

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci 11 lat  
Gda sk, 18.11.2016

Konkurencja 4  
18.11.2016 - 12:16

Chłopców, 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2016

| Pozycja |                      |               | Rok ur. |                      |       |               |       | Czas           | Pkt. |
|---------|----------------------|---------------|---------|----------------------|-------|---------------|-------|----------------|------|
| 1.      | Patoka Konrad        |               | 05      | MAL WOPR Malbork     |       |               |       | <b>5:21.72</b> | 287  |
|         | 50m:                 | 37.79 37.79   | 150m:   | 2:01.52 42.00        | 250m: | 3:24.12 41.11 | 350m: | 4:45.47 40.55  |      |
|         | 100m:                | 1:19.52 41.73 | 200m:   | 2:43.01 41.49        | 300m: | 4:04.92 40.80 | 400m: | 5:21.72 36.25  |      |
| 2.      | Grapentyn Jakub      |               | 05      | MAL WOPR Malbork     |       |               |       | <b>5:25.17</b> | 278  |
|         | 50m:                 | 37.93 37.93   | 150m:   | 2:01.89 42.24        | 250m: | 3:25.39 41.88 | 350m: | 4:46.17 40.08  |      |
|         | 100m:                | 1:19.65 41.72 | 200m:   | 2:43.51 41.62        | 300m: | 4:06.09 40.70 | 400m: | 5:25.17 39.00  |      |
| 3.      | Szpanowski Michał    |               | 05      | Dwójka Morena Gda sk |       |               |       | <b>5:25.43</b> | 277  |
|         | 50m:                 | 37.62 37.62   | 150m:   | 2:00.60 41.39        | 250m: | 3:23.49 41.71 | 350m: | 4:45.35 40.72  |      |
|         | 100m:                | 1:19.21 41.59 | 200m:   | 2:41.78 41.18        | 300m: | 4:04.63 41.14 | 400m: | 5:25.43 40.08  |      |
| 4.      | Jankowski Przemysław |               | 05      | abianka Gda sk       |       |               |       | <b>5:30.82</b> | 264  |
|         | 50m:                 | 35.04 35.04   | 150m:   | 1:58.62 42.89        | 250m: | 3:25.17 42.89 | 350m: | 4:50.87 42.82  |      |
|         | 100m:                | 1:15.73 40.69 | 200m:   | 2:42.28 43.66        | 300m: | 4:08.05 42.88 | 400m: | 5:30.82 39.95  |      |
| 5.      | Bru dziak Damian     |               | 05      | Dwójka Morena Gda sk |       |               |       | <b>5:33.99</b> | 256  |
|         | 50m:                 | 37.03 37.03   | 150m:   | 2:03.44 43.04        | 250m: | 3:30.23 43.01 | 350m: | 4:55.92 42.50  |      |
|         | 100m:                | 1:20.40 43.37 | 200m:   | 2:47.22 43.78        | 300m: | 4:13.42 43.19 | 400m: | 5:33.99 38.07  |      |
| 6.      | Kreft Szymon         |               | 05      | Dwójka Morena Gda sk |       |               |       | <b>5:40.47</b> | 242  |
|         | 50m:                 | 38.99 38.99   | 150m:   | 2:06.07 44.15        | 250m: | 3:34.30 44.27 | 350m: | 4:58.78 41.09  |      |
|         | 100m:                | 1:21.92 42.93 | 200m:   | 2:50.03 43.96        | 300m: | 4:17.69 43.39 | 400m: | 5:40.47 41.69  |      |
| 7.      | Ró a ski Kamil       |               | 05      | Dwójka Morena Gda sk |       |               |       | <b>5:40.68</b> | 241  |
|         | 50m:                 | 38.90 38.90   | 150m:   | 2:06.60 43.90        | 250m: | 3:35.57 44.41 | 350m: | 5:00.61 42.63  |      |
|         | 100m:                | 1:22.70 43.80 | 200m:   | 2:51.16 44.56        | 300m: | 4:17.98 42.41 | 400m: | 5:40.68 40.07  |      |
