

Grand Prix - Puchar Polski w Pływaniu  
Opole, 9- - 10-5-2015

Konkurencja 31  
2015-05-10 - 11:34

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

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

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
<b>14 lat i starsi</b>									
1.	Burska Justyna		95	UKS"Pi tka"Konstantynów Łódzki				<b>4:17.73</b>	798
	50m:	30.96 30.96	150m:	1:36.20 32.64	250m:	2:41.26 32.37	350m:	3:45.79 32.48	
	100m:	1:03.56 32.60	200m:	2:08.89 32.69	300m:	3:13.31 32.05	400m:	4:17.73 31.94	
2.	Wikieł Manuela		92	AZS UWM Olsztyn				<b>4:19.66</b>	781
	50m:	31.02 31.02	150m:	1:36.09 32.75	250m:	2:41.55 32.66	350m:	3:47.44 33.04	
	100m:	1:03.34 32.32	200m:	2:08.89 32.80	300m:	3:14.40 32.85	400m:	4:19.66 32.22	
3.	ukowska Paula		93	MKS Juvenia Wrocław				<b>4:19.85</b>	779
	50m:	30.25 30.25	150m:	1:35.84 33.07	250m:	2:41.87 32.79	350m:	3:47.89 32.94	
	100m:	1:02.77 32.52	200m:	2:09.08 33.24	300m:	3:14.95 33.08	400m:	4:19.85 31.96	
4.	Zachoszcz Joanna		93	AZS UWM Olsztyn				<b>4:20.08</b>	777
	50m:	30.72 30.72	150m:	1:36.06 32.90	250m:	2:41.73 32.70	350m:	3:47.69 32.99	
	100m:	1:03.16 32.44	200m:	2:09.03 32.97	300m:	3:14.70 32.97	400m:	4:20.08 32.39	
5.	Karpisz Milena		97	UKS"Pi tka"Konstantynów Łódzki				<b>4:21.76</b>	762
	50m:	31.51 31.51	150m:	1:37.60 33.04	250m:	2:43.72 32.91	350m:	3:49.88 32.91	
	100m:	1:04.56 33.05	200m:	2:10.81 33.21	300m:	3:16.97 33.25	400m:	4:21.76 31.88	
6.	Piechota Paulina		99	UKS 190 Łód				<b>4:23.36</b>	748
	50m:	31.20 31.20	150m:	1:37.86 33.29	250m:	2:44.23 33.19	350m:	3:50.88 33.44	
	100m:	1:04.57 33.37	200m:	2:11.04 33.18	300m:	3:17.44 33.21	400m:	4:23.36 32.48	
7.	Nita Anna		97	WKS I sk Wrocław				<b>4:30.76</b>	689
	50m:	32.01 32.01	150m:	1:39.84 33.75	250m:	2:47.34 33.71	350m:	3:56.35 34.61	
	100m:	1:06.09 34.08	200m:	2:13.63 33.79	300m:	3:21.74 34.40	400m:	4:30.76 34.41	
8.	Borkowska Lucyna SZG		97	Sambor Tczew				<b>4:33.48</b>	668
	50m:	31.94 31.94	150m:	1:39.91 34.06	250m:	2:49.35 35.01	350m:	3:59.45 35.07	
	100m:	1:05.85 33.91	200m:	2:14.34 34.43	300m:	3:24.38 35.03	400m:	4:33.48 34.03	
9.	Zrobek Natalia		99	MKS Jedynka Łód				<b>4:35.45</b>	654
	50m:	31.70 31.70	150m:	1:41.53 35.21	250m:	2:51.46 35.07	350m:	4:01.64 34.75	
	100m:	1:06.32 34.62	200m:	2:16.39 34.86	300m:	3:26.89 35.43	400m:	4:35.45 33.81	
10.	Wi niewska Oliwia		01	CSiR MOS D browa Górnicza				<b>4:37.32</b>	641
	50m:	32.39 32.39	150m:	1:43.09 35.42	250m:	2:53.90 35.16	350m:	4:04.42 34.81	
	100m:	1:07.67 35.28	200m:	2:18.74 35.65	300m:	3:29.61 35.71	400m:	4:37.32 32.90	
11.	Wojciechowska Joanna		98	LUKS Orlik Lublin				<b>4:39.71</b>	625
	50m:	31.89 31.89	150m:	1:40.37 34.75	250m:	2:51.86 35.89	350m:	4:04.16 35.97	
	100m:	1:05.62 33.73	200m:	2:15.97 35.60	300m:	3:28.19 36.33	400m:	4:39.71 35.55	
12.	Król Oliwia		99	MKS Trójka Łód				<b>4:40.44</b>	620
	50m:	31.85 31.85	150m:	1:41.71 35.29	250m:	2:53.09 35.85	350m:	4:05.12 36.10	
	100m:	1:06.42 34.57	200m:	2:17.24 35.53	300m:	3:29.02 35.93	400m:	4:40.44 35.32	
13.	Szafrska Julia SOc		00	KS KSZO Ostrowiec w.				<b>4:40.50</b>	619
	50m:	31.80 31.80	150m:	1:43.66 36.07	250m:	2:55.17 35.74	350m:	4:06.09 35.37	
	100m:	1:07.59 35.79	200m:	2:19.43 35.77	300m:	3:30.72 35.55	400m:	4:40.50 34.41	
14.	Rzo ca Patrycja		99	WKS I sk Wrocław				<b>4:40.51</b>	619
	50m:	32.54 32.54	150m:	1:44.77 36.30	250m:	2:56.58 35.40	350m:	4:07.04 34.71	
	100m:	1:08.47 35.93	200m:	2:21.18 36.41	300m:	3:32.33 35.75	400m:	4:40.51 33.47	
15.	Pecyna Michalina		00	IKS Konstancin				<b>4:41.64</b>	612
	50m:	32.42 32.42	150m:	1:43.96 35.89	250m:	2:55.91 36.11	350m:	4:07.63 36.00	
	100m:	1:08.07 35.65	200m:	2:19.80 35.84	300m:	3:31.63 35.72	400m:	4:41.64 34.01	
16.	Kossakowska Dominika		01	SiKReT Gliwice				<b>4:42.10</b>	609
	50m:	32.43 32.43	150m:	1:45.15 36.62	250m:	2:57.43 36.08	350m:	4:09.10 35.47	
	100m:	1:08.53 36.10	200m:	2:21.35 36.20	300m:	3:33.63 36.20	400m:	4:42.10 33.00	

