

Arena Grand Prix Puchar Polski  
Łódź, 4-5-11-2017

Konkurencja 22  
2017-11-04 - 20:15

Kobiet, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Pkt.	Czas			
<b>14 lat</b>												
1.	Knop Aleksandra		03	UKS 190 Łódź				783	<b>4:14.40</b>			
	50m:	30.30	30.30	150m:	1:34.86	32.17	250m:	2:39.24	32.05	350m:	3:43.51	31.98
	100m:	1:02.69	32.39	200m:	2:07.19	32.33	300m:	3:11.53	32.29	400m:	4:14.40	30.89
2.	D browska Wiktoria		03	UKS JAGIELLONKA Warszawa				624	<b>4:34.40</b>			
	50m:	31.77	31.77	150m:	1:40.67	34.82	250m:	2:50.84	35.35	350m:	4:00.39	34.72
	100m:	1:05.85	34.08	200m:	2:15.49	34.82	300m:	3:25.67	34.83	400m:	4:34.40	34.01
3.	Maciejewska Beata		03	UKS SP 149 Łódź				614	<b>4:35.92</b>			
	50m:	32.56	32.56	150m:	1:43.32	35.32	250m:	2:52.90	34.51	350m:	4:01.91	34.22
	100m:	1:08.00	35.44	200m:	2:18.39	35.07	300m:	3:27.69	34.79	400m:	4:35.92	34.01
4.	Jabło ska Martyna		03	MKS Piaseczno				608	<b>4:36.69</b>			
	50m:	31.07	31.07	150m:	1:39.94	34.91	250m:	2:50.68	35.45	350m:	4:01.64	35.56
	100m:	1:05.03	33.96	200m:	2:15.23	35.29	300m:	3:26.08	35.40	400m:	4:36.69	35.05
5.	Czechyra Agata		03	KS Warta Pozna				595	<b>4:38.69</b>			
	50m:	31.23	31.23	150m:	1:40.64	34.92	250m:	2:51.95	35.66	350m:	4:03.35	35.59
	100m:	1:05.72	34.49	200m:	2:16.29	35.65	300m:	3:27.76	35.81	400m:	4:38.69	35.34
6.	Słowik Martyna		03	IKS Konstancin				594	<b>4:38.94</b>			
	50m:	31.55	31.55	150m:	1:41.38	35.13	250m:	2:52.35	35.54	350m:	4:03.66	35.51
	100m:	1:06.25	34.70	200m:	2:16.81	35.43	300m:	3:28.15	35.80	400m:	4:38.94	35.28
7.	Szyma ska Julia		03	UKS 190 Łódź				589	<b>4:39.74</b>			
	50m:	32.90	32.90	150m:	1:44.32	35.64	250m:	2:55.42	35.44	350m:	4:05.69	35.24
	100m:	1:08.68	35.78	200m:	2:19.98	35.66	300m:	3:30.45	35.03	400m:	4:39.74	34.05
8.	Kostrzewska Maria		03	UKS 190 Łódź				576	<b>4:41.80</b>			
	50m:	33.02	33.02	150m:	1:44.81	36.02	250m:	2:56.17	35.71	350m:	4:07.30	35.47
	100m:	1:08.79	35.77	200m:	2:20.46	35.65	300m:	3:31.83	35.66	400m:	4:41.80	34.50
9.	Kołodziejczyk Oliwia		03	KS Olimpia Lublin				565	<b>4:43.55</b>			
	50m:	32.65	32.65	150m:	1:43.79	35.63	250m:	2:56.30	36.35	350m:	4:08.42	36.15
	100m:	1:08.16	35.51	200m:	2:19.95	36.16	300m:	3:32.27	35.97	400m:	4:43.55	35.13
10.	Haładyn Karolina		03	UKS 190 Łódź				557	<b>4:44.88</b>			
	50m:	32.42	32.42	150m:	1:43.95	36.07	250m:	2:56.37	36.17	350m:	4:08.95	36.15
	100m:	1:07.88	35.46	200m:	2:20.20	36.25	300m:	3:32.80	36.43	400m:	4:44.88	35.93
11.	Topp Zofia		03	UKS G-8 Bielany Warszawa				551	<b>4:45.90</b>			
	50m:	32.86	32.86	150m:	1:44.58	36.17	250m:	2:57.68	36.46	350m:	4:10.92	36.53
	100m:	1:08.41	35.55	200m:	2:21.22	36.64	300m:	3:34.39	36.71	400m:	4:45.90	34.98
12.	Adamska Julia		03	UKS G-8 Bielany Warszawa				533	<b>4:49.08</b>			
	50m:	32.64	32.64	150m:	1:46.00	37.52	250m:	3:00.59	37.23	350m:	4:14.67	36.73
	100m:	1:08.48	35.84	200m:	2:23.36	37.36	300m:	3:37.94	37.35	400m:	4:49.08	34.41
13.	Adamska Maria		03	UKS G-8 Bielany Warszawa				532	<b>4:49.27</b>			
	50m:	32.86	32.86	150m:	1:45.93	36.98	250m:	3:00.30	37.05	350m:	4:14.14	36.88
	100m:	1:08.95	36.09	200m:	2:23.25	37.32	300m:	3:37.26	36.96	400m:	4:49.27	35.13
14.	Januszewska Otylia		03	MZOS Płock				523	<b>4:50.96</b>			
	50m:	32.26	32.26	150m:	1:45.08	36.87	250m:	2:59.33	37.09	350m:	4:14.50	37.59
	100m:	1:08.21	35.95	200m:	2:22.24	37.16	300m:	3:36.91	37.58	400m:	4:50.96	36.46
15.	Ciesielska Natalia		03	UKS SP 149 Łódź				493	<b>4:56.71</b>			
	50m:	34.04	34.04	150m:	1:48.55	37.77	250m:	3:04.04	37.68	350m:	4:19.56	37.71
	100m:	1:10.78	36.74	200m:	2:26.36	37.81	300m:	3:41.85	37.81	400m:	4:56.71	37.15
16.	Ciszewska Amelia		03	MUKS Olimpijczyk OSSM				463	<b>5:03.12</b>			
	50m:	34.66	34.66	150m:	1:50.85	38.93	250m:	3:09.49	39.46	350m:	4:27.05	38.33
	100m:	1:11.92	37.26	200m:	2:30.03	39.18	300m:	3:48.72	39.23	400m:	5:03.12	36.07
17.	Liwowska Maria		03	UKS "Piłka" Konstancin Łódzki				459	<b>5:03.87</b>			
	50m:	34.16	34.16	150m:	1:50.68	38.81	250m:	3:08.59	39.13	350m:	4:26.27	39.21
	100m:	1:11.87	37.71	200m:	2:29.46	38.78	300m:	3:47.06	38.47	400m:	5:03.87	37.60

