



PGE Grand Prix Puchar Polski
Warszawa, 18. - 19.10.2025

Konkurencja 1
18.10.2025 - 9:00

Kobiet, 400m dowolny

14 lat i starsi
Wyniki

Rekord Polski Open	4:02.68	POLANSKA Aleksandra	07614	Olsztyn	18.12.2020
Rekord Polski 19 - 23	4:02.68	POLANSKA Aleksandra	07614	Olsztyn	18.12.2020
Rekord Polski 18	4:04.30	GUŚĆ Wiktoria	00116	Bydgoszcz	2.12.2022
Rekord Polski 17	4:08.04	KILIJAŃSKA Donata		Poznań	17.12.2011
Rekord Polski 16	4:08.04	KILIJAŃSKA Donata	00612	Poznań	17.12.2011
Rekord Polski 15	4:08.60	GUŚĆ Wiktoria	01705	Poznań	23.11.2019
Rekord Polski 14	4:09.54	GUŚĆ Wiktoria	01705	Olsztyn	15.12.2018

Punkty: AQUA 2025

Pozycja Rok ur. Czas Pkt.

OPEN

1. GUŚĆ Wiktoria	04	MKP Szczecin	4:13.24	751
50m: 29.56 29.56	150m: 1:33.16 31.95	250m: 2:37.44 32.21	350m: 3:41.63 32.09	
100m: 1:01.21 31.65	200m: 2:05.23 32.07	300m: 3:09.54 32.10	400m: 4:13.24 31.61	
2. KOWALSKA Klara	05	KU AZS UMCS Lublin	4:15.84	728
50m: 29.72 29.72	150m: 1:34.02 32.17	250m: 2:38.99 32.54	350m: 3:44.58 32.76	
100m: 1:01.85 32.13	200m: 2:06.45 32.43	300m: 3:11.82 32.83	400m: 4:15.84 31.26	
3. RESZKO Lena	09	UKP „Polonia Warszawa”	4:16.09	726
50m: 29.74 29.74	150m: 1:34.36 32.47	250m: 2:40.01 32.57	350m: 3:45.36 32.37	
100m: 1:01.89 32.15	200m: 2:07.44 33.08	300m: 3:12.99 32.98	400m: 4:16.09 30.73	
4. TRACZYK Anna	06	MKS Juvenia Wrocław	4:26.93	641
50m: 29.91 29.91	150m: 1:36.81 33.86	250m: 2:45.49 34.55	350m: 3:54.30 34.27	
100m: 1:02.95 33.04	200m: 2:10.94 34.13	300m: 3:20.03 34.54	400m: 4:26.93 32.63	
5. BONECKA Anna	07	Mokotowski UKP Warszawianka- Wodny	4:27.35	638
50m: 30.80 30.80	150m: 1:38.54 34.02	250m: 2:46.59 33.89	350m: 3:54.19 33.78	
100m: 1:04.52 33.72	200m: 2:12.70 34.16	300m: 3:20.41 33.82	400m: 4:27.35 33.16	
6. KUCZMAR Zuzanna	07	UKP „Polonia Warszawa”	4:27.51	637
50m: 30.03 30.03	150m: 1:37.26 33.82	250m: 2:45.46 34.06	350m: 3:54.01 34.09	
100m: 1:03.44 33.41	200m: 2:11.40 34.14	300m: 3:19.92 34.46	400m: 4:27.51 33.50	
7. RĄCZKOWSKA Maja	07	LKS Jedność 32 Przyszowice	4:27.88	635
50m: 30.28 30.28	150m: 1:37.14 33.61	250m: 2:45.39 34.22	350m: 3:54.48 34.52	
100m: 1:03.53 33.25	200m: 2:11.17 34.03	300m: 3:19.96 34.57	400m: 4:27.88 33.40	
8. RĄP Apolonia	06	MKS Juvenia Wrocław	4:29.94	620
50m: 30.28 30.28	150m: 1:39.57 34.25	250m: 2:48.22 34.31	350m: 3:57.06 34.30	
100m: 1:05.32 33.04	200m: 2:13.91 34.34	300m: 3:22.76 34.54	400m: 4:29.94 32.88	
9. RÓZGA Nina	11	CSiR MOS w Dąbrowie Górniczej	4:30.90	614
50m: 30.64 30.64	150m: 1:39.31 34.68	250m: 2:48.00 34.28	350m: 3:57.69 35.03	
100m: 1:04.63 33.99	200m: 2:13.72 34.41	300m: 3:22.66 34.66	400m: 4:30.90 33.21	
10. KOKOSZKA Paulina	11	UKS „GIM 92 Ursynów”	4:31.38	610
50m: 30.68 30.68	150m: 1:39.56 34.80	250m: 2:49.08 34.47	350m: 3:59.07 35.06	
100m: 1:04.76 34.08	200m: 2:14.61 35.05	300m: 3:24.01 34.93	400m: 4:31.38 32.31	
11. SIWKO Natalia	04	KU AZS UMCS Lublin	4:32.00	606
50m: 30.68 30.68	150m: 1:38.74 34.10	250m: 2:48.10 34.68	350m: 3:57.73 34.74	
100m: 1:04.64 33.96	200m: 2:13.42 34.68	300m: 3:22.99 34.89	400m: 4:32.00 34.27	
12. PIEBIAK Nicola	08	MKS Juvenia Wrocław	4:32.58	602
50m: 30.23 30.23	150m: 1:37.52 34.35	250m: 2:47.10 34.89	350m: 3:58.24 35.81	
100m: 1:03.17 32.94	200m: 2:12.21 34.69	300m: 3:22.43 35.33	400m: 4:32.58 34.34	
13. TRAFALSKA Zuzanna	07	UKS 190 Łódź	4:32.65	602
50m: 30.23 30.23	150m: 1:38.02 33.75	250m: 2:47.79 35.04	350m: 3:58.22 35.23	
100m: 1:04.27 34.04	200m: 2:12.75 34.73	300m: 3:22.99 35.20	400m: 4:32.65 34.43	
14. KOWALSKA-FRĄCZYK Zofia	10	UKS „GIM 92 Ursynów”	4:33.77	594
50m: 30.26 30.26	150m: 1:40.33 35.70	250m: 2:50.53 34.89	350m: 4:00.47 35.12	
100m: 1:04.63 34.37	200m: 2:15.64 35.31	300m: 3:25.35 34.82	400m: 4:33.77 33.30	
15. JAŁOWIECKA Gabriela	08	KU AZS UMCS Lublin	4:34.68	589
50m: 30.92 30.92	150m: 1:39.46 34.47	250m: 2:49.07 34.83	350m: 3:59.28 35.36	
100m: 1:04.99 34.07	200m: 2:14.24 34.78	300m: 3:23.92 34.85	400m: 4:34.68 35.40	



