

Grand Prix Polski w pływaniu Zawody Kwalifikacyjne do Mistrzostw świata w Windsor  
Poznań, 19- - 20-11-2016

Konkurencja 22 Kobiet, 400m dowolny 13 lat i starsi  
2016-11-19 - 21:12 Wyniki

Minimum kwalifikacyjne do M	4:02.30									
Top Times "Poland" Open	4:05.77	Barzycka Paulina	POL	Gorzow						2005-11-26
Top Times "Poland" 13	4:18.09	Knop Aleksandra	POL	Ostrowiec Sw						2016-06-18
Top Times "Poland" 14	4:16.92	Kilija ska Donata	POL	Gorzow Wielkopolski						2009-11-28
Top Times "Poland" 15	4:11.12	Kilija ska Donata	POL	Lodz						2010-11-21
Top Times "Poland" 16	4:08.04	Kilija ska Donata	POL	Poznan						2011-12-17
Top Times "Poland" 17	4:08.41	Kilija ska Donata	POL	Ostrowiec Sw.						2012-12-21
Top Times "Poland" 18	4:08.83	Kilija ska Donata	POL	Ostrowiec Sw						2013-12-21
Top Times "Poland" 19 +	4:05.77	Barzycka Paulina	POL	Gorzow						2005-11-26

Punkty: FINA 2016

Pozycja Rok ur. Czas Pkt.

13 - 14 lat

1. Knop Aleksandra	03	Uks 190 Łód	<b>4:18.82</b>	743
50m: 29.75 29.75	150m: 1:35.33 32.72	250m: 2:40.91 32.57	350m: 3:46.54 32.83	
100m: 1:02.61 32.86	200m: 2:08.34 33.01	300m: 3:13.71 32.80	400m: 4:18.82 32.28	
2. Skibiak Klaudia	02	Dwójka Morena Gdańsk	<b>4:28.18</b>	668
50m: 30.91 30.91	150m: 1:38.83 34.14	250m: 2:47.20 34.07	350m: 3:55.42 34.15	
100m: 1:04.69 33.78	200m: 2:13.13 34.30	300m: 3:21.27 34.07	400m: 4:28.18 32.76	
3. Kuchta Maria	02	Dwójka Tczew	<b>4:28.47</b>	666
50m: 30.85 30.85	150m: 1:39.21 34.49	250m: 2:47.93 34.53	350m: 3:56.19 33.88	
100m: 1:04.72 33.87	200m: 2:13.40 34.19	300m: 3:22.31 34.38	400m: 4:28.47 32.28	
4. Jaszczuk Ewa SOL	02	MTP KORMORAN Olsztyn	<b>4:31.41</b>	645
50m: 31.20 31.20	150m: 1:38.93 34.14	250m: 2:47.95 34.50	350m: 3:57.49 34.95	
100m: 1:04.79 33.59	200m: 2:13.45 34.52	300m: 3:22.54 34.59	400m: 4:31.41 33.92	
5. Kryszkowska Natalia	02	MZOS Płock	<b>4:31.66</b>	643
50m: 30.60 30.60	150m: 1:38.87 34.38	250m: 2:48.40 34.92	350m: 3:58.24 34.94	
100m: 1:04.49 33.89	200m: 2:13.48 34.61	300m: 3:23.30 34.90	400m: 4:31.66 33.42	
6. Dąbrowska Wiktoria	03	UKS JAGIELLONKA Warszawa	<b>4:33.50</b>	630
50m: 31.77 31.77	150m: 1:40.93 34.86	250m: 2:51.03 34.62	350m: 4:00.64 34.87	
100m: 1:06.07 34.30	200m: 2:16.41 35.48	300m: 3:25.77 34.74	400m: 4:33.50 32.86	
7. Piłko Natalia SŁ	02	MKS Jedynka Łód	<b>4:34.10</b>	626
50m: 31.26 31.26	150m: 1:39.87 34.83	250m: 2:49.70 34.64	350m: 4:00.28 34.96	
100m: 1:05.04 33.78	200m: 2:15.06 35.19	300m: 3:25.32 35.62	400m: 4:34.10 33.82	
8. Pluta Emilia	02	UKS Aligator Gorzyce	<b>4:37.53</b>	603
50m: 32.14 32.14	150m: 1:41.60 35.09	250m: 2:51.50 34.52	350m: 4:03.03 35.67	
100m: 1:06.51 34.37	200m: 2:16.98 35.38	300m: 3:27.36 35.86	400m: 4:37.53 34.50	
9. Kawka Nina	03	UKS Gim 92 Ursynów W-wa	<b>4:37.96</b>	600
50m: 31.25 31.25	150m: 1:40.95 35.34	250m: 2:52.52 35.77	350m: 4:03.88 35.33	
100m: 1:05.61 34.36	200m: 2:16.75 35.80	300m: 3:28.55 36.03	400m: 4:37.96 34.08	
10. Krypa Marta	02	UKS Manta Warszawa Włochy	<b>4:38.64</b>	596
50m: 32.03 32.03	150m: 1:43.41 36.01	250m: 2:54.22 35.12	350m: 4:04.80 35.03	
100m: 1:07.40 35.37	200m: 2:19.10 35.69	300m: 3:29.77 35.55	400m: 4:38.64 33.84	
11. Pawłowska Barbara	02	Uks 190 Łód	<b>4:38.93</b>	594
50m: 31.86 31.86	150m: 1:41.57 35.11	250m: 2:52.92 35.73	350m: 4:04.34 35.82	
100m: 1:06.46 34.60	200m: 2:17.19 35.62	300m: 3:28.52 35.60	400m: 4:38.93 34.59	
12. Sienkiewicz Kaja	02	Buks Warszawa	<b>4:39.33</b>	591
50m: 31.76 31.76	150m: 1:41.64 35.36	250m: 2:52.88 35.53	350m: 4:04.38 35.58	
100m: 1:06.28 34.52	200m: 2:17.35 35.71	300m: 3:28.80 35.92	400m: 4:39.33 34.95	
13. Spik Vanessa	02	DOKiS SP Vega Dobrodzie	<b>4:39.44</b>	591
50m: 31.16 31.16	150m: 1:40.59 35.34	250m: 2:52.45 36.17	350m: 4:04.66 36.10	
100m: 1:05.25 34.09	200m: 2:16.28 35.69	300m: 3:28.56 36.11	400m: 4:39.44 34.78	
14. Miciak Agata	02	MKP „Słowianka” Gorzów	<b>4:40.04</b>	587
50m: 31.40 31.40	150m: 1:42.33 35.75	250m: 2:54.20 35.88	350m: 4:05.98 35.90	
100m: 1:06.58 35.18	200m: 2:18.32 35.99	300m: 3:30.08 35.88	400m: 4:40.04 34.06	

Grand Prix Polski w pływaniu Zawody Kwalifikacyjne do Mistrzostw świata w Windsor  
Poznań, 19- - 20-11-2016

