



GRAND PRIX PUCHAR POLSKI  
Opole, 16- - 17-4-2016

Konkurencja 11  
2016-04-16 - 12:43  
Kobiet, 400m dowolny  
Sponsor K. Skrzypek Prezes Energopol Trade Opole  
14 lat i starsi  
Wyniki

Rekord Polski Open	4:04.23	Jedrzejczak Otylia	00114	Melbourne (AUS)	2007-03-25
Rekord Polski 14	4:16.54	Kilija ska Donata	00612	Tampere (FIN)	2009-07-20
Rekord Polski 15	4:16.54	Kilija ska Donata	00612	Helsinki (FIN)	2010-07-15
Rekord Polski 16	4:12.62	Zukowska Paula	00107	Doha (QAT)	2009-12-09
Rekord Polski 17	4:12.62	Ukowska Paula	00107	Doha	2009-12-09
Rekord Polski 18	4:16.05	Budzis Joanna	00914	Prague (CZE)	2008-06-21

Punkty: FINA 2015

Pozycja	Rok ur.	Czas	Pkt.
14 lat			
1. Kryszkowska Natalia	02 MZOS Płock	<b>4:42.72</b>	599
50m: 31.41 31.41	150m: 1:42.77 36.44	250m: 2:55.56 36.68	350m: 4:08.32 36.03
100m: 1:06.33 34.92	200m: 2:18.88 36.11	300m: 3:32.29 36.73	400m: 4:42.72 34.40
2. Kuchta Maria	02 Sambor Tczew	<b>4:47.65</b>	569
50m: 33.33 33.33	150m: 1:47.32 37.12	250m: 3:01.32 36.85	350m: 4:13.77 36.19
100m: 1:10.20 36.87	200m: 2:24.47 37.15	300m: 3:37.58 36.26	400m: 4:47.65 33.88
3. Pluta Emilia	02 UKS Aligator Gorzyce	<b>4:48.93</b>	561
50m: 32.84 32.84	150m: 1:45.71 36.66	250m: 2:59.80 37.17	350m: 4:13.71 36.74
100m: 1:09.05 36.21	200m: 2:22.63 36.92	300m: 3:36.97 37.17	400m: 4:48.93 35.22
4. Peciak Katarzyna	02 Solne Miasto Wieliczka	<b>4:52.81</b>	539
50m: 33.44 33.44	150m: 1:47.38 37.74	250m: 3:03.54 37.77	350m: 4:18.12 37.26
100m: 1:09.64 36.20	200m: 2:25.77 38.39	300m: 3:40.86 37.32	400m: 4:52.81 34.69
5. Pawłowska Barbara	02 UKS 190 Łódź	<b>4:54.48</b>	530
50m: 33.71 33.71	150m: 1:49.57 38.38	250m: 3:05.13 38.23	350m: 4:18.67 36.79
100m: 1:11.19 37.48	200m: 2:26.90 37.33	300m: 3:41.88 36.75	400m: 4:54.48 35.81
6. Spik Vanessa	02 DOKiS SP Vega Dobrodzie	<b>4:57.42</b>	514
50m: 32.31 32.31	150m: 1:48.16 38.29	250m: 3:04.36 38.03	350m: 4:20.58 37.66
100m: 1:09.87 37.56	200m: 2:26.33 38.17	300m: 3:42.92 38.56	400m: 4:57.42 36.84
7. Nowakowska Małgorzata	02 UKS 190 Łódź	<b>4:58.47</b>	509
50m: 34.00 34.00	150m: 1:50.65 38.37	250m: 3:07.09 38.05	350m: 4:22.33 37.41
100m: 1:12.28 38.28	200m: 2:29.04 38.39	300m: 3:44.92 37.83	400m: 4:58.47 36.14
8. Prochownik Martyna So	02 UKP UNIA O wi cim	<b>4:59.15</b>	505
50m: 34.84 34.84	150m: 1:51.52 38.72	250m: 3:07.92 38.17	350m: 4:22.93 37.32
100m: 1:12.80 37.96	200m: 2:29.75 38.23	300m: 3:45.61 37.69	400m: 4:59.15 36.22
9. Szymczak Patrycja	02 UKS Manta Kochłowice	<b>5:01.78</b>	492
50m: 33.49 33.49	150m: 1:50.61 38.74	250m: 3:08.85 39.44	350m: 4:25.51 38.19
100m: 1:11.87 38.38	200m: 2:29.41 38.80	300m: 3:47.32 38.47	400m: 5:01.78 36.27
10. D browska Tatiana	02 UKS Pi tka Konstantinów Łódzki	<b>5:03.66</b>	483
50m: 34.65 34.65	150m: 1:52.22 38.95	250m: 3:10.54 38.86	350m: 4:28.06 38.97
100m: 1:13.27 38.62	200m: 2:31.68 39.46	300m: 3:49.09 38.55	400m: 5:03.66 35.60
11. Miksa Paulina	02 UKS 190 Łódź	<b>5:04.05</b>	481
50m: 34.98 34.98	150m: 1:51.74 38.75	250m: 3:10.03 39.33	350m: 4:26.65 37.53
100m: 1:12.99 38.01	200m: 2:30.70 38.96	300m: 3:49.12 39.09	400m: 5:04.05 37.40
12. Szkoda Klaudia	02 CSiR MOS D browa Górnicza	<b>5:04.95</b>	477
50m: 35.30 35.30	150m: 1:52.27 38.75	250m: 3:10.35 38.75	350m: 4:27.85 38.68
100m: 1:13.52 38.22	200m: 2:31.60 39.33	300m: 3:49.17 38.82	400m: 5:04.95 37.10



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Konkurencja 11, Dziewcz t, 400m dowolny, 14 lat

Pozycja	Rok ur.	Czas	Pkt.
13. Palonka Zuzanna	02 WKS lask Wrocław	<b>5:05.64</b>	474
50m: 36.09 36.09	150m: 1:54.75 39.65	250m: 3:12.13 38.48	350m: 4:28.87 38.12
100m: 1:15.10 39.01	200m: 2:33.65 38.90	300m: 3:50.75 38.62	400m: 5:05.64 36.77
14. Orłowska Zuzanna	02 UKS NAWA Skierniewice	<b>5:06.48</b>	470
50m: 34.05 34.05	150m: 1:51.75 39.38	250m: 3:10.76 39.39	350m: 4:28.78 39.22
100m: 1:12.37 38.32	200m: 2:31.37 39.62	300m: 3:49.56 38.80	400m: 5:06.48 37.70
15. Fuks Emilia	02 UKS Wodnik Siemianowice I.	<b>5:10.85</b>	450
50m: 34.76 34.76	150m: 1:53.76 40.34	250m: 3:13.80 40.05	350m: 4:33.19 39.45
100m: 1:13.42 38.66	200m: 2:33.75 39.99	300m: 3:53.74 39.94	400m: 5:10.85 37.66
16. Wrze niewska Agnieszka	02 UKS 5 plus 1 Opole	<b>5:26.54</b>	388
50m: 36.55 36.55	150m: 1:59.69 41.96	250m: 3:24.67 42.54	350m: 4:48.84 41.73
100m: 1:17.73 41.18	200m: 2:42.13 42.44	300m: 4:07.11 42.44	400m: 5:26.54 37.70
17. Tatarzyska Agata	02 WKS lask Wrocław	<b>5:27.46</b>	385
50m: 37.21 37.21	150m: 2:00.34 42.25	250m: 3:24.68 42.25	350m: 4:48.29 41.74
100m: 1:18.09 40.88	200m: 2:42.43 42.09	300m: 4:06.55 41.87	400m: 5:27.46 39.17

