

Ogólnopolski Sprawdzian Wszechstronności  
Łódź, 6-7-10-2016

Konkurencja 9  
2016-10-07 - 10:39

Kobiet, 400m zmienny

13 lat i starsi  
Wyniki

Punkty: FINA 2015

Pozycja	Rok ur.	Czas	Pkt.
<b>13 - 14 lat</b>			
1. KNOP, Aleksandra <i>rekord okręgu 13-sto latków</i>	03 UKS 190 Łódź	<b>4:59.62</b>	652
50m: 32.31 32.31 150m: 1:46.65 37.70 250m: 3:07.39 43.43 350m: 4:25.83 34.75 100m: 1:08.95 36.64 200m: 2:23.96 37.31 300m: 3:51.08 43.69 400m: 4:59.62 33.79			
2. URBANIAK, Dominika	03 UKS 190 Łódź	<b>5:16.12</b>	555
50m: 32.86 32.86 150m: 1:50.63 40.50 250m: 3:16.39 45.41 350m: 4:40.89 37.54 100m: 1:10.13 37.27 200m: 2:30.98 40.35 300m: 4:03.35 46.96 400m: 5:16.12 35.23			
3. D BROWSKA, Tatiana	02 UKS "Piłka" Konstancynów Łódź	<b>5:18.60</b>	542
50m: 33.37 33.37 150m: 1:54.39 42.69 250m: 3:20.74 45.20 350m: 4:43.20 37.19 100m: 1:11.70 38.33 200m: 2:35.54 41.15 300m: 4:06.01 45.27 400m: 5:18.60 35.40			
4. RAJCA, Olivia	02 UKS 190 Łódź	<b>5:19.18</b>	539
50m: 34.92 34.92 150m: 1:57.69 43.27 250m: 3:23.48 45.56 350m: 4:45.07 36.05 100m: 1:14.42 39.50 200m: 2:37.92 40.23 300m: 4:09.02 45.54 400m: 5:19.18 34.11			
5. PATORA, Maria	02 UKS "Piłka" Konstancynów Łódź	<b>5:32.01</b>	479
50m: 34.80 34.80 150m: 1:59.16 44.37 250m: 3:30.21 47.73 350m: 4:58.05 40.34 100m: 1:14.79 39.99 200m: 2:42.48 43.32 300m: 4:17.71 47.50 400m: 5:32.01 33.96			
6. NOWAKOWSKA, Małgorzata	02 UKS 190 Łódź	<b>5:32.30</b>	478
50m: 35.07 35.07 150m: 2:02.08 47.32 250m: 3:31.92 46.88 350m: 4:56.02 37.87 100m: 1:14.76 39.69 200m: 2:45.04 42.96 300m: 4:18.15 46.23 400m: 5:32.30 36.28			
7. PAWŁOWSKA, Barbara	02 UKS 190 Łódź	<b>5:33.73</b>	472
50m: 34.00 34.00 150m: 1:57.01 44.59 250m: 3:30.57 49.89 350m: 4:58.09 37.51 100m: 1:12.42 38.42 200m: 2:40.68 43.67 300m: 4:20.58 50.01 400m: 5:33.73 35.64			
8. MOTYL, Sara	03 UKS 190 Łódź	<b>5:36.59</b>	460
