

Ogólnopolski sprawdzian wytrzymało ci i wszechstronno ci stylowej dzieci 11-12 letnich  
Wrocław, 19.11.2021

Konkurencja 5  
2021.11.19 - 11:18

Dziewcz t, 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.							Czas	Pkt.
1.	KO LAK Hanna		10	UKS „HS” Team Kryty Basen Kłodzko						<b>4:59.87</b>	474
	50m:	33.75 33.75	150m:	1:50.38	38.87	250m:	3:06.59	38.01	350m:	4:23.50	38.03
	100m:	1:11.51 37.76	200m:	2:28.58	38.20	300m:	3:45.47	38.88	400m:	4:59.87	36.37
2.	BERDECHOWSKA Martyna		10	WKS I sk						<b>5:20.12</b>	390
	50m:	35.35 35.35	150m:	1:57.59	41.39	250m:	3:19.94	41.37	350m:	4:42.13	41.05
	100m:	1:16.20 40.85	200m:	2:38.57	40.98	300m:	4:01.08	41.14	400m:	5:20.12	37.99
3.	JAWORSKA Aleksandra		10	WKS I sk						<b>5:22.70</b>	380
	50m:	36.01 36.01	150m:	1:58.58	41.95	250m:	3:21.30	41.60	350m:	4:44.07	41.11
	100m:	1:16.63 40.62	200m:	2:39.70	41.12	300m:	4:02.96	41.66	400m:	5:22.70	38.63
4.	PI TEK Nadia		10	WKS I sk						<b>5:25.59</b>	370
	50m:	35.39 35.39	150m:	1:57.88	41.58	250m:	3:21.07	41.84	350m:	4:45.05	41.36
	100m:	1:16.30 40.91	200m:	2:39.23	41.35	300m:	4:03.69	42.62	400m:	5:25.59	40.54
5.	NOSAL Nela		10	MKS Juvenia Wrocław						<b>5:32.26</b>	348
	50m:	35.92 35.92	150m:	2:00.78	43.03	250m:	3:27.22	42.46	350m:	4:52.64	42.29
	100m:	1:17.75 41.83	200m:	2:44.76	43.98	300m:	4:10.35	43.13	400m:	5:32.26	39.62
6.	MICHAEL Emma		10	CSiR MOS w D browie Górnicy						<b>5:34.08</b>	343
	50m:	37.88 37.88	150m:	2:03.22	43.03	250m:	3:27.95	42.79	350m:	4:53.54	42.16
	100m:	1:20.19 42.31	200m:	2:45.16	41.94	300m:	4:11.38	43.43	400m:	5:34.08	40.54
7.	GŁOWACKA Julia		10	MKS Juvenia Wrocław						<b>5:47.64</b>	304
	50m:	41.08 41.08	150m:	2:10.51	44.59	250m:	3:38.52	44.39	350m:	5:07.94	44.32
	100m:	1:25.92 44.84	200m:	2:54.13	43.62	300m:	4:23.62	45.10	400m:	5:47.64	39.70
8.	BAŁABUCH Aleksandra		10	WKS I sk						<b>5:49.47</b>	299
	50m:	38.01 38.01	150m:	2:05.22	43.87	250m:	3:34.92	44.91	350m:	5:05.09	45.18
	100m:	1:21.35 43.34	200m:	2:50.01	44.79	300m:	4:19.91	44.99	400m:	5:49.47	44.38
9.	STANKOWSKA Jagoda		10	UKS „HS” Team Kryty Basen Kłodzko						<b>5:51.90</b>	293
	50m:	37.43 37.43	150m:	2:05.41	44.61	250m:	3:35.68	45.47	350m:	5:07.88	46.51
	100m:	1:20.80 43.37	200m:	2:50.21	44.80	300m:	4:21.37	45.69	400m:	5:51.90	44.02
10.	ŁADO Natalia		10	UKS KORAL Wrocław						<b>5:52.27</b>	292
	50m:	37.65 37.65	150m:	2:08.45	46.38	250m:	3:38.78	45.49	350m:	5:08.43	44.54
	100m:	1:22.07 44.42	200m:	2:53.29	44.84	300m:	4:23.89	45.11	400m:	5:52.27	43.84
11.	HARTWIG Michalina		10	WKS I sk						<b>5:52.32</b>	292
	50m:	38.59 38.59	150m:	2:09.96	46.62	250m:	3:42.26	45.77	350m:	5:12.61	45.70
	100m:	1:23.34 44.75	200m:	2:56.49	46.53	300m:	4:26.91	44.65	400m:	5:52.32	39.71
12.	SZKLENNIK Lena		10	MKS Juvenia Wrocław						<b>5:53.79</b>	289
	50m:	38.45 38.45	150m:	2:09.89	46.31	250m:	3:41.57	45.69	350m:	5:12.16	44.49
	100m:	1:23.58 45.13	200m:	2:55.88	45.99	300m:	4:27.67	46.10	400m:	5:53.79	41.63
13.	KOZI SKA Łucja		10	UKS KORAL Wrocław						<b>5:59.94</b>	274
	50m:	37.01 37.01	150m:	2:07.17	46.89	250m:	3:41.60	46.42	350m:	5:14.43	46.01
	100m:	1:20.28 43.27	200m:	2:55.18	48.01	300m:	4:28.42	46.82	400m:	5:59.94	45.51
14.	POR BA Martyna		10	UKS „HS” Team Kryty Basen Kłodzko						<b>6:01.12</b>	271
	50m:	41.82 41.82	150m:	2:13.39	46.07	250m:	3:47.20	46.83	350m:	5:18.89	44.65
	100m:	1:27.32 45.50	200m:	3:00.37	46.98	300m:	4:34.24	47.04	400m:	6:01.12	42.23
15.	SHEPTUN Kateryna		10	MKS Juvenia Wrocław						<b>6:03.37</b>	266
	50m:	36.35 36.35	150m:	2:09.22	48.15	250m:	3:45.48	49.68	350m:	5:20.86	47.53
	100m:	1:21.07 44.72	200m:	2:55.80	46.58	300m:	4:33.33	47.85	400m:	6:03.37	42.51
16.	KOZŁOWSKA Milena		10	KS JUST SWIM Jelenia Góra						<b>6:04.53</b>	264
	50m:	37.49 37.49	150m:	2:10.33	47.85	250m:	3:45.21	47.34	350m:	5:19.32	47.03
	100m:	1:22.48 44.99	200m:	2:57.87	47.54	300m:	4:32.29	47.08	400m:	6:04.53	45.21
17.	LIPIEC Nina		10	UKS KORAL Wrocław						<b>6:10.29</b>	252
	50m:	40.53 40.53	150m:	2:12.65	46.59	250m:	3:49.09	48.43	350m:	5:25.06	47.44
	100m:	1:26.06 45.53	200m:	3:00.66	48.01	300m:	4:37.62	48.53	400m:	6:10.29	45.23

