

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej rocznik 2004
Raszyn, 19.11.2015

Konkurencja 4
19.11.2015 - 12:42

Chłopców, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.
1.	CHMIELEWSKI, Krzysztof		04	Iuks Muszelka				4:46.14	408
	50m:	31.43 31.43	150m:	1:43.67	36.84	250m:	2:57.65 37.01	350m:	4:11.62 36.92
	100m:	1:06.83 35.40	200m:	2:20.64	36.97	300m:	3:34.70 37.05	400m:	4:46.14 34.52
2.	CHMIELEWSKI, Michał		04	Iuks Muszelka				5:03.32	342
	50m:	34.38 34.38	150m:	1:51.84	39.27	250m:	3:10.38 39.24	350m:	4:28.05 38.46
	100m:	1:12.57 38.19	200m:	2:31.14	39.30	300m:	3:49.59 39.21	400m:	5:03.32 35.27
3.	BEDNAREK, Przemysław		04	Iuks Muszelka				5:17.02	300
	50m:	35.23 35.23	150m:	1:55.14	40.63	250m:	3:16.31 40.63	350m:	4:37.78 41.06
	100m:	1:14.51 39.28	200m:	2:35.68	40.54	300m:	3:56.72 40.41	400m:	5:17.02 39.24
4.	BANASIK, Samuel		04	Integracyjny Klub Sportowy Kon				5:20.61	290
	50m:	36.05 36.05	150m:	1:57.73	40.88	250m:	3:20.17 41.02	350m:	4:41.11 40.83
	100m:	1:16.85 40.80	200m:	2:39.15	41.42	300m:	4:00.28 40.11	400m:	5:20.61 39.50
5.	ADAMOWICZ, Mikołaj		04	UKS JAGIELLONKA Warszawa				5:20.97	289
	50m:	35.43 35.43	150m:	1:57.31	40.24	250m:	3:18.15 40.25	350m:	5:20.97 1:21.56
	100m:	1:17.07 41.64	200m:	2:37.90	40.59	300m:	3:59.41 41.26	400m:	5:20.97
6.	LINARD, Bartosz		04	Integracyjny Klub Sportowy Kon				5:22.36	285
	50m:	40.31 40.31	150m:	2:13.93	47.37	250m:		350m:	4:35.67 48.67
	100m:	1:26.56 46.25	200m:	3:00.04	46.11	300m:	3:47.00	400m:	5:22.36 46.69
7.	SIECZEK, Oliwier		04	UKS JAGIELLONKA Warszawa				5:22.92	283
	50m:	35.36 35.36	150m:	1:56.38		250m:	3:19.64	350m:	5:22.92 1:21.81
	100m:		200m:			300m:	4:01.11 41.47	400m:	5:22.92
8.	MILENCKI, Piotr		04	UKS "GIM92 URSYNÓW" Warszawa				5:23.90	281
	50m:	35.66 35.66	150m:	1:59.73	42.05	250m:	3:22.51 41.50	350m:	
	100m:	1:17.68 42.02	200m:	2:41.01	41.28	300m:	4:04.03 41.52	400m:	5:23.90
9.	JENDRZEJCZYK, Maxim		04	UKS Ostrobramska				5:24.55	279
	50m:	36.44 36.44	150m:	1:58.71	41.45	250m:	3:22.45 41.71	350m:	4:45.33 41.06
	100m:	1:17.26 40.82	200m:	2:40.74	42.03	300m:	4:04.27 41.82	400m:	5:24.55 39.22
10.	SKURA, Kajetan		04	MKS Polonia Warszawa				5:26.67	274
	50m:	36.86 36.86	150m:	1:59.86	41.99	250m:		350m:	5:26.67 38.80
	100m:	1:17.87 41.01	200m:	3:24.04	1:24.18	300m:	4:47.87	400m:	5:26.67
