



Grand Prix Polski  
Kraków, 22 - 23/10/2016



Event 11  
22/10/2016 - 10:46

Women, 400m Freestyle

14 years and older  
Results

Points: FINA 2016

Rank					YB					Time	Pts	
1.	Piechota Paulina				99	UKS 190 Lodz				<b>4:12.56</b>	800	
	50m:	29.96	29.96	150m:	1:34.06	32.36	250m:	2:38.32	31.96	350m:	3:42.32	31.89
	100m:	1:01.70	31.74	200m:	2:06.36	32.30	300m:	3:10.43	32.11	400m:	4:12.56	30.24
2.	Burska Justyna				95	AZS UWM Olsztyn				<b>4:12.92</b>	797	
	50m:	30.84	30.84	150m:	1:35.01	32.11	250m:	2:39.20	31.90	350m:	3:42.39	31.52
	100m:	1:02.90	32.06	200m:	2:07.30	32.29	300m:	3:10.87	31.67	400m:	4:12.92	30.53
3.	Karpisz Milena				97	Piatka Konstantynow L.				<b>4:14.52</b>	782	
	50m:	29.94	29.94	150m:	1:34.18	32.21	250m:	2:38.64	32.11	350m:	3:42.90	31.96
	100m:	1:01.97	32.03	200m:	2:06.53	32.35	300m:	3:10.94	32.30	400m:	4:14.52	31.62
4.	Jankowska Klaudia				98	GIM 92 Ursynow W-wa				<b>4:18.30</b>	748	
	50m:	30.10	30.10	150m:	1:34.79	32.25	250m:	2:40.36	32.74	350m:	3:45.97	32.92
	100m:	1:02.54	32.44	200m:	2:07.62	32.83	300m:	3:13.05	32.69	400m:	4:18.30	32.33
5.	Wojtowicz Gabriela				95	Kormoran Olsztyn				<b>4:20.11</b>	732	
	50m:	30.32	30.32	150m:	1:35.75	32.68	250m:	2:42.25	33.08	350m:	3:48.34	32.90
	100m:	1:03.07	32.75	200m:	2:09.17	33.42	300m:	3:15.44	33.19	400m:	4:20.11	31.77
6.	Polanska Aleksandra				00	GOS Raszyn				<b>4:21.48</b>	721	
	50m:	31.48	31.48	150m:	1:35.92	32.26	250m:	2:40.83	32.72	350m:	3:48.14	33.85
	100m:	1:03.66	32.18	200m:	2:08.11	32.19	300m:	3:14.29	33.46	400m:	4:21.48	33.34
7.	Gralewska Kalina				96	Warszawianka Wodny Park W-wa				<b>4:22.81</b>	710	
	50m:	30.22	30.22	150m:	1:36.14	33.13	250m:	2:43.40	33.71	350m:	3:50.86	33.66
	100m:	1:03.01	32.79	200m:	2:09.69	33.55	300m:	3:17.20	33.80	400m:	4:22.81	31.95
8.	Piechota Karolina				01	UKS 190 Lodz				<b>4:23.12</b>	708	
	50m:	31.13	31.13	150m:	1:37.25	33.30	250m:	2:44.21	33.50	350m:	3:50.91	33.11
	100m:	1:03.95	32.82	200m:	2:10.71	33.46	300m:	3:17.80	33.59	400m:	4:23.12	32.21
9.	Weclawiak Irena				98	GIM 92 Ursynow W-wa				<b>4:24.61</b>	696	
	50m:	30.56	30.56	150m:	1:37.91	33.88	250m:	2:45.45	33.41	350m:	3:52.32	33.44
	100m:	1:04.03	33.47	200m:	2:12.04	34.13	300m:	3:18.88	33.43	400m:	4:24.61	32.29
10.	Klonowska Julia				00	Dwojka Morena Gdansk				<b>4:27.10</b>	676	
	50m:	30.13	30.13	150m:	1:37.19	33.99	250m:	2:44.30	33.23	350m:	3:52.81	34.31
