

2022 Ogólnopolski Sprawdzian Wszehstronno ci Stylowej  
Lublin, 24.9.2022Konkurencja 19  
24.09.2022 - 16:47

M czynn, 400m zmienny

12 lat i starsi  
Wyniki

Punkty: FINA 2022

Pozycja			Wiek					Czas	Pkt.
<b>JUNIOR MŁODSZY</b>									
1.	PIETRO Przemysław		15	KU AZS UMCS Lublin				<b>4:45.28</b>	557
	50m: 28.88 28.88	150m: 1:41.56		38.38	250m: 2:59.66	41.63	350m: 4:14.51	32.23	
	100m: 1:03.18 34.30	200m: 2:18.03		36.47	300m: 3:42.28	42.62	400m: 4:45.28	30.77	
2.	PONIEWA Oliwier		15	UKS SP5 Swim				<b>4:52.72</b>	516
	50m: 32.74 32.74	150m: 1:48.31		38.97	250m: 3:07.70	41.76	350m: 4:22.07	31.81	
	100m: 1:09.34 36.60	200m: 2:25.94		37.63	300m: 3:50.26	42.56	400m: 4:52.72	30.65	
3.	JOACHIMOWICZ Patryk		14	KU AZS UMCS Lublin				<b>4:52.80</b>	515
	50m: 30.34 30.34	150m: 1:44.10		37.84	250m: 3:03.79	42.63	350m: 4:20.82	34.26	
	100m: 1:06.26 35.92	200m: 2:21.16		37.06	300m: 3:46.56	42.77	400m: 4:52.80	31.98	
4.	ACZEK Hubert		14	KS „Wisła” Puławy				<b>4:56.77</b>	495
	50m: 30.25 30.25	150m: 1:47.32		39.16	250m: 3:08.84	42.90	350m: 4:24.13	33.19	
	100m: 1:08.16 37.91	200m: 2:25.94		38.62	300m: 3:50.94	42.10	400m: 4:56.77	32.64	
5.	GRZYWI SKI Jakub		15	KU AZS UMCS Lublin				<b>4:57.64</b>	490
	50m: 29.72 29.72	150m: 1:45.66		41.87	250m: 3:07.69	42.87	350m: 4:26.01	34.90	
	100m: 1:03.79 34.07	200m: 2:24.82		39.16	300m: 3:51.11	43.42	400m: 4:57.64	31.63	
6.	CHARKOT Krzysztof		14	UKS „ORKA” Zamo				<b>5:11.86</b>	426
	50m: 32.62 32.62	150m: 1:51.15		40.74	250m: 3:19.62	47.45	350m: 4:40.68	34.03	
	100m: 1:10.41 37.79	200m: 2:32.17		41.02	300m: 4:06.65	47.03	400m: 5:11.86	31.18	
7.	KOBAK Nataniel		14	RWKS Sparta Biłgoraj				<b>5:12.05</b>	426
	50m: 30.50 30.50	150m: 1:47.34		39.94	250m: 3:12.55	45.84	350m: 4:36.96	37.08	
	100m: 1:07.40 36.90	200m: 2:26.71		39.37	300m: 3:59.88	47.33	400m: 5:12.05	35.09	
8.	FRONCZEK Miłosz		14	KU AZS UMCS Lublin				<b>5:22.29</b>	386
	50m: 36.05 36.05	150m: 2:00.06		41.57	250m: 3:26.70	47.24	350m: 4:47.75	35.46	
	100m: 1:18.49 42.44	200m: 2:39.46		39.40	300m: 4:12.29	45.59	400m: 5:22.29	34.54	
9.	ZŁOMA CZUK Jakub		14	UKS SP5 Swim				<b>5:38.23</b>	334
	50m: 33.09 33.09	150m: 1:57.81		44.81	250m: 3:32.30	51.10	350m: 5:02.54	38.21	
	100m: 1:13.00 39.91	200m: 2:41.20		43.39	300m: 4:24.33	52.03	400m: 5:38.23	35.69	
10.	D BEK Aleksander		14	MTP „Lublinianka”				<b>5:42.15</b>	323
	50m: 34.70 34.70	150m: 2:03.38		47.27	250m: 3:34.48	46.24	350m: 5:03.10	41.12	
	100m: 1:16.11 41.41	200m: 2:48.24		44.86	300m: 4:21.98	47.50	400m: 5:42.15	39.05	
11.	CIEPAŁOWICZ Aleksander		14	UKS SP5 Swim				<b>5:46.23</b>	311
	50m: 36.74 36.74	150m: 2:08.32		46.66	250m: 3:40.27	47.81	350m: 5:08.46	39.40	
	100m: 1:21.66 44.92	200m: 2:52.46		44.14	300m: 4:29.06	48.79	400m: 5:46.23	37.77	
12.	DRAGAN Dawid		14	KU AZS UMCS Lublin				<b>5:46.32</b>	311
	50m: 38.18 38.18	150m: 2:08.51		45.04	250m: 3:40.88	48.25	350m: 5:07.86	38.22	
	100m: 1:23.47 45.29	200m: 2:52.63		44.12	300m: 4:29.64	48.76	400m: 5:46.32	38.46	
13.	BARABAN Damian		14	KS „Wisła” Puławy				<b>5:59.14</b>	279
	50m: 36.25 36.25	150m: 2:08.67		47.34	250m: 3:46.84	53.30	350m: 5:22.21	40.54	
	100m: 1:21.33 45.08	200m: 2:53.54		44.87	300m: 4:41.67	54.83	400m: 5:59.14	36.93	

