

Ogólnopolski Sprawdzian Wytrzymałości  
Szczecin, 24-11-2015

Konkurencja 3  
2015-11-24 - 13:38

Dziewcz. t., 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.
1.	BRONISZ, Katina		04	MKP Szczecin				<b>5:23.56</b>	380
	50m:	36.04 36.04	150m:	1:57.80	41.56	250m:	3:21.68 42.67	350m:	4:45.56 41.40
	100m:	1:16.24 40.20	200m:	2:39.01	41.21	300m:	4:04.16 42.48	400m:	5:23.56 38.00
2.	RZEPNICKA, Natalia		04	MKP Szczecin				<b>5:31.66</b>	353
	50m:	36.89 36.89	150m:	1:59.93	42.15	250m:	3:25.54 42.58	350m:	4:50.77 42.24
	100m:	1:17.78 40.89	200m:	2:42.96	43.03	300m:	4:08.53 42.99	400m:	5:31.66 40.89
3.	FIGAS, Alicja		04	MKP Szczecin				<b>5:50.32</b>	300
	50m:	40.05 40.05	150m:	2:07.53	44.23	250m:	3:37.61 44.91	350m:	5:07.10 45.63
	100m:	1:23.30 43.25	200m:	2:52.70	45.17	300m:	4:21.47 43.86	400m:	5:50.32 43.22
4.	KOTLARZ, Karolina		04	MKP Szczecin				<b>5:56.57</b>	284
	50m:	37.80 37.80	150m:	2:07.19	46.03	250m:	3:39.87 46.32	350m:	5:12.89 46.79
	100m:	1:21.16 43.36	200m:	2:53.55	46.36	300m:	4:26.10 46.23	400m:	5:56.57 43.68
5.	CHMIEL, Zuzanna		04	MKP Szczecin				<b>5:57.25</b>	282
	50m:	39.64 39.64	150m:	2:11.77	46.64	250m:	3:44.25 47.40	350m:	5:14.11 44.02
	100m:	1:25.13 45.49	200m:	2:56.85	45.08	300m:	4:30.09 45.84	400m:	5:57.25 43.14
6.	JAKOBIENKO, Martyna		04	MKP Szczecin				<b>6:06.81</b>	261
	50m:	42.01 42.01	150m:	2:15.25	47.36	250m:	3:50.45 48.41	350m:	5:23.87 46.58
	100m:	1:27.89 45.88	200m:	3:02.04	46.79	300m:	4:37.29 46.84	400m:	6:06.81 42.94
7.	URBANIAK, Olga		04	MKP Szczecin				<b>6:12.94</b>	248
	50m:	41.86 41.86	150m:	2:16.86	48.08	250m:	3:51.28 46.78	350m:	5:27.03 47.48
	100m:	1:28.78 46.92	200m:	3:04.50	47.64	300m:	4:39.55 48.27	400m:	6:12.94 45.91
8.	RUDY, Julia		04	MKP Szczecin				<b>6:15.59</b>	243
	50m:	41.72 41.72	150m:	2:16.08	47.53	250m:	3:53.15 49.37	350m:	5:29.93 48.42
	100m:	1:28.55 46.83	200m:	3:03.78	47.70	300m:	4:41.51 48.36	400m:	6:15.59 45.66
9.	WALBURG, Wiktoria		04	MKP Szczecin				<b>6:18.31</b>	238
	50m:	42.76 42.76	150m:	2:20.14	49.01	250m:	3:58.59 49.13	350m:	5:35.60 47.84
	100m:	1:31.13 48.37	200m:	3:09.46	49.32	300m:	4:47.76 49.17	400m:	6:18.31 42.71
10.	BARTOSIK, Anna		04	MKP Szczecin				<b>6:20.42</b>	234
	50m:	42.01 42.01	150m:	2:18.38	48.50	250m:	3:56.35 49.24	350m:	5:34.23 49.20
	100m:	1:29.88 47.87	200m:	3:07.11	48.73	300m:	4:45.03 48.68	400m:	6:20.42 46.19
11.	DOBRZELEWSKA, Nina		04	MKP Szczecin				<b>6:20.74</b>	233
	50m:	42.03 42.03	150m:	2:18.79	48.82	250m:	3:56.17 48.59	350m:	5:33.91 49.57
	100m:	1:29.97 47.94	200m:	3:07.58	48.79	300m:	4:44.34 48.17	400m:	6:20.74 46.83
12.	MALINOWSKA, Agata		04	MKP Szczecin				<b>6:20.82</b>	233
	50m:	41.90 41.90	150m:	2:18.76	48.34	250m:	3:57.74 49.29	350m:	5:35.57 48.77
	100m:	1:30.42 48.52	200m:	3:08.45	49.69	300m:	4:46.80 49.06	400m:	6:20.82 45.25
13.	SZARKOWSKA, Nella		04	MKP Szczecin				<b>6:23.38</b>	228
	50m:	41.94 41.94	150m:	2:19.39	49.23	250m:	3:59.73 50.44	350m:	5:38.99 49.63
	100m:	1:30.16 48.22	200m:	3:09.29	49.90	300m:	4:49.36 49.63	400m:	6:23.38 44.39
14.	TAMIOŁA, Roksana		04	MKP Szczecin				<b>6:24.02</b>	227
	50m:	41.28 41.28	150m:	2:17.61	48.93	250m:	3:57.24 49.99	350m:	5:36.98 50.13
	100m:	1:28.68 47.40	200m:	3:07.25	49.64	300m:	4:46.85 49.61	400m:	6:24.02 47.04
15.	OSZMIAKA, Julia		04	Słowianka Gorzów Wlkp.				<b>6:40.68</b>	200
	50m:	40.97 40.97	150m:	2:22.07	51.95	250m:	4:06.05 52.16	350m:	5:49.89 52.14
	100m:	1:30.12 49.15	200m:	3:13.89	51.82	300m:	4:57.75 51.70	400m:	6:40.68 50.79
16.	ELAŻNA, Magdalena		04	Słowianka Gorzów Wlkp.				<b>6:42.55</b>	197
	50m:	45.35 45.35	150m:	2:27.91	52.12	250m:	4:12.69 52.33	350m:	5:55.42 50.76
	100m:	1:35.79 50.44	200m:	3:20.36	52.45	300m:	5:04.66 51.97	400m:	6:42.55 47.13
17.	ORŁOWSKA, Natalia		04	Słowianka Gorzów Wlkp.				<b>6:44.61</b>	194
	50m:	40.38 40.38	150m:	2:21.79	51.15	250m:	4:06.92 52.29	350m:	5:53.40 53.77
	100m:	1:30.64 50.26	200m:	3:14.63	52.84	300m:	4:59.63 52.71	400m:	6:44.61 51.21

