

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej rocznik 2003
Raszyn, 20-11-2014

Konkurencja 3
2014-11-20 - 10:09

Dziewcząt, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2014

| Pozycja | Rok ur. | Czas | Pkt. |
|----------------------------|--------------------------------|-----------------------|---------------------|
| 1. D BROWSKA, Wiktoria | 03 UKS Jagiellonka Warszawa | 5:00.84 | 473 |
| 50m: 32.89 32.89 | 150m: 1:47.56 37.80 | 250m: 3:04.35 38.55 | 350m: 4:22.43 39.22 |
| 100m: 1:09.76 36.87 | 200m: 2:25.80 38.24 | 300m: 3:43.21 38.86 | 400m: 5:00.84 38.41 |
| 2. DUJANI, Iwa | 03 Uks"Gim 92 Ursynów"Warszawa | 5:04.30 | 457 |
| 50m: 33.86 33.86 | 150m: 1:49.12 37.89 | 250m: 3:06.96 39.56 | 350m: 4:26.06 39.71 |
| 100m: 1:11.23 37.37 | 200m: 2:27.40 38.28 | 300m: 3:46.35 39.39 | 400m: 5:04.30 38.24 |
| 3. KAWKA, Nina | 03 Uks"Gim 92 Ursynów"Warszawa | 5:12.39 | 423 |
| 50m: 35.52 35.52 | 150m: 1:55.01 39.97 | 250m: 3:14.96 40.22 | 350m: 4:34.63 39.59 |
| 100m: 1:15.04 39.52 | 200m: 2:34.74 39.73 | 300m: 3:55.04 40.08 | 400m: 5:12.39 37.76 |
| 4. HERBREDER, Gabriela | 03 Uks"Gim 92 Ursynów"Warszawa | 5:18.19 | 400 |
| 50m: 36.17 36.17 | 150m: 1:56.14 40.04 | 250m: 3:58.10 1:21.94 | 350m: 5:18.19 |
| 100m: 1:16.10 39.93 | 200m: 2:36.16 40.02 | 300m: | 400m: 5:18.19 |
| 5. BADZIAN, Natalia | 03 Iuks Muszelka | 5:21.40 | 388 |
| 50m: 35.50 35.50 | 150m: 1:55.34 41.04 | 250m: 3:17.81 41.07 | 350m: 4:40.36 41.26 |
| 100m: 1:14.30 38.80 | 200m: 2:36.74 41.40 | 300m: 3:59.10 41.29 | 400m: 5:21.40 41.04 |
| 6. RYNKIEWICZ, Maria | 03 Uks"Gim 92 Ursynów"Warszawa | 5:26.70 | 369 |
| 50m: 36.56 36.56 | 150m: 1:58.91 40.97 | 250m: 3:21.37 40.10 | 350m: 4:45.42 41.92 |
| 100m: 1:17.94 41.38 | 200m: 2:41.27 42.36 | 300m: 4:03.50 42.13 | 400m: 5:26.70 41.28 |
| 7. ADAMSKA, Maria | 03 Uks oliborz | 5:27.30 | 367 |
| 50m: 38.37 38.37 | 150m: 2:03.39 42.96 | 250m: 3:27.80 41.83 | 350m: 4:49.70 39.97 |
| 100m: 1:20.43 42.06 | 200m: 2:45.97 42.58 | 300m: 4:09.73 41.93 | 400m: 5:27.30 37.60 |
| 8. WOJCIECHOWSKA, Wiktoria | 03 Uks Jagiellonka | 5:28.39 | 364 |
| 50m: 38.21 38.21 | 150m: 2:01.61 41.66 | 250m: 3:25.47 42.00 | 350m: 4:48.53 41.38 |
| 100m: 1:19.95 41.74 | 200m: 2:43.47 41.86 | 300m: 4:07.15 41.68 | 400m: 5:28.39 39.86 |
| 9. NOWAK, Maja | 03 Mks Ochota Warszawa | 5:30.38 | 357 |
| 50m: 37.61 37.61 | 150m: 2:01.31 41.96 | 250m: 3:23.74 41.08 | 350m: 4:49.11 42.70 |
| 100m: 1:19.35 41.74 | 200m: 2:42.66 41.35 | 300m: 4:06.41 42.67 | 400m: 5:30.38 41.27 |
| 10. CYNARSKA, Weronika | 03 Iuks Muszelka | 5:32.51 | 350 |
