

Ogólnopolski Sprawdzian Wszechstronności  
 Łódź, 7- - 8-11-2013

Konkurencja 9  
 2013-11-08 - 14:55

Kobiet, 400m zmienny

13 lat i starsi  
 Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.	
<b>13 - 14 lat</b>										
1.	PIECHOTA, Paulina		99	UKS 190 Łódź				<b>5:03.99</b>	633	
	50m:	32.14 32.14	150m:	1:47.00	37.97	250m:	3:09.00	44.12	350m:	4:29.61 35.90
	100m:	1:09.03 36.89	200m:	2:24.88	37.88	300m:	3:53.71	44.71	400m:	5:03.99 34.38
2.	NIESZPOREK, Wiktoria		99	UKS 190 Łódź				<b>5:09.55</b>	599	
	50m:	34.57 34.57	150m:	1:55.00	40.04	250m:	3:16.35	41.92	350m:	4:35.16 36.51
	100m:	1:14.96 40.39	200m:	2:34.43	39.43	300m:	3:58.65	42.30	400m:	5:09.55 34.39
3.	ZROBEK, Natalia		99	UKS 190 Łódź				<b>5:22.75</b>	529	
	50m:	33.14 33.14	150m:	1:56.64	43.27	250m:	3:25.13	48.15	350m:	4:49.17 34.75
	100m:	1:13.37 40.23	200m:	2:36.98	40.34	300m:	4:14.42	49.29	400m:	5:22.75 33.58
4.	DZWONNIK, Zuzanna		00	UKS SP 19 Łódź				<b>5:26.66</b>	510	
	50m:	34.65 34.65	150m:	1:55.32	40.69	250m:	3:22.90	47.00	350m:	4:48.41 39.24
	100m:	1:14.63 39.98	200m:	2:35.90	40.58	300m:	4:09.17	46.27	400m:	5:26.66 38.25
5.	KRÓL, Oliwia		99	MKS Trójka Łódź				<b>5:29.73</b>	496	
	50m:	34.17 34.17	150m:	1:58.00	44.67	250m:			350m:	4:53.46 37.71
	100m:	1:13.33 39.16	200m:	3:28.78	1:30.78	300m:	4:15.75		400m:	5:29.73 36.27
6.	MICHAŁOWSKA, Martyna		99	UKS 5 Konstancinów				<b>5:34.44</b>	475	
	50m:	38.30 38.30	150m:	2:04.11	40.06	250m:	3:29.95	45.63	350m:	4:55.50 39.92
	100m:	1:24.05 45.75	200m:	2:44.32	40.21	300m:	4:15.58	45.63	400m:	5:34.44 38.94
7.	KOWALSKA, Dominika		00	MKS Trójka Łódź				<b>5:40.74</b>	449	
	50m:	37.29 37.29	150m:	2:07.08	46.02	250m:	3:38.32	46.96	350m:	5:03.78 38.05
	100m:	1:21.06 43.77	200m:	2:51.36	44.28	300m:	4:25.73	47.41	400m:	5:40.74 36.96
8.	NIED WIECKA, Katarzyna		99	UKS 190 Łódź				<b>5:42.02</b>	444	
	50m:	36.26 36.26	150m:	2:04.50	45.43	250m:	3:37.33	48.65	350m:	5:05.23 38.71
	100m:	1:19.07 42.81	200m:	2:48.68	44.18	300m:	4:26.52	49.19	400m:	5:42.02 36.79
9.	KUJAWA, Julia		99	MKS Trójka Łódź				<b>5:46.54</b>	427	
	50m:	40.37 40.37	150m:	2:14.43	46.83	250m:	3:44.85	45.36	350m:	5:09.93 38.11
	100m:	1:27.60 47.23	200m:	2:59.49	45.06	300m:	4:31.82	46.97	400m:	5:46.54 36.61
10.	GIEMZA, Aleksandra		00	UKS 190 Łódź				<b>5:47.88</b>	422	
	50m:	36.68 36.68	150m:	2:06.07	46.11	250m:	3:38.48	48.57	350m:	5:09.64 40.54
	100m:	1:19.96 43.28	200m:	2:49.91	43.84	300m:	4:29.10	50.62	400m:	5:47.88 38.24
11.	LIGENZA, oliwia		00	MKS Trójka Łódź				<b>5:48.03</b>	421	
	50m:	38.61 38.61	150m:	2:09.86	46.42	250m:	3:44.03	50.72	350m:	5:12.26 37.24
	100m:	1:23.44 44.83	200m:	2:53.31	43.45	300m:	4:35.02	50.99	400m:	5:48.03 35.77
12.	NOWOSIELSKA, Martyna		00	MKS Trójka Łódź				<b>5:49.86</b>	415	
	50m:	39.90 39.90	150m:	2:12.73	45.73	250m:	3:44.40	48.31	350m:	5:13.12 39.97
	100m:	1:27.00 47.10	200m:	2:56.09	43.36	300m:	4:33.15	48.75	400m:	5:49.86 36.74
13.	BARTCZAK, Julia		00	SKS 137 Delfin Łódź				<b>5:54.86</b>	398	
	50m:	40.21 40.21	150m:	2:11.64	44.61	250m:	3:47.11	50.81	350m:	5:15.13 37.90
	100m:	1:27.03 46.82	200m:	2:56.30	44.66	300m:	4:37.23	50.12	400m:	5:54.86 39.73
14.	MARASZEK, Hanna		00	MKS Trójka Łódź				<b>5:55.27</b>	396	
	50m:	39.98 39.98	150m:	2:12.65	45.54	250m:	3:46.56	51.89	350m:	5:18.26 40.09
	100m:	1:27.11 47.13	200m:	2:54.67	42.02	300m:	4:38.17	51.61	400m:	5:55.27 37.01
15.	HERENG, Natalia		00	UKS 190 Łódź				<b>5:59.27</b>	383	
	50m:	40.14 40.14	150m:	2:14.81	46.77	250m:	3:50.35	50.18	350m:	5:22.60 40.93
	100m:	1:28.04 47.90	200m:	3:00.17	45.36	300m:	4:41.67	51.32	400m:	5:59.27 36.67
16.	KACPRZAK, Patrycja		00	UKS 190 Łódź				<b>5:59.37</b>	383	
	50m:	40.58 40.58	150m:	2:16.67	45.84	250m:	3:51.28	49.11	350m:	5:20.94 40.12
	100m:	1:30.83 50.25	200m:	3:02.17	45.50	300m:	4:40.82	49.54	400m:	5:59.37 38.43
17.	JUNAK, Nikola		00	SKS 137 Delfin Łódź				<b>6:12.42</b>	344	
	50m:	1:27.21 1:27.21	150m:	2:12.43		250m:	3:52.63	53.70	350m:	
	100m:		200m:	2:58.93	46.50	300m:	4:45.34	52.71	400m:	6:12.42

