

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

Konkurencja 13 Kobiet, 400m zmienny 14 lat i starsi  
2017-04-29 - 19:40 Wyniki

Rekord Polski 4:36.95 Baranowska Katarzyna POL Beijing (CHN) 2008-08-09

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
<b>14 lat i starsi</b>									
1.	Zukowska Paula		93	WKS	lask Wrocław			<b>4:51.49</b>	763
	50m:	30.86	30.86	150m:	1:43.14	37.64	250m:	3:02.55	42.97
	100m:	1:05.50	34.64	200m:	2:19.58	36.44	300m:	3:45.56	43.01
							350m:	4:18.91	33.35
							400m:	4:51.49	32.58
2.	Knop Aleksandra		03	UKS	190 Łód			<b>4:57.97</b>	714
	50m:	31.86	31.86	150m:	1:46.97	38.83	250m:	3:08.14	43.53
	100m:	1:08.14	36.28	200m:	2:24.61	37.64	300m:	3:53.40	45.26
							350m:	4:26.12	32.72
							400m:	4:57.97	31.85
3.	Janiszewska Dominika		99	AZS	AWF Warszawa			<b>4:59.24</b>	705
	50m:	32.29	32.29	150m:	1:49.78	41.45	250m:	3:11.50	40.94
	100m:	1:08.33	36.04	200m:	2:30.56	40.78	300m:	3:52.90	41.40
							350m:	4:26.96	34.06
							400m:	4:59.24	32.28
4.	Adamczyk Julia SL		99	KU	AZS UMCS Lublin			<b>5:03.37</b>	676
	50m:	31.77	31.77	150m:	1:49.23	40.40	250m:	3:10.83	41.55
	100m:	1:08.83	37.06	200m:	2:29.28	40.05	300m:	3:53.65	42.82
							350m:	4:28.89	35.24
							400m:	5:03.37	34.48
5.	Wilczewska Aleksandra		02	Olimpia	Lublin			<b>5:07.76</b>	648
	50m:	33.75	33.75	150m:	1:51.85	40.09	250m:	3:14.34	44.42
	100m:	1:11.76	38.01	200m:	2:29.92	38.07	300m:	3:57.78	43.44
							350m:	4:33.94	36.16
							400m:	5:07.76	33.82
6.	Zawisza Alina SO		00	UKP	Unia O wi cim			<b>5:07.92</b>	647
	50m:	33.43	33.43	150m:	1:52.57	41.02	250m:	3:16.01	44.71
	100m:	1:11.55	38.12	200m:	2:31.30	38.73	300m:	3:59.41	43.40
							350m:	4:33.93	34.52
							400m:	5:07.92	33.99
7.	Dzwonnik Zuzanna		00	AZS	UŁ PŁ Łód			<b>5:09.06</b>	640
	50m:	31.75	31.75	150m:	1:49.44	39.64	250m:	3:13.02	43.50
	100m:	1:09.80	38.05	200m:	2:29.52	40.08	300m:	3:57.87	44.85
							350m:	4:33.37	35.50
							400m:	5:09.06	35.69
8.	W grzynowska Aleksandra		01	WKS	lask Wrocław			<b>5:12.29</b>	620
	50m:	32.17	32.17	150m:	1:51.35	39.94	250m:	3:17.38	44.73
	100m:	1:11.41	39.24	200m:	2:32.65	41.30	300m:	4:04.58	47.20
							350m:	4:38.84	34.26
							400m:	5:12.29	33.45
9.	Wi niewska Oliwia		01	CSiR	MOS D browa Górnicza			<b>5:12.63</b>	618
	50m:	32.25	32.25	150m:	1:50.09	40.11	250m:	3:14.02	46.36
	100m:	1:09.98	37.73	200m:	2:27.66	37.57	300m:	4:00.84	46.82
							350m:	4:37.49	36.65
							400m:	5:12.63	35.14
10.	D browska Tatiana		02	UKS	190 Łód			<b>5:15.30</b>	602
	50m:	32.20	32.20	150m:	1:52.77	42.74	250m:	3:18.34	44.68
	100m:	1:10.03	37.83	200m:	2:33.66	40.89	300m:	4:04.68	46.34
							350m:	4:40.94	36.26
							400m:	5:15.30	34.36
11.	Krosta Emilia		02	UKS	WODNIK Siemianowice laski			<b>5:17.29</b>	591
	50m:	33.57	33.57	150m:	1:54.59	42.56	250m:	3:19.25	43.22
	100m:	1:12.03	38.46	200m:	2:36.03	41.44	300m:	4:03.55	44.30
							350m:	4:41.44	37.89
							400m:	5:17.29	35.85
12.	Osiniak Ewa SL		00	KU	AZS UMCS Lublin			<b>5:17.32</b>	591
	50m:	33.11	33.11	150m:	1:52.76	40.81	250m:	3:18.32	45.82
	100m:	1:11.95	38.84	200m:	2:32.50	39.74	300m:	4:05.12	46.80
							350m:	4:41.90	36.78
							400m:	5:17.32	35.42
13.	Prochownik Olimpia SL		99	KU	AZS UMCS Lublin			<b>5:18.15</b>	586
	50m:	32.48	32.48	150m:	1:54.08	44.59	250m:	3:20.37	44.18
	100m:	1:09.49	37.01	200m:	2:36.19	42.11	300m:	4:04.91	44.54
							350m:	4:42.41	37.50
							400m:	5:18.15	35.74
14.	Nowak Zuzanna SO		02	UKP	Unia O wi cim			<b>5:18.16</b>	586
	50m:	32.32	32.32	150m:	1:52.58	41.77	250m:	3:20.23	46.84
	100m:	1:10.81	38.49	200m:	2:33.39	40.81	300m:	4:07.03	46.80
							350m:	4:42.89	35.86
							400m:	5:18.16	35.27

