

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymała ci - 11-12 lat
Łódź , 5- - 6-11-2015

Konkurencja 3
2015-11-05 - 11:10

Dziewcz t, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
1.	Gu	Wiktorja	04	UKS Delfin Piotrków Trybunalsk				5:10.61	430
	50m:	35.32 35.32	150m:	1:56.31	250m:	3:16.32 39.43	350m:	4:35.59 38.99	
	100m:		200m:	2:36.89 40.58	300m:	3:56.60 40.28	400m:	5:10.61 35.02	
2.	Mikołajczyk	Maja	04	UKS SP 149 Łódź				5:13.71	417
	50m:	37.52 37.52	150m:	1:59.35 40.65	250m:	3:19.53 39.48	350m:	4:37.93 39.11	
	100m:	1:18.70 41.18	200m:	2:40.05 40.70	300m:	3:58.82 39.29	400m:	5:13.71 35.78	
3.	Raczy ska	Wiktorja	04	SKS 137 Delfin Łódź				5:18.53	399
	50m:	35.73 35.73	150m:	1:57.85 41.03	250m:	3:19.53 40.45	350m:	4:40.17 40.10	
	100m:	1:16.82 41.09	200m:	2:39.08 41.23	300m:	4:00.07 40.54	400m:	5:18.53 38.36	
4.	Maciaszczyk	Weronika	04	UKS SP 149 Łódź				5:33.32	348
	50m:	38.93 38.93	150m:		250m:		350m:		
	100m:	1:21.34 42.41	200m:		300m:		400m:	5:33.32	
5.	Markowska	Maja	04	UKS SP 149 Łódź				5:41.68	323
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	5:41.68	
6.	Maciaszczyk	Wiktorja	04	UKS SP 149 Łódź				5:42.14	322
	50m:	40.09 40.09	150m:	2:08.17 44.43	250m:		350m:	5:03.64	
	100m:	1:23.74 43.65	200m:		300m:		400m:	5:42.14 38.50	
7.	Ruci ska	Inga	04	UKS "Pi tka" Konstantynów Łódź				5:46.13	311
	50m:	37.66 37.66	150m:	2:05.44 44.65	250m:	3:36.28 45.77	350m:	5:04.79 43.88	
	100m:	1:20.79 43.13	200m:	2:50.51 45.07	300m:	4:20.91 44.63	400m:	5:46.13 41.34	
8.	Wrzesi ska	Wiktorja	04	UKS 190 Łódź				5:48.72	304
	50m:	39.55 39.55	150m:	2:08.35 44.69	250m:	3:39.06 45.79	350m:	5:07.48 44.66	
	100m:	1:23.66 44.11	200m:	2:53.27 44.92	300m:	4:22.82 43.76	400m:	5:48.72 41.24	
9.	Kowalska	Wiktorja	04	UKS Delfin Piotrków Trybunalsk				5:52.36	294
