

2016 - Ogólnopolski Sprawdzian Wszechstronno ci Stylowej  
Lublin, 9-10-2016

Konkurencja 10  
2016-10-09 - 15:30

M czyzn, 400m zmienny

12 lat i starsi  
Wyniki

Punkty: FINA 2016

Pozycja			Wiek					Czas	Pkt.	
<b>12 - 13 lat</b>										
1.	GRABEK Oskar		13	Olimpijczyk 23 Lublin				<b>5:03.73</b>	466	
	50m:	33.48 33.48	150m:	1:53.38	40.44	250m:	3:13.98	41.40	350m:	4:30.58 35.47
	100m:	1:12.94 39.46	200m:	2:32.58	39.20	300m:	3:55.11	41.13	400m:	5:03.73 33.15
2.	RODKIEWICZ Radosław		13	Muszelka Warszawa				<b>5:09.22</b>	441	
	50m:	33.06 33.06	150m:	1:51.24	39.70	250m:	3:15.65	45.20	350m:	4:35.40 34.33
	100m:	1:11.54 38.48	200m:	2:30.45	39.21	300m:	4:01.07	45.42	400m:	5:09.22 33.82
3.	ROGUSKI Mateusz		13	Muszelka Warszawa				<b>5:15.52</b>	415	
	50m:	33.61 33.61	150m:	1:52.94	41.08	250m:	3:19.00	46.37	350m:	4:41.11 35.79
	100m:	1:11.86 38.25	200m:	2:32.63	39.69	300m:	4:05.32	46.32	400m:	5:15.52 34.41
4.	ZACHARZY SKI Norbert		13	Wodnik Krasnystaw				<b>5:16.38</b>	412	
	50m:	33.68 33.68	150m:	1:54.17	42.47	250m:	3:19.63	44.70	350m:	4:41.93 37.18
	100m:	1:11.70 38.02	200m:	2:34.93	40.76	300m:	4:04.75	45.12	400m:	5:16.38 34.45
5.	UŁANOWICZ Piotr		13	Lublinianka				<b>5:16.52</b>	411	
	50m:	34.36 34.36	150m:	1:54.65	40.21	250m:	3:19.74	44.54	350m:	4:41.11 36.83
	100m:	1:14.44 40.08	200m:	2:35.20	40.55	300m:	4:04.28	44.54	400m:	5:16.52 35.41
6.	CHMIELEWSKI Krzysztof		12	Muszelka Warszawa				<b>5:17.09</b>	409	
	50m:	32.95 32.95	150m:	1:50.49	39.71	250m:	3:18.55	49.08	350m:	4:42.79 34.06
	100m:	1:10.78 37.83	200m:	2:29.47	38.98	300m:	4:08.73	50.18	400m:	5:17.09 34.30
7.	MRÓZ Adam		13	Orlik Lublin				<b>5:18.61</b>	403	
	50m:	33.63 33.63	150m:	1:56.17	41.31	250m:	3:21.80	45.10	350m:	4:44.41 36.85
	100m:	1:14.86 41.23	200m:	2:36.70	40.53	300m:	4:07.56	45.76	400m:	5:18.61 34.20
8.	CHMIELEWSKI Michał		12	Muszelka Warszawa				<b>5:24.03</b>	383	
	50m:	34.23 34.23	150m:	1:52.66	38.57	250m:	3:23.70	52.18	350m:	4:48.79 34.53
	100m:	1:14.09 39.86	200m:	2:31.52	38.86	300m:	4:14.26	50.56	400m:	5:24.03 35.24