Konkurencja 22, Dziewczyny, 400m dowolny, 13 - 14 lat

Pozycja			Rok ur.					Czas	Pkt.
15.	Jaworska Maja		02	MZOS Płock				<b>4:40.48</b>	584
	50m:	31.74 31.74	150m:	1:41.91 35.25	250m:	2:53.50 35.83	350m:	4:05.26 35.52	
	100m:	1:06.66 34.92	200m:	2:17.67 35.76	300m:	3:29.74 36.24	400m:	4:40.48 35.22	
16.	Szymczak Patrycja		02	UKS MANTA Kochłowice Ruda Śląska				<b>4:42.26</b>	573
	50m:	32.02 32.02	150m:	1:42.12 35.38	250m:	2:53.67 35.96	350m:	4:06.56 36.96	
	100m:	1:06.74 34.72	200m:	2:17.71 35.59	300m:	3:29.60 35.93	400m:	4:42.26 35.70	
17.	Pyzalska Nikola		02	KS Delfin Gdynia				<b>4:45.52</b>	554
	50m:	31.73 31.73	150m:	1:43.60 36.32	250m:	2:57.70 36.75	350m:	4:11.32 36.07	
	100m:	1:07.28 35.55	200m:	2:20.95 37.35	300m:	3:35.25 37.55	400m:	4:45.52 34.20	
18.	Zajac Wiktoria		02	Uks,, oliborz" Warszawa				<b>4:45.56</b>	553
	50m:	32.32 32.32	150m:	1:44.31 36.89	250m:	2:58.11 37.04	350m:	4:10.41 35.91	
	100m:	1:07.42 35.10	200m:	2:21.07 36.76	300m:	3:34.50 36.39	400m:	4:45.56 35.15	
19.	Dobrowska Tatiana		02	UKS Piłka Konstantynów Łódzki				<b>4:45.77</b>	552
	50m:	32.24 32.24	150m:	1:44.92 36.98	250m:	2:57.68 36.14	350m:	4:10.74 36.32	
	100m:	1:07.94 35.70	200m:	2:21.54 36.62	300m:	3:34.42 36.74	400m:	4:45.77 35.03	
20.	Jasiorska Aleksandra		02	MKS Polonia Warszawa				<b>4:46.81</b>	546
	50m:	32.90 32.90	150m:	1:44.01 35.94	250m:	2:56.37 36.25	350m:	4:10.07 37.03	
	100m:	1:08.07 35.17	200m:	2:20.12 36.11	300m:	3:33.04 36.67	400m:	4:46.81 36.74	
21.	Kuc Weronika		02	BARAKUDA Starachowice				<b>4:47.30</b>	543
	50m:	31.80 31.80	150m:	1:44.05 36.48	250m:	2:58.27 37.07	350m:	4:12.27 36.23	
	100m:	1:07.57 35.77	200m:	2:21.20 37.15	300m:	3:36.04 37.77	400m:	4:47.30 35.03	
22.	Kulesza Weronika		02	MKP,,Słowianka" Gorzów				<b>4:49.56</b>	531
	50m:	32.80 32.80	150m:	1:45.28 36.86	250m:	2:59.78 37.39	350m:	4:13.84 36.83	
	100m:	1:08.42 35.62	200m:	2:22.39 37.11	300m:	3:37.01 37.23	400m:	4:49.56 35.72	
23.	Sierak Kinga		02	Klub Sportowy Płetwal Szczytno				<b>4:50.64</b>	525
	50m:	31.74 31.74	150m:	1:44.20 37.10	250m:	2:59.72 37.99	350m:	4:14.87 37.54	
	100m:	1:07.10 35.36	200m:	2:21.73 37.53	300m:	3:37.33 37.61	400m:	4:50.64 35.77	
24.	Jabłońska Martyna		03	MKS Piaseczno				<b>4:51.64</b>	519
	50m:	32.19 32.19	150m:	1:45.40 37.11	250m:	2:59.94 37.26	350m:	4:14.47 37.31	
	100m:	1:08.29 36.10	200m:	2:22.68 37.28	300m:	3:37.16 37.22	400m:	4:51.64 37.17	
25.	Palonka Zuzanna		02	WKS I sk Wrocław				<b>4:54.24</b>	506
	50m:	33.41 33.41	150m:	1:47.69 37.40	250m:	3:03.63 37.61	350m:	4:17.76 36.89	
	100m:	1:10.29 36.88	200m:	2:26.02 38.33	300m:	3:40.87 37.24	400m:	4:54.24 36.48	
26.	Stodolska Zofia		03	Mks - Astoria Bydgoszcz				<b>4:54.98</b>	502
	50m:	32.95 32.95	150m:	1:47.51 37.57	250m:	3:03.60 38.15	350m:	4:19.63 37.57	
	100m:	1:09.94 36.99	200m:	2:25.45 37.94	300m:	3:42.06 38.46	400m:	4:54.98 35.35	
27.	Van Doorne Natalia		02	MKP,,Słowianka" Gorzów				<b>4:56.81</b>	493
	50m:	33.82 33.82	150m:	1:48.58 37.86	250m:	3:04.41 37.83	350m:	4:19.97 37.81	
	100m:	1:10.72 36.90	200m:	2:26.58 38.00	300m:	3:42.16 37.75	400m:	4:56.81 36.84	
28.	Obuchowicz Natasza		03	Legia Warszawa				<b>4:57.47</b>	490
	50m:	32.48 32.48	150m:	1:47.12 38.14	250m:	3:03.80 38.15	350m:	4:20.33 38.37	
	100m:	1:08.98 36.50	200m:	2:25.65 38.53	300m:	3:41.96 38.16	400m:	4:57.47 37.14	
29.	Szpiegowska Wiktoria		02	WKS I sk Wrocław				<b>5:00.90</b>	473
	50m:	33.45 33.45	150m:	1:49.39 38.35	250m:	3:06.30 38.53	350m:	4:23.26 38.52	
	100m:	1:11.04 37.59	200m:	2:27.77 38.38	300m:	3:44.74 38.44	400m:	5:00.90 37.64	
30.	Czepulianis Alicja		02	MKP,,Słowianka" Gorzów				<b>5:00.96</b>	473
	50m:	34.42 34.42	150m:	1:50.72 38.53	250m:	3:07.95 38.24	350m:	4:24.37 37.58	
	100m:	1:12.19 37.77	200m:	2:29.71 38.99	300m:	3:46.79 38.84	400m:	5:00.96 36.59	
31.	Izak Michalina		02	WKS I sk Wrocław				<b>5:04.81</b>	455
	50m:	34.86 34.86	150m:	1:51.26 38.23	250m:	3:08.40 38.70	350m:	4:26.66 39.46	
	100m:	1:13.03 38.17	200m:	2:29.70 38.44	300m:	3:47.20 38.80	400m:	5:04.81 38.15	
32.	Grzegolec Weronika		02	MKP,,Słowianka" Gorzów				<b>5:07.42</b>	443
	50m:	33.87 33.87	150m:	1:50.99 39.38	250m:	3:10.09 39.37	350m:	4:29.31 39.77	
	100m:	1:11.61 37.74	200m:	2:30.72 39.73	300m:	3:49.54 39.45	400m:	5:07.42 38.11	

Grand Prix Polski w pływaniu Zawody Kwalifikacyjne do Mistrzostw świata w Windsor  
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Konkurencja 22, Dziewcząt, 400m dowolny, 13 - 14 lat

Pozycja			Rok ur.					Czas	Pkt.			
33.	Gabry	Kamila	02	MKP „Słowianka” Gorzów				<b>5:07.84</b>	442			
	50m:	34.93	34.93	150m:	1:52.51	38.99	250m:	3:11.43	39.37	350m:	4:29.89	38.93
	100m:	1:13.52	38.59	200m:	2:32.06	39.55	300m:	3:50.96	39.53	400m:	5:07.84	37.95
34.	Muszyńska	Majka	02	UKP MANTA Jelcz-Laskowice				<b>5:08.13</b>	440			
	50m:	33.01	33.01	150m:	1:50.53	39.79	250m:	3:10.44	39.76	350m:	4:29.50	39.17
	100m:	1:10.74	37.73	200m:	2:30.68	40.15	300m:	3:50.33	39.89	400m:	5:08.13	38.63
35.	Saniawa	Karolina	03	MKS Piaseczno				<b>5:08.17</b>	440			
	50m:	32.15	32.15	150m:	1:49.50	39.42	250m:	3:09.93	40.22	350m:	4:29.57	39.67
	100m:	1:10.08	37.93	200m:	2:29.71	40.21	300m:	3:49.90	39.97	400m:	5:08.17	38.60
36.	Zoglowek	Joanna	02	UKP MANTA Jelcz-Laskowice				<b>5:09.57</b>	434			
	50m:	35.00	35.00	150m:	1:55.50	40.79	250m:	3:15.28	38.86	350m:	4:32.88	38.07
	100m:	1:14.71	39.71	200m:	2:36.42	40.92	300m:	3:54.81	39.53	400m:	5:09.57	36.69

