



Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej Dzieci 11,12 lat w Pływaniu  
Elbląg, 26-11-2016

Konkurencja 5 Dziewcz. t., 400m dowolny 11 lat  
2016-11-26 - 10:02 Wyniki

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

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.
1. DOROSZKIEWICZ, Anna	05	<b>5:21.46</b>	388
50m: 36.06 36.06	150m: 1:57.39 40.87	250m: 3:19.98 41.17	350m: 4:41.84 40.84
100m: 1:16.52 40.46	200m: 2:38.81 41.42	300m: 4:01.00 41.02	400m: 5:21.46 39.62
2. PIECHOWICZ, Karolina	05	<b>5:26.26</b>	371
50m: 34.95 34.95	150m: 1:56.86 41.31	250m: 3:21.93 42.65	350m: 4:45.80 42.00
100m: 1:15.55 40.60	200m: 2:39.28 42.42	300m: 4:03.80 41.87	400m: 5:26.26 40.46
3. WOLANIN, Klaudia	05	<b>5:26.53</b>	370
50m: 35.39 35.39	150m: 1:58.05 41.93	250m: 3:22.84 42.76	350m: 4:48.14 42.44
100m: 1:16.12 40.73	200m: 2:40.08 42.03	300m: 4:05.70 42.86	400m: 5:26.53 38.39
4. KRASZEWSKA, Martyna	05	<b>5:41.37</b>	324
50m: 38.35 38.35	150m: 2:05.92 43.51	250m: 3:34.18 43.75	350m: 5:01.18 43.36
100m: 1:22.41 44.06	200m: 2:50.43 44.51	300m: 4:17.82 43.64	400m: 5:41.37 40.19
5. HINC, Julia	05	<b>5:41.85</b>	322
50m: 39.80 39.80	150m: 2:07.22 43.90	250m: 3:34.23 43.51	350m: 5:01.65 43.73
100m: 1:23.32 43.52	200m: 2:50.72 43.50	300m: 4:17.92 43.69	400m: 5:41.85 40.20
6. SUJKOWSKA, Roksana	05	<b>5:52.22</b>	295
50m: 38.74 38.74	150m: 2:08.61 45.10	250m: 3:38.55 44.87	350m: 5:09.65 45.08
100m: 1:23.51 44.77	200m: 2:53.68 45.07	300m: 4:24.57 46.02	400m: 5:52.22 42.57
7. GAWEDZKA, Natalia	05	<b>5:57.43</b>	282
50m: 41.13 41.13	150m: 2:13.93 46.47	250m: 3:46.82 45.87	350m: 5:15.43 43.83
100m: 1:27.46 46.33	200m: 3:00.95 47.02	300m: 4:31.60 44.78	400m: 5:57.43 42.00
8. JANKOWSKA, Martyna	05	<b>6:02.50</b>	270
50m: 37.64 37.64	150m: 2:08.28 46.58	250m: 3:44.70 47.34	350m: 5:20.10 47.17
100m: 1:21.70 44.06	200m: 2:57.36 49.08	300m: 4:32.93 48.23	400m: 6:02.50 42.40
9. TUNKIEWICZ, Zuzanna	05	<b>6:04.11</b>	267
50m: 42.17 42.17	150m: 2:17.14 47.45	250m: 3:49.34 45.31	350m: 5:21.54 46.25
100m: 1:29.69 47.52	200m: 3:04.03 46.89	300m: 4:35.29 45.95	400m: 6:04.11 42.57
10. CZARNECKA, Olga	05	<b>6:05.41</b>	264
50m: 39.38 39.38	150m: 2:13.50 47.83	250m: 3:47.32 46.44	350m: 5:20.76 46.63
100m: 1:25.67 46.29	200m: 3:00.88 47.38	300m: 4:34.13 46.81	400m: 6:05.41 44.65
11. BORCZAK, Julia	05	<b>6:07.87</b>	259
50m: 38.92 38.92	150m: 2:12.07 47.24	250m: 3:45.39 46.62	350m: 5:19.41 50.15
100m: 1:24.83 45.91	200m: 2:58.77 46.70	300m: 4:29.26 43.87	400m: 6:07.87 48.46
12. CZY YK-SKOCZYK, Martyna	05	<b>6:19.10</b>	236
50m: 39.56 39.56	150m: 2:11.14 47.05	250m: 3:46.70 48.09	350m: 5:23.26 47.29
100m: 1:24.09 44.53	200m: 2:58.61 47.47	300m: 4:35.97 49.27	400m: 6:19.10 55.84
13. MIERZEJEWSKA, Wiktoria	05	<b>6:25.67</b>	224
50m: 42.60 42.60	150m: 2:21.37 50.16	250m: 4:00.57 50.13	350m: 5:40.22 49.79
100m: 1:31.21 48.61	200m: 3:10.44 49.07	300m: 4:50.43 49.86	400m: 6:25.67 45.45
14. STANKIEWICZ, Aneta	05	<b>6:28.26</b>	220
50m: 42.21 42.21	150m: 2:21.56 50.33	250m: 4:02.09 50.67	350m: 5:42.38 49.60
100m: 1:31.23 49.02	200m: 3:11.42 49.86	300m: 4:52.78 50.69	400m: 6:28.26 45.88
15. BUONAGURA, Miriam	05	<b>6:29.47</b>	218
50m: 42.29 42.29	150m: 2:21.21 50.00	250m: 4:02.29 50.46	350m: 5:42.25 48.25
100m: 1:31.21 48.92	200m: 3:11.83 50.62	300m: 4:54.00 51.71	400m: 6:29.47 47.22
16. BOROWSKA, Wiktoria	05	<b>6:31.10</b>	215
50m: 40.78 40.78	150m: 2:17.96 49.93	250m: 3:59.17 50.75	350m: 5:44.73 55.08
100m: 1:28.03 47.25	200m: 3:08.42 50.46	300m: 4:49.65 50.48	400m: 6:31.10 46.37
17. MASŁOWSKA, Wiktoria	05	<b>6:35.78</b>	208
50m: 41.27 41.27	150m: 2:20.31 50.22	250m: 4:03.83 51.25	350m: 5:43.93 48.62
100m: 1:30.09 48.82	200m: 3:12.58 52.27	300m: 4:55.31 51.48	400m: 6:35.78 51.85

