

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej rocznik 2005
Raszyn, 28.11.2016

Konkurencja 4
28.11.2016 - 11:12

Chłopców, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.	
1.	BARNAS, Maksymilian		05	Buks Warszawa				5:14.18	308	
	50m:	150m:	1:14.77	250m:	2:36.29	40.28	350m:	3:58.09	40.54	
	100m:	200m:	1:56.01	41.24	300m:	3:17.55	41.26	400m:	5:14.18	1:16.09
2.	ŁUCJANEK, Piotr		05	MKS Ochota Warszawa				5:19.13	294	
	50m:	150m:	3:19.20	250m:	4:00.05		350m:			
	100m:	200m:	3:19.20	300m:	5:19.13	1:19.08	400m:	5:19.13		
3.	MIŁKOWSKI, Wiktor		05	ródmiejski UKS Polna Warszawa				5:20.26	291	
	50m:	150m:	37.22	250m:	4:02.19		350m:			
	100m:	200m:	2:40.69	300m:	4:41.03	38.84	400m:	5:20.26		
4.	OKO, Maksymilian		05	Uks Gim 92 Ursynów Warszawa				5:29.11	268	
	50m:	150m:	37.04	250m:	3:26.38	43.17	350m:	4:49.57	41.60	
	100m:	200m:	1:18.35	42.44	300m:	4:07.97	41.59	400m:	5:29.11	39.54
5.	TRYDULSKI, Oskar		05	Uks Gim 92 Ursynów Warszawa				5:29.93	266	
	50m:	150m:	37.95	250m:	3:26.32	42.38	350m:	4:50.01	41.59	
	100m:	200m:	1:19.58	42.38	300m:	4:08.42	42.10	400m:	5:29.93	39.92
6.	CZARNECKI, Igor		05	Uks Gim 92 Ursynów Warszawa				5:34.66	255	
	50m:	150m:	37.14	250m:	3:29.01	43.46	350m:	4:54.40	42.68	
	100m:	200m:	1:19.65	43.12	300m:	4:11.72	42.71	400m:	5:34.66	40.26
7.	BARAN, Maciej		05	Uks,, oliborz" Warszawa				5:35.46	253	
	50m:	150m:	38.43	250m:	3:31.95	42.94	350m:	4:55.90	41.65	
	100m:	200m:	1:21.42	43.58	300m:	4:14.25	42.30	400m:	5:35.46	39.56
8.	KOWALSKI, Alexander		05	MPKS Orka Ciechanów				5:35.66	252	
	50m:	150m:	37.24	250m:	3:28.35	42.26	350m:	4:55.30	44.09	
	100m:	200m:	1:19.75	43.72	300m:	4:11.21	42.86	400m:	5:35.66	40.36
9.	BODNAR, Mikołaj		05	Uks Gim 92 Ursynów Warszawa				5:36.65	250	
	50m:	150m:	37.78	250m:			350m:			
	100m:	200m:	37.78	300m:			400m:	5:36.65		
10.	BULI SKI, Hektor		05	Uks,, oliborz" Warszawa				5:39.97	243	
	50m:	150m:	38.46	250m:	3:34.23	42.97	350m:	5:00.92	43.60	
	100m:	200m:	1:23.11	44.36	300m:	4:17.32	43.09	400m:	5:39.97	39.05
11.	PAJKOWSKI, Franciszek		05	Uks Gim 92 Ursynów Warszawa				5:40.49	242	
	50m:	150m:	38.15	250m:	3:32.83	43.85	350m:	5:00.48	43.39	
	100m:	200m:	1:21.56	43.42	300m:	4:17.09	44.26	400m:	5:40.49	40.01
12.	LOBOV, Nykyta		05	Uks Pingwiny				5:43.25	236	
	50m:	150m:	38.15	250m:	3:35.37	44.48	350m:	5:02.21	43.14	
	100m:	200m:	1:21.89	44.04	300m:	4:19.07	43.70	400m:	5:43.25	41.04
