO		99	UKP Unia O wi cim				4:52.16	548		
	50m:	32.92 32.92	150m:	1:46.87	37.43	250m:	3:02.11	37.65	350m:	4:17.01	37.47
	100m:	1:09.44 36.52	200m:	2:24.46	37.59	300m:	3:39.54	37.43	400m:	4:52.16	35.15
23.	KAMI SKA, Joanna		94	MKS Trójka Łód				4:52.34	547		
	50m:	32.54 32.54	150m:	1:45.92	36.96	250m:	3:00.44	37.30	350m:	4:15.43	37.48
	100m:	1:08.96 36.42	200m:	2:23.14	37.22	300m:	3:37.95	37.51	400m:	4:52.34	36.91
24.	SZAFRA SKA, Julia SOc		00	KSZO Ostrowiec				4:52.61	545		
	50m:	32.54 32.54	150m:	1:46.38	37.14	250m:	3:01.31	37.55	350m:	4:15.82	37.22
	100m:	1:09.24 36.70	200m:	2:23.76	37.38	300m:	3:38.60	37.29	400m:	4:52.61	36.79
25.	ADAMCZYK, Agata		99	UKS Aligator Gorzyce				4:52.75	545		
	50m:	33.95 33.95	150m:	1:49.10	37.81	250m:	3:04.76	38.11	350m:	4:18.61	36.47
	100m:	1:11.29 37.34	200m:	2:26.65	37.55	300m:	3:42.14	37.38	400m:	4:52.75	34.14
26.	LIWI SKA, Kalina		00	WKS I sk Wrocław				4:54.37	536		
	50m:	33.15 33.15	150m:	1:46.89	37.19	250m:	3:02.64	37.86	350m:	4:18.02	37.41
	100m:	1:09.70 36.55	200m:	2:24.78	37.89	300m:	3:40.61	37.97	400m:	4:54.37	36.35
27.	REDNER, Sandra		99	MKS Trójka Łód				4:54.56	535		
	50m:	33.89 33.89	150m:	1:48.66	37.19	250m:	3:04.10	37.66	350m:	4:18.94	37.59
	100m:	1:11.47 37.58	200m:	2:26.44	37.78	300m:	3:41.35	37.25	400m:	4:54.56	35.62
28.	MACHNIK, Monika		97	DOKiS SP "Vega" Dobrodzie				4:54.78	533		
	50m:	33.72 33.72	150m:	1:47.50	37.48	250m:	3:02.53	37.42	350m:	4:18.10	37.54
	100m:	1:10.02 36.30	200m:	2:25.11	37.61	300m:	3:40.56	38.03	400m:	4:54.78	36.68
29.	DYKIJ, Dominika		98	WKS I sk Wrocław				4:57.78	517		
	50m:	33.16 33.16	150m:	1:47.70	38.14	250m:	3:03.14	38.29	350m:	4:19.78	38.83
	100m:	1:09.56 36.40	200m:	2:24.85	37.15	300m:	3:40.95	37.81	400m:	4:57.78	38.00
30.	RYBI SKA, Marcelina		99	WKS I sk Wrocław				4:57.82	517		
	50m:	34.44 34.44	150m:	1:50.23	38.31	250m:	3:06.77	38.05	350m:	4:22.29	37.68
	100m:	1:11.92 37.48	200m:	2:28.72	38.49	300m:	3:44.61	37.84	400m:	4:57.82	35.53
31.	HASNY, Marta SR		98	MMKS K dzierzyn-Ko le				4:58.91	512		
	50m:	33.40 33.40	150m:	1:49.62	38.31	250m:	3:05.80	37.91	350m:	4:21.61	37.09
	100m:	1:11.31 37.91	200m:	2:27.89	38.27	300m:	3:44.52	38.72	400m:	4:58.91	37.30
32.	KAMIENIARZ, Weronika		99	KS Górnik Radlin				5:01.16	500		
	50m:	33.72 33.72	150m:	1:49.59	38.16	250m:	3:07.33	38.78	350m:	4:23.96	38.22
	100m:	1:11.43 37.71	200m:	2:28.55	38.96	300m:	3:45.74	38.41	400m:	5:01.16	37.20
33.	KONDOLEWICZ, Aleksandra		99	WKS I sk Wrocław				5:01.23	500		
	50m:	32.42 32.42	150m:	1:46.88	37.98	250m:	3:03.77	38.75	350m:	4:22.55	40.30
	100m:	1:08.90 36.48	200m:	2:25.02	38.14	300m:	3:42.25	38.48	400m:	5:01.23	38.68
34.	ZABŁOCKA, Zuzanna		99	WKS I sk Wrocław				5:01.50	499		
	50m:	34.78 34.78	150m:	1:51.13	38.45	250m:	3:07.27	37.72	350m:	4:23.91	38.35
	100m:	1:12.68 37.90	200m:	2:29.55	38.42	300m:	3:45.56	38.29	400m:	5:01.50	37.59

