



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

Konkurencja 22
2016-04-17 - 9:00
Kobiet, 400m zmienny
Sponsor Pan Andrzej Buła Marszałek Woj. Opolskiego
14 lat i starsi
Wyniki

Rekord Polski Open	4:36.95	Baranowska Katarzyna	00116	Beijing (CHN)	2008-08-09
Rekord Polski 14	4:56.38	Szczepaniak Karolina	00914	Ostrowiec	2006-05-19
Rekord Polski 15	4:49.27	Szczepaniak Karolina	00114	Gorzow Wlkp.	2007-11-30
Rekord Polski 16	4:48.17	Czopek Agnieszka	00114	Moskwa (RUS)	2008-06-21
Rekord Polski 17	4:45.13	Szczepaniak Karolina	00114	Rome (ITA)	2009-08-02
Rekord Polski 18	4:43.39	Baranowska Katarzyna	00116	Debica	2005-05-20

Punkty: FINA 2015

Pozycja Rok ur. Czas Pkt.

14 lat

1. Rajca Olivia	02	UKS 190 Łódź	5:24.73	564
50m: 34.05 34.05	150m: 1:57.68 43.83	250m: 3:25.43 45.83	350m: 4:50.13 38.17	
100m: 1:13.85 39.80	200m: 2:39.60 41.92	300m: 4:11.96 46.53	400m: 5:24.73 34.60	
2. Bura Julia	02	UKS Aligator Gorzyce	5:28.50	545
50m: 37.03 37.03	150m: 2:02.88 43.70	250m: 3:29.10 44.42	350m: 4:52.34 38.95	
100m: 1:19.18 42.15	200m: 2:44.68 41.80	300m: 4:13.39 44.29	400m: 5:28.50 36.16	
3. D browska Tatiana	02	UKS Pi tka Konstancynów Łódzki	5:32.38	526
50m: 34.75 34.75	150m: 1:59.88 43.91	250m: 3:29.90 47.17	350m: 4:56.37 39.21	
100m: 1:15.97 41.22	200m: 2:42.73 42.85	300m: 4:17.16 47.26	400m: 5:32.38 36.01	
4. Pluta Emilia	02	UKS Aligator Gorzyce	5:33.97	519
50m: 35.63 35.63	150m: 2:02.55 44.53	250m: 3:32.08 47.15	350m: 4:56.95 37.48	
100m: 1:18.02 42.39	200m: 2:44.93 42.38	300m: 4:19.47 47.39	400m: 5:33.97 37.02	
5. Dra yk Natalia SR	02	UKS Manta Kochłowice	5:37.20	504
50m: 34.01 34.01	150m: 1:58.65 43.26	250m: 3:27.13 46.18	350m: 4:56.31 40.29	
100m: 1:15.39 41.38	200m: 2:40.95 42.30	300m: 4:16.02 48.89	400m: 5:37.20 40.89	
6. Noco Dominika	02	UKS Manta Kochłowice	5:45.36	469
50m: 35.59 35.59	150m: 2:00.60 43.49	250m: 3:33.70 50.98	350m: 5:05.46 39.01	
100m: 1:17.11 41.52	200m: 2:42.72 42.12	300m: 4:26.45 52.75	400m: 5:45.36 39.90	

