



Arena Grand Prix Puchar Polski Finał
Opole, 29- - 30-4-2017

Konkurencja 11

Kobiet, 400m dowolny

14 lat i starsi

2017-04-29 - 12:45

Wyniki

Rekord Polski 4:04.23 Jedrzejczak Otylia POL Melbourne (AUS) 2007-03-25

Punkty: FINA 2017

Pozycja	Rok ur.	Czas	Pkt.
14 lat i starsi			
1. Zukowska Paula	93 WKS lask Wrocław	4:18.08	769
50m: 30.39 30.39	150m: 1:36.48 33.17	250m: 2:42.17 32.86	350m: 3:46.84 32.33
100m: 1:03.31 32.92	200m: 2:09.31 32.83	300m: 3:14.51 32.34	400m: 4:18.08 31.24
2. Piechota Paulina	99 UKS 190 Łódź	4:18.57	764
50m: 30.48 30.48	150m: 1:36.32 32.82	250m: 2:41.86 32.75	350m: 3:47.16 32.49
100m: 1:03.50 33.02	200m: 2:09.11 32.79	300m: 3:14.67 32.81	400m: 4:18.57 31.41
3. Karpisz Milena	97 UKS Pi tka Konstantynów Łódzki	4:21.38	740
50m: 30.69 30.69	150m: 1:36.09 32.96	250m: 2:41.63 32.92	350m: 3:48.24 33.40
100m: 1:03.13 32.44	200m: 2:08.71 32.62	300m: 3:14.84 33.21	400m: 4:21.38 33.14
4. Janiszewska Dominika	99 AZS AWF Warszawa	4:25.95	702
50m: 31.27 31.27	150m: 1:38.30 33.78	250m: 2:45.95 33.83	350m: 3:53.00 33.86
100m: 1:04.52 33.25	200m: 2:12.12 33.82	300m: 3:19.14 33.19	400m: 4:25.95 32.95
5. Knop Aleksandra	03 UKS 190 Łódź	4:27.15	693
50m: 31.06 31.06	150m: 1:37.78 33.73	250m: 2:46.30 34.64	350m: 3:54.91 34.16
100m: 1:04.05 32.99	200m: 2:11.66 33.88	300m: 3:20.75 34.45	400m: 4:27.15 32.24
6. Piechota Karolina	01 UKS 190 Łódź	4:27.35	691
50m: 31.57 31.57	150m: 1:38.54 33.59	250m: 2:46.12 33.80	350m: 3:53.97 34.07
100m: 1:04.95 33.38	200m: 2:12.32 33.78	300m: 3:19.90 33.78	400m: 4:27.35 33.38
7. Adamczyk Julia SL	99 KU AZS UMCS Lublin	4:29.09	678
50m: 31.30 31.30	150m: 1:38.77 33.87	250m: 2:47.24 34.06	350m: 3:55.76 33.96
100m: 1:04.90 33.60	200m: 2:13.18 34.41	300m: 3:21.80 34.56	400m: 4:29.09 33.33
8. Wojciechowska Joanna SL	98 Lubelski Uczniowski Klub Sport	4:32.16	655
50m: 31.78 31.78	150m: 1:39.83 34.15	250m: 2:48.58 34.37	350m: 3:58.67 35.04
100m: 1:05.68 33.90	200m: 2:14.21 34.38	300m: 3:23.63 35.05	400m: 4:32.16 33.49
9. Jabło ska Oliwia	97 START Wrocław	4:32.90	650
50m: 32.02 32.02	150m: 1:40.69 34.80	250m: 2:49.96 34.71	350m: 3:58.83 34.47
100m: 1:05.89 33.87	200m: 2:15.25 34.56	300m: 3:24.36 34.40	400m: 4:32.90 34.07
10. W grzynowska Aleksandra	01 WKS lask Wrocław	4:32.96	650
50m: 31.45 31.45	150m: 1:40.50 34.99	250m: 2:50.50 35.02	350m: 4:00.89 35.39
100m: 1:05.51 34.06	200m: 2:15.48 34.98	300m: 3:25.50 35.00	400m: 4:32.96 32.07
11. Kryszkowska Natalia	02 MZOS Płock	4:34.29	640
50m: 31.76 31.76	150m: 1:41.18 35.25	250m: 2:51.18 34.84	350m: 4:00.91 34.97
100m: 1:05.93 34.17	200m: 2:16.34 35.16	300m: 3:25.94 34.76	400m: 4:34.29 33.38
12. Baryła Julia SSz	00 MKP Szczecin	4:36.24	627
50m: 32.37 32.37	150m: 1:41.61 35.08	250m: 2:52.33 35.35	350m: 4:02.12 35.05
100m: 1:06.53 34.16	200m: 2:16.98 35.37	300m: 3:27.07 34.74	400m: 4:36.24 34.12
13. Grzegorzczuk Izabella	93 KS Warta Pozna	4:39.33	606
50m: 32.31 32.31	150m: 1:43.93 35.90	250m: 2:54.10 34.80	350m: 4:04.45 35.16
100m: 1:08.03 35.72	200m: 2:19.30 35.37	300m: 3:29.29 35.19	400m: 4:39.33 34.88
14. Urbaniak Dominika	03 UKS 190 Łódź	4:40.05	601
50m: 33.41 33.41	150m: 1:45.80 36.47	250m: 2:57.71 35.87	350m: 4:07.56 34.51
100m: 1:09.33 35.92	200m: 2:21.84 36.04	300m: 3:33.05 35.34	400m: 4:40.05 32.49



