

Arena Grand Prix Puchar Polski w Pływaniu Zawody Kwalifikacyjne do Mistrzstw Europy (25 m)
Pozna , 25- - 26-11-2017

Konkurencja 11 Kobiet, 400m dowolny 13 lat i starsi
2017-11-25 - 10:44 Wyniki

Top Times "Poland" Open	4:05.77	BARZYCKA, Paulina	POL	Gorzow	2005-11-26
Top Times "Poland" Open	4:05.77	BARZYCKA, Paulina	POL	Gorzow	2005-11-26
Top Times "Poland" 13	4:18.09	KNOP, Aleksandra	POL	Ostrowiec Sw	2016-06-18
Top Times "Poland" 14	4:14.20	KNOP, Aleksandra	POL	Lublin	2017-03-04
Top Times "Poland" 15	4:11.12	KILIJA SKA, Donata	POL	Lodz	2010-11-21
Top Times "Poland" 16	4:08.04	KILIJA SKA, Donata	POL	Poznan	2011-12-17
Top Times "Poland" 17	4:08.41	KILIJA SKA, Donata	POL	Ostrowiec Sw.	2012-12-21
Top Times "Poland" 18	4:08.83	KILIJA SKA, Donata	POL	Ostrowiec Sw	2013-12-21

Minimum ME Kopenhaga Open: 4:03.36

Punkty: FINA 2017

Pozycja			Rok ur.			Czas	Pkt.	
13 - 14 lat								
1.	KNOP, Aleksandra	03	UKS 190 Łód			4:13.34	793	
<i>WYNIK LEPSZY OD REKORDU POLSKI JUN 14 LAT</i>								
	50m: 29.24	29.24	150m: 1:33.33	32.36	250m: 2:37.70	31.85	350m: 3:41.91	32.22
	100m: 1:00.97	31.73	200m: 2:05.85	32.52	300m: 3:09.69	31.99	400m: 4:13.34	31.43
2.	CYNARSKA, Weronika	03	UKP Polonia Warszawa			4:26.49	681	
	50m: 30.20	30.20	150m: 1:36.03	33.27	250m: 2:43.80	34.14	350m: 3:52.74	34.58
	100m: 1:02.76	32.56	200m: 2:09.66	33.63	300m: 3:18.16	34.36	400m: 4:26.49	33.75
3.	ZIELI SKA, Daria	03	UKP Polonia Warszawa			4:27.94	670	
	50m: 29.90	29.90	150m: 1:37.09	34.05	250m: 2:45.93	34.32	350m: 3:54.93	34.47
	100m: 1:03.04	33.14	200m: 2:11.61	34.52	300m: 3:20.46	34.53	400m: 4:27.94	33.01
4.	BOCIEK, Wiktoria	04	KS Górnik Sosnowiec			4:29.90	656	
	50m: 30.16	30.16	150m: 1:37.21	33.80	250m: 2:46.42	34.83	350m: 3:55.92	34.37
	100m: 1:03.41	33.25	200m: 2:11.59	34.38	300m: 3:21.55	35.13	400m: 4:29.90	33.98
5.	KLIMEK SO, Marta	03	UKP UNIA O wi cim			4:30.29	653	
	50m: 29.92	29.92	150m: 1:37.43	34.36	250m: 2:47.40	35.15	350m: 3:56.78	34.26
	100m: 1:03.07	33.15	200m: 2:12.25	34.82	300m: 3:22.52	35.12	400m: 4:30.29	33.51
6.	KAWKA, Nina	03	UKS Gim92 Ursynów Warszawa			4:30.32	652	
	50m: 30.70	30.70	150m: 1:39.25	34.48	250m: 2:48.03	34.48	350m: 3:57.01	34.58
	100m: 1:04.77	34.07	200m: 2:13.55	34.30	300m: 3:22.43	34.40	400m: 4:30.32	33.31
7.	TARASIEWICZ, Klaudia	04	UKP Polonia Warszawa			4:31.49	644	
	50m: 30.54	30.54	150m: 1:37.33	33.77	250m: 2:46.46	34.54	350m: 3:56.76	34.94
	100m: 1:03.56	33.02	200m: 2:11.92	34.59	300m: 3:21.82	35.36	400m: 4:31.49	34.73
8.	D BROWSKA, Wiktoria	03	UKS JAGIELLONKA Warszawa			4:32.56	637	
	50m: 30.62	30.62	150m: 1:38.45	34.26	250m: 2:48.03	34.84	350m: 3:58.48	35.29
	100m: 1:04.19	33.57	200m: 2:13.19	34.74	300m: 3:23.19	35.16	400m: 4:32.56	34.08
9.	SŁOWIK, Martyna	03	IKS Konstancin			4:34.27	625	
	50m: 31.05	31.05	150m: 1:39.71	34.55	250m: 2:49.74	35.04	350m: 3:59.66	34.89
	100m: 1:05.16	34.11	200m: 2:14.70	34.99	300m: 3:24.77	35.03	400m: 4:34.27	34.61
10.	URBAN, Karolina	03	UKS Ósemka Starogard Gda ski			4:35.16	619	
	50m: 31.04	31.04	150m: 1:40.19	34.80	250m: 2:51.30	35.67	350m: 4:02.42	35.82
	100m: 1:05.39	34.35	200m: 2:15.63	35.44	300m: 3:26.60	35.30	400m: 4:35.16	32.74
11.	CZECHYRA, Agata	03	KS Warta Pozna			4:36.71	608	
	50m: 31.23	31.23	150m: 1:41.89	35.76	250m: 2:53.33	35.62	350m: 4:03.27	34.90
	100m: 1:06.13	34.90	200m: 2:17.71	35.82	300m: 3:28.37	35.04	400m: 4:36.71	33.44
12.	KRUPA, Milena	04	MKS Juvenia Wrocław			4:38.09	599	
	50m: 30.43	30.43	150m: 1:40.87	35.70	250m: 2:51.67	35.05	350m: 4:02.70	35.49
	100m: 1:05.17	34.74	200m: 2:16.62	35.75	300m: 3:27.21	35.54	400m: 4:38.09	35.39
13.	JABŁO SKA, Martyna	03	MKS Piaseczno			4:38.55	596	
	50m: 31.08	31.08	150m: 1:41.00	35.16	250m: 2:52.20	35.44	350m: 4:03.81	36.02
	100m: 1:05.84	34.76	200m: 2:16.76	35.76	300m: 3:27.79	35.59	400m: 4:38.55	34.74
14.	KOZACZUK, Klara	03	UKS oliborz Warszawa			4:38.70	595	
	50m: 31.00	31.00	150m: 1:40.33	35.12	250m: 2:51.39	35.56	350m: 4:03.78	36.12
	100m: 1:05.21	34.21	200m: 2:15.83	35.50	300m: 3:27.66	36.27	400m: 4:38.70	34.92

Arena Grand Prix Puchar Polski w Pływaniu Zawody Kwalifikacyjne do Mistrzstw Europy (25 m)
Pozna , 25- - 26-11-2017

