

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej rocznika 2003  
Gliwice, 29-11-2014

Konkurencja 3  
2014-11-29 - 11:10

Dziewcząt, 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.		
1.	Kocur Sandra		03	LKS Jedno 32 Przyszowice				<b>5:14.28</b>			
	50m:		150m:	1:54.79	250m:	3:15.83	350m:	4:37.65	41.09		
	100m:		200m:		300m:	3:56.56	40.73	400m:	5:14.28	36.63	
2.	Swaczyna Magdalena		03	LKS Jedno 32 Przyszowice				<b>5:22.29</b>			
	50m:	37.19 37.19	150m:	1:58.70	41.01	250m:	3:21.55	41.42	350m:	4:43.83	41.12
	100m:	1:17.69 40.50	200m:	2:40.13	41.43	300m:	4:02.71	41.16	400m:	5:22.29	38.46
3.	Sczogiel Alicja		03	UKS 54 Delfinek Bytom				<b>5:25.37</b>			
	50m:	36.90 36.90	150m:	2:00.28	42.21	250m:	3:23.59	41.52	350m:	4:46.68	41.27
	100m:	1:18.07 41.17	200m:	2:42.07	41.79	300m:	4:05.41	41.82	400m:	5:25.37	38.69
4.	Malina Amelia		03	K.S. Górnik Sosnowiec				<b>5:25.47</b>			
	50m:	36.11 36.11	150m:	1:58.52	42.01	250m:	3:22.44	41.93	350m:	4:46.59	42.09
	100m:	1:16.51 40.40	200m:	2:40.51	41.99	300m:	4:04.50	42.06	400m:	5:25.47	38.88
5.	Pastuszka Wiktoria		03	K.S. Górnik Sosnowiec				<b>5:38.81</b>			
	50m:	37.66 37.66	150m:	2:03.45	43.12	250m:	3:30.04	43.27	350m:	4:57.20	43.55
	100m:	1:20.33 42.67	200m:	2:46.77	43.32	300m:	4:13.65	43.61	400m:	5:38.81	41.61
6.	Skwara Oliwia		03	UKS HURAGAN Sosnowiec				<b>5:44.09</b>			
	50m:	37.11 37.11	150m:	2:04.47	44.73	250m:	3:34.17	44.85	350m:	5:02.72	45.61
	100m:	1:19.74 42.63	200m:	2:49.32	44.85	300m:	4:17.11	42.94	400m:	5:44.09	41.37
7.	Strzemińska Natalia		03	CSiR MOS Dobra Górnicza				<b>5:52.91</b>			
	50m:	37.69 37.69	150m:	2:07.03	45.68	250m:	3:38.53	45.93	350m:	5:10.41	46.16
	100m:	1:21.35 43.66	200m:	2:52.60	45.57	300m:	4:24.25	45.72	400m:	5:52.91	42.50
8.	Termin Lena		03	Mosm Tychy				<b>5:57.32</b>			
	50m:	37.32 37.32	150m:	2:09.42	46.10	250m:	3:43.09	46.99	350m:	5:15.24	46.15
	100m:	1:23.32 46.00	200m:	2:56.10	46.68	300m:	4:29.09	46.00	400m:	5:57.32	42.08
9.	Wiaderek Zuzanna		03	Mosm Tychy				<b>5:57.97</b>			
	50m:	39.14 39.14	150m:	2:10.21	46.07	250m:	3:43.26	46.70	350m:	5:58.05	1:27.89
	100m:	1:24.14 45.00	200m:	2:56.56	46.35	300m:	4:30.16	46.90	400m:	5:57.97	
10.	Kindrat Julia		03	SiKReT Gliwice				<b>5:58.47</b>			
	50m:	38.95 38.95	150m:	2:08.56	45.39	250m:	3:42.06	46.66	350m:	5:15.71	46.58
