

Ogólnopolski sprawdzian wytrzymałości i wszechstronności stylowej dzieci 11/12 lat w pływaniu (STREFA WROCLAWSKA) I
Wrocław, 27- - 28-11-2014

Konkurencja 3
2014-11-28 - 9:00

Dziewcząt, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.
1.	OBAJTEK Aleksandra		03	KS Rekin wiebodzice				5:31.35	356
	50m:	35.03 35.03	150m:	1:55.28 41.25	250m:	3:20.25 42.57	350m:	4:45.66 42.33	
	100m:	1:14.03 39.00	200m:	2:37.68 42.40	300m:	4:03.33 43.08	400m:	5:31.35 45.69	
2.	MACIOŁA Maja		03	Mks Rokita Brzeg Dolny				5:36.91	338
	50m:	36.89 36.89	150m:	2:02.87 43.32	250m:	3:29.85 42.91	350m:	4:52.53 39.67	
	100m:	1:19.55 42.66	200m:	2:46.94 44.07	300m:	4:12.86 43.01	400m:	5:36.91 44.38	
3.	DOPART Marcelina		03	Uczniowski Ludowy Klub Sportow				5:40.14	329
	50m:	35.59 35.59	150m:	1:58.70 43.25	250m:	3:25.84 43.71	350m:	4:50.42 40.99	
	100m:	1:15.45 39.86	200m:	2:42.13 43.43	300m:	4:09.43 43.59	400m:	5:40.14 49.72	
4.	W CLEWSKA Aleksandra		03	WKS I sk Wrocław				5:44.20	317
	50m:	37.81 37.81	150m:	2:03.81 43.57	250m:	3:33.34 45.21	350m:	5:01.76 44.03	
	100m:	1:20.24 42.43	200m:	2:48.13 44.32	300m:	4:17.73 44.39	400m:	5:44.20 42.44	
5.	HANISZ Nina		03	UKS KORAL Wrocław				5:46.98	310
	50m:	37.54 37.54	150m:	2:05.60 45.05	250m:	3:36.33 45.32	350m:	5:05.37 44.27	
	100m:	1:20.55 43.01	200m:	2:51.01 45.41	300m:	4:21.10 44.77	400m:	5:46.98 41.61	
6.	AMROZIK Iga		03	WKS I sk Wrocław				5:50.42	301
	50m:	37.67 37.67	150m:	2:05.30 44.41	250m:	3:36.58 46.96	350m:	5:05.87 44.58	
	100m:	1:20.89 43.22	200m:	2:49.62 44.32	300m:	4:21.29 44.71	400m:	5:50.42 44.55	
7.	G SIOR Oliwia		03	KS WANKAN Legnica				5:51.14	299
	50m:	37.70 37.70	150m:	2:07.09 45.41	250m:	3:38.43 46.84	350m:	5:09.65 45.72	
	100m:	1:21.68 43.98	200m:	2:51.59 44.50	300m:	4:23.93 45.50	400m:	5:51.14 41.49	
8.	MO DZAN Milena		03	UKS Delfinek Legnica				5:51.33	298
	50m:	37.71 37.71	150m:	2:07.20 46.10	250m:	3:38.10 46.24	350m:	5:10.07 46.49	
	100m:	1:21.10 43.39	200m:	2:51.86 44.66	300m:	4:23.58 45.48	400m:	5:51.33 41.26	
9.	NAWROT Julia		03	UKS KORAL Wrocław				5:55.82	287
	50m:	39.56 39.56	150m:	2:09.59 46.24	250m:	3:42.67 46.60	350m:	5:14.42 45.72	
	100m:	1:23.35 43.79	200m:	2:56.07 46.48	300m:	4:28.70 46.03	400m:	5:55.82 41.40	
10.	HELLAK Emilia		03	WKS I sk Wrocław				5:56.04	286
	50m:	40.24 40.24	150m:		250m:	3:44.20 47.09	350m:	5:14.54 44.50	
	100m:	1:27.75 47.51	200m:	2:57.11	300m:	4:30.04 45.84	400m:	5:56.04 41.50	
11.	BIELIK Sandra		03	UKS KORAL Wrocław				5:56.50	285
	50m:	39.82 39.82	150m:	2:09.43 45.81	250m:	3:42.49 46.54	350m:	5:14.38 46.07	
	100m:	1:23.62 43.80	200m:	2:55.95 46.52	300m:	4:28.31 45.82	400m:	5:56.50 42.12	
12.	SKRZYPIEC Nika		03	MKS JUVENIA WROCLAW				6:00.66	276
	50m:	39.91 39.91	150m:	2:10.25 46.20	250m:	3:44.08 47.02	350m:	5:16.94 46.25	
	100m:	1:24.05 44.14	200m:	2:57.06 46.81	300m:	4:30.69 46.61	400m:	6:00.66 43.72	
13.	SZCZ CH Emilia		03	MKS JUVENIA WROCLAW				6:01.44	274
	50m:	40.39 40.39	150m:	2:11.32 46.79	250m:	3:45.59 47.12	350m:	5:20.03 47.06	
	100m:	1:24.53 44.14	200m:	2:58.47 47.15	300m:	4:32.97 47.38	400m:	6:01.44 41.41	
14.	KALICKA Ewelina		03	KS SVIDA widnica				6:01.94	273
	50m:	37.50 37.50	150m:	2:07.10 45.80	250m:	3:40.93 47.00	350m:	5:16.32 48.10	
	100m:	1:21.30 43.80	200m:	2:53.93 46.83	300m:	4:28.22 47.29	400m:	6:01.94 45.62	
15.	DUTKOWIAK Aleksandra		03	WKS I sk Wrocław				6:04.08	268
	50m:	38.40 38.40	150m:	2:09.95 47.18	250m:	3:44.81 47.18	350m:	5:18.89 46.79	
	100m:	1:22.77 44.37	200m:	2:57.63 47.68	300m:	4:32.10 47.29	400m:	6:04.08 45.19	
16.	WOJTCZAK Natalia		03	UKS KORAL Wrocław				6:05.15	266
	50m:	41.56 41.56	150m:	2:15.22 47.87	250m:	3:50.70 48.31	350m:	5:22.72 46.26	
	100m:	1:27.35 45.79	200m:	3:02.39 47.17	300m:	4:36.46 45.76	400m:	6:05.15 42.43	

