

2017 Ogólnopolski Sprawdzian Wszechstronno ci Stylowej
Lublin, 7.10.2017

Konkurencja 9
07.10.2017 - 15:13

Kobiet, 400m zmienny

12 lat i starsi
Wyniki

Punkty: FINA 2017

Pozycja			Wiek							Czas	Pkt.	
12 - 13 lat												
1.	DRAGAN Julia		13	Olimpia Lublin						5:21.11	527	
	50m:	35.96	35.96	150m:	2:01.15	42.52	250m:	3:25.77	42.49	350m:	4:46.23	36.93
	100m:	1:18.63	42.67	200m:	2:43.28	42.13	300m:	4:09.30	43.53	400m:	5:21.11	34.88
2.	AMILKIEWICZ Aleksandra		12	Olimpia Lublin						5:23.85	514	
	50m:	35.01	35.01	150m:	1:56.71	40.96	250m:	3:23.47	46.20	350m:	4:46.74	37.23
	100m:	1:15.75	40.74	200m:	2:37.27	40.56	300m:	4:09.51	46.04	400m:	5:23.85	37.11
3.	BERNAT Laura		12	Olimpia Lublin						5:30.85	482	
	50m:	37.44	37.44	150m:	2:03.57	42.01	250m:	3:29.31	45.84	350m:	4:55.13	38.95
	100m:	1:21.56	44.12	200m:	2:43.47	39.90	300m:	4:16.18	46.87	400m:	5:30.85	35.72
4.	DWOJAK Natalia		13	Olimpia Lublin						5:31.25	480	
	50m:	36.37	36.37	150m:	2:02.55	43.46	250m:	3:29.00	44.72	350m:	4:54.46	38.57
	100m:	1:19.09	42.72	200m:	2:44.28	41.73	300m:	4:15.89	46.89	400m:	5:31.25	36.79
5.	KARWOWSKA Wiktoria		13	Huragan Mi dzyrzec Podl.						5:36.59	458	
	50m:	36.84	36.84	150m:	2:02.24	41.38	250m:	3:33.59	51.29	350m:	5:00.31	38.63
	100m:	1:20.86	44.02	200m:	2:42.30	40.06	300m:	4:21.68	48.09	400m:	5:36.59	36.28
6.	BEDNARZ Julia		13	Orka Zamo						5:36.98	456	
	50m:	36.50	36.50	150m:	2:04.11	43.66	250m:	3:31.97	45.59	350m:	4:58.69	40.39
	100m:	1:20.45	43.95	200m:	2:46.38	42.27	300m:	4:18.30	46.33	400m:	5:36.98	38.29
7.	DWOJAK Wiktoria		13	Olimpia Lublin						5:38.71	449	
	50m:	37.15	37.15	150m:	2:01.92	41.04	250m:	3:31.02	49.81	350m:	5:01.13	40.39
	100m:	1:20.88	43.73	200m:	2:41.21	39.29	300m:	4:20.74	49.72	400m:	5:38.71	37.58
8.	MALEC Klaudia		13	Orka Zamo						5:39.17	447	
	50m:	38.27	38.27	150m:	2:07.37	45.25	250m:	3:35.78	45.63	350m:	5:02.25	40.61
	100m:	1:22.12	43.85	200m:	2:50.15	42.78	300m:	4:21.64	45.86	400m:	5:39.17	36.92
9.	WARCHAŁOWSKA Paulina		12	Olimpia Lublin						5:39.82	445	
	50m:	34.59	34.59	150m:	1:58.57	43.31	250m:	3:29.45	49.37	350m:	5:00.94	41.66
	100m:	1:15.26	40.67	200m:	2:40.08	41.51	300m:	4:19.28	49.83	400m:	5:39.82	38.88
10.	KOZAK Katarzyna		13	Olimpijczyk 23 Lublin						5:41.17	439	
	50m:	34.78	34.78	150m:	2:01.76	46.10	250m:	3:34.64	48.20	350m:	5:03.94	39.45
	100m:	1:15.66	40.88	200m:	2:46.44	44.68	300m:	4:24.49	49.85	400m:	5:41.17	37.23
11.	SZUPER Katarzyna		13	Orka Zamo						5:41.27	439	
	50m:	36.36	36.36	150m:	2:06.48	44.38	250m:	3:37.17	47.69	350m:	5:05.27	39.08
	100m:	1:22.10	45.74	200m:	2:49.48	43.00	300m:	4:26.19	49.02	400m:	5:41.27	36.00
12.	SZUBZDA Zuzanna		13	Skarpa Lublin						5:42.73	433	
	50m:	36.70	36.70	150m:	2:02.42	43.75	250m:	3:33.91	49.67	350m:	5:05.00	40.75
	100m:	1:18.67	41.97	200m:	2:44.24	41.82	300m:	4:24.25	50.34	400m:	5:42.73	37.73
13.	SAWCZYK Malwina		13	Olimpijczyk 23 Lublin						5:43.54	430	
	50m:	35.74	35.74	150m:	2:03.48	45.22	250m:	3:37.53	50.19	350m:	5:06.28	38.30
	100m:	1:18.26	42.52	200m:	2:47.34	43.86	300m:	4:27.98	50.45	400m:	5:43.54	37.26
14.	SIWKO Natalia		13	Olimpia Lublin						5:59.97	374	
	50m:	37.90	37.90	150m:	2:09.84	46.89	250m:	3:48.54	53.21	350m:	5:19.61	39.72
	100m:	1:22.95	45.05	200m:	2:55.33	45.49	300m:	4:39.89	51.35	400m:	5:59.97	40.36
15.	PYSZNIAK Alicja		12	Olimpia Lublin						6:01.62	369	
	50m:	37.55	37.55	150m:	2:10.38	48.33	250m:	3:48.26	51.04	350m:	5:20.94	42.53
	100m:	1:22.05	44.50	200m:	2:57.22	46.84	300m:	4:38.41	50.15	400m:	6:01.62	40.68
16.	CHMIELEWSKA Adrianna		12	Wodnik Krasnystaw						6:10.62	343	
	50m:	39.54	39.54	150m:	2:15.95	47.58	250m:	3:53.88	52.37	350m:	5:28.94	42.51
	100m:	1:28.37	48.83	200m:	3:01.51	45.56	300m:	4:46.43	52.55	400m:	6:10.62	41.68
17.	MALINO Julia		13	Orka Zamo						6:12.18	338	
	50m:	40.22	40.22	150m:	2:20.17	49.95	250m:	3:59.68	51.26	350m:	5:33.54	40.72
	100m:	1:30.22	50.00	200m:	3:08.42	48.25	300m:	4:52.82	53.14	400m:	6:12.18	38.64

