



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

Event 11	Women, 400m Freestyle				14 years and older
2016-04-16 - 12:43	Sponsor K. Skrzypek Prezes Energopol Trade Opole				Results
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

Points: FINA 2015

Rank	YB		Time	Pts
14 years				
1.	Kryszkowska Natalia	02	MZOS Plock	4:42.72 599
	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	4:47.65 569
	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	4:48.93 561
	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	4:52.81 539
	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.	Pawlowska Barbara	02	UKS 190 Lodz	4:54.48 530
	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 Dobrodzien	4:57.42 514
	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 Malgorzata	02	UKS 190 Lodz	4:58.47 509
	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 Oswiecim	4:59.15 505
	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 Kochlowice	5:01.78 492
	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.	Dabrowska Tatiana	02	UKS Piatka Konstantinow Lodzki	5:03.66 483
	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 Lodz	5:04.05 481
	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 Dabrowa Gornicza	5:04.95 477
	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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Event 11, Girls, 400m Freestyle, 14 years

Rank			YB					Time	Pts
13.	Palonka Zuzanna		02	WKS Slask Wroclaw				5:05.64	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.	Orlowska Zuzanna		02	UKS NAWA Skierniewice				5:06.48	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 Sl.				5:10.85	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.	Wrzesniewska Agnieszka		02	UKS 5 plus 1 Opole				5:26.54	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.	Tatarzynska Agata		02	WKS Slask Wroclaw				5:27.46	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 years

1.	Wisniewska Oliwia		01	CSiR MOS Dabrowa Gornicza				4:34.15	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				4:41.95	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.	Osinska Wiktoria		01	UKS SP 149 Lodz				4:43.86	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.	Lysakowska Julia SL		01	AZS UMCS Lublin				4:43.99	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				4:46.86	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.	Juzwicka Zuzanna		01	MKS Trojka Lodz				4:47.70	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.	Szebesczyk Hanna		01	WKS Slask Wroclaw				4:48.59	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				4:48.71	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 Lodz				4:48.91	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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Event 11, Girls, 400m Freestyle, 15 years

Rank				YB					Time	Pts		
10.	Balcer Julia			01	UKS 190 Lodz				4:49.86	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				4:51.76	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				4:57.75	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.	Kosinska Dominika			01	KS Piatka Chorzow				4:57.97	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 Kedzierzyn-Kozle				4:58.46	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 Dabrowa Gornicza				5:02.12	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 Zory				5:04.89	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 Plock				5:04.89	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.	Zurawska Sabina SO			01	UKP UNIA Oswiecim				5:10.78	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.	Kabanska Nicol			01	CSiR MOS Dabrowa Gornicza				5:11.75	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.	Smetek Wiktoria			01	MMKS Kedzierzyn-Kozle				5:14.08	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.	Grychtol Weronika			01	UKS Wodnik 29 Katowice				5:18.26	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.	Chwalczynska Aleksandra			01	WKS Slask Wroclaw				5:18.65	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.	Kicinska Julia			01	UKP MANTA Jelcz-Laskowice				5:24.25	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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Event 11, Women, 400m Freestyle

16 years

1. Margula Weronika SSz	00	MKP Szczecin	4:40.28	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 Oswiecim	4:42.09	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. Zmuda Weronika SL	00	AZS UMCS Lublin	4:44.37	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 Oswiecim	4:44.50	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 Plock	4:49.39	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 Slask Wroclaw	4:55.10	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. Sliwinska Kalina	00	WKS Slask Wroclaw	4:58.97	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 years

1. Piechota Paulina	99	UKS 190 Lodz	4:22.41	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	4:24.16	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	4:26.44	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	4:32.12	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 Chelm	4:37.54	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 Aleksandrow Lodzki	4:37.76	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 Wiktorja SL	99	UKS Skarpa Lublin	4:37.98	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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Event 11, Women, 400m Freestyle, 17 - 18 years

Rank			YB					Time	Pts			
8.	Zajac Oliwia		98	MKS Juvenia Wroclaw				4:39.30	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.	Samula Wiktoria SL		99	AZS UMCS Lublin				4:41.08	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.	Krol Oliwia		99	MKS Trojka Lodz				4:41.70	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.	Zaduminska Weronika		99	AZS AWF Warszawa				4:41.77	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 Oswiecim				4:42.81	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.	Leszczynska Klaudia Julia SO		99	UKP UNIA Oswiecim				4:44.57	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 Oswiecim				4:47.47	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 Trojka Lodz				4:48.33	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				4:49.90	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 Pajeczno				4:56.35	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.	Pyrluk Paulina		99	UKP UNIA Oswiecim				4:58.09	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 Ros Pisz				4:59.33	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 Dobrodzien				5:09.60	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				5:14.15	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 years and older