50m: 37.79 37.79 150m: 2:06.07 45.11 250m: 3:35.59 45.54 350m: 4:59.89 38.23 100m: 1:20.96 43.17 200m: 2:50.05 43.98 300m: 4:21.66 46.07 400m: 5:36.59 36.70			
9. SZLAK, Katarzyna	02 TP Olimpijczyk Aleksandrów	<b>5:38.68</b>	451
50m: 35.80 35.80 150m: 2:02.48 46.05 250m: 3:33.22 46.36 350m: 5:01.34 40.21 100m: 1:16.43 40.63 200m: 2:46.86 44.38 300m: 4:21.13 47.91 400m: 5:38.68 37.34			
10. KOSTRZEWSKA, Maria	03 UKS 190 Łódź	<b>5:42.14</b>	438
50m: 37.24 37.24 150m: 2:05.93 46.02 250m: 3:38.58 50.15 350m: 5:05.70 38.87 100m: 1:19.91 42.67 200m: 2:48.43 42.50 300m: 4:26.83 48.25 400m: 5:42.14 36.44			
11. MACIEJEWSKA, Beata	03 UKS SP 149 Łódź	<b>5:44.08</b>	430
50m: 39.55 39.55 150m: 2:10.45 44.88 250m: 3:40.36 47.25 350m: 5:07.38 39.61 100m: 1:25.57 46.02 200m: 2:53.11 42.66 300m: 4:27.77 47.41 400m: 5:44.08 36.70			
12. SZYMAŁKA, Julia	03 UKS 190 Łódź	<b>5:47.09</b>	419
50m: 35.07 35.07 150m: 2:03.08 46.32 250m: 3:39.03 51.99 350m: 5:09.85 38.74 100m: 1:16.76 41.69 200m: 2:47.04 43.96 300m: 4:31.11 52.08 400m: 5:47.09 37.24			
13. KOZANECKA, Laura	03 UKS 190 Łódź	<b>5:48.27</b>	415
50m: 38.68 38.68 150m: 2:07.72 45.81 250m: 3:42.92 48.65 350m: 5:11.41 38.59 100m: 1:21.91 43.23 200m: 2:54.27 46.55 300m: 4:32.82 49.90 400m: 5:48.27 36.86			
14. PIKOŁA, Natalia	02 MKS Jedynka Łódź	<b>5:50.33</b>	408
50m: 36.12 36.12 150m: 2:05.75 44.06 250m: 3:42.73 53.43 350m: 5:13.64 37.63 100m: 1:21.69 45.57 200m: 2:49.30 43.55 300m: 4:36.01 53.28 400m: 5:50.33 36.69			
15. GRZELCZYK, Natalia	02 MUKS "Wodnik" Łask	<b>5:54.53</b>	393
50m: 36.29 36.29 150m: 2:02.35 41.17 250m: 3:40.38 57.58 350m: 5:15.76 40.75 100m: 1:21.18 44.89 200m: 2:42.80 40.45 300m: 4:35.01 54.63 400m: 5:54.53 38.77			
16. KACZYŃSKA, Anna	03 UKS 190 Łódź	<b>5:55.60</b>	390
50m: 38.31 38.31 150m: 2:06.16 43.30 250m: 3:40.57 51.26 350m: 5:15.10 41.70 100m: 1:22.86 44.55 200m: 2:49.31 43.15 300m: 4:33.40 52.83 400m: 5:55.60 40.50			

