

Ogólnopolski sprawdzian wytrzymało ci i wszechstronno ci stylowej dzieci 11-12 letnich  
Wrocław, 26.11.2020

Konkurencja 3  
2020.11.26 - 11:28

Dziewcz t, 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.					Czas	Pkt.
1.	KAMI SKA Zofia		09	UKS "Kro nicka Przysta "				<b>5:32.50</b>	348
	50m: 38.61	38.61	150m: 2:04.88	43.48	250m: 3:31.31	43.42	350m: 4:53.34	40.71	
	100m: 1:21.40	42.79	200m: 2:47.89	43.01	300m: 4:12.63	41.32	400m: 5:32.50	39.16	
2.	MŁOTEK Hanna		09	DOKiS SP Vega Dobrodzie				<b>5:32.73</b>	347
	50m: 39.75	39.75	150m: 2:05.90	42.98	250m: 3:31.77	42.13	350m: 4:54.31	41.48	
	100m: 1:22.92	43.17	200m: 2:49.64	43.74	300m: 4:12.83	41.06	400m: 5:32.73	38.42	
3.	DURLIK Aleksandra		09	UKS „KORAL” Wrocław				<b>5:36.11</b>	337
	50m: 36.80	36.80	150m: 2:03.81	44.18	250m: 3:29.74	42.35	350m: 4:55.35	43.09	
	100m: 1:19.63	42.83	200m: 2:47.39	43.58	300m: 4:12.26	42.52	400m: 5:36.11	40.76	
4.	GROCKA Natalia		09	MKS Juvenia Wrocław				<b>5:42.61</b>	318
	50m: 37.70	37.70	150m: 2:06.75	44.76	250m: 3:34.84	44.17	350m: 5:03.16	43.75	
	100m: 1:21.99	44.29	200m: 2:50.67	43.92	300m: 4:19.41	44.57	400m: 5:42.61	39.45	
5.	D BROWSKA Iga		09	HS Team Kryty Basen Kłodzko				<b>5:42.70</b>	318
	50m: 36.78	36.78	150m: 2:04.57	43.94	250m: 3:32.98	44.23	350m: 5:01.84	43.69	
	100m: 1:20.63	43.85	200m: 2:48.75	44.18	300m: 4:18.15	45.17	400m: 5:42.70	40.86	
6.	MONGIAŁŁO Zuzanna		09	UKS Shark Rudna				<b>5:44.43</b>	313
	50m: 39.61	39.61	150m: 2:10.41	46.10	250m: 3:40.10	45.08	350m: 5:07.14	42.59	
	100m: 1:24.31	44.70	200m: 2:55.02	44.61	300m: 4:24.55	44.45	400m: 5:44.43	37.29	
7.	SUJKA Ewa		09	MKS Juvenia Wrocław				<b>5:46.27</b>	308
	50m: 38.39	38.39	150m: 2:09.11	45.83	250m: 3:39.76	45.48	350m: 5:07.81	43.78	
	100m: 1:23.28	44.89	200m: 2:54.28	45.17	300m: 4:24.03	44.27	400m: 5:46.27	38.46	
8.	BAWOLSKA Milena		09	UKS „KORAL” Wrocław				<b>5:49.62</b>	299
	50m: 36.70	36.70	150m: 2:06.85	45.94	250m: 3:37.37	45.19	350m: 5:08.17	45.95	
	100m: 1:20.91	44.21	200m: 2:52.18	45.33	300m: 4:22.22	44.85	400m: 5:49.62	41.45	
9.	WITO Anna		09	UKS MOS w Opolu				<b>5:52.66</b>	291