| 8.      | Hebel Maciej         |               | 05      | abianka Gda sk       |       |               |       | <b>5:42.66</b> | 237  |
|         | 50m:                 | 39.17 39.17   | 150m:   | 2:07.85 44.93        | 250m: | 3:36.02 44.37 | 350m: | 5:03.83 43.40  |      |
|         | 100m:                | 1:22.92 43.75 | 200m:   | 2:51.65 43.80        | 300m: | 4:20.43 44.41 | 400m: | 5:42.66 38.83  |      |
| 9.      | Setlak Marcel        |               | 05      | abianka Gda sk       |       |               |       | <b>5:45.66</b> | 231  |
|         | 50m:                 | 39.55 39.55   | 150m:   | 2:07.63 44.35        | 250m: | 3:36.19 44.31 | 350m: | 5:05.22 44.04  |      |
|         | 100m:                | 1:23.28 43.73 | 200m:   | 2:51.88 44.25        | 300m: | 4:21.18 44.99 | 400m: | 5:45.66 40.44  |      |
| 10.     | Drewek Jakub         |               | 05      | Dwójka Tczew         |       |               |       | <b>5:46.38</b> | 230  |
|         | 50m:                 | 37.53 37.53   | 150m:   | 2:05.14 45.15        | 250m: | 3:34.78 45.20 | 350m: | 5:03.55 44.65  |      |
|         | 100m:                | 1:19.99 42.46 | 200m:   | 2:49.58 44.44        | 300m: | 4:18.90 44.12 | 400m: | 5:46.38 42.83  |      |
| 11.     | Hłasko Wojciech      |               | 05      | Dwójka Morena Gda sk |       |               |       | <b>5:47.08</b> | 228  |
|         | 50m:                 | 42.25 42.25   | 150m:   | 2:10.12 44.07        | 250m: | 3:38.34 43.70 | 350m: | 5:06.58 43.78  |      |
|         | 100m:                | 1:26.05 43.80 | 200m:   | 2:54.64 44.52        | 300m: | 4:22.80 44.46 | 400m: | 5:47.08 40.50  |      |
| 12.     | Mikulski Franciszek  |               | 05      | Aquatacja Gda sk     |       |               |       | <b>5:47.61</b> | 227  |
|         | 50m:                 | 37.91 37.91   | 150m:   | 2:03.80 43.52        | 250m: | 3:33.20 45.41 | 350m: | 5:05.73 45.96  |      |
|         | 100m:                | 1:20.28 42.37 | 200m:   | 2:47.79 43.99        | 300m: | 4:19.77 46.57 | 400m: | 5:47.61 41.88  |      |
| 13.     | Bonikowski Nikodem   |               | 05      | Dwójka Tczew         |       |               |       | <b>5:49.58</b> | 223  |
|         | 50m:                 | 40.12 40.12   | 150m:   | 2:10.02 45.37        | 250m: | 3:40.31 45.30 | 350m: | 5:08.85 43.70  |      |
|         | 100m:                | 1:24.65 44.53 | 200m:   | 2:55.01 44.99        | 300m: | 4:25.15 44.84 | 400m: | 5:49.58 40.73  |      |
| 14.     | Rybarczyk Konrad     |               | 05      | 1 Solex L bork       |       |               |       | <b>5:57.56</b> | 209  |
|         | 50m:                 | 41.58 41.58   | 150m:   | 2:13.44 46.40        | 250m: | 3:47.16 46.85 | 350m: | 5:16.68 43.71  |      |
|         | 100m:                | 1:27.04 45.46 | 200m:   | 3:00.31 46.87        | 300m: | 4:32.97 45.81 | 400m: | 5:57.56 40.88  |      |
| 15.     | Bieli ski Kajetan    |               | 05      | TRI-Team Rumia       |       |               |       | <b>5:58.75</b> | 207  |
|         | 50m:                 | 41.54 41.54   | 150m:   | 2:14.43 46.78        | 250m: | 3:45.47 45.64 | 350m: | 5:17.05 45.31  |      |
|         | 100m:                | 1:27.65 46.11 | 200m:   | 2:59.83 45.40        | 300m: | 4:31.74 46.27 | 400m: | 5:58.75 41.70  |      |
| 16.     | Kuropatwa Michał     |               | 05      | abianka Gda sk       |       |               |       | <b>5:59.04</b> | 206  |