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Pozycja	Rok ur.				Czas				Pkt.
16.	KAROLEWSKA Julia	11	SWIMLAND Olsztyn		4:35.22				585
	50m: 30.38 30.38	150m: 1:39.02 35.24	250m: 2:50.69 35.92	350m: 4:02.63 35.70					
	100m: 1:03.78 33.40	200m: 2:14.77 35.75	300m: 3:26.93 36.24	400m: 4:35.22 32.59					
17.	NIKIEL Emilia	11	MKS Park Wodny Tarnowskie Góry		4:35.56				583
	50m: 31.40 31.40	150m: 1:40.41 34.80	250m: 2:50.24 35.21	350m: 4:01.16 35.37					
	100m: 1:05.61 34.21	200m: 2:15.03 34.62	300m: 3:25.79 35.55	400m: 4:35.56 34.40					
18.	BATYRA Julia	08	UKS SP5 Swim Lublin		4:38.12				567
	50m: 32.11 32.11	150m: 1:41.51 35.06	250m: 2:51.97 35.29	350m: 4:03.15 35.80					
	100m: 1:06.45 34.34	200m: 2:16.68 35.17	300m: 3:27.35 35.38	400m: 4:38.12 34.97					
19.	ŁUCZAK Anika	09	UKS SP-149 Łódź		4:38.95				562
	50m: 31.95 31.95	150m: 1:42.26 35.39	250m: 2:53.61 35.82	350m: 4:04.68 35.57					
	100m: 1:06.87 34.92	200m: 2:17.79 35.53	300m: 3:29.11 35.50	400m: 4:38.95 34.27					
20.	BARCZAK Karolina	11	MTP Kormoran Olsztyn		4:39.01				562
	50m: 31.91 31.91	150m: 1:41.48 35.11	250m: 2:52.93 35.80	350m: 4:04.53 35.67					
	100m: 1:06.37 34.46	200m: 2:17.13 35.65	300m: 3:28.86 35.93	400m: 4:39.01 34.48					
21.	SZUSTAK Lena	10	UKS „GIM 92 Ursynów"		4:39.79				557
	50m: 31.36 31.36	150m: 1:39.70 34.46	250m: 2:50.76 35.80	350m: 4:03.58 36.49					
	100m: 1:05.24 33.88	200m: 2:14.96 35.26	300m: 3:27.09 36.33	400m: 4:39.79 36.21					
22.	MALARZ Milena	09	UKS Victoria Kozy		4:39.88				556
	50m: 31.17 31.17	150m: 1:40.68 35.31	250m: 2:52.25 35.81	350m: 4:04.64 36.20					
	100m: 1:05.37 34.20	200m: 2:16.44 35.76	300m: 3:28.44 36.19	400m: 4:39.88 35.24					
23.	KUNA Alina	10	Stowarzyszenie Solne Miasto Wieliczka		4:40.73				551
	50m: 32.39 32.39	150m: 1:44.52 36.09	250m: 2:56.02 35.15	350m: 4:06.83 35.21					
	100m: 1:08.43 36.04	200m: 2:20.87 36.35	300m: 3:31.62 35.60	400m: 4:40.73 33.90					
24.	RYCHTER Zofia	10	MKS Park Wodny Tarnowskie Góry		4:41.44				547
	50m: 31.30 31.30	150m: 1:42.00 35.65	250m: 2:53.88 35.94	350m: 4:06.15 36.01					
	100m: 1:06.35 35.05	200m: 2:17.94 35.94	300m: 3:30.14 36.26	400m: 4:41.44 35.29					
25.	TRAFALSKA Antonina	08	UKS 190 Łódź		4:41.53				547
	50m: 33.26 33.26	150m: 1:44.26 35.39	250m: 2:55.64 35.78	350m: 4:06.60 35.46					
	100m: 1:08.87 35.61	200m: 2:19.86 35.60	300m: 3:31.14 35.50	400m: 4:41.53 34.93					
26.	EKIERT Gabriela	09	UKP „Polonia Warszawa"		4:41.98				544
	50m: 32.17 32.17	150m: 1:43.88 35.99	250m: 2:55.45 35.92	350m: 4:07.29 35.72					
	100m: 1:07.89 35.72	200m: 2:19.53 35.65	300m: 3:31.57 36.12	400m: 4:41.98 34.69					
27.	TOMASZEWSKA Kaja	09	UKP „Polonia Warszawa"		4:43.52				535
	50m: 32.16 32.16	150m: 1:43.34 35.72	250m: 2:56.43 36.56	350m: 4:08.28 35.49					
	100m: 1:07.62 35.46	200m: 2:19.87 36.53	300m: 3:32.79 36.36	400m: 4:43.52 35.24					
28.	KOPP Zuzanna	10	UKP „Polonia Warszawa"		4:44.61				529
	50m: 31.77 31.77	150m: 1:42.28 35.59	250m: 2:55.18 36.69	350m: 4:08.73 36.29					
	100m: 1:06.69 34.92	200m: 2:18.49 36.21	300m: 3:32.44 37.26	400m: 4:44.61 35.88					
29.	SZTREKER-WÓJCIK Iga	09	UKS G-8 Bielany Warszawa		4:44.96				527
	50m: 32.85 32.85	150m: 1:43.37 35.47	250m: 2:56.13 36.36	350m: 4:08.86 36.45					
	100m: 1:07.90 35.05	200m: 2:19.77 36.40	300m: 3:32.41 36.28	400m: 4:44.96 36.10					
30.	OLSZEWSKA Natalia	10	St. Lok. SALOS Cortile Kielce		4:45.22				526
	50m: 33.37 33.37	150m: 1:45.90 36.39	250m: 2:59.35 36.10	350m: 4:11.65 35.45					
	100m: 1:09.51 36.14	200m: 2:23.25 37.35	300m: 3:36.20 36.85	400m: 4:45.22 33.57					
31.	KURPIEWSKA Kaja	09	UKP „Polonia Warszawa"		4:46.42				519
	50m: 32.19 32.19	150m: 1:45.11 36.53	250m: 2:59.24 37.04	350m: 4:11.40 35.81					
	100m: 1:08.58 36.39	200m: 2:22.20 37.09	300m: 3:35.59 36.35	400m: 4:46.42 35.02					
32.	WRONA Maria	08	KU AZS UMCS Lublin		4:46.76				517
	50m: 32.72 32.72	150m: 1:44.28 36.17	250m: 2:57.35 36.41	350m: 4:10.95 36.68					
	100m: 1:08.11 35.39	200m: 2:20.94 36.66	300m: 3:34.27 36.92	400m: 4:46.76 35.81					
33.	STACHEWICZ Magdalena	09	AZS AWF Warszawa		4:47.03				516
	50m: 31.92 31.92	150m: 1:43.39 36.04	250m: 2:57.48 37.10	350m: 4:11.82 37.19					
	100m: 1:07.35 35.43	200m: 2:20.38 36.99	300m: 3:34.63 37.15	400m: 4:47.03 35.21					