| 50m: 36.52 36.52 | 150m: 1:59.49 42.02 | 250m: 4:08.74 1:26.10 | 350m: |
| 100m: 1:17.47 40.95 | 200m: 2:42.64 43.15 | 300m: 4:52.23 43.49 | 400m: 5:32.51 |
| 11. PL SEK, Aleksandra | 03 UKS MANTA Warszawa Włochy | 5:32.82 | 349 |
| 50m: 37.43 37.43 | 150m: 2:03.22 43.58 | 250m: 3:29.81 42.65 | 350m: 4:56.06 42.54 |
| 100m: 1:19.64 42.21 | 200m: 2:47.16 43.94 | 300m: 4:13.52 43.71 | 400m: 5:32.82 36.76 |
| 12. URAWSKA, Kaja | 03 KS OLIMPIA Lublin | 5:35.03 | 342 |
| 50m: 36.02 36.02 | 150m: 1:59.37 42.74 | 250m: 3:26.07 43.64 | 350m: 4:52.13 42.81 |
| 100m: 1:16.63 40.61 | 200m: 2:42.43 43.06 | 300m: 4:09.32 43.25 | 400m: 5:35.03 42.90 |
| 13. CYNARSKA, Natalia | 03 Iuks Muszelka | 5:35.99 | 340 |
| 50m: 38.41 38.41 | 150m: 2:03.36 43.01 | 250m: 3:29.03 42.66 | 350m: 4:54.80 43.08 |
| 100m: 1:20.35 41.94 | 200m: 2:46.37 43.01 | 300m: 4:11.72 42.69 | 400m: 5:35.99 41.19 |
| 14. CIEPAŁ, Natasza | 03 Uks"Gim 92 Ursynów"Warszawa | 5:37.28 | 336 |
| 50m: 38.12 38.12 | 150m: 2:02.84 42.90 | 250m: 3:29.53 43.10 | 350m: 4:56.41 44.27 |
| 100m: 1:19.94 41.82 | 200m: 2:46.43 43.59 | 300m: 4:12.14 42.61 | 400m: 5:37.28 40.87 |
| 15. MATYSIAK, Marta | 03 Uks oliborz | 5:42.73 | 320 |
| 50m: 38.78 38.78 | 150m: 2:07.05 44.66 | 250m: 3:36.57 44.81 | 350m: 5:03.52 43.21 |
| 100m: 1:22.39 43.61 | 200m: 2:51.76 44.71 | 300m: 4:20.31 43.74 | 400m: 5:42.73 39.21 |
| 16. ADAMSKA, Julia | 03 Uks oliborz | 5:42.77 | 320 |
| 50m: 39.32 39.32 | 150m: 2:07.93 44.97 | 250m: 3:37.36 44.71 | 350m: 5:03.94 43.14 |
| 100m: 1:22.96 43.64 | 200m: 2:52.65 44.72 | 300m: 4:20.80 43.44 | 400m: 5:42.77 38.83 |
| 17. KOZACZUK, Klara | 03 Uks oliborz | 5:45.07 | 313 |
| 50m: 39.17 39.17 | 150m: 2:07.44 44.37 | 250m: 3:36.82 45.14 | 350m: 5:05.70 43.85 |
| 100m: 1:23.07 43.90 | 200m: 2:51.68 44.24 | 300m: 4:21.85 45.03 | 400m: 5:45.07 39.37 |

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej rocznik 2003
Raszyn, 20-11-2014

Konkurencja 3, Dziewcząt, 400m dowolny, 11 lat

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. | | | |
|---------|------------------------|---------|---------|--------------------------------|---------|---------|-------|----------------|---------|-------|---------|-------|
| 18. | ADAMIAK, Maria | | 03 | UKS 307 Warszawa-Mokotów | | | | 5:46.96 | 308 | | | |
| | 50m: | 39.67 | 39.67 | 150m: | 2:10.83 | 45.36 | 250m: | 3:41.08 | 45.35 | 350m: | 5:09.33 | 42.96 |
| | 100m: | 1:25.47 | 45.80 | 200m: | 2:55.73 | 44.90 | 300m: | 4:26.37 | 45.29 | 400m: | 5:46.96 | 37.63 |
| 19. | RUSSEK, Agata | | 03 | Uks oliborz | | | | 5:47.99 | 306 | | | |