Ogólnopolski sprawdzian wytrzymało ci i wszechstronno ci stylowej dzieci 11-12 letnich  
Wrocław, 19.11.2021

Konkurencja 5, Dziewcz t, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	SZAŁAJ Zuzanna		10	UKS KORAL Wrocław				<b>6:13.20</b>	246
	50m:	40.38 40.38	150m:	2:14.97 47.90	250m:	3:50.41 48.67	350m:	5:26.94 48.51	
	100m:	1:27.07 46.69	200m:	3:01.74 46.77	300m:	4:38.43 48.02	400m:	6:13.20 46.26	
19.	PASTUSZKA Maja		10	UKS KORAL Wrocław				<b>6:13.59</b>	245
	50m:	42.00 42.00	150m:	2:17.74 48.47	250m:	3:54.70 48.41	350m:	5:30.51 47.06	
	100m:	1:29.27 47.27	200m:	3:06.29 48.55	300m:	4:43.45 48.75	400m:	6:13.59 43.08	
20.	MIELCZAREK Oliwia		10	UKS KORAL Wrocław				<b>6:14.02</b>	244
	50m:	42.81 42.81	150m:	2:17.08 47.82	250m:	3:52.28 47.48	350m:	5:29.14 49.03	
	100m:	1:29.26 46.45	200m:	3:04.80 47.72	300m:	4:40.11 47.83	400m:	6:14.02 44.88	
21.	STARZAK Nadia		10	UKS „HS” Team Kryty Basen Kłodzko				<b>6:15.15</b>	242
	50m:	41.90 41.90	150m:	2:21.62 51.29	250m:	4:02.13 50.75	350m:	5:42.42 50.09	
	100m:	1:30.33 48.43	200m:	3:11.38 49.76	300m:	4:52.33 50.20	400m:	6:15.15 32.73	
22.	STRZELECKA Julia		10	UKS KORAL Wrocław				<b>6:16.31</b>	240
	50m:	39.04 39.04	150m:	2:12.02 47.69	250m:	3:49.76 49.60	350m:	5:29.63 50.83	
	100m:	1:24.33 45.29	200m:	3:00.16 48.14	300m:	4:38.80 49.04	400m:	6:16.31 46.68	
23.	ZHYTENKO Viktoriya		10	MKS Juvenia Wrocław				<b>6:16.70</b>	239
	50m:	42.45 42.45	150m:	2:18.87 48.25	250m:	3:56.51 48.95	350m:	5:30.30 46.95	
	100m:	1:30.62 48.17	200m:	3:07.56 48.69	300m:	4:43.35 46.84	400m:	6:16.70 46.40	
24.	K SKA Klara		10	WKS I sk				<b>6:16.86</b>	239
	50m:	41.75 41.75	150m:	2:18.95 48.55	250m:	3:56.93 49.26	350m:	5:33.09 47.10	
	100m:	1:30.40 48.65	200m:	3:07.67 48.72	300m:	4:45.99 49.06	400m:	6:16.86 43.77	
25.	KAJDA Katarzyna		10	KS JUST SWIM Jelenia Góra				<b>6:16.96</b>	238
	50m:	41.22 41.22	150m:	2:17.35 49.09	250m:	3:56.38 49.58	350m:	5:32.69 48.02	
	100m:	1:28.26 47.04	200m:	3:06.80 49.45	300m:	4:44.67 48.29	400m:	6:16.96 44.27	
26.	URAKOWSKA Zuzanna		10	KS Neptun widnica				<b>6:20.70</b>	231
	50m:	41.10 41.10	150m:		250m:	3:57.04 50.58	350m:	5:33.67 48.49	