Ogólnopolski Sprawdzian Wszechstronności  
Łódź, 6-7-10-2016

Konkurencja 9, Dziewcząt, 400m zmienny, 13-14 lat

Pozycja			Rok ur.					Czas	Pkt.
17.	BŁA EJEWSKA, Nikola	03	MUKS "Wodnik" Łask					<b>5:55.63</b>	390
	50m: 37.91 37.91	150m: 2:10.86	47.20	250m: 3:42.86	46.51	350m: 5:15.24	44.57		
	100m: 1:23.66 45.75	200m: 2:56.35	45.49	300m: 4:30.67	47.81	400m: 5:55.63	40.39		
18.	PIETRZAK, Aleksandra	03	MKS Jedynka Łódź					<b>5:55.91</b>	389
	50m: 38.43 38.43	150m: 2:10.61	44.87	250m: 3:43.91	48.99	350m: 5:17.06	41.16		
	100m: 1:25.74 47.31	200m: 2:54.92	44.31	300m: 4:35.90	51.99	400m: 5:55.91	38.85		
19.	ZBROJEWSKA, Zofia	03	MKS Trójka Łódź					<b>6:01.72</b>	370
	50m: 37.33 37.33	150m: 2:08.71	47.17	250m: 3:48.75	55.01	350m: 5:23.85	39.45		
	100m: 1:21.54 44.21	200m: 2:53.74	45.03	300m: 4:44.40	55.65	400m: 6:01.72	37.87		
20.	PIESIEWICZ, Matylda	03	UKS 190 Łódź					<b>6:04.19</b>	363
	50m: 36.67 36.67	150m: 2:08.29	46.90	250m: 3:44.64	51.52	350m: 5:22.03	45.15		
	100m: 1:21.39 44.72	200m: 2:53.12	44.83	300m: 4:36.88	52.24	400m: 6:04.19	42.16		
21.	WIECZOREK, Marika	03	MUKS Wiking Tomaszów					<b>6:06.38</b>	356
	50m: 38.15 38.15	150m: 2:11.44	45.04	250m: 3:50.43	53.16	350m: 5:26.94	40.82		
	100m: 1:26.40 48.25	200m: 2:57.27	45.83	300m: 4:46.12	55.69	400m: 6:06.38	39.44		
22.	BRODA, Gabriela	03	UKS "Piłka" Konstancynów Łódź					<b>6:09.73</b>	347
	50m: 41.84 41.84	150m: 2:20.67	47.00	250m: 3:55.82	50.99	350m: 5:29.51	41.97		
	100m: 1:33.67 51.83	200m: 3:04.83	44.16	300m: 4:47.54	51.72	400m: 6:09.73	40.22		
23.	JASIŃSKA, Martyna	03	MUKS "Wodnik" Łask					<b>6:10.59</b>	344
	50m: 40.15 40.15	150m: 2:16.22	49.75	250m: 3:56.77	54.19	350m: 5:32.93	42.10		
	100m: 1:26.47 46.32	200m: 3:02.58	46.36	300m: 4:50.83	54.06	400m: 6:10.59	37.66		
24.	LIWOWSKA, Maria	03	UKS "Piłka" Konstancynów Łódź					<b>6:11.12</b>	343
	50m: 43.25 43.25	150m: 2:21.26	46.28	250m: 4:03.37	54.29	350m: 5:34.15	38.70		
	100m: 1:34.98 51.73	200m: 3:09.08	47.82	300m: 4:55.45	52.08	400m: 6:11.12	36.97		
25.	SZUBSKA, Oliwia	03	MKS Jedynka Łódź					<b>6:19.25</b>	321
	50m: 42.62 42.62	150m: 2:23.23	49.52	250m: 4:01.45	50.37	350m: 5:37.10	44.70		
