

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat
Łód , 4- - 5-11-2014

Konkurencja 3
2014-11-04 - 11:44

Dziewcz t, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2014

| Pozycja | | | Rok ur. | | | | | | | Czas | Pkt. |
|---------|---------------------|---------------|---------|--------------------------------|-------|-------|---------|-------|-------|----------------|-------|
| 1. | Knop Aleksandra | | 03 | UKS 190 Łód | | | | | | 4:58.99 | 482 |
| | 50m: | 33.52 33.52 | 150m: | 1:49.02 | 38.33 | 250m: | 3:06.32 | 38.31 | 350m: | 4:23.16 | 38.37 |
| | 100m: | 1:10.69 37.17 | 200m: | 2:28.01 | 38.99 | 300m: | 3:44.79 | 38.47 | 400m: | 4:58.99 | 35.83 |
| 2. | HŁ ADYN Karolina | | 03 | UKS 190 Łód | | | | | | 5:43.48 | 318 |
| | 50m: | 38.56 38.56 | 150m: | 2:07.59 | 44.61 | 250m: | 3:35.30 | 43.01 | 350m: | 5:02.69 | 43.15 |
| | 100m: | 1:22.98 44.42 | 200m: | 2:52.29 | 44.70 | 300m: | 4:19.54 | 44.24 | 400m: | 5:43.48 | 40.79 |
| 3. | Sterniczuk Weronika | | 03 | UKS "Pi tka" Konstaktynow Łódz | | | | | | 5:46.98 | 308 |
| | 50m: | 41.27 41.27 | 150m: | 2:10.84 | 45.05 | 250m: | 3:40.11 | 45.05 | 350m: | 5:07.22 | 43.08 |
| | 100m: | 1:25.79 44.52 | 200m: | 2:55.06 | 44.22 | 300m: | 4:24.14 | 44.03 | 400m: | 5:46.98 | 39.76 |
| 4. | SZYMA SKA Julia | | 03 | UKS 190 Łód | | | | | | 5:53.66 | 291 |
| | 50m: | | 150m: | 2:14.09 | | 250m: | 3:45.93 | 45.05 | 350m: | 5:12.81 | 42.63 |
| | 100m: | | 200m: | 3:00.88 | 46.79 | 300m: | 4:30.18 | 44.25 | 400m: | 5:53.66 | 40.85 |
| 5. | Wieczorek Marika | | 03 | MUKS Wiking Tomaszów | | | | | | 5:59.50 | 277 |
| | 50m: | | 150m: | | | 250m: | | | 350m: | | |
| | 100m: | | 200m: | | | 300m: | | | 400m: | 5:59.50 | |
| 6. | Piesiewicz Matylda | | 03 | UKS 190 Łód | | | | | | 6:02.09 | 271 |
| | 50m: | | 150m: | 2:10.02 | 46.34 | 250m: | 3:42.69 | | 350m: | 5:17.91 | |
| | 100m: | 1:23.68 | 200m: | | | 300m: | | | 400m: | 6:02.09 | 44.18 |
| 7. | Kaczy ska Anna | | 03 | SKS 137 Delfin Łód | | | | | | 6:07.13 | 260 |
| | 50m: | 40.42 40.42 | 150m: | 2:13.27 | 47.39 | 250m: | 3:48.03 | 47.50 | 350m: | 5:23.70 | 46.90 |
| | 100m: | 1:25.88 45.46 | 200m: | 3:00.53 | 47.26 | 300m: | 4:36.80 | 48.77 | 400m: | 6:07.13 | 43.43 |
| 8. | Tylak Martyna | | 03 | UKS SP 19 Łód | | | | | | 6:07.25 | 260 |
| | 50m: | 40.71 40.71 | 150m: | 2:15.04 | 48.09 | 250m: | 3:48.93 | 47.34 | 350m: | | |
| | 100m: | 1:26.95 46.24 | 200m: | 3:01.59 | 46.55 | 300m: | | | 400m: | 6:07.25 | |
