

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat
Łód , 21-11-2017

Konkurencja 3
2017-11-21 - 10:04

Dziewcz t, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.			
1.	Łysakowska Karina		06	UKS 5 Konstantinów				4:55.85	498			
	50m:	33.29	33.29	150m:	1:47.75	37.79	250m:	3:04.69	38.44	350m:	4:20.82	37.79
	100m:	1:09.96	36.67	200m:	2:26.25	38.50	300m:	3:43.03	38.34	400m:	4:55.85	35.03
2.	Gomułka Weronika		06	Uks 190 Łód				5:08.52	439			
	50m:	33.67	33.67	150m:	1:49.58	38.41	250m:	3:08.87	39.87	350m:	4:29.86	40.51
	100m:	1:11.17	37.50	200m:	2:29.00	39.42	300m:	3:49.35	40.48	400m:	5:08.52	38.66
3.	Sulak Antonina		06	UKS 5 Konstantinów				5:15.03	412			
	50m:	36.14	36.14	150m:	1:55.92	40.46	250m:	3:16.41	40.32	350m:	4:37.12	40.38
	100m:	1:15.46	39.32	200m:	2:36.09	40.17	300m:	3:56.74	40.33	400m:	5:15.03	37.91
4.	Ostrowska Nina		06	Uks Sp 149 Łód				5:18.11	400			
	50m:	36.43	36.43	150m:	1:58.76	40.93	250m:	3:20.12	40.32	350m:	4:40.27	39.72
	100m:	1:17.83	41.40	200m:	2:39.80	41.04	300m:	4:00.55	40.43	400m:	5:18.11	37.84
5.	Ruci ska Wiktoria		06	UKS 5 Konstantinów				5:28.18	364			
	50m:	37.59	37.59	150m:	2:01.69	42.53	250m:	3:26.10	41.89	350m:	4:50.02	41.67
	100m:	1:19.16	41.57	200m:	2:44.21	42.52	300m:	4:08.35	42.25	400m:	5:28.18	38.16
6.	Pawłowska Lena		06	Uks Sp 149 Łód				5:28.73	363			
	50m:	38.02	38.02	150m:	2:02.12	42.44	250m:	3:26.02	41.96	350m:	4:49.16	41.11
	100m:	1:19.68	41.66	200m:	2:44.06	41.94	300m:	4:08.05	42.03	400m:	5:28.73	39.57
7.	Fornal Hanna		06	Uks Sp 149 Łód				5:32.26	351			
	50m:	38.38	38.38	150m:	2:03.26	42.37	250m:	3:28.29	42.12	350m:	4:52.98	41.55
	100m:	1:20.89	42.51	200m:	2:46.17	42.91	300m:	4:11.43	43.14	400m:	5:32.26	39.28
8.	Dukowska Anna		06	UKS 55 Łód				5:40.01	328			
	50m:	36.89	36.89	150m:	2:04.04	44.66	250m:	3:33.18	44.51	350m:	5:00.66	43.25
	100m:	1:19.38	42.49	200m:	2:48.67	44.63	300m:	4:17.41	44.23	400m:	5:40.01	39.35
9.	Adamczyk Katarzyna		06	SKS "137 DELFIN" Łód				5:42.01	322			
	50m:	38.41	38.41	150m:	2:05.29	43.90	250m:	3:33.67	44.04	350m:	5:00.74	43.18
	100m:	1:21.39	42.98	200m:	2:49.63	44.34	300m:	4:17.56	43.89	400m:	5:42.01	41.27
10.	Jasi ska Michalina		06	MUKS Wiking Tomaszów Mazowieck				5:42.97	319			
	50m:	38.36	38.36	150m:	2:07.17	45.00	250m:	3:36.50	44.90	350m:	5:04.19	42.77
	100m:	1:22.17	43.81	200m:	2:51.60	44.43	300m:	4:21.42	44.92	400m:	5:42.97	38.78
11.	Mikuła Natalia		06	Tp Olimpijczyk Aleksandrów Łód				5:46.88	309			
	50m:	38.86	38.86	150m:	2:06.20	44.22	250m:	3:35.67	45.38	350m:	5:04.74	43.70
	100m:	1:21.98	43.12	200m:	2:50.29	44.09	300m:	4:21.04	45.37	400m:	5:46.88	42.14
12.	Olczak Liwia		06	Uks 190 Łód				5:48.23	305			
	50m:	39.60	39.60	150m:	2:07.44	44.42	250m:	3:37.05	44.26	350m:	5:05.81	44.94
	100m:	1:23.02	43.42	200m:	2:52.79	45.35	300m:	4:20.87	43.82	400m:	5:48.23	42.42
13.	Sobiech Marta		06	Uks Sp 149 Łód				5:49.70	301			
	50m:	38.08	38.08	150m:	2:06.32	44.94	250m:	3:34.89	43.59	350m:	5:04.48	44.58
	100m:	1:21.38	43.30	200m:	2:51.30	44.98	300m:	4:19.90	45.01	400m:	5:49.70	45.22
14.	Piekarska Natalia		06	SKS "137 DELFIN" Łód				5:54.56	289			
	50m:	39.13	39.13	150m:	2:08.66	45.62	250m:	3:40.96	45.97	350m:	5:12.97	46.08
	100m:	1:23.04	43.91	200m:	2:54.99	46.33	300m:	4:26.89	45.93	400m:	5:54.56	41.59
15.	Szczuka Amelia		06	Mks Trójka Łód				5:57.14	283			
	50m:	44.25	44.25	150m:	2:27.26	52.07	250m:	4:11.76	52.02	350m:	5:57.21	52.59
	100m:	1:35.19	50.94	200m:	3:19.74	52.48	300m:	5:04.62	52.86	400m:	5:57.14	
16.	Mielnicka Łucja		06	MUKS Wiking Tomaszów Mazowieck				6:01.15	273			
	50m:	40.58	40.58	150m:	2:13.43	46.89	250m:	3:46.89	46.50	350m:	5:18.96	45.64
	100m:	1:26.54	45.96	200m:	3:00.39	46.96	300m:	4:33.32	46.43	400m:	6:01.15	42.19
17.	Sobiech Anna		06	Uks Sp 149 Łód				6:07.15	260			
	50m:	41.39	41.39	150m:	2:14.77	46.74	250m:	3:49.01	47.64	350m:	5:22.82	46.10
	100m:	1:28.03	46.64	200m:	3:01.37	46.60	300m:	4:36.72	47.71	400m:	6:07.15	44.33

