

Arena Grand Prix Puchar Polski
Opole, 28. - 29.4.2018

Konkurencja 11
28.04.2018 - 10:13

Kobiet, 400m dowolny

Open
Wyniki

RP Open	4:04.23	JEDRZEJCZAK Otylia	Melbourne (AUS)	25.05.2007
RP 19 - 23	4:05.84	JEDRZEJCZAK Otylia	Budapeszt (HUN)	03.08.2006
RP 18	4:12.62	UKOWSKA Paula	Doha (QAT)	09.12.2009
RP 17	4:12.62	UKOWSKA Paula	Doha (QAT)	09.12.2009
RP 16	4:12.62	ZUKOWSKA Paula	Doha (QAT)	09.12.2009
RP 15	4:16.54	KILIJA SKA Donata	Tampere (FIN)	20.07.2009
RP 14	4:16.54	KILIJA SKA Donata	Tampere (FIN)	20.07.2009

Punkty: FINA 2017

Pozycja			Rok ur.			Czas	Pkt.	
14 lat								
1.	TRACZYK Justyna		04	WKS I sk Wrocław		4:34.03	642	
	50m: 31.47	31.47	150m: 1:40.81	34.98	250m: 2:51.14	34.90	350m: 4:01.02	34.71
	100m: 1:05.83	34.36	200m: 2:16.24	35.43	300m: 3:26.31	35.17	400m: 4:34.03	33.01
2.	KRUPI SKA Lila		04	MTP Kormoran Olsztyn		4:50.45	539	
	50m: 33.83	33.83	150m: 1:48.79	37.30	250m: 3:02.65	36.47	350m: 4:15.85	36.02
	100m: 1:11.49	37.66	200m: 2:26.18	37.39	300m: 3:39.83	37.18	400m: 4:50.45	34.60
3.	MALINO Julia		04	UKS „ORKA” Zamo		4:51.23	535	
	50m: 32.39	32.39	150m: 1:45.25	37.37	250m: 3:00.45	38.11	350m: 4:15.89	37.97
	100m: 1:07.88	35.49	200m: 2:22.34	37.09	300m: 3:37.92	37.47	400m: 4:51.23	35.34
4.	WILCZEK Renata		04	KS Płetwal Zakopane		4:51.47	533	
	50m: 33.23	33.23	150m: 1:48.19	38.09	250m: 3:02.90	37.27	350m: 4:17.40	36.63
	100m: 1:10.10	36.87	200m: 2:25.63	37.44	300m: 3:40.77	37.87	400m: 4:51.47	34.07
5.	SZUPER Katarzyna		04	UKS „ORKA” Zamo		4:52.16	530	
	50m: 32.61	32.61	150m: 1:46.70	37.77	250m: 3:03.11	38.26	350m: 4:18.21	36.77
	100m: 1:08.93	36.32	200m: 2:24.85	38.15	300m: 3:41.44	38.33	400m: 4:52.16	33.95
6.	BOCIAN Roksana		04	LKS Jedno 32 Przyszowice		4:52.21	529	
	50m:		150m:		250m:		350m:	
	100m:		200m:		300m:		400m:	4:52.21
7.	SOBOLEWSKA Magdalena		04	UKS „MANTA” Kochłowice Ruda		4:56.27	508	
	50m: 33.41	33.41	150m: 1:47.74	37.42	250m: 3:03.99	38.04	350m: 4:19.79	37.63
	100m: 1:10.32	36.91	200m: 2:25.95	38.21	300m: 3:42.16	38.17	400m: 4:56.27	36.48
8.	MIERNIK Wiktoria		04	UKP Unia O wi cim		4:56.46	507	
	50m: 33.64	33.64	150m: 1:48.38	37.60	250m: 3:04.73	38.35	350m: 4:20.25	37.65
	100m: 1:10.78	37.14	200m: 2:26.38	38.00	300m: 3:42.60	37.87	400m: 4:56.46	36.21
9.	GOMUŁKA Natalia		04	UKS 190 Łód		5:01.85	480	
	50m: 35.98	35.98	150m: 1:52.61	38.66	250m: 3:09.04	38.41	350m: 4:25.20	38.00
	100m: 1:13.95	37.97	200m: 2:30.63	38.02	300m: 3:47.20	38.16	400m: 5:01.85	36.65
10.	WITEK Oliwia		04	UKS SP-149 Łód		5:03.07	474	
	50m: 33.06	33.06	150m: 1:49.68	39.04	250m: 3:08.23	39.26	350m: 4:26.22	38.41
	100m: 1:10.64	37.58	200m: 2:28.97	39.29	300m: 3:47.81	39.58	400m: 5:03.07	36.85
11.	FIRA Weronika		04	UKS Salmo ory		5:04.31	469	
	50m: 34.18	34.18	150m: 1:50.71	38.70	250m: 3:09.00	39.26	350m: 4:26.84	38.51
	100m: 1:12.01	37.83	200m: 2:29.74	39.03	300m: 3:48.33	39.33	400m: 5:04.31	37.47
12.	KICI SKA Anna		04	UKP Manta Jelcz-Laskowice		5:05.55	463	
	50m: 34.05	34.05	150m: 1:52.51	39.54	250m: 3:12.05	39.34	350m: 4:30.25	38.79
	100m: 1:12.97	38.92	200m: 2:32.71	40.20	300m: 3:51.46	39.41	400m: 5:05.55	35.30
13.	DYDUCH Martyna		04	UKP Unia O wi cim		5:07.80	453	
	50m: 33.62	33.62	150m: 1:52.14	39.98	250m: 3:11.76	39.60	350m: 4:31.04	39.46
	100m: 1:12.16	38.54	200m: 2:32.16	40.02	300m: 3:51.58	39.82	400m: 5:07.80	36.76
14.	WOLNY Natalia		04	LKS Jedno 32 Przyszowice		5:09.86	444	
	50m: 35.06	35.06	150m: 1:53.59	40.06	250m: 3:13.39	39.69	350m: 4:33.24	40.06
	100m: 1:13.53	38.47	200m: 2:33.70	40.11	300m: 3:53.18	39.79	400m: 5:09.86	36.62
15.	GRZYMAŁA Zuzanna		04	UKS Salmo ory		5:10.63	441	
	50m: 35.28	35.28	150m: 1:53.66	39.39	250m: 3:13.61	39.88	350m: 4:32.94	39.61
	100m: 1:14.27	38.99	200m: 2:33.73	40.07	300m: 3:53.33	39.72	400m: 5:10.63	37.69

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

Pozycja			Rok ur.					Czas	Pkt.			
16.	SYSIO	Zuzanna	04	MUKS	Wodnik Łask		5:12.83	431				
	50m:	34.84	34.84	150m:	1:54.44	39.92	250m:	3:14.80	40.02	350m:	4:35.36	39.47
	100m:	1:14.52	39.68	200m:	2:34.78	40.34	300m:	3:55.89	41.09	400m:	5:12.83	37.47
17.	KOSTRZEWI	SKA Amelia	04	WKS	I sk Wrocław		5:14.22	426				
	50m:	34.10	34.10	150m:	1:52.92	40.31	250m:	3:14.03	40.56	350m:	4:35.97	40.31
	100m:	1:12.61	38.51	200m:	2:33.47	40.55	300m:	3:55.66	41.63	400m:	5:14.22	38.25
18.	SKR	TKOWSKA Martyna	04	Start	Opole		5:23.53	390				
	50m:	35.09	35.09	150m:	1:57.30	41.76	250m:	3:20.80	41.72	350m:	4:43.72	41.02
	100m:	1:15.54	40.45	200m:	2:39.08	41.78	300m:	4:02.70	41.90	400m:	5:23.53	39.81
19.	MIKRUT	Nina	04	UKS	„Nowy Klub Pływacki”		5:27.55	376				
	50m:	35.70	35.70	150m:	1:56.88	41.39	250m:	3:22.50	42.92	350m:	4:48.06	42.60
	100m:	1:15.49	39.79	200m:	2:39.58	42.70	300m:	4:05.46	42.96	400m:	5:27.55	39.49
20.	PYTKA	Katarzyna	04	UKS	„Nowy Klub Pływacki”		5:30.16	367				
	50m:	37.52	37.52	150m:	2:01.06	42.43	250m:	3:26.73	42.95	350m:	4:50.81	41.90
	100m:	1:18.63	41.11	200m:	2:43.78	42.72	300m:	4:08.91	42.18	400m:	5:30.16	39.35
21.	LALA	Patrycja	04	UKS	Salmo ory		5:35.78	349				
	50m:	37.03	37.03	150m:	2:01.09	42.81	250m:	3:27.10	43.42	350m:	4:52.74	42.86
	100m:	1:18.28	41.25	200m:	2:43.68	42.59	300m:	4:09.88	42.78	400m:	5:35.78	43.04
22.	KUCYPERA	Iga	04	WKS	I sk Wrocław		5:40.92	333				
	50m:	37.31	37.31	150m:	2:03.25	43.46	250m:	3:30.94	44.18	350m:	4:58.78	43.35
	100m:	1:19.79	42.48	200m:	2:46.76	43.51	300m:	4:15.43	44.49	400m:	5:40.92	42.14

