

Grand Prix Województwa Zachodniego i Lubuskiego Szkół Podstawowych  
Szczecin, 4-11-2015

Konkurencja 8  
2015-11-04 - 14:57

Chłopców, 400m dowolny

11 - 12 lat  
Wyniki

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.	
<b>11 lat</b>										
1.	CACAJ, Wiktor		04	MKP Szczecin				<b>5:27.65</b>	271	
	50m:	36.42 36.42	150m:	1:59.33	42.03	250m:	3:23.71	42.69	350m:	4:47.55 42.12
	100m:	1:17.30 40.88	200m:	2:41.02	41.69	300m:	4:05.43	41.72	400m:	5:27.65 40.10
2.	URBAN, Jakub		04	Znicz Koszalin				<b>5:29.86</b>	266	
	50m:	1:17.01 1:17.01	150m:	1:58.56	41.55	250m:	3:23.12	41.88	350m:	4:48.70 42.37
	100m:	1:17.01	200m:	2:41.24	42.68	300m:	4:06.33	43.21	400m:	5:29.86 41.16
3.	KAMI SKI, Fabian		04	MKP Szczecin				<b>5:32.10</b>	261	
	50m:	35.62 35.62	150m:	1:58.37	42.35	250m:	3:23.20	42.77	350m:	4:49.68 43.49
	100m:	1:16.02 40.40	200m:	2:40.43	42.06	300m:	4:06.19	42.99	400m:	5:32.10 42.42
4.	SZYDŁOWSKI, Jakub		04	MKP Szczecin				<b>5:34.64</b>	255	
	50m:	38.04 38.04	150m:	2:02.25	42.35	250m:	3:27.70	42.98	350m:	4:53.35 42.98
	100m:	1:19.90 41.86	200m:	2:44.72	42.47	300m:	4:10.37	42.67	400m:	5:34.64 41.29
5.	CZAPLA, Kacper		04	IU KP Wodnik Police				<b>5:35.14</b>	254	
	50m:	36.82 36.82	150m:	2:00.44	42.65	250m:	3:26.72	43.61	350m:	4:55.31 44.20
	100m:	1:17.79 40.97	200m:	2:43.11	42.67	300m:	4:11.11	44.39	400m:	5:35.14 39.83
6.	ZAWALICH, Oskar		04	MKP H2O Koszalin				<b>5:35.41</b>	253	
	50m:	36.45 36.45	150m:	2:03.19	43.69	250m:	3:29.14	43.31	350m:	4:56.89 42.95
	100m:	1:19.50 43.05	200m:	2:45.83	42.64	300m:	4:13.94	44.80	400m:	5:35.41 38.52
7.	HERDA, Mikołaj		04	MKP Szczecin				<b>5:35.52</b>	253	
	50m:	38.43 38.43	150m:	2:04.04	42.95	250m:	3:30.14	42.91	350m:	4:55.24 41.64
	100m:	1:21.09 42.66	200m:	2:47.23	43.19	300m:	4:13.60	43.46	400m:	5:35.52 40.28
8.	K SIK, Łukasz		04	UKS Foka Choszczno				<b>5:43.45</b>	236	
	50m:	36.69 36.69	150m:	2:04.10	44.73	250m:	3:32.10	44.45	350m:	4:58.24 42.08
	100m:	1:19.37 42.68	200m:	2:47.65	43.55	300m:	4:16.16	44.06	400m:	5:43.45 45.21
9.	BAJORSKI, Cezary		04	MKP Szczecin				<b>5:56.22</b>	211	
	50m:	37.91 37.91	150m:	2:07.34	45.21	250m:	3:39.19	46.17	350m:	5:12.02 46.67
	100m:	1:22.13 44.22	200m:	2:53.02	45.68	300m:	4:25.35	46.16	400m:	5:56.22 44.20
10.	MARCJANIK, Julian		04	Znicz Koszalin				<b>5:56.63</b>	210	
	50m:	37.70 37.70	150m:	2:09.24	45.91	250m:	3:41.83	46.61	350m:	5:12.94 45.46
	100m:	1:23.33 45.63	200m:	2:55.22	45.98	300m:	4:27.48	45.65	400m:	5:56.63 43.69
11.	WOLANIECKI, Patryk		04	Znicz Koszalin				<b>5:57.64</b>	209	
	50m:	38.37 38.37	150m:	2:08.58	44.89	250m:	3:40.57	45.93	350m:	5:14.16 45.71
	100m:	1:23.69 45.32	200m:	2:54.64	46.06	300m:	4:28.45	47.88	400m:	5:57.64 43.48
12.	CHMARA, Bartłomiej		04	MKP Kołobrzeg				<b>6:06.44</b>	194	
	50m:	40.35 40.35	150m:	2:14.14	47.88	250m:	3:49.37	47.58	350m:	5:23.74 45.76
	100m:	1:26.26 45.91	200m:	3:01.79	47.65	300m:	4:37.98	48.61	400m:	6:06.44 42.70
13.	KOSTRZEWA, Kordian		04	IU KP Wodnik Police				<b>6:11.02</b>	187	
	50m:	41.31 41.31	150m:	2:14.98	47.05	250m:	3:49.16	47.18	350m:	5:15.96 40.39
	100m:	1:27.93 46.62	200m:	3:01.98	47.00	300m:	4:35.57	46.41	400m:	6:11.02 55.06
14.	KASPRZAK, J drzej		04	Znicz Koszalin				<b>6:13.49</b>	183	
	50m:	41.61 41.61	150m:	2:14.80	47.81	250m:	3:51.28	48.55	350m:	5:27.14 48.76
	100m:	1:26.99 45.38	200m:	3:02.73	47.93	300m:	4:38.38	47.10	400m:	6:13.49 46.35
15.	ILI SKI, Jakub		04	UKP Marlin Gryfino				<b>6:20.64</b>	173	
	50m:	44.55 44.55	150m:	2:34.07	56.23	250m:	4:27.94	57.95	350m:	6:20.36 55.56
	100m:	1:37.84 53.29	200m:	3:29.99	55.92	300m:	5:24.80	56.86	400m:	6:20.64 0.28
16.	MALISZEWSKI, Tomasz		04	Znicz Koszalin				<b>6:22.36</b>	171	
	50m:	42.13 42.13	150m:	2:22.54	50.51	250m:	4:03.11	50.18	350m:	5:41.40 48.12
	100m:	1:32.03 49.90	200m:	3:12.93	50.39	300m:	4:53.28	50.17	400m:	6:22.36 40.96
17.	BOROWSKI, Jakub		04	MKP Szczecin				<b>6:24.78</b>	167	
	50m:	40.73 40.73	150m:	2:18.48	50.74	250m:	3:57.98	50.53	350m:	5:36.76 49.16
	100m:	1:27.74 47.01	200m:	3:07.45	48.97	300m:	4:47.60	49.62	400m:	6:24.78 48.02