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Pozycja			Rok ur.					Czas	Pkt.
34.	KANIEWSKA Lena		11	Mokotowski UKP Warszawianka- Wodny	4:47.36				514
	50m: 32.62	32.62	150m: 1:44.91	36.48	250m: 2:56.85	35.76	350m: 4:10.75	37.28	
	100m: 1:08.43	35.81	200m: 2:21.09	36.18	300m: 3:33.47	36.62	400m: 4:47.36	36.61	
35.	SKORYKOW Lena		08	Mokotowski UKP Warszawianka- Wodny	4:47.69				512
	50m: 32.62	32.62	150m: 1:44.00	36.27	250m: 2:58.48	37.32	350m: 4:12.57	37.04	
	100m: 1:07.73	35.11	200m: 2:21.16	37.16	300m: 3:35.53	37.05	400m: 4:47.69	35.12	
36.	BORTLISZ Gabriela		10	Mokotowski UKP Warszawianka- Wodny	4:48.08				510
	50m: 30.96	30.96	150m: 1:41.35	35.52	250m: 2:54.27	36.84	350m: 4:10.91	38.51	
	100m: 1:05.83	34.87	200m: 2:17.43	36.08	300m: 3:32.40	38.13	400m: 4:48.08	37.17	
37.	PIETRZYK Hanna		07	UKS Nawa Skierniewice	4:48.58				507
	50m: 31.69	31.69	150m: 1:43.02	36.10	250m: 2:56.24	36.96	350m: 4:10.70	37.32	
	100m: 1:06.92	35.23	200m: 2:19.28	36.26	300m: 3:33.38	37.14	400m: 4:48.58	37.88	
38.	FROŃ Kinga		11	UKS Victoria Kozy	4:49.03				505
	50m: 32.32	32.32	150m: 1:44.55	36.33	250m: 2:59.16	37.22	350m: 4:13.40	37.35	
	100m: 1:08.22	35.90	200m: 2:21.94	37.39	300m: 3:36.05	36.89	400m: 4:49.03	35.63	
39.	KOWALCZYK Helena		11	MKS Trójka Łódź	4:49.71				502
	50m: 31.07	31.07	150m: 1:44.36	37.42	250m: 2:59.25	37.89	350m: 4:13.55	37.06	
	100m: 1:06.94	35.87	200m: 2:21.36	37.00	300m: 3:36.49	37.24	400m: 4:49.71	36.16	
40.	SACHA Paulina		10	UKS NIKA Sport Team Kraków	4:50.33				498
	50m: 33.08	33.08	150m: 1:46.68	37.07	250m: 3:00.80	36.84	350m: 4:15.14	37.06	
	100m: 1:09.61	36.53	200m: 2:23.96	37.28	300m: 3:38.08	37.28	400m: 4:50.33	35.19	
41.	LACH Maria		11	MKS Ochota Warszawa	4:51.62				492
	50m: 31.73	31.73	150m: 1:44.26	36.93	250m: 2:59.35	37.59	350m: 4:15.06	37.16	
	100m: 1:07.33	35.60	200m: 2:21.76	37.50	300m: 3:37.90	38.55	400m: 4:51.62	36.56	
42.	IWAŃSKA Wiktoria		11	MKS „Jagiellonka” Warszawa	4:52.33				488
	50m: 31.76	31.76	150m: 1:44.08	36.41	250m: 2:59.17	38.01	350m: 4:15.50	38.21	
	100m: 1:07.67	35.91	200m: 2:21.16	37.08	300m: 3:37.29	38.12	400m: 4:52.33	36.83	
43.	STANISZEWSKA Maja		10	UKS G-8 Bielany Warszawa	4:53.47				482
	50m: 33.59	33.59	150m: 1:47.22	37.29	250m: 3:01.18	36.90	350m: 4:17.07	38.22	
	100m: 1:09.93	36.34	200m: 2:24.28	37.06	300m: 3:38.85	37.67	400m: 4:53.47	36.40	
44.	ZABRZESKA Kinga		07	MKS Juvenia Wrocław	4:53.72				481
	50m: 31.10	31.10	150m: 1:42.96	36.90	250m: 2:59.06	37.94	350m: 4:15.73	38.69	
	100m: 1:06.06	34.96	200m: 2:21.12	38.16	300m: 3:37.04	37.98	400m: 4:53.72	37.99	
45.	ŁYSIUK Lidia		11	UKS „GIM 92 Ursynów”	4:54.23				479
	50m: 32.84	32.84	150m: 1:45.49	36.32	250m: 3:00.02	37.17	350m: 4:16.12	38.21	
	100m: 1:09.17	36.33	200m: 2:22.85	37.36	300m: 3:37.91	37.89	400m: 4:54.23	38.11	
46.	MUSZYŃSKA Patrycja		10	SKS 137 Delfin Łódź	4:55.62				472
	50m: 32.97	32.97	150m: 1:46.61	36.94	250m: 3:02.33	37.83	350m: 4:18.88	38.08	
	100m: 1:09.67	36.70	200m: 2:24.50	37.89	300m: 3:40.80	38.47	400m: 4:55.62	36.74	
47.	RYCHTER Marta		08	MKS Trójka Łódź	4:56.04				470
	50m: 32.89	32.89	150m: 1:47.32	37.63	250m: 3:02.84	37.36	350m: 4:18.81	38.16	
	100m: 1:09.69	36.80	200m: 2:25.48	38.16	300m: 3:40.65	37.81	400m: 4:56.04	37.23	
48.	CYNAR Milena		11	MKS Trójka Łódź	4:56.17				469
	50m: 33.93	33.93	150m: 1:49.03	37.80	250m: 3:05.14	37.93	350m: 4:20.45	37.36	
	100m: 1:11.23	37.30	200m: 2:27.21	38.18	300m: 3:43.09	37.95	400m: 4:56.17	35.72	
49.	SUWARA Aleksandra		11	IKS Konstancin	4:56.97				466
	50m: 31.82	31.82	150m: 1:45.66	37.43	250m: 3:02.13	38.51	350m: 4:19.82	38.59	
	100m: 1:08.23	36.41	200m: 2:23.62	37.96	300m: 3:41.23	39.10	400m: 4:56.97	37.15	
50.	WÓJCIK Agata		10	KU AZS UMCS Lublin	4:57.07				465
	50m: 33.65	33.65	150m: 1:48.63	38.24	250m: 3:04.87	38.18	350m: 4:21.70	38.38	
	100m: 1:10.39	36.74	200m: 2:26.69	38.06	300m: 3:43.32	38.45	400m: 4:57.07	35.37	
	BASZCZUK Milena		10	UKS "Feniks" Dębica	4:57.07				465
	50m: 32.76	32.76	150m: 1:47.97	38.35	250m: 3:03.83	38.17	350m: 4:20.85	38.11	
	100m: 1:09.62	36.86	200m: 2:25.66	37.69	300m: 3:42.74	38.91	400m: 4:57.07	36.22	