15 lat

1. Halicka Lidia	01	WKS lask Wrocław	5:02.88	696
50m: 32.65 32.65	150m: 1:48.86 39.27	250m: 3:09.26 42.33	350m: 4:28.63 36.45	
100m: 1:09.59 36.94	200m: 2:26.93 38.07	300m: 3:52.18 42.92	400m: 5:02.88 34.25	
2. Wi niewska Oliwia	01	CSiR MOS D browa Górnicza	5:14.49	621
50m: 32.96 32.96	150m: 1:51.02 40.09	250m: 3:16.33 47.51	350m: 4:40.19 36.75	
100m: 1:10.93 37.97	200m: 2:28.82 37.80	300m: 4:03.44 47.11	400m: 5:14.49 34.30	
3. Wett Oliwia	01	Sambor Tczew	5:17.15	606
50m: 33.45 33.45	150m: 1:54.31 41.92	250m: 3:19.90 45.06	350m: 4:42.81 36.83	
100m: 1:12.39 38.94	200m: 2:34.84 40.53	300m: 4:05.98 46.08	400m: 5:17.15 34.34	
4. Ostrowska Kamila	01	UKS Aligator Gorzyce	5:18.49	598
50m: 34.01 34.01	150m: 1:53.73 40.92	250m: 3:18.75 45.20	350m: 4:42.59 38.07	
100m: 1:12.81 38.80	200m: 2:33.55 39.82	300m: 4:04.52 45.77	400m: 5:18.49 35.90	
5. W grzynowska Aleksandra	01	WKS lask Wrocław	5:21.15	583
50m: 33.71 33.71	150m: 1:54.34 42.01	250m: 3:23.57 48.12	350m: 4:47.12 36.26	
100m: 1:12.33 38.62	200m: 2:35.45 41.11	300m: 4:10.86 47.29	400m: 5:21.15 34.03	
6. Bura Dominika	01	UKS Aligator Gorzyce	5:21.76	580
50m: 34.71 34.71	150m: 1:58.76 43.75	250m: 3:25.67 44.51	350m: 4:47.99 36.97	
100m: 1:15.01 40.30	200m: 2:41.16 42.40	300m: 4:11.02 45.35	400m: 5:21.76 33.77	



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Konkurencja 22, Dziewcz t, 400m zmienny, 15 lat

Pozycja	Rok ur.	Czas	Pkt.
7. Lewandowska Natalia SO	01 UKP UNIA O wi cim	5:27.70	549
50m: 32.63 32.63	150m: 1:53.02 41.61	250m: 3:22.02 47.71	350m: 4:49.90 39.13
100m: 1:11.41 38.78	200m: 2:34.31 41.29	300m: 4:10.77 48.75	400m: 5:27.70 37.80
8. Ciesiul Karolina	01 KS Wankan Legnica	5:28.71	544
50m: 34.81 34.81	150m: 1:59.05 41.80	250m: 3:27.61 48.41	350m: 4:53.98 37.25
100m: 1:17.25 42.44	200m: 2:39.20 40.15	300m: 4:16.73 49.12	400m: 5:28.71 34.73
9. Czornik Julia	01 KS Pi tka Chorzów	5:30.89	533
50m: 34.88 34.88	150m: 1:58.60 42.48	250m: 3:28.73 48.36	350m: 4:54.91 37.95
100m: 1:16.12 41.24	200m: 2:40.37 41.77	300m: 4:16.96 48.23	400m: 5:30.89 35.98
10. Hojół Agata	01 Galicja Kraków	5:31.26	532
50m: 33.81 33.81	150m: 1:54.65 43.61	250m: 3:25.48 48.96	350m: 4:54.59 39.06
100m: 1:11.04 37.23	200m: 2:36.52 41.87	300m: 4:15.53 50.05	400m: 5:31.26 36.67
11. Osi ska Wiktoria	01 UKS SP 149 Łód	5:31.52	530
50m: 33.33 33.33	150m: 1:56.02 43.06	250m: 3:27.51 49.90	350m: 4:56.00 37.95
100m: 1:12.96 39.63	200m: 2:37.61 41.59	300m: 4:18.05 50.54	400m: 5:31.52 35.52
12. Łysakowska Julia SL	01 AZS UMCS Lublin	5:32.43	526
50m: 34.95 34.95	150m: 1:59.35 44.48	250m: 3:28.60 48.91	350m: 4:56.19 38.28
100m: 1:14.87 39.92	200m: 2:39.69 40.34	300m: 4:17.91 49.31	400m: 5:32.43 36.24
13. Działkowska Natalia	01 MUKS Gilus Gilowice	5:37.21	504
50m: 34.85 34.85	150m: 2:01.25 44.10	250m: 3:32.50 47.34	350m: 4:59.95 39.71
100m: 1:17.15 42.30	200m: 2:45.16 43.91	300m: 4:20.24 47.74	400m: 5:37.21 37.26
14. Szebeszyk Hanna	01 WKS lask Wrocław	5:39.43	494
50m: 35.13 35.13	150m: 2:05.73 44.66	250m: 3:35.45 46.93	350m: 5:02.38 39.37
100m: 1:21.07 45.94	200m: 2:48.52 42.79	300m: 4:23.01 47.56	400m: 5:39.43 37.05
15. Faryna Patrycja	01 KS Wankan Legnica	5:40.06	491
50m: 35.27 35.27	150m: 2:01.91 44.76	250m: 3:33.41 47.55	350m: 5:01.65 40.07
100m: 1:17.15 41.88	200m: 2:45.86 43.95	300m: 4:21.58 48.17	400m: 5:40.06 38.41
16. Tomasiak Agnieszka	01 UKS Salmo ory	5:44.13	474
50m: 34.48 34.48	150m: 1:59.94 43.99	250m: 3:34.79 51.88	350m: 5:07.25 40.52
100m: 1:15.95 41.47	200m: 2:42.91 42.97	300m: 4:26.73 51.94	400m: 5:44.13 36.88