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Pozycja			Rok ur.					Czas	Pkt.
15.	Sm tek	Wiktorija SR	01	MMKS K	dzierzyn-Ko le		<b>5:18.72</b>	583	
	50m:	35.52 35.52	150m:	1:59.10 41.38	250m:	3:22.09 43.69	350m:	4:43.25 37.03	
	100m:	1:17.72 42.20	200m:	2:38.40 39.30	300m:	4:06.22 44.13	400m:	5:18.72 35.47	
16.	Urbaniak	Dominika	03	UKS 190	Łód		<b>5:19.41</b>	579	
	50m:	33.39 33.39	150m:	1:55.20 42.58	250m:	3:22.86 46.26	350m:	4:44.80 34.65	
	100m:	1:12.62 39.23	200m:	2:36.60 41.40	300m:	4:10.15 47.29	400m:	5:19.41 34.61	
17.	Borejszo	Paula	00	MKP	Szczecin		<b>5:19.70</b>	578	
	50m:	32.77 32.77	150m:	1:54.38 42.45	250m:	3:20.44 44.51	350m:	4:43.79 37.16	
	100m:	1:11.93 39.16	200m:	2:35.93 41.55	300m:	4:06.63 46.19	400m:	5:19.70 35.91	
18.	Rajca	Olivia	02	UKS 190	Łód		<b>5:19.86</b>	577	
	50m:	33.84 33.84	150m:	1:55.59 42.25	250m:	3:21.77 45.27	350m:	4:44.75 36.04	
	100m:	1:13.34 39.50	200m:	2:36.50 40.91	300m:	4:08.71 46.94	400m:	5:19.86 35.11	
19.	Prochownik	Martyna SO	02	UKP Unia O	wi cim		<b>5:21.08</b>	570	
	50m:	33.81 33.81	150m:	1:54.43 42.11	250m:	3:21.09 45.78	350m:	4:45.31 37.50	
	100m:	1:12.32 38.51	200m:	2:35.31 40.88	300m:	4:07.81 46.72	400m:	5:21.08 35.77	
20.	Maciejewska	Beata	03	UKS SP 149	Łód		<b>5:22.18</b>	565	
	50m:	35.26 35.26	150m:	1:59.15 41.82	250m:	3:25.51 45.57	350m:	4:47.21 35.79	
	100m:	1:17.33 42.07	200m:	2:39.94 40.79	300m:	4:11.42 45.91	400m:	5:22.18 34.97	
21.	Chmielewska	Julia	02	MUKP	Warszawianka Wodny Park		<b>5:22.45</b>	563	
	50m:	34.15 34.15	150m:	1:58.32 44.10	250m:	3:25.08 43.35	350m:	4:47.02 37.75	
	100m:	1:14.22 40.07	200m:	2:41.73 43.41	300m:	4:09.27 44.19	400m:	5:22.45 35.43	
22.	Famulok	Zuzanna	03	UKS Aquatica	Pawłowice		<b>5:22.53</b>	563	
