

2021 Ogólnopolski Sprawdzian Wszechstronno ci Stylowej  
Lublin, 22. - 23.9.2021

Konkurencja 19  
23.09.2021 - 17:05

M czyzn, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2021

| Pozycja            |                      |               | Wiek  |                     |       |               |       | Czas           | Pkt. |
|--------------------|----------------------|---------------|-------|---------------------|-------|---------------|-------|----------------|------|
| <b>14 - 15 lat</b> |                      |               |       |                     |       |               |       |                |      |
| 1.                 | POPIEL Mikołaj       |               | 15    | Meduza Paj czno     |       |               |       | <b>4:28.46</b> | 669  |
|                    | 50m:                 | 28.83 28.83   | 150m: | 1:37.61 35.52       | 250m: | 2:50.61 39.05 | 350m: | 4:00.43 31.22  |      |
|                    | 100m:                | 1:02.09 33.26 | 200m: | 2:11.56 33.95       | 300m: | 3:29.21 38.60 | 400m: | 4:28.46 28.03  |      |
| 2.                 | PASZKOWSKI Bła ej    |               | 15    | KU AZS UMCS Lublin  |       |               |       | <b>4:47.96</b> | 542  |
|                    | 50m:                 | 27.90 27.90   | 150m: | 1:37.70 36.86       | 250m: | 2:57.92 44.71 | 350m: | 4:15.71 33.15  |      |
|                    | 100m:                | 1:00.84 32.94 | 200m: | 2:13.21 35.51       | 300m: | 3:42.56 44.64 | 400m: | 4:47.96 32.25  |      |
| 3.                 | PIETRO Przemysław    |               | 14    | KU AZS UMCS Lublin  |       |               |       | <b>4:49.16</b> | 535  |
|                    | 50m:                 | 30.39 30.39   | 150m: | 1:44.11 37.54       | 250m: | 3:01.97 41.39 | 350m: | 4:18.12 33.36  |      |
|                    | 100m:                | 1:06.57 36.18 | 200m: | 2:20.58 36.47       | 300m: | 3:44.76 42.79 | 400m: | 4:49.16 31.04  |      |
| 4.                 | PONIEWA Oliwier      |               | 14    | KS „OLIMPIA” Lublin |       |               |       | <b>5:01.06</b> | 474  |
|                    | 50m:                 | 33.42 33.42   | 150m: | 1:51.77 39.68       | 250m: | 3:12.68 43.26 | 350m: | 4:30.90 33.36  |      |
|                    | 100m:                | 1:12.09 38.67 | 200m: | 2:29.42 37.65       | 300m: | 3:57.54 44.86 | 400m: | 5:01.06 30.16  |      |
| 5.                 | KOZAK Jan            |               | 15    | KS „OLIMPIA” Lublin |       |               |       | <b>5:19.87</b> | 395  |
|                    | 50m:                 | 32.50 32.50   | 150m: | 1:53.18 42.63       | 250m: | 3:19.65 45.18 | 350m: | 4:43.79 38.69  |      |
|                    | 100m:                | 1:10.55 38.05 | 200m: | 2:34.47 41.29       | 300m: | 4:05.10 45.45 | 400m: | 5:19.87 36.08  |      |
| 6.                 | ZIELI SKI Emil       |               | 15    | KU AZS UMCS Lublin  |       |               |       | <b>5:24.26</b> | 379  |
|                    | 50m:                 | 34.57 34.57   | 150m: | 1:56.86 40.79       | 250m: | 3:23.81 47.32 | 350m: | 4:48.78 36.93  |      |
|                    | 100m:                | 1:16.07 41.50 | 200m: | 2:36.49 39.63       | 300m: | 4:11.85 48.04 | 400m: | 5:24.26 35.48  |      |
| 7.                 | BRONISZ Karol        |               | 14    | Uks Skarpa Lublin   |       |               |       | <b>5:34.01</b> | 347  |
|                    | 50m:                 | 36.71 36.71   | 150m: | 2:02.71 43.05       | 250m: | 3:32.38 48.23 | 350m: | 4:59.65 38.55  |      |
|                    | 100m:                | 1:19.66 42.95 | 200m: | 2:44.15 41.44       | 300m: | 4:21.10 48.72 | 400m: | 5:34.01 34.36  |      |
| 8.                 | JAKUBIAK Szymon      |               | 14    | Uks Skarpa Lublin   |       |               |       | <b>6:03.05</b> | 270  |
