

Ogólnoposki Sprawdzian Wszechstronno ci  
Aleksandrów Łódzki, 8- - 9-10-2015

Konkurencja 9  
2015-10-09 - 9:13

Kobiet, 400m zmienny

Open  
Wyniki

Punkty: FINA 2014

| Pozycja |                        |               | Rok ur. |                            |       |               |       | Czas           | Pkt. |
|---------|------------------------|---------------|---------|----------------------------|-------|---------------|-------|----------------|------|
| 1.      | PIECHOTA, Paulina      |               | 99      | UKS 190 Łód                |       |               |       | <b>4:56.70</b> | 679  |
|         | 50m:                   | 32.09 32.09   | 150m:   | 1:46.86 38.34              | 250m: | 3:07.61 43.23 | 350m: | 4:24.06 33.50  |      |
|         | 100m:                  | 1:08.52 36.43 | 200m:   | 2:24.38 37.52              | 300m: | 3:50.56 42.95 | 400m: | 4:56.70 32.64  |      |
| 2.      | DZWONNIK, Zuzanna      |               | 00      | SKS 137 Delfin Łód         |       |               |       | <b>5:06.53</b> | 616  |
|         | 50m:                   | 33.48 33.48   | 150m:   | 1:51.48 39.12              | 250m: | 3:12.78 42.52 | 350m: | 4:32.71 35.76  |      |
|         | 100m:                  | 1:12.36 38.88 | 200m:   | 2:30.26 38.78              | 300m: | 3:56.95 44.17 | 400m: | 5:06.53 33.82  |      |
| 3.      | SZPUCHA, Katarzyna     |               | 96      | TP Olimpijczyk Aleksandrów |       |               |       | <b>5:06.97</b> | 613  |
|         | 50m:                   | 33.25 33.25   | 150m:   | 1:49.07 39.01              | 250m: | 3:10.62 42.90 | 350m: | 4:31.60 37.26  |      |
|         | 100m:                  | 1:10.06 36.81 | 200m:   | 2:27.72 38.65              | 300m: | 3:54.34 43.72 | 400m: | 5:06.97 35.37  |      |
| 4.      | BEDNAREK, Aleksandra   |               | 98      | MKS Jedyńka Łód            |       |               |       | <b>5:12.29</b> | 582  |
|         | 50m:                   | 34.31 34.31   | 150m:   | 1:54.02 40.53              | 250m: | 3:18.18 44.20 | 350m: |                |      |
|         | 100m:                  | 1:13.49 39.18 | 200m:   | 2:33.98 39.96              | 300m: | 4:02.33 44.15 | 400m: | 5:12.29        |      |
| 5.      | NIESZPOREK, Wiktoria   |               | 99      | UKS 190 Łód                |       |               |       | <b>5:17.12</b> | 556  |
|         | 50m:                   | 35.16 35.16   | 150m:   | 1:56.99 41.78              | 250m: | 3:21.88 43.82 | 350m: |                |      |
|         | 100m:                  | 1:15.21 40.05 | 200m:   | 2:38.06 41.07              | 300m: | 4:05.37 43.49 | 400m: | 5:17.12        |      |
| 6.      | WARDZI SKA, Martyna    |               | 98      | MKS Trójka Łód             |       |               |       | <b>5:17.15</b> | 556  |
|         | 50m:                   | 34.23 34.23   | 150m:   |                            | 250m: | 3:18.61 45.93 | 350m: |                |      |
|         | 100m:                  | 1:12.68 38.45 | 200m:   | 2:32.68                    | 300m: | 4:05.14 46.53 | 400m: | 5:17.15        |      |
|         | BEDNAREK, Zuzanna      |               | 01      | MKS Jedyńka Łód            |       |               |       | <b>5:17.15</b> | 556  |
|         | 50m:                   | 35.12 35.12   | 150m:   | 1:56.47 42.02              | 250m: | 3:21.36 44.25 | 350m: | 4:43.51 36.59  |      |
|         | 100m:                  | 1:14.45 39.33 | 200m:   | 2:37.11 40.64              | 300m: | 4:06.92 45.56 | 400m: | 5:17.15 33.64  |      |
| 8.      | ZROBEK, Natalia        |               | 99      | MKS Jedyńka Łód            |       |               |       | <b>5:21.43</b> | 534  |
|         | 50m:                   | 35.22 35.22   | 150m:   | 1:57.73 42.53              | 250m: | 3:25.85 45.51 | 350m: |                |      |
|         | 100m:                  | 1:15.20 39.98 | 200m:   | 2:40.34 42.61              | 300m: | 4:12.64 46.79 | 400m: | 5:21.43        |      |
