



Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej dzieci 11 i 12-letnich w pływaniu
Wrocław, 24.11.2024

Konkurencja 5
24.11.2024 - 11:40

Dziewcząt, 400m dowolny

11 lat
Wyniki

Rekord Polski	4:43.74	Rakowska Marta	00407	Kedzierzyn-Kozle	09.12.2017
Rekord DOZP	4:59.87	Koalak Hanna	05501	Wroclaw	19.11.2021

Punkty: AQUA 2024

Pozycja	Wiek	Czas	Pkt.			
1. Galus Konstancja	11	5:29.28	346			
50m: 38.20 38.20	150m: 2:03.16	42.44	250m: 3:27.60	42.04	350m: 4:50.07	40.94
100m: 1:20.72 42.52	200m: 2:45.56	42.40	300m: 4:09.13	41.53	400m: 5:29.28	39.21
2. Purzycka Katarzyna	11	5:52.09	283			
50m: 38.55 38.55	150m: 2:08.32	46.11	250m: 3:40.02	46.14	350m: 5:09.59	44.09
100m: 1:22.21 43.66	200m: 2:53.88	45.56	300m: 4:25.50	45.48	400m: 5:52.09	42.50
3. Czmyr Zosia	11	5:54.32	278			
50m: 38.53 38.53	150m: 2:08.73	45.68	250m: 3:42.08	46.82	350m: 5:12.74	44.56
100m: 1:23.05 44.52	200m: 2:55.26	46.53	300m: 4:28.18	46.10	400m: 5:54.32	41.58
4. Idzior Lena	11	5:54.97	276			
50m: 41.49 41.49	150m: 2:12.04	46.20	250m: 3:44.38	45.75	350m: 5:13.31	44.54
100m: 1:25.84 44.35	200m: 2:58.63	46.59	300m: 4:28.77	44.39	400m: 5:54.97	41.66
5. Bar Emilia	11	5:57.54	270			
50m: 40.60 40.60	150m: 2:13.63	47.13	250m: 3:45.90	46.34	350m: 5:17.12	44.76
100m: 1:26.50 45.90	200m: 2:59.56	45.93	300m: 4:32.36	46.46	400m: 5:57.54	40.42
6. Skierska Zofia	11	5:59.58	266			
50m: 40.64 40.64	150m: 2:14.10	47.34	250m: 3:48.00	46.95	350m: 5:19.22	45.01
100m: 1:26.76 46.12	200m: 3:01.05	46.95	300m: 4:34.21	46.21	400m: 5:59.58	40.36
7. Fischer Julia	11	6:06.52	251			
50m: 37.41 37.41	150m: 2:09.30	46.84	250m: 3:45.28	49.18	350m: 5:14.82	42.84
100m: 1:22.46 45.05	200m: 2:56.10	46.80	300m: 4:31.98	46.70	400m: 6:06.52	51.70
8. Skulimowska Zuzanna	11	6:10.73	242			
50m: 41.96 41.96	150m: 2:17.86	48.63	250m: 3:55.20	48.65	350m: 5:30.40	46.56
100m: 1:29.23 47.27	200m: 3:06.55	48.69	300m: 4:43.84	48.64	400m: 6:10.73	40.33
9. Semeniuk Jagoda	11	6:14.71	235			
50m: 40.69 40.69	150m: 2:16.98	48.09	250m: 3:54.36	49.11	350m: 5:30.24	47.65
100m: 1:28.89 48.20	200m: 3:05.25	48.27	300m: 4:42.59	48.23	400m: 6:14.71	44.47
10. Baranowska Rozalia	11	6:17.06	230			
50m: 42.21 42.21	150m: 2:18.39	47.14	250m: 3:56.22	49.17	350m: 5:32.51	47.05
100m: 1:31.25 49.04	200m: 3:07.05	48.66	300m: 4:45.46	49.24	400m: 6:17.06	44.55
11. Cycak Pola	11	6:18.64	227			
50m: 40.14 40.14	150m: 2:17.78	49.29	250m: 3:56.48	49.39	350m: 5:32.93	47.52
100m: 1:28.49 48.35	200m: 3:07.09	49.31	300m: 4:45.41	48.93	400m: 6:18.64	45.71
12. Dobielska Kaja	11	6:19.04	227			
50m: 42.39 42.39	150m: 2:18.25	48.83	250m: 5:35.12	1:37.82	350m:	
100m: 1:29.42 47.03	200m: 3:57.30	1:39.05	300m:		400m: 6:19.04	
13. Kowalska Stella	11	6:22.49	221			
50m: 45.37 45.37	150m: 2:23.32	48.23	250m: 4:04.41	50.08	350m: 5:41.75	48.22
100m: 1:35.09 49.72	200m: 3:14.33	51.01	300m: 4:53.53	49.12	400m: 6:22.49	40.74
14. Apanasionak Anastasiya	11	6:23.25	219			
50m: 43.61 43.61	150m: 2:21.28	49.24	250m: 4:01.30	50.03	350m: 5:39.88	48.75
100m: 1:32.04 48.43	200m: 3:11.27	49.99	300m: 4:51.13	49.83	400m: 6:23.25	43.37
15. Kowalska Antonina	11	6:28.76	210			
50m: 44.31 44.31	150m: 2:23.47	50.58	250m: 4:04.98	51.46	350m: 5:44.31	49.11
100m: 1:32.89 48.58	200m: 3:13.52	50.05	300m: 4:55.20	50.22	400m: 6:28.76	44.45
16. Postorna Michalina	11	6:34.11	202			
50m: 47.94 47.94	150m: 2:30.46	51.77	250m: 4:12.97	51.22	350m: 5:52.25	49.33
100m: 1:38.69 50.75	200m: 3:21.75	51.29	300m: 5:02.92	49.95	400m: 6:34.11	41.86



Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej dzieci 11 i 12-letnich w pływaniu
Wrocław, 24.11.2024

Konkurencja 5, Dziewcz. t., 400m dowolny, 11 lat

Pozycja					Wiek					Czas	Pkt.	
17.	Bieli ska Wiktoria				11	WKS I sk Wrocław				6:35.20	200	
	50m:	45.76	45.76	150m:	2:26.43	51.21	250m:	4:07.59	50.54	350m:	5:47.81	50.26
	100m:	1:35.22	49.46	200m:	3:17.05	50.62	300m:	4:57.55	49.96	400m:	6:35.20	47.39
18.	Galla Gabriela				11	KS Rekin wiebodzice				6:37.37	197	
	50m:	44.07	44.07	150m:	2:26.20	51.18	250m:	4:08.53	51.34	350m:	5:50.09	50.80
	100m:	1:35.02	50.95	200m:	3:17.19	50.99	300m:	4:59.29	50.76	400m:	6:37.37	47.28
19.	Stankiewicz Iga				11	UKS KORAL Wrocław				6:38.71	195	
	50m:	42.85	42.85	150m:	2:23.21	51.71	250m:	4:07.82	52.69	350m:	5:50.74	50.01
	100m:	1:31.50	48.65	200m:	3:15.13	51.92	300m:	5:00.73	52.91	400m:	6:38.71	47.97
20.	Skowron Liliana				11	UKS KORAL Wrocław				6:39.69	193	
	50m:	47.04	47.04	150m:	2:30.77	52.35	250m:	4:14.75	52.09	350m:	5:55.51	48.69
	100m:	1:38.42	51.38	200m:	3:22.66	51.89	300m:	5:06.82	52.07	400m:	6:39.69	44.18
21.	Torbina Anastasiia				11	WKS I sk Wrocław				6:51.02	178	
	50m:	43.23	43.23	150m:	2:26.45	52.79	250m:	4:12.93	52.99	350m:	6:00.82	52.46
	100m:	1:33.66	50.43	200m:	3:19.94	53.49	300m:	5:08.36	55.43	400m:	6:51.02	50.20
22.	Kułakowska Maja				11	KS NEPTUN Swidnica				6:55.46	172	
	50m:	45.28	45.28	150m:	2:30.29	52.02	250m:	4:18.08	54.23	350m:	6:05.88	54.46
	100m:	1:38.27	52.99	200m:	3:23.85	53.56	300m:	5:11.42	53.34	400m:	6:55.46	49.58
23.	J dro Zofia				11	MKS Juwenia Wrocław				6:57.57	169	
	50m:	47.61	47.61	150m:	2:34.78	53.22	250m:	4:21.43	53.76	350m:	6:08.29	53.10
	100m:	1:41.56	53.95	200m:	3:27.67	52.89	300m:	5:15.19	53.76	400m:	6:57.57	49.28
24.	Mazurkiewicz Aneta				11	MKS Juwenia Wrocław				6:57.72	169	
	50m:	48.19	48.19	150m:	2:34.20	53.92	250m:	4:21.20	52.77	350m:		
	100m:	1:40.28	52.09	200m:	3:28.43	54.23	300m:	5:14.38	53.18	400m:	6:57.72	
25.	Steczowicz Malwina				11	UKS KORAL Wrocław				7:00.24	166	
	50m:	44.73	44.73	150m:	2:30.00	53.74	250m:	4:19.22	54.37	350m:	6:07.60	53.80
	100m:	1:36.26	51.53	200m:	3:24.85	54.85	300m:	5:13.80	54.58	400m:	7:00.24	52.64
26.	Kubiak Julia				11	MKS Juwenia Wrocław				7:00.26	166	
	50m:	44.35	44.35	150m:	2:29.59	53.63	250m:	4:20.63	55.04	350m:	6:10.18	56.48
	100m:	1:35.96	51.61	200m:	3:25.59	56.00	300m:	5:13.70	53.07	400m:	7:00.26	50.08
27.	Wozi ska Hanna				11	WKS I sk Wrocław				7:07.44	158	