Grand Prix - Puchar Polski w Pływaniu  
Opole, 9- - 10-5-2015

Konkurencja 31, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.			
17.	Musiół Wiktoria	SO	98	UKP UNIA O wi cim				<b>4:42.26</b>	608			
	50m:	32.37	32.37	150m:	1:42.51	35.30	250m:	2:54.05	35.67	350m:	4:06.61	36.25
	100m:	1:07.21	34.84	200m:	2:18.38	35.87	300m:	3:30.36	36.31	400m:	4:42.26	35.65
18.	Bronek Martyna		00	UKS Aligator Gorzyce				<b>4:42.72</b>	605			
	50m:	32.08	32.08	150m:	1:44.16	36.63	250m:	2:57.14	36.56	350m:	4:08.93	35.64
	100m:	1:07.53	35.45	200m:	2:20.58	36.42	300m:	3:33.29	36.15	400m:	4:42.72	33.79
19.	Niewiadomska Adrianna		99	UKS Gos Raszyn				<b>4:43.26</b>	601			
	50m:	31.53	31.53	150m:	1:43.79	36.19	250m:	2:57.02	36.52	350m:	4:09.84	36.51
	100m:	1:07.60	36.07	200m:	2:20.50	36.71	300m:	3:33.33	36.31	400m:	4:43.26	33.42
20.	Pankowska Wiktoria	SO	98	UKP UNIA O wi cim				<b>4:43.93</b>	597			
	50m:	32.62	32.62	150m:	1:44.54	36.19	250m:	2:56.28	35.48	350m:	4:08.86	36.77
	100m:	1:08.35	35.73	200m:	2:20.80	36.26	300m:	3:32.09	35.81	400m:	4:43.93	35.07
21.	Musiół Natalia		01	UKS Aligator Gorzyce				<b>4:44.29</b>	595			
	50m:	31.18	31.18	150m:	1:43.72	36.79	250m:	2:57.15	36.68	350m:	4:10.44	36.47
	100m:	1:06.93	35.75	200m:	2:20.47	36.75	300m:	3:33.97	36.82	400m:	4:44.29	33.85
22.	Wałek Julia		99	WKS I sk Wrocław				<b>4:44.35</b>	594			
	50m:	32.71	32.71	150m:	1:45.25	36.65	250m:	2:57.38	35.79	350m:	4:09.83	36.30
	100m:	1:08.60	35.89	200m:	2:21.59	36.34	300m:	3:33.53	36.15	400m:	4:44.35	34.52
23.	Bochenek Anna		01	UKS SKALAR Warszawa				<b>4:44.54</b>	593			
	50m:	32.66	32.66	150m:	1:43.76	36.07	250m:	2:56.59	36.63	350m:	4:09.60	36.54
	100m:	1:07.69	35.03	200m:	2:19.96	36.20	300m:	3:33.06	36.47	400m:	4:44.54	34.94
24.	Bernat Gabriela		99	UKS Skarpa Lublin				<b>4:45.23</b>	589			
	50m:	32.93	32.93	150m:	1:45.64	36.25	250m:	2:58.47	36.19	350m:	4:10.51	35.93
	100m:	1:09.39	36.46	200m:	2:22.28	36.64	300m:	3:34.58	36.11	400m:	4:45.23	34.72
25.	Górecka Weronika		00	MKS Juwenia Wrocław				<b>4:45.24</b>	589			
	50m:	32.38	32.38	150m:	1:45.04	36.46	250m:	2:57.84	36.26	350m:	4:09.93	35.99
	100m:	1:08.58	36.20	200m:	2:21.58	36.54	300m:	3:33.94	36.10	400m:	4:45.24	35.31
26.	Bednarek Zuzanna		01	MKS Jedyńka Łód				<b>4:45.48</b>	587			
	50m:	33.88	33.88	150m:	1:46.67	36.82	250m:	2:59.91	36.56	350m:	4:12.10	35.63
	100m:	1:09.85	35.97	200m:	2:23.35	36.68	300m:	3:36.47	36.56	400m:	4:45.48	33.38
27.	Wardzi ska Martyna		98	MKS Trójka Łód				<b>4:46.91</b>	579			
	50m:	33.06	33.06	150m:	1:45.28	36.63	250m:	2:58.66	36.48	350m:	4:11.55	36.12
	100m:	1:08.65	35.59	200m:	2:22.18	36.90	300m:	3:35.43	36.77	400m:	4:46.91	35.36
28.	Bła yczek Klaudia		00	KP Astromal Akwawit Leszno				<b>4:47.27</b>	576			
	50m:	33.12	33.12	150m:	1:46.45	37.04	250m:	2:59.58	36.42	350m:	4:12.78	36.24
	100m:	1:09.41	36.29	200m:	2:23.16	36.71	300m:	3:36.54	36.96	400m:	4:47.27	34.49
29.	Zawisza Alina	SO	00	UKP UNIA O wi cim				<b>4:48.12</b>	571			
	50m:	32.16	32.16	150m:	1:45.20	36.90	250m:	2:59.57	37.36	350m:	4:13.19	36.79
	100m:	1:08.30	36.14	200m:	2:22.21	37.01	300m:	3:36.40	36.83	400m:	4:48.12	34.93
30.	Pokrywka Karolina		98	MKS Trójka Łód				<b>4:48.96</b>	566			
	50m:	32.61	32.61	150m:	1:42.38	35.08	250m:	2:56.46	37.62	350m:	4:12.86	38.30
	100m:	1:07.30	34.69	200m:	2:18.84	36.46	300m:	3:34.56	38.10	400m:	4:48.96	36.10
31.	Adamczyk Agata		99	UKS Aligator Gorzyce				<b>4:51.38</b>	552			
	50m:	33.67	33.67	150m:	1:47.31	37.44	250m:	3:02.45	37.65	350m:	4:16.25	36.54
	100m:	1:09.87	36.20	200m:	2:24.80	37.49	300m:	3:39.71	37.26	400m:	4:51.38	35.13
32.	W ckowska Ewa		99	UKS Shark Rudna				<b>4:51.62</b>	551			
	50m:	32.92	32.92	150m:	1:45.77	36.76	250m:	3:00.04	37.20	350m:	4:15.71	37.86
	100m:	1:09.01	36.09	200m:	2:22.84	37.07	300m:	3:37.85	37.81	400m:	4:51.62	35.91
33.	Adamska Alicja		00	UKS Aligator Gorzyce				<b>4:52.23</b>	548			
	50m:	34.12	34.12	150m:	1:47.82	37.15	250m:	3:02.34	37.09	350m:	4:17.29	37.51
	100m:	1:10.67	36.55	200m:	2:25.25	37.43	300m:	3:39.78	37.44	400m:	4:52.23	34.94
34.	Bednarek Aleksandra		98	MKS Jedyńka Łód				<b>4:52.41</b>	547			
	50m:	33.66	33.66	150m:	1:46.30	36.36	250m:	3:00.50	37.23	350m:	4:16.13	37.63
	100m:	1:09.94	36.28	200m:	2:23.27	36.97	300m:	3:38.50	38.00	400m:	4:52.41	36.28