Arena Grand Prix Puchar Polski  
Łódź, 4-5-11-2017

Konkurencja 22, Kobiet, 400m dowolny

15 lat

1.	Rajca Olivia	02	UKS 190 Łódź	677	<b>4:27.08</b>
	50m: 31.85 31.85	150m: 1:39.77 34.10	250m: 2:47.70 33.80	350m: 3:55.29 33.84	
	100m: 1:05.67 33.82	200m: 2:13.90 34.13	300m: 3:21.45 33.75	400m: 4:27.08 31.79	
2.	Górnicka ALEKSANDRA SSz	02	MKP Szczecin	663	<b>4:28.84</b>
	50m: 31.29 31.29	150m: 1:39.72 34.21	250m: 2:48.78 34.33	350m: 3:57.46 34.24	
	100m: 1:05.51 34.22	200m: 2:14.45 34.73	300m: 3:23.22 34.44	400m: 4:28.84 31.38	
3.	Pakuła Alicja	02	UKS G-8 Bielany Warszawa	649	<b>4:30.84</b>
	50m: 31.50 31.50	150m: 1:40.71 34.69	250m: 2:49.74 34.24	350m: 3:58.00 33.93	
	100m: 1:06.02 34.52	200m: 2:15.50 34.79	300m: 3:24.07 34.33	400m: 4:30.84 32.84	
4.	Pi ko Natalia SŁ	02	MKS Jedyńka Łódź	647	<b>4:31.09</b>
	50m: 31.24 31.24	150m: 1:39.48 34.28	250m: 2:48.78 34.57	350m: 3:58.04 34.53	
	100m: 1:05.20 33.96	200m: 2:14.21 34.73	300m: 3:23.51 34.73	400m: 4:31.09 33.05	
5.	Kryszkowska Natalia	02	MZOS Płock	644	<b>4:31.55</b>
	50m: 31.13 31.13	150m: 1:38.86 34.30	250m: 2:48.06 34.77	350m: 3:57.86 34.87	
	100m: 1:04.56 33.43	200m: 2:13.29 34.43	300m: 3:22.99 34.93	400m: 4:31.55 33.69	
6.	Szl k Katarzyna	02	Olimpijczyk Aleksandrów Łódzki	639	<b>4:32.20</b>
	50m: 31.52 31.52	150m: 1:39.67 34.37	250m: 2:49.40 34.77	350m: 3:58.99 34.85	
	100m: 1:05.30 33.78	200m: 2:14.63 34.96	300m: 3:24.14 34.74	400m: 4:32.20 33.21	
7.	D browska Tatiana	02	UKS 190 Łódź	638	<b>4:32.33</b>
	50m: 30.79 30.79	150m: 1:39.88 35.20	250m: 2:50.03 35.03	350m: 3:58.91 34.17	
	100m: 1:04.68 33.89	200m: 2:15.00 35.12	300m: 3:24.74 34.71	400m: 4:32.33 33.42	
8.	Prochownik Martyna SO	02	UKP UNIA O wi cim	635	<b>4:32.79</b>
	50m: 31.59 31.59	150m: 1:41.03 35.01	250m: 2:49.96 34.33	350m: 3:58.94 34.41	
	100m: 1:06.02 34.43	200m: 2:15.63 34.60	300m: 3:24.53 34.57	400m: 4:32.79 33.85	
9.	Zaj c Wiktoria	02	UKP Polonia Warszawa	612	<b>4:36.21</b>
	50m: 31.52 31.52	150m: 1:40.73 34.97	250m: 2:51.70 35.45	350m: 4:02.02 35.45	
	100m: 1:05.76 34.24	200m: 2:16.25 35.52	300m: 3:26.57 34.87	400m: 4:36.21 34.19	
10.	Jasiorska Aleksandra	02	UKP Polonia Warszawa	600	<b>4:38.02</b>
	50m: 31.66 31.66	150m: 1:41.03 35.14	250m: 2:52.22 35.70	350m: 4:03.65 35.93	
	100m: 1:05.89 34.23	200m: 2:16.52 35.49	300m: 3:27.72 35.50	400m: 4:38.02 34.37	
11.	Pawłowska Barbara	02	UKS 190 Łódź	600	<b>4:38.05</b>
	50m: 32.40 32.40	150m: 1:42.57 35.40	250m: 2:52.67 35.01	350m: 4:03.60 35.55	
	100m: 1:07.17 34.77	200m: 2:17.66 35.09	300m: 3:28.05 35.38	400m: 4:38.05 34.45	
12.	Jabłonowska Nikola	02	UKS G-8 Bielany Warszawa	596	<b>4:38.64</b>
	50m: 32.12 32.12	150m: 1:41.48 35.00	250m: 2:52.08 35.28	350m: 4:03.32 35.58	
	100m: 1:06.48 34.36	200m: 2:16.80 35.32	300m: 3:27.74 35.66	400m: 4:38.64 35.32	
13.	Haławczak MARCELINA SSz	02	MKP Szczecin	588	<b>4:39.80</b>
	50m: 32.63 32.63	150m: 1:44.00 35.87	250m: 2:55.77 35.91	350m: 4:06.80 35.32	
	100m: 1:08.13 35.50	200m: 2:19.86 35.86	300m: 3:31.48 35.71	400m: 4:39.80 33.00	
14.	Kopiczy ska Agata	02	UKS G-8 Bielany Warszawa	580	<b>4:41.18</b>
	50m: 32.42 32.42	150m: 1:43.84 35.93	250m: 2:55.64 35.72	350m: 4:06.67 35.40	
	100m: 1:07.91 35.49	200m: 2:19.92 36.08	300m: 3:31.27 35.63	400m: 4:41.18 34.51	
15.	roda Dominika	02	MKP Szczecin	557	<b>4:44.94</b>
	50m: 32.24 32.24	150m: 1:43.08 35.92	250m: 2:56.73 36.92	350m: 4:10.18 36.54	
	100m: 1:07.16 34.92	200m: 2:19.81 36.73	300m: 3:33.64 36.91	400m: 4:44.94 34.76	
16.	Białas Anieli SWwa	02	UKP Polonia Warszawa	557	<b>4:45.03</b>
	50m: 31.81 31.81	150m: 1:41.63 35.14	250m: 2:53.43 36.07	350m: 4:07.61 36.97	
	100m: 1:06.49 34.68	200m: 2:17.36 35.73	300m: 3:30.64 37.21	400m: 4:45.03 37.42	
17.	Grzelczyk Natalia SŁ	02	MKS Jedyńka Łódź	548	<b>4:46.45</b>
	50m: 32.15 32.15	150m: 1:43.70 36.04	250m: 2:57.52 37.06	350m: 4:11.45 37.09	
	100m: 1:07.66 35.51	200m: 2:20.46 36.76	300m: 3:34.36 36.84	400m: 4:46.45 35.00	
18.	Trybuch Oliwia	02	UKP Polonia Warszawa	500	<b>4:55.44</b>
	50m: 33.47 33.47	150m: 1:47.71 37.76	250m: 3:03.75 37.83	350m: 4:18.86 37.25	
	100m: 1:09.95 36.48	200m: 2:25.92 38.21	300m: 3:41.61 37.86	400m: 4:55.44 36.58	

