

2016 - Ogólnopolski Sprawdzian Wszechstronno ci Stylowej  
Lublin, 9-10-2016

Konkurencja 9  
2016-10-09 - 14:22

Kobiet, 400m zmienny

12 lat i starsi  
Wyniki

Punkty: FINA 2016

Pozycja			Wiek					Czas	Pkt.	
<b>12 - 13 lat</b>										
1.	CYNARSKA Natalia		13	Muszelka Warszawa				<b>5:16.17</b>	552	
	50m:	36.28 36.28	150m:	1:56.29	39.50	250m:	3:19.28	43.82	350m:	4:40.83 36.75
	100m:	1:16.79 40.51	200m:	2:35.46	39.17	300m:	4:04.08	44.80	400m:	5:16.17 35.34
2.	CYNARSKA Weronika		13	Muszelka Warszawa				<b>5:16.31</b>	551	
	50m:	35.15 35.15	150m:	1:57.03	41.14	250m:	3:20.83	44.44	350m:	4:42.13 36.42
	100m:	1:15.89 40.74	200m:	2:36.39	39.36	300m:	4:05.71	44.88	400m:	5:16.31 34.18
3.	BADZIAN Natalia		13	Muszelka Warszawa				<b>5:21.43</b>	525	
	50m:	33.94 33.94	150m:	1:55.93	42.56	250m:	3:23.35	46.43	350m:	4:46.49 36.21
	100m:	1:13.37 39.43	200m:	2:36.92	40.99	300m:	4:10.28	46.93	400m:	5:21.43 34.94
4.	LUTKIEWICZ Gabriela		13	Wisła Puławy				<b>5:31.27</b>	480	
	50m:	34.36 34.36	150m:	1:56.21	41.98	250m:	3:26.87	50.04	350m:	4:54.42 37.37
	100m:	1:14.23 39.87	200m:	2:36.83	40.62	300m:	4:17.05	50.18	400m:	5:31.27 36.85
5.	GAZDA Małgorzata		12	Olimpijczyk 23 Lublin				<b>5:35.92</b>	460	
	50m:	40.04 40.04	150m:	2:07.02	41.28	250m:	3:34.47	46.15	350m:	4:59.58 38.97
	100m:	1:25.74 45.70	200m:	2:48.32	41.30	300m:	4:20.61	46.14	400m:	5:35.92 36.34
6.	PIESKO Martyna		13	Lublinianka				<b>5:39.58</b>	446	
	50m:	35.74 35.74	150m:	2:02.23	42.49	250m:	3:31.31	49.01	350m:	5:00.46 39.43
	100m:	1:19.74 44.00	200m:	2:42.30	40.07	300m:	4:21.03	49.72	400m:	5:39.58 39.12
7.	PASTUSZUK Paulina		13	Olimpia Lublin				<b>5:44.23</b>	428	
	50m:	38.93 38.93	150m:	2:09.43	45.27	250m:	3:37.50	44.62	350m:	5:05.05 41.83
	100m:	1:24.16 45.23	200m:	2:52.88	43.45	300m:	4:23.22	45.72	400m:	5:44.23 39.18
8.	ZIEMACKA Julia		13	Muszelka Warszawa				<b>5:48.64</b>	412	
	50m:	37.82 37.82	150m:	2:05.29	43.30	250m:	3:39.72	53.07	350m:	5:11.23 38.60
	100m:	1:21.99 44.17	200m:	2:46.65	41.36	300m:	4:32.63	52.91	400m:	5:48.64 37.41
9.	DRAGAN Julia		12	Lublinianka				<b>5:49.17</b>	410	
	50m:	39.32 39.32	150m:	2:10.16	44.87	250m:	3:41.66	47.70	350m:	5:10.38 40.67
	100m:	1:25.29 45.97	200m:	2:53.96	43.80	300m:	4:29.71	48.05	400m:	5:49.17 38.79
10.	DWOJAK Natalia		12	Olimpia Lublin				<b>5:51.04</b>	403	
	50m:	38.91 38.91	150m:	2:11.80	45.71	250m:	3:42.54	48.50	350m:	5:11.40 39.65
	100m:	1:26.09 47.18	200m:	2:54.04	42.24	300m:	4:31.75	49.21	400m:	5:51.04 39.64
11.	URAWSKA Kaja		13	Olimpia Lublin				<b>5:51.92</b>	400	
	50m:	36.37 36.37	150m:	2:07.19	47.11	250m:	3:43.34	50.43	350m:	5:13.24 40.32
	100m:	1:20.08 43.71	200m:	2:52.91	45.72	300m:	4:32.92	49.58	400m:	5:51.92 38.68
12.	ŁUSZCZEW Brygida		12	Olimpijczyk 23 Lublin				<b>5:53.75</b>	394	
	50m:	36.88 36.88	150m:	2:06.21	45.40	250m:	3:40.23	50.21	350m:	5:13.12 41.22
	100m:	1:20.81 43.93	200m:	2:50.02	43.81	300m:	4:31.90	51.67	400m:	5:53.75 40.63
13.	DWOJAK Wiktoria		12	Olimpia Lublin				<b>5:54.65</b>	391	
	50m:	39.40 39.40	150m:	2:09.36	43.33	250m:	3:43.91	51.85	350m:	5:16.91 41.77
	100m:	1:26.03 46.63	200m:	2:52.06	42.70	300m:	4:35.14	51.23	400m:	5:54.65 37.74
14.	BORZ CKA Julia		12	Olimpijczyk 23 Lublin				<b>5:57.70</b>	381	
	50m:	37.63 37.63	150m:	2:08.43	45.95	250m:	3:46.57	52.05	350m:	5:19.25 39.80
	100m:	1:22.48 44.85	200m:	2:54.52	46.09	300m:	4:39.45	52.88	400m:	5:57.70 38.45
15.	B BEN Nina		13	Lublinianka				<b>5:58.39</b>	379	
	50m:	38.12 38.12	150m:	2:11.48	46.86	250m:	3:45.90	50.54	350m:	5:19.11 42.70
	100m:	1:24.62 46.50	200m:	2:55.36	43.88	300m:	4:36.41	50.51	400m:	5:58.39 39.28
16.	TOPOROWSKA Magdalena		12	Fala Kra nik				<b>5:58.98</b>	377	
	50m:	40.14 40.14	150m:	2:12.65	45.36	250m:	3:46.65	48.53	350m:	5:18.11 42.48
	100m:	1:27.29 47.15	200m:	2:58.12	45.47	300m:	4:35.63	48.98	400m:	5:58.98 40.87
17.	SZYNAL Amelia		13	Skarpa Lublin				<b>5:59.79</b>	375	
	50m:	38.59 38.59	150m:	2:11.77	45.43	250m:	3:46.27	51.05	350m:	5:19.64 42.80
	100m:	1:26.34 47.75	200m:	2:55.22	43.45	300m:	4:36.84	50.57	400m:	5:59.79 40.15