| 9.      | KOWALSKA, Dominika     |               | 00      | MKS Trójka Łód             |       |               |       | <b>5:22.71</b> | 528  |
|         | 50m:                   | 34.65 34.65   | 150m:   |                            | 250m: | 3:20.57 42.97 | 350m: | 4:46.05 40.39  |      |
|         | 100m:                  | 1:13.37 38.72 | 200m:   | 2:37.60                    | 300m: | 4:05.66 45.09 | 400m: | 5:22.71 36.66  |      |
| 10.     | KWIATKOWSKA, Agata     |               | 00      | TP Olimpijczyk Aleksandrów |       |               |       | <b>5:25.68</b> | 513  |
|         | 50m:                   | 36.68 36.68   | 150m:   | 2:41.32 1:23.33            | 250m: | 3:24.67       | 350m: |                |      |
|         | 100m:                  | 1:17.99 41.31 | 200m:   |                            | 300m: | 4:08.85 44.18 | 400m: | 5:25.68        |      |
| 11.     | ROMANOWSKA, Patrycja   |               | 00      | UKS 5 Konstancynów         |       |               |       | <b>5:25.87</b> | 512  |
|         | 50m:                   | 34.75 34.75   | 150m:   | 1:54.26 40.37              | 250m: | 3:20.29 46.22 | 350m: | 4:49.30 41.53  |      |
|         | 100m:                  | 1:13.89 39.14 | 200m:   | 2:34.07 39.81              | 300m: | 4:07.77 47.48 | 400m: | 5:25.87 36.57  |      |
| 12.     | KRÓL, Oliwia           |               | 99      | MKS Trójka Łód             |       |               |       | <b>5:25.90</b> | 512  |
|         | 50m:                   | 34.40 34.40   | 150m:   | 1:56.31 43.11              | 250m: | 3:25.51 46.41 | 350m: | 4:49.64 36.73  |      |
|         | 100m:                  | 1:13.20 38.80 | 200m:   | 2:39.10 42.79              | 300m: | 4:12.91 47.40 | 400m: | 5:25.90 36.26  |      |
| 13.     | RAJCA, Olivia          |               | 02      | UKS 190 Łód                |       |               |       | <b>5:26.83</b> | 508  |
|         | 50m:                   | 35.24 35.24   | 150m:   | 2:00.52 43.88              | 250m: | 3:27.42 45.47 | 350m: | 4:52.10 38.97  |      |
|         | 100m:                  | 1:16.64 41.40 | 200m:   | 2:41.95 41.43              | 300m: | 4:13.13 45.71 | 400m: | 5:26.83 34.73  |      |
| 14.     | STASINOWSKA, Katarzyna |               | 94      | AZS UŁ PŁ                  |       |               |       | <b>5:27.81</b> | 503  |
|         | 50m:                   | 32.75 32.75   | 150m:   | 1:54.91 44.39              | 250m: | 3:24.83 47.40 | 350m: | 4:50.50 38.35  |      |
|         | 100m:                  | 1:10.52 37.77 | 200m:   | 2:37.43 42.52              | 300m: | 4:12.15 47.32 | 400m: | 5:27.81 37.31  |      |
| 15.     | MICHAŁOWSKA, Martyna   |               | 99      | TP Olimpijczyk Aleksandrów |       |               |       | <b>5:28.07</b> | 502  |
|         | 50m:                   | 36.84 36.84   | 150m:   | 2:00.37 40.47              | 250m: | 3:24.96 44.11 | 350m: | 4:49.40 39.81  |      |
|         | 100m:                  | 1:19.90 43.06 | 200m:   | 2:40.85 40.48              | 300m: | 4:09.59 44.63 | 400m: | 5:28.07 38.67  |      |
| 16.     | POKRYWKA, Karolina     |               | 98      | MKS Trójka Łód             |       |               |       | <b>5:28.44</b> | 500  |
|         | 50m:                   | 34.10 34.10   | 150m:   | 1:54.60 41.25              | 250m: | 3:24.27 49.14 | 350m: | 4:52.15 38.18  |      |
|         | 100m:                  | 1:13.35 39.25 | 200m:   | 2:35.13 40.53              | 300m: | 4:13.97 49.70 | 400m: | 5:28.44 36.29  |      |
| 17.     | REDNER, Sandra         |               | 99      | MKS Trójka Łód             |       |               |       | <b>5:29.11</b> | 497  |
|         | 50m:                   | 34.94 34.94   | 150m:   | 1:55.34 40.83              | 250m: | 3:23.58 47.09 | 350m: | 4:50.45 39.03  |      |
|         | 100m:                  | 1:14.51 39.57 | 200m:   | 2:36.49 41.15              | 300m: | 4:11.42 47.84 | 400m: | 5:29.11 38.66  |      |

