



Puchar Silesia 2016
Katowice, 13- - 14-2-2016



Konkurencja 7
2016-02-13 - 12:40

Kobiet, 400m dowolny

Open
Wyniki

Top Times "Poland" 4:05.77 BARZYCKA Paulina 00114 Gorzow 2005-11-26

Pozycja			Rok ur.					Czas	
11 - 12 lat									
1.	BOCIEK Wiktoria		04	K.S. Górnik Sosnowiec				5:10.35	
	50m:	37.17 37.17	150m:	1:55.91 39.92	250m:	3:14.48 39.26	350m:	4:31.87 38.49	
	100m:	1:15.99 38.82	200m:	2:35.22 39.31	300m:	3:53.38 38.90	400m:	5:10.35 38.48	
2.	SOBOLEWSKA Magdalena		04	MKS Pałac Młodzie y Katowice				5:18.81	
	50m:	36.12 36.12	150m:	1:57.80 41.13	250m:	3:20.46 41.41	350m:	4:41.73 40.18	
	100m:	1:16.67 40.55	200m:	2:39.05 41.25	300m:	4:01.55 41.09	400m:	5:18.81 37.08	
3.	WOLNY Natalia		04	LKS Jedno 32 Przyszowice				5:30.35	
	50m:	38.29 38.29	150m:	2:00.46 41.79	250m:	3:25.50 42.56	350m:	4:51.78 43.06	
	100m:	1:18.67 40.38	200m:	2:42.94 42.48	300m:	4:08.72 43.22	400m:	5:30.35 38.57	
4.	JANECKA Weronika		04	UKS Aquatica Pawłowice				5:35.01	
	50m:	37.17 37.17	150m:	2:02.33 43.11	250m:	3:28.23 43.54	350m:	4:54.88 43.09	
	100m:	1:19.22 42.05	200m:	2:44.69 42.36	300m:	4:11.79 43.56	400m:	5:35.01 40.13	
5.	MORCISZEK Weronika		04	Tkkf Szczygłowice				5:43.90	
	50m:	39.35 39.35	150m:	2:06.39 43.60	250m:	3:34.98 44.44	350m:	5:03.22 43.54	
	100m:	1:22.79 43.44	200m:	2:50.54 44.15	300m:	4:19.68 44.70	400m:	5:43.90 40.68	
6.	TRZECIAK Wiktoria		05	UKS Salmo ory				5:51.39	
	50m:	39.48 39.48	150m:	2:09.09 45.68	250m:	3:40.54 45.37	350m:	5:10.04 44.57	
	100m:	1:23.41 43.93	200m:	2:55.17 46.08	300m:	4:25.47 44.93	400m:	5:51.39 41.35	
7.	GORSZANÓW Jagoda		05	LKS Jedno 32 Przyszowice				6:01.16	
	50m:	40.04 40.04	150m:	2:10.01 45.24	250m:	3:40.97 46.34	350m:	5:18.96 51.85	
	100m:	1:24.77 44.73	200m:	2:54.63 44.62	300m:	4:27.11 46.14	400m:	6:01.16 42.20	
8.	SURMIAK Klara		04	Ukp Ruda I ska				6:06.23	
	50m:	40.01 40.01	150m:	2:11.28 46.28	250m:	3:46.27 47.76	350m:	5:22.59 48.39	
	100m:	1:25.00 44.99	200m:	2:58.51 47.23	300m:	4:34.20 47.93	400m:	6:06.23 43.64	
9.	SMOLAREK Alina		04	LKS Jedno 32 Przyszowice				6:11.41	
	50m:	38.71 38.71	150m:		250m:		350m:		
	100m:		200m:		300m:	4:31.73	400m:	6:11.41	
10.	DELA Natalia		04	UKS Atut SP-36 Cz stochowa				6:14.56	
	50m:	41.63 41.63	150m:	2:16.97 48.44	250m:	3:55.70 49.43	350m:	5:31.17 46.31	
	100m:	1:28.53 46.90	200m:	3:06.27 49.30	300m:	4:44.86 49.16	400m:	6:14.56 43.39	
11.	KRZY Wiktoria		04	Klub Pływacki Sukces Chorzów				6:17.04	
	50m:	42.86 42.86	150m:	2:19.16 49.22	250m:	3:57.16 49.72	350m:	5:33.69 47.84	
	100m:	1:29.94 47.08	200m:	3:07.44 48.28	300m:	4:45.85 48.69	400m:	6:17.04 43.35	
12.	OPIELKA Marta		05	UKS Wodnik 29 Katowice				6:17.36	
	50m:	42.19 42.19	150m:	2:17.41 47.97	250m:	3:54.13 48.60	350m:	5:31.21 48.02	
	100m:	1:29.44 47.25	200m:	3:05.53 48.12	300m:	4:43.19 49.06	400m:	6:17.36 46.15	
13.	DZIENDZIEL Eliza		04	UKS Ondraszek Bielsko-Biała				6:29.17	
	50m:	44.77 44.77	150m:	2:20.02 48.46	250m:	3:59.02 49.57	350m:	5:40.52 51.05	
	100m:	1:31.56 46.79	200m:	3:09.45 49.43	300m:	4:49.47 50.45	400m:	6:29.17 48.65	
14.	GIERACH Oliwia		05	UKS Wodnik 29 Katowice				6:41.62	
	50m:	47.29 47.29	150m:	2:30.36 51.60	250m:	5:54.73 1:40.32	350m:		
	100m:	1:38.76 51.47	200m:	4:14.41 1:44.05	300m:		400m:	6:41.62	