	100m:	1:03.20	33.07	200m:	2:11.07	33.88	300m:	3:18.50	34.20	400m:	4:27.10	34.29
11.	Baryła Julia SSz				00	MKP Szczecin				<b>4:27.23</b>	675	
	50m:	30.75	30.75	150m:	1:36.97	33.51	250m:	2:44.70	34.03	350m:	3:54.31	34.54
	100m:	1:03.46	32.71	200m:	2:10.67	33.70	300m:	3:19.77	35.07	400m:	4:27.23	32.92
12.	Nita Daria				01	Korona Krakow				<b>4:28.97</b>	662	
	50m:	30.67	30.67	150m:	1:38.29	33.84	250m:	2:46.30	33.97	350m:	3:55.32	34.27
	100m:	1:04.45	33.78	200m:	2:12.33	34.04	300m:	3:21.05	34.75	400m:	4:28.97	33.65
13.	Rutkowska Agnieszka				01	Skalar Slupsk				<b>4:29.68</b>	657	
	50m:	30.77	30.77	150m:	1:39.30	34.66	250m:	2:47.61	33.57	350m:	3:56.49	34.81
	100m:	1:04.64	33.87	200m:	2:14.04	34.74	300m:	3:21.68	34.07	400m:	4:29.68	33.19
14.	Reks Aleksandra				00	MKP Szczecin				<b>4:30.69</b>	650	
	50m:	31.63	31.63	150m:	1:39.41	33.93	250m:	2:47.92	34.32	350m:	3:56.78	34.34
	100m:	1:05.48	33.85	200m:	2:13.60	34.19	300m:	3:22.44	34.52	400m:	4:30.69	33.91
15.	Potocka Tamara				02	KP Aquacity Poprad				<b>4:31.30</b>	645	
	50m:	31.05	31.05	150m:	1:40.49	35.01	250m:	2:50.53	34.90	350m:	3:58.86	33.62
	100m:	1:05.48	34.43	200m:	2:15.63	35.14	300m:	3:25.24	34.71	400m:	4:31.30	32.44
16.	Zaborowicz Julia				01	Gornik Sosnowiec				<b>4:31.36</b>	645	
	50m:	31.56	31.56	150m:	1:40.58	34.66	250m:	2:50.77	35.09	350m:	3:59.90	34.15
	100m:	1:05.92	34.36	200m:	2:15.68	35.10	300m:	3:25.75	34.98	400m:	4:31.36	31.46
17.	Wegrzynowska Aleksandra				01	Slask Wroclaw				<b>4:32.04</b>	640	
	50m:	30.74	30.74	150m:	1:38.41	34.04	250m:	2:47.83	34.91	350m:	3:58.24	35.10
	100m:	1:04.37	33.63	200m:	2:12.92	34.51	300m:	3:23.14	35.31	400m:	4:32.04	33.80



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Rank			YB						Time	Pts
18.	Potocka Tatiana		01	STU Trnava					<b>4:32.69</b>	636
	50m: 30.49	30.49	150m: 1:37.98	34.04	250m: 2:47.41	34.87	350m: 3:58.04	35.30		
	100m: 1:03.94	33.45	200m: 2:12.54	34.56	300m: 3:22.74	35.33	400m: 4:32.69	34.65		
19.	Jaszczuk Ewa SOL		02	Kormoran Olsztyn					<b>4:32.73</b>	635
	50m: 30.85	30.85	150m: 1:39.10	34.70	250m: 2:48.91	34.84	350m: 3:59.06	35.23		
	100m: 1:04.40	33.55	200m: 2:14.07	34.97	300m: 3:23.83	34.92	400m: 4:32.73	33.67		
20.	Osiniak Ewa SL		00	AZS UMCS Lublin					<b>4:33.49</b>	630
	50m: 30.89	30.89	150m: 1:39.94	34.71	250m: 2:49.33	34.53	350m: 3:59.66	35.02		
	100m: 1:05.23	34.34	200m: 2:14.80	34.86	300m: 3:24.64	35.31	400m: 4:33.49	33.83		
