

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej rocznik 2005
Raszyn, 28.11.2016

Konkurencja 3
28.11.2016 - 10:02

Dziewcząt, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2016

| Pozycja | | | Rok ur. | | | | | | Czas | Pkt. | |
|---------|-----------------------|-----------------|---------|-------------------------------|---------|-------|---------|-------|----------------|---------|-------|
| 1. | OLKOWSKA, Laura | | 05 | Uks Gim 92 Ursynów Warszawa | | | | | 5:19.30 | 396 | |
| | 50m: | 37.79 37.79 | 150m: | 2:01.62 | 41.55 | 250m: | 3:23.54 | 40.87 | 350m: | 4:43.37 | 39.88 |
| | 100m: | 1:20.07 42.28 | 200m: | 2:42.67 | 41.05 | 300m: | 4:03.49 | 39.95 | 400m: | 5:19.30 | 35.93 |
| 2. | WYSOCKA, Maria | | 05 | ródmiejski UKS Polna Warszawa | | | | | 5:23.01 | 382 | |
| | 50m: | 36.67 36.67 | 150m: | 2:00.53 | 41.90 | 250m: | 3:22.22 | 40.12 | 350m: | 4:43.92 | 41.08 |
| | 100m: | 1:18.63 41.96 | 200m: | 2:42.10 | 41.57 | 300m: | 4:02.84 | 40.62 | 400m: | 5:23.01 | 39.09 |
| 3. | KULIK, Julia | | 05 | UKS Gos Raszyn | | | | | 5:26.86 | 369 | |
| | 50m: | 37.18 37.18 | 150m: | 2:01.06 | 41.91 | 250m: | 3:23.72 | 41.50 | 350m: | 4:45.82 | 41.18 |
| | 100m: | 1:19.15 41.97 | 200m: | 2:42.22 | 41.16 | 300m: | 4:04.64 | 40.92 | 400m: | 5:26.86 | 41.04 |
| 4. | KRAWCZYK, Maja | | 05 | Buks Warszawa | | | | | 5:29.13 | 361 | |
| | 50m: | 35.65 35.65 | 150m: | 2:00.87 | 42.98 | 250m: | 3:24.84 | 42.18 | 350m: | 4:49.37 | 42.38 |
| | 100m: | 1:17.89 42.24 | 200m: | 2:42.66 | 41.79 | 300m: | 4:06.99 | 42.15 | 400m: | 5:29.13 | 39.76 |
| 5. | SZOK, Wiktoria | | 05 | MKS Ochota Warszawa | | | | | 5:32.50 | 350 | |
| | 50m: | 38.28 38.28 | 150m: | 2:03.81 | 42.62 | 250m: | 3:27.85 | 42.25 | 350m: | 4:52.14 | 42.65 |
| | 100m: | 1:21.19 42.91 | 200m: | 2:45.60 | 41.79 | 300m: | 4:09.49 | 41.64 | 400m: | 5:32.50 | 40.36 |
| 6. | DUBAN, Aleksandra | | 05 | Uks Kapry Armexim Pruszków | | | | | 5:32.55 | 350 | |
| | 50m: | 1:18.14 1:18.14 | 150m: | 2:02.05 | | 250m: | 4:07.62 | 42.43 | 350m: | | |
| | 100m: | | 200m: | 3:25.19 | 1:23.14 | 300m: | | | 400m: | 5:32.55 | |
| 7. | ZGORZALEK, Gabriela | | 05 | Buks Warszawa | | | | | 5:36.04 | 339 | |
| | 50m: | 38.84 38.84 | 150m: | 2:05.75 | 43.39 | 250m: | 3:32.82 | 43.82 | 350m: | 4:58.19 | 41.16 |
| | 100m: | 1:22.36 43.52 | 200m: | 2:49.00 | 43.25 | 300m: | 4:17.03 | 44.21 | 400m: | 5:36.04 | 37.85 |
| 8. | ROZBICKA, Kinga | | 05 | Buks Warszawa | | | | | 5:36.91 | 337 | |
| | 50m: | 37.71 37.71 | 150m: | 2:03.75 | 43.78 | 250m: | 3:32.11 | 43.62 | 350m: | 4:59.18 | 42.77 |
| | 100m: | 1:19.97 42.26 | 200m: | 2:48.49 | 44.74 | 300m: | 4:16.41 | 44.30 | 400m: | 5:36.91 | 37.73 |
