

Arena Grand Prix Puchar Polski  
Opole, 28. - 29.4.2018

Konkurencja 13  
28.04.2018 - 16:30

Kobiet, 400m zmienny

Open  
Wyniki

RP Open	4:36.95	BARANOWSKA Katarzyna	Beijing (CHN)	09.08.2008
RP 19 - 23	4:36.95	BARANOWSKA Katarzyna	Beijing (CHN)	09.08.2008
RP 18	4:43.39	BARANOWSKA Katarzyna	Debica	20.05.2005
RP 17	4:45.13	SZCZEPANIAK Karolina	Rome (ITA)	02.08.2009
RP 16	4:48.17	CZOPEK Agnieszka	Moskwa (RUS)	26.07.1980
RP 15	4:49.27	SZCZEPANIAK Karolina	Gorzow Wlkp.	30.11.2007
RP 14	4:52.05	KNOP Aleksandra	Lublin	19.05.2017

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.			
<b>14 lat</b>												
1.	GU	Wiktorja	04	UKS „Delfin” Piotrków Trybun				<b>5:13.11</b>	615			
	50m:	32.18	32.18	150m:	1:52.87	41.39	250m:	3:17.72	44.54	350m:	4:38.30	35.35
	100m:	1:11.48	39.30	200m:	2:33.18	40.31	300m:	4:02.95	45.23	400m:	5:13.11	34.81
2.	CYGAN	Julia	04	MUKS "Pi tnastrka"				<b>5:19.23</b>	580			
	50m:	34.58	34.58	150m:	1:58.45	42.58	250m:	3:22.56	43.50	350m:	4:44.45	37.46
	100m:	1:15.87	41.29	200m:	2:39.06	40.61	300m:	4:06.99	44.43	400m:	5:19.23	34.78
3.	WECKWERT	Iga	04	UKS abianka Gda sk				<b>5:21.18</b>	570			
	50m:	34.09	34.09	150m:	1:56.07	41.48	250m:	3:22.19	45.54	350m:	4:45.25	38.20
	100m:	1:14.59	40.50	200m:	2:36.65	40.58	300m:	4:07.05	44.86	400m:	5:21.18	35.93
4.	BEDNARZ	Julia	04	UKS „ORKA” Zamo				<b>5:28.82</b>	531			
	50m:	34.89	34.89	150m:	2:01.40	43.52	250m:	3:28.90	45.34	350m:	4:52.86	38.41
	100m:	1:17.88	42.99	200m:	2:43.56	42.16	300m:	4:14.45	45.55	400m:	5:28.82	35.96
5.	MALEC	Klaudia	04	UKS „ORKA” Zamo				<b>5:29.99</b>	525			
	50m:	35.08	35.08	150m:	2:00.67	42.17	250m:	3:27.67	43.98	350m:	4:52.07	38.50
	100m:	1:18.50	43.42	200m:	2:43.69	43.02	300m:	4:13.57	45.90	400m:	5:29.99	37.92
6.	WILCZEK	Renata	04	KS Płetwal Zakopane				<b>5:30.36</b>	524			
	50m:	34.94	34.94	150m:	2:02.43	45.84	250m:	3:31.35	45.71	350m:	4:55.01	37.74
	100m:	1:16.59	41.65	200m:	2:45.64	43.21	300m:	4:17.27	45.92	400m:	5:30.36	35.35
7.	SOBOLEWSKA	Magdalena	04	UKS „MANTA” Kochłowice Ruda				<b>5:32.39</b>	514			
	50m:	34.36	34.36	150m:	1:58.68	43.80	250m:	3:29.32	47.17	350m:	4:55.72	37.99
	100m:	1:14.88	40.52	200m:	2:42.15	43.47	300m:	4:17.73	48.41	400m:	5:32.39	36.67
8.	MACIASZCZYK	Weronika	04	UKS SP-149 Łód				<b>5:32.55</b>	513			
	50m:	35.45	35.45	150m:	1:58.90	43.09	250m:	3:29.41	48.46	350m:	4:56.25	38.22
	100m:	1:15.81	40.36	200m:	2:40.95	42.05	300m:	4:18.03	48.62	400m:	5:32.55	36.30
9.	SURMIAK	Klara	04	UKP „Ruda l ska”				<b>5:36.37</b>	496			
	50m:	35.21	35.21	150m:	2:04.38	45.66	250m:	3:34.13	45.12	350m:	4:59.02	39.21
	100m:	1:18.72	43.51	200m:	2:49.01	44.63	300m:	4:19.81	45.68	400m:	5:36.37	37.35
10.	GWAJ	Julia	04	Mi dzyszkołny UKS „Olimpijczy				<b>5:39.90</b>	481			
	50m:	34.45	34.45	150m:	2:01.81	43.21	250m:	3:33.46	48.74	350m:	5:01.80	38.38
	100m:	1:18.60	44.15	200m:	2:44.72	42.91	300m:	4:23.42	49.96	400m:	5:39.90	38.10
11.	WITEK	Oliwia	04	UKS SP-149 Łód				<b>5:41.44</b>	474			
	50m:	35.48	35.48	150m:	2:03.35	45.70	250m:	3:35.28	49.53	350m:	5:04.12	39.82
	100m:	1:17.65	42.17	200m:	2:45.75	42.40	300m:	4:24.30	49.02	400m:	5:41.44	37.32
12.	SIOMA	Zuzanna	04	UKS „ORKA” Zamo				<b>5:51.33</b>	435			
	50m:	38.14	38.14	150m:	2:08.01	46.06	250m:	3:42.24	49.35	350m:	5:14.60	40.99
	100m:	1:21.95	43.81	200m:	2:52.89	44.88	300m:	4:33.61	51.37	400m:	5:51.33	36.73
13.	MIERNIK	Wiktorja	04	UKP Unia O wi cim				<b>5:51.37</b>	435			
	50m:	36.24	36.24	150m:	2:09.94	45.00	250m:	3:44.32	52.34	350m:	5:14.90	37.65
	100m:	1:24.94	48.70	200m:	2:51.98	42.04	300m:	4:37.25	52.93	400m:	5:51.37	36.47