|                    | 50m:                 | 37.31 37.31   | 150m: | 2:12.16 49.62       | 250m: | 3:50.27 49.87 | 350m: | 5:22.71 43.75  |      |
|                    | 100m:                | 1:22.54 45.23 | 200m: | 3:00.40 48.24       | 300m: | 4:38.96 48.69 | 400m: | 6:03.05 40.34  |      |
| 9.                 | ST PNIAK Aleksander  |               | 15    | MTP „Lublinianka”   |       |               |       | <b>6:15.51</b> | 244  |
|                    | 50m:                 | 33.93 33.93   | 150m: | 2:05.20 48.57       | 250m: | 3:50.76 56.71 | 350m: | 5:30.48 44.27  |      |
|                    | 100m:                | 1:16.63 42.70 | 200m: | 2:54.05 48.85       | 300m: | 4:46.21 55.45 | 400m: | 6:15.51 45.03  |      |
| <b>OPEN</b>        |                      |               |       |                     |       |               |       |                |      |
| 1.                 | MRÓZ Adam            |               | 18    | KU AZS UMCS Lublin  |       |               |       | <b>4:26.09</b> | 687  |
|                    | 50m:                 | 27.88 27.88   | 150m: | 1:35.15 34.74       | 250m: | 2:46.59 37.11 | 350m: | 3:56.09 31.57  |      |
|                    | 100m:                | 1:00.41 32.53 | 200m: | 2:09.48 34.33       | 300m: | 3:24.52 37.93 | 400m: | 4:26.09 30.00  |      |
| 2.                 | POPIEL Mikołaj       |               | 15    | Meduza Paj czno     |       |               |       | <b>4:28.46</b> | 669  |
|                    | 50m:                 | 28.83 28.83   | 150m: | 1:37.61 35.52       | 250m: | 2:50.61 39.05 | 350m: | 4:00.43 31.22  |      |
|                    | 100m:                | 1:02.09 33.26 | 200m: | 2:11.56 33.95       | 300m: | 3:29.21 38.60 | 400m: | 4:28.46 28.03  |      |
| 3.                 | ZACHARZY SKI Norbert |               | 18    | KU AZS UMCS Lublin  |       |               |       | <b>4:28.69</b> | 667  |
|                    | 50m:                 | 29.48 29.48   | 150m: | 1:39.02 36.60       | 250m: | 2:51.80 37.50 | 350m: | 3:59.60 31.13  |      |
|                    | 100m:                | 1:02.42 32.94 | 200m: | 2:14.30 35.28       | 300m: | 3:28.47 36.67 | 400m: | 4:28.69 29.09  |      |
| 4.                 | CIE LA Oskar         |               | 20    | KU AZS UMCS Lublin  |       |               |       | <b>4:29.22</b> | 663  |
|                    | 50m:                 | 27.52 27.52   | 150m: | 1:35.47 36.01       | 250m: | 2:49.29 39.26 | 350m: | 3:59.98 30.99  |      |
|                    | 100m:                | 59.46 31.94   | 200m: | 2:10.03 34.56       | 300m: | 3:28.99 39.70 | 400m: | 4:29.22 29.24  |      |
| 5.                 | TOMASZEWSKI Piotr    |               | 16    | KU AZS UMCS Lublin  |       |               |       | <b>4:37.81</b> | 603  |
|                    | 50m:                 | 28.17 28.17   | 150m: | 1:38.57 37.32       | 250m: | 2:54.82 40.02 | 350m: | 4:07.56 32.13  |      |
|                    | 100m:                | 1:01.25 33.08 | 200m: | 2:14.80 36.23       | 300m: | 3:35.43 40.61 | 400m: | 4:37.81 30.25  |      |
| 6.                 | SZCZERBA Adam        |               | 19    | KU AZS UMCS Lublin  |       |               |       | <b>4:41.09</b> | 582  |
|                    | 50m:                 | 28.06 28.06   | 150m: | 1:39.67 37.99       | 250m: | 2:55.60 39.57 | 350m: | 4:09.65 32.73  |      |
|                    | 100m:                | 1:01.68 33.62 | 200m: | 2:16.03 36.36       | 300m: | 3:36.92 41.32 | 400m: | 4:41.09 31.44  |      |
| 7.                 | ADAMCZYK Jan         |               | 18    | KU AZS UMCS Lublin  |       |               |       | <b>4:41.32</b> | 581  |
|                    | 50m:                 | 29.91 29.91   | 150m: | 1:41.93 37.28       | 250m: | 2:57.44 40.40 | 350m: | 4:09.61 31.80  |      |
|                    | 100m:                | 1:04.65 34.74 | 200m: | 2:17.04 35.11       | 300m: | 3:37.81 40.37 | 400m: | 4:41.32 31.71  |      |

