

Mistrzostwa Polski Juniorów Młodszych 15 lat
Lublin, 10. - 13.7.2025

Konkurencja 20
12.07.2025 - 9:32

Dziewcząt, 400m dowolny

15 lat
Wyniki Eliminacje

Rekord Polski Juniorów Mł. 4:16.14 KNOP Aleksandra 01605 Łódź 26.05.2018

Punkty: AQUA 2025

Pozycja	Wiek				Czas				Pkt.	CR
1. DUDA Natalia	15	MKP Szczecin				4:43.71	571A	+0,77		
50m: 32.33	32.33	150m: 1:43.24	35.83	250m: 2:55.92	36.36	350m: 4:08.27	36.02			
100m: 1:07.41	35.08	200m: 2:19.56	36.32	300m: 3:32.25	36.33	400m: 4:43.71	35.44			
2. RAJCA Matylda	15	LKS Jedność 32 Przyszowice				4:45.21	562A	+0,77		
50m: 32.76	32.76	150m: 1:43.99	35.75	250m: 2:56.84	36.36	350m: 4:09.62	36.05			
100m: 1:08.24	35.48	200m: 2:20.48	36.49	300m: 3:33.57	36.73	400m: 4:45.21	35.59			
3. SOBÓTKA Oliwia	15	UKS GIM 92 Ursynów				4:46.07	557A	+0,80		
50m: 32.45	32.45	150m: 1:43.83	36.05	250m: 2:57.20	37.15	350m: 4:11.05	36.75			
100m: 1:07.78	35.33	200m: 2:20.05	36.22	300m: 3:34.30	37.10	400m: 4:46.07	35.02			
4. PASTUSZUK Zuzanna	15	KU AZS UMCS Lublin				4:46.30	555A	+0,71		
50m: 32.12	32.12	150m: 1:43.87	36.15	250m: 2:57.06	36.54	350m: 4:10.17	36.44			
100m: 1:07.72	35.60	200m: 2:20.52	36.65	300m: 3:33.73	36.67	400m: 4:46.30	36.13			
5. NOSAL Nela	15	MKS Juwenia Wrocław				4:47.49	548A	+0,83		
50m: 32.39	32.39	150m: 1:45.19	36.48	250m: 2:59.90	37.24	350m: 4:12.10	35.61			
100m: 1:08.71	36.32	200m: 2:22.66	37.47	300m: 3:36.49	36.59	400m: 4:47.49	35.39			
6. JESSA Zuzanna	15	UKS "Olimp" Gorzów Wlkp.				4:48.24	544A	+0,81		
50m: 32.39	32.39	150m: 1:45.39	37.29	250m: 3:00.79	37.86	350m: 4:13.93	35.92			
100m: 1:08.10	35.71	200m: 2:22.93	37.54	300m: 3:38.01	37.22	400m: 4:48.24	34.31			
7. KUNA Alina	15	Stow. Solne Miasto Wieliczka				4:48.55	542A	+0,76		
50m: 33.11	33.11	150m: 1:48.07	37.45	250m: 3:00.97	34.84	350m: 4:14.24	36.76			
100m: 1:10.62	37.51	200m: 2:26.13	38.06	300m: 3:37.48	36.51	400m: 4:48.55	34.31			
8. CZOPEK Lena	15	KU AZS UMCS Lublin				4:48.62	542A	+0,81		
50m: 33.38	33.38	150m: 1:46.50	37.00	250m: 3:00.15	36.72	350m: 4:14.00	36.75			
100m: 1:09.50	36.12	200m: 2:23.43	36.93	300m: 3:37.25	37.10	400m: 4:48.62	34.62			
9. MATOWICKA Maja	15	MKS Jagiellonka Warszawa				4:48.83	541A	+0,74		
50m: 33.19	33.19	150m: 1:46.57	37.27	250m: 3:01.32	37.37	350m: 4:14.78	36.28			
100m: 1:09.30	36.11	200m: 2:23.95	37.38	300m: 3:38.50	37.18	400m: 4:48.83	34.05			
10. KOPP Zuzanna	15	UKP Polonia Warszawa				4:49.34	538A	+0,82		
50m: 32.34	32.34	150m: 1:45.57	37.11	250m: 3:00.37	36.97	350m: 4:14.18	37.09			
100m: 1:08.46	36.12	200m: 2:23.40	37.83	300m: 3:37.09	36.72	400m: 4:49.34	35.16			
11. RYCHTER Zofia	15	MKS Park Wodny Tarnowskie Góry				4:49.42	537B	+0,79		
50m: 32.90	32.90	150m: 1:46.15	36.99	250m: 3:00.05	37.04	350m: 4:14.07	36.89			
100m: 1:09.16	36.26	200m: 2:23.01	36.86	300m: 3:37.18	37.13	400m: 4:49.42	35.35			
12. GŁOMSKA Maja	15	UKS „Dwójka” Tczew				4:49.53	537B	+0,63		
50m: 32.43	32.43	150m: 1:46.16	37.34	250m: 3:00.68	36.95	350m: 4:14.73	37.03			
100m: 1:08.82	36.39	200m: 2:23.73	37.57	300m: 3:37.70	37.02	400m: 4:49.53	34.80			
13. EMERLING Diana	15	Swim Team MOSiR Kędzierzyn-Koźle				4:49.75	536B	+0,76		
50m: 31.91	31.91	150m: 1:44.85	36.76	250m: 3:00.11	37.73	350m: 4:14.62	36.96			
100m: 1:08.09	36.18	200m: 2:22.38	37.53	300m: 3:37.66	37.55	400m: 4:49.75	35.13			
14. KOZUBOWSKA Paulina	15	UKS Manta Kochłowice Ruda Śląska				4:53.52	515B	+0,86		
50m: 34.11	34.11	150m: 1:47.77	37.16	250m: 3:02.61	37.39	350m: 4:17.82	37.28			
100m: 1:10.61	36.50	200m: 2:25.22	37.45	300m: 3:40.54	37.93	400m: 4:53.52	35.70			
15. SZUSTAK Lena	15	KS Barakuda Mińsk Mazowiecki				4:54.00	513B	+0,85		
50m: 33.79	33.79	150m: 1:47.12	37.23	250m: 3:02.18	37.41	350m: 4:17.55	37.41			
100m: 1:09.89	36.10	200m: 2:24.77	37.65	300m: 3:40.14	37.96	400m: 4:54.00	36.45			