Arena Grand Prix Puchar Polski  
Łódź, 4-5-11-2017

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

Pozycja			Rok ur.					Pkt.	Czas
19.	Bugala Martyna		02	UKS Skarpa Lublin				472	<b>5:01.11</b>
	50m:	33.41 33.41	150m:	1:48.20 38.12	250m:	3:05.61 38.67	350m:	4:23.64 38.92	
	100m:	1:10.08 36.67	200m:	2:26.94 38.74	300m:	3:44.72 39.11	400m:	5:01.11 37.47	

16 lat

1.	Piechota Karolina		01	UKS 190 Łódź				688	<b>4:25.60</b>
	50m:	31.18 31.18	150m:	1:37.82 33.54	250m:	2:45.00 33.65	350m:	3:52.72 33.84	
	100m:	1:04.28 33.10	200m:	2:11.35 33.53	300m:	3:18.88 33.88	400m:	4:25.60 32.88	
2.	Łysakowska Julia SL		01	KU AZS UMCS Lublin				660	<b>4:29.28</b>
	50m:	31.38 31.38	150m:	1:39.56 34.28	250m:	2:48.38 34.48	350m:	3:56.42 33.99	
	100m:	1:05.28 33.90	200m:	2:13.90 34.34	300m:	3:22.43 34.05	400m:	4:29.28 32.86	
3.	Krauze Alicja SO		01	WOPR Malbork				634	<b>4:32.90</b>
	50m:	31.42 31.42	150m:	1:40.88 35.00	250m:	2:50.25 34.52	350m:	3:59.88 34.75	
	100m:	1:05.88 34.46	200m:	2:15.73 34.85	300m:	3:25.13 34.88	400m:	4:32.90 33.02	
4.	Piskorz Aleksandra SWR		01	WKS I sk Wrocław				622	<b>4:34.64</b>
	50m:	31.11 31.11	150m:	1:39.72 34.53	250m:	2:49.39 34.78	350m:	4:00.09 35.47	
	100m:	1:05.19 34.08	200m:	2:14.61 34.89	300m:	3:24.62 35.23	400m:	4:34.64 34.55	
5.	Bura Dominika		01	MKS Juvenia Wrocław				603	<b>4:37.45</b>
	50m:	31.73 31.73	150m:	1:41.78 35.43	250m:	2:53.04 35.48	350m:	4:04.00 35.24	
	100m:	1:06.35 34.62	200m:	2:17.56 35.78	300m:	3:28.76 35.72	400m:	4:37.45 33.45	
6.	Ulicka Alicja		01	UKS NAWA Skierniewice				590	<b>4:39.58</b>
	50m:	31.40 31.40	150m:	1:41.32 35.41	250m:	2:53.08 36.06	350m:	4:04.37 35.45	
	100m:	1:05.91 34.51	200m:	2:17.02 35.70	300m:	3:28.92 35.84	400m:	4:39.58 35.21	
7.	Hałka Wiktoria SL		01	KU AZS UMCS Lublin				572	<b>4:42.41</b>
	50m:	31.80 31.80	150m:	1:42.15 35.49	250m:	2:54.52 36.35	350m:	4:07.33 36.55	
	100m:	1:06.66 34.86	200m:	2:18.17 36.02	300m:	3:30.78 36.26	400m:	4:42.41 35.08	
8.	Gondek Wiktoria SL		01	SP Motyl MOSiR Stalowa Wola				549	<b>4:46.25</b>
	50m:	33.24 33.24	150m:	1:46.20 36.43	250m:	2:59.08 36.23	350m:	4:11.15 35.99	
	100m:	1:09.77 36.53	200m:	2:22.85 36.65	300m:	3:35.16 36.08	400m:	4:46.25 35.10	
9.	Gr z Gabriela SL		01	SP Motyl MOSiR Stalowa Wola				541	<b>4:47.67</b>
	50m:	31.74 31.74	150m:	1:43.06 36.06	250m:	2:56.31 36.65	350m:	4:10.92 37.34	
	100m:	1:07.00 35.26	200m:	2:19.66 36.60	300m:	3:33.58 37.27	400m:	4:47.67 36.75	

