

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej 11-12 lat
Szczecin, 27-11-2019

Event 4
2019-11-27 - 15:04

Boys, 400m Freestyle

11 years
Results

Points: FINA 2019

Rank			YB							Time	Pts	
1.	CZERWIONKA Oskar		08	MKP H2O Koszalin						5:09.48	322	
	50m:	35.17	35.17	150m:	1:52.95	39.45	250m:	3:13.41	40.27	350m:	4:32.74	40.47
	100m:	1:13.50	38.33	200m:	2:33.14	40.19	300m:	3:52.27	38.86	400m:	5:09.48	36.74
2.	FEDASZ Alan		08	MKP Kolobrzeg						5:14.67	306	
	50m:	33.89	33.89	150m:	1:54.48	40.16	250m:	3:14.35	39.60	350m:	4:35.67	40.02
	100m:	1:14.32	40.43	200m:	2:34.75	40.27	300m:	3:55.65	41.30	400m:	5:14.67	39.00
3.	JANUSZEWSKI Kamil		08	MKS Znicz Koszalin						5:19.44	293	
	50m:	35.36	35.36	150m:	1:56.64	40.67	250m:	3:18.69	41.16	350m:	4:40.38	41.11
	100m:	1:15.97	40.61	200m:	2:37.53	40.89	300m:	3:59.27	40.58	400m:	5:19.44	39.06
4.	WASZKOWIAK Damian		08	MKS Znicz Koszalin						5:25.41	277	
	50m:	36.50	36.50	150m:	1:57.37	40.83	250m:	3:21.15	41.93	350m:	4:45.20	41.75
	100m:	1:16.54	40.04	200m:	2:39.22	41.85	300m:	4:03.45	42.30	400m:	5:25.41	40.21
5.	PIORKOWSKI Adrian		08	MKP Szczecin						5:25.46	277	
	50m:	37.01	37.01	150m:	1:59.69	41.44	250m:	3:24.28	42.28	350m:	4:46.90	40.50
	100m:	1:18.25	41.24	200m:	2:42.00	42.31	300m:	4:06.40	42.12	400m:	5:25.46	38.56
6.	KRASOWSKI Franciszek		08	MKS Znicz Koszalin						5:27.78	271	
	50m:	37.29	37.29	150m:	1:59.26	41.37	250m:	3:23.45	42.24	350m:	4:46.39	40.33
	100m:	1:17.89	40.60	200m:	2:41.21	41.95	300m:	4:06.06	42.61	400m:	5:27.78	41.39
7.	GRYKIEN Maksymilian		08	MKP Szczecin						5:27.93	271	
	50m:	38.00	38.00	150m:	2:02.17	41.83	250m:	3:27.47	42.28	350m:	4:50.95	41.55
	100m:	1:20.34	42.34	200m:	2:45.19	43.02	300m:	4:09.40	41.93	400m:	5:27.93	36.98
8.	CIBA Mateusz		08	Pływamy i Ratujemy						5:28.51	269	
	50m:	37.64	37.64	150m:	2:02.68	42.53	250m:	3:27.05	41.80	350m:	4:50.62	41.32
	100m:	1:20.15	42.51	200m:	2:45.25	42.57	300m:	4:09.30	42.25	400m:	5:28.51	37.89
9.	FECHNER Mateusz		08	MKP Szczecin						5:31.25	263	
	50m:	36.03	36.03	150m:	2:00.01	42.93	250m:	3:24.61	42.57	350m:	4:45.87	39.71
	100m:	1:17.08	41.05	200m:	2:42.04	42.03	300m:	4:06.16	41.55	400m:	5:31.25	45.38
10.	KORZENIOWSKI Wiktor		08	MKS Znicz Koszalin						5:42.56	237	
	50m:	37.59	37.59	150m:	2:04.39	43.97	250m:	3:32.98	44.46	350m:	5:01.66	44.70
	100m:	1:20.42	42.83	200m:	2:48.52	44.13	300m:	4:16.96	43.98	400m:	5:42.56	40.90
11.	DZIEDZIC Gabriel		08	MKS CKS-SMS Szczecin						5:42.84	237	
	50m:	39.77	39.77	150m:	2:07.28	43.13	250m:	3:36.15	43.69	350m:	5:03.87	43.34
	100m:	1:24.15	44.38	200m:	2:52.46	45.18	300m:	4:20.53	44.38	400m:	5:42.84	38.97
12.	HANC Brunon		08	MKS CKS-SMS Szczecin						5:46.53	229	
	50m:	36.70	36.70	150m:	2:01.88	43.20	250m:	3:32.39	45.64	350m:	5:03.73	45.78
	100m:	1:18.68	41.98	200m:	2:46.75	44.87	300m:	4:17.95	45.56	400m:	5:46.53	42.80
13.	HANCZEWSKI Grzegorz		08	MKP Szczecin						5:48.32	226	
	50m:	20.65	20.65	150m:	1:33.57	50.32	250m:	3:16.23	50.34	350m:	4:59.15	51.05
	100m:	43.25	22.60	200m:	2:25.89	52.32	300m:	4:08.10	51.87	400m:	5:48.32	49.17
14.	WESOŁOWSKI Michał		08	MKS Znicz Koszalin						5:49.79	223	
	50m:	37.86	37.86	150m:	2:05.41	44.64	250m:	3:35.98	45.48	350m:	5:06.87	45.10
	100m:	1:20.77	42.91	200m:	2:50.50	45.09	300m:	4:21.77	45.79	400m:	5:49.79	42.92
15.	ZYWICKI Oliwier		08	MKP Szczecin						5:49.99	223	
	50m:	38.74	38.74	150m:	2:07.50	44.18	250m:	3:37.40	44.98	350m:	5:09.59	45.46
	100m:	1:23.32	44.58	200m:	2:52.42	44.92	300m:	4:24.13	46.73	400m:	5:49.99	40.40
16.	PARZY Mikołaj		08	MKP Szczecin						5:52.69	217	
	50m:	39.05	39.05	150m:	2:09.04	45.16	250m:	3:41.10	46.06	350m:	5:11.90	44.83
	100m:	1:23.88	44.83	200m:	2:55.04	46.00	300m:	4:27.07	45.97	400m:	5:52.69	40.79
17.	PAKOSZ Oliwier		08	MKS CKS-SMS Szczecin						6:02.02	201	
	50m:	40.31	40.31	150m:	2:12.19	46.01	250m:	3:45.15	46.60	350m:	5:17.59	46.36
	100m:	1:26.18	45.87	200m:	2:58.55	46.36	300m:	4:31.23	46.08	400m:	6:02.02	44.43