15 lat

1.	KNOP	Aleksandra	03	UKS	190 Łód		4:21.40	740				
	50m:	30.23	30.23	150m:	1:36.86	33.58	250m:	2:43.11	32.82	350m:	3:49.64	33.01
	100m:	1:03.28	33.05	200m:	2:10.29	33.43	300m:	3:16.63	33.52	400m:	4:21.40	31.76
2.	URBAN	Karolina	03	UKS	„Ósemka” Starogard Gda s		4:36.16	627				
	50m:	31.74	31.74	150m:	1:42.12	35.28	250m:	2:52.62	35.05	350m:	4:02.89	35.04
	100m:	1:06.84	35.10	200m:	2:17.57	35.45	300m:	3:27.85	35.23	400m:	4:36.16	33.27
3.	POGO	Milena	03	CSiR	MOS w D browie Górniczej		4:37.34	619				
	50m:	32.22	32.22	150m:	1:41.84	34.88	250m:	2:52.03	35.14	350m:	4:03.01	35.54
	100m:	1:06.96	34.74	200m:	2:16.89	35.05	300m:	3:27.47	35.44	400m:	4:37.34	34.33
4.	PISKORSKA	Adela	03	UKP	„TORPEDA” Ole nica		4:43.28	581				
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:43.28	
5.	NEUBAUER	Paulina	03	UKS	„Dwójka” Tczew		4:43.39	580				
	50m:	33.11	33.11	150m:	1:45.28	35.80	250m:	2:57.08	35.74	350m:	4:08.52	35.13
	100m:	1:09.48	36.37	200m:	2:21.34	36.06	300m:	3:33.39	36.31	400m:	4:43.39	34.87
6.	MACIEJEWSKA	Beata	03	UKS	SP-149 Łód		4:43.61	579				
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:43.61	
7.	KERTY	SKA Nadia	03	WKS	I sk Wrocław		4:44.62	573				
	50m:	32.66	32.66	150m:	1:46.11	37.20	250m:	3:00.20	36.83	350m:	4:12.28	35.79
	100m:	1:08.91	36.25	200m:	2:23.37	37.26	300m:	3:36.49	36.29	400m:	4:44.62	32.34
8.	HAŁADYN	Karolina	03	UKS	190 Łód		4:44.88	571				
	50m:	32.33	32.33	150m:	1:43.83	35.99	250m:	2:56.19	36.16	350m:	4:09.33	36.41
	100m:	1:07.84	35.51	200m:	2:20.03	36.20	300m:	3:32.92	36.73	400m:	4:44.88	35.55
9.	SZWABI	SKA Adrianna	03	UKP	„TORPEDA” Ole nica		4:45.30	569				
	50m:	31.51	31.51	150m:	1:44.74	37.07	250m:	2:58.88	37.32	350m:	4:12.17	36.32
	100m:	1:07.67	36.16	200m:	2:21.56	36.82	300m:	3:35.85	36.97	400m:	4:45.30	33.13
10.	KULIK	Wiktorja	03	MTP	Kormoran Olsztyn		4:45.81	566				
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:45.81	

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

Pozycja			Rok ur.					Czas	Pkt.			
11.	ZMIERCZAK	Natalia	03	MTP Kormoran Olsztyn				4:46.11	564			
	50m:	31.93	31.93	150m:	1:44.34	36.78	250m:	2:58.88	37.32	350m:	4:11.61	35.67
	100m:	1:07.56	35.63	200m:	2:21.56	37.22	300m:	3:35.94	37.06	400m:	4:46.11	34.50
12.	SZYMA	SKA Julia	03	UKS 190 Łód				4:47.05	558			
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:47.05	
13.	CIOCH-GRADZIK	Wiktorija	03	UKS „MANTA” Kochłowice Ruda				4:47.15	558			
	50m:	31.96	31.96	150m:	1:43.99	36.66	250m:	2:57.96	36.69	350m:	4:11.91	36.79
	100m:	1:07.33	35.37	200m:	2:21.27	37.28	300m:	3:35.12	37.16	400m:	4:47.15	35.24
14.	MO D AN	Milena	03	UKS Shark Rudna				4:47.77	554			
	50m:	31.93	31.93	150m:	1:43.29	36.02	250m:	2:56.82	36.64	350m:	4:11.44	37.14
	100m:	1:07.27	35.34	200m:	2:20.18	36.89	300m:	3:34.30	37.48	400m:	4:47.77	36.33
15.	KOZANECKA	Laura	03	UKS 190 Łód				4:50.07	541			
	50m:	32.84	32.84	150m:	1:45.71	36.95	250m:	2:59.86	36.90	350m:	4:13.72	36.72
	100m:	1:08.76	35.92	200m:	2:22.96	37.25	300m:	3:37.00	37.14	400m:	4:50.07	36.35
16.	KIELAK	Julia	03	MTP Kormoran Olsztyn				4:52.40	528			
	50m:	33.71	33.71	150m:	1:47.21	37.02	250m:	3:01.68	37.25	350m:	4:16.24	37.20
	100m:	1:10.19	36.48	200m:	2:24.43	37.22	300m:	3:39.04	37.36	400m:	4:52.40	36.16
17.	DUTKOWIAK	Aleksandra	03	WKS I sk Wrocław				4:53.27	524			
	50m:	32.76	32.76	150m:	1:48.49	37.97	250m:	3:03.74	37.65	350m:	4:18.48	37.15
	100m:	1:10.52	37.76	200m:	2:26.09	37.60	300m:	3:41.33	37.59	400m:	4:53.27	34.79
18.	SKRZYPIEC	Nika	03	MKS Juvenia Wrocław				4:54.18	519			
	50m:	33.77	33.77	150m:	1:48.08	37.28	250m:	3:03.07	37.24	350m:	4:17.96	37.12
	100m:	1:10.80	37.03	200m:	2:25.83	37.75	300m:	3:40.84	37.77	400m:	4:54.18	36.22
19.	NIEWIADOMSKA	Nikola	03	UKS „MANTA” Kochłowice Ruda				4:55.51	512			
	50m:	32.40	32.40	150m:	1:48.04	38.96	250m:	3:03.87	38.33	350m:	4:19.58	38.46
	100m:	1:09.08	36.68	200m:	2:25.54	37.50	300m:	3:41.12	37.25	400m:	4:55.51	35.93
20.	PTASZY	SKA Weronika	03	UKP Unia O wi cim				4:55.85	510			
	50m:	34.11	34.11	150m:	1:48.75	37.65	250m:	3:04.26	37.30	350m:	4:19.40	37.32
	100m:	1:11.10	36.99	200m:	2:26.96	38.21	300m:	3:42.08	37.82	400m:	4:55.85	36.45
21.	NOWAKOWSKA	Marta	03	WKS I sk Wrocław				4:57.40	502			
	50m:	34.28	34.28	150m:	1:49.67	38.06	250m:	3:05.07	37.58	350m:	4:20.50	37.59
	100m:	1:11.61	37.33	200m:	2:27.49	37.82	300m:	3:42.91	37.84	400m:	4:57.40	36.90
22.	KRAWCZYK	Nikola	03	UKP Unia O wi cim				5:00.08	489			
	50m:	33.90	33.90	150m:	1:49.41	38.01	250m:	3:06.20	38.25	350m:	4:22.65	37.60
	100m:	1:11.40	37.50	200m:	2:27.95	38.54	300m:	3:45.05	38.85	400m:	5:00.08	37.43
23.	W SIK	Julia	03	UKP Unia O wi cim				5:00.25	488			
	50m:	33.70	33.70	150m:	1:48.82	38.07	250m:	3:05.28	38.23	350m:	4:22.78	38.42
	100m:	1:10.75	37.05	200m:	2:27.05	38.23	300m:	3:44.36	39.08	400m:	5:00.25	37.47
24.	KRUSI	SKA Wiktorija	03	MKS Park Wodny Tarnowskie Góry				5:00.37	487			
	50m:	33.79	33.79	150m:	1:49.25	38.50	250m:	3:07.16	39.12	350m:	4:24.13	38.24
	100m:	1:10.75	36.96	200m:	2:28.04	38.79	300m:	3:45.89	38.73	400m:	5:00.37	36.24
25.	SZARCZY	SKA Zuzanna	03	WKS I sk Wrocław				5:04.88	466			
	50m:	33.96	33.96	150m:	1:51.57	39.27	250m:	3:10.30	39.32	350m:	4:27.86	38.49
	100m:	1:12.30	38.34	200m:	2:30.98	39.41	300m:	3:49.37	39.07	400m:	5:04.88	37.02
26.	KUMOR	Aleksandra	03	UKP Unia O wi cim				5:06.01	461			
	50m:	35.78	35.78	150m:	1:52.02	38.42	250m:	3:09.19	38.59	350m:	4:27.82	39.47
	100m:	1:13.60	37.82	200m:	2:30.60	38.58	300m:	3:48.35	39.16	400m:	5:06.01	38.19
27.	DOBROWOLSKA	Natalia	03	MKS SMS Victoria Racibórz				5:06.98	457			
	50m:	34.47	34.47	150m:	1:52.20	39.23	250m:	3:10.62	39.33	350m:	4:29.50	39.27
	100m:	1:12.97	38.50	200m:	2:31.29	39.09	300m:	3:50.23	39.61	400m:	5:06.98	37.48
28.	NIEPOGODZI	SKA Izabela	03	UKS SMS Galicja Kraków				5:12.07	435			
	50m:	33.88	33.88	150m:	1:51.20	39.05	250m:	3:11.39	40.40	350m:	4:31.60	40.15
	100m:	1:12.15	38.27	200m:	2:30.99	39.79	300m:	3:51.45	40.06	400m:	5:12.07	40.47