2017 Ogólnopolski Sprawdzian Wszechstronno ci Stylowej
Lublin, 7.10.2017

Konkurencja 9, Dziewcz t, 400m zmienny, 12 - 13 lat

Pozycja			Wiek						Czas	Pkt.
18.	SOSNÓWKA Oliwia		12		Fala Kra nik				6:14.95	331
	50m:	41.74 41.74	150m:	2:18.49 49.03	250m:	3:57.17 51.59	350m:	5:31.93 43.30		
	100m:	1:29.46 47.72	200m:	3:05.58 47.09	300m:	4:48.63 51.46	400m:	6:14.95 43.02		
19.	STAWSKA Laura		12		Wodnik Krasnystaw				6:16.33	327
	50m:	41.09 41.09	150m:	2:17.51 46.58	250m:	3:56.53 53.79	350m:	5:33.99 44.10		
	100m:	1:30.93 49.84	200m:	3:02.74 45.23	300m:	4:49.89 53.36	400m:	6:16.33 42.34		
20.	RADKOWIAK Agata		13		Olimpijczyk 23 Lublin				6:19.68	319
	50m:	38.98 38.98	150m:	2:16.01 50.37	250m:	4:00.27 56.59	350m:	5:38.66 42.44		
	100m:	1:25.64 46.66	200m:	3:03.68 47.67	300m:	4:56.22 55.95	400m:	6:19.68 41.02		
21.	WRÓBLEWSKA Klaudia		13		Orka Zamo				6:19.72	319
	50m:	36.76 36.76	150m:	2:14.87 52.77	250m:	3:57.56 52.43	350m:	5:35.80 43.35		
	100m:	1:22.10 45.34	200m:	3:05.13 50.26	300m:	4:52.45 54.89	400m:	6:19.72 43.92		
22.	SIOMA Zuzanna		13		Orka Zamo				6:19.93	318
	50m:	40.10 40.10	150m:	2:15.23 48.46	250m:	3:57.13 56.53	350m:	5:37.49 43.65		
	100m:	1:26.77 46.67	200m:	3:00.60 45.37	300m:	4:53.84 56.71	400m:	6:19.93 42.44		
23.	MITUŁA Magdalena		13		Olimpia Lublin				6:33.64	286
	50m:	44.38 44.38	150m:	2:27.91 49.64	250m:	4:11.70 54.34	350m:	5:51.80 44.01		
	100m:	1:38.27 53.89	200m:	3:17.36 49.45	300m:	5:07.79 56.09	400m:	6:33.64 41.84		
24.	CIE KO Patrycja		12		Olimpia Lublin				6:41.95	268
	50m:	45.12 45.12	150m:	2:28.91 50.68	250m:	4:14.06 55.32	350m:	5:57.20 47.43		
	100m:	1:38.23 53.11	200m:	3:18.74 49.83	300m:	5:09.77 55.71	400m:	6:41.95 44.75		
25.	ULANICKA Magdalena		13		Orka Zamo				6:48.70	255
	50m:	43.87 43.87	150m:	2:27.25 49.75	250m:	4:17.23 1:00.19	350m:	6:03.96 45.84		
	100m:	1:37.50 53.63	200m:	3:17.04 49.79	300m:	5:18.12 1:00.89	400m:	6:48.70 44.74		
26.	SŁOTWI SKA Wiktoria		12		Wisła Puławy				6:50.78	251
	50m:	48.28 48.28	150m:	2:36.97 51.29	250m:	4:24.92 58.78	350m:	6:09.96 45.69		
	100m:	1:45.68 57.40	200m:	3:26.14 49.17	300m:	5:24.27 59.35	400m:	6:50.78 40.82		
27.	HAUZNER Emilia		13		Orka Zamo				6:59.94	235
	50m:	50.32 50.32	150m:	2:36.23 47.62	250m:	4:28.35 1:02.79	350m:	6:15.23 45.02		
	100m:	1:48.61 58.29	200m:	3:25.56 49.33	300m:	5:30.21 1:01.86	400m:	6:59.94 44.71		

14 - 15 lat

1.	WILCZEWSKA Aleksandra		15		Olimpia Lublin				5:03.20	626
	50m:	33.27 33.27	150m:	1:49.76 38.65	250m:	3:09.96 42.91	350m:	4:28.76 35.75		
	100m:	1:11.11 37.84	200m:	2:27.05 37.29	300m:	3:53.01 43.05	400m:	5:03.20 34.44		
2.	TERLECKA Anna		15		Wodnik Krasnystaw				5:13.77	565
	50m:	32.49 32.49	150m:	1:49.39 40.87	250m:	3:14.41 45.64	350m:	4:38.44 38.37		
	100m:	1:08.52 36.03	200m:	2:28.77 39.38	300m:	4:00.07 45.66	400m:	5:13.77 35.33		
3.	LUTKIEWICZ Gabriela		14		Wisła Puławy				5:15.92	553
	50m:	34.02 34.02	150m:	1:52.60 39.94	250m:	3:17.72 45.94	350m:	4:40.71 36.37		
	100m:	1:12.66 38.64	200m:	2:31.78 39.18	300m:	4:04.34 46.62	400m:	5:15.92 35.21		
4.	PIESKO Martyna		14		Olimpijczyk 23 Lublin				5:21.41	526
	50m:	33.21 33.21	150m:	1:53.93 39.19	250m:	3:17.84 45.89	350m:	4:43.88 38.83		
	100m:	1:14.74 41.53	200m:	2:31.95 38.02	300m:	4:05.05 47.21	400m:	5:21.41 37.53		
5.	B BEN Nina		14		Olimpia Lublin				5:30.37	484
	50m:	36.43 36.43	150m:	2:01.01 43.12	250m:	3:28.91 46.80	350m:	4:54.45 38.48		
	100m:	1:17.89 41.46	200m:	2:42.11 41.10	300m:	4:15.97 47.06	400m:	5:30.37 35.92		
6.	KOŁODZIEJCZYK Oliwia		14		Olimpia Lublin				5:34.18	468
	50m:	35.40 35.40	150m:	2:02.03 43.71	250m:	3:32.33 47.55	350m:	4:57.75 38.23		
	100m:	1:18.32 42.92	200m:	2:44.78 42.75	300m:	4:19.52 47.19	400m:	5:34.18 36.43		
7.	ADAMEK Barbara		15		Olimpia Lublin				5:36.70	457
	50m:	40.10 40.10	150m:	2:08.94 42.51	250m:	3:37.66 46.21	350m:	5:01.78 39.04		
	100m:	1:26.43 46.33	200m:	2:51.45 42.51	300m:	4:22.74 45.08	400m:	5:36.70 34.92		

