

Ogólnopolski sprawdzian wytrzymało ci i wszechstronno ci  
Kraków, 19-11-2011

Konkurencja 3  
2011-11-19 - 11:10

Dziewcz t, 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2011

Pozycja	Rok ur.		Czas				Pkt.
1. W GRZYN, Natalia	00	AQUARIUS My lenice	<b>5:22.10</b>				387
50m: 36.15 36.15	150m:	250m:	350m:				
100m: 1:15.31 39.16	200m: 2:38.01	300m: 4:02.22	400m: 5:22.10				
2. PODLE NY, Emilia	00	Kmita Zabierzów	<b>5:51.67</b>				298
50m: 37.41 37.41	150m:	250m:	350m:				
100m: 1:20.69 43.28	200m: 2:51.88	300m: 4:22.75	400m: 5:51.67				
3. KRZYSZKOWSKA, Izabela	00	Pływak Bochnia	<b>5:55.10</b>				289
50m: 37.83 37.83	150m: 2:08.30	45.74 250m: 3:38.56	46.02 350m: 5:12.16	46.10			
100m: 1:22.56 44.73	200m: 2:52.54	44.24 300m: 4:26.06	47.50 400m: 5:55.10	42.94			
4. MRUGACZ, Dominika	00	Jordan Kraków	<b>5:56.18</b>				286
50m: 37.71 37.71	150m:	250m:	350m:				
100m: 1:22.98 45.27	200m: 2:58.64	300m: 4:30.97	400m: 5:56.18				
5. LECHOWICZ, Nadia	00	Jordan Kraków	<b>5:56.23</b>				286
50m: 39.53 39.53	150m:	250m:	350m:				
100m: 1:24.71 45.18	200m: 2:56.60	300m: 4:27.07	400m: 5:56.23				
6. ORCZYKOWSKA, Natalia	00	Limanowa-swim	<b>6:00.01</b>				277
50m: 38.22 38.22	150m:	250m:	350m:				
100m: 1:24.10 45.88	200m: 2:57.89	300m: 4:31.93	400m: 6:00.01				
7. GOLI SKA, Wiktoria	00	Jordan Kraków	<b>6:10.28</b>				255
50m: 41.37 41.37	150m:	250m:	350m:				
100m: 1:28.41 47.04	200m: 3:03.53	300m: 4:38.65	400m: 6:10.28				
8. ROMA SKA, Maja	00	Pływak Bochnia	<b>6:13.92</b>				247
50m: 38.10 38.10	150m:	250m:	350m:				
100m: 1:23.17 45.07	200m: 2:59.07	300m: 4:37.06	400m: 6:13.92				
9. NOWAK, Monika	00	Jordan Kraków	<b>6:15.19</b>				245
50m: 40.74 40.74	150m:	250m:	350m:				
100m: 1:26.41 45.67	200m: 3:03.75	300m: 4:41.66	400m: 6:15.19				
10. MŁYNARSKA, Marika	00	Pływak Bochnia	<b>6:17.01</b>				241
50m: 38.31 38.31	150m:	250m:	350m:				
100m: 1:23.16 44.85	200m: 2:59.91	300m: 4:39.60	400m: 6:17.01				
11. ZI BEK, Weronika	00	Jordan Kraków	<b>6:19.89</b>				236
50m: 40.62 40.62	150m:	250m:	350m:				
100m: 1:26.55 45.93	200m: 3:04.47	300m: 4:43.51	400m: 6:19.89				
12. BA , Aleksandra	00	Jordan Kraków	<b>6:20.87</b>				234
50m: 43.53 43.53	150m:	250m:	350m:				
100m: 1:31.77 48.24	200m: 3:11.12	300m: 4:49.71	400m: 6:20.87				
13. GINTOWT, Paulina	00	Jordan Kraków	<b>6:22.93</b>				230
50m: 41.44 41.44	150m: 2:20.61	50.24 250m: 4:00.26	49.54 350m: 5:39.20	49.99			
100m: 1:30.37 48.93	200m: 3:10.72	50.11 300m: 4:49.21	48.95 400m: 6:22.93	43.73			
14. JELONEK, Justyna	00	Fala Niepołomice	<b>6:31.89</b>				215
50m: 42.78 42.78	150m:	250m:	350m:				
100m: 1:32.72 49.94	200m: 3:13.87	300m: 4:55.60	400m: 6:31.89				
15. KACER, Julia	00	Unia Tarnów	<b>6:33.44</b>				212
50m: 44.98 44.98	150m:	250m:	350m:				
100m: 1:36.60 51.62	200m: 3:18.00	300m: 4:58.59	400m: 6:33.44				
16. LUSINA, Gabriela	00	Kmita Zabierzów	<b>6:44.91</b>				195
50m: 45.64 45.64	150m: 2:27.42	50.73 250m: 4:09.84	50.65 350m: 5:54.47	53.31			
100m: 1:36.69 51.05	200m: 3:19.19	51.77 300m: 5:01.16	51.32 400m: 6:44.91	50.44			
17. YLSKA, Joanna	00	Korona Kraków	<b>6:47.06</b>				192
50m: 44.87 44.87	150m:	250m:	350m:				
100m: 1:37.49 52.62	200m: 3:21.86	300m: 5:06.23	400m: 6:47.06				

