

Główne Mistrzostwa Województwa Lubelskiego
Lublin, 14. - 15.6.2025

Konkurencja 16
14.06.2025 - 15:52

Kobiet, 400m dowolny

12 lat i starsi
Wyniki

Rekord LOZP Open	4:17.84	KOWALSKA Klara	03103	Belgrade (SRB)	09.07.2023
Rekord LOZP 19 +	4:18.01	BARZYCKA Paulina	01403	Ostrowiec Sw.	05.04.2008
Rekord LOZP 18	4:17.84	KOWALSKA Klara	03103	Belgrade (SRB)	09.07.2023
Rekord LOZP 17	4:19.24	GEORGES Daniela	01403	Mission Viejo (USA)	27.06.2014
Rekord LOZP 16	4:22.12	KOWALSKA Klara	03103	Warsaw	17.07.2021
Rekord LOZP 15	4:25.12	GEORGES Daniela	01403	Mission Viejo (USA)	20.04.2012
Rekord LOZP 14	4:29.93	SADŁO Kamila	00303	Oswiecim	05.07.2008
Rekord LOZP 13	4:40.12	RUDAWSKA Adrianna	00503	Gorzow Wlkp.	04.07.2009
Rekord LOZP 12	4:49.11	RUDAWSKA Adrianna	00503	Debica	28.06.2008

Punkty: AQUA 2025

Pozycja	Wiek				Czas	Pkt.	CR
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MŁODZIK