Ogólnopolski Sprawdzian Wszechstronności  
 Łódź, 7 - 8-11-2013

Konkurencja 9, Dziewcząt, 400m zmienny, 13 - 14 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	NYKIEL, Cyntia		99	MKS Jedyńka Łódź				<b>6:18.67</b>	327
	50m:	41.42 41.42	150m:	2:20.48 49.34	250m:	3:58.35	350m:	5:34.62 44.14	
	100m:	1:31.14 49.72	200m:		300m:	4:50.48 52.13	400m:	6:18.67 44.05	
19.	PABIN, Marta		00	SKS 137 Delfin Łódź				<b>6:21.98</b>	319
	50m:	41.22 41.22	150m:	2:17.43 46.60	250m:	3:58.73 56.47	350m:	5:39.45 44.58	
	100m:	1:30.83 49.61	200m:	3:02.26 44.83	300m:	4:54.87 56.14	400m:	6:21.98 42.53	
20.	SZWARC, Gabrysia		00	UKS 5 Konstancynów				<b>6:48.50</b>	260
	50m:	47.29 47.29	150m:	2:35.54 51.75	250m:	4:20.45 54.66	350m:	6:02.85 46.96	
	100m:	1:43.79 56.50	200m:	3:25.79 50.25	300m:	5:15.89 55.44	400m:	6:48.50 45.65	
21.	KOZŁOWSKA, Karolina		00	SKS 137 Delfin Łódź				<b>6:53.77</b>	251
	50m:	46.90 46.90	150m:	2:33.36 51.47	250m:	4:21.58 59.47	350m:	6:08.04 47.16	
	100m:	1:41.89 54.99	200m:	3:22.11 48.75	300m:	5:20.88 59.30	400m:	6:53.77 45.73	
DYSKW.	MISIORNY, Anna		00	MKS Trójka Łódź				<b>5:48.79</b>	
	<i>g6, k16</i>								
	50m:	37.26 37.26	150m:	2:04.83 43.42	250m:	3:38.22 50.08	350m:	5:09.86 40.03	
	100m:	1:21.41 44.15	200m:	2:48.14 43.31	300m:	4:29.83 51.61	400m:	5:48.79 38.93	