	100m:	1:28.29 47.19	200m:	3:06.46	300m:	4:45.18 48.14	400m:	6:20.70 47.03	
27.	KAMI SKA Małgorzata		10	UKS "Kro nicka Przysa "				<b>6:23.11</b>	227
	50m:	43.21 43.21	150m:	2:20.59 48.49	250m:	4:00.13 49.88	350m:	5:37.66 48.43	
	100m:	1:32.10 48.89	200m:	3:10.25 49.66	300m:	4:49.23 49.10	400m:	6:23.11 45.45	
28.	JENDRZEJ Klara		10	DOKiS SP Vega Dobrodzie				<b>6:31.80</b>	212
	50m:	43.50 43.50	150m:	2:22.58 50.15	250m:	4:02.51 49.92	350m:	5:43.72 50.64	
	100m:	1:32.43 48.93	200m:	3:12.59 50.01	300m:	4:53.08 50.57	400m:	6:31.80 48.08	
29.	NIEMIEC Marta		10	WKS I sk				<b>6:33.76</b>	209
	50m:	43.51 43.51	150m:	2:23.28 52.03	250m:	4:04.16 50.03	350m:	5:45.24 49.86	
	100m:	1:31.25 47.74	200m:	3:14.13 50.85	300m:	4:55.38 51.22	400m:	6:33.76 48.52	
30.	JABŁO SKA Martyna		10	MKS Juvenia Wrocław				<b>6:33.98</b>	209
	50m:	44.53 44.53	150m:	2:26.31 51.75	250m:	4:10.32 52.23	350m:	5:50.06 49.28	
	100m:	1:34.56 50.03	200m:	3:18.09 51.78	300m:	5:00.78 50.46	400m:	6:33.98 43.92	
31.	GLASGALL Zuzanna		10	UKS KORAL Wrocław				<b>6:35.92</b>	206
	50m:	42.28 42.28	150m:	2:23.81 51.75	250m:	4:07.49 52.04	350m:	5:50.60 51.99	
	100m:	1:32.06 49.78	200m:	3:15.45 51.64	300m:	4:58.61 51.12	400m:	6:35.92 45.32	
32.	PIOTROWSKA Nadia		10	UKS KORAL Wrocław				<b>6:41.50</b>	197
	50m:	43.14 43.14	150m:	2:25.10 52.29	250m:	4:09.49 52.49	350m:	5:50.31 47.83	
	100m:	1:32.81 49.67	200m:	3:17.00 51.90	300m:	5:02.48 52.99	400m:	6:41.50 51.19	
33.	SZEBYSTY Hanna		10	MKS Juvenia Wrocław				<b>6:43.85</b>	194
	50m:	44.72 44.72	150m:	2:26.56 50.85	250m:	4:12.27 52.73	350m:	5:56.83 51.87	
	100m:	1:35.71 50.99	200m:	3:19.54 52.98	300m:	5:04.96 52.69	400m:	6:43.85 47.02	
34.	KARAPETYAN Luiza		10	MKS Juvenia Wrocław				<b>6:45.97</b>	191
	50m:	45.29 45.29	150m:	2:28.07 51.34	250m:	4:10.32 51.38	350m:	5:55.37 53.34	
	100m:	1:36.73 51.44	200m:	3:18.94 50.87	300m:	5:02.03 51.71	400m:	6:45.97 50.60	
35.	SKAWI SKA Lena		10	WKS I sk				<b>6:48.22</b>	188
	50m:	46.81 46.81	150m:	2:31.93 52.65	250m:	4:16.94 52.93	350m:	6:01.29 51.81	
	100m:	1:39.28 52.47	200m:	3:24.01 52.08	300m:	5:09.48 52.54	400m:	6:48.22 46.93	