Grand Prix - Puchar Polski w Pływaniu  
Opole, 9- - 10-5-2015

Konkurencja 31, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.			
35.	Wicha Karolina	SOc	01	KS KSZO Ostrowiec	w.		<b>4:55.05</b>	532				
	50m:	33.07	33.07	150m:	1:47.29	37.49	250m:	3:03.24	38.17	350m:	4:18.26	37.10
	100m:	1:09.80	36.73	200m:	2:25.07	37.78	300m:	3:41.16	37.92	400m:	4:55.05	36.79
36.	Wegrzynowska Aleksandra		01	WKS I sk Wrocław			<b>4:56.50</b>	524				
	50m:	33.67	33.67	150m:	1:48.52	37.74	250m:	3:04.72	38.29	350m:	4:19.90	37.46
	100m:	1:10.78	37.11	200m:	2:26.43	37.91	300m:	3:42.44	37.72	400m:	4:56.50	36.60
37.	Sokół Zuzanna		01	IKS Konstancin			<b>4:57.08</b>	521				
	50m:	32.53	32.53	150m:	1:47.09	37.95	250m:	3:03.94	38.49	350m:	4:20.58	38.38
	100m:	1:09.14	36.61	200m:	2:25.45	38.36	300m:	3:42.20	38.26	400m:	4:57.08	36.50
38.	Chojecka Karolina		00	UKS Olympic Warka			<b>4:57.22</b>	520				
	50m:	31.59	31.59	150m:	1:44.51	37.18	250m:	3:01.96	38.67	350m:	4:20.07	38.63
	100m:	1:07.33	35.74	200m:	2:23.29	38.78	300m:	3:41.44	39.48	400m:	4:57.22	37.15
39.	Mycek Agnieszka		00	WKS I sk Wrocław			<b>4:57.60</b>	518				
	50m:	33.91	33.91	150m:	1:49.35	38.07	250m:	3:05.19	37.93	350m:	4:20.97	37.71
	100m:	1:11.28	37.37	200m:	2:27.26	37.91	300m:	3:43.26	38.07	400m:	4:57.60	36.63
40.	Mesjasz Julia		98	SP Meduza Paj czno			<b>4:57.61</b>	518				
	50m:	33.48	33.48	150m:	1:47.85	37.72	250m:	3:03.82	38.22	350m:	4:21.02	38.23
	100m:	1:10.13	36.65	200m:	2:25.60	37.75	300m:	3:42.79	38.97	400m:	4:57.61	36.59
41.	Balcer Julia		01	UKS 190 Łód			<b>4:58.35</b>	515				
	50m:	33.72	33.72	150m:	1:48.81	37.95	250m:	3:05.10	38.34	350m:	4:22.00	38.34
	100m:	1:10.86	37.14	200m:	2:26.76	37.95	300m:	3:43.66	38.56	400m:	4:58.35	36.35
42.	Malinowska Zuzanna		00	WKS I sk Wrocław			<b>4:59.32</b>	510				
	50m:	33.90	33.90	150m:	1:51.34	38.82	250m:	3:08.30	38.01	350m:	4:22.63	37.31
	100m:	1:12.52	38.62	200m:	2:30.29	38.95	300m:	3:45.32	37.02	400m:	4:59.32	36.69
43.	Gazda Zuzanna		01	CSiR MOS D browa Górnicza			<b>4:59.36</b>	509				
	50m:	34.46	34.46	150m:	1:50.86	38.50	250m:	3:07.38	38.34	350m:	4:23.62	37.59
	100m:	1:12.36	37.90	200m:	2:29.04	38.18	300m:	3:46.03	38.65	400m:	4:59.36	35.74
44.	I ycka Marta		00	UKS WODNIK Siemianowice laski			<b>5:00.07</b>	506				
	50m:	33.03	33.03	150m:	1:47.25	37.44	250m:	3:04.13	38.14	350m:	4:21.80	39.03
	100m:	1:09.81	36.78	200m:	2:25.99	38.74	300m:	3:42.77	38.64	400m:	5:00.07	38.27
45.	Sito Maria		01	UKS Aligator Gorzyce			<b>5:00.13</b>	505				
	50m:	33.75	33.75	150m:	1:50.56	38.72	250m:	3:06.88	37.93	350m:	4:23.90	38.58
	100m:	1:11.84	38.09	200m:	2:28.95	38.39	300m:	3:45.32	38.44	400m:	5:00.13	36.23
46.	liwi ska Kalina		00	WKS I sk Wrocław			<b>5:01.56</b>	498				
	50m:	34.14	34.14	150m:	1:50.19	38.52	250m:	3:07.06	38.80	350m:	4:24.01	38.31
	100m:	1:11.67	37.53	200m:	2:28.26	38.07	300m:	3:45.70	38.64	400m:	5:01.56	37.55
47.	Albayrak Julia		01	UKS Gos Raszyn			<b>5:01.90</b>	497				
	50m:	34.99	34.99	150m:	1:51.50	37.92	250m:	3:09.13	38.69	350m:	4:25.71	38.15
	100m:	1:13.58	38.59	200m:	2:30.44	38.94	300m:	3:47.56	38.43	400m:	5:01.90	36.19
48.	Piechota Karolina		01	UKS 190 Łód			<b>5:01.93</b>	496				
	50m:	36.09	36.09	150m:	1:53.68	39.29	250m:	3:10.73	38.90	350m:	4:26.29	37.66
	100m:	1:14.39	38.30	200m:	2:31.83	38.15	300m:	3:48.63	37.90	400m:	5:01.93	35.64
49.	Dmitroca Julia		01	KS "1" O arów Mazowiecki			<b>5:02.11</b>	496				
	50m:	34.57	34.57	150m:	1:51.29	39.25	250m:	3:08.43	38.68	350m:	4:25.56	38.40
	100m:	1:12.04	37.47	200m:	2:29.75	38.46	300m:	3:47.16	38.73	400m:	5:02.11	36.55
50.	Kern Dominika SR		98	MKS-SMS Victoria Racibórz			<b>5:03.51</b>	489				
	50m:	33.14	33.14	150m:	1:49.77	38.93	250m:	3:08.00	38.66	350m:	4:26.13	38.40
	100m:	1:10.84	37.70	200m:	2:29.34	39.57	300m:	3:47.73	39.73	400m:	5:03.51	37.38
51.	Skorupa Monika		99	DOKiS SP "Vega" Dobrodzie			<b>5:03.81</b>	487				
	50m:	33.34	33.34	150m:	1:50.21	39.21	250m:	3:08.43	38.60	350m:	4:26.60	38.81
	100m:	1:11.00	37.66	200m:	2:29.83	39.62	300m:	3:47.79	39.36	400m:	5:03.81	37.21
52.	Wróblewska Maja		00	WKS I sk Wrocław			<b>5:05.51</b>	479				
	50m:	33.89	33.89	150m:	1:50.20	38.47	250m:	3:08.68	39.24	350m:	4:26.99	38.96
	100m:	1:11.73	37.84	200m:	2:29.44	39.24	300m:	3:48.03	39.35	400m:	5:05.51	38.52

