

OGÓLNOPOLSKI SPRAWDZIAN WSZECHSTRONNO CI STYLOWEJ  
Warszawa, 26.10.2022

Konkurencja 10  
26.10.2022 - 10:45

M czyzn, 400m zmienny

13 lat i starsi  
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.	
<b>13 lat</b>										
1.	SZCZEPANIAK Maciej		09	UKS 48 Warszawa ródnie cie				<b>5:34.37</b>	346	
	50m:	34.37 34.37	150m:	2:00.25	43.76	250m:	3:29.29	47.79	350m:	4:57.24 39.68
	100m:	1:16.49 42.12	200m:	2:41.50	41.25	300m:	4:17.56	48.27	400m:	5:34.37 37.13
2.	CIOŁEK Dawid		09	UKS 48 Warszawa ródnie cie				<b>5:58.10</b>	281	
	50m:	41.24 41.24	150m:	2:17.04	45.46	250m:	3:51.67	51.30	350m:	5:20.63 38.41
	100m:	1:31.58 50.34	200m:	3:00.37	43.33	300m:	4:42.22	50.55	400m:	5:58.10 37.47
3.	KUCZY SKI Franciszek		09	UKS 48 Warszawa ródnie cie				<b>5:59.95</b>	277	
	50m:	38.67 38.67	150m:	2:12.53	46.08	250m:	3:49.11	53.06	350m:	5:22.02 39.50
	100m:	1:26.45 47.78	200m:	2:56.05	43.52	300m:	4:42.52	53.41	400m:	5:59.95 37.93
4.	SZMIT Antoni		09	UKS KRAKEN 227 Warszawa Włochy				<b>6:07.94</b>	259	
	50m:	36.20 36.20	150m:	2:12.35	49.43	250m:	3:52.61	52.35	350m:	5:26.86 42.53
	100m:	1:22.92 46.72	200m:	3:00.26	47.91	300m:	4:44.33	51.72	400m:	6:07.94 41.08
<b>14 lat</b>										
1.	ZGODA Szymon		08	UKP „Polonia Warszawa”				<b>4:59.16</b>	483	
	50m:	31.75 31.75	150m:	1:47.47	37.76	250m:	3:08.10	44.73	350m:	4:26.14 33.24
	100m:	1:09.71 37.96	200m:	2:23.37	35.90	300m:	3:52.90	44.80	400m:	4:59.16 33.02
2.	KRAWCZYK Jakub		08	MUKP Warszawianka Wodny Park				<b>5:03.84</b>	461	
	50m:	31.10 31.10	150m:	1:47.63	40.17	250m:	3:10.40	43.87	350m:	4:31.00 35.99
	100m:	1:07.46 36.36	200m:	2:26.53	38.90	300m:	3:55.01	44.61	400m:	5:03.84 32.84
3.	SZYMCZYK Michał		08	UKS GOS Raszyn				<b>5:04.50</b>	458	
	50m:	29.93 29.93	150m:	1:45.83	41.18	250m:	3:10.37	45.90	350m:	4:31.51 35.43
	100m:	1:04.65 34.72	200m:	2:24.47	38.64	300m:	3:56.08	45.71	400m:	5:04.50 32.99
4.	JARECKI Bartosz		08	UKS 48 Warszawa ródnie cie				<b>5:08.61</b>	440	
	50m:	32.53 32.53	150m:	1:51.74	39.98	250m:	3:13.99	43.72	350m:	4:33.79 36.05
	100m:	1:11.76 39.23	200m:	2:30.27	38.53	300m:	3:57.74	43.75	400m:	5:08.61 34.82
5.	L ZAK Kamil		08	UKP „Polonia Warszawa”				<b>5:26.77</b>	371	
	50m:	34.74 34.74	150m:	2:03.06	46.33	250m:	3:31.21	46.23	350m:	4:53.95 35.47
	100m:	1:16.73 41.99	200m:	2:44.98	41.92	300m:	4:18.48	47.27	400m:	5:26.77 32.82
6.	PŁUCIENNIK Filip		08	MUKP Warszawianka Wodny Park				<b>5:29.11</b>	363	
	50m:	33.20 33.20	150m:	1:59.24	44.37	250m:	3:26.45	44.89	350m:	4:52.32 37.88
	100m:	1:14.87 41.67	200m:	2:41.56	42.32	300m:	4:14.44	47.99	400m:	5:29.11 36.79
7.	MADEY Ryszard		08	UKS GOS Raszyn				<b>5:29.85</b>	360	
	50m:	33.43 33.43	150m:	1:56.63	41.98	250m:	3:25.42	47.26	350m:	4:52.19 39.64
	100m:	1:14.65 41.22	200m:	2:38.16	41.53	300m:	4:12.55	47.13	400m:	5:29.85 37.66
8.	SIALITSKI Ryhor		08	UKS KRAKEN 227 Warszawa Włochy				<b>5:38.45</b>	333	
	50m:	32.50 32.50	150m:	1:58.95	44.58	250m:	3:33.07	49.45	350m:	5:02.98 38.55
	100m:	1:14.37 41.87	200m:	2:43.62	44.67	300m:	4:24.43	51.36	400m:	5:38.45 35.47
9.	ŁUKASZEWSKI Mateusz		08	UKS KRAKEN 227 Warszawa Włochy				<b>5:50.26</b>	301	
	50m:	32.91 32.91	150m:	1:58.39	44.24	250m:	3:34.63	50.55	350m:	5:08.95 41.46
	100m:	1:14.15 41.24	200m:	2:44.08	45.69	300m:	4:27.49	52.86	400m:	5:50.26 41.31
10.	BOREK Mateusz		08	UKS KRAKEN 227 Warszawa Włochy				<b>6:20.13</b>	235	
	50m:	37.07 37.07	150m:	2:10.70	46.08	250m:	3:53.36	57.68	350m:	5:33.37 42.41
	100m:	1:24.62 47.55	200m:	2:55.68	44.98	300m:	4:50.96	57.60	400m:	6:20.13 46.76

