

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej 11-12 lat  
Szczecin, 9-11-2022

Konkurencja 4  
2022-11-09 - 12:50

Chłopców, 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
1.	JONIAK Marcel		11	MKP Szczecin				<b>5:08.60</b>	325
	50m:	34.75 34.75	150m:	1:52.63	39.30	250m:	3:11.76 39.63	350m:	4:30.55 39.19
	100m:	1:13.33 38.58	200m:	2:32.13	39.50	300m:	3:51.36 39.60	400m:	5:08.60 38.05
2.	FLORCZAK Aleksander		11	MKS Znicz Koszalin				<b>5:27.14</b>	273
	50m:	35.97 35.97	150m:	1:58.41	42.31	250m:	3:22.54 42.44	350m:	4:48.24 43.32
	100m:	1:16.10 40.13	200m:	2:40.10	41.69	300m:	4:04.92 42.38	400m:	5:27.14 38.90
3.	BANUCH Dorian		11	MKP Szczecin				<b>5:38.47</b>	246
	50m:	36.54 36.54	150m:	2:01.22	42.80	250m:	3:28.45 44.00	350m:	4:58.56 45.22
	100m:	1:18.42 41.88	200m:	2:44.45	43.23	300m:	4:13.34 44.89	400m:	5:38.47 39.91
4.	LIWI SKI Kacper		11	MKS CKS-SMS Szczecin				<b>5:46.78</b>	229
	50m:	36.73 36.73	150m:	2:02.50	43.46	250m:	3:32.62 45.50	350m:	5:03.55 45.57
	100m:	1:19.04 42.31	200m:	2:47.12	44.62	300m:	4:17.98 45.36	400m:	5:46.78 43.23
5.	WI NIEWSKI Paweł		11	MKS Znicz Koszalin				<b>6:00.07</b>	204
	50m:	38.53 38.53	150m:	2:11.76	46.58	250m:	3:45.34 47.25	350m:	5:18.40 45.98
	100m:	1:25.18 46.65	200m:	2:58.09	46.33	300m:	4:32.42 47.08	400m:	6:00.07 41.67
6.	LIWI SKI Filip		11	MKS CKS-SMS Szczecin				<b>6:00.15</b>	204
	50m:	38.10 38.10	150m:	2:08.27	46.02	250m:	3:42.01 46.87	350m:	5:15.95 46.22
	100m:	1:22.25 44.15	200m:	2:55.14	46.87	300m:	4:29.73 47.72	400m:	6:00.15 44.20
7.	ZGLINICKI Arkadiusz		11	MKS CKS-SMS Szczecin				<b>6:00.39</b>	204
	50m:	42.10 42.10	150m:	2:13.35	46.12	250m:	3:45.42 45.93	350m:	5:17.65 45.98
	100m:	1:27.23 45.13	200m:	2:59.49	46.14	300m:	4:31.67 46.25	400m:	6:00.39 42.74
8.	WISTAK-ROKOSA Alan		11	MKP Szczecin				<b>6:05.36</b>	196
	50m:	39.99 39.99	150m:	2:10.67	46.15	250m:	3:45.49 47.20	350m:	5:20.21 45.75
	100m:	1:24.52 44.53	200m:	2:58.29	47.62	300m:	4:34.46 48.97	400m:	6:05.36 45.15
9.	KOGUT Wiktor		11	MKS Znicz Koszalin				<b>6:07.08</b>	193
	50m:	38.98 38.98	150m:	2:12.25	47.78	250m:	3:48.61 48.07	350m:	5:24.91 48.00
	100m:	1:24.47 45.49	200m:	3:00.54	48.29	300m:	4:36.91 48.30	400m:	6:07.08 42.17
10.	KLIM Krystian		11	MKS Znicz Koszalin				<b>6:11.75</b>	186
	50m:	39.20 39.20	150m:	2:17.21	49.29	250m:	3:53.45 48.57	350m:	5:28.73 45.93
	100m:	1:27.92 48.72	200m:	3:04.88	47.67	300m:	4:42.80 49.35	400m:	6:11.75 43.02
11.	EMOJDZIN Mikołaj		11	MKS CKS-SMS Szczecin				<b>6:14.54</b>	181
	50m:	40.16 40.16	150m:	2:15.30	48.65	250m:	3:52.82 49.04	350m:	5:29.39 47.55
	100m:	1:26.65 46.49	200m:	3:03.78	48.48	300m:	4:41.84 49.02	400m:	6:14.54 45.15
12.	KARPIK Norbert		11	MKP Szczecin				<b>6:18.41</b>	176
	50m:	40.15 40.15	150m:	2:16.09	49.48	250m:	3:55.58 49.15	350m:	5:34.28 48.77
	100m:	1:26.61 46.46	200m:	3:06.43	50.34	300m:	4:45.51 49.93	400m:	6:18.41 44.13
13.	KOLMAN Filip		11	MKS CKS-SMS Szczecin				<b>6:20.39</b>	173
	50m:	43.82 43.82	150m:	2:24.37	51.09	250m:	4:01.90 46.52	350m:	5:36.00 43.64
	100m:	1:33.28 49.46	200m:	3:15.38	51.01	300m:	4:52.36 50.46	400m:	6:20.39 44.39
14.	SOCHA Mikołaj		11	MKS Znicz Koszalin				<b>6:21.19</b>	172
	50m:	45.28 45.28	150m:	2:23.23	48.23	250m:	4:00.17 47.75	350m:	5:36.15 48.13
	100m:	1:35.00 49.72	200m:	3:12.42	49.19	300m:	4:48.02 47.85	400m:	6:21.19 45.04
15.	TUSK Krzysztof		11	MKS Znicz Koszalin				<b>6:21.84</b>	171
	50m:	43.53 43.53	150m:	2:23.79	50.71	250m:	4:00.09 46.92	350m:	5:37.97 49.05
	100m:	1:33.08 49.55	200m:	3:13.17	49.38	300m:	4:48.92 48.83	400m:	6:21.84 43.87
16.	STEFANIAK Piotr		11	MKS CKS-SMS Szczecin				<b>6:23.97</b>	168
	50m:	44.48 44.48	150m:	2:22.16	49.26	250m:	4:00.53 49.10	350m:	5:37.88 47.97
	100m:	1:32.90 48.42	200m:	3:11.43	49.27	300m:	4:49.91 49.38	400m:	6:23.97 46.09
17.	W SOWICZ Hubert		11	MKS Znicz Koszalin				<b>6:28.75</b>	162
	50m:	42.02 42.02	150m:	2:20.69	50.00	250m:	4:02.91 50.38	350m:	5:43.83 49.96
	100m:	1:30.69 48.67	200m:	3:12.53	51.84	300m:	4:53.87 50.96	400m:	6:28.75 44.92