17 - 18 lat

1.	Piechota Paulina		99	UKS 190 Łódź				782	<b>4:14.51</b>
	50m:	30.56 30.56	150m:	1:34.88 32.24	250m:	2:39.08 32.14	350m:	3:43.40 32.24	
	100m:	1:02.64 32.08	200m:	2:06.94 32.06	300m:	3:11.16 32.08	400m:	4:14.51 31.11	
2.	Andrzejewska Kamila SL		99	KU AZS UMCS Lublin				739	<b>4:19.33</b>
	50m:	30.42 30.42	150m:	1:35.72 32.52	250m:	2:41.29 32.67	350m:	3:47.10 32.90	
	100m:	1:03.20 32.78	200m:	2:08.62 32.90	300m:	3:14.20 32.91	400m:	4:19.33 32.23	
3.	Adamczyk Julia SL		99	KU AZS UMCS Lublin				730	<b>4:20.34</b>
	50m:	30.78 30.78	150m:	1:36.51 32.87	250m:	2:42.73 32.98	350m:	3:48.24 32.68	
	100m:	1:03.64 32.86	200m:	2:09.75 33.24	300m:	3:15.56 32.83	400m:	4:20.34 32.10	
4.	Polanska Aleksandra		00	Uks Gos Raszyn				691	<b>4:25.18</b>
	50m:	30.61 30.61	150m:	1:36.46 32.82	250m:	2:42.75 33.45	350m:	3:51.21 34.29	
	100m:	1:03.64 33.03	200m:	2:09.30 32.84	300m:	3:16.92 34.17	400m:	4:25.18 33.97	
5.	Margula WERONIKA SSz		00	MKP Szczecin				688	<b>4:25.54</b>
	50m:	30.96 30.96	150m:	1:38.03 33.51	250m:	2:45.63 33.56	350m:	3:52.94 33.38	
	100m:	1:04.52 33.56	200m:	2:12.07 34.04	300m:	3:19.56 33.93	400m:	4:25.54 32.60	
6.	Pisarek Justyna SO		00	UKP UNIA O wi cim				685	<b>4:26.04</b>
	50m:	31.10 31.10	150m:	1:38.20 33.58	250m:	2:45.95 33.84	350m:	3:53.63 33.78	
	100m:	1:04.62 33.52	200m:	2:12.11 33.91	300m:	3:19.85 33.90	400m:	4:26.04 32.41	

Arena Grand Prix Puchar Polski  
Łódź, 4- 5-11-2017

Konkurencja 22, Kobiet, 400m dowolny, 17 - 18 lat

Pozycja					Rok ur.					Pkt.	Czas	
7.	Szczotka Olga				00	UKS PATOMSWIM Bogatynia				658	<b>4:29.55</b>	
	50m:	30.60	30.60	150m:	1:39.08	34.91	250m:	2:47.77	34.28	350m:	3:56.54	34.38
	100m:	1:04.17	33.57	200m:	2:13.49	34.41	300m:	3:22.16	34.39	400m:	4:29.55	33.01
8.	Baryła JULIA SSz				00	MKP Szczecin				657	<b>4:29.73</b>	
	50m:	30.93	30.93	150m:	1:39.53	34.56	250m:	2:47.85	33.84	350m:	3:56.35	34.25
	100m:	1:04.97	34.04	200m:	2:14.01	34.48	300m:	3:22.10	34.25	400m:	4:29.73	33.38
9.	Pogorzelska Inez				00	Uks Gos Raszyn				649	<b>4:30.86</b>	
	50m:	31.24	31.24	150m:	1:40.32	34.78	250m:	2:49.11	34.15	350m:	3:57.74	34.26
	100m:	1:05.54	34.30	200m:	2:14.96	34.64	300m:	3:23.48	34.37	400m:	4:30.86	33.12
10.	Reks Aleksandra				00	MKP Szczecin				633	<b>4:33.02</b>	
	50m:	31.81	31.81	150m:	1:40.11	34.36	250m:	2:49.13	34.55	350m:	3:58.49	34.72
	100m:	1:05.75	33.94	200m:	2:14.58	34.47	300m:	3:23.77	34.64	400m:	4:33.02	34.53
11.	Wrzosek Iga				00	KS Fenix O arów Mazowiecki				612	<b>4:36.14</b>	
	50m:	31.38	31.38	150m:	1:41.10	34.93	250m:	2:51.66	35.19	350m:	4:02.15	35.25
	100m:	1:06.17	34.79	200m:	2:16.47	35.37	300m:	3:26.90	35.24	400m:	4:36.14	33.99
12.	Smyłek Karolina SL				00	KU AZS UMCS Lublin				610	<b>4:36.50</b>	
	50m:	31.65	31.65	150m:	1:42.10	35.40	250m:	2:52.37	34.92	350m:	4:02.65	35.20
	100m:	1:06.70	35.05	200m:	2:17.45	35.35	300m:	3:27.45	35.08	400m:	4:36.50	33.85
13.	Wójtowicz Julia SL				00	UKS Skarpa Lublin				588	<b>4:39.90</b>	
	50m:	31.78	31.78	150m:	1:42.36	35.46	250m:	2:53.91	35.73	350m:	4:05.42	35.54
	100m:	1:06.90	35.12	200m:	2:18.18	35.82	300m:	3:29.88	35.97	400m:	4:39.90	34.48
14.	Tomo Martyna SL				00	UKS Skarpa Lublin				567	<b>4:43.22</b>	
	50m:	33.07	33.07	150m:	1:43.74	35.40	250m:	2:55.30	35.62	350m:	4:07.57	36.45
	100m:	1:08.34	35.27	200m:	2:19.68	35.94	300m:	3:31.12	35.82	400m:	4:43.22	35.65
15.	Błajet Olivia Sp				00	KS Warta Pozna				565	<b>4:43.57</b>	
	50m:	32.19	32.19	150m:	1:43.43	35.80	250m:	2:55.68	36.25	350m:	4:08.07	36.08
	100m:	1:07.63	35.44	200m:	2:19.43	36.00	300m:	3:31.99	36.31	400m:	4:43.57	35.50
16.	Malinowska Zuzanna				00	WKS I sk Wrocław				564	<b>4:43.78</b>	
	50m:	32.27	32.27	150m:	1:43.85	35.89	250m:	2:56.88	36.45	350m:	4:08.62	35.88
	100m:	1:07.96	35.69	200m:	2:20.43	36.58	300m:	3:32.74	35.86	400m:	4:43.78	35.16
17.	Ciporska Katarzyna SWwa				00	MKS Polonia Warszawa				527	<b>4:50.18</b>	
	50m:	32.87	32.87	150m:	1:44.75	36.19	250m:	2:58.49	37.16	350m:	4:12.95	37.27
	100m:	1:08.56	35.69	200m:	2:21.33	36.58	300m:	3:35.68	37.19	400m:	4:50.18	37.23
14 lat i starsi												
1.	Karpisz Milena				97	Ku Azs Pł				829	<b>4:09.56</b>	
	50m:	30.21	30.21	150m:	1:33.55	31.68	250m:	2:36.37	31.23	350m:	3:39.03	31.20
	100m:	1:01.87	31.66	200m:	2:05.14	31.59	300m:	3:07.83	31.46	400m:	4:09.56	30.53
2.	ukowska Paula				93	AZS AWF Katowice				786	<b>4:14.03</b>	
	50m:	30.21	30.21	150m:	1:35.55	32.56	250m:	2:40.44	32.25	350m:	3:44.01	31.35
	100m:	1:02.99	32.78	200m:	2:08.19	32.64	300m:	3:12.66	32.22	400m:	4:14.03	30.02
3.	Knop Aleksandra				03	UKS 190 Łód				783	<b>4:14.40</b>	
	50m:	30.30	30.30	150m:	1:34.86	32.17	250m:	2:39.24	32.05	350m:	3:43.51	31.98
	100m:	1:02.69	32.39	200m:	2:07.19	32.33	300m:	3:11.53	32.29	400m:	4:14.40	30.89
4.	Piechota Paulina				99	UKS 190 Łód				782	<b>4:14.51</b>	
	50m:	30.56	30.56	150m:	1:34.88	32.24	250m:	2:39.08	32.14	350m:	3:43.40	32.24
	100m:	1:02.64	32.08	200m:	2:06.94	32.06	300m:	3:11.16	32.08	400m:	4:14.51	31.11
5.	Andrzejewska Kamila SL				99	KU AZS UMCS Lublin				739	<b>4:19.33</b>	
	50m:	30.42	30.42	150m:	1:35.72	32.52	250m:	2:41.29	32.67	350m:	3:47.10	32.90
	100m:	1:03.20	32.78	200m:	2:08.62	32.90	300m:	3:14.20	32.91	400m:	4:19.33	32.23
6.	Adamczyk Julia SL				99	KU AZS UMCS Lublin				730	<b>4:20.34</b>	
	50m:	30.78	30.78	150m:	1:36.51	32.87	250m:	2:42.73	32.98	350m:	3:48.24	32.68
	100m:	1:03.64	32.86	200m:	2:09.75	33.24	300m:	3:15.56	32.83	400m:	4:20.34	32.10