21.	Wojciechowska Joanna SL		98	Orlik Lublin					<b>4:33.57</b>	629
	50m: 31.50	31.50	150m: 1:38.79	33.79	250m: 2:48.06	34.65	350m: 3:58.77	35.67		
	100m: 1:05.00	33.50	200m: 2:13.41	34.62	300m: 3:23.10	35.04	400m: 4:33.57	34.80		
22.	Cerlich Oliwia		02	Ikar Mielec					<b>4:33.76</b>	628
	50m: 30.80	30.80	150m: 1:39.59	34.89	250m: 2:49.85	34.98	350m: 4:00.70	35.16		
	100m: 1:04.70	33.90	200m: 2:14.87	35.28	300m: 3:25.54	35.69	400m: 4:33.76	33.06		
23.	Sirignano Luigia		96	AZS AGH Krakow					<b>4:33.81</b>	628
	50m: 29.89	29.89	150m: 1:38.10	34.16	250m: 2:47.59	34.95	350m: 3:58.75	35.66		
	100m: 1:03.94	34.05	200m: 2:12.64	34.54	300m: 3:23.09	35.50	400m: 4:33.81	35.06		
24.	Jablonowska Nikola		02	G-8 Bielany Warszawa					<b>4:34.01</b>	626
	50m: 30.90	30.90	150m: 1:39.34	34.68	250m: 2:49.61	35.31	350m: 4:00.81	35.65		
	100m: 1:04.66	33.76	200m: 2:14.30	34.96	300m: 3:25.16	35.55	400m: 4:34.01	33.20		
25.	Kondrasiuk Malgorzata		98	Warszawianka Wodny Park W-wa					<b>4:36.94</b>	607
	50m: 31.73	31.73	150m: 1:41.18	34.75	250m: 2:51.27	34.96	350m: 4:02.49	35.62		
	100m: 1:06.43	34.70	200m: 2:16.31	35.13	300m: 3:26.87	35.60	400m: 4:36.94	34.45		
26.	Szymczak Patrycja		02	Manta Kochlowice Ruda Sl.					<b>4:36.98</b>	607
	50m: 31.53	31.53	150m: 1:42.70	36.06	250m: 2:53.95	35.54	350m: 4:03.72	34.54		
	100m: 1:06.64	35.11	200m: 2:18.41	35.71	300m: 3:29.18	35.23	400m: 4:36.98	33.26		
27.	Lysakowska Julia SL		01	AZS UMCS Lublin					<b>4:37.00</b>	606
	50m: 32.52	32.52	150m: 1:42.04	34.82	250m: 2:52.26	35.06	350m: 4:02.59	34.98		
	100m: 1:07.22	34.70	200m: 2:17.20	35.16	300m: 3:27.61	35.35	400m: 4:37.00	34.41		
28.	Lewandowska Natalia SO		01	Unia Oswiecim					<b>4:37.53</b>	603
	50m: 31.81	31.81	150m: 1:41.10	35.04	250m: 2:51.85	35.52	350m: 4:02.83	35.56		
	100m: 1:06.06	34.25	200m: 2:16.33	35.23	300m: 3:27.27	35.42	400m: 4:37.53	34.70		
29.	Kruszewska Kaja		00	Juvenia Bialystok					<b>4:38.04</b>	600
	50m: 32.11	32.11	150m: 1:42.20	35.36	250m: 2:53.44	35.57	350m: 4:03.87	34.91		
	100m: 1:06.84	34.73	200m: 2:17.87	35.67	300m: 3:28.96	35.52	400m: 4:38.04	34.17		
30.	Golebiewska Dominika		01	GIM 92 Ursynow W-wa					<b>4:38.53</b>	596
	50m: 31.67	31.67	150m: 1:42.94	36.17	250m: 2:54.70	35.53	350m: 4:05.75	35.05		
	100m: 1:06.77	35.10	200m: 2:19.17	36.23	300m: 3:30.70	36.00	400m: 4:38.53	32.78		
31.	Wisniewska Barbara		00	AZS AWF Warszawa					<b>4:39.52</b>	590
