

Ogólnoposki Sprawdzian Wszechstronno ci
Aleksandrów Łódzki, 9- - 10-10-2014

Konkurencja 9
2014-10-10 - 9:03

Kobiet, 400m zmienny

Open
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.		
1.	PIECHOTA, Paulina		99	UKS 190 Łód				4:56.36	683		
	50m:	31.94 31.94	150m:	1:46.25	37.59	250m:	3:05.69	42.93	350m:	4:22.93	34.24
	100m:	1:08.66 36.72	200m:	2:22.76	36.51	300m:	3:48.69	43.00	400m:	4:56.36	33.43
2.	KARPISZ, Milena		97	UKS 5 Konstantinów				5:03.27	637		
	50m:	35.45 35.45	150m:	1:54.06	38.63	250m:	3:15.61	42.82	350m:	4:31.41	32.88
	100m:	1:15.43 39.98	200m:	2:32.79	38.73	300m:	3:58.53	42.92	400m:	5:03.27	31.86
3.	SZPUCHA, Katarzyna		96	MKS Trójka Łód				5:04.52	629		
	50m:	34.62 34.62	150m:	1:49.29	39.07	250m:	3:09.43		350m:		
	100m:	1:10.22 35.60	200m:			300m:	3:52.59	43.16	400m:	5:04.52	
4.	BURSKA, Justyna		95	UKS 5 Konstantinów				5:06.41	618		
	50m:	35.41 35.41	150m:	1:53.28	38.89	250m:	3:15.74		350m:	4:34.01	33.28
	100m:	1:14.39 38.98	200m:			300m:	4:00.73	44.99	400m:	5:06.41	32.40
5.	NIESZPOREK, Wiktoria		99	UKS 190 Łód				5:06.88	615		
	50m:	34.26 34.26	150m:	1:53.44	40.60	250m:	3:14.09	41.49	350m:	4:32.30	36.03
	100m:	1:12.84 38.58	200m:	2:32.60	39.16	300m:	3:56.27	42.18	400m:	5:06.88	34.58
6.	BEDNAREK, Aleksandra		98	MKS Jedyńka Łód				5:14.42	572		
	50m:	34.71 34.71	150m:	1:54.59	40.90	250m:	3:17.62	43.85	350m:	4:39.32	36.82
	100m:	1:13.69 38.98	200m:	2:33.77	39.18	300m:	4:02.50	44.88	400m:	5:14.42	35.10
7.	DZWONNIK, Zuzanna		00	UKS SP 19 Łód				5:16.74	559		
	50m:	33.99 33.99	150m:	1:52.00	38.80	250m:	3:17.06	46.11	350m:	4:40.42	36.92
	100m:	1:13.20 39.21	200m:	2:30.95	38.95	300m:	4:03.50	46.44	400m:	5:16.74	36.32
8.	KRÓL, Oliwia		99	MKS Trójka Łód				5:24.09	522		
	50m:	33.87 33.87	150m:			250m:	3:22.69		350m:		
	100m:	1:12.50 38.63	200m:			300m:	4:09.78	47.09	400m:	5:24.09	
9.	ZROBEK, Natalia		99	MKS Jedyńka Łód				5:26.65	510		