16 lat

1. Dzwonnik Zuzanna	00 SKS 137 Delfin Łód	5:07.44	665
50m: 33.25 33.25	150m: 1:50.60 37.82	250m: 3:12.26 42.93	350m: 4:31.68 35.18
100m: 1:12.78 39.53	200m: 2:29.33 38.73	300m: 3:56.50 44.24	400m: 5:07.44 35.76
2. Margula Weronika SSz	00 MKP Szczecin	5:22.30	577
50m: 33.43 33.43	150m: 1:52.53 39.61	250m: 3:19.90 48.02	350m: 4:46.40 37.49
100m: 1:12.92 39.49	200m: 2:31.88 39.35	300m: 4:08.91 49.01	400m: 5:22.30 35.90
3. muda Weronika SL	00 AZS UMCS Lublin	5:22.39	577
50m: 33.29 33.29	150m: 1:55.58 43.09	250m: 3:22.58 44.89	350m: 4:45.93 38.02
100m: 1:12.49 39.20	200m: 2:37.69 42.11	300m: 4:07.91 45.33	400m: 5:22.39 36.46
4. Kowalska Dominika	00 MKS Trójka Łód	5:26.67	554
50m: 33.85 33.85	150m: 1:55.58 43.09	250m: 3:26.43 43.25	350m: 4:50.42 39.82
100m: 1:13.19 39.34	200m: 2:43.18	300m: 4:10.60 44.17	400m: 5:26.67 36.25



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Konkurencja 22, Dziewcz t, 400m zmienny, 16 lat

Pozycja	Rok ur.	Time	Club	Time	Club	Time	Club	Time	Club	Pkt.
5.	00	5:27.35	UKS Aligator Gorzyce	551						
		50m: 32.66 32.66		150m: 1:53.86 41.58		250m: 3:22.39 46.94		350m: 4:50.28 38.80		
		100m: 1:12.28 39.62		200m: 2:35.45 41.59		300m: 4:11.48 49.09		400m: 5:27.35 37.07		
6.	00	5:32.22	MKS-SMS Victoria Racibórz	527						
		50m: 37.07 37.07		150m: 2:05.02 44.22		250m: 3:33.59 45.35		350m: 4:57.60 37.76		
		100m: 1:20.80 43.73		200m: 2:48.24 43.22		300m: 4:19.84 46.25		400m: 5:32.22 34.62		
7.	00	5:33.65	LKS Omega Kleszczów	520						
		50m: 33.45 33.45		150m: 1:56.69 44.01		250m: 3:26.26 47.65		350m: 4:55.40 40.41		
		100m: 1:12.68 39.23		200m: 2:38.61 41.92		300m: 4:14.99 48.73		400m: 5:33.65 38.25		
8.	00	5:48.94	MKS Trójka Łód	455						
		50m: 36.82 36.82		150m: 2:07.24 46.51		250m: 3:40.34 47.33		350m: 5:09.15 39.91		
		100m: 1:20.73 43.91		200m: 2:53.01 45.77		300m: 4:29.24 48.90		400m: 5:48.94 39.79		

