

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej i Zawody Pływackie o puchar Starosty Ciechanowskiego
CIECHANÓW, 26-11-2011

Konkurencja 22
2011-11-26 - 16:55

Chłopców, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.
1.	Zdunek Jakub		00	ORKA Ciechanów				5:05.93	336
	50m:	33.88 33.88	150m:	1:50.51 39.13	250m:	3:09.67 39.44	350m:	4:28.23 39.13	
	100m:	1:11.38 37.50	200m:	2:30.23 39.72	300m:	3:49.10 39.43	400m:	5:05.93 37.70	
2.	SŁOWIK RAFAŁ		00	Buks Warszawa				5:22.16	288
	50m:	35.53 35.53	150m:	1:58.34 42.17	250m:	3:21.43 41.50	350m:	4:44.24 41.16	
	100m:	1:16.17 40.64	200m:	2:39.93 41.59	300m:	4:03.08 41.65	400m:	5:22.16 37.92	
3.	KARASEK MARCIN		00	Buks Warszawa				5:22.82	286
	50m:	36.94 36.94	150m:	1:59.00 41.33	250m:	3:21.28 41.34	350m:	4:43.85 40.96	
	100m:	1:17.67 40.73	200m:	2:39.94 40.94	300m:	4:02.89 41.61	400m:	5:22.82 38.97	
4.	Szczepa ski Bartosz		00	Klub Pływacki Płetwal Mława				5:27.60	273
	50m:	36.33 36.33	150m:	1:58.43 41.00	250m:	3:23.16 42.23	350m:	4:47.14 41.57	
	100m:	1:17.43 41.10	200m:	2:40.93 42.50	300m:	4:05.57 42.41	400m:	5:27.60 40.46	
5.	Grzybowski Miłosz		00	Uks"Polonez" Wyszaków				5:38.14	249
	50m:	35.67 35.67	150m:	1:59.97 42.61	250m:	3:26.27 43.73	350m:	4:56.21 45.61	
	100m:	1:17.36 41.69	200m:	2:42.54 42.57	300m:	4:10.60 44.33	400m:	5:38.14 41.93	
6.	Tokarski Daniel		00	PUKS Płock				5:43.12	238
	50m:	38.55 38.55	150m:	2:05.02 43.93	250m:	3:31.67 43.06	350m:	5:02.11 44.83	
	100m:	1:21.09 42.54	200m:	2:48.61 43.59	300m:	4:17.28 45.61	400m:	5:43.12 41.01	
7.	B CZEK MACIEJ		00	Buks Warszawa				5:43.46	237
	50m:	36.94 36.94	150m:	2:02.96 43.28	250m:	3:31.96 44.98	350m:	5:01.49	
	100m:	1:19.68 42.74	200m:	2:46.98 44.02	300m:		400m:	5:43.46 41.97	
8.	Burek Cezary		00	UKS Kapry-Armexim Pruszków				5:47.51	229
	50m:	38.32 38.32	150m:	2:07.36 45.27	250m:	3:38.00 45.10	350m:	5:08.16 44.07	
	100m:	1:22.09 43.77	200m:	2:52.90 45.54	300m:	4:24.09 46.09	400m:	5:47.51 39.35	
9.	MIELCZAREK OSKAR		00	Buks Warszawa				5:48.01	228
	50m:	37.45 37.45	150m:	2:05.44 44.32	250m:	3:36.15 45.97	350m:	5:08.03 45.93	
	100m:	1:21.12 43.67	200m:	2:50.18 44.74	300m:	4:22.10 45.95	400m:	5:48.01 39.98	
10.	Łukasik Juliusz		00	Uks Pingwiny				5:50.19	224
	50m:	37.73 37.73	150m:	2:05.19 45.03	250m:	3:35.32 44.57	350m:	5:06.96 45.28	
	100m:	1:20.16 42.43	200m:	2:50.75 45.56	300m:	4:21.68 46.36	400m:	5:50.19 43.23	
11.	BUTKIEWICZ CEZARY		00	Buks Warszawa				5:52.43	220
	50m:	37.07 37.07	150m:	2:06.14 45.50	250m:	3:37.59 45.76	350m:	5:09.18 45.06	
	100m:	1:20.64 43.57	200m:	2:51.83 45.69	300m:	4:24.12 46.53	400m:	5:52.43 43.25	
12.	Strupi ski Michał		00	MKS Medyk Giżycko				6:00.23	206
	50m:	40.75 40.75	150m:	2:13.88 46.26	250m:	3:45.98 44.96	350m:	5:17.39	
	100m:	1:27.62 46.87	200m:	3:01.02 47.14	300m:		400m:	6:00.23 42.84	
13.	Nowicki Hubert		00	Uks"Polonez" Wyszaków				6:00.77	205
	50m:	38.17 38.17	150m:	2:08.63 45.24	250m:	3:41.30 46.19	350m:	5:15.28 46.98	
	100m:	1:23.39 45.22	200m:	2:55.11 46.48	300m:	4:28.30 47.00	400m:	6:00.77 45.49	
14.	KOWALSKI MAXYMILIAN		00	ORKA Ciechanów				6:04.85	198
	50m:	39.71 39.71	150m:	2:09.94 45.83	250m:	3:43.92 46.91	350m:	5:19.08 47.57	
	100m:	1:24.11 44.40	200m:	2:57.01 47.07	300m:	4:31.51 47.59	400m:	6:04.85 45.77	
15.	RUMIN DANIEL		00	Buks Warszawa				6:06.20	196
	50m:	39.08 39.08	150m:	2:12.43 47.07	250m:	3:46.37 47.55	350m:	5:21.41 47.55	
	100m:	1:25.36 46.28	200m:	2:58.82 46.39	300m:	4:33.86 47.49	400m:	6:06.20 44.79	
16.	Misztal Mikołaj		00	Uks"Polonez" Wyszaków				6:07.18	194
	50m:	40.00 40.00	150m:	2:15.48 47.69	250m:	3:50.15 47.09	350m:	5:21.79 43.72	
	100m:	1:27.79 47.79	200m:	3:03.06 47.58	300m:	4:38.07 47.92	400m:	6:07.18 45.39	
17.	MAJEWSKI MAKSYMILIAN		00	Buks Warszawa				6:10.91	188
	50m:	42.36 42.36	150m:	2:19.25 48.92	250m:	3:55.29 47.73	350m:	5:30.56 47.17	
	100m:	1:30.33 47.97	200m:	3:07.56 48.31	300m:	4:43.39 48.10	400m:	6:10.91 40.35	

Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej i Zawody Pływackie o puchar Starosty Ciechanowskiego
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Konkurencja 22, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.		
18.	SABAŁA MIKOŁAJ		00	Buks Warszawa				6:11.00	188		
	50m:	41.24 41.24	150m:	2:15.53	46.73	250m:	3:52.49	48.71	350m:	5:27.73	47.35
	100m:	1:28.80 47.56	200m:	3:03.78	48.25	300m:	4:40.38	47.89	400m:	6:11.00	43.27
19.	KOMENDARCZYK KAMIL		00	Buks Warszawa				6:11.05	188		
	50m:	40.91 40.91	150m:	2:14.18	47.29	250m:	3:49.50	47.64	350m:	5:26.10	48.10
	100m:	1:26.89 45.98	200m:	3:01.86	47.68	300m:	4:38.00	48.50	400m:	6:11.05	44.95
20.	Kalisz Jakub		00	Uks Pingwiny				6:12.77	185		
	50m:	42.75 42.75	150m:	2:17.35	47.70	250m:	3:55.28	48.88	350m:	5:30.67	47.51
	100m:	1:29.65 46.90	200m:	3:06.40	49.05	300m:	4:43.16	47.88	400m:	6:12.77	42.10
21.	Adamski Mikołaj		00	ORKA Ciechanów				6:14.58	183		
	50m:	42.31 42.31	150m:	2:16.84	47.11	250m:	3:53.43	49.21	350m:	5:30.41	48.09
	100m:	1:29.73 47.42	200m:	3:04.22	47.38	300m:	4:42.32	48.89	400m:	6:14.58	44.17
22.	Zagumny Patryk		00	Uks"Polonez" Wyszaków				6:17.31	179		
	50m:	40.68 40.68	150m:	2:18.47	48.99	250m:	3:58.55		350m:		
	100m:	1:29.48 48.80	200m:			300m:	4:46.67	48.12	400m:	6:17.31	
23.	KARPI SKI JAN		00	U ks Ostroł ka				6:20.52	174		
	50m:	43.84 43.84	150m:	2:21.05	49.09	250m:	3:59.06	50.26	350m:	5:38.38	51.05
	100m:	1:31.96 48.12	200m:	3:08.80	47.75	300m:	4:47.33	48.27	400m:	6:20.52	42.14
24.	MICHALOWSKI JAKUB		00	Buks Warszawa				6:23.72	170		
	50m:	41.21 41.21	150m:	2:17.66	48.98	250m:			350m:	5:37.58	48.59
	100m:	1:28.68 47.47	200m:	3:07.72	50.06	300m:	4:48.99		400m:	6:23.72	46.14
25.	KWIATKOWSKI MACIEJ		00	U ks Ostroł ka				6:29.65	162		
	50m:	44.46 44.46	150m:	2:24.05	50.79	250m:	4:02.97	49.85	350m:	5:42.35	49.69
	100m:	1:33.26 48.80	200m:	3:13.12	49.07	300m:	4:52.66	49.69	400m:	6:29.65	47.30
26.	GAJEWSKI KRZYSZTOF		00	Buks Warszawa				6:34.68	156		
	50m:	43.04 43.04	150m:	3:14.25	50.51	250m:	4:56.86		350m:	6:34.68	
	100m:	2:23.74 1:40.70	200m:			300m:			400m:	6:34.68	
27.	Biesalski Mikołaj		00	PUKS Pło sk				6:35.31	155		
	50m:	41.86 41.86	150m:	2:22.46	51.89	250m:			350m:	5:49.17	
	100m:	1:30.57 48.71	200m:	3:14.60	52.14	300m:			400m:	6:35.31	46.14
28.	Buko Marcin		00	MKS Medyk Gi ycko				6:39.80	150		
	50m:	41.99 41.99	150m:	2:23.60	51.81	250m:	4:07.67	52.01	350m:	5:52.10	51.48
	100m:	1:31.79 49.80	200m:	3:15.66	52.06	300m:	5:00.62	52.95	400m:	6:39.80	47.70
29.	Ch dzy ski Mateusz		00	UKS dwójka Sochaczew				6:40.18	150		
	50m:	42.60 42.60	150m:	2:21.03	49.99	250m:	4:02.99	51.44	350m:	5:45.86	51.46
	100m:	1:31.04 48.44	200m:	3:11.55	50.52	300m:	4:54.40	51.41	400m:	6:40.18	54.32
30.	KOWNACKI JAN		00	Buks Warszawa				6:41.16	149		
	50m:	44.61 44.61	150m:	2:25.74	50.28	250m:	4:08.14	51.59	350m:	5:49.02	50.01
	100m:	1:35.46 50.85	200m:	3:16.55	50.81	300m:	4:59.01	50.87	400m:	6:41.16	52.14
31.	Seroka Jakub		00	Uks"Polonez" Wyszaków				6:48.96	140		
	50m:	45.61 45.61	150m:	2:32.88	54.59	250m:	4:19.54	52.84	350m:	6:02.80	51.27
	100m:	1:38.29 52.68	200m:	3:26.70	53.82	300m:	5:11.53	51.99	400m:	6:48.96	46.16
32.	Głosek Mikołaj		00	Uks"Polonez" Wyszaków				6:53.34	136		
	50m:	46.78 46.78	150m:	2:30.57	53.02	250m:	4:21.08	55.74	350m:	6:04.20	49.62
	100m:	1:37.55 50.77	200m:	3:25.34	54.77	300m:	5:14.58	53.50	400m:	6:53.34	49.14
33.	Skierkowski Jakub		00	PUKS Pło sk				6:57.57	132		
	50m:	42.72 42.72	150m:	2:25.50	51.52	250m:	4:13.04	54.49	350m:	6:04.31	55.57
	100m:	1:33.98 51.26	200m:	3:18.55	53.05	300m:	5:08.74	55.70	400m:	6:57.57	53.26
34.	Morka Mateusz		00	Uks"Polonez" Wyszaków				6:57.73	132		
	50m:	43.68 43.68	150m:	2:30.06		250m:	4:19.35	54.65	350m:	6:07.54	53.57
	100m:		200m:	3:24.70	54.64	300m:	5:13.97	54.62	400m:	6:57.73	50.19
35.	Zdunek Piotr		00	Uks"Polonez" Wyszaków				7:01.63	128		
	50m:	46.35 46.35	150m:	2:34.75	54.87	250m:			350m:	6:09.90	54.82
	100m:	1:39.88 53.53	200m:	3:28.82	54.07	300m:	5:15.08		400m:	7:01.63	51.73