	50m:	39.57 39.57	150m:	2:08.64 45.41	250m:	3:39.54 45.76	350m:	5:10.77 45.01	
	100m:	1:23.23 43.66	200m:	2:53.78 45.14	300m:	4:25.76 46.22	400m:	5:52.36 41.59	
10.	Karpi ska	Zuzanna	04	MKS Trójka Łódź				5:53.08	293
	50m:	38.07 38.07	150m:	2:05.21 43.69	250m:	3:36.15 46.36	350m:	5:07.28 45.09	
	100m:	1:21.52 43.45	200m:	2:49.79 44.58	300m:	4:22.19 46.04	400m:	5:53.08 45.80	
11.	Witek	Oliwia	04	UKS SP 149 Łódź				5:53.98	290
	50m:	40.85 40.85	150m:	2:10.85 45.50	250m:	3:41.63 45.78	350m:	5:12.47 45.56	
	100m:	1:25.35 44.50	200m:	2:55.85 45.00	300m:	4:26.91 45.28	400m:	5:53.98 41.51	
12.	Kowalczyk	Gabriela	04	MKS Trójka Łódź				5:54.03	290
	50m:	40.49 40.49	150m:	2:11.95 46.40	250m:	3:43.94 45.59	350m:	5:12.71 43.45	
	100m:	1:25.55 45.06	200m:	2:58.35 46.40	300m:	4:29.26 45.32	400m:	5:54.03 41.32	
13.	Kurowska	Oliwia	04	MUKS Zgierz				5:54.49	289
	50m:	39.58 39.58	150m:	2:10.86 46.40	250m:	3:41.47 44.85	350m:	5:11.79 44.64	
	100m:	1:24.46 44.88	200m:	2:56.62 45.76	300m:	4:27.15 45.68	400m:	5:54.49 42.70	
14.	Gud	Maja	04	UKS Delfin Piotrków Trybunalsk				6:02.30	271
	50m:		150m:		250m:		350m:		
	100m:		200m:	2:58.52	300m:		400m:	6:02.30	
15.	Misiorny	Julia	04	MKS Trójka Łódź				6:03.41	268
	50m:	39.19 39.19	150m:	2:10.56 46.41	250m:	3:43.74 46.10	350m:	5:17.95 47.11	
	100m:	1:24.15 44.96	200m:	2:57.64 47.08	300m:	4:30.84 47.10	400m:	6:03.41 45.46	
16.	Biernacka	Maja	04	MKS Jedyńka Łódź				6:04.62	266
	50m:	41.46 41.46	150m:	2:16.80 48.04	250m:	3:49.10 44.55	350m:		
	100m:	1:28.76 47.30	200m:	3:04.55 47.75	300m:	4:35.77 46.67	400m:	6:04.62	
17.	Potemka	Justyna	04	MUKS Zgierz				6:10.87	252
	50m:	41.24 41.24	150m:	2:18.46 48.28	250m:	3:53.33 46.76	350m:	5:30.80 48.74	
	100m:	1:30.18 48.94	200m:	3:06.57 48.11	300m:	4:42.06 48.73	400m:	6:10.87 40.07	