Konkurencja 11, Dziewcz t, 400m dowolny, 13 - 14 lat

Pozycja			Rok ur.					Czas	Pkt.
15.	FRYSIAK, Zuzanna		03	MUKS "Pi tnastrka" Bydgoszcz				4:40.45	584
	50m:	31.50 31.50	150m:	1:41.47 35.50	250m:	2:53.61 36.58	350m:	4:05.64 35.96	
	100m:	1:05.97 34.47	200m:	2:17.03 35.56	300m:	3:29.68 36.07	400m:	4:40.45 34.81	
16.	CYGAN, Julia		04	MUKS "Pi tnastrka" Bydgoszcz				4:40.64	583
	50m:	31.82 31.82	150m:	1:42.62 35.93	250m:	2:55.12 35.71	350m:	4:06.49 35.64	
	100m:	1:06.69 34.87	200m:	2:19.41 36.79	300m:	3:30.85 35.73	400m:	4:40.64 34.15	
17.	SZYMA SKA, Julia		03	UKS 190 Łód				4:40.71	583
	50m:	32.97 32.97	150m:	1:44.44 35.57	250m:	2:55.05 35.39	350m:	4:06.04 35.41	
	100m:	1:08.87 35.90	200m:	2:19.66 35.22	300m:	3:30.63 35.58	400m:	4:40.71 34.67	
18.	MACIEJEWSKA, Beata		03	UKS 149 Łód				4:42.03	574
	50m:	32.71 32.71	150m:	1:44.02 36.00	250m:	2:55.83 35.97	350m:	4:07.16 35.72	
	100m:	1:08.02 35.31	200m:	2:19.86 35.84	300m:	3:31.44 35.61	400m:	4:42.03 34.87	
19.	HAŁADYN, Karolina		03	UKS 190 Łód				4:46.50	548
	50m:	32.00 32.00	150m:	1:43.82 36.44	250m:	2:57.18 36.55	350m:	4:10.07 36.31	
	100m:	1:07.38 35.38	200m:	2:20.63 36.81	300m:	3:33.76 36.58	400m:	4:46.50 36.43	
20.	JASKUŁOWSKA, Zofia		03	IKS Konstancin				4:47.75	541
	50m:	32.55 32.55	150m:	1:45.21 36.64	250m:	2:58.67 36.49	350m:	4:13.20 36.79	
	100m:	1:08.57 36.02	200m:	2:22.18 36.97	300m:	3:36.41 37.74	400m:	4:47.75 34.55	
21.	ERA SKA, Ula		03	BUKS Warszawa				4:49.33	532
	50m:	32.37 32.37	150m:	1:44.02 36.12	250m:	2:57.73 36.68	350m:	4:13.16 38.44	
	100m:	1:07.90 35.53	200m:	2:21.05 37.03	300m:	3:34.72 36.99	400m:	4:49.33 36.17	
22.	TOPP, Zofia		03	UKS G-8 Bielany Warszawa				4:49.86	529
	50m:	32.59 32.59	150m:	1:44.66 36.51	250m:	2:58.97 37.38	350m:	4:13.75 37.49	
	100m:	1:08.15 35.56	200m:	2:21.59 36.93	300m:	3:36.26 37.29	400m:	4:49.86 36.11	
23.	JANUSZEWSKA, Otylia		03	MZOS Płock				4:52.45	515
	50m:	32.13 32.13	150m:	1:44.77 36.81	250m:	3:00.45 37.84	350m:	4:15.94 37.94	
	100m:	1:07.96 35.83	200m:	2:22.61 37.84	300m:	3:38.00 37.55	400m:	4:52.45 36.51	
24.	STODOLSKA, Zofia		03	MKS Astoria Bydgoszcz				4:56.74	493
	50m:	33.45 33.45	150m:	1:48.02 37.46	250m:	3:04.06 37.97	350m:	4:19.90 37.89	
	100m:	1:10.56 37.11	200m:	2:26.09 38.07	300m:	3:42.01 37.95	400m:	4:56.74 36.84	
25.	KOZŁOWSKA, Maja		04	KS Warta Pozna				4:58.26	486
	50m:	32.34 32.34	150m:	1:45.62 37.09	250m:	3:01.28 37.97	350m:	4:19.43 39.46	
	100m:	1:08.53 36.19	200m:	2:23.31 37.69	300m:	3:39.97 38.69	400m:	4:58.26 38.83	
26.	SWIETLIK, Julia		04	IKS Konstancin				5:00.27	476
	50m:	32.87 32.87	150m:	1:47.19 37.50	250m:	3:04.40 38.83	350m:	4:22.47 39.13	
	100m:	1:09.69 36.82	200m:	2:25.57 38.38	300m:	3:43.34 38.94	400m:	5:00.27 37.80	
27.	WITEK, Oliwia		04	UKS 149 Łód				5:01.44	470
	50m:	35.78 35.78	150m:	1:52.45 38.14	250m:	3:08.89 38.27	350m:	4:24.81 37.48	
	100m:	1:14.31 38.53	200m:	2:30.62 38.17	300m:	3:47.33 38.44	400m:	5:01.44 36.63	
28.	LIWOWSKA, Maria		03	UKS"Pi tka"Konstantynów Łódzki				5:02.75	464
	50m:	33.07 33.07	150m:	1:50.09 39.21	250m:	3:07.14 37.81	350m:	4:24.68 38.86	
	100m:	1:10.88 37.81	200m:	2:29.33 39.24	300m:	3:45.82 38.68	400m:	5:02.75 38.07	
29.	BARANOWSKA, Martyna		03	KS Warta Pozna				5:03.49	461
	50m:	33.95 33.95	150m:	1:50.44 38.84	250m:	3:08.86 39.01	350m:	4:27.15 39.09	
	100m:	1:11.60 37.65	200m:	2:29.85 39.41	300m:	3:48.06 39.20	400m:	5:03.49 36.34	
15 lat									
1.	JASZCZUK, Ewa SOL		02	MTP Kormoran Olsztyn				4:23.10	708
	50m:	30.88 30.88	150m:	1:37.49 33.47	250m:	2:43.83 33.00	350m:	3:50.96 33.59	
	100m:	1:04.02 33.14	200m:	2:10.83 33.34	300m:	3:17.37 33.54	400m:	4:23.10 32.14	
2.	RAJCA, Oliwia		02	UKS 190 Łód				4:24.99	693
	50m:	31.87 31.87	150m:	1:38.72 33.37	250m:	2:45.60 33.46	350m:	3:52.46 33.37	
	100m:	1:05.35 33.48	200m:	2:12.14 33.42	300m:	3:19.09 33.49	400m:	4:24.99 32.53	