	50m: 37.13	37.13	150m: 2:06.34	45.48	250m: 3:38.48	45.61	350m: 5:10.25	45.32	
	100m: 1:20.86	43.73	200m: 2:52.87	46.53	300m: 4:24.93	46.45	400m: 5:52.66	42.41	
10.	BASIAK Martyna		09	UKS „KORAL” Wrocław				<b>5:53.29</b>	290
	50m: 39.45	39.45	150m: 2:09.13	45.84	250m: 3:42.05	46.56	350m: 5:12.11	44.96	
	100m: 1:23.29	43.84	200m: 2:55.49	46.36	300m: 4:27.15	45.10	400m: 5:53.29	41.18	
11.	MALKUSZ Alicja		09	DELFIN Krapkowice				<b>5:54.94</b>	286
	50m: 39.67	39.67	150m: 2:09.27	45.52	250m: 3:41.56	46.52	350m: 5:14.09	46.33	
	100m: 1:23.75	44.08	200m: 2:55.04	45.77	300m: 4:27.76	46.20	400m: 5:54.94	40.85	
12.	HEŁKA Małgorzata		09	UKS „KORAL” Wrocław				<b>5:56.09</b>	283
	50m: 39.36	39.36	150m: 2:09.11	45.92	250m: 3:40.66	46.59	350m: 5:12.91	46.35	
	100m: 1:23.19	43.83	200m: 2:54.07	44.96	300m: 4:26.56	45.90	400m: 5:56.09	43.18	
13.	SEMCZUK Laura		09	GKP 7 Zdrój Trzebnica				<b>5:57.31</b>	280
	50m: 39.19	39.19	150m: 2:10.45	46.56	250m: 3:43.47	46.38	350m: 5:16.45	46.66	
	100m: 1:23.89	44.70	200m: 2:57.09	46.64	300m: 4:29.79	46.32	400m: 5:57.31	40.86	
14.	CIKOTO Zofia		09	UKS „SZAFIR” Wałbrzych				<b>6:00.34</b>	273
	50m: 38.95	38.95	150m: 2:10.95	46.85	250m: 3:42.79	46.01	350m: 5:14.37	45.65	
	100m: 1:24.10	45.15	200m: 2:56.78	45.83	300m: 4:28.72	45.93	400m: 6:00.34	45.97	
15.	HADAIEVA Tamara		09	MKS Juvenia Wrocław				<b>6:03.90</b>	265
	50m: 38.05	38.05	150m: 2:11.84	47.16	250m: 3:47.57	48.18	350m: 5:21.92	47.01	
	100m: 1:24.68	46.63	200m: 2:59.39	47.55	300m: 4:34.91	47.34	400m: 6:03.90	41.98	
16.	BIDOWANIEC Amelia		09	HS Team Kryty Basen Kłodzko				<b>6:05.99</b>	261
	50m: 40.73	40.73	150m: 2:15.85	47.81	250m: 3:47.17	46.53	350m: 5:19.74	46.38	
	100m: 1:28.04	47.31	200m: 3:00.64	44.79	300m: 4:33.36	46.19	400m: 6:05.99	46.25	
17.	KRAWCZYK Lena		09	UKS "Kro nicka Przysta "				<b>6:08.44</b>	255
	50m: 38.94	38.94	150m: 2:12.55	47.84	250m: 3:48.60	47.67	350m: 5:24.77	48.35	
	100m: 1:24.71	45.77	200m: 3:00.93	48.38	300m: 4:36.42	47.82	400m: 6:08.44	43.67	

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Wrocław, 26.11.2020

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

Pozycja			Rok ur.					Czas	Pkt.
