

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej 11-12 lat
Szczecin, 27-11-2019

Event 3
2019-11-27 - 14:35

Girls, 400m Freestyle

11 years
Results

Points: FINA 2019

Rank				YB					Time	Pts		
1.	BARTCZAK Magdalena			08	Plywamy i Ratujemy				5:40.81	323		
	50m:	38.62	38.62	150m:	2:04.83	43.18	250m:	3:31.58	43.33	350m:	4:57.77	42.02
	100m:	1:21.65	43.03	200m:	2:48.25	43.42	300m:	4:15.75	44.17	400m:	5:40.81	43.04
2.	DEREWECKA Kamila			08	MKS Znicz Koszalin				5:44.67	312		
	50m:	38.07	38.07	150m:	2:06.34	44.82	250m:	3:36.13	44.91	350m:	5:02.94	42.19
	100m:	1:21.52	43.45	200m:	2:51.22	44.88	300m:	4:20.75	44.62	400m:	5:44.67	41.73
3.	ZABRANIAK Karina			08	MKP Szczecin				5:47.85	304		
	50m:	37.88	37.88	150m:	2:07.22	44.57	250m:	3:38.29	45.44	350m:	5:06.66	43.79
	100m:	1:22.65	44.77	200m:	2:52.85	45.63	300m:	4:22.87	44.58	400m:	5:47.85	41.19
	ZAJAC Malgorzata			08	Plywamy i Ratujemy				5:47.85	304		
	50m:	39.63	39.63	150m:	2:06.93	44.25	250m:	3:36.01	44.41	350m:	5:03.99	43.57
	100m:	1:22.68	43.05	200m:	2:51.60	44.67	300m:	4:20.42	44.41	400m:	5:47.85	43.86
5.	MAJEWSKA Martyna			08	MKS Znicz Koszalin				5:49.09	300		
	50m:	37.42	37.42	150m:	2:05.68	44.55	250m:	3:36.28	45.63	350m:	5:03.46	41.60
	100m:	1:21.13	43.71	200m:	2:50.65	44.97	300m:	4:21.86	45.58	400m:	5:49.09	45.63
6.	BIEDRZYCKA Blanka			08	KP Bałtyk Kolobrzeg				5:49.27	300		
	50m:	39.00	39.00	150m:	2:08.31	45.12	250m:	3:38.12	43.98	350m:	5:06.76	44.00
	100m:	1:23.19	44.19	200m:	2:54.14	45.83	300m:	4:22.76	44.64	400m:	5:49.27	42.51
7.	PIATEK Malgorzata			08	MKS Znicz Koszalin				5:49.86	298		
	50m:	38.03	38.03	150m:	2:06.18	44.87	250m:	3:36.05	44.77	350m:	5:06.67	45.28
	100m:	1:21.31	43.28	200m:	2:51.28	45.10	300m:	4:21.39	45.34	400m:	5:49.86	43.19
8.	KRUTUL Aga			08	MKS Znicz Koszalin				5:50.97	296		
	50m:	39.45	39.45	150m:	2:08.70	44.92	250m:	3:40.78	46.24	350m:	5:11.21	45.35
	100m:	1:23.78	44.33	200m:	2:54.54	45.84	300m:	4:25.86	45.08	400m:	5:50.97	39.76
9.	SIUDOWSKA Zuzanna			08	MKS Znicz Koszalin				5:59.26	276		
	50m:	39.68	39.68	150m:	2:10.33	45.46	250m:	3:42.86	46.40	350m:	5:14.95	45.60
	100m:	1:24.87	45.19	200m:	2:56.46	46.13	300m:	4:29.35	46.49	400m:	5:59.26	44.31
10.	URIASZ Maria			08	MKP Szczecin				6:01.62	270		
	50m:	37.22	37.22	150m:	2:06.78	46.76	250m:	3:41.78	47.92	350m:	5:16.81	48.87
	100m:	1:20.02	42.80	200m:	2:53.86	47.08	300m:	4:27.94	46.16	400m:	6:01.62	44.81
11.	KULEC Zofia			08	MKP Szczecin				6:05.33	262		
	50m:	39.39	39.39	150m:	2:11.63	46.68	250m:	3:47.59	48.48	350m:	5:22.78	47.59
	100m:	1:24.95	45.56	200m:	2:59.11	47.48	300m:	4:35.19	47.60	400m:	6:05.33	42.55
12.	PRADZINSKA Paulina			08	MKP Szczecin				6:12.36	247		
	50m:	42.47	42.47	150m:	2:17.86	48.25	250m:	3:54.27	48.34	350m:	5:29.75	47.24
	100m:	1:29.61	47.14	200m:	3:05.93	48.07	300m:	4:42.51	48.24	400m:	6:12.36	42.61
13.	SZPAKIEWICZ Natalia			08	MKP Kolobrzeg				6:17.75	237		
	50m:	42.20	42.20	150m:	2:18.48	48.69	250m:	3:56.11	48.72	350m:	5:32.34	47.61
	100m:	1:29.79	47.59	200m:	3:07.39	48.91	300m:	4:44.73	48.62	400m:	6:17.75	45.41
14.	KRYWIEL Maja			08	MKP Szczecin				6:18.57	235		
	50m:	41.95	41.95	150m:	2:16.46	47.76	250m:	3:53.19	48.07	350m:	5:30.21	47.90
	100m:	1:28.70	46.75	200m:	3:05.12	48.66	300m:	4:42.31	49.12	400m:	6:18.57	48.36
15.	JADCZUK Estella			08	MKS Znicz Koszalin				6:21.13	231		
	50m:	40.52	40.52	150m:	2:17.23	49.29	250m:	3:56.80	50.00	350m:	5:34.97	48.78
	100m:	1:27.94	47.42	200m:	3:06.80	49.57	300m:	4:46.19	49.39	400m:	6:21.13	46.16
16.	HOFMAN Sara			08	MKP Kolobrzeg				6:21.80	229		
	50m:	42.12	42.12	150m:	2:21.44	50.09	250m:	4:01.65	48.76	350m:	5:39.69	48.72
	100m:	1:31.35	49.23	200m:	3:12.89	51.45	300m:	4:50.97	49.32	400m:	6:21.80	42.11
17.	SOWA Zuzanna			08	MKS Znicz Koszalin				6:23.44	227		
	50m:	43.09	43.09	150m:	2:20.91	49.10	250m:	3:59.48	49.72	350m:	5:37.25	48.69
	100m:	1:31.81	48.72	200m:	3:09.76	48.85	300m:	4:48.56	49.08	400m:	6:23.44	46.19