Arena Grand Prix Puchar Polski w Pływaniu Zawody Kwalifikacyjne do Mistrzstw Europy (25 m)
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Konkurencja 11, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	GÓRNICKA, ALEKSANDRA SSz		02	MKP Szczecin				4:27.27	675
	50m:	31.20 31.20	150m:	1:38.97	33.96	250m:	2:46.77 33.98	350m:	3:54.86 34.02
	100m:	1:05.01 33.81	200m:	2:12.79	33.82	300m:	3:20.84 34.07	400m:	4:27.27 32.41
4.	TRAMBOWICZ, Zuzanna		02	MKS SP-63 Bydgoszcz				4:27.77	671
	50m:	30.26 30.26	150m:	1:37.54	34.10	250m:	2:46.36 34.54	350m:	3:55.28 34.30
	100m:	1:03.44 33.18	200m:	2:11.82	34.28	300m:	3:20.98 34.62	400m:	4:27.77 32.49
5.	SZL K, Katarzyna		02	Olimpijczyk Aleksandrów Łódzki				4:32.04	640
	50m:	31.48 31.48	150m:	1:40.13	34.46	250m:	2:49.01 34.40	350m:	3:57.99 34.41
	100m:	1:05.67 34.19	200m:	2:14.61	34.48	300m:	3:23.58 34.57	400m:	4:32.04 34.05
6.	DOM OL, Zuzanna		02	KKS Włókniarz 1925 Kalisz				4:32.52	637
	50m:	30.97 30.97	150m:	1:39.28	34.46	250m:	2:48.83 34.67	350m:	3:58.71 34.86
	100m:	1:04.82 33.85	200m:	2:14.16	34.88	300m:	3:23.85 35.02	400m:	4:32.52 33.81
7.	WILCZEWSKA, Aleksandra		02	KS Olimpia Lublin				4:32.81	635
	50m:	31.27 31.27	150m:	1:40.14	34.70	250m:	2:50.20 35.05	350m:	3:59.42 33.94
	100m:	1:05.44 34.17	200m:	2:15.15	35.01	300m:	3:25.48 35.28	400m:	4:32.81 33.39
8.	PAKUŁA, Alicja		02	UKS G-8 Bielany Warszawa				4:32.93	634
	50m:	31.15 31.15	150m:	1:39.85	34.63	250m:	2:49.99 35.06	350m:	4:00.15 34.95
	100m:	1:05.22 34.07	200m:	2:14.93	35.08	300m:	3:25.20 35.21	400m:	4:32.93 32.78
9.	SOBIAK, Zuzanna		02	KS Warta Pozna				4:33.00	633
	50m:	31.31 31.31	150m:	1:39.61	34.28	250m:	2:49.14 35.04	350m:	3:59.19 34.99
	100m:	1:05.33 34.02	200m:	2:14.10	34.49	300m:	3:24.20 35.06	400m:	4:33.00 33.81
10.	PAWŁOWSKA, Barbara		02	UKS 190 Łód				4:33.33	631
	50m:	31.46 31.46	150m:	1:41.05	34.84	250m:	2:50.27 34.73	350m:	3:59.85 34.89
	100m:	1:06.21 34.75	200m:	2:15.54	34.49	300m:	3:24.96 34.69	400m:	4:33.33 33.48
11.	KRYSZKOWSKA, Natalia		02	MZOS Płock				4:33.69	629
	50m:	30.50 30.50	150m:	1:38.37	34.22	250m:	2:47.51 34.93	350m:	3:58.74 35.83
	100m:	1:04.15 33.65	200m:	2:12.58	34.21	300m:	3:22.91 35.40	400m:	4:33.69 34.95
12.	SERAFIN, Barbara		02	UKS G-8 Bielany Warszawa				4:35.01	620
	50m:	31.26 31.26	150m:	1:40.08	34.60	250m:	2:50.37 35.16	350m:	4:01.36 35.09
	100m:	1:05.48 34.22	200m:	2:15.21	35.13	300m:	3:26.27 35.90	400m:	4:35.01 33.65
13.	JAWORSKA, Maja		02	MZOS Płock				4:38.05	600
	50m:	31.21 31.21	150m:	1:41.40	35.32	250m:	2:51.88 35.09	350m:	4:03.27 35.88
	100m:	1:06.08 34.87	200m:	2:16.79	35.39	300m:	3:27.39 35.51	400m:	4:38.05 34.78
14.	ZAREMBIK, Katarzyna SR		02	MKS-SMS Victoria Racibórz				4:38.10	599
	50m:	31.37 31.37	150m:	1:40.00	34.62	250m:	2:50.85 35.76	350m:	4:02.99 36.19
	100m:	1:05.38 34.01	200m:	2:15.09	35.09	300m:	3:26.80 35.95	400m:	4:38.10 35.11
15.	RACZEWSKA, Emilia SOL		02	MTP Kormoran Olsztyn				4:38.92	594
	50m:	31.16 31.16	150m:	1:39.48	34.58	250m:	2:50.07 35.46	350m:	4:02.52 36.46
	100m:	1:04.90 33.74	200m:	2:14.61	35.13	300m:	3:26.06 35.99	400m:	4:38.92 36.40
16.	HAŁAWCZAK, MARCELINA SSz		02	MKP Szczecin				4:40.49	584
	50m:	31.86 31.86	150m:	1:42.79	35.92	250m:	2:54.86 35.95	350m:	4:06.22 35.37
	100m:	1:06.87 35.01	200m:	2:18.91	36.12	300m:	3:30.85 35.99	400m:	4:40.49 34.27
17.	JASIORSKA, Aleksandra		02	UKP Polonia Warszawa				4:41.31	579
	50m:	31.66 31.66	150m:	1:41.54	34.96	250m:	2:52.81 35.75	350m:	4:05.63 36.58
	100m:	1:06.58 34.92	200m:	2:17.06	35.52	300m:	3:29.05 36.24	400m:	4:41.31 35.68
18.	ZAJ C, Wiktoria		02	UKP Polonia Warszawa				4:42.43	572
	50m:	31.32 31.32	150m:	1:40.57	35.32	250m:	2:54.27 37.25	350m:	4:07.13 35.91
	100m:	1:05.25 33.93	200m:	2:17.02	36.45	300m:	3:31.22 36.95	400m:	4:42.43 35.30
19.	SZYMA SKA, Wiktoria		02	KKS Włókniarz 1925 Kalisz				4:45.13	556
	50m:	31.74 31.74	150m:	1:43.45	36.30	250m:	2:57.19 37.24	350m:	4:10.74 36.50
	100m:	1:07.15 35.41	200m:	2:19.95	36.50	300m:	3:34.24 37.05	400m:	4:45.13 34.39
20.	GRZELCZYK, Natalia SMS Łód		02	MKS Jedyńka Łód				4:50.33	527
	50m:	31.34 31.34	150m:	1:43.88	37.12	250m:	2:58.64 37.35	350m:	4:13.99 37.89
	100m:	1:06.76 35.42	200m:	2:21.29	37.41	300m:	3:36.10 37.46	400m:	4:50.33 36.34

Arena Grand Prix Puchar Polski w Pływaniu Zawody Kwalifikacyjne do Mistrzstw Europy (25 m)
Pozna , 25- - 26-11-2017

Konkurencja 11, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
21.	MRUK, Aleksandra		02	Manta Jelcz			4:54.88	503	
	50m: 32.25	32.25	150m: 1:46.18	37.07	250m: 3:02.05	37.94	350m: 4:17.87	37.29	
	100m: 1:09.11	36.86	200m: 2:24.11	37.93	300m: 3:40.58	38.53	400m: 4:54.88	37.01	
22.	FIGURSKA, Natalia		02	UKS G-8 Bielany Warszawa			4:58.31	485	
	50m: 32.91	32.91	150m: 1:46.00	37.18	250m: 3:03.44	38.73	350m: 4:20.57	38.60	
	100m: 1:08.82	35.91	200m: 2:24.71	38.71	300m: 3:41.97	38.53	400m: 4:58.31	37.74	
23.	CZARNIAK, Natalia		02	MUKS "Pi tnatka" Bydgoszcz			5:09.53	434	
	50m: 33.75	33.75	150m: 1:53.13	40.03	250m: 3:12.46	40.19	350m: 4:32.49	40.45	
	100m: 1:13.10	39.35	200m: 2:32.27	39.14	300m: 3:52.04	39.58	400m: 5:09.53	37.04	