Arena Grand Prix Puchar Polski  
Łódź, 4-5-11-2017

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

Pozycja	Rok ur.				Pkt.	Czas
7. Polanska Aleksandra	00	Uks Gos Raszyn	691	<b>4:25.18</b>		
50m: 30.61 30.61	150m: 1:36.46 32.82	250m: 2:42.75 33.45	350m: 3:51.21 34.29			
100m: 1:03.64 33.03	200m: 2:09.30 32.84	300m: 3:16.92 34.17	400m: 4:25.18 33.97			
8. Margula WERONIKA SSz	00	MKP Szczecin	688	<b>4:25.54</b>		
50m: 30.96 30.96	150m: 1:38.03 33.51	250m: 2:45.63 33.56	350m: 3:52.94 33.38			
100m: 1:04.52 33.56	200m: 2:12.07 34.04	300m: 3:19.56 33.93	400m: 4:25.54 32.60			
9. Piechota Karolina	01	UKS 190 Łódź	688	<b>4:25.60</b>		
50m: 31.18 31.18	150m: 1:37.82 33.54	250m: 2:45.00 33.65	350m: 3:52.72 33.84			
100m: 1:04.28 33.10	200m: 2:11.35 33.53	300m: 3:18.88 33.88	400m: 4:25.60 32.88			
10. Pisarek Justyna SO	00	UKP UNIA O wi cim	685	<b>4:26.04</b>		
50m: 31.10 31.10	150m: 1:38.20 33.58	250m: 2:45.95 33.84	350m: 3:53.63 33.78			
100m: 1:04.62 33.52	200m: 2:12.11 33.91	300m: 3:19.85 33.90	400m: 4:26.04 32.41			
11. Rajca Oliwia	02	UKS 190 Łódź	677	<b>4:27.08</b>		
50m: 31.85 31.85	150m: 1:39.77 34.10	250m: 2:47.70 33.80	350m: 3:55.29 33.84			
100m: 1:05.67 33.82	200m: 2:13.90 34.13	300m: 3:21.45 33.75	400m: 4:27.08 31.79			
12. Górnicka ALEKSANDRA SSz	02	MKP Szczecin	663	<b>4:28.84</b>		
50m: 31.29 31.29	150m: 1:39.72 34.21	250m: 2:48.78 34.33	350m: 3:57.46 34.24			
100m: 1:05.51 34.22	200m: 2:14.45 34.73	300m: 3:23.22 34.44	400m: 4:28.84 31.38			
13. Łysakowska Julia SL	01	KU AZS UMCS Lublin	660	<b>4:29.28</b>		
50m: 31.38 31.38	150m: 1:39.56 34.28	250m: 2:48.38 34.48	350m: 3:56.42 33.99			
100m: 1:05.28 33.90	200m: 2:13.90 34.34	300m: 3:22.43 34.05	400m: 4:29.28 32.86			
14. Szczotka Olga	00	UKS PATOMSWIM Bogatynia	658	<b>4:29.55</b>		
50m: 30.60 30.60	150m: 1:39.08 34.91	250m: 2:47.77 34.28	350m: 3:56.54 34.38			
100m: 1:04.17 33.57	200m: 2:13.49 34.41	300m: 3:22.16 34.39	400m: 4:29.55 33.01			
15. Baryła JULIA SSz	00	MKP Szczecin	657	<b>4:29.73</b>		
50m: 30.93 30.93	150m: 1:39.53 34.56	250m: 2:47.85 33.84	350m: 3:56.35 34.25			
100m: 1:04.97 34.04	200m: 2:14.01 34.48	300m: 3:22.10 34.25	400m: 4:29.73 33.38			
16. Jabło ska Oliwia	97	START Wrocław	651	<b>4:30.53</b>		
50m: 31.61 31.61	150m: 1:39.85 34.20	250m: 2:48.31 34.16	350m: 3:57.01 34.28			
100m: 1:05.65 34.04	200m: 2:14.15 34.30	300m: 3:22.73 34.42	400m: 4:30.53 33.52			
17. Pakuła Alicja	02	UKS G-8 Bielany Warszawa	649	<b>4:30.84</b>		
50m: 31.50 31.50	150m: 1:40.71 34.69	250m: 2:49.74 34.24	350m: 3:58.00 33.93			
100m: 1:06.02 34.52	200m: 2:15.50 34.79	300m: 3:24.07 34.33	400m: 4:30.84 32.84			
18. Pogorzelska Inez	00	Uks Gos Raszyn	649	<b>4:30.86</b>		
50m: 31.24 31.24	150m: 1:40.32 34.78	250m: 2:49.11 34.15	350m: 3:57.74 34.26			
100m: 1:05.54 34.30	200m: 2:14.96 34.64	300m: 3:23.48 34.37	400m: 4:30.86 33.12			
19. Pi ko Natalia SŁ	02	MKS Jedyńka Łódź	647	<b>4:31.09</b>		
50m: 31.24 31.24	150m: 1:39.48 34.28	250m: 2:48.78 34.57	350m: 3:58.04 34.53			
100m: 1:05.20 33.96	200m: 2:14.21 34.73	300m: 3:23.51 34.73	400m: 4:31.09 33.05			
20. Kryszkowska Natalia	02	MZOS Płock	644	<b>4:31.55</b>		
50m: 31.13 31.13	150m: 1:38.86 34.30	250m: 2:48.06 34.77	350m: 3:57.86 34.87			
100m: 1:04.56 33.43	200m: 2:13.29 34.43	300m: 3:22.99 34.93	400m: 4:31.55 33.69			
21. Szl k Katarzyna	02	Olimpijczyk Aleksandrów Łódzki	639	<b>4:32.20</b>		
50m: 31.52 31.52	150m: 1:39.67 34.37	250m: 2:49.40 34.77	350m: 3:58.99 34.85			
100m: 1:05.30 33.78	200m: 2:14.63 34.96	300m: 3:24.14 34.74	400m: 4:32.20 33.21			
22. D browska Tatiana	02	UKS 190 Łódź	638	<b>4:32.33</b>		
50m: 30.79 30.79	150m: 1:39.88 35.20	250m: 2:50.03 35.03	350m: 3:58.91 34.17			
100m: 1:04.68 33.89	200m: 2:15.00 35.12	300m: 3:24.74 34.71	400m: 4:32.33 33.42			
23. Prochownik Martyna SO	02	UKP UNIA O wi cim	635	<b>4:32.79</b>		
50m: 31.59 31.59	150m: 1:41.03 35.01	250m: 2:49.96 34.33	350m: 3:58.94 34.41			
100m: 1:06.02 34.43	200m: 2:15.63 34.60	300m: 3:24.53 34.57	400m: 4:32.79 33.85			
24. Wardzi ska Martyna	98	Azs Awf Warszawa	635	<b>4:32.81</b>		
50m: 31.17 31.17	150m: 1:40.34 35.03	250m: 2:49.55 34.11	350m: 3:59.48 34.67			
100m: 1:05.31 34.14	200m: 2:15.44 35.10	300m: 3:24.81 35.26	400m: 4:32.81 33.33			