15 lat

1.	Piechota	Karolina	01	Uks 190 Łódź				<b>4:20.65</b>	728			
	50m:	31.24	31.24	150m:	1:36.86	32.97	250m:	2:42.09	32.51	350m:	3:48.31	33.24
	100m:	1:03.89	32.65	200m:	2:09.58	32.72	300m:	3:15.07	32.98	400m:	4:20.65	32.34
2.	Paradowska	Kinga SB	01	MUKS "Piłastka" Bydgoszcz				<b>4:24.32</b>	698			
	50m:	30.83	30.83	150m:	1:37.80	33.70	250m:	2:45.35	33.71	350m:	3:52.10	33.52
	100m:	1:04.10	33.27	200m:	2:11.64	33.84	300m:	3:18.58	33.23	400m:	4:24.32	32.22
3.	Wgrzynowska	Aleksandra	01	WKS I sk Wrocław				<b>4:24.83</b>	694			
	50m:	30.34	30.34	150m:	1:36.93	33.43	250m:	2:44.79	33.88	350m:	3:52.94	33.82
	100m:	1:03.50	33.16	200m:	2:10.91	33.98	300m:	3:19.12	34.33	400m:	4:24.83	31.89
4.	Bednarek	Zuzanna	01	MKS Jedynka Łódź				<b>4:28.38</b>	667			
	50m:	30.90	30.90	150m:	1:38.60	34.18	250m:	2:47.47	34.50	350m:	3:56.57	34.47
	100m:	1:04.42	33.52	200m:	2:12.97	34.37	300m:	3:22.10	34.63	400m:	4:28.38	31.81
5.	Krauze	Alicja	01	Mał Wopr				<b>4:34.52</b>	623			
	50m:	31.60	31.60	150m:	1:41.01	34.89	250m:	2:51.05	34.66	350m:	4:01.09	34.94
	100m:	1:06.12	34.52	200m:	2:16.39	35.38	300m:	3:26.15	35.10	400m:	4:34.52	33.43
6.	Przybysz	Olga	01	KP Astromal Akwawit Leszno				<b>4:35.79</b>	614			
	50m:	31.40	31.40	150m:	1:41.10	35.23	250m:	2:51.76	35.24	350m:	4:02.46	35.45
	100m:	1:05.87	34.47	200m:	2:16.52	35.42	300m:	3:27.01	35.25	400m:	4:35.79	33.33
7.	Juwicka	Zuzanna	01	MKS Trójka Łódź				<b>4:36.19</b>	612			
	50m:	32.03	32.03	150m:	1:42.64	35.55	250m:	2:53.47	35.42	350m:	4:02.50	34.50
	100m:	1:07.09	35.06	200m:	2:18.05	35.41	300m:	3:28.00	34.53	400m:	4:36.19	33.69
8.	Gołbiewska	Dominika	01	UKS Gim 92 Ursynów W-wa				<b>4:38.48</b>	597			
	50m:	31.49	31.49	150m:	1:41.66	35.52	250m:	2:53.40	35.73	350m:	4:04.26	35.40
	100m:	1:06.14	34.65	200m:	2:17.67	36.01	300m:	3:28.86	35.46	400m:	4:38.48	34.22
9.	Włodarczyk	Agnieszka	01	MUKS "Piłastka" Bydgoszcz				<b>4:39.86</b>	588			
	50m:	32.55	32.55	150m:	1:42.69	35.45	250m:	2:54.51	35.92	350m:	4:06.27	35.74
	100m:	1:07.24	34.69	200m:	2:18.59	35.90	300m:	3:30.53	36.02	400m:	4:39.86	33.59
10.	Kuropatwa	Weronika	01	Uks abianka Gdańsk				<b>4:42.44</b>	572			
	50m:	32.89	32.89	150m:	1:42.25	35.02	250m:	2:53.77	35.78	350m:	4:06.69	36.36
	100m:	1:07.23	34.34	200m:	2:17.99	35.74	300m:	3:30.33	36.56	400m:	4:42.44	35.75
11.	Łysakowska	Julia SL	01	KU AZS UMCS Lublin				<b>4:43.90</b>	563			
	50m:	32.51	32.51	150m:	1:44.55	36.43	250m:	2:56.97	36.21	350m:	4:08.93	35.95
	100m:	1:08.12	35.61	200m:	2:20.76	36.21	300m:	3:32.98	36.01	400m:	4:43.90	34.97
12.	Szebesczyk	Hanna	01	WKS I sk Wrocław				<b>4:45.64</b>	553			
	50m:	32.74	32.74	150m:	1:44.98	36.75	250m:	2:58.47	36.71	350m:	4:10.67	35.72
	100m:	1:08.23	35.49	200m:	2:21.76	36.78	300m:	3:34.95	36.48	400m:	4:45.64	34.97
13.	Bilska	Natalia	01	Uks abianka Gdańsk				<b>4:49.92</b>	529			
	50m:	33.22	33.22	150m:	1:44.98	35.69	250m:	2:58.26	36.82	350m:	4:13.41	37.86
	100m:	1:09.29	36.07	200m:	2:21.44	36.46	300m:	3:35.55	37.29	400m:	4:49.92	36.51

Grand Prix Polski w pływaniu Zawody Kwalifikacyjne do Mistrzostw świata w Windsor  
Poznań, 19- - 20-11-2016

Konkurencja 22, Dziewczyny, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.			
14.	G	sowska Martyna	01	MUKS "Piłastka" Bydgoszcz				<b>4:54.76</b>	503			
	50m:	32.76	32.76	150m:	1:46.50	37.60	250m:	3:02.61	38.30	350m:	4:18.66	37.98
	100m:	1:08.90	36.14	200m:	2:24.31	37.81	300m:	3:40.68	38.07	400m:	4:54.76	36.10
15.		Peplak Julia	01	KS Fenix Opatów Mazowiecki				<b>4:55.32</b>	500			
	50m:	33.11	33.11	150m:	1:47.26	37.48	250m:	3:02.93	38.03	350m:	4:18.51	37.87
	100m:	1:09.78	36.67	200m:	2:24.90	37.64	300m:	3:40.64	37.71	400m:	4:55.32	36.81
16.		Chwałczyńska Aleksandra	01	WKS Łódź Wrocław				<b>5:02.53</b>	465			
	50m:	33.93	33.93	150m:	1:50.04	38.65	250m:	3:08.04	38.90	350m:	4:25.06	38.34
	100m:	1:11.39	37.46	200m:	2:29.14	39.10	300m:	3:46.72	38.68	400m:	5:02.53	37.47
17.		Kicińska Julia	01	UKP MANTA Jelcz-Laskowice				<b>5:04.27</b>	457			
	50m:	33.82	33.82	150m:	1:50.13	38.87	250m:	3:09.15	39.54	350m:	4:27.58	39.04
	100m:	1:11.26	37.44	200m:	2:29.61	39.48	300m:	3:48.54	39.39	400m:	5:04.27	36.69
18.		Dudziak Agata	01	UKS "3 Wodnik Wolsztyn"				<b>5:04.86</b>	455			
	50m:	33.44	33.44	150m:	1:50.61	39.28	250m:	3:08.64	39.55	350m:	4:27.60	39.11
	100m:	1:11.33	37.89	200m:	2:29.09	38.48	300m:	3:48.49	39.85	400m:	5:04.86	37.26

16 lat

1.		Polanska Aleksandra	00	UKS GOS Raszyn				<b>4:17.89</b>	752			
	50m:	30.59	30.59	150m:	1:35.52	32.35	250m:	2:40.63	32.75	350m:	3:46.54	32.90
	100m:	1:03.17	32.58	200m:	2:07.88	32.36	300m:	3:13.64	33.01	400m:	4:17.89	31.35
2.		Klonowska Julia	00	Dwójka Morena Gdańsk				<b>4:21.17</b>	724			
	50m:	31.01	31.01	150m:	1:38.82	33.87	250m:	2:45.52	32.72	350m:	3:49.70	31.50
	100m:	1:04.95	33.94	200m:	2:12.80	33.98	300m:	3:18.20	32.68	400m:	4:21.17	31.47
3.		Baryła Julia SSZ	00	MKP Szczecin				<b>4:25.24</b>	691			
	50m:	30.64	30.64	150m:	1:37.60	33.72	250m:	2:44.79	33.73	350m:	3:52.71	33.75
	100m:	1:03.88	33.24	200m:	2:11.06	33.46	300m:	3:18.96	34.17	400m:	4:25.24	32.53
4.		Reks Aleksandra	00	MKP Szczecin				<b>4:31.98</b>	641			
	50m:	31.08	31.08	150m:	1:37.91	33.71	250m:	2:46.64	34.66	350m:	3:57.05	35.44
	100m:	1:04.20	33.12	200m:	2:11.98	34.07	300m:	3:21.61	34.97	400m:	4:31.98	34.93
5.		Pogorzelska Inez	00	UKS GOS Raszyn				<b>4:33.57</b>	629			
	50m:	30.59	30.59	150m:	1:39.31	34.68	250m:	2:48.37	34.00	350m:	3:59.17	35.73
	100m:	1:04.63	34.04	200m:	2:14.37	35.06	300m:	3:23.44	35.07	400m:	4:33.57	34.40
6.		Kowalska Dominika	00	MKS Trójka Łódź				<b>4:37.30</b>	604			
	50m:	31.66	31.66	150m:	1:40.90	34.98	250m:	2:51.31	35.68	350m:	4:02.47	35.47
	100m:	1:05.92	34.26	200m:	2:15.63	34.73	300m:	3:27.00	35.69	400m:	4:37.30	34.83
7.		Janczak Patrycja	00	MKP Szczecin				<b>4:37.64</b>	602			
	50m:	31.73	31.73	150m:	1:41.38	35.11	250m:	2:52.42	35.64	350m:	4:03.16	35.37
	100m:	1:06.27	34.54	200m:	2:16.78	35.40	300m:	3:27.79	35.37	400m:	4:37.64	34.48
8.		Górska Julia	00	MUKP Warszawianka				<b>4:37.98</b>	600			
	50m:	31.40	31.40	150m:	1:41.32	35.26	250m:	2:51.80	35.17	350m:	4:02.46	35.43
	100m:	1:06.06	34.66	200m:	2:16.63	35.31	300m:	3:27.03	35.23	400m:	4:37.98	35.52
9.		Błajet Oliwia SP	00	K.S.Warta Poznań				<b>4:39.06</b>	593			
	50m:	31.84	31.84	150m:	1:41.85	35.32	250m:	2:53.13	35.62	350m:	4:04.49	35.82
	100m:	1:06.53	34.69	200m:	2:17.51	35.66	300m:	3:28.67	35.54	400m:	4:39.06	34.57
10.		Wiñiewska Barbara	00	Azs Awf Warszawa				<b>4:39.81</b>	588			
	50m:	32.02	32.02	150m:	1:42.09	35.11	250m:	2:54.07	35.97	350m:	4:05.74	35.74
	100m:	1:06.98	34.96	200m:	2:18.10	36.01	300m:	3:30.00	35.93	400m:	4:39.81	34.07
11.		Chodyna Kinga SOL	00	MTP KORMORAN Olsztyn				<b>4:40.09</b>	587			
	50m:	32.33	32.33	150m:	1:42.54	35.12	250m:	2:54.25	35.94	350m:	4:06.04	36.14
	100m:	1:07.42	35.09	200m:	2:18.31	35.77	300m:	3:29.90	35.65	400m:	4:40.09	34.05
12.		Klessa Helena	00	MKP Szczecin				<b>4:40.19</b>	586			
	50m:	32.45	32.45	150m:	1:41.81	34.97	250m:	2:53.22	35.76	350m:	4:05.18	35.96
	100m:	1:06.84	34.39	200m:	2:17.46	35.65	300m:	3:29.22	36.00	400m:	4:40.19	35.01