1. MAJCHER Hanna	13	RWKS Sparta Biłgoraj	5:09.74	438	+0,72
50m: 34.63 34.63	150m: 1:53.10 39.77	250m: 3:14.49 40.97	350m: 4:34.20 39.40		
100m: 1:13.33 38.70	200m: 2:33.52 40.42	300m: 3:54.80 40.31	400m: 5:09.74 35.54		
2. ZIĘBA Zuzanna	13	UKS Szkoła Pływania 23 Lublin	5:20.47	396	+0,70
50m: 36.63 36.63	150m: 1:58.65 41.49	250m: 3:22.09 41.37	350m: 4:43.39 39.68		
100m: 1:17.16 40.53	200m: 2:40.72 42.07	300m: 4:03.71 41.62	400m: 5:20.47 37.08		
3. ZHULKOVA Hanna	13	UKS SP5 Swim Lublin	5:23.50	385	+0,81
50m: 35.19 35.19	150m: 1:57.53 42.05	250m: 3:21.92 42.23	350m: 4:45.80 41.55		
100m: 1:15.48 40.29	200m: 2:39.69 42.16	300m: 4:04.25 42.33	400m: 5:23.50 37.70		
4. WOŁOSZYN Julia	12	UKS „ORKA” Zamość	5:31.70	357	+0,72
50m: 37.21 37.21	150m: 1:59.96 42.12	250m: 3:25.93 42.97	350m: 4:50.57 42.14		
100m: 1:17.84 40.63	200m: 2:42.96 43.00	300m: 4:08.43 42.50	400m: 5:31.70 41.13		
5. ŁADA Anastazja	13	UKS Szkoła Pływania 23 Lublin	5:32.04	356	+0,69
50m: 38.81 38.81	150m: 2:06.92 44.91	250m: 3:33.16 43.13	350m: 4:56.17 40.69		
100m: 1:22.01 43.20	200m: 2:50.03 43.11	300m: 4:15.48 42.32	400m: 5:32.04 35.87		
6. SZMIT Aleksandra	13	UKS SP5 Swim Lublin	5:40.53	330	+0,68
50m: 40.05 40.05	150m: 2:08.51 44.40	250m: 3:35.04 43.18	350m: 5:00.67 42.10		
100m: 1:24.11 44.06	200m: 2:51.86 43.35	300m: 4:18.57 43.53	400m: 5:40.53 39.86		
7. GRABOWSKA Iga	12	UKS Olimpijczyk 23	5:44.17	319	+0,75
50m: 39.11 39.11	150m: 2:07.36 45.34	250m: 3:36.37 44.74	350m: 5:04.54 44.11		
100m: 1:22.02 42.91	200m: 2:51.63 44.27	300m: 4:20.43 44.06	400m: 5:44.17 39.63		
8. KASPRZAK Gabriela	12	UKS Szkoła Pływania 23 Lublin	5:51.79	299	+0,73
50m: 38.04 38.04	150m: 2:07.16 44.86	250m: 3:39.89 47.15	350m: 5:11.73 45.47		
100m: 1:22.30 44.26	200m: 2:52.74 45.58	300m: 4:26.26 46.37	400m: 5:51.79 40.06		
9. ŁADA Amelia	12	UKS Szkoła Pływania 23 Lublin	5:59.71	280	+0,72
50m: 39.97 39.97	150m: 2:12.28 46.39	250m: 3:45.92 46.96	350m: 5:17.12 44.74		
100m: 1:25.89 45.92	200m: 2:58.96 46.68	300m: 4:32.38 46.46	400m: 5:59.71 42.59		
10. STEFANIAK Kamila	12	KS „Wisła” Puławy	6:07.03	263	+0,94
50m: 40.51 40.51	150m: 2:14.58 47.36	250m: 3:49.19 47.50	350m: 5:23.92 46.48		
100m: 1:27.22 46.71	200m: 3:01.69 47.11	300m: 4:37.44 48.25	400m: 6:07.03 43.11		
11. KUSAK Malwina	12	UKS Szkoła Pływania 23 Lublin	6:08.05	261	+0,73
50m: 41.69 41.69	150m: 2:15.76 47.43	250m: 3:52.91 48.94	350m: 5:27.04 46.89		
100m: 1:28.33 46.64	200m: 3:03.97 48.21	300m: 4:40.15 47.24	400m: 6:08.05 41.01		
12. PODGAJNA Oliwia	12	KS Narwał Międzyrzec Podl.	6:32.48	215	+0,76
50m: 40.30 40.30	150m: 2:16.33 49.59	250m: 3:58.09 51.44	350m: 5:41.92 52.91		
100m: 1:26.74 46.44	200m: 3:06.65 50.32	300m: 4:49.01 50.92	400m: 6:32.48 50.56		
13. GRUBA Gabriela	13	Uks Skarpa Lublin	6:43.29	198	+0,91
50m: 42.02 42.02	150m: 2:24.29 52.72	250m: 4:09.24 52.66	350m: 5:54.78 53.01		
100m: 1:31.57 49.55	200m: 3:16.58 52.29	300m: 5:01.77 52.53	400m: 6:43.29 48.51		
14. BOLESTA Agata	12	UKS Szkoła Pływania 23 Lublin	7:01.78	173	+0,80
50m: 48.08 48.08	150m: 2:36.00 53.77	250m: 4:24.74 54.49	350m: 6:12.10 54.18		
100m: 1:42.23 54.15	200m: 3:30.25 54.25	300m: 5:17.92 53.18	400m: 7:01.78 49.68		

