

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej rocznik 2004
 Raszyn, 19.11.2015

Konkurencja 3
 19.11.2015 - 10:44

Dziewcząt, 400m dowolny

11 lat
 Wyniki

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.
1.	POTIOPA, Karolina		04	Mks Ochota Warszawa				5:06.30	448
	50m:	35.42 35.42	150m:	1:54.01	39.33	250m:	3:12.32 39.08	350m:	4:29.28 38.04
	100m:	1:14.68 39.26	200m:	2:33.24	39.23	300m:	3:51.24 38.92	400m:	5:06.30 37.02
2.	WOJAS, Weronika		04	UKS"GIM92 URSYNÓW"Warszawa				5:08.39	439
	50m:	35.79 35.79	150m:	1:53.26	39.21	250m:	3:11.44 39.29	350m:	4:29.71 39.34
	100m:	1:14.05 38.26	200m:	2:32.15	38.89	300m:	3:50.37 38.93	400m:	5:08.39 38.68
3.	MIZIK, Julia		04	Mks Ochota Warszawa				5:12.83	421
	50m:	35.04 35.04	150m:	1:54.17	39.93	250m:	3:13.48 39.63	350m:	4:33.07 40.21
	100m:	1:14.24 39.20	200m:	2:33.85	39.68	300m:	3:52.86 39.38	400m:	5:12.83 39.76
4.	TARASIEWICZ, Klaudia		04	MKS Polonia Warszawa				5:13.98	416
	50m:		150m:	1:56.47		250m:		350m:	4:36.38 39.03
	100m:		200m:	2:36.64	40.17	300m:	3:57.35	400m:	5:13.98 37.60
5.	KACZOROWSKA, Alicja		04	Buks Warszawa				5:18.78	398
	50m:	33.40 33.40	150m:			250m:	3:12.91 40.92	350m:	4:38.18
	100m:	1:12.06 38.66	200m:	2:31.99		300m:		400m:	5:18.78 40.60
6.	DUBAN, Karolina		04	Uks Kapry Armexim Pruszków				5:23.63	380
	50m:	37.30 37.30	150m:	1:59.64	41.67	250m:	3:21.09 40.66	350m:	4:43.31 41.13
	100m:	1:17.97 40.67	200m:	2:40.43	40.79	300m:	4:02.18 41.09	400m:	5:23.63 40.32
7.	JANUSZKO, Patrycja		04	Integracyjny Klub Sportowy Kon				5:26.51	370
	50m:	37.19 37.19	150m:	2:00.89	42.16	250m:	3:23.78 41.46	350m:	4:45.05 39.80
	100m:	1:18.73 41.54	200m:	2:42.32	41.43	300m:	4:05.25 41.47	400m:	5:26.51 41.46
8.	KESLER, Katarzyna		04	Mks Ochota Warszawa				5:27.11	368
	50m:	37.87 37.87	150m:	2:01.63	41.87	250m:	3:25.01 41.62	350m:	4:47.46 41.05
	100m:	1:19.76 41.89	200m:	2:43.39	41.76	300m:	4:06.41 41.40	400m:	5:27.11 39.65