Grand Prix Polski w pływaniu Zawody Kwalifikacyjne do Mistrzostw świata w Windsor  
Poznań, 19- - 20-11-2016

Konkurencja 22, Dziewcz. t., 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
13.	Nowicka Patrycja		00	MTS Kwidzyn				<b>4:48.52</b>	537
	50m:	33.20 33.20	150m:	1:44.63	36.30	250m:	2:56.97 36.75	350m:	4:11.68 37.23
	100m:	1:08.33 35.13	200m:	2:20.22	35.59	300m:	3:34.45 37.48	400m:	4:48.52 36.84
14.	Ciporska Katarzyna		00	MKS Polonia Warszawa				<b>4:49.58</b>	531
	50m:	32.72 32.72	150m:	1:43.95	35.79	250m:	2:57.18 36.79	350m:	4:11.98 37.66
	100m:	1:08.16 35.44	200m:	2:20.39	36.44	300m:	3:34.32 37.14	400m:	4:49.58 37.60
15.	Bluge Angelika		00	Extreme Team Oborniki				<b>5:23.27</b>	381
	50m:	35.98 35.98	150m:	1:56.81	40.87	250m:	3:20.92 42.03	350m:	4:43.35 41.37
	100m:	1:15.94 39.96	200m:	2:38.89	42.08	300m:	4:01.98 41.06	400m:	5:23.27 39.92

17 - 18 lat

1.	Piechota Paulina		99	Uks 190 Łódź				<b>4:12.79</b>	798
	50m:	29.98 29.98	150m:	1:33.83	31.92	250m:	2:37.50 31.71	350m:	3:41.28 32.02
	100m:	1:01.91 31.93	200m:	2:05.79	31.96	300m:	3:09.26 31.76	400m:	4:12.79 31.51
2.	Janiszewska Dominika		99	Azs Awf Warszawa				<b>4:14.28</b>	784
	50m:	30.63 30.63	150m:	1:34.42	31.89	250m:	2:38.44 32.08	350m:	3:42.75 32.43
	100m:	1:02.53 31.90	200m:	2:06.36	31.94	300m:	3:10.32 31.88	400m:	4:14.28 31.53
3.	Jankowska Klaudia		98	UKS Gim 92 Ursynów W-wa				<b>4:18.13</b>	749
	50m:	30.56 30.56	150m:	1:35.24	32.28	250m:	2:40.86 33.02	350m:	3:46.62 32.96
	100m:	1:02.96 32.40	200m:	2:07.84	32.60	300m:	3:13.66 32.80	400m:	4:18.13 31.51
4.	Andrzejewska Kamila SL		99	MKS Lider Chełm				<b>4:19.64</b>	736
	50m:	30.97 30.97	150m:	1:37.23	33.05	250m:	2:42.42 32.22	350m:	3:47.87 32.55
	100m:	1:04.18 33.21	200m:	2:10.20	32.97	300m:	3:15.32 32.90	400m:	4:19.64 31.77
5.	W. cławiak Irena		98	UKS Gim 92 Ursynów W-wa				<b>4:25.31</b>	690
	50m:	30.32 30.32	150m:	1:36.13	33.13	250m:	2:43.61 33.76	350m:	3:51.73 34.23
	100m:	1:03.00 32.68	200m:	2:09.85	33.72	300m:	3:17.50 33.89	400m:	4:25.31 33.58
6.	Czarnecka Wiktoria SL		99	KU AZS UMCS Lublin				<b>4:27.94</b>	670
	50m:	30.73 30.73	150m:	1:37.57	33.42	250m:	2:45.52 34.27	350m:	3:54.06 34.20
	100m:	1:04.15 33.42	200m:	2:11.25	33.68	300m:	3:19.86 34.34	400m:	4:27.94 33.88
7.	Słuppek Roksana SB		99	MUKS "Piłastka" Bydgoszcz				<b>4:29.00</b>	662
	50m:	31.08 31.08	150m:	1:38.49	33.85	250m:	2:47.13 34.36	350m:	3:56.18 34.65
	100m:	1:04.64 33.56	200m:	2:12.77	34.28	300m:	3:21.53 34.40	400m:	4:29.00 32.82
8.	Gawlicka Maja SZG		98	TP Zielona Góra				<b>4:29.34</b>	660
	50m:	31.50 31.50	150m:	1:39.60	34.44	250m:	2:48.20 34.15	350m:	3:56.78 34.22
	100m:	1:05.16 33.66	200m:	2:14.05	34.45	300m:	3:22.56 34.36	400m:	4:29.34 32.56
9.	Wojciechowska Joanna SL		98	Lubelski Uczniowski Klub Sport				<b>4:29.57</b>	658
	50m:	31.31 31.31	150m:	1:38.29	33.75	250m:	2:46.42 34.07	350m:	3:55.48 34.52
	100m:	1:04.54 33.23	200m:	2:12.35	34.06	300m:	3:20.96 34.54	400m:	4:29.57 34.09
10.	Wardzińska Martyna		98	MKS Trójka Łódź				<b>4:31.49</b>	644
	50m:	31.93 31.93	150m:	1:41.65	35.33	250m:	2:50.54 33.29	350m:	3:58.46 33.74
	100m:	1:06.32 34.39	200m:	2:17.25	35.60	300m:	3:24.72 34.18	400m:	4:31.49 33.03
11.	Kondrasiuk Małgorzata		98	MUKP Warszawianka				<b>4:37.64</b>	602
	50m:	31.59 31.59	150m:	1:40.55	34.66	250m:	2:51.22 35.51	350m:	4:04.58 37.07
	100m:	1:05.89 34.30	200m:	2:15.71	35.16	300m:	3:27.51 36.29	400m:	4:37.64 33.06
12.	Prochownik Olimpia SL		99	KU AZS UMCS Lublin				<b>4:40.57</b>	584
	50m:	31.85 31.85	150m:	1:43.32	35.81	250m:	2:55.14 35.78	350m:	4:06.65 35.83
	100m:	1:07.51 35.66	200m:	2:19.36	36.04	300m:	3:30.82 35.68	400m:	4:40.57 33.92
13.	Rutkowska Wiktoria SB		99	MUKS "Piłastka" Bydgoszcz				<b>4:41.45</b>	578
	50m:	32.22 32.22	150m:	1:43.00	35.66	250m:	2:54.50 35.73	350m:	4:06.55 36.08
	100m:	1:07.34 35.12	200m:	2:18.77	35.77	300m:	3:30.47 35.97	400m:	4:41.45 34.90
14.	Bednarek Aleksandra		98	UKS SP 149 Łódź				<b>4:44.10</b>	562
	50m:	33.49 33.49	150m:	1:44.49	35.53	250m:	2:56.65 35.76	350m:	4:08.87 35.96
	100m:	1:08.96 35.47	200m:	2:20.89	36.40	300m:	3:32.91 36.26	400m:	4:44.10 35.23

Grand Prix Polski w pływaniu Zawody Kwalifikacyjne do Mistrzostw świata w Windsor  
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Konkurencja 22, Kobiet, 400m dowolny