16 lat

1.	ZABOROWICZ, Julia		01	KS Górnik Sosnowiec			4:20.19	732
	50m: 30.12	30.12	150m: 1:35.17	32.75	250m: 2:41.19	33.09	350m: 3:48.04	33.35
	100m: 1:02.42	32.30	200m: 2:08.10	32.93	300m: 3:14.69	33.50	400m: 4:20.19	32.15
2.	PIECHOTA, Karolina		01	UKS 190 Łód			4:21.20	723
	50m: 30.89	30.89	150m: 1:36.58	32.96	250m: 2:42.69	32.98	350m: 3:48.82	33.10
	100m: 1:03.62	32.73	200m: 2:09.71	33.13	300m: 3:15.72	33.03	400m: 4:21.20	32.38
3.	PARADOWSKA, Kinga SB		01	MUKS Pi tnatka Bydgoszcz			4:22.58	712
	50m: 30.31	30.31	150m: 1:35.83	32.83	250m: 2:42.36	33.50	350m: 3:49.53	33.65
	100m: 1:03.00	32.69	200m: 2:08.86	33.03	300m: 3:15.88	33.52	400m: 4:22.58	33.05
4.	WŁODARCZYK, Agnieszka		01	MUKS Pi tnatka Bydgoszcz			4:28.53	666
	50m: 31.23	31.23	150m: 1:40.04	34.76	250m: 2:49.00	34.26	350m: 3:56.79	33.86
	100m: 1:05.28	34.05	200m: 2:14.74	34.70	300m: 3:22.93	33.93	400m: 4:28.53	31.74
5.	W GRZYNOWSKA, Aleksandra		01	WKS I sk Wrocław			4:29.61	658
	50m: 30.79	30.79	150m: 1:38.41	33.94	250m: 2:47.73	34.64	350m: 3:56.86	34.57
	100m: 1:04.47	33.68	200m: 2:13.09	34.68	300m: 3:22.29	34.56	400m: 4:29.61	32.75
6.	WOLSKA, Karolina		01	MUKS Pi tnatka Bydgoszcz			4:32.85	634
	50m: 31.17	31.17	150m: 1:38.91	33.99	250m: 2:48.04	34.84	350m: 3:58.42	35.43
	100m: 1:04.92	33.75	200m: 2:13.20	34.29	300m: 3:22.99	34.95	400m: 4:32.85	34.43
7.	JU WICKA, Zuzanna		01	MKS Trójka Łód			4:37.06	606
	50m: 31.46	31.46	150m: 1:40.98	34.95	250m: 2:51.66	35.11	350m: 4:02.73	35.54
	100m: 1:06.03	34.57	200m: 2:16.55	35.57	300m: 3:27.19	35.53	400m: 4:37.06	34.33
8.	KUROPATWA, Weronika SG		01	UKS abianka Gda sk			4:42.91	569
	50m: 32.28	32.28	150m: 1:42.28	35.75	250m: 2:54.20	36.30	350m: 4:07.18	36.48
	100m: 1:06.53	34.25	200m: 2:17.90	35.62	300m: 3:30.70	36.50	400m: 4:42.91	35.73
9.	G SOWSKA, Martyna SB		01	MUKS Pi tnatka Bydgoszcz			4:47.15	544
	50m: 32.44	32.44	150m: 1:45.22	36.69	250m: 2:58.85	36.72	350m: 4:12.17	36.38
	100m: 1:08.53	36.09	200m: 2:22.13	36.91	300m: 3:35.79	36.94	400m: 4:47.15	34.98

17 - 18 lat

1.	PIECHOTA, Paulina		99	UKS 190 Łód			4:11.83	807
	50m: 30.31	30.31	150m: 1:33.97	31.87	250m: 2:37.28	31.61	350m: 3:40.64	31.62
	100m: 1:02.10	31.79	200m: 2:05.67	31.70	300m: 3:09.02	31.74	400m: 4:11.83	31.19
2.	POLANSKA, Aleksandra		00	UKS GOS Raszyn			4:20.19	732
	50m: 30.09	30.09	150m: 1:34.18	32.30	250m: 2:38.71	32.34	350m: 3:46.58	34.45
	100m: 1:01.88	31.79	200m: 2:06.37	32.19	300m: 3:12.13	33.42	400m: 4:20.19	33.61
3.	MARGULA, WERONIKA SSz		00	MKP Szczecin			4:20.30	731
	50m: 30.61	30.61	150m: 1:35.94	32.73	250m: 2:41.46	32.52	350m: 3:47.26	32.96
	100m: 1:03.21	32.60	200m: 2:08.94	33.00	300m: 3:14.30	32.84	400m: 4:20.30	33.04
4.	BARYŁA, JULIA SSz		00	MKP Szczecin			4:24.51	696
	50m: 30.57	30.57	150m: 1:37.19	33.60	250m: 2:44.76	34.17	350m: 3:51.99	33.65
	100m: 1:03.59	33.02	200m: 2:10.59	33.40	300m: 3:18.34	33.58	400m: 4:24.51	32.52

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Pozycja			Rok ur.					Czas	Pkt.
5.	SZAFRA SKA, Julia	SOc	00	KS KSZO Ostrowiec	w.		4:25.68	687	
	50m: 31.26	31.26	150m: 1:37.71	33.17	250m: 2:44.68	33.56	350m: 3:52.47	33.98	
	100m: 1:04.54	33.28	200m: 2:11.12	33.41	300m: 3:18.49	33.81	400m: 4:25.68	33.21	
6.	JANISZEWSKA, Dominika		99	AZS AWF Warszawa			4:26.06	684	
	50m: 30.55	30.55	150m: 1:37.76	34.07	250m: 2:44.62	33.15	350m: 3:52.36	34.16	
	100m: 1:03.69	33.14	200m: 2:11.47	33.71	300m: 3:18.20	33.58	400m: 4:26.06	33.70	
7.	EKLUND, Cornelia		00	VSS Vasby			4:32.34	638	
	50m: 30.93	30.93	150m: 1:39.57	34.52	250m: 2:48.46	34.56	350m: 3:58.26	34.92	
	100m: 1:05.05	34.12	200m: 2:13.90	34.33	300m: 3:23.34	34.88	400m: 4:32.34	34.08	
8.	SKIBCZAK, Natalia		00	UKS G-8 Bielany Warszawa			4:32.61	636	
	50m: 30.97	30.97	150m: 1:38.57	34.08	250m: 2:47.99	35.25	350m: 3:58.23	35.24	
	100m: 1:04.49	33.52	200m: 2:12.74	34.17	300m: 3:22.99	35.00	400m: 4:32.61	34.38	
9.	RUTKOWSKA, Wiktoria	SB	99	MUKS Pi tnastka Bydgoszcz			4:34.18	625	
	50m: 32.00	32.00	150m: 1:40.88	34.56	250m: 2:50.37	34.78	350m: 4:00.49	34.99	
	100m: 1:06.32	34.32	200m: 2:15.59	34.71	300m: 3:25.50	35.13	400m: 4:34.18	33.69	
10.	BŁAJET, Oliwia		00	KS Warta Pozna			4:39.88	588	
	50m: 31.94	31.94	150m: 1:41.55	35.07	250m: 2:51.66	35.32	350m: 4:03.66	36.13	
	100m: 1:06.48	34.54	200m: 2:16.34	34.79	300m: 3:27.53	35.87	400m: 4:39.88	36.22	
11.	GÓRSKA, Julia		00	MUKP Warszawianka			4:40.05	587	
	50m: 30.92	30.92	150m: 1:39.39	34.88	250m: 2:50.80	36.08	350m: 4:03.83	37.00	
	100m: 1:04.51	33.59	200m: 2:14.72	35.33	300m: 3:26.83	36.03	400m: 4:40.05	36.22	
12.	MAŁKUS, Amelia		00	MUKP Warszawianka			5:10.26	431	
	50m: 33.03	33.03	150m: 1:50.19	39.16	250m: 3:10.84	40.77	350m: 4:32.56	40.61	
	100m: 1:11.03	38.00	200m: 2:30.07	39.88	300m: 3:51.95	41.11	400m: 5:10.26	37.70	

