

PGE Grand Prix Puchar Polski
OLSZTYN, 12. - 13.4.2025

Konkurencja 12
12.04.2025 - 17:00

Kobiet, 400m dowolny

Open
Wyniki

Minimum kwalifikacyjne MŚ Singapur 2025: 4:10.23 ,
Minimum kwalifikacyjne ME U23 Samorin 14: 4:15.01 ,
Minimum kwalifikacyjne Uniwersjada Berlin 4: 4:15.01 ,
Punkty: AQUA 2025

Pozycja	Wiek										Czas	Pkt.
Open												
1.	TARASIEWICZ, Klaudia				21	MKP Szczecin				4:11.13		823
<i>Minimum kwalifikacyjne Uniwersjada Berlin 2025 , Minimum kwalifikacyjne ME U23 Samorin 19 - 23</i>												
	50m:	29.60	29.60	150m:	1:33.03	31.98	250m:	2:36.64	31.70	350m:	3:40.27	32.04
	100m:	1:01.05	31.45	200m:	2:04.94	31.91	300m:	3:08.23	31.59	400m:	4:11.13	30.86
2.	GUŚĆ, Wiktoria				21	MKP Szczecin				4:20.63		736
	50m:	29.41	29.41	150m:	1:33.40	32.31	250m:	2:38.61	32.74	350m:	3:46.64	34.27
	100m:	1:01.09	31.68	200m:	2:05.87	32.47	300m:	3:12.37	33.76	400m:	4:20.63	33.99
3.	NOWAK, Maja				22	Ku Azs Uw				4:28.98		670
	50m:	31.29	31.29	150m:	1:39.06	33.66	250m:	2:48.17	34.37	350m:	3:56.33	33.57
	100m:	1:05.40	34.11	200m:	2:13.80	34.74	300m:	3:22.76	34.59	400m:	4:28.98	32.65
4.	MAŁOLEPSZA, Weronika				18	MKP Szczecin				4:30.95		655
	50m:	30.75	30.75	150m:	1:37.55	33.46	250m:	2:46.51	34.54	350m:	3:56.49	34.66
	100m:	1:04.09	33.34	200m:	2:11.97	34.42	300m:	3:21.83	35.32	400m:	4:30.95	34.46
5.	WALCZAK, Barbara				19	Ku Azs Uw				4:30.99		655
	50m:	30.62	30.62	150m:	1:38.09	33.96	250m:	2:46.93	34.70	350m:	3:56.97	35.39
	100m:	1:04.13	33.51	200m:	2:12.23	34.14	300m:	3:21.58	34.65	400m:	4:30.99	34.02
6.	WIERNICKA, Julia				18	KU AZS UMCS Lublin				4:31.19		653
	50m:	30.76	30.76	150m:	1:39.20	34.57	250m:	2:48.56	34.57	350m:	3:57.82	34.36
	100m:	1:04.63	33.87	200m:	2:13.99	34.79	300m:	3:23.46	34.90	400m:	4:31.19	33.37
7.	WŁADYCZKA, Amelia				18	WKS Śląsk				4:33.41		638
	50m:	30.58	30.58	150m:	1:38.91	34.64	250m:	2:48.80	35.02	350m:	3:58.91	34.96
	100m:	1:04.27	33.69	200m:	2:13.78	34.87	300m:	3:23.95	35.15	400m:	4:33.41	34.50
8.	RĄCZKOWSKA, Maja				18	LKS Jedność 32 Przyszowice				4:33.90		634
	50m:	30.96	30.96	150m:	1:39.23	34.47	250m:	2:48.50	34.49	350m:	3:59.50	35.72
	100m:	1:04.76	33.80	200m:	2:14.01	34.78	300m:	3:23.78	35.28	400m:	4:33.90	34.40
9.	KUCZMAR, Aleksandra				16	UKP „Polonia Warszawa"				4:33.96		634
	50m:	31.12	31.12	150m:	1:38.99	34.39	250m:	2:49.26	35.11	350m:	3:59.75	35.12
	100m:	1:04.60	33.48	200m:	2:14.15	35.16	300m:	3:24.63	35.37	400m:	4:33.96	34.21
10.	KUCZMAR, Zuzanna				18	UKP „Polonia Warszawa"				4:34.54		630
	50m:	30.98	30.98	150m:	1:39.97	34.93	250m:	2:48.69	34.30	350m:	3:58.96	35.50
	100m:	1:05.04	34.06	200m:	2:14.39	34.42	300m:	3:23.46	34.77	400m:	4:34.54	35.58
11.	CZUBAK, Maria				19	IKS Konstancin				4:34.59		629
	50m:	30.33	30.33	150m:	1:37.66	34.16	250m:	2:47.72	35.31	350m:	3:59.44	35.83
	100m:	1:03.50	33.17	200m:	2:12.41	34.75	300m:	3:23.61	35.89	400m:	4:34.59	35.15
12.	SIWKO, Natalia				21	KU AZS UMCS Lublin				4:34.72		628
	50m:	31.71	31.71	150m:	1:41.15	35.09	250m:	2:51.85	35.49	350m:	4:02.05	34.87
	100m:	1:06.06	34.35	200m:	2:16.36	35.21	300m:	3:27.18	35.33	400m:	4:34.72	32.67
13.	BOMBA, Julia				14	CSiR MOS w Dąbrowie Górniczej				4:39.16		599
	50m:	31.24	31.24	150m:	1:41.38	35.53	250m:	2:52.94	36.12	350m:	4:04.35	35.59
	100m:	1:05.85	34.61	200m:	2:16.82	35.44	300m:	3:28.76	35.82	400m:	4:39.16	34.81
14.	GLIŃSKA, Oliwia				18	TP Zielona Góra				4:39.44		597
	50m:	33.00	33.00	150m:	1:42.80	35.07	250m:	2:52.96	35.23	350m:	4:04.14	35.86
	100m:	1:07.73	34.73	200m:	2:17.73	34.93	300m:	3:28.28	35.32	400m:	4:39.44	35.30