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Aleksandrów Łódzki, 8- - 9-10-2015

Konkurencja 9, Kobiet, 400m zmienny, Open

| Pozycja |                    |       | Rok ur.       |                       |               |       |               | Czas           | Pkt. |
|---------|--------------------|-------|---------------|-----------------------|---------------|-------|---------------|----------------|------|
| 18.     | BALCER, Julia      |       | 01            | UKS 190 Łód           |               |       |               | <b>5:35.46</b> | 470  |
|         | 50m: 35.33         | 35.33 | 150m: 1:55.62 | 41.64                 | 250m: 3:28.19 | 51.37 | 350m: 4:58.72 | 38.61          |      |
|         | 100m: 1:13.98      | 38.65 | 200m: 2:36.82 | 41.20                 | 300m: 4:20.11 | 51.92 | 400m: 5:35.46 | 36.74          |      |
| 19.     | OSI SKA, Wiktoria  |       | 01            | UKS SP 149 Łód        |               |       |               | <b>5:36.20</b> | 467  |
|         | 50m: 34.52         | 34.52 | 150m: 1:57.92 | 42.75                 | 250m: 3:30.88 | 50.95 | 350m: 5:00.82 | 38.01          |      |
|         | 100m: 1:15.17      | 40.65 | 200m: 2:39.93 | 42.01                 | 300m: 4:22.81 | 51.93 | 400m: 5:36.20 | 35.38          |      |
| 20.     | WALZ, Kornelia     |       | 00            | UKS NAWA Skierniewice |               |       |               | <b>5:36.51</b> | 465  |
|         | 50m: 38.11         | 38.11 | 150m: 2:04.20 | 42.01                 | 250m: 3:31.68 | 44.83 | 350m:         |                |      |
|         | 100m: 1:22.19      | 44.08 | 200m: 2:46.85 | 42.65                 | 300m: 4:17.95 | 46.27 | 400m: 5:36.51 |                |      |
| 21.     | SARNA, Katarzyna   |       | 98            | UKS NAWA Skierniewice |               |       |               | <b>5:37.54</b> | 461  |
|         | 50m: 35.78         | 35.78 | 150m: 2:40.27 | 1:22.60               | 250m: 4:20.56 | 50.24 | 350m:         |                |      |
|         | 100m: 1:17.67      | 41.89 | 200m: 3:30.32 | 50.05                 | 300m:         |       | 400m: 5:37.54 |                |      |
| 22.     | JUNAK, Nikola      |       | 00            | SKS 137 Delfin Łód    |               |       |               | <b>5:37.97</b> | 459  |
|         | 50m: 35.75         | 35.75 | 150m:         |                       | 250m: 3:30.14 | 48.52 | 350m: 4:59.04 | 40.43          |      |
|         | 100m: 1:16.82      | 41.07 | 200m: 2:41.62 |                       | 300m: 4:18.61 | 48.47 | 400m: 5:37.97 | 38.93          |      |
| 23.     | JU WICKA, Zuzanna  |       | 01            | MKS Trójka Łód        |               |       |               | <b>5:38.32</b> | 458  |
|         | 50m: 35.72         | 35.72 | 150m: 1:59.58 | 43.12                 | 250m: 3:31.29 | 49.68 | 350m: 5:00.52 | 38.79          |      |
|         | 100m: 1:16.46      | 40.74 | 200m: 2:41.61 | 42.03                 | 300m: 4:21.73 | 50.44 | 400m: 5:38.32 | 37.80          |      |
| 24.     | BARTCZAK, Julia    |       | 00            | SKS 137 Delfin Łód    |               |       |               | <b>5:39.09</b> | 455  |
|         | 50m: 37.63         | 37.63 | 150m: 2:03.42 | 41.76                 | 250m: 3:34.19 | 48.71 | 350m: 5:01.66 | 38.20          |      |
|         | 100m: 1:21.66      | 44.03 | 200m: 2:45.48 | 42.06                 | 300m: 4:23.46 | 49.27 | 400m: 5:39.09 | 37.43          |      |
| 25.     | D BROWSKA, Tatiana |       | 02            | UKS 5 Konstantinów    |               |       |               | <b>5:40.36</b> | 450  |
|         | 50m: 36.17         | 36.17 | 150m: 2:05.21 | 46.12                 | 250m: 3:36.17 | 46.87 | 350m: 5:02.84 | 39.66          |      |
|         | 100m: 1:19.09      | 42.92 | 200m: 2:49.30 | 44.09                 | 300m: 4:23.18 | 47.01 | 400m: 5:40.36 | 37.52          |      |
| 26.     | MIKOŁAJCZYK, Julia |       | 01            | UKS 190 Łód           |               |       |               | <b>5:45.33</b> | 430  |
|         | 50m: 37.23         | 37.23 | 150m:         |                       | 250m:         |       | 350m: 5:06.48 |                |      |