17 - 18 lat

1.	99	4:59.39	AZS UMCS Lublin	720						
		50m: 31.85 31.85		150m: 1:48.25 39.55		250m: 3:09.03 42.39		350m: 4:25.97 34.03		
		100m: 1:08.70 36.85		200m: 2:26.64 38.39		300m: 3:51.94 42.91		400m: 4:59.39 33.42		
2.	99	5:05.34	AZS AWF Warszawa	679						
		50m: 33.44 33.44		150m: 1:53.65 42.78		250m: 3:15.71 41.22		350m: 4:33.29 34.48		
		100m: 1:10.87 37.43		200m: 2:34.49 40.84		300m: 3:58.81 43.10		400m: 5:05.34 32.05		
3.	98	5:11.92	Mks Wodnik Radom	637						
		50m: 32.96 32.96		150m: 1:50.75 39.85		250m: 3:15.67 45.87		350m: 4:36.67 35.32		
		100m: 1:10.90 37.94		200m: 2:29.80 39.05		300m: 4:01.35 45.68		400m: 5:11.92 35.25		
4.	99	5:18.46	WKS lask Wrocław	598						
		50m: 32.45 32.45		150m: 1:52.38 41.86		250m: 3:18.60 45.20		350m: 4:42.02 38.09		
		100m: 1:10.52 38.07		200m: 2:33.40 41.02		300m: 4:03.93 45.33		400m: 5:18.46 36.44		
5.	99	5:19.64	Towarzystwo Pływackie Zielona	592						
		50m: 33.93 33.93		150m: 1:54.99 40.61		250m: 3:19.64 45.51		350m: 4:43.10 36.98		
		100m: 1:14.38 40.45		200m: 2:34.13 39.14		300m: 4:06.12 46.48		400m: 5:19.64 36.54		
6.	98	5:24.21	UKP MANTA Jelcz-Laskowice	567						
		50m: 34.97 34.97		150m: 1:57.68 42.31		250m: 3:23.84 44.93		350m: 4:48.71 38.28		
		100m: 1:15.37 40.40		200m: 2:38.91 41.23		300m: 4:10.43 46.59		400m: 5:24.21 35.50		
7.	99	5:28.05	MKS Trójka Łód	547						
		50m: 33.12 33.12		150m: 1:55.88 44.32		250m: 3:25.95 46.66		350m: 4:51.57 38.09		
		100m: 1:11.56 38.44		200m: 2:39.29 43.41		300m: 4:13.48 47.53		400m: 5:28.05 36.48		

14 lat i starsi

1.	93	4:56.44	MKS Juvenia Wrocław	742						
		50m: 30.93 30.93		150m: 1:44.23 38.13		250m: 3:05.85 43.55		350m: 4:23.67 34.07		
		100m: 1:06.10 35.17		200m: 2:22.30 38.07		300m: 3:49.60 43.75		400m: 4:56.44 32.77		
2.	99	4:59.39	AZS UMCS Lublin	720						
		50m: 31.85 31.85		150m: 1:48.25 39.55		250m: 3:09.03 42.39		350m: 4:25.97 34.03		
		100m: 1:08.70 36.85		200m: 2:26.64 38.39		300m: 3:51.94 42.91		400m: 4:59.39 33.42		
3.	01	5:02.88	WKS lask Wrocław	696						
		50m: 32.65 32.65		150m: 1:48.86 39.27		250m: 3:09.26 42.33		350m: 4:28.63 36.45		
		100m: 1:09.59 36.94		200m: 2:26.93 38.07		300m: 3:52.18 42.92		400m: 5:02.88 34.25		