	50m:	32.95 32.95	150m:	1:54.75 42.02	250m:	3:23.98 48.13	350m:	4:47.68 36.45	
	100m:	1:12.73 39.78	200m:	2:35.85 41.10	300m:	4:11.23 47.25	400m:	5:22.53 34.85	
23.	Ostrowska	Kamila	01	CSiR MOS D	browa Górnicza		<b>5:23.61</b>	557	
	50m:	34.26 34.26	150m:	1:56.40 42.19	250m:	3:22.38 46.03	350m:	4:47.03 38.71	
	100m:	1:14.21 39.95	200m:	2:36.35 39.95	300m:	4:08.32 45.94	400m:	5:23.61 36.58	
24.	Lewandowska	Natalia SO	01	UKP Unia O	wi cim		<b>5:23.87</b>	556	
	50m:	33.82 33.82	150m:	1:55.89 42.73	250m:	3:24.46 46.26	350m:	4:47.75 36.99	
	100m:	1:13.16 39.34	200m:	2:38.20 42.31	300m:	4:10.76 46.30	400m:	5:23.87 36.12	
25.	Garula	Wiktorija	02	CSiR MOS D	browa Górnicza		<b>5:23.94</b>	555	
	50m:	33.24 33.24	150m:	1:56.96 44.11	250m:	3:25.64 47.52	350m:	4:49.76 35.95	
	100m:	1:12.85 39.61	200m:	2:38.12 41.16	300m:	4:13.81 48.17	400m:	5:23.94 34.18	
26.	Nowak	Marta SO	99	MMKS K	dzierzyn-Ko le		<b>5:24.39</b>	553	
	50m:	34.57 34.57	150m:	1:55.89 41.50	250m:	3:22.09 44.57	350m:	4:46.27 39.62	
	100m:	1:14.39 39.82	200m:	2:37.52 41.63	300m:	4:06.65 44.56	400m:	5:24.39 38.12	
27.	Kujawska	Katarzyna	00	MTKP	Delfin Toru		<b>5:25.72</b>	546	
	50m:	34.58 34.58	150m:	1:57.35 43.23	250m:	3:25.16 46.61	350m:	4:49.92 38.49	
	100m:	1:14.12 39.54	200m:	2:38.55 41.20	300m:	4:11.43 46.27	400m:	5:25.72 35.80	
28.	Kapci ska	Maja SO	02	UKP Unia O	wi cim		<b>5:27.51</b>	537	
	50m:	34.45 34.45	150m:	1:55.39 42.37	250m:	3:25.03 49.07	350m:	4:51.34 38.17	
	100m:	1:13.02 38.57	200m:	2:35.96 40.57	300m:	4:13.17 48.14	400m:	5:27.51 36.17	
29.	Skorupa	Monika	99	DOKiS SP	Vega Dobrodzie		<b>5:27.86</b>	536	
	50m:	33.62 33.62	150m:	1:54.48 41.48	250m:	3:22.82 47.19	350m:	4:49.78 39.49	
	100m:	1:13.00 39.38	200m:	2:35.63 41.15	300m:	4:10.29 47.47	400m:	5:27.86 38.08	