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

Pozycja			Rok ur.					Czas	Pkt.		
29.	SALAMON Zuzanna		03	UKS Aquatica Pawłowice				5:13.56	428		
	50m:	34.61 34.61	150m:	1:53.98	40.26	250m:	3:15.23	40.62	350m:	4:36.68	39.96
	100m:	1:13.72 39.11	200m:	2:34.61	40.63	300m:	3:56.72	41.49	400m:	5:13.56	36.88
30.	POPPE Anna		03	UKS „MANTA” Kochłowice Ruda				5:15.70	420		
	50m:	35.75 35.75	150m:	1:54.03	39.88	250m:	3:15.08	40.93	350m:	4:36.45	40.92
	100m:	1:14.15 38.40	200m:	2:34.15	40.12	300m:	3:55.53	40.45	400m:	5:15.70	39.25
31.	CIESIELSKA Natalia		03	UKS SP-149 Łód				5:16.05	418		
	50m:	36.77 36.77	150m:	1:55.44	39.55	250m:	3:15.24	40.36	350m:	4:36.39	40.88
	100m:	1:15.89 39.12	200m:	2:34.88	39.44	300m:	3:55.51	40.27	400m:	5:16.05	39.66
32.	MACIOŁA Maja		03	MKS Juvenia Wrocław				5:17.26	414		
	50m:	36.08 36.08	150m:	1:56.43	40.59	250m:	3:16.57	39.87	350m:	4:37.36	40.71
	100m:	1:15.84 39.76	200m:	2:36.70	40.27	300m:	3:56.65	40.08	400m:	5:17.26	39.90
33.	KOSACKA Iga		03	MKS Zryw Opole				5:23.13	391		
	50m:	35.28 35.28	150m:	1:56.03	40.83	250m:	3:19.62	41.77	350m:	4:43.71	42.22
	100m:	1:15.20 39.92	200m:	2:37.85	41.82	300m:	4:01.49	41.87	400m:	5:23.13	39.42

16 lat

1.	JASZCZUK Ewa		02	MTP Kormoran Olsztyn				4:27.00	694		
	50m:	31.14 31.14	150m:	1:38.39	34.04	250m:	2:46.31	33.94	350m:	3:54.07	33.73
	100m:	1:04.35 33.21	200m:	2:12.37	33.98	300m:	3:20.34	34.03	400m:	4:27.00	32.93
2.	SKIBIAK Klaudia		02	UKS 190 Łód				4:34.89	636		
	50m:	31.97 31.97	150m:	1:41.82	35.05	250m:	2:51.86	34.89	350m:	4:01.66	34.68
	100m:	1:06.77 34.80	200m:	2:16.97	35.15	300m:	3:26.98	35.12	400m:	4:34.89	33.23
3.	D BROWSKA Tatiana		02	UKS 190 Łód				4:36.24	627		
	50m:	31.66 31.66	150m:	1:40.91	35.06	250m:	2:51.46	35.52	350m:	4:02.32	35.53
	100m:	1:05.85 34.19	200m:	2:15.94	35.03	300m:	3:26.79	35.33	400m:	4:36.24	33.92
4.	MICIĄK Agata		02	MKP „SŁOWIANKA” Gorzów Wlkp.				4:39.10	608		
	50m:	31.70 31.70	150m:	1:42.64	35.53	250m:	2:52.44	34.55	350m:	4:04.12	35.80
	100m:	1:07.11 35.41	200m:	2:17.89	35.25	300m:	3:28.32	35.88	400m:	4:39.10	34.98
5.	JAWORSKA Maja		02	KP MZOS Płock				4:39.17	607		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	4:39.17	
6.	RAJCA Olivia		02	UKS 190 Łód				4:41.34	593		
	50m:	32.93 32.93	150m:	1:44.46	35.89	250m:	2:56.21	35.95	350m:	4:07.64	35.55
	100m:	1:08.57 35.64	200m:	2:20.26	35.80	300m:	3:32.09	35.88	400m:	4:41.34	33.70
7.	GÓRNICKA Aleksandra		02	MKP Szczecin				4:42.19	588		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	4:42.19	
8.	ZAREMBIK Katarzyna		02	MKS SMS Victoria Racibórz				4:43.69	579		
	50m:	31.89 31.89	150m:	1:42.79	35.91	250m:	2:55.37	36.55	350m:	4:08.51	35.84
	100m:	1:06.88 34.99	200m:	2:18.82	36.03	300m:	3:32.67	37.30	400m:	4:43.69	35.18
9.	RODA Dominika		02	MKP Szczecin				4:44.96	571		
	50m:	32.10 32.10	150m:	1:43.28	35.99	250m:	2:56.64	37.07	350m:	4:08.82	35.81
	100m:	1:07.29 35.19	200m:	2:19.57	36.29	300m:	3:33.01	36.37	400m:	4:44.96	36.14
10.	NOWAK Zuzanna		02	UKP Unia O wi cim				4:45.80	566		
	50m:	31.47 31.47	150m:	1:45.27	37.76	250m:	2:59.70	37.42	350m:	4:11.83	36.26
	100m:	1:07.51 36.04	200m:	2:22.28	37.01	300m:	3:35.57	35.87	400m:	4:45.80	33.97
11.	KUCHTA Maria		02	UKS „Dwójka” Tczew				4:46.71	560		
	50m:	32.28 32.28	150m:	1:44.89	36.38	250m:	2:58.90	36.54	350m:	4:12.20	36.33
	100m:	1:08.51 36.23	200m:	2:22.36	37.47	300m:	3:35.87	36.97	400m:	4:46.71	34.51
12.	PAWŁOWSKA Barbara		02	UKS 190 Łód				4:48.12	552		
	50m:	32.51 32.51	150m:	1:44.09	35.91	250m:	2:57.35	36.74	350m:	4:10.97	36.42
	100m:	1:08.18 35.67	200m:	2:20.61	36.52	300m:	3:34.55	37.20	400m:	4:48.12	37.15

