

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci 11 lat
Gda sk, 18.11.2016

Konkurencja 3
18.11.2016 - 11:10

Dziewcz t, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2016

wyniki tymczasowe

Pozycja			Rok ur.					Czas	Pkt.		
Hebel Natalia			05	abianka Gda sk				5:13.85	417		
50m:	35.95	35.95	150m:	1:54.75	39.32	250m:	3:15.21	40.18	350m:	4:35.08	39.40
100m:	1:15.43	39.48	200m:	2:35.03	40.28	300m:	3:55.68	40.47	400m:	5:13.85	38.77
Palicka Wiktoria			05	Skalar Słupsk				5:31.24	354		
50m:	38.88	38.88	150m:	2:04.39	42.94	250m:	3:30.28	42.26	350m:	4:53.02	40.98
100m:	1:21.45	42.57	200m:	2:48.02	43.63	300m:	4:12.04	41.76	400m:	5:31.24	38.22
Łobodzi ska Natalia			05	abianka Gda sk				5:40.27	327		
50m:	38.90	38.90	150m:	2:04.79	43.82	250m:	3:32.03	44.00	350m:	4:59.30	43.36
100m:	1:20.97	42.07	200m:	2:48.03	43.24	300m:	4:15.94	43.91	400m:	5:40.27	40.97
Jastrz bek Nadia			05	Siódemka Gdynia				5:40.28	327		
50m:	37.20	37.20	150m:	2:04.74	43.47	250m:	3:32.32	43.38	350m:	4:59.48	43.01
100m:	1:21.27	44.07	200m:	2:48.94	44.20	300m:	4:16.47	44.15	400m:	5:40.28	40.80
Avanesyan Kristina			05	abianka Gda sk				5:56.72	284		
50m:	38.98	38.98	150m:	2:09.87	45.76	250m:	3:43.94	47.15	350m:	5:14.37	44.23
100m:	1:24.11	45.13	200m:	2:56.79	46.92	300m:	4:30.14	46.20	400m:	5:56.72	42.35
Spychalska Oliwia			05	abianka Gda sk				6:00.08	276		
50m:	39.42	39.42	150m:	2:10.14	45.89	250m:	3:42.20	45.73	350m:	5:14.53	46.25
100m:	1:24.25	44.83	200m:	2:56.47	46.33	300m:	4:28.28	46.08	400m:	6:00.08	45.55
Turczyn Patrycja			05	TRI-Team Rumia				6:01.94	272		
50m:	41.91	41.91	150m:	2:13.29	45.62	250m:	3:46.93	46.49	350m:	5:19.74	45.96
100m:	1:27.67	45.76	200m:	3:00.44	47.15	300m:	4:33.78	46.85	400m:	6:01.94	42.20
Janczarska Wiktoria			05	Siódemka Gdynia				6:16.14	242		
50m:	41.08	41.08	150m:	2:18.18	49.28	250m:	3:57.08	49.93	350m:	5:33.49	46.84
100m:	1:28.90	47.82	200m:	3:07.15	48.97	300m:	4:46.65	49.57	400m:	6:16.14	42.65
Stypi ska Kornelia			05	Dwójka Tczew				6:16.78	241		
50m:	40.24	40.24	150m:	2:13.54	46.98	250m:	3:50.01	48.54	350m:	5:29.04	49.67
100m:	1:26.56	46.32	200m:	3:01.47	47.93	300m:	4:39.37	49.36	400m:	6:16.78	47.74
Lipi ska Maja			05	TRI-Team Rumia				6:18.27	238		
50m:	42.25	42.25	150m:	2:18.36	48.54	250m:	3:56.85	48.86	350m:	5:34.19	48.99
100m:	1:29.82	47.57	200m:	3:07.99	49.63	300m:	4:45.20	48.35	400m:	6:18.27	44.08
Klejna Weronika			05	1 Solex L bork				6:20.61	233		
50m:	44.11	44.11	150m:	2:21.32	49.12	250m:	3:58.15	48.35	350m:	5:31.76	45.86
100m:	1:32.20	48.09	200m:	3:09.80	48.48	300m:	4:45.90	47.75	400m:	6:20.61	48.85
Marcyniuk Zuzanna			05	TRI-Team Rumia				6:20.93	233		
50m:	41.14	41.14	150m:	2:15.74	47.93	250m:	3:56.74	50.61	350m:	5:34.22	48.39
100m:	1:27.81	46.67	200m:	3:06.13	50.39	300m:	4:45.83	49.09	400m:	6:20.93	46.71
Fiedoruk Natalia			05	Aquastacja Gda sk				6:24.91	226		
50m:	41.57	41.57	150m:	2:18.40	49.43	250m:	3:58.44	49.31	350m:	5:40.67	51.39
100m:	1:28.97	47.40	200m:	3:09.13	50.73	300m:	4:49.28	50.84	400m:	6:24.91	44.24
Jarosiewicz Iga			05	Aquastacja Gda sk				6:26.24	223		
50m:	44.51	44.51	150m:	2:23.44	49.26	250m:	4:01.52	48.68	350m:	5:41.61	50.66
100m:	1:34.18	49.67	200m:	3:12.84	49.40	300m:	4:50.95	49.43	400m:	6:26.24	44.63
Nowek Jagoda			05	abianka Gda sk				6:27.79	221		
50m:	41.55	41.55	150m:	2:21.46	50.13	250m:	3:59.46	49.72	350m:	5:38.56	49.47
100m:	1:31.33	49.78	200m:	3:09.74	48.28	300m:	4:49.09	49.63	400m:	6:27.79	49.23
Kazimierzak Hanna			05	Siódemka Gdynia				6:28.75	219		
50m:	43.14	43.14	150m:	2:21.89	48.91	250m:	4:01.09	49.50	350m:	5:40.83	49.88
100m:	1:32.98	49.84	200m:	3:11.59	49.70	300m:	4:50.95	49.86	400m:	6:28.75	47.92
Drz szcz Nadia			05	Dwójka Tczew				6:31.71	214		
50m:	43.58	43.58	150m:	2:22.88	48.51	250m:	4:04.92	52.01	350m:	5:47.02	50.85
100m:	1:34.37	50.79	200m:	3:12.91	50.03	300m:	4:56.17	51.25	400m:	6:31.71	44.69