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Konkurencja 31, Kobiet, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
53.	Kacprzak Patrycja		00	MKS Trójka Łód				<b>5:06.64</b>	474
	50m:	33.94 33.94	150m:	1:49.68 38.30	250m:	3:08.32 39.56	350m:	4:27.73 39.53	
	100m:	1:11.38 37.44	200m:	2:28.76 39.08	300m:	3:48.20 39.88	400m:	5:06.64 38.91	
54.	Kałużka Natalia		01	MKS Trójka Łód				<b>5:08.14</b>	467
	50m:	34.35 34.35	150m:	1:52.21 39.43	250m:	3:12.35 40.68	350m:	4:31.86 39.57	
	100m:	1:12.78 38.43	200m:	2:31.67 39.46	300m:	3:52.29 39.94	400m:	5:08.14 36.28	
55.	Mazik Maria		01	SP Meduza Paj czno				<b>5:09.10</b>	463
	50m:	35.10 35.10	150m:	1:54.42 39.70	250m:	3:14.41 39.98	350m:	4:32.93 38.91	
	100m:	1:14.72 39.62	200m:	2:34.43 40.01	300m:	3:54.02 39.61	400m:	5:09.10 36.17	
56.	Peplak Aleksandra		01	KS "1" O arów Mazowiecki				<b>5:09.68</b>	460
	50m:	34.61 34.61	150m:	1:52.36 39.43	250m:	3:12.62 39.77	350m:	4:32.10 39.21	
	100m:	1:12.93 38.32	200m:	2:32.85 40.49	300m:	3:52.89 40.27	400m:	5:09.68 37.58	
57.	Kaczkowska Anna		01	UKS SKALAR Warszawa				<b>5:10.30</b>	457
	50m:	34.59 34.59	150m:	1:52.04 39.14	250m:	3:11.47 39.93	350m:	4:31.98 40.03	
	100m:	1:12.90 38.31	200m:	2:31.54 39.50	300m:	3:51.95 40.48	400m:	5:10.30 38.32	
58.	Gajtkowska Zuzanna		00	UKS Aligator Gorzyce				<b>5:10.98</b>	454
	50m:	34.52 34.52	150m:	1:52.86 39.68	250m:	3:12.68 40.02	350m:	4:33.34 40.46	
	100m:	1:13.18 38.66	200m:	2:32.66 39.80	300m:	3:52.88 40.20	400m:	5:10.98 37.64	
59.	Dziubli ska Maja		98	TKKF Szczygłowice				<b>5:11.32</b>	453
	50m:	35.93 35.93	150m:	1:54.66 39.72	250m:	3:13.75 39.51	350m:	4:34.02 40.08	
	100m:	1:14.94 39.01	200m:	2:34.24 39.58	300m:	3:53.94 40.19	400m:	5:11.32 37.30	
60.	Wilisowska Julia		00	WKS I sk Wrocław				<b>5:13.18</b>	445
	50m:	35.46 35.46	150m:	1:53.65 39.51	250m:	3:13.75 39.91	350m:	4:33.53 39.76	
	100m:	1:14.14 38.68	200m:	2:33.84 40.19	300m:	3:53.77 40.02	400m:	5:13.18 39.65	
61.	Mikołajczyk Julia		01	UKS 190 Łód				<b>5:13.75</b>	442
	50m:	35.52 35.52	150m:	1:53.84 39.84	250m:	3:14.26 39.96	350m:	4:34.19 39.45	
	100m:	1:14.00 38.48	200m:	2:34.30 40.46	300m:	3:54.74 40.48	400m:	5:13.75 39.56	
62.	Sasiela Sylwia		00	WKS I sk Wrocław				<b>5:19.93</b>	417
	50m:	34.26 34.26	150m:	1:54.43 41.38	250m:	3:17.58 41.50	350m:	4:40.28 40.99	
	100m:	1:13.05 38.79	200m:	2:36.08 41.65	300m:	3:59.29 41.71	400m:	5:19.93 39.65	
63.	Chwalczynska Aleksandra		01	WKS I sk Wrocław				<b>5:20.12</b>	416
	50m:	35.27 35.27	150m:	1:55.94 41.04	250m:	3:18.05 41.01	350m:	4:41.13 41.31	
	100m:	1:14.90 39.63	200m:	2:37.04 41.10	300m:	3:59.82 41.77	400m:	5:20.12 38.99	
64.	Sobczak Katarzyna		94	Start Wrocław				<b>5:21.11</b>	413
	50m:	36.28 36.28	150m:	1:55.40 40.01	250m:	3:17.27 41.24	350m:	4:40.77 41.96	
	100m:	1:15.39 39.11	200m:	2:36.03 40.63	300m:	3:58.81 41.54	400m:	5:21.11 40.34	
65.	Eperlein-Szewczuk Alma		01	WKS I sk Wrocław				<b>5:33.32</b>	369
	50m:	37.55 37.55	150m:	2:02.54 43.23	250m:	3:26.99 42.45	350m:	4:52.73 43.04	
	100m:	1:19.31 41.76	200m:	2:44.54 42.00	300m:	4:09.69 42.70	400m:	5:33.32 40.59	
66.	Smielak Natalia		01	WKS I sk Wrocław				<b>5:45.74</b>	330
	50m:	36.51 36.51	150m:	2:03.40 44.51	250m:	3:33.10 45.17	350m:	5:02.81 45.03	
	100m:	1:18.89 42.38	200m:	2:47.93 44.53	300m:	4:17.78 44.68	400m:	5:45.74 42.93	
NW	Gruszczyska Aleksandra SO		98	UKP UNIA O wi cim					

