

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej 11-12 lat  
Szczecin, 9-11-2022

Konkurencja 3  
2022-11-09 - 12:10

Dziewcz t, 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2022

Pozycja					Rok ur.					Czas	Pkt.	
1.	CHRZANOWSKA Aleksandra				11	MKS CKS-SMS Szczecin				<b>5:38.55</b>	329	
	50m:	38.03	38.03	150m:	2:04.97	44.03	250m:	3:31.90	43.52	350m:	4:59.28	43.12
	100m:	1:20.94	42.91	200m:	2:48.38	43.41	300m:	4:16.16	44.26	400m:	5:38.55	39.27
2.	ADAMSKA Nika				11	MKP Szczecin				<b>5:39.00</b>	328	
	50m:	38.61	38.61	150m:	2:04.60	43.59	250m:	3:32.55	44.00	350m:	4:59.48	43.09
	100m:	1:21.01	42.40	200m:	2:48.55	43.95	300m:	4:16.39	43.84	400m:	5:39.00	39.52
3.	WIEBODA Julia				11	UKP „Marlin”				<b>5:42.58</b>	318	
	50m:	39.31	39.31	150m:	2:08.75	45.02	250m:	3:37.58	44.46	350m:	5:03.90	42.95
	100m:	1:23.73	44.42	200m:	2:53.12	44.37	300m:	4:20.95	43.37	400m:	5:42.58	38.68
4.	SIEWIERSKA Paulina				11	MKS Znicz Koszalin				<b>5:45.03</b>	311	
	50m:	34.95	34.95	150m:	1:59.61	43.34	250m:	3:28.82	45.67	350m:	5:02.19	45.72
	100m:	1:16.27	41.32	200m:	2:43.15	43.54	300m:	4:16.47	47.65	400m:	5:45.03	42.84
5.	RADOMSKA Antonina				11	MKP Kołobrzeg				<b>5:45.70</b>	309	
	50m:	41.50	41.50	150m:	2:12.60	46.06	250m:	3:42.90	44.89	350m:	5:09.81	43.48
	100m:	1:26.54	45.04	200m:	2:58.01	45.41	300m:	4:26.33	43.43	400m:	5:45.70	35.89
6.	MAŁECKA Hanna				11	MKS CKS-SMS Szczecin				<b>5:48.02</b>	303	
	50m:	40.11	40.11	150m:	2:09.71	45.34	250m:	3:37.55	43.58	350m:	5:03.00	42.09
	100m:	1:24.37	44.26	200m:	2:53.97	44.26	300m:	4:20.91	43.36	400m:	5:48.02	45.02
7.	PACOCHA Lena				11	MKS CKS-SMS Szczecin				<b>6:00.91</b>	272	
	50m:	39.68	39.68	150m:	2:11.74	46.90	250m:	3:43.36	44.86	350m:	5:15.86	45.91
	100m:	1:24.84	45.16	200m:	2:58.50	46.76	300m:	4:29.95	46.59	400m:	6:00.91	45.05
8.	PAWŁASZEK Katarzyna				11	MKP Szczecin				<b>6:07.87</b>	257	
	50m:	40.66	40.66	150m:	2:15.33	48.25	250m:	3:52.20	48.24	350m:	5:24.08	44.59
	100m:	1:27.08	46.42	200m:	3:03.96	48.63	300m:	4:39.49	47.29	400m:	6:07.87	43.79
9.	BURACZYK Nikola				11	MKP Szczecin				<b>6:08.77</b>	255	
	50m:	38.83	38.83	150m:	2:12.09	48.19	250m:	3:49.26	48.85	350m:	5:23.30	47.26
	100m:	1:23.90	45.07	200m:	3:00.41	48.32	300m:	4:36.04	46.78	400m:	6:08.77	45.47
10.	ZGLINICKA Anna				11	MKS CKS-SMS Szczecin				<b>6:10.65</b>	251	
	50m:	40.84	40.84	150m:	2:14.96	47.77	250m:	3:52.11	48.71	350m:	5:27.28	48.27
	100m:	1:27.19	46.35	200m:	3:03.40	48.44	300m:	4:39.01	46.90	400m:	6:10.65	43.37
11.	LUSARCZYK Hanna				11	MKS CKS-SMS Szczecin				<b>6:15.95</b>	240	
	50m:	41.95	41.95	150m:	2:18.51	48.60	250m:	3:55.37	48.32	350m:	5:29.16	47.39
	100m:	1:29.91	47.96	200m:	3:07.05	48.54	300m:	4:41.77	46.40	400m:	6:15.95	46.79
12.	OLESHKEVYCH Sofii				11	MKP Szczecin				<b>6:16.91</b>	239	