	50m: 31.60	31.60	150m: 1:41.46	35.06	250m: 2:52.91	35.86	350m: 4:04.79	35.89		
	100m: 1:06.40	34.80	200m: 2:17.05	35.59	300m: 3:28.90	35.99	400m: 4:39.52	34.73		
32.	Wett Oliwia		01	Kormoran Olsztyn					<b>4:39.75</b>	589
	50m: 32.20	32.20	150m: 1:43.44	35.89	250m: 2:54.58	35.61	350m: 4:05.02	35.21		
	100m: 1:07.55	35.35	200m: 2:18.97	35.53	300m: 3:29.81	35.23	400m: 4:39.75	34.73		
33.	Adamiec Dominika SO		99	Unia Oswiecim					<b>4:40.00</b>	587
	50m: 32.09	32.09	150m: 1:42.97	35.62	250m: 2:53.74	35.33	350m: 4:05.36	35.62		
	100m: 1:07.35	35.26	200m: 2:18.41	35.44	300m: 3:29.74	36.00	400m: 4:40.00	34.64		
34.	Pogorzelska Inez		00	GOS Raszyn					<b>4:40.78</b>	582
	50m: 31.06	31.06	150m: 1:40.12	34.97	250m: 2:51.45	35.77	350m: 4:04.80	37.04		
	100m: 1:05.15	34.09	200m: 2:15.68	35.56	300m: 3:27.76	36.31	400m: 4:40.78	35.98		



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Rank		YB							Time	Pts
35.	Skibczak Natalia	00	G-8 Bielany Warszawa						<b>4:40.97</b>	581
	50m: 32.32	32.32	150m: 1:42.42	35.35	250m: 2:54.06	35.80	350m: 4:06.08	36.06		
	100m: 1:07.07	34.75	200m: 2:18.26	35.84	300m: 3:30.02	35.96	400m: 4:40.97	34.89		
36.	Smietana Karolina	01	UKS SMS Galicja Krakow						<b>4:41.08</b>	580
	50m: 31.90	31.90	150m: 1:41.86	35.29	250m: 2:53.86	36.07	350m: 4:06.51	36.40		
	100m: 1:06.57	34.67	200m: 2:17.79	35.93	300m: 3:30.11	36.25	400m: 4:41.08	34.57		
37.	Adamczyk Agata	99	Aligator Gorzyce						<b>4:41.26</b>	579
	50m: 32.25	32.25	150m: 1:43.45	36.08	250m: 2:55.92	36.39	350m: 4:07.28	35.62		
	100m: 1:07.37	35.12	200m: 2:19.53	36.08	300m: 3:31.66	35.74	400m: 4:41.26	33.98		
38.	Spik Vanessa	02	Vega Dobrodzien						<b>4:41.44</b>	578
	50m: 31.19	31.19	150m: 1:41.83	35.60	250m: 2:54.06	35.94	350m: 4:06.61	36.41		
	100m: 1:06.23	35.04	200m: 2:18.12	36.29	300m: 3:30.20	36.14	400m: 4:41.44	34.83		
39.	Zaduminska Weronika	99	AZS AWF Warszawa						<b>4:41.49</b>	578
	50m: 32.18	32.18	150m: 1:42.19	35.46	250m: 2:53.80	35.98	350m: 4:06.11	36.21		
	100m: 1:06.73	34.55	200m: 2:17.82	35.63	300m: 3:29.90	36.10	400m: 4:41.49	35.38		
40.	Malinowska Zuzanna SWR	00	Slask Wroclaw						<b>4:41.64</b>	577
	50m: 32.55	32.55	150m: 1:44.79	36.42	250m: 2:58.22	36.95	350m: 4:07.74	35.13		
	100m: 1:08.37	35.82	200m: 2:21.27	36.48	300m: 3:32.61	34.39	400m: 4:41.64	33.90		
41.	Pawlowska Barbara	02	UKS 190 Lodz						<b>4:41.80</b>	576
	50m: 32.24	32.24	150m: 1:43.49	35.87	250m: 2:55.42	35.99	350m: 4:06.92	35.95		