19 - 23 lat

1.	Burska Justyna		95	UKS "Pi tka" Konstantynów Łódzki				<b>4:17.73</b>	798
	50m:	30.96 30.96	150m:	1:36.20 32.64	250m:	2:41.26 32.37	350m:	3:45.79 32.48	
	100m:	1:03.56 32.60	200m:	2:08.89 32.69	300m:	3:13.31 32.05	400m:	4:17.73 31.94	
2.	Wiekł Manuela		92	AZS UWM Olsztyn				<b>4:19.66</b>	781
	50m:	31.02 31.02	150m:	1:36.09 32.75	250m:	2:41.55 32.66	350m:	3:47.44 33.04	
	100m:	1:03.34 32.32	200m:	2:08.89 32.80	300m:	3:14.40 32.85	400m:	4:19.66 32.22	
3.	ukowska Paula		93	MKS Juwenia Wrocław				<b>4:19.85</b>	779
	50m:	30.25 30.25	150m:	1:35.84 33.07	250m:	2:41.87 32.79	350m:	3:47.89 32.94	
	100m:	1:02.77 32.52	200m:	2:09.08 33.24	300m:	3:14.95 33.08	400m:	4:19.85 31.96	

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Konkurencja 31, Kobiet, 400m dowolny, 19 - 23 lat

Pozycja			Rok ur.					Czas	Pkt.
4.	Zachoszcz Joanna		93	AZS UWM Olsztyn				<b>4:20.08</b>	777
	50m:	30.72 30.72	150m:	1:36.06 32.90	250m:	2:41.73 32.70	350m:	3:47.69 32.99	
	100m:	1:03.16 32.44	200m:	2:09.03 32.97	300m:	3:14.70 32.97	400m:	4:20.08 32.39	
5.	Sobczak Katarzyna		94	Start Wrocław				<b>5:21.11</b>	413
	50m:	36.28 36.28	150m:	1:55.40 40.01	250m:	3:17.27 41.24	350m:	4:40.77 41.96	
	100m:	1:15.39 39.11	200m:	2:36.03 40.63	300m:	3:58.81 41.54	400m:	5:21.11 40.34	

17 - 18 lat

1.	Karpisz Milena		97	UKS"Pi tka"Konstantynów Łódzki				<b>4:21.76</b>	762
	50m:	31.51 31.51	150m:	1:37.60 33.04	250m:	2:43.72 32.91	350m:	3:49.88 32.91	
	100m:	1:04.56 33.05	200m:	2:10.81 33.21	300m:	3:16.97 33.25	400m:	4:21.76 31.88	
2.	Nita Anna		97	WKS I sk Wrocław				<b>4:30.76</b>	689
	50m:	32.01 32.01	150m:	1:39.84 33.75	250m:	2:47.34 33.71	350m:	3:56.35 34.61	
	100m:	1:06.09 34.08	200m:	2:13.63 33.79	300m:	3:21.74 34.40	400m:	4:30.76 34.41	
3.	Borkowska Lucyna SZG		97	Sambor Tczew				<b>4:33.48</b>	668
	50m:	31.94 31.94	150m:	1:39.91 34.06	250m:	2:49.35 35.01	350m:	3:59.45 35.07	
	100m:	1:05.85 33.91	200m:	2:14.34 34.43	300m:	3:24.38 35.03	400m:	4:33.48 34.03	
4.	Wojciechowska Joanna		98	LUKS Orlik Lublin				<b>4:39.71</b>	625
	50m:	31.89 31.89	150m:	1:40.37 34.75	250m:	2:51.86 35.89	350m:	4:04.16 35.97	
	100m:	1:05.62 33.73	200m:	2:15.97 35.60	300m:	3:28.19 36.33	400m:	4:39.71 35.55	
5.	Musiół Wiktoria SO		98	UKP UNIA O wi cim				<b>4:42.26</b>	608
	50m:	32.37 32.37	150m:	1:42.51 35.30	250m:	2:54.05 35.67	350m:	4:06.61 36.25	
	100m:	1:07.21 34.84	200m:	2:18.38 35.87	300m:	3:30.36 36.31	400m:	4:42.26 35.65	
6.	Pankowska Wiktoria SO		98	UKP UNIA O wi cim				<b>4:43.93</b>	597
	50m:	32.62 32.62	150m:	1:44.54 36.19	250m:	2:56.28 35.48	350m:	4:08.86 36.77	
	100m:	1:08.35 35.73	200m:	2:20.80 36.26	300m:	3:32.09 35.81	400m:	4:43.93 35.07	
7.	Wardzi ska Martyna		98	MKS Trójka Łód				<b>4:46.91</b>	579
	50m:	33.06 33.06	150m:	1:45.28 36.63	250m:	2:58.66 36.48	350m:	4:11.55 36.12	
	100m:	1:08.65 35.59	200m:	2:22.18 36.90	300m:	3:35.43 36.77	400m:	4:46.91 35.36	
8.	Pokrywka Karolina		98	MKS Trójka Łód				<b>4:48.96</b>	566
	50m:	32.61 32.61	150m:	1:42.38 35.08	250m:	2:56.46 37.62	350m:	4:12.86 38.30	
	100m:	1:07.30 34.69	200m:	2:18.84 36.46	300m:	3:34.56 38.10	400m:	4:48.96 36.10	
9.	Bednarek Aleksandra		98	MKS Jedyńka Łód				<b>4:52.41</b>	547
	50m:	33.66 33.66	150m:	1:46.30 36.36	250m:	3:00.50 37.23	350m:	4:16.13 37.63	
	100m:	1:09.94 36.28	200m:	2:23.27 36.97	300m:	3:38.50 38.00	400m:	4:52.41 36.28	
10.	Mesjasz Julia		98	SP Meduza Paj czno				<b>4:57.61</b>	518
	50m:	33.48 33.48	150m:	1:47.85 37.72	250m:	3:03.82 38.22	350m:	4:21.02 38.23	
	100m:	1:10.13 36.65	200m:	2:25.60 37.75	300m:	3:42.79 38.97	400m:	4:57.61 36.59	
11.	Kern Dominika SR		98	MKS-SMS Victoria Racibórz				<b>5:03.51</b>	489
	50m:	33.14 33.14	150m:	1:49.77 38.93	250m:	3:08.00 38.66	350m:	4:26.13 38.40	
	100m:	1:10.84 37.70	200m:	2:29.34 39.57	300m:	3:47.73 39.73	400m:	5:03.51 37.38	
12.	Dziubli ska Maja		98	TKKF Szczygłowice				<b>5:11.32</b>	453
	50m:	35.93 35.93	150m:	1:54.66 39.72	250m:	3:13.75 39.51	350m:	4:34.02 40.08	
	100m:	1:14.94 39.01	200m:	2:34.24 39.58	300m:	3:53.94 40.19	400m:	5:11.32 37.30	
NW	Gruszczy ska Aleksandra SO		98	UKP UNIA O wi cim					

