



Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej dzieci 11-12-lat w pływaniu
Wrocław, 1-12-2023

Konkurencja 6
2023-12-01 - 12:12

Chłopców, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.
1.	GORYL Dawid		12	KS BALTI Bielawa				5:34.20	256
	50m:	37.33 37.33	150m:	2:03.48 43.35	250m:	3:30.08 42.66	350m:	4:55.86 42.43	
	100m:	1:20.13 42.80	200m:	2:47.42 43.94	300m:	4:13.43 43.35	400m:	5:34.20 38.34	
2.	KUZARA Filip		12	KS Swimmers I za				5:35.72	252
	50m:	36.23 36.23	150m:	2:03.59 44.39	250m:	3:31.11 43.69	350m:	4:57.08 43.13	
	100m:	1:19.20 42.97	200m:	2:47.42 43.83	300m:	4:13.95 42.84	400m:	5:35.72 38.64	
3.	JANKOWSKI Ksawery		12	MKS JUVENIA Wrocław				5:37.89	247
	50m:	35.00 35.00	150m:	2:00.53 43.47	250m:	3:27.55 43.82	350m:	4:55.40 44.11	
	100m:	1:17.06 42.06	200m:	2:43.73 43.20	300m:	4:11.29 43.74	400m:	5:37.89 42.49	
4.	PYCLIK Bartosz		12	UKS KORAL Wrocław				5:45.04	232
	50m:	36.99 36.99	150m:	2:03.43 44.73	250m:	3:32.07 44.59	350m:	5:01.25 44.46	
	100m:	1:18.70 41.71	200m:	2:47.48 44.05	300m:	4:16.79 44.72	400m:	5:45.04 43.79	
5.	DZVAIRO Piotr		12	MKS JUVENIA Wrocław				5:47.92	227
	50m:	39.52 39.52	150m:	2:07.15 44.09	250m:	3:37.08 44.86	350m:	5:06.16 44.58	
	100m:	1:23.06 43.54	200m:	2:52.22 45.07	300m:	4:21.58 44.50	400m:	5:47.92 41.76	
6.	WOŁOWIEC Kacper		12	UKS KORAL Wrocław				5:56.78	210
	50m:	39.29 39.29	150m:	2:11.40 46.85	250m:	3:40.88 43.58	350m:	5:14.18 46.67	
	100m:	1:24.55 45.26	200m:	2:57.30 45.90	300m:	4:27.51 46.63	400m:	5:56.78 42.60	
7.	SZYMCZAK Maksymilian		12	UKS KORAL Wrocław				6:02.80	200
	50m:	38.23 38.23	150m:	2:11.66 47.36	250m:	3:46.11 47.07	350m:	5:22.04 48.05	
	100m:	1:24.30 46.07	200m:	2:59.04 47.38	300m:	4:33.99 47.88	400m:	6:02.80 40.76	
8.	KURTA Klim		12	MKS JUVENIA Wrocław				6:03.11	199
	50m:	38.42 38.42	150m:	2:14.02 48.33	250m:	3:49.21 47.62	350m:	5:22.11 45.43	
	100m:	1:25.69 47.27	200m:	3:01.59 47.57	300m:	4:36.68 47.47	400m:	6:03.11 41.00	
9.	SVIDERSKYI Roman		12	WKS L SK Wrocław				6:05.07	196
	50m:		150m:	2:08.77 46.56	250m:	3:44.76 47.81	350m:	5:21.46 49.63	
	100m:	1:22.21	200m:	2:56.95 48.18	300m:	4:31.83 47.07	400m:	6:05.07 43.61	
10.	WOJTERA Krzysztof		12	WKS L SK Wrocław				6:12.45	185
	50m:	43.43 43.43	150m:	2:16.68 47.76	250m:	3:52.43 47.96	350m:	5:27.51 47.34	
	100m:	1:28.92 45.49	200m:	3:04.47 47.79	300m:	4:40.17 47.74	400m:	6:12.45 44.94	
11.	PIETRAS Maciej		12	WKS L SK Wrocław				6:13.34	183
	50m:	41.00 41.00	150m:	2:14.94 47.23	250m:	3:50.31 47.21	350m:	5:27.08 48.23	
	100m:	1:27.71 46.71	200m:	3:03.10 48.16	300m:	4:38.85 48.54	400m:	6:13.34 46.26	
12.	FLISI SKI Tymoteusz		12	MKS JUVENIA Wrocław				6:17.28	178
	50m:	42.69 42.69	150m:	2:18.64 48.07	250m:	3:55.28 49.06	350m:	5:31.62 47.68	
	100m:	1:30.57 47.88	200m:	3:06.22 47.58	300m:	4:43.94 48.66	400m:	6:17.28 45.66	
13.	GOGOLEWSKI Kacper		12	WKS L SK Wrocław				6:23.97	168
	50m:	41.69 41.69	150m:	2:19.71 50.02	250m:	4:00.15 50.67	350m:	5:39.09 50.11	
	100m:	1:29.69 48.00	200m:	3:09.48 49.77	300m:	4:48.98 48.83	400m:	6:23.97 44.88	
14.	KOPE Leon		12	KS NEPTUN widnica				6:24.84	167
	50m:	41.70 41.70	150m:	2:18.08 49.19	250m:	3:57.95 50.07	350m:	5:38.49 50.74	
	100m:	1:28.89 47.19	200m:	3:07.88 49.80	300m:	4:47.75 49.80	400m:	6:24.84 46.35	
15.	CZARNY Mikołaj		12	UKS KORAL Wrocław				6:25.97	166
	50m:	42.42 42.42	150m:	2:21.22 49.90	250m:	4:01.58 50.63	350m:	5:40.38 50.01	
	100m:	1:31.32 48.90	200m:	3:10.95 49.73	300m:	4:50.37 48.79	400m:	6:25.97 45.59	
16.	FIRLEJ Ryszard		12	WKS L SK Wrocław				6:25.99	166
	50m:	41.38 41.38	150m:	2:21.18 50.66	250m:	4:02.89 50.47	350m:	5:42.04 49.19	
	100m:	1:30.52 49.14	200m:	3:12.42 51.24	300m:	4:52.85 49.96	400m:	6:25.99 43.95	
17.	KAMI SKI Wojciech		12	WKS L SK Wrocław				6:30.62	160
	50m:	42.20 42.20	150m:	2:21.83 50.94	250m:	4:02.27 49.39	350m:	5:41.98 49.75	
	100m:	1:30.89 48.69	200m:	3:12.88 51.05	300m:	4:52.23 49.96	400m:	6:30.62 48.64	



Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej dzieci 11-12-lat w pływaniu
Wrocław, 1-12-2023

Konkurencja 6, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.						Czas	Pkt.		
18.	RERAK Antoni		12	UKS KORAL Wrocław					6:33.21	157		
	50m:	44.48	44.48	150m:	2:25.80	51.51	250m:	4:06.05	50.36	350m:	5:46.34	49.10
	100m:	1:34.29	49.81	200m:	3:15.69	49.89	300m:	4:57.24	51.19	400m:	6:33.21	46.87
19.	WITO SKI Bartłomiej		12	UKS KORAL Wrocław					6:33.22	157		
	50m:	44.88	44.88	150m:	2:27.31	51.62	250m:	4:07.28	47.74	350m:	5:47.29	49.42
	100m:	1:35.69	50.81	200m:	3:19.54	52.23	300m:	4:57.87	50.59	400m:	6:33.22	45.93
20.	RYBICKI Aleksander		12	WKS L SK Wrocław					6:35.09	155		
	50m:	44.68	44.68	150m:	2:26.06	51.02	250m:	4:08.90	51.61	350m:	5:49.71	49.93
	100m:	1:35.04	50.36	200m:	3:17.29	51.23	300m:	4:59.78	50.88	400m:	6:35.09	45.38
21.	ZDYB Sebastian		12	UKS KORAL Wrocław					6:36.81	153		
	50m:	43.51	43.51	150m:	2:25.24	50.91	250m:	4:08.27	51.06	350m:	5:51.34	50.78
	100m:	1:34.33	50.82	200m:	3:17.21	51.97	300m:	5:00.56	52.29	400m:	6:36.81	45.47
22.	BRYŁKA-NADOLSKI Artur		12	UKS KORAL Wrocław					6:38.43	151		
	50m:	42.37	42.37	150m:	2:22.74	50.88	250m:	4:06.89	52.92	350m:	5:50.70	51.06
	100m:	1:31.86	49.49	200m:	3:13.97	51.23	300m:	4:59.64	52.75	400m:	6:38.43	47.73
23.	KUCHARSKI Ryszard		12	MKS JUVENIA Wrocław					6:39.63	149		
	50m:	46.11	46.11	150m:	2:29.09	53.07	250m:	4:11.48	50.98	350m:	5:55.03	51.17
	100m:	1:36.02	49.91	200m:	3:20.50	51.41	300m:	5:03.86	52.38	400m:	6:39.63	44.60
24.	ŁUKOJKO Piotr		12	MKS JUVENIA Wrocław					6:40.85	148		
	50m:	44.99	44.99	150m:	2:29.09	52.87	250m:	4:12.60	51.60	350m:	5:55.29	50.61
	100m:	1:36.22	51.23	200m:	3:21.00	51.91	300m:	5:04.68	52.08	400m:	6:40.85	45.56
25.	WIDNICKI Emil		12	KS NEPTUN widnica					6:42.28	146		
	50m:	44.07	44.07	150m:	2:27.59	53.29	250m:	4:14.59	53.54	350m:	5:56.71	50.31
	100m:	1:34.30	50.23	200m:	3:21.05	53.46	300m:	5:06.40	51.81	400m:	6:42.28	45.57
26.	MACIAŁEK Franciszek		12	UKS KORAL Wrocław					6:46.37	142		
	50m:	45.81	45.81	150m:	2:32.01	53.78	250m:	4:18.01	51.15	350m:	6:00.11	50.07