9.	URBAN Jakub		13	Orlik Lublin				<b>5:29.03</b>	366	
	50m:	33.21 33.21	150m:	1:58.09	41.92	250m:	3:25.19	46.63	350m:	4:51.64 39.01
	100m:	1:16.17 42.96	200m:	2:38.56	40.47	300m:	4:12.63	47.44	400m:	5:29.03 37.39
10.	BEDNAREK Przemysław		12	Muszelka Warszawa				<b>5:32.01</b>	356	
	50m:	36.86 36.86	150m:	2:00.68	42.23	250m:	3:30.42	48.69	350m:	4:56.01 37.22
	100m:	1:18.45 41.59	200m:	2:41.73	41.05	300m:	4:18.79	48.37	400m:	5:32.01 36.00
11.	ADAMCZYK Jan		13	Lublinianka				<b>5:32.74</b>	354	
	50m:	37.55 37.55	150m:	2:03.05	43.64	250m:	3:32.93	45.95	350m:	4:57.88 38.16
	100m:	1:19.41 41.86	200m:	2:46.98	43.93	300m:	4:19.72	46.79	400m:	5:32.74 34.86
12.	CHOŁ Y SKI Nikodem		13	Olimpijczyk 23 Lublin				<b>5:34.49</b>	348	
	50m:	35.15 35.15	150m:	1:59.36	43.84	250m:	3:28.57	47.53	350m:	4:56.85 41.00
	100m:	1:15.52 40.37	200m:	2:41.04	41.68	300m:	4:15.85	47.28	400m:	5:34.49 37.64
13.	KORZENIOWSKI Piotr		13	Wodnik Krasnystaw				<b>5:35.19</b>	346	
	50m:	36.26 36.26	150m:	2:02.00	43.97	250m:	3:31.56	47.04	350m:	4:57.79 39.62
	100m:	1:18.03 41.77	200m:	2:44.52	42.52	300m:	4:18.17	46.61	400m:	5:35.19 37.40
14.	ZUBRZYCKI Kacper		12	Wisła Puławy				<b>5:36.62</b>	342	
	50m:	36.81 36.81	150m:	2:03.26	43.31	250m:	3:32.39	48.07	350m:	4:59.91 39.08
	100m:	1:19.95 43.14	200m:	2:44.32	41.06	300m:	4:20.83	48.44	400m:	5:36.62 36.71
15.	BORSUK Piotr		13	Fala Kra nik				<b>5:43.13</b>	323	
	50m:	37.41 37.41	150m:	2:01.37	40.76	250m:	3:35.53	54.79	350m:	5:05.66 38.24
	100m:	1:20.61 43.20	200m:	2:40.74	39.37	300m:	4:27.42	51.89	400m:	5:43.13 37.47
16.	KA CZUGOWSKI Łukasz		12	Olimpia Lublin				<b>5:48.37</b>	308	
	50m:	37.53 37.53	150m:	2:04.93	45.01	250m:	3:39.66	51.31	350m:	5:11.19 40.66
	100m:	1:19.92 42.39	200m:	2:48.35	43.42	300m:	4:30.53	50.87	400m:	5:48.37 37.18
17.	ZUZANIUK Igor		12	Olimpia Lublin				<b>5:50.11</b>	304	
	50m:	39.32 39.32	150m:	2:10.71	42.14	250m:	3:42.27	49.56	350m:	5:11.71 39.54
	100m:	1:28.57 49.25	200m:	2:52.71	42.00	300m:	4:32.17	49.90	400m:	5:50.11 38.40

