

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat  
Łód , 20- - 21-11-2013

Konkurencja 3  
2013-11-20 - 10:32

Dziewcz t, 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.
1.	Patora Maria		02	UKS 5 Kons. Łódzki				<b>5:29.53</b>	362
	50m:	37.34 37.34	150m:	2:00.74	250m:	350m:	4:49.35		
	100m:		200m:	2:43.32	42.58	300m:	400m:	5:29.53 40.18	
2.	Pawłowska Barbara		02	UKS 190 Łód				<b>5:30.98</b>	357
	50m:	38.40 38.40	150m:	2:03.21	42.41	250m:	3:28.86 42.13	350m:	4:52.57 41.97
	100m:	1:20.80 42.40	200m:	2:46.73	43.52	300m:	4:10.60 41.74	400m:	5:30.98 38.41
3.	Rajca Olivia		02	UKS 190 Łód				<b>5:41.35</b>	325
	50m:	38.69 38.69	150m:	2:06.73	44.57	250m:	3:34.85 44.07	350m:	
	100m:	1:22.16 43.47	200m:	2:50.78	44.05	300m:	4:18.75 43.90	400m:	5:41.35
4.	Turek Joanna		02	UKS 190 Łód				<b>5:42.84</b>	321
	50m:	38.72 38.72	150m:	2:06.42	44.15	250m:	3:34.86 44.17	350m:	5:01.37 42.55
	100m:	1:22.27 43.55	200m:	2:50.69	44.27	300m:	4:18.82 43.96	400m:	5:42.84 41.47
5.	Miksa Paulina		02	UKS 190 Łód				<b>5:42.96</b>	321
	50m:	39.09 39.09	150m:	2:08.02	44.53	250m:	3:36.36 43.59	350m:	5:02.76 42.54
	100m:	1:23.49 44.40	200m:	2:52.77	44.75	300m:	4:20.22 43.86	400m:	5:42.96 40.20
6.	Pi ko Natalia		02	UKS SP 149 Łód				<b>5:43.00</b>	321
	50m:	39.18 39.18	150m:	2:07.24	44.17	250m:	3:34.51 43.80	350m:	4:57.64 42.27
	100m:	1:23.07 43.89	200m:	2:50.71	43.47	300m:	4:15.37 40.86	400m:	5:43.00 45.36
7.	Nowakowska Lidia		02	UKS 190 Łód				<b>5:43.15</b>	320
	50m:	39.63 39.63	150m:	2:06.62	44.19	250m:	3:34.20 43.89	350m:	5:01.30 43.14
	100m:	1:22.43 42.80	200m:	2:50.31	43.69	300m:	4:18.16 43.96	400m:	5:43.15 41.85
8.	Pydyszewska Ewa		02	UKS 5 Kons. Łódzki				<b>5:43.33</b>	320
	50m:	40.05 40.05	150m:	2:07.04	43.58	250m:	3:35.83 44.77	350m:	5:02.46 43.03
	100m:	1:23.46 43.41	200m:	2:51.06	44.02	300m:	4:19.43 43.60	400m:	5:43.33 40.87
9.	Raczy ska Nikola		02	MKS Trójka Łód				<b>5:45.71</b>	313
	50m:	38.12 38.12	150m:	2:07.27	44.88	250m:	3:35.36 43.94	350m:	5:04.50 44.89
	100m:	1:22.39 44.27	200m:	2:51.42	44.15	300m:	4:19.61 44.25	400m:	5:45.71 41.21
10.	D browska Tatiana		02	UKS 5 Kons. Łódzki				<b>5:48.22</b>	307
	50m:	39.19 39.19	150m:	2:08.42	45.07	250m:		350m:	
	100m:	1:23.35 44.16	200m:	2:53.16	44.74	300m:	4:22.10	400m:	5:48.22
11.	Gotlib Paulina		02	UKS 5 Kons. Łódzki				<b>5:56.30</b>	286
	50m:	40.27 40.27	150m:	2:11.90	45.92	250m:	3:44.24 46.34	350m:	5:14.75 44.81
	100m:	1:25.98 45.71	200m:	2:57.90	46.00	300m:	4:29.94 45.70	400m:	5:56.30 41.55
12.	Sibelska Barbara		02	UKS SP 149 Łód				<b>5:58.04</b>	282
	50m:	42.10 42.10	150m:	2:13.99	46.19	250m:	3:45.39 45.67	350m:	5:16.49 45.68
	100m:	1:27.80 45.70	200m:	2:59.72	45.73	300m:	4:30.81 45.42	400m:	5:58.04 41.55
13.	Nowakowska Małgorzata		02	UKS 190 Łód				<b>5:58.07</b>	282
	50m:	40.95 40.95	150m:	2:12.91	45.50	250m:	3:43.56 44.58	350m:	5:13.93 44.91
	100m:	1:27.41 46.46	200m:	2:58.98	46.07	300m:	4:29.02 45.46	400m:	5:58.07 44.14
14.	Zasada Klaudia		02	UKS 190 Łód				<b>5:58.81</b>	280
	50m:	42.21 42.21	150m:		250m:	350m:	5:17.45		
	100m:		200m:		300m:	400m:	5:58.81 41.36		
15.	Rudzi ska Wiktoria		02	SKS 137 Delfin Łód				<b>6:01.36</b>	274
	50m:	40.69 40.69	150m:	2:15.43	47.49	250m:	3:48.95 46.60	350m:	5:19.30 44.19
	100m:	1:27.94 47.25	200m:	3:02.35	46.92	300m:	4:35.11 46.16	400m:	6:01.36 42.06
16.	Jó wik Aleksandra		02	SKS 137 Delfin Łód				<b>6:02.98</b>	271
	50m:	41.03 41.03	150m:	2:14.06	47.02	250m:	3:48.39 46.68	350m:	5:22.29 46.40
	100m:	1:27.04 46.01	200m:	3:01.71	47.65	300m:	4:35.89 47.50	400m:	6:02.98 40.69
17.	Krakowiak Paulina		02	SKS 137 Delfin Łód				<b>6:04.78</b>	267
	50m:	40.90 40.90	150m:	2:13.04	46.26	250m:	3:46.54 46.65	350m:	5:21.26 47.14
	100m:	1:26.78 45.88	200m:	2:59.89	46.85	300m:	4:34.12 47.58	400m:	6:04.78 43.52