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Pozycja	Rok ur.								Czas	Pkt.
52.	ROKICKA Alicja	11	MKS „Jagiellonka" Warszawa						4:59.06	456
	50m: 33.09 33.09	150m: 1:47.30	37.32	250m: 3:04.49	38.81	350m: 4:22.41	38.58			
	100m: 1:09.98 36.89	200m: 2:25.68	38.38	300m: 3:43.83	39.34	400m: 4:59.06	36.65			
53.	KUBICKA Aleksandra	07	MKS Trójka Łódź						5:01.40	445
	50m: 34.38 34.38	150m: 1:49.78	38.10	250m: 3:07.59	38.93	350m: 4:24.74	38.38			
	100m: 1:11.68 37.30	200m: 2:28.66	38.88	300m: 3:46.36	38.77	400m: 5:01.40	36.66			
54.	GERASIMOVA Nicole	10	Mokotowski UKP Warszawianka- Wodny						5:03.07	438
	50m: 34.07 34.07	150m: 1:50.35	38.55	250m: 3:08.70	39.32	350m: 4:27.21	38.96			
	100m: 1:11.80 37.73	200m: 2:29.38	39.03	300m: 3:48.25	39.55	400m: 5:03.07	35.86			
55.	MYDŁOWSKA Roxana	10	UKS Nawa Skierniewice						5:04.18	433
	50m: 32.54 32.54	150m: 1:46.99	38.56	250m: 3:06.51	40.93	350m: 4:26.74	39.81			
	100m: 1:08.43 35.89	200m: 2:25.58	38.59	300m: 3:46.93	40.42	400m: 5:04.18	37.44			
56.	KASIŃSKA Michalina	11	UKS 307 Warszawa						5:04.59	431
	50m: 33.33 33.33	150m: 1:50.05	39.08	250m: 3:09.89	40.24	350m: 4:27.54	38.61			
	100m: 1:10.97 37.64	200m: 2:29.65	39.60	300m: 3:48.93	39.04	400m: 5:04.59	37.05			
57.	BANASZEK Blanka	11	MKS Trójka Łódź						5:04.80	431
	50m: 33.27 33.27	150m: 1:49.00	38.59	250m: 3:08.84	39.62	350m: 4:26.27	38.24			
	100m: 1:10.41 37.14	200m: 2:29.22	40.22	300m: 3:48.03	39.19	400m: 5:04.80	38.53			
58.	TYLER Raphaella	09	IKS Konstancin						5:04.96	430
	50m: 33.60 33.60	150m: 1:49.43	38.46	250m: 3:07.54	39.22	350m: 4:26.59	40.04			
	100m: 1:10.97 37.37	200m: 2:28.32	38.89	300m: 3:46.55	39.01	400m: 5:04.96	38.37			
59.	KRAKUS Liliana	11	UKS SP-149 Łódź						5:06.75	422
	50m: 34.65 34.65	150m: 1:54.85	39.84	250m: 3:12.78	38.35	350m: 4:29.68	38.17			
	100m: 1:15.01 40.36	200m: 2:34.43	39.58	300m: 3:51.51	38.73	400m: 5:06.75	37.07			
60.	WITTBRODT Alicja	11	UKP „Polonia Warszawa"						5:06.96	422
	50m: 33.06 33.06	150m: 1:48.97	38.89	250m: 3:09.31	40.43	350m: 4:29.28	39.56			
	100m: 1:10.08 37.02	200m: 2:28.88	39.91	300m: 3:49.72	40.41	400m: 5:06.96	37.68			