Konkurencja 7, Kobiet, 400m dowolny

13 - 14 lat

1.	SZYMCZAK Patrycja <i>MISTRZ</i>	02	UKS MANTA Kochłowice Ruda	I s	4:50.12
	50m: 32.22 32.22	150m: 1:45.15	36.51	250m: 2:58.29	36.55
	100m: 1:08.64 36.42	200m: 2:21.74	36.59	300m: 3:34.91	36.62
				350m: 4:12.07	37.16
				400m: 4:50.12	38.05
2.	KOCUR Sandra	03	LKS Jedno 32 Przyszowice		4:58.51
	50m: 34.20 34.20	150m: 1:48.88	37.46	250m: 3:04.28	38.37
	100m: 1:11.42 37.22	200m: 2:25.91	37.03	300m: 3:42.84	38.56
				350m: 4:21.76	38.92
				400m: 4:58.51	36.75
3.	NIEMCZYK Wiktoria	02	MOSM Tychy		4:59.13
	50m: 33.40 33.40	150m: 1:49.75	38.71	250m: 3:06.87	38.67
	100m: 1:11.04 37.64	200m: 2:28.20	38.45	300m: 3:44.99	38.12
				350m: 4:23.47	38.48
				400m: 4:59.13	35.66
4.	FUKS Emilia	02	UKS WODNIK Siemianowice laski		5:01.81
	50m: 34.16 34.16	150m: 1:50.58	38.67	250m: 3:08.16	38.77
	100m: 1:11.91 37.75	200m: 2:29.39	38.81	300m: 3:46.90	38.74
				350m: 4:25.62	38.72
				400m: 5:01.81	36.19
5.	KROSTA Emilia	02	UKS WODNIK Siemianowice laski		5:02.77
	50m: 34.61 34.61	150m: 1:52.50	39.13	250m: 3:10.17	38.77
	100m: 1:13.37 38.76	200m: 2:31.40	38.90	300m: 3:47.88	37.71
				350m: 4:25.59	37.71
				400m: 5:02.77	37.18
6.	MIROWSKA Zuzanna	02	TS Wisła Kraków		5:10.80
	50m: 35.16 35.16	150m: 1:52.59	39.15	250m: 3:12.55	40.41
	100m: 1:13.44 38.28	200m: 2:32.14	39.55	300m: 3:52.91	40.36
				350m: 4:32.96	40.05
				400m: 5:10.80	37.84
7.	POGO Milena	03	CSiR MOS D browa Górnicza		5:13.58
	50m: 34.01 34.01	150m: 1:50.40	39.04	250m: 3:11.65	41.10
	100m: 1:11.36 37.35	200m: 2:30.55	40.15	300m: 3:53.31	41.66
				350m: 4:33.85	40.54
				400m: 5:13.58	39.73
8.	PAWŁOWSKA Jessica	03	Uks Junior Kluczbork		5:15.70
	50m: 36.58 36.58	150m: 1:57.06	40.44	250m: 3:17.13	40.13
	100m: 1:16.62 40.04	200m: 2:37.00	39.94	300m: 3:57.11	39.98
				350m: 4:37.19	40.08
				400m: 5:15.70	38.51
9.	MICHALAK Laura	02	MOSM Tychy		5:30.58
	50m: 34.74 34.74	150m: 1:57.07	42.04	250m: 3:21.94	43.13
	100m: 1:15.03 40.29	200m: 2:38.81	41.74	300m: 4:05.10	43.16
				350m: 4:48.62	43.52
				400m: 5:30.58	41.96
10.	ZAJ C Aleksandra	02	MOSM Tychy		5:33.18
	50m: 36.98 36.98	150m: 2:00.12	42.43	250m: 3:25.29	42.78
	100m: 1:17.69 40.71	200m: 2:42.51	42.39	300m: 4:08.54	43.25
				350m: 4:52.15	43.61
				400m: 5:33.18	41.03
11.	NOCO Dominika	02	UKS MANTA Kochłowice Ruda	I s	5:41.55
	50m: 38.60 38.60	150m: 2:03.58	41.66	250m: 3:33.41	47.37
	100m: 1:21.92 43.32	200m: 2:46.04	42.46	300m: 4:22.43	49.02
				350m: 5:02.46	40.03
				400m: 5:41.55	39.09
12.	WR CZYCKA Julia	03	Ukp Ruda I ska		5:53.19
	50m: 37.91 37.91	150m: 2:07.01	45.55	250m: 3:38.61	45.58
	100m: 1:21.46 43.55	200m: 2:53.03	46.02	300m: 4:24.39	45.78
				350m: 5:10.07	45.68
				400m: 5:53.19	43.12
13.	BRONCEL Agnieszka	03	UKS Wodnik 29 Katowice		6:01.37
	50m: 37.81 37.81	150m: 2:07.05	45.93	250m: 3:41.42	47.11
	100m: 1:21.12 43.31	200m: 2:54.31	47.26	300m: 4:28.83	47.41
				350m: 5:16.33	47.50
				400m: 6:01.37	45.04

