



Arena Grand Prix Puchar Polski Finał
Opole, 29- - 30-4-2017

Event 11 Women, 400m Freestyle 14 years and older
2017-04-29 - 12:45 Results

Rekord Polski 4:04.23 Jedrzejczak Otylia POL Melbourne (AUS) 2007-03-25

Points: FINA 2017

| Rank | | | YB | | | Time | | | Pts |
|--------------------|-------------------------|-------|---------------|--------------------------------|---------------|----------------|---------------|-------|-----|
| 14 years and older | | | | | | | | | |
| 1. | Zukowska Paula | | 93 | WKS Slask Wroclaw | | 4:18.08 | | | 769 |
| | 50m: 30.39 | 30.39 | 150m: 1:36.48 | 33.17 | 250m: 2:42.17 | 32.86 | 350m: 3:46.84 | 32.33 | |
| | 100m: 1:03.31 | 32.92 | 200m: 2:09.31 | 32.83 | 300m: 3:14.51 | 32.34 | 400m: 4:18.08 | 31.24 | |
| 2. | Piechota Paulina | | 99 | UKS 190 Lodz | | 4:18.57 | | | 764 |
| | 50m: 30.48 | 30.48 | 150m: 1:36.32 | 32.82 | 250m: 2:41.86 | 32.75 | 350m: 3:47.16 | 32.49 | |
| | 100m: 1:03.50 | 33.02 | 200m: 2:09.11 | 32.79 | 300m: 3:14.67 | 32.81 | 400m: 4:18.57 | 31.41 | |
| 3. | Karpisz Milena | | 97 | UKS Piatka Konstanynow Lodzki | | 4:21.38 | | | 740 |
| | 50m: 30.69 | 30.69 | 150m: 1:36.09 | 32.96 | 250m: 2:41.63 | 32.92 | 350m: 3:48.24 | 33.40 | |
| | 100m: 1:03.13 | 32.44 | 200m: 2:08.71 | 32.62 | 300m: 3:14.84 | 33.21 | 400m: 4:21.38 | 33.14 | |
| 4. | Janiszewska Dominika | | 99 | AZS AWF Warszawa | | 4:25.95 | | | 702 |
| | 50m: 31.27 | 31.27 | 150m: 1:38.30 | 33.78 | 250m: 2:45.95 | 33.83 | 350m: 3:53.00 | 33.86 | |
| | 100m: 1:04.52 | 33.25 | 200m: 2:12.12 | 33.82 | 300m: 3:19.14 | 33.19 | 400m: 4:25.95 | 32.95 | |
| 5. | Knop Aleksandra | | 03 | UKS 190 Lodz | | 4:27.15 | | | 693 |
| | 50m: 31.06 | 31.06 | 150m: 1:37.78 | 33.73 | 250m: 2:46.30 | 34.64 | 350m: 3:54.91 | 34.16 | |
| | 100m: 1:04.05 | 32.99 | 200m: 2:11.66 | 33.88 | 300m: 3:20.75 | 34.45 | 400m: 4:27.15 | 32.24 | |
| 6. | Piechota Karolina | | 01 | UKS 190 Lodz | | 4:27.35 | | | 691 |
| | 50m: 31.57 | 31.57 | 150m: 1:38.54 | 33.59 | 250m: 2:46.12 | 33.80 | 350m: 3:53.97 | 34.07 | |
| | 100m: 1:04.95 | 33.38 | 200m: 2:12.32 | 33.78 | 300m: 3:19.90 | 33.78 | 400m: 4:27.35 | 33.38 | |
| 7. | Adamczyk Julia SL | | 99 | KU AZS UMCS Lublin | | 4:29.09 | | | 678 |
| | 50m: 31.30 | 31.30 | 150m: 1:38.77 | 33.87 | 250m: 2:47.24 | 34.06 | 350m: 3:55.76 | 33.96 | |
| | 100m: 1:04.90 | 33.60 | 200m: 2:13.18 | 34.41 | 300m: 3:21.80 | 34.56 | 400m: 4:29.09 | 33.33 | |
| 8. | Wojciechowska Joanna SL | | 98 | Lubelski Uczniowski Klub Sport | | 4:32.16 | | | 655 |
| | 50m: 31.78 | 31.78 | 150m: 1:39.83 | 34.15 | 250m: 2:48.58 | 34.37 | 350m: 3:58.67 | 35.04 | |
| | 100m: 1:05.68 | 33.90 | 200m: 2:14.21 | 34.38 | 300m: 3:23.63 | 35.05 | 400m: 4:32.16 | 33.49 | |
| 9. | Jablonska Oliwia | | 97 | START Wroclaw | | 4:32.90 | | | 650 |
| | 50m: 32.02 | 32.02 | 150m: 1:40.69 | 34.80 | 250m: 2:49.96 | 34.71 | 350m: 3:58.83 | 34.47 | |
| | 100m: 1:05.89 | 33.87 | 200m: 2:15.25 | 34.56 | 300m: 3:24.36 | 34.40 | 400m: 4:32.90 | 34.07 | |
| 10. | Wegrzynowska Aleksandra | | 01 | WKS Slask Wroclaw | | 4:32.96 | | | 650 |
| | 50m: 31.45 | 31.45 | 150m: 1:40.50 | 34.99 | 250m: 2:50.50 | 35.02 | 350m: 4:00.89 | 35.39 | |
| | 100m: 1:05.51 | 34.06 | 200m: 2:15.48 | 34.98 | 300m: 3:25.50 | 35.00 | 400m: 4:32.96 | 32.07 | |
| 11. | Kryszkowska Natalia | | 02 | MZOS Plock | | 4:34.29 | | | 640 |
| | 50m: 31.76 | 31.76 | 150m: 1:41.18 | 35.25 | 250m: 2:51.18 | 34.84 | 350m: 4:00.91 | 34.97 | |
| | 100m: 1:05.93 | 34.17 | 200m: 2:16.34 | 35.16 | 300m: 3:25.94 | 34.76 | 400m: 4:34.29 | 33.38 | |
| 12. | Baryła Julia SSz | | 00 | MKP Szczecin | | 4:36.24 | | | 627 |
| | 50m: 32.37 | 32.37 | 150m: 1:41.61 | 35.08 | 250m: 2:52.33 | 35.35 | 350m: 4:02.12 | 35.05 | |
| | 100m: 1:06.53 | 34.16 | 200m: 2:16.98 | 35.37 | 300m: 3:27.07 | 34.74 | 400m: 4:36.24 | 34.12 | |
| 13. | Grzegorzczuk Izabella | | 93 | KS Warta Poznan | | 4:39.33 | | | 606 |
| | 50m: 32.31 | 32.31 | 150m: 1:43.93 | 35.90 | 250m: 2:54.10 | 34.80 | 350m: 4:04.45 | 35.16 | |
| | 100m: 1:08.03 | 35.72 | 200m: 2:19.30 | 35.37 | 300m: 3:29.29 | 35.19 | 400m: 4:39.33 | 34.88 | |
| 14. | Urbaniak Dominika | | 03 | UKS 190 Lodz | | 4:40.05 | | | 601 |
| | 50m: 33.41 | 33.41 | 150m: 1:45.80 | 36.47 | 250m: 2:57.71 | 35.87 | 350m: 4:07.56 | 34.51 | |
| | 100m: 1:09.33 | 35.92 | 200m: 2:21.84 | 36.04 | 300m: 3:33.05 | 35.34 | 400m: 4:40.05 | 32.49 | |





