

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej i Zawody Pływackie o puchar Starosty Ciechanowskiego  
CIECHANÓW, 26-11-2011

Konkurencja 21  
2011-11-26 - 16:00

Dziewcząt, 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.
1.	Kowalska Iza		00	UKS Wilanowa				<b>5:14.96</b>	414
	50m:	36.59 36.59	150m:	1:56.21 40.07	250m:	3:16.59 40.18	350m:	4:37.40 40.28	
	100m:	1:16.14 39.55	200m:	2:36.41 40.20	300m:	3:57.12 40.53	400m:	5:14.96 37.56	
2.	Berent Anna		00	UKS Wilanowa				<b>5:18.64</b>	400
	50m:	36.43 36.43	150m:	1:56.21 40.25	250m:	3:18.06 41.22	350m:	4:38.68 40.05	
	100m:	1:15.96 39.53	200m:	2:36.84 40.63	300m:	3:58.63 40.57	400m:	5:18.64 39.96	
3.	Pogorzelska Inez		00	UKS Wilanowa				<b>5:19.14</b>	398
	50m:	37.70 37.70	150m:	1:58.79 40.70	250m:	3:20.62 41.07	350m:	4:40.41 39.82	
	100m:	1:18.09 40.39	200m:	2:39.55 40.76	300m:	4:00.59 39.97	400m:	5:19.14 38.73	
4.	Kachniarz Magdalena		00	UKS Wilanowa				<b>5:31.74</b>	355
	50m:	36.27 36.27	150m:	1:59.81 42.81	250m:	3:26.18 43.52	350m:	4:50.48 42.00	
	100m:	1:17.00 40.73	200m:	2:42.66 42.85	300m:	4:08.48 42.30	400m:	5:31.74 41.26	
5.	MALCZEWSKA ZOFIA		00	Buks Warszawa				<b>5:32.08</b>	354
	50m:	39.75 39.75	150m:		250m:	3:31.08 42.52	350m:	4:54.06 40.29	
	100m:	1:22.10 42.35	200m:	2:48.56	300m:	4:13.77 42.69	400m:	5:32.08 38.02	
6.	REKS ALEKSANDRA		00	Buks Warszawa				<b>5:37.78</b>	336
	50m:	37.27 37.27	150m:		250m:	3:28.10 43.99	350m:	4:55.91 43.34	
	100m:	1:19.20 41.93	200m:	2:44.11	300m:	4:12.57 44.47	400m:	5:37.78 41.87	
7.	Kosińska Agata		00	UKS Kapry-Armexim Pruszków				<b>5:40.29</b>	329
	50m:	38.01 38.01	150m:	2:04.13 43.83	250m:	3:32.38 44.61	350m:	5:01.19 44.43	
	100m:	1:20.30 42.29	200m:	2:47.77 43.64	300m:	4:16.76 44.38	400m:	5:40.29 39.10	
8.	GLIWA HANNA		00	Buks Warszawa				<b>5:43.46</b>	319
	50m:	40.96 40.96	150m:	2:10.96 45.42	250m:	3:39.25 43.59	350m:	5:05.16 42.73	
	100m:	1:25.54 44.58	200m:	2:55.66 44.70	300m:	4:22.43 43.18	400m:	5:43.46 38.30	
9.	SIUTA JULIA		00	Buks Warszawa				<b>5:46.34</b>	312
	50m:	40.16 40.16	150m:	2:07.55 43.73	250m:	3:36.50 44.27	350m:	5:03.57 42.98	