15 - 16 lat

1.	WI NIEWSKA Oliwia <i>MISTRZ</i>	01	CSiR MOS D browa Górnicza		4:26.88
	50m: 31.66 31.66	150m: 1:39.43	33.85	250m: 2:46.68	33.87
	100m: 1:05.58 33.92	200m: 2:12.81	33.38	300m: 3:20.24	33.56
				350m: 3:54.06	33.82
				400m: 4:26.88	32.82
2.	HALICKA Lidia	01	WKS I sk Wrocław		4:30.18
	50m: 32.12 32.12	150m: 1:41.40	34.54	250m: 2:48.55	33.73
	100m: 1:06.86 34.74	200m: 2:14.82	33.42	300m: 3:22.40	33.85
				350m: 3:56.53	34.13
				400m: 4:30.18	33.65
3.	KOSSAKOWSKA Dominika	01	SiKReT Gliwice		4:35.45
	50m: 32.34 32.34	150m: 1:41.13	34.38	250m: 2:50.18	34.43
	100m: 1:06.75 34.41	200m: 2:15.75	34.62	300m: 3:25.68	35.50
				350m: 4:01.27	35.59
				400m: 4:35.45	34.18



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Konkurencja 7, Dziewcz t, 400m dowolny, 15 - 16 lat