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15 lat

1.	KNOP Aleksandra	03	UKS 190 Łód	<b>4:56.65</b>	723
	50m: 31.05 31.05	150m: 1:44.24 37.75	250m: 3:05.49 44.17	350m: 4:24.11 33.76	
	100m: 1:06.49 35.44	200m: 2:21.32 37.08	300m: 3:50.35 44.86	400m: 4:56.65 32.54	
2.	MACIEJEWSKA Beata	03	UKS SP-149 Łód	<b>5:15.55</b>	601
	50m: 34.33 34.33	150m: 1:55.44 41.31	250m: 3:19.83 44.57	350m: 4:40.91 35.86	
	100m: 1:14.13 39.80	200m: 2:35.26 39.82	300m: 4:05.05 45.22	400m: 5:15.55 34.64	
3.	NEUBAUER Paulina	03	UKS „Dwójka” Tczew	<b>5:19.29</b>	580
	50m: 33.72 33.72	150m: 1:56.25 42.55	250m: 3:23.38 46.43	350m: 4:46.24 36.29	
	100m: 1:13.70 39.98	200m: 2:36.95 40.70	300m: 4:09.95 46.57	400m: 5:19.29 33.05	
4.	MO D AN Milena	03	UKS Shark Rudna	<b>5:20.27</b>	575
	50m: 34.12 34.12	150m: 1:54.82 41.96	250m: 3:20.27 44.66	350m: 4:43.67 36.74	
	100m: 1:12.86 38.74	200m: 2:35.61 40.79	300m: 4:06.93 46.66	400m: 5:20.27 36.60	
5.	CIOCH-GRADZIK Wiktoria	03	UKS „MANTA” Kochłowice Ruda	<b>5:20.64</b>	573
	50m: 33.57 33.57	150m: 1:54.87 42.28	250m: 3:23.31 46.76	350m: 4:45.94 35.69	
	100m: 1:12.59 39.02	200m: 2:36.55 41.68	300m: 4:10.25 46.94	400m: 5:20.64 34.70	
6.	KULIK Wiktoria	03	MTP Kormoran Olsztyn	<b>5:25.39</b>	548
	50m: 33.78 33.78	150m: 1:55.65 42.52	250m: 3:24.02 46.96	350m: 4:48.95 37.13	
	100m: 1:13.13 39.35	200m: 2:37.06 41.41	300m: 4:11.82 47.80	400m: 5:25.39 36.44	
7.	MALINA Amelia	03	CSiR MOS w D browie Górniczej	<b>5:27.15</b>	539
	50m: 34.19 34.19	150m: 1:57.02 42.52	250m: 3:25.55 46.13	350m: 4:50.90 38.27	
	100m: 1:14.50 40.31	200m: 2:39.42 42.40	300m: 4:12.63 47.08	400m: 5:27.15 36.25	
8.	BUDZI SKA Paulina	03	MMKS K dzierzyn-Ko le	<b>5:44.43</b>	462
	50m: 36.63 36.63	150m: 2:07.84 46.04	250m: 3:38.14 45.39	350m: 5:05.35 40.20	
	100m: 1:21.80 45.17	200m: 2:52.75 44.91	300m: 4:25.15 47.01	400m: 5:44.43 39.08	
9.	DOBROWOLSKA Natalia	03	MKS SMS Victoria Racibórz	<b>5:47.24</b>	451
	50m: 35.40 35.40	150m: 2:05.56 45.73	250m: 3:38.54 49.86	350m: 5:08.27 39.83	
	100m: 1:19.83 44.43	200m: 2:48.68 43.12	300m: 4:28.44 49.90	400m: 5:47.24 38.97	
10.	KRAWCZYK Nikola	03	UKP Unia O wi cim	<b>5:49.22</b>	443
	50m: 35.26 35.26	150m: 2:03.12 44.45	250m: 3:39.10 51.53	350m: 5:10.65 38.56	
	100m: 1:18.67 43.41	200m: 2:47.57 44.45	300m: 4:32.09 52.99	400m: 5:49.22 38.57	
11.	NIEPOGODZI SKA Izabela	03	UKS SMS Galicja Kraków	<b>5:51.58</b>	434
	50m: 35.23 35.23	150m: 2:04.06 43.67	250m: 3:38.37 49.94	350m: 5:10.43 41.83	
	100m: 1:20.39 45.16	200m: 2:48.43 44.37	300m: 4:28.60 50.23	400m: 5:51.58 41.15	