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Opole, 29- - 30-4-2017

Event 11, Women, 400m Freestyle, 14 years and older

| Rank | | | YB | | | | | Time | Pts | | | |
|------|------------------------|---------|-------|--------------------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 15. | Bakuniak Hanna | | 96 | MKP Szczecin | | | | 4:40.61 | 598 | | | |
| | 50m: | 32.55 | 32.55 | 150m: | 1:42.52 | 35.11 | 250m: | 2:51.86 | 34.51 | 350m: | 4:04.45 | 36.81 |
| | 100m: | 1:07.41 | 34.86 | 200m: | 2:17.35 | 34.83 | 300m: | 3:27.64 | 35.78 | 400m: | 4:40.61 | 36.16 |
| 16. | Kossakowska Dominika | | 01 | SiKReT Gliwice | | | | 4:40.64 | 598 | | | |
| | 50m: | 31.36 | 31.36 | 150m: | 1:40.31 | 34.92 | 250m: | 2:52.28 | 36.06 | 350m: | 4:05.18 | 36.54 |
| | 100m: | 1:05.39 | 34.03 | 200m: | 2:16.22 | 35.91 | 300m: | 3:28.64 | 36.36 | 400m: | 4:40.64 | 35.46 |
| 17. | Roman Matylda | | 02 | Zryw | | | | 4:41.11 | 595 | | | |
| | 50m: | 31.46 | 31.46 | 150m: | 1:41.87 | 35.74 | 250m: | 2:53.46 | 35.62 | 350m: | 4:06.12 | 36.05 |
| | 100m: | 1:06.13 | 34.67 | 200m: | 2:17.84 | 35.97 | 300m: | 3:30.07 | 36.61 | 400m: | 4:41.11 | 34.99 |
| 18. | Pogon Milena | | 03 | CSiR MOS Dabrowa Gornicza | | | | 4:41.26 | 594 | | | |
| | 50m: | 33.31 | 33.31 | 150m: | 1:45.44 | 36.15 | 250m: | 2:57.26 | 35.63 | 350m: | 4:08.30 | 35.28 |
| | 100m: | 1:09.29 | 35.98 | 200m: | 2:21.63 | 36.19 | 300m: | 3:33.02 | 35.76 | 400m: | 4:41.26 | 32.96 |
| 19. | Skibczak Natalia | | 00 | UKS G-8 Bielany | | | | 4:41.82 | 590 | | | |
| | 50m: | 32.38 | 32.38 | 150m: | 1:44.37 | 36.05 | 250m: | 2:56.56 | 35.69 | 350m: | 4:07.67 | 35.29 |
| | 100m: | 1:08.32 | 35.94 | 200m: | 2:20.87 | 36.50 | 300m: | 3:32.38 | 35.82 | 400m: | 4:41.82 | 34.15 |
| 20. | Dabrowska Tatiana | | 02 | UKS 190 Lodz | | | | 4:41.92 | 590 | | | |
| | 50m: | 33.32 | 33.32 | 150m: | 1:44.67 | 35.25 | 250m: | 2:55.10 | 34.19 | 350m: | 4:06.63 | 35.57 |
| | 100m: | 1:09.42 | 36.10 | 200m: | 2:20.91 | 36.24 | 300m: | 3:31.06 | 35.96 | 400m: | 4:41.92 | 35.29 |
| 21. | Peciak Katarzyna | | 02 | Solne Miasto Wieliczka | | | | 4:42.26 | 587 | | | |
| | 50m: | 31.15 | 31.15 | 150m: | 1:43.00 | 36.56 | 250m: | 2:56.36 | 36.66 | 350m: | 4:09.36 | 35.83 |
| | 100m: | 1:06.44 | 35.29 | 200m: | 2:19.70 | 36.70 | 300m: | 3:33.53 | 37.17 | 400m: | 4:42.26 | 32.90 |
| 22. | Lewandowska Natalia SO | | 01 | UKP Unia Oswiecim | | | | 4:42.39 | 587 | | | |
| | 50m: | 31.90 | 31.90 | 150m: | 1:43.07 | 35.83 | 250m: | 2:55.61 | 36.27 | 350m: | 4:08.47 | 36.25 |
| | 100m: | 1:07.24 | 35.34 | 200m: | 2:19.34 | 36.27 | 300m: | 3:32.22 | 36.61 | 400m: | 4:42.39 | 33.92 |
| 23. | Reks Aleksandra | | 00 | MKP Szczecin | | | | 4:42.78 | 584 | | | |
| | 50m: | 32.85 | 32.85 | 150m: | 1:44.21 | 35.84 | 250m: | 2:55.95 | 35.94 | 350m: | 4:07.75 | 35.74 |
| | 100m: | 1:08.37 | 35.52 | 200m: | 2:20.01 | 35.80 | 300m: | 3:32.01 | 36.06 | 400m: | 4:42.78 | 35.03 |
| 24. | Wilczewska Aleksandra | | 02 | Olimpia Lublin | | | | 4:42.90 | 583 | | | |
| | 50m: | 32.86 | 32.86 | 150m: | 1:44.10 | 35.82 | 250m: | 2:56.04 | 35.86 | 350m: | 4:07.84 | 35.67 |
| | 100m: | 1:08.28 | 35.42 | 200m: | 2:20.18 | 36.08 | 300m: | 3:32.17 | 36.13 | 400m: | 4:42.90 | 35.06 |
| 25. | Kolodziej Katarzyna SO | | 00 | UKP Unia Oswiecim | | | | 4:42.92 | 583 | | | |
| | 50m: | 32.47 | 32.47 | 150m: | 1:43.79 | 35.68 | 250m: | 2:55.82 | 36.20 | 350m: | 4:08.00 | 35.94 |
| | 100m: | 1:08.11 | 35.64 | 200m: | 2:19.62 | 35.83 | 300m: | 3:32.06 | 36.24 | 400m: | 4:42.92 | 34.92 |
| 26. | Lysakowska Julia SL | | 01 | KU AZS UMCS Lublin | | | | 4:43.09 | 582 | | | |
| | 50m: | 32.89 | 32.89 | 150m: | 1:44.20 | 35.80 | 250m: | 2:56.67 | 36.38 | 350m: | 4:08.44 | 35.94 |
| | 100m: | 1:08.40 | 35.51 | 200m: | 2:20.29 | 36.09 | 300m: | 3:32.50 | 35.83 | 400m: | 4:43.09 | 34.65 |
| 27. | Rajca Olivia | | 02 | UKS 190 Lodz | | | | 4:43.10 | 582 | | | |
| | 50m: | 33.92 | 33.92 | 150m: | 1:46.12 | 36.20 | 250m: | 2:58.31 | 36.07 | 350m: | 4:09.99 | 35.78 |
| | 100m: | 1:09.92 | 36.00 | 200m: | 2:22.24 | 36.12 | 300m: | 3:34.21 | 35.90 | 400m: | 4:43.10 | 33.11 |
| 28. | Wojtkowiak Alicja | | 03 | MKS Park Wodny Tarnowskie Gory | | | | 4:43.76 | 578 | | | |
| | 50m: | 31.99 | 31.99 | 150m: | 1:44.47 | 36.27 | 250m: | 2:57.72 | 36.43 | 350m: | 4:09.74 | 35.40 |
| | 100m: | 1:08.20 | 36.21 | 200m: | 2:21.29 | 36.82 | 300m: | 3:34.34 | 36.62 | 400m: | 4:43.76 | 34.02 |
| 29. | Klimek Marta SO | | 03 | UKP Unia Oswiecim | | | | 4:43.79 | 578 | | | |
| | 50m: | 29.55 | 29.55 | 150m: | 1:40.58 | 36.57 | 250m: | 2:55.50 | 37.50 | 350m: | 4:09.83 | 36.92 |
| | 100m: | 1:04.01 | 34.46 | 200m: | 2:18.00 | 37.42 | 300m: | 3:32.91 | 37.41 | 400m: | 4:43.79 | 33.96 |



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| Rank | | | YB | | | | | Time | Pts | | | |
|------|-----------------------|---------|-------|------------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 30. | Neubauer Paulina | | 03 | Dwojka Tczew | | | | 4:44.47 | 574 | | | |
| | 50m: | 33.67 | 33.67 | 150m: | 1:46.51 | 36.59 | 250m: | 2:59.31 | 36.22 | 350m: | 4:11.03 | 35.95 |
| | 100m: | 1:09.92 | 36.25 | 200m: | 2:23.09 | 36.58 | 300m: | 3:35.08 | 35.77 | 400m: | 4:44.47 | 33.44 |
| 31. | Pawlowska Barbara | | 02 | UKS 190 Lodz | | | | 4:45.16 | 570 | | | |
| | 50m: | 33.30 | 33.30 | 150m: | 1:45.30 | 36.34 | 250m: | 2:57.84 | 36.10 | 350m: | 4:10.00 | 35.87 |
| | 100m: | 1:08.96 | 35.66 | 200m: | 2:21.74 | 36.44 | 300m: | 3:34.13 | 36.29 | 400m: | 4:45.16 | 35.16 |
| 32. | Prochownik Martyna SO | | 02 | UKP Unia Oswiecim | | | | 4:45.76 | 566 | | | |
| | 50m: | 32.94 | 32.94 | 150m: | 1:45.87 | 36.74 | 250m: | 2:59.11 | 36.55 | 350m: | 4:11.36 | 36.16 |
| | 100m: | 1:09.13 | 36.19 | 200m: | 2:22.56 | 36.69 | 300m: | 3:35.20 | 36.09 | 400m: | 4:45.76 | 34.40 |
| 33. | Hellak Emilia | | 03 | WKS Slask Wroclaw | | | | 4:46.04 | 564 | | | |
| | 50m: | 33.48 | 33.48 | 150m: | 1:46.18 | 36.23 | 250m: | 2:59.34 | 36.59 | 350m: | 4:12.00 | 36.11 |
| | 100m: | 1:09.95 | 36.47 | 200m: | 2:22.75 | 36.57 | 300m: | 3:35.89 | 36.55 | 400m: | 4:46.04 | 34.04 |
| 34. | Serafin Magdalena | | 01 | UKS SMS Galicja Krakow | | | | 4:46.97 | 559 | | | |
| | 50m: | 31.68 | 31.68 | 150m: | 1:43.40 | 35.92 | 250m: | 2:56.86 | 36.24 | 350m: | 4:10.72 | 36.54 |
| | 100m: | 1:07.48 | 35.80 | 200m: | 2:20.62 | 37.22 | 300m: | 3:34.18 | 37.32 | 400m: | 4:46.97 | 36.25 |
| 35. | Pakula Alicja | | 02 | UKS G-8 Bielany | | | | 4:47.45 | 556 | | | |
| | 50m: | 32.71 | 32.71 | 150m: | 1:46.47 | 37.23 | 250m: | 3:00.37 | 36.67 | 350m: | 4:13.20 | 36.10 |
| | 100m: | 1:09.24 | 36.53 | 200m: | 2:23.70 | 37.23 | 300m: | 3:37.10 | 36.73 | 400m: | 4:47.45 | 34.25 |
| 36. | Jablonowska Nikola | | 02 | UKS G-8 Bielany | | | | 4:48.03 | 553 | | | |
| | 50m: | 33.06 | 33.06 | 150m: | 1:44.11 | 35.86 | 250m: | 2:57.09 | 36.60 | 350m: | 4:11.40 | 37.06 |
| | 100m: | 1:08.25 | 35.19 | 200m: | 2:20.49 | 36.38 | 300m: | 3:34.34 | 37.25 | 400m: | 4:48.03 | 36.63 |
| 37. | Janczak Patrycja | | 00 | MKP Szczecin | | | | 4:48.18 | 552 | | | |
| | 50m: | 32.64 | 32.64 | 150m: | 1:44.31 | 36.03 | 250m: | 2:57.49 | 36.53 | 350m: | 4:11.37 | 36.99 |
| | 100m: | 1:08.28 | 35.64 | 200m: | 2:20.96 | 36.65 | 300m: | 3:34.38 | 36.89 | 400m: | 4:48.18 | 36.81 |
| 38. | Haladyn Karolina | | 03 | UKS 190 Lodz | | | | 4:48.31 | 551 | | | |
| | 50m: | 32.81 | 32.81 | 150m: | 1:45.35 | 36.57 | 250m: | 2:59.57 | 37.25 | 350m: | 4:13.21 | 36.65 |
| | 100m: | 1:08.78 | 35.97 | 200m: | 2:22.32 | 36.97 | 300m: | 3:36.56 | 36.99 | 400m: | 4:48.31 | 35.10 |
| 39. | Maciejewska Beata | | 03 | UKS SP 149 Lodz | | | | 4:48.42 | 551 | | | |
| | 50m: | 33.19 | 33.19 | 150m: | 1:47.08 | 37.13 | 250m: | 3:01.03 | 37.01 | 350m: | 4:13.77 | 36.20 |
| | 100m: | 1:09.95 | 36.76 | 200m: | 2:24.02 | 36.94 | 300m: | 3:37.57 | 36.54 | 400m: | 4:48.42 | 34.65 |
| 40. | Szymanska Julia | | 03 | UKS 190 Lodz | | | | 4:48.60 | 550 | | | |
| | 50m: | 33.12 | 33.12 | 150m: | 1:46.65 | 36.78 | 250m: | 2:59.78 | 36.57 | 350m: | 4:13.10 | 36.53 |
| | 100m: | 1:09.87 | 36.75 | 200m: | 2:23.21 | 36.56 | 300m: | 3:36.57 | 36.79 | 400m: | 4:48.60 | 35.50 |
| 41. | Kempa Anna SO | | 01 | MMKS Kedzierzyn-Kozle | | | | 4:50.87 | 537 | | | |
| | 50m: | 33.78 | 33.78 | 150m: | 1:48.05 | 37.67 | 250m: | 3:02.13 | 37.05 | 350m: | 4:15.36 | 36.30 |
| | 100m: | 1:10.38 | 36.60 | 200m: | 2:25.08 | 37.03 | 300m: | 3:39.06 | 36.93 | 400m: | 4:50.87 | 35.51 |
| 42. | Tomon Martyna | | 00 | UKS Skarpa Lublin | | | | 4:52.27 | 529 | | | |
| | 50m: | 33.14 | 33.14 | 150m: | 1:45.95 | 36.73 | 250m: | 3:00.16 | 37.13 | 350m: | 4:14.96 | 37.33 |
| | 100m: | 1:09.22 | 36.08 | 200m: | 2:23.03 | 37.08 | 300m: | 3:37.63 | 37.47 | 400m: | 4:52.27 | 37.31 |
| 43. | Goral Paula | | 03 | Dwojka Tczew | | | | 4:52.92 | 526 | | | |
| | 50m: | 33.85 | 33.85 | 150m: | 1:48.49 | 37.20 | 250m: | 3:03.14 | 37.83 | 350m: | 4:17.61 | 37.18 |
| | 100m: | 1:11.29 | 37.44 | 200m: | 2:25.31 | 36.82 | 300m: | 3:40.43 | 37.29 | 400m: | 4:52.92 | 35.31 |
| 44. | Zbrojewska Zofia | | 03 | MKS Trojka Lodz | | | | 4:53.07 | 525 | | | |
| | 50m: | 33.15 | 33.15 | 150m: | 1:47.25 | 37.42 | 250m: | 3:01.89 | 37.35 | 350m: | 4:16.98 | 37.76 |
| | 100m: | 1:09.83 | 36.68 | 200m: | 2:24.54 | 37.29 | 300m: | 3:39.22 | 37.33 | 400m: | 4:53.07 | 36.09 |



