

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej rocznik 2002  
Raszyn, 19-11-2013

Konkurencja 3  
2013-11-19 - 9:55

Dziewcz t, 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2013

Pozycja	Rok ur.	Czas								Pkt.				
1. JASIORSKA, Aleksandra	02	Iuks Muszelka								<b>5:27.28</b>	369			
50m: 34.00 34.00	150m: 1:56.10	42.51	250m: 3:20.88	42.99	350m: 4:46.33	42.38	100m: 1:13.59	39.59	200m: 2:37.89	41.79	300m: 4:03.95	43.07	400m: 5:27.28	40.95
2. KRAWCZYK, Paulina	02	IKS Konstancin								<b>5:35.92</b>	341			
50m: 38.37 38.37	150m: 2:03.43	42.77	250m: 3:28.86	42.95	350m: 4:55.23	43.46	100m: 1:20.66	42.29	200m: 2:45.91	42.48	300m: 4:11.77	42.91	400m: 5:35.92	40.69
3. MARUSIK, Lena	02	UKS Manta Warszawa Włochy								<b>5:36.75</b>	339			
50m: 37.81 37.81	150m: 2:04.79	44.11	250m: 3:32.24	43.21	350m: 4:57.02	40.89	100m: 1:20.68	42.87	200m: 2:49.03	44.24	300m: 4:16.13	43.89	400m: 5:36.75	39.73
4. LESIAK, Agata	02	Uks "Gim 92 Ursynów" Warszawa								<b>5:42.07</b>	323			
50m: 38.86 38.86	150m: 2:06.98	44.55	250m: 3:33.63	42.30	350m: 5:01.50	43.76	100m: 1:22.43	43.57	200m: 2:51.33	44.35	300m: 4:17.74	44.11	400m: 5:42.07	40.57
5. ZAJ C, Wiktoria	02	Uks,, oliborz" Warszawa								<b>5:43.46</b>	319			
50m: 36.88 36.88	150m: 2:03.93	45.40	250m: 3:33.06	44.98	350m: 5:01.45	43.49	100m: 1:18.53	41.65	200m: 2:48.08	44.15	300m: 4:17.96	44.90	400m: 5:43.46	42.01
6. WILCZY SKA, Matylda	02	Mks Ochota Warszawa								<b>5:44.52</b>	316			
50m: 42.49 42.49	150m: 2:56.35	44.67	250m: 4:22.32	42.45	350m: 5:44.52	40.08	100m: 2:11.68	1:29.19	200m: 3:39.87	43.52	300m: 5:04.44	42.12	400m: 5:44.52	
7. TA SKA, Joanna	02	Uks Kapry Armexim Pruszków								<b>5:49.66</b>	302			
50m: 39.86 39.86	150m: 2:09.93	44.93	250m: 3:41.41	45.66	350m: 5:09.68	44.03	100m: 1:25.00	45.14	200m: 2:55.75	45.82	300m: 4:25.65	44.24	400m: 5:49.66	39.98
8. KRYPA, Marta	02	UKS Manta Warszawa Włochy								<b>5:49.98</b>	302			
50m: 37.52 37.52	150m: 2:06.37	45.08	250m: 3:38.14	45.81	350m: 5:08.39	44.51	100m: 1:21.29	43.77	200m: 2:52.33	45.96	300m: 4:23.88	45.74	400m: 5:49.98	41.59