	100m: 1:33.71 51.09	200m: 3:11.08	47.85	300m: 4:52.40	50.95	400m: 6:19.25	42.15		
26.	ROZBERG, Adriana	03	UKS "Piłka" Konstancynów Łódź					<b>6:20.01</b>	319
	50m: 43.47 43.47	150m: 2:24.11	48.96	250m: 4:05.38	55.12	350m: 5:41.46	42.13		
	100m: 1:35.15 51.68	200m: 3:10.26	46.15	300m: 4:59.33	53.95	400m: 6:20.01	38.55		
27.	CIESIELSKA, Natalia	03	UKS SP 149 Łódź					<b>6:20.48</b>	318
	50m: 42.51 42.51	150m: 2:20.54	49.16	250m: 4:03.93	56.07	350m: 5:41.79	40.79		
	100m: 1:31.38 48.87	200m: 3:07.86	47.32	300m: 5:01.00	57.07	400m: 6:20.48	38.69		
28.	MILCZAREK, Oliwia	03	MKS Trójka Łódź					<b>6:23.48</b>	311
	50m: 40.14 40.14	150m: 2:20.70	49.22	250m: 4:02.09	53.86	350m: 5:42.23	45.25		
	100m: 1:31.48 51.34	200m: 3:08.23	47.53	300m: 4:56.98	54.89	400m: 6:23.48	41.25		
29.	WODECKA, Roksana	03	UKS SP 19 Łódź					<b>6:29.91</b>	296
	50m: 45.38 45.38	150m: 2:26.76	49.08	250m: 4:08.74	55.18	350m: 5:48.80	44.05		
	100m: 1:37.68 52.30	200m: 3:13.56	46.80	300m: 5:04.75	56.01	400m: 6:29.91	41.11		
30.	KAPAŁA, Adrianna	03	MUKS Wiking Tomaszów					<b>6:42.90</b>	268
	50m: 45.92 45.92	150m: 2:29.49	49.11	250m: 4:16.06	58.84	350m: 6:00.09	44.89		
	100m: 1:40.38 54.46	200m: 3:17.22	47.73	300m: 5:15.20	59.14	400m: 6:42.90	42.81		
31.	GŁOWACKA, Aleksandra	03	UKS Delfin Piotrków Tryb.					<b>6:43.14</b>	267
	50m: 45.33 45.33	150m: 2:29.96	50.97	250m:		350m:			
	100m: 1:38.99 53.66	200m:		300m:		400m: 6:43.14			
32.	UFNALSKA, Julia	02	UKS "Piłka" Konstancynów Łódź					<b>6:43.97</b>	266
	50m: 46.62 46.62	150m: 2:31.84	52.22	250m: 4:15.56	53.12	350m: 5:57.49	48.39		
	100m: 1:39.62 53.00	200m: 3:22.44	50.60	300m: 5:09.10	53.54	400m: 6:43.97	46.48		
33.	BUJNOWICZ, Laura	03	UKS "Piłka" Konstancynów Łódź					<b>6:46.35</b>	261
	50m: 46.05 46.05	150m: 2:35.73	49.40	250m: 4:20.29	57.13	350m: 6:03.44	45.45		
	100m: 1:46.33 1:00.28	200m: 3:23.16	47.43	300m: 5:17.99	57.70	400m: 6:46.35	42.91		
34.	SMEJDA, Julia	03	UKS Delfin Piotrków Tryb.					<b>6:50.86</b>	253
	50m: 46.54 46.54	150m: 2:34.62	52.75	250m: 4:25.38	59.88	350m: 6:07.13	45.63		
	100m: 1:41.87 55.33	200m: 3:25.50	50.88	300m: 5:21.50	56.12	400m: 6:50.86	43.73		