|         | 50m:                 | 39.32 39.32   | 150m:   | 2:09.56 46.42        | 250m: | 3:44.10 47.84 | 350m: | 5:15.81 44.17  |      |
|         | 100m:                | 1:23.14 43.82 | 200m:   | 2:56.26 46.70        | 300m: | 4:31.64 47.54 | 400m: | 5:59.04 43.23  |      |
| 17.     | Gnyp Eryk            |               | 05      | Dwójka Morena Gda sk |       |               |       | <b>5:59.50</b> | 205  |
|         | 50m:                 | 40.33 40.33   | 150m:   | 2:13.21 46.73        | 250m: | 3:45.90 45.75 | 350m: | 5:16.62 44.03  |      |
|         | 100m:                | 1:26.48 46.15 | 200m:   | 3:00.15 46.94        | 300m: | 4:32.59 46.69 | 400m: | 5:59.50 42.88  |      |

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Konkurencja 4, Chłopców, 400m dowolny, 11 lat

| Pozycja |                       |               | Rok ur. |                      |       |               |       | Czas            | Pkt. |
|---------|-----------------------|---------------|---------|----------------------|-------|---------------|-------|-----------------|------|
| 18.     | Smolis Nicolas        |               | 05      | 1 Solex L bork       |       |               |       | <b>5:59.94</b>  | 205  |
|         | 50m:                  | 41.10 41.10   | 150m:   | 2:13.18 46.34        | 250m: | 3:46.18 46.30 | 350m: | 5:17.14 44.99   |      |
|         | 100m:                 | 1:26.84 45.74 | 200m:   | 2:59.88 46.70        | 300m: | 4:32.15 45.97 | 400m: | 5:59.94 42.80   |      |
| 19.     | Rzepka Jakub          |               | 05      | Dwójka Tczew         |       |               |       | <b>6:00.24</b>  | 204  |
|         | 50m:                  | 40.86 40.86   | 150m:   | 2:11.77 46.05        | 250m: | 3:44.86 46.42 | 350m: | 4:30.94 22.82   |      |
|         | 100m:                 | 1:25.72 44.86 | 200m:   | 2:58.44 46.67        | 300m: | 4:08.12 23.26 | 400m: | 6:00.24 1:29.30 |      |
| 20.     | Góral Piotr           |               | 05      | Dwójka Tczew         |       |               |       | <b>6:04.03</b>  | 198  |
|         | 50m:                  | 41.51 41.51   | 150m:   | 2:15.21 47.54        | 250m: | 3:47.64 45.46 | 350m: | 5:20.31 46.13   |      |
|         | 100m:                 | 1:27.67 46.16 | 200m:   | 3:02.18 46.97        | 300m: | 4:34.18 46.54 | 400m: | 6:04.03 43.72   |      |
| 21.     | Krumplewski Gracjan   |               | 05      | Skalar Słupsk        |       |               |       | <b>6:09.35</b>  | 189  |
|         | 50m:                  | 40.86 40.86   | 150m:   | 2:16.50 48.23        | 250m: | 3:53.01 49.12 | 350m: | 5:29.49 48.42   |      |
|         | 100m:                 | 1:28.27 47.41 | 200m:   | 3:03.89 47.39        | 300m: | 4:41.07 48.06 | 400m: | 6:09.35 39.86   |      |
| 22.     | Plaga Dawid           |               | 05      | Skalar Słupsk        |       |               |       | <b>6:10.06</b>  | 188  |
|         | 50m:                  | 42.82 42.82   | 150m:   | 2:22.52 50.04        | 250m: | 3:56.45 47.33 | 350m: | 5:27.93 44.96   |      |
|         | 100m:                 | 1:32.48 49.66 | 200m:   | 3:09.12 46.60        | 300m: | 4:42.97 46.52 | 400m: | 6:10.06 42.13   |      |
| 23.     | Mły ski Maksymilian   |               | 05      | 1 Solex L bork       |       |               |       | <b>6:13.39</b>  | 183  |
|         | 50m:                  | 41.21 41.21   | 150m:   | 2:15.66 48.51        | 250m: | 3:51.48 48.38 | 350m: | 5:28.51 48.80   |      |