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| Rank | | | | | YB | | | | | Time | Pts | |
|------|-------------------------|---------|-------|-------|---------|--------------------------------|-------|---------|-------|----------------|---------|-------|
| 45. | Szebesczyk Hanna | | | | 01 | WKS Slask Wroclaw | | | | 4:53.69 | 521 | |
| | 50m: | 33.58 | 33.58 | 150m: | 1:47.24 | 37.49 | 250m: | 3:02.37 | 37.59 | 350m: | 4:17.61 | 37.59 |
| | 100m: | 1:09.75 | 36.17 | 200m: | 2:24.78 | 37.54 | 300m: | 3:40.02 | 37.65 | 400m: | 4:53.69 | 36.08 |
| 46. | Nowak Zofia | | | | 03 | UKS G-8 Bielany | | | | 4:53.87 | 520 | |
| | 50m: | 33.71 | 33.71 | 150m: | 1:47.97 | 37.30 | 250m: | 3:02.17 | 36.99 | 350m: | 4:17.09 | 37.30 |
| | 100m: | 1:10.67 | 36.96 | 200m: | 2:25.18 | 37.21 | 300m: | 3:39.79 | 37.62 | 400m: | 4:53.87 | 36.78 |
| 47. | Gazda Zuzanna | | | | 01 | CSiR MOS Dabrowa Gornicza | | | | 4:53.96 | 520 | |
| | 50m: | 33.50 | 33.50 | 150m: | 1:47.95 | 37.56 | 250m: | 3:03.01 | 37.54 | 350m: | 4:18.13 | 37.58 |
| | 100m: | 1:10.39 | 36.89 | 200m: | 2:25.47 | 37.52 | 300m: | 3:40.55 | 37.54 | 400m: | 4:53.96 | 35.83 |
| 48. | Redner Sandra | | | | 99 | UKS Skarpa Lublin | | | | 4:54.10 | 519 | |
| | 50m: | 33.74 | 33.74 | 150m: | 1:48.11 | 36.96 | 250m: | 3:02.61 | 37.00 | 350m: | 4:17.31 | 37.23 |
| | 100m: | 1:11.15 | 37.41 | 200m: | 2:25.61 | 37.50 | 300m: | 3:40.08 | 37.47 | 400m: | 4:54.10 | 36.79 |
| 49. | Tomasiak Agnieszka | | | | 01 | UKS Salmo Zory | | | | 4:54.12 | 519 | |
| | 50m: | 33.24 | 33.24 | 150m: | 1:47.46 | 37.53 | 250m: | 3:03.61 | 38.30 | 350m: | 4:18.24 | 36.70 |
| | 100m: | 1:09.93 | 36.69 | 200m: | 2:25.31 | 37.85 | 300m: | 3:41.54 | 37.93 | 400m: | 4:54.12 | 35.88 |
| 50. | Kuziow Martyna SO | | | | 03 | UKP Unia Oswiecim | | | | 4:55.29 | 513 | |
| | 50m: | 33.88 | 33.88 | 150m: | 1:48.99 | 37.56 | 250m: | 3:05.50 | 37.69 | 350m: | 4:20.23 | 37.12 |
| | 100m: | 1:11.43 | 37.55 | 200m: | 2:27.81 | 38.82 | 300m: | 3:43.11 | 37.61 | 400m: | 4:55.29 | 35.06 |
| 51. | Szkurat Martyna SO | | | | 03 | Pletwal Zakopane | | | | 4:55.64 | 511 | |
| | 50m: | 32.87 | 32.87 | 150m: | 1:47.45 | 37.85 | 250m: | 3:04.49 | 38.70 | 350m: | 4:21.12 | 37.95 |
| | 100m: | 1:09.60 | 36.73 | 200m: | 2:25.79 | 38.34 | 300m: | 3:43.17 | 38.68 | 400m: | 4:55.64 | 34.52 |
| 52. | Jeziorna Julia | | | | 01 | WKS Slask Wroclaw | | | | 4:56.23 | 508 | |
| | 50m: | 33.25 | 33.25 | 150m: | 1:47.41 | 37.55 | 250m: | 3:03.28 | 38.36 | 350m: | 4:19.40 | 38.31 |
| | 100m: | 1:09.86 | 36.61 | 200m: | 2:24.92 | 37.51 | 300m: | 3:41.09 | 37.81 | 400m: | 4:56.23 | 36.83 |
| 53. | Kostrzewska Maria | | | | 03 | UKS 190 Lodz | | | | 4:56.70 | 506 | |
| | 50m: | 35.03 | 35.03 | 150m: | 1:51.16 | 38.24 | 250m: | 3:06.59 | 37.59 | 350m: | 4:20.99 | 37.10 |
| | 100m: | 1:12.92 | 37.89 | 200m: | 2:29.00 | 37.84 | 300m: | 3:43.89 | 37.30 | 400m: | 4:56.70 | 35.71 |
| 54. | Nocon Dominika | | | | 02 | UKS MANTA Kochlowice Ruda Sl. | | | | 4:57.56 | 501 | |
| | 50m: | 33.18 | 33.18 | 150m: | 1:46.51 | 37.10 | 250m: | 3:01.74 | 37.90 | 350m: | 4:19.17 | 38.53 |
| | 100m: | 1:09.41 | 36.23 | 200m: | 2:23.84 | 37.33 | 300m: | 3:40.64 | 38.90 | 400m: | 4:57.56 | 38.39 |
| 55. | Fuks Emilia | | | | 02 | UKS WODNIK Siemianowice Slaski | | | | 4:57.70 | 501 | |
| | 50m: | 32.77 | 32.77 | 150m: | 1:46.74 | 37.50 | 250m: | 3:03.11 | 38.46 | 350m: | 4:20.08 | 38.57 |
| | 100m: | 1:09.24 | 36.47 | 200m: | 2:24.65 | 37.91 | 300m: | 3:41.51 | 38.40 | 400m: | 4:57.70 | 37.62 |
| 56. | Przewozniak Partycja SO | | | | 01 | UKP Unia Oswiecim | | | | 4:58.18 | 498 | |
| | 50m: | 34.17 | 34.17 | 150m: | 1:49.75 | 37.73 | 250m: | 3:05.70 | 38.20 | 350m: | 4:21.76 | 37.74 |
| | 100m: | 1:12.02 | 37.85 | 200m: | 2:27.50 | 37.75 | 300m: | 3:44.02 | 38.32 | 400m: | 4:58.18 | 36.42 |
| 57. | Motyl Sara | | | | 03 | UKS 190 Lodz | | | | 4:58.35 | 497 | |
| | 50m: | 33.92 | 33.92 | 150m: | 1:49.14 | 37.72 | 250m: | 3:05.45 | 38.23 | 350m: | 4:21.75 | 37.78 |
| | 100m: | 1:11.42 | 37.50 | 200m: | 2:27.22 | 38.08 | 300m: | 3:43.97 | 38.52 | 400m: | 4:58.35 | 36.60 |
| 58. | Szkoda Klaudia | | | | 02 | CSiR MOS Dabrowa Gornicza | | | | 4:58.84 | 495 | |
| | 50m: | 33.69 | 33.69 | 150m: | 1:48.52 | 38.01 | 250m: | 3:04.95 | 38.07 | 350m: | 4:21.35 | 38.18 |
| | 100m: | 1:10.51 | 36.82 | 200m: | 2:26.88 | 38.36 | 300m: | 3:43.17 | 38.22 | 400m: | 4:58.84 | 37.49 |
| 59. | Oliwa Laura | | | | 03 | DOKiS SP Vega Dobrodzien | | | | 5:01.14 | 484 | |
| | 50m: | 34.52 | 34.52 | 150m: | 1:50.83 | 38.90 | 250m: | 3:08.76 | 39.48 | 350m: | 4:24.73 | 37.19 |
| | 100m: | 1:11.93 | 37.41 | 200m: | 2:29.28 | 38.45 | 300m: | 3:47.54 | 38.78 | 400m: | 5:01.14 | 36.41 |