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

Pozycja			Rok ur.				Czas	Pkt.
35.	WAŁEK, Julia	99	MKS ZRYW Opole			5:01.99	496	
	50m: 33.48 33.48	150m: 1:48.85 38.19	250m: 3:06.00 38.87	350m: 4:23.73 38.62				
	100m: 1:10.66 37.18	200m: 2:27.13 38.28	300m: 3:45.11 39.11	400m: 5:01.99 38.26				
36.	NIEMCZYCKA, Julia	99	WKS I sk Wrocław			5:02.85	492	
	50m: 32.58 32.58	150m: 1:48.64 38.81	250m: 3:06.58 39.18	350m: 4:25.19 39.53				
	100m: 1:09.83 37.25	200m: 2:27.40 38.76	300m: 3:45.66 39.08	400m: 5:02.85 37.66				
37.	STAWARZ, Sandra	98	WKS I sk Wrocław			5:02.95	491	
	50m: 34.37 34.37	150m: 1:50.12 38.51	250m: 3:06.70 38.33	350m: 4:25.66 40.00				
	100m: 1:11.61 37.24	200m: 2:28.37 38.25	300m: 3:45.66 38.96	400m: 5:02.95 37.29				
38.	WŁODARCZYK, Ewelina	96	MKS Trójka Łód			5:03.00	491	
	50m: 33.97 33.97	150m: 1:50.71 38.60	250m: 3:09.05 38.94	350m: 4:26.63 38.33				
	100m: 1:12.11 38.14	200m: 2:30.11 39.40	300m: 3:48.30 39.25	400m: 5:03.00 36.37				
39.	MYCEK, Agnieszka	00	WKS I sk Wrocław			5:04.82	482	
	50m: 35.25 35.25	150m: 1:53.05 38.98	250m: 3:10.66 38.73	350m: 4:27.29 37.82				
	100m: 1:14.07 38.82	200m: 2:31.93 38.88	300m: 3:49.47 38.81	400m: 5:04.82 37.53				
40.	PIPCZY SKA, Kamila	00	Uks Victoria Józefów			5:06.44	475	
	50m: 34.33 34.33	150m: 1:51.72 39.26	250m: 3:10.00 39.03	350m: 4:28.82 39.15				
	100m: 1:12.46 38.13	200m: 2:30.97 39.25	300m: 3:49.67 39.67	400m: 5:06.44 37.62				
41.	CHOJECKA, Karolina	00	UKS OLIMPIC Warka			5:06.54	474	
	50m: 34.00 34.00	150m: 1:51.48 39.83	250m: 3:11.37 40.12	350m: 4:30.76 39.79				
	100m: 1:11.65 37.65	200m: 2:31.25 39.77	300m: 3:50.97 39.60	400m: 5:06.54 35.78				
42.	GAJTKOWSKA, Zuzanna	00	UKS Aligator Gorzyce			5:12.51	448	
	50m: 34.30 34.30	150m: 1:53.90 40.00	250m: 3:14.30 40.31	350m: 4:34.93 40.33				
	100m: 1:13.90 39.60	200m: 2:33.99 40.09	300m: 3:54.60 40.30	400m: 5:12.51 37.58				
43.	MALINOWSKA, Zuzanna	00	WKS I sk Wrocław			5:13.83	442	
	50m: 35.10 35.10	150m: 1:55.08 39.92	250m: 3:15.51 39.76	350m: 4:35.07 39.36				
	100m: 1:15.16 40.06	200m: 2:35.75 40.67	300m: 3:55.71 40.20	400m: 5:13.83 38.76				
44.	WRÓBLEWSKA, Maja	00	WKS I sk Wrocław			5:22.45	407	
	50m: 35.95 35.95	150m: 1:57.69 41.75	250m: 3:20.73 41.67	350m: 4:43.46 41.45				
	100m: 1:15.94 39.99	200m: 2:39.06 41.37	300m: 4:02.01 41.28	400m: 5:22.45 38.99				
45.	WILISOWSKA, Julia	00	WKS I sk Wrocław			5:23.04	405	
	50m: 37.28 37.28	150m: 1:59.24 41.67	250m: 3:21.91 41.47	350m: 4:44.14 41.48				
	100m: 1:17.57 40.29	200m: 2:40.44 41.20	300m: 4:02.66 40.75	400m: 5:23.04 38.90				
NW	SKUDLIK, Magdalena	99	UKS Mata Kochłowice Ruda I sk					

