

OGÓLNOPOLSKI SPRAWDZIAN WYTRZYMAŁO CI I WSZECHSTRONNO CI 11 i 12 lat  
Łódź , 15.11.2024

Konkurencja 3  
15.11.2024 - 10:29

Dziewcz t, 400m dowolny

11 lat  
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.
1.	WOJCIECHOWSKA, Julia		13	UKS SP-149 Łód				<b>5:34.94</b>	329
	50m:	39.20 39.20	150m:	2:04.42	42.92	250m:	3:29.59 41.80	350m:	4:55.24 42.16
	100m:	1:21.50 42.30	200m:	2:47.79	43.37	300m:	4:13.08 43.49	400m:	5:34.94 39.70
2.	AK, Anastazja		13	MUKS Zgierz				<b>5:44.02</b>	303
	50m:	35.10 35.10	150m:	2:00.77	44.08	250m:	3:31.64 45.78	350m:	5:01.67 45.07
	100m:	1:16.69 41.59	200m:	2:45.86	45.09	300m:	4:16.60 44.96	400m:	5:44.02 42.35
3.	NAJBERT, Marcelina		13	MUKS Zgierz				<b>5:48.69</b>	291
	50m:	37.74 37.74	150m:	2:06.64	45.61	250m:	3:38.03 45.19	350m:	5:08.57 44.78
	100m:	1:21.03 43.29	200m:	2:52.84	46.20	300m:	4:23.79 45.76	400m:	5:48.69 40.12
4.	BOJANOWSKA, Hanna		13	UKS 190 Łód				<b>5:48.90</b>	291
	50m:	39.78 39.78	150m:	2:09.82	45.56	250m:	3:39.55 43.93	350m:	5:10.02 44.06
	100m:	1:24.26 44.48	200m:	2:55.62	45.80	300m:	4:25.96 46.41	400m:	5:48.90 38.88
5.	NAJBERT, Matylda		13	MUKS Zgierz				<b>5:54.19</b>	278
	50m:	40.95 40.95	150m:	2:12.02	46.14	250m:	3:43.62 45.55	350m:	5:11.65 44.18
	100m:	1:25.88 44.93	200m:	2:58.07	46.05	300m:	4:27.47 43.85	400m:	5:54.19 42.54
6.	WALCZAK, Wiktoria		13	UKS 190 Łód				<b>6:02.52</b>	259
	50m:	42.28 42.28	150m:	2:17.19	47.59	250m:	3:52.28 47.98	350m:	5:21.81 42.45
	100m:	1:29.60 47.32	200m:	3:04.30	47.11	300m:	4:39.36 47.08	400m:	6:02.52 40.71
7.	CHAŁUBEK, Barbara		13	UKS 190 Łód				<b>6:21.33</b>	223
	50m:	41.80 41.80	150m:	2:18.62	49.72	250m:	3:57.14 49.53	350m:	5:35.68 50.21
	100m:	1:28.90 47.10	200m:	3:07.61	48.99	300m:	4:45.47 48.33	400m:	6:21.33 45.65
8.	ŁOBODA, Julia		13	UKS 190 Łód				<b>6:30.38</b>	208
	50m:	42.73 42.73	150m:	2:21.80	50.64	250m:	4:02.83 50.58	350m:	5:44.16 50.59
	100m:	1:31.16 48.43	200m:	3:12.25	50.45	300m:	4:53.57 50.74	400m:	6:30.38 46.22
9.	BANASZCZYK, Weronika		13	UKS SP-149 Łód				<b>7:24.74</b>	140
	50m:	47.37 47.37	150m:	2:40.60	58.66	250m:	4:34.62 58.48	350m:	6:28.20 55.55
	100m:	1:41.94 54.57	200m:	3:36.14	55.54	300m:	5:32.65 58.03	400m:	7:24.74 56.54
10.	JAWORSKA, Zofia		13	UKS SP-149 Łód				<b>8:07.07</b>	107
	50m:	51.44 51.44	150m:	2:56.44	1:04.19	250m:	5:02.80 1:03.38	350m:	7:09.80 1:01.67
	100m:	1:52.25 1:00.81	200m:	3:59.42	1:02.98	300m:	6:08.13 1:05.33	400m:	8:07.07 57.27