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Konkurencja 19, M czynn, 400m zmienny, OPEN

| Pozycja |                    |       | Wiek          |                         |               |       |               | Czas           | Pkt. |
|---------|--------------------|-------|---------------|-------------------------|---------------|-------|---------------|----------------|------|
| 8.      | HEBEL Maciej       |       | 16            | KU AZS UMCS Lublin      |               |       |               | <b>4:45.07</b> | 558  |
|         | 50m: 29.50         | 29.50 | 150m: 1:44.60 | 37.80                   | 250m: 3:02.15 | 41.86 | 350m: 4:15.14 | 31.77          |      |
|         | 100m: 1:06.80      | 37.30 | 200m: 2:20.29 | 35.69                   | 300m: 3:43.37 | 41.22 | 400m: 4:45.07 | 29.93          |      |
| 9.      | RYNKIEWICZ Jakub   |       | 16            | KU AZS UMCS Lublin      |               |       |               | <b>4:45.93</b> | 553  |
|         | 50m: 28.69         | 28.69 | 150m: 1:39.75 | 37.48                   | 250m: 2:59.29 | 41.94 | 350m: 4:15.38 | 32.88          |      |
|         | 100m: 1:02.27      | 33.58 | 200m: 2:17.35 | 37.60                   | 300m: 3:42.50 | 43.21 | 400m: 4:45.93 | 30.55          |      |
| 10.     | PASZKOWSKI Bła ej  |       | 15            | KU AZS UMCS Lublin      |               |       |               | <b>4:47.96</b> | 542  |
|         | 50m: 27.90         | 27.90 | 150m: 1:37.70 | 36.86                   | 250m: 2:57.92 | 44.71 | 350m: 4:15.71 | 33.15          |      |
|         | 100m: 1:00.84      | 32.94 | 200m: 2:13.21 | 35.51                   | 300m: 3:42.56 | 44.64 | 400m: 4:47.96 | 32.25          |      |
| 11.     | PIETRO Przemysław  |       | 14            | KU AZS UMCS Lublin      |               |       |               | <b>4:49.16</b> | 535  |
|         | 50m: 30.39         | 30.39 | 150m: 1:44.11 | 37.54                   | 250m: 3:01.97 | 41.39 | 350m: 4:18.12 | 33.36          |      |
|         | 100m: 1:06.57      | 36.18 | 200m: 2:20.58 | 36.47                   | 300m: 3:44.76 | 42.79 | 400m: 4:49.16 | 31.04          |      |
| 12.     | NOWACKI Bła ej     |       | 16            | KU AZS UMCS Lublin      |               |       |               | <b>4:49.49</b> | 533  |
|         | 50m: 30.32         | 30.32 | 150m: 1:44.60 | 37.73                   | 250m: 3:00.97 | 38.80 | 350m: 4:16.50 | 34.22          |      |
|         | 100m: 1:06.87      | 36.55 | 200m: 2:22.17 | 37.57                   | 300m: 3:42.28 | 41.31 | 400m: 4:49.49 | 32.99          |      |
| 13.     | KUBINIEC Mikołaj   |       | 17            | KU AZS UMCS Lublin      |               |       |               | <b>4:56.39</b> | 497  |
|         | 50m: 31.58         | 31.58 | 150m: 1:49.90 | 40.96                   | 250m: 3:11.45 | 42.25 | 350m: 4:24.50 | 33.02          |      |
|         | 100m: 1:08.94      | 37.36 | 200m: 2:29.20 | 39.30                   | 300m: 3:51.48 | 40.03 | 400m: 4:56.39 | 31.89          |      |