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Ministerstwo
Sportu i Turystyki

Mistrzostwa Polski Juniorów Młodszych 15 lat
Lublin, 10. - 13.7.2025

Konkurencja 20, Dziewcząt, 400m dowolny, Eliminacje, 15 lat

Pozycja	Wiek				Czas				Pkt.	CR
16.	BARTOSZEWSKA Marta	15	KS Poznań Poznań		4:55.78	503B	+0,73			
	50m: 32.70 32.70	150m: 1:48.41	38.48	250m: 3:04.97	38.33	350m: 4:20.40	37.29			
	100m: 1:09.93 37.23	200m: 2:26.64	38.23	300m: 3:43.11	38.14	400m: 4:55.78	35.38			
17.	BASZCZUK Milena	15	UKS "Feniks" Dębica		4:56.77	498B	+0,67			
	50m: 33.36 33.36	150m: 1:48.73	37.96	250m: 3:04.35	37.46	350m: 4:19.85	37.46			
	100m: 1:10.77 37.41	200m: 2:26.89	38.16	300m: 3:42.39	38.04	400m: 4:56.77	36.92			
18.	CZECHMAŃSKA Antonina	15	UKP Polonia Warszawa		4:59.39	485B	+0,78			
	50m: 32.96 32.96	150m: 1:49.47	38.62	250m: 3:06.31	38.33	350m: 4:21.98	38.14			
	100m: 1:10.85 37.89	200m: 2:27.98	38.51	300m: 3:43.84	37.53	400m: 4:59.39	37.41			
19.	JENDRYSIK Paulina	15	KP Sukces Chorzów		4:59.51	485B	+0,79			
	50m: 33.28 33.28	150m: 1:48.77	38.20	250m: 3:06.03	38.82	350m: 4:23.08	38.46			
	100m: 1:10.57 37.29	200m: 2:27.21	38.44	300m: 3:44.62	38.59	400m: 4:59.51	36.43			
20.	PIĄTEK Maja	15	KS „Górnik” Sosnowiec		4:59.73	484B	+0,88			
	50m: 33.64 33.64	150m: 1:50.00	38.43	250m: 3:06.28	37.78	350m: 4:22.86	38.12			
	100m: 1:11.57 37.93	200m: 2:28.50	38.50	300m: 3:44.74	38.46	400m: 4:59.73	36.87			
21.	SAVCHUK Polina	15	Sekcja Pływacka Meduza Pajęczno		5:00.41	481R	+0,70			
	50m: 33.54 33.54	150m: 1:49.12	38.37	250m: 3:07.12	38.95	350m: 4:23.49	38.02			
	100m: 1:10.75 37.21	200m: 2:28.17	39.05	300m: 3:45.47	38.35	400m: 5:00.41	36.92			
22.	MAIK Maja	15	UKS Manta Kochłowiec Ruda Śląska		5:01.29	476R	+0,77			
	50m: 33.75 33.75	150m: 1:48.38	37.42	250m: 3:05.07	38.37	350m: 4:23.57	39.21			
	100m: 1:10.96 37.21	200m: 2:26.70	38.32	300m: 3:44.36	39.29	400m: 5:01.29	37.72			
23.	ŻUK Hanna	15	KS Warta Poznań		5:02.04	473	+0,73			
	50m: 33.88 33.88	150m: 1:49.60	38.40	250m: 3:07.19	38.38	350m: 4:24.69	38.20			