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Konkurencja 5, Dziewcz t, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.		
36.	WINCZURA Estera		10	UKS KORAL Wrocław				<b>6:49.59</b>	186		
	50m:	46.45 46.45	150m:	2:31.63	53.38	250m:	4:17.58	53.19	350m:	6:02.51	51.05
	100m:	1:38.25 51.80	200m:	3:24.39	52.76	300m:	5:11.46	53.88	400m:	6:49.59	47.08
37.	GRZYBAŁA Aleksandra		10	WKS I sk				<b>6:52.25</b>	182		
	50m:	47.08 47.08	150m:	2:32.75	52.87	250m:	4:20.93	53.97	350m:	6:06.86	52.58
	100m:	1:39.88 52.80	200m:	3:26.96	54.21	300m:	5:14.28	53.35	400m:	6:52.25	45.39
38.	MUSZY SKA Hanna		10	Gminny Klub Pływacki 7 Zdrój Trzebnica				<b>6:54.87</b>	179		
	50m:	43.28 43.28	150m:	2:26.57	53.24	250m:	4:14.47	54.09	350m:	6:02.68	54.00
	100m:	1:33.33 50.05	200m:	3:20.38	53.81	300m:	5:08.68	54.21	400m:	6:54.87	52.19
39.	POPANDA Blanka		10	DOKiS SP Vega Dobrodzie				<b>7:05.83</b>	165		
	50m:	44.88 44.88	150m:	2:32.15	53.53	250m:	4:23.10	55.39	350m:	6:10.51	52.72
	100m:	1:38.62 53.74	200m:	3:27.71	55.56	300m:	5:17.79	54.69	400m:	7:05.83	55.32
40.	KOPKA Liwia		10	UKS KORAL Wrocław				<b>7:08.24</b>	162		
	50m:	47.24 47.24	150m:	2:39.79	56.58	250m:	4:33.18	56.03	350m:	6:21.35	52.11
	100m:	1:43.21 55.97	200m:	3:37.15	57.36	300m:	5:29.24	56.06	400m:	7:08.24	46.89
41.	FIE KO Wiktoria		10	MKS Juvenia Wrocław				<b>7:12.92</b>	157		
	50m:	49.65 49.65	150m:	2:43.76	57.96	250m:	4:35.20	55.19	350m:	6:23.93	53.35
	100m:	1:45.80 56.15	200m:	3:40.01	56.25	300m:	5:30.58	55.38	400m:	7:12.92	48.99
42.	POLITACHA Emilia		10	UKS KORAL Wrocław				<b>7:17.15</b>	153		
	50m:	47.47 47.47	150m:	2:38.14	56.26	250m:	4:31.96	56.48	350m:	6:24.29	56.91
	100m:	1:41.88 54.41	200m:	3:35.48	57.34	300m:	5:27.38	55.42	400m:	7:17.15	52.86
43.	CICHY Lena		10	Gminny Klub Pływacki 7 Zdrój Trzebnica				<b>7:17.44</b>	152		
	50m:	47.73 47.73	150m:	2:41.82	57.36	250m:	4:37.57	57.95	350m:	6:27.63	53.52
	100m:	1:44.46 56.73	200m:	3:39.62	57.80	300m:	5:34.11	56.54	400m:	7:17.44	49.81
44.	WOLNIEWICZ Karmela		10	MKS Juvenia Wrocław				<b>7:17.63</b>	152		
	50m:	46.82 46.82	150m:	2:40.56	57.24	250m:	4:34.39	55.06	350m:	6:25.99	54.43
	100m:	1:43.32 56.50	200m:	3:39.33	58.77	300m:	5:31.56	57.17	400m:	7:17.63	51.64
45.	NABORCZYK Julia		10	MKS Juvenia Wrocław				<b>7:19.95</b>	150		
	50m:	43.19 43.19	150m:	2:33.89	56.96	250m:	4:29.47	57.75	350m:	6:25.98	58.14
	100m:	1:36.93 53.74	200m:	3:31.72	57.83	300m:	5:27.84	58.37	400m:	7:19.95	53.97