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15 lat

1.	ŁUKAWSKI Tomasz		07	UKS 48 Warszawa	ródmie cie	<b>5:11.77</b>	427					
	50m:	31.56	31.56	150m:	1:50.11	41.57	250m:	3:15.80	46.00	350m:	4:38.00	35.12
	100m:	1:08.54	36.98	200m:	2:29.80	39.69	300m:	4:02.88	47.08	400m:	5:11.77	33.77
2.	YARUI Stanislav		07	UKS „Skalar” Warszawa		<b>5:23.77</b>	381					
	50m:	32.62	32.62	150m:	1:57.43	41.59	250m:	3:25.24	46.09	350m:	4:49.51	37.24
	100m:	1:15.84	43.22	200m:	2:39.15	41.72	300m:	4:12.27	47.03	400m:	5:23.77	34.26
3.	WASIELEWSKI Krzysztof		07	MUKP Warszawianka Wodny Park		<b>5:35.66</b>	342					
	50m:	34.63	34.63	150m:	1:58.44	43.01	250m:	3:31.54	51.84	350m:	5:00.16	37.42
	100m:	1:15.43	40.80	200m:	2:39.70	41.26	300m:	4:22.74	51.20	400m:	5:35.66	35.50

DYSKW.	BEDY SKI Sebastian		07	UKP „Polonia Warszawa”								
	<i>K14 - Pływak wykonał kopni cie nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie).</i>											
	50m:	32.05	32.05	150m:	1:47.07	40.05	250m:	3:08.43	42.73	350m:	4:27.82	35.27
	100m:	1:07.02	34.97	200m:	2:25.70	38.63	300m:	3:52.55	44.12	400m:		

16 lat i starsi

1.	ZUBIK Jan		03	UKP „Polonia Warszawa”		<b>4:27.14</b>	679					
	50m:	27.37	27.37	150m:	1:34.07	34.82	250m:	2:47.16	39.12	350m:	3:57.90	31.29
	100m:	59.25	31.88	200m:	2:08.04	33.97	300m:	3:26.61	39.45	400m:	4:27.14	29.24
2.	KOWALCZYK Piotr		03	UKP „Polonia Warszawa”		<b>4:47.10</b>	547					
	50m:	29.20	29.20	150m:	1:39.46	36.34	250m:	2:57.73	42.52	350m:	4:14.90	33.91
	100m:	1:03.12	33.92	200m:	2:15.21	35.75	300m:	3:40.99	43.26	400m:	4:47.10	32.20
3.	MADEY Konrad		06	UKS GOS Raszyn		<b>5:09.76</b>	435					
	50m:	30.18	30.18	150m:	1:47.74	42.21	250m:	3:13.66	45.28	350m:	4:35.85	36.75
	100m:	1:05.53	35.35	200m:	2:28.38	40.64	300m:	3:59.10	45.44	400m:	5:09.76	33.91

PK	ZIÓLKOWSKI Jan		10	UKS 48 Warszawa	ródmie cie							
	<i>M4 - Pływak wykonał nierównoczesne ruchy ramion.</i>											
	50m:	47.83	47.83	150m:	2:42.47	53.16	250m:	4:31.92	57.19	350m:	6:11.91	42.12
	100m:	1:49.31	1:01.48	200m:	3:34.73	52.26	300m:	5:29.79	57.87	400m:		
PK	SPOCZY SKI Maciej		10	UKS 48 Warszawa	ródmie cie	<b>6:57.17</b>	178					
	50m:	44.79	44.79	150m:	2:30.17	48.65	250m:	4:22.69	1:03.51	350m:	6:13.94	46.62
	100m:	1:41.52	56.73	200m:	3:19.18	49.01	300m:	5:27.32	1:04.63	400m:	6:57.17	43.23
PK	MACKIEWICZ Michał		10	UKS H2O Warszawa		<b>7:14.16</b>	158					
	50m:	54.09	54.09	150m:	2:50.53	53.75	250m:	4:41.11	59.06	350m:	6:27.66	48.35
	100m:	1:56.78	1:02.69	200m:	3:42.05	51.52	300m:	5:39.31	58.20	400m:	7:14.16	46.50