

Konkurencja 21  
 9/5/2026 - 17:21

Kobiet, 400m dowolny

 13 lat i starsi  
 Wyniki

Punkty: AQUA 2026

Pozycja	Rok ur.	Czas	Pkt.
<b>13 lat i starsi</b>			
1. Famulok Zuzanna	03 AZS AWF Katowice	<b>4:24.38</b>	694
50m: 29.02 29.02	150m: 1:35.71 33.75	250m: 2:43.81 34.06	350m: 3:51.27 33.60
100m: 1:01.96 32.94	200m: 2:09.75 34.04	300m: 3:17.67 33.86	400m: 4:24.38 33.11
2. Polak Iga	09 Unia O wi cim	<b>4:26.07</b>	681
50m: 31.28 31.28	150m: 1:39.03 34.08	250m: 2:46.72 33.91	350m: 3:53.82 33.52
100m: 1:04.95 33.67	200m: 2:12.81 33.78	300m: 3:20.30 33.58	400m: 4:26.07 32.25
3. Paradowska Kinga	01 AZS WSG Bydgoszcz	<b>4:27.61</b>	670
50m: 31.00 31.00	150m: 1:39.12 34.08	250m: 2:47.56 34.15	350m: 3:55.67 34.13
100m: 1:05.04 34.04	200m: 2:13.41 34.29	300m: 3:21.54 33.98	400m: 4:27.61 31.94
4. R p Apolonia	06 Juvenia Wrocław	<b>4:31.40</b>	642
50m: 30.86 30.86	150m: 1:39.54 34.80	250m: 2:49.14 34.94	350m: 3:58.40 34.38
100m: 1:04.74 33.88	200m: 2:14.20 34.66	300m: 3:24.02 34.88	400m: 4:31.40 33.00
5. Łakoma Maria	08 SMS Galicja Kraków	<b>4:34.81</b>	618
50m: 31.73 31.73	150m: 1:40.92 34.89	250m: 2:51.05 34.72	350m: 4:00.98
100m: 1:06.03 34.30	200m: 2:16.33 35.41	300m: 3:30.00	400m: 4:34.81 33.83
6. Kacer Maria	12 BOSiR Brzesko	<b>4:35.25</b>	615
50m: 32.19 32.19	150m: 1:41.58 34.97	250m: 2:52.34 35.28	350m: 4:02.29 34.94
100m: 1:06.61 34.42	200m: 2:17.06 35.48	300m: 3:27.35 35.01	400m: 4:35.25 32.96
7. Karkocha Gabriela	09 Unia O wi cim	<b>4:39.77</b>	586
50m: 31.29 31.29	150m: 1:40.35 34.81	250m: 2:51.12 35.64	350m: 4:04.21 36.73
100m: 1:05.54 34.25	200m: 2:15.48 35.13	300m: 3:27.48 36.36	400m: 4:39.77 35.56
8. Malarz Milena	09 Victoria Kozy	<b>4:41.14</b>	577
50m: 32.20 32.20	150m: 1:42.74 35.47	250m: 2:54.71 36.23	350m: 4:07.72 36.49
100m: 1:07.27 35.07	200m: 2:18.48 35.74	300m: 3:31.23 36.52	400m: 4:41.14 33.42
9. Fartuszy ska Weronika	08 Juvenia Wrocław	<b>4:42.74</b>	568
50m: 32.67 32.67	150m: 1:44.70 36.23	250m: 2:56.55 36.14	350m: 4:08.78 35.74
100m: 1:08.47 35.80	200m: 2:20.41 35.71	300m: 3:33.04 36.49	400m: 4:42.74 33.96
10. Wieczorek Michalina	09 Unia O wi cim	<b>4:43.05</b>	566
50m: 31.84 31.84	150m: 1:41.87 35.40	250m: 2:50.96 33.37	350m: 4:07.02 36.55
100m: 1:06.47 34.63	200m: 2:17.59 35.72	300m: 3:30.47 39.51	400m: 4:43.05 36.03
11. Rutkowska Maja	09 Trójka Łód	<b>4:43.26</b>	565
50m: 32.58 32.58	150m: 1:44.99 35.93	250m: 2:57.18 35.82	350m: 4:08.62 35.83
100m: 1:09.06 36.48	200m: 2:21.36 36.37	300m: 3:32.79 35.61	400m: 4:43.26 34.64
12. Kalisz Małgorzata	12 Sokół-Mo cice Tarnów	<b>4:44.04</b>	560
50m: 32.32 32.32	150m: 1:45.27 36.64	250m: 2:57.66 36.03	350m: 4:09.80 35.71
100m: 1:08.63 36.31	200m: 2:21.63 36.36	300m: 3:34.09 36.43	400m: 4:44.04 34.24
13. Rachwał Olga	10 SMS Galicja Kraków	<b>4:44.27</b>	559
50m: 32.71 32.71	150m: 1:46.00 36.29	250m: 2:56.86 34.79	350m: 4:09.30 34.85
100m: 1:08.61 35.90	200m: 2:22.07 36.07	300m: 3:34.45 37.59	400m: 4:44.27 34.97
14. Nosal Nela	10 Juvenia Wrocław	<b>4:46.67</b>	545
50m: 32.67 32.67	150m: 1:44.85 36.54	250m: 2:57.55 36.37	350m: 4:11.75 37.08
100m: 1:08.31 35.64	200m: 2:21.18 36.33	300m: 3:34.67 37.12	400m: 4:46.67 34.92
15. Trafalska Antonina	08 UKS 190 Łód	<b>4:46.78</b>	544
50m: 33.40 33.40	150m: 1:44.93 36.11	250m: 2:57.95 36.69	350m: 4:11.05 36.43
100m: 1:08.82 35.42	200m: 2:21.26 36.33	300m: 3:34.62 36.67	400m: 4:46.78 35.73
16. Wiernicka Julia	07 SMS Galicja Kraków	<b>4:48.05</b>	537
50m: 32.39 32.39	150m: 1:42.87 35.79	250m: 2:56.50 37.00	350m: 4:11.29 37.81
100m: 1:07.08 34.69	200m: 2:19.50 36.63	300m: 3:33.48 36.98	400m: 4:48.05 36.76

