

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej Dzieci 11,12 lat w Pływaniu  
Olsztyn, 4-12-2015

Konkurencja 5 Dziewcząt, 400m dowolny 11 lat Wyniki  
2015-12-04 - 9:51

Rekord Okregu	5:08.22	ŁUKASIK, Wiktoria	00713	Gizycko	2010-11-20
Rekord Polski	4:57.22	TRAMBOWICZ, Zuzanna	00202	Torun	2013-11-29

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.		
1.	GMITER, Barbara		04	MTP Kormoran				<b>5:28.16</b>	364		
	50m:	35.46 35.46	150m:	1:58.88	42.81	250m:	3:23.93	43.07	350m:	4:49.28	42.89
	100m:	1:16.07 40.61	200m:	2:40.86	41.98	300m:	4:06.39	42.46	400m:	5:28.16	38.88
2.	WA NIEWSKA, Martyna		04	UKP Jedyńka Elbląg				<b>5:49.74</b>	301		
	50m:	38.74 38.74	150m:	2:06.62	44.57	250m:	3:37.73	45.76	350m:	5:08.55	45.01
	100m:	1:22.05 43.31	200m:	2:51.97	45.35	300m:	4:23.54	45.81	400m:	5:49.74	41.19
3.	GUTOWSKA, Maria		04	UKP Jedyńka Elbląg				<b>6:01.88</b>	272		
	50m:	41.34 41.34	150m:	2:11.65	45.53	250m:	3:45.34	47.23	350m:	5:18.63	46.54
	100m:	1:26.12 44.78	200m:	2:58.11	46.46	300m:	4:32.09	46.75	400m:	6:01.88	43.25
4.	ZIELIŃSKA, Maria		04	Mpsk Orka Ciechanów				<b>6:08.29</b>	258		
	50m:	39.37 39.37	150m:	2:13.76	47.78	250m:	3:48.45	48.01	350m:	5:23.72	46.61
	100m:	1:25.98 46.61	200m:	3:00.44	46.68	300m:	4:37.11	48.66	400m:	6:08.29	44.57
5.	BIEŁŁO, Oliwia		04	MTP Kormoran				<b>6:11.36</b>	251		
	50m:	41.78 41.78	150m:	2:18.09	48.60	250m:	3:54.25	47.96	350m:	5:29.70	47.44
	100m:	1:29.49 47.71	200m:	3:06.29	48.20	300m:	4:42.26	48.01	400m:	6:11.36	41.66
6.	TYLKIE, Dominika		04	UKP Jedyńka Elbląg				<b>6:12.38</b>	249		
	50m:	41.73 41.73	150m:	2:19.60	48.71	250m:	3:54.48	47.66	350m:	5:32.17	50.15
	100m:	1:30.89 49.16	200m:	3:06.82	47.22	300m:	4:42.02	47.54	400m:	6:12.38	40.21
7.	SKŁODOWSKA, Karolina		04	MTP Kormoran				<b>6:15.83</b>	242		
	50m:	41.25 41.25	150m:	2:17.16	49.06	250m:	3:55.22	48.63	350m:	5:32.17	48.28
	100m:	1:28.10 46.85	200m:	3:06.59	49.43	300m:	4:43.89	48.67	400m:	6:15.83	43.66