18.	PAROSSA Ewa		09	MKS Juvenia Wrocław			<b>6:09.97</b>	252	
	50m: 41.38	41.38	150m: 2:17.31	48.17	250m: 3:53.22	47.65	350m: 5:28.07	46.88	
	100m: 1:29.14	47.76	200m: 3:05.57	48.26	300m: 4:41.19	47.97	400m: 6:09.97	41.90	
19.	KACZMAREK Magdalena		09	UKS „KORAL” Wrocław			<b>6:10.74</b>	251	
	50m: 41.40	41.40	150m: 2:17.78	48.48	250m: 3:53.41	48.11	350m: 5:28.92	47.48	
	100m: 1:29.30	47.90	200m: 3:05.30	47.52	300m: 4:41.44	48.03	400m: 6:10.74	41.82	
20.	ZAŁ CKA Wiktoria		09	UKS „SZAFIR” Wałbrzych			<b>6:11.12</b>	250	
	50m: 39.46	39.46	150m: 2:16.58	51.17	250m: 3:51.79	47.44	350m: 5:26.52	47.00	
	100m: 1:25.41	45.95	200m: 3:04.35	47.77	300m: 4:39.52	47.73	400m: 6:11.12	44.60	
21.	K DZIA Hanna		09	MKS Juvenia Wrocław			<b>6:17.19</b>	238	
	50m: 39.28	39.28	150m: 2:14.18	48.53	250m: 3:51.62	48.90	350m: 5:29.29	48.89	
	100m: 1:25.65	46.37	200m: 3:02.72	48.54	300m: 4:40.40	48.78	400m: 6:17.19	47.90	
22.	PAWLICKA Magdalena		09	UKS „KORAL” Wrocław			<b>6:17.98</b>	237	
	50m: 40.45	40.45	150m: 2:16.23	49.38	250m: 3:54.83	49.40	350m: 5:31.69	49.52	
	100m: 1:26.85	46.40	200m: 3:05.43	49.20	300m: 4:42.17	47.34	400m: 6:17.98	46.29	
23.	SADOWSKA Anna		09	UKS "Kro nicka Przysa "			<b>6:19.53</b>	234	
	50m: 43.45	43.45	150m: 2:19.38	48.48	250m: 3:56.11	48.00	350m: 5:33.93	48.95	
	100m: 1:30.90	47.45	200m: 3:08.11	48.73	300m: 4:44.98	48.87	400m: 6:19.53	45.60	
24.	BOGIELCZYK Natalia		09	KS Neptun widnica			<b>6:19.91</b>	233	
	50m: 42.83	42.83	150m: 2:18.75	48.64	250m: 3:55.25	48.79	350m: 5:33.02	49.13	
	100m: 1:30.11	47.28	200m: 3:06.46	47.71	300m: 4:43.89	48.64	400m: 6:19.91	46.89	
25.	JA NIECKA Emilia		09	UKS MOS w Opolu			<b>6:20.51</b>	232	
	50m: 44.72	44.72	150m: 2:22.95	49.29	250m: 4:01.05	49.10	350m: 5:37.79	48.03	
	100m: 1:33.66	48.94	200m: 3:11.95	49.00	300m: 4:49.76	48.71	400m: 6:20.51	42.72	
26.	GŁAZ Nina		09	MKS Juvenia Wrocław			<b>6:22.52</b>	228	
	50m: 40.24	40.24	150m: 2:16.85	49.69	250m: 3:57.09	49.94	350m: 5:36.28	49.81	
	100m: 1:27.16	46.92	200m: 3:07.15	50.30	300m: 4:46.47	49.38	400m: 6:22.52	46.24	
27.	CALI SKA Lena		09	MKS Juvenia Wrocław			<b>6:23.41</b>	227	
	50m: 42.68	42.68	150m: 2:20.23	49.75	250m: 4:00.45	49.95	350m: 5:37.00	47.76	
	100m: 1:30.48	47.80	200m: 3:10.50	50.27	300m: 4:49.24	48.79	400m: 6:23.41	46.41	
28.	SYKSTUS Lena		09	KS JUST SWIM Jelenia Góra			<b>6:28.70</b>	217	
	50m: 45.16	45.16	150m: 2:24.48	49.98	250m: 4:03.95	49.51	350m: 5:43.49	49.30	