Ogólnopolski Sprawdzian Wszechstronności  
 Łódź, 6- - 7-10-2016

Konkurencja 9, Dziewcząt, 400m zmienny, 13 - 14 lat

Pozycja	Rok ur.	Czas	Pkt.
35. NOWAKOWSKA, Zuzanna	02 UKS NAWA Skierniewice	<b>6:51.20</b>	252
50m: 47.79 47.79 150m: 2:37.19 52.71 250m: 4:23.13 54.81 350m: 6:06.24 47.25			
100m: 1:44.48 56.69 200m: 3:28.32 51.13 300m: 5:18.99 55.86 400m: 6:51.20 44.96			
36. WIRTEK, Karolina	03 UKS Delfin Piotrków Tryb.	<b>7:03.87</b>	230
50m: 50.14 50.14 150m: 250m: 350m: 7:03.87			
100m: 1:51.56 1:01.42 200m: 300m: 400m: 7:03.87			
DYSKW. HAŁADYN, Karolina o15	03 UKS 190 Łódź	<b>5:49.96</b>	
50m: 38.26 38.26 150m: 2:08.42 44.68 250m: 3:42.38 50.10 350m: 5:12.05 38.40			
100m: 1:23.74 45.48 200m: 2:52.28 43.86 300m: 4:33.65 51.27 400m: 5:49.96 37.91			
DYSKW. KWINTKIEWICZ, Otylia z2	03 MKS Trójka Łódź	<b>7:04.23</b>	
50m: 43.40 43.40 150m: 250m: 350m:			
100m: 1:37.84 54.44 200m: 300m: 400m: 7:04.23			
Chory STERNICZUK, Weronika	03 UKS "Piłka" Konstancinów Łódź		
15 lat i starsi			
1. DZWONNIK, Zuzanna	00 AZS UŁ PŁ	<b>5:04.29</b>	622
50m: 33.53 33.53 150m: 1:50.00 38.09 250m: 3:09.18 41.39 350m: 4:28.10 36.39			
100m: 1:11.91 38.38 200m: 2:27.79 37.79 300m: 3:51.71 42.53 400m: 5:04.29 36.19			
2. KOWALSKA, Dominika	00 MKS Trójka Łódź	<b>5:14.18</b>	565
50m: 33.06 33.06 150m: 1:52.47 41.79 250m: 3:16.21 42.92 350m: 4:37.40 36.93			
100m: 1:10.68 37.62 200m: 2:33.29 40.82 300m: 4:00.47 44.26 400m: 5:14.18 36.78			
3. WARDZIŁKA, Martyna	98 MKS Trójka Łódź	<b>5:19.30</b>	539
50m: 35.23 35.23 150m: 1:57.54 42.13 250m: 3:23.70 45.75 350m: 4:45.91 36.16			
100m: 1:15.41 40.18 200m: 2:37.95 40.41 300m: 4:09.75 46.05 400m: 5:19.30 33.39			
4. BEDNAREK, Aleksandra	98 UKS SP 149 Łódź	<b>5:19.83</b>	536
50m: 34.20 34.20 150m: 1:53.99 40.34 250m: 3:19.32 44.93 350m: 4:42.96 38.35			
100m: 1:13.65 39.45 200m: 2:34.39 40.40 300m: 4:04.61 45.29 400m: 5:19.83 36.87			
5. KRÓL, Oliwia	99 MKS Trójka Łódź	<b>5:20.77</b>	531
50m: 33.69 33.69 150m: 1:54.99 43.61 250m: 3:22.10 45.07 350m: 4:44.56 36.79			
100m: 1:11.38 37.69 200m: 2:37.03 42.04 300m: 4:07.77 45.67 400m: 5:20.77 36.21			
6. PIECHOTA, Karolina	01 UKS 190 Łódź	<b>5:21.01</b>	530
50m: 35.08 35.08 150m: 1:55.10 41.21 250m: 3:21.72 46.45 350m: 4:45.82 36.83			
100m: 1:13.89 38.81 200m: 2:35.27 40.17 300m: 4:08.99 47.27 400m: 5:21.01 35.19			
7. JUWICKA, Zuzanna	01 MKS Trójka Łódź	<b>5:23.83</b>	516
50m: 34.15 34.15 150m: 1:54.55 40.59 250m: 3:21.37 47.38 350m: 4:47.65 37.58			
100m: 1:13.96 39.81 200m: 2:33.99 39.44 300m: 4:10.07 48.70 400m: 5:23.83 36.18			
8. MISIORNY, Anna	00 MKS Trójka Łódź	<b>5:28.91</b>	493
50m: 33.43 33.43 150m: 1:52.95 41.31 250m: 3:22.77 48.50 350m: 4:52.05 40.69			
100m: 1:11.64 38.21 200m: 2:34.27 41.32 300m: 4:11.36 48.59 400m: 5:28.91 36.86			
9. BALCER, Julia	01 UKS 190 Łódź	<b>5:31.83</b>	480
50m: 32.79 32.79 150m: 1:52.69 41.59 250m: 3:23.60 50.74 350m: 4:54.09 39.43			
100m: 1:11.10 38.31 200m: 2:32.86 40.17 300m: 4:14.66 51.06 400m: 5:31.83 37.74			
10. MIKOŁAJCZYK, Julia	01 UKS 190 Łódź	<b>5:33.42</b>	473
50m: 36.43 36.43 150m: 2:01.55 41.44 250m: 3:28.80 47.05 350m: 4:56.54 38.38			
100m: 1:20.11 43.68 200m: 2:41.75 40.20 300m: 4:18.16 49.36 400m: 5:33.42 36.88			
11. BARTCZAK, Julia	00 AZS UŁ PŁ	<b>5:37.97</b>	454
50m: 35.75 35.75 150m: 1:59.58 43.64 250m: 3:29.36 47.98 350m: 4:57.71 40.05			
100m: 1:15.94 40.19 200m: 2:41.38 41.80 300m: 4:17.66 48.30 400m: 5:37.97 40.26			
12. ULICKA, Alicja	01 UKS NAWA Skierniewice	<b>5:37.99</b>	454
50m: 35.94 35.94 150m: 1:56.68 38.75 250m: 3:27.38 52.03 350m: 5:01.12 39.41			
100m: 1:17.93 41.99 200m: 2:35.35 38.67 300m: 4:21.71 54.33 400m: 5:37.99 36.87			