|         | 100m: 1:22.09      | 44.86 | 200m: 2:46.81 |                       | 300m:         |       | 400m: 5:45.33 | 38.85          |      |
| 27.     | PABIN, Marta       |       | 00            | SKS 137 Delfin Łód    |               |       |               | <b>5:45.92</b> | 428  |
|         | 50m: 36.10         | 36.10 | 150m:         |                       | 250m: 3:34.86 | 52.40 | 350m:         |                |      |
|         | 100m: 1:17.71      | 41.61 | 200m: 2:42.46 |                       | 300m: 4:27.33 | 52.47 | 400m: 5:45.92 |                |      |
| 28.     | PAWŁOWSKA, Barbara |       | 02            | UKS 190 Łód           |               |       |               | <b>5:46.03</b> | 428  |
|         | 50m: 35.16         | 35.16 | 150m:         |                       | 250m: 3:36.23 | 50.66 | 350m:         |                |      |
|         | 100m: 1:15.92      | 40.76 | 200m: 2:45.57 |                       | 300m: 4:27.85 | 51.62 | 400m: 5:46.03 |                |      |
| 29.     | KRUZEROWSKA, Ada   |       | 01            | MKS Jedyńka Łód       |               |       |               | <b>5:47.44</b> | 423  |
|         | 50m: 37.52         | 37.52 | 150m: 2:09.30 | 47.10                 | 250m: 3:40.68 | 46.59 | 350m: 5:08.68 | 42.46          |      |
|         | 100m: 1:22.20      | 44.68 | 200m: 2:54.09 | 44.79                 | 300m: 4:26.22 | 45.54 | 400m: 5:47.44 | 38.76          |      |
| 30.     | DESZCZKA, Laura    |       | 01            | MKS Trójka Łód        |               |       |               | <b>5:47.54</b> | 422  |
|         | 50m: 37.84         | 37.84 | 150m: 2:07.07 | 44.53                 | 250m: 3:38.10 | 48.30 | 350m: 5:08.13 | 41.26          |      |
|         | 100m: 1:22.54      | 44.70 | 200m: 2:49.80 | 42.73                 | 300m: 4:26.87 | 48.77 | 400m: 5:47.54 | 39.41          |      |
| 31.     | KACPRZAK, Patrycja |       | 00            | MKS Trójka Łód        |               |       |               | <b>5:48.27</b> | 420  |
|         | 50m: 37.11         | 37.11 | 150m: 2:07.59 | 44.91                 | 250m: 3:38.85 | 47.34 | 350m: 5:08.43 | 41.40          |      |
|         | 100m: 1:22.68      | 45.57 | 200m: 2:51.51 | 43.92                 | 300m: 4:27.03 | 48.18 | 400m: 5:48.27 | 39.84          |      |
| 32.     | MISIORNY, Anna     |       | 00            | MKS Trójka Łód        |               |       |               | <b>5:48.41</b> | 419  |
|         | 50m: 35.28         | 35.28 | 150m: 2:01.71 | 44.65                 | 250m: 3:37.39 | 51.55 | 350m: 5:09.26 | 41.21          |      |
|         | 100m: 1:17.06      | 41.78 | 200m: 2:45.84 | 44.13                 | 300m: 4:28.05 | 50.66 | 400m: 5:48.41 | 39.15          |      |
| 33.     | SOLIWODA, Julia    |       | 01            | UKS NAWA Skierniewice |               |       |               | <b>5:49.64</b> | 415  |
|         | 50m: 41.17         | 41.17 | 150m:         |                       | 250m: 3:42.55 | 52.68 | 350m:         |                |      |
|         | 100m: 1:28.79      | 47.62 | 200m: 2:49.87 |                       | 300m: 4:33.83 | 51.28 | 400m: 5:49.64 |                |      |
| 34.     | KORDALA, Monika    |       | 01            | UKS SP 149 Łód        |               |       |               | <b>5:50.51</b> | 412  |
|         | 50m: 37.38         | 37.38 | 150m: 2:06.34 | 44.32                 | 250m: 3:41.24 | 52.86 | 350m: 5:13.90 | 39.22          |      |
|         | 100m: 1:22.02      | 44.64 | 200m: 2:48.38 | 42.04                 | 300m: 4:34.68 | 53.44 | 400m: 5:50.51 | 36.61          |      |
| 35.     | BIEGAŁA, Klaudia   |       | 01            | MKS Trójka Łód        |               |       |               | <b>5:52.58</b> | 404  |
|         | 50m: 40.60         | 40.60 | 150m: 2:14.95 | 46.75                 | 250m: 3:48.64 | 45.83 | 350m: 5:16.82 | 41.55          |      |
|         | 100m: 1:28.20      | 47.60 | 200m: 3:02.81 | 47.86                 | 300m: 4:35.27 | 46.63 | 400m: 5:52.58 | 35.76          |      |