	100m: 1:07.62	35.38	200m: 2:19.43	35.94	300m: 3:30.97	35.55	400m: 4:41.80	34.88		
42.	Zareba-Paradowska Julia	02	BUKS Warszawa						<b>4:42.02</b>	575
	50m: 33.01	33.01	150m: 1:43.06	35.44	250m: 2:54.42	35.74	350m: 4:06.51	35.82		
	100m: 1:07.62	34.61	200m: 2:18.68	35.62	300m: 3:30.69	36.27	400m: 4:42.02	35.51		
43.	Gorska Julia	00	Warszawianka Wodny Park W-wa						<b>4:42.20</b>	573
	50m: 32.46	32.46	150m: 1:43.55	36.10	250m: 2:55.89	36.24	350m: 4:07.61	35.09		
	100m: 1:07.45	34.99	200m: 2:19.65	36.10	300m: 3:32.52	36.63	400m: 4:42.20	34.59		
44.	Wrzosek Iga	00	Fenix Ozarow Maz.						<b>4:42.27</b>	573
	50m: 30.09	30.09	150m: 1:40.54	35.92	250m: 2:53.10	36.47	350m: 4:06.41	36.82		
	100m: 1:04.62	34.53	200m: 2:16.63	36.09	300m: 3:29.59	36.49	400m: 4:42.27	35.86		
45.	Raszczuk Zofia	02	Manta Jelcz-Laskowice						<b>4:42.63</b>	571
	50m: 30.83	30.83	150m: 1:40.88	35.52	250m: 2:53.04	36.05	350m: 4:07.13	37.30		
	100m: 1:05.36	34.53	200m: 2:16.99	36.11	300m: 3:29.83	36.79	400m: 4:42.63	35.50		
46.	Dzialkowska Natalia	01	Gilus Gilowice						<b>4:43.80</b>	564
	50m: 32.41	32.41	150m: 1:45.17	36.77	250m: 2:58.48	36.63	350m: 4:10.49	35.48		
	100m: 1:08.40	35.99	200m: 2:21.85	36.68	300m: 3:35.01	36.53	400m: 4:43.80	33.31		
47.	Pluta Emilia	02	Aligator Gorzyce						<b>4:43.90</b>	563
	50m: 33.14	33.14	150m: 1:44.05	36.03	250m: 2:56.02	35.95	350m: 4:09.20	36.23		
	100m: 1:08.02	34.88	200m: 2:20.07	36.02	300m: 3:32.97	36.95	400m: 4:43.90	34.70		
48.	Tomaszek Aleksandra SWwa	00	Polonia Warszawa						<b>4:45.50</b>	554
	50m: 31.56	31.56	150m: 1:41.55	35.19	250m: 2:53.73	35.97	350m: 4:07.85	37.36		
	100m: 1:06.36	34.80	200m: 2:17.76	36.21	300m: 3:30.49	36.76	400m: 4:45.50	37.65		
49.	Kulisiewicz Adrianna	02	UKS SMS Galicja Krakow						<b>4:45.69</b>	553
	50m: 32.29	32.29	150m: 1:43.90	36.22	250m: 2:57.07	36.52	350m: 4:09.96	36.58		
	100m: 1:07.68	35.39	200m: 2:20.55	36.65	300m: 3:33.38	36.31	400m: 4:45.69	35.73		
50.	Krosta Emilia	02	Wodnik Siemianowice Sl.						<b>4:46.18</b>	550
	50m: 32.71	32.71	150m: 1:46.71	37.32	250m: 3:00.30	36.54	350m: 4:12.78	35.79		
	100m: 1:09.39	36.68	200m: 2:23.76	37.05	300m: 3:36.99	36.69	400m: 4:46.18	33.40		
51.	Kusion Weronika	02	BOSiR Brzesko						<b>4:47.36</b>	543
	50m: 32.69	32.69	150m: 1:46.04	36.88	250m: 2:58.88	36.61	350m: 4:12.32	36.52		
	100m: 1:09.16	36.47	200m: 2:22.27	36.23	300m: 3:35.80	36.92	400m: 4:47.36	35.04		