9.	SOCHACKA, Karolina		04	Mks Ochota Warszawa				5:28.17	364
	50m:	1:19.62 1:19.62	150m:			250m:	3:25.45 41.88	350m:	4:46.25 39.72
	100m:	2:02.09 42.47	200m:	2:43.57		300m:	4:06.53 41.08	400m:	5:28.17 41.92
10.	KUSIEL-MOROZ, Helena		04	Buks Warszawa				5:33.67	347
	50m:	36.93 36.93	150m:	2:03.53	44.65	250m:		350m:	4:56.34 41.84
	100m:	1:18.88 41.95	200m:	2:46.91	43.38	300m:	4:14.50	400m:	5:33.67 37.33
11.	ZYCH, Gabriela		04	UKS Manta Warszawa Włochy				5:34.21	345
	50m:	36.20 36.20	150m:	1:58.82	42.20	250m:	3:25.90 43.71	350m:	4:52.96 43.56
	100m:	1:16.62 40.42	200m:	2:42.19	43.37	300m:	4:09.40 43.50	400m:	5:34.21 41.25
12.	POZNACHOWSKA, Nadia		04	MKS Polonia Warszawa				5:37.50	335
	50m:	37.36 37.36	150m:	2:01.69	42.63	250m:	3:30.07 44.17	350m:	4:57.52 44.12
	100m:	1:19.06 41.70	200m:	2:45.90	44.21	300m:	4:13.40 43.33	400m:	5:37.50 39.98
13.	JARZEMSKA, Antonina		04	UKS"GIM92 URSYNÓW"Warszawa				5:42.06	322
	50m:	38.50 38.50	150m:	2:03.47	42.66	250m:	3:30.24 42.53	350m:	4:58.89 44.68
	100m:	1:20.81 42.31	200m:	2:47.71	44.24	300m:	4:14.21 43.97	400m:	5:42.06 43.17
14.	WIETLIK, Julia		04	Integracyjny Klub Sportowy Kon				5:43.46	318
	50m:	37.22 37.22	150m:	2:01.73	43.57	250m:		350m:	5:00.33 44.90
	100m:	1:18.16 40.94	200m:	2:46.13	44.40	300m:	4:15.43	400m:	5:43.46 43.13
15.	RANACHOWSKA, Aleksandra		04	Buks Warszawa				5:43.62	317
	50m:	37.93 37.93	150m:	2:04.85	43.97	250m:	3:33.85 44.32	350m:	5:01.61 43.76
	100m:	1:20.88 42.95	200m:	2:49.53	44.68	300m:	4:17.85 44.00	400m:	5:43.62 42.01
16.	DUBA, Aleksandra		04	Uks Kapry Armexim Pruszków				5:44.78	314
	50m:	39.24 39.24	150m:	2:07.32	44.52	250m:	3:36.53 44.22	350m:	5:04.13 43.00
	100m:	1:22.80 43.56	200m:	2:52.31	44.99	300m:	4:21.13 44.60	400m:	5:44.78 40.65
17.	BIDNIK, Wiktoria		04	UKS Manta Warszawa Włochy				5:46.04	311
	50m:	38.21 38.21	150m:	2:05.63	44.38	250m:	3:34.26 44.12	350m:	5:03.08 44.35
	100m:	1:21.25 43.04	200m:	2:50.14	44.51	300m:	4:18.73 44.47	400m:	5:46.04 42.96