| 9. | Rozberg Adriana | | 03 | UKS "Pi tka" Konstaktynow Łódz | | | | | | 6:09.39 | 255 |
| | 50m: | 40.65 40.65 | 150m: | 2:13.41 | 47.01 | 250m: | 3:46.85 | 46.73 | 350m: | 5:23.54 | 46.79 |
| | 100m: | 1:26.40 45.75 | 200m: | 3:00.12 | 46.71 | 300m: | 4:36.75 | 49.90 | 400m: | 6:09.39 | 45.85 |
| 10. | Jasi ska Martyna | | 03 | MUKS W Łask | | | | | | 6:10.86 | 252 |
| | 50m: | 42.59 42.59 | 150m: | | | 250m: | | | 350m: | | |
| | 100m: | | 200m: | | | 300m: | | | 400m: | 6:10.86 | |
| 11. | Manios Olga | | 03 | UKS "Pi tka" Konstaktynow Łódz | | | | | | 6:15.37 | 243 |
| | 50m: | 42.22 42.22 | 150m: | 2:19.07 | 48.67 | 250m: | | | 350m: | 5:32.34 | 47.52 |
| | 100m: | 1:30.40 48.18 | 200m: | 3:07.45 | 48.38 | 300m: | 4:44.82 | | 400m: | 6:15.37 | 43.03 |
| 12. | Bła ejewska Nikola | | 03 | MUKS W Łask | | | | | | 6:17.38 | 239 |
| | 50m: | 41.29 41.29 | 150m: | 2:19.27 | 49.67 | 250m: | 3:59.09 | 49.87 | 350m: | 5:36.22 | 47.65 |
| | 100m: | 1:29.60 48.31 | 200m: | 3:09.22 | 49.95 | 300m: | 4:48.57 | 49.48 | 400m: | 6:17.38 | 41.16 |
| 13. | Liwowska Maria | | 03 | UKS "Pi tka" Konstaktynow Łódz | | | | | | 6:18.32 | 238 |
| | 50m: | 41.47 41.47 | 150m: | 2:17.47 | 48.57 | 250m: | 3:55.98 | 50.26 | 350m: | 5:32.60 | 48.19 |
| | 100m: | 1:28.90 47.43 | 200m: | 3:05.72 | 48.25 | 300m: | 4:44.41 | 48.43 | 400m: | 6:18.32 | 45.72 |
| 14. | Filipiak Zuzanna | | 03 | UKS NAWA Skierniewice | | | | | | 6:18.56 | 237 |
| | 50m: | 40.53 40.53 | 150m: | 2:15.79 | 48.73 | 250m: | 3:53.44 | 48.69 | 350m: | 5:32.41 | 49.04 |
| | 100m: | 1:27.06 46.53 | 200m: | 3:04.75 | 48.96 | 300m: | 4:43.37 | 49.93 | 400m: | 6:18.56 | 46.15 |
| 15. | Ciesielska Natalia | | 03 | UKS SP 149 Łód | | | | | | 6:18.89 | 237 |
| | 50m: | | 150m: | | | 250m: | | | 350m: | 5:30.72 | 47.17 |
| | 100m: | | 200m: | | | 300m: | 4:43.55 | | 400m: | 6:18.89 | 48.17 |
| 16. | Pietrzak Aleksandra | | 03 | MKS Jedyńka Łód | | | | | | 6:18.98 | 236 |
| | 50m: | 41.54 41.54 | 150m: | 2:19.85 | 50.55 | 250m: | 3:59.28 | 50.04 | 350m: | | |
| | 100m: | 1:29.30 47.76 | 200m: | 3:09.24 | 49.39 | 300m: | | | 400m: | 6:18.98 | |
| 17. | Maciejewska Beata | | 03 | UKS SP 149 Łód | | | | | | 6:24.74 | 226 |
| | 50m: | 43.55 43.55 | 150m: | 2:21.88 | 50.28 | 250m: | 4:01.29 | 50.27 | 350m: | 5:39.59 | 48.72 |
| | 100m: | 1:31.60 48.05 | 200m: | 3:11.02 | 49.14 | 300m: | 4:50.87 | 49.58 | 400m: | 6:24.74 | 45.15 |