Arena Grand Prix Puchar Polski  
Łódź, 4-5-11-2017

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

Pozycja			Rok ur.					Pkt.	Czas			
25.	Krauze Alicja	SO	01	WOPR Malbork				634	<b>4:32.90</b>			
	50m:	31.42	31.42	150m:	1:40.88	35.00	250m:	2:50.25	34.52	350m:	3:59.88	34.75
	100m:	1:05.88	34.46	200m:	2:15.73	34.85	300m:	3:25.13	34.88	400m:	4:32.90	33.02
26.	Reks Aleksandra		00	MKP Szczecin				633	<b>4:33.02</b>			
	50m:	31.81	31.81	150m:	1:40.11	34.36	250m:	2:49.13	34.55	350m:	3:58.49	34.72
	100m:	1:05.75	33.94	200m:	2:14.58	34.47	300m:	3:23.77	34.64	400m:	4:33.02	34.53
27.	D browska Wiktoria		03	UKS JAGIELLONKA Warszawa				624	<b>4:34.40</b>			
	50m:	31.77	31.77	150m:	1:40.67	34.82	250m:	2:50.84	35.35	350m:	4:00.39	34.72
	100m:	1:05.85	34.08	200m:	2:15.49	34.82	300m:	3:25.67	34.83	400m:	4:34.40	34.01
28.	Piskorz Aleksandra	SWR	01	WKS I sk Wrocław				622	<b>4:34.64</b>			
	50m:	31.11	31.11	150m:	1:39.72	34.53	250m:	2:49.39	34.78	350m:	4:00.09	35.47
	100m:	1:05.19	34.08	200m:	2:14.61	34.89	300m:	3:24.62	35.23	400m:	4:34.64	34.55
29.	Maciejewska Beata		03	UKS SP 149 Łódź				614	<b>4:35.92</b>			
	50m:	32.56	32.56	150m:	1:43.32	35.32	250m:	2:52.90	34.51	350m:	4:01.91	34.22
	100m:	1:08.00	35.44	200m:	2:18.39	35.07	300m:	3:27.69	34.79	400m:	4:35.92	34.01
30.	Wrzosek Iga		00	KS Fenix O arów Mazowiecki				612	<b>4:36.14</b>			
	50m:	31.38	31.38	150m:	1:41.10	34.93	250m:	2:51.66	35.19	350m:	4:02.15	35.25
	100m:	1:06.17	34.79	200m:	2:16.47	35.37	300m:	3:26.90	35.24	400m:	4:36.14	33.99
31.	Zaj c Wiktoria		02	UKP Polonia Warszawa				612	<b>4:36.21</b>			
	50m:	31.52	31.52	150m:	1:40.73	34.97	250m:	2:51.70	35.45	350m:	4:02.02	35.45
	100m:	1:05.76	34.24	200m:	2:16.25	35.52	300m:	3:26.57	34.87	400m:	4:36.21	34.19
32.	Smyłek Karolina	SL	00	KU AZS UMCS Lublin				610	<b>4:36.50</b>			
	50m:	31.65	31.65	150m:	1:42.10	35.40	250m:	2:52.37	34.92	350m:	4:02.65	35.20
	100m:	1:06.70	35.05	200m:	2:17.45	35.35	300m:	3:27.45	35.08	400m:	4:36.50	33.85
33.	Jabło ska Martyna		03	MKS Piaseczno				608	<b>4:36.69</b>			
	50m:	31.07	31.07	150m:	1:39.94	34.91	250m:	2:50.68	35.45	350m:	4:01.64	35.56
	100m:	1:05.03	33.96	200m:	2:15.23	35.29	300m:	3:26.08	35.40	400m:	4:36.69	35.05
34.	Bura Dominika		01	MKS Juwenia Wrocław				603	<b>4:37.45</b>			
	50m:	31.73	31.73	150m:	1:41.78	35.43	250m:	2:53.04	35.48	350m:	4:04.00	35.24
	100m:	1:06.35	34.62	200m:	2:17.56	35.78	300m:	3:28.76	35.72	400m:	4:37.45	33.45
35.	Jasiorska Aleksandra		02	UKP Polonia Warszawa				600	<b>4:38.02</b>			
	50m:	31.66	31.66	150m:	1:41.03	35.14	250m:	2:52.22	35.70	350m:	4:03.65	35.93
	100m:	1:05.89	34.23	200m:	2:16.52	35.49	300m:	3:27.72	35.50	400m:	4:38.02	34.37
36.	Pawłowska Barbara		02	UKS 190 Łódź				600	<b>4:38.05</b>			
	50m:	32.40	32.40	150m:	1:42.57	35.40	250m:	2:52.67	35.01	350m:	4:03.60	35.55
	100m:	1:07.17	34.77	200m:	2:17.66	35.09	300m:	3:28.05	35.38	400m:	4:38.05	34.45
37.	Jabłonowska Nikola		02	UKS G-8 Bielany Warszawa				596	<b>4:38.64</b>			
	50m:	32.12	32.12	150m:	1:41.48	35.00	250m:	2:52.08	35.28	350m:	4:03.32	35.58
	100m:	1:06.48	34.36	200m:	2:16.80	35.32	300m:	3:27.74	35.66	400m:	4:38.64	35.32
38.	Czechyra Agata		03	KS Warta Poznań				595	<b>4:38.69</b>			
	50m:	31.23	31.23	150m:	1:40.64	34.92	250m:	2:51.95	35.66	350m:	4:03.35	35.59
	100m:	1:05.72	34.49	200m:	2:16.29	35.65	300m:	3:27.76	35.81	400m:	4:38.69	35.34
39.	Słowik Martyna		03	IKS Konstancin				594	<b>4:38.94</b>			
	50m:	31.55	31.55	150m:	1:41.38	35.13	250m:	2:52.35	35.54	350m:	4:03.66	35.51
	100m:	1:06.25	34.70	200m:	2:16.81	35.43	300m:	3:28.15	35.80	400m:	4:38.94	35.28
40.	Ulicka Alicja		01	UKS NAWA Skierniewice				590	<b>4:39.58</b>			
	50m:	31.40	31.40	150m:	1:41.32	35.41	250m:	2:53.08	36.06	350m:	4:04.37	35.45
	100m:	1:05.91	34.51	200m:	2:17.02	35.70	300m:	3:28.92	35.84	400m:	4:39.58	35.21
41.	Szyma ska Julia		03	UKS 190 Łódź				589	<b>4:39.74</b>			
	50m:	32.90	32.90	150m:	1:44.32	35.64	250m:	2:55.42	35.44	350m:	4:05.69	35.24
	100m:	1:08.68	35.78	200m:	2:19.98	35.66	300m:	3:30.45	35.03	400m:	4:39.74	34.05
42.	Haławczak MARCELINA	SSz	02	MKP Szczecin				588	<b>4:39.80</b>			
	50m:	32.63	32.63	150m:	1:44.00	35.87	250m:	2:55.77	35.91	350m:	4:06.80	35.32
	100m:	1:08.13	35.50	200m:	2:19.86	35.86	300m:	3:31.48	35.71	400m:	4:39.80	33.00