16 lat

1.	WILCZEWSKA Aleksandra	02	KS OLIMPIA Lublin	<b>5:09.24</b>	639
	50m: 32.95 32.95	150m: 1:50.72 40.04	250m: 3:13.59 44.27	350m: 4:34.29 36.39	
	100m: 1:10.68 37.73	200m: 2:29.32 38.60	300m: 3:57.90 44.31	400m: 5:09.24 34.95	
2.	PROCHOWNIK Martyna	02	UKP Unia O wi cim	<b>5:12.00</b>	622
	50m: 32.55 32.55	150m: 1:51.78 41.38	250m: 3:17.20 45.29	350m: 4:37.41 35.31	
	100m: 1:10.40 37.85	200m: 2:31.91 40.13	300m: 4:02.10 44.90	400m: 5:12.00 34.59	
3.	KUCHTA Maria	02	UKS „Dwójka” Tczew	<b>5:13.41</b>	613
	50m: 33.39 33.39	150m: 1:54.82 43.46	250m: 3:20.07 44.44	350m: 4:40.66 36.97	
	100m: 1:11.36 37.97	200m: 2:35.63 40.81	300m: 4:03.69 43.62	400m: 5:13.41 32.75	
4.	D BROWSKA Tatiana	02	UKS 190 Łód	<b>5:16.57</b>	595
	50m: 31.71 31.71	150m: 1:51.62 42.78	250m: 3:18.11 45.55	350m: 4:40.57 36.33	
	100m: 1:08.84 37.13	200m: 2:32.56 40.94	300m: 4:04.24 46.13	400m: 5:16.57 36.00	
5.	PAWŁOWSKA Julia	02	UKP Unia O wi cim	<b>5:19.58</b>	578
	50m: 35.07 35.07	150m: 1:58.56 43.22	250m: 3:24.40 43.65	350m: 4:44.88 36.18	
	100m: 1:15.34 40.27	200m: 2:40.75 42.19	300m: 4:08.70 44.30	400m: 5:19.58 34.70	
6.	CERLICH Oliwia	02	MKS „IKAR” Mielec	<b>5:22.37</b>	564
	50m: 34.74 34.74	150m: 1:57.62 43.40	250m: 3:25.46 45.83	350m: 4:47.37 36.26	
	100m: 1:14.22 39.48	200m: 2:39.63 42.01	300m: 4:11.11 45.65	400m: 5:22.37 35.00	

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Konkurencja 13, Dziewcz t, 400m zmienny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.		
7.	PIOTROWICZ Maja		02	Starachowicki Klub Pływacki BA				<b>5:24.20</b>	554		
	50m:	35.32 35.32	150m:	1:57.86	41.38	250m:	3:24.61	46.98	350m:	4:48.48	37.82
	100m:	1:16.48 41.16	200m:	2:37.63	39.77	300m:	4:10.66	46.05	400m:	5:24.20	35.72
8.	KAPCI SKA Maja		02	UKP Unia O wi cim				<b>5:24.70</b>	552		
	50m:	33.61 33.61	150m:	1:54.03	41.84	250m:	3:22.94	48.54	350m:	4:48.27	37.18
	100m:	1:12.19 38.58	200m:	2:34.40	40.37	300m:	4:11.09	48.15	400m:	5:24.70	36.43
9.	KROSTA Emilia		02	UKS Wodnik Siemianowice I ski				<b>5:29.08</b>	530		
	50m:	34.48 34.48	150m:	1:58.75	44.35	250m:	3:27.44	45.40	350m:	4:52.24	39.00
	100m:	1:14.40 39.92	200m:	2:42.04	43.29	300m:	4:13.24	45.80	400m:	5:29.08	36.84
10.	RAJCA Olivia		02	UKS 190 Łód				<b>5:30.10</b>	525		
	50m:	35.44 35.44	150m:	2:01.06	46.11	250m:	3:30.84	47.73	350m:	4:55.52	37.60
	100m:	1:14.95 39.51	200m:	2:43.11	42.05	300m:	4:17.92	47.08	400m:	5:30.10	34.58
11.	SZPIEGOWSKA Wiktoria		02	WKS I sk Wrocław				<b>5:33.56</b>	509		
	50m:	34.39 34.39	150m:	1:58.45	43.30	250m:	3:28.10	47.85	350m:	4:56.19	38.74
	100m:	1:15.15 40.76	200m:	2:40.25	41.80	300m:	4:17.45	49.35	400m:	5:33.56	37.37
12.	BLACHURA Julia		02	UKP Unia O wi cim				<b>5:34.57</b>	504		
	50m:	34.78 34.78	150m:	1:58.30	43.24	250m:	3:29.61	50.34	350m:	4:58.04	38.42
	100m:	1:15.06 40.28	200m:	2:39.27	40.97	300m:	4:19.62	50.01	400m:	5:34.57	36.53
13.	PAŁKA Aleksandra		02	UKP Unia O wi cim				<b>5:40.46</b>	478		
	50m:	37.26 37.26	150m:	2:05.99	45.04	250m:	3:34.42	45.80	350m:	5:00.72	40.20
	100m:	1:20.95 43.69	200m:	2:48.62	42.63	300m:	4:20.52	46.10	400m:	5:40.46	39.74
14.	GABOR Martyna		02	UKP Unia O wi cim				<b>5:42.49</b>	470		
	50m:	36.11 36.11	150m:	2:06.45	46.64	250m:	3:40.18	48.96	350m:	5:06.24	38.10
	100m:	1:19.81 43.70	200m:	2:51.22	44.77	300m:	4:28.14	47.96	400m:	5:42.49	36.25
DYSKW.	RYGIEL Oliwia		02	UKS Junior Kluczbork				<b>5:25.61</b>			
	<i>M7 - Pływak wykonał naprzemienne lub nierównoczesne ruchy nóg. (Czas: 16:47)</i>										
	50m:	34.27 34.27	150m:	1:54.30	40.45	250m:	3:23.09	49.31	350m:	4:50.70	38.12
	100m:	1:13.85 39.58	200m:	2:33.78	39.48	300m:	4:12.58	49.49	400m:	5:25.61	34.91