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Pozycja			Rok ur.					Czas	Pkt.
15.	Bakuniak Hanna		96	MKP Szczecin				4:40.61	598
	50m: 32.55	32.55	150m: 1:42.52	35.11	250m: 2:51.86	34.51	350m: 4:04.45	36.81	
	100m: 1:07.41	34.86	200m: 2:17.35	34.83	300m: 3:27.64	35.78	400m: 4:40.61	36.16	
16.	Kossakowska Dominika		01	SiKReT Gliwice				4:40.64	598
	50m: 31.36	31.36	150m: 1:40.31	34.92	250m: 2:52.28	36.06	350m: 4:05.18	36.54	
	100m: 1:05.39	34.03	200m: 2:16.22	35.91	300m: 3:28.64	36.36	400m: 4:40.64	35.46	
17.	Roman Matylda		02	MKS ZRYW Opole				4:41.11	595
	50m: 31.46	31.46	150m: 1:41.87	35.74	250m: 2:53.46	35.62	350m: 4:06.12	36.05	
	100m: 1:06.13	34.67	200m: 2:17.84	35.97	300m: 3:30.07	36.61	400m: 4:41.11	34.99	
18.	Pogo Milena		03	CSiR MOS D browa Górnicza				4:41.26	594
	50m: 33.31	33.31	150m: 1:45.44	36.15	250m: 2:57.26	35.63	350m: 4:08.30	35.28	
	100m: 1:09.29	35.98	200m: 2:21.63	36.19	300m: 3:33.02	35.76	400m: 4:41.26	32.96	
19.	Skibczak Natalia		00	UKS G-8 Bielany				4:41.82	590
	50m: 32.38	32.38	150m: 1:44.37	36.05	250m: 2:56.56	35.69	350m: 4:07.67	35.29	
	100m: 1:08.32	35.94	200m: 2:20.87	36.50	300m: 3:32.38	35.82	400m: 4:41.82	34.15	
20.	D browska Tatiana		02	UKS 190 Łódź				4:41.92	590
	50m: 33.32	33.32	150m: 1:44.67	35.25	250m: 2:55.10	34.19	350m: 4:06.63	35.57	
	100m: 1:09.42	36.10	200m: 2:20.91	36.24	300m: 3:31.06	35.96	400m: 4:41.92	35.29	
21.	Peciak Katarzyna		02	Solne Miasto Wieliczka				4:42.26	587
	50m: 31.15	31.15	150m: 1:43.00	36.56	250m: 2:56.36	36.66	350m: 4:09.36	35.83	
	100m: 1:06.44	35.29	200m: 2:19.70	36.70	300m: 3:33.53	37.17	400m: 4:42.26	32.90	
22.	Lewandowska Natalia SO		01	UKP Unia O wi cim				4:42.39	587
	50m: 31.90	31.90	150m: 1:43.07	35.83	250m: 2:55.61	36.27	350m: 4:08.47	36.25	
	100m: 1:07.24	35.34	200m: 2:19.34	36.27	300m: 3:32.22	36.61	400m: 4:42.39	33.92	
23.	Reks Aleksandra		00	MKP Szczecin				4:42.78	584
	50m: 32.85	32.85	150m: 1:44.21	35.84	250m: 2:55.95	35.94	350m: 4:07.75	35.74	
	100m: 1:08.37	35.52	200m: 2:20.01	35.80	300m: 3:32.01	36.06	400m: 4:42.78	35.03	
24.	Wilczewska Aleksandra		02	Olimpia Lublin				4:42.90	583
	50m: 32.86	32.86	150m: 1:44.10	35.82	250m: 2:56.04	35.86	350m: 4:07.84	35.67	
	100m: 1:08.28	35.42	200m: 2:20.18	36.08	300m: 3:32.17	36.13	400m: 4:42.90	35.06	
25.	Kołodziej Katarzyna SO		00	UKP Unia O wi cim				4:42.92	583
	50m: 32.47	32.47	150m: 1:43.79	35.68	250m: 2:55.82	36.20	350m: 4:08.00	35.94	
	100m: 1:08.11	35.64	200m: 2:19.62	35.83	300m: 3:32.06	36.24	400m: 4:42.92	34.92	
26.	Łysakowska Julia SL		01	KU AZS UMCS Lublin				4:43.09	582
	50m: 32.89	32.89	150m: 1:44.20	35.80	250m: 2:56.67	36.38	350m: 4:08.44	35.94	
	100m: 1:08.40	35.51	200m: 2:20.29	36.09	300m: 3:32.50	35.83	400m: 4:43.09	34.65	
27.	Rajca Olivia		02	UKS 190 Łódź				4:43.10	582
	50m: 33.92	33.92	150m: 1:46.12	36.20	250m: 2:58.31	36.07	350m: 4:09.99	35.78	
	100m: 1:09.92	36.00	200m: 2:22.24	36.12	300m: 3:34.21	35.90	400m: 4:43.10	33.11	
28.	Wojtkowiak Alicja		03	MKS Park Wodny Tarnowskie Góry				4:43.76	578
	50m: 31.99	31.99	150m: 1:44.47	36.27	250m: 2:57.72	36.43	350m: 4:09.74	35.40	
	100m: 1:08.20	36.21	200m: 2:21.29	36.82	300m: 3:34.34	36.62	400m: 4:43.76	34.02	
29.	Klimek Marta SO		03	UKP Unia O wi cim				4:43.79	578
	50m: 29.55	29.55	150m: 1:40.58	36.57	250m: 2:55.50	37.50	350m: 4:09.83	36.92	
	100m: 1:04.01	34.46	200m: 2:18.00	37.42	300m: 3:32.91	37.41	400m: 4:43.79	33.96	



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30.	Neubauer Paulina		03	Dwójka Tczew				4:44.47	574
	50m:	33.67 33.67	150m:	1:46.51 36.59	250m:	2:59.31 36.22	350m:	4:11.03 35.95	
	100m:	1:09.92 36.25	200m:	2:23.09 36.58	300m:	3:35.08 35.77	400m:	4:44.47 33.44	
31.	Pawłowska Barbara		02	UKS 190 Łódź				4:45.16	570
	50m:	33.30 33.30	150m:	1:45.30 36.34	250m:	2:57.84 36.10	350m:	4:10.00 35.87	
	100m:	1:08.96 35.66	200m:	2:21.74 36.44	300m:	3:34.13 36.29	400m:	4:45.16 35.16	
32.	Prochownik Martyna SO		02	UKP Unia O wi cim				4:45.76	566
	50m:	32.94 32.94	150m:	1:45.87 36.74	250m:	2:59.11 36.55	350m:	4:11.36 36.16	
	100m:	1:09.13 36.19	200m:	2:22.56 36.69	300m:	3:35.20 36.09	400m:	4:45.76 34.40	
33.	Hellak Emilia		03	WKS łask Wrocław				4:46.04	564
	50m:	33.48 33.48	150m:	1:46.18 36.23	250m:	2:59.34 36.59	350m:	4:12.00 36.11	
	100m:	1:09.95 36.47	200m:	2:22.75 36.57	300m:	3:35.89 36.55	400m:	4:46.04 34.04	
34.	Serafin Magdalena		01	Galicja Kraków				4:46.97	559
	50m:	31.68 31.68	150m:	1:43.40 35.92	250m:	2:56.86 36.24	350m:	4:10.72 36.54	
	100m:	1:07.48 35.80	200m:	2:20.62 37.22	300m:	3:34.18 37.32	400m:	4:46.97 36.25	
35.	Pakuła Alicja		02	UKS G-8 Bielany				4:47.45	556
	50m:	32.71 32.71	150m:	1:46.47 37.23	250m:	3:00.37 36.67	350m:	4:13.20 36.10	
	100m:	1:09.24 36.53	200m:	2:23.70 37.23	300m:	3:37.10 36.73	400m:	4:47.45 34.25	
36.	Jabłonowska Nikola		02	UKS G-8 Bielany				4:48.03	553
	50m:	33.06 33.06	150m:	1:44.11 35.86	250m:	2:57.09 36.60	350m:	4:11.40 37.06	
	100m:	1:08.25 35.19	200m:	2:20.49 36.38	300m:	3:34.34 37.25	400m:	4:48.03 36.63	
37.	Janczak Patrycja		00	MKP Szczecin				4:48.18	552
	50m:	32.64 32.64	150m:	1:44.31 36.03	250m:	2:57.49 36.53	350m:	4:11.37 36.99	
	100m:	1:08.28 35.64	200m:	2:20.96 36.65	300m:	3:34.38 36.89	400m:	4:48.18 36.81	
38.	Haładyn Karolina		03	UKS 190 Łódź				4:48.31	551
	50m:	32.81 32.81	150m:	1:45.35 36.57	250m:	2:59.57 37.25	350m:	4:13.21 36.65	
	100m:	1:08.78 35.97	200m:	2:22.32 36.97	300m:	3:36.56 36.99	400m:	4:48.31 35.10	
39.	Maciejewska Beata		03	UKS SP 149 Łódź				4:48.42	551
	50m:	33.19 33.19	150m:	1:47.08 37.13	250m:	3:01.03 37.01	350m:	4:13.77 36.20	
	100m:	1:09.95 36.76	200m:	2:24.02 36.94	300m:	3:37.57 36.54	400m:	4:48.42 34.65	
40.	Szyma ska Julia		03	UKS 190 Łódź				4:48.60	550
	50m:	33.12 33.12	150m:	1:46.65 36.78	250m:	2:59.78 36.57	350m:	4:13.10 36.53	
	100m:	1:09.87 36.75	200m:	2:23.21 36.56	300m:	3:36.57 36.79	400m:	4:48.60 35.50	
41.	Kempa Anna SO		01	MMKS K dzierzyn-Ko le				4:50.87	537
	50m:	33.78 33.78	150m:	1:48.05 37.67	250m:	3:02.13 37.05	350m:	4:15.36 36.30	
	100m:	1:10.38 36.60	200m:	2:25.08 37.03	300m:	3:39.06 36.93	400m:	4:50.87 35.51	
42.	Tomo Martyna		00	UKS Skarpa Lublin				4:52.27	529
	50m:	33.14 33.14	150m:	1:45.95 36.73	250m:	3:00.16 37.13	350m:	4:14.96 37.33	
	100m:	1:09.22 36.08	200m:	2:23.03 37.08	300m:	3:37.63 37.47	400m:	4:52.27 37.31	
43.	Góral Paula		03	Dwójka Tczew				4:52.92	526
	50m:	33.85 33.85	150m:	1:48.49 37.20	250m:	3:03.14 37.83	350m:	4:17.61 37.18	
	100m:	1:11.29 37.44	200m:	2:25.31 36.82	300m:	3:40.43 37.29	400m:	4:52.92 35.31	
44.	Zbrojewska Zofia		03	MKS Trójka Łódź				4:53.07	525
	50m:	33.15 33.15	150m:	1:47.25 37.42	250m:	3:01.89 37.35	350m:	4:16.98 37.76	
	100m:	1:09.83 36.68	200m:	2:24.54 37.29	300m:	3:39.22 37.33	400m:	4:53.07 36.09	