2016 - Ogólnopolski Sprawdzian Wszechstronno ci Stylowej  
Lublin, 9-10-2016

Konkurencja 10, Chłopców, 400m zmienny, 12 - 13 lat

Pozycja			Wiek							Czas	Pkt.	
18.	KOZIE	SKI Oliwier	12	Wisła Puławy						<b>6:02.34</b>	274	
	50m:	37.57	37.57	150m:	2:13.96	49.50	250m:	3:49.59	49.16	350m:	5:23.74	44.03
	100m:	1:24.46	46.89	200m:	3:00.43	46.47	300m:	4:39.71	50.12	400m:	6:02.34	38.60
19.	GLINKA	Patryk	12	Olimpijczyk 23 Lublin						<b>6:04.20</b>	270	
	50m:	37.53	37.53	150m:	2:13.08	49.49	250m:	3:52.45	52.03	350m:	5:27.69	40.88
	100m:	1:23.59	46.06	200m:	3:00.42	47.34	300m:	4:46.81	54.36	400m:	6:04.20	36.51
20.	MANDZIUK	Kewin	13	Orka Zamo						<b>6:16.09</b>	245	
	50m:	40.35	40.35	150m:	2:18.89	50.59	250m:	4:01.09	52.60	350m:	5:36.12	41.25
	100m:	1:28.30	47.95	200m:	3:08.49	49.60	300m:	4:54.87	53.78	400m:	6:16.09	39.97
21.	LEWTAK	Szymon	12	Olimpia Lublin						<b>6:17.18</b>	243	
	50m:	39.18	39.18	150m:	2:14.77	49.65	250m:	3:57.23	54.17	350m:	5:33.48	42.49
	100m:	1:25.12	45.94	200m:	3:03.06	48.29	300m:	4:50.99	53.76	400m:	6:17.18	43.70
22.	TYLUS	Patryk	13	Eska Janów Lubelski						<b>6:20.42</b>	237	
	50m:	42.17	42.17	150m:	2:20.32	46.51	250m:	3:59.90	54.02	350m:	5:39.24	45.11
	100m:	1:33.81	51.64	200m:	3:05.88	45.56	300m:	4:54.13	54.23	400m:	6:20.42	41.18
23.	WOJEWODA	Antoni	12	Wisła Puławy						<b>6:24.07</b>	230	
	50m:	44.07	44.07	150m:	2:24.82	50.28	250m:	4:06.01	51.48	350m:	5:41.68	43.37
	100m:	1:34.54	50.47	200m:	3:14.53	49.71	300m:	4:58.31	52.30	400m:	6:24.07	42.39
24.	GRABOWSKI	Jakub	12	Olimpijczyk 23 Lublin						<b>6:37.57</b>	207	
	50m:	42.59	42.59	150m:	2:25.40	48.59	250m:	4:09.37	57.84	350m:	5:52.90	45.04
	100m:	1:36.81	54.22	200m:	3:11.53	46.13	300m:	5:07.86	58.49	400m:	6:37.57	44.67
25.	STACHARSKI	Dominik	13	Lublinianka						<b>6:54.17</b>	183	
	50m:	45.20	45.20	150m:	2:35.25	50.26	250m:	4:28.25	1:02.10	350m:	6:14.41	45.34
	100m:	1:44.99	59.79	200m:	3:26.15	50.90	300m:	5:29.07	1:00.82	400m:	6:54.17	39.76
26.	KOWALSKI	Paweł	12	Olimpijczyk 23 Lublin						<b>6:56.48</b>	180	
	50m:	45.52	45.52	150m:	2:34.30	54.74	250m:	4:26.37	1:00.97	350m:	6:11.91	45.00
	100m:	1:39.56	54.04	200m:	3:25.40	51.10	300m:	5:26.91	1:00.54	400m:	6:56.48	44.57
27.	ŁAGO NY	Filip	12	Orka Zamo						<b>7:08.21</b>	166	
	50m:	42.33	42.33	150m:	2:37.96	58.83	250m:	4:33.97	59.09	350m:	6:20.49	49.87
	100m:	1:39.13	56.80	200m:	3:34.88	56.92	300m:	5:30.62	56.65	400m:	7:08.21	47.72