| 9. | PRZYBYLSKA, Maja | | 05 | UKS 307 Warszawa Mokotów | | | | | 5:38.04 | 333 | |
| | 50m: | 38.05 38.05 | 150m: | | | 250m: | | | 350m: | | |
| | 100m: | 2:46.99 2:08.94 | 200m: | | | 300m: | 4:56.74 | | 400m: | 5:38.04 | |
| 10. | GUTMA SKA, Hanna | | 05 | Uks,, oliborz" Warszawa | | | | | 5:38.67 | 332 | |
| | 50m: | 39.30 39.30 | 150m: | 2:06.65 | 43.79 | 250m: | 3:32.64 | 42.68 | 350m: | 4:58.56 | 42.82 |
| | 100m: | 1:22.86 43.56 | 200m: | 2:49.96 | 43.31 | 300m: | 4:15.74 | 43.10 | 400m: | 5:38.67 | 40.11 |
| 11. | ZAJ CZKOWSKA, Zuzanna | | 05 | Uks Kapry Armexim Pruszków | | | | | 5:39.39 | 329 | |
| | 50m: | 37.56 37.56 | 150m: | 1:58.79 | | 250m: | | | 350m: | | |
| | 100m: | | 200m: | 4:11.97 | 2:13.18 | 300m: | | | 400m: | 5:39.39 | |
| 12. | OZIMEK, Magda | | 05 | Uks,, oliborz" Warszawa | | | | | 5:49.93 | 301 | |
| | 50m: | 39.88 39.88 | 150m: | 2:08.70 | 45.08 | 250m: | 3:38.73 | 44.45 | 350m: | 5:08.69 | 44.36 |
| | 100m: | 1:23.62 43.74 | 200m: | 2:54.28 | 45.58 | 300m: | 4:24.33 | 45.60 | 400m: | 5:49.93 | 41.24 |
| 13. | KLUSEK, Aleksandra | | 05 | IUKS Muszelka | | | | | 5:51.95 | 295 | |
| | 50m: | 38.89 38.89 | 150m: | 2:08.79 | 45.70 | 250m: | 3:41.34 | 46.67 | 350m: | 5:11.79 | 45.34 |
| | 100m: | 1:23.09 44.20 | 200m: | 2:54.67 | 45.88 | 300m: | 4:26.45 | 45.11 | 400m: | 5:51.95 | 40.16 |
| 14. | GÓRSKA, Zofia | | 05 | Uks Gim 92 Ursynów Warszawa | | | | | 5:54.31 | 289 | |
| | 50m: | 39.55 39.55 | 150m: | 2:09.99 | 45.61 | 250m: | 3:42.09 | 45.94 | 350m: | 5:12.14 | 44.63 |
| | 100m: | 1:24.38 44.83 | 200m: | 2:56.15 | 46.16 | 300m: | 4:27.51 | 45.42 | 400m: | 5:54.31 | 42.17 |
| 15. | ORLI SKA, Monika | | 05 | Uks Gim 92 Ursynów Warszawa | | | | | 5:55.96 | 285 | |
| | 50m: | | 150m: | | | 250m: | | | 350m: | | |
| | 100m: | | 200m: | | | 300m: | | | 400m: | 5:55.96 | |
| 16. | SIENKIEWICZ, Natalia | | 05 | Buks Warszawa | | | | | 5:58.37 | 280 | |
| | 50m: | 42.59 42.59 | 150m: | 2:15.03 | 46.85 | 250m: | 3:46.62 | 46.10 | 350m: | 5:16.63 | 44.85 |
| | 100m: | 1:28.18 45.59 | 200m: | 3:00.52 | 45.49 | 300m: | 4:31.78 | 45.16 | 400m: | 5:58.37 | 41.74 |
| 17. | LASECKA, Anna | | 05 | UKS 307 Warszawa Mokotów | | | | | 5:59.83 | 276 | |
| | 50m: | 39.39 39.39 | 150m: | 2:10.60 | 45.91 | 250m: | 3:41.46 | 46.53 | 350m: | 5:15.20 | 46.17 |
| | 100m: | 1:24.69 45.30 | 200m: | 2:54.93 | 44.33 | 300m: | 4:29.03 | 47.57 | 400m: | 5:59.83 | 44.63 |

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Konkurencja 3, Dziewcząt, 400m dowolny, 11 lat

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. |