## Konkurencja 21, Kobiet, 400m dowolny, 13 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.	
17.	Zaworska Zofia				13	CSiR MOS D browa Grn.				<b>4:48.83</b>	532	
	50m:	32.56	32.56	150m:	1:45.59	36.87	250m:	3:00.01	36.85	350m:	4:13.43	36.21
	100m:	1:08.72	36.16	200m:	2:23.16	37.57	300m:	3:37.22	37.21	400m:	4:48.83	35.40
18.	Bednarska Antonina				12	KSZO Ostrowiec w.				<b>4:50.26</b>	525	
	50m:	33.05	33.05	150m:	1:46.99	37.52	250m:	3:00.94	36.83	350m:	4:14.26	36.42
	100m:	1:09.47	36.42	200m:	2:24.11	37.12	300m:	3:37.84	36.90	400m:	4:50.26	36.00
19.	Kuna Alina				10	Solne Miasto Wieliczka				<b>4:51.84</b>	516	
	50m:	32.99	32.99	150m:	1:47.00	37.21	250m:	3:02.08	37.06	350m:	4:16.30	36.62
	100m:	1:09.79	36.80	200m:	2:25.02	38.02	300m:	3:39.68	37.60	400m:	4:51.84	35.54
20.	Mikuła Maria				12	Solne Miasto Wieliczka				<b>4:54.16</b>	504	
	50m:	32.47	32.47	150m:	1:47.08	37.98	250m:	3:04.02	38.51	350m:	4:20.13	37.66
	100m:	1:09.10	36.63	200m:	2:25.51	38.43	300m:	3:42.47	38.45	400m:	4:54.16	34.03
21.	Cybulska Lena				12	Dragon Sosnowiec				<b>4:54.20</b>	504	
	50m:	33.04	33.04	150m:	1:47.91	37.73	250m:	3:04.06	38.02	350m:	4:20.15	37.71
	100m:	1:10.18	37.14	200m:	2:26.04	38.13	300m:	3:42.44	38.38	400m:	4:54.20	34.05
22.	Kawa Kaja				13	Sokół-Mo cice Tarnów				<b>4:54.21</b>	504	
	50m:	31.95	31.95	150m:	1:45.63	37.31	250m:	3:01.67	38.28	350m:	4:17.48	37.87
	100m:	1:08.32	36.37	200m:	2:23.39	37.76	300m:	3:39.61	37.94	400m:	4:54.21	36.73
23.	Stachewicz Magdalena				09	AZS AWF Warszawa				<b>4:54.92</b>	500	
	50m:	33.50	33.50	150m:	1:47.26	37.52	250m:	3:03.76	38.53	350m:	4:19.89	37.71
	100m:	1:09.74	36.24	200m:	2:25.23	37.97	300m:	3:42.18	38.42	400m:	4:54.92	35.03
	Wilczy ska Martyna				08	Olimpijczyk Kraków				<b>4:54.92</b>	500	
	50m:	32.85	32.85	150m:	1:48.77	38.35	250m:	3:04.60	37.72	350m:	4:20.74	38.06
	100m:	1:10.42	37.57	200m:	2:26.88	38.11	300m:	3:42.68	38.08	400m:	4:54.92	34.18
25.	Krasowska Blanka				13	Delfin Tarnobrzeg				<b>4:55.33</b>	498	
	50m:	33.62	33.62	150m:	1:49.04	37.92	250m:	3:04.75	37.72	350m:	4:20.14	37.43
	100m:	1:11.12	37.50	200m:	2:27.03	37.99	300m:	3:42.71	37.96	400m:	4:55.33	35.19
26.	Dobrasz Magdalena				13	Jedno 32 Przystowice				<b>4:56.02</b>	495	
	50m:	33.68	33.68	150m:	1:48.99	38.01	250m:	3:06.81	39.04	350m:	4:21.78	36.77
	100m:	1:10.98	37.30	200m:	2:27.77	38.78	300m:	3:45.01	38.20	400m:	4:56.02	34.24
27.	Resiuła Weronika				12	UKS SP 8 Chrzanów				<b>4:56.14</b>	494	
	50m:	28.49	28.49	150m:	1:47.61	38.03	250m:	3:04.39	38.38	350m:	4:20.74	38.03
	100m:	1:09.58	41.09	200m:	2:26.01	38.40	300m:	3:42.71	38.32	400m:	4:56.14	35.40
28.	Jaciow Magdalena				10	SMS Galicja Kraków				<b>4:56.38</b>	493	
	50m:	33.75	33.75	150m:	1:48.18	37.55	250m:	3:04.33	38.26	350m:		
	100m:	1:10.63	36.88	200m:	2:26.07	37.89	300m:	3:42.23	37.90	400m:	4:56.38	
29.	Socha Małgorzata				12	CSiR MOS D browa Grn.				<b>4:56.40</b>	493	
	50m:	33.18	33.18	150m:	1:47.88	37.71	250m:	3:03.95	38.20	350m:	4:19.49	37.54
	100m:	1:10.17	36.99	200m:	2:25.75	37.87	300m:	3:41.95	38.00	400m:	4:56.40	36.91
	Dorociak Natalia				12	Korona 1919 Kraków				<b>4:56.40</b>	493	
	50m:	34.10	34.10	150m:	1:49.15	37.67	250m:	3:05.13	37.79	350m:	4:20.85	37.69
	100m:	1:11.48	37.38	200m:	2:27.34	38.19	300m:	3:43.16	38.03	400m:	4:56.40	35.55
31.	Zabrzaska Kinga				07	Juvenia Wrocław				<b>4:56.76</b>	491	
	50m:	33.47	33.47	150m:	1:47.66	37.31	250m:	3:03.51	37.79	350m:	4:19.44	38.19
	100m:	1:10.35	36.88	200m:	2:25.72	38.06	300m:	3:41.25	37.74	400m:	4:56.76	37.32
32.	Pi tek Maja				10	Górník Sosnowiec				<b>4:57.41</b>	488	
	50m:	32.58	32.58	150m:	1:47.37	37.73	250m:	3:04.40	39.21	350m:	4:20.14	38.28
	100m:	1:09.64	37.06	200m:	2:25.19	37.82	300m:	3:41.86	37.46	400m:	4:57.41	37.27
33.	Muszy ska Patrycja				10	Trójka Łód				<b>4:57.94</b>	485	
	50m:	33.29	33.29	150m:	1:47.40	37.23	250m:	3:03.66	37.94	350m:	4:20.27	38.41
	100m:	1:10.17	36.88	200m:	2:25.72	38.32	300m:	3:41.86	38.20	400m:	4:57.94	37.67