15 lat

1. Winiowska Oliwia	01 CSiR MOS D browa Górnicza	<b>4:34.15</b>	657
50m: 31.92 31.92	150m: 1:41.67 35.08	250m: 2:51.56 34.66	350m: 4:01.39 34.73
100m: 1:06.59 34.67	200m: 2:16.90 35.23	300m: 3:26.66 35.10	400m: 4:34.15 32.76
2. Krauze Alicja	01 MAL WOPR Malbork	<b>4:41.95</b>	604
50m: 31.69 31.69	150m: 1:43.05 36.18	250m: 2:55.57 36.18	350m: 4:07.74 36.18
100m: 1:06.87 35.18	200m: 2:19.39 36.34	300m: 3:31.56 35.99	400m: 4:41.95 34.21
3. Osińska Wiktoria	01 UKS SP 149 Łódź	<b>4:43.86</b>	592
50m: 32.59 32.59	150m: 1:43.87 35.60	250m: 2:56.32 36.39	350m: 4:08.87 36.16
100m: 1:08.27 35.68	200m: 2:19.93 36.06	300m: 3:32.71 36.39	400m: 4:43.86 34.99
4. Łysakowska Julia SL	01 AZS UMCS Lublin	<b>4:43.99</b>	591
50m: 33.85 33.85	150m: 1:46.01 36.28	250m: 2:58.99 36.23	350m: 4:11.02 35.89
100m: 1:09.73 35.88	200m: 2:22.76 36.75	300m: 3:35.13 36.14	400m: 4:43.99 32.97
5. Bura Dominika	01 UKS Aligator Gorzyce	<b>4:46.86</b>	573
50m: 32.47 32.47	150m: 1:45.46 36.89	250m: 3:00.09 37.32	350m: 4:13.17 36.02
100m: 1:08.57 36.10	200m: 2:22.77 37.31	300m: 3:37.15 37.06	400m: 4:46.86 33.69
6. Juwicka Zuzanna	01 MKS Trójka Łódź	<b>4:47.70</b>	568
50m: 32.58 32.58	150m: 1:44.72 36.32	250m: 2:58.29 36.94	350m: 4:12.58 36.99
100m: 1:08.40 35.82	200m: 2:21.35 36.63	300m: 3:35.59 37.30	400m: 4:47.70 35.12
7. Szebeszyk Hanna	01 WKS lask Wrocław	<b>4:48.59</b>	563
50m: 33.07 33.07	150m: 1:46.30 37.16	250m: 3:00.88 37.37	350m: 4:13.80 36.07
100m: 1:09.14 36.07	200m: 2:23.51 37.21	300m: 3:37.73 36.85	400m: 4:48.59 34.79
8. Ostrowska Kamila	01 UKS Aligator Gorzyce	<b>4:48.71</b>	562
50m: 33.30 33.30	150m: 1:46.78 36.65	250m: 3:00.21 36.79	350m: 4:13.14 36.40
100m: 1:10.13 36.83	200m: 2:23.42 36.64	300m: 3:36.74 36.53	400m: 4:48.71 35.57
9. Piechota Karolina	01 UKS 190 Łódź	<b>4:48.91</b>	561
50m: 33.20 33.20	150m: 1:45.45 36.49	250m: 2:58.91 36.84	350m: 4:13.04 36.67
100m: 1:08.96 35.76	200m: 2:22.07 36.62	300m: 3:36.37 37.46	400m: 4:48.91 35.87



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

Pozycja				Rok ur.					Czas	Pkt.		
10.	Balcer Julia			01	UKS 190 Łód				<b>4:49.86</b>	556		
	50m:	32.58	32.58	150m:	1:46.44	37.22	250m:	3:00.69	37.24	350m:	4:14.90	36.71
	100m:	1:09.22	36.64	200m:	2:23.45	37.01	300m:	3:38.19	37.50	400m:	4:49.86	34.96
11.	Ciesiul Karolina			01	KS Wankan Legnica				<b>4:51.76</b>	545		
	50m:	32.90	32.90	150m:	1:45.84	36.36	250m:	3:00.28	37.34	350m:	4:15.49	37.75
	100m:	1:09.48	36.58	200m:	2:22.94	37.10	300m:	3:37.74	37.46	400m:	4:51.76	36.27
12.	Soliwoda Julia			01	UKS NAWA Skierniewice				<b>4:57.75</b>	513		
	50m:	33.65	33.65	150m:	1:48.96	38.19	250m:	3:05.51	38.36	350m:	4:21.79	37.85
	100m:	1:10.77	37.12	200m:	2:27.15	38.19	300m:	3:43.94	38.43	400m:	4:57.75	35.96
13.	Kosi ska Dominika			01	KS Pi tka Chorzów				<b>4:57.97</b>	511		
	50m:	34.40	34.40	150m:	1:50.32	38.31	250m:	3:06.50	38.08	350m:	4:22.18	37.33
	100m:	1:12.01	37.61	200m:	2:28.42	38.10	300m:	3:44.85	38.35	400m:	4:57.97	35.79
14.	Kempa Anna SO			01	MMKS K dzierzyn-Ko le				<b>4:58.46</b>	509		
	50m:	33.88	33.88	150m:	1:49.80	38.41	250m:	3:06.53	38.69	350m:	4:22.29	37.75
	100m:	1:11.39	37.51	200m:	2:27.84	38.04	300m:	3:44.54	38.01	400m:	4:58.46	36.17
15.	Gazda Zuzanna			01	CSiR MOS D browa Górnicza				<b>5:02.12</b>	491		
	50m:	34.39	34.39	150m:	1:50.20	38.15	250m:	3:06.99	38.20	350m:	4:24.76	38.86
	100m:	1:12.05	37.66	200m:	2:28.79	38.59	300m:	3:45.90	38.91	400m:	5:02.12	37.36
16.	Tomasiak Agnieszka			01	UKS Salmo ory				<b>5:04.89</b>	477		
	50m:	34.33	34.33	150m:	1:52.11	39.71	250m:	3:10.13	38.97	350m:	4:29.18	39.53
	100m:	1:12.40	38.07	200m:	2:31.16	39.05	300m:	3:49.65	39.52	400m:	5:04.89	35.71
	Niewiadomska Wiktoria			01	Psp Swim Płock				<b>5:04.89</b>	477		
	50m:	34.24	34.24	150m:	1:50.57	38.52	250m:	3:08.35	39.19	350m:	4:26.59	39.02
	100m:	1:12.05	37.81	200m:	2:29.16	38.59	300m:	3:47.57	39.22	400m:	5:04.89	38.30
18.	urawska Sabina SO			01	UKP UNIA O wi cim				<b>5:10.78</b>	451		
	50m:	34.81	34.81	150m:	1:53.32	39.87	250m:	3:12.89	39.72	350m:	4:32.92	39.97
	100m:	1:13.45	38.64	200m:	2:33.17	39.85	300m:	3:52.95	40.06	400m:	5:10.78	37.86
19.	Kaba ska Nicol			01	CSiR MOS D browa Górnicza				<b>5:11.75</b>	447		
	50m:	35.73	35.73	150m:	1:54.02	39.93	250m:	3:13.26	39.55	350m:	4:33.42	39.84
	100m:	1:14.09	38.36	200m:	2:33.71	39.69	300m:	3:53.58	40.32	400m:	5:11.75	38.33
20.	Sm tek Wiktoria			01	MMKS K dzierzyn-Ko le				<b>5:14.08</b>	437		
	50m:	34.56	34.56	150m:	1:55.18	41.17	250m:	3:16.67	40.82	350m:	4:37.23	39.95
	100m:	1:14.01	39.45	200m:	2:35.85	40.67	300m:	3:57.28	40.61	400m:	5:14.08	36.85
21.	Grychtoł Weronika			01	UKS Wodnik 29 Katowice				<b>5:18.26</b>	420		
	50m:	34.03	34.03	150m:	1:52.43	40.09	250m:	3:13.95	41.21	350m:	4:37.27	41.80
	100m:	1:12.34	38.31	200m:	2:32.74	40.31	300m:	3:55.47	41.52	400m:	5:18.26	40.99
22.	Chwałczy ska Aleksandra			01	WKS lask Wrocław				<b>5:18.65</b>	418		
	50m:	34.93	34.93	150m:	1:53.77	40.13	250m:	3:14.78	40.61	350m:	4:37.74	41.29
	100m:	1:13.64	38.71	200m:	2:34.17	40.40	300m:	3:56.45	41.67	400m:	5:18.65	40.91
23.	Kici ska Julia			01	UKP MANTA Jelcz-Laskowice				<b>5:24.25</b>	397		
	50m:	36.68	36.68	150m:	1:58.69	41.29	250m:	3:22.34	41.99	350m:	4:44.61	41.10
	100m:	1:17.40	40.72	200m:	2:40.35	41.66	300m:	4:03.51	41.17	400m:	5:24.25	39.64