Ogólnopolski sprawdzian wytrzymałości i wszechstronności  
Kraków, 19-11-2011

Konkurencja 3, Dziewcząt, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	ZIELI SKA, Teresa		00	Kmita Zabierzów				<b>6:47.53</b>	191
	50m: 46.00	46.00	150m:	250m:		350m:			
	100m: 1:36.97	50.97	200m: 3:23.47	300m: 5:06.55		400m: 6:47.53			
19.	KOZERA, Katarzyna		00	Jordan Kraków				<b>6:54.75</b>	181
	50m: 43.98	43.98	150m: 2:27.02	52.95	250m: 4:14.37	53.89	350m: 6:02.26	53.63	
	100m: 1:34.07	50.09	200m: 3:20.48	53.46	300m: 5:08.63	54.26	400m: 6:54.75	52.49	
20.	PAWELSKA, DOMINKA		00	Piłka Kraków				<b>6:56.14</b>	179
	50m: 45.77	45.77	150m:	250m:		350m:			
	100m: 1:37.07	51.30	200m: 3:23.96	300m: 5:11.71		400m: 6:56.14			
21.	KAJSTURA, Wiktoria		00	Jordan Kraków				<b>7:00.98</b>	173
	50m: 46.19	46.19	150m:	250m:		350m:			
	100m: 1:39.22	53.03	200m: 3:28.92	300m: 5:19.79		400m: 7:00.98			
22.	ZBYLUT, Natalia		00	Jordan Kraków				<b>7:01.00</b>	173
	50m: 46.31	46.31	150m:	250m:		350m:			
	100m: 1:38.93	52.62	200m: 3:30.30	300m: 5:21.10		400m: 7:01.00			
23.	ZI CIAK, Klaudia		00	Jordan Kraków				<b>7:16.62</b>	155
	50m: 41.65	41.65	150m:	250m:		350m:			
	100m: 1:35.72	54.07	200m: 3:29.19	300m: 5:24.10		400m: 7:16.62			
24.	UCHOWSKA, Magdalena		00	Jordan Kraków				<b>7:22.54</b>	149
	50m: 48.57	48.57	150m: 2:42.59	57.86	250m: 4:36.45	57.76	350m: 6:30.36	57.12	
	100m: 1:44.73	56.16	200m: 3:38.69	56.10	300m: 5:33.24	56.79	400m: 7:22.54	52.18	
25.	GARNEK, Zofia		00	Korona Kraków				<b>7:24.23</b>	147
	50m: 48.01	48.01	150m:	250m:		350m:			
	100m: 1:45.54	57.53	200m: 3:43.26	300m: 5:38.29		400m: 7:24.23			
26.	GWÓDZ, Julia		00	Jordan Kraków				<b>7:44.51</b>	129
	50m: 49.82	49.82	150m:	250m:		350m:			
	100m: 1:51.11	1:01.29	200m: 3:50.63	300m: 5:52.96		400m: 7:44.51			
DYSKW.	WOJTUSIK, Melania		00	Fala Niepołomice					
	<i>D-2</i>								
	50m:		150m:	250m:		350m:			
	100m:		200m:	300m:		400m:			