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat
Łód , 5- - 6-11-2015

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

Pozycja			Rok ur.					Czas	Pkt.
18.	Kruzerowska Zofia		04	MKS Jedyńka Łód				6:12.39	249
	50m:		150m:	250m:		350m:			
	100m:		200m:	300m:		400m:	6:12.39		
19.	Gomułka Natalia		04	UKS 190 Łód				6:15.34	243
	50m:	41.90 41.90	150m:	250m:		350m:	5:30.69	48.02	
	100m:	1:29.92 48.02	200m:	300m:	4:42.67	400m:	6:15.34	44.65	
20.	Zaj c Martyna		04	MKS Trójka Łód				6:21.71	231
	50m:	41.39 41.39	150m:	250m:	3:59.56	350m:			
	100m:	1:29.15 47.76	200m:	300m:		400m:	6:21.71		
21.	Nowak Natalia		04	UKS SP 19 Łód				6:24.39	227
	50m:		150m:	250m:		350m:			
	100m:	1:35.44	200m:	300m:	4:49.76	400m:	6:24.39		
22.	Matyjek Katarzyna		04	UKS NAWA Skierniewice				6:24.95	226
	50m:	43.32 43.32	150m:	2:22.82 50.45	250m:	4:02.70 49.10	350m:	5:41.04 48.94	
	100m:	1:32.37 49.05	200m:	3:13.60 50.78	300m:	4:52.10 49.40	400m:	6:24.95 43.91	
23.	Pietryka Aleksandra		04	UKS SP 149 Łód				6:26.35	223
	50m:	41.01 41.01	150m:	3:07.70 1:38.94	250m:		350m:		
	100m:	1:28.76 47.75	200m:		300m:	4:47.14	400m:	6:26.35	
24.	Jeruzal Nadia		04	UKS "55" Łód				6:30.70	216
	50m:		150m:	250m:		350m:			
	100m:		200m:	3:14.62	300m:		400m:	6:30.70	
25.	Zwoli ska Hanna		04	MUKS "Wodnik" Łask				6:32.08	214
	50m:	44.31 44.31	150m:	2:23.02 50.37	250m:		350m:	5:46.88 50.43	
	100m:	1:32.65 48.34	200m:	3:13.26 50.24	300m:	4:56.45	400m:	6:32.08 45.20	
26.	Pecyna Weronika		04	Pływak Tomaszów Maz				6:32.70	212
	50m:	41.33 41.33	150m:	2:20.12 50.14	250m:	4:02.75 51.14	350m:	5:43.28 50.29	
	100m:	1:29.98 48.65	200m:	3:11.61 51.49	300m:	4:52.99 50.24	400m:	6:32.70 49.42	
27.	D bkowska Wiktoria		04	MUKS "Wodnik" Łask				6:32.95	212
	50m:	43.36 43.36	150m:	2:25.72 51.69	250m:	4:06.74 50.81	350m:	5:48.00 49.67	
	100m:	1:34.03 50.67	200m:	3:15.93 50.21	300m:	4:58.33 51.59	400m:	6:32.95 44.95	
28.	Jakóbczak Wiktoria		04	UKS 190 Łód				6:34.25	210
	50m:	44.36 44.36	150m:	2:26.81 52.00	250m:	4:09.39 50.92	350m:	5:51.01 50.14	
	100m:	1:34.81 50.45	200m:	3:18.47 51.66	300m:	5:00.87 51.48	400m:	6:34.25 43.24	
29.	Kowacka Aleksandra		04	UKS SP 149 Łód				6:37.25	205
	50m:	43.22 43.22	150m:	2:21.86 50.90	250m:	4:05.64 52.24	350m:	5:47.94 51.59	
	100m:	1:30.96 47.74	200m:	3:13.40 51.54	300m:	4:56.35 50.71	400m:	6:37.25 49.31	
30.	Petera Patrycja		04	UKS "Pi tka" Konstancynów Łódz				6:37.64	205
	50m:	45.36 45.36	150m:	2:25.76 50.43	250m:		350m:	5:49.70 51.28	
	100m:	1:35.33 49.97	200m:	3:17.27 51.51	300m:	4:58.42	400m:	6:37.64 47.94	
31.	Konieczna Aleksandra		04	UKS "55" Łód				6:42.81	197
	50m:	39.55 39.55	150m:	250m:		350m:			
	100m:		200m:	3:12.76	300m:	4:58.76	400m:	6:42.81	
32.	Wi niewska Lena		04	Tp Olimpijczyk Aleksandrów Łód				6:43.21	196
	50m:	42.27 42.27	150m:	2:27.17 52.48	250m:	4:11.60 51.83	350m:	5:56.10 52.39	
	100m:	1:34.69 52.42	200m:	3:19.77 52.60	300m:	5:03.71 52.11	400m:	6:43.21 47.11	
33.	Haładyn Kamila		04	UKS 190 Łód				6:45.97	192
	50m:	42.52 42.52	150m:	2:25.00 51.63	250m:	4:11.07 53.86	350m:	5:58.33 54.12	
	100m:	1:33.37 50.85	200m:	3:17.21 52.21	300m:	5:04.21 53.14	400m:	6:45.97 47.64	
34.	Magdziarz Zuzanna		04	UKS NAWA Skierniewice				6:46.40	192
	50m:	42.87 42.87	150m:	250m:	4:09.32 52.21	350m:	6:01.01 58.12		
	100m:	1:32.65 49.78	200m:	3:17.11	300m:	5:02.89 53.57	400m:	6:46.40 45.39	
35.	Szczepa czyk Nikola		04	UKS "55" Łód				6:49.80	187
	50m:	42.17 42.17	150m:	2:25.15 56.32	250m:	4:10.80 52.43	350m:	5:59.02 53.72	
	100m:	1:28.83 46.66	200m:	3:18.37 53.22	300m:	5:05.30 54.50	400m:	6:49.80 50.78	