13 lat i starsi

1.	UKOWSKA, Paula		93	AZS AWF Katowice			4:11.58	810
	50m: 29.98	29.98	150m: 1:34.41	32.19	250m: 2:38.18	31.76	350m: 3:41.17	31.29
	100m: 1:02.22	32.24	200m: 2:06.42	32.01	300m: 3:09.88	31.70	400m: 4:11.58	30.41
2.	KARPISZ, Milena		97	KU AZS PŁ Łód			4:11.83	807
	50m: 30.29	30.29	150m: 1:33.91	31.85	250m: 2:37.51	31.63	350m: 3:40.92	31.65
	100m: 1:02.06	31.77	200m: 2:05.88	31.97	300m: 3:09.27	31.76	400m: 4:11.83	30.91
	PIECHOTA, Paulina		99	UKS 190 Łód			4:11.83	807
	50m: 30.31	30.31	150m: 1:33.97	31.87	250m: 2:37.28	31.61	350m: 3:40.64	31.62
	100m: 1:02.10	31.79	200m: 2:05.67	31.70	300m: 3:09.02	31.74	400m: 4:11.83	31.19
4.	KNOP, Aleksandra		03	UKS 190 Łód			4:13.34	793
	<i>WYNIK LEPSZY OD REKORDU POLSKI JUN 14 LAT</i>							
	50m: 29.24	29.24	150m: 1:33.33	32.36	250m: 2:37.70	31.85	350m: 3:41.91	32.22
	100m: 1:00.97	31.73	200m: 2:05.85	32.52	300m: 3:09.69	31.99	400m: 4:13.34	31.43
5.	ZABOROWICZ, Julia		01	KS Górnik Sosnowiec			4:20.19	732
	50m: 30.12	30.12	150m: 1:35.17	32.75	250m: 2:41.19	33.09	350m: 3:48.04	33.35
	100m: 1:02.42	32.30	200m: 2:08.10	32.93	300m: 3:14.69	33.50	400m: 4:20.19	32.15
	POLANSKA, Aleksandra		00	UKS GOS Raszyn			4:20.19	732
	50m: 30.09	30.09	150m: 1:34.18	32.30	250m: 2:38.71	32.34	350m: 3:46.58	34.45
	100m: 1:01.88	31.79	200m: 2:06.37	32.19	300m: 3:12.13	33.42	400m: 4:20.19	33.61
7.	MARGULA, WERONIKA	SSz	00	MKP Szczecin			4:20.30	731
	50m: 30.61	30.61	150m: 1:35.94	32.73	250m: 2:41.46	32.52	350m: 3:47.26	32.96
	100m: 1:03.21	32.60	200m: 2:08.94	33.00	300m: 3:14.30	32.84	400m: 4:20.30	33.04
8.	PIECHOTA, Karolina		01	UKS 190 Łód			4:21.20	723
	50m: 30.89	30.89	150m: 1:36.58	32.96	250m: 2:42.69	32.98	350m: 3:48.82	33.10
	100m: 1:03.62	32.73	200m: 2:09.71	33.13	300m: 3:15.72	33.03	400m: 4:21.20	32.38
9.	PARADOWSKA, Kinga	SB	01	MUKS Pi tnastka Bydgoszcz			4:22.58	712
	50m: 30.31	30.31	150m: 1:35.83	32.83	250m: 2:42.36	33.50	350m: 3:49.53	33.65
	100m: 1:03.00	32.69	200m: 2:08.86	33.03	300m: 3:15.88	33.52	400m: 4:22.58	33.05

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Pozycja			Rok ur.							Czas	Pkt.	
10.	HALLDEN, Louise		98	VSS Vasby						4:22.97	709	
	50m:	30.20	30.20	150m:	1:36.05	32.91	250m:	2:42.05	33.12	350m:	3:49.36	33.80
	100m:	1:03.14	32.94	200m:	2:08.93	32.88	300m:	3:15.56	33.51	400m:	4:22.97	33.61
11.	JANKOWSKA, Klaudia		98	UKS Gim92 Ursynów Warszawa						4:23.09	708	
	50m:	30.74	30.74	150m:	1:36.83	33.14	250m:	2:43.19	33.23	350m:	3:50.36	33.66
	100m:	1:03.69	32.95	200m:	2:09.96	33.13	300m:	3:16.70	33.51	400m:	4:23.09	32.73
12.	JASZCZUK, Ewa SOL		02	MTP Kormoran Olsztyn						4:23.10	708	
	50m:	30.88	30.88	150m:	1:37.49	33.47	250m:	2:43.83	33.00	350m:	3:50.96	33.59
	100m:	1:04.02	33.14	200m:	2:10.83	33.34	300m:	3:17.37	33.54	400m:	4:23.10	32.14
13.	CIE LAK, Joanna		96	KS Warta Pozna						4:23.73	703	
	50m:	30.86	30.86	150m:	1:36.59	33.03	250m:	2:43.14	33.13	350m:	3:50.51	33.78
	100m:	1:03.56	32.70	200m:	2:10.01	33.42	300m:	3:16.73	33.59	400m:	4:23.73	33.22
14.	BARYŁA, JULIA SSz		00	MKP Szczecin						4:24.51	696	
	50m:	30.57	30.57	150m:	1:37.19	33.60	250m:	2:44.76	34.17	350m:	3:51.99	33.65
	100m:	1:03.59	33.02	200m:	2:10.59	33.40	300m:	3:18.34	33.58	400m:	4:24.51	32.52
15.	RAJCA, Olivia		02	UKS 190 Łód						4:24.99	693	
	50m:	31.87	31.87	150m:	1:38.72	33.37	250m:	2:45.60	33.46	350m:	3:52.46	33.37
	100m:	1:05.35	33.48	200m:	2:12.14	33.42	300m:	3:19.09	33.49	400m:	4:24.99	32.53
16.	SZAFRA SKA, Julia SOc		00	KS KSZO Ostrowiec w.						4:25.68	687	
	50m:	31.26	31.26	150m:	1:37.71	33.17	250m:	2:44.68	33.56	350m:	3:52.47	33.98
	100m:	1:04.54	33.28	200m:	2:11.12	33.41	300m:	3:18.49	33.81	400m:	4:25.68	33.21
17.	JANISZEWSKA, Dominika		99	AZS AWF Warszawa						4:26.06	684	
	50m:	30.55	30.55	150m:	1:37.76	34.07	250m:	2:44.62	33.15	350m:	3:52.36	34.16
	100m:	1:03.69	33.14	200m:	2:11.47	33.71	300m:	3:18.20	33.58	400m:	4:26.06	33.70
18.	CYNARSKA, Weronika		03	UKP Polonia Warszawa						4:26.49	681	
	50m:	30.20	30.20	150m:	1:36.03	33.27	250m:	2:43.80	34.14	350m:	3:52.74	34.58
	100m:	1:02.76	32.56	200m:	2:09.66	33.63	300m:	3:18.16	34.36	400m:	4:26.49	33.75
19.	WARDZI SKA, Martyna		98	AZS AWF Warszawa						4:27.09	676	
	50m:	30.80	30.80	150m:	1:38.01	33.92	250m:	2:46.44	34.21	350m:	3:54.38	33.56
	100m:	1:04.09	33.29	200m:	2:12.23	34.22	300m:	3:20.82	34.38	400m:	4:27.09	32.71
20.	GÓRNICKA, ALEKSANDRA SSz		02	MKP Szczecin						4:27.27	675	
	50m:	31.20	31.20	150m:	1:38.97	33.96	250m:	2:46.77	33.98	350m:	3:54.86	34.02
	100m:	1:05.01	33.81	200m:	2:12.79	33.82	300m:	3:20.84	34.07	400m:	4:27.27	32.41
21.	TRAMBOWICZ, Zuzanna		02	MKS SP-63 Bydgoszcz						4:27.77	671	
	50m:	30.26	30.26	150m:	1:37.54	34.10	250m:	2:46.36	34.54	350m:	3:55.28	34.30
	100m:	1:03.44	33.18	200m:	2:11.82	34.28	300m:	3:20.98	34.62	400m:	4:27.77	32.49
22.	ZIELI SKA, Daria		03	UKP Polonia Warszawa						4:27.94	670	
	50m:	29.90	29.90	150m:	1:37.09	34.05	250m:	2:45.93	34.32	350m:	3:54.93	34.47
	100m:	1:03.04	33.14	200m:	2:11.61	34.52	300m:	3:20.46	34.53	400m:	4:27.94	33.01
23.	WŁODARCZYK, Agnieszka		01	MUKS Pi tnastrka Bydgoszcz						4:28.53	666	
	50m:	31.23	31.23	150m:	1:40.04	34.76	250m:	2:49.00	34.26	350m:	3:56.79	33.86
	100m:	1:05.28	34.05	200m:	2:14.74	34.70	300m:	3:22.93	33.93	400m:	4:28.53	31.74
24.	W GRZYNOWSKA, Aleksandra		01	WKS I sk Wrocław						4:29.61	658	
	50m:	30.79	30.79	150m:	1:38.41	33.94	250m:	2:47.73	34.64	350m:	3:56.86	34.57
	100m:	1:04.47	33.68	200m:	2:13.09	34.68	300m:	3:22.29	34.56	400m:	4:29.61	32.75
25.	BOCIEK, Wiktoria		04	KS Górnik Sosnowiec						4:29.90	656	
	50m:	30.16	30.16	150m:	1:37.21	33.80	250m:	2:46.42	34.83	350m:	3:55.92	34.37
	100m:	1:03.41	33.25	200m:	2:11.59	34.38	300m:	3:21.55	35.13	400m:	4:29.90	33.98
26.	KLIMEK SO, Marta		03	UKP UNIA O wi cim						4:30.29	653	
	50m:	29.92	29.92	150m:	1:37.43	34.36	250m:	2:47.40	35.15	350m:	3:56.78	34.26
	100m:	1:03.07	33.15	200m:	2:12.25	34.82	300m:	3:22.52	35.12	400m:	4:30.29	33.51
27.	KAWKA, Nina		03	UKS Gim92 Ursynów Warszawa						4:30.32	652	
	50m:	30.70	30.70	150m:	1:39.25	34.48	250m:	2:48.03	34.48	350m:	3:57.01	34.58
	100m:	1:04.77	34.07	200m:	2:13.55	34.30	300m:	3:22.43	34.40	400m:	4:30.32	33.31