	50m:	45.45	45.45	150m:	2:31.19	52.42	250m:	4:16.16	53.10	350m:	6:10.52	59.72
	100m:	1:38.77	53.32	200m:	3:23.06	51.87	300m:	5:10.80	54.64	400m:	7:07.44	56.92
28.	Wystrychowska Adela				11	WKS I sk Wrocław				7:07.79	158	
	50m:	49.20	49.20	150m:	2:40.30	56.05	250m:	4:29.94	55.16	350m:	6:17.82	53.20
	100m:	1:44.25	55.05	200m:	3:34.78	54.48	300m:	5:24.62	54.68	400m:	7:07.79	49.97
29.	Hojka Maja				11	UKS KORAL Wrocław				7:22.34	142	
	50m:	52.10	52.10	150m:	2:46.17	58.39	250m:	4:41.04	56.98	350m:	6:34.06	56.12
	100m:	1:47.78	55.68	200m:	3:44.06	57.89	300m:	5:37.94	56.90	400m:	7:22.34	48.28
30.	Kuzmenko Mariia				11	WKS I sk Wrocław				7:29.44	136	
	50m:	47.97	47.97	150m:	2:39.35	57.07	250m:	4:37.10	58.69	350m:	6:35.18	1:00.43
	100m:	1:42.28	54.31	200m:	3:38.41	59.06	300m:	5:34.75	57.65	400m:	7:29.44	54.26
31.	Rozhkovska Arina				11	UKS KORAL Wrocław				7:34.25	132	
	50m:	50.81	50.81	150m:	2:47.98	59.18	250m:	4:46.14	59.62	350m:	6:43.52	58.02
	100m:	1:48.80	57.99	200m:	3:46.52	58.54	300m:	5:45.50	59.36	400m:	7:34.25	50.73
32.	ukowska Julia				11	UKS KORAL Wrocław				7:34.80	131	
	50m:	52.42	52.42	150m:	2:51.63	1:00.28	250m:	4:52.12		350m:	6:46.30	54.64
	100m:	1:51.35	58.93	200m:			300m:	5:51.66	59.54	400m:	7:34.80	48.50
33.	Rochowiak Jagoda				11	KS Rekin wiebodzice				7:40.29	126	
	50m:	50.83	50.83	150m:	2:46.62	57.98	250m:	4:45.67	59.63	350m:	6:41.22	58.51
	100m:	1:48.64	57.81	200m:	3:46.04	59.42	300m:	5:42.71	57.04	400m:	7:40.29	59.07
34.	Drewniak Nel				11	UKS KORAL Wrocław				7:51.39	118	
	50m:	52.64	52.64	150m:	2:53.90	1:01.74	250m:	4:53.87	1:00.25	350m:		
	100m:	1:52.16	59.52	200m:	3:53.62	59.72	300m:	7:51.39	2:57.52	400m:	7:51.39	



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Konkurencja 5, Dziewcząt, 400m dowolny, 11 lat

Pozycja	Wiek								Czas	Pkt.	
35. Lewińska Inka	11 WKS I sk Wrocław								7:58.01	113	
50m:	55.84	55.84	150m:	2:58.42	1:01.79	250m:	5:02.40	1:02.57	350m:	7:07.55	1:01.83
100m:	1:56.63	1:00.79	200m:	3:59.83	1:01.41	300m:	6:05.72	1:03.32	400m:	7:58.01	50.46
36. Gil Maja	11 MKS Juwenia Wrocław								9:09.27	74	
50m:	1:00.00	1:00.00	150m:	3:18.97	1:09.16	250m:	5:42.10	1:11.41	350m:		
100m:	2:09.81	1:09.81	200m:	4:30.69	1:11.72	300m:	6:52.06	1:09.96	400m:	9:09.27	
37. Horbukowa Danaia	11 MKS Juwenia Wrocław								9:36.18	64	
50m:	1:06.10	1:06.10	150m:	3:34.62	1:12.25	250m:	6:02.54	1:09.99	350m:	8:20.31	1:08.43
100m:	2:22.37	1:16.27	200m:	4:52.55	1:17.93	300m:	7:11.88	1:09.34	400m:	9:36.18	1:15.87