14 - 15 lat

1.	JA	KIEWICZ Adrian	14	Muszelka Warszawa						<b>4:49.17</b>	540	
	50m:	30.32	30.32	150m:	1:42.74	37.85	250m:	3:02.22	42.27	350m:	4:17.82	32.98
	100m:	1:04.89	34.57	200m:	2:19.95	37.21	300m:	3:44.84	42.62	400m:	4:49.17	31.35
2.	SZCZERBA	Adam	14	Skarpa Lublin						<b>4:51.36</b>	528	
	50m:	31.05	31.05	150m:	1:44.91	37.80	250m:	3:05.07	41.60	350m:	4:19.47	32.57
	100m:	1:07.11	36.06	200m:	2:23.47	38.56	300m:	3:46.90	41.83	400m:	4:51.36	31.89
3.	KOTWICA	Bartosz	15	Avia widnik						<b>4:52.74</b>	520	
	50m:	29.70	29.70	150m:	1:44.31	39.47	250m:	3:03.66	42.50	350m:	4:21.27	34.15
	100m:	1:04.84	35.14	200m:	2:21.16	36.85	300m:	3:47.12	43.46	400m:	4:52.74	31.47
4.	RUTA	Kamil	14	Muszelka Warszawa						<b>4:54.82</b>	509	
	50m:	31.16	31.16	150m:	1:46.02	38.60	250m:	3:06.49	42.19	350m:	4:22.39	33.12
	100m:	1:07.42	36.26	200m:	2:24.30	38.28	300m:	3:49.27	42.78	400m:	4:54.82	32.43
5.	WO NIAK	Kamil	15	Wisła Puławy						<b>4:57.54</b>	495	
	50m:	31.61	31.61	150m:	1:48.17	40.71	250m:	3:09.26	41.64	350m:	4:25.28	34.20
	100m:	1:07.46	35.85	200m:	2:27.62	39.45	300m:	3:51.08	41.82	400m:	4:57.54	32.26
6.	DOŁOWY	Grzegorz	14	Muszelka Warszawa						<b>4:59.22</b>	487	
	50m:	31.01	31.01	150m:	1:43.17	37.88	250m:	3:06.41	45.00	350m:	4:25.67	34.39
	100m:	1:05.29	34.28	200m:	2:21.41	38.24	300m:	3:51.28	44.87	400m:	4:59.22	33.55
7.	KRZYKAŁA	Emil	15	Avia widnik						<b>5:03.20</b>	468	
	50m:	30.64	30.64	150m:	1:49.06	41.67	250m:	3:12.58	43.74	350m:	4:30.90	34.21
	100m:	1:07.39	36.75	200m:	2:28.84	39.78	300m:	3:56.69	44.11	400m:	5:03.20	32.30

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Konkurencja 10, Chłopców, 400m zmienny, 14 - 15 lat