17 - 18 lat

1.	RUTKOWSKA Agnieszka		01	TP Skalar Słupsk				<b>5:00.69</b>	695		
	50m:	33.85 33.85	150m:	1:51.36	39.50	250m:	3:10.98	41.52	350m:	4:26.95	34.85
	100m:	1:11.86 38.01	200m:	2:29.46	38.10	300m:	3:52.10	41.12	400m:	5:00.69	33.74
2.	GAWRO SKA Zoe		00	MKP Szczecin				<b>5:05.65</b>	661		
	50m:	32.72 32.72	150m:	1:50.06	39.82	250m:	3:12.59	44.02	350m:	4:31.65	34.55
	100m:	1:10.24 37.52	200m:	2:28.57	38.51	300m:	3:57.10	44.51	400m:	5:05.65	34.00
3.	WI NIEWSKA Oliwia		01	CSiR MOS w D browie Górnicej				<b>5:09.68</b>	636		
	50m:	32.48 32.48	150m:	1:50.01	38.91	250m:	3:13.33	45.32	350m:	4:35.27	36.22
	100m:	1:11.10 38.62	200m:	2:28.01	38.00	300m:	3:59.05	45.72	400m:	5:09.68	34.41
4.	SM TEK Wiktoria		01	MMKS K dzierzyn-Ko le				<b>5:10.01</b>	634		
	50m:	34.31 34.31	150m:	1:56.07	40.36	250m:	3:17.01	41.88	350m:	4:35.39	35.97
	100m:	1:15.71 41.40	200m:	2:35.13	39.06	300m:	3:59.42	42.41	400m:	5:10.01	34.62
5.	CICHOWSKA Julia		01	MKS Juwenia Wrocław				<b>5:13.33</b>	614		
	50m:	32.28 32.28	150m:	1:52.70	42.19	250m:	3:17.78	44.35	350m:	4:38.66	36.30
	100m:	1:10.51 38.23	200m:	2:33.43	40.73	300m:	4:02.36	44.58	400m:	5:13.33	34.67
6.	PISAREK Justyna		00	UKP Unia O wi cim				<b>5:13.81</b>	611		
	50m:	32.11 32.11	150m:	1:49.44	41.08	250m:	3:16.54	46.16	350m:	4:38.32	35.66
	100m:	1:08.36 36.25	200m:	2:30.38	40.94	300m:	4:02.66	46.12	400m:	5:13.81	35.49
7.	KEMPA Anna		01	MMKS K dzierzyn-Ko le				<b>5:17.74</b>	589		
	50m:	33.88 33.88	150m:	1:55.58	42.07	250m:	3:19.37	41.94	350m:	4:41.14	38.20
	100m:	1:13.51 39.63	200m:	2:37.43	41.85	300m:	4:02.94	43.57	400m:	5:17.74	36.60
8.	JU WICKA Zuzanna		01	MKS Trójka Łód				<b>5:28.52</b>	532		
	50m:	33.06 33.06	150m:	1:54.13	42.96	250m:	3:25.03	49.00	350m:	4:52.04	37.64
	100m:	1:11.17 38.11	200m:	2:36.03	41.90	300m:	4:14.40	49.37	400m:	5:28.52	36.48

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Konkurencja 13, Kobiet, 400m zmienny, 17 - 18 lat