|---------|-----------------------|-----------------|---------|--------------------------------|---------|-------|-----------------|----------------|---------------|
| 18. | STAWICKA, Julia | | 05 | Uks Gim 92 Ursynów Warszawa | | | | 6:02.50 | 270 |
| | 50m: | 39.35 39.35 | 150m: | 2:11.59 | 46.66 | 250m: | 3:45.78 47.40 | 350m: | 5:18.81 45.88 |
| | 100m: | 1:24.93 45.58 | 200m: | 2:58.38 | 46.79 | 300m: | 4:32.93 47.15 | 400m: | 6:02.50 43.69 |
| 19. | D BROWSKA, Franczeska | | 05 | UKS Wilanowia | | | | 6:03.61 | 268 |
| | 50m: | 40.11 40.11 | 150m: | 3:48.46 | 2:22.19 | 250m: | 5:22.37 46.49 | 350m: | |
| | 100m: | 1:26.27 46.16 | 200m: | 4:35.88 | 47.42 | 300m: | | 400m: | 6:03.61 |
| 20. | KOCZYK, Wiktoria | | 05 | Uks,, oliborz" Warszawa | | | | 6:11.49 | 251 |
| | 50m: | 38.53 38.53 | 150m: | 2:13.17 | 48.18 | 250m: | 3:49.54 47.77 | 350m: | 5:27.53 48.85 |
| | 100m: | 1:24.99 46.46 | 200m: | 3:01.77 | 48.60 | 300m: | 4:38.68 49.14 | 400m: | 6:11.49 43.96 |
| 21. | PIŁATOWICZ, Kaja | | 05 | Integracyjny Klub Sportowy Kon | | | | 6:11.70 | 251 |
| | 50m: | 42.62 42.62 | 150m: | 2:17.31 | 47.22 | 250m: | 3:53.49 48.45 | 350m: | 5:28.30 46.80 |
| | 100m: | 1:30.09 47.47 | 200m: | 3:05.04 | 47.73 | 300m: | 4:41.50 48.01 | 400m: | 6:11.70 43.40 |
| 22. | DAYKOLA, Natalia | | 05 | UKS 307 Warszawa Mokotów | | | | 6:12.31 | 249 |
| | 50m: | 40.09 40.09 | 150m: | 2:13.95 | 46.85 | 250m: | 3:51.01 48.36 | 350m: | 5:28.74 48.77 |
| | 100m: | 1:27.10 47.01 | 200m: | 3:02.65 | 48.70 | 300m: | 4:39.97 48.96 | 400m: | 6:12.31 43.57 |
| 23. | KASZYCKA, Natalia | | 05 | IUKS Muszelka | | | | 6:12.84 | 248 |
| | 50m: | 42.29 42.29 | 150m: | 2:17.22 | 47.78 | 250m: | 3:52.15 47.25 | 350m: | 5:25.83 45.95 |
| | 100m: | 1:29.44 47.15 | 200m: | 3:04.90 | 47.68 | 300m: | 4:39.88 47.73 | 400m: | 6:12.84 47.01 |
| 24. | GRELOWSKA, Hanna | | 05 | Uks,, oliborz" Warszawa | | | | 6:15.95 | 242 |
| | 50m: | 42.45 42.45 | 150m: | 2:17.33 | 47.09 | 250m: | 3:52.71 47.74 | 350m: | 5:28.62 47.95 |
| | 100m: | 1:30.24 47.79 | 200m: | 3:04.97 | 47.64 | 300m: | 4:40.67 47.96 | 400m: | 6:15.95 47.33 |
| 25. | KLIMOWICZ, Adrianna | | 05 | IUKS Muszelka | | | | 6:18.73 | 237 |
| | 50m: | 2:20.44 2:20.44 | 150m: | | | 250m: | | 350m: | |
| | 100m: | | 200m: | | | 300m: | | 400m: | 6:18.73 |
| 26. | PATER, Matylda | | 05 | Uks Pingwiny | | | | 6:19.75 | 235 |
| | 50m: | 40.45 40.45 | 150m: | 2:18.13 | 50.83 | 250m: | 3:56.70 48.93 | 350m: | |
| | 100m: | 1:27.30 46.85 | 200m: | 3:07.77 | 49.64 | 300m: | 4:46.53 49.83 | 400m: | 6:19.75 |
| 27. | OLECKA, Amelia | | 05 | Uks Gim 92 Ursynów Warszawa | | | | 6:23.02 | 229 |