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej 11-12 lat
Szczecin, 27-11-2019

Event 4, Boys, 400m Freestyle, 11 years

Rank					YB					Time	Pts	
18.	OLOW Piotr				08	MKS Znicz Koszalin				6:03.92	198	
	50m:	40.86	40.86	150m:	2:13.60	46.77	250m:	3:47.03	46.59	350m:	5:20.20	46.36
	100m:	1:26.83	45.97	200m:	3:00.44	46.84	300m:	4:33.84	46.81	400m:	6:03.92	43.72
19.	OLSZEWSKI Jakub				08	MKP Szczecin				6:07.34	192	
	50m:	40.17	40.17	150m:	2:14.64	47.31	250m:	3:50.79	48.33	350m:	5:24.83	47.12
	100m:	1:27.33	47.16	200m:	3:02.46	47.82	300m:	4:37.71	46.92	400m:	6:07.34	42.51
20.	SULARZ Szymon				08	MKP Szczecin				6:07.48	192	
	50m:	40.19	40.19	150m:	2:12.46	46.64	250m:	3:47.69	47.62	350m:	5:22.61	47.89
	100m:	1:25.82	45.63	200m:	3:00.07	47.61	300m:	4:34.72	47.03	400m:	6:07.48	44.87
21.	MOKRZYCKI Wojciech				08	MKS Znicz Koszalin				6:09.03	190	
	50m:	42.98	42.98	150m:	2:18.51	47.52	250m:	3:53.16	46.94	350m:	5:26.21	46.00
	100m:	1:30.99	48.01	200m:	3:06.22	47.71	300m:	4:40.21	47.05	400m:	6:09.03	42.82
22.	ZUBKO Olaf				08	MKP Szczecin				6:09.83	189	
	50m:	40.54	40.54	150m:	2:14.15	47.62	250m:	3:50.58	48.37	350m:	5:23.59	47.07
	100m:	1:26.53	45.99	200m:	3:02.21	48.06	300m:	4:36.52	45.94	400m:	6:09.83	46.24
23.	PAWLIK Krystian				08	MKS CKS-SMS Szczecin				6:10.31	188	
	50m:	41.45	41.45	150m:	2:16.20	47.98	250m:	3:51.53	47.72	350m:	5:24.68	45.70
	100m:	1:28.22	46.77	200m:	3:03.81	47.61	300m:	4:38.98	47.45	400m:	6:10.31	45.63
24.	MAZUREK Bartłomiej				08	MKP Szczecin				6:11.28	186	
	50m:	38.52	38.52	150m:	2:12.09	47.97	250m:	3:48.56	48.32	350m:	5:25.74	48.73
	100m:	1:24.12	45.60	200m:	3:00.24	48.15	300m:	4:37.01	48.45	400m:	6:11.28	45.54
25.	KROLAK Aleksander				08	MKS CKS-SMS Szczecin				6:11.53	186	
	50m:	41.70	41.70	150m:	2:16.83	48.40	250m:	3:53.58	48.71	350m:	5:29.60	46.71
	100m:	1:28.43	46.73	200m:	3:04.87	48.04	300m:	4:42.89	49.31	400m:	6:11.53	41.93
26.	KRAWCZAK Bartosz				08	MKP Szczecin				6:12.08	185	
	50m:	40.43	40.43	150m:	2:16.63	48.69	250m:	3:55.68	50.96	350m:	5:27.32	43.95