1.	Burska Justyna	95	AZS UWM Olsztyn	4:16.02	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.	Zukowska Paula	93	MKS Juvenia Wroclaw	4:16.43	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 Lodz	4:22.41	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	4:24.16	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	4:26.44	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 Krakow	4:26.75	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	4:32.12	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 Krakow	4:33.16	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 Dabrowa Gornicza	4:33.49	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.	Wisniewska Oliwia	01	CSiR MOS Dabrowa Gornicza	4:34.15	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	97	MKS Jordan Krakow	4:37.29	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 Chelm	4:37.54	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 Aleksandrow Lodzki	4:37.76	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	4:37.98	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	4:38.19	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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Rank			YB					Time	Pts
16.	Bart Patrycja		97	MKS Palac Mlodziezy Katowice				4:38.41	627
	50m:	31.96	31.96	150m:	1:42.78	36.03	250m:	2:54.64	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.	Zajac Oliwia		98	MKS Juvenia Wroclaw				4:39.30	621
	50m:	32.32	32.32	150m:	1:42.90	35.31	250m:	2:53.99	35.39
	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	MKP Szczecin				4:40.28	615
	50m:	31.84	31.84	150m:	1:41.04	34.98	250m:	2:51.93	35.76
	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.	Samula Wiktoria SL		99	AZS UMCS Lublin				4:41.08	609
	50m:	32.34	32.34	150m:	1:43.51	35.65	250m:	2:55.51	36.14
	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.	Krol Oliwia		99	MKS Trojka Lodz				4:41.70	605
	50m:	33.19	33.19	150m:	1:43.58	35.47	250m:	2:55.93	36.29
	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.	Zaduminska Weronika		99	AZS AWF Warszawa				4:41.77	605
	50m:	32.65	32.65	150m:	1:43.19	35.39	250m:	2:54.26	35.62
	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	MAL WOPR Malbork				4:41.95	604
	50m:	31.69	31.69	150m:	1:43.05	36.18	250m:	2:55.57	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	UKP UNIA Oswiecim				4:42.09	603
	50m:	32.17	32.17	150m:	1:43.74	35.92	250m:	2:55.85	36.05
	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	MZOS Plock				4:42.72	599
	50m:	31.41	31.41	150m:	1:42.77	36.44	250m:	2:55.56	36.68
	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	UKP UNIA Oswiecim				4:42.81	598
	50m:	32.50	32.50	150m:	1:44.62	36.32	250m:	2:56.64	36.04
	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.	Osinska Wiktoria		01	UKS SP 149 Lodz				4:43.86	592
	50m:	32.59	32.59	150m:	1:43.87	35.60	250m:	2:56.32	36.39
	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.	Lysakowska Julia SL		01	AZS UMCS Lublin				4:43.99	591
	50m:	33.85	33.85	150m:	1:46.01	36.28	250m:	2:58.99	36.23
	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.	Zmuda Weronika SL		00	AZS UMCS Lublin				4:44.37	588
	50m:	33.25	33.25	150m:	1:45.06	36.26	250m:	2:56.85	35.67
	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	UKP UNIA Oswiecim				4:44.50	588
	50m:	33.46	33.46	150m:	1:45.80	36.06	250m:	2:58.25	36.09
	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.	Leszczynska Klaudia Julia SO		99	UKP UNIA Oswiecim				4:44.57	587
	50m:	32.24	32.24	150m:	1:43.64	36.38	250m:	2:56.63	36.89
	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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Event 11, Women, 400m Freestyle, 14 years and older

Rank			YB					Time	Pts		
31.	Bura Dominika		01	UKS Aligator Gorzyce				4:46.86	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 Oswiecim				4:47.47	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				4:47.65	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.	Juzwicka Zuzanna		01	MKS Trojka Lodz				4:47.70	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 Trojka Lodz				4:48.33	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 Slask Wroclaw				4:48.59	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				4:48.71	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 Lodz				4:48.91	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				4:48.93	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 Plock				4:49.39	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 Lodz				4:49.86	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				4:49.90	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				4:51.76	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				4:52.81	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.	Pawlowska Barbara		02	UKS 190 Lodz				4:54.48	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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Rank		YB						Time	Pts
46.	Malinowska Zuzanna	00	WKS Slask Wroclaw					4:55.10	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 Pajeczno					4:56.35	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 Dobrodzien					4:57.42	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					4:57.75	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.	Kosinska Dominika	01	KS Piatka Chorzow					4:57.97	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 Oswiecim					4:58.09	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 Kedzierzyn-Kozle					4:58.46	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 Malgorzata	02	UKS 190 Lodz					4:58.47	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.	Sliwinska Kalina	00	WKS Slask Wroclaw					4:58.97	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 Oswiecim					4:59.15	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 Ros Pisz					4:59.33	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 Kochlowice					5:01.78	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 Dabrowa Gornicza					5:02.12	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.	Dabrowska Tatiana	02	UKS Piatka Konstanytown Lodzki					5:03.66	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 Lodz					5:04.05	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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Rank		YB						Time	Pts
61.	Tomasiak Agnieszka	01	UKS Salmo Zory					5:04.89	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 Plock					5:04.89	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.	Szkoda Klaudia	02	CSiR MOS Dabrowa Gornicza					5:04.95	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 Slask Wroclaw					5:05.64	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.	Orlowska Zuzanna	02	UKS NAWA Skierniewice					5:06.48	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 Dobrodzien					5:09.60	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.	Zurawska Sabina SO	01	UKP UNIA Oswiecim					5:10.78	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 Sl.					5:10.85	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.	Kabanska Nicol	01	CSiR MOS Dabrowa Gornicza					5:11.75	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.	Smetek Wiktoria	01	MMKS Kedzierzyn-Kozle					5:14.08	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					5:14.15	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.	Grychtol Weronika	01	UKS Wodnik 29 Katowice					5:18.26	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.	Chwalczynska Aleksandra	01	WKS Slask Wroclaw					5:18.65	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.	Kicinska Julia	01	UKP MANTA Jelcz-Laskowice					5:24.25	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.	Wrzesniewska Agnieszka	02	UKS 5 plus 1 Opole					5:26.54	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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Rank			YB					Time	Pts
76.	Tatarzynska Agata		02	WKS Slask Wroclaw				5:27.46	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