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Pozycja			Rok ur.						Czas	Pkt.		
45.	Szebesczyk Hanna		01	WKS	lask Wrocław				4:53.69	521		
	50m:	33.58	33.58	150m:	1:47.24	37.49	250m:	3:02.37	37.59	350m:	4:17.61	37.59
	100m:	1:09.75	36.17	200m:	2:24.78	37.54	300m:	3:40.02	37.65	400m:	4:53.69	36.08
46.	Nowak Zofia		03	UKS	G-8 Bielany				4:53.87	520		
	50m:	33.71	33.71	150m:	1:47.97	37.30	250m:	3:02.17	36.99	350m:	4:17.09	37.30
	100m:	1:10.67	36.96	200m:	2:25.18	37.21	300m:	3:39.79	37.62	400m:	4:53.87	36.78
47.	Gazda Zuzanna		01	CSiR	MOS D browa Górnicza				4:53.96	520		
	50m:	33.50	33.50	150m:	1:47.95	37.56	250m:	3:03.01	37.54	350m:	4:18.13	37.58
	100m:	1:10.39	36.89	200m:	2:25.47	37.52	300m:	3:40.55	37.54	400m:	4:53.96	35.83
48.	Redner Sandra		99	UKS	Skarpa Lublin				4:54.10	519		
	50m:	33.74	33.74	150m:	1:48.11	36.96	250m:	3:02.61	37.00	350m:	4:17.31	37.23
	100m:	1:11.15	37.41	200m:	2:25.61	37.50	300m:	3:40.08	37.47	400m:	4:54.10	36.79
49.	Tomasiak Agnieszka		01	UKS	Salmo ory				4:54.12	519		
	50m:	33.24	33.24	150m:	1:47.46	37.53	250m:	3:03.61	38.30	350m:	4:18.24	36.70
	100m:	1:09.93	36.69	200m:	2:25.31	37.85	300m:	3:41.54	37.93	400m:	4:54.12	35.88
50.	Kuziów Martyna SO		03	UKP	Unia O wi cim				4:55.29	513		
	50m:	33.88	33.88	150m:	1:48.99	37.56	250m:	3:05.50	37.69	350m:	4:20.23	37.12
	100m:	1:11.43	37.55	200m:	2:27.81	38.82	300m:	3:43.11	37.61	400m:	4:55.29	35.06
51.	Szkurat Martyna SO		03	Płetwal	Zakopane				4:55.64	511		
	50m:	32.87	32.87	150m:	1:47.45	37.85	250m:	3:04.49	38.70	350m:	4:21.12	37.95
	100m:	1:09.60	36.73	200m:	2:25.79	38.34	300m:	3:43.17	38.68	400m:	4:55.64	34.52
52.	Jeziorna Julia		01	WKS	lask Wrocław				4:56.23	508		
	50m:	33.25	33.25	150m:	1:47.41	37.55	250m:	3:03.28	38.36	350m:	4:19.40	38.31
	100m:	1:09.86	36.61	200m:	2:24.92	37.51	300m:	3:41.09	37.81	400m:	4:56.23	36.83
53.	Kostrzewska Maria		03	UKS	190 Łód				4:56.70	506		
	50m:	35.03	35.03	150m:	1:51.16	38.24	250m:	3:06.59	37.59	350m:	4:20.99	37.10
	100m:	1:12.92	37.89	200m:	2:29.00	37.84	300m:	3:43.89	37.30	400m:	4:56.70	35.71
54.	Noco Dominika		02	UKS	MANTA Kochłowice Ruda l.				4:57.56	501		
	50m:	33.18	33.18	150m:	1:46.51	37.10	250m:	3:01.74	37.90	350m:	4:19.17	38.53
	100m:	1:09.41	36.23	200m:	2:23.84	37.33	300m:	3:40.64	38.90	400m:	4:57.56	38.39
55.	Fuks Emilia		02	UKS	WODNIK Siemianowice laski				4:57.70	501		
	50m:	32.77	32.77	150m:	1:46.74	37.50	250m:	3:03.11	38.46	350m:	4:20.08	38.57
	100m:	1:09.24	36.47	200m:	2:24.65	37.91	300m:	3:41.51	38.40	400m:	4:57.70	37.62
56.	Przewo niak Partycja SO		01	UKP	Unia O wi cim				4:58.18	498		
	50m:	34.17	34.17	150m:	1:49.75	37.73	250m:	3:05.70	38.20	350m:	4:21.76	37.74
	100m:	1:12.02	37.85	200m:	2:27.50	37.75	300m:	3:44.02	38.32	400m:	4:58.18	36.42
57.	Motyl Sara		03	UKS	190 Łód				4:58.35	497		
	50m:	33.92	33.92	150m:	1:49.14	37.72	250m:	3:05.45	38.23	350m:	4:21.75	37.78
	100m:	1:11.42	37.50	200m:	2:27.22	38.08	300m:	3:43.97	38.52	400m:	4:58.35	36.60
58.	Szkoda Klaudia		02	CSiR	MOS D browa Górnicza				4:58.84	495		
	50m:	33.69	33.69	150m:	1:48.52	38.01	250m:	3:04.95	38.07	350m:	4:21.35	38.18
	100m:	1:10.51	36.82	200m:	2:26.88	38.36	300m:	3:43.17	38.22	400m:	4:58.84	37.49
59.	Oliwa Laura		03	DOKiS	SP Vega Dobrodzie				5:01.14	484		
	50m:	34.52	34.52	150m:	1:50.83	38.90	250m:	3:08.76	39.48	350m:	4:24.73	37.19
	100m:	1:11.93	37.41	200m:	2:29.28	38.45	300m:	3:47.54	38.78	400m:	5:01.14	36.41