17 - 18 lat

1.	BONECKA Anna			07	Mokotowski UKP Warszawianka- Wodny				4:27.35	638		
	50m:	30.80	30.80	150m:	1:38.54	34.02	250m:	2:46.59	33.89	350m:	3:54.19	33.78
	100m:	1:04.52	33.72	200m:	2:12.70	34.16	300m:	3:20.41	33.82	400m:	4:27.35	33.16
2.	KUCZMAR Zuzanna			07	UKP „Polonia Warszawa"				4:27.51	637		
	50m:	30.03	30.03	150m:	1:37.26	33.82	250m:	2:45.46	34.06	350m:	3:54.01	34.09
	100m:	1:03.44	33.41	200m:	2:11.40	34.14	300m:	3:19.92	34.46	400m:	4:27.51	33.50
3.	RĄCZKOWSKA Maja			07	LKS Jedność 32 Przyszowice				4:27.88	635		
	50m:	30.28	30.28	150m:	1:37.14	33.61	250m:	2:45.39	34.22	350m:	3:54.48	34.52
	100m:	1:03.53	33.25	200m:	2:11.17	34.03	300m:	3:19.96	34.57	400m:	4:27.88	33.40
4.	PIEBIAK Nicola			08	MKS Juwenia Wrocław				4:32.58	602		
	50m:	30.23	30.23	150m:	1:37.52	34.35	250m:	2:47.10	34.89	350m:	3:58.24	35.81
	100m:	1:03.17	32.94	200m:	2:12.21	34.69	300m:	3:22.43	35.33	400m:	4:32.58	34.34
5.	TRAFALSKA Zuzanna			07	UKS 190 Łódź				4:32.65	602		
	50m:			150m:	1:38.02	33.75	250m:	2:47.79	35.04	350m:	3:58.22	35.23
	100m:	1:04.27		200m:	2:12.75	34.73	300m:	3:22.99	35.20	400m:	4:32.65	34.43
6.	JAŁOWIECKA Gabriela			08	KU AZS UMCS Lublin				4:34.68	589		
	50m:	30.92	30.92	150m:	1:39.46	34.47	250m:	2:49.07	34.83	350m:	3:59.28	35.36
	100m:	1:04.99	34.07	200m:	2:14.24	34.78	300m:	3:23.92	34.85	400m:	4:34.68	35.40
7.	BATYRA Julia			08	UKS SP5 Swim Lublin				4:38.12	567		
	50m:	32.11	32.11	150m:	1:41.51	35.06	250m:	2:51.97	35.29	350m:	4:03.15	35.80
	100m:	1:06.45	34.34	200m:	2:16.68	35.17	300m:	3:27.35	35.38	400m:	4:38.12	34.97
8.	TRAFALSKA Antonina			08	UKS 190 Łódź				4:41.53	547		
	50m:	33.26	33.26	150m:	1:44.26	35.39	250m:	2:55.64	35.78	350m:	4:06.60	35.46
	100m:	1:08.87	35.61	200m:	2:19.86	35.60	300m:	3:31.14	35.50	400m:	4:41.53	34.93



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Konkurencja 1, Dziewcząt, 400m dowolny, 17 - 18 lat