	100m:	1:27.94	47.51	200m:	3:04.72	48.09	300m:	4:43.37	47.69	400m:	6:12.08	44.76
27.	WLODYKA Tymon				08	MKS Znicz Koszalin				6:12.22	185	
	50m:	41.72	41.72	150m:	2:15.96	47.24	250m:	3:52.53	48.42	350m:		
	100m:	1:28.72	47.00	200m:	3:04.11	48.15	300m:	4:40.87	48.34	400m:	6:12.22	
28.	BITNER Maksymilian				08	MKS CKS-SMS Szczecin				6:14.79	181	
	50m:	44.37	44.37	150m:	2:20.55	48.61	250m:	3:56.29	47.90	350m:	5:32.34	48.18
	100m:	1:31.94	47.57	200m:	3:08.39	47.84	300m:	4:44.16	47.87	400m:	6:14.79	42.45
29.	MACIEJEWSKI Alan				08	MKP Szczecin				6:15.76	180	
	50m:	40.81	40.81	150m:	2:16.54	49.22	250m:	3:54.60	49.15	350m:	5:31.84	49.38
	100m:	1:27.32	46.51	200m:	3:05.45	48.91	300m:	4:42.46	47.86	400m:	6:15.76	43.92
30.	STASZKIEWICZ Tobiasz				08	MKS CKS-SMS Szczecin				6:19.18	175	
	50m:	40.79	40.79	150m:	2:15.32	47.70	250m:	3:51.99	48.45	350m:	5:29.92	48.17
	100m:	1:27.62	46.83	200m:	3:03.54	48.22	300m:	4:41.75	49.76	400m:	6:19.18	49.26
31.	WINIARCZYK Maximilian				08	MKS Znicz Koszalin				6:19.74	174	
	50m:	42.33	42.33	150m:	2:22.23	49.92	250m:	3:59.74	49.12	350m:	5:38.06	49.25
	100m:	1:32.31	49.98	200m:	3:10.62	48.39	300m:	4:48.81	49.07	400m:	6:19.74	41.68
32.	REDAS Dorian				08	MKS CKS-SMS Szczecin				6:19.75	174	
	50m:	41.67	41.67	150m:	2:16.60	47.90	250m:	3:53.59	48.59	350m:	5:22.45	42.09
	100m:	1:28.70	47.03	200m:	3:05.00	48.40	300m:	4:40.36	46.77	400m:	6:19.75	57.30
33.	CHMIEL Tomasz				08	MKP Szczecin				6:19.78	174	
	50m:	42.29	42.29	150m:	2:18.81	48.47	250m:	3:56.67	49.19	350m:	5:35.68	48.97
	100m:	1:30.34	48.05	200m:	3:07.48	48.67	300m:	4:46.71	50.04	400m:	6:19.78	44.10
34.	KAMINSKI Maciej				08	MKP Szczecin				6:20.53	173	
	50m:	42.56	42.56	150m:	2:19.08	50.03	250m:	3:57.81	50.41	350m:	5:38.06	50.61
	100m:	1:29.05	46.49	200m:	3:07.40	48.32	300m:	4:47.45	49.64	400m:	6:20.53	42.47
35.	NOWORYTA Tymon				08	MKP Szczecin				6:21.17	172	
	50m:	42.91	42.91	150m:	2:19.10	47.37	250m:	3:54.82	46.71	350m:	5:27.01	44.27
	100m:	1:31.73	48.82	200m:	3:08.11	49.01	300m:	4:42.74	47.92	400m:	6:21.17	54.16