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat
Łódź , 21-11-2017

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

Pozycja			Rok ur.					Czas	Pkt.
18.	J ch Aleksandra		06	Uks Sp 149 Łód				6:07.40	260
	50m: 40.71	40.71	150m: 2:15.63	47.98	250m: 3:50.03	46.71	350m: 5:25.02	47.82	
	100m: 1:27.65	46.94	200m: 3:03.32	47.69	300m: 4:37.20	47.17	400m: 6:07.40	42.38	
19.	Pawłowska Wiktoria		06	MUKS W Łask				6:09.28	256
	50m: 42.50	42.50	150m: 2:17.03	47.43	250m: 3:51.26	47.67	350m: 5:24.56	44.79	
	100m: 1:29.60	47.10	200m: 3:03.59	46.56	300m: 4:39.77	48.51	400m: 6:09.28	44.72	
20.	Bara ska Matylda		06	UKS 55 Łód				6:10.58	253
	50m: 41.66	41.66	150m: 2:16.73	48.10	250m: 3:53.02	47.95	350m: 5:27.77	47.46	
	100m: 1:28.63	46.97	200m: 3:05.07	48.34	300m: 4:40.31	47.29	400m: 6:10.58	42.81	
21.	Mnich Antonina		06	Uks Sp 149 Łód				6:10.97	252
	50m: 43.44	43.44	150m: 2:18.43	47.18	250m: 3:53.80	47.57	350m: 5:27.83	46.54	
	100m: 1:31.25	47.81	200m: 3:06.23	47.80	300m: 4:41.29	47.49	400m: 6:10.97	43.14	
22.	G sior Oliwia		06	Mks Trójka Łód				6:17.35	240
	50m: 42.34	42.34	150m: 2:17.91	48.21	250m: 3:54.70	48.95	350m: 5:30.78	48.07	
	100m: 1:29.70	47.36	200m: 3:05.75	47.84	300m: 4:42.71	48.01	400m: 6:17.35	46.57	
23.	Furmaniak Oliwia		06	SKS "137 DELFIN" Łód				6:19.06	236
	50m: 42.37	42.37	150m: 2:17.07	47.96	250m: 3:52.62	47.84	350m: 5:30.73	48.36	
	100m: 1:29.11	46.74	200m: 3:04.78	47.71	300m: 4:42.37	49.75	400m: 6:19.06	48.33	
24.	Wrzesi ska Oliwia		06	Uks 190 Łód				6:19.80	235
	50m: 41.81	41.81	150m: 2:16.44	47.64	250m: 3:52.73	48.42	350m: 5:32.30	50.07	
	100m: 1:28.80	46.99	200m: 3:04.31	47.87	300m: 4:42.23	49.50	400m: 6:19.80	47.50	
25.	Sta czak Aleksandra		06	UKS 55 Łód				6:30.10	217
	50m: 41.88	41.88	150m: 2:21.11	49.80	250m: 3:58.92	49.58	350m: 5:35.66	46.92	
	100m: 1:31.31	49.43	200m: 3:09.34	48.23	300m: 4:48.74	49.82	400m: 6:30.10	54.44	
26.	Karasek Paulina		06	UKS Wiking Radomsko				6:31.13	215
	50m: 42.77	42.77	150m: 2:23.20	50.58	250m: 4:05.45	50.94	350m:		
	100m: 1:32.62	49.85	200m: 3:14.51	51.31	300m:		400m: 6:31.13		
27.	Sukiennik Oliwia		06	Mks Trójka Łód				6:38.22	204