Pozycja	Rok ur.								Czas	Pkt.		
9.	WRONA Maria			08	KU AZS UMCS Lublin					4:46.76	517	
	50m:	32.72	32.72	150m:	1:44.28	36.17	250m:	2:57.35	36.41	350m:	4:10.95	36.68
	100m:	1:08.11	35.39	200m:	2:20.94	36.66	300m:	3:34.27	36.92	400m:	4:46.76	35.81
10.	SKORYKOW Lena			08	Mokotowski UKP Warszawianka- Wodny					4:47.69	512	
	50m:	32.62	32.62	150m:	1:44.00	36.27	250m:	2:58.48	37.32	350m:	4:12.57	37.04
	100m:	1:07.73	35.11	200m:	2:21.16	37.16	300m:	3:35.53	37.05	400m:	4:47.69	35.12
11.	PIETRZYK Hanna			07	UKS Nawa Skierniewice					4:48.58	507	
	50m:	31.69	31.69	150m:	1:43.02	36.10	250m:	2:56.24	36.96	350m:	4:10.70	37.32
	100m:	1:06.92	35.23	200m:	2:19.28	36.26	300m:	3:33.38	37.14	400m:	4:48.58	37.88
12.	ZABRZESKA Kinga			07	MKS Juvenia Wrocław					4:53.72	481	
	50m:	31.10	31.10	150m:	1:42.96	36.90	250m:	2:59.06	37.94	350m:	4:15.73	38.69
	100m:	1:06.06	34.96	200m:	2:21.12	38.16	300m:	3:37.04	37.98	400m:	4:53.72	37.99
13.	RYCHTER Marta			08	MKS Trójka Łódź					4:56.04	470	
	50m:	32.89	32.89	150m:	1:47.32	37.63	250m:	3:02.84	37.36	350m:	4:18.81	38.16
	100m:	1:09.69	36.80	200m:	2:25.48	38.16	300m:	3:40.65	37.81	400m:	4:56.04	37.23
14.	KUBICKA Aleksandra			07	MKS Trójka Łódź					5:01.40	445	
	50m:	34.38	34.38	150m:	1:49.78	38.10	250m:	3:07.59	38.93	350m:	4:24.74	38.38
	100m:	1:11.68	37.30	200m:	2:28.66	38.88	300m:	3:46.36	38.77	400m:	5:01.40	36.66

16 lat

1.	RESZKO Lena				09	UKP „Polonia Warszawa"				4:16.09	726	
	50m:	29.74	29.74	150m:	1:34.36	32.47	250m:	2:40.01	32.57	350m:	3:45.36	32.37
	100m:	1:01.89	32.15	200m:	2:07.44	33.08	300m:	3:12.99	32.98	400m:	4:16.09	30.73
2.	ŁUCZAK Anika				09	UKS SP-149 Łódź				4:38.95	562	
	50m:	31.95	31.95	150m:	1:42.26	35.39	250m:	2:53.61	35.82	350m:	4:04.68	35.57
	100m:	1:06.87	34.92	200m:	2:17.79	35.53	300m:	3:29.11	35.50	400m:	4:38.95	34.27
3.	MALARZ Milena				09	UKS Victoria Kozy				4:39.88	556	
	50m:	31.17	31.17	150m:	1:40.68	35.31	250m:	2:52.25	35.81	350m:	4:04.64	36.20
	100m:	1:05.37	34.20	200m:	2:16.44	35.76	300m:	3:28.44	36.19	400m:	4:39.88	35.24
4.	EKIERT Gabriela				09	UKP „Polonia Warszawa"				4:41.98	544	
	50m:	32.17	32.17	150m:	1:43.88	35.99	250m:	2:55.45	35.92	350m:	4:07.29	35.72
	100m:	1:07.89	35.72	200m:	2:19.53	35.65	300m:	3:31.57	36.12	400m:	4:41.98	34.69
5.	TOMASZEWSKA Kaja				09	UKP „Polonia Warszawa"				4:43.52	535	
	50m:	32.16	32.16	150m:	1:43.34	35.72	250m:	2:56.43	36.56	350m:	4:08.28	35.49
	100m:	1:07.62	35.46	200m:	2:19.87	36.53	300m:	3:32.79	36.36	400m:	4:43.52	35.24
6.	SZTREKER-WÓJCIK Iga				09	UKS G-8 Bielany Warszawa				4:44.96	527	
	50m:	32.85	32.85	150m:	1:43.37	35.47	250m:	2:56.13	36.36	350m:	4:08.86	36.45
	100m:	1:07.90	35.05	200m:	2:19.77	36.40	300m:	3:32.41	36.28	400m:	4:44.96	36.10
7.	KURPIEWSKA Kaja				09	UKP „Polonia Warszawa"				4:46.42	519	
	50m:	32.19	32.19	150m:	1:45.11	36.53	250m:	2:59.24	37.04	350m:	4:11.40	35.81
	100m:	1:08.58	36.39	200m:	2:22.20	37.09	300m:	3:35.59	36.35	400m:	4:46.42	35.02
8.	STACHEWICZ Magdalena				09	AZS AWF Warszawa				4:47.03	516	
	50m:	31.92	31.92	150m:	1:43.39	36.04	250m:	2:57.48	37.10	350m:	4:11.82	37.19
	100m:	1:07.35	35.43	200m:	2:20.38	36.99	300m:	3:34.63	37.15	400m:	4:47.03	35.21
9.	TYLER Raphaella				09	IKS Konstancin				5:04.96	430	
	50m:	33.60	33.60	150m:	1:49.43	38.46	250m:	3:07.54	39.22	350m:	4:26.59	40.04
	100m:	1:10.97	37.37	200m:	2:28.32	38.89	300m:	3:46.55	39.01	400m:	5:04.96	38.37



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Konkurencja 1, Kobiet, 400m dowolny