19 - 23 lat

1.	ZACHOSZCZ, Joanna	93	AZS UWM Olsztyn			4:21.94	761
	50m: 30.84 30.84	150m: 1:36.06 32.83	250m: 2:42.33 33.19	350m: 3:49.09 33.42			
	100m: 1:03.23 32.39	200m: 2:09.14 33.08	300m: 3:15.67 33.34	400m: 4:21.94 32.85			
2.	WIKIEŁ, Manuela	92	AZS UWM Olsztyn			4:22.92	752
	50m: 31.42 31.42	150m: 1:36.74 32.85	250m: 2:43.18 33.29	350m: 3:50.34 33.75			
	100m: 1:03.89 32.47	200m: 2:09.89 33.15	300m: 3:16.59 33.41	400m: 4:22.92 32.58			
3.	NAZI BŁO, Klaudia	93	MKS Juwenia Wrocław			4:26.75	720
	50m: 31.58 31.58	150m: 1:40.35 34.56	250m: 2:48.38 33.74	350m: 3:55.35 33.17			
	100m: 1:05.79 34.21	200m: 2:14.64 34.29	300m: 3:22.18 33.80	400m: 4:26.75 31.40			
4.	OLCZAK, Mirella	93	AZS Warszawa			4:28.50	706
	50m: 31.53 31.53	150m: 1:39.93 34.40	250m: 2:48.06 34.25	350m: 3:55.70 33.49			
	100m: 1:05.53 34.00	200m: 2:13.81 33.88	300m: 3:22.21 34.15	400m: 4:28.50 32.80			
5.	PO AROWSZCZYK, Beata	91	MKS Juwenia Wrocław			4:36.32	648
	50m: 31.76 31.76	150m: 1:41.00 34.82	250m: 2:51.24 35.22	350m: 4:01.76 35.44			
	100m: 1:06.18 34.42	200m: 2:16.02 35.02	300m: 3:26.32 35.08	400m: 4:36.32 34.56			
6.	KAMI SKA, Joanna	94	MKS Trójka Łód			4:52.34	547
	50m: 32.54 32.54	150m: 1:45.92 36.96	250m: 3:00.44 37.30	350m: 4:15.43 37.48			
	100m: 1:08.96 36.42	200m: 2:23.14 37.22	300m: 3:37.95 37.51	400m: 4:52.34 36.91			

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Konkurencja 11, Kobiet, 400m dowolny

17 - 18 lat

1.	MACIUCH, Karolina	96	DOKiS SP "Vega" Dobrodzie	4:40.02	622
	50m: 31.74 31.74	150m: 1:40.93 34.93	250m: 2:52.02 35.63	350m: 4:04.35 36.29	
	100m: 1:06.00 34.26	200m: 2:16.39 35.46	300m: 3:28.06 36.04	400m: 4:40.02 35.67	
2.	PODLEWSKA, Miriam SO	97	UKP Unia O wi cim	4:41.76	611
	50m: 31.73 31.73	150m: 1:41.74 35.38	250m: 2:53.88 36.47	350m: 4:06.19 36.20	
	100m: 1:06.36 34.63	200m: 2:17.41 35.67	300m: 3:29.99 36.11	400m: 4:41.76 35.57	
3.	TOMALA, Aleksandra SR	97	MKS ZRYW Opole	4:49.25	565
	50m: 33.59 33.59	150m: 1:49.18 37.58	250m: 3:03.14 36.66	350m: 4:15.65 36.08	
	100m: 1:11.60 38.01	200m: 2:26.48 37.30	300m: 3:39.57 36.43	400m: 4:49.25 33.60	
4.	MACHNIK, Monika	97	DOKiS SP "Vega" Dobrodzie	4:54.78	533
	50m: 33.72 33.72	150m: 1:47.50 37.48	250m: 3:02.53 37.42	350m: 4:18.10 37.54	
	100m: 1:10.02 36.30	200m: 2:25.11 37.61	300m: 3:40.56 38.03	400m: 4:54.78 36.68	
5.	WŁODARCZYK, Ewelina	96	MKS Trójka Łód	5:03.00	491
	50m: 33.97 33.97	150m: 1:50.71 38.60	250m: 3:09.05 38.94	350m: 4:26.63 38.33	
	100m: 1:12.11 38.14	200m: 2:30.11 39.40	300m: 3:48.30 39.25	400m: 5:03.00 36.37	

