



OTWARTE JESIENNE MISTRZOSTWA OKRĘGU WMOZP I WARSZAWY



Otwarte Jesienne Mistrzostwa Okręgu Warszawsko Mazowieckiego i Warszawy
Warszawa, 10. - 11.11.2025

Konkurencja 33
11.11.2025 - 10:35

Kobiet, 400m dowolny

Open
Wyniki

Punkty: AQUA 2025

Pozycja	Rok ur.	Czas	Pkt.
13 lat i młodszy			
1. BALCERCZAK Gabriela	13	MKS Ochota Warszawa	4:49.73 501 14,9
50m: 33.04 33.04	150m: 1:45.80 35.99	250m: 3:00.85 37.57	350m: 4:14.88 37.16
100m: 1:09.81 36.77	200m: 2:23.28 37.48	300m: 3:37.72 36.87	400m: 4:49.73 34.85
2. KORZEŃ Adrianna	13	CSiR MOS w Dąbrowie Górniczej	4:51.73 491 14,4
50m: 32.61 32.61	150m: 1:45.90 37.16	250m: 3:01.14 37.85	350m: 4:16.05 36.99
100m: 1:08.74 36.13	200m: 2:23.29 37.39	300m: 3:39.06 37.92	400m: 4:51.73 35.68
3. GOLON Izabela	13	IKS Konstancin	4:52.41 488 14,2
50m: 33.42 33.42	150m: 1:47.96 37.47	250m: 3:02.97 37.72	350m: 4:17.41 36.72
100m: 1:10.49 37.07	200m: 2:25.25 37.29	300m: 3:40.69 37.72	400m: 4:52.41 35.00
4. MYSŁEK Anna	13	UKS G-8 Bielany Warszawa	4:52.97 485 14,1
50m: 33.60 33.60	150m: 1:48.05 37.23	250m: 3:01.69 36.46	350m: 4:15.93 37.31
100m: 1:10.82 37.22	200m: 2:25.23 37.18	300m: 3:38.62 36.93	400m: 4:52.97 37.04
5. FAFEREK Julia	15	MUKS "TUREKin pływa"	4:54.58 477 20,0
50m: 33.41 33.41	150m: 1:48.27 37.38	250m: 3:03.27 37.51	350m: 4:18.45 37.53
100m: 1:10.89 37.48	200m: 2:25.76 37.49	300m: 3:40.92 37.65	400m: 4:54.58 36.13
6. ZAWORSKA Zofia	13	CSiR MOS w Dąbrowie Górniczej	4:55.30 474 13,5
50m: 34.07 34.07	150m: 1:49.17 37.76	250m: 3:04.63 37.40	350m: 4:19.20 37.22
100m: 1:11.41 37.34	200m: 2:27.23 38.06	300m: 3:41.98 37.35	400m: 4:55.30 36.10
7. NIEDZIŃSKA Marika	12	UKS G-8 Bielany Warszawa	4:58.23 460 9,9
50m: 33.69 33.69	150m: 1:47.45 37.55	250m: 3:02.92 37.91	350m: 4:21.20 39.53
100m: 1:09.90 36.21	200m: 2:25.01 37.56	300m: 3:41.67 38.75	400m: 4:58.23 37.03
8. RZEMIENIEWSKA Aurelia	12	UKP „Polonia Warszawa"	4:59.97 452 9,5
50m: 33.32 33.32	150m: 1:47.69 37.91	250m: 3:04.86 38.69	350m: 4:22.88 39.12
100m: 1:09.78 36.46	200m: 2:26.17 38.48	300m: 3:43.76 38.90	400m: 4:59.97 37.09
9. GODLEWSKA Agata	12	UKP „Polonia Warszawa"	5:03.89 434 8,5
50m: 33.81 33.81	150m: 1:51.19 39.50	250m: 3:09.06 38.59	350m: 4:26.35 38.08
100m: 1:11.69 37.88	200m: 2:30.47 39.28	300m: 3:48.27 39.21	400m: 5:03.89 37.54
10. LEPA Zofia	14	MKS Piaseczno	5:06.39 424 14,5
50m: 33.58 33.58	150m: 1:51.73 39.81	250m: 3:10.95 39.37	350m: 4:30.72 39.05
100m: 1:11.92 38.34	200m: 2:31.58 39.85	300m: 3:51.67 40.72	400m: 5:06.39 35.67
11. STUDZIŃSKA Hanna	12	MKS „Jagiellonka" Warszawa	5:10.53 407 6,8
50m: 35.48 35.48	150m: 1:55.98 40.67	250m: 3:14.50 38.06	350m: 4:32.36 40.01
100m: 1:15.31 39.83	200m: 2:36.44 40.46	300m: 3:52.35 37.85	400m: 5:10.53 38.17
12. SOBASZEK Olga	12	UKS G-8 Bielany Warszawa	5:10.95 406 6,7
50m: 34.06 34.06	150m: 1:52.84 39.44	250m: 3:12.94 39.97	350m: 4:32.78 40.28
100m: 1:13.40 39.34	200m: 2:32.97 40.13	300m: 3:52.50 39.56	400m: 5:10.95 38.17
13. GOŁDA Hanna	12	UKS H2O Warszawa	5:13.88 394 6,0
50m: 34.79 34.79	150m: 1:55.52 41.15	250m: 3:17.51 40.33	350m: 4:38.19 39.34
100m: 1:14.37 39.58	200m: 2:37.18 41.66	300m: 3:58.85 41.34	400m: 5:13.88 35.69
14. ŚWIDERSKA Natalia	12	MKS „Jagiellonka" Warszawa	5:15.33 389 5,6
50m: 35.01 35.01	150m: 1:53.39 39.84	250m: 3:13.32 40.04	350m: 4:35.60 40.99
100m: 1:13.55 38.54	200m: 2:32.28 39.89	300m: 3:54.61 41.29	400m: 5:15.33 39.73