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OLSZTYN, 12. - 13.4.2025

Konkurencja 12, Kobiety, 400m dowolny, Open

Pozycja			Wiek					Czas	Pkt.
15.	MILANCEJ, Elżbieta		16	UKP „Polonia Warszawa”				4:39.97	594
	50m: 32.41 32.41	150m: 1:43.99	36.11	250m: 2:55.61	35.70	350m: 4:06.67	35.20		
	100m: 1:07.88 35.47	200m: 2:19.91	35.92	300m: 3:31.47	35.86	400m: 4:39.97	33.30		
16.	GRZECH, Maja		17	UKS Żabianka Gdańsk				4:42.38	579
	50m: 31.24 31.24	150m: 1:40.71	35.35	250m: 2:53.32	36.63	350m: 4:06.95	36.93		
	100m: 1:05.36 34.12	200m: 2:16.69	35.98	300m: 3:30.02	36.70	400m: 4:42.38	35.43		
17.	KAROLEWSKA, Julia		14	SWIMLAND Olsztyn				4:43.37	573
	50m: 32.02 32.02	150m: 1:43.65	36.35	250m: 2:57.21	37.02	350m: 4:10.47	36.33		
	100m: 1:07.30 35.28	200m: 2:20.19	36.54	300m: 3:34.14	36.93	400m: 4:43.37	32.90		
18.	ŚWIĄTEK, Amelia		17	WKS Śląsk				4:43.90	569
	50m: 32.45 32.45	150m: 1:44.02	36.21	250m: 2:56.61	36.34	350m: 4:09.13	36.30		
	100m: 1:07.81 35.36	200m: 2:20.27	36.25	300m: 3:32.83	36.22	400m: 4:43.90	34.77		
19.	ADAMIKOVA, Barbora		17	Sport Club Pardubice				4:44.42	566
	50m: 31.78 31.78	150m: 1:43.46	35.92	250m: 2:56.21	36.33	350m: 4:09.36	36.61		
	100m: 1:07.54 35.76	200m: 2:19.88	36.42	300m: 3:32.75	36.54	400m: 4:44.42	35.06		
20.	BARCZAK, Karolina		14	MTP Kormoran Olsztyn				4:46.26	555
	50m: 32.72 32.72	150m: 1:44.82	36.65	250m: 2:58.57	37.11	350m: 4:11.54	36.54		
	100m: 1:08.17 35.45	200m: 2:21.46	36.64	300m: 3:35.00	36.43	400m: 4:46.26	34.72		
21.	KOPP, Zuzanna		15	UKP „Polonia Warszawa”				4:46.97	551
	50m: 32.23 32.23	150m: 1:45.68	36.67	250m: 2:59.20	36.76	350m: 4:12.03	36.50		
	100m: 1:09.01 36.78	200m: 2:22.44	36.76	300m: 3:35.53	36.33	400m: 4:46.97	34.94		
22.	TRAFALSKA, Zuzanna		18	UKS 190 Łódź				4:48.23	544
	50m: 33.36 33.36	150m: 1:46.25	36.46	250m: 2:59.05	36.06	350m: 4:12.48	36.55		
	100m: 1:09.79 36.43	200m: 2:22.99	36.74	300m: 3:35.93	36.88	400m: 4:48.23	35.75		
23.	BALCERZAK, Barbara		15	SKP Delfin Koźienice				4:49.76	536
	50m: 32.69 32.69	150m: 1:44.39	36.50	250m: 2:58.87	37.44	350m: 4:13.73	37.33		
	100m: 1:07.89 35.20	200m: 2:21.43	37.04	300m: 3:36.40	37.53	400m: 4:49.76	36.03		
24.	MASIEREK, Marika		17	Toruń Multisport Team				4:50.12	534
	50m: 32.33 32.33	150m: 1:44.49	36.34	250m: 2:58.67	37.08	350m: 4:14.24	37.56		
	100m: 1:08.15 35.82	200m: 2:21.59	37.10	300m: 3:36.68	38.01	400m: 4:50.12	35.88		
	PALICKA, Patrycja		14	TP Skalar, Słupsk				4:50.12	534
	50m: 33.44 33.44	150m: 1:45.05	36.31	250m: 3:00.25	37.99	350m: 4:13.89	36.26		
	100m: 1:08.74 35.30	200m: 2:22.26	37.21	300m: 3:37.63	37.38	400m: 4:50.12	36.23		
26.	FIGAS, Alicja		21	MKP Szczecin				4:50.59	531
	50m: 31.68 31.68	150m: 1:44.28	37.18	250m: 2:58.37	36.56	350m: 4:13.26	37.51		
	100m: 1:07.10 35.42	200m: 2:21.81	37.53	300m: 3:35.75	37.38	400m: 4:50.59	37.33		
27.	ŁUCZAK, Anika		16	UKS SP-149 Łódź				4:50.69	530
	50m: 32.10 32.10	150m: 1:45.58	37.18	250m: 3:00.28	37.32	350m: 4:14.34	36.99		
	100m: 1:08.40 36.30	200m: 2:22.96	37.38	300m: 3:37.35	37.07	400m: 4:50.69	36.35		
28.	STACHEWICZ, Magdalena		16	AZS AWF Warszawa				4:51.63	525
	50m: 32.89 32.89	150m: 1:46.17	37.07	250m: 3:01.45	37.71	350m: 4:16.72	37.38		
	100m: 1:09.10 36.21	200m: 2:23.74	37.57	300m: 3:39.34	37.89	400m: 4:51.63	34.91		
29.	DENISIEWICZ, Zuzanna		18	UKS Nawa Skierniewice				4:53.33	516
	50m: 33.67 33.67	150m: 1:48.29	37.60	250m: 3:03.52	37.66	350m: 4:17.63	36.55		
	100m: 1:10.69 37.02	200m: 2:25.86	37.57	300m: 3:41.08	37.56	400m: 4:53.33	35.70		
30.	ZIELIŃSKA, Małgorzata		17	UKS Żabianka Gdańsk				4:54.50	510
	50m: 32.94 32.94	150m: 1:46.17	36.94	250m: 3:01.04	37.53	350m: 4:17.11	37.96		
	100m: 1:09.23 36.29	200m: 2:23.51	37.34	300m: 3:39.15	38.11	400m: 4:54.50	37.39		