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Pozycja			Rok ur.					Czas	Pkt.
29.	Tasak Aleksandra		03	Galicja Kraków				<b>5:27.86</b>	536
	50m:	32.90 32.90	150m:	1:55.47 43.38	250m:	3:22.77 45.69	350m:	4:50.32 39.94	
	100m:	1:12.09 39.19	200m:	2:37.08 41.61	300m:	4:10.38 47.61	400m:	5:27.86 37.54	
31.	Piesko Martyna		03	MTP Lublinianka Lublin				<b>5:29.07</b>	530
	50m:	33.87 33.87	150m:	1:55.84 41.29	250m:	3:24.85 49.30	350m:	4:51.36 38.77	
	100m:	1:14.55 40.68	200m:	2:35.55 39.71	300m:	4:12.59 47.74	400m:	5:29.07 37.71	
32.	Modrzejewska Magdalena SR		02	MKS-SMS Victoria Racibórz				<b>5:29.35</b>	528
	50m:	34.80 34.80	150m:	1:56.89 41.55	250m:	3:24.36 47.99	350m:	4:51.94 39.29	
	100m:	1:15.34 40.54	200m:	2:36.37 39.48	300m:	4:12.65 48.29	400m:	5:29.35 37.41	
33.	Dach Wiktoria		03	Galicja Kraków				<b>5:30.91</b>	521
	50m:	32.56 32.56	150m:	2:00.29 47.37	250m:	3:28.92 44.47	350m:	4:54.47 39.93	
	100m:	1:12.92 40.36	200m:	2:44.45 44.16	300m:	4:14.54 45.62	400m:	5:30.91 36.44	
34.	Noco Dominika		02	UKS MANTA Kochłowice Ruda I.				<b>5:32.09</b>	515
	50m:	32.96 32.96	150m:	1:54.85 40.47	250m:	3:24.63 46.91	350m:	4:52.88 38.68	
	100m:	1:14.38 41.42	200m:	2:37.72 42.87	300m:	4:14.20 49.57	400m:	5:32.09 39.21	
35.	Dra yk Natalia SR		02	MKS-SMS Victoria Racibórz				<b>5:34.08</b>	506
	50m:	33.50 33.50	150m:	1:57.03 43.28	250m:	3:26.96 46.95	350m:	4:54.74 39.50	
	100m:	1:13.75 40.25	200m:	2:40.01 42.98	300m:	4:15.24 48.28	400m:	5:34.08 39.34	
36.	Biega ska Weronika		03	UKS G-8 Bielany				<b>5:34.97</b>	502
	50m:	34.01 34.01	150m:	1:57.36 42.07	250m:	3:26.38 45.37	350m:	4:54.39 39.50	
	100m:	1:15.29 41.28	200m:	2:41.01 43.65	300m:	4:14.89 48.51	400m:	5:34.97 40.58	
37.	Jodłowska Zuzanna		03	Galicja Kraków				<b>5:37.34</b>	492
	50m:	34.28 34.28	150m:	2:01.82 44.41	250m:	3:31.59 47.28	350m:	4:59.32 38.94	
	100m:	1:17.41 43.13	200m:	2:44.31 42.49	300m:	4:20.38 48.79	400m:	5:37.34 38.02	
38.	Kostrzewska Maria		03	UKS 190 Łód				<b>5:40.25</b>	479
	50m:	35.56 35.56	150m:	2:02.40 44.87	250m:	3:34.44 49.45	350m:	5:04.18 38.87	
	100m:	1:17.53 41.97	200m:	2:44.99 42.59	300m:	4:25.31 50.87	400m:	5:40.25 36.07	
39.	Kusak Izabela		02	UKS Salmo ory				<b>5:42.08</b>	472
	50m:	36.45 36.45	150m:	2:04.43 44.17	250m:	3:35.11 46.93	350m:	5:03.62 39.81	
	100m:	1:20.26 43.81	200m:	2:48.18 43.75	300m:	4:23.81 48.70	400m:	5:42.08 38.46	
40.	Szpiegowska Wiktoria		02	WKS lask Wrocław				<b>5:42.58</b>	470
	50m:	35.44 35.44	150m:	2:02.91 44.45	250m:	3:35.47 49.23	350m:	5:04.57 39.42	
	100m:	1:18.46 43.02	200m:	2:46.24 43.33	300m:	4:25.15 49.68	400m:	5:42.58 38.01	
41.	Chyra Julia		03	UKS WODNIK Siemianowice laski				<b>5:44.85</b>	460
	50m:	34.21 34.21	150m:	2:01.53 47.43	250m:	3:34.90 48.68	350m:	5:05.74 40.94	
	100m:	1:14.10 39.89	200m:	2:46.22 44.69	300m:	4:24.80 49.90	400m:	5:44.85 39.11	
42.	Niepogodzi ska Izabela		03	Galicja Kraków				<b>5:47.66</b>	449
	50m:	35.81 35.81	150m:	2:04.97 44.97	250m:	3:37.52 48.26	350m:	5:07.48 40.92	
	100m:	1:20.00 44.19	200m:	2:49.26 44.29	300m:	4:26.56 49.04	400m:	5:47.66 40.18	
43.	Budzi ska Paulina SO		03	MMKS K dzierzyn-Ko le				<b>5:48.07</b>	448
	50m:	38.10 38.10	150m:	2:09.34 46.76	250m:	3:41.29 45.66	350m:	5:09.22 40.32	
	100m:	1:22.58 44.48	200m:	2:55.63 46.29	300m:	4:28.90 47.61	400m:	5:48.07 38.85	
44.	liwa Maja		01	Hobby Sport Kietrz				<b>5:48.36</b>	447
	50m:	36.09 36.09	150m:	2:05.72 45.01	250m:	3:39.27 49.64	350m:	5:09.45 41.42	
	100m:	1:20.71 44.62	200m:	2:49.63 43.91	300m:	4:28.03 48.76	400m:	5:48.36 38.91	