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Konkurencja 9, Dziewcz t, 400m zmienny, 12 - 13 lat

Pozycja			Wiek					Czas	Pkt.		
18.	WILGOCKA Wiktoria		12	Wodnik Krasnystaw				<b>6:01.47</b>	369		
	50m:	39.66 39.66	150m:	2:11.10	43.48	250m:	3:47.18	53.22	350m:	5:23.33	40.57
	100m:	1:27.62 47.96	200m:	2:53.96	42.86	300m:	4:42.76	55.58	400m:	6:01.47	38.14
19.	MALEC Klaudia		12	Orka Zamo				<b>6:18.58</b>	321		
	50m:	42.44 42.44	150m:	2:20.76	47.39	250m:	3:57.35	49.47	350m:	5:34.52	45.13
	100m:	1:33.37 50.93	200m:	3:07.88	47.12	300m:	4:49.39	52.04	400m:	6:18.58	44.06
20.	BEDNARZ Julia		12	Orka Zamo				<b>6:20.69</b>	316		
	50m:	41.55 41.55	150m:	2:23.10	49.65	250m:	4:03.16	51.74	350m:	5:38.55	43.99
	100m:	1:33.45 51.90	200m:	3:11.42	48.32	300m:	4:54.56	51.40	400m:	6:20.69	42.14
21.	KOZAK Katarzyna		12	Olimpijczyk 23 Lublin				<b>6:21.02</b>	315		
	50m:	38.98 38.98	150m:	2:16.84	52.55	250m:	3:59.91	52.83	350m:	5:38.42	44.28
	100m:	1:24.29 45.31	200m:	3:07.08	50.24	300m:	4:54.14	54.23	400m:	6:21.02	42.60
22.	MRÓZ Amelia		12	Olimpijczyk 23 Lublin				<b>6:30.55</b>	293		
	50m:	42.42 42.42	150m:	2:22.47	50.62	250m:	4:03.63	53.43	350m:	5:44.73	46.05
	100m:	1:31.85 49.43	200m:	3:10.20	47.73	300m:	4:58.68	55.05	400m:	6:30.55	45.82
23.	KIERAGA Patrycja		12	Olimpijczyk 23 Lublin				<b>6:32.65</b>	288		
	50m:	40.93 40.93	150m:	2:26.28	52.75	250m:	4:08.48	51.86	350m:	5:50.04	47.45
	100m:	1:33.53 52.60	200m:	3:16.62	50.34	300m:	5:02.59	54.11	400m:	6:32.65	42.61
24.	PAWŁOWSKA Aleksandra		12	Wodnik Krasnystaw				<b>6:57.22</b>	240		
	50m:	48.12 48.12	150m:	2:38.98	53.37	250m:	4:24.89	54.60	350m:	6:10.90	49.99
	100m:	1:45.61 57.49	200m:	3:30.29	51.31	300m:	5:20.91	56.02	400m:	6:57.22	46.32
25.	ULANICKA Magdalena		12	Orka Zamo				<b>6:59.73</b>	236		
	50m:	47.50 47.50	150m:	2:36.33	50.94	250m:	4:24.21	56.78	350m:	6:13.53	49.52
	100m:	1:45.39 57.89	200m:	3:27.43	51.10	300m:	5:24.01	59.80	400m:	6:59.73	46.20
26.	KICZOROWSKA Anna		12	Lublinianka				<b>7:08.97</b>	221		
	50m:	50.91 50.91	150m:	2:43.09	54.13	250m:	4:32.52	57.95	350m:	6:19.18	50.62
	100m:	1:48.96 58.05	200m:	3:34.57	51.48	300m:	5:28.56	56.04	400m:	7:08.97	49.79
27.	HAUZNER Emilia		12	Orka Zamo				<b>7:14.39</b>	213		
	50m:	52.92 52.92	150m:	2:49.30	55.39	250m:	4:44.36	59.88	350m:	6:30.44	46.29
	100m:	1:53.91 1:00.99	200m:	3:44.48	55.18	300m:	5:44.15	59.79	400m:	7:14.39	43.95
28.	SOSNOWSKA Joanna		12	Orka Zamo				<b>7:14.50</b>	212		
	50m:	49.07 49.07	150m:	2:48.42	1:00.42	250m:	4:43.26	56.04	350m:	6:29.51	49.17
	100m:	1:48.00 58.93	200m:	3:47.22	58.80	300m:	5:40.34	57.08	400m:	7:14.50	44.99
29.	WRÓBLEWSKA Klaudia		12	Orka Zamo				<b>7:51.79</b>	166		
	50m:	50.25 50.25	150m:	2:54.58	1:01.64	250m:	4:59.70	1:06.04	350m:	6:59.64	52.05
	100m:	1:52.94 1:02.69	200m:	3:53.66	59.08	300m:	6:07.59	1:07.89	400m:	7:51.79	52.15