16 lat

1.	GRUSZCZY SKA, Aleksandra SO	98	UKP Unia O wi cim	4:36.35	648
	50m: 31.31 31.31	150m: 1:40.40 34.94	250m: 2:50.93 35.32	350m: 4:01.46 35.36	
	100m: 1:05.46 34.15	200m: 2:15.61 35.21	300m: 3:26.10 35.17	400m: 4:36.35 34.89	
2.	JAROCHA, Wiktoria	98	KSZO Ostrowiec	4:48.80	567
	50m: 32.10 32.10	150m: 1:42.57 35.71	250m: 2:55.52 36.94	350m: 4:11.49 38.28	
	100m: 1:06.86 34.76	200m: 2:18.58 36.01	300m: 3:33.21 37.69	400m: 4:48.80 37.31	
3.	DYKIJ, Dominika	98	WKS I sk Wrocław	4:57.78	517
	50m: 33.16 33.16	150m: 1:47.70 38.14	250m: 3:03.14 38.29	350m: 4:19.78 38.83	
	100m: 1:09.56 36.40	200m: 2:24.85 37.15	300m: 3:40.95 37.81	400m: 4:57.78 38.00	
4.	HASNY, Marta SR	98	MMKS K dzierzyn-Ko le	4:58.91	512
	50m: 33.40 33.40	150m: 1:49.62 38.31	250m: 3:05.80 37.91	350m: 4:21.61 37.09	
	100m: 1:11.31 37.91	200m: 2:27.89 38.27	300m: 3:44.52 38.72	400m: 4:58.91 37.30	
5.	STAWARZ, Sandra	98	WKS I sk Wrocław	5:02.95	491
	50m: 34.37 34.37	150m: 1:50.12 38.51	250m: 3:06.70 38.33	350m: 4:25.66 40.00	
	100m: 1:11.61 37.24	200m: 2:28.37 38.25	300m: 3:45.66 38.96	400m: 5:02.95 37.29	

15 lat

1.	LESZCZY SKA, Klaudia Julia SO	99	UKP Unia O wi cim	4:43.75	598
	50m: 31.91 31.91	150m: 1:42.02 35.74	250m: 2:54.51 36.58	350m: 4:08.25 36.95	
	100m: 1:06.28 34.37	200m: 2:17.93 35.91	300m: 3:31.30 36.79	400m: 4:43.75 35.50	
2.	ZROBEK, Natalia	99	UKS 190 Łód	4:46.44	581
	50m: 32.60 32.60	150m: 1:46.53 37.38	250m: 3:00.10 36.22	350m: 4:12.27 35.88	
	100m: 1:09.15 36.55	200m: 2:23.88 37.35	300m: 3:36.39 36.29	400m: 4:46.44 34.17	
3.	SADOWSKA, Klaudia	99	WKS I sk Wrocław	4:46.48	581
	50m: 31.94 31.94	150m: 1:44.69 36.89	250m: 2:58.96 37.17	350m: 4:12.21 36.43	
	100m: 1:07.80 35.86	200m: 2:21.79 37.10	300m: 3:35.78 36.82	400m: 4:46.48 34.27	
4.	KRÓL, Oliwia	99	MKS Trójka Łód	4:47.36	576
	50m: 33.32 33.32	150m: 1:47.26 37.64	250m: 3:01.11 37.34	350m: 4:13.49 36.04	
	100m: 1:09.62 36.30	200m: 2:23.77 36.51	300m: 3:37.45 36.34	400m: 4:47.36 33.87	
5.	STAROS, Sandra	99	Uks Victoria Józefów	4:49.07	566
	50m: 33.28 33.28	150m: 1:45.54 36.42	250m: 2:58.89 36.79	350m: 4:13.37 36.90	
	100m: 1:09.12 35.84	200m: 2:22.10 36.56	300m: 3:36.47 37.58	400m: 4:49.07 35.70	
6.	LICHWA, Dominika SO	99	UKP Unia O wi cim	4:49.89	561
	50m: 31.91 31.91	150m: 1:43.08 36.22	250m: 2:56.62 36.93	350m: 4:12.63 38.14	
	100m: 1:06.86 34.95	200m: 2:19.69 36.61	300m: 3:34.49 37.87	400m: 4:49.89 37.26	