Arena Grand Prix Puchar Polski  
Łódź, 4-5-11-2017

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

Pozycja			Rok ur.					Pkt.	Czas
43.	Wójtowicz Julia SL		00	UKS Skarpa Lublin				588	<b>4:39.90</b>
	50m:	31.78 31.78	150m:	1:42.36	35.46	250m:	2:53.91 35.73	350m:	4:05.42 35.54
	100m:	1:06.90 35.12	200m:	2:18.18	35.82	300m:	3:29.88 35.97	400m:	4:39.90 34.48
44.	Kopiczy ska Agata		02	UKS G-8 Bielany Warszawa				580	<b>4:41.18</b>
	50m:	32.42 32.42	150m:	1:43.84	35.93	250m:	2:55.64 35.72	350m:	4:06.67 35.40
	100m:	1:07.91 35.49	200m:	2:19.92	36.08	300m:	3:31.27 35.63	400m:	4:41.18 34.51
45.	Kostrzewska Maria		03	UKS 190 Łódź				576	<b>4:41.80</b>
	50m:	33.02 33.02	150m:	1:44.81	36.02	250m:	2:56.17 35.71	350m:	4:07.30 35.47
	100m:	1:08.79 35.77	200m:	2:20.46	35.65	300m:	3:31.83 35.66	400m:	4:41.80 34.50
46.	Hałka Wiktoria SL		01	KU AZS UMCS Lublin				572	<b>4:42.41</b>
	50m:	31.80 31.80	150m:	1:42.15	35.49	250m:	2:54.52 36.35	350m:	4:07.33 36.55
	100m:	1:06.66 34.86	200m:	2:18.17	36.02	300m:	3:30.78 36.26	400m:	4:42.41 35.08
47.	Tomo Martyna SL		00	UKS Skarpa Lublin				567	<b>4:43.22</b>
	50m:	33.07 33.07	150m:	1:43.74	35.40	250m:	2:55.30 35.62	350m:	4:07.57 36.45
	100m:	1:08.34 35.27	200m:	2:19.68	35.94	300m:	3:31.12 35.82	400m:	4:43.22 35.65
48.	Kołodziejczyk Oliwia		03	KS Olimpia Lublin				565	<b>4:43.55</b>
	50m:	32.65 32.65	150m:	1:43.79	35.63	250m:	2:56.30 36.35	350m:	4:08.42 36.15
	100m:	1:08.16 35.51	200m:	2:19.95	36.16	300m:	3:32.27 35.97	400m:	4:43.55 35.13
49.	Błajet Olivia Sp		00	KS Warta Pozna				565	<b>4:43.57</b>
	50m:	32.19 32.19	150m:	1:43.43	35.80	250m:	2:55.68 36.25	350m:	4:08.07 36.08
	100m:	1:07.63 35.44	200m:	2:19.43	36.00	300m:	3:31.99 36.31	400m:	4:43.57 35.50
50.	Malinowska Zuzanna		00	WKS I sk Wrocław				564	<b>4:43.78</b>
	50m:	32.27 32.27	150m:	1:43.85	35.89	250m:	2:56.88 36.45	350m:	4:08.62 35.88
	100m:	1:07.96 35.69	200m:	2:20.43	36.58	300m:	3:32.74 35.86	400m:	4:43.78 35.16
51.	Haładyn Karolina		03	UKS 190 Łódź				557	<b>4:44.88</b>
	50m:	32.42 32.42	150m:	1:43.95	36.07	250m:	2:56.37 36.17	350m:	4:08.95 36.15
	100m:	1:07.88 35.46	200m:	2:20.20	36.25	300m:	3:32.80 36.43	400m:	4:44.88 35.93
52.	roda Dominika		02	MKP Szczecin				557	<b>4:44.94</b>
	50m:	32.24 32.24	150m:	1:43.08	35.92	250m:	2:56.73 36.92	350m:	4:10.18 36.54
	100m:	1:07.16 34.92	200m:	2:19.81	36.73	300m:	3:33.64 36.91	400m:	4:44.94 34.76
53.	Białas Anieli SWwa		02	UKP Polonia Warszawa				557	<b>4:45.03</b>
	50m:	31.81 31.81	150m:	1:41.63	35.14	250m:	2:53.43 36.07	350m:	4:07.61 36.97
	100m:	1:06.49 34.68	200m:	2:17.36	35.73	300m:	3:30.64 37.21	400m:	4:45.03 37.42
54.	Topp Zofia		03	UKS G-8 Bielany Warszawa				551	<b>4:45.90</b>
	50m:	32.86 32.86	150m:	1:44.58	36.17	250m:	2:57.68 36.46	350m:	4:10.92 36.53
	100m:	1:08.41 35.55	200m:	2:21.22	36.64	300m:	3:34.39 36.71	400m:	4:45.90 34.98
55.	Gondek Wiktoria SL		01	SP Motyl MOSiR Stalowa Wola				549	<b>4:46.25</b>