13 lat i starsi

1.	Piechota Paulina	99	Uks 190 Łód	<b>4:12.79</b>	798
	50m: 29.98 29.98	150m: 1:33.83	31.92 250m: 2:37.50 31.71	350m: 3:41.28	32.02
	100m: 1:01.91 31.93	200m: 2:05.79	31.96 300m: 3:09.26 31.76	400m: 4:12.79	31.51
2.	Janiszewska Dominika	99	Azs Awf Warszawa	<b>4:14.28</b>	784
	50m: 30.63 30.63	150m: 1:34.42	31.89 250m: 2:38.44 32.08	350m: 3:42.75	32.43
	100m: 1:02.53 31.90	200m: 2:06.36	31.94 300m: 3:10.32 31.88	400m: 4:14.28	31.53
3.	Karpisz Milena	97	UKS Piłka Konstanyńów Łódzki	<b>4:15.91</b>	769
	50m: 30.46 30.46	150m: 1:34.68	32.02 250m: 2:39.03 32.20	350m: 3:43.59	32.21
	100m: 1:02.66 32.20	200m: 2:06.83	32.15 300m: 3:11.38 32.35	400m: 4:15.91	32.32
4.	Polanska Aleksandra	00	UKS GOS Raszyn	<b>4:17.89</b>	752
	50m: 30.59 30.59	150m: 1:35.52	32.35 250m: 2:40.63 32.75	350m: 3:46.54	32.90
	100m: 1:03.17 32.58	200m: 2:07.88	32.36 300m: 3:13.64 33.01	400m: 4:17.89	31.35
5.	Jankowska Klaudia	98	UKS Gim 92 Ursynów W-wa	<b>4:18.13</b>	749
	50m: 30.56 30.56	150m: 1:35.24	32.28 250m: 2:40.86 33.02	350m: 3:46.62	32.96
	100m: 1:02.96 32.40	200m: 2:07.84	32.60 300m: 3:13.66 32.80	400m: 4:18.13	31.51
6.	Knop Aleksandra	03	Uks 190 Łód	<b>4:18.82</b>	743
	50m: 29.75 29.75	150m: 1:35.33	32.72 250m: 2:40.91 32.57	350m: 3:46.54	32.83
	100m: 1:02.61 32.86	200m: 2:08.34	33.01 300m: 3:13.71 32.80	400m: 4:18.82	32.28
7.	Andrzejewska Kamila SL	99	MKS Lider Chełm	<b>4:19.64</b>	736
	50m: 30.97 30.97	150m: 1:37.23	33.05 250m: 2:42.42 32.22	350m: 3:47.87	32.55
	100m: 1:04.18 33.21	200m: 2:10.20	32.97 300m: 3:15.32 32.90	400m: 4:19.64	31.77
8.	Wójtowicz Gabriela	95	MTP KORMORAN Olsztyn	<b>4:20.45</b>	730
	50m: 30.76 30.76	150m: 1:35.71	32.24 250m: 2:41.94 33.36	350m: 3:48.83	33.00
	100m: 1:03.47 32.71	200m: 2:08.58	32.87 300m: 3:15.83 33.89	400m: 4:20.45	31.62
9.	Piechota Karolina	01	Uks 190 Łód	<b>4:20.65</b>	728
	50m: 31.24 31.24	150m: 1:36.86	32.97 250m: 2:42.09 32.51	350m: 3:48.31	33.24
	100m: 1:03.89 32.65	200m: 2:09.58	32.72 300m: 3:15.07 32.98	400m: 4:20.65	32.34
10.	Klonowska Julia	00	Dwójka Morena Gdańsk	<b>4:21.17</b>	724
	50m: 31.01 31.01	150m: 1:38.82	33.87 250m: 2:45.52 32.72	350m: 3:49.70	31.50
	100m: 1:04.95 33.94	200m: 2:12.80	33.98 300m: 3:18.20 32.68	400m: 4:21.17	31.47
11.	Gralewska Kalina	96	MUKP Warszawianka	<b>4:22.84</b>	710
	50m: 30.21 30.21	150m: 1:35.41	32.74 250m: 2:41.35 32.84	350m: 3:48.96	34.36
	100m: 1:02.67 32.46	200m: 2:08.51	33.10 300m: 3:14.60 33.25	400m: 4:22.84	33.88
12.	Paradowska Kinga SB	01	MUKS "Piłkarska" Bydgoszcz	<b>4:24.32</b>	698
	50m: 30.83 30.83	150m: 1:37.80	33.70 250m: 2:45.35 33.71	350m: 3:52.10	33.52
	100m: 1:04.10 33.27	200m: 2:11.64	33.84 300m: 3:18.58 33.23	400m: 4:24.32	32.22
13.	W grzynowska Aleksandra	01	WKS Iłk Wrocław	<b>4:24.83</b>	694
	50m: 30.34 30.34	150m: 1:36.93	33.43 250m: 2:44.79 33.88	350m: 3:52.94	33.82
	100m: 1:03.50 33.16	200m: 2:10.91	33.98 300m: 3:19.12 34.33	400m: 4:24.83	31.89
14.	Baryła Julia SSz	00	MKP Szczecin	<b>4:25.24</b>	691
	50m: 30.64 30.64	150m: 1:37.60	33.72 250m: 2:44.79 33.73	350m: 3:52.71	33.75
	100m: 1:03.88 33.24	200m: 2:11.06	33.46 300m: 3:18.96 34.17	400m: 4:25.24	32.53
15.	Wławiak Irena	98	UKS Gim 92 Ursynów W-wa	<b>4:25.31</b>	690
	50m: 30.32 30.32	150m: 1:36.13	33.13 250m: 2:43.61 33.76	350m: 3:51.73	34.23
	100m: 1:03.00 32.68	200m: 2:09.85	33.72 300m: 3:17.50 33.89	400m: 4:25.31	33.58
16.	Czarnecka Wiktoria SL	99	KU AZS UMCS Lublin	<b>4:27.94</b>	670
	50m: 30.73 30.73	150m: 1:37.57	33.42 250m: 2:45.52 34.27	350m: 3:54.06	34.20
	100m: 1:04.15 33.42	200m: 2:11.25	33.68 300m: 3:19.86 34.34	400m: 4:27.94	33.88
17.	Skibiak Klaudia	02	Dwójka Morena Gdańsk	<b>4:28.18</b>	668
	50m: 30.91 30.91	150m: 1:38.83	34.14 250m: 2:47.20 34.07	350m: 3:55.42	34.15
	100m: 1:04.69 33.78	200m: 2:13.13	34.30 300m: 3:21.27 34.07	400m: 4:28.18	32.76
18.	Bednarek Zuzanna	01	MKS Jedyńka Łód	<b>4:28.38</b>	667
	50m: 30.90 30.90	150m: 1:38.60	34.18 250m: 2:47.47 34.50	350m: 3:56.57	34.47
	100m: 1:04.42 33.52	200m: 2:12.97	34.37 300m: 3:22.10 34.63	400m: 4:28.38	31.81

Grand Prix Polski w pływaniu Zawody Kwalifikacyjne do Mistrzostw świata w Windsor  
Poznań, 19- - 20-11-2016