Pozycja			Wiek				Czas		Pkt.
8.	SOBIESZUK Kacper		14		Skarpa Lublin		<b>5:07.35</b>		449
	50m:	32.22 32.22	150m:	1:50.90 42.19	250m:	3:15.15 45.13	350m:	4:34.31 34.55	
	100m:	1:08.71 36.49	200m:	2:30.02 39.12	300m:	3:59.76 44.61	400m:	5:07.35 33.04	
9.	POPIOŁEK Dawid		14		Skarpa Lublin		<b>5:08.31</b>		445
	50m:	32.40 32.40	150m:	1:51.54 41.24	250m:	3:16.82 44.23	350m:	4:36.51 35.14	
	100m:	1:10.30 37.90	200m:	2:32.59 41.05	300m:	4:01.37 44.55	400m:	5:08.31 31.80	
10.	KONCKI Bartłomiej		15		Wisła Puławy		<b>5:08.64</b>		444
	50m:	34.99 34.99	150m:	1:52.25 37.28	250m:	3:13.56 44.06	350m:	4:34.47 36.05	
	100m:	1:14.97 39.98	200m:	2:29.50 37.25	300m:	3:58.42 44.86	400m:	5:08.64 34.17	
11.	SAGAN Jakub		14		Skarpa Lublin		<b>5:11.29</b>		432
	50m:	35.12 35.12	150m:	1:56.53 39.77	250m:	3:18.54 43.72	350m:	4:38.43 35.78	
	100m:	1:16.76 41.64	200m:	2:34.82 38.29	300m:	4:02.65 44.11	400m:	5:11.29 32.86	
12.	BORSUK Łukasz		15		Fala Kra nik		<b>5:12.08</b>		429
	50m:	33.23 33.23	150m:	1:49.81 39.34	250m:	3:15.48 46.83	350m:	4:37.40 36.72	
	100m:	1:10.47 37.24	200m:	2:28.65 38.84	300m:	4:00.68 45.20	400m:	5:12.08 34.68	
13.	KORZENIOWSKI Paweł		15		Wodnik Krasnystaw		<b>5:15.86</b>		414
	50m:	31.70 31.70	150m:	1:52.03 42.43	250m:	3:16.20 42.42	350m:	4:40.47 40.36	
	100m:	1:09.60 37.90	200m:	2:33.78 41.75	300m:	4:00.11 43.91	400m:	5:15.86 35.39	
14.	LECH Filip		15		Avia widnik		<b>5:15.99</b>		413
	50m:	33.27 33.27	150m:	1:53.58 42.18	250m:	3:23.20 48.48	350m:	4:45.22 33.54	
	100m:	1:11.40 38.13	200m:	2:34.72 41.14	300m:	4:11.68 48.48	400m:	5:15.99 30.77	
15.	SKRZYPCZAK Marek		14		Lublinianka		<b>5:33.44</b>		352
	50m:	37.38 37.38	150m:	2:03.60 45.26	250m:	3:33.76 45.89	350m:	4:58.03 36.97	
	100m:	1:18.34 40.96	200m:	2:47.87 44.27	300m:	4:21.06 47.30	400m:	5:33.44 35.41	
16.	DADOS Aleksander		15		Wisła Puławy		<b>5:38.72</b>		336
	50m:	34.06 34.06	150m:	1:59.48 43.57	250m:	3:30.61 48.57	350m:	5:00.43 40.12	
	100m:	1:15.91 41.85	200m:	2:42.04 42.56	300m:	4:20.31 49.70	400m:	5:38.72 38.29	
17.	CHYRCHAŁA Rafał		14		Orka Zamo		<b>5:49.50</b>		305
	50m:	36.76 36.76	150m:	2:03.52 43.20	250m:	3:38.97 53.13	350m:	5:11.80 40.20	
	100m:	1:20.32 43.56	200m:	2:45.84 42.32	300m:	4:31.60 52.63	400m:	5:49.50 37.70	
18.	G SIOR Grzegorz		14		Lublinianka		<b>5:54.28</b>		293
	50m:	41.49 41.49	150m:	2:14.08 42.48	250m:	3:46.81 49.74	350m:	5:18.02 40.09	
	100m:	1:31.60 50.11	200m:	2:57.07 42.99	300m:	4:37.93 51.12	400m:	5:54.28 36.26	
19.	JAKÓBCZYK Jakub		14		Olimpia Lublin		<b>5:58.80</b>		282
	50m:	39.73 39.73	150m:	2:12.35 46.07	250m:	3:47.58 50.75	350m:	5:19.51 40.82	
	100m:	1:26.28 46.55	200m:	2:56.83 44.48	300m:	4:38.69 51.11	400m:	5:58.80 39.29	
20.	DERU Mateusz		14		Olimpia Lublin		<b>5:59.62</b>		280
	50m:	37.11 37.11	150m:	2:07.89 48.36	250m:	3:49.21 52.27	350m:	5:20.39 39.93	
	100m:	1:19.53 42.42	200m:	2:56.94 49.05	300m:	4:40.46 51.25	400m:	5:59.62 39.23	
21.	SOLSKI Mateusz		14		Olimpia Lublin		<b>6:00.21</b>		279
	50m:	39.92 39.92	150m:	2:10.85 44.23	250m:	3:45.28 50.87	350m:	5:18.75 43.91	
	100m:	1:26.62 46.70	200m:	2:54.41 43.56	300m:	4:34.84 49.56	400m:	6:00.21 41.46	
22.	GR CZAK Dawid		14		Olimpia Lublin		<b>6:08.29</b>		261
	50m:	39.11 39.11	150m:	2:16.29 48.44	250m:	3:51.76 48.21	350m:	5:25.29 45.41	
	100m:	1:27.85 48.74	200m:	3:03.55 47.26	300m:	4:39.88 48.12	400m:	6:08.29 43.00	
23.	ŁOBODA Jakub		14		Olimpia Lublin		<b>6:11.87</b>		253
	50m:	41.55 41.55	150m:	2:22.71 49.14	250m:	4:02.33 54.52	350m:	5:35.04 39.58	
	100m:	1:33.57 52.02	200m:	3:07.81 45.10	300m:	4:55.46 53.13	400m:	6:11.87 36.83	
DYSKW.	SUSZEK Piotr		15		Skarpa Lublin				
	<i>K15 - Brak dotkni cia ciany obydwoma rozł czonymi dło mi</i>								