Główne Mistrzostwa Województwa Lubelskiego
Lublin, 14. - 15.6.2025

Konkurencja 16, Kobiet, 400m dowolny

JUNIOR MŁODSZY

1.	PASTUSZUK Zuzanna	15	KU AZS UMCS Lublin	4:45.34	561	+0,71
	50m: 32.73 32.73	150m: 1:44.57	36.10 250m: 2:56.95	36.24 350m: 4:09.55	36.13	
	100m: 1:08.47 35.74	200m: 2:20.71	36.14 300m: 3:33.42	36.47 400m: 4:45.34	35.79	
2.	CZOPEK Lena	15	KU AZS UMCS Lublin	4:47.10	551	+0,79
	50m: 33.40 33.40	150m: 1:45.93	37.30 250m: 2:59.91	37.27 350m: 4:13.37	36.97	
	100m: 1:08.63 35.23	200m: 2:22.64	36.71 300m: 3:36.40	36.49 400m: 4:47.10	33.73	
3.	GORDZIEJKO Joanna	15	MTP „Lublinianka”	5:00.56	480	+0,78
	50m: 34.52 34.52	150m: 1:51.65	40.73 250m: 3:06.84	39.14 350m: 4:23.91	38.60	
	100m: 1:10.92 36.40	200m: 2:27.70	36.05 300m: 3:45.31	38.47 400m: 5:00.56	36.65	
4.	WÓJCIK Agata	15	KU AZS UMCS Lublin	5:11.06	433	+0,75
	50m: 34.87 34.87	150m: 1:53.50	39.77 250m: 3:13.58	39.84 350m: 4:33.05	38.74	
	100m: 1:13.73 38.86	200m: 2:33.74	40.24 300m: 3:54.31	40.73 400m: 5:11.06	38.01	
5.	RYDZEWSKA Paula	15	KS „OLIMPIA” Lublin	5:29.24	365	+0,76
	50m: 38.22 38.22	150m: 2:02.39	42.29 250m: 3:27.30	43.05 350m: 4:50.21	40.61	
	100m: 1:20.10 41.88	200m: 2:44.25	41.86 300m: 4:09.60	42.30 400m: 5:29.24	39.03	
6.	SZEWCAK Weronika	15	UKS SP5 Swim Lublin	5:30.73	360	+0,84
	50m: 38.50 38.50	150m: 2:02.77	42.78 250m: 3:28.84	42.91 350m: 4:52.50	40.88	
	100m: 1:19.99 41.49	200m: 2:45.93	43.16 300m: 4:11.62	42.78 400m: 5:30.73	38.23	
7.	OLEKSIUK Natalia	14	KU AZS UMCS Lublin	5:33.88	350	+0,87
	50m: 37.55 37.55	150m: 2:02.54	42.96 250m: 3:28.64	43.00 350m: 4:54.51	42.72	
	100m: 1:19.58 42.03	200m: 2:45.64	43.10 300m: 4:11.79	43.15 400m: 5:33.88	39.37	
8.	DZIĘGIELEWSKA Nikola	15	UKP Fala Kraśnik	5:34.34	348	+0,81
	50m: 35.90 35.90	150m: 2:02.81	43.67 250m: 3:30.10	42.90 350m: 4:55.35	42.16	
	100m: 1:19.14 43.24	200m: 2:47.20	44.39 300m: 4:13.19	43.09 400m: 5:34.34	38.99	
9.	ŁUKASZEWICZ Maria	14	UKS Szkoła Pływania 23 Lublin	5:35.17	346	+0,76
	50m: 38.46 38.46	150m: 2:04.37	43.06 250m: 3:30.97	43.77 350m: 4:55.79	42.07	
	100m: 1:21.31 42.85	200m: 2:47.20	42.83 300m: 4:13.72	42.75 400m: 5:35.17	39.38	
10.	DUDKIEWICZ Iga	15	UKP Bychawa	5:56.66	287	+0,97
	50m: 39.03 39.03	150m: 2:09.84	46.32 250m: 3:44.14	46.97 350m: 5:14.02	44.72	
	100m: 1:23.52 44.49	200m: 2:57.17	47.33 300m: 4:29.30	45.16 400m: 5:56.66	42.64	
11.	MICHAŁOWSKA Lena	14	KU AZS UMCS Lublin	6:11.94	253	+0,78
	50m: 40.82 40.82	150m: 2:16.39	48.89 250m: 3:52.67	48.62 350m: 5:27.86	48.09	
	100m: 1:27.50 46.68	200m: 3:04.05	47.66 300m: 4:39.77	47.10 400m: 6:11.94	44.08	
12.	RÓŻYŃSKA Marta	14	UKP Fala Kraśnik	6:17.83	241	+0,70
	50m: 40.96 40.96	150m: 2:15.64	47.87 250m: 3:53.63	49.25 350m: 5:31.02	48.38	
	100m: 1:27.77 46.81	200m: 3:04.38	48.74 300m: 4:42.64	49.01 400m: 6:17.83	46.81	