Pozycja			Rok ur.							Czas
4.	KOŁODZIEJ Katarzyna SO		00	UKP UNIA O wi cim						4:40.28
	50m:	32.94 32.94	150m:	1:43.09	35.08	250m:	2:54.46	35.52	350m:	4:05.35 35.29
	100m:	1:08.01 35.07	200m:	2:18.94	35.85	300m:	3:30.06	35.60	400m:	4:40.28 34.93
5.	GORZYNIK Aleksandra		01	Klub Sportowy Swim2win Krosno						4:40.38
	50m:	32.65 32.65	150m:	1:41.67	35.05	250m:	2:53.73	35.97	350m:	4:05.89 35.93
	100m:	1:06.62 33.97	200m:	2:17.76	36.09	300m:	3:29.96	36.23	400m:	4:40.38 34.49
6.	SZUSTER Aleksandra SO		00	UKP UNIA O wi cim						4:42.90
	50m:	32.32 32.32	150m:	1:43.67	36.26	250m:	2:55.66	36.05	350m:	4:07.73 36.12
	100m:	1:07.41 35.09	200m:	2:19.61	35.94	300m:	3:31.61	35.95	400m:	4:42.90 35.17
7.	MA DOK Klaudia		01	Nowy KP Bielsko-Biała						4:49.54
	50m:	32.61 32.61	150m:	1:45.88	37.47	250m:	2:59.38	36.97	350m:	4:13.62 36.71
	100m:	1:08.41 35.80	200m:	2:22.41	36.53	300m:	3:36.91	37.53	400m:	4:49.54 35.92
8.	GAZDA Zuzanna		01	CSiR MOS D browa Górnicza						4:51.98
	50m:	34.06 34.06	150m:	1:47.63	37.10	250m:	3:01.55	36.84	350m:	4:16.18 37.33
	100m:	1:10.53 36.47	200m:	2:24.71	37.08	300m:	3:38.85	37.30	400m:	4:51.98 35.80
9.	JE OWSKA Kamila		00	CSiR MOS D browa Górnicza						4:53.84
	50m:	34.45 34.45	150m:	1:49.63	37.47	250m:	3:03.59	36.39	350m:	4:17.97 37.63
	100m:	1:12.16 37.71	200m:	2:27.20	37.57	300m:	3:40.34	36.75	400m:	4:53.84 35.87
10.	CZECH Wiktoria		01	Klub Sportowy Swim2win Krosno						4:55.52
	50m:	34.40 34.40	150m:	1:50.28	38.25	250m:	3:05.77	37.35	350m:	4:19.42 36.51
	100m:	1:12.03 37.63	200m:	2:28.42	38.14	300m:	3:42.91	37.14	400m:	4:55.52 36.10
11.	SM TEK Wiktoria		01	MMKS K-Ko le						4:56.40
	50m:	33.57 33.57	150m:	1:48.26	37.48	250m:	3:03.71	37.73	350m:	4:19.92 37.90
	100m:	1:10.78 37.21	200m:	2:25.98	37.72	300m:	3:42.02	38.31	400m:	4:56.40 36.48
12.	GRYCHTOŁ Weronika		01	UKS Wodnik 29 Katowice						4:59.62
	50m:	34.82 34.82	150m:	1:50.09	37.65	250m:	3:05.10	37.65	350m:	4:21.28 38.35
	100m:	1:12.44 37.62	200m:	2:27.45	37.36	300m:	3:42.93	37.83	400m:	4:59.62 38.34
13.	PODLE NY Emilia		00	TS Wisła Kraków						5:01.79
	50m:	34.36 34.36	150m:	1:49.52	37.79	250m:	3:06.74	38.92	350m:	4:24.58 38.84
	100m:	1:11.73 37.37	200m:	2:27.82	38.30	300m:	3:45.74	39.00	400m:	5:01.79 37.21
14.	PAWERA Karolina		00	Ukp Ruda l ska						5:05.54
	50m:	33.49 33.49	150m:	1:47.91	37.80	250m:	3:05.72	39.19	350m:	4:26.05 40.29
	100m:	1:10.11 36.62	200m:	2:26.53	38.62	300m:	3:45.76	40.04	400m:	5:05.54 39.49
15.	RZADEK Natalia		01	Nowy KP Bielsko-Biała						5:06.61
	50m:	34.65 34.65	150m:	1:53.60	39.63	250m:	3:12.83	39.25	350m:	4:29.60 37.81
	100m:	1:13.97 39.32	200m:	2:33.58	39.98	300m:	3:51.79	38.96	400m:	5:06.61 37.01
16.	KABA SKA Nicol		01	CSiR MOS D browa Górnicza						5:08.18
	50m:	34.99 34.99	150m:	1:52.47	39.16	250m:	3:11.62	39.59	350m:	4:30.23 39.23
	100m:	1:13.31 38.32	200m:	2:32.03	39.56	300m:	3:51.00	39.38	400m:	5:08.18 37.95
17.	ADAMCZYK Daria		01	CSiR MOS D browa Górnicza						5:09.65
	50m:	33.49 33.49	150m:	1:51.61	39.95	250m:	3:10.76	40.06	350m:	4:29.99 39.57
	100m:	1:11.66 38.17	200m:	2:30.70	39.09	300m:	3:50.42	39.66	400m:	5:09.65 39.66
18.	SKUDLIK Marta		01	UKS MANTA Kochłowice Ruda l s						5:09.78
	50m:	35.18 35.18	150m:	1:52.03	38.43	250m:	3:10.68	39.74	350m:	4:30.16 39.69
	100m:	1:13.60 38.42	200m:	2:30.94	38.91	300m:	3:50.47	39.79	400m:	5:09.78 39.62
19.	SZALEWSKA Maja		01	Glosator Kraków						5:18.53
	50m:	35.86 35.86	150m:	1:51.55	37.77	250m:	3:04.82	36.73	350m:	4:21.83 40.34
	100m:	1:13.78 37.92	200m:	2:28.09	36.54	300m:	3:41.49	36.67	400m:	5:18.53 56.70
20.	SZCZYGIĘŁ Olga		01	Glosator Kraków						5:18.76
	50m:	36.70 36.70	150m:	1:57.11	40.84	250m:	3:19.60	41.12	350m:	4:40.84 40.25
	100m:	1:16.27 39.57	200m:	2:38.48	41.37	300m:	4:00.59	40.99	400m:	5:18.76 37.92



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Konkurencja 7, Kobiet, 400m dowolny