DYSKW. WASILEWSKI Mateusz

14 KU AZS UMCS Lublin

*G6 - Pływak znajduj cy si w pozycji na piersiach nie wykonał nawrotu natychmiast po zakończeniu poci gni cia ramieniem (lub obydwoma ramionami równocze nie)*

2022 Ogólnopolski Sprawdzian Wszechstronno ci Stylowej  
Lublin, 24.9.2022

## Konkurencja 19, M czynn, 400m zmienny

## OPEN

1.	POPIEL Mikołaj	16	KU AZS UMCS Lublin	<b>4:27.25</b>	678
	50m: 28.17 28.17	150m: 1:36.42 35.28	250m: 2:48.09 37.92	350m: 3:57.65 31.10	
	100m: 1:01.14 32.97	200m: 2:10.17 33.75	300m: 3:26.55 38.46	400m: 4:27.25 29.60	
2.	NOWACKI Błażej	17	KU AZS UMCS Lublin	<b>4:32.83</b>	637
	50m: 29.17 29.17	150m: 1:39.46 36.73	250m: 2:52.09 37.00	350m: 4:02.49 31.90	
	100m: 1:02.73 33.56	200m: 2:15.09 35.63	300m: 3:30.59 38.50	400m: 4:32.83 30.34	
3.	TOMASZEWSKI Piotr	17	KU AZS UMCS Lublin	<b>4:35.73</b>	617
	50m: 27.62 27.62	150m: 1:36.12 35.65	250m: 2:52.42 41.24	350m: 4:05.64 31.97	
	100m: 1:00.47 32.85	200m: 2:11.18 35.06	300m: 3:33.67 41.25	400m: 4:35.73 30.09	
4.	KOZŁOWSKI Igor	17	KU AZS UMCS Lublin	<b>4:37.31</b>	607
	50m: 28.62 28.62	150m: 1:40.38 38.46	250m: 2:55.93 40.66	350m: 4:07.19 33.48	
	100m: 1:01.92 33.30	200m: 2:15.27 34.89	300m: 3:33.71 37.78	400m: 4:37.31 30.12	
5.	PASZKOWSKI Błażej	16	KU AZS UMCS Lublin	<b>4:39.00</b>	596
	50m: 27.72 27.72	150m: 1:36.52 35.75	250m: 2:53.49 42.31	350m: 4:07.94 31.74	
	100m: 1:00.77 33.05	200m: 2:11.18 34.66	300m: 3:36.20 42.71	400m: 4:39.00 31.06	
6.	PIETRO Przemysław	15	KU AZS UMCS Lublin	<b>4:45.28</b>	557
	50m: 28.88 28.88	150m: 1:41.56 38.38	250m: 2:59.66 41.63	350m: 4:14.51 32.23	
	100m: 1:03.18 34.30	200m: 2:18.03 36.47	300m: 3:42.28 42.62	400m: 4:45.28 30.77	
7.	PONIEWA Oliwier	15	UKS SP5 Swim	<b>4:52.72</b>	516
	50m: 32.74 32.74	150m: 1:48.31 38.97	250m: 3:07.70 41.76	350m: 4:22.07 31.81	
	100m: 1:09.34 36.60	200m: 2:25.94 37.63	300m: 3:50.26 42.56	400m: 4:52.72 30.65	
8.	JOACHIMOWICZ Patryk	14	KU AZS UMCS Lublin	<b>4:52.80</b>	515
	50m: 30.34 30.34	150m: 1:44.10 37.84	250m: 3:03.79 42.63	350m: 4:20.82 34.26	
	100m: 1:06.26 35.92	200m: 2:21.16 37.06	300m: 3:46.56 42.77	400m: 4:52.80 31.98	
9.	CHAŁAT Wojciech	18	KU AZS UMCS Lublin	<b>4:54.31</b>	507
	50m: 31.47 31.47	150m: 1:46.52 38.95	250m: 3:06.11 42.10	350m: 4:22.21 32.96	
	100m: 1:07.57 36.10	200m: 2:24.01 37.49	300m: 3:49.25 43.14	400m: 4:54.31 32.10	
10.	ACZEK Hubert	14	KS „Wisła” Puławy	<b>4:56.77</b>	495
	50m: 30.25 30.25	150m: 1:47.32 39.16	250m: 3:08.84 42.90	350m: 4:24.13 33.19	
	100m: 1:08.16 37.91	200m: 2:25.94 38.62	300m: 3:50.94 42.10	400m: 4:56.77 32.64	
11.	GRZYWIŃSKI Jakub	15	KU AZS UMCS Lublin	<b>4:57.64</b>	490
	50m: 29.72 29.72	150m: 1:45.66 41.87	250m: 3:07.69 42.87	350m: 4:26.01 34.90	
	100m: 1:03.79 34.07	200m: 2:24.82 39.16	300m: 3:51.11 43.42	400m: 4:57.64 31.63	
12.	SERGA Andrzej	19	KS „OLIMPIA” Lublin	<b>5:05.92</b>	452
	50m: 30.14 30.14	150m: 1:47.05 41.05	250m: 3:10.25 43.77	350m: 4:31.24 37.37	
	100m: 1:06.00 35.86	200m: 2:26.48 39.43	300m: 3:53.87 43.62	400m: 5:05.92 34.68	
13.	CHARKOT Krzysztof	14	UKS „ORKA” Zamo	<b>5:11.86</b>	426
	50m: 32.62 32.62	150m: 1:51.15 40.74	250m: 3:19.62 47.45	350m: 4:40.68 34.03	
	100m: 1:10.41 37.79	200m: 2:32.17 41.02	300m: 4:06.65 47.03	400m: 5:11.86 31.18	
14.	KOBAK Nataniel	14	RWKS Sparta Biłgoraj	<b>5:12.05</b>	426
	50m: 30.50 30.50	150m: 1:47.34 39.94	250m: 3:12.55 45.84	350m: 4:36.96 37.08	
	100m: 1:07.40 36.90	200m: 2:26.71 39.37	300m: 3:59.88 47.33	400m: 5:12.05 35.09	
15.	KOZAK Jan	16	UKS SP5 Swim	<b>5:14.40</b>	416
	50m: 32.96 32.96	150m: 1:53.57 42.72	250m: 3:18.60 43.80	350m: 4:39.80 36.71	
	100m: 1:10.85 37.89	200m: 2:34.80 41.23	300m: 4:03.09 44.49	400m: 5:14.40 34.60	
16.	FRONCZEK Miłosz	14	KU AZS UMCS Lublin	<b>5:22.29</b>	386
	50m: 36.05 36.05	150m: 2:00.06 41.57	250m: 3:26.70 47.24	350m: 4:47.75 35.46	
	100m: 1:18.49 42.44	200m: 2:39.46 39.40	300m: 4:12.29 45.59	400m: 5:22.29 34.54	
17.	ZŁOMA CZUK Jakub	14	UKS SP5 Swim	<b>5:38.23</b>	334
	50m: 33.09 33.09	150m: 1:57.81 44.81	250m: 3:32.30 51.10	350m: 5:02.54 38.21	
	100m: 1:13.00 39.91	200m: 2:41.20 43.39	300m: 4:24.33 52.03	400m: 5:38.23 35.69	