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Pozycja					Wiek					Czas	Pkt.	
31.	SZUSTAK, Lena				15	KS Barakuda Mińsk Mazowiecki				4:54.71	509	
	50m:	33.47	33.47	150m:	1:45.95	36.64	250m:	3:00.98	37.59	350m:	4:17.70	38.12
	100m:	1:09.31	35.84	200m:	2:23.39	37.44	300m:	3:39.58	38.60	400m:	4:54.71	37.01
32.	LYAKH, Kira				18	UKP „Polonia Warszawa"				4:55.01	507	
	50m:	32.26	32.26	150m:	1:45.00	36.97	250m:	3:01.30	38.50	350m:	4:18.50	37.98
	100m:	1:08.03	35.77	200m:	2:22.80	37.80	300m:	3:40.52	39.22	400m:	4:55.01	36.51
33.	ZARZECKA, Roksana				18	MPKS "Orka" Ciechanów				4:55.27	506	
	50m:	32.64	32.64	150m:	1:47.55	37.63	250m:	3:04.16	37.97	350m:	4:19.85	36.82
	100m:	1:09.92	37.28	200m:	2:26.19	38.64	300m:	3:43.03	38.87	400m:	4:55.27	35.42
34.	KURPIEWSKA, Kaja				16	UKP „Polonia Warszawa"				4:55.59	504	
	50m:	34.17	34.17	150m:	1:51.30	38.90	250m:	3:06.97	37.43	350m:	4:20.98	36.64
	100m:	1:12.40	38.23	200m:	2:29.54	38.24	300m:	3:44.34	37.37	400m:	4:55.59	34.61
35.	SADOWSKA, Maria				17	UKS „GIM 92 Ursynów"				4:56.29	501	
	50m:	33.81	33.81	150m:	1:47.24	37.09	250m:	3:03.08	38.08	350m:	4:19.54	38.19
	100m:	1:10.15	36.34	200m:	2:25.00	37.76	300m:	3:41.35	38.27	400m:	4:56.29	36.75
36.	CZECHMAŃSKA, Antonina				15	UKP „Polonia Warszawa"				4:56.40	500	
	50m:	32.98	32.98	150m:	1:47.64	37.54	250m:	3:03.82	37.47	350m:	4:19.77	37.26
	100m:	1:10.10	37.12	200m:	2:26.35	38.71	300m:	3:42.51	38.69	400m:	4:56.40	36.63
37.	ZABRANIAK, Karina				17	MKP Szczecin				4:57.42	495	
	50m:	33.13	33.13	150m:	1:47.50	37.15	250m:	3:02.94	37.63	350m:	4:19.67	38.21
	100m:	1:10.35	37.22	200m:	2:25.31	37.81	300m:	3:41.46	38.52	400m:	4:57.42	37.75
38.	KANIEWSKA, Lena				14	Mokotowski UKP Warszawianka- Wodny				4:58.37	490	
	50m:	33.49	33.49	150m:	1:49.22	38.16	250m:	3:06.25	38.14	350m:	4:22.05	37.08
	100m:	1:11.06	37.57	200m:	2:28.11	38.89	300m:	3:44.97	38.72	400m:	4:58.37	36.32
39.	MUSZYŃSKA, Patrycja				15	SKS 137 Delfin Łódź				5:03.59	466	
	50m:	33.80	33.80	150m:	1:48.85	37.77	250m:	3:06.83	39.25	350m:	4:25.31	38.76
	100m:	1:11.08	37.28	200m:	2:27.58	38.73	300m:	3:46.55	39.72	400m:	5:03.59	38.28
40.	WALICKA, Martyna				18	MKS „Astoria" Bydgoszcz				5:03.90	464	
	50m:	33.18	33.18	150m:	1:48.38	38.45	250m:	3:07.08	39.59	350m:	4:25.64	38.84
	100m:	1:09.93	36.75	200m:	2:27.49	39.11	300m:	3:46.80	39.72	400m:	5:03.90	38.26
41.	SKIERKA, Magdalena				14	Dwójka Morena Gdańsk				5:05.56	457	
	50m:	33.97	33.97	150m:	1:50.71	38.69	250m:	3:10.57	39.53	350m:	4:29.81	39.23
	100m:	1:12.02	38.05	200m:	2:31.04	40.33	300m:	3:50.58	40.01	400m:	5:05.56	35.75
42.	KOWALCZYK, Helena				14	MKS Trójka Łódź				5:07.65	447	
	50m:	35.01	35.01	150m:	1:53.31	38.56	250m:	3:12.81	39.62	350m:	4:30.32	37.97
	100m:	1:14.75	39.74	200m:	2:33.19	39.88	300m:	3:52.35	39.54	400m:	5:07.65	37.33
43.	MYDŁOWSKA, Roxana				15	UKS Nawa Skierniewice				5:08.43	444	
	50m:	35.09	35.09	150m:	1:53.79	39.51	250m:	3:13.58	39.95	350m:	4:32.16	38.67
	100m:	1:14.28	39.19	200m:	2:33.63	39.84	300m:	3:53.49	39.91	400m:	5:08.43	36.27
44.	DZIĘGIEL, Marta				18	AZS AWF Warszawa				5:10.44	435	
	50m:	34.35	34.35	150m:	1:52.65	39.84	250m:	3:12.31	39.98	350m:	4:32.11	39.72
	100m:	1:12.81	38.46	200m:	2:32.33	39.68	300m:	3:52.39	40.08	400m:	5:10.44	38.33
45.	STEFAŃSKA, Alicja				15	St. KF KS „Fenix" Ożarów Mazowiecki				5:10.55	435	
	50m:	34.79	34.79	150m:	1:52.14	39.32	250m:	3:11.37	39.49	350m:	4:31.93	40.45
	100m:	1:12.82	38.03	200m:	2:31.88	39.74	300m:	3:51.48	40.11	400m:	5:10.55	38.62
46.	SOWIŃSKA, Wiktoria				16	Klub Pływacki Ciechanów				5:11.45	431	
	50m:	32.80	32.80	150m:	1:50.90	40.61	250m:	3:12.51	41.36	350m:	4:34.33	41.49
	100m:	1:10.29	37.49	200m:	2:31.15	40.25	300m:	3:52.84	40.33	400m:	5:11.45	37.12