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej rocznik 2004
Raszyn, 19.11.2015

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

Pozycja			Rok ur.					Czas	Pkt.		
18.	PRZYBYLI	SKA, Julia	04	UKS 307 Warszawa-Mokotów				5:47.40	307		
	50m:	39.46 39.46	150m:	2:06.84	43.93	250m:	3:35.40	44.69	350m:	5:05.30	46.11
	100m:	1:22.91 43.45	200m:	2:50.71	43.87	300m:	4:19.19	43.79	400m:	5:47.40	42.10
19.	GRABOWSKA,	Gabriela	04	UKS 307 Warszawa-Mokotów				5:47.57	307		
	50m:	39.54 39.54	150m:	2:07.10	44.19	250m:	3:36.18	44.50	350m:	5:06.38	44.89
	100m:	1:22.91 43.37	200m:	2:51.68	44.58	300m:	4:21.49	45.31	400m:	5:47.57	41.19
20.	BRYWCZY	SKA, Helena	04	MKS Polonia Warszawa				5:48.17	305		
	50m:	37.90 37.90	150m:	2:06.92	44.50	250m:	3:35.95	44.44	350m:	5:03.13	42.49
	100m:	1:22.42 44.52	200m:	2:51.51	44.59	300m:	4:20.64	44.69	400m:	5:48.17	45.04
21.	MAJCHRAK,	Kaja	04	Integracyjny Klub Sportowy Kon				5:50.65	299		
	50m:	39.06 39.06	150m:	2:08.67	45.86	250m:	3:38.88	44.96	350m:	5:07.67	43.94
	100m:	1:22.81 43.75	200m:	2:53.92	45.25	300m:	4:23.73	44.85	400m:	5:50.65	42.98
22.	BOGACKA,	Paulina	04	UKS JAGIELLONKA Warszawa				5:51.04	298		
	50m:	2:06.32 2:06.32	150m:			250m:	4:23.80		350m:	5:51.04	42.41
	100m:	2:51.61 45.29	200m:			300m:	5:08.63	44.83	400m:	5:51.04	
23.	PECYNA,	Martyna	04	Integracyjny Klub Sportowy Kon				5:54.74	288		
	50m:	1:25.35 1:25.35	150m:			250m:			350m:		
	100m:		200m:	2:55.56		300m:	4:25.26		400m:	5:54.74	
24.	GŁOWACKA,	Gabriela	04	Integracyjny Klub Sportowy Kon				5:59.37	277		
	50m:	41.96 41.96	150m:	2:13.69	46.18	250m:	3:45.22	45.93	350m:	5:14.96	43.98
	100m:	1:27.51 45.55	200m:	2:59.29	45.60	300m:	4:30.98	45.76	400m:	5:59.37	44.41
25.	BORYS,	Zofia	04	Uks oliborz				6:00.36	275		
	50m:	41.02 41.02	150m:	2:12.66	46.27	250m:	3:46.37	45.97	350m:	5:17.61	44.58
	100m:	1:26.39 45.37	200m:	3:00.40	47.74	300m:	4:33.03	46.66	400m:	6:00.36	42.75
26.	JANUS,	Daria	04	Uks oliborz				6:01.93	272		
	50m:	40.98 40.98	150m:	2:15.49	47.62	250m:	3:49.51	46.79	350m:	5:20.50	44.45
	100m:	1:27.87 46.89	200m:	3:02.72	47.23	300m:	4:36.05	46.54	400m:	6:01.93	41.43
27.	SKALDAWSKA,	Julia	04	MKS Piaseczno				6:02.27	271		
	50m:		150m:			250m:			350m:	6:02.27	
	100m:	1:34.34	200m:			300m:			400m:	6:02.27	
28.	SULEJ,	Zuzanna	04	Uks oliborz				6:04.39	266		
	50m:	41.35 41.35	150m:	2:14.90	46.52	250m:	3:47.83	45.84	350m:	5:19.85	45.47
	100m:	1:28.38 47.03	200m:	3:01.99	47.09	300m:	4:34.38	46.55	400m:	6:04.39	44.54
29.	BARYŁKA,	Małgorzata	04	Buks Warszawa				6:06.61	261		
	50m:	41.14 41.14	150m:	2:13.57	46.24	250m:	3:46.82	46.47	350m:	5:21.63	47.61
	100m:	1:27.33 46.19	200m:	3:00.35	46.78	300m:	4:34.02	47.20	400m:	6:06.61	44.98
30.	KA MIEROWSKA,	Nina	04	Uks oliborz				6:06.85	261		
	50m:	42.09 42.09	150m:	2:17.70	48.47	250m:	3:53.07	47.50	350m:	5:23.98	44.13
	100m:	1:29.23 47.14	200m:	3:05.57	47.87	300m:	4:39.85	46.78	400m:	6:06.85	42.87
31.	STANISZEWSKA,	Karolina	04	Uks oliborz				6:07.02	260		
	50m:		150m:			250m:			350m:		
	100m:		200m:	3:01.66		300m:			400m:	6:07.02	
32.	D WIL,	Emilia	04	Uks oliborz				6:07.82	259		
	50m:	42.87 42.87	150m:	2:17.39	46.81	250m:			350m:	5:23.94	47.13
	100m:	1:30.58 47.71	200m:	3:04.66	47.27	300m:	4:36.81		400m:	6:07.82	43.88
33.	TAMBOREK,	Kinga	04	UKS JAGIELLONKA Warszawa				6:09.73	255		
	50m:		150m:			250m:			350m:	6:10.72	
	100m:		200m:			300m:			400m:	6:09.73	
34.	KUCHARSKA,	Marta	04	UKS 307 Warszawa-Mokotów				6:09.95	254		
	50m:	40.14 40.14	150m:	2:12.78	47.63	250m:			350m:	5:24.66	49.63
	100m:	1:25.15 45.01	200m:	3:00.42	47.64	300m:	4:35.03		400m:	6:09.95	45.29
35.	MUZAL,	Martyna	04	Uks oliborz				6:10.64	253		
	50m:	42.12 42.12	150m:	2:21.60	49.43	250m:	3:56.57	47.30	350m:	5:29.07	44.60
	100m:	1:32.17 50.05	200m:	3:09.27	47.67	300m:	4:44.47	47.90	400m:	6:10.64	41.57