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Pozycja					Rok ur.					Czas	Pkt.	
34.	Szwiec Matylda				11	Sokół-Mo cice Tarnów				<b>4:58.70</b>	481	
	50m:	33.89	33.89	150m:	1:48.29	37.60	250m:	3:04.90	38.74	350m:	4:20.84	37.75
	100m:	1:10.69	36.80	200m:	2:26.16	37.87	300m:	3:43.09	38.19	400m:	4:58.70	37.86
35.	Grzegorzczuk Amelia				12	Korona-Swim Kielce				<b>5:00.86</b>	471	
	50m:	33.60	33.60	150m:	1:47.75	37.15	250m:	3:05.28	39.36	350m:	4:23.13	38.66
	100m:	1:10.60	37.00	200m:	2:25.92	38.17	300m:	3:44.47	39.19	400m:	5:00.86	37.73
36.	Zaborska Idalia				12	Ósemka O wi cim				<b>5:01.05</b>	470	
	50m:	33.81	33.81	150m:	1:49.19	38.44	250m:	3:06.33	38.56	350m:	4:23.74	38.56
	100m:	1:10.75	36.94	200m:	2:27.77	38.58	300m:	3:45.18	38.85	400m:	5:01.05	37.31
37.	Szerl g Antonina				12	SMS Galicja Kraków				<b>5:03.88</b>	457	
	50m:	34.01	34.01	150m:	1:52.18	39.48	250m:	3:10.79	39.38	350m:	4:26.63	37.18
	100m:	1:12.70	38.69	200m:	2:31.41	39.23	300m:	3:49.45	38.66	400m:	5:03.88	37.25
38.	Toporzczuk Zuzanna				12	Ósemka O wi cim				<b>5:04.11</b>	456	
	50m:	33.47	33.47	150m:	1:50.79	39.55	250m:	3:08.75	39.49	350m:	4:26.66	38.30
	100m:	1:11.24	37.77	200m:	2:29.26	38.47	300m:	3:48.36	39.61	400m:	5:04.11	37.45
39.	Sukiennik Anna				10	Trójka Łód				<b>5:05.33</b>	451	
	50m:	34.38	34.38	150m:	1:51.61	39.07	250m:	3:10.16	39.34	350m:	4:28.11	38.91
	100m:	1:12.54	38.16	200m:	2:30.82	39.21	300m:	3:49.20	39.04	400m:	5:05.33	37.22
40.	Braniecka Iga				12	Korona 1919 Kraków				<b>5:05.77</b>	449	
	50m:	34.94	34.94	150m:	1:51.93	38.51	250m:	3:10.57	39.31	350m:	4:28.71	39.20
	100m:	1:13.42	38.48	200m:	2:31.26	39.33	300m:	3:49.51	38.94	400m:	5:05.77	37.06
41.	Borówka Patrycja				13	Sandwell Aquatics Club				<b>5:06.98</b>	443	
	50m:	34.14	34.14	150m:	1:50.94	38.88	250m:	3:11.00	40.17	350m:	4:29.25	38.75
	100m:	1:12.06	37.92	200m:	2:30.83	39.89	300m:	3:50.50	39.50	400m:	5:06.98	37.73
42.	ymelka Antonina				12	Jedno 32 Przyszowice				<b>5:07.05</b>	443	
	50m:	34.65	34.65	150m:	1:51.74	39.18	250m:	3:11.13	39.91	350m:	4:30.02	39.29
	100m:	1:12.56	37.91	200m:	2:31.22	39.48	300m:	3:50.73	39.60	400m:	5:07.05	37.03
43.	Baszczuk Milena				10	Feniks D bica				<b>5:07.89</b>	440	
	50m:	33.64	33.64	150m:	1:50.93	39.21	250m:	3:09.90	39.74	350m:	4:29.80	39.64
	100m:	1:11.72	38.08	200m:	2:30.16	39.23	300m:	3:50.16	40.26	400m:	5:07.89	38.09
44.	Wolnik Aleksandra				13	Olimpijczyk Brzesko				<b>5:08.23</b>	438	
	50m:	35.03	35.03	150m:	1:53.54	39.57	250m:	3:12.34	39.26	350m:	4:31.53	39.48
	100m:	1:13.97	38.94	200m:	2:33.08	39.54	300m:	3:52.05	39.71	400m:	5:08.23	36.70
45.	Kubis Gabriela				10	Olimpijczyk Kraków				<b>5:09.58</b>	432	
	50m:	35.01	35.01	150m:	1:53.44	39.39	250m:	3:12.94	39.67	350m:	4:31.71	39.07
	100m:	1:14.05	39.04	200m:	2:33.27	39.83	300m:	3:52.64	39.70	400m:	5:09.58	37.87
46.	Ksi ek Joanna				12	Olimpijczyk Kraków				<b>5:09.61</b>	432	
	50m:	33.85	33.85	150m:	1:53.47	39.81	250m:	3:13.68	40.47	350m:	4:32.14	38.79
	100m:	1:13.66	39.81	200m:	2:33.21	39.74	300m:	3:53.35	39.67	400m:	5:09.61	37.47
47.	Kowalczyk Helena				11	Trójka Łód				<b>5:09.70</b>	432	
	50m:	33.56	33.56	150m:	1:50.38	39.49	250m:	3:10.01	40.05	350m:	4:30.72	40.54
	100m:	1:10.89	37.33	200m:	2:29.96	39.58	300m:	3:50.18	40.17	400m:	5:09.70	38.98
48.	Stradomska Aleksandra				13	Olimpijczyk Kraków				<b>5:10.00</b>	431	
	50m:	34.96	34.96	150m:	1:55.04	40.81	250m:	3:16.67	41.20	350m:	4:35.08	38.10
	100m:	1:14.23	39.27	200m:	2:35.47	40.43	300m:	3:56.98	40.31	400m:	5:10.00	34.92
49.	Ernestowicz Julia				12	Korona-Swim Kielce				<b>5:12.10</b>	422	
	50m:	35.23	35.23	150m:	1:52.64	39.13	250m:	3:12.57	40.40	350m:	4:34.41	41.03
	100m:	1:13.51	38.28	200m:	2:32.17	39.53	300m:	3:53.38	40.81	400m:	5:12.10	37.69
50.	Kusz Zuzanna				13	SMS Galicja Kraków				<b>5:12.24</b>	421	
	50m:	34.27	34.27	150m:	1:52.18	39.25	250m:	3:12.91	40.33	350m:	4:32.73	39.62
	100m:	1:12.93	38.66	200m:	2:32.58	40.40	300m:	3:53.11	40.20	400m:	5:12.24	39.51

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Pozycja					Rok ur.					Czas	Pkt.
51.	Mielech Blanka				13	Olimpijczyk Kraków				<b>5:13.85</b>	415
	50m: 35.01	35.01	150m: 1:56.40	40.85	250m: 3:17.48	40.35	350m: 4:36.87	39.61			
	100m: 1:15.55	40.54	200m: 2:37.13	40.73	300m: 3:57.26	39.78	400m: 5:13.85	36.98			
52.	Wrze niak Barbara				13	CSiR MOS D browa Grn.				<b>5:13.89</b>	415
	50m: 35.19	35.19	150m: 1:55.21	39.68	250m: 3:16.97	41.06	350m: 4:36.19	39.44			
	100m: 1:15.53	40.34	200m: 2:35.91	40.70	300m: 3:56.75	39.78	400m: 5:13.89	37.70			
53.	Głogowska Natalia				12	SMS Galicja Kraków				<b>5:14.63</b>	412
	50m: 35.75	35.75	150m: 1:56.91	40.83	250m: 3:18.49	40.83	350m: 4:37.31	38.90			
	100m: 1:16.08	40.33	200m: 2:37.66	40.75	300m: 3:58.41	39.92	400m: 5:14.63	37.32			
54.	J drzejczyk Julia				12	STP Nowy S cz				<b>5:16.80</b>	403
	50m: 34.68	34.68	150m: 1:54.78	40.40	250m: 3:15.75	39.63	350m: 4:37.17	40.05			
	100m: 1:14.38	39.70	200m: 2:36.12	41.34	300m: 3:57.12	41.37	400m: 5:16.80	39.63			
55.	Sołtysiak Pola				11	Trójka Łód				<b>5:16.83</b>	403
	50m: 35.31	35.31	150m: 1:54.94	40.15	250m: 3:16.48	40.89	350m: 4:37.76	40.28			
	100m: 1:14.79	39.48	200m: 2:35.59	40.65	300m: 3:57.48	41.00	400m: 5:16.83	39.07			
56.	Czachor Kornelia				12	Feniks D bica				<b>5:16.98</b>	403
	50m: 34.61	34.61	150m: 1:54.25	40.59	250m: 3:16.62	41.27	350m: 4:38.09	40.64			
	100m: 1:13.66	39.05	200m: 2:35.35	41.10	300m: 3:57.45	40.83	400m: 5:16.98	38.89			
57.	Opoka Antonina				13	STP Nowy S cz				<b>5:17.00</b>	403
	50m: 35.24	35.24	150m: 1:54.90	39.99	250m: 3:17.03	40.53	350m: 4:38.28	40.33			
	100m: 1:14.91	39.67	200m: 2:36.50	41.60	300m: 3:57.95	40.92	400m: 5:17.00	38.72			
58.	Miller Milena				12	Aquarius Lesko				<b>5:17.31</b>	401
	50m: 35.00	35.00	150m: 1:54.42	40.31	250m: 3:17.22	41.72	350m: 4:39.57	40.05			
	100m: 1:14.11	39.11	200m: 2:35.50	41.08	300m: 3:59.52	42.30	400m: 5:17.31	37.74			
59.	Stawicka Martyna				12	Na Fali Bytom				<b>5:19.44</b>	393
	50m: 34.90	34.90	150m: 1:55.85	41.31	250m: 3:18.81	41.59	350m: 4:40.41	40.87			
	100m: 1:14.54	39.64	200m: 2:37.22	41.37	300m: 3:59.54	40.73	400m: 5:19.44	39.03			
60.	Trzop Oliwia				12	Jasie Sucha Besk.				<b>5:20.28</b>	390
	50m: 35.86	35.86	150m: 1:57.52	41.31	250m: 3:21.35	41.71	350m: 4:43.12	40.36			
	100m: 1:16.21	40.35	200m: 2:39.64	42.12	300m: 4:02.76	41.41	400m: 5:20.28	37.16			
61.	Menet Maria				12	Aquarius Lesko				<b>5:20.46</b>	390
	50m: 34.75	34.75	150m: 1:53.82	40.18	250m: 3:16.75	41.64	350m: 4:39.84	41.53			
	100m: 1:13.64	38.89	200m: 2:35.11	41.29	300m: 3:58.31	41.56	400m: 5:20.46	40.62			
62.	Mstowska Matylda				13	Wodnik Siemianowice I.				<b>5:20.68</b>	389
	50m: 35.35	35.35	150m: 1:56.68	41.25	250m: 3:19.13	41.14	350m: 4:41.70	40.80			
	100m: 1:15.43	40.08	200m: 2:37.99	41.31	300m: 4:00.90	41.77	400m: 5:20.68	38.98			
63.	Dudziak Maja				08	Korona 1919 Kraków				<b>5:20.90</b>	388
	50m: 35.50	35.50	150m: 1:55.99	40.75	250m: 3:18.66	41.16	350m: 4:41.48	40.91			
	100m: 1:15.24	39.74	200m: 2:37.50	41.51	300m: 4:00.57	41.91	400m: 5:20.90	39.42			
64.	Bro ek Milena				10	Wodnik 29 Tychy				<b>5:20.93</b>	388
	50m: 35.88	35.88	150m: 1:57.57	41.74	250m: 3:20.77	41.57	350m: 4:42.19	40.07			
	100m: 1:15.83	39.95	200m: 2:39.20	41.63	300m: 4:02.12	41.35	400m: 5:20.93	38.74			
65.	Milbrant Jagoda				10	Unia O wi cim				<b>5:21.07</b>	388
	50m: 35.99	35.99	150m: 1:56.51	40.56	250m: 3:19.40	41.51	350m: 4:41.57	40.26			
	100m: 1:15.95	39.96	200m: 2:37.89	41.38	300m: 4:01.31	41.91	400m: 5:21.07	39.50			
66.	Krasowska Maja				11	Delfin Tarnobrzeg				<b>5:22.70</b>	382
	50m: 36.21	36.21	150m: 1:58.39	41.91	250m: 3:22.20	41.92	350m: 4:44.29	40.79			
	100m: 1:16.48	40.27	200m: 2:40.28	41.89	300m: 4:03.50	41.30	400m: 5:22.70	38.41			
67.	Wi niewska Milena				12	Olimpijczyk Kraków				<b>5:22.84</b>	381
	50m: 37.37	37.37	150m: 1:58.96	41.41	250m: 3:21.31	40.98	350m: 4:43.63	40.55			
	100m: 1:17.55	40.18	200m: 2:40.33	41.37	300m: 4:03.08	41.77	400m: 5:22.84	39.21			