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Pozycja					Wiek					Czas	Pkt.	
47.	SELIWIAK, Hanna				15	SKS 137 Delfin Łódź				5:12.18	428	
	50m:	34.35	34.35	150m:	1:53.41	40.33	250m:	3:14.23	40.42	350m:	4:34.64	40.04
	100m:	1:13.08	38.73	200m:	2:33.81	40.40	300m:	3:54.60	40.37	400m:	5:12.18	37.54
48.	CYNAR, Milena				14	MKS Trójka Łódź				5:12.55	427	
	50m:	34.77	34.77	150m:	1:53.48	39.65	250m:	3:14.66	40.86	350m:	4:35.85	39.86
	100m:	1:13.83	39.06	200m:	2:33.80	40.32	300m:	3:55.99	41.33	400m:	5:12.55	36.70
49.	RECZEK, Nina				14	KS „Wisła” Puławy				5:14.18	420	
	50m:	34.91	34.91	150m:	1:53.83	39.63	250m:	3:14.64	40.52	350m:	4:35.19	39.97
	100m:	1:14.20	39.29	200m:	2:34.12	40.29	300m:	3:55.22	40.58	400m:	5:14.18	38.99
50.	WITTBRODT, Alicja				14	UKP „Polonia Warszawa”				5:16.78	410	
	50m:	34.88	34.88	150m:	1:55.08	41.02	250m:	3:17.41	41.18	350m:	4:38.21	40.11
	100m:	1:14.06	39.18	200m:	2:36.23	41.15	300m:	3:58.10	40.69	400m:	5:16.78	38.57
51.	BANASZEK, Blanka				14	MKS Trójka Łódź				5:19.97	398	
	50m:	36.42	36.42	150m:	2:00.91	42.20	250m:	3:21.40	40.08	350m:	4:41.59	39.78
	100m:	1:18.71	42.29	200m:	2:41.32	40.41	300m:	4:01.81	40.41	400m:	5:19.97	38.38
52.	KURZYP, Lena				14	UKP „Polonia Warszawa”				5:34.42	348	
	50m:	35.74	35.74	150m:	1:56.72	41.21	250m:	3:22.34	42.04	350m:	4:48.72	43.24
	100m:	1:15.51	39.77	200m:	2:40.30	43.58	300m:	4:05.48	43.14	400m:	5:34.42	45.70
53.	BURKIEWICZ, Zofia				16	SSP „Orka” Iława				5:43.22	322	
	50m:	36.27	36.27	150m:	2:00.61	43.40	250m:	3:29.35	44.88	350m:	4:59.54	44.86
	100m:	1:17.21	40.94	200m:	2:44.47	43.86	300m:	4:14.68	45.33	400m:	5:43.22	43.68