Ogólnoposki Sprawdzian Wszechstronno ci  
Aleksandrów Łódzki, 8- - 9-10-2015

Konkurencja 9, Kobiet, 400m zmienny, Open

| Pozycja |                          |       | Rok ur.       |                               |               |         |               | Czas           | Pkt. |
|---------|--------------------------|-------|---------------|-------------------------------|---------------|---------|---------------|----------------|------|
| 36.     | PI KO , Natalia          |       | 02            | UKS SP 149 Łód                |               |         |               | <b>5:54.47</b> | 398  |
|         | 50m: 37.56               | 37.56 | 150m: 2:08.67 | 44.39                         | 250m: 3:46.50 | 53.84   | 350m: 5:17.20 | 37.56          |      |
|         | 100m: 1:24.28            | 46.72 | 200m: 2:52.66 | 43.99                         | 300m: 4:39.64 | 53.14   | 400m: 5:54.47 | 37.27          |      |
| 37.     | PYDYSZEWSKA, Ewa         |       | 02            | UKS 5 Konstantinów            |               |         |               | <b>5:54.77</b> | 397  |
|         | 50m: 39.55               | 39.55 | 150m: 2:10.72 | 45.20                         | 250m: 3:42.72 | 47.23   | 350m: 5:15.02 | 43.40          |      |
|         | 100m: 1:25.52            | 45.97 | 200m: 2:55.49 | 44.77                         | 300m: 4:31.62 | 48.90   | 400m: 5:54.77 | 39.75          |      |
| 38.     | JARZ BEK, Natalia        |       | 01            | MKS Trójka Łód                |               |         |               | <b>5:57.72</b> | 387  |
|         | 50m: 37.65               | 37.65 | 150m:         |                               | 250m: 3:46.62 | 48.28   | 350m: 5:18.71 | 42.41          |      |
|         | 100m: 1:22.43            | 44.78 | 200m: 2:58.34 |                               | 300m: 4:36.30 | 49.68   | 400m: 5:57.72 | 39.01          |      |
| 39.     | NOWAKOWSKA, Małgorzata   |       | 02            | UKS 190 Łód                   |               |         |               | <b>6:00.11</b> | 380  |
|         | 50m: 37.79               | 37.79 | 150m:         |                               | 250m: 3:48.38 |         | 350m: 5:20.52 |                |      |
|         | 100m:                    |       | 200m:         |                               | 300m:         |         | 400m: 6:00.11 | 39.59          |      |
| 40.     | PATORA, Maria            |       | 02            | UKS 5 Konstantinów            |               |         |               | <b>6:03.06</b> | 370  |
|         | 50m: 39.60               | 39.60 | 150m: 2:15.03 | 48.04                         | 250m: 3:49.79 | 48.08   | 350m: 5:23.11 | 42.62          |      |
|         | 100m: 1:26.99            | 47.39 | 200m: 3:01.71 | 46.68                         | 300m: 4:40.49 | 50.70   | 400m: 6:03.06 | 39.95          |      |
| 41.     | ORŁOWSKA, Zuzanna        |       | 02            | UKS NAWA Skierniewice         |               |         |               | <b>6:03.64</b> | 369  |
|         | 50m: 38.05               | 38.05 | 150m: 2:09.73 | 46.59                         | 250m: 3:48.71 | 52.78   | 350m: 5:23.14 | 42.14          |      |
|         | 100m: 1:23.14            | 45.09 | 200m: 2:55.93 | 46.20                         | 300m: 4:41.00 | 52.29   | 400m: 6:03.64 | 40.50          |      |
| 42.     | ZASADA, Klaudia          |       | 02            | UKS 190 Łód                   |               |         |               | <b>6:12.50</b> | 343  |
|         | 50m: 39.58               | 39.58 | 150m: 2:14.86 | 48.52                         | 250m: 3:54.05 |         | 350m: 5:30.26 | 43.93          |      |
|         | 100m: 1:26.34            | 46.76 | 200m:         |                               | 300m: 4:46.33 | 52.28   | 400m: 6:12.50 | 42.24          |      |
| 43.     | NOWAKOWSKA, Lidia        |       | 02            | UKS 190 Łód                   |               |         |               | <b>6:15.83</b> | 334  |
|         | 50m: 42.56               | 42.56 | 150m: 2:20.12 | 47.82                         | 250m: 3:59.47 | 52.65   | 350m: 5:33.94 | 41.65          |      |
|         | 100m: 1:32.30            | 49.74 | 200m: 3:06.82 | 46.70                         | 300m: 4:52.29 | 52.82   | 400m: 6:15.83 | 41.89          |      |
| 44.     | BANASIAK, Anna           |       | 02            | UKS 5 Konstantinów            |               |         |               | <b>6:25.69</b> | 309  |