| | 50m: | 39.31 | 39.31 | 150m: | 2:52.70 | 1:29.68 | 250m: | 5:06.55 | 1:28.21 | 350m: | | |
| | 100m: | 1:23.02 | 43.71 | 200m: | 3:38.34 | 45.64 | 300m: | | | 400m: | 5:47.99 | |
| 20. | ZIEMACKA, Julia | | 03 | Iuks Muszelka | | | | 5:49.39 | 302 | | | |
| | 50m: | 40.28 | 40.28 | 150m: | 2:08.05 | 43.95 | 250m: | 5:08.37 | 1:29.64 | 350m: | | |
| | 100m: | 1:24.10 | 43.82 | 200m: | 3:38.73 | 1:30.68 | 300m: | | | 400m: | 5:49.39 | |
| 21. | PIETRZAK, Natalia | | 03 | Uks Jagiellonka | | | | 5:49.47 | 302 | | | |
| | 50m: | 39.40 | 39.40 | 150m: | 2:08.16 | 44.45 | 250m: | 3:38.26 | 45.00 | 350m: | 5:07.60 | 44.52 |
| | 100m: | 1:23.71 | 44.31 | 200m: | 2:53.26 | 45.10 | 300m: | 4:23.08 | 44.82 | 400m: | 5:49.47 | 41.87 |
| 22. | AMBRO Y, Antonina | | 03 | Mks Ochota Warszawa | | | | 5:54.13 | 290 | | | |
| | 50m: | 39.14 | 39.14 | 150m: | 2:08.94 | 45.28 | 250m: | 3:40.31 | 45.86 | 350m: | | |
| | 100m: | 1:23.66 | 44.52 | 200m: | 2:54.45 | 45.51 | 300m: | 5:11.00 | 1:30.69 | 400m: | 5:54.13 | |
| 23. | KAWKA, Lena | | 03 | Uks"Gim 92 Ursynów"Warszawa | | | | 5:54.43 | 289 | | | |
| | 50m: | 41.01 | 41.01 | 150m: | 2:11.74 | 45.25 | 250m: | 3:40.92 | 44.69 | 350m: | 5:11.18 | 44.60 |
| | 100m: | 1:26.49 | 45.48 | 200m: | 2:56.23 | 44.49 | 300m: | 4:26.58 | 45.66 | 400m: | 5:54.43 | 43.25 |
| 24. | PRZYBYLSKA, Aleksandra | | 03 | UKS 307 Warszawa-Mokotów | | | | 5:59.15 | 278 | | | |
| | 50m: | 40.03 | 40.03 | 150m: | 2:10.76 | 46.29 | 250m: | 3:43.98 | 46.52 | 350m: | 5:13.44 | 43.59 |
| | 100m: | 1:24.47 | 44.44 | 200m: | 2:57.46 | 46.70 | 300m: | 4:29.85 | 45.87 | 400m: | 5:59.15 | 45.71 |
| 25. | KOZI SKA, Anna | | 03 | Uks"Gim 92 Ursynów"Warszawa | | | | 6:00.98 | 274 | | | |
| | 50m: | | | 150m: | | | 250m: | | | 350m: | | |
| | 100m: | | | 200m: | | | 300m: | | | 400m: | 6:00.98 | |
| 26. | JASKUŁOWSKA, Zofia | | 03 | Integracyjny Klub Sportowy Kon | | | | 6:01.20 | 273 | | | |
| | 50m: | 39.56 | 39.56 | 150m: | 2:09.25 | 45.52 | 250m: | 3:39.72 | 44.70 | 350m: | 5:17.22 | 51.52 |
| | 100m: | 1:23.73 | 44.17 | 200m: | 2:55.02 | 45.77 | 300m: | 4:25.70 | 45.98 | 400m: | 6:01.20 | 43.98 |
| 27. | MARCINIAK, Maria | | 03 | Mks Ochota Warszawa | | | | 6:01.54 | 272 | | | |
| | 50m: | 38.70 | 38.70 | 150m: | 2:58.82 | 1:34.65 | 250m: | 6:01.47 | | 350m: | | |
| | 100m: | 1:24.17 | 45.47 | 200m: | | | 300m: | | | 400m: | 6:01.54 | |
| 28. | SŁOWIK, Martyna | | 03 | Integracyjny Klub Sportowy Kon | | | | 6:03.07 | 269 | | | |
| | 50m: | 40.39 | 40.39 | 150m: | 2:11.94 | 46.39 | 250m: | 3:44.60 | 46.13 | 350m: | 5:18.08 | 46.52 |