2017 Ogólnopolski Sprawdzian Wszechstronno ci Stylowej
Lublin, 7.10.2017

Konkurencja 9, Dziewcz t, 400m zmienny, 14 - 15 lat

Pozycja			Wiek					Czas	Pkt.		
8.	SAMUŁA Kornelia		14	Olimpijczyk 23 Lublin				5:38.65	449		
	50m:	38.62 38.62	150m:	2:08.46	43.34	250m:	3:37.93	48.55	350m:	5:04.47	38.66
	100m:	1:25.12 46.50	200m:	2:49.38	40.92	300m:	4:25.81	47.88	400m:	5:38.65	34.18
9.	PASTUSZUK Paulina		14	Olimpia Lublin				5:38.99	448		
	50m:	39.11 39.11	150m:	2:12.32	46.58	250m:	3:39.65	42.13	350m:	5:03.12	40.94
	100m:	1:25.74 46.63	200m:	2:57.52	45.20	300m:	4:22.18	42.53	400m:	5:38.99	35.87
10.	OSINIAK Iga		14	Olimpia Lublin				5:44.34	427		
	50m:	37.53 37.53	150m:	2:09.23	47.10	250m:	3:41.94	48.17	350m:	5:12.17	41.25
	100m:	1:22.13 44.60	200m:	2:53.77	44.54	300m:	4:30.92	48.98	400m:	5:44.34	32.17
11.	CICHOCKA Oliwia		14	Olimpijczyk 23 Lublin				5:44.58	426		
	50m:	36.96 36.96	150m:	2:03.88	43.64	250m:	3:37.77	51.13	350m:	5:07.68	38.90
	100m:	1:20.24 43.28	200m:	2:46.64	42.76	300m:	4:28.78	51.01	400m:	5:44.58	36.90
12.	SZEWCZYK Zofia		15	Fala Kra nik				5:46.72	419		
	50m:	39.70 39.70	150m:	2:09.81	43.97	250m:	3:44.15	50.19	350m:	5:11.42	36.58
	100m:	1:25.84 46.14	200m:	2:53.96	44.15	300m:	4:34.84	50.69	400m:	5:46.72	35.30
13.	SZYNAL Amelia		14	Skarpa Lublin				5:47.21	417		
	50m:	40.25 40.25	150m:	2:08.55	42.02	250m:	3:38.83	49.45	350m:	5:09.22	40.98
	100m:	1:26.53 46.28	200m:	2:49.38	40.83	300m:	4:28.24	49.41	400m:	5:47.21	37.99
14.	RADKOWSKA Daria		14	Olimpijczyk 23 Lublin				5:52.82	397		
	50m:	39.26 39.26	150m:	2:09.96	44.51	250m:	3:43.40	50.43	350m:	5:14.63	39.03
	100m:	1:25.45 46.19	200m:	2:52.97	43.01	300m:	4:35.60	52.20	400m:	5:52.82	38.19
15.	WI TEK Martyna		15	Skarpa Lublin				5:55.59	388		
	50m:	36.99 36.99	150m:	2:04.31	44.28	250m:	3:42.42	55.70	350m:	5:16.57	39.48
	100m:	1:20.03 43.04	200m:	2:46.72	42.41	300m:	4:37.09	54.67	400m:	5:55.59	39.02
16.	BUGAŁA Martyna		15	Skarpa Lublin				5:57.59	381		
	50m:	40.06 40.06	150m:	2:14.87	44.59	250m:	3:51.47	52.55	350m:	5:20.65	38.70
	100m:	1:30.28 50.22	200m:	2:58.92	44.05	300m:	4:41.95	50.48	400m:	5:57.59	36.94
17.	LATO Karolina		14	Skarpa Lublin				6:10.75	342		
	50m:	39.57 39.57	150m:	2:19.94	52.23	250m:	3:58.71	50.29	350m:	5:32.04	43.65
	100m:	1:27.71 48.14	200m:	3:08.42	48.48	300m:	4:48.39	49.68	400m:	6:10.75	38.71
18.	CZERNIKIEWICZ Iga		14	Olimpia Lublin				6:24.49	307		
	50m:	40.12 40.12	150m:	2:16.75	47.06	250m:	3:58.58	54.41	350m:	5:43.08	47.43
	100m:	1:29.69 49.57	200m:	3:04.17	47.42	300m:	4:55.65	57.07	400m:	6:24.49	41.41
19.	BRO SKA Julia		15	Wiśła Puławy				6:34.15	285		
	50m:	44.25 44.25	150m:	2:28.79	52.57	250m:	4:12.15	51.84	350m:	5:51.74	45.79
	100m:	1:36.22 51.97	200m:	3:20.31	51.52	300m:	5:05.95	53.80	400m:	6:34.15	42.41