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

Pozycja			Rok ur.					Czas	Pkt.
17.	PAWŁOWSKA Anita		03	MKS JUVENIA WROCLAW				6:12.56	250
	50m:	42.38 42.38	150m:	2:18.39	49.06	250m:	3:53.89 47.02	350m:	5:29.16 46.82
	100m:	1:29.33 46.95	200m:	3:06.87	48.48	300m:	4:42.34 48.45	400m:	6:12.56 43.40
18.	MUCHA Zofia		03	MKS JUVENIA WROCLAW				6:13.68	248
	50m:	42.79 42.79	150m:	2:17.91	47.96	250m:	3:53.54 48.13	350m:	5:29.16 48.33
	100m:	1:29.95 47.16	200m:	3:05.41	47.50	300m:	4:40.83 47.29	400m:	6:13.68 44.52
19.	SZARCZY SKA Zuzanna		03	WKS I sk Wrocław				6:16.44	242
	50m:	41.17 41.17	150m:	2:15.83	48.71	250m:	3:53.47 48.97	350m:	5:31.70 49.12
	100m:	1:27.12 45.95	200m:	3:04.50	48.67	300m:	4:42.58 49.11	400m:	6:16.44 44.74
20.	PORCZY SKA Emilia		03	UKS KORAL Wrocław				6:18.98	237
	50m:	42.64 42.64	150m:	2:19.49	49.62	250m:	3:57.15 48.97	350m:	5:34.41 47.56
	100m:	1:29.87 47.23	200m:	3:08.18	48.69	300m:	4:46.85 49.70	400m:	6:18.98 44.57
21.	CHOMIK Aleksandra		03	UKS KORAL Wrocław				6:19.30	237
	50m:	41.55 41.55	150m:	2:15.38	47.76	250m:	3:54.60 49.80	350m:	5:35.43 50.28
	100m:	1:27.62 46.07	200m:	3:04.80	49.42	300m:	4:45.15 50.55	400m:	6:19.30 43.87
22.	NOWAKOWSKA Marta		03	WKS I sk Wrocław				6:20.20	235
	50m:	42.51 42.51	150m:	2:16.84	47.87	250m:	3:55.27 49.07	350m:	5:33.33 49.59
	100m:	1:28.97 46.46	200m:	3:06.20	49.36	300m:	4:43.74 48.47	400m:	6:20.20 46.87
23.	PRUCHNIK Roksana		03	MKS JUVENIA WROCLAW				6:20.23	235
	50m:	40.83 40.83	150m:	2:17.69	49.51	250m:	3:55.40 48.71	350m:	5:34.53 49.42
	100m:	1:28.18 47.35	200m:	3:06.69	49.00	300m:	4:45.11 49.71	400m:	6:20.23 45.70
24.	WESOŁOWSKA Martyna		03	UKS KORAL Wrocław				6:20.84	234
	50m:	42.88 42.88	150m:	2:18.64	48.59	250m:	3:56.80 48.95	350m:	5:35.21 48.68
	100m:	1:30.05 47.17	200m:	3:07.85	49.21	300m:	4:46.53 49.73	400m:	6:20.84 45.63
