



Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej dzieci 11-12-lat w pływaniu
Wrocław, 1-12-2023

Konkurencja 5
2023-12-01 - 11:29

Dziewcz t, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.
1.	NOSAL Lena		12	MKS JUVENIA Wrocław				5:10.89	411
	50m: 34.35	34.35	150m: 1:53.21	39.26	250m: 3:14.63	40.49	350m: 4:34.13	38.89	
	100m: 1:13.95	39.60	200m: 2:34.14	40.93	300m: 3:55.24	40.61	400m: 5:10.89	36.76	
2.	WERESZCZY SKA Lila		12	WKS L SK Wrocław				5:17.84	385
	50m: 35.12	35.12	150m: 1:55.58	40.84	250m: 3:19.29	41.66	350m: 4:39.86	39.20	
	100m: 1:14.74	39.62	200m: 2:37.63	42.05	300m: 4:00.66	41.37	400m: 5:17.84	37.98	
3.	DZIUBI SKA-GAŁKOWSKA Laura		12	WKS L SK Wrocław				5:19.01	381
	50m: 34.99	34.99	150m: 1:55.62	41.37	250m: 3:18.97	41.60	350m: 4:40.85	40.54	
	100m: 1:14.25	39.26	200m: 2:37.37	41.75	300m: 4:00.31	41.34	400m: 5:19.01	38.16	
4.	GOŁ BIEWSKA Helena		12	WKS L SK Wrocław				5:36.71	324
	50m: 36.40	36.40	150m: 2:00.59	42.69	250m: 3:28.27	43.75	350m: 4:55.45	42.88	
	100m: 1:17.90	41.50	200m: 2:44.52	43.93	300m: 4:12.57	44.30	400m: 5:36.71	41.26	
5.	MYCEK Zuzanna		12	UKS KORAL Wrocław				5:44.69	302
	50m: 39.17	39.17	150m: 2:08.42	44.88	250m: 3:38.18	45.23	350m: 5:04.23	42.29	
	100m: 1:23.54	44.37	200m: 2:52.95	44.53	300m: 4:21.94	43.76	400m: 5:44.69	40.46	
6.	BEBEL Luiza		12	MKS JUVENIA Wrocław				5:52.40	282
	50m: 37.81	37.81	150m: 2:07.39	44.72	250m: 3:38.50	44.47	350m: 5:10.76	45.78	
	100m: 1:22.67	44.86	200m: 2:54.03	46.64	300m: 4:24.98	46.48	400m: 5:52.40	41.64	
7.	GÓRSKA Emilia		12	UKS KORAL Wrocław				6:01.83	261
	50m: 41.44	41.44	150m: 2:14.66	47.42	250m: 3:48.89	46.51	350m: 5:20.47	45.03	
	100m: 1:27.24	45.80	200m: 3:02.38	47.72	300m: 4:35.44	46.55	400m: 6:01.83	41.36	
8.	WAJEROWSKA Marcelina		12	UKP TORPEDA Ole nica				6:10.33	243
	50m: 40.72	40.72	150m: 2:15.34	47.73	250m: 3:51.19	47.64	350m: 5:24.18	47.10	
	100m: 1:27.61	46.89	200m: 3:03.55	48.21	300m: 4:37.08	45.89	400m: 6:10.33	46.15	
9.	RÓLCZY SKA Aleksandra		12	UKS KORAL Wrocław				6:11.41	241
	50m: 43.35	43.35	150m: 2:18.86	47.75	250m: 3:54.02	47.30	350m: 5:27.49	46.64	
	100m: 1:31.11	47.76	200m: 3:06.72	47.86	300m: 4:40.85	46.83	400m: 6:11.41	43.92	
10.	TRACZYK Maja		12	MKS JUVENIA Wrocław				6:12.32	239
	50m: 40.83	40.83	150m: 2:15.74	48.27	250m: 3:52.55	48.40	350m: 5:29.33	47.88	
	100m: 1:27.47	46.64	200m: 3:04.15	48.41	300m: 4:41.45	48.90	400m: 6:12.32	42.99	
11.	LE NIOWSKA Marketa		12	WKS L SK Wrocław				6:18.11	228
	50m: 42.30	42.30	150m: 2:17.51	48.22	250m: 3:55.34	47.61	350m: 5:33.75	49.12	
	100m: 1:29.29	46.99	200m: 3:07.73	50.22	300m: 4:44.63	49.29	400m: 6:18.11	44.36	
12.	WOJEWÓDZKA Zofia		12	WKS L SK Wrocław				6:19.21	226
	50m: 43.36	43.36	150m: 2:19.25	47.94	250m: 3:56.22	48.77	350m: 5:31.78	47.54	
	100m: 1:31.31	47.95	200m: 3:07.45	48.20	300m: 4:44.24	48.02	400m: 6:19.21	47.43	
13.	PAWŁOWSKA Maja		12	MKS JUVENIA Wrocław				6:24.06	218
	50m: 41.83	41.83	150m: 2:18.40	49.67	250m: 3:54.08	48.43	350m: 5:35.06	50.03	
	100m: 1:28.73	46.90	200m: 3:05.65	47.25	300m: 4:45.03	50.95	400m: 6:24.06	49.00	
14.	D BEK Kornelia		12	UKS KORAL Wrocław				6:24.72	217
	50m: 39.70	39.70	150m: 2:16.30	49.22	250m: 3:54.51	49.67	350m: 5:33.64	49.28	
	100m: 1:27.08	47.38	200m: 3:04.84	48.54	300m: 4:44.36	49.85	400m: 6:24.72	51.08	
15.	POL Blanka		12	UKS KORAL Wrocław				6:27.37	212
	50m: 43.94	43.94	150m: 2:22.96	49.95	250m: 4:02.47	50.00	350m: 5:43.45	50.22	
	100m: 1:33.01	49.07	200m: 3:12.47	49.51	300m: 4:53.23	50.76	400m: 6:27.37	43.92	
16.	CEGIEŁKA Liliana		12	MKS JUVENIA Wrocław				6:28.04	211
	50m: 42.44	42.44	150m: 2:19.89	49.40	250m: 3:58.80	49.62	350m: 5:40.52	50.98	
	100m: 1:30.49	48.05	200m: 3:09.18	49.29	300m: 4:49.54	50.74	400m: 6:28.04	47.52	
17.	ZMARZŁA Lena		12	UKS KORAL Wrocław				6:33.60	202
	50m: 43.94	43.94	150m: 2:23.31	50.78	250m: 4:03.61	49.85	350m: 5:43.23	49.94	
	100m: 1:32.53	48.59	200m: 3:13.76	50.45	300m: 4:53.29	49.68	400m: 6:33.60	50.37	



Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej dzieci 11-12-lat w pływaniu
Wrocław, 1-12-2023

Konkurencja 5, Dziewcz t, 400m dowolny, 11 lat

Pozycja				Rok ur.					Czas	Pkt.		
18.	ZAGÓRSKA Julia			12	UKS KORAL Wrocław				6:34.14	202		
	50m:	43.68	43.68	150m:	2:26.01	51.75	250m:	4:06.70	49.94	350m:	5:48.53	51.37
	100m:	1:34.26	50.58	200m:	3:16.76	50.75	300m:	4:57.16	50.46	400m:	6:34.14	45.61
19.	PO NIAK Maria			12	MKS JUVENIA Wrocław				6:35.94	199		
	50m:	41.58	41.58	150m:	2:24.96	52.60	250m:	4:06.75	50.20	350m:	5:48.62	51.33
	100m:	1:32.36	50.78	200m:	3:16.55	51.59	300m:	4:57.29	50.54	400m:	6:35.94	47.32
20.	JURCZAK EI bieta			12	UKS KORAL Wrocław				6:36.33	198		
	50m:	44.05	44.05	150m:	2:24.60	50.41	250m:	4:06.48	51.53	350m:	5:48.02	49.83
	100m:	1:34.19	50.14	200m:	3:14.95	50.35	300m:	4:58.19	51.71	400m:	6:36.33	48.31
21.	JABŁO SKA-BLEWER Paulina			12	UKS KORAL Wrocław				6:38.70	195		
	50m:	43.19	43.19	150m:	2:23.26	50.69	250m:	4:05.26	51.11	350m:	5:49.39	52.76
	100m:	1:32.57	49.38	200m:	3:14.15	50.89	300m:	4:56.63	51.37	400m:	6:38.70	49.31
22.	JA WI SKA D BROWSKA Kinga			12	WKS L SK Wrocław				6:42.68	189		
	50m:	43.64	43.64	150m:	2:24.77	51.28	250m:	4:08.28	51.78	350m:	5:51.61	50.77
	100m:	1:33.49	49.85	200m:	3:16.50	51.73	300m:	5:00.84	52.56	400m:	6:42.68	51.07
23.	WYTRWAŁ Julia			12	UKS KORAL Wrocław				6:44.27	187		
	50m:	43.54	43.54	150m:	2:27.55	52.95	250m:	4:12.89	52.39	350m:	5:56.36	50.91
	100m:	1:34.60	51.06	200m:	3:20.50	52.95	300m:	5:05.45	52.56	400m:	6:44.27	47.91
24.	MAZUREK Izabela			12	UKS KORAL Wrocław				6:47.67	182		
	50m:	48.86	48.86	150m:	2:35.25	53.14	250m:	4:19.30	53.15	350m:	6:04.85	50.12
	100m:	1:42.11	53.25	200m:	3:26.15	50.90	300m:	5:14.73	55.43	400m:	6:47.67	42.82
25.	PIWKOWSKA Iga			12	WKS L SK Wrocław				6:47.86	182		
	50m:	45.98	45.98	150m:	2:30.53	52.41	250m:	4:14.48	52.12	350m:	5:54.00	47.78
	100m:	1:38.12	52.14	200m:	3:22.36	51.83	300m:	5:06.22	51.74	400m:	6:47.86	53.86
26.	MIKULSKA Aleksandra			12	MKS JUVENIA Wrocław				6:48.68	181		
	50m:	43.57	43.57	150m:	2:27.26	53.61	250m:	4:11.67	51.92	350m:	5:59.32	54.55
	100m:	1:33.65	50.08	200m:	3:19.75	52.49	300m:	5:04.77	53.10	400m:	6:48.68	49.36
27.	PRZYCHODZE Iga			12	UKS RAPID Wrocław				7:00.23	166		
	50m:	46.64	46.64	150m:	2:33.37	55.40	250m:	4:22.44	54.82	350m:	6:11.74	53.68
	100m:	1:37.97	51.33	200m:	3:27.62	54.25	300m:	5:18.06	55.62	400m:	7:00.23	48.49