OPEN

1.	KOWALSKA Klara	20	KU AZS UMCS Lublin	4:24.24	706	+0,68
	50m: 31.77 31.77	150m: 1:39.74	35.21 250m: 2:46.34	34.18 350m: 3:53.97	34.40	
	100m: 1:04.53 32.76	200m: 2:12.16	32.42 300m: 3:19.57	33.23 400m: 4:24.24	30.27	
2.	WIERNICKA Julia	18	KU AZS UMCS Lublin	4:30.83	656	+0,84
	50m: 31.39 31.39	150m: 1:39.58	34.05 250m: 2:48.44	34.55 350m: 3:57.45	34.29	
	100m: 1:05.53 34.14	200m: 2:13.89	34.31 300m: 3:23.16	34.72 400m: 4:30.83	33.38	
3.	POPPE Marta	18	KU AZS UMCS Lublin	4:32.69	643	+0,74
	50m: 31.33 31.33	150m: 1:39.15	33.94 250m: 2:48.30	34.70 350m: 3:58.12	35.04	
	100m: 1:05.21 33.88	200m: 2:13.60	34.45 300m: 3:23.08	34.78 400m: 4:32.69	34.57	
4.	KAZANOWSKA Klaudia	17	KU AZS UMCS Lublin	4:40.41	591	+0,78
	50m: 32.55 32.55	150m: 1:43.72	35.41 250m: 2:53.85	35.10 350m: 4:04.91	35.48	
	100m: 1:08.31 35.76	200m: 2:18.75	35.03 300m: 3:29.43	35.58 400m: 4:40.41	35.50	
5.	WRONA Maria	17	KU AZS UMCS Lublin	4:40.57	590	+0,74
	50m: 32.60 32.60	150m: 1:42.38	35.17 250m: 2:53.91	35.95 350m: 4:05.67	36.01	
	100m: 1:07.21 34.61	200m: 2:17.96	35.58 300m: 3:29.66	35.75 400m: 4:40.57	34.90	