wyniki: [www.megatiming.pl](http://www.megatiming.pl)

obsługa informatyczna: [elachodyna@poczta.fm](mailto:elachodyna@poczta.fm)

kont. 600215732

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2016-11-26 11:01 - Strona 1



Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej Dzieci 11,12 lat w Pływaniu  
Elbląg, 26-11-2016

Konkurencja 5, Dziewcząt, 400m dowolny, 11 lat

Pozycja				Rok ur.						Czas	Pkt.	
18.	KLIZIAK, Natalia			05	MTP Kormoran Olsztyn					<b>6:37.28</b>	205	
	50m:	40.75	40.75	150m:	2:20.05	49.79	250m:	4:04.05	51.60	350m:	5:47.70	51.52
	100m:	1:30.26	49.51	200m:	3:12.45	52.40	300m:	4:56.18	52.13	400m:	6:37.28	49.58
19.	MENTRYKA, Gabriela			05	MTP Kormoran Olsztyn					<b>6:45.86</b>	192	
	50m:	41.57	41.57	150m:	2:23.72	51.04	250m:	4:08.43	52.30	350m:	5:52.31	51.45
	100m:	1:32.68	51.11	200m:	3:16.13	52.41	300m:	5:00.86	52.43	400m:	6:45.86	53.55
20.	GRZEGORCZYK, Maja			05	UKP MOS Elk					<b>6:47.84</b>	190	
	50m:	42.49	42.49	150m:	2:21.95	50.52	250m:	4:08.22	54.21	350m:	5:51.67	49.01
	100m:	1:31.43	48.94	200m:	3:14.01	52.06	300m:	5:02.66	54.44	400m:	6:47.84	56.17
21.	CHLEBOWSKA, Aleksandra			05	UKP Jedyńka Elbląg					<b>7:54.91</b>	120	
	50m:	51.22	51.22	150m:	2:51.13	1:03.12	250m:	4:54.40	1:02.27	350m:	6:55.79	59.51
	100m:	1:48.01	56.79	200m:	3:52.13	1:01.00	300m:	5:56.28	1:01.88	400m:	7:54.91	59.12
22.	SOSZYŃSKA, Zuzanna			05	MTP Kormoran Olsztyn					<b>7:56.74</b>	119	
	50m:	50.57	50.57	150m:			250m:	4:59.99		350m:	7:02.18	1:00.53
	100m:	1:51.31	1:00.74	200m:			300m:	6:01.65	1:01.66	400m:	7:56.74	54.56
23.	HARNISZ, Agata			05	MTP Kormoran Olsztyn					<b>8:04.35</b>	113	
	50m:	50.96	50.96	150m:	2:57.42	1:02.96	250m:	5:05.70	1:04.40	350m:	7:08.01	1:02.01
	100m:	1:54.46	1:03.50	200m:	4:01.30	1:03.88	300m:	6:06.00	1:00.30	400m:	8:04.35	56.34
24.	PIRÓG, Michalina			05	MTP Kormoran Olsztyn					<b>8:06.31</b>	112	
	50m:	53.72	53.72	150m:	2:59.06	1:03.06	250m:	6:05.76	2:05.35	350m:	7:08.49	
	100m:	1:56.00	1:02.28	200m:	4:00.41	1:01.35	300m:			400m:	8:06.31	57.82