## Konkurencja 21, Kobiety, 400m dowolny, 13 lat i starsi

Pozycja					Rok ur.					Czas	Pkt.	
68.	Chmura Klaudia				13	Sokół Rzeszów				<b>5:25.15</b>	373	
	50m:	34.77	34.77	150m:	1:56.57	41.68	250m:	3:20.78	41.54	350m:	4:44.06	40.82
	100m:	1:14.89	40.12	200m:	2:39.24	42.67	300m:	4:03.24	42.46	400m:	5:25.15	41.09
69.	Kameczura Ró a				13	Aquarius Lesko				<b>5:25.18</b>	373	
	50m:	35.18	35.18	150m:			250m:	3:21.93	41.97	350m:	4:45.30	41.55
	100m:	1:16.69	41.51	200m:	2:39.96		300m:	4:03.75	41.82	400m:	5:25.18	39.88
70.	Wieczorek Iga				13	CSiR MOS D browa Grn.				<b>5:27.73</b>	364	
	50m:	37.29	37.29	150m:	1:59.88	41.67	250m:	3:23.57	42.30	350m:	4:47.50	41.78
	100m:	1:18.21	40.92	200m:	2:41.27	41.39	300m:	4:05.72	42.15	400m:	5:27.73	40.23
71.	Seliwiak Hanna				10	Trójka Łód				<b>5:29.40</b>	359	
	50m:	36.71	36.71	150m:	1:59.06	41.67	250m:	3:23.23	42.17	350m:	4:47.95	42.60
	100m:	1:17.39	40.68	200m:	2:41.06	42.00	300m:	4:05.35	42.12	400m:	5:29.40	41.45
72.	Wołoszyn Julia				13	Orka Zamo				<b>5:29.41</b>	359	
	50m:	37.07	37.07	150m:	1:59.35	41.72	250m:	3:24.30	42.84	350m:	4:49.31	42.84
	100m:	1:17.63	40.56	200m:	2:41.46	42.11	300m:	4:06.47	42.17	400m:	5:29.41	40.10
73.	Barniak Milena				12	Delfinek Ustrzyki Dln.				<b>5:29.90</b>	357	
	50m:	36.94	36.94	150m:	2:02.09	42.85	250m:	3:28.30	43.34	350m:	4:52.81	41.78
	100m:	1:19.24	42.30	200m:	2:44.96	42.87	300m:	4:11.03	42.73	400m:	5:29.90	37.09
74.	Le niowska Zuzanna				12	Olimpijczyk Kraków				<b>5:32.66</b>	348	
	50m:	36.85	36.85	150m:	2:01.70	43.14	250m:	3:27.45	42.92	350m:	4:52.55	42.19
	100m:	1:18.56	41.71	200m:	2:44.53	42.83	300m:	4:10.36	42.91	400m:	5:32.66	40.11
75.	Bie Laura				13	Feniks D bica				<b>5:33.21</b>	347	
	50m:	34.75	34.75	150m:	1:58.95	43.67	250m:	3:26.23	44.54	350m:	4:53.19	42.83
	100m:	1:15.28	40.53	200m:	2:41.69	42.74	300m:	4:10.36	44.13	400m:	5:33.21	40.02
76.	Iefarska Maja				12	Korona-Swim Kielce				<b>5:33.81</b>	345	
	50m:	36.38	36.38	150m:	2:00.81	43.26	250m:	3:27.68	43.49	350m:	4:54.41	42.56
	100m:	1:17.55	41.17	200m:	2:44.19	43.38	300m:	4:11.85	44.17	400m:	5:33.81	39.40
77.	Frank Joanna				12	Trójka Łód				<b>5:35.15</b>	341	
	50m:	36.36	36.36	150m:	2:00.87	43.25	250m:	3:27.89	44.08	350m:	4:55.49	43.44
	100m:	1:17.62	41.26	200m:	2:43.81	42.94	300m:	4:12.05	44.16	400m:	5:35.15	39.66
78.	Bayeshka Ahneshka				12	Trójka Łód				<b>5:35.23</b>	340	
	50m:	36.66	36.66	150m:	2:01.80	43.02	250m:	3:26.95	42.10	350m:	4:53.61	43.03
	100m:	1:18.78	42.12	200m:	2:44.85	43.05	300m:	4:10.58	43.63	400m:	5:35.23	41.62
79.	Nosol Joanna				10	Victoria Zawiercie				<b>5:36.70</b>	336	
	50m:	35.70	35.70	150m:	2:01.21	43.68	250m:	3:29.47	43.97	350m:	4:56.36	42.66
	100m:	1:17.53	41.83	200m:	2:45.50	44.29	300m:	4:13.70	44.23	400m:	5:36.70	40.34
80.	Hetman Liliana				13	Olimpijczyk Kraków				<b>5:39.02</b>	329	
	50m:	36.66	36.66	150m:	2:03.25	43.92	250m:	3:31.50	45.06	350m:	4:59.32	43.85
	100m:	1:19.33	42.67	200m:	2:46.44	43.19	300m:	4:15.47	43.97	400m:	5:39.02	39.70
81.	Handzlik Hanna				09	Victoria Kozy				<b>5:42.02</b>	320	
	50m:	37.07	37.07	150m:	2:03.13	43.61	250m:	3:31.97	44.66	350m:	5:00.45	43.90
	100m:	1:19.52	42.45	200m:	2:47.31	44.18	300m:	4:16.55	44.58	400m:	5:42.02	41.57
82.	Kupiec Magdalena				12	Solne Miasto Wieliczka				<b>5:49.55</b>	300	
	50m:	37.34	37.34	150m:	2:03.72	44.22	250m:	3:33.48		350m:	5:04.03	44.79
	100m:	1:19.50	42.16	200m:			300m:	4:19.24	45.76	400m:	5:49.55	45.52
83.	Breguła Liliana				13	Wodnik Siemianowice I.				<b>6:06.09</b>	261	
	50m:	37.62	37.62	150m:	2:09.73	46.82	250m:	3:45.76	47.89	350m:	5:20.53	47.16
	100m:	1:22.91	45.29	200m:	2:57.87	48.14	300m:	4:33.37	47.61	400m:	6:06.09	45.56