17 - 18 lat

1.	MAŁOLEPSZA, Weronika				18	MKP Szczecin					4:30.95	655
	50m:	30.75	30.75	150m:	1:37.55	33.46	250m:	2:46.51	34.54	350m:	3:56.49	34.66
	100m:	1:04.09	33.34	200m:	2:11.97	34.42	300m:	3:21.83	35.32	400m:	4:30.95	34.46
2.	WIERNICKA, Julia				18	KU AZS UMCS Lublin					4:31.19	653
	50m:	30.76	30.76	150m:	1:39.20	34.57	250m:	2:48.56	34.57	350m:	3:57.82	34.36
	100m:	1:04.63	33.87	200m:	2:13.99	34.79	300m:	3:23.46	34.90	400m:	4:31.19	33.37
3.	WŁADYCZKA, Amelia				18	WKS Śląsk					4:33.41	638
	50m:	30.58	30.58	150m:	1:38.91	34.64	250m:	2:48.80	35.02	350m:	3:58.91	34.96
	100m:	1:04.27	33.69	200m:	2:13.78	34.87	300m:	3:23.95	35.15	400m:	4:33.41	34.50
4.	RĄCZKOWSKA, Maja				18	LKS Jedność 32 Przyszowice					4:33.90	634
	50m:	30.96	30.96	150m:	1:39.23	34.47	250m:	2:48.50	34.49	350m:	3:59.50	35.72
	100m:	1:04.76	33.80	200m:	2:14.01	34.78	300m:	3:23.78	35.28	400m:	4:33.90	34.40
5.	KUCZMAR, Zuzanna				18	UKP „Polonia Warszawa"					4:34.54	630
	50m:	30.98	30.98	150m:	1:39.97	34.93	250m:	2:48.69	34.30	350m:	3:58.96	35.50
	100m:	1:05.04	34.06	200m:	2:14.39	34.42	300m:	3:23.46	34.77	400m:	4:34.54	35.58
6.	GLIŃSKA, Oliwia				18	TP Zielona Góra					4:39.44	597
	50m:	33.00	33.00	150m:	1:42.80	35.07	250m:	2:52.96	35.23	350m:	4:04.14	35.86
	100m:	1:07.73	34.73	200m:	2:17.73	34.93	300m:	3:28.28	35.32	400m:	4:39.44	35.30
7.	GRZECH, Maja				17	UKS Żabianka Gdańsk					4:42.38	579
	50m:	31.24	31.24	150m:	1:40.71	35.35	250m:	2:53.32	36.63	350m:	4:06.95	36.93
	100m:	1:05.36	34.12	200m:	2:16.69	35.98	300m:	3:30.02	36.70	400m:	4:42.38	35.43
8.	ŚWIĄTEK, Amelia				17	WKS Śląsk					4:43.90	569
	50m:	32.45	32.45	150m:	1:44.02	36.21	250m:	2:56.61	36.34	350m:	4:09.13	36.30
	100m:	1:07.81	35.36	200m:	2:20.27	36.25	300m:	3:32.83	36.22	400m:	4:43.90	34.77

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Konkurencja 12, Dziewcząt, 400m dowolny, 17 - 18 lat