OTWARTE JESIENNE MISTRZOSTWA OKRĘGU WMOZP I WARSZAWY



Otwarte Jesienne Mistrzostwa Okręgu Warszawsko Mazowieckiego i Warszawy Warszawa, 10. - 11.11.2025

Konkurencja 33, Dziewcząt, 400m dowolny, 13 lat i młodszy

Pozycja			Rok ur.							Czas	Pkt.	
15.	KRAMARZ Lena		12	UKS H2O Warszawa						5:15.90	387	5,5
	50m:	35.33	35.33	150m:	1:57.66	41.57	250m:	3:19.68	40.51	350m:	4:39.44	39.52
	100m:	1:16.09	40.76	200m:	2:39.17	41.51	300m:	3:59.92	40.24	400m:	5:15.90	36.46
16.	LEPA Natalia		12	MKS Piaseczno						5:19.53	374	4,6
	50m:	36.02	36.02	150m:	1:55.04	39.80	250m:	3:17.73	41.47	350m:	4:41.02	41.42
	100m:	1:15.24	39.22	200m:	2:36.26	41.22	300m:	3:59.60	41.87	400m:	5:19.53	38.51
17.	MAJER - WASILEWSKA Nina		12	UKP „Polonia Warszawa”						5:21.47	367	4,1
	50m:	36.28	36.28	150m:	1:58.30	41.14	250m:	3:19.82	40.77	350m:	4:42.08	40.60
	100m:	1:17.16	40.88	200m:	2:39.05	40.75	300m:	4:01.48	41.66	400m:	5:21.47	39.39
18.	SIERADZKA Lea		12	UKS 48 Warszawa Śródmieście						5:22.48	363	3,8
	50m:	35.62	35.62	150m:	1:57.76	41.37	250m:	3:21.53	41.57	350m:	4:43.98	40.83
	100m:	1:16.39	40.77	200m:	2:39.96	42.20	300m:	4:03.15	41.62	400m:	5:22.48	38.50
19.	GRANOSZEWSKA Maja		14	MPKS "Orka" Ciechanów						5:23.56	360	10,6
	50m:	34.14	34.14	150m:	1:57.06	42.67	250m:	3:21.42	41.87	350m:	4:45.73	41.90
	100m:	1:14.39	40.25	200m:	2:39.55	42.49	300m:	4:03.83	42.41	400m:	5:23.56	37.83
20.	RZECZKOWSKA Alicja		13	UKS G-8 Bielany Warszawa						5:25.41	354	6,3
	50m:	37.76	37.76	150m:	2:00.17	41.70	250m:	3:23.23	41.53	350m:	4:47.80	42.19
	100m:	1:18.47	40.71	200m:	2:41.70	41.53	300m:	4:05.61	42.38	400m:	5:25.41	37.61
21.	KOTLARZ Zuzanna		12	MKS „Jagiellonka” Warszawa						5:25.49	353	3,1
	50m:	34.81	34.81	150m:	1:57.08	41.46	250m:	3:20.86	41.54	350m:	4:44.34	42.14
	100m:	1:15.62	40.81	200m:	2:39.32	42.24	300m:	4:02.20	41.34	400m:	5:25.49	41.15