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Pozycja			Rok ur.					Czas	Pkt.		
36.	Kuli ska Dominika		04	UKS SP 149 Łódź				6:52.23	184		
	50m:	43.74 43.74	150m:	2:25.28	52.29	250m:	4:11.85	53.63	350m:	5:59.69	53.58
	100m:	1:32.99 49.25	200m:	3:18.22	52.94	300m:	5:06.11	54.26	400m:	6:52.23	52.54
37.	Zaj czkowska Ewa		04	SKS 137 Delfin Łódź				6:57.97	176		
	50m:	46.44 46.44	150m:			250m:	4:23.06	53.10	350m:		
	100m:		200m:	3:29.96		300m:			400m:	6:57.97	
38.	Bednarska Joanna		04	UKS "55" Łódź				7:00.00	174		
	50m:	46.41 46.41	150m:			250m:			350m:	6:11.69	
	100m:		200m:	3:25.16		300m:			400m:	7:00.00	48.31
39.	W grzynowicz Oliwia		04	UKS NAWA Skierniewice				7:01.20	172		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	7:01.20	
40.	Wrona Magdalena		04	MKS Jedyńka Łódź				7:01.83	171		
	50m:	45.71 45.71	150m:	2:33.96	55.21	250m:	4:23.35	54.34	350m:	6:12.48	52.86
	100m:	1:38.75 53.04	200m:	3:29.01	55.05	300m:	5:19.62	56.27	400m:	7:01.83	49.35
41.	Brzuska Julia		04	UKS "55" Łódź				7:03.58	169		
	50m:	45.05 45.05	150m:	2:34.01	55.21	250m:	4:24.55		350m:	6:13.65	54.10
	100m:	1:38.80 53.75	200m:			300m:	5:19.55	55.00	400m:	7:03.58	49.93
42.	Kacperska Karolina		04	UKS Delfin Piotrków Trybunalski				7:07.04	165		
	50m:		150m:	2:30.59		250m:			350m:		
	100m:		200m:	3:25.81	55.22	300m:			400m:	7:07.04	
43.	Arkuszy ska Nadia		04	Pływak Tomaszów Maz				7:07.10	165		
	50m:	43.00 43.00	150m:	2:33.22	55.67	250m:	4:26.73	56.38	350m:		
	100m:	1:37.55 54.55	200m:	3:30.35	57.13	300m:	5:24.43	57.70	400m:	7:07.10	
44.	Dąlek Zuzanna		04	SKS 137 Delfin Łódź				7:07.23	165		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	7:07.23	
45.	J drzejczak Zuzanna		04	UKS NAWA Skierniewice				7:09.81	162		
	50m:	46.06 46.06	150m:	2:32.70	54.46	250m:	4:23.92	55.40	350m:	6:16.20	55.89
	100m:	1:38.24 52.18	200m:	3:28.52	55.82	300m:	5:20.31	56.39	400m:	7:09.81	53.61
46.	Staniszewska Natalia		04	SKS 137 Delfin Łódź				7:17.21	154		
	50m:	48.39 48.39	150m:	2:39.37	55.41	250m:	4:30.80	56.44	350m:	6:23.72	57.01
	100m:	1:43.96 55.57	200m:	3:34.36	54.99	300m:	5:26.71	55.91	400m:	7:17.21	53.49
47.	widerska Zuzanna		04	SKS 137 Delfin Łódź				7:22.90	148		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	7:22.90	
48.	Kaczuba Amelia		04	Pływak Tomaszów Maz				7:23.29	148		
	50m:	46.40 46.40	150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	7:23.29	
49.	Nawrot Julia		04	MKS Trójka Łódź				7:30.48	141		
	50m:	48.55 48.55	150m:	2:41.95	58.10	250m:			350m:	6:35.20	58.58
	100m:	1:43.85 55.30	200m:			300m:	5:36.62		400m:	7:30.48	55.28
50.	Kł b Aleksandra		04	MUKS Zgierz				7:34.75	137		
	50m:	47.56 47.56	150m:	2:41.71	57.99	250m:	4:40.55	59.96	350m:	6:38.37	58.90
	100m:	1:43.72 56.16	200m:	3:40.59	58.88	300m:	5:39.47	58.92	400m:	7:34.75	56.38
51.	Konarska Alicja		04	SKS 137 Delfin Łódź				7:34.80	137		
	50m:	47.31 47.31	150m:			250m:	4:40.66		350m:		
	100m:		200m:			300m:			400m:	7:34.80	
52.	Krotosz Dominika		04	Pływak Tomaszów Maz				7:44.23	128		
	50m:	48.50 48.50	150m:			250m:			350m:		
	100m:		200m:			300m:	5:46.80		400m:	7:44.23	
53.	Garnys Amelia		04	Pływak Tomaszów Maz				7:55.19	120		
	50m:	44.30 44.30	150m:			250m:	4:49.96		350m:		
	100m:	1:43.16 58.86	200m:			300m:	5:54.67	1:04.71	400m:	7:55.19	

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat
 Łód , 5- - 6-11-2015

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

Pozycja			Rok ur.			Czas	Pkt.	
54.	piewak Klaudia		04	SKS 137 Delfin Łód		7:55.45	120	
	50m:		150m:		250m:	350m:		
	100m:		200m:		300m:	400m:	7:55.45	
55.	Michalska Oliwia		04	Pływak Tomaszów Maz		8:11.68	108	
	50m:		150m:		250m:	350m:	1:06.51	
	100m:		200m:	3:57.23	300m:	400m:	8:11.68 58.94	
NIE UK.	Miazga Amelia		04	Pływak Tomaszów Maz				
	50m:	54.53 54.53	150m:	3:11.02 1:09.08	250m:	5:29.88 1:11.12	350m:	7:41.95 1:06.05
	100m:	2:01.94 1:07.41	200m:	4:18.76 1:07.74	300m:	6:35.90 1:06.02	400m:	