DYSKW. SIOMA Zuzanna 12 Orka Zamo

*K11 - Nierównoczesne lub naprzemienne ruchy nóg*

14 - 15 lat

1.	WILCZEWSKA Aleksandra		14	Olimpia Lublin				<b>5:09.92</b>	586		
	50m:	33.48 33.48	150m:	1:51.00	39.30	250m:	3:13.66	44.57	350m:	4:34.48	37.14
	100m:	1:11.70 38.22	200m:	2:29.09	38.09	300m:	3:57.34	43.68	400m:	5:09.92	35.44
2.	ŁYSAKOWSKA Julia SL		15	AZS UMCS Lublin				<b>5:20.90</b>	528		
	50m:	34.14 34.14	150m:	1:52.08	39.89	250m:	3:19.79	49.21	350m:	4:46.12	38.04
	100m:	1:12.19 38.05	200m:	2:30.58	38.50	300m:	4:08.08	48.29	400m:	5:20.90	34.78
3.	TOMASZEWSKA Magdalena		14	Wisła Puławy				<b>5:36.26</b>	459		
	50m:	36.72 36.72	150m:	2:00.58	40.64	250m:	3:31.51	50.34	350m:	4:59.79	38.23
	100m:	1:19.94 43.22	200m:	2:41.17	40.59	300m:	4:21.56	50.05	400m:	5:36.26	36.47
4.	BUJAK Maria		15	Skarpa Lublin				<b>5:42.06</b>	436		
	50m:	41.33 41.33	150m:	2:12.10	44.17	250m:	3:40.32	46.33	350m:	5:05.40	38.63
	100m:	1:27.93 46.60	200m:	2:53.99	41.89	300m:	4:26.77	46.45	400m:	5:42.06	36.66

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Konkurencja 9, Dziewcz t, 400m zmienny, 14 - 15 lat