22.	MELEROWICZ Hanna		12	UKS G-8 Bielany Warszawa						5:26.54	350	2,8
	50m:	36.81	36.81	150m:	1:59.76	41.52	250m:	3:22.93	40.80	350m:	4:46.24	41.62
	100m:	1:18.24	41.43	200m:	2:42.13	42.37	300m:	4:04.62	41.69	400m:	5:26.54	40.30
23.	MUSIATEWICZ Julia		12	MKS „Jagiellonka” Warszawa						5:31.82	334	1,5
	50m:	36.36	36.36	150m:	2:03.12	43.84	250m:	3:28.01	42.49	350m:	4:51.32	41.66
	100m:	1:19.28	42.92	200m:	2:45.52	42.40	300m:	4:09.66	41.65	400m:	5:31.82	40.50
24.	MISIAŁKIEWICZ Hanna		14	MKS Piaseczno						5:34.34	326	8,1
	50m:	36.60	36.60	150m:	2:00.59	42.62	250m:	3:27.39	43.32	350m:	4:53.95	43.14
	100m:	1:17.97	41.37	200m:	2:44.07	43.48	300m:	4:10.81	43.42	400m:	5:34.34	40.39
25.	CENIAN Natalia		12	IUKS „Muszelka” Warszawa						5:34.89	325	
	50m:	35.91	35.91	150m:	1:59.44	43.49	250m:	3:28.03	43.97	350m:	4:55.32	43.01
	100m:	1:15.95	40.04	200m:	2:44.06	44.62	300m:	4:12.31	44.28	400m:	5:34.89	39.57
26.	TYRCZ Helena		12	IUKS „Muszelka” Warszawa						5:35.11	324	
	50m:	38.64	38.64	150m:	2:04.48	43.15	250m:	3:30.30	42.76	350m:	4:54.86	41.75
	100m:	1:21.33	42.69	200m:	2:47.54	43.06	300m:	4:13.11	42.81	400m:	5:35.11	40.25
27.	KUC Natalia		13	MKS „Jagiellonka” Warszawa						5:35.43	323	3,9
	50m:	39.50	39.50	150m:	2:04.72	42.88	250m:	3:30.95	43.03	350m:	4:56.68	42.55
	100m:	1:21.84	42.34	200m:	2:47.92	43.20	300m:	4:14.13	43.18	400m:	5:35.43	38.75
28.	DUDZIK Aleksandra		12	UKS H2O Warszawa						5:37.68	317	
	50m:	38.59	38.59	150m:	2:04.93	43.56	250m:	3:31.95	43.79	350m:	4:58.09	42.31
	100m:	1:21.37	42.78	200m:	2:48.16	43.23	300m:	4:15.78	43.83	400m:	5:37.68	39.59
29.	JEMIOŁO Amelia		12	UKS H2O Warszawa						5:38.14	315	
	50m:	38.79	38.79	150m:	2:06.86	44.40	250m:	3:34.46	43.61	350m:	4:59.47	41.50
	100m:	1:22.46	43.67	200m:	2:50.85	43.99	300m:	4:17.97	43.51	400m:	5:38.14	38.67



