

Ogólnopolski Sprawdzian Wytrzymałość i Wszechstronność Stylowej rocznik 2003
Raszyn, 20-11-2014

Konkurencja 4
2014-11-20 - 11:41

Chłopców, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.		
1.	ZUBIK, Jan		03	Mks Polonia Warszawa				4:56.42	367		
	50m:	33.49 33.49	150m:	1:49.70	38.66	250m:	3:06.20	38.18	350m:	4:21.90	37.57
	100m:	1:11.04 37.55	200m:	2:28.02	38.32	300m:	3:44.33	38.13	400m:	4:56.42	34.52
2.	RODKIEWICZ, Radosław		03	Iuks Muszelka				4:56.57	366		
	50m:	33.05 33.05	150m:	1:49.47	38.64	250m:	3:06.07	38.03	350m:	4:21.30	37.04
	100m:	1:10.83 37.78	200m:	2:28.04	38.57	300m:	3:44.26	38.19	400m:	4:56.57	35.27
3.	G STAŁ, Jan		03	Uks"Gim 92 Ursynów"Warszawa				5:01.06	350		
	50m:	33.35 33.35	150m:	1:50.11	38.72	250m:	3:06.33	38.05	350m:	4:23.15	38.34
	100m:	1:11.39 38.04	200m:	2:28.28	38.17	300m:	3:44.81	38.48	400m:	5:01.06	37.91
4.	REMBOWSKI, Jan		03	Integracyjny Klub Sportowy Kon				5:14.42	307		
	50m:	34.83 34.83	150m:	1:54.65	40.82	250m:	3:15.63	40.92	350m:	4:35.76	39.95
	100m:	1:13.83 39.00	200m:	2:34.71	40.06	300m:	3:55.81	40.18	400m:	5:14.42	38.66
5.	GROMULSKI, Paweł		03	Uks oliborz				5:19.23	293		
	50m:	35.78 35.78	150m:	1:55.47	40.40	250m:	3:16.92	40.53	350m:	4:39.02	41.22
	100m:	1:15.07 39.29	200m:	2:36.39	40.92	300m:	3:57.80	40.88	400m:	5:19.23	40.21
6.	OŁ D, Stanisław		03	Uks oliborz				5:19.38	293		
	50m:	34.55 34.55	150m:	1:54.71	40.65	250m:	3:17.08	41.83	350m:	4:41.00	42.05
	100m:	1:14.06 39.51	200m:	2:35.25	40.54	300m:	3:58.95	41.87	400m:	5:19.38	38.38
7.	WI NIEWSKI, Adam		03	Stowarzyszenie pływaków i Rato				5:25.37	277		
	50m:	34.25 34.25	150m:	1:51.86	39.56	250m:	3:16.02	42.82	350m:	4:43.08	42.63
	100m:	1:12.30 38.05	200m:	2:33.20	41.34	300m:	4:00.45	44.43	400m:	5:25.37	42.29
8.	WI CKOWSKI, Jakub		03	UKS Jagiellonka Warszawa				5:30.31	265		
	50m:	36.34 36.34	150m:	2:00.90	42.70	250m:	3:25.79	42.66	350m:	4:50.27	42.05
	100m:	1:18.20 41.86	200m:	2:43.13	42.23	300m:	4:08.22	42.43	400m:	5:30.31	40.04
9.	CEGLI SKI, Maciej		03	UKS MANTA Warszawa Włochy				5:32.71	259		
	50m:	37.38 37.38	150m:	2:01.81	42.14	250m:	3:28.21	43.38	350m:	4:53.92	42.22
	100m:	1:19.67 42.29	200m:	2:44.83	43.02	300m:	4:11.70	43.49	400m:	5:32.71	38.79
10.	PODGÓRSKI, Oskar		03	UKS Jagiellonka Warszawa				5:37.44	248		
	50m:	41.48 41.48	150m:	2:08.38	43.48	250m:	3:34.62	42.02	350m:	4:59.04	42.11
	100m:	1:24.90 43.42	200m:	2:52.60	44.22	300m:	4:16.93	42.31	400m:	5:37.44	38.40
11.	G SIOROWSKI, Michał		03	Uks"Gim 92 Ursynów"Warszawa				5:37.60	248		
	50m:	36.74 36.74	150m:	2:02.10	43.39	250m:	3:29.17	44.20	350m:	4:57.94	44.35
	100m:	1:18.71 41.97	200m:	2:44.97	42.87	300m:	4:13.59	44.42	400m:	5:37.60	39.66
12.	PASZKOWSKI, Konstanty		03	Uks"Gim 92 Ursynów"Warszawa				5:45.69	231		