	100m:	1:23.17 44.22	200m:	2:55.40	46.84	300m:	4:29.13	47.07	400m:	5:58.47	42.76
11.	Botor Kinga		03	LKS Jedno 32 Przyszowice				<b>6:01.04</b>			
	50m:	41.51 41.51	150m:	2:12.59	45.81	250m:	3:45.12	46.15	350m:	5:16.64	45.18
	100m:	1:26.78 45.27	200m:	2:58.97	46.38	300m:	4:31.46	46.34	400m:	6:01.04	44.40
12.	Wróbel Laura		03	SiKReT Gliwice				<b>6:02.54</b>			
	50m:	39.68 39.68	150m:	2:15.50	48.61	250m:	3:51.07	47.76	350m:	5:23.84	46.46
	100m:	1:26.89 47.21	200m:	3:03.31	47.81	300m:	4:37.38	46.31	400m:	6:02.54	38.70
13.	Mryka Martyna		03	LKS Jedno 32 Przyszowice				<b>6:05.38</b>			
	50m:	41.11 41.11	150m:	2:14.54	47.26	250m:	3:48.72	47.22	350m:	6:05.59	1:29.98
	100m:	1:27.28 46.17	200m:	3:01.50	46.96	300m:	4:35.61	46.89	400m:	6:05.38	
14.	Janacz Daria		03	MKS-SMS Victoria Racibórz				<b>6:05.40</b>			
	50m:	40.16 40.16	150m:	2:12.98	46.71	250m:	3:50.77	49.46	350m:	5:24.05	46.63
	100m:	1:26.27 46.11	200m:	3:01.31	48.33	300m:	4:37.42	46.65	400m:	6:05.40	41.35
15.	Kasprowicz Marta		03	MKS-SMS Victoria Racibórz				<b>6:10.22</b>			
	50m:	39.49 39.49	150m:	2:14.59	48.34	250m:	3:49.42	47.96	350m:	5:25.13	47.23
	100m:	1:26.25 46.76	200m:	3:01.46	46.87	300m:	4:37.90	48.48	400m:	6:10.22	45.09
16.	Wygnał Maja		03	MKS-SMS Victoria Racibórz				<b>6:12.92</b>			
	50m:	40.98 40.98	150m:	2:15.88	47.48	250m:	3:50.95	48.00	350m:	5:27.13	47.09
	100m:	1:28.40 47.42	200m:	3:02.95	47.07	300m:	4:40.04	49.09	400m:	6:12.92	45.79
17.	Jamróz Sara		03	UMKS "Jedynka Zabrze"				<b>6:13.29</b>			
	50m:	40.54 40.54	150m:	2:15.96	48.09	250m:	3:53.29	48.65	350m:	5:29.38	48.23
	100m:	1:27.87 47.33	200m:	3:04.64	48.68	300m:	4:41.15	47.86	400m:	6:13.29	43.91

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej rocznika 2003  
Gliwice, 29-11-2014

Konkurencja 3, Dziewcząt, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	Dembowska Weronika		03	CSiR MOS D browa Górnicza				<b>6:14.28</b>	
	50m:		150m: 2:15.94	250m:		350m:			
	100m:		200m:	300m: 4:41.11		400m:	6:14.28		
19.	Kwiatkowska Patrycja		03	CSiR MOS D browa Górnicza				<b>6:17.90</b>	
	50m:	41.84 41.84	150m: 2:16.88	48.61 250m: 3:54.04	48.81	350m:	5:31.42	48.21	
	100m:	1:28.27 46.43	200m: 3:05.23	48.35 300m: 4:43.21	49.17	400m:	6:17.90	46.48	
20.	Wróczycka Julia		03	Ukp Rudańska				<b>6:22.18</b>	