Arena Grand Prix Puchar Polski Finał
Opole, 29- - 30-4-2017

Event 11, Women, 400m Freestyle, 14 years and older

| Rank | | | YB | | | | | Time | Pts | | | |
|------|-------------------------|---------|-------|--------------------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 60. | Topp Zofia | | 03 | UKS G-8 Bielany | | | | 5:01.77 | 481 | | | |
| | 50m: | 34.53 | 34.53 | 150m: | 1:50.26 | 37.98 | 250m: | 3:07.12 | 38.64 | 350m: | 4:24.47 | 38.49 |
| | 100m: | 1:12.28 | 37.75 | 200m: | 2:28.48 | 38.22 | 300m: | 3:45.98 | 38.86 | 400m: | 5:01.77 | 37.30 |
| 61. | Palonka Zuzanna | | 02 | WKS Slask Wroclaw | | | | 5:02.98 | 475 | | | |
| | 50m: | 35.34 | 35.34 | 150m: | 1:52.26 | 38.23 | 250m: | 3:08.45 | 37.94 | 350m: | 4:25.63 | 38.56 |
| | 100m: | 1:14.03 | 38.69 | 200m: | 2:30.51 | 38.25 | 300m: | 3:47.07 | 38.62 | 400m: | 5:02.98 | 37.35 |
| 62. | Niewiadomska Nikola | | 03 | UKS MANTA Kochlowice Ruda Sl. | | | | 5:03.01 | 475 | | | |
| | 50m: | 33.05 | 33.05 | 150m: | 1:49.47 | 38.54 | 250m: | 3:07.50 | 38.96 | 350m: | 4:25.48 | 39.26 |
| | 100m: | 1:10.93 | 37.88 | 200m: | 2:28.54 | 39.07 | 300m: | 3:46.22 | 38.72 | 400m: | 5:03.01 | 37.53 |
| 63. | Kindrat Julia | | 03 | SiKRet Gliwice | | | | 5:05.05 | 465 | | | |
| | 50m: | 34.34 | 34.34 | 150m: | 1:51.43 | 39.18 | 250m: | 3:10.43 | 39.40 | 350m: | 4:28.37 | 38.77 |
| | 100m: | 1:12.25 | 37.91 | 200m: | 2:31.03 | 39.60 | 300m: | 3:49.60 | 39.17 | 400m: | 5:05.05 | 36.68 |
| 64. | Kabanska Nicol | | 01 | CSiR MOS Dabrowa Gornicza | | | | 5:05.41 | 464 | | | |
| | 50m: | 35.90 | 35.90 | 150m: | 1:52.56 | 38.69 | 250m: | 3:10.05 | 39.04 | 350m: | 4:27.70 | 38.98 |
| | 100m: | 1:13.87 | 37.97 | 200m: | 2:31.01 | 38.45 | 300m: | 3:48.72 | 38.67 | 400m: | 5:05.41 | 37.71 |
| 65. | Chwalczynska Aleksandra | | 01 | WKS Slask Wroclaw | | | | 5:05.51 | 463 | | | |
| | 50m: | 34.41 | 34.41 | 150m: | 1:51.29 | 38.21 | 250m: | 3:08.34 | 38.57 | 350m: | 4:26.54 | 39.13 |
| | 100m: | 1:13.08 | 38.67 | 200m: | 2:29.77 | 38.48 | 300m: | 3:47.41 | 39.07 | 400m: | 5:05.51 | 38.97 |
| 66. | Wozniak Karolina SO | | 02 | UKP Unia Oswiecim | | | | 5:05.97 | 461 | | | |
| | 50m: | 33.84 | 33.84 | 150m: | 1:50.77 | 38.94 | 250m: | 3:10.50 | 39.98 | 350m: | 4:28.63 | 38.86 |
| | 100m: | 1:11.83 | 37.99 | 200m: | 2:30.52 | 39.75 | 300m: | 3:49.77 | 39.27 | 400m: | 5:05.97 | 37.34 |
| 67. | Mruk Aleksandra | | 02 | UKP Manta Jelcz-Laskowice | | | | 5:07.06 | 456 | | | |
| | 50m: | 33.69 | 33.69 | 150m: | 1:51.08 | 39.14 | 250m: | 3:10.56 | 39.62 | 350m: | 4:29.49 | 38.67 |
| | 100m: | 1:11.94 | 38.25 | 200m: | 2:30.94 | 39.86 | 300m: | 3:50.82 | 40.26 | 400m: | 5:07.06 | 37.57 |
| 68. | Chyra Julia | | 03 | UKS WODNIK Siemianowice Slaski | | | | 5:07.12 | 456 | | | |
| | 50m: | 33.92 | 33.92 | 150m: | 1:49.19 | 38.24 | 250m: | 3:08.54 | 39.62 | 350m: | 4:27.74 | 39.34 |
| | 100m: | 1:10.95 | 37.03 | 200m: | 2:28.92 | 39.73 | 300m: | 3:48.40 | 39.86 | 400m: | 5:07.12 | 39.38 |
| 69. | Kusak Izabela | | 02 | UKS Salmo Zory | | | | 5:07.18 | 456 | | | |
| | 50m: | 35.37 | 35.37 | 150m: | 1:53.16 | 39.74 | 250m: | 3:12.68 | 40.02 | 350m: | 4:31.62 | 39.30 |
| | 100m: | 1:13.42 | 38.05 | 200m: | 2:32.66 | 39.50 | 300m: | 3:52.32 | 39.64 | 400m: | 5:07.18 | 35.56 |
| 70. | Krusinska Wiktoria | | 03 | MKS Park Wodny Tarnowskie Gory | | | | 5:07.60 | 454 | | | |
| | 50m: | 34.93 | 34.93 | 150m: | 1:53.56 | 40.03 | 250m: | 3:12.78 | 39.21 | 350m: | 4:30.81 | 38.60 |
| | 100m: | 1:13.53 | 38.60 | 200m: | 2:33.57 | 40.01 | 300m: | 3:52.21 | 39.43 | 400m: | 5:07.60 | 36.79 |
| 71. | Wrobel Zofia SO | | 03 | UKP Unia Oswiecim | | | | 5:08.08 | 452 | | | |
| | 50m: | 33.97 | 33.97 | 150m: | 1:50.92 | 39.06 | 250m: | 3:10.39 | 39.73 | 350m: | 4:30.27 | 39.37 |
| | 100m: | 1:11.86 | 37.89 | 200m: | 2:30.66 | 39.74 | 300m: | 3:50.90 | 40.51 | 400m: | 5:08.08 | 37.81 |
| 72. | Kumor Aleksandra SO | | 03 | UKP Unia Oswiecim | | | | 5:08.32 | 451 | | | |
| | 50m: | 36.11 | 36.11 | 150m: | 1:54.93 | 39.23 | 250m: | 3:14.21 | 39.51 | 350m: | 4:31.71 | 37.67 |
| | 100m: | 1:15.70 | 39.59 | 200m: | 2:34.70 | 39.77 | 300m: | 3:54.04 | 39.83 | 400m: | 5:08.32 | 36.61 |
| 73. | Gwiazdowska Wiktoria | | 03 | UKS SMS Galicja Krakow | | | | 5:12.03 | 435 | | | |
| | 50m: | 34.23 | 34.23 | 150m: | 1:52.29 | 39.75 | 250m: | 3:13.09 | 40.26 | 350m: | 4:32.93 | 39.58 |
| | 100m: | 1:12.54 | 38.31 | 200m: | 2:32.83 | 40.54 | 300m: | 3:53.35 | 40.26 | 400m: | 5:12.03 | 39.10 |
| 74. | Zieba Natalia SR | | 02 | MKS-SMS Victoria Raciborz | | | | 5:13.01 | 431 | | | |
| | 50m: | 33.86 | 33.86 | 150m: | 1:52.08 | 39.83 | 250m: | 3:13.07 | 40.44 | 350m: | 4:34.44 | 40.30 |
| | 100m: | 1:12.25 | 38.39 | 200m: | 2:32.63 | 40.55 | 300m: | 3:54.14 | 41.07 | 400m: | 5:13.01 | 38.57 |



Arena Grand Prix Puchar Polski Finał
Opole, 29- - 30-4-2017

Event 11, Women, 400m Freestyle, 14 years and older

| Rank | | | YB | | | | | Time | Pts | | | |
|------|--------------------|---------|-------|--------------------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 75. | Wasik Julia SO | | 03 | UKP Unia Oswiecim | | | | 5:17.51 | 413 | | | |
| | 50m: | 36.54 | 36.54 | 150m: | 1:57.84 | 40.80 | 250m: | 3:19.33 | 40.80 | 350m: | 4:40.52 | 39.97 |
| | 100m: | 1:17.04 | 40.50 | 200m: | 2:38.53 | 40.69 | 300m: | 4:00.55 | 41.22 | 400m: | 5:17.51 | 36.99 |
| 76. | Kretosz Maria | | 03 | UKS WODNIK Siemianowice Slaski | | | | 5:18.19 | 410 | | | |
| | 50m: | 34.97 | 34.97 | 150m: | 1:55.79 | 40.81 | 250m: | 3:18.96 | 41.82 | 350m: | 4:39.58 | 38.72 |
| | 100m: | 1:14.98 | 40.01 | 200m: | 2:37.14 | 41.35 | 300m: | 4:00.86 | 41.90 | 400m: | 5:18.19 | 38.61 |
| 77. | Blaszczyk Weronika | | 02 | UKS Junior Kluczbork | | | | 5:19.76 | 404 | | | |
| | 50m: | 34.41 | 34.41 | 150m: | 1:53.90 | 40.73 | 250m: | 3:16.35 | 41.51 | 350m: | 4:39.65 | 41.68 |
| | 100m: | 1:13.17 | 38.76 | 200m: | 2:34.84 | 40.94 | 300m: | 3:57.97 | 41.62 | 400m: | 5:19.76 | 40.11 |
| 78. | Nowak Weronika | | 03 | KS Piatka Chorzow | | | | 5:43.32 | 326 | | | |
| | 50m: | 37.59 | 37.59 | 150m: | 2:03.54 | 43.74 | 250m: | 3:32.41 | 44.63 | 350m: | 5:00.95 | 44.58 |
| | 100m: | 1:19.80 | 42.21 | 200m: | 2:47.78 | 44.24 | 300m: | 4:16.37 | 43.96 | 400m: | 5:43.32 | 42.37 |