11.	LITEWSKI, Mikołaj		04	UKS 307 Warszawa-Mokotów				5:28.39	270
	50m:	37.44 37.44	150m:	2:00.48	41.86	250m:	3:24.24 41.83	350m:	4:48.42 42.19
	100m:	1:18.62 41.18	200m:	2:42.41	41.93	300m:	4:06.23 41.99	400m:	5:28.39 39.97
12.	WYTRYKUS, Aleksander		04	Buks Warszawa				5:28.73	269
	50m:	37.83 37.83	150m:	2:02.52	42.84	250m:	3:27.51 42.64	350m:	5:28.73 1:19.77
	100m:	1:19.68 41.85	200m:	2:44.87	42.35	300m:	4:08.96 41.45	400m:	5:28.73
13.	BERNER, Szymon		04	Buks Warszawa				5:30.35	265
	50m:	35.83 35.83	150m:	2:44.63	1:25.99	250m:	3:27.30	350m:	4:49.87 39.23
	100m:	1:18.64 42.81	200m:			300m:	4:10.64 43.34	400m:	5:30.35 40.48
14.	WO NIAK, Antoni		04	UKS 307 Warszawa-Mokotów				5:35.24	253
	50m:	38.18 38.18	150m:	2:01.85	42.18	250m:	3:28.01 42.88	350m:	4:53.30 42.27
	100m:	1:19.67 41.49	200m:	2:45.13	43.28	300m:	4:11.03 43.02	400m:	5:35.24 41.94
15.	KOŁBU, Jakub		04	Uks Pingwiny				5:35.69	252
	50m:	37.69 37.69	150m:	2:04.91	43.89	250m:	3:30.79 42.78	350m:	4:56.08 42.33
	100m:	1:21.02 43.33	200m:	2:48.01	43.10	300m:	4:13.75 42.96	400m:	5:35.69 39.61
16.	KRAKOWIAK, Tymoteusz		04	UKS JAGIELLONKA Warszawa				5:38.08	247
	50m:	38.86 38.86	150m:	2:06.71	44.94	250m:	3:32.03 43.85	350m:	4:59.40 43.47
	100m:	1:21.77 42.91	200m:	2:48.18	41.47	300m:	4:15.93 43.90	400m:	5:38.08 38.68
17.	KRAS, Bruno		04	Integracyjny Klub Sportowy Kon				5:41.34	240
	50m:	38.09 38.09	150m:	2:03.44	43.13	250m:	3:30.60 44.20	350m:	4:58.21 44.09
	100m:	1:20.31 42.22	200m:	2:46.40	42.96	300m:	4:14.12 43.52	400m:	5:41.34 43.13

Ogólnopolski Sprawdzian Wytrzymałość i Wszechstronność Stylowej rocznik 2004
Raszyn, 19.11.2015

Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	KAŁASKA, Patryk		04	UKS JAGIELLONKA Warszawa				5:42.42	238
	50m:	38.19 38.19	150m:	2:08.35	45.66	250m:	3:37.14 44.30	350m:	5:03.47 41.94
	100m:	1:22.69 44.50	200m:	2:52.84	44.49	300m:	4:21.53 44.39	400m:	5:42.42 38.95
19.	URBA SKI, Filip		04	Uks Pingwiny				5:43.00	236
	50m:	39.84 39.84	150m:	2:08.15	45.18	250m:	3:35.70 44.02	350m:	5:02.53 42.86
	100m:	1:22.97 43.13	200m:	2:51.68	43.53	300m:	4:19.67 43.97	400m:	5:43.00 40.47
20.	IWANKOWSKI, Hubert		04	MKS Polonia Warszawa				5:47.11	228
	50m:	38.90 38.90	150m:	2:50.94	1:29.20	250m:	4:22.17 46.21	350m:	5:47.20 41.29
	100m:	1:21.74 42.84	200m:	3:35.96	45.02	300m:	5:05.91 43.74	400m:	5:47.11
