

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat  
Aleksandrów Łódzki, 17- - 18-11-2016

Konkurencja 3  
2016-11-17 - 10:29

Dziewcz t, 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
1.	Karbownik Małgorzata		05	MKS Jedyńka Łód				<b>5:10.47</b>	431
	50m:	37.05 37.05	150m:	1:56.42 40.24	250m:	3:17.06 39.94	350m:	4:33.85 38.31	
	100m:	1:16.18 39.13	200m:	2:37.12 40.70	300m:	3:55.54 38.48	400m:	5:10.47 36.62	
2.	Marcinkowska Maja		05	UKS SP 149 Łód				<b>5:13.62</b>	418
	50m:	37.23 37.23	150m:	1:57.62 40.10	250m:	3:17.52 40.45	350m:	4:36.48 39.19	
	100m:	1:17.52 40.29	200m:	2:37.07 39.45	300m:	3:57.29 39.77	400m:	5:13.62 37.14	
3.	Cencora Zofia		05	UKS 190 Łód				<b>5:27.50</b>	367
	50m:	37.41 37.41	150m:	2:00.88 42.11	250m:	3:24.98 42.09	350m:	4:49.21 53.57	
	100m:	1:18.77 41.36	200m:	2:42.89 42.01	300m:	3:55.64 30.66	400m:	5:27.50 38.29	
4.	Kowal Magdalena		05	MUKS "Wodnik" Łask				<b>5:42.21</b>	321
	50m:	40.12 40.12	150m:	2:10.00 45.38	250m:	3:38.26 44.60	350m:	5:03.01 42.05	
	100m:	1:24.62 44.50	200m:	2:53.66 43.66	300m:	4:20.96 42.70	400m:	5:42.21 39.20	
5.	Urba ska Patrycja		05	MKS Jedyńka Łód				<b>5:44.65</b>	315
	50m:	39.22 39.22	150m:	2:07.34 44.14	250m:	3:35.07 43.59	350m:	5:02.89 42.65	
	100m:	1:23.20 43.98	200m:	2:51.48 44.14	300m:	4:20.24 45.17	400m:	5:44.65 41.76	
6.	Kossowska Julita		05	UKS 190 Łód				<b>5:55.41</b>	287
	50m:		150m:	2:10.12	250m:	3:43.46 46.84	350m:	5:12.93 44.00	
	100m:		200m:	2:56.62 46.50	300m:	4:28.93 45.47	400m:	5:55.41 42.48	
7.	Raszdorf Zuzanna		05	MUKS Wiking Tomaszów				<b>6:05.03</b>	265
	50m:	41.93 41.93	150m:	2:16.13 47.52	250m:	3:53.20 48.97	350m:	5:25.82 45.62	
	100m:	1:28.61 46.68	200m:	3:04.23 48.10	300m:	4:40.20 47.00	400m:	6:05.03 39.21	
8.	Jawor Sandra		05	MKS Trójka Łód				<b>6:07.97</b>	258
	50m:	42.67 42.67	150m:	2:17.55 47.42	250m:	3:52.07 47.29	350m:	5:25.52 45.65	