|         | 100m:                 | 1:27.15 45.94 | 200m:   | 3:03.10 47.44        | 300m: | 4:39.71 48.23 | 400m: | 6:13.39 44.88   |      |
| 24.     | Sabatowski Patryk     |               | 05      | Dwójka Tczew         |       |               |       | <b>6:13.46</b>  | 183  |
|         | 50m:                  | 41.40 41.40   | 150m:   | 2:17.48 48.72        | 250m: | 3:53.14 47.48 | 350m: | 5:29.13 47.74   |      |
|         | 100m:                 | 1:28.76 47.36 | 200m:   | 3:05.66 48.18        | 300m: | 4:41.39 48.25 | 400m: | 6:13.46 44.33   |      |
| 25.     | Łabacki Szymon        |               | 05      | 1 Solex L bork       |       |               |       | <b>6:18.53</b>  | 176  |
|         | 50m:                  | 41.72 41.72   | 150m:   | 2:17.82 48.42        | 250m: | 3:52.50 48.38 | 350m: | 5:29.42 48.42   |      |
|         | 100m:                 | 1:29.40 47.68 | 200m:   | 3:04.12 46.30        | 300m: | 4:41.00 48.50 | 400m: | 6:18.53 49.11   |      |
| 26.     | Horbaczewski Grzegorz |               | 05      | Dwójka Morena Gda sk |       |               |       | <b>6:19.78</b>  | 174  |
|         | 50m:                  | 43.11 43.11   | 150m:   | 2:21.42 50.19        | 250m: | 3:58.35 48.12 | 350m: | 5:34.81 47.93   |      |
|         | 100m:                 | 1:31.23 48.12 | 200m:   | 3:10.23 48.81        | 300m: | 4:46.88 48.53 | 400m: | 6:19.78 44.97   |      |
| 27.     | Puzyr Maksymilian     |               | 05      | 1 Solex L bork       |       |               |       | <b>6:27.05</b>  | 164  |
|         | 50m:                  | 42.56 42.56   | 150m:   | 2:20.54 49.91        | 250m: | 3:59.23 48.89 | 350m: | 5:38.74 49.91   |      |
|         | 100m:                 | 1:30.63 48.07 | 200m:   | 3:10.34 49.80        | 300m: | 4:48.83 49.60 | 400m: | 6:27.05 48.31   |      |
| 28.     | Bober Kacper          |               | 05      | Dwójka Tczew         |       |               |       | <b>6:29.40</b>  | 161  |
|         | 50m:                  | 43.04 43.04   | 150m:   | 2:22.54 49.55        | 250m: | 4:03.30 49.88 | 350m: | 5:42.37 48.92   |      |
|         | 100m:                 | 1:32.99 49.95 | 200m:   | 3:13.42 50.88        | 300m: | 4:53.45 50.15 | 400m: | 6:29.40 47.03   |      |
| 29.     | Trelka Aleksander     |               | 05      | Dwójka Morena Gda sk |       |               |       | <b>6:29.47</b>  | 161  |
|         | 50m:                  | 44.21 44.21   | 150m:   | 2:23.69 49.44        | 250m: | 4:05.69 50.03 | 350m: | 5:43.16 46.95   |      |
|         | 100m:                 | 1:34.25 50.04 | 200m:   | 3:15.66 51.97        | 300m: | 4:56.21 50.52 | 400m: | 6:29.47 46.31   |      |
| 30.     | Szury ski Piotr       |               | 05      | MAL WOPR Malbork     |       |               |       | <b>6:31.78</b>  | 159  |
|         | 50m:                  | 45.64 45.64   | 150m:   | 2:25.24 49.72        | 250m: | 4:06.68 50.76 | 350m: |                 |      |
|         | 100m:                 | 1:35.52 49.88 | 200m:   | 3:15.92 50.68        | 300m: | 4:56.73 50.05 | 400m: | 6:31.78         |      |
| 31.     | Kubiak Kuba           |               | 05      | Dwójka Morena Gda sk |       |               |       | <b>6:33.99</b>  | 156  |
|         | 50m:                  | 46.55 46.55   | 150m:   | 2:24.98 49.97        | 250m: |               | 350m: |                 |      |