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Konkurencja 11, Dziewcz t, 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.		
13.	SERAFIN Barbara		02	UKS G-8 Bielany Warszawa				4:51.37	534		
	50m:	32.78 32.78	150m:	1:45.88	36.81	250m:	2:59.91	36.96	350m:	4:14.63	36.94
	100m:	1:09.07 36.29	200m:	2:22.95	37.07	300m:	3:37.69	37.78	400m:	4:51.37	36.74
14.	NIEMCZYK Wiktoria		02	MOSM Tychy				4:54.33	518		
	50m:	33.30 33.30	150m:	1:47.68	37.62	250m:	3:03.82	38.27	350m:	4:18.81	36.90
	100m:	1:10.06 36.76	200m:	2:25.55	37.87	300m:	3:41.91	38.09	400m:	4:54.33	35.52
15.	MRUK Aleksandra		02	UKP Manta Jelcz-Laskowice				4:55.09	514		
	50m:	32.21 32.21	150m:	1:45.57	37.25	250m:	3:01.61	38.20	350m:	4:17.93	37.85
	100m:	1:08.32 36.11	200m:	2:23.41	37.84	300m:	3:40.08	38.47	400m:	4:55.09	37.16
16.	GABOR Martyna		02	UKP Unia O wi cim				5:00.71	486		
	50m:	33.27 33.27	150m:	1:47.61	37.43	250m:	3:04.91	38.71	350m:	4:23.68	39.15
	100m:	1:10.18 36.91	200m:	2:26.20	38.59	300m:	3:44.53	39.62	400m:	5:00.71	37.03
17.	WO NIAK Karolina		02	UKP Unia O wi cim				5:02.78	476		
	50m:	33.18 33.18	150m:	1:48.36	38.15	250m:	3:05.89	38.77	350m:	4:24.99	39.62
	100m:	1:10.21 37.03	200m:	2:27.12	38.76	300m:	3:45.37	39.48	400m:	5:02.78	37.79
18.	FUKS Emilia		02	UKS Wodnik Siemianowice I ski				5:04.25	469		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	5:04.25	

17 - 18 lat

1.	GAWRO SKA Zoe		00	MKP Szczecin				4:29.11	678		
	50m:	30.82 30.82	150m:	1:38.23	34.09	250m:	2:46.40	34.14	350m:	3:55.23	34.54
	100m:	1:04.14 33.32	200m:	2:12.26	34.03	300m:	3:20.69	34.29	400m:	4:29.11	33.88
2.	PIECHOTA Karolina		01	UKS 190 Łód				4:30.68	666		
	50m:	31.57 31.57	150m:	1:39.19	34.21	250m:	2:47.81	34.50	350m:	3:57.08	35.02
	100m:	1:04.98 33.41	200m:	2:13.31	34.12	300m:	3:22.06	34.25	400m:	4:30.68	33.60
3.	MARGULA Weronika		00	MKP Szczecin				4:32.35	654		
	50m:	31.73 31.73	150m:	1:39.85	34.21	250m:	2:48.46	34.56	350m:	3:57.78	34.93
	100m:	1:05.64 33.91	200m:	2:13.90	34.05	300m:	3:22.85	34.39	400m:	4:32.35	34.57
4.	KOSI SKA Dominika		01	AZS AWF Katowice				4:33.11	649		
	50m:	32.44 32.44	150m:	1:42.33	35.16	250m:	2:52.18	34.83	350m:	4:00.76	34.11
	100m:	1:07.17 34.73	200m:	2:17.35	35.02	300m:	3:26.65	34.47	400m:	4:33.11	32.35
5.	ŁYSAKOWSKA Julia		01	KU AZS UMCS Lublin				4:34.12	641		
	50m:	31.66 31.66	150m:	1:40.59	34.98	250m:	2:50.91	35.35	350m:	4:01.34	35.06
	100m:	1:05.61 33.95	200m:	2:15.56	34.97	300m:	3:26.28	35.37	400m:	4:34.12	32.78
6.	BARYŁA Julia		00	MKP Szczecin				4:34.42	639		
	50m:	31.88 31.88	150m:	1:41.57	34.96	250m:	2:50.68	34.48	350m:	4:00.93	35.21
	100m:	1:06.61 34.73	200m:	2:16.20	34.63	300m:	3:25.72	35.04	400m:	4:34.42	33.49
7.	RABINIAK Zuzanna		01	KU AZS UMCS Lublin				4:41.84	590		
	50m:	31.53 31.53	150m:	1:42.26	35.78	250m:	2:53.97	35.86	350m:	4:05.94	35.85
	100m:	1:06.48 34.95	200m:	2:18.11	35.85	300m:	3:30.09	36.12	400m:	4:41.84	35.90
8.	NITA Daria		01	KS Korona Kraków				4:43.11	582		
	50m:	32.27 32.27	150m:	1:43.36	35.65	250m:	2:54.86	36.07	350m:	4:08.11	37.04
	100m:	1:07.71 35.44	200m:	2:18.79	35.43	300m:	3:31.07	36.21	400m:	4:43.11	35.00
9.	I YCKA Marta		00	UKS Wodnik Siemianowice I ski				4:43.15	582		
	50m:	32.14 32.14	150m:	1:43.52	35.64	250m:	2:56.25	36.36	350m:	4:08.51	35.83
	100m:	1:07.88 35.74	200m:	2:19.89	36.37	300m:	3:32.68	36.43	400m:	4:43.15	34.64
10.	W GRZYNOWSKA Aleksandra		01	WKS I sk Wrocław				4:43.90	577		
	50m:	31.73 31.73	150m:	1:43.72	36.07	250m:	2:56.44	36.34	350m:	4:08.82	35.55
	100m:	1:07.65 35.92	200m:	2:20.10	36.38	300m:	3:33.27	36.83	400m:	4:43.90	35.08
11.	KWIATKOWSKA Zofia		01	KU AZS UMCS Lublin				4:44.98	571		
	50m:	31.28 31.28	150m:	1:42.70	36.17	250m:	2:56.67	37.26	350m:	4:10.59	37.04
	100m:	1:06.53 35.25	200m:	2:19.41	36.71	300m:	3:33.55	36.88	400m:	4:44.98	34.39

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Konkurencja 11, Kobiet, 400m dowolny, 17 - 18 lat