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej rocznik 2004
Raszyn, 19.11.2015

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

Pozycja			Rok ur.					Czas	Pkt.
36.	DOBCZY SKA, Magdalena		04	UKS JAGIELLONKA Warszawa			6:11.02	252	
	50m: 41.11 41.11	150m: 2:15.35		47.14	250m: 3:50.42	48.07	350m: 5:26.42	46.98	
	100m: 1:28.21 47.10	200m: 3:02.35		47.00	300m: 4:39.44	49.02	400m: 6:11.02	44.60	
37.	WEPS, Maja		04	Integracyjny Klub Sportowy Kon			6:12.64	249	
	50m: 41.42 41.42	150m: 2:16.93		48.24	250m: 3:52.60	48.06	350m: 5:27.90	47.71	
	100m: 1:28.69 47.27	200m: 3:04.54		47.61	300m: 4:40.19	47.59	400m: 6:12.64	44.74	
38.	D BROWSKA, Pola		04	UKS 307 Warszawa-Mokotów			6:13.07	248	
	50m: 42.12 42.12	150m:		250m: 3:52.15	47.67	350m:			
	100m: 1:28.96 46.84	200m: 3:04.48		300m: 4:40.06	47.91	400m:	6:13.07		
39.	NOWAK, Oliwia		04	UKS"GIM92 URSYNÓW"Warszawa			6:13.18	248	
	50m: 46.52 46.52	150m: 2:32.69		53.14	250m: 3:28.10		350m: 5:18.43	55.40	
	100m: 1:39.55 53.03	200m:			300m: 4:23.03	54.93	400m: 6:13.18	54.75	
40.	SZMYTKE, Karolina		04	Uks oliborz			6:14.61	245	
	50m: 42.43 42.43	150m: 2:20.18		49.37	250m: 3:57.66	47.55	350m: 5:31.63	46.56	
	100m: 1:30.81 48.38	200m: 3:10.11		49.93	300m: 4:45.07	47.41	400m: 6:14.61	42.98	
41.	NOWACKA, Wiktoria		04	Psp Swim Płock			6:15.14	244	
	50m: 42.68 42.68	150m: 2:19.45		48.54	250m: 3:56.64	48.87	350m: 5:33.21	48.05	
	100m: 1:30.91 48.23	200m: 3:07.77		48.32	300m: 4:45.16	48.52	400m: 6:15.14	41.93	
42.	SOSNOWSKA, Natalia		04	UKS JAGIELLONKA Warszawa			6:15.91	242	
	50m:	150m: 3:07.45		47.90	250m:		350m: 6:15.91	43.31	
	100m: 2:19.55	200m:			300m: 5:32.60		400m: 6:15.91		
43.	KRZEMI SKA, Patrycja		04	Uks oliborz			6:16.69	241	
	50m: 41.64 41.64	150m:		250m:		350m:			
	100m: 1:29.30 47.66	200m:		300m:		400m:	6:16.69		
44.	ŁUSZCZY SKA, Julia		04	Buks Warszawa			6:20.98	233	
	50m: 41.37 41.37	150m: 2:18.05		49.20	250m: 3:55.41	48.71	350m: 5:33.89	49.10	