| 14.     | PONIEWA Oliwier    |       | 14            | KS „OLIMPIA” Lublin     |               |       |               | <b>5:01.06</b> | 474  |
|         | 50m: 33.42         | 33.42 | 150m: 1:51.77 | 39.68                   | 250m: 3:12.68 | 43.26 | 350m: 4:30.90 | 33.36          |      |
|         | 100m: 1:12.09      | 38.67 | 200m: 2:29.42 | 37.65                   | 300m: 3:57.54 | 44.86 | 400m: 5:01.06 | 30.16          |      |
| 15.     | LEWTAK Szymon      |       | 17            | KU AZS UMCS Lublin      |               |       |               | <b>5:02.02</b> | 469  |
|         | 50m: 31.07         | 31.07 | 150m: 1:47.38 | 40.87                   | 250m: 3:09.16 | 43.97 | 350m: 4:28.69 | 35.34          |      |
|         | 100m: 1:06.51      | 35.44 | 200m: 2:25.19 | 37.81                   | 300m: 3:53.35 | 44.19 | 400m: 5:02.02 | 33.33          |      |
| 16.     | STEMPURSKI Igor    |       | 17            | KS „OLIMPIA” Lublin     |               |       |               | <b>5:02.04</b> | 469  |
|         | 50m: 30.08         | 30.08 | 150m: 1:46.10 | 40.54                   | 250m: 3:09.40 | 44.46 | 350m: 4:29.78 | 34.84          |      |
|         | 100m: 1:05.56      | 35.48 | 200m: 2:24.94 | 38.84                   | 300m: 3:54.94 | 45.54 | 400m: 5:02.04 | 32.26          |      |
| 17.     | BORSUK Piotr       |       | 18            | UKP Fala Kra nik        |               |       |               | <b>5:02.66</b> | 466  |
|         | 50m: 29.76         | 29.76 | 150m: 1:45.34 | 38.90                   | 250m: 3:10.41 | 46.89 | 350m: 4:29.16 | 32.81          |      |
|         | 100m: 1:06.44      | 36.68 | 200m: 2:23.52 | 38.18                   | 300m: 3:56.35 | 45.94 | 400m: 5:02.66 | 33.50          |      |
| 18.     | SERGA Andrzej      |       | 18            | KS „OLIMPIA” Lublin     |               |       |               | <b>5:03.52</b> | 463  |
|         | 50m: 29.25         | 29.25 | 150m: 1:44.54 | 39.93                   | 250m: 3:07.09 | 43.25 | 350m: 4:28.15 | 36.60          |      |
|         | 100m: 1:04.61      | 35.36 | 200m: 2:23.84 | 39.30                   | 300m: 3:51.55 | 44.46 | 400m: 5:03.52 | 35.37          |      |
| 19.     | TERLECKI Michał    |       | 16            | UKS „Wodnik Krasnystaw” |               |       |               | <b>5:04.14</b> | 460  |
|         | 50m: 29.83         | 29.83 | 150m: 1:45.44 | 40.71                   | 250m: 3:07.30 | 42.45 | 350m: 4:28.52 | 36.84          |      |
|         | 100m: 1:04.73      | 34.90 | 200m: 2:24.85 | 39.41                   | 300m: 3:51.68 | 44.38 | 400m: 5:04.14 | 35.62          |      |
| 20.     | CHOŁ Y SKI Nikodem |       | 18            | KU AZS UMCS Lublin      |               |       |               | <b>5:13.85</b> | 418  |
|         | 50m: 29.40         | 29.40 | 150m: 1:48.37 | 42.47                   | 250m: 3:14.93 | 45.27 | 350m: 4:37.98 | 36.59          |      |
|         | 100m: 1:05.90      | 36.50 | 200m: 2:29.66 | 41.29                   | 300m: 4:01.39 | 46.46 | 400m: 5:13.85 | 35.87          |      |