| | 100m: | 1:25.55 | 45.16 | 200m: | 2:58.47 | 46.53 | 300m: | 4:31.56 | 46.96 | 400m: | 6:03.07 | 44.99 |
| 29. | KARAIM, Maja | | 03 | Mks Ochota Warszawa | | | | 6:03.23 | 269 | | | |
| | 50m: | 40.52 | 40.52 | 150m: | 2:11.75 | 45.94 | 250m: | 3:45.54 | 46.92 | 350m: | 5:19.39 | 46.58 |
| | 100m: | 1:25.81 | 45.29 | 200m: | 2:58.62 | 46.87 | 300m: | 4:32.81 | 47.27 | 400m: | 6:03.23 | 43.84 |
| 30. | KOCZYK, Aleksandra | | 03 | Uks oliborz | | | | 6:03.79 | 267 | | | |
| | 50m: | 40.53 | 40.53 | 150m: | 2:12.83 | 46.74 | 250m: | 3:46.16 | 47.05 | 350m: | 5:20.35 | 46.63 |
| | 100m: | 1:26.09 | 45.56 | 200m: | 2:59.11 | 46.28 | 300m: | 4:33.72 | 47.56 | 400m: | 6:03.79 | 43.44 |
| 31. | BUREK, Ewelina | | 03 | UKS Kapry-Armexim Pruszków | | | | 6:03.80 | 267 | | | |
| | 50m: | 40.50 | 40.50 | 150m: | 2:13.11 | 47.33 | 250m: | 3:48.46 | 47.18 | 350m: | 5:22.05 | 45.79 |
| | 100m: | 1:25.78 | 45.28 | 200m: | 3:01.28 | 48.17 | 300m: | 4:36.26 | 47.80 | 400m: | 6:03.80 | 41.75 |
| 32. | SIERNICKA, Karolina | | 03 | Uks Jagiellonka | | | | 6:03.94 | 267 | | | |
| | 50m: | 41.11 | 41.11 | 150m: | 2:11.58 | 45.90 | 250m: | 3:44.61 | 46.84 | 350m: | 5:17.98 | 45.85 |
| | 100m: | 1:25.68 | 44.57 | 200m: | 2:57.77 | 46.19 | 300m: | 4:32.13 | 47.52 | 400m: | 6:03.94 | 45.96 |
| 33. | WYSOKI SKA, Oliwia | | 03 | UKS GOS Raszyn | | | | 6:04.12 | 267 | | | |
| | 50m: | 37.81 | 37.81 | 150m: | 2:10.59 | 47.51 | 250m: | 3:45.18 | 48.58 | 350m: | 5:21.21 | 47.46 |
| | 100m: | 1:23.08 | 45.27 | 200m: | 2:56.60 | 46.01 | 300m: | 4:33.75 | 48.57 | 400m: | 6:04.12 | 42.91 |
| 34. | AUGU CIAK, Magdalena | | 03 | UKS Kapry-Armexim Pruszków | | | | 6:04.28 | 266 | | | |
| | 50m: | 40.46 | 40.46 | 150m: | 2:13.21 | 47.02 | 250m: | 3:46.70 | 46.99 | 350m: | 5:20.22 | 46.51 |
| | 100m: | 1:26.19 | 45.73 | 200m: | 2:59.71 | 46.50 | 300m: | 4:33.71 | 47.01 | 400m: | 6:04.28 | 44.06 |
| 35. | MIEGO , Jagoda | | 03 | Uks oliborz | | | | 6:08.80 | 257 | | | |
| | 50m: | 40.36 | 40.36 | 150m: | 2:13.37 | 47.05 | 250m: | 3:47.18 | 47.58 | 350m: | | |
| | 100m: | 1:26.32 | 45.96 | 200m: | 2:59.60 | 46.23 | 300m: | 4:34.71 | 47.53 | 400m: | 6:08.80 | |

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| Pozycja | | | Rok ur. | | | | | Czas | Pkt. |
|---------|----------------------|-------|---------------|-----------------------------|---------------|-------|---------------|----------------|------|
| 36. | PRUSZY SKA, Wiktoria | | 03 | Uks Jagiellonka | | | | 6:09.38 | 255 |