	50m:	42.40	42.40	150m:	2:18.70	47.89	250m:	3:55.49	46.82	350m:	5:31.76	47.59
	100m:	1:30.81	48.41	200m:	3:08.67	49.97	300m:	4:44.17	48.68	400m:	6:16.91	45.15
13.	KWATYRA Hanna				11	MKP Szczecin				<b>6:18.47</b>	236	
	50m:	42.08	42.08	150m:	2:15.71	46.36	250m:	3:51.11	48.43	350m:	5:28.97	49.57
	100m:	1:29.35	47.27	200m:	3:02.68	46.97	300m:	4:39.40	48.29	400m:	6:18.47	49.50
14.	SPRINGER Lea				11	MKP Szczecin				<b>6:24.57</b>	225	
	50m:	40.68	40.68	150m:	2:18.70	52.70	250m:	3:57.94	53.11	350m:	5:38.97	52.79
	100m:	1:26.00	45.32	200m:	3:04.83	46.13	300m:	4:46.18	48.24	400m:	6:24.57	45.60
15.	BACZY SKA Dominika				11	MKP Szczecin				<b>6:27.25</b>	220	
	50m:	42.70	42.70	150m:	2:20.53	49.66	250m:	3:59.74	49.76	350m:	5:40.00	49.87
	100m:	1:30.87	48.17	200m:	3:09.98	49.45	300m:	4:50.13	50.39	400m:	6:27.25	47.25
16.	KANCZURSKA Julia				11	MKS Znicz Koszalin				<b>6:30.25</b>	215	
	50m:	43.25	43.25	150m:	2:23.74	51.16	250m:	4:05.30	50.90	350m:	5:45.85	49.02
	100m:	1:32.58	49.33	200m:	3:14.40	50.66	300m:	4:56.83	51.53	400m:	6:30.25	44.40
17.	D BOWIECKA Julia				11	MKS Znicz Koszalin				<b>6:31.58</b>	213	
	50m:	42.08	42.08	150m:	2:21.18	51.08	250m:	4:02.73	50.94	350m:	5:45.63	51.24
	100m:	1:30.10	48.02	200m:	3:11.79	50.61	300m:	4:54.39	51.66	400m:	6:31.58	45.95

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Konkurencja 3, Dziewcz t, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.		
18.	SZAREK Helena		11	MKP Szczecin				<b>6:35.81</b>	206		
	50m:	42.95 42.95	150m:	2:23.27	51.32	250m:	4:05.60	50.98	350m:	5:48.20	50.33
	100m:	1:31.95 49.00	200m:	3:14.62	51.35	300m:	4:57.87	52.27	400m:	6:35.81	47.61
19.	NIADY Maja		11	MKP Szczecin				<b>6:36.51</b>	205		
	50m:	44.79 44.79	150m:	2:25.69	51.34	250m:	4:08.63	51.17	350m:	5:51.78	51.06
	100m:	1:34.35 49.56	200m:	3:17.46	51.77	300m:	5:00.72	52.09	400m:	6:36.51	44.73
20.	MALATY SKA Maria		11	MKS Znicz Koszalin				<b>6:37.64</b>	203		
	50m:	43.69 43.69	150m:	2:26.50	52.75	250m:	4:09.49	52.33	350m:	5:51.95	51.53
	100m:	1:33.75 50.06	200m:	3:17.16	50.66	300m:	5:00.42	50.93	400m:	6:37.64	45.69
21.	PIOTROWSKA Julia		11	MKS CKS-SMS Szczecin				<b>6:40.09</b>	199		
	50m:	44.64 44.64	150m:	2:26.56	51.70	250m:	4:10.35	52.00	350m:	5:52.31	50.87
	100m:	1:34.86 50.22	200m:	3:18.35	51.79	300m:	5:01.44	51.09	400m:	6:40.09	47.78
22.	PALUCH Zofia		11	MKP Szczecin				<b>6:42.67</b>	196		
	50m:	41.32 41.32	150m:	2:21.05	50.02	250m:	4:02.27	51.16	350m:	5:49.39	53.48
	100m:	1:31.03 49.71	200m:	3:11.11	50.06	300m:	4:55.91	53.64	400m:	6:42.67	53.28
23.	KIJKO Laura		11	MKS Znicz Koszalin				<b>6:44.51</b>	193		
	50m:	44.39 44.39	150m:	2:29.24	52.48	250m:	4:14.87	53.27	350m:	6:00.26	52.04
	100m:	1:36.76 52.37	200m:	3:21.60	52.36	300m:	5:08.22	53.35	400m:	6:44.51	44.25