	50m: 43.24	43.24	150m:		250m:		350m:		
	100m:		200m:		300m:		400m: 6:38.22		
28.	Grocholi ska Małgorzata		06	SKS "137 DELFIN" Łód				6:39.20	202
	50m: 43.65	43.65	150m: 2:24.39	51.16	250m: 4:06.86	51.33	350m: 5:52.49	52.62	
	100m: 1:33.23	49.58	200m: 3:15.53	51.14	300m: 4:59.87	53.01	400m: 6:39.20	46.71	
29.	Łobejko Natalia		06	SKS "137 DELFIN" Łód				6:42.24	198
	50m: 44.11	44.11	150m: 2:24.85	50.78	250m: 4:11.14	52.66	350m: 5:55.80	51.27	
	100m: 1:34.07	49.96	200m: 3:18.48	53.63	300m: 5:04.53	53.39	400m: 6:42.24	46.44	
30.	Waloch Kinga		06	UKS Wiking Radomsko				7:02.39	171
	50m: 44.60	44.60	150m: 2:31.14	54.58	250m: 4:20.87	54.77	350m: 6:10.99	54.89	
	100m: 1:36.56	51.96	200m: 3:26.10	54.96	300m: 5:16.10	55.23	400m: 7:02.39	51.40	
31.	Sadowska Victoria		06	UKS Wiking Radomsko				7:04.84	168
	50m: 46.77	46.77	150m: 2:37.14	56.02	250m: 4:28.77	55.94	350m: 6:18.77	54.81	
	100m: 1:41.12	54.35	200m: 3:32.83	55.69	300m: 5:23.96	55.19	400m: 7:04.84	46.07	
32.	Adamczyk Oliwia		06	UKS Wiking Radomsko				7:05.39	167
	50m: 45.29	45.29	150m: 2:32.35	54.88	250m: 4:22.26	53.67	350m: 6:13.44	55.62	
	100m: 1:37.47	52.18	200m: 3:28.59	56.24	300m: 5:17.82	55.56	400m: 7:05.39	51.95	
33.	Naczas Adela		06	Mks Trójka Łód				7:05.55	167
	50m: 51.20	51.20	150m: 2:39.72	54.64	250m: 4:29.37	54.70	350m: 6:17.59	53.75	
	100m: 1:45.08	53.88	200m: 3:34.67	54.95	300m: 5:23.84	54.47	400m: 7:05.55	47.96	
34.	Michalska Magda		06	UKS 55 Łód				7:11.75	160
	50m: 45.97	45.97	150m: 2:33.90	55.12	250m: 4:27.37	56.55	350m: 6:19.57	55.36	
	100m: 1:38.78	52.81	200m: 3:30.82	56.92	300m: 5:24.21	56.84	400m: 7:11.75	52.18	
35.	Tatarska Anna		06	Mks Trójka Łód				7:14.14	157
	50m: 47.46	47.46	150m: 2:36.49	54.26	250m: 4:28.53	54.51	350m: 6:21.59	56.32	
	100m: 1:42.23	54.77	200m: 3:34.02	57.53	300m: 5:25.27	56.74	400m: 7:14.14	52.55	

Ogólnopolski Sprawdzian Wszechstronności i Wytrzymałości - 11-12 lat
Łódź, 21-11-2017

Konkurencja 3, Dziewcząt, 400m dowolny, 11 lat

Pozycja				Rok ur.				Czas	Pkt.
36.	Le	niewska	Julia	06	Mks	Trójka	Łódź	7:15.61	156
	50m:	47.80	47.80	150m:	2:36.76	55.15	250m:	350m:	
	100m:	1:41.61	53.81	200m:			300m:	400m:	7:15.61