Konkurencja 22, Kobiet, 400m dowolny, 13 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
19.	Kuchta Maria		02	Dwójka Tczew				<b>4:28.47</b>	666
	50m:	30.85 30.85	150m:	1:39.21 34.49	250m:	2:47.93 34.53	350m:	3:56.19 33.88	
	100m:	1:04.72 33.87	200m:	2:13.40 34.19	300m:	3:22.31 34.38	400m:	4:28.47 32.28	
20.	Słupek Roksana SB		99	MUKS "Piłnastka" Bydgoszcz				<b>4:29.00</b>	662
	50m:	31.08 31.08	150m:	1:38.49 33.85	250m:	2:47.13 34.36	350m:	3:56.18 34.65	
	100m:	1:04.64 33.56	200m:	2:12.77 34.28	300m:	3:21.53 34.40	400m:	4:29.00 32.82	
21.	Gawlicka Maja SZG		98	TP Zielona Góra				<b>4:29.34</b>	660
	50m:	31.50 31.50	150m:	1:39.60 34.44	250m:	2:48.20 34.15	350m:	3:56.78 34.22	
	100m:	1:05.16 33.66	200m:	2:14.05 34.45	300m:	3:22.56 34.36	400m:	4:29.34 32.56	
22.	Wojciechowska Joanna SL		98	Lubelski Uczniowski Klub Sport				<b>4:29.57</b>	658
	50m:	31.31 31.31	150m:	1:38.29 33.75	250m:	2:46.42 34.07	350m:	3:55.48 34.52	
	100m:	1:04.54 33.23	200m:	2:12.35 34.06	300m:	3:20.96 34.54	400m:	4:29.57 34.09	
23.	Jaszczuk Ewa SOL		02	MTP KORMORAN Olsztyn				<b>4:31.41</b>	645
	50m:	31.20 31.20	150m:	1:38.93 34.14	250m:	2:47.95 34.50	350m:	3:57.49 34.95	
	100m:	1:04.79 33.59	200m:	2:13.45 34.52	300m:	3:22.54 34.59	400m:	4:31.41 33.92	
24.	Wardzińska Martyna		98	MKS Trójka Łódź				<b>4:31.49</b>	644
	50m:	31.93 31.93	150m:	1:41.65 35.33	250m:	2:50.54 33.29	350m:	3:58.46 33.74	
	100m:	1:06.32 34.39	200m:	2:17.25 35.60	300m:	3:24.72 34.18	400m:	4:31.49 33.03	
25.	Kryszkowska Natalia		02	MZOS Płock				<b>4:31.66</b>	643
	50m:	30.60 30.60	150m:	1:38.87 34.38	250m:	2:48.40 34.92	350m:	3:58.24 34.94	
	100m:	1:04.49 33.89	200m:	2:13.48 34.61	300m:	3:23.30 34.90	400m:	4:31.66 33.42	
26.	Reks Aleksandra		00	MKP Szczecin				<b>4:31.98</b>	641
	50m:	31.08 31.08	150m:	1:37.91 33.71	250m:	2:46.64 34.66	350m:	3:57.05 35.44	
	100m:	1:04.20 33.12	200m:	2:11.98 34.07	300m:	3:21.61 34.97	400m:	4:31.98 34.93	
27.	Dobrowska Wiktoria		03	UKS JAGIELLONKA Warszawa				<b>4:33.50</b>	630
	50m:	31.77 31.77	150m:	1:40.93 34.86	250m:	2:51.03 34.62	350m:	4:00.64 34.87	
	100m:	1:06.07 34.30	200m:	2:16.41 35.48	300m:	3:25.77 34.74	400m:	4:33.50 32.86	
28.	Pogorzelska Inez		00	UKS GOS Raszyn				<b>4:33.57</b>	629
	50m:	30.59 30.59	150m:	1:39.31 34.68	250m:	2:48.37 34.00	350m:	3:59.17 35.73	
	100m:	1:04.63 34.04	200m:	2:14.37 35.06	300m:	3:23.44 35.07	400m:	4:33.57 34.40	
29.	Pińko Natalia SŁ		02	MKS Jedynka Łódź				<b>4:34.10</b>	626
	50m:	31.26 31.26	150m:	1:39.87 34.83	250m:	2:49.70 34.64	350m:	4:00.28 34.96	
	100m:	1:05.04 33.78	200m:	2:15.06 35.19	300m:	3:25.32 35.62	400m:	4:34.10 33.82	
30.	Grzegorzczuk Izabella		93	K.S.Warta Poznań				<b>4:34.41</b>	624
	50m:	31.46 31.46	150m:	1:40.51 34.93	250m:	2:50.35 34.52	350m:	4:00.37 34.88	
	100m:	1:05.58 34.12	200m:	2:15.83 35.32	300m:	3:25.49 35.14	400m:	4:34.41 34.04	
31.	Krauze Alicja		01	Mał Wopr				<b>4:34.52</b>	623
	50m:	31.60 31.60	150m:	1:41.01 34.89	250m:	2:51.05 34.66	350m:	4:01.09 34.94	
	100m:	1:06.12 34.52	200m:	2:16.39 35.38	300m:	3:26.15 35.10	400m:	4:34.52 33.43	
32.	Bakuniak Hanna		96	MKP Szczecin				<b>4:34.79</b>	621
	50m:	31.17 31.17	150m:	1:40.87 35.46	250m:	2:51.37 35.46	350m:	4:00.55 34.51	
	100m:	1:05.41 34.24	200m:	2:15.91 35.04	300m:	3:26.04 34.67	400m:	4:34.79 34.24	
33.	Przybysz Olga		01	KP Astromal Akwawit Leszno				<b>4:35.79</b>	614
	50m:	31.40 31.40	150m:	1:41.10 35.23	250m:	2:51.76 35.24	350m:	4:02.46 35.45	
	100m:	1:05.87 34.47	200m:	2:16.52 35.42	300m:	3:27.01 35.25	400m:	4:35.79 33.33	
34.	Juwicka Zuzanna		01	MKS Trójka Łódź				<b>4:36.19</b>	612
	50m:	32.03 32.03	150m:	1:42.64 35.55	250m:	2:53.47 35.42	350m:	4:02.50 34.50	
	100m:	1:07.09 35.06	200m:	2:18.05 35.41	300m:	3:28.00 34.53	400m:	4:36.19 33.69	
35.	Kowalska Dominika		00	MKS Trójka Łódź				<b>4:37.30</b>	604
	50m:	31.66 31.66	150m:	1:40.90 34.98	250m:	2:51.31 35.68	350m:	4:02.47 35.47	
	100m:	1:05.92 34.26	200m:	2:15.63 34.73	300m:	3:27.00 35.69	400m:	4:37.30 34.83	
36.	Pluta Emilia		02	UKS Aligator Gorzyce				<b>4:37.53</b>	603
	50m:	32.14 32.14	150m:	1:41.60 35.09	250m:	2:51.50 34.52	350m:	4:03.03 35.67	
	100m:	1:06.51 34.37	200m:	2:16.98 35.38	300m:	3:27.36 35.86	400m:	4:37.53 34.50	