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Konkurencja 22, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja	Rok ur.	Czas	Pkt.
4. Janiszewska Dominika	99	5:05.34	679
50m: 33.44 33.44	150m: 1:53.65 42.78	250m: 3:15.71 41.22	350m: 4:33.29 34.48
100m: 1:10.87 37.43	200m: 2:34.49 40.84	300m: 3:58.81 43.10	400m: 5:05.34 32.05
5. Dzwonnik Zuzanna	00	5:07.44	665
50m: 33.25 33.25	150m: 1:50.60 37.82	250m: 3:12.26 42.93	350m: 4:31.68 35.18
100m: 1:12.78 39.53	200m: 2:29.33 38.73	300m: 3:56.50 44.24	400m: 5:07.44 35.76
6. Mendyk Adrianna SO	98	5:11.92	637
50m: 32.96 32.96	150m: 1:50.75 39.85	250m: 3:15.67 45.87	350m: 4:36.67 35.32
100m: 1:10.90 37.94	200m: 2:29.80 39.05	300m: 4:01.35 45.68	400m: 5:11.92 35.25
7. Wi niewska Oliwia	01	5:14.49	621
50m: 32.96 32.96	150m: 1:51.02 40.09	250m: 3:16.33 47.51	350m: 4:40.19 36.75
100m: 1:10.93 37.97	200m: 2:28.82 37.80	300m: 4:03.44 47.11	400m: 5:14.49 34.30
8. Wett Oliwia	01	5:17.15	606
50m: 33.45 33.45	150m: 1:54.31 41.92	250m: 3:19.90 45.06	350m: 4:42.81 36.83
100m: 1:12.39 38.94	200m: 2:34.84 40.53	300m: 4:05.98 46.08	400m: 5:17.15 34.34
9. Filipek Jagoda	99	5:18.46	598
50m: 32.45 32.45	150m: 1:52.38 41.86	250m: 3:18.60 45.20	350m: 4:42.02 38.09
100m: 1:10.52 38.07	200m: 2:33.40 41.02	300m: 4:03.93 45.33	400m: 5:18.46 36.44
10. Ostrowska Kamila	01	5:18.49	598
50m: 34.01 34.01	150m: 1:53.73 40.92	250m: 3:18.75 45.20	350m: 4:42.59 38.07
100m: 1:12.81 38.80	200m: 2:33.55 39.82	300m: 4:04.52 45.77	400m: 5:18.49 35.90
11. Paj k Liliana SMS ZG	99	5:19.64	592
50m: 33.93 33.93	150m: 1:54.99 40.61	250m: 3:19.64 45.51	350m: 4:43.10 36.98
100m: 1:14.38 40.45	200m: 2:34.13 39.14	300m: 4:06.12 46.48	400m: 5:19.64 36.54
12. W grzynowska Aleksandra	01	5:21.15	583
50m: 33.71 33.71	150m: 1:54.34 42.01	250m: 3:23.57 48.12	350m: 4:47.12 36.26
100m: 1:12.33 38.62	200m: 2:35.45 41.11	300m: 4:10.86 47.29	400m: 5:21.15 34.03
13. Bura Dominika	01	5:21.76	580
50m: 34.71 34.71	150m: 1:58.76 43.75	250m: 3:25.67 44.51	350m: 4:47.99 36.97
100m: 1:15.01 40.30	200m: 2:41.16 42.40	300m: 4:11.02 45.35	400m: 5:21.76 33.77
14. Margula Weronika SSz	00	5:22.30	577
50m: 33.43 33.43	150m: 1:52.53 39.61	250m: 3:19.90 48.02	350m: 4:46.40 37.49
100m: 1:12.92 39.49	200m: 2:31.88 39.35	300m: 4:08.91 49.01	400m: 5:22.30 35.90
15. muda Weronika SL	00	5:22.39	577
50m: 33.29 33.29	150m: 1:55.58 43.09	250m: 3:22.58 44.89	350m: 4:45.93 38.02
100m: 1:12.49 39.20	200m: 2:37.69 42.11	300m: 4:07.91 45.33	400m: 5:22.39 36.46
16. Bartyzel Aleksandra	98	5:24.21	567
50m: 34.97 34.97	150m: 1:57.68 42.31	250m: 3:23.84 44.93	350m: 4:48.71 38.28
100m: 1:15.37 40.40	200m: 2:38.91 41.23	300m: 4:10.43 46.59	400m: 5:24.21 35.50
17. Rajca Oliwia	02	5:24.73	564
50m: 34.05 34.05	150m: 1:57.68 43.83	250m: 3:25.43 45.83	350m: 4:50.13 38.17
100m: 1:13.85 39.80	200m: 2:39.60 41.92	300m: 4:11.96 46.53	400m: 5:24.73 34.60
18. Kowalska Dominika	00	5:26.67	554
50m: 33.85 33.85	150m:	250m: 3:26.43 43.25	350m: 4:50.42 39.82
100m: 1:13.19 39.34	200m: 2:43.18	300m: 4:10.60 44.17	400m: 5:26.67 36.25