	50m:	43.48 43.48	150m: 2:23.40	50.34 250m: 4:01.61	48.71	350m:	5:37.58	47.48	
	100m:	1:33.06 49.58	200m: 3:12.90	49.50 300m: 4:50.10	48.49	400m:	6:22.18	44.60	
21.	Kamicka Julia		03	UMKS "Jedynka Zabrze"				<b>6:24.66</b>	
	50m:	41.95 41.95	150m: 2:17.31	47.47 250m: 3:56.33	49.42	350m:	5:34.85	48.22	
	100m:	1:29.84 47.89	200m: 3:06.91	49.60 300m: 4:46.63	50.30	400m:	6:24.66	49.81	
22.	Grzesiak Andrianna		03	Mosm Tychy				<b>6:26.59</b>	
	50m:	43.82 43.82	150m: 2:23.48	49.99 250m: 4:02.88	49.68	350m:	5:41.90	49.13	
	100m:	1:33.49 49.67	200m: 3:13.20	49.72 300m: 4:52.77	49.89	400m:	6:26.59	44.69	
23.	Ochnio Aleksandra		03	Mosm Tychy				<b>6:28.16</b>	
	50m:	42.93 42.93	150m: 2:21.17	49.07 250m: 4:00.25	48.98	350m:	5:41.17	50.27	
	100m:	1:32.10 49.17	200m: 3:11.27	50.10 300m: 4:50.90	50.65	400m:	6:28.16	46.99	
24.	Mosek Oliwia		03	KS Unia Racibórz				<b>6:28.71</b>	
	50m:	42.35 42.35	150m: 2:21.37	50.08 250m: 4:01.39	50.37	350m:	5:41.18	50.09	
	100m:	1:31.29 48.94	200m: 3:11.02	49.65 300m: 4:51.09	49.70	400m:	6:28.71	47.53	
25.	Lip Patrycja		03	Ukp Rudańska				<b>6:31.74</b>	
	50m:	42.59 42.59	150m: 2:20.83	50.30 250m: 4:02.38	50.40	350m:	5:42.17	50.12	
	100m:	1:30.53 47.94	200m: 3:11.98	51.15 300m: 4:52.05	49.67	400m:	6:31.74	49.57	
26.	Skowron Jagoda		03	SiKReT Gliwice				<b>6:36.12</b>	
	50m:	44.20 44.20	150m: 2:26.65	51.67 250m: 4:11.97	53.34	350m:	5:52.46	48.78	
	100m:	1:34.98 50.78	200m: 3:18.63	51.98 300m: 5:03.68	51.71	400m:	6:36.12	43.66	
27.	Pogo Milena		03	CSiR MOS D browa Górnicza				<b>6:36.18</b>	
	50m:	42.89 42.89	150m: 2:23.36	50.83 250m: 4:05.55	50.89	350m:	5:46.46	50.58	
	100m:	1:32.53 49.64	200m: 3:14.66	51.30 300m: 4:55.88	50.33	400m:	6:36.18	49.72	
28.	Malcharczyk Adrianna		03	KS Unia Racibórz				<b>6:36.82</b>	
	50m:	43.42 43.42	150m: 2:23.03	49.67 250m: 4:04.78	50.48	350m:	5:47.87	51.56	
	100m:	1:33.36 49.94	200m: 3:14.30	51.27 300m: 4:56.31	51.53	400m:	6:36.82	48.95	
29.	Steczek Natalia		03	Mosm Tychy				<b>6:39.49</b>	
	50m:	42.78 42.78	150m: 2:21.69	50.36 250m: 4:04.76	52.25	350m:	5:51.08	53.24	
	100m:	1:31.33 48.55	200m: 3:12.51	50.82 300m: 4:57.84	53.08	400m:	6:39.49	48.41	
30.	Dobrowolska Natalia		03	MKS-SMS Victoria Racibórz				<b>6:39.82</b>	
	50m:	43.13 43.13	150m: 2:26.09	52.30 250m: 4:11.70	53.14	350m:	5:54.97	50.71	