Pozycja		Wiek						Czas	Pkt.
9.	ADAMIKOVA, Barbora	17	Sport Club Pardubice					4:44.42	566
	50m: 31.78 31.78	150m: 1:43.46	35.92	250m: 2:56.21	36.33	350m: 4:09.36		36.61	
	100m: 1:07.54 35.76	200m: 2:19.88	36.42	300m: 3:32.75	36.54	400m: 4:44.42		35.06	
10.	TRAFALSKA, Zuzanna	18	UKS 190 Łódź					4:48.23	544
	50m: 33.36 33.36	150m: 1:46.25	36.46	250m: 2:59.05	36.06	350m: 4:12.48		36.55	
	100m: 1:09.79 36.43	200m: 2:22.99	36.74	300m: 3:35.93	36.88	400m: 4:48.23		35.75	
11.	MASIEREK, Marika	17	Toruń Multisport Team					4:50.12	534
	50m: 32.33 32.33	150m: 1:44.49	36.34	250m: 2:58.67	37.08	350m: 4:14.24		37.56	
	100m: 1:08.15 35.82	200m: 2:21.59	37.10	300m: 3:36.68	38.01	400m: 4:50.12		35.88	
12.	DENISIEWICZ, Zuzanna	18	UKS Nawa Skierniewice					4:53.33	516
	50m: 33.67 33.67	150m: 1:48.29	37.60	250m: 3:03.52	37.66	350m: 4:17.63		36.55	
	100m: 1:10.69 37.02	200m: 2:25.86	37.57	300m: 3:41.08	37.56	400m: 4:53.33		35.70	
13.	ZIELIŃSKA, Małgorzata	17	UKS Żabianka Gdańsk					4:54.50	510
	50m: 32.94 32.94	150m: 1:46.17	36.94	250m: 3:01.04	37.53	350m: 4:17.11		37.96	
	100m: 1:09.23 36.29	200m: 2:23.51	37.34	300m: 3:39.15	38.11	400m: 4:54.50		37.39	
14.	LYAKH, Kira	18	UKP „Polonia Warszawa”					4:55.01	507
	50m: 32.26 32.26	150m: 1:45.00	36.97	250m: 3:01.30	38.50	350m: 4:18.50		37.98	
	100m: 1:08.03 35.77	200m: 2:22.80	37.80	300m: 3:40.52	39.22	400m: 4:55.01		36.51	
15.	ZARZECKA, Roksana	18	MPKS "Orka" Ciechanów					4:55.27	506
	50m: 32.64 32.64	150m: 1:47.55	37.63	250m: 3:04.16	37.97	350m: 4:19.85		36.82	
	100m: 1:09.92 37.28	200m: 2:26.19	38.64	300m: 3:43.03	38.87	400m: 4:55.27		35.42	
16.	SADOWSKA, Maria	17	UKS „GIM 92 Ursynów”					4:56.29	501
	50m: 33.81 33.81	150m: 1:47.24	37.09	250m: 3:03.08	38.08	350m: 4:19.54		38.19	
	100m: 1:10.15 36.34	200m: 2:25.00	37.76	300m: 3:41.35	38.27	400m: 4:56.29		36.75	
17.	ZABRANIAK, Karina	17	MKP Szczecin					4:57.42	495
	50m: 33.13 33.13	150m: 1:47.50	37.15	250m: 3:02.94	37.63	350m: 4:19.67		38.21	
	100m: 1:10.35 37.22	200m: 2:25.31	37.81	300m: 3:41.46	38.52	400m: 4:57.42		37.75	
18.	WALICKA, Martyna	18	MKS „Astoria” Bydgoszcz					5:03.90	464
	50m: 33.18 33.18	150m: 1:48.38	38.45	250m: 3:07.08	39.59	350m: 4:25.64		38.84	
	100m: 1:09.93 36.75	200m: 2:27.49	39.11	300m: 3:46.80	39.72	400m: 5:03.90		38.26	
19.	DZIĘGIEL, Marta	18	AZS AWF Warszawa					5:10.44	435
	50m: 34.35 34.35	150m: 1:52.65	39.84	250m: 3:12.31	39.98	350m: 4:32.11		39.72	
	100m: 1:12.81 38.46	200m: 2:32.33	39.68	300m: 3:52.39	40.08	400m: 5:10.44		38.33	

16 lat

1.	KUCZMAR, Aleksandra	16	UKP „Polonia Warszawa”					4:33.96	634
	50m: 31.12 31.12	150m: 1:38.99	34.39	250m: 2:49.26	35.11	350m: 3:59.75		35.12	
	100m: 1:04.60 33.48	200m: 2:14.15	35.16	300m: 3:24.63	35.37	400m: 4:33.96		34.21	
2.	MILANCEJ, Elżbieta	16	UKP „Polonia Warszawa”					4:39.97	594
	50m: 32.41 32.41	150m: 1:43.99	36.11	250m: 2:55.61	35.70	350m: 4:06.67		35.20	
	100m: 1:07.88 35.47	200m: 2:19.91	35.92	300m: 3:31.47	35.86	400m: 4:39.97		33.30	
3.	ŁUCZAK, Anika	16	UKS SP-149 Łódź					4:50.69	530
	50m: 32.10 32.10	150m: 1:45.58	37.18	250m: 3:00.28	37.32	350m: 4:14.34		36.99	
	100m: 1:08.40 36.30	200m: 2:22.96	37.38	300m: 3:37.35	37.07	400m: 4:50.69		36.35	
4.	STACHEWICZ, Magdalena	16	AZS AWF Warszawa					4:51.63	525
	50m: 32.89 32.89	150m: 1:46.17	37.07	250m: 3:01.45	37.71	350m: 4:16.72		37.38	
	100m: 1:09.10 36.21	200m: 2:23.74	37.57	300m: 3:39.34	37.89	400m: 4:51.63		34.91	