	100m: 1:11.20 37.32	200m: 2:28.81	39.21	300m: 3:46.49	39.30	400m: 5:02.04	37.35			
24.	WIELGUS Nela	15	Champion Tomaszów Maz.		5:02.13	472	+0,82			
	50m: 33.76 33.76	150m: 1:50.71	38.79	250m: 3:08.78	39.05	350m: 4:25.75	37.79			
	100m: 1:11.92 38.16	200m: 2:29.73	39.02	300m: 3:47.96	39.18	400m: 5:02.13	36.38			
25.	LIPIŃSKA Natalia	15	UKS „Ósemka” Toruń		5:02.48	471	+0,87			
	50m: 32.48 32.48	150m: 1:46.57	37.99	250m: 3:04.52	39.42	350m: 4:23.87	39.61			
	100m: 1:08.58 36.10	200m: 2:25.10	38.53	300m: 3:44.26	39.74	400m: 5:02.48	38.61			
26.	POLSAKOVA Nina	15	IUKS „Muszelka” Warszawa		5:02.81	469	+0,74			
	50m: 33.28 33.28	150m: 1:49.87	38.91	250m: 3:07.73	38.78	350m: 4:25.67	38.92			
	100m: 1:10.96 37.68	200m: 2:28.95	39.08	300m: 3:46.75	39.02	400m: 5:02.81	37.14			
27.	ŚLIWAKOWSKA Magdalena	15	CSiR MOS w Dąbrowie Górniczej		5:04.33	462	+0,72			
	50m: 34.19 34.19	150m: 1:51.05	39.58	250m: 3:10.16	39.50	350m: 4:29.46	39.40			
	100m: 1:11.47 37.28	200m: 2:30.66	39.61	300m: 3:50.06	39.90	400m: 5:04.33	34.87			
28.	GŁOGOWSKA Maja	15	UKS Piątka Konstantynów Łódzki		5:04.64	461	+0,83			
	50m: 33.11 33.11	150m: 1:48.72	39.03	250m: 3:08.25	39.87	350m: 4:27.69	39.61			
	100m: 1:09.69 36.58	200m: 2:28.38	39.66	300m: 3:48.08	39.83	400m: 5:04.64	36.95			
29.	JANAS Oliwia	15	UKS Junior Kluczbork		5:06.47	453	+0,74			
	50m: 33.81 33.81	150m: 1:51.01	39.02	250m: 3:09.64	39.68	350m: 4:29.57	40.25			
	100m: 1:11.99 38.18	200m: 2:29.96	38.95	300m: 3:49.32	39.68	400m: 5:06.47	36.90			
30.	STEFANIW Martyna	15	Sekcja Pływacka Meduza Pajęczno		5:06.66	452	+0,77			
	50m: 34.13 34.13	150m: 1:52.59	39.74	250m: 3:12.04	39.59	350m: 4:30.57	38.66			
	100m: 1:12.85 38.72	200m: 2:32.45	39.86	300m: 3:51.91	39.87	400m: 5:06.66	36.09			
31.	STANISZEWSKA Maja	15	UKS G-8 Bielany Warszawa		5:06.72	451	+0,83			
	50m: 33.90 33.90	150m: 1:50.50	38.88	250m: 3:09.50	39.42	350m: 4:29.15	39.58			
	100m: 1:11.62 37.72	200m: 2:30.08	39.58	300m: 3:49.57	40.07	400m: 5:06.72	37.57			