| | 50m: | 43.11 43.11 | 150m: | 2:21.64 | 49.24 | 250m: | 4:00.95 49.10 | 350m: | 5:38.11 48.87 |
| | 100m: | 1:32.40 49.29 | 200m: | 3:11.85 | 50.21 | 300m: | 4:49.24 48.29 | 400m: | 6:23.02 44.91 |
| 28. | SKOCZE, Natalia | | 05 | UKS "POLONEZ" Wyszaków | | | | 6:23.63 | 228 |
| | 50m: | 40.69 40.69 | 150m: | 3:07.50 | 1:38.54 | 250m: | 4:47.44 49.46 | 350m: | |
| | 100m: | 1:28.96 48.27 | 200m: | 3:57.98 | 50.48 | 300m: | | 400m: | 6:23.63 |
| 29. | PASIEROWSKA, Wiktoria | | 05 | Uks,, oliborz" Warszawa | | | | 6:28.81 | 219 |
| | 50m: | 42.71 42.71 | 150m: | 2:22.48 | 50.46 | 250m: | 4:01.79 50.14 | 350m: | 5:39.76 49.27 |
| | 100m: | 1:32.02 49.31 | 200m: | 3:11.65 | 49.17 | 300m: | 4:50.49 48.70 | 400m: | 6:28.81 49.05 |
| 30. | PINDOR, Zofia | | 05 | Buks Warszawa | | | | 6:29.62 | 218 |
| | 50m: | 43.01 43.01 | 150m: | 2:21.36 | 49.45 | 250m: | 4:01.33 50.17 | 350m: | 5:42.06 50.83 |
| | 100m: | 1:31.91 48.90 | 200m: | 3:11.16 | 49.80 | 300m: | 4:51.23 49.90 | 400m: | 6:29.62 47.56 |
| 31. | RACHWAŁ, Amelia | | 05 | Uks,, oliborz" Warszawa | | | | 6:30.49 | 216 |
| | 50m: | 43.08 43.08 | 150m: | 2:23.59 | 50.15 | 250m: | 4:05.06 50.17 | 350m: | 5:44.27 49.19 |
| | 100m: | 1:33.44 50.36 | 200m: | 3:14.89 | 51.30 | 300m: | 4:55.08 50.02 | 400m: | 6:30.49 46.22 |
| 32. | SKWARCZY SKA, Helena | | 05 | Uks Gim 92 Ursynów Warszawa | | | | 6:31.96 | 214 |
| | 50m: | 40.75 40.75 | 150m: | 2:19.17 | 49.19 | 250m: | 4:02.57 51.21 | 350m: | 5:45.63 51.20 |
| | 100m: | 1:29.98 49.23 | 200m: | 3:11.36 | 52.19 | 300m: | 4:54.43 51.86 | 400m: | 6:31.96 46.33 |
| 33. | WI CH, Barbara | | 05 | UKS "POLONEZ" Wyszaków | | | | 6:34.61 | 209 |
| | 50m: | 42.39 42.39 | 150m: | 3:13.13 | 50.61 | 250m: | 4:55.04 50.85 | 350m: | |
| | 100m: | 2:22.52 1:40.13 | 200m: | 4:04.19 | 51.06 | 300m: | 5:45.65 50.61 | 400m: | 6:34.61 |
| 34. | JÓ WIAK, Jagoda | | 05 | Uks,, oliborz" Warszawa | | | | 6:42.56 | 197 |
| | 50m: | 43.21 43.21 | 150m: | 2:26.60 | 51.94 | 250m: | 4:10.86 52.22 | 350m: | 5:53.17 51.70 |
| | 100m: | 1:34.66 51.45 | 200m: | 3:18.64 | 52.04 | 300m: | 5:01.47 50.61 | 400m: | 6:42.56 49.39 |
| 35. | GLI SKA, Alicja | | 05 | Uks,, oliborz" Warszawa | | | | 6:42.85 | 197 |
| | 50m: | 45.49 45.49 | 150m: | 4:11.20 | 2:34.52 | 250m: | 6:42.85 1:39.25 | 350m: | |
| | 100m: | 1:36.68 51.19 | 200m: | 5:03.60 | 52.40 | 300m: | | 400m: | 6:42.85 |

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| Pozycja | | | Rok ur. | | | | | Czas | Pkt. |
|---------|---|-----------------|---------|----------------------------|---------|-------|-----------------|----------------|-----------------|
| 36. | GARLEJ, Zofia | | 05 | Uks Kapry Armexim Pruszków | | | | 6:44.11 | 195 |