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Konkurencja 11, Kobiet, 400m dowolny

16 lat

1. Margula Weronika SSz	00	MKP Szczecin	<b>4:40.28</b>	615
50m: 31.84 31.84	150m: 1:41.04 34.98	250m: 2:51.93 35.76	350m: 4:04.47 36.24	
100m: 1:06.06 34.22	200m: 2:16.17 35.13	300m: 3:28.23 36.30	400m: 4:40.28 35.81	
2. Zawisza Alina SO	00	UKP UNIA O wi cim	<b>4:42.09</b>	603
50m: 32.17 32.17	150m: 1:43.74 35.92	250m: 2:55.85 36.05	350m: 4:07.28 35.60	
100m: 1:07.82 35.65	200m: 2:19.80 36.06	300m: 3:31.68 35.83	400m: 4:42.09 34.81	
3. muda Weronika SL	00	AZS UMCS Lublin	<b>4:44.37</b>	588
50m: 33.25 33.25	150m: 1:45.06 36.26	250m: 2:56.85 35.67	350m: 4:09.24 36.41	
100m: 1:08.80 35.55	200m: 2:21.18 36.12	300m: 3:32.83 35.98	400m: 4:44.37 35.13	
4. Pisarek Justyna SO	00	UKP UNIA O wi cim	<b>4:44.50</b>	588
50m: 33.46 33.46	150m: 1:45.80 36.06	250m: 2:58.25 36.09	350m: 4:09.30 35.50	
100m: 1:09.74 36.28	200m: 2:22.16 36.36	300m: 3:33.80 35.55	400m: 4:44.50 35.20	
5. Solak Anna	00	Psp Swim Płock	<b>4:49.39</b>	558
50m: 33.06 33.06	150m: 1:45.78 37.07	250m: 3:00.25 37.64	350m: 4:15.14 37.42	
100m: 1:08.71 35.65	200m: 2:22.61 36.83	300m: 3:37.72 37.47	400m: 4:49.39 34.25	
6. Malinowska Zuzanna	00	WKS lask Wrocław	<b>4:55.10</b>	527
50m: 34.88 34.88	150m: 1:52.07 38.62	250m: 3:09.56 38.54	350m: 4:20.54 35.82	
100m: 1:13.45 38.57	200m: 2:31.02 38.95	300m: 3:44.72 35.16	400m: 4:55.10 34.56	
7. liwi ska Kalina	00	WKS lask Wrocław	<b>4:58.97</b>	506
50m: 34.10 34.10	150m: 1:49.18 37.91	250m: 3:05.39 38.17	350m: 4:21.86 38.14	
100m: 1:11.27 37.17	200m: 2:27.22 38.04	300m: 3:43.72 38.33	400m: 4:58.97 37.11	

17 - 18 lat

1. Piechota Paulina	99	UKS 190 Łódź	<b>4:22.41</b>	749
50m: 31.22 31.22	150m: 1:37.39 33.14	250m: 2:43.30 33.03	350m: 3:49.73 33.22	
100m: 1:04.25 33.03	200m: 2:10.27 32.88	300m: 3:16.51 33.21	400m: 4:22.41 32.68	
2. Janiszewska Dominika	99	AZS AWF Warszawa	<b>4:24.16</b>	734
50m: 31.34 31.34	150m: 1:38.25 33.34	250m: 2:44.12 32.95	350m: 3:51.13 33.76	
100m: 1:04.91 33.57	200m: 2:11.17 32.92	300m: 3:17.37 33.25	400m: 4:24.16 33.03	
3. Adamczyk Julia SL	99	AZS UMCS Lublin	<b>4:26.44</b>	716
50m: 31.50 31.50	150m: 1:39.01 33.93	250m: 2:46.28 33.44	350m: 3:53.78 33.73	
100m: 1:05.08 33.58	200m: 2:12.84 33.83	300m: 3:20.05 33.77	400m: 4:26.44 32.66	
4. Wojciechowska Joanna	98	LUKS Orlik Lublin	<b>4:32.12</b>	672
50m: 31.53 31.53	150m: 1:39.29 34.18	250m: 2:48.37 34.54	350m: 3:58.05 34.97	
100m: 1:05.11 33.58	200m: 2:13.83 34.54	300m: 3:23.08 34.71	400m: 4:32.12 34.07	
5. Andrzejewska Kamila SL	99	MKS Lider Chełm	<b>4:37.54</b>	633
50m: 31.95 31.95	150m: 1:42.04 35.22	250m: 2:53.06 35.88	350m: 4:03.56 34.99	
100m: 1:06.82 34.87	200m: 2:17.18 35.14	300m: 3:28.57 35.51	400m: 4:37.54 33.98	
6. Zrobek Natalia	99	Olimpijczyk Aleksandrów Łódzki	<b>4:37.76</b>	632
50m: 31.90 31.90	150m: 1:41.90 35.36	250m: 2:52.84 35.59	350m: 4:04.15 35.55	
100m: 1:06.54 34.64	200m: 2:17.25 35.35	300m: 3:28.60 35.76	400m: 4:37.76 33.61	
7. Czarnecka Wiktoria SL	99	UKS Skarpa Lublin	<b>4:37.98</b>	630
50m: 31.79 31.79	150m: 1:42.38 35.43	250m: 2:53.10 35.28	350m: 4:03.60 35.01	
100m: 1:06.95 35.16	200m: 2:17.82 35.44	300m: 3:28.59 35.49	400m: 4:37.98 34.38	



