

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej 11-12 lat
Szczecin, 22-11-2023

Konkurencja 3
2023-11-22 - 11:35

Dziewcz t, 400m dowolny

11 - 12 lat
Wyniki

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.
11 lat									
1.	GIETKA Ida		12	MKP Szczecin				5:27.08	353
	50m:	35.39 35.39	150m:	1:54.56 40.06	250m:	3:17.98 42.20	350m:	4:42.76 41.68	
	100m:	1:14.50 39.11	200m:	2:35.78 41.22	300m:	4:01.08 43.10	400m:	5:27.08 44.32	
2.	JAWORSKA Ada		12	CKS SMS Szczecin				5:47.86	293
	50m:	37.60 37.60	150m:	2:05.41 44.70	250m:	3:34.66 45.35	350m:	5:05.58 44.63	
	100m:	1:20.71 43.11	200m:	2:49.31 43.90	300m:	4:20.95 46.29	400m:	5:47.86 42.28	
3.	SOBCZYK Hanna		12	CKS SMS Szczecin				6:15.84	233
	50m:	40.26 40.26	150m:	2:16.45 46.99	250m:	3:54.99 49.04	350m:	5:28.20 45.82	
	100m:	1:29.46 49.20	200m:	3:05.95 49.50	300m:	4:42.38 47.39	400m:	6:15.84 47.64	
4.	KWATYRA Ewa		12	MKP Szczecin				6:20.53	224
	50m:	42.73 42.73	150m:	2:19.93 48.74	250m:	3:58.91 49.76	350m:	5:35.92 48.36	
	100m:	1:31.19 48.46	200m:	3:09.15 49.22	300m:	4:47.56 48.65	400m:	6:20.53 44.61	
5.	BERNACKA Magdalena		12	CKS SMS Szczecin				6:26.97	213
	50m:	39.16 39.16	150m:	2:18.03 50.27	250m:	4:47.75 1:39.97	350m:		
	100m:	1:27.76 48.60	200m:	3:07.78 49.75	300m:	6:27.64 1:39.89	400m:	6:26.97	
6.	DUNAJEWSKA Ewa		12	CKS SMS Szczecin				6:48.79	181
	50m:	42.04 42.04	150m:	2:25.54 53.36	250m:	4:12.89 54.41	350m:	5:57.99 52.23	
	100m:	1:32.18 50.14	200m:	3:18.48 52.94	300m:	5:05.76 52.87	400m:	6:48.79 50.80	
7.	POTRZEBNA Emilia		12	MKP Szczecin				6:51.52	177
	50m:	45.19 45.19	150m:	2:29.80 52.47	250m:	4:18.83 53.89	350m:	6:03.06 54.35	
	100m:	1:37.33 52.14	200m:	3:24.94 55.14	300m:	5:08.71 49.88	400m:	6:51.52 48.46	
8.	BIELAWSKA Małgorzata		12	MKP Szczecin				6:55.34	172
	50m:	46.49 46.49	150m:	2:32.25 52.76	250m:	4:16.81 52.65	350m:	6:55.34 53.49	
	100m:	1:39.49 53.00	200m:	3:24.16 51.91	300m:	6:01.85 1:45.04	400m:	6:55.34	
9.	WESOŁOWSKA Lena		12	MKP Szczecin				6:55.72	172
	50m:	45.66 45.66	150m:	2:31.50 53.76	250m:	4:19.57 53.96	350m:	6:05.51 53.07	
	100m:	1:37.74 52.08	200m:	3:25.61 54.11	300m:	5:12.44 52.87	400m:	6:55.72 50.21	
10.	BUJNOWSKA Mia		12	MKP Szczecin				7:07.26	158
	50m:	45.78 45.78	150m:	2:34.26 55.46	250m:	4:25.15 55.39	350m:	6:13.87 52.93	
	100m:	1:38.80 53.02	200m:	3:29.76 55.50	300m:	5:20.94 55.79	400m:	7:07.26 53.39	
11.	GÓRA Zofia		12	MKP Szczecin				7:15.60	149
	50m:	46.98 46.98	150m:	2:37.02 55.65	250m:	4:30.60 56.86	350m:	6:24.34 56.40	
	100m:	1:41.37 54.39	200m:	3:33.74 56.72	300m:	5:27.94 57.34	400m:	7:15.60 51.26	
12.	MAŁECKA Angelika		12	MKP Szczecin				7:23.38	141
	50m:	52.19 52.19	150m:	2:46.33 57.81	250m:	4:41.55 57.74	350m:	6:35.13 56.80	
	100m:	1:48.52 56.33	200m:	3:43.81 57.48	300m:	5:38.33 56.78	400m:	7:23.38 48.25	
13.	RATAJSKA Julia		12	MKP Szczecin				7:29.55	136
	50m:	48.24 48.24	150m:	2:39.53 56.82	250m:	4:33.79 57.19	350m:	6:31.68 59.04	
	100m:	1:42.71 54.47	200m:	3:36.60 57.07	300m:	5:32.64 58.85	400m:	7:29.55 57.87	
14.	BARANIECKA Emilia		12	MKP Szczecin				7:33.50	132
	50m:	46.32 46.32	150m:	2:42.02 1:00.38	250m:	4:40.34 59.22	350m:	6:36.91 57.50	
	100m:	1:41.64 55.32	200m:	3:41.12 59.10	300m:	5:39.41 59.07	400m:	7:33.50 56.59	
15.	CENKIER Maja		12	MKP Szczecin				7:51.25	118
	50m:	52.60 52.60	150m:	2:52.59 1:00.49	250m:	4:53.64 59.75	350m:	6:54.14 59.96	
	100m:	1:52.10 59.50	200m:	3:53.89 1:01.30	300m:	5:54.18 1:00.54	400m:	7:51.25 57.11	
16.	DROZGOWSKA Anita		12	MKP Szczecin				8:01.18	111
	50m:	48.90 48.90	150m:	2:47.57 1:00.54	250m:	4:48.99 1:00.53	350m:	6:55.52 1:02.94	
	100m:	1:47.03 58.13	200m:	3:48.46 1:00.89	300m:	5:52.58 1:03.59	400m:	8:01.18 1:05.66	
17.	KIRKOVSKA Polina		12	MKP Szczecin				8:17.25	100
	50m:	52.41 52.41	150m:	2:58.53 1:03.42	250m:	5:07.21 1:03.43	350m:	7:15.33 1:04.29	
	100m:	1:55.11 1:02.70	200m:	4:03.78 1:05.25	300m:	6:11.04 1:03.83	400m:	8:17.25 1:01.92	