15 lat i starsi

1.	SZPUCHA, Katarzyna		96	MKS Trójka Łódź				<b>4:58.94</b>	665
	50m:	32.65 32.65	150m:	1:47.03 38.18	250m:	3:05.59 41.31	350m:	4:23.35 35.83	
	100m:	1:08.85 36.20	200m:	2:24.28 37.25	300m:	3:47.52 41.93	400m:	4:58.94 35.59	
2.	BAKIES, Gabriela		96	UKS 5 Konstancynów				<b>5:06.43</b>	618
	50m:	33.01 33.01	150m:	1:47.71 38.46	250m:	3:11.08 45.43	350m:	4:32.81 35.39	
	100m:	1:09.25 36.24	200m:	2:25.65 37.94	300m:	3:57.42 46.34	400m:	5:06.43 33.62	
3.	KAMI SKA, Joanna		94	MKS Trójka Łódź				<b>5:16.58</b>	560
	50m:	35.77 35.77	150m:	1:55.52 39.18	250m:	3:19.71 45.85	350m:	4:41.30 36.29	
	100m:	1:16.34 40.57	200m:	2:33.86 38.34	300m:	4:05.01 45.30	400m:	5:16.58 35.28	
4.	WŁODARCZYK, Ewelina		96	MKS Trójka Łódź				<b>5:20.16</b>	542
	50m:	34.25 34.25	150m:	1:56.41 39.98	250m:		350m:	4:44.92 38.26	
	100m:	1:16.43 42.18	200m:	3:21.07 1:24.66	300m:	4:06.66	400m:	5:20.16 35.24	
5.	CIESZKO, Agnieszka		97	MKS Trójka Łódź				<b>5:24.51</b>	520
	50m:	34.44 34.44	150m:	1:57.02 42.49	250m:	3:26.20 48.46	350m:	4:50.52 35.95	
	100m:	1:14.53 40.09	200m:	2:37.74 40.72	300m:	4:14.57 48.37	400m:	5:24.51 33.99	
6.	DUDA, Natasza		98	MKS Trójka Łódź				<b>5:25.82</b>	514
	50m:	36.58 36.58	150m:	2:02.40 43.09	250m:	3:28.57 43.48	350m:	4:49.83 36.99	
	100m:	1:19.31 42.73	200m:	2:45.09 42.69	300m:	4:12.84 44.27	400m:	5:25.82 35.99	
7.	POKRYWKA, Karolina		98	UKS 190 Łódź				<b>5:26.78</b>	509
	50m:	35.25 35.25	150m:	1:56.19 40.49	250m:	3:25.46 48.94	350m:	4:50.70 35.61	
	100m:	1:15.70 40.45	200m:	2:36.52 40.33	300m:	4:15.09 49.63	400m:	5:26.78 36.08	
8.	BARTNIAK, Dorota		97	MKS Trójka Łódź				<b>5:28.74</b>	500
	50m:	35.75 35.75	150m:	1:58.74 41.38	250m:	3:25.71 46.29	350m:	4:50.72 39.32	
	100m:	1:17.36 41.61	200m:	2:39.42 40.68	300m:	4:11.40 45.69	400m:	5:28.74 38.02	
9.	WARDZI SKA, Martyna		98	MKS Trójka Łódź				<b>5:33.95</b>	477
	50m:	37.34 37.34	150m:	2:03.78 44.15	250m:	3:33.14 45.04	350m:	4:58.18 37.44	
	100m:	1:19.63 42.29	200m:	2:48.10 44.32	300m:	4:20.74 47.60	400m:	5:33.95 35.77	
10.	ZIENARSKA, Laura		95	MKS Jedyńka Łódź				<b>5:43.05</b>	440
	50m:	38.92 38.92	150m:	2:10.69 45.87	250m:	3:39.83 44.32	350m:	5:04.81 40.49	
	100m:	1:24.82 45.90	200m:	2:55.51 44.82	300m:	4:24.32 44.49	400m:	5:43.05 38.24	
11.	JAGIELSKA, Ró a		97	MKS Trójka Łódź				<b>5:48.21</b>	421
	50m:	35.43 35.43	150m:	2:01.42 45.48	250m:	3:35.39 50.43	350m:	5:09.24 43.14	
	100m:	1:15.94 40.51	200m:	2:44.96 43.54	300m:	4:26.10 50.71	400m:	5:48.21 38.97	
12.	RÓ YCKA, Magdalena		97	MKS Trójka Łódź				<b>5:58.72</b>	385
	50m:	36.95 36.95	150m:	2:05.23 45.55	250m:	3:42.27 53.15	350m:	5:16.99 41.68	
	100m:	1:19.68 42.73	200m:	2:49.12 43.89	300m:	4:35.31 53.04	400m:	5:58.72 41.73	

Ogólnopolski Sprawdzian Wszechstronności  
Łódź, 7-8-11-2013

Konkurencja 9, Kobiety, 400m zmienny, 15 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
13.	JERUZAL, Jowita			98	MKS Trójka Łód				<b>5:59.05</b>	<b>384</b>		
	50m:	38.52	38.52	150m:	2:10.75	45.59	250m:	3:48.20	53.14	350m:	5:20.66	39.96
	100m:	1:25.16	46.64	200m:	2:55.06	44.31	300m:	4:40.70	52.50	400m:	5:59.05	38.39
DYSKW.	MISTERKA, Kamila			97	MKS Trójka Łód				<b>5:45.47</b>			
	<i>m5, g3, k6</i>											
	50m:	38.97	38.97	150m:	2:08.77	43.58	250m:	3:40.00	48.95	350m:	5:08.73	38.33
	100m:	1:25.19	46.22	200m:	2:51.05	42.28	300m:	4:30.40	50.40	400m:	5:45.47	36.74
NIE UK.	PADYK, Agata			97	MKS Trójka Łód							
	50m:	38.49	38.49	150m:			250m:			350m:		
	100m:	1:26.42	47.93	200m:			300m:			400m:		