| 21.     | LED Maciej         |       | 16            | KU AZS UMCS Lublin      |               |       |               | <b>5:15.18</b> | 413  |
|         | 50m: 31.82         | 31.82 | 150m: 1:52.10 | 41.52                   | 250m: 3:17.54 | 46.05 | 350m: 4:40.57 | 35.64          |      |
|         | 100m: 1:10.58      | 38.76 | 200m: 2:31.49 | 39.39                   | 300m: 4:04.93 | 47.39 | 400m: 5:15.18 | 34.61          |      |
| 22.     | KOZAK Jan          |       | 15            | KS „OLIMPIA” Lublin     |               |       |               | <b>5:19.87</b> | 395  |
|         | 50m: 32.50         | 32.50 | 150m: 1:53.18 | 42.63                   | 250m: 3:19.65 | 45.18 | 350m: 4:43.79 | 38.69          |      |
|         | 100m: 1:10.55      | 38.05 | 200m: 2:34.47 | 41.29                   | 300m: 4:05.10 | 45.45 | 400m: 5:19.87 | 36.08          |      |
| 23.     | ZIELI SKI Emil     |       | 15            | KU AZS UMCS Lublin      |               |       |               | <b>5:24.26</b> | 379  |
|         | 50m: 34.57         | 34.57 | 150m: 1:56.86 | 40.79                   | 250m: 3:23.81 | 47.32 | 350m: 4:48.78 | 36.93          |      |
|         | 100m: 1:16.07      | 41.50 | 200m: 2:36.49 | 39.63                   | 300m: 4:11.85 | 48.04 | 400m: 5:24.26 | 35.48          |      |
| 24.     | BRONISZ Karol      |       | 14            | Uks Skarpa Lublin       |               |       |               | <b>5:34.01</b> | 347  |
|         | 50m: 36.71         | 36.71 | 150m: 2:02.71 | 43.05                   | 250m: 3:32.38 | 48.23 | 350m: 4:59.65 | 38.55          |      |
|         | 100m: 1:19.66      | 42.95 | 200m: 2:44.15 | 41.44                   | 300m: 4:21.10 | 48.72 | 400m: 5:34.01 | 34.36          |      |
| 25.     | JAKUBIAK Szymon    |       | 14            | Uks Skarpa Lublin       |               |       |               | <b>6:03.05</b> | 270  |
|         | 50m: 37.31         | 37.31 | 150m: 2:12.16 | 49.62                   | 250m: 3:50.27 | 49.87 | 350m: 5:22.71 | 43.75          |      |
|         | 100m: 1:22.54      | 45.23 | 200m: 3:00.40 | 48.24                   | 300m: 4:38.96 | 48.69 | 400m: 6:03.05 | 40.34          |      |

2021 Ogólnopolski Sprawdzian Wszechstronności Stylowej  
Lublin, 22. - 23.9.2021

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Konkurencja 19, M    czyzn, 400m zmienny, OPEN

| Pozycja |       |         |            | Wiek  |                   |       |       |         | Czas           | Pkt.       |         |       |
|---------|-------|---------|------------|-------|-------------------|-------|-------|---------|----------------|------------|---------|-------|
| 26.     | ST    | PNIAK   | Aleksander | 15    | MTP „Lublinianka” |       |       |         | <b>6:15.51</b> | <b>244</b> |         |       |
|         | 50m:  | 33.93   | 33.93      | 150m: | 2:05.20           | 48.57 | 250m: | 3:50.76 | 56.71          | 350m:      | 5:30.48 | 44.27 |
|         | 100m: | 1:16.63 | 42.70      | 200m: | 2:54.05           | 48.85 | 300m: | 4:46.21 | 55.45          | 400m:      | 6:15.51 | 45.03 |