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

Pozycja				Rok ur.					Czas	Pkt.		
8.	Zaj c Oliwia			98	MKS Juvenia Wrocław				<b>4:39.30</b>	621		
	50m:	32.32	32.32	150m:	1:42.90	35.31	250m:	2:53.99	35.39	350m:	4:04.99	35.40
	100m:	1:07.59	35.27	200m:	2:18.60	35.70	300m:	3:29.59	35.60	400m:	4:39.30	34.31
9.	Samuła Wiktoria SL			99	AZS UMCS Lublin				<b>4:41.08</b>	609		
	50m:	32.34	32.34	150m:	1:43.51	35.65	250m:	2:55.51	36.14	350m:	4:07.16	35.91
	100m:	1:07.86	35.52	200m:	2:19.37	35.86	300m:	3:31.25	35.74	400m:	4:41.08	33.92
10.	Król Oliwia			99	MKS Trójka Łód				<b>4:41.70</b>	605		
	50m:	33.19	33.19	150m:	1:43.58	35.47	250m:	2:55.93	36.29	350m:	4:07.93	35.89
	100m:	1:08.11	34.92	200m:	2:19.64	36.06	300m:	3:32.04	36.11	400m:	4:41.70	33.77
11.	Zadumi ska Weronika			99	AZS AWF Warszawa				<b>4:41.77</b>	605		
	50m:	32.65	32.65	150m:	1:43.19	35.39	250m:	2:54.26	35.62	350m:	4:06.31	36.01
	100m:	1:07.80	35.15	200m:	2:18.64	35.45	300m:	3:30.30	36.04	400m:	4:41.77	35.46
12.	Palka Maria SO			99	UKP UNIA O wi cim				<b>4:42.81</b>	598		
	50m:	32.50	32.50	150m:	1:44.62	36.32	250m:	2:56.64	36.04	350m:	4:08.56	36.16
	100m:	1:08.30	35.80	200m:	2:20.60	35.98	300m:	3:32.40	35.76	400m:	4:42.81	34.25
13.	Leszczy ska Klaudia Julia SO			99	UKP UNIA O wi cim				<b>4:44.57</b>	587		
	50m:	32.24	32.24	150m:	1:43.64	36.38	250m:	2:56.63	36.89	350m:	4:09.39	36.74
	100m:	1:07.26	35.02	200m:	2:19.74	36.10	300m:	3:32.65	36.02	400m:	4:44.57	35.18
14.	Rzeczynska Patrycja			99	UKP UNIA O wi cim				<b>4:47.47</b>	570		
	50m:	32.19	32.19	150m:	1:44.12	36.12	250m:	2:57.33	36.80	350m:	4:11.69	37.00
	100m:	1:08.00	35.81	200m:	2:20.53	36.41	300m:	3:34.69	37.36	400m:	4:47.47	35.78
15.	Redner Sandra			99	MKS Trójka Łód				<b>4:48.33</b>	565		
	50m:	33.98	33.98	150m:	1:47.14	36.80	250m:	2:59.80	35.82	350m:	4:12.62	36.54
	100m:	1:10.34	36.36	200m:	2:23.98	36.84	300m:	3:36.08	36.28	400m:	4:48.33	35.71
16.	Adamczyk Agata			99	UKS Aligator Gorzyce				<b>4:49.90</b>	555		
	50m:	33.66	33.66	150m:	1:48.25	37.26	250m:	3:03.56	37.23	350m:	4:16.13	35.33
	100m:	1:10.99	37.33	200m:	2:26.33	38.08	300m:	3:40.80	37.24	400m:	4:49.90	33.77
17.	Mesjasz Julia			98	SP Meduza Paj czno				<b>4:56.35</b>	520		
	50m:	33.98	33.98	150m:	1:48.74	37.70	250m:	3:04.31	38.02	350m:	4:20.16	37.77
	100m:	1:11.04	37.06	200m:	2:26.29	37.55	300m:	3:42.39	38.08	400m:	4:56.35	36.19
18.	Pyrlík Paulina			99	UKP UNIA O wi cim				<b>4:58.09</b>	511		
	50m:	34.11	34.11	150m:	1:49.86	38.45	250m:	3:06.42	38.41	350m:	4:22.49	38.02
	100m:	1:11.41	37.30	200m:	2:28.01	38.15	300m:	3:44.47	38.05	400m:	4:58.09	35.60
19.	Filipkowska Dominika			99	MKS Ro Pisz				<b>4:59.33</b>	505		
	50m:	33.17	33.17	150m:	1:47.98	38.21	250m:	3:05.36	39.17	350m:	4:22.52	38.39
	100m:	1:09.77	36.60	200m:	2:26.19	38.21	300m:	3:44.13	38.77	400m:	4:59.33	36.81
20.	Skorupa Monika			99	DOKiS SP Vega Dobrodzie				<b>5:09.60</b>	456		
	50m:	34.05	34.05	150m:	1:51.32	39.48	250m:	3:11.32	39.92	350m:	4:31.58	40.31
	100m:	1:11.84	37.79	200m:	2:31.40	40.08	300m:	3:51.27	39.95	400m:	5:09.60	38.02
21.	Turza Patrycja			98	UKS Huragan Sosnowiec				<b>5:14.15</b>	436		
	50m:	33.12	33.12	150m:	1:53.00	40.66	250m:	3:16.09	41.57	350m:	4:37.90	40.33
	100m:	1:12.34	39.22	200m:	2:34.52	41.52	300m:	3:57.57	41.48	400m:	5:14.15	36.25