	100m:	1:33.79 50.66	200m: 3:18.56	52.47 300m: 5:04.26	52.56	400m:	6:39.82	44.85	
31.	Kania Julia		03	MKS-SMS Victoria Racibórz				<b>6:43.46</b>	
	50m:	44.45 44.45	150m: 2:27.15	52.30 250m: 4:11.59	52.01	350m:	5:54.69	50.79	
	100m:	1:34.85 50.40	200m: 3:19.58	52.43 300m: 5:03.90	52.31	400m:	6:43.46	48.77	
32.	Kazimierczak Maria		03	KS Unia Racibórz				<b>6:43.53</b>	
	50m:	43.99 43.99	150m: 2:26.68	52.03 250m: 4:09.41	51.11	350m:	5:53.92	51.35	
	100m:	1:34.65 50.66	200m: 3:18.30	51.62 300m: 5:02.57	53.16	400m:	6:43.53	49.61	
33.	Widuch Magdalena		03	Nowy KP Bielsko-Biała				<b>6:44.66</b>	
	50m:	43.55 43.55	150m: 2:27.59	53.12 250m: 4:13.50	54.27	350m:	5:59.62	53.33	
	100m:	1:34.47 50.92	200m: 3:19.23	51.64 300m: 5:06.29	52.79	400m:	6:44.66	45.04	
	Leśniak Zofia		03	MKS-SMS Victoria Racibórz				<b>6:44.66</b>	
	50m:	44.78 44.78	150m: 2:28.34	52.05 250m: 4:12.97	52.24	350m:	5:56.82	52.15	
	100m:	1:36.29 51.51	200m: 3:20.73	52.39 300m: 5:04.67	51.70	400m:	6:44.66	47.84	
35.	Wyderka Małgorzata		03	UMKS "Jedynka Zabrze"				<b>6:45.06</b>	
	50m:	42.44 42.44	150m: 2:22.55	51.58 250m: 4:07.26	53.04	350m:	5:52.57	52.54	
	100m:	1:30.97 48.53	200m: 3:14.22	51.67 300m: 5:00.03	52.77	400m:	6:45.06	52.49	

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Konkurencja 3, Dziewcząt, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.
36.	Gorgo Julia		03	KS Unia Racibórz				<b>6:45.42</b>	
	50m:	44.01 44.01	150m:	2:26.06 51.58	250m:	4:08.94 50.41	350m:	5:54.74 52.93	
	100m:	1:34.48 50.47	200m:	3:18.53 52.47	300m:	5:01.81 52.87	400m:	6:45.42 50.68	
37.	Bialik Karolina		03	MKS-SMS Victoria Racibórz				<b>6:55.81</b>	
	50m:	48.16 48.16	150m:	2:33.95 53.19	250m:	4:21.27 53.93	350m:	6:06.23 51.58	
	100m:	1:40.76 52.60	200m:	3:27.34 53.39	300m:	5:14.65 53.38	400m:	6:55.81 49.58	
38.	Jagiełło Zofia		03	UKS 54 Delfinek Bytom				<b>6:56.96</b>	
	50m:	44.67 44.67	150m:	2:32.47 53.79	250m:	4:20.08 53.77	350m:	6:08.69 54.25	
	100m:	1:38.68 54.01	200m:	3:26.31 53.84	300m:	5:14.44 54.36	400m:	6:56.96 48.27	
39.	Kaczan Maja		03	Mosm Tychy				<b>6:59.24</b>	
	50m:	41.21 41.21	150m:	2:24.39 53.63	250m:	5:15.00 57.33	350m:		
	100m:	1:30.76 49.55	200m:	4:17.67 1:53.28	300m:	6:59.39 1:44.39	400m:	6:59.24	
40.	Orłowska Agata		03	CSiR MOS D browa Górnicza				<b>7:04.87</b>	