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Pozycja			Rok ur.					Czas	Pkt.
28.	BAKUNIAK, Hanna		96	MKP Szczecin				4:31.18	646
	50m: 31.22	31.22	150m: 1:38.26	33.74	250m: 2:46.63	34.37	350m: 3:56.88	35.21	
	100m: 1:04.52	33.30	200m: 2:12.26	34.00	300m: 3:21.67	35.04	400m: 4:31.18	34.30	
29.	TARASIEWICZ, Klaudia		04	UKP Polonia Warszawa				4:31.49	644
	50m: 30.54	30.54	150m: 1:37.33	33.77	250m: 2:46.46	34.54	350m: 3:56.76	34.94	
	100m: 1:03.56	33.02	200m: 2:11.92	34.59	300m: 3:21.82	35.36	400m: 4:31.49	34.73	
30.	SZL K, Katarzyna		02	Olimpijczyk Aleksandrów Łódzki				4:32.04	640
	50m: 31.48	31.48	150m: 1:40.13	34.46	250m: 2:49.01	34.40	350m: 3:57.99	34.41	
	100m: 1:05.67	34.19	200m: 2:14.61	34.48	300m: 3:23.58	34.57	400m: 4:32.04	34.05	
31.	EKLUND, Cornelia		00	VSS Vasby				4:32.34	638
	50m: 30.93	30.93	150m: 1:39.57	34.52	250m: 2:48.46	34.56	350m: 3:58.26	34.92	
	100m: 1:05.05	34.12	200m: 2:13.90	34.33	300m: 3:23.34	34.88	400m: 4:32.34	34.08	
32.	DOM OL, Zuzanna		02	KKS Włókniarz 1925 Kalisz				4:32.52	637
	50m: 30.97	30.97	150m: 1:39.28	34.46	250m: 2:48.83	34.67	350m: 3:58.71	34.86	
	100m: 1:04.82	33.85	200m: 2:14.16	34.88	300m: 3:23.85	35.02	400m: 4:32.52	33.81	
33.	D BROWSKA, Wiktoria		03	UKS JAGIELLONKA Warszawa				4:32.56	637
	50m: 30.62	30.62	150m: 1:38.45	34.26	250m: 2:48.03	34.84	350m: 3:58.48	35.29	
	100m: 1:04.19	33.57	200m: 2:13.19	34.74	300m: 3:23.19	35.16	400m: 4:32.56	34.08	
34.	SKIBCZAK, Natalia		00	UKS G-8 Bielany Warszawa				4:32.61	636
	50m: 30.97	30.97	150m: 1:38.57	34.08	250m: 2:47.99	35.25	350m: 3:58.23	35.24	
	100m: 1:04.49	33.52	200m: 2:12.74	34.17	300m: 3:22.99	35.00	400m: 4:32.61	34.38	
35.	WILCZEWSKA, Aleksandra		02	KS Olimpia Lublin				4:32.81	635
	50m: 31.27	31.27	150m: 1:40.14	34.70	250m: 2:50.20	35.05	350m: 3:59.42	33.94	
	100m: 1:05.44	34.17	200m: 2:15.15	35.01	300m: 3:25.48	35.28	400m: 4:32.81	33.39	
36.	WOLSKA, Karolina		01	MUKS Pi tnaстка Bydgoszcz				4:32.85	634
	50m: 31.17	31.17	150m: 1:38.91	33.99	250m: 2:48.04	34.84	350m: 3:58.42	35.43	
	100m: 1:04.92	33.75	200m: 2:13.20	34.29	300m: 3:22.99	34.95	400m: 4:32.85	34.43	
37.	PAKUŁA, Alicja		02	UKS G-8 Bielany Warszawa				4:32.93	634
	50m: 31.15	31.15	150m: 1:39.85	34.63	250m: 2:49.99	35.06	350m: 4:00.15	34.95	
	100m: 1:05.22	34.07	200m: 2:14.93	35.08	300m: 3:25.20	35.21	400m: 4:32.93	32.78	
38.	SOBIAK, Zuzanna		02	KS Warta Pozna				4:33.00	633
	50m: 31.31	31.31	150m: 1:39.61	34.28	250m: 2:49.14	35.04	350m: 3:59.19	34.99	
	100m: 1:05.33	34.02	200m: 2:14.10	34.49	300m: 3:24.20	35.06	400m: 4:33.00	33.81	
39.	PAWŁOWSKA, Barbara		02	UKS 190 Łód				4:33.33	631
	50m: 31.46	31.46	150m: 1:41.05	34.84	250m: 2:50.27	34.73	350m: 3:59.85	34.89	
	100m: 1:06.21	34.75	200m: 2:15.54	34.49	300m: 3:24.96	34.69	400m: 4:33.33	33.48	
40.	KRYSZKOWSKA, Natalia		02	MZOS Płock				4:33.69	629
	50m: 30.50	30.50	150m: 1:38.37	34.22	250m: 2:47.51	34.93	350m: 3:58.74	35.83	
	100m: 1:04.15	33.65	200m: 2:12.58	34.21	300m: 3:22.91	35.40	400m: 4:33.69	34.95	
41.	RUTKOWSKA, Wiktoria SB		99	MUKS Pi tnaстка Bydgoszcz				4:34.18	625
	50m: 32.00	32.00	150m: 1:40.88	34.56	250m: 2:50.37	34.78	350m: 4:00.49	34.99	
	100m: 1:06.32	34.32	200m: 2:15.59	34.71	300m: 3:25.50	35.13	400m: 4:34.18	33.69	
42.	SŁOWIK, Martyna		03	IKS Konstancin				4:34.27	625
	50m: 31.05	31.05	150m: 1:39.71	34.55	250m: 2:49.74	35.04	350m: 3:59.66	34.89	
	100m: 1:05.16	34.11	200m: 2:14.70	34.99	300m: 3:24.77	35.03	400m: 4:34.27	34.61	
43.	SERAFIN, Barbara		02	UKS G-8 Bielany Warszawa				4:35.01	620
	50m: 31.26	31.26	150m: 1:40.08	34.60	250m: 2:50.37	35.16	350m: 4:01.36	35.09	
	100m: 1:05.48	34.22	200m: 2:15.21	35.13	300m: 3:26.27	35.90	400m: 4:35.01	33.65	
44.	URBAN, Karolina		03	UKS Ósemka Starogard Gda ski				4:35.16	619
	50m: 31.04	31.04	150m: 1:40.19	34.80	250m: 2:51.30	35.67	350m: 4:02.42	35.82	
	100m: 1:05.39	34.35	200m: 2:15.63	35.44	300m: 3:26.60	35.30	400m: 4:35.16	32.74	
45.	CZECHYRA, Agata		03	KS Warta Pozna				4:36.71	608
	50m: 31.23	31.23	150m: 1:41.89	35.76	250m: 2:53.33	35.62	350m: 4:03.27	34.90	
	100m: 1:06.13	34.90	200m: 2:17.71	35.82	300m: 3:28.37	35.04	400m: 4:36.71	33.44	