	50m:	33.41 33.41	150m:	1:54.74	42.38	250m:	3:26.72	50.59	350m:	4:51.94	35.79
	100m:	1:12.36 38.95	200m:	2:36.13	41.39	300m:	4:16.15	49.43	400m:	5:26.65	34.71
10.	WARDZI SKA, Martyna		98	MKS Trójka Łód				5:29.34	497		
	50m:	37.55 37.55	150m:	2:03.39	43.54	250m:	3:30.69	46.40	350m:	4:54.47	36.21
	100m:	1:19.85 42.30	200m:	2:44.29	40.90	300m:	4:18.26	47.57	400m:	5:29.34	34.87
11.	PODMAJSTRZY, Joanna		93	SKS 137 Delfin Łód				5:32.31	484		
	50m:	33.49 33.49	150m:	1:56.45	42.83	250m:	3:25.15	46.75	350m:	4:53.54	41.92
	100m:	1:13.62 40.13	200m:	2:38.40	41.95	300m:	4:11.62	46.47	400m:	5:32.31	38.77
12.	BARTCZAK, Julia		00	SKS 137 Delfin Łód				5:34.93	473		
	50m:		150m:	2:43.28	40.90	250m:	3:30.36		350m:		
	100m:	2:02.38	200m:			300m:	4:17.70	47.34	400m:	5:34.93	
13.	GIEMZA, Aleksandra		00	MKS Trójka Łód				5:35.89	469		
	50m:	35.99 35.99	150m:	2:01.29	44.01	250m:	3:32.54	47.24	350m:	4:59.22	38.99
	100m:	1:17.28 41.29	200m:	2:45.30	44.01	300m:	4:20.23	47.69	400m:	5:35.89	36.67
14.	KOWALSKA, Dominika		00	MKS Trójka Łód				5:36.52	466		
	50m:	36.54 36.54	150m:	2:02.07	43.98	250m:	3:28.91	44.03	350m:	4:56.48	41.77
	100m:	1:18.09 41.55	200m:	2:44.88	42.81	300m:	4:14.71	45.80	400m:	5:36.52	40.04
15.	BEDNAREK, Zuzanna		01	EKS Skra Bełchatów				5:37.12	464		
	50m:	37.42 37.42	150m:			250m:	3:35.45	47.70	350m:		
	100m:	1:20.97 43.55	200m:	2:47.75		300m:	4:23.47	48.02	400m:	5:37.12	
16.	KWIATKOWSKA, Agata		00	TP Olimpijczyk Aleksandrów				5:38.08	460		
	50m:	38.79 38.79	150m:	2:07.99	44.73	250m:	3:35.43	43.61	350m:	4:59.96	39.78
	100m:	1:23.26 44.47	200m:	2:51.82	43.83	300m:	4:20.18	44.75	400m:	5:38.08	38.12
17.	JAKUBOWSKA, Izabela		98	TP Olimpijczyk Aleksandrów				5:38.10	460		
	50m:	35.43 35.43	150m:			250m:	3:30.27	44.72	350m:	4:59.04	40.76
	100m:	1:16.98 41.55	200m:	2:45.55		300m:	4:18.28	48.01	400m:	5:38.10	39.06