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14 lat i starsi

1.	Burska Justyna	95	AZS UWM Olsztyn	<b>4:16.02</b>	807
	50m: 30.96 30.96	150m: 1:36.68 32.90	250m: 2:41.11 32.12	350m: 3:44.91 31.80	
	100m: 1:03.78 32.82	200m: 2:08.99 32.31	300m: 3:13.11 32.00	400m: 4:16.02 31.11	
2.	ukowska Paula	93	MKS Juvenia Wrocław	<b>4:16.43</b>	803
	50m: 29.87 29.87	150m: 1:34.92 32.74	250m: 2:40.29 32.52	350m: 3:44.84 32.25	
	100m: 1:02.18 32.31	200m: 2:07.77 32.85	300m: 3:12.59 32.30	400m: 4:16.43 31.59	
3.	Piechota Paulina	99	UKS 190 Łódź	<b>4:22.41</b>	749
	50m: 31.22 31.22	150m: 1:37.39 33.14	250m: 2:43.30 33.03	350m: 3:49.73 33.22	
	100m: 1:04.25 33.03	200m: 2:10.27 32.88	300m: 3:16.51 33.21	400m: 4:22.41 32.68	
4.	Janiszewska Dominika	99	AZS AWF Warszawa	<b>4:24.16</b>	734
	50m: 31.34 31.34	150m: 1:38.25 33.34	250m: 2:44.12 32.95	350m: 3:51.13 33.76	
	100m: 1:04.91 33.57	200m: 2:11.17 32.92	300m: 3:17.37 33.25	400m: 4:24.16 33.03	
5.	Adamczyk Julia SL	99	AZS UMCS Lublin	<b>4:26.44</b>	716
	50m: 31.50 31.50	150m: 1:39.01 33.93	250m: 2:46.28 33.44	350m: 3:53.78 33.73	
	100m: 1:05.08 33.58	200m: 2:12.84 33.83	300m: 3:20.05 33.77	400m: 4:26.44 32.66	
6.	Kunka Kamila	96	AZS-AGH Kraków	<b>4:26.75</b>	713
	50m: 30.68 30.68	150m: 1:37.77 33.85	250m: 2:46.18 34.20	350m: 3:54.41 34.17	
	100m: 1:03.92 33.24	200m: 2:11.98 34.21	300m: 3:20.24 34.06	400m: 4:26.75 32.34	
7.	Wojciechowska Joanna	98	LUKS Orlik Lublin	<b>4:32.12</b>	672
	50m: 31.53 31.53	150m: 1:39.29 34.18	250m: 2:48.37 34.54	350m: 3:58.05 34.97	
	100m: 1:05.11 33.58	200m: 2:13.83 34.54	300m: 3:23.08 34.71	400m: 4:32.12 34.07	
8.	Kawecka Anna	92	AZS-AGH Kraków	<b>4:33.16</b>	664
	50m: 29.94 29.94	150m: 1:38.49 34.80	250m: 2:48.77 35.21	350m: 3:58.68 34.70	
	100m: 1:03.69 33.75	200m: 2:13.56 35.07	300m: 3:23.98 35.21	400m: 4:33.16 34.48	
9.	Teresko Anna	97	CSiR MOS D browa Górnicza	<b>4:33.49</b>	662
	50m: 31.50 31.50	150m: 1:39.24 34.27	250m: 2:48.59 34.75	350m: 3:59.00 35.41	
	100m: 1:04.97 33.47	200m: 2:13.84 34.60	300m: 3:23.59 35.00	400m: 4:33.49 34.49	
10.	Wi niewska Oliwia	01	CSiR MOS D browa Górnicza	<b>4:34.15</b>	657
	50m: 31.92 31.92	150m: 1:41.67 35.08	250m: 2:51.56 34.66	350m: 4:01.39 34.73	
	100m: 1:06.59 34.67	200m: 2:16.90 35.23	300m: 3:26.66 35.10	400m: 4:34.15 32.76	
11.	Orczykowska Wioletta SK	97	MKS Jordan Kraków	<b>4:37.29</b>	635
	50m: 31.33 31.33	150m: 1:40.05 34.47	250m: 2:50.28 35.60	350m: 4:02.22 36.07	
	100m: 1:05.58 34.25	200m: 2:14.68 34.63	300m: 3:26.15 35.87	400m: 4:37.29 35.07	
12.	Andrzejewska Kamila SL	99	MKS Lider Chełm	<b>4:37.54</b>	633
	50m: 31.95 31.95	150m: 1:42.04 35.22	250m: 2:53.06 35.88	350m: 4:03.56 34.99	
	100m: 1:06.82 34.87	200m: 2:17.18 35.14	300m: 3:28.57 35.51	400m: 4:37.54 33.98	
13.	Zrobek Natalia	99	Olimpijczyk Aleksandrów Łódzki	<b>4:37.76</b>	632
	50m: 31.90 31.90	150m: 1:41.90 35.36	250m: 2:52.84 35.59	350m: 4:04.15 35.55	
	100m: 1:06.54 34.64	200m: 2:17.25 35.35	300m: 3:28.60 35.76	400m: 4:37.76 33.61	
14.	Czarnecka Wiktoria SL	99	UKS Skarpa Lublin	<b>4:37.98</b>	630
	50m: 31.79 31.79	150m: 1:42.38 35.43	250m: 2:53.10 35.28	350m: 4:03.60 35.01	
	100m: 1:06.95 35.16	200m: 2:17.82 35.44	300m: 3:28.59 35.49	400m: 4:37.98 34.38	
15.	Bakuniak Hanna SSZ	96	MKP Szczecin	<b>4:38.19</b>	629
	50m: 31.87 31.87	150m: 1:40.93 35.07	250m: 2:50.96 35.20	350m: 4:03.10 36.24	
	100m: 1:05.86 33.99	200m: 2:15.76 34.83	300m: 3:26.86 35.90	400m: 4:38.19 35.09	