	100m:	1:30.13 47.46	200m:	3:04.78 47.23	300m:	4:39.87 47.80	400m:	6:07.97 42.45	
9.	Filipek Wiktoria		05	UKS 190 Łód				<b>6:08.52</b>	257
	50m:	45.40 45.40	150m:	2:20.88 47.84	250m:	3:54.69 46.86	350m:	5:25.90 44.93	
	100m:	1:33.04 47.64	200m:	3:07.83 46.95	300m:	4:40.97 46.28	400m:	6:08.52 42.62	
10.	Jarzy ska Gabriela		05	MUKS "Wodnik" Łask				<b>6:11.68</b>	251
	50m:	40.94 40.94	150m:	2:16.39 48.33	250m:	3:54.37 48.53	350m:	5:26.62 43.52	
	100m:	1:28.06 47.12	200m:	3:05.84 49.45	300m:	4:43.10 48.73	400m:	6:11.68 45.06	
11.	Grzebieluch Maja		05	SKS 137 Delfin Łód				<b>6:15.79</b>	243
	50m:	42.78 42.78	150m:	2:18.53 48.37	250m:	3:57.21 49.25	350m:		
	100m:	1:30.16 47.38	200m:	3:07.96 49.43	300m:		400m:	6:15.79	
12.	Kowalczyk Katarzyna		05	UKS SP 149 Łód				<b>6:18.13</b>	238
	50m:		150m:	2:17.72 49.24	250m:		350m:	5:33.49	
	100m:	1:28.48	200m:	3:06.36 48.64	300m:		400m:	6:18.13 44.64	
13.	Modli ska Marta		05	SP Meduza Paj czno				<b>6:21.29</b>	232
	50m:	40.15 40.15	150m:	2:16.04 48.88	250m:	3:54.49 49.55	350m:	5:34.29 50.35	
	100m:	1:27.16 47.01	200m:	3:04.94 48.90	300m:	4:43.94 49.45	400m:	6:21.29 47.00	
14.	Kaczanowska Maja		05	Tp Ol Ai Łódzki				<b>6:21.91</b>	231
	50m:	41.84 41.84	150m:	2:15.67 47.58	250m:	3:49.68 46.77	350m:	5:32.72 58.90	
	100m:	1:28.09 46.25	200m:	3:02.91 47.24	300m:	4:33.82 44.14	400m:	6:21.91 49.19	
15.	Kaczmarek Aleksandra		05	UKS 5 Kons. Łódzki				<b>6:26.23</b>	223
	50m:	44.26 44.26	150m:	2:24.93 50.84	250m:	4:04.93 50.23	350m:	5:42.18 47.78	
	100m:	1:34.09 49.83	200m:	3:14.70 49.77	300m:	4:54.40 49.47	400m:	6:26.23 44.05	
16.	Sowa Kaja		05	MKS Jedyńka Łód				<b>6:27.71</b>	221
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	6:27.71	
17.	Ka mierzczak Aleksandra		05	Nautilus Brzeziny				<b>6:28.17</b>	220
	50m:	41.24 41.24	150m:	2:19.90 50.61	250m:	4:01.73 50.29	350m:	5:42.53 50.45	
	100m:	1:29.29 48.05	200m:	3:11.44 51.54	300m:	4:52.08 50.35	400m:	6:28.17 45.64	