	100m: 1:28.85 47.48	200m: 3:06.70		48.65	300m: 4:44.79	49.38	400m: 6:20.98	47.09	
45.	JANIAK, Jagoda		04	UKS "POLONEZ" Wyszaków			6:25.66	224	
	50m: 42.82 42.82	150m: 3:11.65		1:38.74	250m:		350m: 5:41.08		
	100m: 1:32.91 50.09	200m: 4:01.50		49.85	300m:		400m: 6:25.66	44.58	
46.	KOWALCZYK, Julia		04	UKS JAGIELLONKA Warszawa			6:29.92	217	
	50m: 44.26 44.26	150m:		250m: 4:02.87	49.13	350m:	5:41.28	49.02	
	100m: 1:33.40 49.14	200m: 3:13.74		300m: 4:52.26	49.39	400m:	6:29.92	48.64	
47.	TYMI SKA, Zofia		04	MKS Polonia Warszawa			6:32.81	212	
	50m: 42.65 42.65	150m: 2:22.58		50.69	250m: 4:05.71	51.37	350m: 5:48.41	51.18	
	100m: 1:31.89 49.24	200m: 3:14.34		51.76	300m: 4:57.23	51.52	400m: 6:32.81	44.40	
48.	NOCKIEWICZ, Zofia		04	UKS GOS Raszyn			6:33.89	211	
	50m: 42.60 42.60	150m: 2:22.14		50.24	250m: 4:01.94	48.86	350m:		
	100m: 1:31.90 49.30	200m: 3:13.08		50.94	300m: 4:53.28	51.34	400m:	6:33.89	
49.	LENARD, Maja		04	MKS Piaseczno			6:34.52	210	
	50m: 43.83 43.83	150m: 2:25.54		51.14	250m: 4:08.07	50.56	350m: 5:49.66	50.89	
	100m: 1:34.40 50.57	200m: 3:17.51		51.97	300m: 4:58.77	50.70	400m: 6:34.52	44.86	
50.	RUTKOWSKA, Wiktoria		04	UKS JAGIELLONKA Warszawa			6:35.05	209	
	50m: 44.34 44.34	150m: 2:24.01		50.61	250m: 4:06.01	51.53	350m: 5:46.02	48.98	
	100m: 1:33.40 49.06	200m: 3:14.48		50.47	300m: 4:57.04	51.03	400m: 6:35.05	49.03	
51.	KOROBLEWSKA, Klara		04	Uks oliborz			6:37.69	205	
	50m:	150m:		250m:		350m:			
	100m: 1:34.15	200m:		300m:		400m:	6:37.69		
52.	RATAJCZAK, Julia		04	Uks Wilanowia			6:39.57	202	
	50m: 43.15 43.15	150m: 2:22.94		50.17	250m: 4:06.84	51.96	350m: 5:51.76	52.60	
	100m: 1:32.77 49.62	200m: 3:14.88		51.94	300m: 4:59.16	52.32	400m: 6:39.57	47.81	
53.	TABOR, Anastazja		04	MKS Piaseczno			6:39.87	201	
	50m: 44.43 44.43	150m:		250m: 4:10.54	52.76	350m:	5:52.98	51.53	
	100m: 1:34.47 50.04	200m: 3:17.78		300m: 5:01.45	50.91	400m:	6:39.87	46.89	

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej rocznik 2004
Raszyn, 19.11.2015