13.	GOŁY SKI, Michał		05	Uks Gim 92 Ursynów Warszawa				5:43.33	236	
	50m:	150m:	37.75	250m:	3:33.48	44.48	350m:	5:04.11	45.50	
	100m:	200m:	1:20.69	44.11	300m:	4:18.61	45.13	400m:	5:43.33	39.22
14.	GALICKI, Kajetan		05	Buks Warszawa				5:47.26	228	
	50m:	150m:	39.60	250m:	3:36.03	44.41	350m:	5:06.99	44.24	
	100m:	200m:	1:23.90	44.28	300m:	4:22.75	46.72	400m:	5:47.26	40.27
15.	BROGOSZ, Bartosz		05	Uks,, oliborz" Warszawa				5:48.19	226	
	50m:	150m:	37.89	250m:	3:35.48	44.71	350m:	5:06.11	45.16	
	100m:	200m:	1:20.37	44.76	300m:	4:20.95	45.47	400m:	5:48.19	42.08
16.	PIENI EK, Wojciech		05	IUKS Muszelka				5:51.17	220	
	50m:	150m:	38.26	250m:	3:37.00		350m:			
	100m:	200m:	38.26	300m:			400m:	5:51.17		
17.	PAWLIKOWSKI, Jan		05	Uks Gim 92 Ursynów Warszawa				5:52.48	218	
	50m:	150m:	38.39	250m:	3:39.06	45.43	350m:	5:09.31	45.07	
	100m:	200m:	1:22.93	45.33	300m:	4:24.24	45.18	400m:	5:52.48	43.17

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej rocznik 2005
 Raszyn, 28.11.2016

Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.							Czas	Pkt.
18.	JOACHIMIAK, Łukasz		05	Uks Kapry Armexim Pruszków						5:53.08	217
	50m:	38.14 38.14	150m:	2:09.38	45.78	250m:	3:40.70	45.41	350m:	5:10.54	43.99
	100m:	1:23.60 45.46	200m:	2:55.29	45.91	300m:	4:26.55	45.85	400m:	5:53.08	42.54
19.	LIS, Tomasz		05	Buks Warszawa						5:56.49	211
	50m:	40.68 40.68	150m:	2:14.40	46.45	250m:	4:27.86	43.75	350m:		
	100m:	1:27.95 47.27	200m:	3:44.11	1:29.71	300m:	5:12.75	44.89	400m:	5:56.49	
20.	BIKOWSKI, Mateusz		05	UKS Wilanowia						5:57.05	210
	50m:	39.44 39.44	150m:	2:12.08	47.02	250m:	3:44.06	44.97	350m:	5:13.91	45.18
	100m:	1:25.06 45.62	200m:	2:59.09	47.01	300m:	4:28.73	44.67	400m:	5:57.05	43.14
21.	RÓ YCKI, Szymon		05	Uks Gim 92 Ursynów Warszawa						5:57.42	209
	50m:	38.38 38.38	150m:	2:10.28	47.00	250m:	4:29.85	46.10	350m:		
	100m:	1:23.28 44.90	200m:	3:43.75	1:33.47	300m:	5:15.35	45.50	400m:	5:57.42	
22.	GRZELEWSKI, Andrzej		05	Buks Warszawa						5:57.80	208
	50m:	38.16 38.16	150m:	2:09.26	45.38	250m:	3:43.29	46.77	350m:	5:14.60	44.87
	100m:	1:23.88 45.72	200m:	2:56.52	47.26	300m:	4:29.73	46.44	400m:	5:57.80	43.20
23.	CZAJA, Hubert		05	UKS 307 Warszawa Mokotów						5:57.84	208
	50m:	37.97 37.97	150m:	2:08.09	45.37	250m:	3:40.81	46.53	350m:	5:13.64	46.21
	100m:	1:22.72 44.75	200m:	2:54.28	46.19	300m:	4:27.43	46.62	400m:	5:57.84	44.20