16 lat

1.	Piechota Paulina		99	UKS 190 Łód				<b>4:23.36</b>	748
	50m:	31.20 31.20	150m:	1:37.86 33.29	250m:	2:44.23 33.19	350m:	3:50.88 33.44	
	100m:	1:04.57 33.37	200m:	2:11.04 33.18	300m:	3:17.44 33.21	400m:	4:23.36 32.48	
2.	Zrobek Natalia		99	MKS Jedyńka Łód				<b>4:35.45</b>	654
	50m:	31.70 31.70	150m:	1:41.53 35.21	250m:	2:51.46 35.07	350m:	4:01.64 34.75	
	100m:	1:06.32 34.62	200m:	2:16.39 34.86	300m:	3:26.89 35.43	400m:	4:35.45 33.81	

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Konkurencja 31, Dziewcz t, 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	Król Oliwia		99	MKS Trójka Łód				<b>4:40.44</b>	620
	50m:	31.85 31.85	150m:	1:41.71 35.29	250m:	2:53.09 35.85	350m:	4:05.12 36.10	
	100m:	1:06.42 34.57	200m:	2:17.24 35.53	300m:	3:29.02 35.93	400m:	4:40.44 35.32	
4.	Rzocha Patrycja		99	WKS I sk Wrocław				<b>4:40.51</b>	619
	50m:	32.54 32.54	150m:	1:44.77 36.30	250m:	2:56.58 35.40	350m:	4:07.04 34.71	
	100m:	1:08.47 35.93	200m:	2:21.18 36.41	300m:	3:32.33 35.75	400m:	4:40.51 33.47	
5.	Niewiadomska Adrianna		99	UKS Gos Raszyn				<b>4:43.26</b>	601
	50m:	31.53 31.53	150m:	1:43.79 36.19	250m:	2:57.02 36.52	350m:	4:09.84 36.51	
	100m:	1:07.60 36.07	200m:	2:20.50 36.71	300m:	3:33.33 36.31	400m:	4:43.26 33.42	
6.	Wałek Julia		99	WKS I sk Wrocław				<b>4:44.35</b>	594
	50m:	32.71 32.71	150m:	1:45.25 36.65	250m:	2:57.38 35.79	350m:	4:09.83 36.30	
	100m:	1:08.60 35.89	200m:	2:21.59 36.34	300m:	3:33.53 36.15	400m:	4:44.35 34.52	
7.	Bernat Gabriela		99	UKS Skarpa Lublin				<b>4:45.23</b>	589
	50m:	32.93 32.93	150m:	1:45.64 36.25	250m:	2:58.47 36.19	350m:	4:10.51 35.93	
	100m:	1:09.39 36.46	200m:	2:22.28 36.64	300m:	3:34.58 36.11	400m:	4:45.23 34.72	
8.	Adamczyk Agata		99	UKS Aligator Gorzyce				<b>4:51.38</b>	552
	50m:	33.67 33.67	150m:	1:47.31 37.44	250m:	3:02.45 37.65	350m:	4:16.25 36.54	
	100m:	1:09.87 36.20	200m:	2:24.80 37.49	300m:	3:39.71 37.26	400m:	4:51.38 35.13	
9.	Wackowska Ewa		99	UKS Shark Rudna				<b>4:51.62</b>	551
	50m:	32.92 32.92	150m:	1:45.77 36.76	250m:	3:00.04 37.20	350m:	4:15.71 37.86	
	100m:	1:09.01 36.09	200m:	2:22.84 37.07	300m:	3:37.85 37.81	400m:	4:51.62 35.91	
10.	Skorupa Monika		99	DOKiS SP "Vega" Dobrodzie				<b>5:03.81</b>	487
	50m:	33.34 33.34	150m:	1:50.21 39.21	250m:	3:08.43 38.60	350m:	4:26.60 38.81	
	100m:	1:11.00 37.66	200m:	2:29.83 39.62	300m:	3:47.79 39.36	400m:	5:03.81 37.21	

15 lat

1.	Szafranska Julia SOc		00	KS KSZO Ostrowiec w.				<b>4:40.50</b>	619
	50m:	31.80 31.80	150m:	1:43.66 36.07	250m:	2:55.17 35.74	350m:	4:06.09 35.37	
	100m:	1:07.59 35.79	200m:	2:19.43 35.77	300m:	3:30.72 35.55	400m:	4:40.50 34.41	
2.	Pecyna Michalina		00	IKS Konstancin				<b>4:41.64</b>	612
	50m:	32.42 32.42	150m:	1:43.96 35.89	250m:	2:55.91 36.11	350m:	4:07.63 36.00	
	100m:	1:08.07 35.65	200m:	2:19.80 35.84	300m:	3:31.63 35.72	400m:	4:41.64 34.01	
3.	Broniek Martyna		00	UKS Aligator Gorzyce				<b>4:42.72</b>	605
	50m:	32.08 32.08	150m:	1:44.16 36.63	250m:	2:57.14 36.56	350m:	4:08.93 35.64	
	100m:	1:07.53 35.45	200m:	2:20.58 36.42	300m:	3:33.29 36.15	400m:	4:42.72 33.79	
4.	Górecka Weronika		00	MKS Juwenia Wrocław				<b>4:45.24</b>	589
	50m:	32.38 32.38	150m:	1:45.04 36.46	250m:	2:57.84 36.26	350m:	4:09.93 35.99	
	100m:	1:08.58 36.20	200m:	2:21.58 36.54	300m:	3:33.94 36.10	400m:	4:45.24 35.31	
5.	Błażczyk Klaudia		00	KP Astromal Akwawit Leszno				<b>4:47.27</b>	576
	50m:	33.12 33.12	150m:	1:46.45 37.04	250m:	2:59.58 36.42	350m:	4:12.78 36.24	
	100m:	1:09.41 36.29	200m:	2:23.16 36.71	300m:	3:36.54 36.96	400m:	4:47.27 34.49	
6.	Zawisza Alina SO		00	UKP UNIA O wi cim				<b>4:48.12</b>	571
	50m:	32.16 32.16	150m:	1:45.20 36.90	250m:	2:59.57 37.36	350m:	4:13.19 36.79	
	100m:	1:08.30 36.14	200m:	2:22.21 37.01	300m:	3:36.40 36.83	400m:	4:48.12 34.93	
7.	Adamska Alicja		00	UKS Aligator Gorzyce				<b>4:52.23</b>	548
	50m:	34.12 34.12	150m:	1:47.82 37.15	250m:	3:02.34 37.09	350m:	4:17.29 37.51	
	100m:	1:10.67 36.55	200m:	2:25.25 37.43	300m:	3:39.78 37.44	400m:	4:52.23 34.94	
8.	Chojcka Karolina		00	UKS Olympic Warka				<b>4:57.22</b>	520
	50m:	31.59 31.59	150m:	1:44.51 37.18	250m:	3:01.96 38.67	350m:	4:20.07 38.63	
	100m:	1:07.33 35.74	200m:	2:23.29 38.78	300m:	3:41.44 39.48	400m:	4:57.22 37.15	
9.	Mycek Agnieszka		00	WKS I sk Wrocław				<b>4:57.60</b>	518
	50m:	33.91 33.91	150m:	1:49.35 38.07	250m:	3:05.19 37.93	350m:	4:20.97 37.71	
	100m:	1:11.28 37.37	200m:	2:27.26 37.91	300m:	3:43.26 38.07	400m:	4:57.60 36.63	