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat  
 Łód , 20 - 21-11-2013

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

Pozycja			Rok ur.					Czas	Pkt.
18.	Pietrowska Martyna		02	MKS Trójka Łód				<b>6:08.95</b>	258
	50m:	41.49 41.49	150m:	2:15.68	250m:	3:51.99 47.84	350m:	5:27.59 47.78	
	100m:		200m:	3:04.15 48.47	300m:	4:39.81 47.82	400m:	6:08.95 41.36	
19.	Banasiak Anna		02	UKS 5 Kons. Łódzki				<b>6:10.78</b>	254
	50m:	42.87 42.87	150m:	2:19.23	250m:	3:53.16 47.12	350m:	5:26.75 46.81	
	100m:	1:31.51 48.64	200m:	3:06.04 46.81	300m:	4:39.94 46.78	400m:	6:10.78 44.03	
20.	Ku mierz Anna		02	MKS Trójka Łód				<b>6:12.98</b>	249
	50m:	41.80 41.80	150m:	2:17.70	250m:		350m:		
	100m:		200m:		300m:		400m:	6:12.98	
21.	Orłowska Zuzanna		02	UKS NAWA Skierniewice				<b>6:13.53</b>	248
	50m:	42.06 42.06	150m:	2:15.66 47.04	250m:	3:50.31 47.05	350m:	5:25.46	
	100m:	1:28.62 46.56	200m:	3:03.26 47.60	300m:		400m:	6:13.53 48.07	
22.	Kowalewska Aleksandra		02	SKS 137 Delfin Łód				<b>6:14.51</b>	246
	50m:	40.42 40.42	150m:	2:15.88 48.16	250m:	3:53.59 49.07	350m:	5:29.45 47.39	
	100m:	1:27.72 47.30	200m:	3:04.52 48.64	300m:	4:42.06 48.47	400m:	6:14.51 45.06	
23.	Andrzejewska Maria		02	MKS Trójka Łód				<b>6:17.17</b>	241
	50m:	45.83 45.83	150m:	2:21.82 48.48	250m:	3:57.82	350m:	5:31.60 46.93	
	100m:	1:33.34 47.51	200m:		300m:	4:44.67 46.85	400m:	6:17.17 45.57	
24.	Wo niak Wiktoria		02	SKS 137 Delfin Łód				<b>6:22.75</b>	231
	50m:	43.16 43.16	150m:	2:19.81 48.77	250m:	3:59.97 50.61	350m:	5:39.33	
	100m:	1:31.04 47.88	200m:	3:09.36 49.55	300m:		400m:	6:22.75 43.42	
25.	Polit Zuzanna		02	SKS 137 Delfin Łód				<b>6:22.80</b>	231
	50m:	41.82 41.82	150m:	2:20.44 50.30	250m:	3:59.52 50.74	350m:	5:36.84 47.29	
	100m:	1:30.14 48.32	200m:	3:08.78 48.34	300m:	4:49.55 50.03	400m:	6:22.80 45.96	
26.	Borkowska Kinga		02	TP Olimpijczyk Aleksandrów				<b>6:24.55</b>	227
	50m:	42.75 42.75	150m:	2:19.16 48.32	250m:	3:58.64 49.66	350m:	5:38.82 50.14	
	100m:	1:30.84 48.09	200m:	3:08.98 49.82	300m:	4:48.68 50.04	400m:	6:24.55 45.73	
27.	Kotli ska Julia		02	UKS SP 149 Łód				<b>6:24.73</b>	227
	50m:		150m:		250m:	4:14.98	350m:		
	100m:		200m:		300m:		400m:	6:24.73	
28.	Olewi ska Adrianna		02	SKS Start Łód				<b>6:26.57</b>	224
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	6:26.57	
29.	Bielecka Zuzanna		02	MKS Trójka Łód				<b>6:51.52</b>	186