| | 50m: 43.04 | 43.04 | 150m: 2:17.81 | 47.78 | 250m: 3:53.89 | 47.01 | 350m: 5:27.20 | 47.13 | |
| | 100m: 1:30.03 | 46.99 | 200m: 3:06.88 | 49.07 | 300m: 4:40.07 | 46.18 | 400m: 6:09.38 | 42.18 | |
| 37. | KRAWCZYK, Michalina | | 03 | Uks Pingwiny | | | | 6:09.58 | 255 |
| | 50m: | | 150m: | | 250m: | | 350m: | | |
| | 100m: | | 200m: | | 300m: | | 400m: 6:09.58 | | |
| 38. | TYNDZIK, Eleonora | | 03 | Uks Jagiellonka | | | | 6:11.34 | 251 |
| | 50m: 41.70 | 41.70 | 150m: 2:16.53 | 47.10 | 250m: 3:48.69 | 45.05 | 350m: | | |
| | 100m: 1:29.43 | 47.73 | 200m: 3:03.64 | 47.11 | 300m: 4:39.27 | 50.58 | 400m: 6:11.34 | | |
| 39. | TYNDZIK, Maria | | 03 | Uks Jagiellonka | | | | 6:11.41 | 251 |
| | 50m: | | 150m: | | 250m: | | 350m: | | |
| | 100m: | | 200m: | | 300m: | | 400m: 6:11.41 | | |
| 40. | SKIBI SKA, Anita | | 03 | Uks Pingwiny | | | | 6:12.69 | 249 |
| | 50m: 41.57 | 41.57 | 150m: 2:15.66 | 47.37 | 250m: 3:53.83 | 48.82 | 350m: 5:29.36 | 47.37 | |
| | 100m: 1:28.29 | 46.72 | 200m: 3:05.01 | 49.35 | 300m: 4:41.99 | 48.16 | 400m: 6:12.69 | 43.33 | |
| 41. | BORKOWSKA, Oliwia | | 03 | Uks Jagiellonka | | | | 6:12.78 | 248 |
| | 50m: 41.63 | 41.63 | 150m: 2:18.48 | 48.51 | 250m: 3:53.10 | 47.86 | 350m: 5:28.31 | 48.48 | |
| | 100m: 1:29.97 | 48.34 | 200m: 3:05.24 | 46.76 | 300m: 4:39.83 | 46.73 | 400m: 6:12.78 | 44.47 | |
| 42. | SZANIAWSKA, Agata | | 03 | UKS Delfin Garwolin | | | | 6:16.56 | 241 |
| | 50m: 38.85 | 38.85 | 150m: 2:12.73 | 48.68 | 250m: 3:52.48 | 49.44 | 350m: 5:31.65 | 49.25 | |
| | 100m: 1:24.05 | 45.20 | 200m: 3:03.04 | 50.31 | 300m: 4:42.40 | 49.92 | 400m: 6:16.56 | 44.91 | |
| 43. | SAMERYT, Gracjana | | 03 | Uks Jagiellonka | | | | 6:20.65 | 233 |
| | 50m: | | 150m: | | 250m: | | 350m: | | |
| | 100m: | | 200m: | | 300m: | | 400m: 6:20.65 | | |
| 44. | LASKA, Kornelia | | 03 | UKS MANTA Warszawa Włochy | | | | 6:25.07 | 225 |
| | 50m: 59.88 | 59.88 | 150m: 2:33.93 | 48.06 | 250m: 4:09.40 | 46.97 | 350m: 5:42.63 | 45.47 | |
| | 100m: 1:45.87 | 45.99 | 200m: 3:22.43 | 48.50 | 300m: 4:57.16 | 47.76 | 400m: 6:25.07 | 42.44 | |
| 45. | HOWERYNG, Barbara | | 03 | UKS 307 Warszawa-Mokotów | | | | 6:26.18 | 223 |
| | 50m: 41.03 | 41.03 | 150m: 2:17.89 | 49.30 | 250m: 3:57.88 | 49.72 | 350m: 5:38.40 | 50.23 | |
| | 100m: 1:28.59 | 47.56 | 200m: 3:08.16 | 50.27 | 300m: 4:48.17 | 50.29 | 400m: 6:26.18 | 47.78 | |
| 46. | WRÓBLEWSKA, Aurelia | | 03 | Uks oliborz | | | | 6:26.68 | 223 |
| | 50m: 43.74 | 43.74 | 150m: 2:23.14 | 50.42 | 250m: 4:03.07 | 50.61 | 350m: 5:41.79 | 49.21 | |