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej 11-12 lat  
Szczecin, 9-11-2022

Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.		
18.	PALUSZEK Ignacy		11	MKS Znicz Koszalin				<b>6:29.92</b>	161		
	50m:	44.14 44.14	150m:	2:23.66	50.04	250m:	4:05.33	50.74	350m:	5:47.34	50.79
	100m:	1:33.62 49.48	200m:	3:14.59	50.93	300m:	4:56.55	51.22	400m:	6:29.92	42.58
19.	PI TKA Joachim		11	MKP Szczecin				<b>6:30.57</b>	160		
	50m:	41.60 41.60	150m:	2:21.78	50.64	250m:	4:04.23	51.52	350m:	5:47.70	51.67
	100m:	1:31.14 49.54	200m:	3:12.71	50.93	300m:	4:56.03	51.80	400m:	6:30.57	42.87
20.	MUCHA Stanisław		11	MKS Znicz Koszalin				<b>6:31.57</b>	159		
	50m:	47.12 47.12	150m:	2:29.57	51.87	250m:	4:10.14	49.29	350m:	5:49.75	48.67
	100m:	1:37.70 50.58	200m:	3:20.85	51.28	300m:	5:01.08	50.94	400m:	6:31.57	41.82
21.	CHŁYSTA Mateusz		11	MKP Szczecin				<b>6:32.96</b>	157		
	50m:	44.57 44.57	150m:	2:23.87	50.08	250m:	4:06.73	52.09	350m:	5:46.30	49.21
	100m:	1:33.79 49.22	200m:	3:14.64	50.77	300m:	4:57.09	50.36	400m:	6:32.96	46.66
22.	KUSZ Patryk		11	MKP Kołobrzeg				<b>6:34.87</b>	155		
	50m:	42.50 42.50	150m:	2:24.17	51.80	250m:	4:06.63	51.68	350m:	5:47.02	50.05
	100m:	1:32.37 49.87	200m:	3:14.95	50.78	300m:	4:56.97	50.34	400m:	6:34.87	47.85
23.	JANIEL-MOCH Tomasz		11	MKS Znicz Koszalin				<b>6:44.75</b>	144		
	50m:	44.32 44.32	150m:	2:27.25	52.12	250m:			350m:	5:57.48	52.35
	100m:	1:35.13 50.81	200m:	3:20.15	52.90	300m:	5:05.13		400m:	6:44.75	47.27
24.	JAWORSKI Maksym		11	MKS Znicz Koszalin				<b>6:47.49</b>	141		
	50m:	48.79 48.79	150m:	2:35.02	52.27	250m:	4:20.96	54.59	350m:		
	100m:	1:42.75 53.96	200m:	3:26.37	51.35	300m:	5:14.22	53.26	400m:	6:47.49	
25.	GONTARZ Paweł		11	MKS Znicz Koszalin				<b>6:51.48</b>	137		
	50m:	46.86 46.86	150m:	2:32.98	53.67	250m:	4:20.69	53.72	350m:	6:05.94	51.72
	100m:	1:39.31 52.45	200m:	3:26.97	53.99	300m:	5:14.22	53.53	400m:	6:51.48	45.54
26.	ACZEK Wojciech		11	MKP Szczecin				<b>6:52.01</b>	136		
	50m:	45.28 45.28	150m:	2:31.47	52.80	250m:	4:16.92	52.38	350m:	6:03.62	53.50
	100m:	1:38.67 53.39	200m:	3:24.54	53.07	300m:	5:10.12	53.20	400m:	6:52.01	48.39
27.	JABŁO SKI Igor		11	MKS Znicz Koszalin				<b>6:53.79</b>	134		
	50m:	43.26 43.26	150m:	2:33.17	54.93	250m:	4:21.78	54.77	350m:	6:08.40	52.89
	100m:	1:38.24 54.98	200m:	3:27.01	53.84	300m:	5:15.51	53.73	400m:	6:53.79	45.39