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Pozycja			Rok ur.					Czas	Pkt.		
37.	Kondrasiuk Małgorzata		98	MUKP Warszawianka				<b>4:37.64</b>	602		
	50m:	31.59 31.59	150m:	1:40.55	34.66	250m:	2:51.22	35.51	350m:	4:04.58	37.07
	100m:	1:05.89 34.30	200m:	2:15.71	35.16	300m:	3:27.51	36.29	400m:	4:37.64	33.06
	Janczak Patrycja		00	MKP Szczecin				<b>4:37.64</b>	602		
	50m:	31.73 31.73	150m:	1:41.38	35.11	250m:	2:52.42	35.64	350m:	4:03.16	35.37
	100m:	1:06.27 34.54	200m:	2:16.78	35.40	300m:	3:27.79	35.37	400m:	4:37.64	34.48
39.	Kawka Nina		03	UKS Gim 92 Ursynów W-wa				<b>4:37.96</b>	600		
	50m:	31.25 31.25	150m:	1:40.95	35.34	250m:	2:52.52	35.77	350m:	4:03.88	35.33
	100m:	1:05.61 34.36	200m:	2:16.75	35.80	300m:	3:28.55	36.03	400m:	4:37.96	34.08
40.	Górska Julia		00	MUKP Warszawianka				<b>4:37.98</b>	600		
	50m:	31.40 31.40	150m:	1:41.32	35.26	250m:	2:51.80	35.17	350m:	4:02.46	35.43
	100m:	1:06.06 34.66	200m:	2:16.63	35.31	300m:	3:27.03	35.23	400m:	4:37.98	35.52
41.	Goł biewska Dominika		01	UKS Gim 92 Ursynów W-wa				<b>4:38.48</b>	597		
	50m:	31.49 31.49	150m:	1:41.66	35.52	250m:	2:53.40	35.73	350m:	4:04.26	35.40
	100m:	1:06.14 34.65	200m:	2:17.67	36.01	300m:	3:28.86	35.46	400m:	4:38.48	34.22
42.	Krypa Marta		02	UKS Manta Warszawa Włochy				<b>4:38.64</b>	596		
	50m:	32.03 32.03	150m:	1:43.41	36.01	250m:	2:54.22	35.12	350m:	4:04.80	35.03
	100m:	1:07.40 35.37	200m:	2:19.10	35.69	300m:	3:29.77	35.55	400m:	4:38.64	33.84
43.	Pawłowska Barbara		02	Uks 190 Łódź				<b>4:38.93</b>	594		
	50m:	31.86 31.86	150m:	1:41.57	35.11	250m:	2:52.92	35.73	350m:	4:04.34	35.82
	100m:	1:06.46 34.60	200m:	2:17.19	35.62	300m:	3:28.52	35.60	400m:	4:38.93	34.59
44.	Błajet Oliwia SP		00	K.S.Warta Poznań				<b>4:39.06</b>	593		
	50m:	31.84 31.84	150m:	1:41.85	35.32	250m:	2:53.13	35.62	350m:	4:04.49	35.82
	100m:	1:06.53 34.69	200m:	2:17.51	35.66	300m:	3:28.67	35.54	400m:	4:39.06	34.57
45.	Sienkiewicz Kaja		02	Buks Warszawa				<b>4:39.33</b>	591		
	50m:	31.76 31.76	150m:	1:41.64	35.36	250m:	2:52.88	35.53	350m:	4:04.38	35.58
	100m:	1:06.28 34.52	200m:	2:17.35	35.71	300m:	3:28.80	35.92	400m:	4:39.33	34.95
46.	Spik Vanessa		02	DOKiS SP Vega Dobrodzie				<b>4:39.44</b>	591		
	50m:	31.16 31.16	150m:	1:40.59	35.34	250m:	2:52.45	36.17	350m:	4:04.66	36.10
	100m:	1:05.25 34.09	200m:	2:16.28	35.69	300m:	3:28.56	36.11	400m:	4:39.44	34.78
47.	Wi niewska Barbara		00	Azs Awf Warszawa				<b>4:39.81</b>	588		
	50m:	32.02 32.02	150m:	1:42.09	35.11	250m:	2:54.07	35.97	350m:	4:05.74	35.74
	100m:	1:06.98 34.96	200m:	2:18.10	36.01	300m:	3:30.00	35.93	400m:	4:39.81	34.07
48.	Włodarczyk Agnieszka		01	MUKS "Pi tnatka" Bydgoszcz				<b>4:39.86</b>	588		
	50m:	32.55 32.55	150m:	1:42.69	35.45	250m:	2:54.51	35.92	350m:	4:06.27	35.74
	100m:	1:07.24 34.69	200m:	2:18.59	35.90	300m:	3:30.53	36.02	400m:	4:39.86	33.59
49.	Miciak Agata		02	MKP „Słowianka” Gorzów				<b>4:40.04</b>	587		
	50m:	31.40 31.40	150m:	1:42.33	35.75	250m:	2:54.20	35.88	350m:	4:05.98	35.90
	100m:	1:06.58 35.18	200m:	2:18.32	35.99	300m:	3:30.08	35.88	400m:	4:40.04	34.06
50.	Chodyna Kinga SOL		00	MTP KORMORAN Olsztyn				<b>4:40.09</b>	587		
	50m:	32.33 32.33	150m:	1:42.54	35.12	250m:	2:54.25	35.94	350m:	4:06.04	36.14
	100m:	1:07.42 35.09	200m:	2:18.31	35.77	300m:	3:29.90	35.65	400m:	4:40.09	34.05
51.	Klessa Helena		00	MKP Szczecin				<b>4:40.19</b>	586		
	50m:	32.45 32.45	150m:	1:41.81	34.97	250m:	2:53.22	35.76	350m:	4:05.18	35.96
	100m:	1:06.84 34.39	200m:	2:17.46	35.65	300m:	3:29.22	36.00	400m:	4:40.19	35.01
52.	Jaworska Maja		02	MZOS Płock				<b>4:40.48</b>	584		
	50m:	31.74 31.74	150m:	1:41.91	35.25	250m:	2:53.50	35.83	350m:	4:05.26	35.52
	100m:	1:06.66 34.92	200m:	2:17.67	35.76	300m:	3:29.74	36.24	400m:	4:40.48	35.22
53.	Prochownik Olimpia SL		99	KU AZS UMCS Lublin				<b>4:40.57</b>	584		
	50m:	31.85 31.85	150m:	1:43.32	35.81	250m:	2:55.14	35.78	350m:	4:06.65	35.83
	100m:	1:07.51 35.66	200m:	2:19.36	36.04	300m:	3:30.82	35.68	400m:	4:40.57	33.92
54.	Rutkowska Wiktoria SB		99	MUKS "Pi tnatka" Bydgoszcz				<b>4:41.45</b>	578		
	50m:	32.22 32.22	150m:	1:43.00	35.66	250m:	2:54.50	35.73	350m:	4:06.55	36.08
	100m:	1:07.34 35.12	200m:	2:18.77	35.77	300m:	3:30.47	35.97	400m:	4:41.45	34.90



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55.	Szymczak Patrycja	02	UKS MANTA Kochłowice Ruda	I s	<b>4:42.26</b>	573			
	50m: 32.02 32.02	150m: 1:42.12 35.38	250m: 2:53.67 35.96	350m: 4:06.56 36.96					
	100m: 1:06.74 34.72	200m: 2:17.71 35.59	300m: 3:29.60 35.93	400m: 4:42.26 35.70					
56.	Kuropatwa Weronika	01	Uks abianka Gdańsk		<b>4:42.44</b>	572			
	50m: 32.89 32.89	150m: 1:42.25 35.02	250m: 2:53.77 35.78	350m: 4:06.69 36.36					
	100m: 1:07.23 34.34	200m: 2:17.99 35.74	300m: 3:30.33 36.56	400m: 4:42.44 35.75					
57.	Łysakowska Julia SL	01	KU AZS UMCS Lublin		<b>4:43.90</b>	563			
	50m: 32.51 32.51	150m: 1:44.55 36.43	250m: 2:56.97 36.21	350m: 4:08.93 35.95					
	100m: 1:08.12 35.61	200m: 2:20.76 36.21	300m: 3:32.98 36.01	400m: 4:43.90 34.97					
58.	Bednarek Aleksandra	98	UKS SP 149 Łódź		<b>4:44.10</b>	562			
	50m: 33.49 33.49	150m: 1:44.49 35.53	250m: 2:56.65 35.76	350m: 4:08.87 35.96					
	100m: 1:08.96 35.47	200m: 2:20.89 36.40	300m: 3:32.91 36.26	400m: 4:44.10 35.23					
59.	Pyzalska Nikola	02	KS Delfin Gdynia		<b>4:45.52</b>	554			
	50m: 31.73 31.73	150m: 1:43.60 36.32	250m: 2:57.70 36.75	350m: 4:11.32 36.07					
	100m: 1:07.28 35.55	200m: 2:20.95 37.35	300m: 3:35.25 37.55	400m: 4:45.52 34.20					
60.	Zaj c Wiktoria	02	Uks,, oliborz" Warszawa		<b>4:45.56</b>	553			
	50m: 32.32 32.32	150m: 1:44.31 36.89	250m: 2:58.11 37.04	350m: 4:10.41 35.91					
	100m: 1:07.42 35.10	200m: 2:21.07 36.76	300m: 3:34.50 36.39	400m: 4:45.56 35.15					
61.	Szebesczyk Hanna	01	WKS I sk Wrocław		<b>4:45.64</b>	553			
	50m: 32.74 32.74	150m: 1:44.98 36.75	250m: 2:58.47 36.71	350m: 4:10.67 35.72					
	100m: 1:08.23 35.49	200m: 2:21.76 36.78	300m: 3:34.95 36.48	400m: 4:45.64 34.97					
62.	D browska Tatiana	02	UKS Pi tka Konstantynów Łódzki		<b>4:45.77</b>	552			
	50m: 32.24 32.24	150m: 1:44.92 36.98	250m: 2:57.68 36.14	350m: 4:10.74 36.32					
	100m: 1:07.94 35.70	200m: 2:21.54 36.62	300m: 3:34.42 36.74	400m: 4:45.77 35.03					
63.	Jasiorska Aleksandra	02	MKS Polonia Warszawa		<b>4:46.81</b>	546			
	50m: 32.90 32.90	150m: 1:44.01 35.94	250m: 2:56.37 36.25	350m: 4:10.07 37.03					
	100m: 1:08.07 35.17	200m: 2:20.12 36.11	300m: 3:33.04 36.67	400m: 4:46.81 36.74					
64.	Kuc Weronika	02	BARAKUDA Starachowice		<b>4:47.30</b>	543			
	50m: 31.80 31.80	150m: 1:44.05 36.48	250m: 2:58.27 37.07	350m: 4:12.27 36.23					
	100m: 1:07.57 35.77	200m: 2:21.20 37.15	300m: 3:36.04 37.77	400m: 4:47.30 35.03					
65.	Nowicka Patrycja	00	MTS Kwidzyn		<b>4:48.52</b>	537			
	50m: 33.20 33.20	150m: 1:44.63 36.30	250m: 2:56.97 36.75	350m: 4:11.68 37.23					
	100m: 1:08.33 35.13	200m: 2:20.22 35.59	300m: 3:34.45 37.48	400m: 4:48.52 36.84					
66.	Rotter Zuzanna	97	Uks Jedyńka Kórnik		<b>4:48.67</b>	536			
	50m: 33.30 33.30	150m: 1:45.47 36.52	250m: 2:58.93 36.60	350m: 4:12.83 36.96					
	100m: 1:08.95 35.65	200m: 2:22.33 36.86	300m: 3:35.87 36.94	400m: 4:48.67 35.84					
67.	Kulesza Weronika	02	MKP,,Słowianka" Gorzów		<b>4:49.56</b>	531			
	50m: 32.80 32.80	150m: 1:45.28 36.86	250m: 2:59.78 37.39	350m: 4:13.84 36.83					
	100m: 1:08.42 35.62	200m: 2:22.39 37.11	300m: 3:37.01 37.23	400m: 4:49.56 35.72					
68.	Ciporska Katarzyna	00	MKS Polonia Warszawa		<b>4:49.58</b>	531			
	50m: 32.72 32.72	150m: 1:43.95 35.79	250m: 2:57.18 36.79	350m: 4:11.98 37.66					
	100m: 1:08.16 35.44	200m: 2:20.39 36.44	300m: 3:34.32 37.14	400m: 4:49.58 37.60					
69.	Bilska Natalia	01	Uks abianka Gdańsk		<b>4:49.92</b>	529			
	50m: 33.22 33.22	150m: 1:44.98 35.69	250m: 2:58.26 36.82	350m: 4:13.41 37.86					
	100m: 1:09.29 36.07	200m: 2:21.44 36.46	300m: 3:35.55 37.29	400m: 4:49.92 36.51					
70.	Sierak Kinga	02	Klub Sportowy Płetwał Szczytno		<b>4:50.64</b>	525			
	50m: 31.74 31.74	150m: 1:44.20 37.10	250m: 2:59.72 37.99	350m: 4:14.87 37.54					
	100m: 1:07.10 35.36	200m: 2:21.73 37.53	300m: 3:37.33 37.61	400m: 4:50.64 35.77					
71.	Jabło ska Martyna	03	MKS Piaseczno		<b>4:51.64</b>	519			
	50m: 32.19 32.19	150m: 1:45.40 37.11	250m: 2:59.94 37.26	350m: 4:14.47 37.31					
	100m: 1:08.29 36.10	200m: 2:22.68 37.28	300m: 3:37.16 37.22	400m: 4:51.64 37.17					
72.	Palonka Zuzanna	02	WKS I sk Wrocław		<b>4:54.24</b>	506			
	50m: 33.41 33.41	150m: 1:47.69 37.40	250m: 3:03.63 37.61	350m: 4:17.76 36.89					
	100m: 1:10.29 36.88	200m: 2:26.02 38.33	300m: 3:40.87 37.24	400m: 4:54.24 36.48					