## Konkurencja 21, Kobiet, 400m dowolny

## 17 - 18 lat

1.	Polak Iga	09	Unia O wi cim	<b>4:26.07</b>	681
	50m: 31.28 31.28	150m: 1:39.03 34.08	250m: 2:46.72 33.91	350m: 3:53.82 33.52	
	100m: 1:04.95 33.67	200m: 2:12.81 33.78	300m: 3:20.30 33.58	400m: 4:26.07 32.25	
2.	Łakoma Maria	08	SMS Galicja Kraków	<b>4:34.81</b>	618
	50m: 31.73 31.73	150m: 1:40.92 34.89	250m: 2:51.05 34.72	350m: 4:00.98	
	100m: 1:06.03 34.30	200m: 2:16.33 35.41	300m: 3:20.30 33.58	400m: 4:34.81 33.83	
3.	Karkocha Gabriela	09	Unia O wi cim	<b>4:39.77</b>	586
	50m: 31.29 31.29	150m: 1:40.35 34.81	250m: 2:51.12 35.64	350m: 4:04.21 36.73	
	100m: 1:05.54 34.25	200m: 2:15.48 35.13	300m: 3:27.48 36.36	400m: 4:39.77 35.56	
4.	Malarz Milena	09	Victoria Kozy	<b>4:41.14</b>	577
	50m: 32.20 32.20	150m: 1:42.74 35.47	250m: 2:54.71 36.23	350m: 4:07.72 36.49	
	100m: 1:07.27 35.07	200m: 2:18.48 35.74	300m: 3:31.23 36.52	400m: 4:41.14 33.42	
5.	Fartuszy ska Weronika	08	Juvenia Wrocław	<b>4:42.74</b>	568
	50m: 32.67 32.67	150m: 1:44.70 36.23	250m: 2:56.55 36.14	350m: 4:08.78 35.74	
	100m: 1:08.47 35.80	200m: 2:20.41 35.71	300m: 3:33.04 36.49	400m: 4:42.74 33.96	
6.	Wieczorek Michalina	09	Unia O wi cim	<b>4:43.05</b>	566
	50m: 31.84 31.84	150m: 1:41.87 35.40	250m: 2:50.96 33.37	350m: 4:07.02 36.55	
	100m: 1:06.47 34.63	200m: 2:17.59 35.72	300m: 3:30.47 39.51	400m: 4:43.05 36.03	
7.	Rutkowska Maja	09	Trójka Łódź	<b>4:43.26</b>	565
	50m: 32.58 32.58	150m: 1:44.99 35.93	250m: 2:57.18 35.82	350m: 4:08.62 35.83	
	100m: 1:09.06 36.48	200m: 2:21.36 36.37	300m: 3:32.79 35.61	400m: 4:43.26 34.64	
8.	Trafalska Antonina	08	UKS 190 Łódź	<b>4:46.78</b>	544
	50m: 33.40 33.40	150m: 1:44.93 36.11	250m: 2:57.95 36.69	350m: 4:11.05 36.43	
	100m: 1:08.82 35.42	200m: 2:21.26 36.33	300m: 3:34.62 36.67	400m: 4:46.78 35.73	
9.	Stachewicz Magdalena	09	AZS AWF Warszawa	<b>4:54.92</b>	500
	50m: 33.50 33.50	150m: 1:47.26 37.52	250m: 3:03.76 38.53	350m: 4:19.89 37.71	
	100m: 1:09.74 36.24	200m: 2:25.23 37.97	300m: 3:42.18 38.42	400m: 4:54.92 35.03	
	Wilczy ska Martyna	08	Olimpijczyk Kraków	<b>4:54.92</b>	500
	50m: 32.85 32.85	150m: 1:48.77 38.35	250m: 3:04.60 37.72	350m: 4:20.74 38.06	
	100m: 1:10.42 37.57	200m: 2:26.88 38.11	300m: 3:42.68 38.08	400m: 4:54.92 34.18	
11.	Dudziak Maja	08	Korona 1919 Kraków	<b>5:20.90</b>	388
	50m: 35.50 35.50	150m: 1:55.99 40.75	250m: 3:18.66 41.16	350m: 4:41.48 40.91	
	100m: 1:15.24 39.74	200m: 2:37.50 41.51	300m: 4:00.57 41.91	400m: 5:20.90 39.42	
12.	Handzlik Hanna	09	Victoria Kozy	<b>5:42.02</b>	320
	50m: 37.07 37.07	150m: 2:03.13 43.61	250m: 3:31.97 44.66	350m: 5:00.45 43.90	
	100m: 1:19.52 42.45	200m: 2:47.31 44.18	300m: 4:16.55 44.58	400m: 5:42.02 41.57	

## 16 lat

1.	Rachwał Olga	10	SMS Galicja Kraków	<b>4:44.27</b>	559
	50m: 32.71 32.71	150m: 1:44.85 36.54	250m: 2:56.86 34.79	350m: 4:09.30 34.85	
	100m: 1:08.61 35.90	200m: 2:22.07 36.33	300m: 3:34.45 37.59	400m: 4:44.27 34.97	
2.	Nosal Nela	10	Juvenia Wrocław	<b>4:46.67</b>	545
	50m: 32.67 32.67	150m: 1:44.85 36.54	250m: 2:57.55 36.37	350m: 4:11.75 37.08	
	100m: 1:08.31 35.64	200m: 2:21.18 36.33	300m: 3:34.67 37.12	400m: 4:46.67 34.92	
3.	Kuna Alina	10	Solne Miasto Wieliczka	<b>4:51.84</b>	516
	50m: 32.99 32.99	150m: 1:47.00 37.21	250m: 3:02.08 37.06	350m: 4:16.30 36.62	
	100m: 1:09.79 36.80	200m: 2:25.02 38.02	300m: 3:39.68 37.60	400m: 4:51.84 35.54	
4.	Jaciow Magdalena	10	SMS Galicja Kraków	<b>4:56.38</b>	493
	50m: 33.75 33.75	150m: 1:48.18 37.55	250m: 3:04.33 38.26	350m: 4:20.74 38.06	
	100m: 1:10.63 36.88	200m: 2:26.07 37.89	300m: 3:42.23 37.90	400m: 4:56.38 35.54	

