

Event 3 - 1000m Freestyle female**Agegroup 45 - 49**

Place	Swimmer	Yob.	Nation	Time
1.	Dorota Pogoda	1981	POL	19:00,81
50m: 00:45,48 (00:45,48) 100m: 01:36,71 (00:51,23) 150m: 02:29,84 (00:53,13) 200m: 03:23,70 (00:53,86) 250m: 04:18,75 (00:55,05) 300m: 05:13,01 (00:54,26) 350m: 06:07,85 (00:54,84) 400m: 07:03,66 (00:55,81) 450m: 08:00,25 (00:56,59) 500m: 08:55,91 (00:55,66) 550m: 09:52,96 (00:57,05) 600m: 10:51,19 (00:58,23) 650m: 11:49,83 (00:58,64) 700m: 12:49,29 (00:59,46) 750m: 13:49,61 (01:00,32) 800m: 14:50,40 (01:00,79) 850m: 15:51,63 (01:01,23) 900m: 16:54,47 (01:02,84) 950m: 17:56,89 (01:02,42) 1000m: 19:00,81 (01:03,92)				

Agegroup 40 - 44

Place	Swimmer	Yob.	Nation	Time
1.	Sabina Koj	1985	POL	19:11,28
50m: 00:45,21 (00:45,21) 100m: 01:35,60 (00:50,39) 150m: 02:28,49 (00:52,89) 200m: 03:22,03 (00:53,54) 250m: 04:15,55 (00:53,52) 300m: 05:11,06 (00:55,51) 350m: 06:06,63 (00:55,57) 400m: 07:03,48 (00:56,85) 450m: 08:00,71 (00:57,23) 500m: 08:58,63 (00:57,92) 550m: 09:57,02 (00:58,39) 600m: 10:56,30 (00:59,28) 650m: 11:56,14 (00:59,84) 700m: 12:57,18 (01:01,04) 750m: 13:58,99 (01:01,81) 800m: 15:00,81 (01:01,82) 850m: 16:03,32 (01:02,51) 900m: 17:06,78 (01:03,46) 950m: 18:09,56 (01:02,78) 1000m: 19:11,28 (01:01,72)				

Agegroup 18 - 24

Place	Swimmer	Yob.	Nation	Time
1.	Lisa Holm	2003	GER	15:55,44
50m: 00:39,28 (00:39,28) 100m: 01:24,94 (00:45,66) 150m: 02:10,12 (00:45,18) 200m: 02:57,17 (00:47,05) 250m: 03:44,28 (00:47,11) 300m: 04:31,91 (00:47,63) 350m: 05:19,35 (00:47,44) 400m: 06:07,46 (00:48,11) 450m: 06:55,71 (00:48,25) 500m: 07:44,51 (00:48,80) 550m: 08:33,16 (00:48,65) 600m: 09:22,16 (00:49,00) 650m: 10:11,42 (00:49,26) 700m: 11:00,62 (00:49,20) 750m: 11:49,76 (00:49,14) 800m: 12:39,16 (00:49,40) 850m: 13:28,72 (00:49,56) 900m: 14:17,30 (00:48,58) 950m: 15:06,99 (00:49,69) 1000m: 15:55,44 (00:48,45)				

Overall ranking

Place	Swimmer	Yob.	Nation	Time
1.	Lisa Holm	2003	GER	15:55,44
50m: 00:39,28 (00:39,28) 100m: 01:24,94 (00:45,66) 150m: 02:10,12 (00:45,18) 200m: 02:57,17 (00:47,05) 250m: 03:44,28 (00:47,11) 300m: 04:31,91 (00:47,63) 350m: 05:19,35 (00:47,44) 400m: 06:07,46 (00:48,11) 450m: 06:55,71 (00:48,25) 500m: 07:44,51 (00:48,80) 550m: 08:33,16 (00:48,65) 600m: 09:22,16 (00:49,00) 650m: 10:11,42 (00:49,26) 700m: 11:00,62 (00:49,20) 750m: 11:49,76 (00:49,14) 800m: 12:39,16 (00:49,40) 850m: 13:28,72 (00:49,56) 900m: 14:17,30 (00:48,58) 950m: 15:06,99 (00:49,69) 1000m: 15:55,44 (00:48,45)				
2.	Dorota Pogoda	1981	POL	19:00,81
50m: 00:45,48 (00:45,48) 100m: 01:36,71 (00:51,23) 150m: 02:29,84 (00:53,13) 200m: 03:23,70 (00:53,86) 250m: 04:18,75 (00:55,05) 300m: 05:13,01 (00:54,26) 350m: 06:07,85 (00:54,84) 400m: 07:03,66 (00:55,81) 450m: 08:00,25 (00:56,59) 500m: 08:55,91 (00:55,66) 550m: 09:52,96 (00:57,05) 600m: 10:51,19 (00:58,23) 650m: 11:49,83 (00:58,64) 700m: 12:49,29 (00:59,46) 750m: 13:49,61 (01:00,32) 800m: 14:50,40 (01:00,79) 850m: 15:51,63 (01:01,23) 900m: 16:54,47 (01:02,84) 950m: 17:56,89 (01:02,42) 1000m: 19:00,81 (01:03,92)				

still Event 3 - 1000m Freestyle female**still Overall ranking**

Place	Swimmer	Yob.	Nation	Time
3.	Sabina Koj	1985	POL	19:11,28
	50m: 00:45,21 (00:45,21) 100m: 01:35,60 (00:50,39) 150m: 02:28,49 (00:52,89) 200m: 03:22,03 (00:53,54)			
	250m: 04:15,55 (00:53,52) 300m: 05:11,06 (00:55,51) 350m: 06:06,63 (00:55,57) 400m: 07:03,48 (00:56,85)			
	450m: 08:00,71 (00:57,23) 500m: 08:58,63 (00:57,92) 550m: 09:57,02 (00:58,39) 600m: 10:56,30 (00:59,28)			
	650m: 11:56,14 (00:59,84) 700m: 12:57,18 (01:01,04) 750m: 13:58,99 (01:01,81) 800m: 15:00,81 (01:01,82)			
	850m: 16:03,32 (01:02,51) 900m: 17:06,78 (01:03,46) 950m: 18:09,56 (01:02,78) 1000m: 19:11,28 (01:01,72)			