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Rank		YB						Time	Pts
52.	Prochownik Martyna SO	02	Unia Oswiecim					<b>4:47.60</b>	542
	50m: 31.77 31.77	150m: 1:43.09	36.35	250m: 2:57.71	37.44	350m: 4:12.30	37.11		
	100m: 1:06.74 34.97	200m: 2:20.27	37.18	300m: 3:35.19	37.48	400m: 4:47.60	35.30		
53.	Kuropatwa Weronika	01	Zabianka Gdansk					<b>4:49.20</b>	533
	50m: 33.50 33.50	150m: 1:44.87	35.88	250m: 2:58.39	37.11	350m: 4:12.74	36.84		
	100m: 1:08.99 35.49	200m: 2:21.28	36.41	300m: 3:35.90	37.51	400m: 4:49.20	36.46		
54.	Swistun Julia	00	UKS SMS Galicja Krakow					<b>4:50.00</b>	528
	50m: 31.98 31.98	150m: 1:43.86	36.01	250m: 2:57.91	37.33	350m: 4:14.54	38.49		
	100m: 1:07.85 35.87	200m: 2:20.58	36.72	300m: 3:36.05	38.14	400m: 4:50.00	35.46		
55.	Ulicka Alicja	01	Nawa Skierniewice					<b>4:51.77</b>	519
	50m: 32.81 32.81	150m: 1:46.15	37.01	250m: 3:00.89	37.11	350m: 4:15.99	37.48		
	100m: 1:09.14 36.33	200m: 2:23.78	37.63	300m: 3:38.51	37.62	400m: 4:51.77	35.78		
56.	Kralova Natalia	02	KP Aquacity Poprad					<b>4:52.68</b>	514
	50m: 32.84 32.84	150m: 1:45.88	37.15	250m: 3:00.42	37.28	350m: 4:15.45	37.55		
	100m: 1:08.73 35.89	200m: 2:23.14	37.26	300m: 3:37.90	37.48	400m: 4:52.68	37.23		
57.	Gazda Zuzanna	01	CSiR MOS Dabrowa Grn.					<b>4:53.81</b>	508
	50m: 33.01 33.01	150m: 1:45.76	37.00	250m: 3:00.84	37.48	350m: 4:16.95	38.14		
	100m: 1:08.76 35.75	200m: 2:23.36	37.60	300m: 3:38.81	37.97	400m: 4:53.81	36.86		
58.	Adamska Zuzanna	02	UKS SMS Galicja Krakow					<b>4:57.22</b>	491
	50m: 33.07 33.07	150m: 1:48.29	37.53	250m: 3:05.11	38.51	350m: 4:21.32	38.17		
	100m: 1:10.76 37.69	200m: 2:26.60	38.31	300m: 3:43.15	38.04	400m: 4:57.22	35.90		
59.	Kurucova Adriana	99	KP Aquacity Poprad					<b>4:57.99</b>	487
	50m: 32.71 32.71	150m: 1:46.82	37.38	250m: 3:02.94	38.09	350m: 4:20.90	38.88		
	100m: 1:09.44 36.73	200m: 2:24.85	38.03	300m: 3:42.02	39.08	400m: 4:57.99	37.09		
60.	Kapcinska Maja SO	02	Unia Oswiecim					<b>4:58.81</b>	483
	50m: 33.92 33.92	150m: 1:49.56	37.85	250m: 3:05.88	38.12	350m: 4:21.92	37.92		
	100m: 1:11.71 37.79	200m: 2:27.76	38.20	300m: 3:44.00	38.12	400m: 4:58.81	36.89		
61.	Skudlik Marta	01	Manta Kochlowice Ruda Sl.					<b>4:58.85</b>	483
	50m: 33.28 33.28	150m: 1:47.54	37.76	250m: 3:05.31	39.21	350m: 4:21.94	38.23		
	100m: 1:09.78 36.50	200m: 2:26.10	38.56	300m: 3:43.71	38.40	400m: 4:58.85	36.91		