| | 100m: 1:32.72 | 48.98 | 200m: 3:12.46 | 49.32 | 300m: 4:52.58 | 49.51 | 400m: 6:26.68 | 44.89 | |
| 47. | MILEWSKA, Maja | | 03 | Uks"Gim 92 Ursynów"Warszawa | | | | 6:28.17 | 220 |
| | 50m: 42.14 | 42.14 | 150m: 2:19.30 | 49.23 | 250m: 3:59.72 | 49.85 | 350m: 5:40.54 | 49.05 | |
| | 100m: 1:30.07 | 47.93 | 200m: 3:09.87 | 50.57 | 300m: 4:51.49 | 51.77 | 400m: 6:28.17 | 47.63 | |
| 48. | SAMORAJ, Aleksandra | | 03 | UKS Kapry-Armexim Pruszków | | | | 6:28.98 | 219 |
| | 50m: 41.71 | 41.71 | 150m: 2:20.54 | 51.21 | 250m: 4:03.41 | 52.02 | 350m: 5:43.43 | 49.66 | |
| | 100m: 1:29.33 | 47.62 | 200m: 3:11.39 | 50.85 | 300m: 4:53.77 | 50.36 | 400m: 6:28.98 | 45.55 | |
| 49. | BAZYŁKO, Kaja | | 03 | Uks Jagiellonka | | | | 6:29.51 | 218 |
| | 50m: 42.79 | 42.79 | 150m: 2:21.60 | 50.38 | 250m: 4:02.02 | 50.49 | 350m: 5:42.46 | 50.47 | |
| | 100m: 1:31.22 | 48.43 | 200m: 3:11.53 | 49.93 | 300m: 4:51.99 | 49.97 | 400m: 6:29.51 | 47.05 | |
| 50. | MOLIK, Maria | | 03 | Uks oliborz | | | | 6:30.17 | 217 |
| | 50m: 44.01 | 44.01 | 150m: 2:24.57 | 52.83 | 250m: | | 350m: | | |
| | 100m: 1:31.74 | 47.73 | 200m: 4:55.04 | 2:30.47 | 300m: | | 400m: 6:30.17 | | |
| 51. | KARBOWSKA, Julia | | 03 | Uks Victoria Józefów | | | | 6:31.32 | 215 |
| | 50m: 41.94 | 41.94 | 150m: 2:21.39 | 50.57 | 250m: 4:03.52 | 50.91 | 350m: 5:44.51 | 51.08 | |
| | 100m: 1:30.82 | 48.88 | 200m: 3:12.61 | 51.22 | 300m: 4:53.43 | 49.91 | 400m: 6:31.32 | 46.81 | |
| 52. | HRYCIUK, Urszula | | 03 | Uks oliborz | | | | 6:37.82 | 204 |
| | 50m: 40.92 | 40.92 | 150m: 2:19.46 | 49.19 | 250m: 4:42.78 | 46.67 | 350m: 6:17.77 | 45.92 | |
| | 100m: 1:30.27 | 49.35 | 200m: 3:56.11 | 1:36.65 | 300m: 5:31.85 | 49.07 | 400m: 6:37.82 | 20.05 | |
| 53. | CIURAJ, Kamila | | 03 | UKS MANTA Warszawa Włochy | | | | 6:38.60 | 203 |
| | 50m: 44.09 | 44.09 | 150m: 2:24.26 | 51.27 | 250m: 4:08.11 | 52.18 | 350m: 5:51.29 | 50.88 | |
| | 100m: 1:32.99 | 48.90 | 200m: 3:15.93 | 51.67 | 300m: 5:00.41 | 52.30 | 400m: 6:38.60 | 47.31 | |

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| Pozycja | | | Rok ur. | | | | | | | Czas | Pkt. |
|---------|------------------------|-----------------|---------|--------------------------------|--------------------------|-------|---------|---------|-------|----------------|---------|
| 54. | WOJTYŁA, Magdalena | | 03 | Uks | oliborz | | | | | 6:39.87 | 201 |
| | 50m: | 42.88 42.88 | 150m: | 2:23.85 | 51.00 | 250m: | 4:06.36 | 50.60 | 350m: | 5:50.62 | 52.05 |
| | 100m: | 1:32.85 49.97 | 200m: | 3:15.76 | 51.91 | 300m: | 4:58.57 | 52.21 | 400m: | 6:39.87 | 49.25 |