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat
Łódź , 4- - 5-11-2014

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

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. |
|---------|---------------------|---------------|---------|--------------------------------|-------|---------------|-------|----------------|------|
| 18. | Urba ska Barbara | | 03 | UKS SP 149 Łódź | | | | 6:26.40 | 223 |
| | 50m: | 41.52 41.52 | 150m: | 2:19.86 50.08 | 250m: | 4:00.01 51.26 | 350m: | 5:39.62 49.84 | |
| | 100m: | 1:29.78 48.26 | 200m: | 3:08.75 48.89 | 300m: | 4:49.78 49.77 | 400m: | 6:26.40 46.78 | |
| 19. | Motyl Sara | | 03 | UKS 190 Łódź | | | | 6:27.31 | 222 |
| | 50m: | 42.55 42.55 | 150m: | 2:19.36 48.64 | 250m: | | 350m: | 5:35.13 | |
| | 100m: | 1:30.72 48.17 | 200m: | | 300m: | | 400m: | 6:27.31 52.18 | |
| 20. | Milczarek Oliwia | | 03 | MKS Trójka Łódź | | | | 6:28.47 | 220 |
| | 50m: | 44.56 44.56 | 150m: | 2:21.22 | 250m: | 4:00.37 49.43 | 350m: | 5:40.91 50.68 | |
| | 100m: | | 200m: | 3:10.94 49.72 | 300m: | 4:50.23 49.86 | 400m: | 6:28.47 47.56 | |
| 21. | Wodras Karolina | | 03 | UKS SP 149 Łódź | | | | 6:31.21 | 215 |
| | 50m: | | 150m: | | 250m: | | 350m: | | |
| | 100m: | | 200m: | | 300m: | | 400m: | 6:31.21 | |
| 22. | Miszczak Marta | | 03 | UKS SP 19 Łódź | | | | 6:31.82 | 214 |
| | 50m: | 42.55 42.55 | 150m: | 2:23.27 51.06 | 250m: | 4:04.90 50.15 | 350m: | 5:45.52 51.06 | |
| | 100m: | 1:32.21 49.66 | 200m: | 3:14.75 51.48 | 300m: | 4:54.46 49.56 | 400m: | 6:31.82 46.30 | |
| 23. | Kozanecka Laura | | 03 | UKS 190 Łódź | | | | 6:32.03 | 214 |
| | 50m: | 43.18 43.18 | 150m: | 2:21.60 49.73 | 250m: | 4:02.69 50.97 | 350m: | 5:45.03 51.36 | |
| | 100m: | 1:31.87 48.69 | 200m: | 3:11.72 50.12 | 300m: | 4:53.67 50.98 | 400m: | 6:32.03 47.00 | |
| 24. | Kostrzewska Maria | | 03 | UKS 190 Łódź | | | | 6:35.40 | 208 |
| | 50m: | 44.05 44.05 | 150m: | 2:23.48 50.31 | 250m: | 4:05.47 51.00 | 350m: | | |
| | 100m: | 1:33.17 49.12 | 200m: | 3:14.47 50.99 | 300m: | 4:57.25 51.78 | 400m: | 6:35.40 | |
| 25. | Grzmi czka Dobrusia | | 03 | MUKS Wiking Tomaszów | | | | 6:35.87 | 207 |
| | 50m: | 46.97 46.97 | 150m: | 2:24.85 49.11 | 250m: | 4:05.76 | 350m: | | |
| | 100m: | 1:35.74 48.77 | 200m: | | 300m: | | 400m: | 6:35.87 | |
| 26. | Bujnowicz Laura | | 03 | UKS "Pi tka" Konstancynów Łódź | | | | 6:37.58 | 205 |
| | 50m: | 42.90 42.90 | 150m: | 2:23.64 51.60 | 250m: | 4:07.45 52.26 | 350m: | 5:50.97 51.79 | |