24.	SZYMA SKI, Dominik		05	UKS "POLONEZ" Wyszaków						6:05.46	195
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	6:05.46	
25.	LENKIEWICZ, Kacper		05	Uks Gim 92 Ursynów Warszawa						6:06.86	193
	50m:	40.68 40.68	150m:	2:13.23	46.37	250m:	3:46.34	46.21	350m:	5:20.53	47.91
	100m:	1:26.86 46.18	200m:	3:00.13	46.90	300m:	4:32.62	46.28	400m:	6:06.86	46.33
26.	SKRZECZ, Piotr		05	Uks,, oliborz" Warszawa						6:08.51	191
	50m:	39.42 39.42	150m:	2:13.49	48.61	250m:	3:48.30	48.09	350m:	5:23.57	47.17
	100m:	1:24.88 45.46	200m:	3:00.21	46.72	300m:	4:36.40	48.10	400m:	6:08.51	44.94
27.	REZNER, Jan		05	Uks Kapry Armexim Pruszków						6:08.80	190
	50m:	36.74 36.74	150m:	2:07.37	47.19	250m:	3:43.67	47.70	350m:	5:19.44	49.44
	100m:	1:20.18 43.44	200m:	2:55.97	48.60	300m:	4:30.00	46.33	400m:	6:08.80	49.36
28.	SMOLI SKI, Filip		05	Uks Gim 92 Ursynów Warszawa						6:09.23	189
	50m:	40.45 40.45	150m:	2:13.18	46.39	250m:	3:47.28	48.10	350m:	5:20.22	48.00
	100m:	1:26.79 46.34	200m:	2:59.18	46.00	300m:	4:32.22	44.94	400m:	6:09.23	49.01
29.	KARPINSKI, Filip		05	Buks Warszawa						6:10.15	188
	50m:	42.91 42.91	150m:	2:16.34	46.79	250m:	3:50.25	47.28	350m:	5:25.86	47.82
	100m:	1:29.55 46.64	200m:	3:02.97	46.63	300m:	4:38.04	47.79	400m:	6:10.15	44.29
30.	SIENKIEWICZ, Ignacy		05	Integracyjny Klub Sportowy Kon						6:10.44	188
	50m:	40.52 40.52	150m:	2:14.21	47.25	250m:	3:48.70	46.64	350m:	5:24.48	48.01
	100m:	1:26.96 46.44	200m:	3:02.06	47.85	300m:	4:36.47	47.77	400m:	6:10.44	45.96
31.	JABLONSKI, Maksymilian		05	Buks Warszawa						6:16.49	179
	50m:	43.26 43.26	150m:	2:20.00	48.83	250m:	3:55.57	47.04	350m:	5:30.31	48.00
	100m:	1:31.17 47.91	200m:	3:08.53	48.53	300m:	4:42.31	46.74	400m:	6:16.49	46.18
32.	NAROWSKI, Nikodem		05	UKS "POLONEZ" Wyszaków						6:18.19	176
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	6:18.19	
33.	WASILEWSKI, Wiktor		05	UKS "POLONEZ" Wyszaków						6:19.02	175
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	6:19.02	
34.	RELUGA, Ignacy		05	Uks,, oliborz" Warszawa						6:20.46	173
	50m:	42.06 42.06	150m:	2:19.76	49.49	250m:			350m:		
	100m:	1:30.27 48.21	200m:	3:59.03	1:39.27	300m:			400m:	6:20.46	
35.	SOKOŁOWSKI, Dawid		05	Uks,, oliborz" Warszawa						6:22.20	171
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	6:22.20	

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Pozycja			Rok ur.					Czas	Pkt.