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej 11-12 lat
Szczecin, 27-11-2019

Event 4, Boys, 400m Freestyle, 11 years

Rank			YB							Time	Pts
36.	KLOSOWSKI Stanislaw		08	MKS Znicz Koszalin						6:22.16	171
	50m:	39.57 39.57	150m:	2:14.90	48.67	250m:	3:53.45	49.36	350m:	5:34.46	50.12
	100m:	1:26.23 46.66	200m:	3:04.09	49.19	300m:	4:44.34	50.89	400m:	6:22.16	47.70
37.	WOJCIECHOWSKI Dawid		08	MKS Znicz Koszalin						6:22.74	170
	50m:	43.03 43.03	150m:	2:20.77	49.58	250m:	3:59.82	49.51	350m:	5:39.62	50.08
	100m:	1:31.19 48.16	200m:	3:10.31	49.54	300m:	4:49.54	49.72	400m:	6:22.74	43.12
38.	WOJDA Antoni		08	MKS Znicz Koszalin						6:26.12	166
	50m:	41.43 41.43	150m:	2:16.76	49.40	250m:	3:58.20	51.18	350m:	5:39.66	51.15
	100m:	1:27.36 45.93	200m:	3:07.02	50.26	300m:	4:48.51	50.31	400m:	6:26.12	46.46
39.	KOSECKI Olaf		08	MKP Kolobrzeg						6:26.84	165
	50m:	41.96 41.96	150m:	2:19.92	49.78	250m:	4:00.58	50.33	350m:	5:41.44	50.29
	100m:	1:30.14 48.18	200m:	3:10.25	50.33	300m:	4:51.15	50.57	400m:	6:26.84	45.40
40.	RAKOCZY Mateusz		08	MKP Szczecin						6:30.17	160
	50m:	43.22 43.22	150m:	2:21.30	50.14	250m:	4:01.98	49.77	350m:	5:42.60	50.32
	100m:	1:31.16 47.94	200m:	3:12.21	50.91	300m:	4:52.28	50.30	400m:	6:30.17	47.57
41.	MAKAREWICZ Aleksander		08	MKP Szczecin						6:34.41	155
	50m:	41.34 41.34	150m:	2:17.95	49.67	250m:	3:58.96	50.55	350m:	5:43.01	51.82
	100m:	1:28.28 46.94	200m:	3:08.41	50.46	300m:	4:51.19	52.23	400m:	6:34.41	51.40
42.	BEDNAREK Szymon		08	MKP Szczecin						6:35.02	155
	50m:	43.06 43.06	150m:	2:25.07	51.07	250m:	4:06.86	51.14	350m:	5:49.28	51.24
	100m:	1:34.00 50.94	200m:	3:15.72	50.65	300m:	4:58.04	51.18	400m:	6:35.02	45.74
43.	WLEKLAK Kacper		08	MKP Szczecin						6:48.87	139
	50m:	44.07 44.07	150m:	2:27.58	52.12	250m:	4:12.31	52.25	350m:	5:58.84	53.65
	100m:	1:35.46 51.39	200m:	3:20.06	52.48	300m:	5:05.19	52.88	400m:	6:48.87	50.03
44.	REJBICZ Pawel		08	MKP Szczecin						6:52.24	136
	50m:	44.83 44.83	150m:	2:27.75	51.93	250m:	4:13.67	53.56	350m:	5:59.94	54.04
	100m:	1:35.82 50.99	200m:	3:20.11	52.36	300m:	5:05.90	52.23	400m:	6:52.24	52.30
45.	SKORUPA Stanislaw		08	MKP Szczecin						6:52.27	136
	50m:	43.93 43.93	150m:	2:31.01	54.17	250m:	5:10.65	1:46.52	350m:		
	100m:	1:36.84 52.91	200m:	3:24.13	53.12	300m:	6:03.41	52.76	400m:	6:52.27	