	50m:	38.20 38.20	150m:	2:04.87	44.09	250m:	4:18.15	1:29.38	350m:	5:45.69	41.74
	100m:	1:20.78 42.58	200m:	2:48.77	43.90	300m:	5:03.95	45.80	400m:	5:45.69	
13.	STRUS, Jan		03	Uks oliborz				5:47.33	228		
	50m:	38.44 38.44	150m:	2:06.82	44.60	250m:	5:47.33	1:26.70	350m:		
	100m:	1:22.22 43.78	200m:	4:20.63	2:13.81	300m:			400m:	5:47.33	
14.	JAKUBOWSKI, Jakub		03	UKS MANTA Warszawa Włochy				5:47.77	227		
	50m:	39.92 39.92	150m:	2:09.05	45.14	250m:	3:39.52	45.74	350m:	5:07.57	43.75
	100m:	1:23.91 43.99	200m:	2:53.78	44.73	300m:	4:23.82	44.30	400m:	5:47.77	40.20
15.	GÓRCZY SKI, Mikołaj		03	Mks Ochota Warszawa				5:47.97	226		
	50m:	38.26 38.26	150m:	2:07.59	46.47	250m:	3:38.76	44.98	350m:	5:07.03	43.67
	100m:	1:21.12 42.86	200m:	2:53.78	46.19	300m:	4:23.36	44.60	400m:	5:47.97	40.94
16.	WARDAK, Wiktor		03	Uks"Gim 92 Ursynów"Warszawa				5:49.92	223		
	50m:	41.48 41.48	150m:	2:12.25	45.16	250m:	3:41.55	44.58	350m:	5:08.78	43.58
	100m:	1:27.09 45.61	200m:	2:56.97	44.72	300m:	4:25.20	43.65	400m:	5:49.92	41.14
17.	GŁOWACKI, Maciej		03	Mks Ochota Warszawa				5:49.95	223		
	50m:	38.64 38.64	150m:	2:07.78	44.85	250m:	3:39.56	46.13	350m:	5:10.53	45.69
	100m:	1:22.93 44.29	200m:	2:53.43	45.65	300m:	4:24.84	45.28	400m:	5:49.95	39.42

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej rocznik 2003
Raszyn, 20-11-2014

Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	MACIOSZEK, Maksymilian		03	Mks Ochota Warszawa			5:50.10	222	
	50m: 38.60	38.60	150m: 2:07.91	45.45	250m: 3:38.87	44.79	350m: 5:07.27	43.65	
	100m: 1:22.46	43.86	200m: 2:54.08	46.17	300m: 4:23.62	44.75	400m: 5:50.10	42.83	
19.	NOSARZEWSKI, Kornel		03	MUKP Warszawianka			5:51.63	219	
	50m: 40.58	40.58	150m: 2:10.17	44.70	250m: 3:39.41	44.34	350m: 5:10.06	45.32	
	100m: 1:25.47	44.89	200m: 2:55.07	44.90	300m: 4:24.74	45.33	400m: 5:51.63	41.57	
20.	ROWI SKI, Dominik		03	MUKP Warszawianka			5:55.35	213	
	50m: 40.82	40.82	150m: 2:10.27	44.72	250m: 3:40.94	45.61	350m: 5:13.83	46.59	
	100m: 1:25.55	44.73	200m: 2:55.33	45.06	300m: 4:27.24	46.30	400m: 5:55.35	41.52	
21.	KALETA, Cezary		03	Uks oliborz			5:57.45	209	
	50m: 39.20	39.20	150m: 2:10.89	46.01	250m: 3:42.67	46.49	350m: 5:14.16	46.05	
	100m: 1:24.88	45.68	200m: 2:56.18	45.29	300m: 4:28.11	45.44	400m: 5:57.45	43.29	
22.	MICHALAK, Piotr		03	Mks Ochota Warszawa			6:02.60	200	
	50m: 41.41	41.41	150m: 2:13.46	46.13	250m: 3:46.41	46.92	350m: 5:19.01	47.02	
	100m: 1:27.33	45.92	200m: 2:59.49	46.03	300m: 4:31.99	45.58	400m: 6:02.60	43.59	
23.	JACHIMOWICZ, Maksymilian		03	Uks Pingwiny			6:08.57	190	
	50m: 37.99	37.99	150m: 2:12.54	48.13	250m: 3:48.07	47.41	350m: 5:24.46	47.23	
	100m: 1:24.41	46.42	200m: 3:00.66	48.12	300m: 4:37.23	49.16	400m: 6:08.57	44.11	