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

Pozycja			Rok ur.					Czas	Pkt.
54.	BUCZAK, Karolina		04	Buks Warszawa			6:40.95	200	
	50m: 44.41	44.41	150m: 2:28.90	52.31	250m: 4:15.03	52.87	350m: 5:56.60	49.98	
	100m: 1:36.59	52.18	200m: 3:22.16	53.26	300m: 5:06.62	51.59	400m: 6:40.95	44.35	
55.	HAR, Zofia		04	MKS Piaseczno			6:43.14	196	
	50m: 44.84	44.84	150m:	250m:			350m: 5:52.32	51.48	
	100m: 1:35.75	50.91	200m: 3:16.45	300m: 5:00.84			400m: 6:43.14	50.82	
56.	DUSZY SKA, Sandra		04	UKS JAGIELLONKA Warszawa			6:45.97	192	
	50m: 44.16	44.16	150m: 2:26.31	51.94	250m: 4:10.66	51.80	350m: 5:56.55	51.64	
	100m: 1:34.37	50.21	200m: 3:18.86	52.55	300m: 5:04.91	54.25	400m: 6:45.97	49.42	
57.	PISAREK, Maja		04	MKS Polonia Warszawa			6:51.80	184	
	50m: 45.23	45.23	150m: 2:29.95	52.56	250m: 4:16.76	53.61	350m: 6:03.58	52.35	
	100m: 1:37.39	52.16	200m: 3:23.15	53.20	300m: 5:11.23	54.47	400m: 6:51.80	48.22	
58.	WYSZY SKA, Adrianna		04	UKS "POLONEZ" Wyszaków			6:51.97	184	
	50m: 2:29.79	2:29.79	150m:	250m: 4:17.78	54.56		350m: 6:03.40	53.10	
	100m:		200m: 3:23.22	300m: 5:10.30	52.52		400m: 6:51.97	48.57	
59.	BERDEK, Natalia		04	Psp Swim Płock			6:52.75	183	
	50m: 44.45	44.45	150m: 2:29.19	53.62	250m: 4:17.64	53.25	350m: 6:06.23	53.78	
	100m: 1:35.57	51.12	200m: 3:24.39	55.20	300m: 5:12.45	54.81	400m: 6:52.75	46.52	
60.	CERAJEWSKA, Liwia		04	Uks Wilanowia			6:55.59	179	
	50m: 41.84	41.84	150m: 2:27.52	53.87	250m: 4:14.98	53.66	350m: 6:04.14	55.91	
	100m: 1:33.65	51.81	200m: 3:21.32	53.80	300m: 5:08.23	53.25	400m: 6:55.59	51.45	
61.	PATERA, Emilia		04	UKS Ostrobramska			6:57.29	177	
	50m:		150m:	250m:			350m:		
	100m:		200m:	300m:			400m: 6:57.29		
62.	GRZELAK, Maja		04	UKS Ostrobramska			6:58.02	176	
	50m: 46.07	46.07	150m:	250m: 4:17.85	53.86		350m:		
	100m: 1:37.45	51.38	200m: 3:23.99	300m: 5:12.19	54.34		400m: 6:58.02		
63.	KRASNOD BSKA, Karolina		04	Uks oliborz			6:58.82	175	
	50m: 45.52	45.52	150m: 2:31.67	55.08	250m: 4:20.49	54.22	350m: 6:10.91	52.07	
	100m: 1:36.59	51.07	200m: 3:26.27	54.60	300m: 5:18.84	58.35	400m: 6:58.82	47.91	
64.	SZCZE NIAK, Anna		04	MKS Polonia Warszawa			7:00.02	174	
	50m: 46.86	46.86	150m: 2:35.42		250m: 4:23.44		350m: 6:10.72		
	100m:		200m:		300m:		400m: 7:00.02	49.30	
65.	TYMI SKA, Paulina		04	UKS GOS Raszyn			7:00.14	173	
	50m: 42.46	42.46	150m: 2:26.87	52.96	250m: 4:15.95	55.02	350m: 6:08.02	57.10	
	100m: 1:33.91	51.45	200m: 3:20.93	54.06	300m: 5:10.92	54.97	400m: 7:00.14	52.12	
66.	CZECH, Małgorzata		04	Buks Warszawa			7:01.44	172	
	50m: 43.68	43.68	150m: 2:28.17	53.30	250m: 4:16.56	54.61	350m:		
	100m: 1:34.87	51.19	200m: 3:21.95	53.78	300m:		400m: 7:01.44		
67.	SALONI, Anna		04	Uks oliborz			7:04.15	169	
	50m: 45.76	45.76	150m: 2:32.65	54.18	250m: 4:23.83	55.35	350m: 6:12.20	53.68	
	100m: 1:38.47	52.71	200m: 3:28.48	55.83	300m: 5:18.52	54.69	400m: 7:04.15	51.95	
68.	LESZCZY SKA, Maria		04	Psp Swim Płock			7:09.35	162	
	50m: 47.37	47.37	150m: 2:35.23	54.99	250m: 4:26.27	55.21	350m: 6:17.14	53.91	
	100m: 1:40.24	52.87	200m: 3:31.06	55.83	300m: 5:23.23	56.96	400m: 7:09.35	52.21	
69.	SIWIEC, Julia		04	UKS Ostrobramska			7:19.45	151	
	50m: 46.89	46.89	150m: 2:39.33	56.75	250m: 4:33.31	56.94	350m:		
	100m: 1:42.58	55.69	200m: 3:36.37	57.04	300m: 5:31.40	58.09	400m: 7:19.45		
70.	ZIELI SKA, Dagmara		04	MKS Piaseczno			7:22.56	148	
	50m: 47.34	47.34	150m: 2:40.39	57.14	250m: 4:35.20	58.36	350m: 6:29.99		
	100m: 1:43.25	55.91	200m: 3:36.84	56.45	300m:		400m: 7:22.56	52.57	
71.	MALECKA, Emilia		04	MKS Piaseczno			7:23.51	147	
	50m: 46.41	46.41	150m:	250m: 4:34.83			350m:		
	100m: 1:42.08	55.67	200m:	300m: 5:32.80	57.97		400m: 7:23.51		