	50m:	45.55 45.55	150m:	2:34.57 55.91	250m:	4:23.89 53.79	350m:	6:12.17 53.27	
	100m:	1:38.66 53.11	200m:	3:30.10 55.53	300m:	5:18.90 55.01	400m:	7:04.87 52.70	
41.	Stosiek Weronika		03	MKS-SMS Victoria Racibórz				<b>7:06.76</b>	
	50m:	46.31 46.31	150m:	3:27.36 1:50.49	250m:	5:20.72 55.47	350m:	7:16.26 1:02.25	
	100m:	1:36.87 50.56	200m:	4:25.25 57.89	300m:	6:14.01 53.29	400m:	7:06.76	
42.	Zalewska Jagoda		03	SiKReT Gliwice				<b>7:07.97</b>	
	50m:	46.69 46.69	150m:	3:30.88 55.57	250m:	5:20.83 53.89	350m:		
	100m:	2:35.31 1:48.62	200m:	4:26.94 56.06	300m:	6:11.93 51.10	400m:	7:07.97	
43.	Kli Oliwia		03	Nowy KP Bielsko-Biała				<b>7:15.96</b>	
	50m:	46.17 46.17	150m:	2:34.75 55.26	250m:	4:26.94 56.70	350m:	6:18.94 55.01	
	100m:	1:39.49 53.32	200m:	3:30.24 55.49	300m:	5:23.93 56.99	400m:	7:15.96 57.02	
44.	Górska Edyta		03	MKS-SMS Victoria Racibórz				<b>7:17.89</b>	
	50m:	47.58 47.58	150m:	2:36.60 54.55	250m:	4:28.14 55.80	350m:	6:20.71 57.40	
	100m:	1:42.05 54.47	200m:	3:32.34 55.74	300m:	5:23.31 55.17	400m:	7:17.89 57.18	
45.	Czech Anna		03	KS Unia Racibórz				<b>7:20.29</b>	
	50m:	48.08 48.08	150m:	2:41.50 56.89	250m:	4:33.17 55.22	350m:	6:24.87 55.85	
	100m:	1:44.61 56.53	200m:	3:37.95 56.45	300m:	5:29.02 55.85	400m:	7:20.29 55.42	
46.	Kucharska Aleksandra		03	K.S. Górnik Sosnowiec				<b>7:33.61</b>	
	50m:	49.58 49.58	150m:	2:43.49 58.03	250m:	4:42.42 59.75	350m:	6:41.20 58.52	
	100m:	1:45.46 55.88	200m:	3:42.67 59.18	300m:	5:42.68 1:00.26	400m:	7:33.61 52.41	
47.	Sleziona Natalia		03	Mosm Tychy				<b>7:36.76</b>	
	50m:	46.46 46.46	150m:		250m:	5:40.99	350m:	7:36.84 53.16	
	100m:	1:42.94 56.48	200m:		300m:	6:43.68 1:02.69	400m:	7:36.76	
48.	Zawadzka Julia		03	Mosm Tychy				<b>7:45.61</b>	
	50m:		150m:		250m:		350m:	6:49.15	
	100m:		200m:		300m:		400m:	7:45.61 56.46	
49.	Handke Małgorzata		03	UMKS "Jedynka Zabrze"				<b>7:50.13</b>	
	50m:	52.55 52.55	150m:	2:51.94 1:00.41	250m:	4:54.86 1:02.29	350m:	6:55.44 1:00.88	
	100m:	1:51.53 58.98	200m:	3:52.57 1:00.63	300m:	5:54.56 59.70	400m:	7:50.13 54.69	
50.	Bieniek Nikola		03	SiKReT Gliwice				<b>8:26.25</b>	
	50m:	51.28 51.28	150m:	2:59.08 1:03.83	250m:	5:12.07 1:07.29	350m:	7:23.96 1:05.60	
	100m:	1:55.25 1:03.97	200m:	4:04.78 1:05.70	300m:	6:18.36 1:06.29	400m:	8:26.25 1:02.29	