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16. Bart Patrycja	97	<b>4:38.41</b>	627
50m: 31.96 31.96	150m: 1:42.78 36.03	250m: 2:54.64 35.91	350m: 4:05.28 35.14
100m: 1:06.75 34.79	200m: 2:18.73 35.95	300m: 3:30.14 35.50	400m: 4:38.41 33.13
17. Zaj c Oliwia	98	<b>4:39.30</b>	621
50m: 32.32 32.32	150m: 1:42.90 35.31	250m: 2:53.99 35.39	350m: 4:04.99 35.40
100m: 1:07.59 35.27	200m: 2:18.60 35.70	300m: 3:29.59 35.60	400m: 4:39.30 34.31
18. Margula Weronika SSz	00	<b>4:40.28</b>	615
50m: 31.84 31.84	150m: 1:41.04 34.98	250m: 2:51.93 35.76	350m: 4:04.47 36.24
100m: 1:06.06 34.22	200m: 2:16.17 35.13	300m: 3:28.23 36.30	400m: 4:40.28 35.81
19. Samuła Wiktoria SL	99	<b>4:41.08</b>	609
50m: 32.34 32.34	150m: 1:43.51 35.65	250m: 2:55.51 36.14	350m: 4:07.16 35.91
100m: 1:07.86 35.52	200m: 2:19.37 35.86	300m: 3:31.25 35.74	400m: 4:41.08 33.92
20. Król Oliwia	99	<b>4:41.70</b>	605
50m: 33.19 33.19	150m: 1:43.58 35.47	250m: 2:55.93 36.29	350m: 4:07.93 35.89
100m: 1:08.11 34.92	200m: 2:19.64 36.06	300m: 3:32.04 36.11	400m: 4:41.70 33.77
21. Zadumi ska Weronika	99	<b>4:41.77</b>	605
50m: 32.65 32.65	150m: 1:43.19 35.39	250m: 2:54.26 35.62	350m: 4:06.31 36.01
100m: 1:07.80 35.15	200m: 2:18.64 35.45	300m: 3:30.30 36.04	400m: 4:41.77 35.46
22. Krauze Alicja	01	<b>4:41.95</b>	604
50m: 31.69 31.69	150m: 1:43.05 36.18	250m: 2:55.57 36.18	350m: 4:07.74 36.18
100m: 1:06.87 35.18	200m: 2:19.39 36.34	300m: 3:31.56 35.99	400m: 4:41.95 34.21
23. Zawisza Alina SO	00	<b>4:42.09</b>	603
50m: 32.17 32.17	150m: 1:43.74 35.92	250m: 2:55.85 36.05	350m: 4:07.28 35.60
100m: 1:07.82 35.65	200m: 2:19.80 36.06	300m: 3:31.68 35.83	400m: 4:42.09 34.81
24. Kryszkowska Natalia	02	<b>4:42.72</b>	599
50m: 31.41 31.41	150m: 1:42.77 36.44	250m: 2:55.56 36.68	350m: 4:08.32 36.03
100m: 1:06.33 34.92	200m: 2:18.88 36.11	300m: 3:32.29 36.73	400m: 4:42.72 34.40
25. Palka Maria SO	99	<b>4:42.81</b>	598
50m: 32.50 32.50	150m: 1:44.62 36.32	250m: 2:56.64 36.04	350m: 4:08.56 36.16
100m: 1:08.30 35.80	200m: 2:20.60 35.98	300m: 3:32.40 35.76	400m: 4:42.81 34.25
26. Osi ska Wiktoria	01	<b>4:43.86</b>	592
50m: 32.59 32.59	150m: 1:43.87 35.60	250m: 2:56.32 36.39	350m: 4:08.87 36.16
100m: 1:08.27 35.68	200m: 2:19.93 36.06	300m: 3:32.71 36.39	400m: 4:43.86 34.99
27. Łysakowska Julia SL	01	<b>4:43.99</b>	591
50m: 33.85 33.85	150m: 1:46.01 36.28	250m: 2:58.99 36.23	350m: 4:11.02 35.89
100m: 1:09.73 35.88	200m: 2:22.76 36.75	300m: 3:35.13 36.14	400m: 4:43.99 32.97
28. muda Weronika SL	00	<b>4:44.37</b>	588
50m: 33.25 33.25	150m: 1:45.06 36.26	250m: 2:56.85 35.67	350m: 4:09.24 36.41
100m: 1:08.80 35.55	200m: 2:21.18 36.12	300m: 3:32.83 35.98	400m: 4:44.37 35.13
29. Pisarek Justyna SO	00	<b>4:44.50</b>	588
50m: 33.46 33.46	150m: 1:45.80 36.06	250m: 2:58.25 36.09	350m: 4:09.30 35.50
100m: 1:09.74 36.28	200m: 2:22.16 36.36	300m: 3:33.80 35.55	400m: 4:44.50 35.20
30. Leszczy ska Klaudia Julia SO	99	<b>4:44.57</b>	587
50m: 32.24 32.24	150m: 1:43.64 36.38	250m: 2:56.63 36.89	350m: 4:09.39 36.74
100m: 1:07.26 35.02	200m: 2:19.74 36.10	300m: 3:32.65 36.02	400m: 4:44.57 35.18



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Pozycja			Rok ur.					Czas	Pkt.
31.	Bura Dominika		01	UKS Aligator Gorzyce				<b>4:46.86</b>	573
	50m: 32.47	32.47	150m: 1:45.46	36.89	250m: 3:00.09	37.32	350m: 4:13.17	36.02	
	100m: 1:08.57	36.10	200m: 2:22.77	37.31	300m: 3:37.15	37.06	400m: 4:46.86	33.69	
32.	Rzeczynska Patrycja		99	UKP UNIA O wi cim				<b>4:47.47</b>	570
	50m: 32.19	32.19	150m: 1:44.12	36.12	250m: 2:57.33	36.80	350m: 4:11.69	37.00	
	100m: 1:08.00	35.81	200m: 2:20.53	36.41	300m: 3:34.69	37.36	400m: 4:47.47	35.78	
33.	Kuchta Maria		02	Sambor Tczew				<b>4:47.65</b>	569
	50m: 33.33	33.33	150m: 1:47.32	37.12	250m: 3:01.32	36.85	350m: 4:13.77	36.19	
	100m: 1:10.20	36.87	200m: 2:24.47	37.15	300m: 3:37.58	36.26	400m: 4:47.65	33.88	
34.	Ju wicka Zuzanna		01	MKS Trójka Łód				<b>4:47.70</b>	568
	50m: 32.58	32.58	150m: 1:44.72	36.32	250m: 2:58.29	36.94	350m: 4:12.58	36.99	
	100m: 1:08.40	35.82	200m: 2:21.35	36.63	300m: 3:35.59	37.30	400m: 4:47.70	35.12	
35.	Redner Sandra		99	MKS Trójka Łód				<b>4:48.33</b>	565
	50m: 33.98	33.98	150m: 1:47.14	36.80	250m: 2:59.80	35.82	350m: 4:12.62	36.54	
	100m: 1:10.34	36.36	200m: 2:23.98	36.84	300m: 3:36.08	36.28	400m: 4:48.33	35.71	
36.	Szebesczyk Hanna		01	WKS lask Wrocław				<b>4:48.59</b>	563
	50m: 33.07	33.07	150m: 1:46.30	37.16	250m: 3:00.88	37.37	350m: 4:13.80	36.07	
	100m: 1:09.14	36.07	200m: 2:23.51	37.21	300m: 3:37.73	36.85	400m: 4:48.59	34.79	
37.	Ostrowska Kamila		01	UKS Aligator Gorzyce				<b>4:48.71</b>	562
	50m: 33.30	33.30	150m: 1:46.78	36.65	250m: 3:00.21	36.79	350m: 4:13.14	36.40	
	100m: 1:10.13	36.83	200m: 2:23.42	36.64	300m: 3:36.74	36.53	400m: 4:48.71	35.57	
38.	Piechota Karolina		01	UKS 190 Łód				<b>4:48.91</b>	561
	50m: 33.20	33.20	150m: 1:45.45	36.49	250m: 2:58.91	36.84	350m: 4:13.04	36.67	
	100m: 1:08.96	35.76	200m: 2:22.07	36.62	300m: 3:36.37	37.46	400m: 4:48.91	35.87	
39.	Pluta Emilia		02	UKS Aligator Gorzyce				<b>4:48.93</b>	561
	50m: 32.84	32.84	150m: 1:45.71	36.66	250m: 2:59.80	37.17	350m: 4:13.71	36.74	
	100m: 1:09.05	36.21	200m: 2:22.63	36.92	300m: 3:36.97	37.17	400m: 4:48.93	35.22	
40.	Solak Anna		00	Psp Swim Płock				<b>4:49.39</b>	558
	50m: 33.06	33.06	150m: 1:45.78	37.07	250m: 3:00.25	37.64	350m: 4:15.14	37.42	
	100m: 1:08.71	35.65	200m: 2:22.61	36.83	300m: 3:37.72	37.47	400m: 4:49.39	34.25	
41.	Balcer Julia		01	UKS 190 Łód				<b>4:49.86</b>	556
	50m: 32.58	32.58	150m: 1:46.44	37.22	250m: 3:00.69	37.24	350m: 4:14.90	36.71	
	100m: 1:09.22	36.64	200m: 2:23.45	37.01	300m: 3:38.19	37.50	400m: 4:49.86	34.96	
42.	Adamczyk Agata		99	UKS Aligator Gorzyce				<b>4:49.90</b>	555
	50m: 33.66	33.66	150m: 1:48.25	37.26	250m: 3:03.56	37.23	350m: 4:16.13	35.33	
	100m: 1:10.99	37.33	200m: 2:26.33	38.08	300m: 3:40.80	37.24	400m: 4:49.90	33.77	
43.	Ciesiul Karolina		01	KS Wankan Legnica				<b>4:51.76</b>	545
	50m: 32.90	32.90	150m: 1:45.84	36.36	250m: 3:00.28	37.34	350m: 4:15.49	37.75	
	100m: 1:09.48	36.58	200m: 2:22.94	37.10	300m: 3:37.74	37.46	400m: 4:51.76	36.27	
44.	Peciak Katarzyna		02	Solne Miasto Wieliczka				<b>4:52.81</b>	539
	50m: 33.44	33.44	150m: 1:47.38	37.74	250m: 3:03.54	37.77	350m: 4:18.12	37.26	
	100m: 1:09.64	36.20	200m: 2:25.77	38.39	300m: 3:40.86	37.32	400m: 4:52.81	34.69	
45.	Pawłowska Barbara		02	UKS 190 Łód				<b>4:54.48</b>	530
	50m: 33.71	33.71	150m: 1:49.57	38.38	250m: 3:05.13	38.23	350m: 4:18.67	36.79	
	100m: 1:11.19	37.48	200m: 2:26.90	37.33	300m: 3:41.88	36.75	400m: 4:54.48	35.81	