Open

1.	NITA Anna	97	WKS I sk Wrocław	4:23.53
	<i>MISTRZ</i>			
	50m: 31.65 31.65	150m: 1:38.46 33.37	250m: 2:45.31 33.35	350m: 3:51.45 33.09
	100m: 1:05.09 33.44	200m: 2:11.96 33.50	300m: 3:18.36 33.05	400m: 4:23.53 32.08
2.	WI NIEWSKA Oliwia	01	CSiR MOS D browa Górnicza	4:26.88
	50m: 31.66 31.66	150m: 1:39.43 33.85	250m: 2:46.68 33.87	350m: 3:54.06 33.82
	100m: 1:05.58 33.92	200m: 2:12.81 33.38	300m: 3:20.24 33.56	400m: 4:26.88 32.82
3.	HALICKA Lidia	01	WKS I sk Wrocław	4:30.18
	50m: 32.12 32.12	150m: 1:41.40 34.54	250m: 2:48.55 33.73	350m: 3:56.53 34.13
	100m: 1:06.86 34.74	200m: 2:14.82 33.42	300m: 3:22.40 33.85	400m: 4:30.18 33.65
4.	ZAJ C Oliwia	98	MKS Juvenia Wrocław	4:34.16
	50m: 32.63 32.63	150m: 1:42.15 34.88	250m: 2:51.86 34.92	350m: 4:01.25 34.60
	100m: 1:07.27 34.64	200m: 2:16.94 34.79	300m: 3:26.65 34.79	400m: 4:34.16 32.91
5.	FILIPEK Jagoda	99	WKS I sk Wrocław	4:34.33
	50m: 32.88 32.88	150m: 1:42.30 34.64	250m: 2:51.94 34.86	350m: 4:01.55 34.84
	100m: 1:07.66 34.78	200m: 2:17.08 34.78	300m: 3:26.71 34.77	400m: 4:34.33 32.78
6.	KOSSAKOWSKA Dominika	01	SiKReT Gliwice	4:35.45
	50m: 32.34 32.34	150m: 1:41.13 34.38	250m: 2:50.18 34.43	350m: 4:01.27 35.59
	100m: 1:06.75 34.41	200m: 2:15.75 34.62	300m: 3:25.68 35.50	400m: 4:35.45 34.18
7.	RZO CA Patrycja SWR	99	WKS I sk Wrocław	4:37.56
	50m: 31.59 31.59	150m: 1:41.78 35.16	250m: 2:52.11 35.43	350m: 4:03.15 35.80
	100m: 1:06.62 35.03	200m: 2:16.68 34.90	300m: 3:27.35 35.24	400m: 4:37.56 34.41
8.	KOŁODZIEJ Katarzyna SO	00	UKP UNIA O wi cim	4:40.28
	50m: 32.94 32.94	150m: 1:43.09 35.08	250m: 2:54.46 35.52	350m: 4:05.35 35.29
	100m: 1:08.01 35.07	200m: 2:18.94 35.85	300m: 3:30.06 35.60	400m: 4:40.28 34.93
9.	GORZYNIK Aleksandra	01	Klub Sportowy Swim2win Krosno	4:40.38
	50m: 32.65 32.65	150m: 1:41.67 35.05	250m: 2:53.73 35.97	350m: 4:05.89 35.93
	100m: 1:06.62 33.97	200m: 2:17.76 36.09	300m: 3:29.96 36.23	400m: 4:40.38 34.49
10.	SZUSTER Aleksandra SO	00	UKP UNIA O wi cim	4:42.90
	50m: 32.32 32.32	150m: 1:43.67 36.26	250m: 2:55.66 36.05	350m: 4:07.73 36.12
	100m: 1:07.41 35.09	200m: 2:19.61 35.94	300m: 3:31.61 35.95	400m: 4:42.90 35.17
11.	KAMIENIARZ Weronika	99	KS Górnik Radlin	4:46.94
	50m: 32.94 32.94	150m: 1:44.61 36.25	250m: 2:56.75 35.87	350m: 4:09.41 36.68
	100m: 1:08.36 35.42	200m: 2:20.88 36.27	300m: 3:32.73 35.98	400m: 4:46.94 37.53
12.	MA DOK Klaudia	01	Nowy KP Bielsko-Biała	4:49.54
	50m: 32.61 32.61	150m: 1:45.88 37.47	250m: 2:59.38 36.97	350m: 4:13.62 36.71
	100m: 1:08.41 35.80	200m: 2:22.41 36.53	300m: 3:36.91 37.53	400m: 4:49.54 35.92
13.	SZYMCZAK Patrycja	02	UKS MANTA Kochłowice Ruda I s	4:50.12
	50m: 32.22 32.22	150m: 1:45.15 36.51	250m: 2:58.29 36.55	350m: 4:12.07 37.16
	100m: 1:08.64 36.42	200m: 2:21.74 36.59	300m: 3:34.91 36.62	400m: 4:50.12 38.05
14.	GAZDA Zuzanna	01	CSiR MOS D browa Górnicza	4:51.98
	50m: 34.06 34.06	150m: 1:47.63 37.10	250m: 3:01.55 36.84	350m: 4:16.18 37.33
	100m: 1:10.53 36.47	200m: 2:24.71 37.08	300m: 3:38.85 37.30	400m: 4:51.98 35.80
15.	JE OWSKA Kamila	00	CSiR MOS D browa Górnicza	4:53.84
	50m: 34.45 34.45	150m: 1:49.63 37.47	250m: 3:03.59 36.39	350m: 4:17.97 37.63
	100m: 1:12.16 37.71	200m: 2:27.20 37.57	300m: 3:40.34 36.75	400m: 4:53.84 35.87
16.	CZECH Wiktoria	01	Klub Sportowy Swim2win Krosno	4:55.52
	50m: 34.40 34.40	150m: 1:50.28 38.25	250m: 3:05.77 37.35	350m: 4:19.42 36.51
	100m: 1:12.03 37.63	200m: 2:28.42 38.14	300m: 3:42.91 37.14	400m: 4:55.52 36.10
17.	SM TEK Wiktoria	01	MMKS K-Ko le	4:56.40
	50m: 33.57 33.57	150m: 1:48.26 37.48	250m: 3:03.71 37.73	350m: 4:19.92 37.90
	100m: 1:10.78 37.21	200m: 2:25.98 37.72	300m: 3:42.02 38.31	400m: 4:56.40 36.48