28.	WIZNER Kalina			12	MKS JUVENIA Wrocław				7:03.31	163		
	50m:	43.92	43.92	150m:	2:33.00	54.98	250m:	4:23.11	55.43	350m:	6:12.65	54.01
	100m:	1:38.02	54.10	200m:	3:27.68	54.68	300m:	5:18.64	55.53	400m:	7:03.31	50.66
29.	BOGDAŁA Łucja			12	MKS JUVENIA Wrocław				7:05.77	160		
	50m:	45.68	45.68	150m:	1:41.78	31.84	250m:	3:31.65	54.39	350m:	5:22.17	54.24
	100m:	1:09.94	24.26	200m:	2:37.26	55.48	300m:	4:27.93	56.28	400m:	7:05.77	1:43.60
30.	WASZKIS Zuzanna			12	WKS L SK Wrocław				7:07.77	158		
	50m:	46.39	46.39	150m:	2:32.69	53.54	250m:	4:21.75	54.81	350m:	6:12.22	55.04
	100m:	1:39.15	52.76	200m:	3:26.94	54.25	300m:	5:17.18	55.43	400m:	7:07.77	55.55
31.	ALASZEWICZ Natalia			12	MKS JUVENIA Wrocław				7:11.56	153		
	50m:	47.12	47.12	150m:	2:38.35	55.72	250m:	4:29.82	56.30	350m:	6:20.04	54.67
	100m:	1:42.63	55.51	200m:	3:33.52	55.17	300m:	5:25.37	55.55	400m:	7:11.56	51.52
32.	JANCZURA Hanna			12	UKS KORAL Wrocław				7:13.40	152		
	50m:	48.33	48.33	150m:	2:40.82	56.37	250m:	4:34.22	56.87	350m:	6:24.40	54.87
	100m:	1:44.45	56.12	200m:	3:37.35	56.53	300m:	5:29.53	55.31	400m:	7:13.40	49.00
33.	D BROWSKA Malwina			12	UKS KORAL Wrocław				7:16.89	148		
	50m:	47.24	47.24	150m:	2:39.17	56.92	250m:	4:31.36	55.78	350m:	6:22.34	55.67
	100m:	1:42.25	55.01	200m:	3:35.58	56.41	300m:	5:26.67	55.31	400m:	7:16.89	54.55
34.	NOWAKOWSKA Balbina			12	UKS KORAL Wrocław				7:21.44	143		
	50m:	50.27	50.27	150m:	2:41.42	56.89	250m:	4:36.26	58.20	350m:	6:25.48	51.69
	100m:	1:44.53	54.26	200m:	3:38.06	56.64	300m:	5:33.79	57.53	400m:	7:21.44	55.96
35.	ZAWADZKA Zofia			12	WKS L SK Wrocław				7:25.58	139		
	50m:			150m:	1:57.49	1:05.23	250m:	4:10.33	1:08.85	350m:	6:24.30	1:09.65
	100m:	52.26		200m:	3:01.48	1:03.99	300m:	5:14.65	1:04.32	400m:	7:25.58	1:01.28



Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej dzieci 11-12-lat w pływaniu
Wrocław, 1-12-2023

Konkurencja 5, Dziewcz t, 400m dowolny, 11 lat

Pozycja				Rok ur.						Czas	Pkt.	
36.	SMOR	GIEWICZ	Małgorzata	12	WKS	L SK	Wrocław			7:33.77	132	
	50m:	51.71	51.71	150m:	2:45.04	57.01	250m:	4:41.13	58.07	350m:	6:36.40	57.35
	100m:	1:48.03	56.32	200m:	3:43.06	58.02	300m:	5:39.05	57.92	400m:	7:33.77	57.37
37.	MARZEC	Hanna		12	MKS	JUVENIA	Wrocław			7:45.48	122	
	50m:	47.38	47.38	150m:	2:49.27	59.91	250m:	4:50.84	1:01.79	350m:	6:51.28	59.95
	100m:	1:49.36	1:01.98	200m:	3:49.05	59.78	300m:	5:51.33	1:00.49	400m:	7:45.48	54.20