14 years

| | | | | | | | | | | | | |
|-----|-------------------|---------|-------|--------------------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 1. | Knop Aleksandra | | 03 | UKS 190 Lodz | | | | 4:27.15 | 693 | | | |
| | 50m: | 31.06 | 31.06 | 150m: | 1:37.78 | 33.73 | 250m: | 2:46.30 | 34.64 | 350m: | 3:54.91 | 34.16 |
| | 100m: | 1:04.05 | 32.99 | 200m: | 2:11.66 | 33.88 | 300m: | 3:20.75 | 34.45 | 400m: | 4:27.15 | 32.24 |
| 2. | Urbaniak Dominika | | 03 | UKS 190 Lodz | | | | 4:40.05 | 601 | | | |
| | 50m: | 33.41 | 33.41 | 150m: | 1:45.80 | 36.47 | 250m: | 2:57.71 | 35.87 | 350m: | 4:07.56 | 34.51 |
| | 100m: | 1:09.33 | 35.92 | 200m: | 2:21.84 | 36.04 | 300m: | 3:33.05 | 35.34 | 400m: | 4:40.05 | 32.49 |
| 3. | Pogon Milena | | 03 | CSiR MOS Dabrowa Gornicza | | | | 4:41.26 | 594 | | | |
| | 50m: | 33.31 | 33.31 | 150m: | 1:45.44 | 36.15 | 250m: | 2:57.26 | 35.63 | 350m: | 4:08.30 | 35.28 |
| | 100m: | 1:09.29 | 35.98 | 200m: | 2:21.63 | 36.19 | 300m: | 3:33.02 | 35.76 | 400m: | 4:41.26 | 32.96 |
| 4. | Wojtkowiak Alicja | | 03 | MKS Park Wodny Tarnowskie Gory | | | | 4:43.76 | 578 | | | |
| | 50m: | 31.99 | 31.99 | 150m: | 1:44.47 | 36.27 | 250m: | 2:57.72 | 36.43 | 350m: | 4:09.74 | 35.40 |
| | 100m: | 1:08.20 | 36.21 | 200m: | 2:21.29 | 36.82 | 300m: | 3:34.34 | 36.62 | 400m: | 4:43.76 | 34.02 |
| 5. | Klimek Marta SO | | 03 | UKP Unia Oswiecim | | | | 4:43.79 | 578 | | | |
| | 50m: | 29.55 | 29.55 | 150m: | 1:40.58 | 36.57 | 250m: | 2:55.50 | 37.50 | 350m: | 4:09.83 | 36.92 |
| | 100m: | 1:04.01 | 34.46 | 200m: | 2:18.00 | 37.42 | 300m: | 3:32.91 | 37.41 | 400m: | 4:43.79 | 33.96 |
| 6. | Neubauer Paulina | | 03 | Dwojka Tczew | | | | 4:44.47 | 574 | | | |
| | 50m: | 33.67 | 33.67 | 150m: | 1:46.51 | 36.59 | 250m: | 2:59.31 | 36.22 | 350m: | 4:11.03 | 35.95 |
| | 100m: | 1:09.92 | 36.25 | 200m: | 2:23.09 | 36.58 | 300m: | 3:35.08 | 35.77 | 400m: | 4:44.47 | 33.44 |
| 7. | Hellak Emilia | | 03 | WKS Slask Wroclaw | | | | 4:46.04 | 564 | | | |
| | 50m: | 33.48 | 33.48 | 150m: | 1:46.18 | 36.23 | 250m: | 2:59.34 | 36.59 | 350m: | 4:12.00 | 36.11 |
| | 100m: | 1:09.95 | 36.47 | 200m: | 2:22.75 | 36.57 | 300m: | 3:35.89 | 36.55 | 400m: | 4:46.04 | 34.04 |
| 8. | Haladyn Karolina | | 03 | UKS 190 Lodz | | | | 4:48.31 | 551 | | | |
| | 50m: | 32.81 | 32.81 | 150m: | 1:45.35 | 36.57 | 250m: | 2:59.57 | 37.25 | 350m: | 4:13.21 | 36.65 |
| | 100m: | 1:08.78 | 35.97 | 200m: | 2:22.32 | 36.97 | 300m: | 3:36.56 | 36.99 | 400m: | 4:48.31 | 35.10 |
| 9. | Maciejewska Beata | | 03 | UKS SP 149 Lodz | | | | 4:48.42 | 551 | | | |
| | 50m: | 33.19 | 33.19 | 150m: | 1:47.08 | 37.13 | 250m: | 3:01.03 | 37.01 | 350m: | 4:13.77 | 36.20 |
| | 100m: | 1:09.95 | 36.76 | 200m: | 2:24.02 | 36.94 | 300m: | 3:37.57 | 36.54 | 400m: | 4:48.42 | 34.65 |
| 10. | Szymanska Julia | | 03 | UKS 190 Lodz | | | | 4:48.60 | 550 | | | |
| | 50m: | 33.12 | 33.12 | 150m: | 1:46.65 | 36.78 | 250m: | 2:59.78 | 36.57 | 350m: | 4:13.10 | 36.53 |
| | 100m: | 1:09.87 | 36.75 | 200m: | 2:23.21 | 36.56 | 300m: | 3:36.57 | 36.79 | 400m: | 4:48.60 | 35.50 |