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Warszawa, 10. - 11.11.2025

Konkurencja 33, Dziewcząt, 400m dowolny, 13 lat i młodszy

Pozycja		Rok ur.							Czas	Pkt.	
30.	STRZAŁKOWSKA Zuzanna	12	UKS H2O Warszawa						5:41.68	306	
	50m: 37.17 37.17	150m: 2:03.83 44.13	250m: 3:31.12 43.47	350m: 4:58.86 44.25							
	100m: 1:19.70 42.53	200m: 2:47.65 43.82	300m: 4:14.61 43.49	400m: 5:41.68 42.82							
31.	LESZCZYŃSKA Nela	13	IUKS „Muszelka” Warszawa						5:42.22	304	2,2
	50m: 39.34 39.34	150m: 2:06.61 43.69	250m: 3:34.48 43.85	350m: 5:00.34 43.75							
	100m: 1:22.92 43.58	200m: 2:50.63 44.02	300m: 4:16.59 42.11	400m: 5:42.22 41.88							
32.	BOGUSŁAWSKA Nina	12	UKS 48 Warszawa Śródmieście						5:46.03	294	
	50m: 36.44 36.44	150m: 2:03.18 43.94	250m: 3:34.13 46.30	350m: 5:05.07 45.28							
	100m: 1:19.24 42.80	200m: 2:47.83 44.65	300m: 4:19.79 45.66	400m: 5:46.03 40.96							
33.	DOMAGAŁA Amelia	14	MKS Ochota Warszawa						5:46.57	293	5,4
	50m: 37.28 37.28	150m: 2:03.17 44.68	250m: 3:34.21 45.28	350m: 5:03.81 44.55							
	100m: 1:18.49 41.21	200m: 2:48.93 45.76	300m: 4:19.26 45.05	400m: 5:46.57 42.76							
34.	SOBIERAJSKA Erika	14	IUKS „Muszelka” Warszawa						5:46.82	292	5,3
	50m: 38.30 38.30	150m: 2:05.18 44.16	250m: 3:34.54 44.81	350m: 5:02.63 43.22							
	100m: 1:21.02 42.72	200m: 2:49.73 44.55	300m: 4:19.41 44.87	400m: 5:46.82 44.19							
35.	DYBCIO Zuzanna	13	UKS Delfin Garwolin						5:48.65	288	
	50m: 37.47 37.47	150m: 2:04.94 44.74	250m: 3:35.94 45.73	350m: 5:07.77 45.61							
	100m: 1:20.20 42.73	200m: 2:50.21 45.27	300m: 4:22.16 46.22	400m: 5:48.65 40.88							
36.	KORONA Zuzanna	12	UKS G-8 Bielany Warszawa						5:50.95	282	
	50m: 41.67 41.67	150m: 2:13.74 46.30	250m: 3:43.18 45.23	350m: 5:11.71 43.76							
	100m: 1:27.44 45.77	200m: 2:57.95 44.21	300m: 4:27.95 44.77	400m: 5:50.95 39.24							
37.	ZAHORSKA Margarita	14	MKS Ochota Warszawa						5:53.09	277	3,9
	50m: 40.96 40.96	150m: 2:09.77 44.93	250m: 3:41.81 46.02	350m: 5:10.38 42.49							
	100m: 1:24.84 43.88	200m: 2:55.79 46.02	300m: 4:27.89 46.08	400m: 5:53.09 42.71							
38.	CWYL Lejla	15	UKS 48 Warszawa Śródmieście						5:56.47	269	8,2
	50m: 38.12 38.12	150m: 2:09.34 46.01	250m: 3:41.38 46.46	350m: 5:12.51 46.04							
	100m: 1:23.33 45.21	200m: 2:54.92 45.58	300m: 4:26.47 45.09	400m: 5:56.47 43.96							
39.	RUPNIEWSKA Malwina	12	MKS „Jagiellonka” Warszawa						6:00.41	260	
	50m: 39.35 39.35	150m: 2:11.94 47.07	250m: 3:46.22 47.21	350m: 5:18.16 44.93							
	100m: 1:24.87 45.52	200m: 2:59.01 47.07	300m: 4:33.23 47.01	400m: 6:00.41 42.25							
40.	PANKIEWICZ Łucja	15	UKS 48 Warszawa Śródmieście						6:02.43	256	6,9
	50m: 39.97 39.97	150m: 2:11.25 45.70	250m: 3:45.07 46.93	350m: 5:16.37 45.36							
	100m: 1:25.55 45.58	200m: 2:58.14 46.89	300m: 4:31.01 45.94	400m: 6:02.43 46.06							
41.	PUZYŃSKA Matylda	15	UKS 48 Warszawa Śródmieście						6:07.55	245	5,8
	50m: 38.92 38.92	150m: 2:11.25 47.02	250m: 3:46.95 47.42	350m: 5:21.80 47.24							
	100m: 1:24.23 45.31	200m: 2:59.53 48.28	300m: 4:34.56 47.61	400m: 6:07.55 45.75							
42.	SHELEH Ulyana	14	IUKS „Muszelka” Warszawa						6:26.38	211	
	50m: 40.77 40.77	150m: 2:17.10 49.84	250m: 3:57.17 49.50	350m: 5:37.34 49.82							
	100m: 1:27.26 46.49	200m: 3:07.67 50.57	300m: 4:47.52 50.35	400m: 6:26.38 49.04							
43.	AMBROZIAK Liliana	15	UKS 48 Warszawa Śródmieście						7:10.79	152	
	50m: 43.93 43.93	150m: 2:35.05 56.76	250m: 4:29.62 57.03	350m: 6:22.76 55.63							
	100m: 1:38.29 54.36	200m: 3:32.59 57.54	300m: 5:27.13 57.51	400m: 7:10.79 48.03							
44.	PALKOWSKA Kinga	15	UKS 48 Warszawa Śródmieście						7:33.89	130	
	50m: 44.16 44.16	150m: 2:43.24 1:00.14	250m: 4:43.86 1:00.09	350m: 6:42.11 59.11							
	100m: 1:43.10 58.94	200m: 3:43.77 1:00.53	300m: 5:43.00 59.14	400m: 7:33.89 51.78							