25.	GRUSZKA Karolina		03	MKS JUVENIA WROCLAW				6:21.38	233
	50m:	41.99 41.99	150m:	2:19.46	49.73	250m:	3:57.94 48.57	350m:	5:36.60 49.17
	100m:	1:29.73 47.74	200m:	3:09.37	49.91	300m:	4:47.43 49.49	400m:	6:21.38 44.78
26.	RYCERZ Kinga		03	Mks Rokita Brzeg Dolny				6:23.76	229
	50m:	42.47 42.47	150m:	2:19.74	49.46	250m:	3:59.13 50.24	350m:	5:37.80 50.17
	100m:	1:30.28 47.81	200m:	3:08.89	49.15	300m:	4:47.63 48.50	400m:	6:23.76 45.96
27.	FERE CZUK Martyna		03	MKS JUVENIA WROCLAW				6:25.06	226
	50m:	41.59 41.59	150m:	2:19.68	49.62	250m:	3:59.91 50.43	350m:	5:37.69 48.55
	100m:	1:30.06 48.47	200m:	3:09.48	49.80	300m:	4:49.14 49.23	400m:	6:25.06 47.37
28.	KRAWIEC Laura		03	MKS JUVENIA WROCLAW				6:25.40	226
	50m:	41.37 41.37	150m:	2:20.04	49.81	250m:	3:59.71 49.70	350m:	5:39.78 49.82
	100m:	1:30.23 48.86	200m:	3:10.01	49.97	300m:	4:49.96 50.25	400m:	6:25.40 45.62
29.	BOBI SKA Daria		03	UKS KORAL Wrocław				6:26.41	224
	50m:	42.28 42.28	150m:	2:18.98	49.10	250m:	3:58.51 49.26	350m:	5:36.13 48.66
	100m:	1:29.88 47.60	200m:	3:09.25	50.27	300m:	4:47.47 48.96	400m:	6:26.41 50.28
30.	OSTROWSKA Maja		03	KP HARPUN Bolesławiec				6:27.48	222
	50m:	43.10 43.10	150m:	2:20.64	49.54	250m:	4:01.96 51.50	350m:	5:42.15 49.14
	100m:	1:31.10 48.00	200m:	3:10.46	49.82	300m:	4:53.01 51.05	400m:	6:27.48 45.33
31.	ALEKSANDROWICZ Nikola		03	UKS KORAL Wrocław				6:29.53	219
	50m:	44.34 44.34	150m:	2:21.52	49.68	250m:	4:01.94 50.39	350m:	5:42.74 50.57
	100m:	1:31.84 47.50	200m:	3:11.55	50.03	300m:	4:52.17 50.23	400m:	6:29.53 46.79
32.	MA LEJ Iga		03	MKS JUVENIA WROCLAW				6:33.70	212
	50m:	44.58 44.58	150m:	2:26.08	50.28	250m:	4:09.04 51.52	350m:	5:46.82 47.81
	100m:	1:35.80 51.22	200m:	3:17.52	51.44	300m:	4:59.01 49.97	400m:	6:33.70 46.88

Ogólnopolski sprawdzian wytrzymało ci i wszechstronno ci stylowej dzieci 11/12 lat w pływaniu (STREFA WROCLAWSKA) I
Wrocław, 27- - 28-11-2014