	100m: 1:34.50	49.34	200m: 3:14.44	49.96	300m: 4:54.19	50.24	400m: 6:28.70	45.21	
29.	PRZYSIEK Natalia		09	UKS „KORAL” Wrocław			<b>6:28.99</b>	217	
	50m: 42.97	42.97	150m: 2:22.46	50.04	250m: 4:01.78	49.89	350m: 5:41.73	49.44	
	100m: 1:32.42	49.45	200m: 3:11.89	49.43	300m: 4:52.29	50.51	400m: 6:28.99	47.26	
30.	JAROS Martyna		09	KS Neptun widnica			<b>6:29.01</b>	217	
	50m: 40.84	40.84	150m: 2:18.97	49.26	250m: 3:59.10	50.45	350m: 5:41.14	50.70	
	100m: 1:29.71	48.87	200m: 3:08.65	49.68	300m: 4:50.44	51.34	400m: 6:29.01	47.87	
31.	KARAPETYAN Luysa		09	MKS Juvenia Wrocław			<b>6:47.99</b>	188	
	50m: 45.09	45.09	150m: 2:28.90	51.89	250m: 4:13.37	52.46	350m: 5:59.34	53.33	
	100m: 1:37.01	51.92	200m: 3:20.91	52.01	300m: 5:06.01	52.64	400m: 6:47.99	48.65	
32.	SZAREK Nikola		09	MKS Juvenia Wrocław			<b>6:50.01</b>	185	
	50m: 44.32	44.32	150m: 2:28.04	52.08	250m: 4:12.52	52.20	350m: 5:58.65	53.11	
	100m: 1:35.96	51.64	200m: 3:20.32	52.28	300m: 5:05.54	53.02	400m: 6:50.01	51.36	
33.	WŁODARSKA Lena		09	UKS „KORAL” Wrocław			<b>6:53.88</b>	180	
	50m: 44.75	44.75	150m: 2:30.43	53.78	250m: 4:18.11	53.42	350m: 6:04.26	53.12	
	100m: 1:36.65	51.90	200m: 3:24.69	54.26	300m: 5:11.14	53.03	400m: 6:53.88	49.62	
34.	KUBIK Justyna		09	KS JUST SWIM Jelenia Góra			<b>6:55.08</b>	178	
	50m: 42.45	42.45	150m: 2:26.03	52.30	250m: 4:15.04	54.66	350m: 6:03.38	53.85	
	100m: 1:33.73	51.28	200m: 3:20.38	54.35	300m: 5:09.53	54.49	400m: 6:55.08	51.70	
35.	GROMALA Anastazja		09	Ks Just Swim Jelenia Góra			<b>6:58.29</b>	174	
	50m: 47.55	47.55	150m: 2:35.91	55.39	250m: 4:24.41	54.13	350m: 6:11.08	53.39	
	100m: 1:40.52	52.97	200m: 3:30.28	54.37	300m: 5:17.69	53.28	400m: 6:58.29	47.21	

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Pozycja			Rok ur.					Czas	Pkt.			
36.	TARASIEWICZ	Bianka	09	UKS Energetyk Zgorzelec					<b>6:58.78</b>	174		
	50m:	45.40	45.40	150m:	2:31.19	53.66	250m:	4:21.60	55.00	350m:	6:11.79	51.51
	100m:	1:37.53	52.13	200m:	3:26.60	55.41	300m:	5:20.28	58.68	400m:	6:58.78	46.99
37.	CHRIST	Wiktoria	09	MKS Juvenia Wrocław					<b>7:02.28</b>	169		
	50m:	45.89	45.89	150m:	2:31.85	52.70	250m:	4:21.14	54.25	350m:	6:11.86	55.38
	100m:	1:39.15	53.26	200m:	3:26.89	55.04	300m:	5:16.48	55.34	400m:	7:02.28	50.42
38.	WILK	Natalia	09	MKS Juvenia Wrocław					<b>7:03.94</b>	167		
	50m:	47.83	47.83	150m:	2:38.10	54.71	250m:	4:29.47	56.42	350m:	6:12.96	52.73