24.	WRÓBLEWSKA Zuzanna		11	MKS CKS-SMS Szczecin				<b>6:49.77</b>	186		
	50m:	44.54 44.54	150m:	2:28.24	52.19	250m:	4:13.16	52.07	350m:	5:59.85	53.36
	100m:	1:36.05 51.51	200m:	3:21.09	52.85	300m:	5:06.49	53.33	400m:	6:49.77	49.92
25.	GRALAK Liwia		11	MKP Szczecin				<b>6:50.00</b>	185		
	50m:	40.17 40.17	150m:	2:23.23	54.08	250m:	4:10.48	53.37	350m:	5:59.28	54.88
	100m:	1:29.15 48.98	200m:	3:17.11	53.88	300m:	5:04.40	53.92	400m:	6:50.00	50.72
26.	PIEKART Klara		11	MKP Szczecin				<b>6:51.16</b>	184		
	50m:	46.90 46.90	150m:	2:34.97	54.67	250m:	4:24.03	54.38	350m:	6:08.00	51.46
	100m:	1:40.30 53.40	200m:	3:29.65	54.68	300m:	5:16.54	52.51	400m:	6:51.16	43.16
27.	LOKOCZ Wiktoria		11	MKP Szczecin				<b>6:52.99</b>	181		
	50m:	45.35 45.35	150m:	2:32.12	54.24	250m:	4:20.75	54.56	350m:	6:04.15	49.82
	100m:	1:37.88 52.53	200m:	3:26.19	54.07	300m:	5:14.33	53.58	400m:	6:52.99	48.84
28.	KAWI SKA Wiktoria		11	MKP Kołobrzeg				<b>6:55.51</b>	178		
	50m:	44.94 44.94	150m:	2:31.23	54.43	250m:	4:18.25	52.69	350m:	6:03.75	50.52
	100m:	1:36.80 51.86	200m:	3:25.56	54.33	300m:	5:13.23	54.98	400m:	6:55.51	51.76
29.	GO CINIAK Martyna		11	MKP Szczecin				<b>7:00.66</b>	171		
	50m:	44.72 44.72	150m:	2:31.81	53.95	250m:	4:22.46	56.10	350m:	6:12.01	55.96
	100m:	1:37.86 53.14	200m:	3:26.36	54.55	300m:	5:16.05	53.59	400m:	7:00.66	48.65
30.	PI TEK Anna		11	MKP Szczecin				<b>7:04.93</b>	166		
	50m:	43.59 43.59	150m:	2:32.40	55.72	250m:	4:23.80	56.62	350m:		
	100m:	1:36.68 53.09	200m:	3:27.18	54.78	300m:	6:14.43	1:50.63	400m:	7:04.93	
31.	ZYCH Kaja		11	MKP Szczecin				<b>7:05.65</b>	165		
	50m:	46.50 46.50	150m:	2:35.14	55.07	250m:	4:24.60	54.43	350m:	6:13.14	54.40
	100m:	1:40.07 53.57	200m:	3:30.17	55.03	300m:	5:18.74	54.14	400m:	7:05.65	52.51
32.	ZABRANIAK Donata		11	MKP Szczecin				<b>7:06.14</b>	165		
	50m:	45.27 45.27	150m:	2:30.13	52.76	250m:	4:21.05	54.75	350m:	6:15.55	57.88
	100m:	1:37.37 52.10	200m:	3:26.30	56.17	300m:	5:17.67	56.62	400m:	7:06.14	50.59
33.	ZYGARŁOWSKA Weronika		11	MKS CKS-SMS Szczecin				<b>7:08.15</b>	163		
	50m:	1:00.40 1:00.40	150m:	2:51.77	55.47	250m:	4:38.44	52.50	350m:	6:19.98	49.98
	100m:	1:56.30 55.90	200m:	3:45.94	54.17	300m:	5:30.00	51.56	400m:	7:08.15	48.17
34.	D BROWSKA Agata		11	MKP Szczecin				<b>7:12.79</b>	157		
	50m:	47.44 47.44	150m:	2:40.45	56.73	250m:	4:32.85	56.27	350m:	6:20.81	
	100m:	1:43.72 56.28	200m:	3:36.58	56.13	300m:			400m:	7:12.79	51.98
35.	LIZAKOWSKA Amelia		11	MKP Szczecin				<b>7:14.81</b>	155		
	50m:	47.10 47.10	150m:	2:39.26	56.55	250m:	4:32.37	57.40	350m:	6:21.56	54.33
	100m:	1:42.71 55.61	200m:	3:34.97	55.71	300m:	5:27.23	54.86	400m:	7:14.81	53.25

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Pozycja				Rok ur.					Czas	Pkt.