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Konkurencja 20, Dziewcząt, 400m dowolny, Eliminacje, 15 lat

Pozycja	Wiek				Czas				Pkt.	CR
32.	WÓJTOWICZ Aleksandra	15	Kajman Połaniec		5:07.27	449	+0,87			
	50m: 34.15 34.15	150m: 1:50.68 38.83	250m: 3:09.56 39.93	350m: 4:29.04 39.68						
	100m: 1:11.85 37.70	200m: 2:29.63 38.95	300m: 3:49.36 39.80	400m: 5:07.27 38.23						
33.	ZYCH Martyna	15	MKS Jagiellonka Warszawa		5:07.51	448	+0,78			
	50m: 33.78 33.78	150m: 1:50.41 38.80	250m: 3:10.06 39.20	350m: 4:28.61 39.39						
	100m: 1:11.61 37.83	200m: 2:30.86 40.45	300m: 3:49.22 39.16	400m: 5:07.51 38.90						
34.	SOKÓŁ Sara	15	KS KSZO Ostrowiec Św.		5:09.29	440	+0,78			
	50m: 34.12 34.12	150m: 1:52.58 39.84	250m: 3:12.08 39.24	350m: 4:31.42 39.22						
	100m: 1:12.74 38.62	200m: 2:32.84 40.26	300m: 3:52.20 40.12	400m: 5:09.29 37.87						
35.	PABIEROWSKA Lena	15	MKP Astromal-Leszn		5:09.33	440	+0,77			
	50m: 34.31 34.31	150m: 1:51.04 38.75	250m: 3:11.03 40.29	350m: 4:31.91 40.05						
	100m: 1:12.29 37.98	200m: 2:30.74 39.70	300m: 3:51.86 40.83	400m: 5:09.33 37.42						
36.	FITAŁ Karolina	15	UKP Ruda Śląska		5:09.45	440	+0,88			
	50m: 34.59 34.59	150m: 1:52.95 40.10	250m: 3:12.11 39.32	350m: 4:31.45 39.77						
	100m: 1:12.85 38.26	200m: 2:32.79 39.84	300m: 3:51.68 39.57	400m: 5:09.45 38.00						
37.	SELIWIAK Hanna	15	SKS 137 Delfin Łódź		5:09.83	438	+0,76			
	50m: 34.48 34.48	150m: 1:51.45 39.49	250m: 3:11.46 39.82	350m: 4:31.37 39.61						
	100m: 1:11.96 37.48	200m: 2:31.64 40.19	300m: 3:51.76 40.30	400m: 5:09.83 38.46						
38.	ARTWIK Hanna	15	Akademia SMS Racibórz		5:09.94	438	+0,88			
	50m: 35.55 35.55	150m: 1:53.59 39.19	250m: 3:12.77 39.66	350m: 4:31.36 39.28						
	100m: 1:14.40 38.85	200m: 2:33.11 39.52	300m: 3:52.08 39.31	400m: 5:09.94 38.58						
39.	ŻURAKOWSKA Zuzanna	15	MKS Juvenia Wrocław		5:11.54	431	+0,84			
	50m: 35.23 35.23	150m: 1:54.00 39.78	250m: 3:13.37 39.38	350m: 4:32.30 39.57						