Główne Mistrzostwa Województwa Lubelskiego
Lublin, 14. - 15.6.2025

Konkurencja 16, Kobiet, 400m dowolny, OPEN

Pozycja	Wiek				Czas				Pkt.	CR
6.	PASTUSZUK Zuzanna	15	KU AZS UMCS Lublin		4:45.34	561	+0,71			
	50m: 32.73 32.73	150m: 1:44.57	36.10	250m: 2:56.95	36.24	350m: 4:09.55	36.13			
	100m: 1:08.47 35.74	200m: 2:20.71	36.14	300m: 3:33.42	36.47	400m: 4:45.34	35.79			
7.	CZOPEK Lena	15	KU AZS UMCS Lublin		4:47.10	551	+0,79			
	50m: 33.40 33.40	150m: 1:45.93	37.30	250m: 2:59.91	37.27	350m: 4:13.37	36.97			
	100m: 1:08.63 35.23	200m: 2:22.64	36.71	300m: 3:36.40	36.49	400m: 4:47.10	33.73			
8.	BATYRA Julia	17	UKS SP5 Swim Lublin		4:49.32	538	+0,83			
	50m: 33.78 33.78	150m: 1:47.16	37.13	250m: 3:01.64	37.22	350m: 4:14.18	36.28			
	100m: 1:10.03 36.25	200m: 2:24.42	37.26	300m: 3:37.90	36.26	400m: 4:49.32	35.14			
9.	JAŁOWIECKA Gabriela	17	KU AZS UMCS Lublin		4:51.40	527	+0,88			
	50m: 32.76 32.76	150m: 1:46.46	37.30	250m: 3:00.45	36.17	350m: 4:14.53	37.50			
	100m: 1:09.16 36.40	200m: 2:24.28	37.82	300m: 3:37.03	36.58	400m: 4:51.40	36.87			
10.	STUKOVA Yevheniia	17	KS „OLIMPIA” Lublin		4:57.04	497	+0,66			
	50m: 33.82 33.82	150m: 1:47.49	37.02	250m: 3:01.15	36.91	350m: 4:17.97	38.49			
	100m: 1:10.47 36.65	200m: 2:24.24	36.75	300m: 3:39.48	38.33	400m: 4:57.04	39.07			
11.	SOSNÓWKA Milena	18	UKP Fala Kraśnik		4:59.31	486	+0,73			
	50m: 33.93 33.93	150m: 1:50.11	38.35	250m: 3:06.45	37.97	350m: 4:23.04	38.12			
	100m: 1:11.76 37.83	200m: 2:28.48	38.37	300m: 3:44.92	38.47	400m: 4:59.31	36.27			
12.	GORDZIEJKO Joanna	15	MTP „Lublinianka”		5:00.56	480	+0,78			
	50m: 34.52 34.52	150m: 1:51.65	40.73	250m: 3:06.84	39.14	350m: 4:23.91	38.60			
	100m: 1:10.92 36.40	200m: 2:27.70	36.05	300m: 3:45.31	38.47	400m: 5:00.56	36.65			
13.	MAJCHER Hanna	13	RWKS Sparta Biłgoraj		5:09.74	438	+0,72			
	50m: 34.63 34.63	150m: 1:53.10	39.77	250m: 3:14.49	40.97	350m: 4:34.20	39.40			
	100m: 1:13.33 38.70	200m: 2:33.52	40.42	300m: 3:54.80	40.31	400m: 5:09.74	35.54			
14.	WÓJCIK Agata	15	KU AZS UMCS Lublin		5:11.06	433	+0,75			
	50m: 34.87 34.87	150m: 1:53.50	39.77	250m: 3:13.58	39.84	350m: 4:33.05	38.74			