24.	WIETNICKI, Hubert		03	Uks oliborz			6:09.41	189	
	50m: 39.16	39.16	150m: 2:09.54	45.55	250m: 3:45.22	48.38	350m: 5:23.41	48.70	
	100m: 1:23.99	44.83	200m: 2:56.84	47.30	300m: 4:34.71	49.49	400m: 6:09.41	46.00	
25.	ZIELI SKI, Oliwier		03	Uks Jagiellonka			6:13.32	183	
	50m: 41.17	41.17	150m: 2:14.15	47.05	250m: 3:50.71	48.11	350m: 5:26.65	47.65	
	100m: 1:27.10	45.93	200m: 3:02.60	48.45	300m: 4:39.00	48.29	400m: 6:13.32	46.67	
26.	ROGUSKI, Mateusz		03	Iuks Muszelka			6:14.11	182	
	50m: 39.15	39.15	150m: 2:11.00	47.43	250m: 3:47.81	48.72	350m: 5:27.84	50.20	
	100m: 1:23.57	44.42	200m: 2:59.09	48.09	300m: 4:37.64	49.83	400m: 6:14.11	46.27	
27.	SITARSKI, Piotr		03	Uks Pingwiny			6:14.28	182	
	50m: 40.27	40.27	150m: 2:16.87	48.84	250m: 3:54.74	48.14	350m: 5:30.89	46.80	
	100m: 1:28.03	47.76	200m: 3:06.60	49.73	300m: 4:44.09	49.35	400m: 6:14.28	43.39	
28.	MATUSZY SKI, Mikołaj		03	Uks oliborz			6:16.17	179	
	50m: 39.70	39.70	150m: 2:17.52	50.08	250m: 3:55.48	48.61	350m: 5:30.71	47.91	
	100m: 1:27.44	47.74	200m: 3:06.87	49.35	300m: 4:42.80	47.32	400m: 6:16.17	45.46	
29.	KRÓL, Kosma		03	Uks oliborz			6:16.79	178	
	50m: 38.33	38.33	150m: 2:12.91	48.25	250m: 3:52.60	50.66	350m: 5:31.00	48.82	
	100m: 1:24.66	46.33	200m: 3:01.94	49.03	300m: 4:42.18	49.58	400m: 6:16.79	45.79	
30.	PIŁKOWSKI, Jakub		03	Uks oliborz			6:18.13	176	
	50m: 42.61	42.61	150m: 2:18.46	48.29	250m: 3:56.64	49.22	350m: 4:45.78	42.04	
	100m: 1:30.17	47.56	200m: 3:07.42	48.96	300m: 4:03.74	7.10	400m: 6:18.13	1:32.35	
31.	KIJO, Tomasz		03	Integracyjny Klub Sportowy Kon			6:18.57	176	
	50m: 40.76	40.76	150m: 2:17.16	49.39	250m: 3:55.09	48.91	350m: 5:32.71	48.02	
	100m: 1:27.77	47.01	200m: 3:06.18	49.02	300m: 4:44.69	49.60	400m: 6:18.57	45.86	
32.	FLORCZUK, Aleksander		03	Uks oliborz			6:19.26	175	
	50m: 39.26	39.26	150m: 3:05.93	50.55	250m: 5:34.56	1:38.37	350m: 6:42.91	23.65	
	100m: 2:15.38	1:36.12	200m: 3:56.19	50.26	300m: 6:19.26	44.70	400m: 6:19.26		
33.	MAZURO, Maciej		03	UKS Kapry-Armexim Pruszków			6:19.36	175	
	50m: 40.30	40.30	150m: 2:18.05	49.87	250m: 3:57.76	49.95	350m: 5:34.37	47.74	
	100m: 1:28.18	47.88	200m: 3:07.81	49.76	300m: 4:46.63	48.87	400m: 6:19.36	44.99	
34.	GRUCHAŁA, Mikołaj		03	Uks oliborz			6:21.85	171	
	50m: 40.54	40.54	150m: 2:18.25	49.13	250m: 3:56.70	49.04	350m: 5:34.85	49.94	
	100m: 1:29.12	48.58	200m: 3:07.66	49.41	300m: 4:44.91	48.21	400m: 6:21.85	47.00	
35.	KUZIA, Krzysztof		03	UKS Kapry-Armexim Pruszków			6:22.71	170	
	50m: 41.72	41.72	150m: 2:20.06	50.31	250m: 3:58.61	50.40	350m: 5:35.66	47.19	
	100m: 1:29.75	48.03	200m: 3:08.21	48.15	300m: 4:48.47	49.86	400m: 6:22.71	47.05	

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Pozycja			Rok ur.							Czas	Pkt.