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej 11-12 lat
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Rank			YB							Time	Pts
18.	JELEN Zuzanna		08	MKS Znicz Koszalin						6:26.41	221
	50m:	42.56 42.56	150m:	2:20.86	49.75	250m:	4:01.10	50.22	350m:	5:41.80	50.30
	100m:	1:31.11 48.55	200m:	3:10.88	50.02	300m:	4:51.50	50.40	400m:	6:26.41	44.61
19.	BLASZCZAK Blanka		08	MKP Szczecin						6:28.48	218
	50m:	43.12 43.12	150m:	2:20.49	49.66	250m:	4:00.54	49.98	350m:	5:41.87	50.03
	100m:	1:30.83 47.71	200m:	3:10.56	50.07	300m:	4:51.84	51.30	400m:	6:28.48	46.61
20.	DOJKA Patrycja		08	Pływamy i Ratujemy						6:30.06	215
	50m:	41.68 41.68	150m:	2:20.45	51.21	250m:	4:02.96	51.36	350m:	5:43.96	50.73
	100m:	1:29.24 47.56	200m:	3:11.60	51.15	300m:	4:53.23	50.27	400m:	6:30.06	46.10
21.	GAJEWSKA Malwina		08	MKS Znicz Koszalin						6:30.84	214
	50m:	43.08 43.08	150m:	2:21.25	48.90	250m:	4:00.81	49.47	350m:	5:40.70	50.25
	100m:	1:32.35 49.27	200m:	3:11.34	50.09	300m:	4:50.45	49.64	400m:	6:30.84	50.14
22.	MULARCZYK Gabriela		08	MKP Kolobrzeg						6:34.33	208
	50m:	46.51 46.51	150m:	2:29.36	51.83	250m:	4:13.20	52.01	350m:	5:52.34	49.97
	100m:	1:37.53 51.02	200m:	3:21.19	51.83	300m:	5:02.37	49.17	400m:	6:34.33	41.99
23.	KALASHNIKOVA Yelyzaveta		08	MKS Znicz Koszalin						6:42.22	196
	50m:	44.06 44.06	150m:	2:26.43	51.61	250m:	4:09.50	51.77	350m:	5:52.18	50.94
	100m:	1:34.82 50.76	200m:	3:17.73	51.30	300m:	5:01.24	51.74	400m:	6:42.22	50.04
24.	GLAUBITZ Julia		08	MKP Szczecin						6:42.95	195
	50m:	41.98 41.98	150m:	2:23.06	51.85	250m:	4:09.13	53.12	350m:	5:55.53	53.46
	100m:	1:31.21 49.23	200m:	3:16.01	52.95	300m:	5:02.07	52.94	400m:	6:42.95	47.42
25.	LIPSKA Oliwia		08	MKP Szczecin						6:44.22	193
	50m:	44.49 44.49	150m:	2:28.56	52.95	250m:	4:13.53	52.53	350m:	5:58.60	53.01
	100m:	1:35.61 51.12	200m:	3:21.00	52.44	300m:	5:05.59	52.06	400m:	6:44.22	45.62
26.	KRASUCKA Olga		08	MKP Szczecin						6:47.59	189
	50m:	46.36 46.36	150m:	2:30.09	51.54	250m:			350m:		