	100m: 1:14.22 38.99	200m: 2:33.99 39.99	300m: 3:52.73 39.36	400m: 5:11.54 39.24						
40.	LATOSZEWSKA Maria	15	UKS "Olimp" Gorzów Wlkp.		5:11.60	431	+0,83			
	50m: 34.03 34.03	150m: 1:52.33 39.35	250m: 3:12.85 39.96	350m: 4:34.45 40.54						
	100m: 1:12.98 38.95	200m: 2:32.89 40.56	300m: 3:53.91 41.06	400m: 5:11.60 37.15						
41.	WAWRZUTA Kamila	15	UKS Ósemka Oświęcim		5:11.71	430	+0,73			
	50m: 34.97 34.97	150m: 1:52.40 39.36	250m: 3:13.19 40.43	350m: 4:34.52 40.69						
	100m: 1:13.04 38.07	200m: 2:32.76 40.36	300m: 3:53.83 40.64	400m: 5:11.71 37.19						
42.	WÓJCIK Agata	15	KU AZS UMCS Lublin		5:12.40	427	+0,83			
	50m: 33.78 33.78	150m: 1:52.14 40.54	250m: 3:13.69 41.35	350m: 4:34.70 40.38						
	100m: 1:11.60 37.82	200m: 2:32.34 40.20	300m: 3:54.32 40.63	400m: 5:12.40 37.70						
43.	KOSTECKA Emilia	15	KP NEPTUN Stargard		5:12.64	426	+0,71			
	50m: 33.96 33.96	150m: 1:52.89 40.00	250m: 3:14.39 40.73	350m: 4:35.48 40.07						
	100m: 1:12.89 38.93	200m: 2:33.66 40.77	300m: 3:55.41 41.02	400m: 5:12.64 37.16						
44.	SACHA Paulina	15	UKS NIKA Sport Team Kraków		5:12.72	426	+0,69			
	50m: 35.01 35.01	150m: 1:53.59 40.02	250m: 3:13.88 40.51	350m: 4:35.71 40.81						
	100m: 1:13.57 38.56	200m: 2:33.37 39.78	300m: 3:54.90 41.02	400m: 5:12.72 37.01						
45.	SIENKIEWICZ Marianna	15	IKS Konstancin		5:14.09	420	+0,72			
	50m: 34.30 34.30	150m: 1:53.93 40.18	250m: 3:14.09 39.94	350m: 4:35.24 40.57						
	100m: 1:13.75 39.45	200m: 2:34.15 40.22	300m: 3:54.67 40.58	400m: 5:14.09 38.85						
46.	DZIEWANOWSKA Nikola	15	UKS Delfin Garwolin		5:14.22	420	+0,78			
	50m: 35.12 35.12	150m: 1:54.83 40.78	250m: 3:16.52 41.07	350m: 4:35.89 38.95						
	100m: 1:14.05 38.93	200m: 2:35.45 40.62	300m: 3:56.94 40.42	400m: 5:14.22 38.33						
47.	WESOŁOWSKA Wiktoria	15	MUKS Wodnik Łask		5:15.11	416	+0,83			
	50m: 35.24 35.24	150m: 1:54.42 39.77	250m: 3:15.16 40.98	350m: 4:36.79 40.52						
	100m: 1:14.65 39.41	200m: 2:34.18 39.76	300m: 3:56.27 41.11	400m: 5:15.11 38.32						