Arena Grand Prix Puchar Polski Finał
Opole, 29- - 30-4-2017

Event 11, Girls, 400m Freestyle, 14 years

| Rank | | | YB | | | | | Time | Pts |
|------|---------------------|---------|-------|--------------------------------|---------|-------|-------|----------------|-------|
| 11. | Goral Paula | | 03 | Dwojka Tczew | | | | 4:52.92 | 526 |
| | 50m: | 33.85 | 33.85 | 150m: | 1:48.49 | 37.20 | 250m: | 3:03.14 | 37.83 |
| | 100m: | 1:11.29 | 37.44 | 200m: | 2:25.31 | 36.82 | 300m: | 3:40.43 | 37.29 |
| | | | | | | | 350m: | 4:17.61 | 37.18 |
| | | | | | | | 400m: | 4:52.92 | 35.31 |
| 12. | Zbrojewska Zofia | | 03 | MKS Trojka Lodz | | | | 4:53.07 | 525 |
| | 50m: | 33.15 | 33.15 | 150m: | 1:47.25 | 37.42 | 250m: | 3:01.89 | 37.35 |
| | 100m: | 1:09.83 | 36.68 | 200m: | 2:24.54 | 37.29 | 300m: | 3:39.22 | 37.33 |
| | | | | | | | 350m: | 4:16.98 | 37.76 |
| | | | | | | | 400m: | 4:53.07 | 36.09 |
| 13. | Nowak Zofia | | 03 | UKS G-8 Bielany | | | | 4:53.87 | 520 |
| | 50m: | 33.71 | 33.71 | 150m: | 1:47.97 | 37.30 | 250m: | 3:02.17 | 36.99 |
| | 100m: | 1:10.67 | 36.96 | 200m: | 2:25.18 | 37.21 | 300m: | 3:39.79 | 37.62 |
| | | | | | | | 350m: | 4:17.09 | 37.30 |
| | | | | | | | 400m: | 4:53.87 | 36.78 |
| 14. | Kuziow Martyna SO | | 03 | UKP Unia Oswiecim | | | | 4:55.29 | 513 |
| | 50m: | 33.88 | 33.88 | 150m: | 1:48.99 | 37.56 | 250m: | 3:05.50 | 37.69 |
| | 100m: | 1:11.43 | 37.55 | 200m: | 2:27.81 | 38.82 | 300m: | 3:43.11 | 37.61 |
| | | | | | | | 350m: | 4:20.23 | 37.12 |
| | | | | | | | 400m: | 4:55.29 | 35.06 |
| 15. | Szkurat Martyna SO | | 03 | Pletwal Zakopane | | | | 4:55.64 | 511 |
| | 50m: | 32.87 | 32.87 | 150m: | 1:47.45 | 37.85 | 250m: | 3:04.49 | 38.70 |
| | 100m: | 1:09.60 | 36.73 | 200m: | 2:25.79 | 38.34 | 300m: | 3:43.17 | 38.68 |
| | | | | | | | 350m: | 4:21.12 | 37.95 |
| | | | | | | | 400m: | 4:55.64 | 34.52 |
| 16. | Kostrzewska Maria | | 03 | UKS 190 Lodz | | | | 4:56.70 | 506 |
| | 50m: | 35.03 | 35.03 | 150m: | 1:51.16 | 38.24 | 250m: | 3:06.59 | 37.59 |
| | 100m: | 1:12.92 | 37.89 | 200m: | 2:29.00 | 37.84 | 300m: | 3:43.89 | 37.30 |
| | | | | | | | 350m: | 4:20.99 | 37.10 |
| | | | | | | | 400m: | 4:56.70 | 35.71 |
| 17. | Motyl Sara | | 03 | UKS 190 Lodz | | | | 4:58.35 | 497 |
| | 50m: | 33.92 | 33.92 | 150m: | 1:49.14 | 37.72 | 250m: | 3:05.45 | 38.23 |
| | 100m: | 1:11.42 | 37.50 | 200m: | 2:27.22 | 38.08 | 300m: | 3:43.97 | 38.52 |
| | | | | | | | 350m: | 4:21.75 | 37.78 |
| | | | | | | | 400m: | 4:58.35 | 36.60 |
| 18. | Oliwa Laura | | 03 | DOKiS SP Vega Dobrodzien | | | | 5:01.14 | 484 |
| | 50m: | 34.52 | 34.52 | 150m: | 1:50.83 | 38.90 | 250m: | 3:08.76 | 39.48 |
| | 100m: | 1:11.93 | 37.41 | 200m: | 2:29.28 | 38.45 | 300m: | 3:47.54 | 38.78 |
| | | | | | | | 350m: | 4:24.73 | 37.19 |
| | | | | | | | 400m: | 5:01.14 | 36.41 |
| 19. | Topp Zofia | | 03 | UKS G-8 Bielany | | | | 5:01.77 | 481 |
| | 50m: | 34.53 | 34.53 | 150m: | 1:50.26 | 37.98 | 250m: | 3:07.12 | 38.64 |
| | 100m: | 1:12.28 | 37.75 | 200m: | 2:28.48 | 38.22 | 300m: | 3:45.98 | 38.86 |
| | | | | | | | 350m: | 4:24.47 | 38.49 |
| | | | | | | | 400m: | 5:01.77 | 37.30 |
| 20. | Niewiadomska Nikola | | 03 | UKS MANTA Kochlowice Ruda Sl. | | | | 5:03.01 | 475 |
| | 50m: | 33.05 | 33.05 | 150m: | 1:49.47 | 38.54 | 250m: | 3:07.50 | 38.96 |
| | 100m: | 1:10.93 | 37.88 | 200m: | 2:28.54 | 39.07 | 300m: | 3:46.22 | 38.72 |
| | | | | | | | 350m: | 4:25.48 | 39.26 |
| | | | | | | | 400m: | 5:03.01 | 37.53 |
| 21. | Kindrat Julia | | 03 | SiKReT Gliwice | | | | 5:05.05 | 465 |
| | 50m: | 34.34 | 34.34 | 150m: | 1:51.43 | 39.18 | 250m: | 3:10.43 | 39.40 |
| | 100m: | 1:12.25 | 37.91 | 200m: | 2:31.03 | 39.60 | 300m: | 3:49.60 | 39.17 |
| | | | | | | | 350m: | 4:28.37 | 38.77 |
| | | | | | | | 400m: | 5:05.05 | 36.68 |
| 22. | Chyra Julia | | 03 | UKS WODNIK Siemianowice Slaski | | | | 5:07.12 | 456 |
| | 50m: | 33.92 | 33.92 | 150m: | 1:49.19 | 38.24 | 250m: | 3:08.54 | 39.62 |
| | 100m: | 1:10.95 | 37.03 | 200m: | 2:28.92 | 39.73 | 300m: | 3:48.40 | 39.86 |
| | | | | | | | 350m: | 4:27.74 | 39.34 |
| | | | | | | | 400m: | 5:07.12 | 39.38 |
| 23. | Krusinska Wiktoria | | 03 | MKS Park Wodny Tarnowskie Gory | | | | 5:07.60 | 454 |
| | 50m: | 34.93 | 34.93 | 150m: | 1:53.56 | 40.03 | 250m: | 3:12.78 | 39.21 |
| | 100m: | 1:13.53 | 38.60 | 200m: | 2:33.57 | 40.01 | 300m: | 3:52.21 | 39.43 |
| | | | | | | | 350m: | 4:30.81 | 38.60 |
| | | | | | | | 400m: | 5:07.60 | 36.79 |
| 24. | Wrobel Zofia SO | | 03 | UKP Unia Oswiecim | | | | 5:08.08 | 452 |
| | 50m: | 33.97 | 33.97 | 150m: | 1:50.92 | 39.06 | 250m: | 3:10.39 | 39.73 |
| | 100m: | 1:11.86 | 37.89 | 200m: | 2:30.66 | 39.74 | 300m: | 3:50.90 | 40.51 |
| | | | | | | | 350m: | 4:30.27 | 39.37 |
| | | | | | | | 400m: | 5:08.08 | 37.81 |
| 25. | Kumor Aleksandra SO | | 03 | UKP Unia Oswiecim | | | | 5:08.32 | 451 |
| | 50m: | 36.11 | 36.11 | 150m: | 1:54.93 | 39.23 | 250m: | 3:14.21 | 39.51 |
| | 100m: | 1:15.70 | 39.59 | 200m: | 2:34.70 | 39.77 | 300m: | 3:54.04 | 39.83 |
| | | | | | | | 350m: | 4:31.71 | 37.67 |
| | | | | | | | 400m: | 5:08.32 | 36.61 |



Arena Grand Prix Puchar Polski Finał
Opole, 29- - 30-4-2017

Event 11, Girls, 400m Freestyle, 14 years

| Rank | | | YB | | | | | Time | Pts | | |
|------|----------------------|---------------|-------|--------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 26. | Gwiazdowska Wiktoria | | 03 | UKS SMS Galicja Krakow | | | | 5:12.03 | 435 | | |
| | 50m: | 34.23 34.23 | 150m: | 1:52.29 | 39.75 | 250m: | 3:13.09 | 40.26 | 350m: | 4:32.93 | 39.58 |
| | 100m: | 1:12.54 38.31 | 200m: | 2:32.83 | 40.54 | 300m: | 3:53.35 | 40.26 | 400m: | 5:12.03 | 39.10 |
| 27. | Wasik Julia SO | | 03 | UKP Unia Oswiecim | | | | 5:17.51 | 413 | | |
| | 50m: | 36.54 36.54 | 150m: | 1:57.84 | 40.80 | 250m: | 3:19.33 | 40.80 | 350m: | 4:40.52 | 39.97 |
| | 100m: | 1:17.04 40.50 | 200m: | 2:38.53 | 40.69 | 300m: | 4:00.55 | 41.22 | 400m: | 5:17.51 | 36.99 |
| 28. | Kretosz Maria | | 03 | UKS WODNIK Siemianowice Slaski | | | | 5:18.19 | 410 | | |
| | 50m: | 34.97 34.97 | 150m: | 1:55.79 | 40.81 | 250m: | 3:18.96 | 41.82 | 350m: | 4:39.58 | 38.72 |
| | 100m: | 1:14.98 40.01 | 200m: | 2:37.14 | 41.35 | 300m: | 4:00.86 | 41.90 | 400m: | 5:18.19 | 38.61 |
| 29. | Nowak Weronika | | 03 | KS Piatka Chorzow | | | | 5:43.32 | 326 | | |
| | 50m: | 37.59 37.59 | 150m: | 2:03.54 | 43.74 | 250m: | 3:32.41 | 44.63 | 350m: | 5:00.95 | 44.58 |
| | 100m: | 1:19.80 42.21 | 200m: | 2:47.78 | 44.24 | 300m: | 4:16.37 | 43.96 | 400m: | 5:43.32 | 42.37 |

15 years

| | | | | | | | | | | | |
|-----|-----------------------|---------------|-------|------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | Kryszkowska Natalia | | 02 | MZOS Plock | | | | 4:34.29 | 640 | | |
| | 50m: | 31.76 31.76 | 150m: | 1:41.18 | 35.25 | 250m: | 2:51.18 | 34.84 | 350m: | 4:00.91 | 34.97 |
| | 100m: | 1:05.93 34.17 | 200m: | 2:16.34 | 35.16 | 300m: | 3:25.94 | 34.76 | 400m: | 4:34.29 | 33.38 |
| 2. | Roman Matylda | | 02 | Zryw | | | | 4:41.11 | 595 | | |
| | 50m: | 31.46 31.46 | 150m: | 1:41.87 | 35.74 | 250m: | 2:53.46 | 35.62 | 350m: | 4:06.12 | 36.05 |
| | 100m: | 1:06.13 34.67 | 200m: | 2:17.84 | 35.97 | 300m: | 3:30.07 | 36.61 | 400m: | 4:41.11 | 34.99 |
| 3. | Dabrowska Tatiana | | 02 | UKS 190 Lodz | | | | 4:41.92 | 590 | | |
| | 50m: | 33.32 33.32 | 150m: | 1:44.67 | 35.25 | 250m: | 2:55.10 | 34.19 | 350m: | 4:06.63 | 35.57 |
| | 100m: | 1:09.42 36.10 | 200m: | 2:20.91 | 36.24 | 300m: | 3:31.06 | 35.96 | 400m: | 4:41.92 | 35.29 |
| 4. | Peciak Katarzyna | | 02 | Solne Miasto Wieliczka | | | | 4:42.26 | 587 | | |
| | 50m: | 31.15 31.15 | 150m: | 1:43.00 | 36.56 | 250m: | 2:56.36 | 36.66 | 350m: | 4:09.36 | 35.83 |
| | 100m: | 1:06.44 35.29 | 200m: | 2:19.70 | 36.70 | 300m: | 3:33.53 | 37.17 | 400m: | 4:42.26 | 32.90 |
| 5. | Wilczewska Aleksandra | | 02 | Olimpia Lublin | | | | 4:42.90 | 583 | | |
| | 50m: | 32.86 32.86 | 150m: | 1:44.10 | 35.82 | 250m: | 2:56.04 | 35.86 | 350m: | 4:07.84 | 35.67 |
| | 100m: | 1:08.28 35.42 | 200m: | 2:20.18 | 36.08 | 300m: | 3:32.17 | 36.13 | 400m: | 4:42.90 | 35.06 |
| 6. | Rajca Olivia | | 02 | UKS 190 Lodz | | | | 4:43.10 | 582 | | |
| | 50m: | 33.92 33.92 | 150m: | 1:46.12 | 36.20 | 250m: | 2:58.31 | 36.07 | 350m: | 4:09.99 | 35.78 |
| | 100m: | 1:09.92 36.00 | 200m: | 2:22.24 | 36.12 | 300m: | 3:34.21 | 35.90 | 400m: | 4:43.10 | 33.11 |
| 7. | Pawlowska Barbara | | 02 | UKS 190 Lodz | | | | 4:45.16 | 570 | | |
| | 50m: | 33.30 33.30 | 150m: | 1:45.30 | 36.34 | 250m: | 2:57.84 | 36.10 | 350m: | 4:10.00 | 35.87 |
| | 100m: | 1:08.96 35.66 | 200m: | 2:21.74 | 36.44 | 300m: | 3:34.13 | 36.29 | 400m: | 4:45.16 | 35.16 |
| 8. | Prochownik Martyna SO | | 02 | UKP Unia Oswiecim | | | | 4:45.76 | 566 | | |
| | 50m: | 32.94 32.94 | 150m: | 1:45.87 | 36.74 | 250m: | 2:59.11 | 36.55 | 350m: | 4:11.36 | 36.16 |
| | 100m: | 1:09.13 36.19 | 200m: | 2:22.56 | 36.69 | 300m: | 3:35.20 | 36.09 | 400m: | 4:45.76 | 34.40 |
| 9. | Pakula Alicja | | 02 | UKS G-8 Bielany | | | | 4:47.45 | 556 | | |
| | 50m: | 32.71 32.71 | 150m: | 1:46.47 | 37.23 | 250m: | 3:00.37 | 36.67 | 350m: | 4:13.20 | 36.10 |
| | 100m: | 1:09.24 36.53 | 200m: | 2:23.70 | 37.23 | 300m: | 3:37.10 | 36.73 | 400m: | 4:47.45 | 34.25 |
| 10. | Jablonowska Nikola | | 02 | UKS G-8 Bielany | | | | 4:48.03 | 553 | | |
| | 50m: | 33.06 33.06 | 150m: | 1:44.11 | 35.86 | 250m: | 2:57.09 | 36.60 | 350m: | 4:11.40 | 37.06 |
| | 100m: | 1:08.25 35.19 | 200m: | 2:20.49 | 36.38 | 300m: | 3:34.34 | 37.25 | 400m: | 4:48.03 | 36.63 |