	50m:	33.24 33.24	150m:	1:46.20	36.43	250m:	2:59.08 36.23	350m:	4:11.15 35.99
	100m:	1:09.77 36.53	200m:	2:22.85	36.65	300m:	3:35.16 36.08	400m:	4:46.25 35.10
56.	Grzelczyk Natalia SŁ		02	MKS Jedyńka Łódź				548	<b>4:46.45</b>
	50m:	32.15 32.15	150m:	1:43.70	36.04	250m:	2:57.52 37.06	350m:	4:11.45 37.09
	100m:	1:07.66 35.51	200m:	2:20.46	36.76	300m:	3:34.36 36.84	400m:	4:46.45 35.00
57.	Gr z Gabriela SL		01	SP Motyl MOSiR Stalowa Wola				541	<b>4:47.67</b>
	50m:	31.74 31.74	150m:	1:43.06	36.06	250m:	2:56.31 36.65	350m:	4:10.92 37.34
	100m:	1:07.00 35.26	200m:	2:19.66	36.60	300m:	3:33.58 37.27	400m:	4:47.67 36.75
58.	Adamska Julia		03	UKS G-8 Bielany Warszawa				533	<b>4:49.08</b>
	50m:	32.64 32.64	150m:	1:46.00	37.52	250m:	3:00.59 37.23	350m:	4:14.67 36.73
	100m:	1:08.48 35.84	200m:	2:23.36	37.36	300m:	3:37.94 37.35	400m:	4:49.08 34.41
59.	Adamska Maria		03	UKS G-8 Bielany Warszawa				532	<b>4:49.27</b>
	50m:	32.86 32.86	150m:	1:45.93	36.98	250m:	3:00.30 37.05	350m:	4:14.14 36.88
	100m:	1:08.95 36.09	200m:	2:23.25	37.32	300m:	3:37.26 36.96	400m:	4:49.27 35.13
60.	Ciporska Katarzyna SWwa		00	MKS Polonia Warszawa				527	<b>4:50.18</b>
	50m:	32.87 32.87	150m:	1:44.75	36.19	250m:	2:58.49 37.16	350m:	4:12.95 37.27
	100m:	1:08.56 35.69	200m:	2:21.33	36.58	300m:	3:35.68 37.19	400m:	4:50.18 37.23

Arena Grand Prix Puchar Polski  
Łódź, 4-5-11-2017

Konkurencja 22, Kobiety, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Pkt.	Czas
61.	Januszewska Otylia		03	MZOS Płock				523	<b>4:50.96</b>
	50m:	32.26	32.26	150m:	1:45.08	36.87	250m:	2:59.33	37.09
	100m:	1:08.21	35.95	200m:	2:22.24	37.16	300m:	3:36.91	37.58
							350m:	4:14.50	37.59
							400m:	4:50.96	36.46
62.	Trybuch Oliwia		02	UKP Polonia Warszawa				500	<b>4:55.44</b>
	50m:	33.47	33.47	150m:	1:47.71	37.76	250m:	3:03.75	37.83
	100m:	1:09.95	36.48	200m:	2:25.92	38.21	300m:	3:41.61	37.86
							350m:	4:18.86	37.25
							400m:	4:55.44	36.58
63.	Ciesielska Natalia		03	UKS SP 149 Łódź				493	<b>4:56.71</b>
	50m:	34.04	34.04	150m:	1:48.55	37.77	250m:	3:04.04	37.68
	100m:	1:10.78	36.74	200m:	2:26.36	37.81	300m:	3:41.85	37.81
							350m:	4:19.56	37.71
							400m:	4:56.71	37.15
64.	Bugała Martyna		02	UKS Skarpa Lublin				472	<b>5:01.11</b>
	50m:	33.41	33.41	150m:	1:48.20	38.12	250m:	3:05.61	38.67
	100m:	1:10.08	36.67	200m:	2:26.94	38.74	300m:	3:44.72	39.11
							350m:	4:23.64	38.92
							400m:	5:01.11	37.47
65.	Ciszewska Amelia		03	MUKS Olimpijczyk OSSM				463	<b>5:03.12</b>
	50m:	34.66	34.66	150m:	1:50.85	38.93	250m:	3:09.49	39.46
	100m:	1:11.92	37.26	200m:	2:30.03	39.18	300m:	3:48.72	39.23
							350m:	4:27.05	38.33
							400m:	5:03.12	36.07
66.	Liwowska Maria		03	UKS "Piłka" Konstancin Łódzki				459	<b>5:03.87</b>
	50m:	34.16	34.16	150m:	1:50.68	38.81	250m:	3:08.59	39.13
	100m:	1:11.87	37.71	200m:	2:29.46	38.78	300m:	3:47.06	38.47
							350m:	4:26.27	39.21
							400m:	5:03.87	37.60