

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności w Pływaniu dzieci 11 LAT i Młodzików 12 LAT  
Szczecin, 24-11-2021

Konkurencja 3

2021-11-24 - 11:30

Dziewcząt, 400m dowolny

11 lat

Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.		
1.	DUDA, Natalia		10	MKP Szczecin				<b>4:58.52</b>	481		
	50m:	33.03 33.03	150m:	1:50.40	39.20	250m:	3:08.21	39.16	350m:	4:24.45	37.27
	100m:	1:11.20 38.17	200m:	2:29.05	38.65	300m:	3:47.18	38.97	400m:	4:58.52	34.07
2.	STACHOWSKA, Eliza		10	MKP Szczecin				<b>5:38.16</b>	331		
	50m:	37.41 37.41	150m:	2:03.77	43.87	250m:	3:31.49	44.33	350m:	4:57.70	42.00
	100m:	1:19.90 42.49	200m:	2:47.16	43.39	300m:	4:15.70	44.21	400m:	5:38.16	40.46
3.	BARTYZEL, Nadia		10	MKP Kołobrzeg				<b>5:39.25</b>	327		
	50m:	37.83 37.83	150m:	2:06.20	44.50	250m:	3:33.65	43.96	350m:	5:00.81	42.95
	100m:	1:21.70 43.87	200m:	2:49.69	43.49	300m:	4:17.86	44.21	400m:	5:39.25	38.44
4.	KRUK, Hanna		10	UKP Marlin				<b>5:44.45</b>	313		
	50m:	38.92 38.92	150m:	2:07.13	44.35	250m:	3:36.12	44.37	350m:	5:05.45	44.87
	100m:	1:22.78 43.86	200m:	2:51.75	44.62	300m:	4:20.58	44.46	400m:	5:44.45	39.00
5.	MICHALCZYSZYN, Natasza		10	MKP Szczecin				<b>5:46.77</b>	306		
	50m:	38.73 38.73	150m:	2:06.42	44.20	250m:	3:36.15	45.11	350m:	5:04.73	42.97
	100m:	1:22.22 43.49	200m:	2:51.04	44.62	300m:	4:21.76	45.61	400m:	5:46.77	42.04
6.	MACKOJ, Aleksandra		10	MKP Kołobrzeg				<b>5:51.17</b>	295		
	50m:	38.04 38.04	150m:	2:07.62	45.28	250m:	3:39.84	46.36	350m:	5:11.36	44.74
	100m:	1:22.34 44.30	200m:	2:53.48	45.86	300m:	4:26.62	46.78	400m:	5:51.17	39.81
7.	KOWALKIEWICZ, Pola		10	MKP Kołobrzeg				<b>5:55.84</b>	284		
	50m:	36.70 36.70	150m:	2:06.02	45.55	250m:	3:40.80	47.81	350m:	5:13.91	45.84
	100m:	1:20.47 43.77	200m:	2:52.99	46.97	300m:	4:28.07	47.27	400m:	5:55.84	41.93
8.	KALETA, Michalina		10	MKP Kołobrzeg				<b>5:56.03</b>	283		
	50m:	39.49 39.49	150m:	2:12.65	46.31	250m:	3:45.73	46.80	350m:	5:16.00	45.06
	100m:	1:26.34 46.85	200m:	2:58.93	46.28	300m:	4:30.94	45.21	400m:	5:56.03	40.03
9.	BARTCZAK, Hanna		10	MKP Szczecin				<b>6:07.06</b>	258		
	50m:	40.48 40.48	150m:	2:10.26	45.69	250m:	3:44.82	47.58	350m:	5:20.49	47.81
	100m:	1:24.57 44.09	200m:	2:57.24	46.98	300m:	4:32.68	47.86	400m:	6:07.06	46.57
10.	DUK, Paula		10	MKP Szczecin				<b>6:15.97</b>	240		
	50m:	39.11 39.11	150m:	2:14.41	48.18	250m:	3:52.94	49.50	350m:	5:33.05	49.88
	100m:	1:26.23 47.12	200m:	3:03.44	49.03	300m:	4:43.17	50.23	400m:	6:15.97	42.92
11.	NOWAK, Alicja		10	MKP Szczecin				<b>6:19.95</b>	233		
	50m:	41.78 41.78	150m:	2:18.58	48.79	250m:	3:57.75	50.11	350m:	5:34.39	46.90
	100m:	1:29.79 48.01	200m:	3:07.64	49.06	300m:	4:47.49	49.74	400m:	6:19.95	45.56
12.	MURKOW, Lilianna		10	CKS SMS Szczecin				<b>6:22.81</b>	228		
	50m:	43.78 43.78	150m:	2:23.21	49.60	250m:	4:00.05	47.82	350m:	5:36.22	48.93
	100m:	1:33.61 49.83	200m:	3:12.23	49.02	300m:	4:47.29	47.24	400m:	6:22.81	46.59
13.	ROGI SKA, Małgorzata		10	MKP Kołobrzeg				<b>6:24.92</b>	224		
	50m:	42.06 42.06	150m:	2:19.28	49.17	250m:	3:58.40	50.12	350m:	5:37.45	49.40
	100m:	1:30.11 48.05	200m:	3:08.28	49.00	300m:	4:48.05	49.65	400m:	6:24.92	47.47
14.	FILIPIUK, Wiktoria		10	CKS SMS Szczecin				<b>6:27.97</b>	219		
	50m:	44.12 44.12	150m:	2:21.20	48.93	250m:	4:00.87	50.43	350m:	5:41.70	50.18
	100m:	1:32.27 48.15	200m:	3:10.44	49.24	300m:	4:51.52	50.65	400m:	6:27.97	46.27
15.	KAMI SKA, Aleksandra		10	CKS SMS Szczecin				<b>6:36.02</b>	206		
	50m:	42.14 42.14	150m:	2:22.47	50.93	250m:			350m:	5:48.48	50.27
	100m:	1:31.54 49.40	200m:	4:05.99	1:43.52	300m:	4:58.21		400m:	6:36.02	47.54
16.	WALTER-JASTRZ BSKA, Alicja		10	UKP Marlin				<b>6:38.88</b>	201		
	50m:	42.46 42.46	150m:	2:24.29	51.04	250m:	4:08.46	52.18	350m:	5:52.10	51.84
	100m:	1:33.25 50.79	200m:	3:16.28	51.99	300m:	5:00.26	51.80	400m:	6:38.88	46.78
17.	JANICKA, Julita		10	CKS SMS Szczecin				<b>6:40.84</b>	198		
	50m:	44.71 44.71	150m:	2:26.25	50.69	250m:	4:08.55	51.25	350m:	5:51.06	49.94
	100m:	1:35.56 50.85	200m:	3:17.30	51.05	300m:	5:01.12	52.57	400m:	6:40.84	49.78