Pozycja			Rok ur.					Czas	Pkt.
12.	JU WICKA	Zuzanna	01	MKS Trójka Łód				4:45.67	567
	50m:	32.76 32.76	150m:	1:44.03 36.00	250m:	2:56.12 35.78	350m:	4:09.04 36.54	
	100m:	1:08.03 35.27	200m:	2:20.34 36.31	300m:	3:32.50 36.38	400m:	4:45.67 36.63	
13.	ULICKA	Alicja	01	UKS Nawa Skierniewice				4:46.71	560
	50m:	31.22 31.22	150m:	1:43.14 36.41	250m:	2:57.15 37.27	350m:	4:11.17 36.82	
	100m:	1:06.73 35.51	200m:	2:19.88 36.74	300m:	3:34.35 37.20	400m:	4:46.71 35.54	
14.	BIEGAŁA	Klaudia	01	MKS Trójka Łód				4:47.99	553
	50m:	32.71 32.71	150m:	1:44.93 36.37	250m:	2:58.90 37.06	350m:	4:12.92 37.10	
	100m:	1:08.56 35.85	200m:	2:21.84 36.91	300m:	3:35.82 36.92	400m:	4:47.99 35.07	
15.	TOMO	Martyna	00	Uks Skarpa Lublin				4:49.95	542
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	4:49.95	
16.	KUROPATWA	Weronika	01	UKS abianka Gda sk				5:07.73	453
	50m:	34.63 34.63	150m:	1:50.79 38.39	250m:	3:09.15 39.03	350m:	4:28.47 39.65	
	100m:	1:12.40 37.77	200m:	2:30.12 39.33	300m:	3:48.82 39.67	400m:	5:07.73 39.26	
17.	GAZDA	Zuzanna	01	CSiR MOS w D browie Górniczej				5:11.28	438
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	5:11.28	
Open									
1.	UKOWSKA	Paula	93	AZS AWF Katowice				4:20.90	744
	50m:	30.50 30.50	150m:	1:37.12 33.40	250m:	2:43.77 33.35	350m:	3:49.88 33.04	
	100m:	1:03.72 33.22	200m:	2:10.42 33.30	300m:	3:16.84 33.07	400m:	4:20.90 31.02	
2.	PIECHOTA	Paulina	99	UKS 190 Łód				4:20.92	744
	50m:	30.64 30.64	150m:	1:36.90 33.26	250m:	2:43.39 33.28	350m:	3:49.70 33.17	
	100m:	1:03.64 33.00	200m:	2:10.11 33.21	300m:	3:16.53 33.14	400m:	4:20.92 31.22	
3.	KNOP	Aleksandra	03	UKS 190 Łód				4:21.40	740
	50m:	30.23 30.23	150m:	1:36.86 33.58	250m:	2:43.11 32.82	350m:	3:49.64 33.01	
	100m:	1:03.28 33.05	200m:	2:10.29 33.43	300m:	3:16.63 33.52	400m:	4:21.40 31.76	
4.	JASZCZUK	Ewa	02	MTP Kormoran Olsztyn				4:27.00	694
	50m:	31.14 31.14	150m:	1:38.39 34.04	250m:	2:46.31 33.94	350m:	3:54.07 33.73	
	100m:	1:04.35 33.21	200m:	2:12.37 33.98	300m:	3:20.34 34.03	400m:	4:27.00 32.93	
5.	GAWRO	SKA Zoe	00	MKP Szczecin				4:29.11	678
	50m:	30.82 30.82	150m:	1:38.23 34.09	250m:	2:46.40 34.14	350m:	3:55.23 34.54	
	100m:	1:04.14 33.32	200m:	2:12.26 34.03	300m:	3:20.69 34.29	400m:	4:29.11 33.88	
6.	PIECHOTA	Karolina	01	UKS 190 Łód				4:30.68	666
	50m:	31.57 31.57	150m:	1:39.19 34.21	250m:	2:47.81 34.50	350m:	3:57.08 35.02	
	100m:	1:04.98 33.41	200m:	2:13.31 34.12	300m:	3:22.06 34.25	400m:	4:30.68 33.60	
7.	MARGULA	Weronika	00	MKP Szczecin				4:32.35	654
	50m:	31.73 31.73	150m:	1:39.85 34.21	250m:	2:48.46 34.56	350m:	3:57.78 34.93	
	100m:	1:05.64 33.91	200m:	2:13.90 34.05	300m:	3:22.85 34.39	400m:	4:32.35 34.57	
8.	KOSI	SKA Dominika	01	AZS AWF Katowice				4:33.11	649
	50m:	32.44 32.44	150m:	1:42.33 35.16	250m:	2:52.18 34.83	350m:	4:00.76 34.11	
	100m:	1:07.17 34.73	200m:	2:17.35 35.02	300m:	3:26.65 34.47	400m:	4:33.11 32.35	
9.	TRACZYK	Justyna	04	WKS I sk Wrocław				4:34.03	642
	50m:	31.47 31.47	150m:	1:40.81 34.98	250m:	2:51.14 34.90	350m:	4:01.02 34.71	
	100m:	1:05.83 34.36	200m:	2:16.24 35.43	300m:	3:26.31 35.17	400m:	4:34.03 33.01	
10.	ŁYSAKOWSKA	Julia	01	KU AZS UMCS Lublin				4:34.12	641
	50m:	31.66 31.66	150m:	1:40.59 34.98	250m:	2:50.91 35.35	350m:	4:01.34 35.06	
	100m:	1:05.61 33.95	200m:	2:15.56 34.97	300m:	3:26.28 35.37	400m:	4:34.12 32.78	
11.	BARYŁA	Julia	00	MKP Szczecin				4:34.42	639
	50m:	31.88 31.88	150m:	1:41.57 34.96	250m:	2:50.68 34.48	350m:	4:00.93 35.21	
	100m:	1:06.61 34.73	200m:	2:16.20 34.63	300m:	3:25.72 35.04	400m:	4:34.42 33.49	

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Konkurencja 11, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.
12.	JABŁO SKA Oliwia		97	Wojewódzkie Zrzeszenie Sportow				4:34.77	637
	50m:	32.01 32.01	150m:	1:40.64 34.57	250m:	2:50.69 34.89	350m:	4:00.86 35.09	
	100m:	1:06.07 34.06	200m:	2:15.80 35.16	300m:	3:25.77 35.08	400m:	4:34.77 33.91	
13.	SKIBIAK Klaudia		02	UKS 190 Łód				4:34.89	636
	50m:	31.97 31.97	150m:	1:41.82 35.05	250m:	2:51.86 34.89	350m:	4:01.66 34.68	
	100m:	1:06.77 34.80	200m:	2:16.97 35.15	300m:	3:26.98 35.12	400m:	4:34.89 33.23	
14.	URBAN Karolina		03	UKS „Ósemka" Starogard Gda s				4:36.16	627
	50m:	31.74 31.74	150m:	1:42.12 35.28	250m:	2:52.62 35.05	350m:	4:02.89 35.04	
	100m:	1:06.84 35.10	200m:	2:17.57 35.45	300m:	3:27.85 35.23	400m:	4:36.16 33.27	
15.	D BROWSKA Tatiana		02	UKS 190 Łód				4:36.24	627
	50m:	31.66 31.66	150m:	1:40.91 35.06	250m:	2:51.46 35.52	350m:	4:02.32 35.53	
	100m:	1:05.85 34.19	200m:	2:15.94 35.03	300m:	3:26.79 35.33	400m:	4:36.24 33.92	
16.	POGO Milena		03	CSiR MOS w D browie Górnicyej				4:37.34	619
	50m:	32.22 32.22	150m:	1:41.84 34.88	250m:	2:52.03 35.14	350m:	4:03.01 35.54	
	100m:	1:06.96 34.74	200m:	2:16.89 35.05	300m:	3:27.47 35.44	400m:	4:37.34 34.33	
17.	BART Patrycja		97	MKS „Pałac Młodzie y"				4:37.50	618
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	4:37.50	
18.	MICIAK Agata		02	MKP „SŁOWIANKA" Gorzów Wlkp.				4:39.10	608
	50m:	31.70 31.70	150m:	1:42.64 35.53	250m:	2:52.44 34.55	350m:	4:04.12 35.80	
	100m:	1:07.11 35.41	200m:	2:17.89 35.25	300m:	3:28.32 35.88	400m:	4:39.10 34.98	
19.	JAWORSKA Maja		02	KP MZOS Płock				4:39.17	607
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	4:39.17	
20.	BAKUNIAK Hanna		96	MKP Szczecin				4:39.61	604
	50m:	31.72 31.72	150m:	1:40.31 34.44	250m:	2:50.88 35.40	350m:	4:03.82 36.52	
	100m:	1:05.87 34.15	200m:	2:15.48 35.17	300m:	3:27.30 36.42	400m:	4:39.61 35.79	
21.	RAJCA Olivia		02	UKS 190 Łód				4:41.34	593
	50m:	32.93 32.93	150m:	1:44.46 35.89	250m:	2:56.21 35.95	350m:	4:07.64 35.55	
	100m:	1:08.57 35.64	200m:	2:20.26 35.80	300m:	3:32.09 35.88	400m:	4:41.34 33.70	
22.	RABINIAK Zuzanna		01	KU AZS UMCS Lublin				4:41.84	590
	50m:	31.53 31.53	150m:	1:42.26 35.78	250m:	2:53.97 35.86	350m:	4:05.94 35.85	
	100m:	1:06.48 34.95	200m:	2:18.11 35.85	300m:	3:30.09 36.12	400m:	4:41.84 35.90	
23.	GÓRNICKA Aleksandra		02	MKP Szczecin				4:42.19	588
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	4:42.19	
24.	NITA Daria		01	KS Korona Kraków				4:43.11	582
	50m:	32.27 32.27	150m:	1:43.36 35.65	250m:	2:54.86 36.07	350m:	4:08.11 37.04	
	100m:	1:07.71 35.44	200m:	2:18.79 35.43	300m:	3:31.07 36.21	400m:	4:43.11 35.00	
25.	I YCKA Marta		00	UKS Wodnik Siemianowice I ski				4:43.15	582
	50m:	32.14 32.14	150m:	1:43.52 35.64	250m:	2:56.25 36.36	350m:	4:08.51 35.83	
	100m:	1:07.88 35.74	200m:	2:19.89 36.37	300m:	3:32.68 36.43	400m:	4:43.15 34.64	
26.	PISKORSKA Adela		03	UKP „TORPEDA" Ole nica				4:43.28	581
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	4:43.28	
27.	NEUBAUER Paulina		03	UKS „Dwójka" Tczew				4:43.39	580
	50m:	33.11 33.11	150m:	1:45.28 35.80	250m:	2:57.08 35.74	350m:	4:08.52 35.13	
	100m:	1:09.48 36.37	200m:	2:21.34 36.06	300m:	3:33.39 36.31	400m:	4:43.39 34.87	
28.	MACIEJEWSKA Beata		03	UKS SP-149 Łód				4:43.61	579
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	4:43.61	
29.	ZAREMBIK Katarzyna		02	MKS SMS Victoria Racibórz				4:43.69	579
	50m:	31.89 31.89	150m:	1:42.79 35.91	250m:	2:55.37 36.55	350m:	4:08.51 35.84	
	100m:	1:06.88 34.99	200m:	2:18.82 36.03	300m:	3:32.67 37.30	400m:	4:43.69 35.18	