## Konkurencja 21, Dziewcz t, 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
5.	Pi tek Maja		10	Górnik Sosnowiec				<b>4:57.41</b>	488
	50m:	32.58 32.58	150m:	1:47.37 37.73	250m:	3:04.40 39.21	350m:	4:20.14 38.28	
	100m:	1:09.64 37.06	200m:	2:25.19 37.82	300m:	3:41.86 37.46	400m:	4:57.41 37.27	
6.	Muszy ska Patrycja		10	Trójka Łód				<b>4:57.94</b>	485
	50m:	33.29 33.29	150m:	1:47.40 37.23	250m:	3:03.66 37.94	350m:	4:20.27 38.41	
	100m:	1:10.17 36.88	200m:	2:25.72 38.32	300m:	3:41.86 38.20	400m:	4:57.94 37.67	
7.	Sukiennik Anna		10	Trójka Łód				<b>5:05.33</b>	451
	50m:	34.38 34.38	150m:	1:51.61 39.07	250m:	3:10.16 39.34	350m:	4:28.11 38.91	
	100m:	1:12.54 38.16	200m:	2:30.82 39.21	300m:	3:49.20 39.04	400m:	5:05.33 37.22	
8.	Baszczuk Milena		10	Feniks D bica				<b>5:07.89</b>	440
	50m:	33.64 33.64	150m:	1:50.93 39.21	250m:	3:09.90 39.74	350m:	4:29.80 39.64	
	100m:	1:11.72 38.08	200m:	2:30.16 39.23	300m:	3:50.16 40.26	400m:	5:07.89 38.09	
9.	Kubis Gabriela		10	Olimpijczyk Kraków				<b>5:09.58</b>	432
	50m:	35.01 35.01	150m:	1:53.44 39.39	250m:	3:12.94 39.67	350m:	4:31.71 39.07	
	100m:	1:14.05 39.04	200m:	2:33.27 39.83	300m:	3:52.64 39.70	400m:	5:09.58 37.87	
10.	Bro ek Milena		10	Wodnik 29 Tychy				<b>5:20.93</b>	388
	50m:	35.88 35.88	150m:	1:57.57 41.74	250m:	3:20.77 41.57	350m:	4:42.19 40.07	
	100m:	1:15.83 39.95	200m:	2:39.20 41.63	300m:	4:02.12 41.35	400m:	5:20.93 38.74	
11.	Milbrant Jagoda		10	Unia O wi cim				<b>5:21.07</b>	388
	50m:	35.99 35.99	150m:	1:56.51 40.56	250m:	3:19.40 41.51	350m:	4:41.57 40.26	
	100m:	1:15.95 39.96	200m:	2:37.89 41.38	300m:	4:01.31 41.91	400m:	5:21.07 39.50	
12.	Seliwiak Hanna		10	Trójka Łód				<b>5:29.40</b>	359
	50m:	36.71 36.71	150m:	1:59.06 41.67	250m:	3:23.23 42.17	350m:	4:47.95 42.60	
	100m:	1:17.39 40.68	200m:	2:41.06 42.00	300m:	4:05.35 42.12	400m:	5:29.40 41.45	
13.	Nosol Joanna		10	Victoria Zawiercie				<b>5:36.70</b>	336
	50m:	35.70 35.70	150m:	2:01.21 43.68	250m:	3:29.47 43.97	350m:	4:56.36 42.66	
	100m:	1:17.53 41.83	200m:	2:45.50 44.29	300m:	4:13.70 44.23	400m:	5:36.70 40.34	

## 15 lat

1.	Szwiec Matylda		11	Sokół-Mo cice Tarnów				<b>4:58.70</b>	481
	50m:	33.89 33.89	150m:	1:48.29 37.60	250m:	3:04.90 38.74	350m:	4:20.84 37.75	
	100m:	1:10.69 36.80	200m:	2:26.16 37.87	300m:	3:43.09 38.19	400m:	4:58.70 37.86	
2.	Kowalczyk Helena		11	Trójka Łód				<b>5:09.70</b>	432
	50m:	33.56 33.56	150m:	1:50.38 39.49	250m:	3:10.01 40.05	350m:	4:30.72 40.54	
	100m:	1:10.89 37.33	200m:	2:29.96 39.58	300m:	3:50.18 40.17	400m:	5:09.70 38.98	
3.	Sołtysiak Pola		11	Trójka Łód				<b>5:16.83</b>	403
	50m:	35.31 35.31	150m:	1:54.94 40.15	250m:	3:16.48 40.89	350m:	4:37.76 40.28	
	100m:	1:14.79 39.48	200m:	2:35.59 40.65	300m:	3:57.48 41.00	400m:	5:16.83 39.07	
4.	Krasowska Maja		11	Delfin Tarnobrzeg				<b>5:22.70</b>	382
	50m:	36.21 36.21	150m:	1:58.39 41.91	250m:	3:22.20 41.92	350m:	4:44.29 40.79	
	100m:	1:16.48 40.27	200m:	2:40.28 41.89	300m:	4:03.50 41.30	400m:	5:22.70 38.41	

## 14 lat

1.	Kacer Maria		12	BOSiR Brzesko				<b>4:35.25</b>	615
	50m:	32.19 32.19	150m:	1:41.58 34.97	250m:	2:52.34 35.28	350m:	4:02.29 34.94	
	100m:	1:06.61 34.42	200m:	2:17.06 35.48	300m:	3:27.35 35.01	400m:	4:35.25 32.96	
2.	Kalisz Małgorzata		12	Sokół-Mo cice Tarnów				<b>4:44.04</b>	560
	50m:	32.32 32.32	150m:	1:45.27 36.64	250m:	2:57.66 36.03	350m:	4:09.80 35.71	
	100m:	1:08.63 36.31	200m:	2:21.63 36.36	300m:	3:34.09 36.43	400m:	4:44.04 34.24	