16 lat i starsi

1.	ADAMCZYK Julia SL		18	AZS UMCS Lublin				4:50.79	710		
	50m:	31.56 31.56	150m:	1:43.59	36.94	250m:	3:01.86	41.01	350m:	4:17.81	34.16
	100m:	1:06.65 35.09	200m:	2:20.85	37.26	300m:	3:43.65	41.79	400m:	4:50.79	32.98
2.	ANDRZEJEWSKA Kamila SL		18	AZS UMCS Lublin				4:54.62	683		
	50m:	32.65 32.65	150m:	1:47.74	39.01	250m:	3:07.33	42.11	350m:	4:23.20	33.46
	100m:	1:08.73 36.08	200m:	2:25.22	37.48	300m:	3:49.74	42.41	400m:	4:54.62	31.42
3.	SAMUŁA Wiktoria SL		18	AZS UMCS Lublin				4:54.75	682		
	50m:	31.90 31.90	150m:	1:47.35	39.12	250m:	3:05.57	39.82	350m:	4:21.72	35.22
	100m:	1:08.23 36.33	200m:	2:25.75	38.40	300m:	3:46.50	40.93	400m:	4:54.75	33.03
4.	CZARNECKA Wiktoria SL		18	AZS UMCS Lublin				5:02.72	629		
	50m:	31.13 31.13	150m:	1:47.42	39.62	250m:	3:10.00	43.70	350m:	4:29.45	35.33
	100m:	1:07.80 36.67	200m:	2:26.30	38.88	300m:	3:54.12	44.12	400m:	5:02.72	33.27
5.	MUDA Weronika		17	SMS Lublin				5:08.97	592		
	50m:	33.20 33.20	150m:	1:52.50	41.20	250m:	3:14.71	41.90	350m:	4:33.70	36.42
	100m:	1:11.30 38.10	200m:	2:32.81	40.31	300m:	3:57.28	42.57	400m:	5:08.97	35.27

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Lublin, 7.10.2017

Konkurencja 9, Kobiet, 400m zmienny, 16 lat i starsi

Pozycja			Wiek					Czas	Pkt.
6.	OSINIĄK Ewa SL		17	AZS UMCS Lublin				5:12.22	573
	50m: 33.72	33.72	150m: 1:51.94	39.72	250m: 3:15.44	44.90	350m: 4:37.25	36.11	
	100m: 1:12.22	38.50	200m: 2:30.54	38.60	300m: 4:01.14	45.70	400m: 5:12.22	34.97	
7.	REDNER Sandra SL		18	AZS UMCS Lublin				5:17.71	544
	50m: 34.74	34.74	150m: 1:53.95	40.85	250m: 3:19.38	44.98	350m: 4:42.60	37.38	
	100m: 1:13.10	38.36	200m: 2:34.40	40.45	300m: 4:05.22	45.84	400m: 5:17.71	35.11	
8.	WÓJTOWICZ Julia SL		17	Skarpa Lublin				5:18.79	539
	50m: 35.49	35.49	150m: 1:57.92	40.81	250m: 3:23.14	46.01	350m: 4:44.89	35.25	
	100m: 1:17.11	41.62	200m: 2:37.13	39.21	300m: 4:09.64	46.50	400m: 5:18.79	33.90	
9.	ŁYSAKOWSKA Julia		16	SMS Lublin				5:19.37	536
	50m: 34.02	34.02	150m: 1:53.02	40.74	250m: 3:18.70	46.65	350m: 4:43.05	38.03	
	100m: 1:12.28	38.26	200m: 2:32.05	39.03	300m: 4:05.02	46.32	400m: 5:19.37	36.32	
10.	TOMO Martyna SL		17	Skarpa Lublin				5:19.45	535
	50m: 34.11	34.11	150m: 1:55.65	43.18	250m: 3:23.39	45.83	350m: 4:44.68	35.91	
	100m: 1:12.47	38.36	200m: 2:37.56	41.91	300m: 4:08.77	45.38	400m: 5:19.45	34.77	
11.	SZOPA Marta SL		17	CSTiR Strzy ów				5:27.45	497
	50m: 35.20	35.20	150m: 2:02.34	42.68	250m: 3:28.01	43.82	350m: 4:50.68	37.54	
	100m: 1:19.66	44.46	200m: 2:44.19	41.85	300m: 4:13.14	45.13	400m: 5:27.45	36.77	
12.	GONDEK Wiktoria		16	Motyl Stalowa Wola				5:30.03	485
	50m: 38.31	38.31	150m: 2:00.92	39.67	250m: 3:28.51	48.38	350m: 4:54.58	37.52	
	100m: 1:21.25	42.94	200m: 2:40.13	39.21	300m: 4:17.06	48.55	400m: 5:30.03	35.45	
13.	KWIATKOWSKA Zofia		16	Wodnik Bielsk Podl.				5:35.16	463
	50m: 34.27	34.27	150m: 1:59.16	44.86	250m: 3:30.39	47.83	350m: 4:58.32	39.43	
	100m: 1:14.30	40.03	200m: 2:42.56	43.40	300m: 4:18.89	48.50	400m: 5:35.16	36.84	
14.	HAŁKA Wiktoria SL		16	Sparta Biłgoraj				5:38.97	448
	50m: 37.62	37.62	150m: 2:05.74	44.13	250m: 3:38.32	50.80	350m: 5:04.84	35.11	
	100m: 1:21.61	43.99	200m: 2:47.52	41.78	300m: 4:29.73	51.41	400m: 5:38.97	34.13	
15.	WESOŁOWSKA Agata		16	Wodnik Bielsk Podl.				5:42.70	433
	50m: 37.69	37.69	150m: 2:08.67	46.75	250m: 3:38.48	44.27	350m: 5:05.97	41.32	
	100m: 1:21.92	44.23	200m: 2:54.21	45.54	300m: 4:24.65	46.17	400m: 5:42.70	36.73	
16.	BUJAK Maria		16	AZS UMCS Lublin				5:47.58	415
	50m: 40.36	40.36	150m: 2:12.21	43.34	250m: 3:43.13	49.42	350m: 5:11.35	40.53	
	100m: 1:28.87	48.51	200m: 2:53.71	41.50	300m: 4:30.82	47.69	400m: 5:47.58	36.23	
DYSKW.	SMYŁEK Karolina SL		17	AZS UMCS Lublin					
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>								