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45.	Rygiel Oliwia		02	UKS Junior Kluczbork				<b>5:55.01</b>	422
	50m:	35.49 35.49	150m:	2:06.03 46.87	250m:	3:41.56 52.06	350m:	5:15.28 41.54	
	100m:	1:19.16 43.67	200m:	2:49.50 43.47	300m:	4:33.74 52.18	400m:	5:55.01 39.73	
46.	Jagieniak Izabela		03	MKS ZRYW Opole				<b>6:19.41</b>	346
	50m:	42.18 42.18	150m:	2:21.75 48.09	250m:	4:03.08 53.72	350m:	5:39.66 42.38	
	100m:	1:33.66 51.48	200m:	3:09.36 47.61	300m:	4:57.28 54.20	400m:	6:19.41 39.75	
DYSKW.	Mendyk Adrianna		98	Wodnik Radom					
	<i>Z 2 - Uko czenie poszczególnych odcinków niezgodnie z przepisami o danym stylu</i>								
14 lat									
1.	Knop Aleksandra		03	UKS 190 Łód				<b>4:57.97</b>	714
	50m:	31.86 31.86	150m:	1:46.97 38.83	250m:	3:08.14 43.53	350m:	4:26.12 32.72	
	100m:	1:08.14 36.28	200m:	2:24.61 37.64	300m:	3:53.40 45.26	400m:	4:57.97 31.85	
2.	Urbaniak Dominika		03	UKS 190 Łód				<b>5:19.41</b>	579
	50m:	33.39 33.39	150m:	1:55.20 42.58	250m:	3:22.86 46.26	350m:	4:44.80 34.65	
	100m:	1:12.62 39.23	200m:	2:36.60 41.40	300m:	4:10.15 47.29	400m:	5:19.41 34.61	
3.	Maciejewska Beata		03	UKS SP 149 Łód				<b>5:22.18</b>	565
	50m:	35.26 35.26	150m:	1:59.15 41.82	250m:	3:25.51 45.57	350m:	4:47.21 35.79	
	100m:	1:17.33 42.07	200m:	2:39.94 40.79	300m:	4:11.42 45.91	400m:	5:22.18 34.97	
4.	Famulok Zuzanna		03	UKS Aquatica Pawłowice				<b>5:22.53</b>	563
	50m:	32.95 32.95	150m:	1:54.75 42.02	250m:	3:23.98 48.13	350m:	4:47.68 36.45	
	100m:	1:12.73 39.78	200m:	2:35.85 41.10	300m:	4:11.23 47.25	400m:	5:22.53 34.85	
5.	Tasak Aleksandra		03	Galicja Kraków				<b>5:27.86</b>	536
	50m:	32.90 32.90	150m:	1:55.47 43.38	250m:	3:22.77 45.69	350m:	4:50.32 39.94	
	100m:	1:12.09 39.19	200m:	2:37.08 41.61	300m:	4:10.38 47.61	400m:	5:27.86 37.54	
6.	Piesko Martyna		03	MTP Lublinianka Lublin				<b>5:29.07</b>	530
	50m:	33.87 33.87	150m:	1:55.84 41.29	250m:	3:24.85 49.30	350m:	4:51.36 38.77	
	100m:	1:14.55 40.68	200m:	2:35.55 39.71	300m:	4:12.59 47.74	400m:	5:29.07 37.71	
7.	Dach Wiktoria		03	Galicja Kraków				<b>5:30.91</b>	521
	50m:	32.56 32.56	150m:	2:00.29 47.37	250m:	3:28.92 44.47	350m:	4:54.47 39.93	
	100m:	1:12.92 40.36	200m:	2:44.45 44.16	300m:	4:14.54 45.62	400m:	5:30.91 36.44	
8.	Biega ska Weronika		03	UKS G-8 Bielany				<b>5:34.97</b>	502
	50m:	34.01 34.01	150m:	1:57.36 42.07	250m:	3:26.38 45.37	350m:	4:54.39 39.50	
	100m:	1:15.29 41.28	200m:	2:41.01 43.65	300m:	4:14.89 48.51	400m:	5:34.97 40.58	
9.	Jodłowska Zuzanna		03	Galicja Kraków				<b>5:37.34</b>	492
	50m:	34.28 34.28	150m:	2:01.82 44.41	250m:	3:31.59 47.28	350m:	4:59.32 38.94	
	100m:	1:17.41 43.13	200m:	2:44.31 42.49	300m:	4:20.38 48.79	400m:	5:37.34 38.02	
10.	Kostrzewska Maria		03	UKS 190 Łód				<b>5:40.25</b>	479
	50m:	35.56 35.56	150m:	2:02.40 44.87	250m:	3:34.44 49.45	350m:	5:04.18 38.87	
	100m:	1:17.53 41.97	200m:	2:44.99 42.59	300m:	4:25.31 50.87	400m:	5:40.25 36.07	
11.	Chyra Julia		03	UKS WODNIK Siemianowice laski				<b>5:44.85</b>	460
	50m:	34.21 34.21	150m:	2:01.53 47.43	250m:	3:34.90 48.68	350m:	5:05.74 40.94	
	100m:	1:14.10 39.89	200m:	2:46.22 44.69	300m:	4:24.80 49.90	400m:	5:44.85 39.11	
12.	Niepogodzi ska Izabela		03	Galicja Kraków				<b>5:47.66</b>	449
	50m:	35.81 35.81	150m:	2:04.97 44.97	250m:	3:37.52 48.26	350m:	5:07.48 40.92	
	100m:	1:20.00 44.19	200m:	2:49.26 44.29	300m:	4:26.56 49.04	400m:	5:47.66 40.18	