21.	J DRZEJKIEWICZ, Ignacy		04	UKS"GIM92 URSYNÓW"Warszawa				5:47.37	228
	50m:	37.58 37.58	150m:	2:50.95	44.45	250m:		350m:	
	100m:	2:06.50 1:28.92	200m:			300m:	4:21.16	400m:	5:47.37
22.	KORDOWSKI, Tymoteusz		04	Buks Warszawa				5:47.44	227
	50m:	38.30 38.30	150m:	2:07.39		250m:		350m:	5:05.76
	100m:		200m:	2:52.84	45.45	300m:		400m:	5:47.44 41.68
23.	ROZMYŚLowski, Filip		04	UKS GOS Raszyn				5:49.99	223
	50m:	37.59 37.59	150m:	2:05.19	45.24	250m:	3:35.85 45.58	350m:	5:08.43 46.14
	100m:	1:19.95 42.36	200m:	2:50.27	45.08	300m:	4:22.29 46.44	400m:	5:49.99 41.56
24.	CIUBA, Mikołaj		04	UKS GOS Raszyn				5:50.25	222
	50m:	36.82 36.82	150m:	2:02.96	44.04	250m:	3:34.01 45.71	350m:	5:07.35 46.25
	100m:	1:18.92 42.10	200m:	2:48.30	45.34	300m:	4:21.10 47.09	400m:	5:50.25 42.90
25.	YRO, Ignacy		04	Uks Wilanowia				5:51.04	221
	50m:		150m:			250m:		350m:	
	100m:	1:22.20	200m:			300m:		400m:	5:51.04
26.	DUDKIEWICZ, Jan		04	Uks oliborz				5:52.11	219
	50m:	39.52 39.52	150m:	2:09.95	46.00	250m:	3:40.53 45.59	350m:	5:09.83 44.79
	100m:	1:23.95 44.43	200m:	2:54.94	44.99	300m:	4:25.04 44.51	400m:	5:52.11 42.28
27.	KIDA, Antoni		04	Integracyjny Klub Sportowy Kon				5:52.20	218
	50m:	38.64 38.64	150m:	2:08.27	45.27	250m:	3:39.25 45.47	350m:	5:08.89 44.24
	100m:	1:23.00 44.36	200m:	2:53.78	45.51	300m:	4:24.65 45.40	400m:	5:52.20 43.31
28.	MASZARO, Jakub		04	MKS Piaseczno				5:56.63	210
	50m:	40.92 40.92	150m:	2:09.33	44.75	250m:	3:39.50 45.96	350m:	5:11.64 45.76
	100m:	1:24.58 43.66	200m:	2:53.54	44.21	300m:	4:25.88 46.38	400m:	5:56.63 44.99
29.	OLCZAK, Maciej		04	Uks oliborz				5:59.21	206
	50m:	39.47 39.47	150m:	2:10.60		250m:		350m:	5:59.21
	100m:		200m:			300m:		400m:	5:59.21
30.	ZGODA, J drzej		04	Uks Kapry Armexim Pruszków				6:00.11	204
	50m:	38.82 38.82	150m:	2:11.81	47.76	250m:	3:43.39 46.64	350m:	5:17.23 46.69
	100m:	1:24.05 45.23	200m:	2:56.75	44.94	300m:	4:30.54 47.15	400m:	6:00.11 42.88
31.	W GIEŁEK, Julian		04	Uks oliborz				6:04.42	197
	50m:	39.62 39.62	150m:	2:13.39	46.56	250m:	3:49.60 48.02	350m:	5:21.75 45.37
	100m:	1:26.83 47.21	200m:	3:01.58	48.19	300m:	4:36.38 46.78	400m:	6:04.42 42.67
32.	MALUS, Jakub		04	MKS Polonia Warszawa				6:04.59	197
	50m:	41.23 41.23	150m:	2:13.87	45.69	250m:	3:47.39 47.87	350m:	5:21.57 47.35
	100m:	1:28.18 46.95	200m:	2:59.52	45.65	300m:	4:34.22 46.83	400m:	6:04.59 43.02