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Konkurencja 12, Dziewcząt, 400m dowolny, 16 lat

Pozycja		Wiek						Czas	Pkt.
5.	KURPIEWSKA, Kaja	16	UKP „Polonia Warszawa”					4:55.59	504
	50m: 34.17 34.17	150m: 1:51.30	38.90	250m: 3:06.97	37.43	350m: 4:20.98			36.64
	100m: 1:12.40 38.23	200m: 2:29.54	38.24	300m: 3:44.34	37.37	400m: 4:55.59			34.61
6.	SOWIŃSKA, Wiktoria	16	Klub Pływacki Ciechanów					5:11.45	431
	50m: 32.80 32.80	150m: 1:50.90	40.61	250m: 3:12.51	41.36	350m: 4:34.33			41.49
	100m: 1:10.29 37.49	200m: 2:31.15	40.25	300m: 3:52.84	40.33	400m: 5:11.45			37.12
7.	BURKIEWICZ, Zofia	16	SSP „Orka” Iława					5:43.22	322
	50m: 36.27 36.27	150m: 2:00.61	43.40	250m: 3:29.35	44.88	350m: 4:59.54			44.86
	100m: 1:17.21 40.94	200m: 2:44.47	43.86	300m: 4:14.68	45.33	400m: 5:43.22			43.68

15 lat

1.	KOPP, Zuzanna	15	UKP „Polonia Warszawa”					4:46.97	551
	50m: 32.23 32.23	150m: 1:45.68	36.67	250m: 2:59.20	36.76	350m: 4:12.03			36.50
	100m: 1:09.01 36.78	200m: 2:22.44	36.76	300m: 3:35.53	36.33	400m: 4:46.97			34.94
2.	BALCERZAK, Barbara	15	SKP Delfin Koźienice					4:49.76	536
	50m: 32.69 32.69	150m: 1:44.39	36.50	250m: 2:58.87	37.44	350m: 4:13.73			37.33
	100m: 1:07.89 35.20	200m: 2:21.43	37.04	300m: 3:36.40	37.53	400m: 4:49.76			36.03
3.	SZUSTAK, Lena	15	KS Barakuda Mińsk Mazowiecki					4:54.71	509
	50m: 33.47 33.47	150m: 1:45.95	36.64	250m: 3:00.98	37.59	350m: 4:17.70			38.12
	100m: 1:09.31 35.84	200m: 2:23.39	37.44	300m: 3:39.58	38.60	400m: 4:54.71			37.01
4.	CZECHMAŃSKA, Antonina	15	UKP „Polonia Warszawa”					4:56.40	500
	50m: 32.98 32.98	150m: 1:47.64	37.54	250m: 3:03.82	37.47	350m: 4:19.77			37.26
	100m: 1:10.10 37.12	200m: 2:26.35	38.71	300m: 3:42.51	38.69	400m: 4:56.40			36.63
5.	MUSZYŃSKA, Patrycja	15	SKS 137 Delfin Łódź					5:03.59	466
	50m: 33.80 33.80	150m: 1:48.85	37.77	250m: 3:06.83	39.25	350m: 4:25.31			38.76
	100m: 1:11.08 37.28	200m: 2:27.58	38.73	300m: 3:46.55	39.72	400m: 5:03.59			38.28
6.	MYDŁOWSKA, Roxana	15	UKS Nawa Skierniewice					5:08.43	444
	50m: 35.09 35.09	150m: 1:53.79	39.51	250m: 3:13.58	39.95	350m: 4:32.16			38.67
	100m: 1:14.28 39.19	200m: 2:33.63	39.84	300m: 3:53.49	39.91	400m: 5:08.43			36.27
7.	STEFAŃSKA, Alicja	15	St. KF KS „Fenix” Ożarów Mazowiecki					5:10.55	435
	50m: 34.79 34.79	150m: 1:52.14	39.32	250m: 3:11.37	39.49	350m: 4:31.93			40.45
	100m: 1:12.82 38.03	200m: 2:31.88	39.74	300m: 3:51.48	40.11	400m: 5:10.55			38.62
8.	SELIWIAK, Hanna	15	SKS 137 Delfin Łódź					5:12.18	428
	50m: 34.35 34.35	150m: 1:53.41	40.33	250m: 3:14.23	40.42	350m: 4:34.64			40.04
	100m: 1:13.08 38.73	200m: 2:33.81	40.40	300m: 3:54.60	40.37	400m: 5:12.18			37.54