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Pozycja			Rok ur.					Czas	Pkt.
60.	Topp Zofia		03	UKS G-8 Bielany				5:01.77	481
	50m:	34.53 34.53	150m:	1:50.26 37.98	250m:	3:07.12 38.64	350m:	4:24.47 38.49	
	100m:	1:12.28 37.75	200m:	2:28.48 38.22	300m:	3:45.98 38.86	400m:	5:01.77 37.30	
61.	Palonka Zuzanna		02	WKS lask Wrocław				5:02.98	475
	50m:	35.34 35.34	150m:	1:52.26 38.23	250m:	3:08.45 37.94	350m:	4:25.63 38.56	
	100m:	1:14.03 38.69	200m:	2:30.51 38.25	300m:	3:47.07 38.62	400m:	5:02.98 37.35	
62.	Niewiadomska Nikola		03	UKS MANTA Kochłowice Ruda I.				5:03.01	475
	50m:	33.05 33.05	150m:	1:49.47 38.54	250m:	3:07.50 38.96	350m:	4:25.48 39.26	
	100m:	1:10.93 37.88	200m:	2:28.54 39.07	300m:	3:46.22 38.72	400m:	5:03.01 37.53	
63.	Kindrat Julia		03	SiKRet Gliwice				5:05.05	465
	50m:	34.34 34.34	150m:	1:51.43 39.18	250m:	3:10.43 39.40	350m:	4:28.37 38.77	
	100m:	1:12.25 37.91	200m:	2:31.03 39.60	300m:	3:49.60 39.17	400m:	5:05.05 36.68	
64.	Kaba ska Nicol		01	CSiR MOS D browa Górnicza				5:05.41	464
	50m:	35.90 35.90	150m:	1:52.56 38.69	250m:	3:10.05 39.04	350m:	4:27.70 38.98	
	100m:	1:13.87 37.97	200m:	2:31.01 38.45	300m:	3:48.72 38.67	400m:	5:05.41 37.71	
65.	Chwałczy ska Aleksandra		01	WKS lask Wrocław				5:05.51	463
	50m:	34.41 34.41	150m:	1:51.29 38.21	250m:	3:08.34 38.57	350m:	4:26.54 39.13	
	100m:	1:13.08 38.67	200m:	2:29.77 38.48	300m:	3:47.41 39.07	400m:	5:05.51 38.97	
66.	Wo niak Karolina SO		02	UKP Unia O wi cim				5:05.97	461
	50m:	33.84 33.84	150m:	1:50.77 38.94	250m:	3:10.50 39.98	350m:	4:28.63 38.86	
	100m:	1:11.83 37.99	200m:	2:30.52 39.75	300m:	3:49.77 39.27	400m:	5:05.97 37.34	
67.	Mruk Aleksandra		02	UKP Manta Jelcz-Laskowice				5:07.06	456
	50m:	33.69 33.69	150m:	1:51.08 39.14	250m:	3:10.56 39.62	350m:	4:29.49 38.67	
	100m:	1:11.94 38.25	200m:	2:30.94 39.86	300m:	3:50.82 40.26	400m:	5:07.06 37.57	
68.	Chyra Julia		03	UKS WODNIK Siemianowice laski				5:07.12	456
	50m:	33.92 33.92	150m:	1:49.19 38.24	250m:	3:08.54 39.62	350m:	4:27.74 39.34	
	100m:	1:10.95 37.03	200m:	2:28.92 39.73	300m:	3:48.40 39.86	400m:	5:07.12 39.38	
69.	Kusak Izabela		02	UKS Salmo ory				5:07.18	456
	50m:	35.37 35.37	150m:	1:53.16 39.74	250m:	3:12.68 40.02	350m:	4:31.62 39.30	
	100m:	1:13.42 38.05	200m:	2:32.66 39.50	300m:	3:52.32 39.64	400m:	5:07.18 35.56	
70.	Krusi ska Wiktoria		03	MKS Park Wodny Tarnowskie Góry				5:07.60	454
	50m:	34.93 34.93	150m:	1:53.56 40.03	250m:	3:12.78 39.21	350m:	4:30.81 38.60	
	100m:	1:13.53 38.60	200m:	2:33.57 40.01	300m:	3:52.21 39.43	400m:	5:07.60 36.79	
71.	Wróbel Zofia SO		03	UKP Unia O wi cim				5:08.08	452
	50m:	33.97 33.97	150m:	1:50.92 39.06	250m:	3:10.39 39.73	350m:	4:30.27 39.37	
	100m:	1:11.86 37.89	200m:	2:30.66 39.74	300m:	3:50.90 40.51	400m:	5:08.08 37.81	
72.	Kumor Aleksandra SO		03	UKP Unia O wi cim				5:08.32	451
	50m:	36.11 36.11	150m:	1:54.93 39.23	250m:	3:14.21 39.51	350m:	4:31.71 37.67	
	100m:	1:15.70 39.59	200m:	2:34.70 39.77	300m:	3:54.04 39.83	400m:	5:08.32 36.61	
73.	Gwiazdowska Wiktoria		03	Galicja Kraków				5:12.03	435
	50m:	34.23 34.23	150m:	1:52.29 39.75	250m:	3:13.09 40.26	350m:	4:32.93 39.58	
	100m:	1:12.54 38.31	200m:	2:32.83 40.54	300m:	3:53.35 40.26	400m:	5:12.03 39.10	
74.	Zi ba Natalia SR		02	MKS-SMS Victoria Racibórz				5:13.01	431
	50m:	33.86 33.86	150m:	1:52.08 39.83	250m:	3:13.07 40.44	350m:	4:34.44 40.30	
	100m:	1:12.25 38.39	200m:	2:32.63 40.55	300m:	3:54.14 41.07	400m:	5:13.01 38.57	