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Konkurencja 11, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.						Czas	Pkt.
7.	DUDA, Zuzanna		99	WKS I sk Wrocław					4:50.69	556
	50m:	32.90 32.90	150m:	1:46.70 37.12	250m:	3:01.45 37.18	350m:	4:16.00 36.95		
	100m:	1:09.58 36.68	200m:	2:24.27 37.57	300m:	3:39.05 37.60	400m:	4:50.69 34.69		
8.	FILIPEK, Jagoda		99	WKS I sk Wrocław					4:50.90	555
	50m:	32.16 32.16	150m:	1:45.23 37.08	250m:	3:00.18 37.15	350m:	4:14.68 37.00		
	100m:	1:08.15 35.99	200m:	2:23.03 37.80	300m:	3:37.68 37.50	400m:	4:50.90 36.22		
9.	KRUSZCZY SKA, Julia		99	Ruch Grudzi dz					4:51.59	551
	50m:	32.24 32.24	150m:	1:44.56 36.73	250m:	2:59.85 37.66	350m:	4:15.95 38.15		
	100m:	1:07.83 35.59	200m:	2:22.19 37.63	300m:	3:37.80 37.95	400m:	4:51.59 35.64		
10.	PROCHOWNIK, Olimpia SO		99	UKP Unia O wi cim					4:52.16	548
	50m:	32.92 32.92	150m:	1:46.87 37.43	250m:	3:02.11 37.65	350m:	4:17.01 37.47		
	100m:	1:09.44 36.52	200m:	2:24.46 37.59	300m:	3:39.54 37.43	400m:	4:52.16 35.15		
11.	ADAMCZYK, Agata		99	UKS Aligator Gorzyce					4:52.75	545
	50m:	33.95 33.95	150m:	1:49.10 37.81	250m:	3:04.76 38.11	350m:	4:18.61 36.47		
	100m:	1:11.29 37.34	200m:	2:26.65 37.55	300m:	3:42.14 37.38	400m:	4:52.75 34.14		
12.	REDNER, Sandra		99	MKS Trójka Łód					4:54.56	535
	50m:	33.89 33.89	150m:	1:48.66 37.19	250m:	3:04.10 37.66	350m:	4:18.94 37.59		
	100m:	1:11.47 37.58	200m:	2:26.44 37.78	300m:	3:41.35 37.25	400m:	4:54.56 35.62		
13.	RYBI SKA, Marcelina		99	WKS I sk Wrocław					4:57.82	517
	50m:	34.44 34.44	150m:	1:50.23 38.31	250m:	3:06.77 38.05	350m:	4:22.29 37.68		
	100m:	1:11.92 37.48	200m:	2:28.72 38.49	300m:	3:44.61 37.84	400m:	4:57.82 35.53		
14.	KAMIENIARZ, Weronika		99	KS Górnik Radlin					5:01.16	500
	50m:	33.72 33.72	150m:	1:49.59 38.16	250m:	3:07.33 38.78	350m:	4:23.96 38.22		
	100m:	1:11.43 37.71	200m:	2:28.55 38.96	300m:	3:45.74 38.41	400m:	5:01.16 37.20		
15.	KONDOLEWICZ, Aleksandra		99	WKS I sk Wrocław					5:01.23	500
	50m:	32.42 32.42	150m:	1:46.88 37.98	250m:	3:03.77 38.75	350m:	4:22.55 40.30		
	100m:	1:08.90 36.48	200m:	2:25.02 38.14	300m:	3:42.25 38.48	400m:	5:01.23 38.68		
16.	ZABŁOCKA, Zuzanna		99	WKS I sk Wrocław					5:01.50	499
	50m:	34.78 34.78	150m:	1:51.13 38.45	250m:	3:07.27 37.72	350m:	4:23.91 38.35		
	100m:	1:12.68 37.90	200m:	2:29.55 38.42	300m:	3:45.56 38.29	400m:	5:01.50 37.59		
17.	WAŁEK, Julia		99	MKS ZRYW Opole					5:01.99	496
	50m:	33.48 33.48	150m:	1:48.85 38.19	250m:	3:06.00 38.87	350m:	4:23.73 38.62		
	100m:	1:10.66 37.18	200m:	2:27.13 38.28	300m:	3:45.11 39.11	400m:	5:01.99 38.26		
18.	NIEMCZYCKA, Julia		99	WKS I sk Wrocław					5:02.85	492
	50m:	32.58 32.58	150m:	1:48.64 38.81	250m:	3:06.58 39.18	350m:	4:25.19 39.53		
	100m:	1:09.83 37.25	200m:	2:27.40 38.76	300m:	3:45.66 39.08	400m:	5:02.85 37.66		
NW	SKUDLIK, Magdalena		99	UKS Mata Kochłowice Ruda I sk						