Grand Prix Województwa Zachodniego i Lubuskiego Szkół Podstawowych  
Szczecin, 4-11-2015

Konkurencja 8, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	NIOCH, Olaf		04	Znicz Koszalin				<b>6:25.77</b>	166
	50m:	43.60 43.60	150m:	2:23.48 50.97	250m:	4:02.97 49.77	350m:	5:39.41 48.02	
	100m:	1:32.51 48.91	200m:	3:13.20 49.72	300m:	4:51.39 48.42	400m:	6:25.77 46.36	
19.	LUSAREK, Karol		04	MKP Szczecin				<b>6:44.86</b>	144
	50m:	44.51 44.51	150m:	2:26.53 51.21	250m:	4:12.83 53.12	350m:	5:56.11 51.26	
	100m:	1:35.32 50.81	200m:	3:19.71 53.18	300m:	5:04.85 52.02	400m:	6:44.86 48.75	
20.	CHRÓ CIAK, Aleksander		04	UKP Marlin Gryfino				<b>6:45.47</b>	143
	50m:	41.67 41.67	150m:	2:24.77 52.28	250m:	4:09.62 52.96	350m:	5:56.25 53.06	
	100m:	1:32.49 50.82	200m:	3:16.66 51.89	300m:	5:03.19 53.57	400m:	6:45.47 49.22	
21.	WI NIEWSKI, Natan		04	Znicz Koszalin				<b>6:46.72</b>	142
	50m:	44.46 44.46	150m:	2:29.22 54.57	250m:	4:13.46 53.43	350m:	6:00.21 52.83	
	100m:	1:34.65 50.19	200m:	3:20.03 50.81	300m:	5:07.38 53.92	400m:	6:46.72 46.51	
22.	MŁYNARCZYK, Gabriel		04	Znicz Koszalin				<b>6:48.28</b>	140
	50m:	44.38 44.38	150m:	2:31.93 54.08	250m:	4:18.46 53.15	350m:	6:02.83 52.24	
	100m:	1:37.85 53.47	200m:	3:25.31 53.38	300m:	5:10.59 52.13	400m:	6:48.28 45.45	