Pozycja			Rok ur.					Czas	Pkt.
9.	WETT Oliwia		01	MTP Kormoran Olsztyn				<b>5:30.62</b>	522
	50m:	34.43 34.43	150m:	1:58.11 44.11	250m:	3:28.24 46.97	350m:	4:54.12 37.68	
	100m:	1:14.00 39.57	200m:	2:41.27 43.16	300m:	4:16.44 48.20	400m:	5:30.62 36.50	
10.	BILSKA Natalia		01	UKS abianka Gda sk				<b>5:31.88</b>	516
	50m:	35.06 35.06	150m:	1:59.92 43.96	250m:	3:30.97 47.61	350m:	4:57.45 37.26	
	100m:	1:15.96 40.90	200m:	2:43.36 43.44	300m:	4:20.19 49.22	400m:	5:31.88 34.43	
Open									
1.	UKOWSKA Paula		93	AZS AWF Katowice				<b>4:50.31</b>	772
	50m:	31.31 31.31	150m:	1:44.45 38.12	250m:	3:03.21 42.11	350m:	4:18.49 33.99	
	100m:	1:06.33 35.02	200m:	2:21.10 36.65	300m:	3:44.50 41.29	400m:	4:50.31 31.82	
2.	KNOP Aleksandra		03	UKS 190 Łód				<b>4:56.65</b>	723
	50m:	31.05 31.05	150m:	1:44.24 37.75	250m:	3:05.49 44.17	350m:	4:24.11 33.76	
	100m:	1:06.49 35.44	200m:	2:21.32 37.08	300m:	3:50.35 44.86	400m:	4:56.65 32.54	
3.	RUTKOWSKA Agnieszka		01	TP Skalar Słupsk				<b>5:00.69</b>	695
	50m:	33.85 33.85	150m:	1:51.36 39.50	250m:	3:10.98 41.52	350m:	4:26.95 34.85	
	100m:	1:11.86 38.01	200m:	2:29.46 38.10	300m:	3:52.10 41.12	400m:	5:00.69 33.74	
4.	SAMUŁA Wiktoria		99	KU AZS UMCS Lublin				<b>5:03.95</b>	672
	50m:	31.77 31.77	150m:	1:49.55 41.10	250m:	3:10.02 40.93	350m:	4:27.94 36.31	
	100m:	1:08.45 36.68	200m:	2:29.09 39.54	300m:	3:51.63 41.61	400m:	5:03.95 36.01	
5.	GAWRO SKA Zoe		00	MKP Szczecin				<b>5:05.65</b>	661
	50m:	32.72 32.72	150m:	1:50.06 39.82	250m:	3:12.59 44.02	350m:	4:31.65 34.55	
	100m:	1:10.24 37.52	200m:	2:28.57 38.51	300m:	3:57.10 44.51	400m:	5:05.65 34.00	
6.	WILCZEWSKA Aleksandra		02	KS OLIMPIA Lublin				<b>5:09.24</b>	639
	50m:	32.95 32.95	150m:	1:50.72 40.04	250m:	3:13.59 44.27	350m:	4:34.29 36.39	
	100m:	1:10.68 37.73	200m:	2:29.32 38.60	300m:	3:57.90 44.31	400m:	5:09.24 34.95	
7.	WI NIEWSKA Oliwia		01	CSiR MOS w D browie Górniczej				<b>5:09.68</b>	636
	50m:	32.48 32.48	150m:	1:50.01 38.91	250m:	3:13.33 45.32	350m:	4:35.27 36.22	
	100m:	1:11.10 38.62	200m:	2:28.01 38.00	300m:	3:59.05 45.72	400m:	5:09.68 34.41	
8.	SM TEK Wiktoria		01	MMKS K dzierzyn-Ko le				<b>5:10.01</b>	634
	50m:	34.31 34.31	150m:	1:56.07 40.36	250m:	3:17.01 41.88	350m:	4:35.39 35.97	
	100m:	1:15.71 41.40	200m:	2:35.13 39.06	300m:	3:59.42 42.41	400m:	5:10.01 34.62	
9.	PROCHOWNIK Martyna		02	UKP Unia O wi cim				<b>5:12.00</b>	622
	50m:	32.55 32.55	150m:	1:51.78 41.38	250m:	3:17.20 45.29	350m:	4:37.41 35.31	
	100m:	1:10.40 37.85	200m:	2:31.91 40.13	300m:	4:02.10 44.90	400m:	5:12.00 34.59	
10.	GRZEGORCZYK Izabella		93	KS Warta Pozna				<b>5:12.70</b>	618
	50m:	32.57 32.57	150m:	1:52.25 40.80	250m:	3:16.44 45.01	350m:	4:37.52 35.82	
	100m:	1:11.45 38.88	200m:	2:31.43 39.18	300m:	4:01.70 45.26	400m:	5:12.70 35.18	
11.	GU Wiktoria		04	UKS „Delfin” Piotrków Trybun				<b>5:13.11</b>	615
	50m:	32.18 32.18	150m:	1:52.87 41.39	250m:	3:17.72 44.54	350m:	4:38.30 35.35	
	100m:	1:11.48 39.30	200m:	2:33.18 40.31	300m:	4:02.95 45.23	400m:	5:13.11 34.81	
12.	CICHOWSKA Julia		01	MKS Juwenia Wrocław				<b>5:13.33</b>	614
	50m:	32.28 32.28	150m:	1:52.70 42.19	250m:	3:17.78 44.35	350m:	4:38.66 36.30	
	100m:	1:10.51 38.23	200m:	2:33.43 40.73	300m:	4:02.36 44.58	400m:	5:13.33 34.67	
13.	KUCHTA Maria		02	UKS „Dwójka” Tczew				<b>5:13.41</b>	613
	50m:	33.39 33.39	150m:	1:54.82 43.46	250m:	3:20.07 44.44	350m:	4:40.66 36.97	
	100m:	1:11.36 37.97	200m:	2:35.63 40.81	300m:	4:03.69 43.62	400m:	5:13.41 32.75	
14.	PISAREK Justyna		00	UKP Unia O wi cim				<b>5:13.81</b>	611
	50m:	32.11 32.11	150m:	1:49.44 41.08	250m:	3:16.54 46.16	350m:	4:38.32 35.66	
	100m:	1:08.36 36.25	200m:	2:30.38 40.94	300m:	4:02.66 46.12	400m:	5:13.81 35.49	
15.	PROCHOWNIK Olimpia		99	KU AZS UMCS Lublin				<b>5:14.13</b>	609
	50m:	33.78 33.78	150m:	1:54.86 43.04	250m:	3:19.10 42.94	350m:	4:40.10 38.05	
	100m:	1:11.82 38.04	200m:	2:36.16 41.30	300m:	4:02.05 42.95	400m:	5:14.13 34.03	