|         | 50m: 48.08               | 48.08 | 150m: 2:32.75 | 50.85                         | 250m: 4:11.38 | 49.73   | 350m: 5:44.85 | 44.20          |      |
|         | 100m: 1:41.90            | 53.82 | 200m: 3:21.65 | 48.90                         | 300m: 5:00.65 | 49.27   | 400m: 6:25.69 | 40.84          |      |
| 45.     | BRONIAREK, Pamela        |       | 95            | UKS NAWA Skierniewice         |               |         |               | <b>6:30.19</b> | 298  |
|         | 50m: 41.94               | 41.94 | 150m: 2:23.95 | 52.21                         | 250m: 4:11.28 | 57.94   | 350m:         |                |      |
|         | 100m: 1:31.74            | 49.80 | 200m: 3:13.34 | 49.39                         | 300m:         |         | 400m: 6:30.19 |                |      |
| 46.     | KLIMCZAK, Agata          |       | 01            | UKS 5 Konstantinów            |               |         |               | <b>6:36.96</b> | 283  |
|         | 50m: 41.60               | 41.60 | 150m: 2:21.71 | 52.47                         | 250m: 4:08.11 | 56.89   | 350m: 5:52.46 | 46.79          |      |
|         | 100m: 1:29.24            | 47.64 | 200m: 3:11.22 | 49.51                         | 300m: 5:05.67 | 57.56   | 400m: 6:36.96 | 44.50          |      |
| 47.     | UFNALSKA, Julia          |       | 02            | UKS 5 Konstantinów            |               |         |               | <b>6:55.43</b> | 247  |
|         | 50m: 51.60               | 51.60 | 150m: 2:40.14 | 51.19                         | 250m: 4:27.23 | 55.71   | 350m: 6:08.52 | 46.61          |      |
|         | 100m: 1:48.95            | 57.35 | 200m: 3:31.52 | 51.38                         | 300m: 5:21.91 | 54.68   | 400m: 6:55.43 | 46.91          |      |
| 48.     | LIGOCKA, Emilia          |       | 01            | TP Olimpijczyk Aleksandrów    |               |         |               | <b>7:03.71</b> | 233  |
|         | 50m: 48.60               | 48.60 | 150m:         |                               | 250m: 4:30.11 | 56.18   | 350m:         |                |      |
|         | 100m: 1:44.70            | 56.10 | 200m: 3:33.93 |                               | 300m: 5:27.99 | 57.88   | 400m: 7:03.71 |                |      |
| 49.     | GRZELCZYK, Natalia       |       | 02            | Muks„Wodnik” Łask             |               |         |               | <b>7:12.80</b> | 218  |
|         | 50m: 48.66               | 48.66 | 150m:         |                               | 250m:         |         | 350m: 6:26.21 | 48.23          |      |
|         | 100m:                    |       | 200m:         |                               | 300m: 5:37.98 |         | 400m: 7:12.80 | 46.59          |      |
| 50.     | ZWOLI SKA, Milena        |       | 02            | Mi dzyszkołny Uczniowski Klub |               |         |               | <b>8:08.18</b> | 152  |
|         | 50m: 48.96               | 48.96 | 150m: 2:50.98 |                               | 250m: 5:04.93 | 1:12.59 | 350m: 7:13.90 | 54.66          |      |
|         | 100m:                    |       | 200m: 3:52.34 | 1:01.36                       | 300m: 6:19.24 | 1:14.31 | 400m: 8:08.18 | 54.28          |      |
| DYSKW.  | KLIMCZAK, Adrianna       |       | 98            | TP Olimpijczyk Aleksandrów    |               |         |               | <b>5:46.02</b> |      |
|         | (Czas: 9:29), z2, g5, g6 |       |               |                               |               |         |               |                |      |
|         | 50m: 32.71               | 32.71 | 150m: 1:57.84 | 45.33                         | 250m: 3:33.26 | 51.52   | 350m: 5:08.96 | 41.28          |      |
|         | 100m: 1:12.51            | 39.80 | 200m: 2:41.74 | 43.90                         | 300m: 4:27.68 | 54.42   | 400m: 5:46.02 | 37.06          |      |
| DYSKW.  | SZL K, Katarzyna         |       | 02            | TP Olimpijczyk Aleksandrów    |               |         |               | <b>5:52.05</b> |      |
|         | o12                      |       |               |                               |               |         |               |                |      |
|         | 50m: 37.74               | 37.74 | 150m: 2:06.58 | 44.73                         | 250m: 3:40.12 | 49.65   | 350m: 5:11.93 | 41.66          |      |
|         | 100m: 1:21.85            | 44.11 | 200m: 2:50.47 | 43.89                         | 300m: 4:30.27 | 50.15   | 400m: 5:52.05 | 40.12          |      |