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Pozycja	Rok ur.	Czas	Pkt.
75. W sik Julia SO	03 UKP Unia O wi cim	5:17.51	413
50m: 36.54 36.54	150m: 1:57.84 40.80	250m: 3:19.33 40.80	350m: 4:40.52 39.97
100m: 1:17.04 40.50	200m: 2:38.53 40.69	300m: 4:00.55 41.22	400m: 5:17.51 36.99
76. Kr tosz Maria	03 UKS WODNIK Siemianowice laski	5:18.19	410
50m: 34.97 34.97	150m: 1:55.79 40.81	250m: 3:18.96 41.82	350m: 4:39.58 38.72
100m: 1:14.98 40.01	200m: 2:37.14 41.35	300m: 4:00.86 41.90	400m: 5:18.19 38.61
77. Błaszczyk Weronika	02 UKS Junior Kluczbork	5:19.76	404
50m: 34.41 34.41	150m: 1:53.90 40.73	250m: 3:16.35 41.51	350m: 4:39.65 41.68
100m: 1:13.17 38.76	200m: 2:34.84 40.94	300m: 3:57.97 41.62	400m: 5:19.76 40.11
78. Nowak Weronika	03 KS Pi tka Chorzów	5:43.32	326
50m: 37.59 37.59	150m: 2:03.54 43.74	250m: 3:32.41 44.63	350m: 5:00.95 44.58
100m: 1:19.80 42.21	200m: 2:47.78 44.24	300m: 4:16.37 43.96	400m: 5:43.32 42.37

14 lat

1. Knop Aleksandra	03 UKS 190 Łód	4:27.15	693
50m: 31.06 31.06	150m: 1:37.78 33.73	250m: 2:46.30 34.64	350m: 3:54.91 34.16
100m: 1:04.05 32.99	200m: 2:11.66 33.88	300m: 3:20.75 34.45	400m: 4:27.15 32.24
2. Urbaniak Dominika	03 UKS 190 Łód	4:40.05	601
50m: 33.41 33.41	150m: 1:45.80 36.47	250m: 2:57.71 35.87	350m: 4:07.56 34.51
100m: 1:09.33 35.92	200m: 2:21.84 36.04	300m: 3:33.05 35.34	400m: 4:40.05 32.49
3. Pogo Milena	03 CSiR MOS D browa Górnicza	4:41.26	594
50m: 33.31 33.31	150m: 1:45.44 36.15	250m: 2:57.26 35.63	350m: 4:08.30 35.28
100m: 1:09.29 35.98	200m: 2:21.63 36.19	300m: 3:33.02 35.76	400m: 4:41.26 32.96
4. Wojtkowiak Alicja	03 MKS Park Wodny Tarnowskie Góry	4:43.76	578
50m: 31.99 31.99	150m: 1:44.47 36.27	250m: 2:57.72 36.43	350m: 4:09.74 35.40
100m: 1:08.20 36.21	200m: 2:21.29 36.82	300m: 3:34.34 36.62	400m: 4:43.76 34.02
5. Klimek Marta SO	03 UKP Unia O wi cim	4:43.79	578
50m: 29.55 29.55	150m: 1:40.58 36.57	250m: 2:55.50 37.50	350m: 4:09.83 36.92
100m: 1:04.01 34.46	200m: 2:18.00 37.42	300m: 3:32.91 37.41	400m: 4:43.79 33.96
6. Neubauer Paulina	03 Dwójka Tczew	4:44.47	574
50m: 33.67 33.67	150m: 1:46.51 36.59	250m: 2:59.31 36.22	350m: 4:11.03 35.95
100m: 1:09.92 36.25	200m: 2:23.09 36.58	300m: 3:35.08 35.77	400m: 4:44.47 33.44
7. Hellak Emilia	03 WKS lask Wrocław	4:46.04	564
50m: 33.48 33.48	150m: 1:46.18 36.23	250m: 2:59.34 36.59	350m: 4:12.00 36.11
100m: 1:09.95 36.47	200m: 2:22.75 36.57	300m: 3:35.89 36.55	400m: 4:46.04 34.04
8. Haładyn Karolina	03 UKS 190 Łód	4:48.31	551
50m: 32.81 32.81	150m: 1:45.35 36.57	250m: 2:59.57 37.25	350m: 4:13.21 36.65
100m: 1:08.78 35.97	200m: 2:22.32 36.97	300m: 3:36.56 36.99	400m: 4:48.31 35.10
9. Maciejewska Beata	03 UKS SP 149 Łód	4:48.42	551
50m: 33.19 33.19	150m: 1:47.08 37.13	250m: 3:01.03 37.01	350m: 4:13.77 36.20
100m: 1:09.95 36.76	200m: 2:24.02 36.94	300m: 3:37.57 36.54	400m: 4:48.42 34.65
10. Szyma ska Julia	03 UKS 190 Łód	4:48.60	550
50m: 33.12 33.12	150m: 1:46.65 36.78	250m: 2:59.78 36.57	350m: 4:13.10 36.53
100m: 1:09.87 36.75	200m: 2:23.21 36.56	300m: 3:36.57 36.79	400m: 4:48.60 35.50