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Konkurencja 20, Dziewcząt, 400m dowolny, Eliminacje, 15 lat

Pozycja			Wiek							Czas	Pkt.	CR
48.	GOS Maja		15	MKS Jordan Kraków						5:15.60	414	+0,83
	50m:	34.70	34.70	150m:	1:54.44	40.27	250m:	3:16.57	41.05	350m:	4:37.34	40.37
	100m:	1:14.17	39.47	200m:	2:35.52	41.08	300m:	3:56.97	40.40	400m:	5:15.60	38.26
49.	MYDŁOWSKA Roxana		15	UKS Nawa Skierniewice						5:16.17	412	+0,68
	50m:	33.89	33.89	150m:	1:53.73	40.79	250m:	3:16.31	41.23	350m:	4:37.50	40.03
	100m:	1:12.94	39.05	200m:	2:35.08	41.35	300m:	3:57.47	41.16	400m:	5:16.17	38.67
50.	SUŁKOWSKA Oliwia		15	UKS Junior Kluczbork						5:16.93	409	+0,81
	50m:	34.51	34.51	150m:	1:54.27	40.57	250m:	3:16.71	41.50	350m:	4:38.43	40.74
	100m:	1:13.70	39.19	200m:	2:35.21	40.94	300m:	3:57.69	40.98	400m:	5:16.93	38.50
51.	BALINA Maja		15	Grudziądzki KP „Orka”						5:17.42	407	+0,75
	50m:	33.13	33.13	150m:	1:50.71	39.52	250m:	3:12.39	40.65	350m:	4:36.84	42.03
	100m:	1:11.19	38.06	200m:	2:31.74	41.03	300m:	3:54.81	42.42	400m:	5:17.42	40.58
52.	STEFAŃCZYK Zofia		15	UKS GOS Raszyn						5:18.62	403	+0,77
	50m:	35.11	35.11	150m:	1:56.10	41.14	250m:	3:19.60	41.62	350m:	4:41.09	40.28
	100m:	1:14.96	39.85	200m:	2:37.98	41.88	300m:	4:00.81	41.21	400m:	5:18.62	37.53
53.	PIETRASZEWICZ Roksana		15	UKS Juvenia iSwim Białystok						5:18.71	402	+0,73
	50m:	35.65	35.65	150m:	1:55.10	40.10	250m:	3:16.38	40.75	350m:	4:38.77	41.15
	100m:	1:15.00	39.35	200m:	2:35.63	40.53	300m:	3:57.62	41.24	400m:	5:18.71	39.94
54.	SUKIENNIK Anna		15	MUKS Wodnik Łask						5:19.69	399	+0,75
	50m:	35.21	35.21	150m:	1:55.28	40.55	250m:	3:18.63	41.94	350m:	4:41.06	40.39
	100m:	1:14.73	39.52	200m:	2:36.69	41.41	300m:	4:00.67	42.04	400m:	5:19.69	38.63
55.	KIDA Maja		15	KP REKIN Lubaczów						5:22.19	389	+0,71
	50m:	35.06	35.06	150m:	1:57.44	42.19	250m:	3:22.55	43.05	350m:	4:44.92	40.86
	100m:	1:15.25	40.19	200m:	2:39.50	42.06	300m:	4:04.06	41.51	400m:	5:22.19	37.27
56.	JODŁOWSKA Karolina		15	UKS Ósemka Oświęcim						5:23.81	384	+0,76
	50m:	36.10	36.10	150m:	1:57.63	41.67	250m:	3:20.77	41.74	350m:	4:44.31	41.09
	100m:	1:15.96	39.86	200m:	2:39.03	41.40	300m:	4:03.22	42.45	400m:	5:23.81	39.50
57.	MORGAŃSKA Marta		15	UKS Manta Kochłowice Ruda Śląska						5:23.85	383	+0,82
	50m:	35.65	35.65	150m:	1:56.54	40.80	250m:	3:20.32	41.75	350m:	4:44.13	41.95
	100m:	1:15.74	40.09	200m:	2:38.57	42.03	300m:	4:02.18	41.86	400m:	5:23.85	39.72
58.	RYDZEWSKA Paula		15	KS „OLIMPIA” Lublin						5:27.41	371	+0,77
	50m:	37.03	37.03	150m:	2:00.66	42.70	250m:	3:25.35	42.12	350m:	4:47.98	40.49
	100m:	1:17.96	40.93	200m:	2:43.23	42.57	300m:	4:07.49	42.14	400m:	5:27.41	39.43
59.	MORYSON Maria		15	UPKS Wodnik Rawicz						5:30.33	361	+0,71
	50m:	35.83	35.83	150m:	1:58.17	41.96	250m:	3:24.67	43.57	350m:	4:49.88	42.33
	100m:	1:16.21	40.38	200m:	2:41.10	42.93	300m:	4:07.55	42.88	400m:	5:30.33	40.45
60.	KALISZEWSKA Amelia		15	Ks Nelasport						5:39.58	333	+0,89
	50m:	35.65	35.65	150m:	2:00.28	43.30	250m:	3:28.39	44.01	350m:	4:56.76	43.56
	100m:	1:16.98	41.33	200m:	2:44.38	44.10	300m:	4:13.20	44.81	400m:	5:39.58	42.82
61.	JAKUBCZAK Małgorzata		15	KP NEPTUN Stargard						5:42.35	325	+0,84
	50m:	39.04	39.04	150m:	2:06.19	44.13	250m:	3:34.96	44.23	350m:	5:02.19	42.74
	100m:	1:22.06	43.02	200m:	2:50.73	44.54	300m:	4:19.45	44.49	400m:	5:42.35	40.16
62.	BRYSIK Nikola		15	Champion Tomaszów Maz.						5:43.13	322	+0,80
	50m:	36.51	36.51	150m:	2:01.17	43.53	250m:	3:30.45	44.38	350m:	5:00.77	44.79
	100m:	1:17.64	41.13	200m:	2:46.07	44.90	300m:	4:15.98	45.53	400m:	5:43.13	42.36