## Konkurencja 21, Dziewcz t, 400m dowolny, 14 lat

Pozycja					Rok ur.					Czas	Pkt.	
3.	Bednarska Antonina				12	KSZO Ostrowiec w.				<b>4:50.26</b>	525	
	50m:	33.05	33.05	150m:	1:46.99	37.52	250m:	3:00.94	36.83	350m:	4:14.26	36.42
	100m:	1:09.47	36.42	200m:	2:24.11	37.12	300m:	3:37.84	36.90	400m:	4:50.26	36.00
4.	Mikuła Maria				12	Solne Miasto Wieliczka				<b>4:54.16</b>	504	
	50m:	32.47	32.47	150m:	1:47.08	37.98	250m:	3:04.02	38.51	350m:	4:20.13	37.66
	100m:	1:09.10	36.63	200m:	2:25.51	38.43	300m:	3:42.47	38.45	400m:	4:54.16	34.03
5.	Cybulska Lena				12	Dragon Sosnowiec				<b>4:54.20</b>	504	
	50m:	33.04	33.04	150m:	1:47.91	37.73	250m:	3:04.06	38.02	350m:	4:20.15	37.71
	100m:	1:10.18	37.14	200m:	2:26.04	38.13	300m:	3:42.44	38.38	400m:	4:54.20	34.05
6.	Resiuła Weronika				12	UKS SP 8 Chrzanów				<b>4:56.14</b>	494	
	50m:	28.49	28.49	150m:	1:47.61	38.03	250m:	3:04.39	38.38	350m:	4:20.74	38.03
	100m:	1:09.58	41.09	200m:	2:26.01	38.40	300m:	3:42.71	38.32	400m:	4:56.14	35.40
7.	Socha Małgorzata				12	CSiR MOS D browa Grn.				<b>4:56.40</b>	493	
	50m:	33.18	33.18	150m:	1:47.88	37.71	250m:	3:03.95	38.20	350m:	4:19.49	37.54
	100m:	1:10.17	36.99	200m:	2:25.75	37.87	300m:	3:41.95	38.00	400m:	4:56.40	36.91
	Dorociak Natalia				12	Korona 1919 Kraków				<b>4:56.40</b>	493	
	50m:	34.10	34.10	150m:	1:49.15	37.67	250m:	3:05.13	37.79	350m:	4:20.85	37.69
	100m:	1:11.48	37.38	200m:	2:27.34	38.19	300m:	3:43.16	38.03	400m:	4:56.40	35.55
9.	Grzegorzczuk Amelia				12	Korona-Swim Kielce				<b>5:00.86</b>	471	
	50m:	33.60	33.60	150m:	1:47.75	37.15	250m:	3:05.28	39.36	350m:	4:23.13	38.66
	100m:	1:10.60	37.00	200m:	2:25.92	38.17	300m:	3:44.47	39.19	400m:	5:00.86	37.73
10.	Zaborska Idalia				12	Ósemka O wi cim				<b>5:01.05</b>	470	
	50m:	33.81	33.81	150m:	1:49.19	38.44	250m:	3:06.33	38.56	350m:	4:23.74	38.56
	100m:	1:10.75	36.94	200m:	2:27.77	38.58	300m:	3:45.18	38.85	400m:	5:01.05	37.31
11.	Szerl g Antonina				12	SMS Galicja Kraków				<b>5:03.88</b>	457	
	50m:	34.01	34.01	150m:	1:52.18	39.48	250m:	3:10.79	39.38	350m:	4:26.63	37.18
	100m:	1:12.70	38.69	200m:	2:31.41	39.23	300m:	3:49.45	38.66	400m:	5:03.88	37.25
12.	Toporczyk Zuzanna				12	Ósemka O wi cim				<b>5:04.11</b>	456	
	50m:	33.47	33.47	150m:	1:50.79	39.55	250m:	3:08.75	39.49	350m:	4:26.66	38.30
	100m:	1:11.24	37.77	200m:	2:29.26	38.47	300m:	3:48.36	39.61	400m:	5:04.11	37.45
13.	Braniecka Iga				12	Korona 1919 Kraków				<b>5:05.77</b>	449	
	50m:	34.94	34.94	150m:	1:51.93	38.51	250m:	3:10.57	39.31	350m:	4:28.71	39.20
	100m:	1:13.42	38.48	200m:	2:31.26	39.33	300m:	3:49.51	38.94	400m:	5:05.77	37.06
14.	ymelka Antonina				12	Jedno 32 Przyszowice				<b>5:07.05</b>	443	
	50m:	34.65	34.65	150m:	1:51.74	39.18	250m:	3:11.13	39.91	350m:	4:30.02	39.29
	100m:	1:12.56	37.91	200m:	2:31.22	39.48	300m:	3:50.73	39.60	400m:	5:07.05	37.03
15.	Ksi ek Joanna				12	Olimpijczyk Kraków				<b>5:09.61</b>	432	
	50m:	33.85	33.85	150m:	1:53.47	39.81	250m:	3:13.68	40.47	350m:	4:32.14	38.79
	100m:	1:13.66	39.81	200m:	2:33.21	39.74	300m:	3:53.35	39.67	400m:	5:09.61	37.47
16.	Ernestowicz Julia				12	Korona-Swim Kielce				<b>5:12.10</b>	422	
	50m:	35.23	35.23	150m:	1:52.64	39.13	250m:	3:12.57	40.40	350m:	4:34.41	41.03
	100m:	1:13.51	38.28	200m:	2:32.17	39.53	300m:	3:53.38	40.81	400m:	5:12.10	37.69
17.	Głogowska Natalia				12	SMS Galicja Kraków				<b>5:14.63</b>	412	
	50m:	35.75	35.75	150m:	1:56.91	40.83	250m:	3:18.49	40.83	350m:	4:37.31	38.90
	100m:	1:16.08	40.33	200m:	2:37.66	40.75	300m:	3:58.41	39.92	400m:	5:14.63	37.32
18.	J drzejczyk Julia				12	STP Nowy S cz				<b>5:16.80</b>	403	
	50m:	34.68	34.68	150m:	1:54.78	40.40	250m:	3:15.75	39.63	350m:	4:37.17	40.05
	100m:	1:14.38	39.70	200m:	2:36.12	41.34	300m:	3:57.12	41.37	400m:	5:16.80	39.63
19.	Czachor Kornelia				12	Feniks D bica				<b>5:16.98</b>	403	
	50m:	34.61	34.61	150m:	1:54.25	40.59	250m:	3:16.62	41.27	350m:	4:38.09	40.64
	100m:	1:13.66	39.05	200m:	2:35.35	41.10	300m:	3:57.45	40.83	400m:	5:16.98	38.89

## Konkurencja 21, Dziewcz t, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
20.	Miller Milena		12	Aquarius Lesko			<b>5:17.31</b>	401	
	50m: 35.00	35.00	150m: 1:54.42	40.31	250m: 3:17.22	41.72	350m: 4:39.57	40.05	
	100m: 1:14.11	39.11	200m: 2:35.50	41.08	300m: 3:59.52	42.30	400m: 5:17.31	37.74	
21.	Stawicka Martyna		12	Na Fali Bytom			<b>5:19.44</b>	393	
	50m: 34.90	34.90	150m: 1:55.85	41.31	250m: 3:18.81	41.59	350m: 4:40.41	40.87	
	100m: 1:14.54	39.64	200m: 2:37.22	41.37	300m: 3:59.54	40.73	400m: 5:19.44	39.03	
22.	Trzop Oliwia		12	Jasie Sucha Besk.			<b>5:20.28</b>	390	
	50m: 35.86	35.86	150m: 1:57.52	41.31	250m: 3:21.35	41.71	350m: 4:43.12	40.36	
	100m: 1:16.21	40.35	200m: 2:39.64	42.12	300m: 4:02.76	41.41	400m: 5:20.28	37.16	
23.	Menet Maria		12	Aquarius Lesko			<b>5:20.46</b>	390	
	50m: 34.75	34.75	150m: 1:53.82	40.18	250m: 3:16.75	41.64	350m: 4:39.84	41.53	
	100m: 1:13.64	38.89	200m: 2:35.11	41.29	300m: 3:58.31	41.56	400m: 5:20.46	40.62	
24.	Wi niewska Milena		12	Olimpijczyk Kraków			<b>5:22.84</b>	381	
	50m: 37.37	37.37	150m: 1:58.96	41.41	250m: 3:21.31	40.98	350m: 4:43.63	40.55	
	100m: 1:17.55	40.18	200m: 2:40.33	41.37	300m: 4:03.08	41.77	400m: 5:22.84	39.21	
25.	Barniak Milena		12	Delfinek Ustrzyki Dln.			<b>5:29.90</b>	357	
	50m: 36.94	36.94	150m: 2:02.09	42.85	250m: 3:28.30	43.34	350m: 4:52.81	41.78	
	100m: 1:19.24	42.30	200m: 2:44.96	42.87	300m: 4:11.03	42.73	400m: 5:29.90	37.09	
26.	Le niowska Zuzanna		12	Olimpijczyk Kraków			<b>5:32.66</b>	348	
	50m: 36.85	36.85	150m: 2:01.70	43.14	250m: 3:27.45	42.92	350m: 4:52.55	42.19	
	100m: 1:18.56	41.71	200m: 2:44.53	42.83	300m: 4:10.36	42.91	400m: 5:32.66	40.11	
27.	Iefarska Maja		12	Korona-Swim Kielce			<b>5:33.81</b>	345	
	50m: 36.38	36.38	150m: 2:00.81	43.26	250m: 3:27.68	43.49	350m: 4:54.41	42.56	
	100m: 1:17.55	41.17	200m: 2:44.19	43.38	300m: 4:11.85	44.17	400m: 5:33.81	39.40	
28.	Frank Joanna		12	Trójka Łód			<b>5:35.15</b>	341	
	50m: 36.36	36.36	150m: 2:00.87	43.25	250m: 3:27.89	44.08	350m: 4:55.49	43.44	
	100m: 1:17.62	41.26	200m: 2:43.81	42.94	300m: 4:12.05	44.16	400m: 5:35.15	39.66	
29.	Bayeshka Ahneshka		12	Trójka Łód			<b>5:35.23</b>	340	
	50m: 36.66	36.66	150m: 2:01.80	43.02	250m: 3:26.95	42.10	350m: 4:53.61	43.03	
	100m: 1:18.78	42.12	200m: 2:44.85	43.05	300m: 4:10.58	43.63	400m: 5:35.23	41.62	
30.	Kupiec Magdalena		12	Solne Miasto Wieliczka			<b>5:49.55</b>	300	
	50m: 37.34	37.34	150m: 2:03.72	44.22	250m: 3:33.48		350m: 5:04.03	44.79	
	100m: 1:19.50	42.16	200m:		300m: 4:19.24	45.76	400m: 5:49.55	45.52	