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Konkurencja 13, Dziewcz t, 400m zmienny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.		
13.	Budzi ska Paulina SO		03	MMKS K dzierzyn-Ko le				<b>5:48.07</b>	448		
	50m:	38.10 38.10	150m:	2:09.34	46.76	250m:	3:41.29	45.66	350m:	5:09.22	40.32
	100m:	1:22.58 44.48	200m:	2:55.63	46.29	300m:	4:28.90	47.61	400m:	5:48.07	38.85
14.	Jagieniak Izabela		03	MKS ZRYW Opole				<b>6:19.41</b>	346		
	50m:	42.18 42.18	150m:	2:21.75	48.09	250m:	4:03.08	53.72	350m:	5:39.66	42.38
	100m:	1:33.66 51.48	200m:	3:09.36	47.61	300m:	4:57.28	54.20	400m:	6:19.41	39.75

15 lat

1.	Wilczewska Aleksandra		02	Olimpia Lublin				<b>5:07.76</b>	648		
	50m:	33.75 33.75	150m:	1:51.85	40.09	250m:	3:14.34	44.42	350m:	4:33.94	36.16
	100m:	1:11.76 38.01	200m:	2:29.92	38.07	300m:	3:57.78	43.44	400m:	5:07.76	33.82
2.	D browska Tatiana		02	UKS 190 Łód				<b>5:15.30</b>	602		
	50m:	32.20 32.20	150m:	1:52.77	42.74	250m:	3:18.34	44.68	350m:	4:40.94	36.26
	100m:	1:10.03 37.83	200m:	2:33.66	40.89	300m:	4:04.68	46.34	400m:	5:15.30	34.36
3.	Krosta Emilia		02	UKS WODNIK Siemianowice laski				<b>5:17.29</b>	591		
	50m:	33.57 33.57	150m:	1:54.59	42.56	250m:	3:19.25	43.22	350m:	4:41.44	37.89
	100m:	1:12.03 38.46	200m:	2:36.03	41.44	300m:	4:03.55	44.30	400m:	5:17.29	35.85
4.	Nowak Zuzanna SO		02	UKP Unia O wi cim				<b>5:18.16</b>	586		
	50m:	32.32 32.32	150m:	1:52.58	41.77	250m:	3:20.23	46.84	350m:	4:42.89	35.86
	100m:	1:10.81 38.49	200m:	2:33.39	40.81	300m:	4:07.03	46.80	400m:	5:18.16	35.27
5.	Rajca Olivia		02	UKS 190 Łód				<b>5:19.86</b>	577		
	50m:	33.84 33.84	150m:	1:55.59	42.25	250m:	3:21.77	45.27	350m:	4:44.75	36.04
	100m:	1:13.34 39.50	200m:	2:36.50	40.91	300m:	4:08.71	46.94	400m:	5:19.86	35.11
6.	Prochownik Martyna SO		02	UKP Unia O wi cim				<b>5:21.08</b>	570		
	50m:	33.81 33.81	150m:	1:54.43	42.11	250m:	3:21.09	45.78	350m:	4:45.31	37.50
	100m:	1:12.32 38.51	200m:	2:35.31	40.88	300m:	4:07.81	46.72	400m:	5:21.08	35.77
7.	Chmielewska Julia		02	MUKP Warszawianka Wodny Park				<b>5:22.45</b>	563		
	50m:	34.15 34.15	150m:	1:58.32	44.10	250m:	3:25.08	43.35	350m:	4:47.02	37.75
	100m:	1:14.22 40.07	200m:	2:41.73	43.41	300m:	4:09.27	44.19	400m:	5:22.45	35.43
8.	Garula Wiktorja		02	CSiR MOS D browa Górnicza				<b>5:23.94</b>	555		
	50m:	33.24 33.24	150m:	1:56.96	44.11	250m:	3:25.64	47.52	350m:	4:49.76	35.95
	100m:	1:12.85 39.61	200m:	2:38.12	41.16	300m:	4:13.81	48.17	400m:	5:23.94	34.18
9.	Kapci ska Maja SO		02	UKP Unia O wi cim				<b>5:27.51</b>	537		
	50m:	34.45 34.45	150m:	1:55.39	42.37	250m:	3:25.03	49.07	350m:	4:51.34	38.17
	100m:	1:13.02 38.57	200m:	2:35.96	40.57	300m:	4:13.17	48.14	400m:	5:27.51	36.17
10.	Modrzejewska Magdalena SR		02	MKS-SMS Victoria Racibórz				<b>5:29.35</b>	528		
	50m:	34.80 34.80	150m:	1:56.89	41.55	250m:	3:24.36	47.99	350m:	4:51.94	39.29
	100m:	1:15.34 40.54	200m:	2:36.37	39.48	300m:	4:12.65	48.29	400m:	5:29.35	37.41
11.	Noco Dominika		02	UKS MANTA Kochłowice Ruda l.				<b>5:32.09</b>	515		
	50m:	32.96 32.96	150m:	1:54.85	40.47	250m:	3:24.63	46.91	350m:	4:52.88	38.68
	100m:	1:14.38 41.42	200m:	2:37.72	42.87	300m:	4:14.20	49.57	400m:	5:32.09	39.21
12.	Dra yk Natalia SR		02	MKS-SMS Victoria Racibórz				<b>5:34.08</b>	506		
	50m:	33.50 33.50	150m:	1:57.03	43.28	250m:	3:26.96	46.95	350m:	4:54.74	39.50
	100m:	1:13.75 40.25	200m:	2:40.01	42.98	300m:	4:15.24	48.28	400m:	5:34.08	39.34