|         | 100m:                 | 1:35.01 48.46 | 200m:   | 3:16.98 52.00        | 300m: | 5:00.04       | 400m: | 6:33.99         |      |
| 32.     | Łozowicki Jakub       |               | 05      | Dwójka Tczew         |       |               |       | <b>6:34.02</b>  | 156  |
|         | 50m:                  | 41.18 41.18   | 150m:   | 2:19.96 50.53        | 250m: | 4:02.81 52.06 | 350m: | 5:43.86 50.80   |      |
|         | 100m:                 | 1:29.43 48.25 | 200m:   | 3:10.75 50.79        | 300m: | 4:53.06 50.25 | 400m: | 6:34.02 50.16   |      |
| 33.     | Tocewicz Filip        |               | 05      | Dwójka Tczew         |       |               |       | <b>6:46.83</b>  | 142  |
|         | 50m:                  | 44.93 44.93   | 150m:   | 2:29.95 53.01        | 250m: | 4:16.22 52.95 | 350m: | 6:00.38 50.74   |      |
|         | 100m:                 | 1:36.94 52.01 | 200m:   | 3:23.27 53.32        | 300m: | 5:09.64 53.42 | 400m: | 6:46.83 46.45   |      |
| 34.     | Górski Mariusz        |               | 05      | abianka Gda sk       |       |               |       | <b>6:48.25</b>  | 140  |
|         | 50m:                  | 43.37 43.37   | 150m:   | 2:24.83 52.04        | 250m: | 4:09.83 52.05 | 350m: | 5:57.57 52.75   |      |
|         | 100m:                 | 1:32.79 49.42 | 200m:   | 3:17.78 52.95        | 300m: | 5:04.82 54.99 | 400m: | 6:48.25 50.68   |      |
| 35.     | Maksim Tymoteusz      |               | 05      | abianka Gda sk       |       |               |       | <b>6:49.14</b>  | 139  |
|         | 50m:                  | 42.52 42.52   | 150m:   | 2:26.72 52.79        | 250m: | 4:12.53 53.15 | 350m: | 5:57.38 52.42   |      |
|         | 100m:                 | 1:33.93 51.41 | 200m:   | 3:19.38 52.66        | 300m: | 5:04.96 52.43 | 400m: | 6:49.14 51.76   |      |

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Konkurencja 4, Chłopców, 400m dowolny, 11 lat

| Pozycja |  |         | Rok ur. |                      |         |         |       | Czas           | Pkt.    |       |         |         |
|---------|--|---------|---------|----------------------|---------|---------|-------|----------------|---------|-------|---------|---------|
| 36.     | Matofij Mikołaj  |         | 05      | Siódemka Gdynia      |         |         |       | <b>6:49.30</b> | 139     |       |         |         |
|         | 50m:   | 45.56   | 45.56   | 150m:                | 2:31.07 | 52.69   | 250m: | 4:15.45        | 51.08   | 350m: | 6:00.12 | 51.99   |
|         | 100m:  | 1:38.38 | 52.82   | 200m:                | 3:24.37 | 53.30   | 300m: | 5:08.13        | 52.68   | 400m: | 6:49.30 | 49.18   |
| 37.     | Stochmal Piotr   |         | 05      | Dwójka Tczew         |         |         |       | <b>6:49.48</b> | 139     |       |         |         |
|         | 50m:   | 43.55   | 43.55   | 150m:                | 2:29.63 | 53.26   | 250m: | 4:15.67        | 50.85   | 350m: | 6:01.00 | 51.69   |
|         | 100m:  | 1:36.37 | 52.82   | 200m:                | 3:24.82 | 55.19   | 300m: | 5:09.31        | 53.64   | 400m: | 6:49.48 | 48.48   |
| 38.     | Wansel Maksymilian   |         | 05      | Dwójka Tczew         |         |         |       | <b>6:49.79</b> | 138     |       |         |         |
|         | 50m:   | 44.00   | 44.00   | 150m:                | 2:31.84 | 54.41   | 250m: | 4:16.85        | 52.06   | 350m: | 6:04.58 | 54.82   |