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Pozycja	Rok ur.	Czas	Pkt.
46. Malinowska Zuzanna	00 WKS lask Wrocław	<b>4:55.10</b>	527
50m: 34.88 34.88	150m: 1:52.07 38.62	250m: 3:09.56 38.54	350m: 4:20.54 35.82
100m: 1:13.45 38.57	200m: 2:31.02 38.95	300m: 3:44.72 35.16	400m: 4:55.10 34.56
47. Mesjasz Julia	98 SP Meduza Paj czno	<b>4:56.35</b>	520
50m: 33.98 33.98	150m: 1:48.74 37.70	250m: 3:04.31 38.02	350m: 4:20.16 37.77
100m: 1:11.04 37.06	200m: 2:26.29 37.55	300m: 3:42.39 38.08	400m: 4:56.35 36.19
48. Spik Vanessa	02 DOKiS SP Vega Dobrodzie	<b>4:57.42</b>	514
50m: 32.31 32.31	150m: 1:48.16 38.29	250m: 3:04.36 38.03	350m: 4:20.58 37.66
100m: 1:09.87 37.56	200m: 2:26.33 38.17	300m: 3:42.92 38.56	400m: 4:57.42 36.84
49. Soliwoda Julia	01 UKS NAWA Skierniewice	<b>4:57.75</b>	513
50m: 33.65 33.65	150m: 1:48.96 38.19	250m: 3:05.51 38.36	350m: 4:21.79 37.85
100m: 1:10.77 37.12	200m: 2:27.15 38.19	300m: 3:43.94 38.43	400m: 4:57.75 35.96
50. Kosi ska Dominika	01 KS Pi tka Chorzów	<b>4:57.97</b>	511
50m: 34.40 34.40	150m: 1:50.32 38.31	250m: 3:06.50 38.08	350m: 4:22.18 37.33
100m: 1:12.01 37.61	200m: 2:28.42 38.10	300m: 3:44.85 38.35	400m: 4:57.97 35.79
51. Pyrlík Paulina	99 UKP UNIA O wi cim	<b>4:58.09</b>	511
50m: 34.11 34.11	150m: 1:49.86 38.45	250m: 3:06.42 38.41	350m: 4:22.49 38.02
100m: 1:11.41 37.30	200m: 2:28.01 38.15	300m: 3:44.47 38.05	400m: 4:58.09 35.60
52. Kempa Anna SO	01 MMKS K dzierzyn-Ko le	<b>4:58.46</b>	509
50m: 33.88 33.88	150m: 1:49.80 38.41	250m: 3:06.53 38.69	350m: 4:22.29 37.75
100m: 1:11.39 37.51	200m: 2:27.84 38.04	300m: 3:44.54 38.01	400m: 4:58.46 36.17
53. Nowakowska Małgorzata	02 UKS 190 Łód	<b>4:58.47</b>	509
50m: 34.00 34.00	150m: 1:50.65 38.37	250m: 3:07.09 38.05	350m: 4:22.33 37.41
100m: 1:12.28 38.28	200m: 2:29.04 38.39	300m: 3:44.92 37.83	400m: 4:58.47 36.14
54. liwi ska Kalina	00 WKS lask Wrocław	<b>4:58.97</b>	506
50m: 34.10 34.10	150m: 1:49.18 37.91	250m: 3:05.39 38.17	350m: 4:21.86 38.14
100m: 1:11.27 37.17	200m: 2:27.22 38.04	300m: 3:43.72 38.33	400m: 4:58.97 37.11
55. Prochownik Martyna So	02 UKP UNIA O wi cim	<b>4:59.15</b>	505
50m: 34.84 34.84	150m: 1:51.52 38.72	250m: 3:07.92 38.17	350m: 4:22.93 37.32
100m: 1:12.80 37.96	200m: 2:29.75 38.23	300m: 3:45.61 37.69	400m: 4:59.15 36.22
56. Filipkowska Dominika	99 MKS Ro Pisz	<b>4:59.33</b>	505
50m: 33.17 33.17	150m: 1:47.98 38.21	250m: 3:05.36 39.17	350m: 4:22.52 38.39
100m: 1:09.77 36.60	200m: 2:26.19 38.21	300m: 3:44.13 38.77	400m: 4:59.33 36.81
57. Szymczak Patrycja	02 UKS Manta Kochłowice	<b>5:01.78</b>	492
50m: 33.49 33.49	150m: 1:50.61 38.74	250m: 3:08.85 39.44	350m: 4:25.51 38.19
100m: 1:11.87 38.38	200m: 2:29.41 38.80	300m: 3:47.32 38.47	400m: 5:01.78 36.27
58. Gazda Zuzanna	01 CSiR MOS D browa Górnicza	<b>5:02.12</b>	491
50m: 34.39 34.39	150m: 1:50.20 38.15	250m: 3:06.99 38.20	350m: 4:24.76 38.86
100m: 1:12.05 37.66	200m: 2:28.79 38.59	300m: 3:45.90 38.91	400m: 5:02.12 37.36
59. D browska Tatiana	02 UKS Pi tka Konstanyń Łódzki	<b>5:03.66</b>	483
50m: 34.65 34.65	150m: 1:52.22 38.95	250m: 3:10.54 38.86	350m: 4:28.06 38.97
100m: 1:13.27 38.62	200m: 2:31.68 39.46	300m: 3:49.09 38.55	400m: 5:03.66 35.60
60. Miksa Paulina	02 UKS 190 Łód	<b>5:04.05</b>	481
50m: 34.98 34.98	150m: 1:51.74 38.75	250m: 3:10.03 39.33	350m: 4:26.65 37.53
100m: 1:12.99 38.01	200m: 2:30.70 38.96	300m: 3:49.12 39.09	400m: 5:04.05 37.40