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

Pozycja			Rok ur.					Czas	Pkt.
33.	WRO SKA Alicja		03	MKS JUVENIA WROCLAW			6:36.35	208	
	50m: 41.90 41.90	150m: 2:21.05		50.86	250m: 4:05.49	52.37	350m: 5:47.62	49.85	
	100m: 1:30.19 48.29	200m: 3:13.12		52.07	300m: 4:57.77	52.28	400m: 6:36.35	48.73	
34.	JANICKA Patrycja		03	UKS KORAL Wrocław			6:36.39	207	
	50m: 40.91 40.91	150m:			250m: 4:03.52	51.41	350m: 5:47.52	52.00	
	100m: 1:29.39 48.48	200m: 3:12.11			300m: 4:55.52	52.00	400m: 6:36.39	48.87	
35.	ZDOBYLAK Weronika		03	MKS JUVENIA WROCLAW			6:37.09	206	
	50m: 44.45 44.45	150m: 2:25.96		51.14	250m: 4:08.94	51.81	350m: 5:51.35	51.43	
	100m: 1:34.82 50.37	200m: 3:17.13		51.17	300m: 4:59.92	50.98	400m: 6:37.09	45.74	
36.	BOSACKA Barbara		03	MKS JUVENIA WROCLAW			6:37.32	206	
	50m: 44.06 44.06	150m: 2:26.58		51.09	250m: 4:08.81	50.25	350m: 5:50.81	50.14	
	100m: 1:35.49 51.43	200m: 3:18.56		51.98	300m: 5:00.67	51.86	400m: 6:37.32	46.51	
37.	MAZURKIEWICZ Beata		03	MKS JUVENIA WROCLAW			6:37.40	206	
	50m: 43.38 43.38	150m: 2:24.92		51.28	250m: 4:09.26	51.68	350m: 5:49.35	48.33	
	100m: 1:33.64 50.26	200m: 3:17.58		52.66	300m: 5:01.02	51.76	400m: 6:37.40	48.05	
38.	WARD GA Weronika		03	MKS JUVENIA WROCLAW			6:40.28	201	
	50m: 44.19 44.19	150m: 2:26.06		51.19	250m: 4:09.29	51.80	350m: 5:52.15	51.86	
	100m: 1:34.87 50.68	200m: 3:17.49		51.43	300m: 5:00.29	51.00	400m: 6:40.28	48.13	
39.	FIUTA Aleksandra		03	MKS JUVENIA WROCLAW			6:42.79	198	
	50m: 46.09 46.09	150m:			250m:		350m:		
	100m: 1:36.66 50.57	200m: 3:20.06			300m: 6:42.79		400m: 6:42.79		
40.	CHOJCAN Maria		03	MKS JUVENIA WROCLAW			6:44.08	196	
	50m: 44.48 44.48	150m: 3:19.52		53.22	250m: 5:03.22	51.45	350m: 6:44.08	49.78	
	100m: 2:26.30 1:41.82	200m: 4:11.77		52.25	300m: 5:54.30	51.08	400m: 6:44.08		
41.	FISCHER Oliwia		03	MKS JUVENIA WROCLAW			6:48.95	189	
	50m: 43.23 43.23	150m: 2:27.60		52.73	250m: 4:13.56	53.01	350m: 5:59.32	53.20	
	100m: 1:34.87 51.64	200m: 3:20.55		52.95	300m: 5:06.12	52.56	400m: 6:48.95	49.63	
42.	PLUTO Paulina		03	MKS JUVENIA WROCLAW			6:49.14	189	
	50m: 45.20 45.20	150m: 2:31.39		52.90	250m: 4:19.14	53.66	350m: 6:04.02	52.98	
	100m: 1:38.49 53.29	200m: 3:25.48		54.09	300m: 5:11.04	51.90	400m: 6:49.14	45.12	
43.	MENDEL Kamila		03	UKS KORAL Wrocław			6:49.19	189	
	50m: 45.21 45.21	150m: 3:22.46		52.21	250m: 5:07.41	52.43	350m:		
	100m: 2:30.25 1:45.04	200m: 4:14.98		52.52	300m: 5:58.88	51.47	400m: 6:49.19		
44.	MIECHOWSKA Maria		03	UKS KORAL Wrocław			6:52.08	185	
	50m: 45.69 45.69	150m: 2:30.96		53.75	250m: 4:16.96	53.39	350m: 6:03.67	53.14	
	100m: 1:37.21 51.52	200m: 3:23.57		52.61	300m: 5:10.53	53.57	400m: 6:52.08	48.41	
45.	WOJNAR Karolina		03	MKS JUVENIA WROCLAW			6:59.60	175	
	50m: 46.77 46.77	150m: 2:36.25		55.50	250m: 4:25.10	54.29	350m: 6:10.61	52.55	
	100m: 1:40.75 53.98	200m: 3:30.81		54.56	300m: 5:18.06	52.96	400m: 6:59.60	48.99	
46.	ANDRZEJEWSKA Anna		03	UKS KORAL Wrocław			7:02.44	171	
	50m: 46.54 46.54	150m:			250m:		350m:		
	100m: 1:38.64 52.10	200m: 3:28.30			300m: 5:16.60		400m: 7:02.44		
47.	GACEK Martyna		03	Mks Rokita Brzeg Dolny			7:06.85	166	
	50m: 43.81 43.81	150m: 2:29.43		53.94	250m: 4:22.39	56.14	350m:		
	100m: 1:35.49 51.68	200m: 3:26.25		56.82	300m: 5:17.26	54.87	400m: 7:06.85		
48.	KRASI SKA Ada		03	MKS JUVENIA WROCLAW			7:09.45	163	
	50m: 46.19 46.19	150m: 2:35.31		54.66	250m: 4:25.71	55.88	350m: 7:09.45	1:46.71	
	100m: 1:40.65 54.46	200m: 3:29.83		54.52	300m: 5:22.74	57.03	400m: 7:09.45		