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Konkurencja 22, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja	Rok ur.	Czas	Pkt.
19. Adamska Alicja	00 UKS Aligator Gorzyce	5:27.35	551
50m: 32.66 32.66	150m: 1:53.86 41.58	250m: 3:22.39 46.94	350m: 4:50.28 38.80
100m: 1:12.28 39.62	200m: 2:35.45 41.59	300m: 4:11.48 49.09	400m: 5:27.35 37.07
20. Lewandowska Natalia SO	01 UKP UNIA O wi cim	5:27.70	549
50m: 32.63 32.63	150m: 1:53.02 41.61	250m: 3:22.02 47.71	350m: 4:49.90 39.13
100m: 1:11.41 38.78	200m: 2:34.31 41.29	300m: 4:10.77 48.75	400m: 5:27.70 37.80
21. Król Oliwia	99 MKS Trójka Łód	5:28.05	547
50m: 33.12 33.12	150m: 1:55.88 44.32	250m: 3:25.95 46.66	350m: 4:51.57 38.09
100m: 1:11.56 38.44	200m: 2:39.29 43.41	300m: 4:13.48 47.53	400m: 5:28.05 36.48
22. Bura Julia	02 UKS Aligator Gorzyce	5:28.50	545
50m: 37.03 37.03	150m: 2:02.88 43.70	250m: 3:29.10 44.42	350m: 4:52.34 38.95
100m: 1:19.18 42.15	200m: 2:44.68 41.80	300m: 4:13.39 44.29	400m: 5:28.50 36.16
23. Ciesiul Karolina	01 KS Wankan Legnica	5:28.71	544
50m: 34.81 34.81	150m: 1:59.05 41.80	250m: 3:27.61 48.41	350m: 4:53.98 37.25
100m: 1:17.25 42.44	200m: 2:39.20 40.15	300m: 4:16.73 49.12	400m: 5:28.71 34.73
24. Czornik Julia	01 KS Pi tka Chorzów	5:30.89	533
50m: 34.88 34.88	150m: 1:58.60 42.48	250m: 3:28.73 48.36	350m: 4:54.91 37.95
100m: 1:16.12 41.24	200m: 2:40.37 41.77	300m: 4:16.96 48.23	400m: 5:30.89 35.98
25. Hojół Agata	01 Galicja Kraków	5:31.26	532
50m: 33.81 33.81	150m: 1:54.65 43.61	250m: 3:25.48 48.96	350m: 4:54.59 39.06
100m: 1:11.04 37.23	200m: 2:36.52 41.87	300m: 4:15.53 50.05	400m: 5:31.26 36.67
26. Osi ska Wiktoria	01 UKS SP 149 Łód	5:31.52	530
50m: 33.33 33.33	150m: 1:56.02 43.06	250m: 3:27.51 49.90	350m: 4:56.00 37.95
100m: 1:12.96 39.63	200m: 2:37.61 41.59	300m: 4:18.05 50.54	400m: 5:31.52 35.52
27. Kocjan Victoria SR	00 MKS-SMS Victoria Racibórz	5:32.22	527
50m: 37.07 37.07	150m: 2:05.02 44.22	250m: 3:33.59 45.35	350m: 4:57.60 37.76
100m: 1:20.80 43.73	200m: 2:48.24 43.22	300m: 4:19.84 46.25	400m: 5:32.22 34.62
28. D browska Tatiana	02 UKS Pi tka Konstancynów Łódzki	5:32.38	526
50m: 34.75 34.75	150m: 1:59.88 43.91	250m: 3:29.90 47.17	350m: 4:56.37 39.21
100m: 1:15.97 41.22	200m: 2:42.73 42.85	300m: 4:17.16 47.26	400m: 5:32.38 36.01
29. Łysakowska Julia SL	01 AZS UMCS Lublin	5:32.43	526
50m: 34.95 34.95	150m: 1:59.35 44.48	250m: 3:28.60 48.91	350m: 4:56.19 38.28
100m: 1:14.87 39.92	200m: 2:39.69 40.34	300m: 4:17.91 49.31	400m: 5:32.43 36.24
30. Wojciechowska Maria	00 LKS Omega Kleszczów	5:33.65	520
50m: 33.45 33.45	150m: 1:56.69 44.01	250m: 3:26.26 47.65	350m: 4:55.40 40.41
100m: 1:12.68 39.23	200m: 2:38.61 41.92	300m: 4:14.99 48.73	400m: 5:33.65 38.25
31. Pluta Emilia	02 UKS Aligator Gorzyce	5:33.97	519
50m: 35.63 35.63	150m: 2:02.55 44.53	250m: 3:32.08 47.15	350m: 4:56.95 37.48
100m: 1:18.02 42.39	200m: 2:44.93 42.38	300m: 4:19.47 47.39	400m: 5:33.97 37.02
32. Dra yk Natalia SR	02 UKS Manta Kochłowice	5:37.20	504
50m: 34.01 34.01	150m: 1:58.65 43.26	250m: 3:27.13 46.18	350m: 4:56.31 40.29
100m: 1:15.39 41.38	200m: 2:40.95 42.30	300m: 4:16.02 48.89	400m: 5:37.20 40.89
33. Działkowska Natalia	01 MUKS Gilus Gilowice	5:37.21	504
50m: 34.85 34.85	150m: 2:01.25 44.10	250m: 3:32.50 47.34	350m: 4:59.95 39.71
100m: 1:17.15 42.30	200m: 2:45.16 43.91	300m: 4:20.24 47.74	400m: 5:37.21 37.26