Arena Grand Prix Puchar Polski Finał  
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Konkurencja 13, Dziewcz t, 400m zmienny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
13.	Kusak Izabela		02	UKS Salmo	ory		<b>5:42.08</b>	472	
	50m:	36.45 36.45	150m:	2:04.43 44.17	250m:	3:35.11 46.93	350m:	5:03.62 39.81	
	100m:	1:20.26 43.81	200m:	2:48.18 43.75	300m:	4:23.81 48.70	400m:	5:42.08 38.46	
14.	Szpiegowska Wiktoria		02	WKS lask	Wrocław		<b>5:42.58</b>	470	
	50m:	35.44 35.44	150m:	2:02.91 44.45	250m:	3:35.47 49.23	350m:	5:04.57 39.42	
	100m:	1:18.46 43.02	200m:	2:46.24 43.33	300m:	4:25.15 49.68	400m:	5:42.58 38.01	
15.	Rygiel Oliwia		02	UKS Junior	Kluczbork		<b>5:55.01</b>	422	
	50m:	35.49 35.49	150m:	2:06.03 46.87	250m:	3:41.56 52.06	350m:	5:15.28 41.54	
	100m:	1:19.16 43.67	200m:	2:49.50 43.47	300m:	4:33.74 52.18	400m:	5:55.01 39.73	

16 lat

1.	W grzynowska Aleksandra		01	WKS lask	Wrocław		<b>5:12.29</b>	620
	50m:	32.17 32.17	150m:	1:51.35 39.94	250m:	3:17.38 44.73	350m:	4:38.84 34.26
	100m:	1:11.41 39.24	200m:	2:32.65 41.30	300m:	4:04.58 47.20	400m:	5:12.29 33.45
2.	Wi niewska Oliwia		01	CSiR MOS D	browa Górnicza		<b>5:12.63</b>	618
	50m:	32.25 32.25	150m:	1:50.09 40.11	250m:	3:14.02 46.36	350m:	4:37.49 36.65
	100m:	1:09.98 37.73	200m:	2:27.66 37.57	300m:	4:00.84 46.82	400m:	5:12.63 35.14
3.	Sm tek Wiktoria SR		01	MMKS K	dzierzyn-Ko le		<b>5:18.72</b>	583
	50m:	35.52 35.52	150m:	1:59.10 41.38	250m:	3:22.09 43.69	350m:	4:43.25 37.03
	100m:	1:17.72 42.20	200m:	2:38.40 39.30	300m:	4:06.22 44.13	400m:	5:18.72 35.47
4.	Ostrowska Kamila		01	CSiR MOS D	browa Górnicza		<b>5:23.61</b>	557
	50m:	34.26 34.26	150m:	1:56.40 42.19	250m:	3:22.38 46.03	350m:	4:47.03 38.71
	100m:	1:14.21 39.95	200m:	2:36.35 39.95	300m:	4:08.32 45.94	400m:	5:23.61 36.58
5.	Lewandowska Natalia SO		01	UKP Unia O	wi cim		<b>5:23.87</b>	556
	50m:	33.82 33.82	150m:	1:55.89 42.73	250m:	3:24.46 46.26	350m:	4:47.75 36.99
	100m:	1:13.16 39.34	200m:	2:38.20 42.31	300m:	4:10.76 46.30	400m:	5:23.87 36.12
6.	liwa Maja		01	Hobby Sport	Kietrz		<b>5:48.36</b>	447
	50m:	36.09 36.09	150m:	2:05.72 45.01	250m:	3:39.27 49.64	350m:	5:09.45 41.42
	100m:	1:20.71 44.62	200m:	2:49.63 43.91	300m:	4:28.03 48.76	400m:	5:48.36 38.91