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Pozycja					Rok ur.					Czas	Pkt.	
11.	Góral Paula				03	Dwójka Tczew				4:52.92	526	
	50m:	33.85	33.85	150m:	1:48.49	37.20	250m:	3:03.14	37.83	350m:	4:17.61	37.18
	100m:	1:11.29	37.44	200m:	2:25.31	36.82	300m:	3:40.43	37.29	400m:	4:52.92	35.31
12.	Zbrojewska Zofia				03	MKS Trójka Łód				4:53.07	525	
	50m:	33.15	33.15	150m:	1:47.25	37.42	250m:	3:01.89	37.35	350m:	4:16.98	37.76
	100m:	1:09.83	36.68	200m:	2:24.54	37.29	300m:	3:39.22	37.33	400m:	4:53.07	36.09
13.	Nowak Zofia				03	UKS G-8 Bielany				4:53.87	520	
	50m:	33.71	33.71	150m:	1:47.97	37.30	250m:	3:02.17	36.99	350m:	4:17.09	37.30
	100m:	1:10.67	36.96	200m:	2:25.18	37.21	300m:	3:39.79	37.62	400m:	4:53.87	36.78
14.	Kuziów Martyna SO				03	UKP Unia O wi cim				4:55.29	513	
	50m:	33.88	33.88	150m:	1:48.99	37.56	250m:	3:05.50	37.69	350m:	4:20.23	37.12
	100m:	1:11.43	37.55	200m:	2:27.81	38.82	300m:	3:43.11	37.61	400m:	4:55.29	35.06
15.	Szkurat Martyna SO				03	Płetwal Zakopane				4:55.64	511	
	50m:	32.87	32.87	150m:	1:47.45	37.85	250m:	3:04.49	38.70	350m:	4:21.12	37.95
	100m:	1:09.60	36.73	200m:	2:25.79	38.34	300m:	3:43.17	38.68	400m:	4:55.64	34.52
16.	Kostrzewska Maria				03	UKS 190 Łód				4:56.70	506	
	50m:	35.03	35.03	150m:	1:51.16	38.24	250m:	3:06.59	37.59	350m:	4:20.99	37.10
	100m:	1:12.92	37.89	200m:	2:29.00	37.84	300m:	3:43.89	37.30	400m:	4:56.70	35.71
17.	Motyl Sara				03	UKS 190 Łód				4:58.35	497	
	50m:	33.92	33.92	150m:	1:49.14	37.72	250m:	3:05.45	38.23	350m:	4:21.75	37.78
	100m:	1:11.42	37.50	200m:	2:27.22	38.08	300m:	3:43.97	38.52	400m:	4:58.35	36.60
18.	Oliwa Laura				03	DOKiS SP Vega Dobrodzie				5:01.14	484	
	50m:	34.52	34.52	150m:	1:50.83	38.90	250m:	3:08.76	39.48	350m:	4:24.73	37.19
	100m:	1:11.93	37.41	200m:	2:29.28	38.45	300m:	3:47.54	38.78	400m:	5:01.14	36.41
19.	Topp Zofia				03	UKS G-8 Bielany				5:01.77	481	
	50m:	34.53	34.53	150m:	1:50.26	37.98	250m:	3:07.12	38.64	350m:	4:24.47	38.49
	100m:	1:12.28	37.75	200m:	2:28.48	38.22	300m:	3:45.98	38.86	400m:	5:01.77	37.30
20.	Niewiadomska Nikola				03	UKS MANTA Kochłowice Ruda I.				5:03.01	475	
	50m:	33.05	33.05	150m:	1:49.47	38.54	250m:	3:07.50	38.96	350m:	4:25.48	39.26
	100m:	1:10.93	37.88	200m:	2:28.54	39.07	300m:	3:46.22	38.72	400m:	5:03.01	37.53
21.	Kindrat Julia				03	SiKReT Gliwice				5:05.05	465	
	50m:	34.34	34.34	150m:	1:51.43	39.18	250m:	3:10.43	39.40	350m:	4:28.37	38.77
	100m:	1:12.25	37.91	200m:	2:31.03	39.60	300m:	3:49.60	39.17	400m:	5:05.05	36.68
22.	Chyra Julia				03	UKS WODNIK Siemianowice laski				5:07.12	456	
	50m:	33.92	33.92	150m:	1:49.19	38.24	250m:	3:08.54	39.62	350m:	4:27.74	39.34
	100m:	1:10.95	37.03	200m:	2:28.92	39.73	300m:	3:48.40	39.86	400m:	5:07.12	39.38
23.	Krusi ska Wiktoria				03	MKS Park Wodny Tarnowskie Góry				5:07.60	454	
	50m:	34.93	34.93	150m:	1:53.56	40.03	250m:	3:12.78	39.21	350m:	4:30.81	38.60
	100m:	1:13.53	38.60	200m:	2:33.57	40.01	300m:	3:52.21	39.43	400m:	5:07.60	36.79
24.	Wróbel Zofia SO				03	UKP Unia O wi cim				5:08.08	452	
	50m:	33.97	33.97	150m:	1:50.92	39.06	250m:	3:10.39	39.73	350m:	4:30.27	39.37
	100m:	1:11.86	37.89	200m:	2:30.66	39.74	300m:	3:50.90	40.51	400m:	5:08.08	37.81
25.	Kumor Aleksandra SO				03	UKP Unia O wi cim				5:08.32	451	
	50m:	36.11	36.11	150m:	1:54.93	39.23	250m:	3:14.21	39.51	350m:	4:31.71	37.67
	100m:	1:15.70	39.59	200m:	2:34.70	39.77	300m:	3:54.04	39.83	400m:	5:08.32	36.61



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Pozycja			Rok ur.					Czas	Pkt.			
26.	Gwiazdowska Wiktoria		03	Galicja Kraków				5:12.03	435			
	50m:	34.23 34.23	150m:	1:52.29	39.75	250m:	3:13.09	40.26	350m:	4:32.93	39.58	
	100m:	1:12.54	38.31	200m:	2:32.83	40.54	300m:	3:53.35	40.26	400m:	5:12.03	39.10
27.	W sik Julia SO		03	UKP Unia O wi cim				5:17.51	413			
	50m:	36.54 36.54	150m:	1:57.84	40.80	250m:	3:19.33	40.80	350m:	4:40.52	39.97	
	100m:	1:17.04	40.50	200m:	2:38.53	40.69	300m:	4:00.55	41.22	400m:	5:17.51	36.99
28.	Kr tosz Maria		03	UKS WODNIK Siemianowice laski				5:18.19	410			
	50m:	34.97 34.97	150m:	1:55.79	40.81	250m:	3:18.96	41.82	350m:	4:39.58	38.72	
	100m:	1:14.98	40.01	200m:	2:37.14	41.35	300m:	4:00.86	41.90	400m:	5:18.19	38.61
29.	Nowak Weronika		03	KS Pi tka Chorzów				5:43.32	326			
	50m:	37.59 37.59	150m:	2:03.54	43.74	250m:	3:32.41	44.63	350m:	5:00.95	44.58	
	100m:	1:19.80	42.21	200m:	2:47.78	44.24	300m:	4:16.37	43.96	400m:	5:43.32	42.37

15 lat

1.	Kryszkowska Natalia		02	MZOS Płock				4:34.29	640			
	50m:	31.76 31.76	150m:	1:41.18	35.25	250m:	2:51.18	34.84	350m:	4:00.91	34.97	
	100m:	1:05.93	34.17	200m:	2:16.34	35.16	300m:	3:25.94	34.76	400m:	4:34.29	33.38
2.	Roman Matylda		02	MKS ZRYW Opole				4:41.11	595			
	50m:	31.46 31.46	150m:	1:41.87	35.74	250m:	2:53.46	35.62	350m:	4:06.12	36.05	
	100m:	1:06.13	34.67	200m:	2:17.84	35.97	300m:	3:30.07	36.61	400m:	4:41.11	34.99
3.	D browska Tatiana		02	UKS 190 Łód				4:41.92	590			
	50m:	33.32 33.32	150m:	1:44.67	35.25	250m:	2:55.10	34.19	350m:	4:06.63	35.57	
	100m:	1:09.42	36.10	200m:	2:20.91	36.24	300m:	3:31.06	35.96	400m:	4:41.92	35.29
4.	Peciak Katarzyna		02	Solne Miasto Wieliczka				4:42.26	587			
	50m:	31.15 31.15	150m:	1:43.00	36.56	250m:	2:56.36	36.66	350m:	4:09.36	35.83	
	100m:	1:06.44	35.29	200m:	2:19.70	36.70	300m:	3:33.53	37.17	400m:	4:42.26	32.90
5.	Wilczewska Aleksandra		02	Olimpia Lublin				4:42.90	583			
	50m:	32.86 32.86	150m:	1:44.10	35.82	250m:	2:56.04	35.86	350m:	4:07.84	35.67	
	100m:	1:08.28	35.42	200m:	2:20.18	36.08	300m:	3:32.17	36.13	400m:	4:42.90	35.06
6.	Rajca Olivia		02	UKS 190 Łód				4:43.10	582			
	50m:	33.92 33.92	150m:	1:46.12	36.20	250m:	2:58.31	36.07	350m:	4:09.99	35.78	
	100m:	1:09.92	36.00	200m:	2:22.24	36.12	300m:	3:34.21	35.90	400m:	4:43.10	33.11
7.	Pawłowska Barbara		02	UKS 190 Łód				4:45.16	570			
	50m:	33.30 33.30	150m:	1:45.30	36.34	250m:	2:57.84	36.10	350m:	4:10.00	35.87	
	100m:	1:08.96	35.66	200m:	2:21.74	36.44	300m:	3:34.13	36.29	400m:	4:45.16	35.16
8.	Prochownik Martyna SO		02	UKP Unia O wi cim				4:45.76	566			
	50m:	32.94 32.94	150m:	1:45.87	36.74	250m:	2:59.11	36.55	350m:	4:11.36	36.16	
	100m:	1:09.13	36.19	200m:	2:22.56	36.69	300m:	3:35.20	36.09	400m:	4:45.76	34.40
9.	Pakuła Alicja		02	UKS G-8 Bielany				4:47.45	556			
	50m:	32.71 32.71	150m:	1:46.47	37.23	250m:	3:00.37	36.67	350m:	4:13.20	36.10	
	100m:	1:09.24	36.53	200m:	2:23.70	37.23	300m:	3:37.10	36.73	400m:	4:47.45	34.25
10.	Jabłonowska Nikola		02	UKS G-8 Bielany				4:48.03	553			
	50m:	33.06 33.06	150m:	1:44.11	35.86	250m:	2:57.09	36.60	350m:	4:11.40	37.06	
	100m:	1:08.25	35.19	200m:	2:20.49	36.38	300m:	3:34.34	37.25	400m:	4:48.03	36.63