12 lat

1.	YDER, Michał		03	Znicz Koszalin				<b>4:46.03</b>	408
	50m:	30.74 30.74	150m:	1:42.96 36.72	250m:	2:57.44 37.40	350m:	4:10.66 36.38	
	100m:	1:06.24 35.50	200m:	2:20.04 37.08	300m:	3:34.28 36.84	400m:	4:46.03 35.37	
2.	WI NIEWSKI, Aleksander		03	MKP Szczecin				<b>5:00.83</b>	351
	50m:	34.13 34.13	150m:	1:50.10 38.23	250m:	3:07.70 39.26	350m:	4:24.92 38.46	
	100m:	1:11.87 37.74	200m:	2:28.44 38.34	300m:	3:46.46 38.76	400m:	5:00.83 35.91	
3.	KOWALSKI, Mateusz		03	Znicz Koszalin				<b>5:15.51</b>	304
	50m:	34.65 34.65	150m:	1:53.47 39.73	250m:	3:14.87 40.83	350m:	4:37.17 40.98	
	100m:	1:13.74 39.09	200m:	2:34.04 40.57	300m:	3:56.19 41.32	400m:	5:15.51 38.34	
4.	GORRA, Mikołaj		03	MKP Szczecin				<b>5:15.91</b>	303
	50m:	34.59 34.59	150m:	1:55.38 41.65	250m:	3:17.76 40.75	350m:	4:38.70 39.79	
	100m:	1:13.73 39.14	200m:	2:37.01 41.63	300m:	3:58.91 41.15	400m:	5:15.91 37.21	
5.	NOWACZY SKI, Mateusz		03	MKP Słowianka Gorzów Wlkp.				<b>5:20.13</b>	291
	50m:	34.21 34.21	150m:	1:51.97 39.53	250m:	3:14.96 41.82	350m:	4:39.75 42.80	
	100m:	1:12.44 38.23	200m:	2:33.14 41.17	300m:	3:56.95 41.99	400m:	5:20.13 40.38	
6.	SUŁKOWSKI, Daniel		03	Znicz Koszalin				<b>5:20.17</b>	291
	50m:	35.80 35.80	150m:	1:58.29 41.57	250m:	3:20.39 41.31	350m:	4:42.33 40.66	
	100m:	1:16.72 40.92	200m:	2:39.08 40.79	300m:	4:01.67 41.28	400m:	5:20.17 37.84	
7.	JARDZIOCH, Eryk		03	MKP Szczecin				<b>5:20.26</b>	291
	50m:	33.49 33.49	150m:	1:55.21 41.77	250m:	3:18.23 41.44	350m:	4:41.33 41.36	
	100m:	1:13.44 39.95	200m:	2:36.79 41.58	300m:	3:59.97 41.74	400m:	5:20.26 38.93	
8.	WILAS, Oliwier		03	MKP Szczecin				<b>5:23.00</b>	283
	50m:	37.46 37.46	150m:	1:59.88 41.60	250m:	3:21.26 40.74	350m:	4:42.93 40.60	
	100m:	1:18.28 40.82	200m:	2:40.52 40.64	300m:	4:02.33 41.07	400m:	5:23.00 40.07	
9.	KLEIN, Olaf		03	Znicz Koszalin				<b>5:28.22</b>	270
	50m:	38.11 38.11	150m:	2:02.21 42.58	250m:	3:26.88 42.14	350m:	4:49.52 40.59	
	100m:	1:19.63 41.52	200m:	2:44.74 42.53	300m:	4:08.93 42.05	400m:	5:28.22 38.70	
10.	POŁCZY SKI, Adrian		03	MKP Szczecin				<b>5:28.73</b>	269
	50m:	36.77 36.77	150m:	1:59.81 42.18	250m:	3:23.54 42.23	350m:	4:46.00 40.49	
	100m:	1:17.63 40.86	200m:	2:41.31 41.50	300m:	4:05.51 41.97	400m:	5:28.73 42.73	
11.	GAWEŁ, Jakub		03	MKP Szczecin				<b>5:29.02</b>	268
	50m:	37.65 37.65	150m:	2:00.39 42.26	250m:	3:25.50 42.32	350m:	4:48.09 41.44	
	100m:	1:18.13 40.48	200m:	2:43.18 42.79	300m:	4:06.65 41.15	400m:	5:29.02 40.93	
12.	DAWID, Sporek		03	IUKP Wodnik Police				<b>5:31.86</b>	261
	50m:	36.45 36.45	150m:	1:59.59 42.49	250m:	3:26.03 42.96	350m:	4:51.90 43.03	
	100m:	1:17.10 40.65	200m:	2:43.07 43.48	300m:	4:08.87 42.84	400m:	5:31.86 39.96	