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46.	BEDNAREK, Aleksandra		98	UKS 149 Łód				4:36.74	608
	50m: 32.15	32.15	150m: 1:41.39	34.62	250m: 2:51.38	35.27	350m: 4:02.13	35.42	
	100m: 1:06.77	34.62	200m: 2:16.11	34.72	300m: 3:26.71	35.33	400m: 4:36.74	34.61	
47.	JU WICKA, Zuzanna		01	MKS Trójka Łód				4:37.06	606
	50m: 31.46	31.46	150m: 1:40.98	34.95	250m: 2:51.66	35.11	350m: 4:02.73	35.54	
	100m: 1:06.03	34.57	200m: 2:16.55	35.57	300m: 3:27.19	35.53	400m: 4:37.06	34.33	
48.	JAWORSKA, Maja		02	MZOS Płock				4:38.05	600
	50m: 31.21	31.21	150m: 1:41.40	35.32	250m: 2:51.88	35.09	350m: 4:03.27	35.88	
	100m: 1:06.08	34.87	200m: 2:16.79	35.39	300m: 3:27.39	35.51	400m: 4:38.05	34.78	
49.	KRUPA, Milena		04	MKS Juvenia Wrocław				4:38.09	599
	50m: 30.43	30.43	150m: 1:40.87	35.70	250m: 2:51.67	35.05	350m: 4:02.70	35.49	
	100m: 1:05.17	34.74	200m: 2:16.62	35.75	300m: 3:27.21	35.54	400m: 4:38.09	35.39	
50.	ZAREMBIK, Katarzyna SR		02	MKS-SMS Victoria Racibórz				4:38.10	599
	50m: 31.37	31.37	150m: 1:40.00	34.62	250m: 2:50.85	35.76	350m: 4:02.99	36.19	
	100m: 1:05.38	34.01	200m: 2:15.09	35.09	300m: 3:26.80	35.95	400m: 4:38.10	35.11	
51.	JABŁO SKA, Martyna		03	MKS Piaseczno				4:38.55	596
	50m: 31.08	31.08	150m: 1:41.00	35.16	250m: 2:52.20	35.44	350m: 4:03.81	36.02	
	100m: 1:05.84	34.76	200m: 2:16.76	35.76	300m: 3:27.79	35.59	400m: 4:38.55	34.74	
52.	KOZACZUK, Klara		03	UKS oliborz Warszawa				4:38.70	595
	50m: 31.00	31.00	150m: 1:40.33	35.12	250m: 2:51.39	35.56	350m: 4:03.78	36.12	
	100m: 1:05.21	34.21	200m: 2:15.83	35.50	300m: 3:27.66	36.27	400m: 4:38.70	34.92	
53.	RACZEWSKA, Emilia SOL		02	MTP Kormoran Olsztyn				4:38.92	594
	50m: 31.16	31.16	150m: 1:39.48	34.58	250m: 2:50.07	35.46	350m: 4:02.52	36.46	
	100m: 1:04.90	33.74	200m: 2:14.61	35.13	300m: 3:26.06	35.99	400m: 4:38.92	36.40	
54.	BŁAJET, Oliwia		00	KS Warta Pozna				4:39.88	588
	50m: 31.94	31.94	150m: 1:41.55	35.07	250m: 2:51.66	35.32	350m: 4:03.66	36.13	
	100m: 1:06.48	34.54	200m: 2:16.34	34.79	300m: 3:27.53	35.87	400m: 4:39.88	36.22	
55.	GÓRSKA, Julia		00	MUKP Warszawianka				4:40.05	587
	50m: 30.92	30.92	150m: 1:39.39	34.88	250m: 2:50.80	36.08	350m: 4:03.83	37.00	
	100m: 1:04.51	33.59	200m: 2:14.72	35.33	300m: 3:26.83	36.03	400m: 4:40.05	36.22	
56.	FRYSIAK, Zuzanna		03	MUKS "Pi tnatka" Bydgoszcz				4:40.45	584
	50m: 31.50	31.50	150m: 1:41.47	35.50	250m: 2:53.61	36.58	350m: 4:05.64	35.96	
	100m: 1:05.97	34.47	200m: 2:17.03	35.56	300m: 3:29.68	36.07	400m: 4:40.45	34.81	
57.	HAŁAWCZAK, MARCELINA SSz		02	MKP Szczecin				4:40.49	584
	50m: 31.86	31.86	150m: 1:42.79	35.92	250m: 2:54.86	35.95	350m: 4:06.22	35.37	
	100m: 1:06.87	35.01	200m: 2:18.91	36.12	300m: 3:30.85	35.99	400m: 4:40.49	34.27	
58.	CYGAN, Julia		04	MUKS "Pi tnatka" Bydgoszcz				4:40.64	583
	50m: 31.82	31.82	150m: 1:42.62	35.93	250m: 2:55.12	35.71	350m: 4:06.49	35.64	
	100m: 1:06.69	34.87	200m: 2:19.41	36.79	300m: 3:30.85	35.73	400m: 4:40.64	34.15	
59.	SZYMA SKA, Julia		03	UKS 190 Łód				4:40.71	583
	50m: 32.97	32.97	150m: 1:44.44	35.57	250m: 2:55.05	35.39	350m: 4:06.04	35.41	
	100m: 1:08.87	35.90	200m: 2:19.66	35.22	300m: 3:30.63	35.58	400m: 4:40.71	34.67	
60.	JASIORSKA, Aleksandra		02	UKP Polonia Warszawa				4:41.31	579
	50m: 31.66	31.66	150m: 1:41.54	34.96	250m: 2:52.81	35.75	350m: 4:05.63	36.58	
	100m: 1:06.58	34.92	200m: 2:17.06	35.52	300m: 3:29.05	36.24	400m: 4:41.31	35.68	
61.	MACIEJEWSKA, Beata		03	UKS 149 Łód				4:42.03	574
	50m: 32.71	32.71	150m: 1:44.02	36.00	250m: 2:55.83	35.97	350m: 4:07.16	35.72	
	100m: 1:08.02	35.31	200m: 2:19.86	35.84	300m: 3:31.44	35.61	400m: 4:42.03	34.87	
62.	ZAJ C, Wiktoria		02	UKP Polonia Warszawa				4:42.43	572
	50m: 31.32	31.32	150m: 1:40.57	35.32	250m: 2:54.27	37.25	350m: 4:07.13	35.91	
	100m: 1:05.25	33.93	200m: 2:17.02	36.45	300m: 3:31.22	36.95	400m: 4:42.43	35.30	
63.	KUROPATWA, Weronika SG		01	UKS abianka Gda sk				4:42.91	569
	50m: 32.28	32.28	150m: 1:42.28	35.75	250m: 2:54.20	36.30	350m: 4:07.18	36.48	
	100m: 1:06.53	34.25	200m: 2:17.90	35.62	300m: 3:30.70	36.50	400m: 4:42.91	35.73	

