



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

Event 13 Women, 400m Medley 14 years and older
2017-04-29 - 19:40 Results

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

Points: FINA 2017

Rank			YB					Time	Pts
14 years and older									
1.	Zukowska Paula		93	WKS Slask Wroclaw			4:51.49	763	
	50m: 30.86	30.86	150m: 1:43.14	37.64	250m: 3:02.55	42.97	350m: 4:18.91	33.35	
	100m: 1:05.50	34.64	200m: 2:19.58	36.44	300m: 3:45.56	43.01	400m: 4:51.49	32.58	
2.	Knop Aleksandra		03	UKS 190 Lodz			4:57.97	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	
3.	Janiszewska Dominika		99	AZS AWF Warszawa			4:59.24	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	
4.	Adamczyk Julia SL		99	KU AZS UMCS Lublin			5:03.37	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	
5.	Wilczewska Aleksandra		02	Olimpia Lublin			5:07.76	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	
6.	Zawisza Alina SO		00	UKP Unia Oswiecim			5:07.92	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	
7.	Dzwonnik Zuzanna		00	AZS UL PL Lodz			5:09.06	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	
8.	Wegrzynowska Aleksandra		01	WKS Slask Wroclaw			5:12.29	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	
9.	Wisniewska Oliwia		01	CSiR MOS Dabrowa Gornicza			5:12.63	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	
10.	Dabrowska Tatiana		02	UKS 190 Lodz			5:15.30	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	
11.	Krosta Emilia		02	UKS WODNIK Siemianowice Slaski			5:17.29	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	
12.	Osiniak Ewa SL		00	KU AZS UMCS Lublin			5:17.32	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	
13.	Prochownik Olimpia SL		99	KU AZS UMCS Lublin			5:18.15	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	
14.	Nowak Zuzanna SO		02	UKP Unia Oswiecim			5:18.16	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	



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Rank			YB					Time	Pts			
15.	Smetek Wiktoria SR		01	MMKS Kedzierzyn-Kozle				5:18.72	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 Lodz				5:19.41	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				5:19.70	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 Lodz				5:19.86	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 Oswiecim				5:21.08	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 Lodz				5:22.18	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				5:22.45	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 Pawlowice				5:22.53	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 Dabrowa Gornicza				5:23.61	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 Oswiecim				5:23.87	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 Wiktoria		02	CSiR MOS Dabrowa Gornicza				5:23.94	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 Kedzierzyn-Kozle				5:24.39	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	Delfin Torun				5:25.72	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.	Kapcinska Maja SO		02	UKP Unia Oswiecim				5:27.51	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 Dobrodzien				5:27.86	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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Rank		YB						Time	Pts
29.	Tasak Aleksandra	03	UKS SMS Galicja Krakow					5:27.86	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					5:29.07	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 Raciborz					5:29.35	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	UKS SMS Galicja Krakow					5:30.91	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.	Nocon Dominika	02	UKS MANTA Kochlowice Ruda Sl.					5:32.09	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.	Drazyk Natalia SR	02	MKS-SMS Victoria Raciborz					5:34.08	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.	Bieganska Weronika	03	UKS G-8 Bielany					5:34.97	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.	Jodlowska Zuzanna	03	UKS SMS Galicja Krakow					5:37.34	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 Lodz					5:40.25	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 Zory					5:42.08	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 Slask Wroclaw					5:42.58	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 Slaski					5:44.85	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.	Niepogodzinska Izabela	03	UKS SMS Galicja Krakow					5:47.66	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.	Budzinska Paulina SO	03	MMKS Kedzierzyn-Kozle					5:48.07	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.	Sliwa Maja	01	Hobby Sport Kietrz					5:48.36	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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Rank				YB					Time	Pts		
45.	Rygiel Oliwia			02	UKS Junior Kluczbork				5:55.01	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	Zryw				6:19.41	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
DSQ	Mendyk Adrianna			98	Wodnik Radom							
	<i>Z2 - Ukończenie poszczególnych odcinków niezgodnie z przepisami o danym stylu</i>											

14 years

1.	Knop Aleksandra			03	UKS 190 Lodz				4:57.97	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 Lodz				5:19.41	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 Lodz				5:22.18	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 Pawlowice				5:22.53	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	UKS SMS Galicja Krakow				5:27.86	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				5:29.07	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	UKS SMS Galicja Krakow				5:30.91	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.	Bieganska Weronika			03	UKS G-8 Bielany				5:34.97	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.	Jodlowska Zuzanna			03	UKS SMS Galicja Krakow				5:37.34	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 Lodz				5:40.25	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 Slaski				5:44.85	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.	Niepogodzinska Izabela			03	UKS SMS Galicja Krakow				5:47.66	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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Event 13, Girls, 400m Medley, 14 years

Rank			YB					Time	Pts		
13.	Budzinska Paulina SO		03	MMKS Kedzierzyn-Kozle				5:48.07	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	Zryw				6:19.41	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 years

1.	Wilczewska Aleksandra		02	Olimpia Lublin				5:07.76	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.	Dabrowska Tatiana		02	UKS 190 Lodz				5:15.30	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 Slaski				5:17.29	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 Oswiecim				5:18.16	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 Lodz				5:19.86	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 Oswiecim				5:21.08	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				5:22.45	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 Wiktoria		02	CSiR MOS Dabrowa Gornicza				5:23.94	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.	Kapcinska Maja SO		02	UKP Unia Oswiecim				5:27.51	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 Raciborz				5:29.35	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.	Nocon Dominika		02	UKS MANTA Kochlowice Ruda Sl.				5:32.09	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.	Drazyk Natalia SR		02	MKS-SMS Victoria Raciborz				5:34.08	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



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Event 13, Girls, 400m Medley, 15 years

Rank			YB					Time	Pts			
13.	Kusak Izabela		02	UKS Salmo Zory				5:42.08	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 Slask Wroclaw				5:42.58	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				5:55.01	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 years

1.	Wegrzynowska Aleksandra		01	WKS Slask Wroclaw				5:12.29	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.	Wisniewska Oliwia		01	CSiR MOS Dabrowa Gornicza				5:12.63	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.	Smetek Wiktoria SR		01	MMKS Kedzierzyn-Kozle				5:18.72	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 Dabrowa Gornicza				5:23.61	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 Oswiecim				5:23.87	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.	Sliwa Maja		01	Hobby Sport Kietrz				5:48.36	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 years

1.	Janiszewska Dominika		99	AZS AWF Warszawa				4:59.24	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				5:03.37	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 Oswiecim				5:07.92	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 UL PL Lodz				5:09.06	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				5:17.32	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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Event 13, Women, 400m Medley, 17 - 18 years

Rank		YB						Time	Pts
6.	Prochownik Olimpia SL	99	KU AZS UMCS Lublin					5:18.15	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					5:19.70	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 Kedzierzyn-Kozle					5:24.39	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	Delfin Torun					5:25.72	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 Dobrodzien					5:27.86	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		