	50m:	48.73 48.73	150m:	2:31.85 51.57	250m:	4:17.92 52.01	350m:		
	100m:	1:40.28 51.55	200m:	3:25.91 54.06	300m:	5:10.10 52.18	400m:	6:51.52	
30.	Bednarek Aleksandra		02	TP Olimpijczyk Aleksandrów				<b>6:54.31</b>	182
	50m:	45.71 45.71	150m:	2:31.74 54.38	250m:	4:17.05 52.47	350m:	6:04.62 52.14	
	100m:	1:37.36 51.65	200m:	3:24.58 52.84	300m:	5:12.48 55.43	400m:	6:54.31 49.69	
31.	Kwintkiewicz Zuzanna		02	MKS Trójka Łód				<b>6:55.26</b>	181
	50m:	46.76 46.76	150m:	2:32.78 53.90	250m:	4:18.89 53.41	350m:	6:04.14 50.22	
	100m:	1:38.88 52.12	200m:	3:25.48 52.70	300m:	5:13.92 55.03	400m:	6:55.26 51.12	
32.	Korzeniewska Weronika		02	UKS NAWA Skierniewice				<b>6:56.31</b>	179
	50m:		150m:		250m:	4:20.02	350m:	6:08.31	
	100m:	1:37.33	200m:		300m:		400m:	6:56.31 48.00	
33.	Ufnalska Julia		02	UKS 5 Kons. Łódzki				<b>6:59.16</b>	176
	50m:	47.49 47.49	150m:	2:35.53 53.93	250m:	4:22.37 54.07	350m:	6:09.16 53.39	
	100m:	1:41.60 54.11	200m:	3:28.30 52.77	300m:	5:15.77 53.40	400m:	6:59.16 50.00	
34.	Iskra Agata		02	UKS 5 Kons. Łódzki				<b>7:12.75</b>	159
	50m:	47.46 47.46	150m:	2:39.92 56.75	250m:	4:31.29 56.17	350m:	6:20.81 54.39	
	100m:	1:43.17 55.71	200m:	3:35.12 55.20	300m:	5:26.42 55.13	400m:	7:12.75 51.94	
35.	Gardener Julia		02	SKS 137 Delfin Łód				<b>7:12.81</b>	159
	50m:	45.64 45.64	150m:	2:34.97 55.03	250m:	4:26.37 55.79	350m:	6:19.13 56.08	
	100m:	1:39.94 54.30	200m:	3:30.58 55.61	300m:	5:23.05 56.68	400m:	7:12.81 53.68	

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat  
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Konkurencja 3, Dziewcz t, 400m dowolny, 11 lat

Pozycja				Rok ur.					Czas	Pkt.		
36.	Kasi ska Ewa			02	SKS Start Łód				<b>7:14.00</b>	<b>158</b>		
	50m:	48.45	48.45	150m:	2:40.28	56.96	250m:	4:30.93	55.77	350m:	6:24.46	57.54
	100m:	1:43.32	54.87	200m:	3:35.16	54.88	300m:	5:26.92	55.99	400m:	7:14.00	49.54
37.	Rupniewska Emilia			02	UKS 5 Kons. Łódzki				<b>7:14.88</b>	<b>157</b>		
	50m:	46.32	46.32	150m:	2:34.58	55.14	250m:	4:26.15	56.11	350m:	6:17.36	54.69
	100m:	1:39.44	53.12	200m:	3:30.04	55.46	300m:	5:22.67	56.52	400m:	7:14.88	57.52
38.	Brytkowska Anna			02	SKS Start Łód				<b>7:21.31</b>	<b>150</b>		
	50m:	47.42	47.42	150m:	2:39.44	57.45	250m:	4:33.18	57.29	350m:	6:28.62	58.65
	100m:	1:41.99	54.57	200m:	3:35.89	56.45	300m:	5:29.97	56.79	400m:	7:21.31	52.69