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Lublin, 9-10-2016

Konkurencja 10, M czyzn, 400m zmienny

16 lat i starsi

1.	NIEDZIAŁEK Dominik SL	18	Skarpa Lublin	<b>4:37.22</b>	613
	50m: 29.62 29.62	150m: 1:39.93	36.35	250m: 2:54.90	39.50
	100m: 1:03.58 33.96	200m: 2:15.40	35.47	300m: 3:35.35	40.45
				350m: 4:06.86	31.51
				400m: 4:37.22	30.36
2.	BRYŁA Kamil SL	17	AZS UMCS Lublin	<b>4:42.97</b>	576
	50m: 29.92 29.92	150m: 1:39.94	35.87	250m: 2:57.82	42.26
	100m: 1:04.07 34.15	200m: 2:15.56	35.62	300m: 3:39.74	41.92
				350m: 4:12.03	32.29
				400m: 4:42.97	30.94
3.	KADROW Konrad	19	Delfin Tarnobrzeg	<b>4:44.73</b>	565
	50m: 30.22 30.22	150m: 1:45.00	39.68	250m: 3:01.54	38.00
	100m: 1:05.32 35.10	200m: 2:23.54	38.54	300m: 3:39.41	37.87
				350m: 4:13.28	33.87
				400m: 4:44.73	31.45
4.	BORKOWSKI Kacper	16	CSiR D browa Górnicza	<b>4:45.63</b>	560
	50m: 29.83 29.83	150m: 1:41.26	37.91	250m: 3:00.28	41.95
	100m: 1:03.35 33.52	200m: 2:18.33	37.07	300m: 3:42.09	41.81
				350m: 4:14.21	32.12
				400m: 4:45.63	31.42
5.	RUTKOWSKI Krzysztof	20	AZS UMCS Lublin	<b>4:46.05</b>	558
	50m: 29.60 29.60	150m: 1:42.82	39.06	250m: 3:01.71	39.38
	100m: 1:03.76 34.16	200m: 2:22.33	39.51	300m: 3:42.55	40.84
				350m: 4:15.49	32.94
				400m: 4:46.05	30.56
6.	WAWRZY CZAK Alan SL	17	Skarpa Lublin	<b>4:52.17</b>	523
	50m: 31.06 31.06	150m: 1:45.29	38.33	250m: 3:04.87	42.93
	100m: 1:06.96 35.90	200m: 2:21.94	36.65	300m: 3:48.39	43.52
				350m: 4:21.17	32.78
				400m: 4:52.17	31.00
7.	ŁUKASZCZYK Mateusz SL	16	Orka Zamo	<b>4:55.17</b>	507
	50m: 31.00 31.00	150m: 1:45.98	38.88	250m: 3:07.11	43.69
	100m: 1:07.10 36.10	200m: 2:23.42	37.44	300m: 3:50.26	43.15
				350m: 4:23.65	33.39
				400m: 4:55.17	31.52
8.	CHAŁAT Stanisław SL	17	Skarpa Lublin	<b>4:56.09</b>	503
	50m: 32.23 32.23	150m: 1:48.41	40.17	250m: 3:08.57	42.11
	100m: 1:08.24 36.01	200m: 2:26.46	38.05	300m: 3:51.00	42.43
				350m: 4:24.36	33.36
				400m: 4:56.09	31.73
9.	LIS Patryk	18	Avia widnik	<b>4:56.23</b>	502
	50m: 29.87 29.87	150m: 1:43.52	39.00	250m: 3:05.79	42.92
	100m: 1:04.52 34.65	200m: 2:22.87	39.35	300m: 3:48.95	43.16
				350m: 4:24.01	35.06
				400m: 4:56.23	32.22
10.	GRZESZCZYK Kacper SL	17	Swim 10 Puławy	<b>4:57.37</b>	496
	50m: 31.02 31.02	150m: 1:46.07	39.40	250m: 3:06.78	43.04
	100m: 1:06.67 35.65	200m: 2:23.74	37.67	300m: 3:48.91	42.13
				350m: 4:23.85	34.94
				400m: 4:57.37	33.52
11.	PACŁAWSKI Jakub SL	16	Siódemka Rzeszów	<b>4:57.68</b>	495
	50m: 31.06 31.06	150m: 1:45.33	38.67	250m: 3:06.99	43.68