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Konkurencja 11, Dziewcz t, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.
11.	Noco Dominika		02	UKS MANTA Kochłowice Ruda l.				4:57.56	501
	50m:	33.18 33.18	150m:	1:46.51 37.10	250m:	3:01.74 37.90	350m:	4:19.17 38.53	
	100m:	1:09.41 36.23	200m:	2:23.84 37.33	300m:	3:40.64 38.90	400m:	4:57.56 38.39	
12.	Fuks Emilia		02	UKS WODNIK Siemianowice laski				4:57.70	501
	50m:	32.77 32.77	150m:	1:46.74 37.50	250m:	3:03.11 38.46	350m:	4:20.08 38.57	
	100m:	1:09.24 36.47	200m:	2:24.65 37.91	300m:	3:41.51 38.40	400m:	4:57.70 37.62	
13.	Szkoda Klaudia		02	CSiR MOS D browa Górnicza				4:58.84	495
	50m:	33.69 33.69	150m:	1:48.52 38.01	250m:	3:04.95 38.07	350m:	4:21.35 38.18	
	100m:	1:10.51 36.82	200m:	2:26.88 38.36	300m:	3:43.17 38.22	400m:	4:58.84 37.49	
14.	Palonka Zuzanna		02	WKS lask Wrocław				5:02.98	475
	50m:	35.34 35.34	150m:	1:52.26 38.23	250m:	3:08.45 37.94	350m:	4:25.63 38.56	
	100m:	1:14.03 38.69	200m:	2:30.51 38.25	300m:	3:47.07 38.62	400m:	5:02.98 37.35	
15.	Wo niak Karolina SO		02	UKP Unia O wi cim				5:05.97	461
	50m:	33.84 33.84	150m:	1:50.77 38.94	250m:	3:10.50 39.98	350m:	4:28.63 38.86	
	100m:	1:11.83 37.99	200m:	2:30.52 39.75	300m:	3:49.77 39.27	400m:	5:05.97 37.34	
16.	Mruk Aleksandra		02	UKP Manta Jelcz-Laskowice				5:07.06	456
	50m:	33.69 33.69	150m:	1:51.08 39.14	250m:	3:10.56 39.62	350m:	4:29.49 38.67	
	100m:	1:11.94 38.25	200m:	2:30.94 39.86	300m:	3:50.82 40.26	400m:	5:07.06 37.57	
17.	Kusak Izabela		02	UKS Salmo ory				5:07.18	456
	50m:	35.37 35.37	150m:	1:53.16 39.74	250m:	3:12.68 40.02	350m:	4:31.62 39.30	
	100m:	1:13.42 38.05	200m:	2:32.66 39.50	300m:	3:52.32 39.64	400m:	5:07.18 35.56	
18.	Zi ba Natalia SR		02	MKS-SMS Victoria Racibórz				5:13.01	431
	50m:	33.86 33.86	150m:	1:52.08 39.83	250m:	3:13.07 40.44	350m:	4:34.44 40.30	
	100m:	1:12.25 38.39	200m:	2:32.63 40.55	300m:	3:54.14 41.07	400m:	5:13.01 38.57	
19.	Błaszczuk Weronika		02	UKS Junior Kluczbork				5:19.76	404
	50m:	34.41 34.41	150m:	1:53.90 40.73	250m:	3:16.35 41.51	350m:	4:39.65 41.68	
	100m:	1:13.17 38.76	200m:	2:34.84 40.94	300m:	3:57.97 41.62	400m:	5:19.76 40.11	

16 lat

1.	Piechota Karolina		01	UKS 190 Łód				4:27.35	691
	50m:	31.57 31.57	150m:	1:38.54 33.59	250m:	2:46.12 33.80	350m:	3:53.97 34.07	
	100m:	1:04.95 33.38	200m:	2:12.32 33.78	300m:	3:19.90 33.78	400m:	4:27.35 33.38	
2.	W grzynowska Aleksandra		01	WKS lask Wrocław				4:32.96	650
	50m:	31.45 31.45	150m:	1:40.50 34.99	250m:	2:50.50 35.02	350m:	4:00.89 35.39	
	100m:	1:05.51 34.06	200m:	2:15.48 34.98	300m:	3:25.50 35.00	400m:	4:32.96 32.07	
3.	Kossakowska Dominika		01	SiKReT Gliwice				4:40.64	598
	50m:	31.36 31.36	150m:	1:40.31 34.92	250m:	2:52.28 36.06	350m:	4:05.18 36.54	
	100m:	1:05.39 34.03	200m:	2:16.22 35.91	300m:	3:28.64 36.36	400m:	4:40.64 35.46	
4.	Lewandowska Natalia SO		01	UKP Unia O wi cim				4:42.39	587
	50m:	31.90 31.90	150m:	1:43.07 35.83	250m:	2:55.61 36.27	350m:	4:08.47 36.25	
	100m:	1:07.24 35.34	200m:	2:19.34 36.27	300m:	3:32.22 36.61	400m:	4:42.39 33.92	
5.	Łysakowska Julia SL		01	KU AZS UMCS Lublin				4:43.09	582
	50m:	32.89 32.89	150m:	1:44.20 35.80	250m:	2:56.67 36.38	350m:	4:08.44 35.94	
	100m:	1:08.40 35.51	200m:	2:20.29 36.09	300m:	3:32.50 35.83	400m:	4:43.09 34.65	