8.	GRAJEK, Sandra		04	MTP Kormoran				<b>6:16.28</b>	242		
	50m:	42.41 42.41	150m:	2:18.69	48.65	250m:	3:54.68	48.15	350m:	5:30.80	47.92
	100m:	1:30.04 47.63	200m:	3:06.53	47.84	300m:	4:42.88	48.20	400m:	6:16.28	45.48
9.	KRUPIŃSKA, Lila		04	MTP Kormoran				<b>6:27.46</b>	221		
	50m:	42.18 42.18	150m:	2:20.91	49.81	250m:	4:01.47	49.84	350m:	5:41.76	49.67
	100m:	1:31.10 48.92	200m:	3:11.63	50.72	300m:	4:52.09	50.62	400m:	6:27.46	45.70
10.	SOBOTKO, Weronika		04	MTP Kormoran				<b>6:27.52</b>	221		
	50m:	43.89 43.89	150m:	2:25.25	51.67	250m:	4:04.41	48.27	350m:	5:43.99	48.59
	100m:	1:33.58 49.69	200m:	3:16.14	50.89	300m:	4:55.40	50.99	400m:	6:27.52	43.53
11.	SUDER, Julia		04	MTP Kormoran				<b>6:33.21</b>	212		
	50m:	43.96 43.96	150m:	2:25.45	51.33	250m:	4:08.21	50.90	350m:	5:49.62	49.63
	100m:	1:34.12 50.16	200m:	3:17.31	51.86	300m:	4:59.99	51.78	400m:	6:33.21	43.59
12.	MICHAŁOWSKA, Adriana		04	UKP Jedyńka Elbląg				<b>6:43.97</b>	195		
	50m:	42.04 42.04	150m:	2:22.55	51.43	250m:	4:07.40	52.46	350m:	5:53.03	52.69
	100m:	1:31.12 49.08	200m:	3:14.94	52.39	300m:	5:00.34	52.94	400m:	6:43.97	50.94
13.	ANSZCZAK, Ewa		04	MTP Kormoran				<b>6:46.39</b>	192		
	50m:		150m:	2:25.58	54.23	250m:	4:13.49	53.66	350m:	6:00.07	52.45
	100m:	1:31.35	200m:	3:19.83	54.25	300m:	5:07.62	54.13	400m:	6:46.39	46.32
14.	SOBIESKA, Agata		04	MTP Kormoran				<b>6:47.49</b>	190		
	50m:	46.92 46.92	150m:	2:32.44	53.28	250m:	4:20.53	53.93	350m:	6:03.58	51.03
	100m:	1:39.16 52.24	200m:	3:26.60	54.16	300m:	5:12.55	52.02	400m:	6:47.49	43.91
15.	MURASZKO, Martyna		04	MTP Kormoran				<b>7:01.11</b>	172		
	50m:	42.75 42.75	150m:	2:27.63	53.47	250m:	4:19.45	56.26	350m:	6:11.78	55.91
	100m:	1:34.16 51.41	200m:	3:23.19	55.56	300m:	5:15.87	56.42	400m:	7:01.11	49.33
16.	OSMÓLSKA, Julia		04	MTP Kormoran				<b>7:01.17</b>	172		
	50m:	48.11 48.11	150m:	2:34.03	53.38	250m:	4:21.83	54.06	350m:	6:04.78	51.28
	100m:	1:40.65 52.54	200m:	3:27.77	53.74	300m:	5:13.50	51.67	400m:	7:01.17	56.39