Konkurencja 3, Dziewcząt, 400m dowolny, 11 lat

Pozycja				Rok ur.					Czas	Pkt.		
49.	LESIAK Maja			03	WKS I sk Wrocław				7:13.75	158		
	50m:	50.46	50.46	150m:	2:39.93	56.49	250m:	4:33.66	56.93	350m:	6:22.77	53.50
	100m:	1:43.44	52.98	200m:	3:36.73	56.80	300m:	5:29.27	55.61	400m:	7:13.75	50.98
50.	JANICKA Natalia			03	UKS KORAL Wrocław				7:16.58	155		
	50m:	44.36	44.36	150m:	2:32.00	56.13	250m:	4:24.97	56.76	350m:	6:22.02	58.07
	100m:	1:35.87	51.51	200m:	3:28.21	56.21	300m:	5:23.95	58.98	400m:	7:16.58	54.56
51.	WINIARSKA Joanna			03	Mks Rokita Brzeg Dolny				7:22.27	149		
	50m:	49.26	49.26	150m:	2:58.28	1:04.57	250m:	4:04.23		350m:	6:14.59	1:06.09
	100m:	1:53.71	1:04.45	200m:			300m:	5:08.50	1:04.27	400m:	7:22.27	1:07.68
52.	BABISZEWSKA Weronika			03	MKS JUVENIA WROCLAW				7:24.65	147		
	50m:	49.49	49.49	150m:	2:43.21	56.45	250m:	4:37.57	58.18	350m:	6:31.08	56.55
	100m:	1:46.76	57.27	200m:	3:39.39	56.18	300m:	5:34.53	56.96	400m:	7:24.65	53.57
53.	JANICKA Agnieszka			03	UKS KORAL Wrocław				7:31.42	140		
	50m:	47.15	47.15	150m:			250m:			350m:		
	100m:	1:42.31	55.16	200m:	3:36.49		300m:	5:54.18		400m:	7:31.42	
54.	BAJSEROWICZ Zuzanna			03	MKS JUVENIA WROCLAW				7:47.49	126		
	50m:	50.88	50.88	150m:	2:48.80	59.69	250m:	4:47.66	59.39	350m:		
	100m:	1:49.11	58.23	200m:	3:48.27	59.47	300m:	5:49.04	1:01.38	400m:	7:47.49	
PK	KMIECIK Julia			04	MKS JUVENIA WROCLAW				6:52.71	184		
	50m:	47.99	47.99	150m:	3:26.26	52.47	250m:	5:11.46	51.95	350m:		
	100m:	2:33.79	1:45.80	200m:	4:19.51	53.25	300m:	6:04.02	52.56	400m:	6:52.71	
PK	SANKOWSKA Karina			04	MKS JUVENIA WROCLAW				6:55.17	181		
	50m:	44.53	44.53	150m:	2:29.68	54.51	250m:	4:18.12	55.45	350m:	6:55.17	1:43.50
	100m:	1:35.17	50.64	200m:	3:22.67	52.99	300m:	5:11.67	53.55	400m:	6:55.17	