15 lat

1.	KOWALSKA-FRĄCZYK Zofia	10	UKS „GIM 92 Ursynów”	4:33.77	594
	50m: 30.26 30.26	150m: 1:40.33 35.70	250m: 2:50.53 34.89	350m: 4:00.47 35.12	
	100m: 1:04.63 34.37	200m: 2:15.64 35.31	300m: 3:25.35 34.82	400m: 4:33.77 33.30	
2.	SZUSTAK Lena	10	UKS „GIM 92 Ursynów”	4:39.79	557
	50m: 31.36 31.36	150m: 1:39.70 34.46	250m: 2:50.76 35.80	350m: 4:03.58 36.49	
	100m: 1:05.24 33.88	200m: 2:14.96 35.26	300m: 3:27.09 36.33	400m: 4:39.79 36.21	
3.	KUNA Alina	10	Stowarzyszenie Solne Miasto Wieliczka	4:40.73	551
	50m: 32.39 32.39	150m: 1:44.52 36.09	250m: 2:56.02 35.15	350m: 4:06.83 35.21	
	100m: 1:08.43 36.04	200m: 2:20.87 36.35	300m: 3:31.62 35.60	400m: 4:40.73 33.90	
4.	RYCHTER Zofia	10	MKS Park Wodny Tarnowskie Góry	4:41.44	547
	50m: 31.30 31.30	150m: 1:42.00 35.65	250m: 2:53.88 35.94	350m: 4:06.15 36.01	
	100m: 1:06.35 35.05	200m: 2:17.94 35.94	300m: 3:30.14 36.26	400m: 4:41.44 35.29	
5.	KOPP Zuzanna	10	UKP „Polonia Warszawa”	4:44.61	529
	50m: 31.77 31.77	150m: 1:42.28 35.59	250m: 2:55.18 36.69	350m: 4:08.73 36.29	
	100m: 1:06.69 34.92	200m: 2:18.49 36.21	300m: 3:32.44 37.26	400m: 4:44.61 35.88	
6.	OLSZEWSKA Natalia	10	St. Lok. SALOS Cortile Kielce	4:45.22	526
	50m: 33.37 33.37	150m: 1:45.90 36.39	250m: 2:59.35 36.10	350m: 4:11.65 35.45	
	100m: 1:09.51 36.14	200m: 2:23.25 37.35	300m: 3:36.20 36.85	400m: 4:45.22 33.57	
7.	BORTLISZ Gabriela	10	Mokotowski UKP Warszawianka- Wodny	4:48.08	510
	50m: 30.96 30.96	150m: 1:41.35 35.52	250m: 2:54.27 36.84	350m: 4:10.91 38.51	
	100m: 1:05.83 34.87	200m: 2:17.43 36.08	300m: 3:32.40 38.13	400m: 4:48.08 37.17	
8.	SACHA Paulina	10	UKS NIKA Sport Team Kraków	4:50.33	498
	50m: 33.08 33.08	150m: 1:46.68 37.07	250m: 3:00.80 36.84	350m: 4:15.14 37.06	
	100m: 1:09.61 36.53	200m: 2:23.96 37.28	300m: 3:38.08 37.28	400m: 4:50.33 35.19	
9.	STANISZEWSKA Maja	10	UKS G-8 Bielany Warszawa	4:53.47	482
	50m: 33.59 33.59	150m: 1:47.22 37.29	250m: 3:01.18 36.90	350m: 4:17.07 38.22	
	100m: 1:09.93 36.34	200m: 2:24.28 37.06	300m: 3:38.85 37.67	400m: 4:53.47 36.40	
10.	MUSZYŃSKA Patrycja	10	SKS 137 Delfin Łódź	4:55.62	472
	50m: 32.97 32.97	150m: 1:46.61 36.94	250m: 3:02.33 37.83	350m: 4:18.88 38.08	
	100m: 1:09.67 36.70	200m: 2:24.50 37.89	300m: 3:40.80 38.47	400m: 4:55.62 36.74	
11.	WÓJCIK Agata	10	KU AZS UMCS Lublin	4:57.07	465
	50m: 33.65 33.65	150m: 1:48.63 38.24	250m: 3:04.87 38.18	350m: 4:21.70 38.38	
	100m: 1:10.39 36.74	200m: 2:26.69 38.06	300m: 3:43.32 38.45	400m: 4:57.07 35.37	
	BASZCZUK Milena	10	UKS "Feniks" Dębica	4:57.07	465
	50m: 32.76 32.76	150m: 1:47.97 38.35	250m: 3:03.83 38.17	350m: 4:20.85 38.11	
	100m: 1:09.62 36.86	200m: 2:25.66 37.69	300m: 3:42.74 38.91	400m: 4:57.07 36.22	
13.	GERASIMOVA Nicole	10	Mokotowski UKP Warszawianka- Wodny	5:03.07	438
	50m: 34.07 34.07	150m: 1:50.35 38.55	250m: 3:08.70 39.32	350m: 4:27.21 38.96	
	100m: 1:11.80 37.73	200m: 2:29.38 39.03	300m: 3:48.25 39.55	400m: 5:03.07 35.86	
14.	MYDŁOWSKA Roxana	10	UKS Nawa Skierniewice	5:04.18	433
	50m: 32.54 32.54	150m: 1:46.99 38.56	250m: 3:06.51 40.93	350m: 4:26.74 39.81	
	100m: 1:08.43 35.89	200m: 2:25.58 38.59	300m: 3:46.93 40.42	400m: 5:04.18 37.44	

14 lat

1.	RÓZGA Nina	11	CSiR MOS w Dąbrowie Górniczej	4:30.90	614
	50m: 30.64 30.64	150m: 1:39.31 34.68	250m: 2:48.00 34.28	350m: 3:57.69 35.03	
	100m: 1:04.63 33.99	200m: 2:13.72 34.41	300m: 3:22.66 34.66	400m: 4:30.90 33.21	
2.	KOKOSZKA Paulina	11	UKS „GIM 92 Ursynów”	4:31.38	610
	50m: 30.68 30.68	150m: 1:39.56 34.80	250m: 2:49.08 34.47	350m: 3:59.07 35.06	
	100m: 1:04.76 34.08	200m: 2:14.61 35.05	300m: 3:24.01 34.93	400m: 4:31.38 32.31	
3.	KAROLEWSKA Julia	11	SWIMLAND Olsztyn	4:35.22	585
	50m: 30.38 30.38	150m: 1:39.02 35.24	250m: 2:50.69 35.92	350m: 4:02.63 35.70	
	100m: 1:03.78 33.40	200m: 2:14.77 35.75	300m: 3:26.93 36.24	400m: 4:35.22 32.59	



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Konkurencja 1, Dziewcząt, 400m dowolny, 14 lat