46.	PARYSIAK Alan		08	Pływamy i Ratujemy						6:54.98	133
	50m:	46.10 46.10	150m:	2:31.80	52.94	250m:	4:18.17	53.73	350m:	6:03.01	51.95
	100m:	1:38.86 52.76	200m:	3:24.44	52.64	300m:	5:11.06	52.89	400m:	6:54.98	51.97
47.	IGIELSKI Adrian		08	MKP Szczecin						7:01.32	127
	50m:	45.50 45.50	150m:	2:35.02	55.32	250m:	4:24.04	54.04	350m:	6:14.55	55.05
	100m:	1:39.70 54.20	200m:	3:30.00	54.98	300m:	5:19.50	55.46	400m:	7:01.32	46.77
48.	KAPELA Maciej		08	MKP Szczecin						7:03.41	125
	50m:	45.01 45.01	150m:	2:33.64	55.74	250m:	4:20.81	53.15	350m:	6:10.38	55.50
	100m:	1:37.90 52.89	200m:	3:27.66	54.02	300m:	5:14.88	54.07	400m:	7:03.41	53.03
49.	HEIDRICH Armin		08	MKS Znicz Koszalin						7:03.70	125
	50m:	45.50 45.50	150m:	2:32.04	54.30	250m:	4:21.05	54.99	350m:	6:11.22	55.08
	100m:	1:37.74 52.24	200m:	3:26.06	54.02	300m:	5:16.14	55.09	400m:	7:03.70	52.48
50.	ZIENOWICZ Dominik		08	MKS Znicz Koszalin						7:27.91	106
	50m:	47.93 47.93	150m:	2:39.47	56.18	250m:	4:36.10	57.82	350m:	6:32.75	57.10
	100m:	1:43.29 55.36	200m:	3:38.28	58.81	300m:	5:35.65	59.55	400m:	7:27.91	55.16
51.	TURCZYNOWICZ Bartosz		08	MKP Szczecin						7:29.11	105
	50m:	46.96 46.96	150m:	2:41.77	57.54	250m:	4:39.20	59.64	350m:	6:33.54	57.03
	100m:	1:44.23 57.27	200m:	3:39.56	57.79	300m:	5:36.51	57.31	400m:	7:29.11	55.57
52.	SKIBSKI Artur		08	MKP Szczecin						7:35.60	101
	50m:	49.26 49.26	150m:	2:45.90	59.14	250m:	4:43.24	1:02.17	350m:	6:43.41	59.67
	100m:	1:46.76 57.50	200m:	3:41.07	55.17	300m:	5:43.74	1:00.50	400m:	7:35.60	52.19
53.	URBAN Jeremiasz		08	MKP Szczecin						7:41.21	97
	50m:	47.19 47.19	150m:	2:46.61	1:01.66	250m:	4:49.86	1:01.42	350m:	6:45.57	55.70
	100m:	1:44.95 57.76	200m:	3:48.44	1:01.83	300m:	5:49.87	1:00.01	400m:	7:41.21	55.64

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej 11-12 lat
Szczecin, 27-11-2019

Event 4, Boys, 400m Freestyle, 11 years

Rank	YB						Time	Pts				
54.	WOLINSKI Hubert						7:54.48	89				
	50m:	48.40	48.40	150m:	2:47.70	1:00.82	250m:	4:52.28	1:01.17	350m:	6:57.60	1:02.46
	100m:	1:46.88	58.48	200m:	3:51.11	1:03.41	300m:	5:55.14	1:02.86	400m:	7:54.48	56.88
55.	MICHALSKI Jakub						7:55.01	89				
	50m:	50.39	50.39	150m:	2:49.76	1:00.46	250m:	4:47.89	58.98	350m:	6:46.23	54.26
	100m:	1:49.30	58.91	200m:	3:48.91	59.15	300m:	5:51.97	1:04.08	400m:	7:55.01	1:08.78