9. MOZŁOWSKA, Emilia	02	Uks,, oliborz" Warszawa								<b>5:51.83</b>	297			
50m: 40.95 40.95	150m:		250m: 5:11.04	44.75	350m: 5:51.83		100m: 1:25.28	44.33	200m: 4:26.29		300m:		400m: 5:51.83	
10. BARTNIAK, Zuzanna	02	Iuks Muszelka								<b>5:55.03</b>	289			
50m: 41.24 41.24	150m: 2:11.29	45.30	250m: 4:27.46	44.48	350m: 5:55.03	42.17	100m: 1:25.99	44.75	200m: 3:42.98	1:31.69	300m: 5:12.86	45.40	400m: 5:55.03	
11. NIEWIADOMSKA, Paulina	02	UKS GOS Raszyn								<b>5:58.13</b>	282			
50m: 39.95 39.95	150m: 2:10.54	45.55	250m: 3:41.92	46.24	350m: 5:14.37	46.24	100m: 1:24.99	45.04	200m: 2:55.68	45.14	300m: 4:28.13	46.21	400m: 5:58.13	43.76
12. POPLAWSKA, Barbara	02	Uks,, oliborz" Warszawa								<b>6:00.76</b>	275			
50m: 39.46 39.46	150m: 2:09.83	46.06	250m: 3:43.24	46.87	350m: 5:14.84	45.72	100m: 1:23.77	44.31	200m: 2:56.37	46.54	300m: 4:29.12	45.88	400m: 6:00.76	45.92
13. DOBOSZ, Kalina	02	Uks,, oliborz" Warszawa								<b>6:01.46</b>	274			
50m: 39.19 39.19	150m: 2:10.32	46.19	250m: 3:42.50	46.32	350m: 5:13.11	44.49	100m: 1:24.13	44.94	200m: 2:56.18	45.86	300m: 4:28.62	46.12	400m: 6:01.46	48.35
14. WI TOCHOWSKA, Maja	02	Uks "Gim 92 Ursynów" Warszawa								<b>6:02.28</b>	272			
50m: 39.04 39.04	150m: 2:10.41	46.64	250m: 3:43.69	46.89	350m: 5:18.57	48.48	100m: 1:23.77	44.73	200m: 2:56.80	46.39	300m: 4:30.09	46.40	400m: 6:02.28	43.71
15. KRYPA, Oliwia	02	UKS Manta Warszawa Włochy								<b>6:07.95</b>	260			
50m: 40.58 40.58	150m: 2:14.26	47.26	250m: 3:51.04	48.09	350m: 5:26.06	46.61	100m: 1:27.00	46.42	200m: 3:02.95	48.69	300m: 4:39.45	48.41	400m: 6:07.95	41.89
16. WRÓBLEWSKA, Wiktoria	02	UKS GOS Raszyn								<b>6:11.26</b>	253			
50m: 40.08 40.08	150m: 2:11.75	46.44	250m: 3:48.38	48.83	350m: 5:25.65	48.36	100m: 1:25.31	45.23	200m: 2:59.55	47.80	300m: 4:37.29	48.91	400m: 6:11.26	45.61
17. CIEMIECKA, Zuzanna	02	Uks "Gim 92 Ursynów" Warszawa								<b>6:12.24</b>	251			
50m: 41.66 41.66	150m: 2:16.01	48.10	250m: 3:52.51	47.85	350m: 5:27.26	47.05	100m: 1:27.91	46.25	200m: 3:04.66	48.65	300m: 4:40.21	47.70	400m: 6:12.24	44.98

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Pozycja			Rok ur.					Czas	Pkt.