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30.	W	GRZYNOWSKA Aleksandra	01	WKS	I sk Wrocław		4:43.90	577	
		50m: 31.73 31.73	150m: 1:43.72	36.07	250m: 2:56.44	36.34	350m: 4:08.82	35.55	
		100m: 1:07.65 35.92	200m: 2:20.10	36.38	300m: 3:33.27	36.83	400m: 4:43.90	35.08	
31.	KERTY	SKA Nadia	03	WKS	I sk Wrocław		4:44.62	573	
		50m: 32.66 32.66	150m: 1:46.11	37.20	250m: 3:00.20	36.83	350m: 4:12.28	35.79	
		100m: 1:08.91 36.25	200m: 2:23.37	37.26	300m: 3:36.49	36.29	400m: 4:44.62	32.34	
32.	HAŁADYN	Karolina	03	UKS	190 Łódź		4:44.88	571	
		50m: 32.33 32.33	150m: 1:43.83	35.99	250m: 2:56.19	36.16	350m: 4:09.33	36.41	
		100m: 1:07.84 35.51	200m: 2:20.03	36.20	300m: 3:32.92	36.73	400m: 4:44.88	35.55	
33.	RODA	Dominika	02	MKP	Szczecin		4:44.96	571	
		50m: 32.10 32.10	150m: 1:43.28	35.99	250m: 2:56.64	37.07	350m: 4:08.82	35.81	
		100m: 1:07.29 35.19	200m: 2:19.57	36.29	300m: 3:33.01	36.37	400m: 4:44.96	36.14	
34.	KWIATKOWSKA	Zofia	01	KU AZS	UMCS Lublin		4:44.98	571	
		50m: 31.28 31.28	150m: 1:42.70	36.17	250m: 2:56.67	37.26	350m: 4:10.59	37.04	
		100m: 1:06.53 35.25	200m: 2:19.41	36.71	300m: 3:33.55	36.88	400m: 4:44.98	34.39	
35.	SZWABI	SKA Adrianna	03	UKP „TORPEDA”	Ole nica		4:45.30	569	
		50m: 31.51 31.51	150m: 1:44.74	37.07	250m: 2:58.88	37.32	350m: 4:12.17	36.32	
		100m: 1:07.67 36.16	200m: 2:21.56	36.82	300m: 3:35.85	36.97	400m: 4:45.30	33.13	
36.	JU	WICKA Zuzanna	01	MKS	Trójka Łódź		4:45.67	567	
		50m: 32.76 32.76	150m: 1:44.03	36.00	250m: 2:56.12	35.78	350m: 4:09.04	36.54	
		100m: 1:08.03 35.27	200m: 2:20.34	36.31	300m: 3:32.50	36.38	400m: 4:45.67	36.63	
37.	NOWAK	Zuzanna	02	UKP	Unia O wi cim		4:45.80	566	
		50m: 31.47 31.47	150m: 1:45.27	37.76	250m: 2:59.70	37.42	350m: 4:11.83	36.26	
		100m: 1:07.51 36.04	200m: 2:22.28	37.01	300m: 3:35.57	35.87	400m: 4:45.80	33.97	
38.	KULIK	Wiktoria	03	MTP	Kormoran Olsztyn		4:45.81	566	
		50m:	150m:		250m:		350m:		
		100m:	200m:		300m:		400m:	4:45.81	
39.	ZMIERCZAK	Natalia	03	MTP	Kormoran Olsztyn		4:46.11	564	
		50m: 31.93 31.93	150m: 1:44.34	36.78	250m: 2:58.88	37.32	350m: 4:11.61	35.67	
		100m: 1:07.56 35.63	200m: 2:21.56	37.22	300m: 3:35.94	37.06	400m: 4:46.11	34.50	
40.	KUCHTA	Maria	02	UKS „Dwójka”	Tczew		4:46.71	560	
		50m: 32.28 32.28	150m: 1:44.89	36.38	250m: 2:58.90	36.54	350m: 4:12.20	36.33	
		100m: 1:08.51 36.23	200m: 2:22.36	37.47	300m: 3:35.87	36.97	400m: 4:46.71	34.51	
		ULICKA Alicja	01	UKS	Nawa Skierniewice		4:46.71	560	
		50m: 31.22 31.22	150m: 1:43.14	36.41	250m: 2:57.15	37.27	350m: 4:11.17	36.82	
		100m: 1:06.73 35.51	200m: 2:19.88	36.74	300m: 3:34.35	37.20	400m: 4:46.71	35.54	
42.	SZYMA	SKA Julia	03	UKS	190 Łódź		4:47.05	558	
		50m:	150m:		250m:		350m:		
		100m:	200m:		300m:		400m:	4:47.05	
43.	CIOCH-GRADZIK	Wiktoria	03	UKS „MANTA”	Kochłowice Ruda		4:47.15	558	
		50m: 31.96 31.96	150m: 1:43.99	36.66	250m: 2:57.96	36.69	350m: 4:11.91	36.79	
		100m: 1:07.33 35.37	200m: 2:21.27	37.28	300m: 3:35.12	37.16	400m: 4:47.15	35.24	
44.	MO D AN	Milena	03	UKS	Shark Rudna		4:47.77	554	
		50m: 31.93 31.93	150m: 1:43.29	36.02	250m: 2:56.82	36.64	350m: 4:11.44	37.14	
		100m: 1:07.27 35.34	200m: 2:20.18	36.89	300m: 3:34.30	37.48	400m: 4:47.77	36.33	
45.	BIEGAŁA	Klaudia	01	MKS	Trójka Łódź		4:47.99	553	
		50m: 32.71 32.71	150m: 1:44.93	36.37	250m: 2:58.90	37.06	350m: 4:12.92	37.10	
		100m: 1:08.56 35.85	200m: 2:21.84	36.91	300m: 3:35.82	36.92	400m: 4:47.99	35.07	
46.	PAWŁOWSKA	Barbara	02	UKS	190 Łódź		4:48.12	552	
		50m: 32.51 32.51	150m: 1:44.09	35.91	250m: 2:57.35	36.74	350m: 4:10.97	36.42	
		100m: 1:08.18 35.67	200m: 2:20.61	36.52	300m: 3:34.55	37.20	400m: 4:48.12	37.15	
47.	TOMO	Martyna	00	Uks	Skarpa Lublin		4:49.95	542	
		50m:	150m:		250m:		350m:		
		100m:	200m:		300m:		400m:	4:49.95	