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

Pozycja			Rok ur.					Czas	Pkt.
18.	Selder Olga		05	MKS Trójka Łód				<b>6:29.89</b>	217
	50m:	41.72 41.72	150m:	2:19.24 50.07	250m:	3:59.17 50.55	350m:	5:41.74 51.25	
	100m:	1:29.17 47.45	200m:	3:08.62 49.38	300m:	4:50.49 51.32	400m:	6:29.89 48.15	
19.	Kieruzel Martyna		05	MKS Trójka Łód				<b>6:30.53</b>	216
	50m:	46.01 46.01	150m:	2:26.75 50.64	250m:	4:06.30 50.75	350m:	5:46.22 48.09	
	100m:	1:36.11 50.10	200m:	3:15.55 48.80	300m:	4:58.13 51.83	400m:	6:30.53 44.31	
20.	Kowalczyk Joanna		05	UKS 5 Kons. Łódzki				<b>6:30.91</b>	215
	50m:		150m:		250m:		350m:		
	100m:		200m:	3:13.19	300m:		400m:	6:30.91	
21.	Adam Julia		05	MUKS "Wodnik" Łask				<b>6:31.17</b>	215
	50m:	43.00 43.00	150m:		250m:	4:05.94	350m:	5:44.87 48.60	
	100m:	1:32.95 49.95	200m:		300m:	4:56.27 50.33	400m:	6:31.17 46.30	
22.	Kazuba Martyna		05	UKS 190 Łód				<b>6:34.46</b>	210
	50m:	42.35 42.35	150m:	2:22.03 50.59	250m:	4:05.23 51.07	350m:	5:46.67 50.23	
	100m:	1:31.44 49.09	200m:	3:14.16 52.13	300m:	4:56.44 51.21	400m:	6:34.46 47.79	
23.	Kuchciak Weronika		05	MUKS "Wodnik" Łask				<b>6:39.11</b>	202
	50m:	41.64 41.64	150m:	2:19.78 50.27	250m:	4:03.18 52.68	350m:	5:50.08 52.30	
	100m:	1:29.51 47.87	200m:	3:10.50 50.72	300m:	4:57.78 54.60	400m:	6:39.11 49.03	
24.	Dulka Kinga		05	MKS Trójka Łód				<b>6:42.67</b>	197
	50m:	43.34 43.34	150m:	2:25.60 52.43	250m:	4:10.89 52.73	350m:	5:51.49 49.60	
	100m:	1:33.17 49.83	200m:	3:18.16 52.56	300m:	5:01.89 51.00	400m:	6:42.67 51.18	
25.	Szałowska Cecylia		05	SP Meduza Paj czno				<b>6:49.62</b>	187
	50m:	45.67 45.67	150m:	2:30.20 52.10	250m:	4:15.83 52.95	350m:	6:00.36 52.45	
	100m:	1:38.10 52.43	200m:	3:22.88 52.68	300m:	5:07.91 52.08	400m:	6:49.62 49.26	
26.	Kruk Wiktoria		05	UKS 5 Kons. Łódzki				<b>6:50.59</b>	186
	50m:	46.53 46.53	150m:	2:30.72 52.32	250m:	4:17.27 53.51	350m:	6:02.31 51.30	
	100m:	1:38.40 51.87	200m:	3:23.76 53.04	300m:	5:11.01 53.74	400m:	6:50.59 48.28	
27.	Wiktorowska Amelia		05	Tp Ol Al Łódzki				<b>6:54.56</b>	181
	50m:	42.52 42.52	150m:	2:28.31 54.23	250m:	4:15.77 53.53	350m:	6:03.46 54.02	
	100m:	1:34.08 51.56	200m:	3:22.24 53.93	300m:	5:09.44 53.67	400m:	6:54.56 51.10	
28.	Janiszewska Zuzanna		05	UKS SP 19 Łód				<b>7:06.63</b>	166
	50m:	46.68 46.68	150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	7:06.63	
29.	Liwowska Hanna		05	UKS 5 Kons. Łódzki				<b>7:11.35</b>	160
	50m:	46.50 46.50	150m:	2:38.52 57.42	250m:	4:32.33	350m:	6:19.70 49.36	
	100m:	1:41.10 54.60	200m:		300m:	5:30.34 58.01	400m:	7:11.35 51.65	
30.	Mostowska Maria		05	SP Meduza Paj czno				<b>7:16.24</b>	155
	50m:	45.93 45.93	150m:	2:36.43 56.28	250m:	4:30.22	350m:	6:22.50 54.78	
	100m:	1:40.15 54.22	200m:		300m:	5:27.72 57.50	400m:	7:16.24 53.74	
31.	Kłosi ska Natalia		05	UKS 55 Łód				<b>7:19.06</b>	152
	50m:	48.74 48.74	150m:	2:39.45 55.49	250m:	4:33.70 57.13	350m:		
	100m:	1:43.96 55.22	200m:	3:36.57 57.12	300m:	5:31.72 58.02	400m:	7:19.06	
32.	Walczak Aleksandra		05	MKS Trójka Łód				<b>7:26.94</b>	144
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	7:26.94	
33.	Modro Aleksandra		05	UKS 55 Łód				<b>7:29.45</b>	142
	50m:	52.31 52.31	150m:	2:45.59 58.82	250m:		350m:	6:38.69 59.04	
	100m:	1:46.77 54.46	200m:	3:42.24 56.65	300m:	5:39.65	400m:	7:29.45 50.76	
34.	Kazimierczyk Nina		05	UKS SP 19 Łód				<b>7:30.90</b>	140
	50m:	50.92 50.92	150m:	2:48.35 58.86	250m:	4:47.14 1:00.16	350m:	6:41.15 55.91	
	100m:	1:49.49 58.57	200m:	3:46.98 58.63	300m:	5:45.24 58.10	400m:	7:30.90 49.75	
35.	Langowska Oliwia		05	MUKS "Wodnik" Łask				<b>7:45.40</b>	127
	50m:	51.21 51.21	150m:	2:49.34 59.54	250m:	4:51.34 1:01.05	350m:	6:47.45 55.27	
	100m:	1:49.80 58.59	200m:	3:50.29 1:00.95	300m:	5:52.18 1:00.84	400m:	7:45.40 57.95	