	100m: 1:13.73 38.86	200m: 2:33.74	40.24	300m: 3:54.31	40.73	400m: 5:11.06	38.01			
15.	ZIĘBA Zuzanna	13	UKS Szkoła Pływania 23 Lublin		5:20.47	396	+0,70			
	50m: 36.63 36.63	150m: 1:58.65	41.49	250m: 3:22.09	41.37	350m: 4:43.39	39.68			
	100m: 1:17.16 40.53	200m: 2:40.72	42.07	300m: 4:03.71	41.62	400m: 5:20.47	37.08			
16.	ZHULKOVA Hanna	13	UKS SP5 Swim Lublin		5:23.50	385	+0,81			
	50m: 35.19 35.19	150m: 1:57.53	42.05	250m: 3:21.92	42.23	350m: 4:45.80	41.55			
	100m: 1:15.48 40.29	200m: 2:39.69	42.16	300m: 4:04.25	42.33	400m: 5:23.50	37.70			
17.	RYDZEWSKA Paula	15	KS „OLIMPIA” Lublin		5:29.24	365	+0,76			
	50m: 38.22 38.22	150m: 2:02.39	42.29	250m: 3:27.30	43.05	350m: 4:50.21	40.61			
	100m: 1:20.10 41.88	200m: 2:44.25	41.86	300m: 4:09.60	42.30	400m: 5:29.24	39.03			
18.	SZEWCAK Weronika	15	UKS SP5 Swim Lublin		5:30.73	360	+0,84			
	50m: 38.50 38.50	150m: 2:02.77	42.78	250m: 3:28.84	42.91	350m: 4:52.50	40.88			
	100m: 1:19.99 41.49	200m: 2:45.93	43.16	300m: 4:11.62	42.78	400m: 5:30.73	38.23			
19.	WOŁOSZYN Julia	12	UKS „ORKA” Zamość		5:31.70	357	+0,72			
	50m: 37.21 37.21	150m: 1:59.96	42.12	250m: 3:25.93	42.97	350m: 4:50.57	42.14			
	100m: 1:17.84 40.63	200m: 2:42.96	43.00	300m: 4:08.43	42.50	400m: 5:31.70	41.13			
20.	ŁADA Anastazja	13	UKS Szkoła Pływania 23 Lublin		5:32.04	356	+0,69			
	50m: 38.81 38.81	150m: 2:06.92	44.91	250m: 3:33.16	43.13	350m: 4:56.17	40.69			
	100m: 1:22.01 43.20	200m: 2:50.03	43.11	300m: 4:15.48	42.32	400m: 5:32.04	35.87			
21.	OLEKSIUK Natalia	14	KU AZS UMCS Lublin		5:33.88	350	+0,87			
	50m: 37.55 37.55	150m: 2:02.54	42.96	250m: 3:28.64	43.00	350m: 4:54.51	42.72			
	100m: 1:19.58 42.03	200m: 2:45.64	43.10	300m: 4:11.79	43.15	400m: 5:33.88	39.37			
22.	DZIEGIELEWSKA Nikola	15	UKP Fala Kraśnik		5:34.34	348	+0,81			
	50m: 35.90 35.90	150m: 2:02.81	43.67	250m: 3:30.10	42.90	350m: 4:55.35	42.16			
	100m: 1:19.14 43.24	200m: 2:47.20	44.39	300m: 4:13.19	43.09	400m: 5:34.34	38.99			
23.	ŁUKASZEWICZ Maria	14	UKS Szkoła Pływania 23 Lublin		5:35.17	346	+0,76			
	50m: 38.46 38.46	150m: 2:04.37	43.06	250m: 3:30.97	43.77	350m: 4:55.79	42.07			
	100m: 1:21.31 42.85	200m: 2:47.20	42.83	300m: 4:13.72	42.75	400m: 5:35.17	39.38			