14 lat

1.	BOMBA, Julia	14	CSiR MOS w Dąbrowie Górniczej					4:39.16	599
	50m: 31.24 31.24	150m: 1:41.38	35.53	250m: 2:52.94	36.12	350m: 4:04.35			35.59
	100m: 1:05.85 34.61	200m: 2:16.82	35.44	300m: 3:28.76	35.82	400m: 4:39.16			34.81
2.	KAROLEWSKA, Julia	14	SWIMLAND Olsztyn					4:43.37	573
	50m: 32.02 32.02	150m: 1:43.65	36.35	250m: 2:57.21	37.02	350m: 4:10.47			36.33
	100m: 1:07.30 35.28	200m: 2:20.19	36.54	300m: 3:34.14	36.93	400m: 4:43.37			32.90
3.	BARCZAK, Karolina	14	MTP Kormoran Olsztyn					4:46.26	555
	50m: 32.72 32.72	150m: 1:44.82	36.65	250m: 2:58.57	37.11	350m: 4:11.54			36.54
	100m: 1:08.17 35.45	200m: 2:21.46	36.64	300m: 3:35.00	36.43	400m: 4:46.26			34.72
4.	PALICKA, Patrycja	14	TP Skalar, Słupsk					4:50.12	534
	50m: 33.44 33.44	150m: 1:45.05	36.31	250m: 3:00.25	37.99	350m: 4:13.89			36.26
	100m: 1:08.74 35.30	200m: 2:22.26	37.21	300m: 3:37.63	37.38	400m: 4:50.12			36.23

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Konkurencja 12, Dziewcząt, 400m dowolny, 14 lat

Pozycja				Wiek									Czas	Pkt.
5.	KANIEWSKA, Lena			14	Mokotowski UKP Warszawianka- Wodny								4:58.37	490
	50m:	33.49	33.49	150m:	1:49.22	38.16	250m:	3:06.25	38.14	350m:	4:22.05		37.08	
	100m:	1:11.06	37.57	200m:	2:28.11	38.89	300m:	3:44.97	38.72	400m:	4:58.37		36.32	
6.	SKIERKA, Magdalena			14	Dwójka Morena Gdańsk								5:05.56	457
	50m:	33.97	33.97	150m:	1:50.71	38.69	250m:	3:10.57	39.53	350m:	4:29.81		39.23	
	100m:	1:12.02	38.05	200m:	2:31.04	40.33	300m:	3:50.58	40.01	400m:	5:05.56		35.75	
7.	KOWALCZYK, Helena			14	MKS Trójka Łódź								5:07.65	447
	50m:	35.01	35.01	150m:	1:53.31	38.56	250m:	3:12.81	39.62	350m:	4:30.32		37.97	
	100m:	1:14.75	39.74	200m:	2:33.19	39.88	300m:	3:52.35	39.54	400m:	5:07.65		37.33	
8.	CYNAR, Milena			14	MKS Trójka Łódź								5:12.55	427
	50m:	34.77	34.77	150m:	1:53.48	39.65	250m:	3:14.66	40.86	350m:	4:35.85		39.86	
	100m:	1:13.83	39.06	200m:	2:33.80	40.32	300m:	3:55.99	41.33	400m:	5:12.55		36.70	
9.	RECZEK, Nina			14	KS „Wisła” Puławy								5:14.18	420
	50m:	34.91	34.91	150m:	1:53.83	39.63	250m:	3:14.64	40.52	350m:	4:35.19		39.97	
	100m:	1:14.20	39.29	200m:	2:34.12	40.29	300m:	3:55.22	40.58	400m:	5:14.18		38.99	
10.	WITTBRODT, Alicja			14	UKP „Polonia Warszawa”								5:16.78	410
	50m:	34.88	34.88	150m:	1:55.08	41.02	250m:	3:17.41	41.18	350m:	4:38.21		40.11	
	100m:	1:14.06	39.18	200m:	2:36.23	41.15	300m:	3:58.10	40.69	400m:	5:16.78		38.57	
11.	BANASZEK, Blanka			14	MKS Trójka Łódź								5:19.97	398
	50m:	36.42	36.42	150m:	2:00.91	42.20	250m:	3:21.40	40.08	350m:	4:41.59		39.78	
	100m:	1:18.71	42.29	200m:	2:41.32	40.41	300m:	4:01.81	40.41	400m:	5:19.97		38.38	
12.	KURZYP, Lena			14	UKP „Polonia Warszawa”								5:34.42	348
	50m:	35.74	35.74	150m:	1:56.72	41.21	250m:	3:22.34	42.04	350m:	4:48.72		43.24	
	100m:	1:15.51	39.77	200m:	2:40.30	43.58	300m:	4:05.48	43.14	400m:	5:34.42		45.70	