33.	DOLNY, Bartosz		04	Psp Swim Płock				6:04.74	197
	50m:	47.27 47.27	150m:			250m:	3:29.04 53.77	350m:	5:15.17 52.20
	100m:	1:41.44 54.17	200m:	2:35.27		300m:	4:22.97 53.93	400m:	6:04.74 49.57
34.	GAJEWSKI, Jakub		04	UKS "POLONEZ" Wyszaków				6:05.82	195
	50m:	39.65 39.65	150m:	2:11.81	47.06	250m:	3:45.47 47.17	350m:	5:18.06 45.26
	100m:	1:24.75 45.10	200m:	2:58.30	46.49	300m:	4:32.80 47.33	400m:	6:05.82 47.76
35.	KALENIK, Marcin		04	UKS Manta Warszawa Włochy				6:07.81	192
	50m:	39.93 39.93	150m:	2:15.14	47.71	250m:	3:50.16 47.08	350m:	5:25.14 48.00
	100m:	1:27.43 47.50	200m:	3:03.08	47.94	300m:	4:37.14 46.98	400m:	6:07.81 42.67

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Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.
36.	BIEGU SKI, Borys		04	Uks Pingwiny			6:08.57	190	
	50m: 41.24 41.24	150m:		250m: 3:49.16	47.27	350m:	5:24.12		
	100m: 1:27.46 46.22	200m: 3:01.89		300m:		400m:	6:08.57	44.45	
37.	ROSZKOWSKI, Oskar		04	MKS Piaseczno			6:08.70	190	
	50m: 42.03 42.03	150m: 2:14.92		46.96 250m: 3:48.58	47.11	350m:	5:21.17	45.10	
	100m: 1:27.96 45.93	200m: 3:01.47		46.55 300m: 4:36.07	47.49	400m:	6:08.70	47.53	
38.	NIVETTE, Aleksander		04	UKS Ostrobramska			6:09.18	190	
	50m: 39.65 39.65	150m: 2:12.96		47.33 250m: 3:48.21	47.97	350m:	6:09.18	1:35.02	
	100m: 1:25.63 45.98	200m: 3:00.24		47.28 300m: 4:34.16	45.95	400m:	6:09.18		
39.	GRZYBOWSKI, Oliwier		04	Buks Warszawa			6:10.48	188	
	50m: 40.33 40.33	150m: 2:13.80		47.60 250m: 4:39.93	1:38.05	350m:	5:27.47		
	100m: 1:26.20 45.87	200m: 3:01.88		48.08 300m:		400m:	6:10.48	43.01	
40.	GÓRALCZYK, Franciszek		04	UKS Ostrobramska			6:11.69	186	
	50m:	150m: 2:16.75		48.71 250m: 3:54.66	49.34	350m:	5:28.27		
	100m: 1:28.04	200m: 3:05.32		48.57 300m:		400m:	6:11.69	43.42	
41.	BIELECKI, Mikołaj		04	MKS Polonia Warszawa			6:12.16	185	
	50m: 40.80 40.80	150m: 2:15.06		250m: 3:52.42	48.53	350m:			
	100m:	200m: 3:03.89		48.83 300m:		400m:	6:12.16		
42.	KURPISZ, Kacper		04	MKS Polonia Warszawa			6:12.53	184	
	50m: 41.82 41.82	150m: 2:16.65		47.37 250m: 3:52.12	48.67	350m:			
	100m: 1:29.28 47.46	200m: 3:03.45		46.80 300m: 4:39.51	47.39	400m:	6:12.53		
43.	JEDLAK, Bartłomiej		04	Uks oliborz			6:14.18	182	
	50m: 39.75 39.75	150m: 2:13.52		47.80 250m: 3:48.50	48.04	350m:	5:25.69	48.95	