Grand Prix Województwa Zachodniego i Lubuskiego Szkół Podstawowych  
Szczecin, 4-11-2015

Konkurencja 8, Chłopców, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.		
13.	ZWIEFKA, Mikołaj		03	MKP H2O Koszalin				<b>5:33.66</b>	257		
	50m:	36.61 36.61	150m:	2:01.19	42.08	250m:	3:26.74	42.30	350m:	4:52.92	42.54
	100m:	1:19.11 42.50	200m:	2:44.44	43.25	300m:	4:10.38	43.64	400m:	5:33.66	40.74
14.	BAŁA, Cyprian		03	MKP Szczecin				<b>5:33.89</b>	256		
	50m:	37.38 37.38	150m:	2:01.81	42.20	250m:	3:27.34	41.65	350m:	4:54.87	43.05
	100m:	1:19.61 42.23	200m:	2:45.69	43.88	300m:	4:11.82	44.48	400m:	5:33.89	39.02
15.	WALCZAK, Wiktor		03	MKP Słowianka Gorzów Wlkp.				<b>5:42.07</b>	238		
	50m:	38.66 38.66	150m:	2:06.40	43.99	250m:	3:34.89	44.13	350m:	5:02.36	43.70
	100m:	1:22.41 43.75	200m:	2:50.76	44.36	300m:	4:18.66	43.77	400m:	5:42.07	39.71
16.	NOWAKOWSKI, Łukasz		03	MKP Słowianka Gorzów Wlkp.				<b>5:46.38</b>	230		
	50m:	38.02 38.02	150m:	2:05.99	43.40	250m:	3:36.38	44.64	350m:	5:06.09	43.78
	100m:	1:22.59 44.57	200m:	2:51.74	45.75	300m:	4:22.31	45.93	400m:	5:46.38	40.29
17.	ROSIAK, Krzysztof		03	UKP Marlin Gryfino				<b>5:46.66</b>	229		
	50m:	39.00 39.00	150m:	2:07.79	44.47	250m:	3:38.14	45.46	350m:	5:05.88	43.91
	100m:	1:23.32 44.32	200m:	2:52.68	44.89	300m:	4:21.97	43.83	400m:	5:46.66	40.78
18.	RETERSKI, Damian		03	MKP H2O Koszalin				<b>5:49.36</b>	224		
	50m:	38.05 38.05	150m:	2:08.08	45.73	250m:	3:37.17	44.06	350m:	5:06.00	43.98
	100m:	1:22.35 44.30	200m:	2:53.11	45.03	300m:	4:22.02	44.85	400m:	5:49.36	43.36
19.	POŁUDNIAK, Adrian		03	MKP Szczecin				<b>5:49.81</b>	223		
	50m:	40.05 40.05	150m:	2:07.52	44.47	250m:	3:37.74	45.41	350m:	5:08.04	44.70
	100m:	1:23.05 43.00	200m:	2:52.33	44.81	300m:	4:23.34	45.60	400m:	5:49.81	41.77
20.	BISKUPSKI, Kacper		03	MKP Słowianka Gorzów Wlkp.				<b>5:50.14</b>	222		
	50m:	37.81 37.81	150m:	2:06.59	44.70	250m:	3:36.30	44.81	350m:	5:06.57	45.75
	100m:	1:21.89 44.08	200m:	2:51.49	44.90	300m:	4:20.82	44.52	400m:	5:50.14	43.57
21.	BEKIER, Wojciech		03	Stilon Gorzów				<b>5:51.01</b>	221		
	50m:	40.17 40.17	150m:	2:09.63	45.31	250m:	3:38.67	43.74	350m:	5:08.99	45.82
	100m:	1:24.32 44.15	200m:	2:54.93	45.30	300m:	4:23.17	44.50	400m:	5:51.01	42.02