	100m:	1:23.82 43.66	200m:	2:52.23 44.68	300m:	4:20.59 44.09	400m:	5:46.34 42.77	
10.	Kacprzycka Weronika		00	UKS Kapry-Armexim Pruszków				<b>5:47.15</b>	309
	50m:	39.98 39.98	150m:	2:09.53 45.10	250m:	3:39.53 44.31	350m:	5:08.61 43.93	
	100m:	1:24.43 44.45	200m:	2:55.22 45.69	300m:	4:24.68 45.15	400m:	5:47.15 38.54	
11.	Koluch Julia		00	UKS Kapry-Armexim Pruszków				<b>5:47.59</b>	308
	50m:	38.00 38.00	150m:	2:08.18 45.40	250m:	3:39.90 46.20	350m:	5:08.91 44.54	
	100m:	1:22.78 44.78	200m:	2:53.70 45.52	300m:	4:24.37 44.47	400m:	5:47.59 38.68	
12.	Pyszko Karolina		00	MKS Medyk Giżycko				<b>5:48.36</b>	306
	50m:	40.62 40.62	150m:	2:10.37 45.04	250m:	3:40.11 44.73	350m:	5:08.10 43.56	
	100m:	1:25.33 44.71	200m:	2:55.38 45.01	300m:	4:24.54 44.43	400m:	5:48.36 40.26	
13.	Gasparjan Lilia		00	MKS Medyk Giżycko				<b>5:48.79</b>	305
	50m:	39.00 39.00	150m:	2:08.97 45.12	250m:		350m:	5:05.50 41.35	
	100m:	1:23.85 44.85	200m:	2:54.45 45.48	300m:	4:24.15	400m:	5:48.79 43.29	
14.	Biernacka Joanna		00	MKS Medyk Giżycko				<b>5:48.80</b>	305
	50m:	39.75 39.75	150m:	2:10.08 45.58	250m:	3:40.88 45.23	350m:	5:08.84 43.75	
	100m:	1:24.50 44.75	200m:	2:55.65 45.57	300m:	4:25.09 44.21	400m:	5:48.80 39.96	
15.	Romanik Aleksandra		00	Uks Pingwiny				<b>5:50.12</b>	302
	50m:	37.82 37.82	150m:	2:04.59 44.84	250m:	3:35.88 45.83	350m:	5:08.01 45.99	
	100m:	1:19.75 41.93	200m:	2:50.05 45.46	300m:	4:22.02 46.14	400m:	5:50.12 42.11	
16.	WIKIEŁ AKLINA		00	Uks Ostrołęka				<b>5:54.28</b>	291
	50m:	39.32 39.32	150m:	2:08.34 44.76	250m:	3:38.34 44.49	350m:	5:10.06 46.00	
	100m:	1:23.58 44.26	200m:	2:53.85 45.51	300m:	4:24.06 45.72	400m:	5:54.28 44.22	
17.	Brzózka Zuzanna		00	UKS Kapry-Armexim Pruszków				<b>5:54.70</b>	290
	50m:	40.63 40.63	150m:	2:11.01 45.63	250m:	3:42.17 45.55	350m:	5:12.41 44.64	
	100m:	1:25.38 44.75	200m:	2:56.62 45.61	300m:	4:27.77 45.60	400m:	5:54.70 42.29	

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej i Zawody Pływackie o puchar Starosty Ciechanowskiego  
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Konkurencja 21, Dziewcząt, 400m dowolny, 11 lat

Pozycja			Rok ur.							Czas	Pkt.