	100m: 1:25.72 45.97	200m: 3:00.46		46.94 300m: 4:36.74	48.24	400m:	6:14.18	48.49	
44.	PETRIW-TLAGA, Patryk		04	UKS JAGIELLONKA Warszawa			6:14.30	182	
	50m: 38.69 38.69	150m: 2:13.66		47.83 250m: 3:50.20	48.75	350m:	5:26.27	46.22	
	100m: 1:25.83 47.14	200m: 3:01.45		47.79 300m: 4:40.05	49.85	400m:	6:14.30	48.03	
45.	NOGAS, Olivier		04	Buks Warszawa			6:16.48	179	
	50m: 41.35 41.35	150m:		250m: 3:52.53	47.47	350m:			
	100m: 1:28.30 46.95	200m: 3:05.06		300m: 4:42.08	49.55	400m:	6:16.48		
46.	KOZŁOWSKI, Szymon		04	Buks Warszawa			6:16.73	178	
	50m: 41.68 41.68	150m: 2:17.08		48.18 250m: 3:54.21	48.55	350m:	5:31.53	48.67	
	100m: 1:28.90 47.22	200m: 3:05.66		48.58 300m: 4:42.86	48.65	400m:	6:16.73	45.20	
47.	SZYMA SKI, Mateusz		04	UKS "POLONEZ" Wyszaków			6:17.21	178	
	50m: 40.27 40.27	150m: 2:15.09		48.49 250m: 3:52.59	49.86	350m:	5:23.86	45.60	
	100m: 1:26.60 46.33	200m: 3:02.73		47.64 300m: 4:38.26	45.67	400m:	6:17.21	53.35	
48.	WILCZY SKI, Piotr		04	UKS "POLONEZ" Wyszaków			6:17.22	178	
	50m: 42.26 42.26	150m:		250m: 3:55.89	1:35.61	350m:	5:34.72	48.55	
	100m: 1:30.47 48.21	200m: 2:20.28		300m: 4:46.17	50.28	400m:	6:17.22	42.50	
49.	BEDNARCZUK, Hubert		04	Uks oliborz			6:18.48	176	
	50m: 42.57 42.57	150m: 2:18.61		49.12 250m: 3:54.98	48.29	350m:	5:32.79	48.90	
	100m: 1:29.49 46.92	200m: 3:06.69		48.08 300m: 4:43.89	48.91	400m:	6:18.48	45.69	
50.	SIWEK, Piotr		04	Uks oliborz			6:19.50	174	
	50m: 41.39 41.39	150m: 2:19.34		250m: 3:56.01	48.68	350m:	5:33.62	48.03	
	100m:	200m: 3:07.33		47.99 300m: 4:45.59	49.58	400m:	6:19.50	45.88	
51.	MAJKOWSKI, Aleksander		04	UKS 307 Warszawa-Mokotów			6:23.45	169	
	50m: 43.17 43.17	150m: 2:19.99		48.11 250m:		350m:			
	100m: 1:31.88 48.71	200m: 3:09.28		49.29 300m:		400m:	6:23.45		
52.	SKRZYPEK, Jakub		04	Uks oliborz			6:25.80	166	
	50m: 42.33 42.33	150m: 2:20.34		49.51 250m: 4:00.67	51.11	350m:	5:39.68	48.35	
	100m: 1:30.83 48.50	200m: 3:09.56		49.22 300m: 4:51.33	50.66	400m:	6:25.80	46.12	
53.	JAROSZY SKI, Michał		04	MKS Polonia Warszawa			6:26.81	165	
	50m: 40.80 40.80	150m: 2:19.52		50.24 250m: 4:02.33	51.72	350m:			
	100m: 1:29.28 48.48	200m: 3:10.61		51.09 300m: 4:53.02	50.69	400m:	6:26.81		

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej rocznik 2004
Raszyn, 19.11.2015

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Pozycja			Rok ur.					Czas	Pkt.			