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Konkurencja 31, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.						Czas	Pkt.
10.	Malinowska Zuzanna		00	WKS I sk Wrocław					<b>4:59.32</b>	510
	50m:	33.90 33.90	150m:	1:51.34 38.82	250m:	3:08.30 38.01	350m:	4:22.63 37.31		
	100m:	1:12.52 38.62	200m:	2:30.29 38.95	300m:	3:45.32 37.02	400m:	4:59.32 36.69		
11.	I ycka Marta		00	UKS WODNIK Siemianowice laski					<b>5:00.07</b>	506
	50m:	33.03 33.03	150m:	1:47.25 37.44	250m:	3:04.13 38.14	350m:	4:21.80 39.03		
	100m:	1:09.81 36.78	200m:	2:25.99 38.74	300m:	3:42.77 38.64	400m:	5:00.07 38.27		
12.	liwi ska Kalina		00	WKS I sk Wrocław					<b>5:01.56</b>	498
	50m:	34.14 34.14	150m:	1:50.19 38.52	250m:	3:07.06 38.80	350m:	4:24.01 38.31		
	100m:	1:11.67 37.53	200m:	2:28.26 38.07	300m:	3:45.70 38.64	400m:	5:01.56 37.55		
13.	Wróblewska Maja		00	WKS I sk Wrocław					<b>5:05.51</b>	479
	50m:	33.89 33.89	150m:	1:50.20 38.47	250m:	3:08.68 39.24	350m:	4:26.99 38.96		
	100m:	1:11.73 37.84	200m:	2:29.44 39.24	300m:	3:48.03 39.35	400m:	5:05.51 38.52		
14.	Kacprzak Patrycja		00	MKS Trójka Łód					<b>5:06.64</b>	474
	50m:	33.94 33.94	150m:	1:49.68 38.30	250m:	3:08.32 39.56	350m:	4:27.73 39.53		
	100m:	1:11.38 37.44	200m:	2:28.76 39.08	300m:	3:48.20 39.88	400m:	5:06.64 38.91		
15.	Gajtkowska Zuzanna		00	UKS Aligator Gorzyce					<b>5:10.98</b>	454
	50m:	34.52 34.52	150m:	1:52.86 39.68	250m:	3:12.68 40.02	350m:	4:33.34 40.46		
	100m:	1:13.18 38.66	200m:	2:32.66 39.80	300m:	3:52.88 40.20	400m:	5:10.98 37.64		
16.	Wilisowska Julia		00	WKS I sk Wrocław					<b>5:13.18</b>	445
	50m:	35.46 35.46	150m:	1:53.65 39.51	250m:	3:13.75 39.91	350m:	4:33.53 39.76		
	100m:	1:14.14 38.68	200m:	2:33.84 40.19	300m:	3:53.77 40.02	400m:	5:13.18 39.65		
17.	Sasiela Sylwia		00	WKS I sk Wrocław					<b>5:19.93</b>	417
	50m:	34.26 34.26	150m:	1:54.43 41.38	250m:	3:17.58 41.50	350m:	4:40.28 40.99		
	100m:	1:13.05 38.79	200m:	2:36.08 41.65	300m:	3:59.29 41.71	400m:	5:19.93 39.65		

14 lat

1.	Wi niewska Oliwia		01	CSiR MOS D browa Górnicza					<b>4:37.32</b>	641
	50m:	32.39 32.39	150m:	1:43.09 35.42	250m:	2:53.90 35.16	350m:	4:04.42 34.81		
	100m:	1:07.67 35.28	200m:	2:18.74 35.65	300m:	3:29.61 35.71	400m:	4:37.32 32.90		
2.	Kossakowska Dominika		01	SiKRt Gliwice					<b>4:42.10</b>	609
	50m:	32.43 32.43	150m:	1:45.15 36.62	250m:	2:57.43 36.08	350m:	4:09.10 35.47		
	100m:	1:08.53 36.10	200m:	2:21.35 36.20	300m:	3:33.63 36.20	400m:	4:42.10 33.00		
3.	Musioł Natalia		01	UKS Aligator Gorzyce					<b>4:44.29</b>	595
	50m:	31.18 31.18	150m:	1:43.72 36.79	250m:	2:57.15 36.68	350m:	4:10.44 36.47		
	100m:	1:06.93 35.75	200m:	2:20.47 36.75	300m:	3:33.97 36.82	400m:	4:44.29 33.85		
4.	Bochenek Anna		01	UKS SKALAR Warszawa					<b>4:44.54</b>	593
	50m:	32.66 32.66	150m:	1:43.76 36.07	250m:	2:56.59 36.63	350m:	4:09.60 36.54		
	100m:	1:07.69 35.03	200m:	2:19.96 36.20	300m:	3:33.06 36.47	400m:	4:44.54 34.94		
5.	Bednarek Zuzanna		01	MKS Jedyńka Łód					<b>4:45.48</b>	587
	50m:	33.88 33.88	150m:	1:46.67 36.82	250m:	2:59.91 36.56	350m:	4:12.10 35.63		
	100m:	1:09.85 35.97	200m:	2:23.35 36.68	300m:	3:36.47 36.56	400m:	4:45.48 33.38		
6.	Wicha Karolina SOc		01	KS KSZO Ostrowiec w.					<b>4:55.05</b>	532
	50m:	33.07 33.07	150m:	1:47.29 37.49	250m:	3:03.24 38.17	350m:	4:18.26 37.10		
	100m:	1:09.80 36.73	200m:	2:25.07 37.78	300m:	3:41.16 37.92	400m:	4:55.05 36.79		
7.	Wegrzynowska Aleksandra		01	WKS I sk Wrocław					<b>4:56.50</b>	524
	50m:	33.67 33.67	150m:	1:48.52 37.74	250m:	3:04.72 38.29	350m:	4:19.90 37.46		
	100m:	1:10.78 37.11	200m:	2:26.43 37.91	300m:	3:42.44 37.72	400m:	4:56.50 36.60		
8.	Sokół Zuzanna		01	IKS Konstancin					<b>4:57.08</b>	521
	50m:	32.53 32.53	150m:	1:47.09 37.95	250m:	3:03.94 38.49	350m:	4:20.58 38.38		
	100m:	1:09.14 36.61	200m:	2:25.45 38.36	300m:	3:42.20 38.26	400m:	4:57.08 36.50		
9.	Balcer Julia		01	UKS 190 Łód					<b>4:58.35</b>	515
	50m:	33.72 33.72	150m:	1:48.81 37.95	250m:	3:05.10 38.34	350m:	4:22.00 38.34		
	100m:	1:10.86 37.14	200m:	2:26.76 37.95	300m:	3:43.66 38.56	400m:	4:58.35 36.35		