	100m:	1:38.55 52.19	200m:	3:22.74	52.65	300m:	6:47.71		400m:	6:47.59	
27.	GEBICZ Marta		08	MKP Szczecin						6:47.61	189
	50m:	42.49 42.49	150m:	2:23.56	51.59	250m:	4:11.13	54.16	350m:	5:55.07	51.10
	100m:	1:31.97 49.48	200m:	3:16.97	53.41	300m:	5:03.97	52.84	400m:	6:47.61	52.54
28.	BARTCZAK Gabriela		08	MKP Szczecin						6:50.39	185
	50m:	45.67 45.67	150m:	2:30.07	52.09	250m:	4:16.04	52.44	350m:	6:00.87	51.79
	100m:	1:37.98 52.31	200m:	3:23.60	53.53	300m:	5:09.08	53.04	400m:	6:50.39	49.52
29.	WROBLEWSKA Maja		08	MKP Szczecin						6:53.69	180
	50m:	49.87 49.87	150m:	2:36.72	54.27	250m:	4:20.92	51.94	350m:	6:05.73	52.09
	100m:	1:42.45 52.58	200m:	3:28.98	52.26	300m:	5:13.64	52.72	400m:	6:53.69	47.96
30.	TKOCZ Aleksandra		08	MKP Szczecin						6:55.60	178
	50m:	43.79 43.79	150m:	2:26.37	52.12	250m:	4:14.31	53.77	350m:	6:04.59	55.20
	100m:	1:34.25 50.46	200m:	3:20.54	54.17	300m:	5:09.39	55.08	400m:	6:55.60	51.01
31.	DOBIES Oliwia		08	MKP Szczecin						6:58.19	175
	50m:	46.19 46.19	150m:	2:32.99	53.79	250m:	4:20.41	53.68	350m:	6:07.45	52.97
	100m:	1:39.20 53.01	200m:	3:26.73	53.74	300m:	5:14.48	54.07	400m:	6:58.19	50.74
32.	ROSZAK Inga		08	MKP Szczecin						6:58.79	174
	50m:	44.25 44.25	150m:	2:28.61	52.64	250m:	4:16.85	53.97	350m:	6:05.38	53.88
	100m:	1:35.97 51.72	200m:	3:22.88	54.27	300m:	5:11.50	54.65	400m:	6:58.79	53.41
33.	BLASZCZAK Maja		08	MKP Szczecin						7:05.65	165
	50m:	48.65 48.65	150m:	2:35.84	54.17	250m:	4:25.56	55.06	350m:	6:15.31	54.74
	100m:	1:41.67 53.02	200m:	3:30.50	54.66	300m:	5:20.57	55.01	400m:	7:05.65	50.34
34.	TYLSKA Julia		08	MKP Szczecin						7:06.38	165
	50m:	48.29 48.29	150m:	2:35.09	53.52	250m:	5:20.13	1:49.59	350m:	7:06.48	50.97
	100m:	1:41.57 53.28	200m:	3:30.54	55.45	300m:	6:15.51	55.38	400m:	7:06.38	
35.	PULTYN Wiktoria		08	MKP Szczecin						7:11.98	158
	50m:	44.61 44.61	150m:	2:36.71	56.39	250m:	4:30.88	57.82	350m:	6:24.89	57.43
	100m:	1:40.32 55.71	200m:	3:33.06	56.35	300m:	5:27.46	56.58	400m:	7:11.98	47.09

