

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej Mityng Pływacki Laguna Cup 2016
Gryfino, 19-11-2016

Konkurencja 15
2016-11-19 - 15:10

Dziewcząt, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.							Czas	Pkt.
1.	PAROL Olga		05	UKS Foka						5:13.46	418
	50m:	33.97 33.97	150m:	1:53.23	40.39	250m:	3:14.81	40.62	350m:	4:36.23	40.57
	100m:	1:12.84 38.87	200m:	2:34.19	40.96	300m:	3:55.66	40.85	400m:	5:13.46	37.23
2.	ŁASISZ Julia		05	Znicz Koszalin						5:22.76	383
	50m:	35.03 35.03	150m:	1:54.44	40.64	250m:	3:18.37	41.93	350m:	4:42.80	42.08
	100m:	1:13.80 38.77	200m:	2:36.44	42.00	300m:	4:00.72	42.35	400m:	5:22.76	39.96
3.	ZIELI SKA Hanna		05	UKP Marlin						5:37.54	335
	50m:	35.85 35.85	150m:	2:02.82	44.28	250m:	3:31.94	44.89	350m:	4:57.84	41.42
	100m:	1:18.54 42.69	200m:	2:47.05	44.23	300m:	4:16.42	44.48	400m:	5:37.54	39.70
4.	ROMASZKO Zuzanna		05	IUKP Wodnik Police						5:40.30	327
	50m:	39.28 39.28	150m:	2:06.42	44.34	250m:	3:33.83	43.58	350m:	4:54.96	39.05
	100m:	1:22.08 42.80	200m:	2:50.25	43.83	300m:	4:15.91	42.08	400m:	5:40.30	45.34
5.	MAKOWSKA Martyna		05	Znicz Koszalin						5:43.79	317
	50m:	36.61 36.61	150m:	2:04.29	44.71	250m:	3:34.75	45.06	350m:	5:04.42	44.98
	100m:	1:19.58 42.97	200m:	2:49.69	45.40	300m:	4:19.44	44.69	400m:	5:43.79	39.37
6.	MICHAŁOWSKA Amelia		05	MKP H2O Koszalin						5:43.92	317
	50m:	37.30 37.30	150m:	2:04.45	44.49	250m:	3:36.13	46.15	350m:	5:04.89	43.90
	100m:	1:19.96 42.66	200m:	2:49.98	45.53	300m:	4:20.99	44.86	400m:	5:43.92	39.03
7.	LEWANDOWSKA Iga		05	MKP Mylibórz						5:53.90	291
	50m:	38.23 38.23	150m:			250m:			350m:		
	100m:	2:07.30 1:29.07	200m:	2:53.74		300m:			400m:	5:53.90	
8.	KOZIKOWSKA Katarzyna		05	UKS Foka						5:56.39	284
	50m:	38.04 38.04	150m:	2:09.10	46.64	250m:	3:42.23	46.78	350m:	5:15.00	46.53
	100m:	1:22.46 44.42	200m:	2:55.45	46.35	300m:	4:28.47	46.24	400m:	5:56.39	41.39
9.	SZONDELMAJER Zuzanna		05	MKP Mylibórz						6:02.69	270
	50m:	39.92 39.92	150m:	2:11.90	47.02	250m:	3:45.35	46.31	350m:	5:17.89	45.57
	100m:	1:24.88 44.96	200m:	2:59.04	47.14	300m:	4:32.32	46.97	400m:	6:02.69	44.80
10.	PETRUK Hanna		05	MKP Mylibórz						6:04.23	266
	50m:	39.91 39.91	150m:	2:13.56	47.65	250m:	3:46.64	45.82	350m:	5:19.17	45.70
	100m:	1:25.91 46.00	200m:	3:00.82	47.26	300m:	4:33.47	46.83	400m:	6:04.23	45.06
11.	KOWALSKA Emilia		05	Znicz Koszalin						6:05.60	263
	50m:	40.77 40.77	150m:	2:14.64	47.24	250m:	3:49.46	47.02	350m:	5:23.62	46.52
	100m:	1:27.40 46.63	200m:	3:02.44	47.80	300m:	4:37.10	47.64	400m:	6:05.60	41.98
12.	KARLI SKA Paula		05	IUKP Wodnik Police						6:06.02	263
	50m:	41.48 41.48	150m:	2:15.99	47.72	250m:	3:50.80	47.37	350m:		
	100m:	1:28.27 46.79	200m:	3:03.43	47.44	300m:			400m:	6:06.02	
13.	DUDZI SKA Wiktoria		05	Znicz Koszalin						6:09.52	255
	50m:	41.04 41.04	150m:	2:13.83	47.01	250m:	3:48.11	46.94	350m:	5:23.93	48.13
	100m:	1:26.82 45.78	200m:	3:01.17	47.34	300m:	4:35.80	47.69	400m:	6:09.52	45.59
14.	FURS Emilia		05	UKS Foka						6:18.47	237
	50m:	41.46 41.46	150m:	2:20.38	50.72	250m:	4:53.58	1:42.25	350m:	6:33.83	48.82
	100m:	1:29.66 48.20	200m:	3:11.33	50.95	300m:	5:45.01	51.43	400m:	6:18.47	
15.	STRZELCZYK Małgorzata		05	UKS Foka						6:25.21	225
	50m:	43.06 43.06	150m:	2:21.87	50.78	250m:	4:01.91	50.56	350m:	5:40.07	48.55
	100m:	1:31.09 48.03	200m:	3:11.35	49.48	300m:	4:51.52	49.61	400m:	6:25.21	45.14
16.	NYKOŁAJCZUK Jagoda		05	MKS Neptun Stargard						6:32.30	213
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	6:32.30	
17.	CIESIOŁKIEWICZ Nikola		05	Znicz Koszalin						6:35.27	208
	50m:	44.25 44.25	150m:	2:24.71	51.26	250m:	4:06.72	51.60	350m:	5:47.53	50.43
	100m:	1:33.45 49.20	200m:	3:15.12	50.41	300m:	4:57.10	50.38	400m:	6:35.27	47.74