Arena Grand Prix Puchar Polski Finał
Opole, 29- - 30-4-2017

Event 11, Girls, 400m Freestyle, 15 years

| Rank | | | | | YB | | | | | Time | Pts | |
|------|---------------------|---------|-------|-------|---------|--------------------------------|-------|---------|-------|----------------|---------|-------|
| 11. | Nocon Dominika | | | | 02 | UKS MANTA Kochlowice Ruda Sl. | | | | 4:57.56 | 501 | |
| | 50m: | 33.18 | 33.18 | 150m: | 1:46.51 | 37.10 | 250m: | 3:01.74 | 37.90 | 350m: | 4:19.17 | 38.53 |
| | 100m: | 1:09.41 | 36.23 | 200m: | 2:23.84 | 37.33 | 300m: | 3:40.64 | 38.90 | 400m: | 4:57.56 | 38.39 |
| 12. | Fuks Emilia | | | | 02 | UKS WODNIK Siemianowice Slaski | | | | 4:57.70 | 501 | |
| | 50m: | 32.77 | 32.77 | 150m: | 1:46.74 | 37.50 | 250m: | 3:03.11 | 38.46 | 350m: | 4:20.08 | 38.57 |
| | 100m: | 1:09.24 | 36.47 | 200m: | 2:24.65 | 37.91 | 300m: | 3:41.51 | 38.40 | 400m: | 4:57.70 | 37.62 |
| 13. | Szkoda Klaudia | | | | 02 | CSiR MOS Dabrowa Gornicza | | | | 4:58.84 | 495 | |
| | 50m: | 33.69 | 33.69 | 150m: | 1:48.52 | 38.01 | 250m: | 3:04.95 | 38.07 | 350m: | 4:21.35 | 38.18 |
| | 100m: | 1:10.51 | 36.82 | 200m: | 2:26.88 | 38.36 | 300m: | 3:43.17 | 38.22 | 400m: | 4:58.84 | 37.49 |
| 14. | Palonka Zuzanna | | | | 02 | WKS Slask Wroclaw | | | | 5:02.98 | 475 | |
| | 50m: | 35.34 | 35.34 | 150m: | 1:52.26 | 38.23 | 250m: | 3:08.45 | 37.94 | 350m: | 4:25.63 | 38.56 |
| | 100m: | 1:14.03 | 38.69 | 200m: | 2:30.51 | 38.25 | 300m: | 3:47.07 | 38.62 | 400m: | 5:02.98 | 37.35 |
| 15. | Wozniak Karolina SO | | | | 02 | UKP Unia Oswiecim | | | | 5:05.97 | 461 | |
| | 50m: | 33.84 | 33.84 | 150m: | 1:50.77 | 38.94 | 250m: | 3:10.50 | 39.98 | 350m: | 4:28.63 | 38.86 |
| | 100m: | 1:11.83 | 37.99 | 200m: | 2:30.52 | 39.75 | 300m: | 3:49.77 | 39.27 | 400m: | 5:05.97 | 37.34 |
| 16. | Mruk Aleksandra | | | | 02 | UKP Manta Jelcz-Laskowice | | | | 5:07.06 | 456 | |
| | 50m: | 33.69 | 33.69 | 150m: | 1:51.08 | 39.14 | 250m: | 3:10.56 | 39.62 | 350m: | 4:29.49 | 38.67 |
| | 100m: | 1:11.94 | 38.25 | 200m: | 2:30.94 | 39.86 | 300m: | 3:50.82 | 40.26 | 400m: | 5:07.06 | 37.57 |
| 17. | Kusak Izabela | | | | 02 | UKS Salmo Zory | | | | 5:07.18 | 456 | |
| | 50m: | 35.37 | 35.37 | 150m: | 1:53.16 | 39.74 | 250m: | 3:12.68 | 40.02 | 350m: | 4:31.62 | 39.30 |
| | 100m: | 1:13.42 | 38.05 | 200m: | 2:32.66 | 39.50 | 300m: | 3:52.32 | 39.64 | 400m: | 5:07.18 | 35.56 |
| 18. | Zieba Natalia SR | | | | 02 | MKS-SMS Victoria Raciborz | | | | 5:13.01 | 431 | |
| | 50m: | 33.86 | 33.86 | 150m: | 1:52.08 | 39.83 | 250m: | 3:13.07 | 40.44 | 350m: | 4:34.44 | 40.30 |
| | 100m: | 1:12.25 | 38.39 | 200m: | 2:32.63 | 40.55 | 300m: | 3:54.14 | 41.07 | 400m: | 5:13.01 | 38.57 |
| 19. | Blaszczyk Weronika | | | | 02 | UKS Junior Kluczbork | | | | 5:19.76 | 404 | |
| | 50m: | 34.41 | 34.41 | 150m: | 1:53.90 | 40.73 | 250m: | 3:16.35 | 41.51 | 350m: | 4:39.65 | 41.68 |
| | 100m: | 1:13.17 | 38.76 | 200m: | 2:34.84 | 40.94 | 300m: | 3:57.97 | 41.62 | 400m: | 5:19.76 | 40.11 |

16 years

| | | | | | | | | | | | | |
|----|-------------------------|---------|-------|-------|---------|--------------------|-------|---------|-------|----------------|---------|-------|
| 1. | Piechota Karolina | | | | 01 | UKS 190 Lodz | | | | 4:27.35 | 691 | |
| | 50m: | 31.57 | 31.57 | 150m: | 1:38.54 | 33.59 | 250m: | 2:46.12 | 33.80 | 350m: | 3:53.97 | 34.07 |
| | 100m: | 1:04.95 | 33.38 | 200m: | 2:12.32 | 33.78 | 300m: | 3:19.90 | 33.78 | 400m: | 4:27.35 | 33.38 |
| 2. | Wegrzynowska Aleksandra | | | | 01 | WKS Slask Wroclaw | | | | 4:32.96 | 650 | |
| | 50m: | 31.45 | 31.45 | 150m: | 1:40.50 | 34.99 | 250m: | 2:50.50 | 35.02 | 350m: | 4:00.89 | 35.39 |
| | 100m: | 1:05.51 | 34.06 | 200m: | 2:15.48 | 34.98 | 300m: | 3:25.50 | 35.00 | 400m: | 4:32.96 | 32.07 |
| 3. | Kossakowska Dominika | | | | 01 | SiKReT Gliwice | | | | 4:40.64 | 598 | |
| | 50m: | 31.36 | 31.36 | 150m: | 1:40.31 | 34.92 | 250m: | 2:52.28 | 36.06 | 350m: | 4:05.18 | 36.54 |
| | 100m: | 1:05.39 | 34.03 | 200m: | 2:16.22 | 35.91 | 300m: | 3:28.64 | 36.36 | 400m: | 4:40.64 | 35.46 |
| 4. | Lewandowska Natalia SO | | | | 01 | UKP Unia Oswiecim | | | | 4:42.39 | 587 | |
| | 50m: | 31.90 | 31.90 | 150m: | 1:43.07 | 35.83 | 250m: | 2:55.61 | 36.27 | 350m: | 4:08.47 | 36.25 |
| | 100m: | 1:07.24 | 35.34 | 200m: | 2:19.34 | 36.27 | 300m: | 3:32.22 | 36.61 | 400m: | 4:42.39 | 33.92 |
| 5. | Lysakowska Julia SL | | | | 01 | KU AZS UMCS Lublin | | | | 4:43.09 | 582 | |
| | 50m: | 32.89 | 32.89 | 150m: | 1:44.20 | 35.80 | 250m: | 2:56.67 | 36.38 | 350m: | 4:08.44 | 35.94 |
| | 100m: | 1:08.40 | 35.51 | 200m: | 2:20.29 | 36.09 | 300m: | 3:32.50 | 35.83 | 400m: | 4:43.09 | 34.65 |