Ogólnopolski Sprawdzian Wytrzymało ci  
Szczecin, 24-11-2015

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Pozycja			Rok ur.					Czas	Pkt.
18.	WITKOWIAK, Oliwia		04	Słowianka Gorzów Wlkp.				<b>6:47.08</b>	191
	50m:	44.16 44.16	150m:	2:27.03 52.51	250m:	4:12.14 53.68	350m:	5:57.69 52.93	
	100m:	1:34.52 50.36	200m:	3:18.46 51.43	300m:	5:04.76 52.62	400m:	6:47.08 49.39	
19.	OKULICZ, Nikola		04	Słowianka Gorzów Wlkp.				<b>6:50.58</b>	186
	50m:	42.39 42.39	150m:	2:24.88 52.69	250m:	4:11.26 53.34	350m:	5:58.73 55.11	
	100m:	1:32.19 49.80	200m:	3:17.92 53.04	300m:	5:03.62 52.36	400m:	6:50.58 51.85	
20.	MYCIAK, Sylwia		04	Słowianka Gorzów Wlkp.				<b>7:01.33</b>	172
	50m:	43.13 43.13	150m:	2:28.72 54.55	250m:	4:18.88 55.17	350m:	6:09.95 55.40	
	100m:	1:34.17 51.04	200m:	3:23.71 54.99	300m:	5:14.55 55.67	400m:	7:01.33 51.38	
21.	PIE KOSZ, Oliwia		04	Słowianka Gorzów Wlkp.				<b>7:10.08</b>	162
	50m:	46.00 46.00	150m:	2:35.32 55.17	250m:	4:26.76 57.22	350m:	6:16.82 54.42	
	100m:	1:40.15 54.15	200m:	3:29.54 54.22	300m:	5:22.40 55.64	400m:	7:10.08 53.26	
22.	JAŁOWSKA, Alicja		04	Słowianka Gorzów Wlkp.				<b>7:10.77</b>	161
	50m:	47.53 47.53	150m:	2:35.19 55.71	250m:	4:26.28 56.16	350m:	6:18.32 55.05	
	100m:	1:39.48 51.95	200m:	3:30.12 54.93	300m:	5:23.27 56.99	400m:	7:10.77 52.45	
23.	ROSAK, Roksana		04	Słowianka Gorzów Wlkp.				<b>7:17.25</b>	154
	50m:	45.92 45.92	150m:	2:38.31 56.29	250m:	4:32.13 56.95	350m:	6:25.25 56.81	
	100m:	1:42.02 56.10	200m:	3:35.18 56.87	300m:	5:28.44 56.31	400m:	7:17.25 52.00	
24.	KONARSKA, Aleksandra		04	Słowianka Gorzów Wlkp.				<b>7:19.49</b>	151
	50m:	47.19 47.19	150m:	2:40.91 57.25	250m:	4:36.03 57.84	350m:	6:28.63 55.07	
	100m:	1:43.66 56.47	200m:	3:38.19 57.28	300m:	5:33.56 57.53	400m:	7:19.49 50.86	
25.	KAMZELSKA, Roksana		04	MKP Szczecin				<b>7:22.61</b>	148
	50m:	47.42 47.42	150m:	2:39.58 56.56	250m:	4:33.25 57.26	350m:	6:26.45 56.59	
	100m:	1:43.02 55.60	200m:	3:35.99 56.41	300m:	5:29.86 56.61	400m:	7:22.61 56.16	
26.	MARCINIAK, Hanna		04	Słowianka Gorzów Wlkp.				<b>7:29.20</b>	142
	50m:	47.49 47.49	150m:	2:39.02 56.58	250m:	4:36.53 58.81	350m:	6:33.41 58.05	
	100m:	1:42.44 54.95	200m:	3:37.72 58.70	300m:	5:35.36 58.83	400m:	7:29.20 55.79	