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Gda sk, 18.11.2016

Konkurencja 3, Dziewcz t, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.		
Pobłocka Weronika			05	Dwójka Tczew				6:38.56	203		
50m:	43.90	43.90	150m:	2:25.23	51.41	250m:	4:07.13	51.60	350m:	5:49.16	50.88
100m:	1:33.82	49.92	200m:	3:15.53	50.30	300m:	4:58.28	51.15	400m:	6:38.56	49.40
Wijatyk Aleksandra			05	Dwójka Morena Gda sk				6:40.67	200		
50m:	42.74	42.74	150m:	2:21.84	50.69	250m:	4:06.98	52.67	350m:	5:50.42	51.72
100m:	1:31.15	48.41	200m:	3:14.31	52.47	300m:	4:58.70	51.72	400m:	6:40.67	50.25
Szamecka Nadia			05	Dwójka Tczew				6:45.17	193		
50m:	43.48	43.48	150m:	2:29.25	53.90	250m:	4:13.55	52.00	350m:	5:57.99	52.21
100m:	1:35.35	51.87	200m:	3:21.55	52.30	300m:	5:05.78	52.23	400m:	6:45.17	47.18
Laskowska Pola			05	1 Solex L bork				6:53.44	182		
50m:	44.64	44.64	150m:	2:30.18	54.80	250m:	4:16.65	53.36	350m:	6:03.01	53.24
100m:	1:35.38	50.74	200m:	3:23.29	53.11	300m:	5:09.77	53.12	400m:	6:53.44	50.43
Sijka Urszula			05	abianka Gda sk				6:53.87	181		
50m:	43.80	43.80	150m:	2:26.90	52.39	250m:	4:14.65	54.14	350m:	6:06.15	55.84
100m:	1:34.51	50.71	200m:	3:20.51	53.61	300m:	5:10.31	55.66	400m:	6:53.87	47.72
K pi ska Karolina			05	Dwójka Morena Gda sk				6:55.16	180		
50m:	45.22	45.22	150m:	2:29.57	52.98	250m:	4:16.00	53.74	350m:	6:02.31	53.09
100m:	1:36.59	51.37	200m:	3:22.26	52.69	300m:	5:09.22	53.22	400m:	6:55.16	52.85
Dzi giełewska Katarzyna			05	TRI-Team Rumia				6:55.25	180		
50m:	46.04	46.04	150m:	2:31.95	53.19	250m:	4:22.28	54.94	350m:	6:06.71	50.61
100m:	1:38.76	52.72	200m:	3:27.34	55.39	300m:	5:16.10	53.82	400m:	6:55.25	48.54
Pszczóli ska Nikola			05	1 Solex L bork				6:55.44	179		
50m:	44.76	44.76	150m:	2:29.76	53.84	250m:	4:17.87	54.17	350m:	6:06.37	54.66
100m:	1:35.92	51.16	200m:	3:23.70	53.94	300m:	5:11.71	53.84	400m:	6:55.44	49.07
Leszkiewicz Julia			05	Skalar Słupsk				6:56.92	177		
50m:	48.62	48.62	150m:	2:33.45	52.21	250m:	4:20.14	53.21	350m:	6:05.56	51.69