| 55. | OLECH, Cecylia | | 03 | UKS | Kapry-Armexim Pruszków | | | | | 6:41.15 | 199 |
| | 50m: | 44.28 44.28 | 150m: | 2:26.30 | 51.30 | 250m: | 4:08.21 | 50.64 | 350m: | 5:51.42 | 53.14 |
| | 100m: | 1:35.00 50.72 | 200m: | 3:17.57 | 51.27 | 300m: | 4:58.28 | 50.07 | 400m: | 6:41.15 | 49.73 |
| 56. | KORZENIOWSKA, Karolina | | 03 | Uks | "Gim 92 Ursynów"Warszawa | | | | | 6:46.51 | 192 |
| | 50m: | 41.35 41.35 | 150m: | 2:23.77 | 52.04 | 250m: | 4:08.55 | 52.32 | 350m: | 5:54.65 | 52.95 |
| | 100m: | 1:31.73 50.38 | 200m: | 3:16.23 | 52.46 | 300m: | 5:01.70 | 53.15 | 400m: | 6:46.51 | 51.86 |
| 57. | CH CIAK, Sandra | | 03 | Uks | "Gim 92 Ursynów"Warszawa | | | | | 6:47.24 | 190 |
| | 50m: | 42.69 42.69 | 150m: | 2:24.17 | 51.15 | 250m: | 4:07.63 | 52.21 | 350m: | 5:52.36 | 52.64 |
| | 100m: | 1:33.02 50.33 | 200m: | 3:15.42 | 51.25 | 300m: | 4:59.72 | 52.09 | 400m: | 6:47.24 | 54.88 |
| 58. | BITKOWSKA, Maria | | 03 | Uks | oliborz | | | | | 6:47.88 | 190 |
| | 50m: | 44.52 44.52 | 150m: | 2:27.61 | 52.79 | 250m: | 4:12.78 | 53.55 | 350m: | 5:57.90 | 52.47 |
| | 100m: | 1:34.82 50.30 | 200m: | 3:19.23 | 51.62 | 300m: | 5:05.43 | 52.65 | 400m: | 6:47.88 | 49.98 |
| 59. | SAMEK, Maria | | 03 | Uks | Pingwiny | | | | | 6:50.99 | 185 |
| | 50m: | | 150m: | | | 250m: | | | 350m: | | |
| | 100m: | | 200m: | | | 300m: | | | 400m: | 6:50.99 | |
| 60. | KRAWCZYK, Ewa | | 03 | UKS | GOS Raszyn | | | | | 6:51.14 | 185 |
| | 50m: | 44.10 44.10 | 150m: | 2:29.78 | 52.22 | 250m: | 4:12.68 | 51.70 | 350m: | 5:59.84 | 52.44 |
| | 100m: | 1:37.56 53.46 | 200m: | 3:20.98 | 51.20 | 300m: | 5:07.40 | 54.72 | 400m: | 6:51.14 | 51.30 |
| 61. | PIERZ, Dominika | | 03 | Integracyjny Klub Sportowy Kon | | | | | | 6:51.71 | 184 |
| | 50m: | 45.00 45.00 | 150m: | 2:29.71 | 53.00 | 250m: | 4:14.53 | 52.90 | 350m: | 5:59.04 | 53.84 |
| | 100m: | 1:36.71 51.71 | 200m: | 3:21.63 | 51.92 | 300m: | 5:05.20 | 50.67 | 400m: | 6:51.71 | 52.67 |
| 62. | SADŁOWSKA, Maja | | 03 | Uks | oliborz | | | | | 6:58.33 | 176 |
| | 50m: | 44.48 44.48 | 150m: | 2:30.55 | 53.66 | 250m: | 4:19.49 | 54.42 | 350m: | 6:07.45 | 54.48 |
| | 100m: | 1:36.89 52.41 | 200m: | 3:25.07 | 54.52 | 300m: | 5:12.97 | 53.48 | 400m: | 6:58.33 | 50.88 |
| 63. | BUDEK, Helena | | 03 | Uks | oliborz | | | | | 7:06.54 | 166 |
| | 50m: | 46.20 46.20 | 150m: | 2:37.74 | 56.56 | 250m: | 4:27.82 | 54.59 | 350m: | 6:14.02 | 51.56 |
| | 100m: | 1:41.18 54.98 | 200m: | 3:33.23 | 55.49 | 300m: | 5:22.46 | 54.64 | 400m: | 7:06.54 | 52.52 |
| 64. | TOBIASZ, Laura | | 03 | Integracyjny Klub Sportowy Kon | | | | | | 7:11.14 | 160 |