Ogólnoposki Sprawdzian Wszechstronno ci
Aleksandrów Łódzki, 9- - 10-10-2014

Konkurencja 9, Kobiet, 400m zmienny, Open

Pozycja			Rok ur.					Czas	Pkt.		
18.	MICHAŁOWSKA, Martyna		99	UKS 5 Konstantinów				5:44.01	436		
	50m:	37.52 37.52	150m:	2:03.40	41.18	250m:	3:32.78	47.38	350m:	5:03.02	41.88
	100m:	1:22.22 44.70	200m:	2:45.40	42.00	300m:	4:21.14	48.36	400m:	5:44.01	40.99
19.	KACPRZAK, Patrycja		00	MKS Trójka Łód				5:52.87	404		
	50m:	39.84 39.84	150m:	2:12.20	45.42	250m:	3:43.76	47.00	350m:	5:13.87	41.52
	100m:	1:26.78 46.94	200m:	2:56.76	44.56	300m:	4:32.35	48.59	400m:	5:52.87	39.00
20.	WŁODARCZYK, Ewelina		96	MKS Trójka Łód				5:55.08	397		
	50m:	36.05 36.05	150m:	2:05.57	44.72	250m:	3:38.78	48.43	350m:	5:14.37	44.66
	100m:	1:20.85 44.80	200m:	2:50.35	44.78	300m:	4:29.71	50.93	400m:	5:55.08	40.71
21.	MISIORNY, Anna		00	MKS Trójka Łód				5:55.33	396		
	50m:	38.63 38.63	150m:			250m:	3:42.67	50.62	350m:		
	100m:	1:23.80 45.17	200m:	2:52.05		300m:	4:33.08	50.41	400m:	5:55.33	
22.	BALCER, Julia		01	UKS 190 Łód				6:09.81	351		
	50m:	38.53 38.53	150m:	2:11.88	47.35	250m:	3:52.91	54.63	350m:	5:29.91	40.73
	100m:	1:24.53 46.00	200m:	2:58.28	46.40	300m:	4:49.18	56.27	400m:	6:09.81	39.90
23.	MIKOŁAJCZYK, Julia		01	UKS 190 Łód				6:11.56	346		
	50m:	42.31 42.31	150m:			250m:	3:55.09	53.62	350m:	5:30.67	42.40
	100m:		200m:	3:01.47		300m:	4:48.27	53.18	400m:	6:11.56	40.89
24.	PABIN, Marta		00	SKS 137 Delfin Łód				6:17.78	329		
	50m:	38.36 38.36	150m:			250m:	3:54.29	55.10	350m:		
	100m:	1:25.94 47.58	200m:	2:59.19		300m:	4:50.30	56.01	400m:	6:17.78	
25.	DURKIEWICZ, Kamila		01	MKS Trójka Łód				6:18.45	328		
	50m:	39.22 39.22	150m:	2:16.11	46.49	250m:	4:00.15	54.92	350m:	5:38.74	41.33
	100m:	1:29.62 50.40	200m:	3:05.23	49.12	300m:	4:57.41	57.26	400m:	6:18.45	39.71
26.	KRUZEROWSKA, Adrianna		01	MKS Trójka Łód				6:28.17	304		
	50m:	46.93 46.93	150m:			250m:	4:12.42	50.52	350m:		
	100m:		200m:	3:21.90		300m:	5:03.42	51.00	400m:	6:28.17	
27.	GARNYS, Patrycja		01	UKS 190 Łód				6:29.95	299		
	50m:	42.57 42.57	150m:	2:26.15	51.31	250m:	4:09.52	54.88	350m:	5:48.99	43.19
	100m:	1:34.84 52.27	200m:	3:14.64	48.49	300m:	5:05.80	56.28	400m:	6:29.95	40.96
28.	GŁUSZCZ, Sandra		01	MUKS Zgierz				7:00.01	240		
	50m:	46.50 46.50	150m:	2:35.57	52.04	250m:	4:26.00	56.82	350m:	6:13.78	48.75
	100m:	1:43.53 57.03	200m:	3:29.18	53.61	300m:	5:25.03	59.03	400m:	7:00.01	46.23
29.	ST PORA, Patrycja		00	Uks Aquarius Łód				7:11.66	221		
	50m:	48.51 48.51	150m:	2:41.57	52.22	250m:	4:34.78	59.19	350m:	6:23.95	49.07
	100m:	1:49.35 1:00.84	200m:	3:35.59	54.02	300m:	5:34.88	1:00.10	400m:	7:11.66	47.71
30.	GOCAŁ, Patrycja		00	Uks Aquarius Łód				7:53.71	167		
	50m:	49.90 49.90	150m:			250m:	5:00.24		350m:	7:01.35	52.35
	100m:	1:50.71 1:00.81	200m:			300m:	6:09.00	1:08.76	400m:	7:53.71	52.36
DYSKW.	POKRYWKA, Karolina		98	MKS Trójka Łód				5:32.97			
	Z2										
	50m:	35.53 35.53	150m:	1:57.55	40.90	250m:	3:29.19	50.26	350m:	4:56.48	37.03
	100m:	1:16.65 41.12	200m:	2:38.93	41.38	300m:	4:19.45	50.26	400m:	5:32.97	36.49
DYSKW.	GÓRNIAK, Aleksandra		00	Uks Aquarius Łód				7:30.07			
	Z2										
	50m:	48.28 48.28	150m:	2:46.15	59.94	250m:	4:43.74	58.39	350m:		
	100m:	1:46.21 57.93	200m:	3:45.35	59.20	300m:	5:46.43	1:02.69	400m:	7:30.07	