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Pozycja			Rok ur.						Czas	Pkt.		
36.	Wnuk Ignacy		00	Uks"Polonez" Wyszaków					7:04.90	125		
	50m:	43.46	43.46	150m:	2:28.10	54.07	250m:	4:19.49	56.02	350m:	6:12.37	56.40
	100m:	1:34.03	50.57	200m:	3:23.47	55.37	300m:	5:15.97	56.48	400m:	7:04.90	52.53
37.	Wierzchowski Mateusz		00	PUKS Płośk					7:19.05	113		
	50m:	46.02	46.02	150m:	2:35.80	56.61	250m:	4:31.24	57.46	350m:	6:24.24	55.92
	100m:	1:39.19	53.17	200m:	3:33.78	57.98	300m:	5:28.32	57.08	400m:	7:19.05	54.81
38.	Składanek Karol		00	Uks"Polonez" Wyszaków					7:39.98	98		
	50m:	50.73	50.73	150m:	2:48.31	1:00.81	250m:	4:46.21	58.84	350m:	6:45.75	59.32
	100m:	1:47.50	56.77	200m:	3:47.37	59.06	300m:	5:46.43	1:00.22	400m:	7:39.98	54.23
39.	Prus Kamil		00	Uks"Polonez" Wyszaków					7:49.32	93		
	50m:			150m:			250m:	4:51.58	1:00.70	350m:	6:51.66	58.70
	100m:	1:52.96		200m:	3:50.88		300m:	5:52.96	1:01.38	400m:	7:49.32	57.66