18.	TROCZY	SKA ALEKSANDRA	00	Buks Warszawa						<b>5:55.50</b>	288
	50m:	40.79	40.79	150m:	2:11.09	45.17	250m:	3:41.55	45.86	350m:	
	100m:	1:25.92	45.13	200m:	2:55.69	44.60	300m:	4:26.63	45.08	400m:	5:55.50
19.	Woronko	Wiktoria	00	MKS Medyk Giżycko						<b>5:57.70</b>	283
	50m:	39.70	39.70	150m:	2:10.04	45.25	250m:	3:42.55	46.84	350m:	5:14.26
	100m:	1:24.79	45.09	200m:	2:55.71	45.67	300m:	4:28.79	46.24	400m:	5:57.70
20.	DERBICH	WIKTORIA	00	IUKS Muszelka						<b>5:57.76</b>	283
	50m:	38.15	38.15	150m:	2:06.84	44.80	250m:	3:36.99	45.44	350m:	5:05.35
	100m:	1:22.04	43.89	200m:	2:51.55	44.71	300m:	4:22.41	45.42	400m:	5:57.76
21.	OLSZY	SKA JULIA	00	Buks Warszawa						<b>6:06.50</b>	263
	50m:	41.85	41.85	150m:	2:13.54	45.85	250m:	3:47.18	46.72	350m:	5:20.62
	100m:	1:27.69	45.84	200m:	3:00.46	46.92	300m:	4:33.71	46.53	400m:	6:06.50
22.	Sobolewska	Patrycja	00	Uks"Polonez" Wyszaków						<b>6:06.60</b>	263
	50m:	40.06	40.06	150m:	2:11.36	45.56	250m:	3:44.80	47.15	350m:	5:20.07
	100m:	1:25.80	45.74	200m:	2:57.65	46.29	300m:	4:32.55	47.75	400m:	6:06.60
23.	GRIGER	WERONIKA	00	Buks Warszawa						<b>6:09.74</b>	256
	50m:	41.75	41.75	150m:	2:15.91	47.29	250m:	3:49.12	47.01	350m:	5:26.65
	100m:	1:28.62	46.87	200m:	3:02.11	46.20	300m:	4:38.22	49.10	400m:	6:09.74
24.	Ejsymont	Marta	00	MKS Medyk Giżycko						<b>6:11.82</b>	252
	50m:	40.19	40.19	150m:	2:15.73	48.95	250m:	3:53.52	49.01	350m:	5:28.96
	100m:	1:26.78	46.59	200m:	3:04.51	48.78	300m:	4:42.09	48.57	400m:	6:11.82
25.	Sobolak	Klaudia	00	Uks"Polonez" Wyszaków						<b>6:16.37</b>	243
	50m:	41.55	41.55	150m:	2:14.70	47.31	250m:	3:51.36	48.48	350m:	5:29.10
	100m:	1:27.39	45.84	200m:	3:02.88	48.18	300m:	4:40.08	48.72	400m:	6:16.37
26.	WAWRZY	CZUK ZUZANNA	00	Buks Warszawa						<b>6:19.17</b>	237
	50m:	42.78	42.78	150m:	2:19.53	48.98	250m:	3:58.95	50.06	350m:	5:38.24
	100m:	1:30.55	47.77	200m:	3:08.89	49.36	300m:	4:48.18	49.23	400m:	6:19.17
27.	DEMIANIUK	MAJA	00	Buks Warszawa						<b>6:22.55</b>	231
	50m:	43.36	43.36	150m:	2:21.92	50.25	250m:	4:01.55	49.12	350m:	5:38.80
	100m:	1:31.67	48.31	200m:	3:12.43	50.51	300m:	4:50.91	49.36	400m:	6:22.55
28.	Szczesna	Patrycja	00	Uks"Polonez" Wyszaków						<b>6:23.68</b>	229
	50m:	42.33	42.33	150m:	2:18.08	48.59	250m:	3:56.53	49.82	350m:	5:32.94
	100m:	1:29.49	47.16	200m:	3:06.71	48.63	300m:	4:45.58	49.05	400m:	6:23.68
29.	KA	MIERCZAK KALINA	00	Buks Warszawa						<b>6:35.29</b>	209
	50m:			150m:	2:26.67	51.01	250m:	4:08.35	49.35	350m:	5:48.35
	100m:	1:35.66		200m:	3:19.00	52.33	300m:	4:59.34	50.99	400m:	6:35.29
