



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

Event 22	Women, 400m Medley				14 years and older
2016-04-17 - 9:00	Sponsor Pan Andrzej Buła Marszałek Woj. Opolskiego				Results
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

Points: FINA 2015

Rank	YB				Time	Pts
14 years						
1.	Rajca Olivia	02	UKS 190 Lodz		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.	Dabrowska Tatiana	02	UKS Piatka Konstanzynow Lodzki		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.	Drazyk Natalia SR	02	UKS Manta Kochlowice		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.	Nocon Dominika	02	UKS Manta Kochlowice		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 years						
1.	Halicka Lidia	01	WKS Slask Wroclaw		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.	Wisniewska Oliwia	01	CSiR MOS Dabrowa Gornicza		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.	Wegrzynowska Aleksandra	01	WKS Slask Wroclaw		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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Event 22, Girls, 400m Medley, 15 years

Rank		YB						Time	Pts
7.	Lewandowska Natalia SO	01	UKP UNIA Oswiecim					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 Piatka Chorzow					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.	Hojol Agata	01	UKS SMS Galicja Krakow					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.	Osinska Wiktoria	01	UKS SP 149 Lodz					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.	Lysakowska 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.	Dzialkowska 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.	Szebesczyk Hanna	01	WKS Slask Wroclaw					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 Zory					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 years

1.	Dzwonnik Zuzanna	00	SKS 137 Delfin Lodz					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.	Zmuda 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 Trojka Lodz					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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Event 22, Girls, 400m Medley, 16 years

Rank			YB					Time	Pts
5.	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	
6.	Kocjan Victoria SR		00	MKS-SMS Victoria Raciborz				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	
7.	Wojciechowska Maria		00	LKS Omega Kleszczow				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	
8.	Kacprzak Patrycja		00	MKS Trojka Lodz				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	

17 - 18 years

1.	Adamczyk Julia SL		99	AZS UMCS Lublin				4:59.39	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.	Janiszewska Dominika		99	AZS AWF Warszawa				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	
3.	Mendyk Adrianna SO		98	Mks Wodnik Radom				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	
4.	Filipek Jagoda		99	WKS Slask Wroclaw				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	
5.	Pajak Liliana SMS ZG		99	Towarzystwo Pływackie Zielona				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	
6.	Bartyzel Aleksandra		98	UKP MANTA Jelcz-Laskowice				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	
7.	Krol Oliwia		99	MKS Trojka Lodz				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	

14 years and older

1.	Zukowska Paula		93	MKS Juvenia Wroclaw				4:56.44	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.	Adamczyk Julia SL		99	AZS UMCS Lublin				4:59.39	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.	Halicka Lidia		01	WKS Slask Wroclaw				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	



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Event 22, Women, 400m Medley, 14 years and older

Rank		YB						Time	Pts
4.	Janiszewska Dominika	99	AZS AWF Warszawa					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	SKS 137 Delfin Lodz					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	Mks Wodnik Radom					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.	Wisniewska Oliwia	01	CSiR MOS Dabrowa Gornicza					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	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	
9.	Filipek Jagoda	99	WKS Slask Wroclaw					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	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	
11.	Pajak Liliana SMS ZG	99	Towarzystwo Pływackie Zielona					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.	Wegrzynowska Aleksandra	01	WKS Slask Wroclaw					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	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	
14.	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	
15.	Zmuda 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	
16.	Bartyzel Aleksandra	98	UKP MANTA Jelcz-Laskowice					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	UKS 190 Lodz					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	MKS Trojka Lodz					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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Event 22, Women, 400m Medley, 14 years and older

Rank			YB					Time	Pts
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 Oswiecim				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.	Krol Oliwia		99	MKS Trojka Lodz				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 Piatka Chorzow				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.	Hojol Agata		01	UKS SMS Galicja Krakow				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.	Osinska Wiktoria		01	UKS SP 149 Lodz				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 Raciborz				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.	Dabrowska Tatiana		02	UKS Piatka Konstanynow Lodzki				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.	Lysakowska 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 Kleszczow				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.	Drazyk Natalia SR		02	UKS Manta Kochlowice				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.	Dzialkowska 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

Event 22, Women, 400m Medley, 14 years and older

Rank		YB						Time	Pts
34.	Szebesczyk Hanna	01	WKS Slask Wroclaw					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 Zory					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.	Nocon Dominika	02	UKS Manta Kochlowice					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 Trojka Lodz					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	