| | 50m: | 46.67 46.67 | 150m: | 2:36.88 | 55.35 | 250m: | 4:28.54 | 55.29 | 350m: | 6:20.09 | 55.60 |
| | 100m: | 1:41.53 54.86 | 200m: | 3:33.25 | 56.37 | 300m: | 5:24.49 | 55.95 | 400m: | 7:11.14 | 51.05 |
| 65. | HRYCAN, Anna | | 03 | Uks | "Gim 92 Ursynów"Warszawa | | | | | 7:18.90 | 152 |
| | 50m: | 45.82 45.82 | 150m: | 2:35.52 | 56.47 | 250m: | 4:30.04 | 57.08 | 350m: | | |
| | 100m: | 1:39.05 53.23 | 200m: | 3:32.96 | 57.44 | 300m: | 6:23.03 | 1:52.99 | 400m: | 7:18.90 | |
| 66. | FR CKIEWICZ, Emilia | | 03 | UKS | Delfin Garwolin | | | | | 7:21.80 | 149 |
| | 50m: | 46.59 46.59 | 150m: | 2:37.32 | 56.03 | 250m: | 4:29.91 | 56.89 | 350m: | 6:25.22 | 57.11 |
| | 100m: | 1:41.29 54.70 | 200m: | 3:33.02 | 55.70 | 300m: | 5:28.11 | 58.20 | 400m: | 7:21.80 | 56.58 |
| 67. | KRUSZELNICKA, Olga | | 03 | UKS | Delfin Garwolin | | | | | 7:40.41 | 132 |
| | 50m: | 47.07 47.07 | 150m: | 2:44.12 | 59.79 | 250m: | 4:45.07 | 1:00.35 | 350m: | | |
| | 100m: | 1:44.33 57.26 | 200m: | 3:44.72 | 1:00.60 | 300m: | 5:44.22 | 59.15 | 400m: | 7:40.41 | |
| 68. | CZUBAN, Laura | | 03 | Uks | "Gim 92 Ursynów"Warszawa | | | | | 8:06.55 | 111 |
| | 50m: | 50.34 50.34 | 150m: | 2:55.58 | 1:03.56 | 250m: | 5:00.90 | 1:01.60 | 350m: | 7:05.79 | |
| | 100m: | 1:52.02 1:01.68 | 200m: | 3:59.30 | 1:03.72 | 300m: | | | 400m: | 8:06.55 | 1:00.76 |
| PK | WO , Weronika | | 04 | Uks | "Gim 92 Ursynów"Warszawa | | | | | 5:24.48 | 377 |
| | 50m: | 36.83 36.83 | 150m: | 1:58.89 | 41.57 | 250m: | 3:21.50 | 41.19 | 350m: | 4:43.91 | 41.47 |
| | 100m: | 1:17.32 40.49 | 200m: | 2:40.31 | 41.42 | 300m: | 4:02.44 | 40.94 | 400m: | 5:24.48 | 40.57 |
| PK | DUBAN, Karolina | | 04 | UKS | Kapry-Armexim Pruszków | | | | | 5:56.13 | 285 |
| | 50m: | 42.00 42.00 | 150m: | 2:13.65 | 45.46 | 250m: | 3:44.34 | 44.94 | 350m: | 5:14.40 | 44.49 |
| | 100m: | 1:28.19 46.19 | 200m: | 2:59.40 | 45.75 | 300m: | 4:29.91 | 45.57 | 400m: | 5:56.13 | 41.73 |



Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej rocznik 2003
Raszyn, 20-11-2014

Konkurencja 3, Dziewcząt, 400m dowolny

| Pozycja | | | | Rok ur. | | | | | Czas | Pkt. | |
|---------|-------|------------------|-------|---------|-----------------------------|-------|-------|---------|----------------|-------|---------|
| PK | JARZ | BOWSKA, Antonina | | 04 | Uks"Gim 92 Ursynów"Warszawa | | | | 6:17.16 | 240 | |
| | 50m: | 42.18 | 42.18 | 150m: | 2:16.39 | 46.92 | 250m: | 4:41.87 | 1:37.87 | 350m: | |
| | 100m: | 1:29.47 | 47.29 | 200m: | 3:04.00 | 47.61 | 300m: | | | 400m: | 6:17.16 |