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Pozycja					Rok ur.					Czas		
18.	UKOWSKA Natalia				99	Glosator Kraków				4:56.57		
	50m:	33.07	33.07	150m:	1:45.79	36.94	250m:	3:00.39	37.58	350m:	4:17.05	38.53
	100m:	1:08.85	35.78	200m:	2:22.81	37.02	300m:	3:38.52	38.13	400m:	4:56.57	39.52
19.	KOCUR Sandra				03	LKS Jedno 32 Przystowice				4:58.51		
	50m:	34.20	34.20	150m:	1:48.88	37.46	250m:	3:04.28	38.37	350m:	4:21.76	38.92
	100m:	1:11.42	37.22	200m:	2:25.91	37.03	300m:	3:42.84	38.56	400m:	4:58.51	36.75
20.	NIEMCZYK Wiktoria				02	MOSM Tychy				4:59.13		
	50m:	33.40	33.40	150m:	1:49.75	38.71	250m:	3:06.87	38.67	350m:	4:23.47	38.48
	100m:	1:11.04	37.64	200m:	2:28.20	38.45	300m:	3:44.99	38.12	400m:	4:59.13	35.66
21.	GRYCHTOŁ Weronika				01	UKS Wodnik 29 Katowice				4:59.62		
	50m:	34.82	34.82	150m:	1:50.09	37.65	250m:	3:05.10	37.65	350m:	4:21.28	38.35
	100m:	1:12.44	37.62	200m:	2:27.45	37.36	300m:	3:42.93	37.83	400m:	4:59.62	38.34
22.	PODLE NY Emilia				00	TS Wisła Kraków				5:01.79		
	50m:	34.36	34.36	150m:	1:49.52	37.79	250m:	3:06.74	38.92	350m:	4:24.58	38.84
	100m:	1:11.73	37.37	200m:	2:27.82	38.30	300m:	3:45.74	39.00	400m:	5:01.79	37.21
23.	FUKS Emilia				02	UKS WODNIK Siemianowice laski				5:01.81		
	50m:	34.16	34.16	150m:	1:50.58	38.67	250m:	3:08.16	38.77	350m:	4:25.62	38.72
	100m:	1:11.91	37.75	200m:	2:29.39	38.81	300m:	3:46.90	38.74	400m:	5:01.81	36.19
24.	KROSTA Emilia				02	UKS WODNIK Siemianowice laski				5:02.77		
	50m:	34.61	34.61	150m:	1:52.50	39.13	250m:	3:10.17	38.77	350m:	4:25.59	37.71
	100m:	1:13.37	38.76	200m:	2:31.40	38.90	300m:	3:47.88	37.71	400m:	5:02.77	37.18
25.	TURZA Patrycja				98	Uks Huragan Sosnowiec				5:04.78		
	50m:	33.25	33.25	150m:	1:49.95	38.85	250m:	3:08.55	39.21	350m:	4:26.56	38.82
	100m:	1:11.10	37.85	200m:	2:29.34	39.39	300m:	3:47.74	39.19	400m:	5:04.78	38.22
26.	PAWERA Karolina				00	Ukp Ruda I ska				5:05.54		
	50m:	33.49	33.49	150m:	1:47.91	37.80	250m:	3:05.72	39.19	350m:	4:26.05	40.29
	100m:	1:10.11	36.62	200m:	2:26.53	38.62	300m:	3:45.76	40.04	400m:	5:05.54	39.49
27.	RZADEK Natalia				01	Nowy KP Bielsko-Biała				5:06.61		
	50m:	34.65	34.65	150m:	1:53.60	39.63	250m:	3:12.83	39.25	350m:	4:29.60	37.81
	100m:	1:13.97	39.32	200m:	2:33.58	39.98	300m:	3:51.79	38.96	400m:	5:06.61	37.01
28.	KABA SKA Nicol				01	CSiR MOS D browa Górnicza				5:08.18		
	50m:	34.99	34.99	150m:	1:52.47	39.16	250m:	3:11.62	39.59	350m:	4:30.23	39.23
	100m:	1:13.31	38.32	200m:	2:32.03	39.56	300m:	3:51.00	39.38	400m:	5:08.18	37.95
29.	ADAMCZYK Daria				01	CSiR MOS D browa Górnicza				5:09.65		
	50m:	33.49	33.49	150m:	1:51.61	39.95	250m:	3:10.76	40.06	350m:	4:29.99	39.57
	100m:	1:11.66	38.17	200m:	2:30.70	39.09	300m:	3:50.42	39.66	400m:	5:09.65	39.66
30.	SKUDLIK Marta				01	UKS MANTA Kochłowice Ruda I s				5:09.78		
	50m:	35.18	35.18	150m:	1:52.03	38.43	250m:	3:10.68	39.74	350m:	4:30.16	39.69
	100m:	1:13.60	38.42	200m:	2:30.94	38.91	300m:	3:50.47	39.79	400m:	5:09.78	39.62
31.	BOCIEK Wiktoria				04	K.S. Górnik Sosnowiec				5:10.35		
	50m:	37.17	37.17	150m:	1:55.91	39.92	250m:	3:14.48	39.26	350m:	4:31.87	38.49
	100m:	1:15.99	38.82	200m:	2:35.22	39.31	300m:	3:53.38	38.90	400m:	5:10.35	38.48
32.	MIROWSKA Zuzanna				02	TS Wisła Kraków				5:10.80		
	50m:	35.16	35.16	150m:	1:52.59	39.15	250m:	3:12.55	40.41	350m:	4:32.96	40.05
	100m:	1:13.44	38.28	200m:	2:32.14	39.55	300m:	3:52.91	40.36	400m:	5:10.80	37.84
33.	POGO Milena				03	CSiR MOS D browa Górnicza				5:13.58		
	50m:	34.01	34.01	150m:	1:50.40	39.04	250m:	3:11.65	41.10	350m:	4:33.85	40.54
	100m:	1:11.36	37.35	200m:	2:30.55	40.15	300m:	3:53.31	41.66	400m:	5:13.58	39.73
34.	PAWŁOWSKA Jessica				03	Uks Junior Kluczbork				5:15.70		
	50m:	36.58	36.58	150m:	1:57.06	40.44	250m:	3:17.13	40.13	350m:	4:37.19	40.08
	100m:	1:16.62	40.04	200m:	2:37.00	39.94	300m:	3:57.11	39.98	400m:	5:15.70	38.51