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64.	SZYMA SKA, Wiktoria		02	KKS Włókniarz 1925 Kalisz				4:45.13	556
	50m: 31.74	31.74	150m: 1:43.45	36.30	250m: 2:57.19	37.24	350m: 4:10.74	36.50	
	100m: 1:07.15	35.41	200m: 2:19.95	36.50	300m: 3:34.24	37.05	400m: 4:45.13	34.39	
65.	HAŁADYN, Karolina		03	UKS 190 Łód				4:46.50	548
	50m: 32.00	32.00	150m: 1:43.82	36.44	250m: 2:57.18	36.55	350m: 4:10.07	36.31	
	100m: 1:07.38	35.38	200m: 2:20.63	36.81	300m: 3:33.76	36.58	400m: 4:46.50	36.43	
66.	G SOWSKA, Martyna SB		01	MUKS Pi tnastrka Bydgoszcz				4:47.15	544
	50m: 32.44	32.44	150m: 1:45.22	36.69	250m: 2:58.85	36.72	350m: 4:12.17	36.38	
	100m: 1:08.53	36.09	200m: 2:22.13	36.91	300m: 3:35.79	36.94	400m: 4:47.15	34.98	
67.	JASKUŁOWSKA, Zofia		03	IKS Konstancin				4:47.75	541
	50m: 32.55	32.55	150m: 1:45.21	36.64	250m: 2:58.67	36.49	350m: 4:13.20	36.79	
	100m: 1:08.57	36.02	200m: 2:22.18	36.97	300m: 3:36.41	37.74	400m: 4:47.75	34.55	
68.	ERA SKA, Ula		03	BUKS Warszawa				4:49.33	532
	50m: 32.37	32.37	150m: 1:44.02	36.12	250m: 2:57.73	36.68	350m: 4:13.16	38.44	
	100m: 1:07.90	35.53	200m: 2:21.05	37.03	300m: 3:34.72	36.99	400m: 4:49.33	36.17	
69.	TOPP, Zofia		03	UKS G-8 Bielany Warszawa				4:49.86	529
	50m: 32.59	32.59	150m: 1:44.66	36.51	250m: 2:58.97	37.38	350m: 4:13.75	37.49	
	100m: 1:08.15	35.56	200m: 2:21.59	36.93	300m: 3:36.26	37.29	400m: 4:49.86	36.11	
70.	GRZELCZYK, Natalia SMS Łód		02	MKS Jedyńka Łód				4:50.33	527
	50m: 31.34	31.34	150m: 1:43.88	37.12	250m: 2:58.64	37.35	350m: 4:13.99	37.89	
	100m: 1:06.76	35.42	200m: 2:21.29	37.41	300m: 3:36.10	37.46	400m: 4:50.33	36.34	
71.	JANUSZEWSKA, Otylia		03	MZOS Płock				4:52.45	515
	50m: 32.13	32.13	150m: 1:44.77	36.81	250m: 3:00.45	37.84	350m: 4:15.94	37.94	
	100m: 1:07.96	35.83	200m: 2:22.61	37.84	300m: 3:38.00	37.55	400m: 4:52.45	36.51	
72.	MRUK, Aleksandra		02	Manta Jelcz				4:54.88	503
	50m: 32.25	32.25	150m: 1:46.18	37.07	250m: 3:02.05	37.94	350m: 4:17.87	37.29	
	100m: 1:09.11	36.86	200m: 2:24.11	37.93	300m: 3:40.58	38.53	400m: 4:54.88	37.01	
73.	STODOLSKA, Zofia		03	MKS Astoria Bydgoszcz				4:56.74	493
	50m: 33.45	33.45	150m: 1:48.02	37.46	250m: 3:04.06	37.97	350m: 4:19.90	37.89	
	100m: 1:10.56	37.11	200m: 2:26.09	38.07	300m: 3:42.01	37.95	400m: 4:56.74	36.84	
74.	KOZŁOWSKA, Maja		04	KS Warta Pozna				4:58.26	486
	50m: 32.34	32.34	150m: 1:45.62	37.09	250m: 3:01.28	37.97	350m: 4:19.43	39.46	
	100m: 1:08.53	36.19	200m: 2:23.31	37.69	300m: 3:39.97	38.69	400m: 4:58.26	38.83	
75.	FIGURSKA, Natalia		02	UKS G-8 Bielany Warszawa				4:58.31	485
	50m: 32.91	32.91	150m: 1:46.00	37.18	250m: 3:03.44	38.73	350m: 4:20.57	38.60	
	100m: 1:08.82	35.91	200m: 2:24.71	38.71	300m: 3:41.97	38.53	400m: 4:58.31	37.74	
76.	SWIETLIK, Julia		04	IKS Konstancin				5:00.27	476
	50m: 32.87	32.87	150m: 1:47.19	37.50	250m: 3:04.40	38.83	350m: 4:22.47	39.13	
	100m: 1:09.69	36.82	200m: 2:25.57	38.38	300m: 3:43.34	38.94	400m: 5:00.27	37.80	
77.	WITEK, Oliwia		04	UKS 149 Łód				5:01.44	470
	50m: 35.78	35.78	150m: 1:52.45	38.14	250m: 3:08.89	38.27	350m: 4:24.81	37.48	
	100m: 1:14.31	38.53	200m: 2:30.62	38.17	300m: 3:47.33	38.44	400m: 5:01.44	36.63	
78.	LIWOWSKA, Maria		03	UKS"Pi tka"Konstantynów Łódzki				5:02.75	464
	50m: 33.07	33.07	150m: 1:50.09	39.21	250m: 3:07.14	37.81	350m: 4:24.68	38.86	
	100m: 1:10.88	37.81	200m: 2:29.33	39.24	300m: 3:45.82	38.68	400m: 5:02.75	38.07	
79.	BARANOWSKA, Martyna		03	KS Warta Pozna				5:03.49	461
	50m: 33.95	33.95	150m: 1:50.44	38.84	250m: 3:08.86	39.01	350m: 4:27.15	39.09	
	100m: 1:11.60	37.65	200m: 2:29.85	39.41	300m: 3:48.06	39.20	400m: 5:03.49	36.34	
80.	CZARNIAK, Natalia		02	MUKS "Pi tnastrka" Bydgoszcz				5:09.53	434
	50m: 33.75	33.75	150m: 1:53.13	40.03	250m: 3:12.46	40.19	350m: 4:32.49	40.45	
	100m: 1:13.10	39.35	200m: 2:32.27	39.14	300m: 3:52.04	39.58	400m: 5:09.53	37.04	
81.	MAŁKUS, Amelia		00	MUKP Warszawianka				5:10.26	431
	50m: 33.03	33.03	150m: 1:50.19	39.16	250m: 3:10.84	40.77	350m: 4:32.56	40.61	
	100m: 1:11.03	38.00	200m: 2:30.07	39.88	300m: 3:51.95	41.11	400m: 5:10.26	37.70	