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48.	KOZANECKA Laura		03	UKS 190 Łódź				4:50.07	541
	50m: 32.84	32.84	150m: 1:45.71	36.95	250m: 2:59.86	36.90	350m: 4:13.72	36.72	
	100m: 1:08.76	35.92	200m: 2:22.96	37.25	300m: 3:37.00	37.14	400m: 4:50.07	36.35	
49.	KRUPI SKA Lila		04	MTP Kormoran Olsztyn				4:50.45	539
	50m: 33.83	33.83	150m: 1:48.79	37.30	250m: 3:02.65	36.47	350m: 4:15.85	36.02	
	100m: 1:11.49	37.66	200m: 2:26.18	37.39	300m: 3:39.83	37.18	400m: 4:50.45	34.60	
50.	MALINO Julia		04	UKS „ORKA” Zamo				4:51.23	535
	50m: 32.39	32.39	150m: 1:45.25	37.37	250m: 3:00.45	38.11	350m: 4:15.89	37.97	
	100m: 1:07.88	35.49	200m: 2:22.34	37.09	300m: 3:37.92	37.47	400m: 4:51.23	35.34	
51.	SERAFIN Barbara		02	UKS G-8 Bielany Warszawa				4:51.37	534
	50m: 32.78	32.78	150m: 1:45.88	36.81	250m: 2:59.91	36.96	350m: 4:14.63	36.94	
	100m: 1:09.07	36.29	200m: 2:22.95	37.07	300m: 3:37.69	37.78	400m: 4:51.37	36.74	
52.	WILCZEK Renata		04	KS Płetwal Zakopane				4:51.47	533
	50m: 33.23	33.23	150m: 1:48.19	38.09	250m: 3:02.90	37.27	350m: 4:17.40	36.63	
	100m: 1:10.10	36.87	200m: 2:25.63	37.44	300m: 3:40.77	37.87	400m: 4:51.47	34.07	
53.	SZUPER Katarzyna		04	UKS „ORKA” Zamo				4:52.16	530
	50m: 32.61	32.61	150m: 1:46.70	37.77	250m: 3:03.11	38.26	350m: 4:18.21	36.77	
	100m: 1:08.93	36.32	200m: 2:24.85	38.15	300m: 3:41.44	38.33	400m: 4:52.16	33.95	
54.	BOCIAN Roksana		04	LKS Jedno 32 Przyszowice				4:52.21	529
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	4:52.21	
55.	KIELAK Julia		03	MTP Kormoran Olsztyn				4:52.40	528
	50m: 33.71	33.71	150m: 1:47.21	37.02	250m: 3:01.68	37.25	350m: 4:16.24	37.20	
	100m: 1:10.19	36.48	200m: 2:24.43	37.22	300m: 3:39.04	37.36	400m: 4:52.40	36.16	
56.	DUTKOWIAK Aleksandra		03	WKS I sk Wrocław				4:53.27	524
	50m: 32.76	32.76	150m: 1:48.49	37.97	250m: 3:03.74	37.65	350m: 4:18.48	37.15	
	100m: 1:10.52	37.76	200m: 2:26.09	37.60	300m: 3:41.33	37.59	400m: 4:53.27	34.79	
57.	SKRZYPIEC Nika		03	MKS Juwenia Wrocław				4:54.18	519
	50m: 33.77	33.77	150m: 1:48.08	37.28	250m: 3:03.07	37.24	350m: 4:17.96	37.12	
	100m: 1:10.80	37.03	200m: 2:25.83	37.75	300m: 3:40.84	37.77	400m: 4:54.18	36.22	
58.	NIEMCZYK Wiktoria		02	MOSM Tychy				4:54.33	518
	50m: 33.30	33.30	150m: 1:47.68	37.62	250m: 3:03.82	38.27	350m: 4:18.81	36.90	
	100m: 1:10.06	36.76	200m: 2:25.55	37.87	300m: 3:41.91	38.09	400m: 4:54.33	35.52	
59.	MRUK Aleksandra		02	UKP Manta Jelcz-Laskowice				4:55.09	514
	50m: 32.21	32.21	150m: 1:45.57	37.25	250m: 3:01.61	38.20	350m: 4:17.93	37.85	
	100m: 1:08.32	36.11	200m: 2:23.41	37.84	300m: 3:40.08	38.47	400m: 4:55.09	37.16	
60.	NIEWIADOMSKA Nikola		03	UKS „MANTA” Kochłowice Ruda				4:55.51	512
	50m: 32.40	32.40	150m: 1:48.04	38.96	250m: 3:03.87	38.33	350m: 4:19.58	38.46	
	100m: 1:09.08	36.68	200m: 2:25.54	37.50	300m: 3:41.12	37.25	400m: 4:55.51	35.93	
61.	PTASZY SKA Weronika		03	UKP Unia O wi cim				4:55.85	510
	50m: 34.11	34.11	150m: 1:48.75	37.65	250m: 3:04.26	37.30	350m: 4:19.40	37.32	
	100m: 1:11.10	36.99	200m: 2:26.96	38.21	300m: 3:42.08	37.82	400m: 4:55.85	36.45	
62.	SOBOLEWSKA Magdalena		04	UKS „MANTA” Kochłowice Ruda				4:56.27	508
	50m: 33.41	33.41	150m: 1:47.74	37.42	250m: 3:03.99	38.04	350m: 4:19.79	37.63	
	100m: 1:10.32	36.91	200m: 2:25.95	38.21	300m: 3:42.16	38.17	400m: 4:56.27	36.48	
63.	MIERNIK Wiktoria		04	UKP Unia O wi cim				4:56.46	507
	50m: 33.64	33.64	150m: 1:48.38	37.60	250m: 3:04.73	38.35	350m: 4:20.25	37.65	
	100m: 1:10.78	37.14	200m: 2:26.38	38.00	300m: 3:42.60	37.87	400m: 4:56.46	36.21	
64.	NOWAKOWSKA Marta		03	WKS I sk Wrocław				4:57.40	502
	50m: 34.28	34.28	150m: 1:49.67	38.06	250m: 3:05.07	37.58	350m: 4:20.50	37.59	
	100m: 1:11.61	37.33	200m: 2:27.49	37.82	300m: 3:42.91	37.84	400m: 4:57.40	36.90	
65.	KRAWCZYK Nikola		03	UKP Unia O wi cim				5:00.08	489
	50m: 33.90	33.90	150m: 1:49.41	38.01	250m: 3:06.20	38.25	350m: 4:22.65	37.60	
	100m: 1:11.40	37.50	200m: 2:27.95	38.54	300m: 3:45.05	38.85	400m: 5:00.08	37.43	