	100m:	1:38.23	52.42	200m:	3:26.86	54.85	300m:	5:10.04	52.03	400m:	6:46.37	46.26
27.	URBANEK Witold		12	UKS KORAL Wrocław					6:49.57	139		
	50m:	47.66	47.66	150m:	2:35.93	53.73	250m:	4:21.89	51.36	350m:	6:05.57	50.85
	100m:	1:42.20	54.54	200m:	3:30.53	54.60	300m:	5:14.72	52.83	400m:	6:49.57	44.00
28.	USTIANOVSKYI Ostap		12	WKS L SK Wrocław					6:50.82	137		
	50m:	42.50	42.50	150m:	2:32.25	55.37	250m:	4:20.95	52.89	350m:	6:04.65	50.71
	100m:	1:36.88	54.38	200m:	3:28.06	55.81	300m:	5:13.94	52.99	400m:	6:50.82	46.17
29.	STRZELECKI Piotr		12	UKS KORAL Wrocław					6:51.23	137		
	50m:	43.60	43.60	150m:	2:27.32	52.89	250m:	4:13.37	52.83	350m:	5:59.99	52.84
	100m:	1:34.43	50.83	200m:	3:20.54	53.22	300m:	5:07.15	53.78	400m:	6:51.23	51.24
30.	WOJTYŁO Tymon		12	MKS JUVENIA Wrocław					6:52.31	136		
	50m:	44.97	44.97	150m:	2:31.21	53.49	250m:	4:18.28	53.70	350m:	6:04.42	52.40
	100m:	1:37.72	52.75	200m:	3:24.58	53.37	300m:	5:12.02	53.74	400m:	6:52.31	47.89
31.	OSMELAK Kacper		12	MKS JUVENIA Wrocław					6:57.29	131		
	50m:	43.91	43.91	150m:	2:28.93	53.52	250m:	4:16.44	54.59	350m:	6:05.51	
	100m:	1:35.41	51.50	200m:	3:21.85	52.92	300m:			400m:	6:57.29	51.78
32.	SKOWRO SKI Dominik		12	WKS L SK Wrocław					7:00.29	128		
	50m:	48.58	48.58	150m:	2:37.40	54.60	250m:	4:28.95	55.93	350m:	6:08.56	45.06
	100m:	1:42.80	54.22	200m:	3:33.02	55.62	300m:	5:23.50	54.55	400m:	7:00.29	51.73
33.	RYBAKIEWICZ Szymon		12	WKS L SK Wrocław					7:02.96	126		
	50m:	45.88	45.88	150m:	2:34.60	54.57	250m:	4:22.84	54.08	350m:	6:11.32	54.01
	100m:	1:40.03	54.15	200m:	3:28.76	54.16	300m:	5:17.31	54.47	400m:	7:02.96	51.64
34.	NOWOGRODZKI Piotr		12	WKS L SK Wrocław					7:11.53	118		
	50m:	46.44	46.44	150m:	2:36.43	55.42	250m:	4:30.96	57.60	350m:	6:20.18	52.41
	100m:	1:41.01	54.57	200m:	3:33.36	56.93	300m:	5:27.77	56.81	400m:	7:11.53	51.35
35.	KHARCHENKO Nazar		12	MKS JUVENIA Wrocław					7:19.34	112		
	50m:	45.20	45.20	150m:	2:35.49	56.36	250m:	4:29.58	57.43	350m:	6:22.63	55.89
	100m:	1:39.13	53.93	200m:	3:32.15	56.66	300m:	5:26.74	57.16	400m:	7:19.34	56.71