OPEN

1.	ADAMCZYK Julia SL		18	AZS UMCS Lublin				4:50.79	710
	50m: 31.56	31.56	150m: 1:43.59	36.94	250m: 3:01.86	41.01	350m: 4:17.81	34.16	
	100m: 1:06.65	35.09	200m: 2:20.85	37.26	300m: 3:43.65	41.79	400m: 4:50.79	32.98	
2.	ANDRZEJEWSKA Kamila SL		18	AZS UMCS Lublin				4:54.62	683
	50m: 32.65	32.65	150m: 1:47.74	39.01	250m: 3:07.33	42.11	350m: 4:23.20	33.46	
	100m: 1:08.73	36.08	200m: 2:25.22	37.48	300m: 3:49.74	42.41	400m: 4:54.62	31.42	
3.	SAMUŁA Wiktoria SL		18	AZS UMCS Lublin				4:54.75	682
	50m: 31.90	31.90	150m: 1:47.35	39.12	250m: 3:05.57	39.82	350m: 4:21.72	35.22	
	100m: 1:08.23	36.33	200m: 2:25.75	38.40	300m: 3:46.50	40.93	400m: 4:54.75	33.03	
4.	CZARNECKA Wiktoria SL		18	AZS UMCS Lublin				5:02.72	629
	50m: 31.13	31.13	150m: 1:47.42	39.62	250m: 3:10.00	43.70	350m: 4:29.45	35.33	
	100m: 1:07.80	36.67	200m: 2:26.30	38.88	300m: 3:54.12	44.12	400m: 5:02.72	33.27	
5.	WILCZEWSKA Aleksandra		15	Olimpia Lublin				5:03.20	626
	50m: 33.27	33.27	150m: 1:49.76	38.65	250m: 3:09.96	42.91	350m: 4:28.76	35.75	
	100m: 1:11.11	37.84	200m: 2:27.05	37.29	300m: 3:53.01	43.05	400m: 5:03.20	34.44	

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Pozycja			Wiek					Czas	Pkt.
6.	MUDA Weronika		17	SMS Lublin			5:08.97	592	
	50m: 33.20	33.20	150m: 1:52.50	41.20	250m: 3:14.71	41.90	350m: 4:33.70	36.42	
	100m: 1:11.30	38.10	200m: 2:32.81	40.31	300m: 3:57.28	42.57	400m: 5:08.97	35.27	
7.	OSINIAK Ewa SL		17	AZS UMCS Lublin			5:12.22	573	
	50m: 33.72	33.72	150m: 1:51.94	39.72	250m: 3:15.44	44.90	350m: 4:37.25	36.11	
	100m: 1:12.22	38.50	200m: 2:30.54	38.60	300m: 4:01.14	45.70	400m: 5:12.22	34.97	
8.	TERLECKA Anna		15	Wodnik Krasnystaw			5:13.77	565	
	50m: 32.49	32.49	150m: 1:49.39	40.87	250m: 3:14.41	45.64	350m: 4:38.44	38.37	
	100m: 1:08.52	36.03	200m: 2:28.77	39.38	300m: 4:00.07	45.66	400m: 5:13.77	35.33	
9.	LUTKIEWICZ Gabriela		14	Wisła Puławy			5:15.92	553	
	50m: 34.02	34.02	150m: 1:52.60	39.94	250m: 3:17.72	45.94	350m: 4:40.71	36.37	
	100m: 1:12.66	38.64	200m: 2:31.78	39.18	300m: 4:04.34	46.62	400m: 5:15.92	35.21	
10.	REDNER Sandra SL		18	AZS UMCS Lublin			5:17.71	544	
	50m: 34.74	34.74	150m: 1:53.95	40.85	250m: 3:19.38	44.98	350m: 4:42.60	37.38	
	100m: 1:13.10	38.36	200m: 2:34.40	40.45	300m: 4:05.22	45.84	400m: 5:17.71	35.11	
11.	WÓJTOWICZ Julia SL		17	Skarpa Lublin			5:18.79	539	
	50m: 35.49	35.49	150m: 1:57.92	40.81	250m: 3:23.14	46.01	350m: 4:44.89	35.25	
	100m: 1:17.11	41.62	200m: 2:37.13	39.21	300m: 4:09.64	46.50	400m: 5:18.79	33.90	
12.	ŁYSAKOWSKA Julia		16	SMS Lublin			5:19.37	536	
	50m: 34.02	34.02	150m: 1:53.02	40.74	250m: 3:18.70	46.65	350m: 4:43.05	38.03	
	100m: 1:12.28	38.26	200m: 2:32.05	39.03	300m: 4:05.02	46.32	400m: 5:19.37	36.32	
13.	TOMO Martyna SL		17	Skarpa Lublin			5:19.45	535	
	50m: 34.11	34.11	150m: 1:55.65	43.18	250m: 3:23.39	45.83	350m: 4:44.68	35.91	
	100m: 1:12.47	38.36	200m: 2:37.56	41.91	300m: 4:08.77	45.38	400m: 5:19.45	34.77	
14.	DRAGAN Julia		13	Olimpia Lublin			5:21.11	527	
	50m: 35.96	35.96	150m: 2:01.15	42.52	250m: 3:25.77	42.49	350m: 4:46.23	36.93	
	100m: 1:18.63	42.67	200m: 2:43.28	42.13	300m: 4:09.30	43.53	400m: 5:21.11	34.88	
15.	PIESKO Martyna		14	Olimpijczyk 23 Lublin			5:21.41	526	
	50m: 33.21	33.21	150m: 1:53.93	39.19	250m: 3:17.84	45.89	350m: 4:43.88	38.83	
	100m: 1:14.74	41.53	200m: 2:31.95	38.02	300m: 4:05.05	47.21	400m: 5:21.41	37.53	
16.	AMILKIEWICZ Aleksandra		12	Olimpia Lublin			5:23.85	514	
	50m: 35.01	35.01	150m: 1:56.71	40.96	250m: 3:23.47	46.20	350m: 4:46.74	37.23	
	100m: 1:15.75	40.74	200m: 2:37.27	40.56	300m: 4:09.51	46.04	400m: 5:23.85	37.11	
17.	SZOPA Marta SL		17	CSTiR Strzy ów			5:27.45	497	
	50m: 35.20	35.20	150m: 2:02.34	42.68	250m: 3:28.01	43.82	350m: 4:50.68	37.54	
	100m: 1:19.66	44.46	200m: 2:44.19	41.85	300m: 4:13.14	45.13	400m: 5:27.45	36.77	
18.	GONDEK Wiktoria		16	Motyl Stalowa Wola			5:30.03	485	
	50m: 38.31	38.31	150m: 2:00.92	39.67	250m: 3:28.51	48.38	350m: 4:54.58	37.52	
	100m: 1:21.25	42.94	200m: 2:40.13	39.21	300m: 4:17.06	48.55	400m: 5:30.03	35.45	
19.	B BEN Nina		14	Olimpia Lublin			5:30.37	484	
	50m: 36.43	36.43	150m: 2:01.01	43.12	250m: 3:28.91	46.80	350m: 4:54.45	38.48	
	100m: 1:17.89	41.46	200m: 2:42.11	41.10	300m: 4:15.97	47.06	400m: 5:30.37	35.92	
20.	BERNAT Laura		12	Olimpia Lublin			5:30.85	482	
	50m: 37.44	37.44	150m: 2:03.57	42.01	250m: 3:29.31	45.84	350m: 4:55.13	38.95	
	100m: 1:21.56	44.12	200m: 2:43.47	39.90	300m: 4:16.18	46.87	400m: 5:30.85	35.72	
21.	DWOJAK Natalia		13	Olimpia Lublin			5:31.25	480	
	50m: 36.37	36.37	150m: 2:02.55	43.46	250m: 3:29.00	44.72	350m: 4:54.46	38.57	
	100m: 1:19.09	42.72	200m: 2:44.28	41.73	300m: 4:15.89	46.89	400m: 5:31.25	36.79	
22.	KOŁODZIEJCZYK Oliwia		14	Olimpia Lublin			5:34.18	468	
	50m: 35.40	35.40	150m: 2:02.03	43.71	250m: 3:32.33	47.55	350m: 4:57.75	38.23	
	100m: 1:18.32	42.92	200m: 2:44.78	42.75	300m: 4:19.52	47.19	400m: 5:34.18	36.43	
23.	KWIATKOWSKA Zofia		16	Wodnik Bielsk Podl.			5:35.16	463	
	50m: 34.27	34.27	150m: 1:59.16	44.86	250m: 3:30.39	47.83	350m: 4:58.32	39.43	
	100m: 1:14.30	40.03	200m: 2:42.56	43.40	300m: 4:18.89	48.50	400m: 5:35.16	36.84	