36.	DANIK, Krzysztof		03	Uks"Gim 92 Ursynów"Warszawa						6:26.02	166
	50m:	1:32.06	1:32.06	150m:	3:11.99	250m:	4:51.08	49.21	350m:		
	100m:			200m:	4:01.87	49.88	300m:	5:41.32	50.24	400m:	6:26.02
37.	KURULISZWILI, Otar		03	Mks Ochota Warszawa						6:27.22	164
	50m:	41.41	41.41	150m:	2:20.02	49.88	250m:	4:00.82	48.95	350m:	5:42.94
	100m:	1:30.14	48.73	200m:	3:11.87	51.85	300m:	4:52.53	51.71	400m:	6:27.22
38.	PARDEJ, Jeremiasz		03	UKS 307 Warszawa-Mokotów						6:28.78	162
	50m:	41.58	41.58	150m:	2:19.46	49.75	250m:	3:59.79	49.51	350m:	5:41.43
	100m:	1:29.71	48.13	200m:	3:10.28	50.82	300m:	4:50.04	50.25	400m:	6:28.78
39.	STANIEC, Kajetan		03	Uks Pingwiny						6:30.68	160
	50m:	43.22	43.22	150m:	2:22.73	50.90	250m:	4:54.92	50.41	350m:	
	100m:	1:31.83	48.61	200m:	4:04.51	1:41.78	300m:	5:46.20	51.28	400m:	6:30.68
40.	LECHNIO, Albert		03	Uks Jagiellonka						6:39.70	149
	50m:	43.28	43.28	150m:	2:25.61	51.17	250m:	4:05.91	50.96	350m:	5:49.01
	100m:	1:34.44	51.16	200m:	3:14.95	49.34	300m:	4:57.72	51.81	400m:	6:39.70
41.	MŁYNARCZUK, Igor		03	Uks Jagiellonka						6:48.92	139
	50m:	46.23	46.23	150m:	5:11.48	1:45.77	250m:			350m:	
	100m:	3:25.71	2:39.48	200m:			300m:			400m:	6:48.92
42.	J DRZEJEWSKI, Maciej		03	UKS Delfin Garwolin						6:53.40	135
	50m:	40.72	40.72	150m:	2:25.42	53.51	250m:	4:12.74	53.42	350m:	6:00.69
	100m:	1:31.91	51.19	200m:	3:19.32	53.90	300m:	5:05.56	52.82	400m:	6:53.40
43.	PIETRZAK, Aleksander		03	Integracyjny Klub Sportowy Kon						7:03.41	125
	50m:	46.95	46.95	150m:	2:34.37	54.17	250m:	4:23.08	55.30	350m:	
	100m:	1:40.20	53.25	200m:	3:27.78	53.41	300m:	6:12.24	1:49.16	400m:	7:03.41
44.	MARCIO, Kacper		03	Uks"Gim 92 Ursynów"Warszawa						7:04.02	125
	50m:	45.68	45.68	150m:	2:31.59	52.76	250m:	4:20.06	53.24	350m:	6:10.86
	100m:	1:38.83	53.15	200m:	3:26.82	55.23	300m:	5:15.56	55.50	400m:	7:04.02
45.	K DZIOREK, Kacper		03	UKS Delfin Garwolin						7:05.52	124
	50m:	46.36	46.36	150m:	2:32.14	54.33	250m:	4:23.19	55.14	350m:	6:13.21
	100m:	1:37.81	51.45	200m:	3:28.05	55.91	300m:	5:18.52	55.33	400m:	7:05.52
46.	DŁUGOŁ CKI, Filip		03	Integracyjny Klub Sportowy Kon						7:16.37	115
	50m:	49.57	49.57	150m:	2:41.44	55.25	250m:	4:33.14	55.86	350m:	6:26.92