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Pozycja	Rok ur.	Czas	Pkt.
61. Tomasiak Agnieszka	01 UKS Salmo ory	<b>5:04.89</b>	477
50m: 34.33 34.33	150m: 1:52.11 39.71	250m: 3:10.13 38.97	350m: 4:29.18 39.53
100m: 1:12.40 38.07	200m: 2:31.16 39.05	300m: 3:49.65 39.52	400m: 5:04.89 35.71
Niewiadomska Wiktoria	01 Psp Swim Płock	<b>5:04.89</b>	477
50m: 34.24 34.24	150m: 1:50.57 38.52	250m: 3:08.35 39.19	350m: 4:26.59 39.02
100m: 1:12.05 37.81	200m: 2:29.16 38.59	300m: 3:47.57 39.22	400m: 5:04.89 38.30
63. Szkoła Klaudia	02 CSiR MOS D browa Górnicza	<b>5:04.95</b>	477
50m: 35.30 35.30	150m: 1:52.27 38.75	250m: 3:10.35 38.75	350m: 4:27.85 38.68
100m: 1:13.52 38.22	200m: 2:31.60 39.33	300m: 3:49.17 38.82	400m: 5:04.95 37.10
64. Palonka Zuzanna	02 WKS lask Wrocław	<b>5:05.64</b>	474
50m: 36.09 36.09	150m: 1:54.75 39.65	250m: 3:12.13 38.48	350m: 4:28.87 38.12
100m: 1:15.10 39.01	200m: 2:33.65 38.90	300m: 3:50.75 38.62	400m: 5:05.64 36.77
65. Orłowska Zuzanna	02 UKS NAWA Skierniewice	<b>5:06.48</b>	470
50m: 34.05 34.05	150m: 1:51.75 39.38	250m: 3:10.76 39.39	350m: 4:28.78 39.22
100m: 1:12.37 38.32	200m: 2:31.37 39.62	300m: 3:49.56 38.80	400m: 5:06.48 37.70
66. Skorupa Monika	99 DOKiS SP Vega Dobrodzie	<b>5:09.60</b>	456
50m: 34.05 34.05	150m: 1:51.32 39.48	250m: 3:11.32 39.92	350m: 4:31.58 40.31
100m: 1:11.84 37.79	200m: 2:31.40 40.08	300m: 3:51.27 39.95	400m: 5:09.60 38.02
67. urawska Sabina SO	01 UKP UNIA O wi cim	<b>5:10.78</b>	451
50m: 34.81 34.81	150m: 1:53.32 39.87	250m: 3:12.89 39.72	350m: 4:32.92 39.97
100m: 1:13.45 38.64	200m: 2:33.17 39.85	300m: 3:52.95 40.06	400m: 5:10.78 37.86
68. Fuks Emilia	02 UKS Wodnik Siemianowice l.	<b>5:10.85</b>	450
50m: 34.76 34.76	150m: 1:53.76 40.34	250m: 3:13.80 40.05	350m: 4:33.19 39.45
100m: 1:13.42 38.66	200m: 2:33.75 39.99	300m: 3:53.74 39.94	400m: 5:10.85 37.66
69. Kaba ska Nicol	01 CSiR MOS D browa Górnicza	<b>5:11.75</b>	447
50m: 35.73 35.73	150m: 1:54.02 39.93	250m: 3:13.26 39.55	350m: 4:33.42 39.84
100m: 1:14.09 38.36	200m: 2:33.71 39.69	300m: 3:53.58 40.32	400m: 5:11.75 38.33
70. Sm tek Wiktoria	01 MMKS K dzierzyn-Ko le	<b>5:14.08</b>	437
50m: 34.56 34.56	150m: 1:55.18 41.17	250m: 3:16.67 40.82	350m: 4:37.23 39.95
100m: 1:14.01 39.45	200m: 2:35.85 40.67	300m: 3:57.28 40.61	400m: 5:14.08 36.85
71. Turza Patrycja	98 UKS Huragan Sosnowiec	<b>5:14.15</b>	436
50m: 33.12 33.12	150m: 1:53.00 40.66	250m: 3:16.09 41.57	350m: 4:37.90 40.33
100m: 1:12.34 39.22	200m: 2:34.52 41.52	300m: 3:57.57 41.48	400m: 5:14.15 36.25
72. Grychtoł Weronika	01 UKS Wodnik 29 Katowice	<b>5:18.26</b>	420
50m: 34.03 34.03	150m: 1:52.43 40.09	250m: 3:13.95 41.21	350m: 4:37.27 41.80
100m: 1:12.34 38.31	200m: 2:32.74 40.31	300m: 3:55.47 41.52	400m: 5:18.26 40.99
73. Chwałczy ska Aleksandra	01 WKS lask Wrocław	<b>5:18.65</b>	418
50m: 34.93 34.93	150m: 1:53.77 40.13	250m: 3:14.78 40.61	350m: 4:37.74 41.29
100m: 1:13.64 38.71	200m: 2:34.17 40.40	300m: 3:56.45 41.67	400m: 5:18.65 40.91
74. Kici ska Julia	01 UKP MANTA Jelcz-Laskowice	<b>5:24.25</b>	397
50m: 36.68 36.68	150m: 1:58.69 41.29	250m: 3:22.34 41.99	350m: 4:44.61 41.10
100m: 1:17.40 40.72	200m: 2:40.35 41.66	300m: 4:03.51 41.17	400m: 5:24.25 39.64
75. Wrze niewska Agnieszka	02 UKS 5 plus 1 Opole	<b>5:26.54</b>	388
50m: 36.55 36.55	150m: 1:59.69 41.96	250m: 3:24.67 42.54	350m: 4:48.84 41.73
100m: 1:17.73 41.18	200m: 2:42.13 42.44	300m: 4:07.11 42.44	400m: 5:26.54 37.70



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Pozycja			Rok ur.					Czas	Pkt.
76.	Tatarzy	ska	Agata	02	WKS	lask	Wrocław	<b>5:27.46</b>	385
	50m:	37.21	37.21	150m:	2:00.34	42.25	250m:	3:24.68	42.25
	100m:	1:18.09	40.88	200m:	2:42.43	42.09	300m:	4:06.55	41.87
							350m:	4:48.29	41.74
							400m:	5:27.46	39.17