54.	HOWERYNG, Franciszek		04	UKS 307 Warszawa-Mokotów				6:29.70	161			
	50m:	150m:	2:24.31	49.77	250m:	4:04.88	50.26	350m:	5:44.66	49.75		
	100m:	200m:	3:14.62	50.31	300m:	4:54.91	50.03	400m:	6:29.70	45.04		
55.	PODPORA, Piotr		04	Buks Warszawa				6:30.19	160			
	50m:	1:31.75	1:31.75	150m:	250m:		350m:					
	100m:	2:21.17	49.42	200m:	300m:		400m:	6:30.19				
56.	POGORZELSKI, Przemysław		04	UKS "POLONEZ" Wyszaków				6:32.57	158			
	50m:	41.33	41.33	150m:	2:20.09	50.49	250m:	4:02.60	50.13	350m:	5:45.73	51.58
	100m:	1:29.60	48.27	200m:	3:12.47	52.38	300m:	4:54.15	51.55	400m:	6:32.57	46.84
57.	LISIEWICZ, Bartek		04	UKS Manta Warszawa Włochy				6:32.81	157			
	50m:	45.42	45.42	150m:	2:24.38	49.16	250m:	4:05.71	51.10	350m:	5:47.04	50.88
	100m:	1:35.22	49.80	200m:	3:14.61	50.23	300m:	4:56.16	50.45	400m:	6:32.81	45.77
58.	ZAPERTY, Michał		04	UKS JAGIELLONKA Warszawa				6:33.61	156			
	50m:	41.16	41.16	150m:	2:19.30	49.60	250m:	4:01.54	52.63	350m:	5:43.82	51.34
	100m:	1:29.70	48.54	200m:	3:08.91	49.61	300m:	4:52.48	50.94	400m:	6:33.61	49.79
59.	STELMACH, Bartłomiej		04	Uks Wilanowia				6:34.10	156			
	50m:	39.94	39.94	150m:	250m:	4:02.67	51.82	350m:				
	100m:		200m:	3:10.85	300m:	4:54.57	51.90	400m:	6:34.10			
60.	WO NIAK, Piotr		04	Uks Pingwiny				6:37.39	152			
	50m:	43.09	43.09	150m:	2:23.28	50.84	250m:	4:04.55	51.18	350m:	5:46.47	50.55
	100m:	1:32.44	49.35	200m:	3:13.37	50.09	300m:	4:55.92	51.37	400m:	6:37.39	50.92
61.	TYCZY SKI, Karol		04	UKS JAGIELLONKA Warszawa				6:38.67	150			
	50m:	41.83	41.83	150m:	2:20.50	50.17	250m:	4:05.77	53.15	350m:	5:51.57	52.98
	100m:	1:30.33	48.50	200m:	3:12.62	52.12	300m:	4:58.59	52.82	400m:	6:38.67	47.10
62.	KOWALSKI, Jan		04	Uks Wilanowia				6:41.85	147			
	50m:	45.21	45.21	150m:	2:27.82	50.11	250m:	4:11.94	52.32	350m:	5:56.56	52.38
	100m:	1:37.71	52.50	200m:	3:19.62	51.80	300m:	5:04.18	52.24	400m:	6:41.85	45.29
63.	PARNOWSKI, Jan		04	Uks oliborz				6:42.78	146			
	50m:	45.16	45.16	150m:	2:27.60	51.11	250m:		350m:	5:56.31	49.86	
	100m:	1:36.49	51.33	200m:	3:19.25	51.65	300m:	5:06.45	400m:	6:42.78	46.47	
64.	REMBIEWSKI, Konrad		04	MKS Piaseczno				6:43.37	145			
	50m:	42.36	42.36	150m:	2:26.30	52.68	250m:	4:11.68	53.06	350m:	5:04.18	