	100m: 1:06.66 35.60	200m: 2:23.31	37.98	300m: 3:50.40	43.41
				350m: 4:25.17	34.77
				400m: 4:57.68	32.51
12.	CZERNAK Konrad SL	18	Skarpa Lublin	<b>4:58.86</b>	489
	50m: 31.17 31.17	150m: 1:45.91	39.84	250m: 3:08.20	44.29
	100m: 1:06.07 34.90	200m: 2:23.91	38.00	300m: 3:52.87	44.67
				350m: 4:27.88	35.01
				400m: 4:58.86	30.98
13.	G SIOR Sebastian SL	17	AZS UMCS Lublin	<b>5:04.19</b>	464
	50m: 30.77 30.77	150m: 1:45.12	40.08	250m: 3:07.91	44.86
	100m: 1:05.04 34.27	200m: 2:23.05	37.93	300m: 3:54.40	46.49
				350m: 4:31.05	36.65
				400m: 5:04.19	33.14
14.	MARCZUK Szymon SL	17	AZS UMCS Lublin	<b>5:04.26</b>	463
	50m: 30.99 30.99	150m: 1:46.73	40.09	250m: 3:09.75	43.81
	100m: 1:06.64 35.65	200m: 2:25.94	39.21	300m: 3:53.84	44.09
				350m: 4:29.90	36.06
				400m: 5:04.26	34.36
15.	CHODULSKI Jakub SL	16	Skarpa Lublin	<b>5:04.42</b>	462
	50m: 30.70 30.70	150m: 1:46.04	41.31	250m: 3:11.23	44.57
	100m: 1:04.73 34.03	200m: 2:26.66	40.62	300m: 3:56.50	45.27
				350m: 4:31.94	35.44
				400m: 5:04.42	32.48
16.	SKUBA Marcin	18	Orka Zamo	<b>5:09.60</b>	440
	50m: 32.08 32.08	150m: 1:47.10	38.96	250m: 3:11.59	43.75
	100m: 1:08.14 36.06	200m: 2:27.84	40.74	300m: 3:58.29	46.70
				350m: 4:34.26	35.97
				400m: 5:09.60	35.34
17.	BEDNARZ Mateusz SL	17	Skarpa Lublin	<b>5:14.43</b>	420
	50m: 31.65 31.65	150m: 1:50.38	42.76	250m: 3:20.45	49.11
	100m: 1:07.62 35.97	200m: 2:31.34	40.96	300m: 4:07.74	47.29
				350m: 4:41.46	33.72
				400m: 5:14.43	32.97
18.	MASIAK Mateusz	16	Fala Kra nik	<b>5:15.05</b>	417
	50m: 33.64 33.64	150m: 1:51.64	39.89	250m: 3:16.77	46.78
	100m: 1:11.75 38.11	200m: 2:29.99	38.35	300m: 4:03.22	46.45
				350m: 4:39.50	36.28
				400m: 5:15.05	35.55

2016 - Ogólnopolski Sprawdzian Wszechstronno ci Stylowej  
Lublin, 9-10-2016

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Konkurencja 10, M czyzn, 400m zmienny, 16 lat i starsi

Pozycja	Wiek								Czas	Pkt.	
19. GRABEK Filip SL	17								AZS UMCS Lublin	<b>5:15.14</b>	417
50m:	30.73	30.73	150m:	1:45.16	38.56	250m:	3:11.61	49.22	350m:	4:37.97	37.81
100m:	1:06.60	35.87	200m:	2:22.39	37.23	300m:	4:00.16	48.55	400m:	5:15.14	37.17
20. KURANTOWICZ Krzysztof	17								Orka Zamo	<b>5:44.53</b>	319
50m:	34.44	34.44	150m:	2:02.73	44.99	250m:	3:36.43	49.43	350m:	5:06.38	40.38
100m:	1:17.74	43.30	200m:	2:47.00	44.27	300m:	4:26.00	49.57	400m:	5:44.53	38.15
DYSKW. MAŁYSKA Bartosz SL	17								Skarpa Lublin		
<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>											