| | 100m: | 1:32.04 49.14 | 200m: | 3:15.19 51.55 | 300m: | 4:59.18 51.73 | 400m: | 6:37.58 46.61 | |
| 27. | Puczy ska Gabriela | | 03 | UKS "Pi tka" Konstancynów Łódź | | | | 6:39.94 | 201 |
| | 50m: | 43.10 43.10 | 150m: | 2:26.26 53.00 | 250m: | 4:10.22 51.62 | 350m: | 5:53.78 51.40 | |
| | 100m: | 1:33.26 50.16 | 200m: | 3:18.60 52.34 | 300m: | 5:02.38 52.16 | 400m: | 6:39.94 46.16 | |
| 28. | Broda Gabriela | | 03 | UKS "Pi tka" Konstancynów Łódź | | | | 6:43.48 | 196 |
| | 50m: | 43.70 43.70 | 150m: | 2:27.79 52.50 | 250m: | 4:10.87 52.11 | 350m: | 5:55.53 52.85 | |
| | 100m: | 1:35.29 51.59 | 200m: | 3:18.76 50.97 | 300m: | 5:02.68 51.81 | 400m: | 6:43.48 47.95 | |
| 29. | Moława Wiktoria | | 03 | UKS SP 149 Łódź | | | | 6:45.77 | 193 |
| | 50m: | 42.83 42.83 | 150m: | 2:23.13 50.79 | 250m: | 4:06.37 | 350m: | 5:53.94 53.20 | |
| | 100m: | 1:32.34 49.51 | 200m: | | 300m: | 5:00.74 54.37 | 400m: | 6:45.77 51.83 | |
| 30. | Ledzion Julia | | 03 | UKS SP 149 Łódź | | | | 6:50.80 | 186 |
| | 50m: | 44.53 44.53 | 150m: | 2:28.57 52.92 | 250m: | 4:13.10 52.64 | 350m: | 5:58.94 52.71 | |
| | 100m: | 1:35.65 51.12 | 200m: | 3:20.46 51.89 | 300m: | 5:06.23 53.13 | 400m: | 6:50.80 51.86 | |
| 31. | Maliszewska Joanna | | 03 | UKS "Aquarius" Łódź | | | | 6:52.32 | 184 |
| | 50m: | 43.33 43.33 | 150m: | 2:24.51 51.27 | 250m: | 4:11.55 53.12 | 350m: | 6:00.25 54.82 | |
| | 100m: | 1:33.24 49.91 | 200m: | 3:18.43 53.92 | 300m: | 5:05.43 53.88 | 400m: | 6:52.32 52.07 | |
| 32. | Wiaderna Amelia | | 03 | SKS 137 Delfin Łódź | | | | 6:52.75 | 183 |
| | 50m: | | 150m: | | 250m: | | 350m: | | |
| | 100m: | | 200m: | | 300m: | | 400m: | 6:52.75 | |
| 33. | Sawan Nadia | | 03 | MKS Trójka Łódź | | | | 6:57.15 | 177 |
| | 50m: | 45.43 45.43 | 150m: | 2:30.73 53.48 | 250m: | 4:17.20 52.66 | 350m: | 6:04.47 53.48 | |
| | 100m: | 1:37.25 51.82 | 200m: | 3:24.54 53.81 | 300m: | 5:10.99 53.79 | 400m: | 6:57.15 52.68 | |
| 34. | Muszy ska Klaudia | | 03 | UKS "Pi tka" Konstancynów Łódź | | | | 6:59.54 | 174 |
| | 50m: | 46.44 46.44 | 150m: | 2:30.59 52.54 | 250m: | | 350m: | 6:07.78 55.01 | |
| | 100m: | 1:38.05 51.61 | 200m: | 3:23.77 53.18 | 300m: | 5:12.77 | 400m: | 6:59.54 51.76 | |
| 35. | Pawelec Julia | | 03 | UKS "Pi tka" Konstancynów Łódź | | | | 7:07.55 | 165 |
| | 50m: | 46.50 46.50 | 150m: | 2:33.18 55.43 | 250m: | 4:22.69 54.14 | 350m: | 6:14.75 55.20 | |
| | 100m: | 1:37.75 51.25 | 200m: | 3:28.55 55.37 | 300m: | 5:19.55 56.86 | 400m: | 7:07.55 52.80 | |