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Otwarte Jesienne Mistrzostwa Okręgu Warszawsko Mazowieckiego i Warszawy
Warszawa, 10. - 11.11.2025

Konkurencja 33, Kobiety, 400m dowolny

14 - 15 lat

1.	KRAWCZYK Aleksandra	11	UKS G-8 Bielany Warszawa	4:35.00	586	13,9
	50m: 30.55 30.55	150m: 1:39.09	34.59 250m: 2:48.42 34.54	350m: 3:59.46	35.65	
	100m: 1:04.50 33.95	200m: 2:13.88	34.79 300m: 3:23.81 35.39	400m: 4:35.00	35.54	
2.	BALCERZAK Barbara	10	SKP Delfin Koźienice	4:44.20	531	10,4
	50m: 32.52 32.52	150m: 1:44.82	36.33 250m: 2:57.87 36.29	350m: 4:10.20	36.15	
	100m: 1:08.49 35.97	200m: 2:21.58	36.76 300m: 3:34.05 36.18	400m: 4:44.20	34.00	
3.	SULKOWSKA Hanna	11	UKS Juwenia iSwim Białystok	4:50.30	498	10,0
	50m: 32.37 32.37	150m: 1:45.44	37.06 250m: 3:00.87 37.59	350m: 4:15.11	36.63	
	100m: 1:08.38 36.01	200m: 2:23.28	37.84 300m: 3:38.48 37.61	400m: 4:50.30	35.19	
4.	SUWARA Aleksandra	11	IKS Konstancin	4:55.05	475	8,8
	50m: 32.21 32.21	150m: 1:45.20	37.15 250m: 3:00.97 38.38	350m: 4:18.72	39.13	
	100m: 1:08.05 35.84	200m: 2:22.59	37.39 300m: 3:39.59 38.62	400m: 4:55.05	36.33	
5.	SADOWSKA Zofia	10	UKS 307 Warszawa	4:56.65	467	7,2
	50m: 33.27 33.27	150m: 1:48.45	38.14 250m: 3:04.15 37.83	350m: 4:19.98	37.81	
	100m: 1:10.31 37.04	200m: 2:26.32	37.87 300m: 3:42.17 38.02	400m: 4:56.65	36.67	
6.	WITTBRODT Alicja	11	UKP „Polonia Warszawa"	5:02.21	442	7,0
	50m: 33.89 33.89	150m: 1:51.37	39.28 250m: 3:09.39 38.83	350m: 4:25.79	37.84	
	100m: 1:12.09 38.20	200m: 2:30.56	39.19 300m: 3:47.95 38.56	400m: 5:02.21	36.42	
7.	DZIEWANOWSKA Nikola	10	UKS Delfin Garwolin	5:03.34	437	5,4
	50m: 19.54 19.54	150m: 1:09.55	36.54 250m: 2:27.40 39.37	350m: 3:46.13	39.36	
	100m: 33.01 13.47	200m: 1:48.03	38.48 300m: 3:06.77 39.37	400m: 5:03.34	1:17.21	
8.	LYTVYNOVA Melaniia	11	UKS G-8 Bielany Warszawa	5:03.80	435	6,5
	50m: 34.38 34.38	150m: 1:52.50	39.70 250m: 3:11.37 39.52	350m: 4:27.90	37.28	
	100m: 1:12.80 38.42	200m: 2:31.85	39.35 300m: 3:50.62 39.25	400m: 5:03.80	35.90	
9.	SOSNOWSKA Natalia	11	UKS G-8 Bielany Warszawa	5:08.86	414	5,2
	50m: 34.34 34.34	150m: 1:53.13	39.75 250m: 3:12.84 39.38	350m: 4:31.28	39.51	
	100m: 1:13.38 39.04	200m: 2:33.46	40.33 300m: 3:51.77 38.93	400m: 5:08.86	37.58	
10.	DUCHNA Katarzyna	11	UKS Delfin Garwolin	5:11.06	405	4,7
	50m: 35.02 35.02	150m: 1:51.90	38.92 250m: 3:10.37 39.49	350m: 4:31.71	40.82	
	100m: 1:12.98 37.96	200m: 2:30.88	38.98 300m: 3:50.89 40.52	400m: 5:11.06	39.35	
11.	POLSAKOVA Nina	10	IUKS „Muszelka" Warszawa	5:11.52	403	3,3
	50m: 34.78 34.78	150m: 1:54.58	40.46 250m: 3:12.73 39.06	350m: 4:32.68	40.05	
	100m: 1:14.12 39.34	200m: 2:33.67	39.09 300m: 3:52.63 39.90	400m: 5:11.52	38.84	
12.	EWA Sado	10	KS Fenix Ożarów Mazowiecki	5:17.79	380	1,6
	50m: 35.19 35.19	150m: 1:54.40	40.01 250m: 3:14.81 40.35	350m: 4:36.78	41.05	
	100m: 1:14.39 39.20	200m: 2:34.46	40.06 300m: 3:55.73 40.92	400m: 5:17.79	41.01	
13.	HORBATY Antonina	10	Mokotowski UKP Warszawianka- Wodny	5:17.83	380	1,6
	50m: 36.31 36.31	150m: 1:58.06	40.75 250m: 3:20.30 41.06	350m: 4:40.76	39.98	
	100m: 1:17.31 41.00	200m: 2:39.24	41.18 300m: 4:00.78 40.48	400m: 5:17.83	37.07	
14.	OSICKA Lena	11	UKS G-8 Bielany Warszawa	5:19.18	375	2,6
	50m: 34.57 34.57	150m: 1:54.81	40.86 250m: 3:16.19 40.89	350m: 4:39.21	41.95	
	100m: 1:13.95 39.38	200m: 2:35.30	40.49 300m: 3:57.26 41.07	400m: 5:19.18	39.97	