	100m:	1:46.19	56.62	200m:	3:37.28	55.84	300m:	5:29.82	56.68	400m:	7:16.37
	GRANECKI, Łukasz		03	Integracyjny Klub Sportowy Kon						7:16.37	115
	50m:	46.12	46.12	150m:	2:38.41	55.81	250m:	4:30.71	57.98	350m:	6:22.56
	100m:	1:42.60	56.48	200m:	3:32.73	54.32	300m:	5:27.01	56.30	400m:	7:16.37
48.	CZASAK, Jakub		03	Integracyjny Klub Sportowy Kon						7:16.39	115
	50m:	48.38	48.38	150m:	2:40.86	56.37	250m:	4:32.52	56.45	350m:	6:25.53
	100m:	1:44.49	56.11	200m:	3:36.07	55.21	300m:	5:28.75	56.23	400m:	7:16.39
49.	ROGOWSKI, Wojciech		03	Uks"Gim 92 Ursynów"Warszawa						7:24.84	108
	50m:	46.67	46.67	150m:	4:33.48	2:53.33	250m:			350m:	
	100m:	1:40.15	53.48	200m:			300m:			400m:	7:24.84
50.	POLA, Adam		03	Uks"Gim 92 Ursynów"Warszawa						7:34.38	101
	50m:	47.34	47.34	150m:	2:44.34	59.79	250m:	4:43.43	59.95	350m:	6:41.18
	100m:	1:44.55	57.21	200m:	3:43.48	59.14	300m:	5:43.32	59.89	400m:	7:34.38
51.	ZIÓŁEK, Włodzimierz		03	UKS Delfin Garwolin						8:12.21	80
	50m:	54.38	54.38	150m:	3:00.83	1:04.39	250m:	6:19.24	2:13.19	350m:	
	100m:	1:56.44	1:02.06	200m:	4:06.05	1:05.22	300m:			400m:	8:12.21
DYSKW.	PRZYBYTNIAK, Sean		03	Uks oliborz							
	50m:	41.15	41.15	150m:	5:04.13	3:33.15	250m:			350m:	
	100m:	1:30.98	49.83	200m:	6:45.26	1:41.13	300m:			400m:	
DYSKW.	PAWŁOWSKI, Kacper		03	Uks"Gim 92 Ursynów"Warszawa						7:02.20	
	50m:	44.90	44.90	150m:	2:29.62	53.97	250m:	4:20.73	56.15	350m:	6:09.75
	100m:	1:35.65	50.75	200m:	3:24.58	54.96	300m:	5:14.83	54.10	400m:	7:02.20

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PK GDANIEC, Hubert			04	Uks"Gim 92 Ursynów"Warszawa	5:19.17	294					
50m:	33.63	33.63	150m:	1:54.55	40.80	250m:	3:16.65	41.21	350m:	4:38.74	41.04
100m:	1:13.75	40.12	200m:	2:35.44	40.89	300m:	3:57.70	41.05	400m:	5:19.17	40.43
PK MILENCKI, Piotr			04	Uks"Gim 92 Ursynów"Warszawa	5:26.94	273					
50m:	36.62	36.62	150m:	2:42.10	41.47	250m:	4:05.74	41.97	350m:		
100m:	2:00.63	1:24.01	200m:	3:23.77	41.67	300m:	4:47.35	41.61	400m:	5:26.94	
PK OPALSKI, Jan			04	Uks"Gim 92 Ursynów"Warszawa	6:33.92	156					
50m:	41.13	41.13	150m:	2:23.30	51.79	250m:	4:06.97	51.93	350m:	5:48.60	49.92
100m:	1:31.51	50.38	200m:	3:15.04	51.74	300m:	4:58.68	51.71	400m:	6:33.92	45.32