100m:	1:41.24	52.62	200m:	3:26.93	53.48	300m:	5:13.87	53.73	400m:	6:56.92	51.36
Bałoban Amelia			05	Skalar Słupsk				7:00.30	173		
50m:	45.58	45.58	150m:	2:34.53	54.68	250m:	4:23.20	54.43	350m:	6:12.87	55.12
100m:	1:39.85	54.27	200m:	3:28.77	54.24	300m:	5:17.75	54.55	400m:	7:00.30	47.43
Sucha ska Karolina			05	Skalar Słupsk				7:13.39	158		
50m:	44.67	44.67	150m:	2:32.18	54.92	250m:	4:22.86	56.20	350m:	6:17.11	57.07
100m:	1:37.26	52.59	200m:	3:26.66	54.48	300m:	5:20.04	57.18	400m:	7:13.39	56.28
Koniuszy Magdalena			05	abianka Gda sk				7:15.28	156		
50m:	49.98	49.98	150m:	2:43.63	56.20	250m:	4:34.78	55.48	350m:	6:24.03	52.21
100m:	1:47.43	57.45	200m:	3:39.30	55.67	300m:	5:31.82	57.04	400m:	7:15.28	51.25
Sycha Roksana			05	Skalar Słupsk				7:17.09	154		
50m:	45.98	45.98	150m:	2:36.63	56.46	250m:	4:31.39	58.20	350m:	6:24.84	56.10
100m:	1:40.17	54.19	200m:	3:33.19	56.56	300m:	5:28.74	57.35	400m:	7:17.09	52.25
Chojnacka Maja			05	1 Solex L bork				7:30.34	141		
50m:	50.34	50.34	150m:	2:43.32	56.86	250m:	4:40.81	57.82	350m:	6:37.75	58.88
100m:	1:46.46	56.12	200m:	3:42.99	59.67	300m:	5:38.87	58.06	400m:	7:30.34	52.59
Bengier Wiktoria			05	Skalar Słupsk				7:31.84	139		
50m:	46.99	46.99	150m:	2:39.66	57.30	250m:	4:38.29	1:00.31	350m:	6:40.65	1:02.13
100m:	1:42.36	55.37	200m:	3:37.98	58.32	300m:	5:38.52	1:00.23	400m:	7:31.84	51.19
Majorowska Nikola			05	Dwójka Tczew				7:39.64	132		
50m:	48.14	48.14	150m:	2:46.03	58.08	250m:	4:46.95	1:00.07	350m:	6:44.35	59.01
100m:	1:47.95	59.81	200m:	3:46.88	1:00.85	300m:	5:45.34	58.39	400m:	7:39.64	55.29
Kopacz Oliwia			05	Skalar Słupsk				7:42.76	130		
50m:	49.42	49.42	150m:	2:47.09	59.55	250m:	4:47.31	1:00.38	350m:	6:49.73	1:00.80
100m:	1:47.54	58.12	200m:	3:46.93	59.84	300m:	5:48.93	1:01.62	400m:	7:42.76	53.03
Wi niewska Karolina			05	Skalar Słupsk				7:43.10	129		
50m:	52.92	52.92	150m:	2:50.75	59.72	250m:	4:49.14	59.13	350m:	6:48.49	59.51
100m:	1:51.03	58.11	200m:	3:50.01	59.26	300m:	5:48.98	59.84	400m:	7:43.10	54.61