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16.	MACIEJEWSKA Beata		03	UKS SP-149 Łód				<b>5:15.55</b>	601
	50m: 34.33	34.33	150m: 1:55.44	41.31	250m: 3:19.83	44.57	350m: 4:40.91	35.86	
	100m: 1:14.13	39.80	200m: 2:35.26	39.82	300m: 4:05.05	45.22	400m: 5:15.55	34.64	
17.	D BROWSKA Tatiana		02	UKS 190 Łód				<b>5:16.57</b>	595
	50m: 31.71	31.71	150m: 1:51.62	42.78	250m: 3:18.11	45.55	350m: 4:40.57	36.33	
	100m: 1:08.84	37.13	200m: 2:32.56	40.94	300m: 4:04.24	46.13	400m: 5:16.57	36.00	
18.	KEMPA Anna		01	MMKS K dzierzyn-Ko le				<b>5:17.74</b>	589
	50m: 33.88	33.88	150m: 1:55.58	42.07	250m: 3:19.37	41.94	350m: 4:41.14	38.20	
	100m: 1:13.51	39.63	200m: 2:37.43	41.85	300m: 4:02.94	43.57	400m: 5:17.74	36.60	
19.	CYGAN Julia		04	MUKS "Pi tnastka"				<b>5:19.23</b>	580
	50m: 34.58	34.58	150m: 1:58.45	42.58	250m: 3:22.56	43.50	350m: 4:44.45	37.46	
	100m: 1:15.87	41.29	200m: 2:39.06	40.61	300m: 4:06.99	44.43	400m: 5:19.23	34.78	
20.	NEUBAUER Paulina		03	UKS „Dwójka” Tczew				<b>5:19.29</b>	580
	50m: 33.72	33.72	150m: 1:56.25	42.55	250m: 3:23.38	46.43	350m: 4:46.24	36.29	
	100m: 1:13.70	39.98	200m: 2:36.95	40.70	300m: 4:09.95	46.57	400m: 5:19.29	33.05	
21.	PAWŁOWSKA Julia		02	UKP Unia O wi cim				<b>5:19.58</b>	578
	50m: 35.07	35.07	150m: 1:58.56	43.22	250m: 3:24.40	43.65	350m: 4:44.88	36.18	
	100m: 1:15.34	40.27	200m: 2:40.75	42.19	300m: 4:08.70	44.30	400m: 5:19.58	34.70	
22.	MO D AN Milena		03	UKS Shark Rudna				<b>5:20.27</b>	575
	50m: 34.12	34.12	150m: 1:54.82	41.96	250m: 3:20.27	44.66	350m: 4:43.67	36.74	
	100m: 1:12.86	38.74	200m: 2:35.61	40.79	300m: 4:06.93	46.66	400m: 5:20.27	36.60	
23.	CIOCH-GRADZIK Wiktoria		03	UKS „MANTA” Kochłowice Ruda				<b>5:20.64</b>	573
	50m: 33.57	33.57	150m: 1:54.87	42.28	250m: 3:23.31	46.76	350m: 4:45.94	35.69	
	100m: 1:12.59	39.02	200m: 2:36.55	41.68	300m: 4:10.25	46.94	400m: 5:20.64	34.70	
24.	WECKWERT Iga		04	UKS abianka Gda sk				<b>5:21.18</b>	570
	50m: 34.09	34.09	150m: 1:56.07	41.48	250m: 3:22.19	45.54	350m: 4:45.25	38.20	
	100m: 1:14.59	40.50	200m: 2:36.65	40.58	300m: 4:07.05	44.86	400m: 5:21.18	35.93	
25.	CERLICH Oliwia		02	MKS „IKAR” Mielec				<b>5:22.37</b>	564
	50m: 34.74	34.74	150m: 1:57.62	43.40	250m: 3:25.46	45.83	350m: 4:47.37	36.26	
	100m: 1:14.22	39.48	200m: 2:39.63	42.01	300m: 4:11.11	45.65	400m: 5:22.37	35.00	
26.	PIOTROWICZ Maja		02	Starachowicki Klub Pływacki BA				<b>5:24.20</b>	554
	50m: 35.32	35.32	150m: 1:57.86	41.38	250m: 3:24.61	46.98	350m: 4:48.48	37.82	
	100m: 1:16.48	41.16	200m: 2:37.63	39.77	300m: 4:10.66	46.05	400m: 5:24.20	35.72	
27.	KAPCI SKA Maja		02	UKP Unia O wi cim				<b>5:24.70</b>	552
	50m: 33.61	33.61	150m: 1:54.03	41.84	250m: 3:22.94	48.54	350m: 4:48.27	37.18	
	100m: 1:12.19	38.58	200m: 2:34.40	40.37	300m: 4:11.09	48.15	400m: 5:24.70	36.43	
28.	KULIK Wiktoria		03	MTP Kormoran Olsztyn				<b>5:25.39</b>	548
	50m: 33.78	33.78	150m: 1:55.65	42.52	250m: 3:24.02	46.96	350m: 4:48.95	37.13	
	100m: 1:13.13	39.35	200m: 2:37.06	41.41	300m: 4:11.82	47.80	400m: 5:25.39	36.44	
29.	MALINA Amelia		03	CSiR MOS w D browie Górnicej				<b>5:27.15</b>	539
	50m: 34.19	34.19	150m: 1:57.02	42.52	250m: 3:25.55	46.13	350m: 4:50.90	38.27	
	100m: 1:14.50	40.31	200m: 2:39.42	42.40	300m: 4:12.63	47.08	400m: 5:27.15	36.25	
30.	JU WICKA Zuzanna		01	MKS Trójka Łód				<b>5:28.52</b>	532
	50m: 33.06	33.06	150m: 1:54.13	42.96	250m: 3:25.03	49.00	350m: 4:52.04	37.64	
	100m: 1:11.17	38.11	200m: 2:36.03	41.90	300m: 4:14.40	49.37	400m: 5:28.52	36.48	
31.	BEDNARZ Julia		04	UKS „ORKA” Zamo				<b>5:28.82</b>	531
	50m: 34.89	34.89	150m: 2:01.40	43.52	250m: 3:28.90	45.34	350m: 4:52.86	38.41	
	100m: 1:17.88	42.99	200m: 2:43.56	42.16	300m: 4:14.45	45.55	400m: 5:28.82	35.96	
32.	KROSTA Emilia		02	UKS Wodnik Siemianowice I ski				<b>5:29.08</b>	530
	50m: 34.48	34.48	150m: 1:58.75	44.35	250m: 3:27.44	45.40	350m: 4:52.24	39.00	
	100m: 1:14.40	39.92	200m: 2:42.04	43.29	300m: 4:13.24	45.80	400m: 5:29.08	36.84	
33.	MALEC Klaudia		04	UKS „ORKA” Zamo				<b>5:29.99</b>	525
	50m: 35.08	35.08	150m: 2:00.67	42.17	250m: 3:27.67	43.98	350m: 4:52.07	38.50	
	100m: 1:18.50	43.42	200m: 2:43.69	43.02	300m: 4:13.57	45.90	400m: 5:29.99	37.92	