Ogólnoposki Sprawdzian Wszechstronno ci  
 Łódź , 6- - 7-10-2016

Konkurencja 9, Kobiet, 400m zmienny, 15 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
13.	KORDALA, Monika		01	UKS SP 149 Łódź				<b>5:40.53</b>	444		
	50m:	35.71 35.71	150m:	2:00.76	42.82	250m:	3:32.54	50.70	350m:	5:03.93	38.71
	100m:	1:17.94 42.23	200m:	2:41.84	41.08	300m:	4:25.22	52.68	400m:	5:40.53	36.60
14.	BIEGAŁA, Klaudia		01	MKS Trójka Łódź				<b>5:43.36</b>	433		
	50m:	37.68 37.68	150m:	2:07.22	45.16	250m:	3:38.07	46.22	350m:	5:06.86	40.95
	100m:	1:22.06 44.38	200m:	2:51.85	44.63	300m:	4:25.91	47.84	400m:	5:43.36	36.50
15.	DESZCZKA, Laura		01	MKS Trójka Łódź				<b>5:44.31</b>	429		
	50m:	36.20 36.20	150m:	2:00.21	43.11	250m:	3:33.07	50.27	350m:	5:05.04	41.14
	100m:	1:17.10 40.90	200m:	2:42.80	42.59	300m:	4:23.90	50.83	400m:	5:44.31	39.27
16.	WALZ, Kornelia		00	UKS NAWA Skierniewice				<b>5:47.70</b>	417		
	50m:	36.91 36.91	150m:	2:04.72	43.46	250m:	3:36.71	47.39	350m:	5:08.25	42.51
	100m:	1:21.26 44.35	200m:	2:49.32	44.60	300m:	4:25.74	49.03	400m:	5:47.70	39.45
17.	SARNA, Katarzyna		98	UKS NAWA Skierniewice				<b>5:50.30</b>	408		
	50m:	35.85 35.85	150m:	2:02.19	44.30	250m:	3:37.50	51.07	350m:	5:11.77	41.06
	100m:	1:17.89 42.04	200m:	2:46.43	44.24	300m:	4:30.71	53.21	400m:	5:50.30	38.53
18.	JARZ BEK, Natalia		01	MKS Trójka Łódź				<b>5:51.97</b>	402		
	50m:	36.99 36.99	150m:	2:07.60	46.66	250m:	3:41.50	48.19	350m:	5:11.21	40.43
	100m:	1:20.94 43.95	200m:	2:53.31	45.71	300m:	4:30.78	49.28	400m:	5:51.97	40.76
19.	KRUZEROWSKA, Ada		01	MKS Jedyńka Łódź				<b>5:52.01</b>	402		
	50m:	37.41 37.41	150m:			250m:			350m:		
	100m:	1:21.73 44.32	200m:			300m:			400m:	5:52.01	
DYSKW.	BEDNAREK, Zuzanna		01	MKS Jedyńka Łódź				<b>5:30.99</b>			
	g3										
	50m:	36.31 36.31	150m:	2:00.49	42.78	250m:	3:28.90	45.51	350m:	4:54.30	38.34
	100m:	1:17.71 41.40	200m:	2:43.39	42.90	300m:	4:15.96	47.06	400m:	5:30.99	36.69