	100m:	1:33.62	51.26	200m:	3:18.62	52.32	300m:		400m:	6:43.37	1:39.19	
65.	GAW DA, Piotr		04	MKS Piaseczno				6:43.40	145			
	50m:	45.69	45.69	150m:	2:30.60	52.63	250m:	4:12.05	51.20	350m:		
	100m:	1:37.97	52.28	200m:	3:20.85	50.25	300m:	5:03.96	51.91	400m:	6:43.40	
66.	BARTOSIEWICZ, Eryk		04	Uks oliborz				6:43.65	145			
	50m:	44.27	44.27	150m:	2:27.74	51.48	250m:	4:09.97	49.80	350m:	5:53.85	
	100m:	1:36.26	51.99	200m:	3:20.17	52.43	300m:		400m:	6:43.65	49.80	
67.	LARENTA, Batrosz		04	UKS JAGIELLONKA Warszawa				6:45.94	142			
	50m:		150m:	250m:		350m:						
	100m:	1:32.25	200m:	300m:		400m:	6:45.94					
68.	KARPUNIN, Michał		04	Uks Wilanowia				6:50.41	138			
	50m:	41.98	41.98	150m:	2:21.47	52.07	250m:	4:10.03	53.64	350m:	6:00.86	56.07
	100m:	1:29.40	47.42	200m:	3:16.39	54.92	300m:	5:04.79	54.76	400m:	6:50.41	49.55
69.	TUREK, Maciej		04	UKS "POLONEZ" Wyszaków				6:51.11	137			
	50m:	42.87	42.87	150m:	2:28.54	53.81	250m:	4:13.49	51.85	350m:		
	100m:	1:34.73	51.86	200m:	3:21.64	53.10	300m:		400m:	6:51.11		
70.	SZCZYGŁOWSKI, Karol		04	Buks Warszawa				7:00.77	128			
	50m:	44.48	44.48	150m:	2:31.26	54.54	250m:	4:18.32	54.62	350m:		
	100m:	1:36.72	52.24	200m:	3:23.70	52.44	300m:		400m:	7:00.77		
71.	B TKIEWICZ, Adam		04	Buks Warszawa				7:02.38	126			
	50m:	49.00	49.00	150m:	2:39.48	55.94	250m:	4:29.68	55.22	350m:	6:16.94	53.52
	100m:	1:43.54	54.54	200m:	3:34.46	54.98	300m:	5:23.42	53.74	400m:	7:02.38	45.44

Ogólnopolski Sprawdzian Wytrzymałość i Wszechstronność Stylowej rocznik 2004
Raszyn, 19.11.2015

Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja		Rok ur.			Czas	Pkt.
72.	K DZIERSKI, Adam	04	Buks Warszawa		7:04.07	125
	50m:		150m: 2:36.98	250m:	350m:	
	100m:		200m:	300m: 5:22.86	400m: 7:04.07	
73.	SIEKIERKA, Filip	04	UKS JAGIELLONKA Warszawa		7:08.98	121
	50m: 43.08 43.08		150m: 2:30.80 56.58	250m: 4:23.05 55.33	350m:	
	100m: 1:34.22 51.14		200m: 3:27.72 56.92	300m: 5:16.92 53.87	400m: 7:08.98	
74.	WROBLEWSKI, Konrad	04	Uks Pingwiny		7:10.43	119
	50m: 44.41 44.41		150m: 2:32.33 55.25	250m: 4:25.42 56.02	350m:	
	100m: 1:37.08 52.67		200m: 3:29.40 57.07	300m: 5:22.40 56.98	400m: 7:10.43	
75.	WOLA SKI, Łukasz	04	MKS Piaseczno		7:11.93	118
	50m: 47.46 47.46		150m: 2:36.18 55.20	250m: 4:24.33 53.81	350m:	