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Wrocław, 1-12-2023

Konkurencja 6, Chłopców, 400m dowolny, 11 lat

Pozycja		Rok ur.						Czas	Pkt.
36.	MILLER Wojciech	12	MKS JUVENIA Wrocław					7:22.05	110
	50m: 48.27 48.27	150m: 2:38.79	55.62	250m: 4:34.69	58.26	350m: 6:30.37	57.58		
	100m: 1:43.17 54.90	200m: 3:36.43	57.64	300m: 5:32.79	58.10	400m: 7:22.05	51.68		
37.	GUMOWSKI Aleksander	12	MKS JUVENIA Wrocław					7:28.78	105
	50m: 45.85 45.85	150m: 2:37.71	58.16	250m: 4:34.89	59.61	350m: 6:23.75	53.05		
	100m: 1:39.55 53.70	200m: 3:35.28	57.57	300m: 5:30.70	55.81	400m: 7:28.78	1:05.03		
38.	MORAWSKI Wiktor	12	MKS JUVENIA Wrocław					7:48.92	92
	50m: 52.49 52.49	150m: 2:50.97	59.90	250m: 4:51.10	59.63	350m: 6:54.94	1:02.23		
	100m: 1:51.07 58.58	200m: 3:51.47	1:00.50	300m: 5:52.71	1:01.61	400m: 7:48.92	53.98		
39.	ZAWADA Adam	12	MKS JUVENIA Wrocław					7:50.08	92
	50m: 47.09 47.09	150m: 2:44.69	59.43	250m: 4:50.11	1:03.25	350m: 6:54.28	1:01.20		
	100m: 1:45.26 58.17	200m: 3:46.86	1:02.17	300m: 5:53.08	1:02.97	400m: 7:50.08	55.80		
40.	TROJNAR Tomasz	12	WKS L SK Wrocław					8:04.52	84
	50m: 52.15 52.15	150m: 2:55.52	1:02.05	250m: 5:02.80	1:05.81	350m: 7:03.00	55.90		
	100m: 1:53.47 1:01.32	200m: 3:56.99	1:01.47	300m: 6:07.10	1:04.30	400m: 8:04.52	1:01.52		
41.	NIEMIEC Kamil	12	WKS L SK Wrocław					8:16.26	78
	50m: 52.46 52.46	150m: 2:56.79	1:03.04	250m: 5:04.31	1:02.71	350m: 7:06.47	1:00.62		
	100m: 1:53.75 1:01.29	200m: 4:01.60	1:04.81	300m: 6:05.85	1:01.54	400m: 8:16.26	1:09.79		
42.	IWANOWSKI Kai	12	MKS JUVENIA Wrocław					8:41.65	67
	50m: 52.05 52.05	150m: 3:08.96	1:08.60	250m: 5:26.51	1:11.18	350m: 7:37.95	1:04.95		
	100m: 2:00.36 1:08.31	200m: 4:15.33	1:06.37	300m: 6:33.00	1:06.49	400m: 8:41.65	1:03.70		
43.	KOPACKI Przemysław	12	MKS JUVENIA Wrocław					8:46.84	65
	50m: 57.49 57.49	150m: 3:16.07	1:10.01	250m: 5:28.51	1:08.01	350m: 7:39.93	1:09.89		
	100m: 2:06.06 1:08.57	200m: 4:20.50	1:04.43	300m: 6:30.04	1:01.53	400m: 8:46.84	1:06.91		
DYSKW.	PIROGOWICZ Maksymilian	12	UKS KORAL Wrocław						
	<i>O1 - Pływak zainicjował start przed sygnałem startu.</i>								