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej rocznik 2004
Raszyn, 19.11.2015

Konkurencja 3, Dziewcząt, 400m dowolny, 11 lat

Pozycja			Rok ur.				Czas		Pkt.
72.	RUTKOWSKA, Gabriela		04	Psp Swim Płock			7:27.84		143
	50m:	47.79 47.79	150m:	2:42.91 59.06	250m:	4:38.91 1:01.67	350m:	4:39.10	
	100m:	1:43.85 56.06	200m:	3:37.24 54.33	300m:		400m:	7:27.84 2:48.74	
73.	OLECH, Emilia		04	Uks Kapry Armexim Pruszków			7:44.95		128
	50m:		150m:		250m:	4:47.77 1:00.62	350m:	6:48.55 59.44	
	100m:		200m:	3:47.15	300m:	5:49.11 1:01.34	400m:	7:44.95 56.40	
DYSKW.	BURBELKA, Magda		04	Uks Kapry Armexim Pruszków			6:22.53		
	<i>O4 - Start wykonany przed sygnałem (przedwczesny start)</i>								
	50m:	42.23 42.23	150m:	2:21.02 50.14	250m:	4:00.40 49.51	350m:	5:37.00 48.07	
	100m:	1:30.88 48.65	200m:	3:10.89 49.87	300m:	4:48.93 48.53	400m:	6:22.53 45.53	
PK	POLA SKA, Aleksandra		00	UKS GOS Raszyn			4:29.11		661
	50m:	30.60 30.60	150m:	1:36.06 33.22	250m:	2:44.70 34.65	350m:	3:54.98 35.20	
	100m:	1:02.84 32.24	200m:	2:10.05 33.99	300m:	3:19.78 35.08	400m:	4:29.11 34.13	
PK	WRÓBLEWSKA, Wiktoria		02	UKS GOS Raszyn			4:56.84		493
	50m:	34.55 34.55	150m:	1:49.50 37.95	250m:	3:05.45 37.77	350m:	3:43.43	
	100m:	1:11.55 37.00	200m:	2:27.68 38.18	300m:		400m:	4:56.84 1:13.41	