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Pozycja			Wiek					Czas	Pkt.			
24.	KARWOWSKA	Wiktoria	13	Huragan Mi dzyrzec Podl.				5:36.59	458			
	50m:	36.84	36.84	150m:	2:02.24	41.38	250m:	3:33.59	51.29	350m:	5:00.31	38.63
	100m:	1:20.86	44.02	200m:	2:42.30	40.06	300m:	4:21.68	48.09	400m:	5:36.59	36.28
25.	ADAMEK	Barbara	15	Olimpia Lublin				5:36.70	457			
	50m:	40.10	40.10	150m:	2:08.94	42.51	250m:	3:37.66	46.21	350m:	5:01.78	39.04
	100m:	1:26.43	46.33	200m:	2:51.45	42.51	300m:	4:22.74	45.08	400m:	5:36.70	34.92
26.	BEDNARZ	Julia	13	Orka Zamo				5:36.98	456			
	50m:	36.50	36.50	150m:	2:04.11	43.66	250m:	3:31.97	45.59	350m:	4:58.69	40.39
	100m:	1:20.45	43.95	200m:	2:46.38	42.27	300m:	4:18.30	46.33	400m:	5:36.98	38.29
27.	SAMUŁA	Kornelia	14	Olimpijczyk 23 Lublin				5:38.65	449			
	50m:	38.62	38.62	150m:	2:08.46	43.34	250m:	3:37.93	48.55	350m:	5:04.47	38.66
	100m:	1:25.12	46.50	200m:	2:49.38	40.92	300m:	4:25.81	47.88	400m:	5:38.65	34.18
28.	DWOJAK	Wiktoria	13	Olimpia Lublin				5:38.71	449			
	50m:	37.15	37.15	150m:	2:01.92	41.04	250m:	3:31.02	49.81	350m:	5:01.13	40.39
	100m:	1:20.88	43.73	200m:	2:41.21	39.29	300m:	4:20.74	49.72	400m:	5:38.71	37.58
29.	HAŁKA	Wiktoria SL	16	Sparta Biłgoraj				5:38.97	448			
	50m:	37.62	37.62	150m:	2:05.74	44.13	250m:	3:38.32	50.80	350m:	5:04.84	35.11
	100m:	1:21.61	43.99	200m:	2:47.52	41.78	300m:	4:29.73	51.41	400m:	5:38.97	34.13
30.	PASTUSZUK	Paulina	14	Olimpia Lublin				5:38.99	448			
	50m:	39.11	39.11	150m:	2:12.32	46.58	250m:	3:39.65	42.13	350m:	5:03.12	40.94
	100m:	1:25.74	46.63	200m:	2:57.52	45.20	300m:	4:22.18	42.53	400m:	5:38.99	35.87
31.	MALEC	Klaudia	13	Orka Zamo				5:39.17	447			
	50m:	38.27	38.27	150m:	2:07.37	45.25	250m:	3:35.78	45.63	350m:	5:02.25	40.61
	100m:	1:22.12	43.85	200m:	2:50.15	42.78	300m:	4:21.64	45.86	400m:	5:39.17	36.92
32.	WARCHAŁOWSKA	Paulina	12	Olimpia Lublin				5:39.82	445			
	50m:	34.59	34.59	150m:	1:58.57	43.31	250m:	3:29.45	49.37	350m:	5:00.94	41.66
	100m:	1:15.26	40.67	200m:	2:40.08	41.51	300m:	4:19.28	49.83	400m:	5:39.82	38.88
33.	KOZAK	Katarzyna	13	Olimpijczyk 23 Lublin				5:41.17	439			
	50m:	34.78	34.78	150m:	2:01.76	46.10	250m:	3:34.64	48.20	350m:	5:03.94	39.45
	100m:	1:15.66	40.88	200m:	2:46.44	44.68	300m:	4:24.49	49.85	400m:	5:41.17	37.23
34.	SZUPER	Katarzyna	13	Orka Zamo				5:41.27	439			
	50m:	36.36	36.36	150m:	2:06.48	44.38	250m:	3:37.17	47.69	350m:	5:05.27	39.08
	100m:	1:22.10	45.74	200m:	2:49.48	43.00	300m:	4:26.19	49.02	400m:	5:41.27	36.00
35.	WESOŁOWSKA	Agata	16	Wodnik Bielsk Podl.				5:42.70	433			
	50m:	37.69	37.69	150m:	2:08.67	46.75	250m:	3:38.48	44.27	350m:	5:05.97	41.32
	100m:	1:21.92	44.23	200m:	2:54.21	45.54	300m:	4:24.65	46.17	400m:	5:42.70	36.73
36.	SZUBZDA	Zuzanna	13	Skarpa Lublin				5:42.73	433			
	50m:	36.70	36.70	150m:	2:02.42	43.75	250m:	3:33.91	49.67	350m:	5:05.00	40.75
	100m:	1:18.67	41.97	200m:	2:44.24	41.82	300m:	4:24.25	50.34	400m:	5:42.73	37.73
37.	SAWCZYK	Malwina	13	Olimpijczyk 23 Lublin				5:43.54	430			
	50m:	35.74	35.74	150m:	2:03.48	45.22	250m:	3:37.53	50.19	350m:	5:06.28	38.30
	100m:	1:18.26	42.52	200m:	2:47.34	43.86	300m:	4:27.98	50.45	400m:	5:43.54	37.26
38.	OSINIAK	Iga	14	Olimpia Lublin				5:44.34	427			
	50m:	37.53	37.53	150m:	2:09.23	47.10	250m:	3:41.94	48.17	350m:	5:12.17	41.25
	100m:	1:22.13	44.60	200m:	2:53.77	44.54	300m:	4:30.92	48.98	400m:	5:44.34	32.17
39.	CICHOCKA	Oliwia	14	Olimpijczyk 23 Lublin				5:44.58	426			
	50m:	36.96	36.96	150m:	2:03.88	43.64	250m:	3:37.77	51.13	350m:	5:07.68	38.90
	100m:	1:20.24	43.28	200m:	2:46.64	42.76	300m:	4:28.78	51.01	400m:	5:44.58	36.90
40.	SZEWCZYK	Zofia	15	Fala Kra nik				5:46.72	419			
	50m:	39.70	39.70	150m:	2:09.81	43.97	250m:	3:44.15	50.19	350m:	5:11.42	36.58
	100m:	1:25.84	46.14	200m:	2:53.96	44.15	300m:	4:34.84	50.69	400m:	5:46.72	35.30
41.	SZYNAL	Amelia	14	Skarpa Lublin				5:47.21	417			
	50m:	40.25	40.25	150m:	2:08.55	42.02	250m:	3:38.83	49.45	350m:	5:09.22	40.98
	100m:	1:26.53	46.28	200m:	2:49.38	40.83	300m:	4:28.24	49.41	400m:	5:47.21	37.99