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73.	G	sowska Martyna	01	MUKS "Piłastka" Bydgoszcz	<b>4:54.76</b>	503			
	50m:	32.76 32.76	150m:	1:46.50 37.60	250m:	3:02.61 38.30	350m:	4:18.66 37.98	
	100m:	1:08.90 36.14	200m:	2:24.31 37.81	300m:	3:40.68 38.07	400m:	4:54.76 36.10	
74.		Stodolska Zofia	03	Mks - Astoria Bydgoszcz	<b>4:54.98</b>	502			
	50m:	32.95 32.95	150m:	1:47.51 37.57	250m:	3:03.60 38.15	350m:	4:19.63 37.57	
	100m:	1:09.94 36.99	200m:	2:25.45 37.94	300m:	3:42.06 38.46	400m:	4:54.98 35.35	
75.		Peplak Julia	01	KS Fenix Oarów Mazowiecki	<b>4:55.32</b>	500			
	50m:	33.11 33.11	150m:	1:47.26 37.48	250m:	3:02.93 38.03	350m:	4:18.51 37.87	
	100m:	1:09.78 36.67	200m:	2:24.90 37.64	300m:	3:40.64 37.71	400m:	4:55.32 36.81	
76.		Van Doorne Natalia	02	MKP, „Słowianka” Gorzów	<b>4:56.81</b>	493			
	50m:	33.82 33.82	150m:	1:48.58 37.86	250m:	3:04.41 37.83	350m:	4:19.97 37.81	
	100m:	1:10.72 36.90	200m:	2:26.58 38.00	300m:	3:42.16 37.75	400m:	4:56.81 36.84	
77.		Obuchowicz Natasza	03	Legia Warszawa	<b>4:57.47</b>	490			
	50m:	32.48 32.48	150m:	1:47.12 38.14	250m:	3:03.80 38.15	350m:	4:20.33 38.37	
	100m:	1:08.98 36.50	200m:	2:25.65 38.53	300m:	3:41.96 38.16	400m:	4:57.47 37.14	
78.		Szpiegowska Wiktoria	02	WKS I sk Wrocław	<b>5:00.90</b>	473			
	50m:	33.45 33.45	150m:	1:49.39 38.35	250m:	3:06.30 38.53	350m:	4:23.26 38.52	
	100m:	1:11.04 37.59	200m:	2:27.77 38.38	300m:	3:44.74 38.44	400m:	5:00.90 37.64	
79.		Czepulanic Alicja	02	MKP, „Słowianka” Gorzów	<b>5:00.96</b>	473			
	50m:	34.42 34.42	150m:	1:50.72 38.53	250m:	3:07.95 38.24	350m:	4:24.37 37.58	
	100m:	1:12.19 37.77	200m:	2:29.71 38.99	300m:	3:46.79 38.84	400m:	5:00.96 36.59	
80.		Chwałczyńska Aleksandra	01	WKS I sk Wrocław	<b>5:02.53</b>	465			
	50m:	33.93 33.93	150m:	1:50.04 38.65	250m:	3:08.04 38.90	350m:	4:25.06 38.34	
	100m:	1:11.39 37.46	200m:	2:29.14 39.10	300m:	3:46.72 38.68	400m:	5:02.53 37.47	
81.		Kicińska Julia	01	UKP MANTA Jelcz-Laskowice	<b>5:04.27</b>	457			
	50m:	33.82 33.82	150m:	1:50.13 38.87	250m:	3:09.15 39.54	350m:	4:27.58 39.04	
	100m:	1:11.26 37.44	200m:	2:29.61 39.48	300m:	3:48.54 39.39	400m:	5:04.27 36.69	
82.		Łzak Michałina	02	WKS I sk Wrocław	<b>5:04.81</b>	455			
	50m:	34.86 34.86	150m:	1:51.26 38.23	250m:	3:08.40 38.70	350m:	4:26.66 39.46	
	100m:	1:13.03 38.17	200m:	2:29.70 38.44	300m:	3:47.20 38.80	400m:	5:04.81 38.15	
83.		Dudziak Agata	01	UKS "3 Wodnik Wolsztyn"	<b>5:04.86</b>	455			
	50m:	33.44 33.44	150m:	1:50.61 39.28	250m:	3:08.64 39.55	350m:	4:27.60 39.11	
	100m:	1:11.33 37.89	200m:	2:29.09 38.48	300m:	3:48.49 39.85	400m:	5:04.86 37.26	
84.		Grzegolec Weronika	02	MKP, „Słowianka” Gorzów	<b>5:07.42</b>	443			
	50m:	33.87 33.87	150m:	1:50.99 39.38	250m:	3:10.09 39.37	350m:	4:29.31 39.77	
	100m:	1:11.61 37.74	200m:	2:30.72 39.73	300m:	3:49.54 39.45	400m:	5:07.42 38.11	
85.		Gabry Kamila	02	MKP, „Słowianka” Gorzów	<b>5:07.84</b>	442			
	50m:	34.93 34.93	150m:	1:52.51 38.99	250m:	3:11.43 39.37	350m:	4:29.89 38.93	
	100m:	1:13.52 38.59	200m:	2:32.06 39.55	300m:	3:50.96 39.53	400m:	5:07.84 37.95	
86.		Muszyńska Majka	02	UKP MANTA Jelcz-Laskowice	<b>5:08.13</b>	440			
	50m:	33.01 33.01	150m:	1:50.53 39.79	250m:	3:10.44 39.76	350m:	4:29.50 39.17	
	100m:	1:10.74 37.73	200m:	2:30.68 40.15	300m:	3:50.33 39.89	400m:	5:08.13 38.63	
87.		Saniawa Karolina	03	MKS Piaseczno	<b>5:08.17</b>	440			
	50m:	32.15 32.15	150m:	1:49.50 39.42	250m:	3:09.93 40.22	350m:	4:29.57 39.67	
	100m:	1:10.08 37.93	200m:	2:29.71 40.21	300m:	3:49.90 39.97	400m:	5:08.17 38.60	
88.		Zogłówek Joanna	02	UKP MANTA Jelcz-Laskowice	<b>5:09.57</b>	434			
	50m:	35.00 35.00	150m:	1:55.50 40.79	250m:	3:15.28 38.86	350m:	4:32.88 38.07	
	100m:	1:14.71 39.71	200m:	2:36.42 40.92	300m:	3:54.81 39.53	400m:	5:09.57 36.69	
89.		Bluge Angelika	00	Extreme Team Oborniki	<b>5:23.27</b>	381			
	50m:	35.98 35.98	150m:	1:56.81 40.87	250m:	3:20.92 42.03	350m:	4:43.35 41.37	
	100m:	1:15.94 39.96	200m:	2:38.89 42.08	300m:	4:01.98 41.06	400m:	5:23.27 39.92	