22.	SOSIW, Krystian		03	MKP Szczecin				<b>5:51.41</b>	220		
	50m:	39.45 39.45	150m:	2:11.68	46.53	250m:	3:39.90	43.13	350m:	5:09.55	44.51
	100m:	1:25.15 45.70	200m:	2:56.77	45.09	300m:	4:25.04	45.14	400m:	5:51.41	41.86
23.	KACZMARCZYK, Marcel		03	Stilon Gorzów				<b>5:51.79</b>	219		
	50m:	39.56 39.56	150m:	2:07.63	44.43	250m:	3:37.50	45.37	350m:	5:07.87	45.22
	100m:	1:23.20 43.64	200m:	2:52.13	44.50	300m:	4:22.65	45.15	400m:	5:51.79	43.92
24.	CISZKOWSKI, Konrad		03	MKP H2O Koszalin				<b>5:51.80</b>	219		
	50m:	38.92 38.92	150m:	2:55.12	1:31.70	250m:	4:25.17	44.12	350m:	5:51.74	44.83
	100m:	1:23.42 44.50	200m:	3:41.05	45.93	300m:	5:06.91	41.74	400m:	5:51.80	0.06
25.	JANIEC, Radosław		03	MKP Słowianka Gorzów Wlkp.				<b>5:54.29</b>	215		
	50m:	37.19 37.19	150m:	2:06.09	45.21	250m:	3:36.88	45.18	350m:	5:09.92	46.16
	100m:	1:20.88 43.69	200m:	2:51.70	45.61	300m:	4:23.76	46.88	400m:	5:54.29	44.37
26.	MATERLA, Marcel		03	MKP Szczecin				<b>6:05.60</b>	195		
	50m:	39.16 39.16	150m:	2:11.84	46.77	250m:	3:47.17	47.37	350m:	5:22.18	46.75
	100m:	1:25.07 45.91	200m:	2:59.80	47.96	300m:	4:35.43	48.26	400m:	6:05.60	43.42
27.	SZAFRA SKI, Wiktor		03	MKP Kołobrzeg				<b>6:05.92</b>	195		
	50m:	39.18 39.18	150m:	2:12.05	47.10	250m:	3:47.17	47.21	350m:	5:22.20	47.49
	100m:	1:24.95 45.77	200m:	2:59.96	47.91	300m:	4:34.71	47.54	400m:	6:05.92	43.72
28.	KAMI SKI, Mikołaj		03	Stilon Gorzów				<b>6:25.47</b>	166		
	50m:	41.96 41.96	150m:	2:21.65	50.22	250m:	4:01.53	50.77	350m:	5:35.85	45.53
	100m:	1:31.43 49.47	200m:	3:10.76	49.11	300m:	4:50.32	48.79	400m:	6:25.47	49.62
29.	ADAMSKI, Błażej		03	MKP H2O Koszalin				<b>6:43.50</b>	145		
	50m:	42.59 42.59	150m:	2:24.47	50.60	250m:	4:08.58	52.30	350m:	5:52.33	52.30
	100m:	1:33.87 51.28	200m:	3:16.28	51.81	300m:	5:00.03	51.45	400m:	6:43.50	51.17

Grand Prix Województwa Zachodniego i Lubuskiego Szkół Podstawowych  
Szczecin, 4-11-2015

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Konkurencja 8, Chłopców, 400m dowolny

PK	SEN, Jakub			05	Stilon Gorzów				<b>7:02.56</b>	126		
	50m:	45.23	45.23	150m:	2:32.67	54.85	250m:	4:22.36	55.23	350m:	6:11.47	54.80
	100m:	1:37.82	52.59	200m:	3:27.13	54.46	300m:	5:16.67	54.31	400m:	7:02.56	51.09