Ogólnopolski Sprawdzian Wszechstronności  
Aleksandrów Łódzki, 8- - 9-10-2015

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Konkurencja 9, Kobiety, 400m zmienny, Open

| Pozycja |                     |         |         | Rok ur. |                            |       |       |         | Czas  | Pkt.           |         |
|---------|---------------------|---------|---------|---------|----------------------------|-------|-------|---------|-------|----------------|---------|
| DYSKW.  | D BKOWSKA, Julia    |         |         | 02      | TP Olimpijczyk Aleksandrów |       |       |         |       | <b>7:26.64</b> |         |
|         | <i>z2, g8</i>       |         |         |         |                            |       |       |         |       |                |         |
|         | 50m:                | 50.01   | 50.01   | 150m:   | 2:52.76                    | 59.37 | 250m: | 4:48.97 | 56.23 | 350m:          |         |
|         | 100m:               | 1:53.39 | 1:03.38 | 200m:   | 3:52.74                    | 59.98 | 300m: | 5:46.03 | 57.06 | 400m:          | 7:26.64 |
| DYSKW.  | SKOLASA, Aleksandra |         |         | 01      | TP Olimpijczyk Aleksandrów |       |       |         |       | <b>7:26.80</b> |         |
|         | <i>o16, o15, z2</i> |         |         |         |                            |       |       |         |       |                |         |
|         | 50m:                | 52.28   | 52.28   | 150m:   |                            |       | 250m: |         |       | 350m:          |         |
|         | 100m:               | 1:52.87 | 1:00.59 | 200m:   |                            |       | 300m: | 5:44.70 |       | 400m:          | 7:26.80 |