62.	Bidnik Karolina	02	GIM 92 Ursynow W-wa					<b>5:00.67</b>	474
	50m: 33.78 33.78	150m: 1:47.31	37.30	250m: 3:04.03	38.46	350m: 4:22.44	39.41		
	100m: 1:10.01 36.23	200m: 2:25.57	38.26	300m: 3:43.03	39.00	400m: 5:00.67	38.23		
63.	Orlowska Zuzanna	02	Nawa Skierniewice					<b>5:00.92</b>	473
	50m: 32.69 32.69	150m: 1:46.98	37.75	250m: 3:04.39	39.15	350m: 4:22.25	38.77		
	100m: 1:09.23 36.54	200m: 2:25.24	38.26	300m: 3:43.48	39.09	400m: 5:00.92	38.67		
64.	Adamczyk Julia	01	Aligator Gorzyce					<b>5:01.36</b>	471
	50m: 34.29 34.29	150m: 1:50.73	38.76	250m: 3:06.88	38.07	350m: 4:23.06	38.12		
	100m: 1:11.97 37.68	200m: 2:28.81	38.08	300m: 3:44.94	38.06	400m: 5:01.36	38.30		
65.	Przygoda Julia	00	Fenix Ozarow Maz.					<b>5:04.64</b>	456
	50m: 33.62 33.62	150m: 1:48.12	37.82	250m: 3:05.83	38.89	350m: 4:25.18	39.73		
	100m: 1:10.30 36.68	200m: 2:26.94	38.82	300m: 3:45.45	39.62	400m: 5:04.64	39.46		
66.	Wozniak Karolina SO	02	Unia Oswiecim					<b>5:04.70</b>	455
	50m: 32.91 32.91	150m: 1:46.55	37.54	250m: 3:04.59	39.38	350m: 4:25.12	40.43		
	100m: 1:09.01 36.10	200m: 2:25.21	38.66	300m: 3:44.69	40.10	400m: 5:04.70	39.58		
67.	Pogorzelska Laura	01	UKS SMS Galicja Krakow					<b>5:05.21</b>	453
	50m: 33.21 33.21	150m: 1:51.56	39.56	250m: 3:09.84	39.18	350m: 4:27.38	37.84		
	100m: 1:12.00 38.79	200m: 2:30.66	39.10	300m: 3:49.54	39.70	400m: 5:05.21	37.83		
68.	Mazurkiewicz Zuzanna	01	Polonia Warszawa					<b>5:12.33</b>	423
	50m: 35.05 35.05	150m: 1:54.77	39.98	250m: 3:15.03	40.40	350m: 4:34.54	39.67		
	100m: 1:14.79 39.74	200m: 2:34.63	39.86	300m: 3:54.87	39.84	400m: 5:12.33	37.79		



Grand Prix Polski  
Kraków, 22 - 23/10/2016



Event 11, Women, 400m Freestyle, 14 years and older

Rank			YB						Time	Pts
69.	Mruk Aleksandra		02	Manta Jelcz-Laskowice					<b>5:13.03</b>	420
	50m: 33.30	33.30	150m: 1:48.91	38.42	250m: 3:09.12	40.13	350m: 4:33.20	42.13		
	100m: 1:10.49	37.19	200m: 2:28.99	40.08	300m: 3:51.07	41.95	400m: 5:13.03	39.83		
70.	Szopa Oliwia		02	Juvenia Bialystok					<b>5:18.61</b>	398
	50m: 34.02	34.02	150m: 1:52.95	40.22	250m: 3:15.32	41.24	350m: 4:38.32	41.13		
	100m: 1:12.73	38.71	200m: 2:34.08	41.13	300m: 3:57.19	41.87	400m: 5:18.61	40.29		
71.	Tomera Roksana SO		02	Unia Oswiecim					<b>5:21.09</b>	389
	50m: 34.65	34.65	150m: 1:54.19	40.49	250m: 3:16.42	40.89	350m: 4:40.37	42.19		
	100m: 1:13.70	39.05	200m: 2:35.53	41.34	300m: 3:58.18	41.76	400m: 5:21.09	40.72		