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Pozycja			Wiek					Czas	Pkt.
42.	BUJAK Maria		16	AZS UMCS Lublin				5:47.58	415
	50m: 40.36	40.36	150m: 2:12.21	43.34	250m: 3:43.13	49.42	350m: 5:11.35	40.53	
	100m: 1:28.87	48.51	200m: 2:53.71	41.50	300m: 4:30.82	47.69	400m: 5:47.58	36.23	
43.	RADKOWSKA Daria		14	Olimpijczyk 23 Lublin				5:52.82	397
	50m: 39.26	39.26	150m: 2:09.96	44.51	250m: 3:43.40	50.43	350m: 5:14.63	39.03	
	100m: 1:25.45	46.19	200m: 2:52.97	43.01	300m: 4:35.60	52.20	400m: 5:52.82	38.19	
44.	WI TEK Martyna		15	Skarpa Lublin				5:55.59	388
	50m: 36.99	36.99	150m: 2:04.31	44.28	250m: 3:42.42	55.70	350m: 5:16.57	39.48	
	100m: 1:20.03	43.04	200m: 2:46.72	42.41	300m: 4:37.09	54.67	400m: 5:55.59	39.02	
45.	BUGAŁA Martyna		15	Skarpa Lublin				5:57.59	381
	50m: 40.06	40.06	150m: 2:14.87	44.59	250m: 3:51.47	52.55	350m: 5:20.65	38.70	
	100m: 1:30.28	50.22	200m: 2:58.92	44.05	300m: 4:41.95	50.48	400m: 5:57.59	36.94	
46.	SIWKO Natalia		13	Olimpia Lublin				5:59.97	374
	50m: 37.90	37.90	150m: 2:09.84	46.89	250m: 3:48.54	53.21	350m: 5:19.61	39.72	
	100m: 1:22.95	45.05	200m: 2:55.33	45.49	300m: 4:39.89	51.35	400m: 5:59.97	40.36	
47.	PYSZNIAK Alicja		12	Olimpia Lublin				6:01.62	369
	50m: 37.55	37.55	150m: 2:10.38	48.33	250m: 3:48.26	51.04	350m: 5:20.94	42.53	
	100m: 1:22.05	44.50	200m: 2:57.22	46.84	300m: 4:38.41	50.15	400m: 6:01.62	40.68	
48.	CHMIELEWSKA Adrianna		12	Wodnik Krasnystaw				6:10.62	343
	50m: 39.54	39.54	150m: 2:15.95	47.58	250m: 3:53.88	52.37	350m: 5:28.94	42.51	
	100m: 1:28.37	48.83	200m: 3:01.51	45.56	300m: 4:46.43	52.55	400m: 6:10.62	41.68	
49.	LATO Karolina		14	Skarpa Lublin				6:10.75	342
	50m: 39.57	39.57	150m: 2:19.94	52.23	250m: 3:58.71	50.29	350m: 5:32.04	43.65	
	100m: 1:27.71	48.14	200m: 3:08.42	48.48	300m: 4:48.39	49.68	400m: 6:10.75	38.71	
50.	MALINO Julia		13	Orka Zamo				6:12.18	338
	50m: 40.22	40.22	150m: 2:20.17	49.95	250m: 3:59.68	51.26	350m: 5:33.54	40.72	
	100m: 1:30.22	50.00	200m: 3:08.42	48.25	300m: 4:52.82	53.14	400m: 6:12.18	38.64	
51.	SOSNÓWKA Oliwia		12	Fala Kra nik				6:14.95	331
	50m: 41.74	41.74	150m: 2:18.49	49.03	250m: 3:57.17	51.59	350m: 5:31.93	43.30	
	100m: 1:29.46	47.72	200m: 3:05.58	47.09	300m: 4:48.63	51.46	400m: 6:14.95	43.02	
52.	STAWSKA Laura		12	Wodnik Krasnystaw				6:16.33	327
	50m: 41.09	41.09	150m: 2:17.51	46.58	250m: 3:56.53	53.79	350m: 5:33.99	44.10	
	100m: 1:30.93	49.84	200m: 3:02.74	45.23	300m: 4:49.89	53.36	400m: 6:16.33	42.34	
53.	RADKOWIAK Agata		13	Olimpijczyk 23 Lublin				6:19.68	319
	50m: 38.98	38.98	150m: 2:16.01	50.37	250m: 4:00.27	56.59	350m: 5:38.66	42.44	
	100m: 1:25.64	46.66	200m: 3:03.68	47.67	300m: 4:56.22	55.95	400m: 6:19.68	41.02	
54.	WRÓBLEWSKA Klaudia		13	Orka Zamo				6:19.72	319
	50m: 36.76	36.76	150m: 2:14.87	52.77	250m: 3:57.56	52.43	350m: 5:35.80	43.35	
	100m: 1:22.10	45.34	200m: 3:05.13	50.26	300m: 4:52.45	54.89	400m: 6:19.72	43.92	
55.	SIOMA Zuzanna		13	Orka Zamo				6:19.93	318
	50m: 40.10	40.10	150m: 2:15.23	48.46	250m: 3:57.13	56.53	350m: 5:37.49	43.65	
	100m: 1:26.77	46.67	200m: 3:00.60	45.37	300m: 4:53.84	56.71	400m: 6:19.93	42.44	
56.	CZERNIKIEWICZ Iga		14	Olimpia Lublin				6:24.49	307
	50m: 40.12	40.12	150m: 2:16.75	47.06	250m: 3:58.58	54.41	350m: 5:43.08	47.43	
	100m: 1:29.69	49.57	200m: 3:04.17	47.42	300m: 4:55.65	57.07	400m: 6:24.49	41.41	
57.	MITUŁA Magdalena		13	Olimpia Lublin				6:33.64	286
	50m: 44.38	44.38	150m: 2:27.91	49.64	250m: 4:11.70	54.34	350m: 5:51.80	44.01	
	100m: 1:38.27	53.89	200m: 3:17.36	49.45	300m: 5:07.79	56.09	400m: 6:33.64	41.84	
58.	BRO SKA Julia		15	Wisła Puławy				6:34.15	285
	50m: 44.25	44.25	150m: 2:28.79	52.57	250m: 4:12.15	51.84	350m: 5:51.74	45.79	
	100m: 1:36.22	51.97	200m: 3:20.31	51.52	300m: 5:05.95	53.80	400m: 6:34.15	42.41	
59.	CIE KO Patrycja		12	Olimpia Lublin				6:41.95	268
	50m: 45.12	45.12	150m: 2:28.91	50.68	250m: 4:14.06	55.32	350m: 5:57.20	47.43	
	100m: 1:38.23	53.11	200m: 3:18.74	49.83	300m: 5:09.77	55.71	400m: 6:41.95	44.75	