Grand Prix - Puchar Polski w Pływaniu  
Opole, 9- - 10-5-2015

Konkurencja 31, Dziewcz t, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
10.	Gazda Zuzanna		01	CSiR MOS D browa Górnicza				<b>4:59.36</b>	509
	50m:	34.46 34.46	150m:	1:50.86 38.50	250m:	3:07.38 38.34	350m:	4:23.62 37.59	
	100m:	1:12.36 37.90	200m:	2:29.04 38.18	300m:	3:46.03 38.65	400m:	4:59.36 35.74	
11.	Sito Maria		01	UKS Aligator Gorzyce				<b>5:00.13</b>	505
	50m:	33.75 33.75	150m:	1:50.56 38.72	250m:	3:06.88 37.93	350m:	4:23.90 38.58	
	100m:	1:11.84 38.09	200m:	2:28.95 38.39	300m:	3:45.32 38.44	400m:	5:00.13 36.23	
12.	Albayrak Julia		01	UKS Gos Raszyn				<b>5:01.90</b>	497
	50m:	34.99 34.99	150m:	1:51.50 37.92	250m:	3:09.13 38.69	350m:	4:25.71 38.15	
	100m:	1:13.58 38.59	200m:	2:30.44 38.94	300m:	3:47.56 38.43	400m:	5:01.90 36.19	
13.	Piechota Karolina		01	UKS 190 Łód				<b>5:01.93</b>	496
	50m:	36.09 36.09	150m:	1:53.68 39.29	250m:	3:10.73 38.90	350m:	4:26.29 37.66	
	100m:	1:14.39 38.30	200m:	2:31.83 38.15	300m:	3:48.63 37.90	400m:	5:01.93 35.64	
14.	Dmitroca Julia		01	KS "1" O arów Mazowiecki				<b>5:02.11</b>	496
	50m:	34.57 34.57	150m:	1:51.29 39.25	250m:	3:08.43 38.68	350m:	4:25.56 38.40	
	100m:	1:12.04 37.47	200m:	2:29.75 38.46	300m:	3:47.16 38.73	400m:	5:02.11 36.55	
15.	Kałucka Natalia		01	MKS Trójka Łód				<b>5:08.14</b>	467
	50m:	34.35 34.35	150m:	1:52.21 39.43	250m:	3:12.35 40.68	350m:	4:31.86 39.57	
	100m:	1:12.78 38.43	200m:	2:31.67 39.46	300m:	3:52.29 39.94	400m:	5:08.14 36.28	
16.	Mazik Maria		01	SP Meduza Paj czno				<b>5:09.10</b>	463
	50m:	35.10 35.10	150m:	1:54.42 39.70	250m:	3:14.41 39.98	350m:	4:32.93 38.91	
	100m:	1:14.72 39.62	200m:	2:34.43 40.01	300m:	3:54.02 39.61	400m:	5:09.10 36.17	
17.	Peplak Aleksandra		01	KS "1" O arów Mazowiecki				<b>5:09.68</b>	460
	50m:	34.61 34.61	150m:	1:52.36 39.43	250m:	3:12.62 39.77	350m:	4:32.10 39.21	
	100m:	1:12.93 38.32	200m:	2:32.85 40.49	300m:	3:52.89 40.27	400m:	5:09.68 37.58	
18.	Kaczkowska Anna		01	UKS SKALAR Warszawa				<b>5:10.30</b>	457
	50m:	34.59 34.59	150m:	1:52.04 39.14	250m:	3:11.47 39.93	350m:	4:31.98 40.03	
	100m:	1:12.90 38.31	200m:	2:31.54 39.50	300m:	3:51.95 40.48	400m:	5:10.30 38.32	
19.	Mikołajczyk Julia		01	UKS 190 Łód				<b>5:13.75</b>	442
	50m:	35.52 35.52	150m:	1:53.84 39.84	250m:	3:14.26 39.96	350m:	4:34.19 39.45	
	100m:	1:14.00 38.48	200m:	2:34.30 40.46	300m:	3:54.74 40.48	400m:	5:13.75 39.56	
20.	Chwalczynska Aleksandra		01	WKS I sk Wrocław				<b>5:20.12</b>	416
	50m:	35.27 35.27	150m:	1:55.94 41.04	250m:	3:18.05 41.01	350m:	4:41.13 41.31	
	100m:	1:14.90 39.63	200m:	2:37.04 41.10	300m:	3:59.82 41.77	400m:	5:20.12 38.99	
21.	Eperlein-Szewczuk Alma		01	WKS I sk Wrocław				<b>5:33.32</b>	369
	50m:	37.55 37.55	150m:	2:02.54 43.23	250m:	3:26.99 42.45	350m:	4:52.73 43.04	
	100m:	1:19.31 41.76	200m:	2:44.54 42.00	300m:	4:09.69 42.70	400m:	5:33.32 40.59	
22.	Smielak Natalia		01	WKS I sk Wrocław				<b>5:45.74</b>	330
	50m:	36.51 36.51	150m:	2:03.40 44.51	250m:	3:33.10 45.17	350m:	5:02.81 45.03	
	100m:	1:18.89 42.38	200m:	2:47.93 44.53	300m:	4:17.78 44.68	400m:	5:45.74 42.93	