36.	PIE LAK Hanna			11	MKS Znicz Koszalin				<b>7:15.43</b>	155
	50m: 50.83	50.83	150m: 2:42.40		250m: 56.67			350m: 6:28.87	53.57	
	100m: 1:44.03		200m: 3:36.00		300m: 5:35.30			400m: 7:15.43	46.56	
37.	FRYDRYCHOWICZ Bianka			11	MKS Znicz Koszalin				<b>7:16.25</b>	154
	50m: 48.87	48.87	150m: 2:39.64		250m: 4:32.67	56.67		350m: 6:24.85		
	100m: 1:44.03	55.16	200m: 3:36.00		300m: 5:35.30			400m: 7:16.25	51.40	
38.	LIP I SKA Katarzyna			11	MKP Szczecin				<b>7:16.75</b>	153
	50m: 48.49	48.49	150m: 2:41.35		250m: 4:33.39	55.51		350m: 6:24.70	56.24	
	100m: 1:44.75	56.26	200m: 3:37.88		300m: 5:28.46	55.07		400m: 7:16.75	52.05	
39.	ANDRUCH Martyna			11	MKP Szczecin				<b>7:22.20</b>	148
	50m: 46.30	46.30	150m: 2:39.33		250m: 4:37.16	58.36		350m: 6:30.75	56.87	
	100m: 1:41.04	54.74	200m: 3:38.80		300m: 5:33.88	56.72		400m: 7:22.20	51.45	
40.	BONIECKA Karina			11	MKP Szczecin				<b>7:30.70</b>	139
	50m: 48.32	48.32	150m: 2:42.63		250m: 4:39.07	58.93		350m: 6:36.03	59.43	
	100m: 1:44.29	55.97	200m: 3:40.14		300m: 5:36.60	57.53		400m: 7:30.70	54.67	
41.	MA LANKA Eliza			11	MKP Szczecin				<b>7:37.92</b>	133
	50m: 51.62	51.62	150m: 2:48.21		250m: 4:46.78	58.45		350m: 6:44.83	57.99	
	100m: 1:48.92	57.30	200m: 3:48.33	1:00.12	300m: 5:46.84	1:00.06		400m: 7:37.92	53.09	
42.	LIS Marta			11	MKP Szczecin				<b>7:42.15</b>	129
	50m: 50.24	50.24	150m: 2:49.68		250m: 4:50.62	1:00.71		350m: 6:46.40	57.76	
	100m: 1:49.93	59.69	200m: 3:49.91	1:00.23	300m: 5:48.64	58.02		400m: 7:42.15	55.75	
43.	ZDZIEBŁOWSKA Weronika			11	MKP Szczecin				<b>8:16.26</b>	104
	50m: 51.02	51.02	150m: 2:58.97	1:04.88	250m: 5:12.43	1:07.36		350m: 7:21.86	1:06.87	
	100m: 1:54.09	1:03.07	200m: 4:05.07	1:06.10	300m: 6:14.99	1:02.56		400m: 8:16.26	54.40	
44.	ŁYSIAK Zoja			11	MKP Szczecin				<b>8:26.45</b>	98
	50m: 54.77	54.77	150m: 3:04.88		250m: 5:18.05	1:05.75		350m: 7:28.15	1:04.18	
	100m: 1:41.90	56.57	200m: 4:12.30	1:07.42	300m: 6:23.97	1:05.92		400m: 8:26.45	58.30	
NIE UK.	KRÓLIKIEWICZ Arina			11	MKP Kołobrzeg					
	50m: 45.33	45.33	150m: 2:44.70	1:02.80	250m: 56.67			350m: 6:28.87		
	100m: 1:41.90	56.57	200m: 3:36.00		300m: 5:35.30			400m: 7:15.43		
NIE UK.	LIS Aleksandra			11	MKP Szczecin					
	50m: 52.07	52.07	150m: 2:44.70	1:02.80	250m: 56.67			350m: 6:28.87		
	100m: 1:41.90	56.57	200m: 3:36.00		300m: 5:35.30			400m: 7:15.43		
PK	DOBRZELEWSKA Hanna			10	MKP Szczecin				<b>6:36.91</b>	204
	50m: 41.71	41.71	150m: 2:19.90	49.14	250m: 4:02.42	51.06		350m: 5:46.16	51.33	
	100m: 1:30.76	49.05	200m: 3:11.36	51.46	300m: 4:54.83	52.41		400m: 6:36.91	50.75	
PK	BORODIN Liubomyra			10	MKP Szczecin				<b>6:50.10</b>	185
	50m: 44.28	44.28	150m: 2:26.67	52.05	250m: 4:10.97	52.39		350m: 5:59.31	53.27	
	100m: 1:34.62	50.34	200m: 3:18.58	51.91	300m: 5:06.04	55.07		400m: 6:50.10	50.79	