2017 Ogólnopolski Sprawdzian Wszechstronno ci Stylowej
Lublin, 7.10.2017

Konkurencja 9, Kobiet, 400m zmienny, OPEN

Pozycja				Wiek						Czas	Pkt.	
60.	ULANICKA Magdalena			13	Orka Zamo					6:48.70	255	
	50m:	43.87	43.87	150m:	2:27.25	49.75	250m:	4:17.23	1:00.19	350m:	6:03.96	45.84
	100m:	1:37.50	53.63	200m:	3:17.04	49.79	300m:	5:18.12	1:00.89	400m:	6:48.70	44.74
61.	SŁOTWI SKA Wiktoria			12	Wisła Puławy					6:50.78	251	
	50m:	48.28	48.28	150m:	2:36.97	51.29	250m:	4:24.92	58.78	350m:	6:09.96	45.69
	100m:	1:45.68	57.40	200m:	3:26.14	49.17	300m:	5:24.27	59.35	400m:	6:50.78	40.82
62.	HAUZNER Emilia			13	Orka Zamo					6:59.94	235	
	50m:	50.32	50.32	150m:	2:36.23	47.62	250m:	4:28.35	1:02.79	350m:	6:15.23	45.02
	100m:	1:48.61	58.29	200m:	3:25.56	49.33	300m:	5:30.21	1:01.86	400m:	6:59.94	44.71
DYSKW.	SMYŁEK Karolina SL			17	AZS UMCS Lublin							
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>											