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Pozycja					Rok ur.					Czas		
35.	SZALEWSKA Maja				01	Glosator Kraków				5:18.53		
	50m:	35.86	35.86	150m:	1:51.55	37.77	250m:	3:04.82	36.73	350m:	4:21.83	40.34
	100m:	1:13.78	37.92	200m:	2:28.09	36.54	300m:	3:41.49	36.67	400m:	5:18.53	56.70
36.	SZCZYGIEŁ Olga				01	Glosator Kraków				5:18.76		
	50m:	36.70	36.70	150m:	1:57.11	40.84	250m:	3:19.60	41.12	350m:	4:40.84	40.25
	100m:	1:16.27	39.57	200m:	2:38.48	41.37	300m:	4:00.59	40.99	400m:	5:18.76	37.92
37.	SOBOLEWSKA Magdalena				04	MKS Pałac Młodzie y Katowice				5:18.81		
	50m:	36.12	36.12	150m:	1:57.80	41.13	250m:	3:20.46	41.41	350m:	4:41.73	40.18
	100m:	1:16.67	40.55	200m:	2:39.05	41.25	300m:	4:01.55	41.09	400m:	5:18.81	37.08
38.	WOLNY Natalia				04	LKS Jedno 32 Przyszowice				5:30.35		
	50m:	38.29	38.29	150m:	2:00.46	41.79	250m:	3:25.50	42.56	350m:	4:51.78	43.06
	100m:	1:18.67	40.38	200m:	2:42.94	42.48	300m:	4:08.72	43.22	400m:	5:30.35	38.57
39.	MICHALAK Laura				02	MOSM Tychy				5:30.58		
	50m:	34.74	34.74	150m:	1:57.07	42.04	250m:	3:21.94	43.13	350m:	4:48.62	43.52
	100m:	1:15.03	40.29	200m:	2:38.81	41.74	300m:	4:05.10	43.16	400m:	5:30.58	41.96
40.	ZAJ C Aleksandra				02	MOSM Tychy				5:33.18		
	50m:	36.98	36.98	150m:	2:00.12	42.43	250m:	3:25.29	42.78	350m:	4:52.15	43.61
	100m:	1:17.69	40.71	200m:	2:42.51	42.39	300m:	4:08.54	43.25	400m:	5:33.18	41.03
41.	JANECKA Weronika				04	UKS Aquatica Pawłowice				5:35.01		
	50m:	37.17	37.17	150m:	2:02.33	43.11	250m:	3:28.23	43.54	350m:	4:54.88	43.09
	100m:	1:19.22	42.05	200m:	2:44.69	42.36	300m:	4:11.79	43.56	400m:	5:35.01	40.13
42.	NOCO Dominika				02	UKS MANTA Kochłowice Ruda I s				5:41.55		
	50m:	38.60	38.60	150m:	2:03.58	41.66	250m:	3:33.41	47.37	350m:	5:02.46	40.03
	100m:	1:21.92	43.32	200m:	2:46.04	42.46	300m:	4:22.43	49.02	400m:	5:41.55	39.09
43.	MORCISZEK Weronika				04	Tkkf Szczygłowice				5:43.90		
	50m:	39.35	39.35	150m:	2:06.39	43.60	250m:	3:34.98	44.44	350m:	5:03.22	43.54
	100m:	1:22.79	43.44	200m:	2:50.54	44.15	300m:	4:19.68	44.70	400m:	5:43.90	40.68
44.	TRZECIAK Wiktoria				05	UKS Salmo ory				5:51.39		
	50m:	39.48	39.48	150m:	2:09.09	45.68	250m:	3:40.54	45.37	350m:	5:10.04	44.57
	100m:	1:23.41	43.93	200m:	2:55.17	46.08	300m:	4:25.47	44.93	400m:	5:51.39	41.35