Pozycja	Rok ur.										Czas	Pkt.
4.	NIKIEL Emilia			11			MKS Park Wodny Tarnowskie Góry				4:35.56	583
	50m:	31.40	31.40	150m:	1:40.41	34.80	250m:	2:50.24	35.21	350m:	4:01.16	35.37
	100m:	1:05.61	34.21	200m:	2:15.03	34.62	300m:	3:25.79	35.55	400m:	4:35.56	34.40
5.	BARCZAK Karolina			11			MTP Kormoran Olsztyn				4:39.01	562
	50m:	31.91	31.91	150m:	1:41.48	35.11	250m:	2:52.93	35.80	350m:	4:04.53	35.67
	100m:	1:06.37	34.46	200m:	2:17.13	35.65	300m:	3:28.86	35.93	400m:	4:39.01	34.48
6.	KANIEWSKA Lena			11			Mokotowski UKP Warszawianka- Wodny				4:47.36	514
	50m:	32.62	32.62	150m:	1:44.91	36.48	250m:	2:56.85	35.76	350m:	4:10.75	37.28
	100m:	1:08.43	35.81	200m:	2:21.09	36.18	300m:	3:33.47	36.62	400m:	4:47.36	36.61
7.	FROŃ Kinga			11			UKS Victoria Kozy				4:49.03	505
	50m:	32.32	32.32	150m:	1:44.55	36.33	250m:	2:59.16	37.22	350m:	4:13.40	37.35
	100m:	1:08.22	35.90	200m:	2:21.94	37.39	300m:	3:36.05	36.89	400m:	4:49.03	35.63
8.	KOWALCZYK Helena			11			MKS Trójka Łódź				4:49.71	502
	50m:	31.07	31.07	150m:	1:44.36	37.42	250m:	2:59.25	37.89	350m:	4:13.55	37.06
	100m:	1:06.94	35.87	200m:	2:21.36	37.00	300m:	3:36.49	37.24	400m:	4:49.71	36.16
9.	LACH Maria			11			MKS Ochota Warszawa				4:51.62	492
	50m:	31.73	31.73	150m:	1:44.26	36.93	250m:	2:59.35	37.59	350m:	4:15.06	37.16
	100m:	1:07.33	35.60	200m:	2:21.76	37.50	300m:	3:37.90	38.55	400m:	4:51.62	36.56
10.	IWAŃSKA Wiktoria			11			MKS „Jagiellonka" Warszawa				4:52.33	488
	50m:	31.76	31.76	150m:	1:44.08	36.41	250m:	2:59.17	38.01	350m:	4:15.50	38.21
	100m:	1:07.67	35.91	200m:	2:21.16	37.08	300m:	3:37.29	38.12	400m:	4:52.33	36.83
11.	ŁYSIUK Lidia			11			UKS „GIM 92 Ursynów"				4:54.23	479
	50m:	32.84	32.84	150m:	1:45.49	36.32	250m:	3:00.02	37.17	350m:	4:16.12	38.21
	100m:	1:09.17	36.33	200m:	2:22.85	37.36	300m:	3:37.91	37.89	400m:	4:54.23	38.11
12.	CYNAR Milena			11			MKS Trójka Łódź				4:56.17	469
	50m:	33.93	33.93	150m:	1:49.03	37.80	250m:	3:05.14	37.93	350m:	4:20.45	37.36
	100m:	1:11.23	37.30	200m:	2:27.21	38.18	300m:	3:43.09	37.95	400m:	4:56.17	35.72
13.	SUWARA Aleksandra			11			IKS Konstancin				4:56.97	466
	50m:	31.82	31.82	150m:	1:45.66	37.43	250m:	3:02.13	38.51	350m:	4:19.82	38.59
	100m:	1:08.23	36.41	200m:	2:23.62	37.96	300m:	3:41.23	39.10	400m:	4:56.97	37.15
14.	ROKICKA Alicja			11			MKS „Jagiellonka" Warszawa				4:59.06	456
	50m:	33.09	33.09	150m:	1:47.30	37.32	250m:	3:04.49	38.81	350m:	4:22.41	38.58
	100m:	1:09.98	36.89	200m:	2:25.68	38.38	300m:	3:43.83	39.34	400m:	4:59.06	36.65
15.	KASIŃSKA Michalina			11			UKS 307 Warszawa				5:04.59	431
	50m:	33.33	33.33	150m:	1:50.05	39.08	250m:	3:09.89	40.24	350m:	4:27.54	38.61
	100m:	1:10.97	37.64	200m:	2:29.65	39.60	300m:	3:48.93	39.04	400m:	5:04.59	37.05
16.	BANASZEK Blanka			11			MKS Trójka Łódź				5:04.80	431
	50m:	33.27	33.27	150m:	1:49.00	38.59	250m:	3:08.84	39.62	350m:	4:26.27	38.24
	100m:	1:10.41	37.14	200m:	2:29.22	40.22	300m:	3:48.03	39.19	400m:	5:04.80	38.53
17.	KRAKUS Liliana			11			UKS SP-149 Łódź				5:06.75	422
	50m:	34.65	34.65	150m:	1:54.85	39.84	250m:	3:12.78	38.35	350m:	4:29.68	38.17
	100m:	1:15.01	40.36	200m:	2:34.43	39.58	300m:	3:51.51	38.73	400m:	5:06.75	37.07
18.	WITTBRODT Alicja			11			UKP „Polonia Warszawa"				5:06.96	422
	50m:	33.06	33.06	150m:	1:48.97	38.89	250m:	3:09.31	40.43	350m:	4:29.28	39.56
	100m:	1:10.08	37.02	200m:	2:28.88	39.91	300m:	3:49.72	40.41	400m:	5:06.96	37.68