OTWARTE JESIENNE MISTRZOSTWA OKRĘGU WMOZP I WARSZAWY



Otwarte Jesienne Mistrzostwa Okręgu Warszawsko Mazowieckiego i Warszawy
Warszawa, 10. - 11.11.2025

Konkurencja 33, Kobiety, 400m dowolny

16 lat i starsi

1.	GĄSKA Paulina	09	UKS "SMS KAPRY Pruszków"	4:38.40	565	11,2
	50m: 32.31 32.31 150m: 1:43.76 35.86 250m: 2:53.84 34.83 350m: 4:04.28 35.09					
	100m: 1:07.90 35.59 200m: 2:19.01 35.25 300m: 3:29.19 35.35 400m: 4:38.40 34.12					
2.	STACHEWICZ Magdalena	09	AZS AWF Warszawa	4:49.27	504	8,4
	50m: 32.86 32.86 150m: 1:45.85 36.84 250m: 3:00.26 37.33 350m: 4:14.17 36.65					
	100m: 1:09.01 36.15 200m: 2:22.93 37.08 300m: 3:37.52 37.26 400m: 4:49.27 35.10					
3.	GRZEGORZEWSKA Julia	07	Mokotowski UKP Warszawianka- Wodny	4:59.01	456	5,1
	50m: 32.85 32.85 150m: 1:48.42 38.45 250m: 3:04.21 37.85 350m: 4:22.36 38.98					
	100m: 1:09.97 37.12 200m: 2:26.36 37.94 300m: 3:43.38 39.17 400m: 4:59.01 36.65					
4.	BURNO Natalia	08	UKS Delfin Garwolin	5:04.72	431	4,0
	50m: 32.26 32.26 150m: 1:48.16 38.79 250m: 3:07.13 39.57 350m: 4:26.98 39.39					
	100m: 1:09.37 37.11 200m: 2:27.56 39.40 300m: 3:47.59 40.46 400m: 5:04.72 37.74					
5.	KACAR Melis	06	Mokotowski UKP Warszawianka- Wodny	5:07.28	420	1,6
	50m: 33.35 33.35 150m: 1:49.99 38.96 250m: 3:09.24 39.62 350m: 4:28.93 39.77					
	100m: 1:11.03 37.68 200m: 2:29.62 39.63 300m: 3:49.16 39.92 400m: 5:07.28 38.35					