18.	ZIENTARSKA, Karolina		02	IKS Konstancin				<b>6:13.90</b>	247
	50m: 41.68	41.68	150m: 2:16.04	47.66	250m: 3:51.78	47.80	350m: 5:28.11	48.27	
	100m: 1:28.38	46.70	200m: 3:03.98	47.94	300m: 4:39.84	48.06	400m: 6:13.90	45.79	
19.	LUBECKA-GODLEWSKA, Apolonia		02	UKS Manta Warszawa Włochy				<b>6:19.61</b>	236
	50m: 37.47	37.47	150m: 2:12.59	49.99	250m: 3:53.84	50.70	350m: 5:34.83	50.55	
	100m: 1:22.60	45.13	200m: 3:03.14	50.55	300m: 4:44.28	50.44	400m: 6:19.61	44.78	
20.	JULIA, Rezner		02	Uks Kapry Armexim Pruszków				<b>6:21.73</b>	232
	50m: 42.20	42.20	150m: 2:16.82	47.93	250m: 3:55.09	49.48	350m: 5:33.52	49.30	
	100m: 1:28.89	46.69	200m: 3:05.61	48.79	300m: 4:44.22	49.13	400m: 6:21.73	48.21	
21.	MALI SKA, Monika		02	Iuks Muszelka				<b>6:22.17</b>	232
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	6:22.17	
22.	AUGU CIAK, Michalina		02	Uks Kapry Armexim Pruszków				<b>6:24.48</b>	227
	50m: 39.50	39.50	150m: 2:16.81	49.59	250m: 3:56.81	50.10	350m:		
	100m: 1:27.22	47.72	200m: 3:06.71	49.90	300m: 4:45.23	48.42	400m:	6:24.48	
23.	TOMASIK, Joanna		02	Uks "Gim 92 Ursynów" Warszawa				<b>6:25.53</b>	226
	50m: 42.56	42.56	150m: 2:20.86	49.69	250m: 3:59.42	49.27	350m: 5:38.19	48.97	
	100m: 1:31.17	48.61	200m: 3:10.15	49.29	300m: 4:49.22	49.80	400m: 6:25.53	47.34	
24.	WRÓBLEWSKA, Amelia		02	UKS Pirania Targówek				<b>6:25.65</b>	225
	50m: 41.73	41.73	150m: 2:18.34	49.01	250m: 3:57.98	50.62	350m: 5:39.03	51.25	
	100m: 1:29.33	47.60	200m: 3:07.36	49.02	300m: 4:47.78	49.80	400m: 6:25.65	46.62	
25.	LEWCZUK, Natalia		02	Mks Ochota Warszawa				<b>6:25.83</b>	225
	50m: 44.11	44.11	150m: 2:22.61	49.45	250m: 4:02.18	49.71	350m: 5:39.91	47.82	
	100m: 1:33.16	49.05	200m: 3:12.47	49.86	300m: 4:52.09	49.91	400m: 6:25.83	45.92	
26.	MAŁA NICKA, Julia		02	Uks,, oliborz" Warszawa				<b>6:27.53</b>	222
	50m: 39.99	39.99	150m: 2:17.86	50.71	250m: 4:04.23	50.73	350m: 5:43.25	49.30	
	100m: 1:27.15	47.16	200m: 3:13.50	55.64	300m: 4:53.95	49.72	400m: 6:27.53	44.28	
27.	CIESNOWSKA, Gabriela		02	Mks Ochota Warszawa				<b>6:28.87</b>	220
	50m: 43.78	43.78	150m: 2:21.58	49.63	250m: 4:01.08	49.61	350m: 5:41.32	50.52	
	100m: 1:31.95	48.17	200m: 3:11.47	49.89	300m: 4:50.80	49.72	400m: 6:28.87	47.55	
28.	KACZOROWSKA, Karolina		02	Uks Pingwiny				<b>6:32.99</b>	213
	50m: 42.84	42.84	150m: 2:19.83	49.60	250m: 4:01.76	51.68	350m: 5:44.07	50.96	
	100m: 1:30.23	47.39	200m: 3:10.08	50.25	300m: 4:53.11	51.35	400m: 6:32.99	48.92	
29.	PLASOTA, Amelia		02	Uks,, oliborz" Warszawa				<b>6:37.00</b>	207
	50m: 45.11	45.11	150m: 2:27.57	51.73	250m: 4:09.74	50.57	350m: 5:51.17	49.68	
	100m: 1:35.84	50.73	200m: 3:19.17	51.60	300m: 5:01.49	51.75	400m: 6:37.00	45.83	