	100m: 1:40.98 53.52		200m: 3:30.52 54.34	300m: 5:21.11 56.78	400m: 7:11.93	
76.	KOZUB, Aleksander	04	UKS JAGIELLONKA Warszawa		7:12.19	118
	50m: 47.18 47.18		150m: 2:37.17 55.02	250m: 4:28.23 55.41	350m:	
	100m: 1:42.15 54.97		200m: 3:32.82 55.65	300m: 5:24.83 56.60	400m: 7:12.19	
77.	SKOCZY SKI, Jakub	04	Uks oliborz		7:17.49	114
	50m: 49.17 49.17		150m: 2:41.86 57.48	250m: 4:37.23 57.24	350m:	
	100m: 1:44.38 55.21		200m: 3:39.99 58.13	300m: 5:31.88 54.65	400m: 7:17.49	
78.	JURKOWSKI, Michał	04	Uks oliborz		7:24.09	109
	50m: 47.10 47.10		150m: 2:40.48 56.71	250m: 4:37.11 58.49	350m: 6:31.18 55.85	
	100m: 1:43.77 56.67		200m: 3:38.62 58.14	300m: 5:35.33 58.22	400m: 7:24.09 52.91	
79.	FACON, Kamil	04	Buks Warszawa		7:33.56	102
	50m: 47.62 47.62		150m:	250m: 3:36.71 56.29	350m: 5:28.15 53.95	
	100m: 1:44.03 56.41		200m: 2:40.42	300m: 4:34.20 57.49	400m: 7:33.56 2:05.41	
80.	SZWEJDA, Kasjan	04	UKS "POLONEZ" Wyszaków		7:33.72	102
	50m: 44.74 44.74		150m: 2:37.13 57.95	250m: 4:37.79 1:00.75	350m:	
	100m: 1:39.18 54.44		200m: 3:37.04 59.91	300m: 5:37.82 1:00.03	400m: 7:33.72	
81.	SKLEPKOWSKI, Michał	04	Uks Wilanowia		7:38.25	99
	50m: 47.48 47.48		150m:	250m:	350m:	
	100m: 1:45.60 58.12		200m: 3:44.93	300m: 5:45.93	400m: 7:38.25	
82.	POPLAWSKI, Maciej	04	Uks Wilanowia		8:17.59	77
	50m: 51.64 51.64		150m: 2:58.77 1:04.35	250m:	350m:	
	100m: 1:54.42 1:02.78		200m:	300m: 6:15.91	400m: 8:17.59	
83.	POCHMARA, Marcin	04	UKS "POLONEZ" Wyszaków		8:30.81	71
	50m:		150m:	250m:	350m:	
	100m:		200m: 3:08.88	300m:	400m: 8:30.81	
84.	ARANOWSKI, Olaf	04	UKS "POLONEZ" Wyszaków		8:32.54	71
	50m: 51.55 51.55		150m: 2:58.40 1:04.39	250m: 4:04.35	350m:	
	100m: 1:54.01 1:02.46		200m:	300m: 5:12.06 1:07.71	400m: 8:32.54	
DYSKW.	KUCHARSKI, Antoni	04	MKS Piaseczno		5:46.60	
	<i>04 - Start wykonany przed sygnałem (przedwczesny start)</i>					
	50m: 39.03 39.03		150m: 2:06.25 43.56	250m: 3:34.39 43.81	350m: 5:03.13 43.82	
	100m: 1:22.69 43.66		200m: 2:50.58 44.33	300m: 4:19.31 44.92	400m: 5:46.60 43.47	
PK	BARNA , Maksymilian	05	Buks Warszawa		5:28.13	270
	50m: 38.04 38.04		150m: 2:02.26 42.50	250m: 3:26.39 41.97	350m: 4:49.61 41.37	
	100m: 1:19.76 41.72		200m: 2:44.42 42.16	300m: 4:08.24 41.85	400m: 5:28.13 38.52	