	100m:	1:43.39	55.56	200m:	3:33.05	54.95	300m:	5:20.23	50.76	400m:	7:03.94	50.98
39.	DERDA	Hanna	09	DOKiS SP Vega Dobrodzie					<b>7:10.06</b>	160		
	50m:	46.90	46.90	150m:	2:38.22	55.36	250m:	4:29.67	54.76	350m:	6:19.84	54.39
	100m:	1:42.86	55.96	200m:	3:34.91	56.69	300m:	5:25.45	55.78	400m:	7:10.06	50.22
40.	MA LAK	Emilia	09	Ks Just Swim Jelenia Góra					<b>7:17.55</b>	152		
	50m:	48.37	48.37	150m:	2:37.67	54.93	250m:	4:29.86	57.12	350m:	6:22.03	54.05
	100m:	1:42.74	54.37	200m:	3:32.74	55.07	300m:	5:27.98	58.12	400m:	7:17.55	55.52
41.	RYZNDAR	Kornelia	09	MKS Juvenia Wrocław					<b>7:27.97</b>	142		
	50m:	48.86	48.86	150m:	2:41.10	57.71	250m:	4:37.79	58.46	350m:	6:34.63	58.19
	100m:	1:43.39	54.53	200m:	3:39.33	58.23	300m:	5:36.44	58.65	400m:	7:27.97	53.34
42.	RADWA SKA	Magdalena	09	KS JUST SWIM Jelenia Góra					<b>7:43.29</b>	128		
	50m:	46.83	46.83	150m:	2:43.01	1:01.23	250m:	4:44.57	1:00.50	350m:	6:48.72	1:01.33
	100m:	1:41.78	54.95	200m:	3:44.07	1:01.06	300m:	5:47.39	1:02.82	400m:	7:43.29	54.57
43.	SŁUGOCKA	Dominika	09	MKS Juvenia Wrocław					<b>8:22.20</b>	101		
	50m:	55.95	55.95	150m:	3:03.98	1:04.21	250m:	5:13.32	1:04.69	350m:	7:22.26	1:04.79
	100m:	1:59.77	1:03.82	200m:	4:08.63	1:04.65	300m:	6:17.47	1:04.15	400m:	8:22.20	59.94
PK	DYGAS	Anastazja	09	UKS DELFINEK Legnica spr								
PK	NOSAL	Nela	10	MKS Juvenia Wrocław ZP					<b>6:12.91</b>	246		
	50m:	39.64	39.64	150m:	2:14.90	47.49	250m:	3:52.81	49.38	350m:	5:29.97	49.71
	100m:	1:27.41	47.77	200m:	3:03.43	48.53	300m:	4:40.26	47.45	400m:	6:12.91	42.94
PK	SHEPTUN	Kateryna	10	MKS Juvenia Wrocław DS					<b>6:40.06</b>	199		
	50m:	42.94	42.94	150m:	2:25.69	52.73	250m:	4:09.50	52.03	350m:	5:52.72	51.23
	100m:	1:32.96	50.02	200m:	3:17.47	51.78	300m:	5:01.49	51.99	400m:	6:40.06	47.34
PK	SZKLENNIK	Lena	10	MKS Juvenia Wrocław DS					<b>6:47.57</b>	189		
	50m:	42.57	42.57	150m:	2:27.09	51.48	250m:	4:12.84	53.02	350m:	5:58.57	53.31
	100m:	1:35.61	53.04	200m:	3:19.82	52.73	300m:	5:05.26	52.42	400m:	6:47.57	49.00
PK	KARAPETYAN	Luiza	10	MKS Juvenia Wrocław DS					<b>7:10.27</b>	160		
	50m:	45.93	45.93	150m:	2:36.48	54.85	250m:	4:27.32	55.08	350m:	6:18.18	56.48
	100m:	1:41.63	55.70	200m:	3:32.24	55.76	300m:	5:21.70	54.38	400m:	7:10.27	52.09
PK	RYNDAK	Julia	10	MKS Juvenia Wrocław DS					<b>7:30.75</b>	139		
	50m:	56.36	56.36	150m:	3:11.92	1:08.13	250m:	5:26.07	1:08.03	350m:		
	100m:	2:03.79	1:07.43	200m:	4:18.04	1:06.12	300m:	6:31.49	1:05.42	400m:	7:30.75	