## 13 lat

1.	Zaworska Zofia		13	CSiR MOS D browa Grn.			<b>4:48.83</b>	532
	50m: 32.56	32.56	150m: 1:45.59	36.87	250m: 3:00.01	36.85	350m: 4:13.43	36.21
	100m: 1:08.72	36.16	200m: 2:23.16	37.57	300m: 3:37.22	37.21	400m: 4:48.83	35.40
2.	Kawa Kaja		13	Sokół-Mo cice Tarnów			<b>4:54.21</b>	504
	50m: 31.95	31.95	150m: 1:45.63	37.31	250m: 3:01.67	38.28	350m: 4:17.48	37.87
	100m: 1:08.32	36.37	200m: 2:23.39	37.76	300m: 3:39.61	37.94	400m: 4:54.21	36.73
3.	Krasowska Blanka		13	Delfin Tarnobrzeg			<b>4:55.33</b>	498
	50m: 33.62	33.62	150m: 1:49.04	37.92	250m: 3:04.75	37.72	350m: 4:20.14	37.43
	100m: 1:11.12	37.50	200m: 2:27.03	37.99	300m: 3:42.71	37.96	400m: 4:55.33	35.19
4.	Dobrasz Magdalena		13	Jedno 32 Przyszowice			<b>4:56.02</b>	495
	50m: 33.68	33.68	150m: 1:48.99	38.01	250m: 3:06.81	39.04	350m: 4:21.78	36.77
	100m: 1:10.98	37.30	200m: 2:27.77	38.78	300m: 3:45.01	38.20	400m: 4:56.02	34.24
5.	Borówka Patrycja		13	Sandwell Aquatics Club			<b>5:06.98</b>	443
	50m: 34.14	34.14	150m: 1:50.94	38.88	250m: 3:11.00	40.17	350m: 4:29.25	38.75
	100m: 1:12.06	37.92	200m: 2:30.83	39.89	300m: 3:50.50	39.50	400m: 5:06.98	37.73

## Konkurencja 21, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
6.	Wolnik Aleksandra		13	Olimpijczyk Brzesko				<b>5:08.23</b>	438
	50m:	35.03 35.03	150m:	1:53.54 39.57	250m:	3:12.34 39.26	350m:	4:31.53 39.48	
	100m:	1:13.97 38.94	200m:	2:33.08 39.54	300m:	3:52.05 39.71	400m:	5:08.23 36.70	
7.	Stradomska Aleksandra		13	Olimpijczyk Kraków				<b>5:10.00</b>	431
	50m:	34.96 34.96	150m:	1:55.04 40.81	250m:	3:16.67 41.20	350m:	4:35.08 38.10	
	100m:	1:14.23 39.27	200m:	2:35.47 40.43	300m:	3:56.98 40.31	400m:	5:10.00 34.92	
8.	Kusz Zuzanna		13	SMS Galicja Kraków				<b>5:12.24</b>	421
	50m:	34.27 34.27	150m:	1:52.18 39.25	250m:	3:12.91 40.33	350m:	4:32.73 39.62	
	100m:	1:12.93 38.66	200m:	2:32.58 40.40	300m:	3:53.11 40.20	400m:	5:12.24 39.51	
9.	Mielech Blanka		13	Olimpijczyk Kraków				<b>5:13.85</b>	415
	50m:	35.01 35.01	150m:	1:56.40 40.85	250m:	3:17.48 40.35	350m:	4:36.87 39.61	
	100m:	1:15.55 40.54	200m:	2:37.13 40.73	300m:	3:57.26 39.78	400m:	5:13.85 36.98	
10.	Wrze niak Barbara		13	CSiR MOS D browa Grn.				<b>5:13.89</b>	415
	50m:	35.19 35.19	150m:	1:55.21 39.68	250m:	3:16.97 41.06	350m:	4:36.19 39.44	
	100m:	1:15.53 40.34	200m:	2:35.91 40.70	300m:	3:56.75 39.78	400m:	5:13.89 37.70	
11.	Opoka Antonina		13	STP Nowy S cz				<b>5:17.00</b>	403
	50m:	35.24 35.24	150m:	1:54.90 39.99	250m:	3:17.03 40.53	350m:	4:38.28 40.33	
	100m:	1:14.91 39.67	200m:	2:36.50 41.60	300m:	3:57.95 40.92	400m:	5:17.00 38.72	
12.	Mstowska Matylda		13	Wodnik Siemianowice l.				<b>5:20.68</b>	389
	50m:	35.35 35.35	150m:	1:56.68 41.25	250m:	3:19.13 41.14	350m:	4:41.70 40.80	
	100m:	1:15.43 40.08	200m:	2:37.99 41.31	300m:	4:00.90 41.77	400m:	5:20.68 38.98	
13.	Chmura Klaudia		13	Sokół Rzeszów				<b>5:25.15</b>	373
	50m:	34.77 34.77	150m:	1:56.57 41.68	250m:	3:20.78 41.54	350m:	4:44.06 40.82	
	100m:	1:14.89 40.12	200m:	2:39.24 42.67	300m:	4:03.24 42.46	400m:	5:25.15 41.09	
14.	Kameczura Ró a		13	Aquarius Lesko				<b>5:25.18</b>	373
	50m:	35.18 35.18	150m:		250m:	3:21.93 41.97	350m:	4:45.30 41.55	
	100m:	1:16.69 41.51	200m:	2:39.96	300m:	4:03.75 41.82	400m:	5:25.18 39.88	
15.	Wieczorek Iga		13	CSiR MOS D browa Grn.				<b>5:27.73</b>	364
	50m:	37.29 37.29	150m:	1:59.88 41.67	250m:	3:23.57 42.30	350m:	4:47.50 41.78	
	100m:	1:18.21 40.92	200m:	2:41.27 41.39	300m:	4:05.72 42.15	400m:	5:27.73 40.23	
16.	Wołoszyn Julia		13	Orka Zamo				<b>5:29.41</b>	359
	50m:	37.07 37.07	150m:	1:59.35 41.72	250m:	3:24.30 42.84	350m:	4:49.31 42.84	
	100m:	1:17.63 40.56	200m:	2:41.46 42.11	300m:	4:06.47 42.17	400m:	5:29.41 40.10	
17.	Bie Laura		13	Feniks D bica				<b>5:33.21</b>	347
	50m:	34.75 34.75	150m:	1:58.95 43.67	250m:	3:26.23 44.54	350m:	4:53.19 42.83	
	100m:	1:15.28 40.53	200m:	2:41.69 42.74	300m:	4:10.36 44.13	400m:	5:33.21 40.02	
18.	Hetman Liliana		13	Olimpijczyk Kraków				<b>5:39.02</b>	329
	50m:	36.66 36.66	150m:	2:03.25 43.92	250m:	3:31.50 45.06	350m:	4:59.32 43.85	
	100m:	1:19.33 42.67	200m:	2:46.44 43.19	300m:	4:15.47 43.97	400m:	5:39.02 39.70	
19.	Breguła Liliana		13	Wodnik Siemianowice l.				<b>6:06.09</b>	261
	50m:	37.62 37.62	150m:	2:09.73 46.82	250m:	3:45.76 47.89	350m:	5:20.53 47.16	
	100m:	1:22.91 45.29	200m:	2:57.87 48.14	300m:	4:33.37 47.61	400m:	6:06.09 45.56	