45.	WR CZYCKA Julia				03	Ukp Ruda I ska				5:53.19		
	50m:	37.91	37.91	150m:	2:07.01	45.55	250m:	3:38.61	45.58	350m:	5:10.07	45.68
	100m:	1:21.46	43.55	200m:	2:53.03	46.02	300m:	4:24.39	45.78	400m:	5:53.19	43.12
46.	GORSZANÓW Jagoda				05	LKS Jedno 32 Przyszowice				6:01.16		
	50m:	40.04	40.04	150m:	2:10.01	45.24	250m:	3:40.97	46.34	350m:	5:18.96	51.85
	100m:	1:24.77	44.73	200m:	2:54.63	44.62	300m:	4:27.11	46.14	400m:	6:01.16	42.20
47.	BRONCEL Agnieszka				03	UKS Wodnik 29 Katowice				6:01.37		
	50m:	37.81	37.81	150m:	2:07.05	45.93	250m:	3:41.42	47.11	350m:	5:16.33	47.50
	100m:	1:21.12	43.31	200m:	2:54.31	47.26	300m:	4:28.83	47.41	400m:	6:01.37	45.04
48.	SURMIAK Klara				04	Ukp Ruda I ska				6:06.23		
	50m:	40.01	40.01	150m:	2:11.28	46.28	250m:	3:46.27	47.76	350m:	5:22.59	48.39
	100m:	1:25.00	44.99	200m:	2:58.51	47.23	300m:	4:34.20	47.93	400m:	6:06.23	43.64
49.	SMOLAREK Alina				04	LKS Jedno 32 Przyszowice				6:11.41		
	50m:	38.71	38.71	150m:			250m:			350m:		
	100m:			200m:			300m:	4:31.73		400m:	6:11.41	
50.	DELA Natalia				04	UKS Atut SP-36 Cz stochowa				6:14.56		
	50m:	41.63	41.63	150m:	2:16.97	48.44	250m:	3:55.70	49.43	350m:	5:31.17	46.31
	100m:	1:28.53	46.90	200m:	3:06.27	49.30	300m:	4:44.86	49.16	400m:	6:14.56	43.39
51.	KRZY Wiktoria				04	Klub Pływacki Sukces Chorzów				6:17.04		
	50m:	42.86	42.86	150m:	2:19.16	49.22	250m:	3:57.16	49.72	350m:	5:33.69	47.84
	100m:	1:29.94	47.08	200m:	3:07.44	48.28	300m:	4:45.85	48.69	400m:	6:17.04	43.35



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Pozycja				Rok ur.					Czas			
52.	OPIELKA Marta			05	UKS Wodnik 29 Katowice				6:17.36			
	50m:	42.19	42.19	150m:	2:17.41	47.97	250m:	3:54.13	48.60	350m:	5:31.21	48.02
	100m:	1:29.44	47.25	200m:	3:05.53	48.12	300m:	4:43.19	49.06	400m:	6:17.36	46.15
53.	DZIENDZIEL Eliza			04	UKS Ondraszek Bielsko-Biała				6:29.17			
	50m:	44.77	44.77	150m:	2:20.02	48.46	250m:	3:59.02	49.57	350m:	5:40.52	51.05
	100m:	1:31.56	46.79	200m:	3:09.45	49.43	300m:	4:49.47	50.45	400m:	6:29.17	48.65
54.	GIERACH Oliwia			05	UKS Wodnik 29 Katowice				6:41.62			
	50m:	47.29	47.29	150m:	2:30.36	51.60	250m:	5:54.73	1:40.32	350m:		
	100m:	1:38.76	51.47	200m:	4:14.41	1:44.05	300m:			400m:	6:41.62	