

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

Event 31  
2015-05-10 - 11:34

Women, 400m Freestyle

14 years and older  
Results

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

Points: FINA 2014

Rank			YB					Time	Pts
<b>14 years and older</b>									
1.	Burska Justyna		95	UKS"Piatka"Konstantynow Lodzki				<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.	Wikiel 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.	Zukowska Paula		93	MKS Juvenia Wroclaw				<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"Piatka"Konstantynow Lodzki				<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 Lodz				<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 Slask Wroclaw				<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 Jedyńka Lodz				<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.	Wisniewska Oliwia		01	CSiR MOS Dabrowa Gornicza				<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.	Krol Oliwia		99	MKS Trojka Lodz				<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.	Szafranska Julia SOc		00	KS KSZO Ostrowiec Sw.				<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.	Rzonca Patrycja		99	WKS Slask Wroclaw				<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  
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Event 31, Women, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
17.	Musiol Wiktoria SO				98	UKP UNIA Oswiecim				<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 Oswiecim				<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.	Musiol 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.	Walek Julia				99	WKS Slask Wroclaw				<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.	Gorecka Weronika				00	MKS Juwenia Wroclaw				<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 Lodz				<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.	Wardzinska Martyna				98	MKS Trojka Lodz				<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.	Blazyczek 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 Oswiecim				<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 Trojka Lodz				<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.	Weckowska 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 Lodz				<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

Event 31, Women, 400m Freestyle, 14 years and older

Rank					YB					Time	Pts	
35.	Wicha Karolina SOc				01	KS KSZO Ostrowiec Sw.				<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 Slask Wroclaw				<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.	Sokol 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 Slask Wroclaw				<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 Pajeczno				<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 Lodz				<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 Slask Wroclaw				<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 Dabrowa Gornicza				<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.	Izycka Marta				00	UKS WODNIK Siemianowice Slaski				<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.	Sliwinska Kalina				00	WKS Slask Wroclaw				<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 Lodz				<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" Ozarow 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 Raciborz				<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" Dobrodzien				<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.	Wroblewska Maja				00	WKS Slask Wroclaw				<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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Opole, 9- - 10-5-2015

Event 31, Women, 400m Freestyle, 14 years and older

Rank			YB					Time	Pts
53.	Kacprzak Patrycja		00	MKS Trojka Lodz			<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.	Kalucka Natalia		01	MKS Trojka Lodz			<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 Pajeczno			<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" Ozarow 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.	Dziublinska Maja		98	TKKF Szczyglowice			<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 Slask Wroclaw			<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.	Mikolajczyk Julia		01	UKS 190 Lodz			<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 Slask Wroclaw			<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 Slask Wroclaw			<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 Wroclaw			<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 Slask Wroclaw			<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 Slask Wroclaw			<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	
DNS	Gruszczynska Aleksandra SO		98	UKP UNIA Oswiecim					

19 - 23 years

1.	Burska Justyna		95	UKS"Piatka"Konstantynow Lodzki			<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.	Wikiel 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.	Zukowska Paula		93	MKS Juvenia Wroclaw			<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

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

Event 31, Women, 400m Freestyle, 19 - 23 years

Rank			YB					Time	Pts			
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 Wroclaw				<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 years

1.	Karpisz Milena		97	UKS"Piatka"Konstantynow Lodzki				<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 Slask Wroclaw				<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.	Musiol Wiktoria SO		98	UKP UNIA Oswiecim				<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 Oswiecim				<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.	Wardzinska Martyna		98	MKS Trojka Lodz				<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 Trojka Lodz				<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 Jedyinka Lodz				<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 Pajeczno				<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 Raciborz				<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.	Dziublinska Maja		98	TKKF Szczyglowice				<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
DNS	Gruszczynska Aleksandra SO		98	UKP UNIA Oswiecim								

16 years

1.	Piechota Paulina		99	UKS 190 Lodz				<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 Jedyinka Lodz				<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

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

Event 31, Girls, 400m Freestyle, 16 years

Rank					YB					Time	Pts	
3.	Krol Oliwia				99	MKS Trojka Lodz				<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.	Rzonca Patrycja				99	WKS Slask Wroclaw				<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.	Walek Julia				99	WKS Slask Wroclaw				<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.	Weckowska 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" Dobrodzien				<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 years

1.	Szafranska Julia SOc				00	KS KSZO Ostrowiec Sw.				<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.	Gorecka Weronika				00	MKS Juvenia Wroclaw				<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.	Blazyczek 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 Oswiecim				<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 Slask Wroclaw				<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

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

Event 31, Girls, 400m Freestyle, 15 years

Rank			YB					Time	Pts			
10.	Malinowska Zuzanna		00	WKS Slask Wroclaw				<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.	Izycka Marta		00	UKS WODNIK Siemianowice Slaski				<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.	Sliwinska Kalina		00	WKS Slask Wroclaw				<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.	Wroblewska Maja		00	WKS Slask Wroclaw				<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 Trojka Lodz				<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 Slask Wroclaw				<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 Slask Wroclaw				<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 years

1.	Wisniewska Oliwia		01	CSiR MOS Dabrowa Gornicza				<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	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
3.	Musiol 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 Jedyinka Lodz				<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 Sw.				<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 Slask Wroclaw				<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.	Sokol 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 Lodz				<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

Event 31, Girls, 400m Freestyle, 14 years

Rank					YB					Time	Pts	
10.	Gazda Zuzanna				01	CSiR MOS Dabrowa Gornicza				<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 Lodz				<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" Ozarow 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.	Kalucka Natalia				01	MKS Trojka Lodz				<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 Pajeczno				<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" Ozarow 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.	Mikolajczyk Julia				01	UKS 190 Lodz				<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 Slask Wroclaw				<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 Slask Wroclaw				<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 Slask Wroclaw				<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