2022 Ogólnopolski Sprawdzian Wszechstronno ci Stylowej  
Lublin, 24.9.2022

## Konkurencja 19, M czynn, 400m zmienny, OPEN

Pozycja	Wiek	Czas	Pkt.
18. D BEK Aleksander	14	<b>5:42.15</b>	323
50m: 34.70 34.70	150m: 2:03.38 47.27	250m: 3:34.48 46.24	350m: 5:03.10 41.12
100m: 1:16.11 41.41	200m: 2:48.24 44.86	300m: 4:21.98 47.50	400m: 5:42.15 39.05
19. CIEPAŁOWICZ Aleksander	14	<b>5:46.23</b>	311
50m: 36.74 36.74	150m: 2:08.32 46.66	250m: 3:40.27 47.81	350m: 5:08.46 39.40
100m: 1:21.66 44.92	200m: 2:52.46 44.14	300m: 4:29.06 48.79	400m: 5:46.23 37.77
20. DRAGAN Dawid	14	<b>5:46.32</b>	311
50m: 38.18 38.18	150m: 2:08.51 45.04	250m: 3:40.88 48.25	350m: 5:07.86 38.22
100m: 1:23.47 45.29	200m: 2:52.63 44.12	300m: 4:29.64 48.76	400m: 5:46.32 38.46
21. BARABAN Damian	14	<b>5:59.14</b>	279
50m: 36.25 36.25	150m: 2:08.67 47.34	250m: 3:46.84 53.30	350m: 5:22.21 40.54
100m: 1:21.33 45.08	200m: 2:53.54 44.87	300m: 4:41.67 54.83	400m: 5:59.14 36.93
DYSKW. WASILEWSKI Mateusz	14		
<i>G6 - Pływak znajduj cy si w pozycji na piersiach nie wykonał nawrotu natychmiast po zako czeniu poci gni cia ramieniem (lub obydwoma ramionami równocze nie)</i>			