Arena Grand Prix Puchar Polski Finał
Opole, 29- - 30-4-2017

Event 11, Girls, 400m Freestyle, 16 years

| Rank | | | YB | | | | | Time | Pts | | | |
|------|-------------------------|---------|-------|---------------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 6. | Serafin Magdalena | | 01 | UKS SMS Galicja Krakow | | | | 4:46.97 | 559 | | | |
| | 50m: | 31.68 | 31.68 | 150m: | 1:43.40 | 35.92 | 250m: | 2:56.86 | 36.24 | 350m: | 4:10.72 | 36.54 |
| | 100m: | 1:07.48 | 35.80 | 200m: | 2:20.62 | 37.22 | 300m: | 3:34.18 | 37.32 | 400m: | 4:46.97 | 36.25 |
| 7. | Kempa Anna SO | | 01 | MMKS Kedzierzyn-Kozle | | | | 4:50.87 | 537 | | | |
| | 50m: | 33.78 | 33.78 | 150m: | 1:48.05 | 37.67 | 250m: | 3:02.13 | 37.05 | 350m: | 4:15.36 | 36.30 |
| | 100m: | 1:10.38 | 36.60 | 200m: | 2:25.08 | 37.03 | 300m: | 3:39.06 | 36.93 | 400m: | 4:50.87 | 35.51 |
| 8. | Szebesczyk Hanna | | 01 | WKS Slask Wroclaw | | | | 4:53.69 | 521 | | | |
| | 50m: | 33.58 | 33.58 | 150m: | 1:47.24 | 37.49 | 250m: | 3:02.37 | 37.59 | 350m: | 4:17.61 | 37.59 |
| | 100m: | 1:09.75 | 36.17 | 200m: | 2:24.78 | 37.54 | 300m: | 3:40.02 | 37.65 | 400m: | 4:53.69 | 36.08 |
| 9. | Gazda Zuzanna | | 01 | CSiR MOS Dabrowa Gornicza | | | | 4:53.96 | 520 | | | |
| | 50m: | 33.50 | 33.50 | 150m: | 1:47.95 | 37.56 | 250m: | 3:03.01 | 37.54 | 350m: | 4:18.13 | 37.58 |
| | 100m: | 1:10.39 | 36.89 | 200m: | 2:25.47 | 37.52 | 300m: | 3:40.55 | 37.54 | 400m: | 4:53.96 | 35.83 |
| 10. | Tomasiak Agnieszka | | 01 | UKS Salmo Zory | | | | 4:54.12 | 519 | | | |
| | 50m: | 33.24 | 33.24 | 150m: | 1:47.46 | 37.53 | 250m: | 3:03.61 | 38.30 | 350m: | 4:18.24 | 36.70 |
| | 100m: | 1:09.93 | 36.69 | 200m: | 2:25.31 | 37.85 | 300m: | 3:41.54 | 37.93 | 400m: | 4:54.12 | 35.88 |
| 11. | Jeziorna Julia | | 01 | WKS Slask Wroclaw | | | | 4:56.23 | 508 | | | |
| | 50m: | 33.25 | 33.25 | 150m: | 1:47.41 | 37.55 | 250m: | 3:03.28 | 38.36 | 350m: | 4:19.40 | 38.31 |
| | 100m: | 1:09.86 | 36.61 | 200m: | 2:24.92 | 37.51 | 300m: | 3:41.09 | 37.81 | 400m: | 4:56.23 | 36.83 |
| 12. | Przewozniak Partycja SO | | 01 | UKP Unia Oswiecim | | | | 4:58.18 | 498 | | | |
| | 50m: | 34.17 | 34.17 | 150m: | 1:49.75 | 37.73 | 250m: | 3:05.70 | 38.20 | 350m: | 4:21.76 | 37.74 |
| | 100m: | 1:12.02 | 37.85 | 200m: | 2:27.50 | 37.75 | 300m: | 3:44.02 | 38.32 | 400m: | 4:58.18 | 36.42 |
| 13. | Kabanska Nicol | | 01 | CSiR MOS Dabrowa Gornicza | | | | 5:05.41 | 464 | | | |
| | 50m: | 35.90 | 35.90 | 150m: | 1:52.56 | 38.69 | 250m: | 3:10.05 | 39.04 | 350m: | 4:27.70 | 38.98 |
| | 100m: | 1:13.87 | 37.97 | 200m: | 2:31.01 | 38.45 | 300m: | 3:48.72 | 38.67 | 400m: | 5:05.41 | 37.71 |
| 14. | Chwalczynska Aleksandra | | 01 | WKS Slask Wroclaw | | | | 5:05.51 | 463 | | | |
| | 50m: | 34.41 | 34.41 | 150m: | 1:51.29 | 38.21 | 250m: | 3:08.34 | 38.57 | 350m: | 4:26.54 | 39.13 |
| | 100m: | 1:13.08 | 38.67 | 200m: | 2:29.77 | 38.48 | 300m: | 3:47.41 | 39.07 | 400m: | 5:05.51 | 38.97 |

17 - 18 years

| | | | | | | | | | | | | |
|----|----------------------|---------|-------|--------------------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 1. | Piechota Paulina | | 99 | UKS 190 Lodz | | | | 4:18.57 | 764 | | | |
| | 50m: | 30.48 | 30.48 | 150m: | 1:36.32 | 32.82 | 250m: | 2:41.86 | 32.75 | 350m: | 3:47.16 | 32.49 |
| | 100m: | 1:03.50 | 33.02 | 200m: | 2:09.11 | 32.79 | 300m: | 3:14.67 | 32.81 | 400m: | 4:18.57 | 31.41 |
| 2. | Janiszewska Dominika | | 99 | AZS AWF Warszawa | | | | 4:25.95 | 702 | | | |
| | 50m: | 31.27 | 31.27 | 150m: | 1:38.30 | 33.78 | 250m: | 2:45.95 | 33.83 | 350m: | 3:53.00 | 33.86 |
| | 100m: | 1:04.52 | 33.25 | 200m: | 2:12.12 | 33.82 | 300m: | 3:19.14 | 33.19 | 400m: | 4:25.95 | 32.95 |
| 3. | Adamczyk Julia SL | | 99 | KU AZS UMCS Lublin | | | | 4:29.09 | 678 | | | |
| | 50m: | 31.30 | 31.30 | 150m: | 1:38.77 | 33.87 | 250m: | 2:47.24 | 34.06 | 350m: | 3:55.76 | 33.96 |
| | 100m: | 1:04.90 | 33.60 | 200m: | 2:13.18 | 34.41 | 300m: | 3:21.80 | 34.56 | 400m: | 4:29.09 | 33.33 |
| 4. | Baryla Julia SSz | | 00 | MKP Szczecin | | | | 4:36.24 | 627 | | | |
| | 50m: | 32.37 | 32.37 | 150m: | 1:41.61 | 35.08 | 250m: | 2:52.33 | 35.35 | 350m: | 4:02.12 | 35.05 |
| | 100m: | 1:06.53 | 34.16 | 200m: | 2:16.98 | 35.37 | 300m: | 3:27.07 | 34.74 | 400m: | 4:36.24 | 34.12 |
| 5. | Skibczak Natalia | | 00 | UKS G-8 Bielany | | | | 4:41.82 | 590 | | | |
| | 50m: | 32.38 | 32.38 | 150m: | 1:44.37 | 36.05 | 250m: | 2:56.56 | 35.69 | 350m: | 4:07.67 | 35.29 |
| | 100m: | 1:08.32 | 35.94 | 200m: | 2:20.87 | 36.50 | 300m: | 3:32.38 | 35.82 | 400m: | 4:41.82 | 34.15 |



Arena Grand Prix Puchar Polski Finał
Opole, 29- - 30-4-2017

Event 11, Women, 400m Freestyle, 17 - 18 years

| Rank | YB | | | | Time | | | | Pts | | | |
|------|------------------------|---------|-------|-------|---------|-------------------|-------|---------|-------|----------------|---------|-------|
| 6. | Reks Aleksandra | | | | 00 | MKP Szczecin | | | | 4:42.78 | 584 | |
| | 50m: | 32.85 | 32.85 | 150m: | 1:44.21 | 35.84 | 250m: | 2:55.95 | 35.94 | 350m: | 4:07.75 | 35.74 |
| | 100m: | 1:08.37 | 35.52 | 200m: | 2:20.01 | 35.80 | 300m: | 3:32.01 | 36.06 | 400m: | 4:42.78 | 35.03 |
| 7. | Kolodziej Katarzyna SO | | | | 00 | UKP Unia Oswiecim | | | | 4:42.92 | 583 | |
| | 50m: | 32.47 | 32.47 | 150m: | 1:43.79 | 35.68 | 250m: | 2:55.82 | 36.20 | 350m: | 4:08.00 | 35.94 |
| | 100m: | 1:08.11 | 35.64 | 200m: | 2:19.62 | 35.83 | 300m: | 3:32.06 | 36.24 | 400m: | 4:42.92 | 34.92 |
| 8. | Janczak Patrycja | | | | 00 | MKP Szczecin | | | | 4:48.18 | 552 | |
| | 50m: | 32.64 | 32.64 | 150m: | 1:44.31 | 36.03 | 250m: | 2:57.49 | 36.53 | 350m: | 4:11.37 | 36.99 |
| | 100m: | 1:08.28 | 35.64 | 200m: | 2:20.96 | 36.65 | 300m: | 3:34.38 | 36.89 | 400m: | 4:48.18 | 36.81 |
| 9. | Tomon Martyna | | | | 00 | UKS Skarpa Lublin | | | | 4:52.27 | 529 | |
| | 50m: | 33.14 | 33.14 | 150m: | 1:45.95 | 36.73 | 250m: | 3:00.16 | 37.13 | 350m: | 4:14.96 | 37.33 |
| | 100m: | 1:09.22 | 36.08 | 200m: | 2:23.03 | 37.08 | 300m: | 3:37.63 | 37.47 | 400m: | 4:52.27 | 37.31 |
| 10. | Redner Sandra | | | | 99 | UKS Skarpa Lublin | | | | 4:54.10 | 519 | |
| | 50m: | 33.74 | 33.74 | 150m: | 1:48.11 | 36.96 | 250m: | 3:02.61 | 37.00 | 350m: | 4:17.31 | 37.23 |
| | 100m: | 1:11.15 | 37.41 | 200m: | 2:25.61 | 37.50 | 300m: | 3:40.08 | 37.47 | 400m: | 4:54.10 | 36.79 |