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

Konkurencja 22, Kobiet, 400m zmienny, 14 lat i starsi

Pozycja		Rok ur.						Czas	Pkt.
34.	Szebesczyk Hanna	01	WKS	lask Wrocław				5:39.43	494
	50m: 35.13 35.13		150m: 2:05.73	44.66	250m: 3:35.45	46.93	350m: 5:02.38	39.37	
	100m: 1:21.07 45.94		200m: 2:48.52	42.79	300m: 4:23.01	47.56	400m: 5:39.43	37.05	
35.	Faryna Patrycja	01	KS	Wankan Legnica				5:40.06	491
	50m: 35.27 35.27		150m: 2:01.91	44.76	250m: 3:33.41	47.55	350m: 5:01.65	40.07	
	100m: 1:17.15 41.88		200m: 2:45.86	43.95	300m: 4:21.58	48.17	400m: 5:40.06	38.41	
36.	Tomasiak Agnieszka	01	UKS	Salmo ory				5:44.13	474
	50m: 34.48 34.48		150m: 1:59.94	43.99	250m: 3:34.79	51.88	350m: 5:07.25	40.52	
	100m: 1:15.95 41.47		200m: 2:42.91	42.97	300m: 4:26.73	51.94	400m: 5:44.13	36.88	
37.	Noco Dominika	02	UKS	Manta Kochłowice				5:45.36	469
	50m: 35.59 35.59		150m: 2:00.60	43.49	250m: 3:33.70	50.98	350m: 5:05.46	39.01	
	100m: 1:17.11 41.52		200m: 2:42.72	42.12	300m: 4:26.45	52.75	400m: 5:45.36	39.90	
38.	Kacprzak Patrycja	00	MKS	Trójka Łód				5:48.94	455
	50m: 36.82 36.82		150m: 2:07.24	46.51	250m: 3:40.34	47.33	350m: 5:09.15	39.91	
	100m: 1:20.73 43.91		200m: 2:53.01	45.77	300m: 4:29.24	48.90	400m: 5:48.94	39.79	