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Rank			YB					Time	Pts		
36.	ZIENTERSKA Noemi		08	MKP Szczecin				7:23.88	146		
	50m:	47.21 47.21	150m:	2:37.25	55.77	250m:	4:32.16	58.25	350m:	6:29.62	58.74
	100m:	1:41.48 54.27	200m:	3:33.91	56.66	300m:	5:30.88	58.72	400m:	7:23.88	54.26
37.	JASZEWSKA Amelia		08	MKP Kolobrzeg				7:25.64	144		
	50m:	55.06 55.06	150m:	2:47.01	57.01	250m:	5:35.51	1:51.45	350m:	7:54.62	1:21.98
	100m:	1:50.00 54.94	200m:	3:44.06	57.05	300m:	6:32.64	57.13	400m:	7:25.64	
38.	KARCZEWSKA Martyna		08	MKP Szczecin				7:32.30	138		
	50m:	48.22 48.22	150m:	2:41.32	58.46	250m:	4:39.98	59.50	350m:	6:35.42	57.90
	100m:	1:42.86 54.64	200m:	3:40.48	59.16	300m:	5:37.52	57.54	400m:	7:32.30	56.88
39.	KESY Zuzanna		08	MKP Szczecin				7:43.07	128		
	50m:	49.32 49.32	150m:	2:47.96	59.77	250m:	4:49.83	1:01.20	350m:	6:50.17	1:00.66
	100m:	1:48.19 58.87	200m:	3:48.63	1:00.67	300m:	5:49.51	59.68	400m:	7:43.07	52.90
40.	WITES Jagoda		08	MKP Szczecin				8:09.77	108		
	50m:	48.02 48.02	150m:	2:45.60	1:01.10	250m:	5:48.27	1:00.23	350m:	7:42.51	54.26
	100m:	1:44.50 56.48	200m:	4:48.04	2:02.44	300m:	6:48.25	59.98	400m:	8:09.77	27.26
41.	GLADKA Wiktoria		08	MKP Szczecin				8:26.24	98		
	50m:	53.81 53.81	150m:	3:02.43	1:05.82	250m:	5:13.90	1:07.59	350m:	7:23.80	1:04.49
	100m:	1:56.61 1:02.80	200m:	4:06.31	1:03.88	300m:	6:19.31	1:05.41	400m:	8:26.24	1:02.44
EXH	GRZELAK Wiktoria		09	MKP Szczecin				5:32.88	347		
	50m:	36.94 36.94	150m:	2:02.89	43.51	250m:	3:30.52	43.66	350m:	4:55.59	42.90
	100m:	1:19.38 42.44	200m:	2:46.86	43.97	300m:	4:12.69	42.17	400m:	5:32.88	37.29