Ogólnopolski Sprawdzian Wytrzymała ci i Wszechstronno ci Stylowej 11-12 lat
Szczecin, 22-11-2023

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

Pozycja			Rok ur.						Czas	Pkt.
18.	WSZOŁKOWSKA Lidia		12 MKP Szczecin						8:34.98	90
	50m:	55.68 55.68	150m:	3:02.95 1:04.15	250m:	5:16.39 1:08.00	350m:	7:31.33 1:08.01		
	100m:	1:58.80 1:03.12	200m:	4:08.39 1:05.44	300m:	6:23.32 1:06.93	400m:	8:34.98 1:03.65		
19.	KOSTECKA Liliana		12 MKP Szczecin						8:49.53	83
	50m:	59.35 59.35	150m:	3:12.45 1:06.92	250m:	5:26.60 1:06.59	350m:	7:42.36 1:07.62		
	100m:	2:05.53 1:06.18	200m:	4:20.01 1:07.56	300m:	6:34.74 1:08.14	400m:	8:49.53 1:07.17		
20.	BRENDEL Laura		12 MKP Szczecin						9:04.21	76
	50m:	56.09 56.09	150m:	3:15.13 1:10.24	250m:	5:38.88 1:12.28	350m:	7:58.73 1:08.90		
	100m:	2:04.89 1:08.80	200m:	4:26.60 1:11.47	300m:	6:49.83 1:10.95	400m:	9:04.21 1:05.48		
21.	BOBIK Hanna		12 MKP Szczecin						9:17.72	71
	50m:	57.39 57.39	150m:	3:22.19 1:13.40	250m:	5:49.83 1:14.98	350m:	8:15.98 1:12.37		
	100m:	2:08.79 1:11.40	200m:	4:34.85 1:12.66	300m:	7:03.61 1:13.78	400m:	9:17.72 1:01.74		
PK	MICHALCZYSZYN Natasza		10 MKP Szczecin						4:57.94	467
	50m:	33.46 33.46	150m:	1:48.53 37.75	250m:	3:05.74 38.47	350m:	4:20.96 36.97		
	100m:	1:10.78 37.32	200m:	2:27.27 38.74	300m:	3:43.99 38.25	400m:	4:57.94 36.98		
PK	STACHOWSKA Eliza		10 MKP Szczecin						5:23.10	366
	50m:	35.09 35.09	150m:	1:55.11 40.78	250m:	3:18.97 41.94	350m:	4:42.92 42.09		
	100m:	1:14.33 39.24	200m:	2:37.03 41.92	300m:	4:00.83 41.86	400m:	5:23.10 40.18		
PK	JASI SKA-DETROIS Zuzanna		10 MKP Szczecin						5:28.37	349
	50m:	36.03 36.03	150m:	1:57.76 41.70	250m:	3:23.03 42.69	350m:	4:47.57 42.08		
	100m:	1:16.06 40.03	200m:	2:40.34 42.58	300m:	4:05.49 42.46	400m:	5:28.37 40.80		