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34.	RAJCA	Olivia	02	UKS	190	Łód	<b>5:30.10</b>	525				
	50m:	35.44	35.44	150m:	2:01.06	46.11	250m:	3:30.84	47.73	350m:	4:55.52	37.60
	100m:	1:14.95	39.51	200m:	2:43.11	42.05	300m:	4:17.92	47.08	400m:	5:30.10	34.58
35.	WILCZEK	Renata	04	KS	Płetwal	Zakopane	<b>5:30.36</b>	524				
	50m:	34.94	34.94	150m:	2:02.43	45.84	250m:	3:31.35	45.71	350m:	4:55.01	37.74
	100m:	1:16.59	41.65	200m:	2:45.64	43.21	300m:	4:17.27	45.92	400m:	5:30.36	35.35
36.	WETT	Oliwia	01	MTP	Kormoran	Olsztyn	<b>5:30.62</b>	522				
	50m:	34.43	34.43	150m:	1:58.11	44.11	250m:	3:28.24	46.97	350m:	4:54.12	37.68
	100m:	1:14.00	39.57	200m:	2:41.27	43.16	300m:	4:16.44	48.20	400m:	5:30.62	36.50
37.	BILSKA	Natalia	01	UKS	abianka	Gda sk	<b>5:31.88</b>	516				
	50m:	35.06	35.06	150m:	1:59.92	43.96	250m:	3:30.97	47.61	350m:	4:57.45	37.26
	100m:	1:15.96	40.90	200m:	2:43.36	43.44	300m:	4:20.19	49.22	400m:	5:31.88	34.43
38.	SOBOLEWSKA	Magdalena	04	UKS	„MANTA”	Kochłowice Ruda	<b>5:32.39</b>	514				
	50m:	34.36	34.36	150m:	1:58.68	43.80	250m:	3:29.32	47.17	350m:	4:55.72	37.99
	100m:	1:14.88	40.52	200m:	2:42.15	43.47	300m:	4:17.73	48.41	400m:	5:32.39	36.67
39.	MACIASZCZYK	Weronika	04	UKS	SP-149	Łód	<b>5:32.55</b>	513				
	50m:	35.45	35.45	150m:	1:58.90	43.09	250m:	3:29.41	48.46	350m:	4:56.25	38.22
	100m:	1:15.81	40.36	200m:	2:40.95	42.05	300m:	4:18.03	48.62	400m:	5:32.55	36.30
40.	SZPIEGOWSKA	Wiktoria	02	WKS	I sk	Wrocław	<b>5:33.56</b>	509				
	50m:	34.39	34.39	150m:	1:58.45	43.30	250m:	3:28.10	47.85	350m:	4:56.19	38.74
	100m:	1:15.15	40.76	200m:	2:40.25	41.80	300m:	4:17.45	49.35	400m:	5:33.56	37.37
41.	BLACHURA	Julia	02	UKP	Unia O wi cim		<b>5:34.57</b>	504				
	50m:	34.78	34.78	150m:	1:58.30	43.24	250m:	3:29.61	50.34	350m:	4:58.04	38.42
	100m:	1:15.06	40.28	200m:	2:39.27	40.97	300m:	4:19.62	50.01	400m:	5:34.57	36.53
42.	SURMIAK	Klara	04	UKP	„Ruda I ska”		<b>5:36.37</b>	496				
	50m:	35.21	35.21	150m:	2:04.38	45.66	250m:	3:34.13	45.12	350m:	4:59.02	39.21
	100m:	1:18.72	43.51	200m:	2:49.01	44.63	300m:	4:19.81	45.68	400m:	5:36.37	37.35
43.	GWAJ	Julia	04	Mi dzyszkołny UKS	„Olimpijczy		<b>5:39.90</b>	481				
	50m:	34.45	34.45	150m:	2:01.81	43.21	250m:	3:33.46	48.74	350m:	5:01.80	38.38
	100m:	1:18.60	44.15	200m:	2:44.72	42.91	300m:	4:23.42	49.96	400m:	5:39.90	38.10
44.	PAŁKA	Aleksandra	02	UKP	Unia O wi cim		<b>5:40.46</b>	478				