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Gryfino, 19-11-2016

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Pozycja			Rok ur.					Czas	Pkt.			
18.	GRZYMAŁA	Aleksandra	05	MKS Neptun Stargard				6:43.78	195			
	50m:	42.94	42.94	150m:	2:26.23	52.30	250m:	4:11.39	52.20	350m:	5:56.46	52.85
	100m:	1:33.93	50.99	200m:	3:19.19	52.96	300m:	5:03.61	52.22	400m:	6:43.78	47.32
19.	TRABU	Olena	05	Znicz Koszalin				6:46.81	191			
	50m:	44.23	44.23	150m:	2:25.42	51.49	250m:	4:10.56	52.60	350m:	5:55.00	52.77
	100m:	1:33.93	49.70	200m:	3:17.96	52.54	300m:	5:02.23	51.67	400m:	6:46.81	51.81
20.	BU KO	Alicja	05	IUKP Wodnik Police				6:47.11	191			
	50m:	44.95	44.95	150m:	2:28.58	51.21	250m:	5:06.60	1:45.61	350m:		
	100m:	1:37.37	52.42	200m:	3:20.99	52.41	300m:	6:47.11	1:40.51	400m:	6:47.11	
21.	NOWEK	Nikola	05	MKS Neptun Stargard				7:07.80	164			
	50m:	44.98	44.98	150m:	2:31.85	54.49	250m:	4:21.36	54.87	350m:	6:13.16	55.95
	100m:	1:37.36	52.38	200m:	3:26.49	54.64	300m:	5:17.21	55.85	400m:	7:07.80	54.64
22.	KLAUSE	Weronika	05	MKS Neptun Stargard				7:19.84	151			
	50m:	44.35	44.35	150m:	2:34.39	55.67	250m:	4:29.84	59.52	350m:	6:26.40	58.75
	100m:	1:38.72	54.37	200m:	3:30.32	55.93	300m:	5:27.65	57.81	400m:	7:19.84	53.44
23.	ZAWADA	Zuzanna	05	UKP Marlin				8:22.48	101			
	50m:	53.94	53.94	150m:	3:01.73	1:04.86	250m:	5:11.60	1:04.15	350m:	7:17.84	59.37
	100m:	1:56.87	1:02.93	200m:	4:07.45	1:05.72	300m:	6:18.47	1:06.87	400m:	8:22.48	1:04.64
24.	WILCZY	SKA Julia	05	MKS Neptun Stargard				8:32.82	95			
	50m:	55.49	55.49	150m:	3:05.89	1:06.54	250m:	5:16.94	1:06.72	350m:	7:29.88	1:05.91
	100m:	1:59.35	1:03.86	200m:	4:10.22	1:04.33	300m:	6:23.97	1:07.03	400m:	8:32.82	1:02.94