30.	WI NIEWSKA, Lidia		02	Uks,, oliborz" Warszawa				<b>6:37.23</b>	206
	50m: 44.90	44.90	150m: 2:26.34	51.07	250m: 4:08.76	51.18	350m: 5:47.56	47.69	
	100m: 1:35.27	50.37	200m: 3:17.58	51.24	300m: 4:59.87	51.11	400m: 6:37.23	49.67	
31.	CHOMICKA, Zofia		02	UKS Pirania Targówek				<b>6:37.81</b>	205
	50m: 42.70	42.70	150m: 2:23.07	51.36	250m: 4:06.22		350m: 5:49.85		
	100m: 1:31.71	49.01	200m:		300m:		400m: 6:37.81	47.96	
32.	DZIUBAK, Katarzyna		02	Uks,, oliborz" Warszawa				<b>6:39.53</b>	203
	50m: 43.56	43.56	150m: 2:24.87	51.69	250m: 4:07.40	51.19	350m: 5:51.08	51.71	
	100m: 1:33.18	49.62	200m: 3:16.21	51.34	300m: 4:59.37	51.97	400m: 6:39.53	48.45	
33.	BOJARSKA, Zuzanna		02	UKS Manta Warszawa Włochy				<b>6:40.72</b>	201
	50m: 44.91	44.91	150m: 2:26.64	52.60	250m: 4:10.20	54.24	350m:		
	100m: 1:34.04	49.13	200m: 3:15.96	49.32	300m: 5:00.38	50.18	400m:	6:40.72	
34.	KRAWCZYK, Amelia		02	Uks "Gim 92 Ursynów" Warszawa				<b>6:46.06</b>	193
	50m: 43.19	43.19	150m: 2:25.05	51.69	250m: 4:12.91	54.71	350m: 5:58.27	53.27	
	100m: 1:33.36	50.17	200m: 3:18.20	53.15	300m: 5:05.00	52.09	400m: 6:46.06	47.79	
35.	PIEKARSKA, Aleksandra		02	Uks Kapry Armexim Pruszków				<b>6:48.44</b>	190
	50m: 43.32	43.32	150m: 2:26.98	52.49	250m: 4:14.30	53.29	350m:		
	100m: 1:34.49	51.17	200m: 3:21.01	54.03	300m: 5:07.05	52.75	400m:	6:48.44	

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Pozycja			Rok ur.					Czas	Pkt.
36.	ETIENNE, Maria		02	Uks,, oliborz" Warszawa				<b>6:53.06</b>	183
	50m:	45.99 45.99	150m:	2:31.93 53.12	250m:	4:16.95 52.37	350m:	6:03.85 53.28	
	100m:	1:38.81 52.82	200m:	3:24.58 52.65	300m:	5:10.57 53.62	400m:	6:53.06 49.21	
37.	PODNIESI SKA, Marta		02	Iuks Muszelka				<b>6:53.55</b>	183
	50m:	45.24 45.24	150m:	2:32.72 52.77	250m:	4:19.02 52.77	350m:	6:06.61 52.61	
	100m:		200m:	3:26.25 53.53	300m:	5:14.00 54.98	400m:	6:53.55 46.94	
38.	SIERADZKA, Zuzanna		02	Uks,, oliborz" Warszawa				<b>6:56.51</b>	179
	50m:		150m:	2:33.58 53.80	250m:	4:20.12 52.98	350m:	6:07.35 53.62	
	100m:	1:39.78	200m:	3:27.14 53.56	300m:	5:13.73 53.61	400m:	6:56.51 49.16	
39.	OSTAPI SKA, Zuzanna		02	Mks Piaseczno				<b>7:18.08</b>	154
	50m:	48.82 48.82	150m:	2:39.84 55.56	250m:	4:34.45 56.98	350m:		
	100m:	1:44.28 55.46	200m:	3:37.47 57.63	300m:	5:31.37 56.92	400m:	7:18.08	
40.	KURZEPA, Adrianna		02	UKS Pirania Targówek				<b>7:20.37</b>	151
	50m:	47.62 47.62	150m:	2:39.56 56.20	250m:	4:34.12 57.62	350m:	6:27.98 56.88	
	100m:	1:43.36 55.74	200m:	3:36.50 56.94	300m:	5:31.10 56.98	400m:	7:20.37 52.39	
41.	ZAJ C, Barbara		02	Uks "Gim 92 Ursynów" Warszawa				<b>7:33.90</b>	138
	50m:	45.61 45.61	150m:	2:37.02 56.79	250m:	4:35.63 59.91	350m:	5:35.87	
	100m:	1:40.23 54.62	200m:	3:35.72 58.70	300m:		400m:	7:33.90 1:58.03	