Pozycja			Wiek				Czas				Pkt.	
5.	ADAMEK Barbara		14				Olimpia Lublin				<b>5:52.94</b>	397
	50m:	39.79 39.79	150m:	2:11.99	45.58	250m:	3:46.35	48.38	350m:	5:15.76	41.44	
	100m:	1:26.41 46.62	200m:	2:57.97	45.98	300m:	4:34.32	47.97	400m:	5:52.94	37.18	
6.	MALINOWSKA Zuzanna		15				Olimpia Lublin				<b>5:53.12</b>	396
	50m:	36.52 36.52	150m:	2:02.29	43.77	250m:	3:37.14	50.11	350m:	5:12.46	42.24	
	100m:	1:18.52 42.00	200m:	2:47.03	44.74	300m:	4:30.22	53.08	400m:	5:53.12	40.66	
7.	WI TEK Martyna		14				Skarpa Lublin				<b>6:04.63</b>	360
	50m:	38.44 38.44	150m:	2:08.85	44.80	250m:	3:47.18	54.46	350m:	5:24.20	41.29	
	100m:	1:24.05 45.61	200m:	2:52.72	43.87	300m:	4:42.91	55.73	400m:	6:04.63	40.43	
8.	MAŁEK Martyna		14				Skarpa Lublin				<b>6:08.15</b>	350
	50m:	36.71 36.71	150m:	2:11.20	49.38	250m:	3:50.50	51.45	350m:	5:26.48	44.34	
	100m:	1:21.82 45.11	200m:	2:59.05	47.85	300m:	4:42.14	51.64	400m:	6:08.15	41.67	

16 lat i starsi

1.	ADAMCZYK Julia SL		17				AZS UMCS Lublin				<b>4:55.42</b>	677
	50m:	31.21 31.21	150m:	1:44.84	38.25	250m:	3:05.40	42.81	350m:	4:23.26	34.95	
	100m:	1:06.59 35.38	200m:	2:22.59	37.75	300m:	3:48.31	42.91	400m:	4:55.42	32.16	
2.	SAMUŁA Wiktoria SL		17				AZS UMCS Lublin				<b>4:55.95</b>	673
	50m:	32.11 32.11	150m:	1:47.73	39.29	250m:	3:07.35	40.86	350m:	4:24.01	35.00	
	100m:	1:08.44 36.33	200m:	2:26.49	38.76	300m:	3:49.01	41.66	400m:	4:55.95	31.94	
3.	ANDRZEJEWSKA Kamila SL		17				Lider Chełm				<b>5:09.72</b>	587
	50m:	32.81 32.81	150m:	1:52.53	41.94	250m:	3:17.49	44.12	350m:	4:37.00	34.49	
	100m:	1:10.59 37.78	200m:	2:33.37	40.84	300m:	4:02.51	45.02	400m:	5:09.72	32.72	
4.	MUDA Weronika SL		16				AZS UMCS Lublin				<b>5:09.98</b>	586
	50m:	32.74 32.74	150m:	1:51.43	41.52	250m:	3:14.83	42.53	350m:	4:34.18	36.85	
	100m:	1:09.91 37.17	200m:	2:32.30	40.87	300m:	3:57.33	42.50	400m:	5:09.98	35.80	
5.	CZARNECKA Wiktoria SL		17				Skarpa Lublin				<b>5:10.38</b>	584
	50m:	32.17 32.17	150m:	1:52.38	43.02	250m:	3:19.08	45.08	350m:	4:37.78	34.74	
	100m:	1:09.36 37.19	200m:	2:34.00	41.62	300m:	4:03.04	43.96	400m:	5:10.38	32.60	
6.	REDNER Sandra SL		17				Skarpa Lublin				<b>5:16.60</b>	550
	50m:	33.86 33.86	150m:	1:52.70	40.34	250m:	3:19.57	46.67	350m:	4:41.63	36.13	
	100m:	1:12.36 38.50	200m:	2:32.90	40.20	300m:	4:05.50	45.93	400m:	5:16.60	34.97	
7.	OSINIAK Ewa SL		16				AZS UMCS Lublin				<b>5:19.67</b>	534
	50m:	33.06 33.06	150m:	1:51.40	40.08	250m:	3:17.63	46.32	350m:	4:43.52	39.16	
	100m:	1:11.32 38.26	200m:	2:31.31	39.91	300m:	4:04.36	46.73	400m:	5:19.67	36.15	
8.	SZOPA Marta SL		16				CSTiR Strzy ów				<b>5:28.04</b>	494
	50m:	35.41 35.41	150m:	2:01.52	42.19	250m:	3:27.54	44.04	350m:	4:51.55	38.02	
	100m:	1:19.33 43.92	200m:	2:43.50	41.98	300m:	4:13.53	45.99	400m:	5:28.04	36.49	
9.	WÓJTOWICZ Julia SL		16				Barakuda Starachowice				<b>5:34.66</b>	466
	50m:	36.63 36.63	150m:	2:00.65	41.49	250m:	3:30.40	48.58	350m:	4:58.13	39.29	
	100m:	1:19.16 42.53	200m:	2:41.82	41.17	300m:	4:18.84	48.44	400m:	5:34.66	36.53	

DYSKW. PROCHOWNIK Olimpia SL 17 Unia O wi cim  
*K15 - Brak dotkni cia ciany obydwoma rozł czonymi dło mi*

PK AMILKIEWICZ Aleksandra 11 Olimpia Lublin  
*Z2 - Uko czenie poszczególnych odcinków niezgodnie z przepisami o danym stylu*