30.	Kucharska	Katarzyna	00	Uks Pingwiny						<b>6:36.44</b>	208
	50m:			150m:	2:23.91		250m:	4:07.24	51.69	350m:	
	100m:			200m:	3:15.55	51.64	300m:	4:58.21	50.97	400m:	6:36.44
31.	Sarosiek	Alicja	00	Uks"Polonez" Wyszaków						<b>6:44.02</b>	196
	50m:	43.93	43.93	150m:	2:26.71	53.58	250m:	4:12.17	54.03	350m:	5:56.54
	100m:	1:33.13	49.20	200m:	3:18.14	51.43	300m:	5:02.73	50.56	400m:	6:44.02
32.	ZBIKOWSKA	ZUZANNA	00	ORKA Ciechanów						<b>6:45.43</b>	194
	50m:	47.26	47.26	150m:	2:32.25	51.94	250m:	4:17.21	52.05	350m:	6:02.63
	100m:	1:40.31	53.05	200m:	3:25.16	52.91	300m:	5:10.46	53.25	400m:	6:45.43
33.	Sobieraj	Anna	00	UKS dwójka Sochaczew						<b>6:49.40</b>	188
	50m:	42.81	42.81	150m:	2:21.56	50.14	250m:	4:07.77	54.92	350m:	5:55.10
	100m:	1:31.42	48.61	200m:	3:12.85	51.29	300m:	5:02.07	54.30	400m:	6:49.40
34.	Szymczuk	Ewelina	00	Uks"Polonez" Wyszaków						<b>7:02.93</b>	171
	50m:	52.07	52.07	150m:			250m:	4:58.76	1:02.57	350m:	7:02.93
	100m:	1:54.30	1:02.23	200m:	3:56.19		300m:	6:01.48	1:02.72	400m:	7:02.93
35.	M	ka Alicja	00	Uks"Polonez" Wyszaków						<b>7:04.56</b>	169
	50m:	46.41	46.41	150m:	2:34.72	55.10	250m:	4:24.62	55.07	350m:	6:15.11
	100m:	1:39.62	53.21	200m:	3:29.55	54.83	300m:	5:19.41	54.79	400m:	7:04.56

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Konkurencja 21, Dziewcząt, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.
36.	Szmit Julia		00	MKS Medyk Giżycko				<b>7:07.20</b>	166
	50m:	44.76 44.76	150m:	2:32.73 55.59	250m:	4:23.96 55.27	350m:	6:17.40 56.53	
	100m:	1:37.14 52.38	200m:	3:28.69 55.96	300m:	5:20.87 56.91	400m:	7:07.20 49.80	
37.	Kicek Aleksandra		00	PUKS Płoski				<b>7:09.06</b>	164
	50m:	44.61 44.61	150m:	2:34.79 56.86	250m:	4:25.60 55.91	350m:	6:17.72 55.30	
	100m:	1:37.93 53.32	200m:	3:29.69 54.90	300m:	5:22.42 56.82	400m:	7:09.06 51.34	
38.	CHOROMA SKA MARTYNA		00	Uks Ostrołęka				<b>7:12.23</b>	160
	50m:	47.78 47.78	150m:	2:40.03 56.52	250m:	4:33.12 56.70	350m:	6:25.13 54.80	
	100m:	1:43.51 55.73	200m:	3:36.42 56.39	300m:	5:30.33 57.21	400m:	7:12.23 47.10	
39.	Rociek Karolina		00	Uks "Polonez" Wyszaków				<b>7:35.74</b>	136
	50m:	50.94 50.94	150m:		250m:	4:46.00 58.60	350m:	6:41.18 57.82	
	100m:	1:48.88 57.94	200m:	3:47.40	300m:	5:43.36 57.36	400m:	7:35.74 54.56	
40.	RADZISZEWSKA KATARZYNA		00	Buk Warszawa				<b>9:21.06</b>	73
	50m:	53.93 53.93	150m:	3:22.17 1:14.35	250m:	5:47.62 1:14.27	350m:	8:15.75 1:16.01	
	100m:	2:07.82 1:13.89	200m:	4:33.35 1:11.18	300m:	6:59.74 1:12.12	400m:	9:21.06 1:05.31	