17 - 18 lat

1.	Janiszewska Dominika		99	AZS AWF	Warszawa		<b>4:59.24</b>	705
	50m:	32.29 32.29	150m:	1:49.78 41.45	250m:	3:11.50 40.94	350m:	4:26.96 34.06
	100m:	1:08.33 36.04	200m:	2:30.56 40.78	300m:	3:52.90 41.40	400m:	4:59.24 32.28
2.	Adamczyk Julia SL		99	KU AZS UMCS	Lublin		<b>5:03.37</b>	676
	50m:	31.77 31.77	150m:	1:49.23 40.40	250m:	3:10.83 41.55	350m:	4:28.89 35.24
	100m:	1:08.83 37.06	200m:	2:29.28 40.05	300m:	3:53.65 42.82	400m:	5:03.37 34.48
3.	Zawisza Alina SO		00	UKP Unia O	wi cim		<b>5:07.92</b>	647
	50m:	33.43 33.43	150m:	1:52.57 41.02	250m:	3:16.01 44.71	350m:	4:33.93 34.52
	100m:	1:11.55 38.12	200m:	2:31.30 38.73	300m:	3:59.41 43.40	400m:	5:07.92 33.99
4.	Dzwonnik Zuzanna		00	AZS UŁ PŁ	Łód		<b>5:09.06</b>	640
	50m:	31.75 31.75	150m:	1:49.44 39.64	250m:	3:13.02 43.50	350m:	4:33.37 35.50
	100m:	1:09.80 38.05	200m:	2:29.52 40.08	300m:	3:57.87 44.85	400m:	5:09.06 35.69
5.	Osiniak Ewa SL		00	KU AZS UMCS	Lublin		<b>5:17.32</b>	591
	50m:	33.11 33.11	150m:	1:52.76 40.81	250m:	3:18.32 45.82	350m:	4:41.90 36.78
	100m:	1:11.95 38.84	200m:	2:32.50 39.74	300m:	4:05.12 46.80	400m:	5:17.32 35.42

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Konkurencja 13, Kobiet, 400m zmienny, 17 - 18 lat

Pozycja			Rok ur.					Czas	Pkt.
6.	Prochownik Olimpia SL		99	KU AZS UMCS Lublin				<b>5:18.15</b>	586
	50m: 32.48	32.48	150m: 1:54.08	44.59	250m: 3:20.37	44.18	350m: 4:42.41	37.50	
	100m: 1:09.49	37.01	200m: 2:36.19	42.11	300m: 4:04.91	44.54	400m: 5:18.15	35.74	
7.	Borejszo Paula		00	MKP Szczecin				<b>5:19.70</b>	578
	50m: 32.77	32.77	150m: 1:54.38	42.45	250m: 3:20.44	44.51	350m: 4:43.79	37.16	
	100m: 1:11.93	39.16	200m: 2:35.93	41.55	300m: 4:06.63	46.19	400m: 5:19.70	35.91	
8.	Nowak Marta SO		99	MMKS K dzierzyn-Ko le				<b>5:24.39</b>	553
	50m: 34.57	34.57	150m: 1:55.89	41.50	250m: 3:22.09	44.57	350m: 4:46.27	39.62	
	100m: 1:14.39	39.82	200m: 2:37.52	41.63	300m: 4:06.65	44.56	400m: 5:24.39	38.12	
9.	Kujawska Katarzyna		00	MTKP Delfin Toru				<b>5:25.72</b>	546
	50m: 34.58	34.58	150m: 1:57.35	43.23	250m: 3:25.16	46.61	350m: 4:49.92	38.49	
	100m: 1:14.12	39.54	200m: 2:38.55	41.20	300m: 4:11.43	46.27	400m: 5:25.72	35.80	
10.	Skorupa Monika		99	DOKiS SP Vega Dobrodzie				<b>5:27.86</b>	536
	50m: 33.62	33.62	150m: 1:54.48	41.48	250m: 3:22.82	47.19	350m: 4:49.78	39.49	
	100m: 1:13.00	39.38	200m: 2:35.63	41.15	300m: 4:10.29	47.47	400m: 5:27.86	38.08	