27.	KUCI SKA, Amelia		04	Słowianka Gorzów Wlkp.				<b>7:29.50</b>	142
	50m:	46.47 46.47	150m:	2:38.28 56.68	250m:	4:35.45 59.56	350m:	6:32.60 58.25	
	100m:	1:41.60 55.13	200m:	3:35.89 57.61	300m:	5:34.35 58.90	400m:	7:29.50 56.90	
28.	DROZDA, Zuzia		04	Słowianka Gorzów Wlkp.				<b>7:34.86</b>	137
	50m:	51.73 51.73	150m:	2:46.53 58.21	250m:	4:43.64 59.16	350m:	6:41.16 58.55	
	100m:	1:48.32 56.59	200m:	3:44.48 57.95	300m:	5:42.61 58.97	400m:	7:34.86 53.70	
29.	WITKOWSKA, Wiktoria		04	Słowianka Gorzów Wlkp.				<b>7:36.08</b>	135
	50m:	47.56 47.56	150m:	2:41.10 57.83	250m:	4:37.93 59.63	350m:	6:36.18 58.66	
	100m:	1:43.27 55.71	200m:	3:38.30 57.20	300m:	5:37.52 59.59	400m:	7:36.08 59.90	
30.	DWORECKA, Julia		04	Słowianka Gorzów Wlkp.				<b>7:47.14</b>	126
	50m:	47.35 47.35	150m:	2:48.96 1:01.46	250m:	4:51.49 1:00.69	350m:	6:50.79 59.02	
	100m:	1:47.50 1:00.15	200m:	3:50.80 1:01.84	300m:	5:51.77 1:00.28	400m:	7:47.14 56.35	
31.	SOKOŁOWSKA, Kalina		04	MKP Szczecin				<b>7:49.00</b>	125
	50m:	49.24 49.24	150m:	2:46.58 59.29	250m:	4:49.12 1:00.95	350m:	6:52.87 1:01.59	
	100m:	1:47.29 58.05	200m:	3:48.17 1:01.59	300m:	5:51.28 1:02.16	400m:	7:49.00 56.13	
NIE UK.	BOGDAN, Milena		04	Słowianka Gorzów Wlkp.					
	50m:	40.35 40.35	150m:	2:20.08 50.57	250m:		350m:		
	100m:	1:29.51 49.16	200m:		300m:		400m:		
PK	KRZY ANOWSKA, Zuzanna		05	Słowianka Gorzów Wlkp.				<b>7:08.92</b>	163
	50m:	44.67 44.67	150m:	2:31.04 54.23	250m:	4:18.97 55.17	350m:	6:12.75 57.16	
	100m:	1:36.81 52.14	200m:	3:23.80 52.76	300m:	5:15.59 56.62	400m:	7:08.92 56.17	
PK	WRO SKA, Małgorzata		05	Słowianka Gorzów Wlkp.				<b>8:18.05</b>	104
	50m:	52.24 52.24	150m:	2:58.80 1:05.45	250m:	5:08.29 1:04.90	350m:	7:17.09 1:04.37	
	100m:	1:53.35 1:01.11	200m:	4:03.39 1:04.59	300m:	6:12.72 1:04.43	400m:	8:18.05 1:00.96	

Ogólnopolski Sprawdzian Wytrzymałości  
Szczecin, 24-11-2015

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Konkurencja 3, Dziewcz t, 400m dowolny

Pozycja				Rok ur.					Czas	Pkt.		
PK	GRZEGOLEC, Aleksandra			05	Słowianka Gorzów Wlkp.				<b>6:50.59</b>	186		
	50m:	44.82	44.82	150m:	2:29.58	53.53	250m:	4:18.54	54.41	350m:	6:03.55	51.65
	100m:	1:36.05	51.23	200m:	3:24.13	54.55	300m:	5:11.90	53.36	400m:	6:50.59	47.04