	50m:	37.26	37.26	150m:	2:05.99	45.04	250m:	3:34.42	45.80	350m:	5:00.72	40.20
	100m:	1:20.95	43.69	200m:	2:48.62	42.63	300m:	4:20.52	46.10	400m:	5:40.46	39.74
45.	WITEK	Oliwia	04	UKS	SP-149	Łód	<b>5:41.44</b>	474				
	50m:	35.48	35.48	150m:	2:03.35	45.70	250m:	3:35.28	49.53	350m:	5:04.12	39.82
	100m:	1:17.65	42.17	200m:	2:45.75	42.40	300m:	4:24.30	49.02	400m:	5:41.44	37.32
46.	GABOR	Martyna	02	UKP	Unia O wi cim		<b>5:42.49</b>	470				
	50m:	36.11	36.11	150m:	2:06.45	46.64	250m:	3:40.18	48.96	350m:	5:06.24	38.10
	100m:	1:19.81	43.70	200m:	2:51.22	44.77	300m:	4:28.14	47.96	400m:	5:42.49	36.25
47.	BUDZI SKA	Paulina	03	MMKS	K dzierzyn-Ko le		<b>5:44.43</b>	462				
	50m:	36.63	36.63	150m:	2:07.84	46.04	250m:	3:38.14	45.39	350m:	5:05.35	40.20
	100m:	1:21.80	45.17	200m:	2:52.75	44.91	300m:	4:25.15	47.01	400m:	5:44.43	39.08
48.	DOBROWOLSKA	Natalia	03	MKS	SMS	Victoria Racibórz	<b>5:47.24</b>	451				
	50m:	35.40	35.40	150m:	2:05.56	45.73	250m:	3:38.54	49.86	350m:	5:08.27	39.83
	100m:	1:19.83	44.43	200m:	2:48.68	43.12	300m:	4:28.44	49.90	400m:	5:47.24	38.97
49.	KRAWCZYK	Nikola	03	UKP	Unia O wi cim		<b>5:49.22</b>	443				
	50m:	35.26	35.26	150m:	2:03.12	44.45	250m:	3:39.10	51.53	350m:	5:10.65	38.56
	100m:	1:18.67	43.41	200m:	2:47.57	44.45	300m:	4:32.09	52.99	400m:	5:49.22	38.57
50.	SIOMA	Zuzanna	04	UKS	„ORKA”	Zamo	<b>5:51.33</b>	435				
	50m:	38.14	38.14	150m:	2:08.01	46.06	250m:	3:42.24	49.35	350m:	5:14.60	40.99
	100m:	1:21.95	43.81	200m:	2:52.89	44.88	300m:	4:33.61	51.37	400m:	5:51.33	36.73
51.	MIERNIK	Wiktoria	04	UKP	Unia O wi cim		<b>5:51.37</b>	435				
	50m:	36.24	36.24	150m:	2:09.94	45.00	250m:	3:44.32	52.34	350m:	5:14.90	37.65
	100m:	1:24.94	48.70	200m:	2:51.98	42.04	300m:	4:37.25	52.93	400m:	5:51.37	36.47

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52.	NIEPOGODZI	SKA Izabela		03	UKS SMS Galicja Kraków				<b>5:51.58</b>	434	
	50m:	35.23	35.23	150m:	2:04.06	43.67	250m:	3:38.37	49.94	350m: 5:10.43	41.83
	100m:	1:20.39	45.16	200m:	2:48.43	44.37	300m:	4:28.60	50.23	400m: 5:51.58	41.15
DYSKW.	RYGIEL Oliwia			02	UKS Junior Kluczbork				<b>5:25.61</b>		
	<i>M7 - Pływak wykonał naprzemienne lub nierównoczesne ruchy nóg. (Czas: 16:47)</i>										
	50m:	34.27	34.27	150m:	1:54.30	40.45	250m:	3:23.09	49.31	350m: 4:50.70	38.12
	100m:	1:13.85	39.58	200m:	2:33.78	39.48	300m:	4:12.58	49.49	400m: 5:25.61	34.91