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66.	W	SIK Julia	03	UKP Unia O	wi	cim	5:00.25	488				
	50m:	33.70	33.70	150m:	1:48.82	38.07	250m:	3:05.28	38.23	350m:	4:22.78	38.42
	100m:	1:10.75	37.05	200m:	2:27.05	38.23	300m:	3:44.36	39.08	400m:	5:00.25	37.47
67.	KRUSI	SKA Wiktoria	03	MKS Park Wodny Tarnowskie Góry			5:00.37	487				
	50m:	33.79	33.79	150m:	1:49.25	38.50	250m:	3:07.16	39.12	350m:	4:24.13	38.24
	100m:	1:10.75	36.96	200m:	2:28.04	38.79	300m:	3:45.89	38.73	400m:	5:00.37	36.24
68.	GABOR	Martyna	02	UKP Unia O	wi	cim	5:00.71	486				
	50m:	33.27	33.27	150m:	1:47.61	37.43	250m:	3:04.91	38.71	350m:	4:23.68	39.15
	100m:	1:10.18	36.91	200m:	2:26.20	38.59	300m:	3:44.53	39.62	400m:	5:00.71	37.03
69.	GOMUŁKA	Natalia	04	UKS 190 Łódź			5:01.85	480				
	50m:	35.98	35.98	150m:	1:52.61	38.66	250m:	3:09.04	38.41	350m:	4:25.20	38.00
	100m:	1:13.95	37.97	200m:	2:30.63	38.02	300m:	3:47.20	38.16	400m:	5:01.85	36.65
70.	WO	NIAK Karolina	02	UKP Unia O	wi	cim	5:02.78	476				
	50m:	33.18	33.18	150m:	1:48.36	38.15	250m:	3:05.89	38.77	350m:	4:24.99	39.62
	100m:	1:10.21	37.03	200m:	2:27.12	38.76	300m:	3:45.37	39.48	400m:	5:02.78	37.79
71.	WITEK	Oliwia	04	UKS SP-149 Łódź			5:03.07	474				
	50m:	33.06	33.06	150m:	1:49.68	39.04	250m:	3:08.23	39.26	350m:	4:26.22	38.41
	100m:	1:10.64	37.58	200m:	2:28.97	39.29	300m:	3:47.81	39.58	400m:	5:03.07	36.85
72.	FUKS	Emilia	02	UKS Wodnik Siemianowice I ski			5:04.25	469				
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:04.25	
73.	FIRA	Weronika	04	UKS Salmo ory			5:04.31	469				
	50m:	34.18	34.18	150m:	1:50.71	38.70	250m:	3:09.00	39.26	350m:	4:26.84	38.51
	100m:	1:12.01	37.83	200m:	2:29.74	39.03	300m:	3:48.33	39.33	400m:	5:04.31	37.47
74.	SZARCZY	SKA Zuzanna	03	WKS I sk Wrocław			5:04.88	466				
	50m:	33.96	33.96	150m:	1:51.57	39.27	250m:	3:10.30	39.32	350m:	4:27.86	38.49
	100m:	1:12.30	38.34	200m:	2:30.98	39.41	300m:	3:49.37	39.07	400m:	5:04.88	37.02
75.	KICI	SKA Anna	04	UKP Manta Jelcz-Laskowice			5:05.55	463				
	50m:	34.05	34.05	150m:	1:52.51	39.54	250m:	3:12.05	39.34	350m:	4:30.25	38.79
	100m:	1:12.97	38.92	200m:	2:32.71	40.20	300m:	3:51.46	39.41	400m:	5:05.55	35.30
76.	KUMOR	Aleksandra	03	UKP Unia O	wi	cim	5:06.01	461				
	50m:	35.78	35.78	150m:	1:52.02	38.42	250m:	3:09.19	38.59	350m:	4:27.82	39.47
	100m:	1:13.60	37.82	200m:	2:30.60	38.58	300m:	3:48.35	39.16	400m:	5:06.01	38.19
77.	DOBROWOLSKA	Natalia	03	MKS SMS Victoria Racibórz			5:06.98	457				
	50m:	34.47	34.47	150m:	1:52.20	39.23	250m:	3:10.62	39.33	350m:	4:29.50	39.27
	100m:	1:12.97	38.50	200m:	2:31.29	39.09	300m:	3:50.23	39.61	400m:	5:06.98	37.48
78.	KUROPATWA	Weronika	01	UKS abianka Gdańsk			5:07.73	453				
	50m:	34.63	34.63	150m:	1:50.79	38.39	250m:	3:09.15	39.03	350m:	4:28.47	39.65
	100m:	1:12.40	37.77	200m:	2:30.12	39.33	300m:	3:48.82	39.67	400m:	5:07.73	39.26
79.	DYDUCH	Martyna	04	UKP Unia O	wi	cim	5:07.80	453				
	50m:	33.62	33.62	150m:	1:52.14	39.98	250m:	3:11.76	39.60	350m:	4:31.04	39.46
	100m:	1:12.16	38.54	200m:	2:32.16	40.02	300m:	3:51.58	39.82	400m:	5:07.80	36.76
80.	WOLNY	Natalia	04	LKS Jedno 32 Przyszowice			5:09.86	444				
	50m:	35.06	35.06	150m:	1:53.59	40.06	250m:	3:13.39	39.69	350m:	4:33.24	40.06
	100m:	1:13.53	38.47	200m:	2:33.70	40.11	300m:	3:53.18	39.79	400m:	5:09.86	36.62
81.	GRZYMAŁA	Zuzanna	04	UKS Salmo ory			5:10.63	441				
	50m:	35.28	35.28	150m:	1:53.66	39.39	250m:	3:13.61	39.88	350m:	4:32.94	39.61
	100m:	1:14.27	38.99	200m:	2:33.73	40.07	300m:	3:53.33	39.72	400m:	5:10.63	37.69
82.	GAZDA	Zuzanna	01	CSiR MOS w Dębrowie Górniczej			5:11.28	438				
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:11.28	
83.	NIEPOGODZI	SKA Izabela	03	UKS SMS Galicja Kraków			5:12.07	435				
	50m:	33.88	33.88	150m:	1:51.20	39.05	250m:	3:11.39	40.40	350m:	4:31.60	40.15
	100m:	1:12.15	38.27	200m:	2:30.99	39.79	300m:	3:51.45	40.06	400m:	5:12.07	40.47

Arena Grand Prix Puchar Polski
Opole, 28. - 29.4.2018

Konkurencja 11, Kobiet, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.
84.	SYSIO Zuzanna		04	MUKS Wodnik Łask			5:12.83	431	
	50m: 34.84	34.84	150m: 1:54.44	39.92	250m: 3:14.80	40.02	350m: 4:35.36	39.47	
	100m: 1:14.52	39.68	200m: 2:34.78	40.34	300m: 3:55.89	41.09	400m: 5:12.83	37.47	
85.	SALAMON Zuzanna		03	UKS Aquatica Pawłowice			5:13.56	428	
	50m: 34.61	34.61	150m: 1:53.98	40.26	250m: 3:15.23	40.62	350m: 4:36.68	39.96	
	100m: 1:13.72	39.11	200m: 2:34.61	40.63	300m: 3:56.72	41.49	400m: 5:13.56	36.88	
86.	KOSTRZEWI SKA Amelia		04	WKS I sk Wrocław			5:14.22	426	
	50m: 34.10	34.10	150m: 1:52.92	40.31	250m: 3:14.03	40.56	350m: 4:35.97	40.31	
	100m: 1:12.61	38.51	200m: 2:33.47	40.55	300m: 3:55.66	41.63	400m: 5:14.22	38.25	
87.	POPPE Anna		03	UKS „MANTA” Kochłowice Ruda			5:15.70	420	
	50m: 35.75	35.75	150m: 1:54.03	39.88	250m: 3:15.08	40.93	350m: 4:36.45	40.92	
	100m: 1:14.15	38.40	200m: 2:34.15	40.12	300m: 3:55.53	40.45	400m: 5:15.70	39.25	
88.	CIESIELSKA Natalia		03	UKS SP-149 Łódź			5:16.05	418	
	50m: 36.77	36.77	150m: 1:55.44	39.55	250m: 3:15.24	40.36	350m: 4:36.39	40.88	
	100m: 1:15.89	39.12	200m: 2:34.88	39.44	300m: 3:55.51	40.27	400m: 5:16.05	39.66	
89.	MACIOŁA Maja		03	MKS Juvenia Wrocław			5:17.26	414	
	50m: 36.08	36.08	150m: 1:56.43	40.59	250m: 3:16.57	39.87	350m: 4:37.36	40.71	
	100m: 1:15.84	39.76	200m: 2:36.70	40.27	300m: 3:56.65	40.08	400m: 5:17.26	39.90	
90.	KOSACKA Iga		03	MKS Zryw Opole			5:23.13	391	
	50m: 35.28	35.28	150m: 1:56.03	40.83	250m: 3:19.62	41.77	350m: 4:43.71	42.22	
	100m: 1:15.20	39.92	200m: 2:37.85	41.82	300m: 4:01.49	41.87	400m: 5:23.13	39.42	
91.	SKR TKOWSKA Martyna		04	Start Opole			5:23.53	390	
	50m: 35.09	35.09	150m: 1:57.30	41.76	250m: 3:20.80	41.72	350m: 4:43.72	41.02	
	100m: 1:15.54	40.45	200m: 2:39.08	41.78	300m: 4:02.70	41.90	400m: 5:23.53	39.81	
92.	MIKRUT Nina		04	UKS „Nowy Klub Pływacki”			5:27.55	376	
	50m: 35.70	35.70	150m: 1:56.88	41.39	250m: 3:22.50	42.92	350m: 4:48.06	42.60	
	100m: 1:15.49	39.79	200m: 2:39.58	42.70	300m: 4:05.46	42.96	400m: 5:27.55	39.49	
93.	PYTKA Katarzyna		04	UKS „Nowy Klub Pływacki”			5:30.16	367	
	50m: 37.52	37.52	150m: 2:01.06	42.43	250m: 3:26.73	42.95	350m: 4:50.81	41.90	
	100m: 1:18.63	41.11	200m: 2:43.78	42.72	300m: 4:08.91	42.18	400m: 5:30.16	39.35	
94.	LALA Patrycja		04	UKS Salmo ory			5:35.78	349	
	50m: 37.03	37.03	150m: 2:01.09	42.81	250m: 3:27.10	43.42	350m: 4:52.74	42.86	
	100m: 1:18.28	41.25	200m: 2:43.68	42.59	300m: 4:09.88	42.78	400m: 5:35.78	43.04	
95.	KUCYPERA Iga		04	WKS I sk Wrocław			5:40.92	333	
	50m: 37.31	37.31	150m: 2:03.25	43.46	250m: 3:30.94	44.18	350m: 4:58.78	43.35	
	100m: 1:19.79	42.48	200m: 2:46.76	43.51	300m: 4:15.43	44.49	400m: 5:40.92	42.14	