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

| Pozycja | | | | Rok ur. | | | | | Czas | Pkt. | | |
|---------|----------------------|---------|---------|---------|--------------------------------|---------|---------|---------|----------------|---------|---------|---------|
| 36. | Klauz Angelika | | | 03 | MKS Jedynka Łód | | | | 7:15.76 | 155 | | |
| | 50m: | 46.45 | 46.45 | 150m: | 250m: | 350m: | 400m: | 7:15.76 | | | | |
| | 100m: | | | 200m: | 300m: | | | | | | | |
| 37. | Łuczak Karolina | | | 03 | UKS "Pi tka" Konstancynów Łódz | | | | 7:19.34 | 152 | | |
| | 50m: | | | 150m: | 250m: | 4:36.83 | 56.35 | 350m: | 6:26.98 | 55.36 | | |
| | 100m: | 1:45.76 | | 200m: | 3:40.48 | 300m: | 5:31.62 | 54.79 | 400m: | 7:19.34 | 52.36 | |
| 38. | Lindner Agata | | | 03 | SKS 137 Delfin Łód | | | | 7:20.36 | 151 | | |
| | 50m: | | | 150m: | 250m: | 4:35.06 | | 350m: | | | | |
| | 100m: | | | 200m: | 300m: | | | 400m: | 7:20.36 | | | |
| 39. | Łyszowska Weronika | | | 03 | SKS 137 Delfin Łód | | | | 7:23.86 | 147 | | |
| | 50m: | 48.14 | 48.14 | 150m: | 2:41.74 | 57.25 | 250m: | 4:38.19 | 58.56 | 350m: | 6:33.18 | 57.20 |
| | 100m: | 1:44.49 | 56.35 | 200m: | 3:39.63 | 57.89 | 300m: | 5:35.98 | 57.79 | 400m: | 7:23.86 | 50.68 |
| 40. | Kwintkiewicz Otylia | | | 03 | MKS Trójka Łód | | | | 7:29.82 | 141 | | |
| | 50m: | 49.47 | 49.47 | 150m: | 2:46.87 | 58.32 | 250m: | 4:43.45 | 58.71 | 350m: | 6:35.65 | 52.12 |
| | 100m: | 1:48.55 | 59.08 | 200m: | 3:44.74 | 57.87 | 300m: | 5:43.53 | 1:00.08 | 400m: | 7:29.82 | 54.17 |
| 41. | Kamoda Martyna | | | 03 | SKS 137 Delfin Łód | | | | 7:31.56 | 140 | | |
| | 50m: | 49.57 | 49.57 | 150m: | 2:44.38 | 59.18 | 250m: | 4:40.79 | 58.58 | 350m: | 6:38.93 | 58.67 |
| | 100m: | 1:45.20 | 55.63 | 200m: | 3:42.21 | 57.83 | 300m: | 5:40.26 | 59.47 | 400m: | 7:31.56 | 52.63 |
| 42. | Bindemann Julia | | | 03 | UKS SP 149 Łód | | | | 7:35.82 | 136 | | |
| | 50m: | 47.64 | 47.64 | 150m: | 2:42.15 | 57.72 | 250m: | 4:42.29 | 1:01.60 | 350m: | 6:38.23 | 56.48 |
| | 100m: | 1:44.43 | 56.79 | 200m: | 3:40.69 | 58.54 | 300m: | 5:41.75 | 59.46 | 400m: | 7:35.82 | 57.59 |
| 43. | Tomaszewska Wiktoria | | | 03 | UKS "Pi tka" Konstancynów Łódz | | | | 8:01.07 | 115 | | |
| | 50m: | 49.50 | 49.50 | 150m: | 250m: | 350m: | 400m: | 8:01.07 | | | | |
| | 100m: | | | 200m: | 300m: | | | | | | | |
| 44. | Zalewska Weronika | | | 03 | UKS NAWA Skierniewice | | | | 8:11.85 | 108 | | |
| | 50m: | 49.27 | 49.27 | 150m: | 2:53.95 | 1:03.66 | 250m: | 5:06.32 | 1:06.81 | 350m: | 7:13.89 | 1:02.13 |
| | 100m: | 1:50.29 | 1:01.02 | 200m: | 3:59.51 | 1:05.56 | 300m: | 6:11.76 | 1:05.44 | 400m: | 8:11.85 | 57.96 |
| 45. | Berek Wiktoria | | | 03 | UKS "Pi tka" Konstancynów Łódz | | | | 8:19.87 | 103 | | |
| | 50m: | 51.80 | 51.80 | 150m: | 2:57.91 | 250m: | 350m: | 7:13.91 | | | | |
| | 100m: | | | 200m: | 300m: | | 400m: | 8:19.87 | 1:05.96 | | | |
| 46. | Kaczmarek Zuzanna | | | 03 | UKS "Pi tka" Konstancynów Łódz | | | | 8:22.19 | 101 | | |
| | 50m: | 53.62 | 53.62 | 150m: | 250m: | 5:16.85 | 1:06.73 | 350m: | 7:22.69 | | | |
| | 100m: | 1:58.30 | 1:04.68 | 200m: | 4:10.12 | 300m: | 400m: | 8:22.19 | 59.50 | | | |
| 47. | Raj Katarzyna | | | 03 | SKS 137 Delfin Łód | | | | 8:24.09 | 100 | | |
| | 50m: | 49.43 | 49.43 | 150m: | 3:00.73 | 1:07.02 | 250m: | 5:11.40 | 1:05.02 | 350m: | 7:24.80 | 1:07.05 |
| | 100m: | 1:53.71 | 1:04.28 | 200m: | 4:06.38 | 1:05.65 | 300m: | 6:17.75 | 1:06.35 | 400m: | 8:24.09 | 59.29 |
| 48. | Rosi ska Marta | | | 03 | SP 55 Łód | | | | 8:30.99 | 96 | | |
| | 50m: | 49.57 | 49.57 | 150m: | 3:01.62 | 1:07.17 | 250m: | 5:14.94 | 1:05.35 | 350m: | 7:29.84 | 1:08.22 |
| | 100m: | 1:54.45 | 1:04.88 | 200m: | 4:09.59 | 1:07.97 | 300m: | 6:21.62 | 1:06.68 | 400m: | 8:30.99 | 1:01.15 |