|         | 100m:  | 1:37.43 | 53.43   | 200m:                | 3:24.79 | 52.95   | 300m: | 5:09.76        | 52.91   | 400m: | 6:49.79 | 45.21   |
| 39.     | Zi tek Michał  |         | 05      | Dwójka Tczew         |         |         |       | <b>6:56.78</b> | 132     |       |         |         |
|         | 50m:   | 44.51   | 44.51   | 150m:                | 2:30.63 | 52.76   | 250m: | 4:17.91        | 52.20   | 350m: | 6:04.50 | 52.54   |
|         | 100m:  | 1:37.87 | 53.36   | 200m:                | 3:25.71 | 55.08   | 300m: | 5:11.96        | 54.05   | 400m: | 6:56.78 | 52.28   |
| 40.     | Irek Michał  |         | 05      | Dwójka Morena Gda sk |         |         |       | <b>6:57.44</b> | 131     |       |         |         |
|         | 50m:   | 41.88   | 41.88   | 150m:                |         |         | 250m: |                |         | 350m: |         |         |
|         | 100m:  | 1:33.73 | 51.85   | 200m:                | 3:23.27 |         | 300m: | 5:11.52        |         | 400m: | 6:57.44 |         |
| 41.     | Kunkel Tymoteusz   |         | 05      | Dwójka Morena Gda sk |         |         |       | <b>7:13.95</b> | 117     |       |         |         |
|         | 50m:   | 48.62   | 48.62   | 150m:                | 2:38.55 | 55.94   | 250m: | 4:32.60        | 57.20   | 350m: | 6:21.71 | 52.62   |
|         | 100m:  | 1:42.61 | 53.99   | 200m:                | 3:35.40 | 56.85   | 300m: | 5:29.09        | 56.49   | 400m: | 7:13.95 | 52.24   |
| 42.     | Kotewicz Mateusz   |         | 05      | Dwójka Morena Gda sk |         |         |       | <b>7:18.05</b> | 113     |       |         |         |
|         | 50m:   | 48.26   | 48.26   | 150m:                | 2:37.41 | 56.01   | 250m: | 4:31.88        | 56.95   | 350m: | 6:26.22 | 55.65   |
|         | 100m:  | 1:41.40 | 53.14   | 200m:                | 3:34.93 | 57.52   | 300m: | 5:30.57        | 58.69   | 400m: | 7:18.05 | 51.83   |
| 43.     | Łappo Jakub  |         | 05      | 1 Solex L bork       |         |         |       | <b>7:44.52</b> | 95      |       |         |         |
|         | 50m:   | 53.51   | 53.51   | 150m:                | 2:51.12 | 58.68   | 250m: | 4:50.94        | 59.61   | 350m: | 6:47.93 | 57.98   |
|         | 100m:  | 1:52.44 | 58.93   | 200m:                | 3:51.33 | 1:00.21 | 300m: | 5:49.95        | 59.01   | 400m: | 7:44.52 | 56.59   |
| 44.     | Hnatyk Fabian  |         | 05      | Dwójka Morena Gda sk |         |         |       | <b>7:47.94</b> | 93      |       |         |         |
|         | 50m:   | 45.83   | 45.83   | 150m:                | 2:45.65 | 1:03.16 | 250m: | 4:48.00        | 1:00.77 | 350m: | 6:50.87 | 1:00.25 |
|         | 100m:  | 1:42.49 | 56.66   | 200m:                | 3:47.23 | 1:01.58 | 300m: | 5:50.62        | 1:02.62 | 400m: | 7:47.94 | 57.07   |
| DYSKW.  | Kłos Tomasz  |         | 05      | Dwójka Tczew         |         |         |       | <b>6:29.30</b> |         |       |         |         |
|         | <i>O15 - Brak kontaktu fizycznego ze cian podczas nawrotów</i> |         |         |                      |         |         |       |                |         |       |         |         |
|         | 50m:   | 41.81   | 41.81   | 150m:                |         |         | 250m: |                |         | 350m: |         |         |
|         | 100m:  | 1:28.63 | 46.82   | 200m:                | 3:05.96 |         | 300m: |                |         | 400m: | 6:29.30 |         |