46.	SIKORA Natalia		10	UKS KORAL Wrocław				<b>7:33.83</b>	136		
	50m:	51.24 51.24	150m:	2:47.13	59.00	250m:	4:44.48	58.56	350m:	6:46.34	1:03.81
	100m:	1:48.13 56.89	200m:	3:45.92	58.79	300m:	5:42.53	58.05	400m:	7:33.83	47.49
47.	RYNDAK Julia		10	MKS Juvenia Wrocław				<b>7:35.97</b>	135		
	50m:	48.16 48.16	150m:	2:45.33	59.08	250m:	4:43.44	59.31	350m:	6:41.50	59.32
	100m:	1:46.25 58.09	200m:	3:44.13	58.80	300m:	5:42.18	58.74	400m:	7:35.97	54.47
48.	KAWAŁKO Liliana		10	UKS KORAL Wrocław				<b>7:37.73</b>	133		
	50m:	46.47 46.47	150m:	2:42.94	59.37	250m:	4:41.82	59.52	350m:	6:44.44	1:01.81
	100m:	1:43.57 57.10	200m:	3:42.30	59.36	300m:	5:42.63	1:00.81	400m:	7:37.73	53.29
49.	CZAJKOWSKA Patrycja		10	UKS KORAL Wrocław				<b>7:40.64</b>	130		
	50m:	48.72 48.72	150m:	2:49.48	1:00.51	250m:	4:50.30	1:00.10	350m:	6:47.92	58.06
	100m:	1:48.97 1:00.25	200m:	3:50.20	1:00.72	300m:	5:49.86	59.56	400m:	7:40.64	52.72
50.	NOWAK Maja		10	UKS KORAL Wrocław				<b>7:41.30</b>	130		
	50m:	48.88 48.88	150m:	2:49.79	1:01.75	250m:	4:53.85	1:01.88	350m:	6:52.43	57.53
	100m:	1:48.04 59.16	200m:	3:51.97	1:02.18	300m:	5:54.90	1:01.05	400m:	7:41.30	48.87
51.	JÓZEPIAK Maja		10	UKS KORAL Wrocław				<b>8:01.15</b>	114		
	50m:	49.77 49.77	150m:	2:53.79	1:03.46	250m:	5:00.34	1:02.99	350m:	7:02.13	1:02.20
	100m:	1:50.33 1:00.56	200m:	3:57.35	1:03.56	300m:	5:59.93	59.59	400m:	8:01.15	59.02
52.	NOWAK Michalina		10	UKS KORAL Wrocław				<b>8:14.87</b>	105		
	50m:	50.54 50.54	150m:	2:54.30	1:02.83	250m:	5:04.85	1:04.08	350m:	7:14.13	1:04.04
	100m:	1:51.47 1:00.93	200m:	4:00.77	1:06.47	300m:	6:10.09	1:05.24	400m:	8:14.87	1:00.74
53.	LAVRENTSOVA Yelyzaveta		10	UKS KORAL Wrocław				<b>8:23.21</b>	100		
	50m:	51.21 51.21	150m:	3:02.59	1:07.26	250m:	5:13.45	1:05.71	350m:	7:23.46	1:04.82
	100m:	1:55.33 1:04.12	200m:	4:07.74	1:05.15	300m:	6:18.64	1:05.19	400m:	8:23.21	59.75

Ogólnopolski sprawdzian wytrzymało ci i wszechstronno ci stylowej dzieci 11-12 letnich  
Wrocław, 19.11.2021

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Konkurencja 5, Dziewcz t, 400m dowolny, 11 lat

Pozycja				Rok ur.					Czas	Pkt.		
DYSKW.	KACZOR	Anna		10	Gminny Klub Pływacki 7 Zdrój Trzebnica							
DYSKW.	KISZCZAK	Małgorzata		10	MKS Juvenia Wrocław							
PK	TRAMS	Hanna		11	MKS Juvenia Wrocław					<b>6:14.33</b>	244	
	50m:	42.35	42.35	150m:	2:16.63	47.65	250m:	3:53.11	47.71	350m:	5:30.15	48.82
	100m:	1:28.98	46.63	200m:	3:05.40	48.77	300m:	4:41.33	48.22	400m:	6:14.33	44.18