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Pozycja			Rok ur.					Czas	Pkt.
18.	KWIATKOWSKA, Karolina		10	CKS SMS Szczecin				<b>6:54.20</b>	180
	50m:	47.23 47.23	150m:	2:28.91	53.24	250m:	4:18.32	55.92	350m:
	100m:	1:35.67 48.44	200m:	3:22.40	53.49	300m:			400m:
									6:54.20
19.	WI NIEWSKA, Wiktoria		10	CKS SMS Szczecin				<b>6:55.46</b>	178
	50m:	44.41 44.41	150m:	2:22.93	49.51	250m:	4:05.25	51.35	350m:
	100m:	1:33.42 49.01	200m:	3:13.90	50.97	300m:	4:57.37	52.12	400m:
									6:55.46
20.	JASI SKA DETROIS, Zuzanna		10	MKP Szczecin				<b>6:56.42</b>	177
	50m:	44.47 44.47	150m:	2:30.81	54.00	250m:	4:20.28	55.44	350m:
	100m:	1:36.81 52.34	200m:	3:24.84	54.03	300m:	5:15.40	55.12	400m:
									6:08.53 53.13
									6:56.42 47.89
21.	GAPSKA, Jagoda		10	CKS SMS Szczecin				<b>7:05.09</b>	166
	50m:	46.45 46.45	150m:	2:32.63	53.71	250m:	4:23.02	55.70	350m:
	100m:	1:38.92 52.47	200m:	3:27.32	54.69	300m:	5:18.41	55.39	400m:
									6:13.15 54.74
									7:05.09 51.94
22.	ZAJLER, Ameila		10	MKP Kołobrzeg				<b>7:08.05</b>	163
	50m:	45.79 45.79	150m:	2:32.23	54.88	250m:	4:24.73	57.62	350m:
	100m:	1:37.35 51.56	200m:	3:27.11	54.88	300m:	5:19.64	54.91	400m:
									6:14.75 55.11
									7:08.05 53.30
23.	ULATOWSKA, Oliwia		10	CKS SMS Szczecin				<b>7:44.21</b>	127
	50m:	48.18 48.18	150m:	2:43.77	1:00.22	250m:	4:45.50	1:00.14	350m:
	100m:	1:43.55 55.37	200m:	3:45.36	1:01.59	300m:	5:44.09	58.59	400m:
									6:46.36 1:02.27
									7:44.21 57.85
24.	HEJMAN, Magdalena		10	CKS SMS Szczecin				<b>8:50.46</b>	85
	50m:	46.01 46.01	150m:	2:33.45	54.37	250m:	4:24.88	55.62	350m:
	100m:	1:39.08 53.07	200m:	3:29.26	55.81	300m:	6:16.58	1:51.70	400m:
									7:08.18 51.60
									8:50.46 1:42.28
25.	TATKOWSKA, Zuzanna		10	MKP Szczecin				<b>8:56.18</b>	83
	50m:	49.34 49.34	150m:	7:00.72	4:11.43	250m:			350m:
	100m:	2:49.29 1:59.95	200m:			300m:			400m:
									8:56.18
26.	KURS, Kamila		10	MKP Szczecin				<b>9:35.84</b>	67
	50m:	1:03.53 1:03.53	150m:	5:59.32	3:42.05	250m:			350m:
	100m:	2:17.27 1:13.74	200m:	7:16.59	1:17.27	300m:			400m:
									8:31.60
									9:35.84 1:04.24
DYSKW.	BOGOCHWALSKA, Hanna		10	MKP Szczecin				<b>8:18.29</b>	
	<i>O2 - Pływak nie miał kontaktu ze cian podczas nawrotu.</i>								
	50m:	52.06 52.06	150m:	2:55.59	1:02.46	250m:	6:06.88	2:10.12	350m:
	100m:	1:53.13 1:01.07	200m:	3:56.76	1:01.17	300m:	7:09.06	1:02.18	400m:
									8:18.29