Główne Mistrzostwa Województwa Lubelskiego
Lublin, 14. - 15.6.2025

Konkurencja 16, Kobiety, 400m dowolny, OPEN

Pozycja				Wiek							Czas	Pkt.	CR
24.	SZMIT Aleksandra			13	UKS SP5 Swim Lublin						5:40.53	330	+0,68
	50m:	40.05	40.05	150m:	2:08.51	44.40	250m:	3:35.04	43.18	350m:	5:00.67	42.10	
	100m:	1:24.11	44.06	200m:	2:51.86	43.35	300m:	4:18.57	43.53	400m:	5:40.53	39.86	
25.	GRABOWSKA Iga			12	UKS Olimpijczyk 23						5:44.17	319	+0,75
	50m:	39.11	39.11	150m:	2:07.36	45.34	250m:	3:36.37	44.74	350m:	5:04.54	44.11	
	100m:	1:22.02	42.91	200m:	2:51.63	44.27	300m:	4:20.43	44.06	400m:	5:44.17	39.63	
26.	KASPRZAK Gabriela			12	UKS Szkoła Pływania 23 Lublin						5:51.79	299	+0,73
	50m:	38.04	38.04	150m:	2:07.16	44.86	250m:	3:39.89	47.15	350m:	5:11.73	45.47	
	100m:	1:22.30	44.26	200m:	2:52.74	45.58	300m:	4:26.26	46.37	400m:	5:51.79	40.06	
27.	DUDKIEWICZ Iga			15	UKP Bychawa						5:56.66	287	+0,97
	50m:	39.03	39.03	150m:	2:09.84	46.32	250m:	3:44.14	46.97	350m:	5:14.02	44.72	
	100m:	1:23.52	44.49	200m:	2:57.17	47.33	300m:	4:29.30	45.16	400m:	5:56.66	42.64	
28.	ŁADA Amelia			12	UKS Szkoła Pływania 23 Lublin						5:59.71	280	+0,72
	50m:	39.97	39.97	150m:	2:12.28	46.39	250m:	3:45.92	46.96	350m:	5:17.12	44.74	
	100m:	1:25.89	45.92	200m:	2:58.96	46.68	300m:	4:32.38	46.46	400m:	5:59.71	42.59	
29.	STEFANIAK Kamila			12	KS „Wisła” Puławy						6:07.03	263	+0,94
	50m:	40.51	40.51	150m:	2:14.58	47.36	250m:	3:49.19	47.50	350m:	5:23.92	46.48	
	100m:	1:27.22	46.71	200m:	3:01.69	47.11	300m:	4:37.44	48.25	400m:	6:07.03	43.11	
30.	KUSAK Malwina			12	UKS Szkoła Pływania 23 Lublin						6:08.05	261	+0,73
	50m:	41.69	41.69	150m:	2:15.76	47.43	250m:	3:52.91	48.94	350m:	5:27.04	46.89	
	100m:	1:28.33	46.64	200m:	3:03.97	48.21	300m:	4:40.15	47.24	400m:	6:08.05	41.01	
31.	MICHAŁOWSKA Lena			14	KU AZS UMCS Lublin						6:11.94	253	+0,78
	50m:	40.82	40.82	150m:	2:16.39	48.89	250m:	3:52.67	48.62	350m:	5:27.86	48.09	
	100m:	1:27.50	46.68	200m:	3:04.05	47.66	300m:	4:39.77	47.10	400m:	6:11.94	44.08	
32.	RÓŻYŃSKA Marta			14	UKP Fala Kraśnik						6:17.83	241	+0,70
	50m:	40.96	40.96	150m:	2:15.64	47.87	250m:	3:53.63	49.25	350m:	5:31.02	48.38	
	100m:	1:27.77	46.81	200m:	3:04.38	48.74	300m:	4:42.64	49.01	400m:	6:17.83	46.81	
33.	PODGAJNA Oliwia			12	KS Narwał Międzyrzec Podl.						6:32.48	215	+0,76
	50m:	40.30	40.30	150m:	2:16.33	49.59	250m:	3:58.09	51.44	350m:	5:41.92	52.91	
	100m:	1:26.74	46.44	200m:	3:06.65	50.32	300m:	4:49.01	50.92	400m:	6:32.48	50.56	
34.	GRUBA Gabriela			13	Uks Skarpa Lublin						6:43.29	198	+0,91
	50m:	42.02	42.02	150m:	2:24.29	52.72	250m:	4:09.24	52.66	350m:	5:54.78	53.01	
	100m:	1:31.57	49.55	200m:	3:16.58	52.29	300m:	5:01.77	52.53	400m:	6:43.29	48.51	
35.	BOLESTA Agata			12	UKS Szkoła Pływania 23 Lublin						7:01.78	173	+0,80
	50m:	48.08	48.08	150m:	2:36.00	53.77	250m:	4:24.74	54.49	350m:	6:12.10	54.18	
	100m:	1:42.23	54.15	200m:	3:30.25	54.25	300m:	5:17.92	53.18	400m:	7:01.78	49.68	
PK	POLAŃSKA Aleksandra			25	Ku Azs Uw						4:24.18	707	+0,74
	50m:	30.58	30.58	150m:	1:37.94	33.72	250m:	2:45.35	33.45	350m:	3:52.03	33.31	
	100m:	1:04.22	33.64	200m:	2:11.90	33.96	300m:	3:18.72	33.37	400m:	4:24.18	32.15	
PK	SOBÓTKA Oliwia			15	UKS „GIM 92 Ursynów”						4:45.90	558	+0,79
	50m:	32.39	32.39	150m:	1:43.92	36.45	250m:	2:56.86	36.45	350m:	4:10.29	36.51	
	100m:	1:07.47	35.08	200m:	2:20.41	36.49	300m:	3:33.78	36.92	400m:	4:45.90	35.61	
PK	BALCERZAK Barbara			15	SKP Delfin Kozienice						4:48.82	541	+0,75
	50m:	32.85	32.85	150m:	1:45.79	36.57	250m:	2:59.59	36.76	350m:	4:13.52	36.45	
	100m:	1:09.22	36.37	200m:	2:22.83	37.04	300m:	3:37.07	37.48	400m:	4:48.82	35.30	
PK	GUZDEK Anna			18	Akademia Sms Racibórz						5:06.70	452	+0,73
	50m:	34.80	34.80	150m:	1:53.28	39.80	250m:	3:12.19	39.31	350m:	4:30.15	39.09	
	100m:	1:13.48	38.68	200m:	2:32.88	39.60	300m:	3:51.06	38.87	400m:	5:06.70	36.55	