| | 50m: | 41.90 41.90 | 150m: | 2:24.28 | 51.94 | 250m: | 4:09.08 52.37 | 350m: | 5:54.63 52.17 |
| | 100m: | 1:32.34 50.44 | 200m: | 3:16.71 | 52.43 | 300m: | 5:02.46 53.38 | 400m: | 6:44.11 49.48 |
| 37. | HOJKA, Estera | | 05 | Buks Warszawa | | | | 6:48.20 | 189 |
| | 50m: | 44.99 44.99 | 150m: | 3:24.28 | 53.82 | 250m: | 5:09.86 52.57 | 350m: | |
| | 100m: | 2:30.46 1:45.47 | 200m: | 4:17.29 | 53.01 | 300m: | 6:02.08 52.22 | 400m: | 6:48.20 |
| 38. | NASTERSKA, Kamila | | 05 | Uks,, oliborz" Warszawa | | | | 6:51.00 | 185 |
| | 50m: | 44.77 44.77 | 150m: | 2:27.40 | 52.64 | 250m: | 3:19.47 32.80 | 350m: | 5:07.00 54.10 |
| | 100m: | 1:34.76 49.99 | 200m: | 2:46.67 | 19.27 | 300m: | 4:12.90 53.43 | 400m: | 6:51.00 1:44.00 |
| 39. | WI NIEWSKA, Maja | | 05 | Uks,, oliborz" Warszawa | | | | 6:59.25 | 175 |
| | 50m: | | 150m: | 2:34.25 | 55.16 | 250m: | 5:15.24 1:47.13 | 350m: | |
| | 100m: | 1:39.09 | 200m: | 3:28.11 | 53.86 | 300m: | | 400m: | 6:59.25 |
| 40. | GIEREK, Wiktoria | | 05 | UKS "POLONEZ" Wyszaków | | | | 7:09.21 | 163 |
| | 50m: | 43.96 43.96 | 150m: | 2:33.89 | 56.46 | 250m: | 4:27.41 57.72 | 350m: | 6:22.31 57.41 |
| | 100m: | 1:37.43 53.47 | 200m: | 3:29.69 | 55.80 | 300m: | 5:24.90 57.49 | 400m: | 7:09.21 46.90 |
| 41. | JAWORSKA, Zofia | | 05 | Uks,, oliborz" Warszawa | | | | 7:09.68 | 162 |
| | 50m: | 45.37 45.37 | 150m: | 2:35.78 | 54.86 | 250m: | 4:27.62 56.43 | 350m: | 6:18.19 55.09 |
| | 100m: | 1:40.92 55.55 | 200m: | 3:31.19 | 55.41 | 300m: | 5:23.10 55.48 | 400m: | 7:09.68 51.49 |
| 42. | KAZIMIERCZAK, Melania | | 05 | UKS "POLONEZ" Wyszaków | | | | 7:11.19 | 160 |
| | 50m: | 44.35 44.35 | 150m: | 2:33.46 | 55.49 | 250m: | 4:27.09 56.38 | 350m: | 6:21.09 58.26 |
| | 100m: | 1:37.97 53.62 | 200m: | 3:30.71 | 57.25 | 300m: | 5:22.83 55.74 | 400m: | 7:11.19 50.10 |
| 43. | MAŁKIEWICZ, Agata | | 05 | UKS Wilanowia | | | | 7:58.25 | 117 |
| | 50m: | 50.42 50.42 | 150m: | 2:53.53 | 1:02.23 | 250m: | 4:59.31 1:02.46 | 350m: | |
| | 100m: | 1:51.30 1:00.88 | 200m: | 3:56.85 | 1:03.32 | 300m: | 6:02.57 1:03.26 | 400m: | 7:58.25 |
| 44. | HRYCAJ, Weronika | | 05 | UKS Wilanowia | | | | 8:01.86 | 115 |
| | 50m: | 1:52.03 1:52.03 | 150m: | | | 250m: | | 350m: | |
| | 100m: | 5:02.73 3:10.70 | 200m: | | | 300m: | | 400m: | 8:01.86 |
| DYSKW. | BIE CZYK, Hanna | | 05 | UKS 307 Warszawa Mokotów | | | | | |
| | <i>O 4 - Start wykonany przed sygnałem (przedwczesny start)</i> | | | | | | | | |
| | 50m: | 41.00 41.00 | 150m: | 2:12.78 | 45.81 | 250m: | 3:44.03 45.78 | 350m: | 5:13.06 43.52 |
| | 100m: | 1:26.97 45.97 | 200m: | 2:58.25 | 45.47 | 300m: | 4:29.54 45.51 | 400m: | |