36.	OS KA, Jakub		05	UKS "POLONEZ" Wyszaków				6:22.35	171
	50m: 41.25 41.25	150m: 3:08.02 49.95		250m: 350m:					
	100m: 2:18.07 1:36.82	200m: 3:58.22 50.20		300m: 400m:			6:22.35		
37.	MIODUSZEWSKI, Oskar		05	Uks Pingwiny				6:25.59	166
	50m: 40.46 40.46	150m: 2:18.12 50.52		250m: 3:58.85 50.50	350m:				
	100m: 1:27.60 47.14	200m: 3:08.35 50.23		300m: 4:49.17 50.32	400m:		6:25.59		
38.	ZAJ C, Kacper		05	Uks,, oliborz" Warszawa				6:27.48	164
	50m:	150m:		250m:	350m:				
	100m:	200m:		300m:	400m:		6:27.48		
39.	KASJANIUK, Michał		05	UKS "POLONEZ" Wyszaków				6:28.75	162
	50m: 41.31 41.31	150m: 2:19.40 49.89		250m: 4:00.42 50.49	350m:		5:41.77	51.00	
	100m: 1:29.51 48.20	200m: 3:09.93 50.53		300m: 4:50.77 50.35	400m:		6:28.75	46.98	
40.	AMBROZIAK, Witold		05	Uks Pingwiny				6:30.50	160
	50m: 42.01 42.01	150m: 2:21.22 50.53		250m: 4:01.91 50.63	350m:		5:42.91	49.86	
	100m: 1:30.69 48.68	200m: 3:11.28 50.06		300m: 4:53.05 51.14	400m:		6:30.50	47.59	
41.	STAROWIEYSKI, Michał		05	Uks,, oliborz" Warszawa				6:31.79	158
	50m: 43.70 43.70	150m: 2:20.40 48.34		250m: 4:00.65 50.34	350m:		5:41.38	50.02	
	100m: 1:32.06 48.36	200m: 3:10.31 49.91		300m: 4:51.36 50.71	400m:		6:31.79	50.41	
42.	ZEBROWSKI, Adam		05	Buks Warszawa				6:32.98	157
	50m:	150m: 2:20.12		250m:	350m:				
	100m:	200m:		300m:	400m:		6:32.98		
43.	DUCHEWICZ, Stanislaw		05	Buks Warszawa				6:41.59	147
	50m: 46.37 46.37	150m: 2:26.74 51.36		250m: 4:07.95 50.01	350m:		5:50.70	51.85	
	100m: 1:35.38 49.01	200m: 3:17.94 51.20		300m: 4:58.85 50.90	400m:		6:41.59	50.89	
44.	ZDRZALIK, Ignacy		05	Uks,, oliborz" Warszawa				6:43.70	145
	50m: 43.19 43.19	150m: 3:17.59 1:43.68		250m:	350m:				
	100m: 1:33.91 50.72	200m: 4:09.56 51.97		300m:	400m:		6:43.70		
45.	SZCZESNY, Filip		05	UKS "POLONEZ" Wyszaków				6:50.02	138
	50m: 44.77 44.77	150m: 2:31.45 54.13		250m: 4:18.16 53.70	350m:		6:03.60	52.35	
	100m: 1:37.32 52.55	200m: 3:24.46 53.01		300m: 5:11.25 53.09	400m:		6:50.02	46.42	
46.	MILDE, Mateusz		05	Uks,, oliborz" Warszawa				6:50.08	138
	50m: 43.27 43.27	150m: 2:25.56 51.96		250m: 4:11.07 53.17	350m:		5:58.21	53.62	
	100m: 1:33.60 50.33	200m: 3:17.90 52.34		300m: 5:04.59 53.52	400m:		6:50.08	51.87	
47.	SO KO, Olaf		05	Integracyjny Klub Sportowy Kon				6:52.46	136
	50m: 46.10 46.10	150m: 2:33.67 54.95		250m: 4:19.76 53.52	350m:		6:04.29	51.52	
	100m: 1:38.72 52.62	200m: 3:26.24 52.57		300m: 5:12.77 53.01	400m:		6:52.46	48.17	
48.	GROCHOWSKI, Jan		05	Uks,, oliborz" Warszawa				6:54.92	133
	50m:	150m:		250m:	350m:				
	100m:	200m:		300m:	400m:		6:54.92		
49.	MUDA, Wiktor		05	Uks,, oliborz" Warszawa				6:55.48	133
	50m: 2:28.99 2:28.99	150m: 5:09.20 1:47.46		250m:	350m:				
	100m: 3:21.74 52.75	200m: 6:02.87 53.67		300m:	400m:		6:55.48		
50.	PASTEWKA, Hubert		05	UKS "POLONEZ" Wyszaków				7:00.69	128
	50m: 47.16 47.16	150m: 2:34.19 53.06		250m: 4:23.60 54.81	350m:				
	100m: 1:41.13 53.97	200m: 3:28.79 54.60		300m:	400m:		7:00.69		
51.	SKORŁUTOWSKI, Bartłomiej		05	UKS Wilanowia				7:01.28	127
	50m: 47.22 47.22	150m: 2:33.08 53.39		250m: 4:24.80 55.51	350m:		6:14.95	54.70	
	100m: 1:39.69 52.47	200m: 3:29.29 56.21		300m: 5:20.25 55.45	400m:		7:01.28	46.33	
52.	KAMI SKI, Jan		05	Uks,, oliborz" Warszawa				7:05.12	124
	50m: 45.83 45.83	150m: 5:17.89 3:39.83		250m:	350m:				
	100m: 1:38.06 52.23	200m:		300m:	400m:		7:05.12		
53.	WARDAWA, Kacper		05	Uks Pingwiny				7:13.89	117
	50m:	150m:		250m:	350m:				
	100m:	200m:		300m:	400m:		7:13.89		

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Pozycja			Rok ur.					Czas	Pkt.		