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Konkurencja 11, Dziewcz t, 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
6.	Serafin Magdalena		01	Galicja Kraków				4:46.97	559
	50m:	31.68 31.68	150m:	1:43.40 35.92	250m:	2:56.86 36.24	350m:	4:10.72 36.54	
	100m:	1:07.48 35.80	200m:	2:20.62 37.22	300m:	3:34.18 37.32	400m:	4:46.97 36.25	
7.	Kempa Anna SO		01	MMKS K dzierzyn-Ko le				4:50.87	537
	50m:	33.78 33.78	150m:	1:48.05 37.67	250m:	3:02.13 37.05	350m:	4:15.36 36.30	
	100m:	1:10.38 36.60	200m:	2:25.08 37.03	300m:	3:39.06 36.93	400m:	4:50.87 35.51	
8.	Szebesczyk Hanna		01	WKS lask Wrocław				4:53.69	521
	50m:	33.58 33.58	150m:	1:47.24 37.49	250m:	3:02.37 37.59	350m:	4:17.61 37.59	
	100m:	1:09.75 36.17	200m:	2:24.78 37.54	300m:	3:40.02 37.65	400m:	4:53.69 36.08	
9.	Gazda Zuzanna		01	CSiR MOS D browa Górnicza				4:53.96	520
	50m:	33.50 33.50	150m:	1:47.95 37.56	250m:	3:03.01 37.54	350m:	4:18.13 37.58	
	100m:	1:10.39 36.89	200m:	2:25.47 37.52	300m:	3:40.55 37.54	400m:	4:53.96 35.83	
10.	Tomasiak Agnieszka		01	UKS Salmo ory				4:54.12	519
	50m:	33.24 33.24	150m:	1:47.46 37.53	250m:	3:03.61 38.30	350m:	4:18.24 36.70	
	100m:	1:09.93 36.69	200m:	2:25.31 37.85	300m:	3:41.54 37.93	400m:	4:54.12 35.88	
11.	Jeziorna Julia		01	WKS lask Wrocław				4:56.23	508
	50m:	33.25 33.25	150m:	1:47.41 37.55	250m:	3:03.28 38.36	350m:	4:19.40 38.31	
	100m:	1:09.86 36.61	200m:	2:24.92 37.51	300m:	3:41.09 37.81	400m:	4:56.23 36.83	
12.	Przewo niak Partycja SO		01	UKP Unia O wi cim				4:58.18	498
	50m:	34.17 34.17	150m:	1:49.75 37.73	250m:	3:05.70 38.20	350m:	4:21.76 37.74	
	100m:	1:12.02 37.85	200m:	2:27.50 37.75	300m:	3:44.02 38.32	400m:	4:58.18 36.42	
13.	Kaba ska Nicol		01	CSiR MOS D browa Górnicza				5:05.41	464
	50m:	35.90 35.90	150m:	1:52.56 38.69	250m:	3:10.05 39.04	350m:	4:27.70 38.98	
	100m:	1:13.87 37.97	200m:	2:31.01 38.45	300m:	3:48.72 38.67	400m:	5:05.41 37.71	
14.	Chwałczy ska Aleksandra		01	WKS lask Wrocław				5:05.51	463
	50m:	34.41 34.41	150m:	1:51.29 38.21	250m:	3:08.34 38.57	350m:	4:26.54 39.13	
	100m:	1:13.08 38.67	200m:	2:29.77 38.48	300m:	3:47.41 39.07	400m:	5:05.51 38.97	

17 - 18 lat

1.	Piechota Paulina		99	UKS 190 Łód				4:18.57	764
	50m:	30.48 30.48	150m:	1:36.32 32.82	250m:	2:41.86 32.75	350m:	3:47.16 32.49	
	100m:	1:03.50 33.02	200m:	2:09.11 32.79	300m:	3:14.67 32.81	400m:	4:18.57 31.41	
2.	Janiszewska Dominika		99	AZS AWF Warszawa				4:25.95	702
	50m:	31.27 31.27	150m:	1:38.30 33.78	250m:	2:45.95 33.83	350m:	3:53.00 33.86	
	100m:	1:04.52 33.25	200m:	2:12.12 33.82	300m:	3:19.14 33.19	400m:	4:25.95 32.95	
3.	Adamczyk Julia SL		99	KU AZS UMCS Lublin				4:29.09	678
	50m:	31.30 31.30	150m:	1:38.77 33.87	250m:	2:47.24 34.06	350m:	3:55.76 33.96	
	100m:	1:04.90 33.60	200m:	2:13.18 34.41	300m:	3:21.80 34.56	400m:	4:29.09 33.33	
4.	Baryła Julia SSz		00	MKP Szczecin				4:36.24	627
	50m:	32.37 32.37	150m:	1:41.61 35.08	250m:	2:52.33 35.35	350m:	4:02.12 35.05	
	100m:	1:06.53 34.16	200m:	2:16.98 35.37	300m:	3:27.07 34.74	400m:	4:36.24 34.12	
5.	Skibczak Natalia		00	UKS G-8 Bielany				4:41.82	590
	50m:	32.38 32.38	150m:	1:44.37 36.05	250m:	2:56.56 35.69	350m:	4:07.67 35.29	
	100m:	1:08.32 35.94	200m:	2:20.87 36.50	300m:	3:32.38 35.82	400m:	4:41.82 34.15	



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Konkurencja 11, Kobiet, 400m dowolny, 17 - 18 lat

Pozycja				Rok ur.					Czas	Pkt.		
6.	Reks Aleksandra			00	MKP Szczecin				4:42.78	584		
	50m:	32.85	32.85	150m:	1:44.21	35.84	250m:	2:55.95	35.94	350m:	4:07.75	35.74
	100m:	1:08.37	35.52	200m:	2:20.01	35.80	300m:	3:32.01	36.06	400m:	4:42.78	35.03
7.	Kołodziej Katarzyna SO			00	UKP Unia O wi cim				4:42.92	583		
	50m:	32.47	32.47	150m:	1:43.79	35.68	250m:	2:55.82	36.20	350m:	4:08.00	35.94
	100m:	1:08.11	35.64	200m:	2:19.62	35.83	300m:	3:32.06	36.24	400m:	4:42.92	34.92
8.	Janczak Patrycja			00	MKP Szczecin				4:48.18	552		
	50m:	32.64	32.64	150m:	1:44.31	36.03	250m:	2:57.49	36.53	350m:	4:11.37	36.99
	100m:	1:08.28	35.64	200m:	2:20.96	36.65	300m:	3:34.38	36.89	400m:	4:48.18	36.81
9.	Tomo Martyna			00	UKS Skarpa Lublin				4:52.27	529		
	50m:	33.14	33.14	150m:	1:45.95	36.73	250m:	3:00.16	37.13	350m:	4:14.96	37.33
	100m:	1:09.22	36.08	200m:	2:23.03	37.08	300m:	3:37.63	37.47	400m:	4:52.27	37.31
10.	Redner Sandra			99	UKS Skarpa Lublin				4:54.10	519		
	50m:	33.74	33.74	150m:	1:48.11	36.96	250m:	3:02.61	37.00	350m:	4:17.31	37.23
	100m:	1:11.15	37.41	200m:	2:25.61	37.50	300m:	3:40.08	37.47	400m:	4:54.10	36.79