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej Dzieci 11,12 lat w Pływaniu  
Olsztyn, 4-12-2015

Konkurencja 5, Dziewcząt, 400m dowolny, 11 lat

Pozycja				Rok ur.				Czas	Pkt.
17.	WIERZCHOWSKA, Maja			04	MTP Kormoran			<b>7:01.44</b>	172
	50m:	46.63	46.63	150m:	2:34.63	55.00	250m:	4:22.20	51.85
	100m:	1:39.63	53.00	200m:	3:30.35	55.72	300m:	5:16.06	53.86
							350m:	6:10.59	54.53
							400m:	7:01.44	50.85
18.	KWIATKOWSKA, Agata			04	UKP Jedyńka Elbląg			<b>7:01.81</b>	171
	50m:	47.91	47.91	150m:	2:34.66	53.97	250m:	4:22.01	53.50
	100m:	1:40.69	52.78	200m:	3:28.51	53.85	300m:	5:16.69	54.68
							350m:	6:10.91	54.22
							400m:	7:01.81	50.90
19.	SZAŁKOWSKA, Oliwia			04	MTP Kormoran			<b>7:06.24</b>	166
	50m:	45.00	45.00	150m:	2:32.36	54.10	250m:	4:23.71	55.85
	100m:	1:38.26	53.26	200m:			300m:	5:19.32	55.61
							350m:	6:15.17	55.85
							400m:	7:06.24	51.07
20.	SOBIERAJSKA, Julia			04	MTP Kormoran			<b>7:06.69</b>	166
	50m:	47.04	47.04	150m:	2:35.46	54.15	250m:	4:22.65	53.41
	100m:	1:41.31	54.27	200m:	3:29.24	53.78	300m:	5:16.59	53.94
							350m:	6:07.71	51.12
							400m:	7:06.69	58.98
21.	STEFANIA, Karolina			04	UKP Jedyńka Elbląg			<b>7:07.70</b>	164
	50m:	47.34	47.34	150m:	2:34.54	53.93	250m:	4:25.33	55.68
	100m:	1:40.61	53.27	200m:	3:29.65	55.11	300m:	5:21.15	55.82
							350m:	6:15.78	54.63
							400m:	7:07.70	51.92
22.	ZAKRZEWSKA, Julia			04	UKP Jedyńka Elbląg			<b>7:10.83</b>	161
	50m:	46.92	46.92	150m:	2:36.71	55.52	250m:	4:27.69	55.46
	100m:	1:41.19	54.27	200m:	3:32.23	55.52	300m:	5:24.43	56.74
							350m:	6:20.23	55.80
							400m:	7:10.83	50.60
23.	SOKOŁOWSKA, Małgorzata			04	MTP Kormoran			<b>7:13.40</b>	158
	50m:	45.59	45.59	150m:	2:39.14	55.07	250m:	4:33.83	57.84
	100m:	1:44.07	58.48	200m:	3:35.99	56.85	300m:	5:31.67	57.84
							350m:	6:25.66	53.99
							400m:	7:13.40	47.74
24.	PIÓRKOWSKA, Zuzanna			04	Klub Sportowy Płetwal Szczytno			<b>7:21.91</b>	149
	50m:	49.45	49.45	150m:	2:41.20	57.33	250m:	4:36.75	57.66
	100m:	1:43.87	54.42	200m:	3:39.09	57.89	300m:	5:33.25	56.50
							350m:	6:29.64	56.39
							400m:	7:21.91	52.27
25.	SMOLEŃSKA, Wiktoria			04	UKP Jedyńka Elbląg			<b>7:27.11</b>	144
	50m:	48.53	48.53	150m:	2:44.16	57.91	250m:	4:39.51	57.02
	100m:	1:46.25	57.72	200m:	3:42.49	58.33	300m:	5:36.94	57.43
							350m:	6:33.02	56.08
							400m:	7:27.11	54.09
26.	POWŁASKA, Maja			04	MTP Kormoran			<b>7:40.97</b>	131
	50m:	50.65	50.65	150m:	2:48.33	1:00.04	250m:	4:49.69	1:01.93
	100m:	1:48.29	57.64	200m:	3:47.76	59.43	300m:	5:49.66	59.97
							350m:	6:49.08	59.42
							400m:	7:40.97	51.89
27.	ZAMOJSKA, Alicja			04	UKP Jedyńka Elbląg			<b>7:52.82</b>	122
	50m:	54.16	54.16	150m:	2:55.08	1:01.22	250m:	4:56.51	1:00.33
	100m:	1:53.86	59.70	200m:	3:56.18	1:01.10	300m:	5:57.60	1:01.09
							350m:	6:57.14	59.54
							400m:	7:52.82	55.68
28.	KRUPIŃSKA, Maja			04	MTP Kormoran			<b>7:54.08</b>	121
	50m:	48.83	48.83	150m:	2:48.02	1:00.74	250m:		
	100m:	1:47.28	58.45	200m:			300m:	5:56.83	
							350m:		
							400m:	7:54.08	
29.	DZIATKOWIAK, Zofia			04	Klub Sportowy Płetwal Szczytno			<b>7:56.05</b>	119
	50m:	50.65	50.65	150m:	2:51.60	1:00.94	250m:	4:54.95	1:01.67
	100m:	1:50.66	1:00.01	200m:	3:53.28	1:01.68	300m:	5:56.04	1:01.09
							350m:	6:57.71	1:01.67
							400m:	7:56.05	58.34
30.	ZALECH, Zuzanna			04	MTP Kormoran			<b>8:10.48</b>	109
	50m:	53.82	53.82	150m:	2:57.89	1:02.91	250m:	5:03.67	1:01.90
	100m:	1:54.98	1:01.16	200m:	4:01.77	1:03.88	300m:	6:07.79	1:04.12
							350m:	7:08.81	1:01.02
							400m:	8:10.48	1:01.67
31.	CZARNIAWSKA, Aleksandra			04	MTP Kormoran			<b>8:14.95</b>	106
	50m:	49.72	49.72	150m:	3:01.14	1:05.09	250m:	5:08.63	1:03.30
	100m:	1:56.05	1:06.33	200m:	4:05.33	1:04.19	300m:	6:11.88	1:03.25
							350m:	7:14.22	1:02.34
							400m:	8:14.95	1:00.73