54.	NIPOCHORSKI, Jan		05	UKS Wilanowia				7:16.32	115		
	50m:	46.33 46.33	150m:	2:37.47	56.56	250m:	4:31.23	57.05	350m:	6:25.07	57.86
	100m:	1:40.91 54.58	200m:	3:34.18	56.71	300m:	5:27.21	55.98	400m:	7:16.32	51.25
55.	ORACZ, Franciszek		05	Buks Warszawa				7:19.28	112		
	50m:	47.51 47.51	150m:	2:36.92	53.68	250m:	4:31.84	59.26	350m:		
	100m:	1:43.24 55.73	200m:	3:32.58	55.66	300m:	5:28.47	56.63	400m:	7:19.28	
56.	BIELECKI, Sambor		05	Uks Gim 92 Ursynów Warszawa				7:24.71	108		
	50m:	49.66 49.66	150m:	2:43.15	56.76	250m:	4:35.57	55.22	350m:		
	100m:	1:46.39 56.73	200m:	3:40.35	57.20	300m:	5:34.48	58.91	400m:	7:24.71	
57.	PONCYLIUSZ, Igor		05	UKS Wilanowia				7:30.71	104		
	50m:	47.45 47.45	150m:	2:41.75	56.72	250m:	4:38.21	58.20	350m:	6:35.81	58.95
	100m:	1:45.03 57.58	200m:	3:40.01	58.26	300m:	5:36.86	58.65	400m:	7:30.71	54.90
58.	SZPIGANOWICZ, Piotr		05	Uks Pingwiny				7:41.14	97		
	50m:	49.69 49.69	150m:	2:43.52	57.35	250m:	4:41.41	1:00.40	350m:	6:45.04	1:01.31
	100m:	1:46.17 56.48	200m:	3:41.01	57.49	300m:	5:43.73	1:02.32	400m:	7:41.14	56.10
59.	ARKUTOWSKI, Patryk		05	Uks Gim 92 Ursynów Warszawa				7:49.58	92		
	50m:	46.21 46.21	150m:	2:41.78	59.70	250m:	4:45.35	1:02.88	350m:	6:53.40	1:03.52
	100m:	1:42.08 55.87	200m:	3:42.47	1:00.69	300m:	5:49.88	1:04.53	400m:	7:49.58	56.18
60.	NIEMYSKI, Nikodem		05	UKS Wilanowia				8:41.61	67		
	50m:	51.99 51.99	150m:			250m:	6:32.92	1:09.51	350m:		
	100m:		200m:	5:23.41		300m:			400m:	8:41.61	
DYSKW.	K PKIEWICZ, Mateusz		05	Uks Pingwiny				7:11.24			
	<i>O 4 - Start wykonany przed sygnałem (przedwczesny start)</i>										
	50m:	44.84 44.84	150m:	2:30.83	53.41	250m:	4:22.85	57.11	350m:	6:18.32	56.98
	100m:	1:37.42 52.58	200m:	3:25.74	54.91	300m:	5:21.34	58.49	400m:	7:11.24	52.92