14 lat

1.	BRONEK, Martyna		00	UKS Aligator Gorzyce					4:50.80	556
	50m:	31.15 31.15	150m:	1:44.40 37.32	250m:	2:59.56 37.86	350m:	4:15.67 38.05		
	100m:	1:07.08 35.93	200m:	2:21.70 37.30	300m:	3:37.62 38.06	400m:	4:50.80 35.13		
2.	SZAFRA SKA, Julia SOc		00	KSZO Ostrowiec					4:52.61	545
	50m:	32.54 32.54	150m:	1:46.38 37.14	250m:	3:01.31 37.55	350m:	4:15.82 37.22		
	100m:	1:09.24 36.70	200m:	2:23.76 37.38	300m:	3:38.60 37.29	400m:	4:52.61 36.79		
3.	LIWI SKA, Kalina		00	WKS I sk Wrocław					4:54.37	536
	50m:	33.15 33.15	150m:	1:46.89 37.19	250m:	3:02.64 37.86	350m:	4:18.02 37.41		
	100m:	1:09.70 36.55	200m:	2:24.78 37.89	300m:	3:40.61 37.97	400m:	4:54.37 36.35		
4.	MYCEK, Agnieszka		00	WKS I sk Wrocław					5:04.82	482
	50m:	35.25 35.25	150m:	1:53.05 38.98	250m:	3:10.66 38.73	350m:	4:27.29 37.82		
	100m:	1:14.07 38.82	200m:	2:31.93 38.88	300m:	3:49.47 38.81	400m:	5:04.82 37.53		
5.	PIPCZY SKA, Kamila		00	Uks Victoria Józefów					5:06.44	475
	50m:	34.33 34.33	150m:	1:51.72 39.26	250m:	3:10.00 39.03	350m:	4:28.82 39.15		
	100m:	1:12.46 38.13	200m:	2:30.97 39.25	300m:	3:49.67 39.67	400m:	5:06.44 37.62		

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Pozycja			Rok ur.					Czas	Pkt.
6.	CHOJECKA, Karolina		00	UKS OLIMPIC Warka				5:06.54	474
	50m: 34.00 34.00	150m: 1:51.48	39.83	250m: 3:11.37	40.12	350m: 4:30.76	39.79		
	100m: 1:11.65 37.65	200m: 2:31.25	39.77	300m: 3:50.97	39.60	400m: 5:06.54	35.78		
7.	GAJTKOWSKA, Zuzanna		00	UKS Aligator Gorzyce				5:12.51	448
	50m: 34.30 34.30	150m: 1:53.90	40.00	250m: 3:14.30	40.31	350m: 4:34.93	40.33		
	100m: 1:13.90 39.60	200m: 2:33.99	40.09	300m: 3:54.60	40.30	400m: 5:12.51	37.58		
8.	MALINOWSKA, Zuzanna		00	WKS I sk Wrocław				5:13.83	442
	50m: 35.10 35.10	150m: 1:55.08	39.92	250m: 3:15.51	39.76	350m: 4:35.07	39.36		
	100m: 1:15.16 40.06	200m: 2:35.75	40.67	300m: 3:55.71	40.20	400m: 5:13.83	38.76		
9.	WRÓBLEWSKA, Maja		00	WKS I sk Wrocław				5:22.45	407
	50m: 35.95 35.95	150m: 1:57.69	41.75	250m: 3:20.73	41.67	350m: 4:43.46	41.45		
	100m: 1:15.94 39.99	200m: 2:39.06	41.37	300m: 4:02.01	41.28	400m: 5:22.45	38.99		
10.	WILISOWSKA, Julia		00	WKS I sk Wrocław				5:23.04	405
	50m: 37.28 37.28	150m: 1:59.24	41.67	250m: 3:21.91	41.47	350m: 4:44.14	41.48		
	100m: 1:17.57 40.29	200m: 2:40.44	41.20	300m: 4:02.66	40.75	400m: 5:23.04	38.90		