28.	KUCHARSKI Marcel		11	MKP Szczecin				<b>6:56.64</b>	132		
	50m:	46.49 46.49	150m:	2:31.13	53.11	250m:	4:18.92	53.24	350m:	6:07.83	53.42
	100m:	1:38.02 51.53	200m:	3:25.68	54.55	300m:	5:14.41	55.49	400m:	6:56.64	48.81
29.	NOWAK Nikodem		11	MKS CKS-SMS Szczecin				<b>6:59.16</b>	129		
	50m:	47.51 47.51	150m:	2:34.18	53.58	250m:	4:18.62	53.46	350m:	6:07.72	53.80
	100m:	1:40.60 53.09	200m:	3:25.16	50.98	300m:	5:13.92	55.30	400m:	6:59.16	51.44
30.	NADOLNY Antoni		11	MKS Znicz Koszalin				<b>6:59.27</b>	129		
	50m:	45.11 45.11	150m:	2:29.72	53.16	250m:	4:18.73	54.83	350m:	6:08.99	54.88
	100m:	1:36.56 51.45	200m:	3:23.90	54.18	300m:	5:14.11	55.38	400m:	6:59.27	50.28
31.	KUREK Antoni		11	MKS Znicz Koszalin				<b>7:10.15</b>	120		
	50m:	45.46 45.46	150m:	2:32.93	55.01	250m:	4:27.19	57.51	350m:	6:18.18	55.55
	100m:	1:37.92 52.46	200m:	3:29.68	56.75	300m:	5:22.63	55.44	400m:	7:10.15	51.97
32.	GROTOWSKI-DUCH Batosz		11	MKP Szczecin				<b>7:10.30</b>	120		
	50m:	44.57 44.57	150m:	2:33.22	55.34	250m:	4:25.13	56.46	350m:	6:19.16	57.31
	100m:	1:37.88 53.31	200m:	3:28.67	55.45	300m:	5:21.85	56.72	400m:	7:10.30	51.14
33.	DZIEWIERSKI Dominik		11	MKP Szczecin				<b>7:11.00</b>	119		
	50m:	47.92 47.92	150m:	2:35.78	55.22	250m:	4:27.55	55.98	350m:	6:19.02	55.60
	100m:	1:40.56 52.64	200m:	3:31.57	55.79	300m:	5:23.42	55.87	400m:	7:11.00	51.98
34.	SPALCZY SKI Aleksander		11	MKP Szczecin				<b>7:13.45</b>	117		
	50m:	48.09 48.09	150m:	2:35.91	54.06	250m:	4:24.26	55.73	350m:	6:17.81	57.12
	100m:	1:41.85 53.76	200m:	3:28.53	52.62	300m:	5:20.69	56.43	400m:	7:13.45	55.64
35.	KORZENIOWSKI Jakub		11	MKS Znicz Koszalin				<b>7:17.01</b>	114		
	50m:	47.27 47.27	150m:	2:37.19	56.17	250m:	4:29.62	56.99	350m:	6:24.57	56.94
	100m:	1:41.02 53.75	200m:	3:32.63	55.44	300m:	5:27.63	58.01	400m:	7:17.01	52.44

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Szczecin, 9-11-2022

Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.				Czas				Pkt.
36.	PAŁKA Szymon		11	MKP Szczecin			<b>7:21.81</b>				110
	50m:	49.36 49.36	150m:	2:43.33	57.36	250m:	4:39.57	58.04	350m:	6:33.13	56.15
	100m:	1:45.97 56.61	200m:	3:41.53	58.20	300m:	5:36.98	57.41	400m:	7:21.81	48.68
37.	STRZY EWSKI Wiktor		11	MKP Szczecin			<b>7:24.34</b>				108
	50m:	49.87 49.87	150m:	2:44.52	56.99	250m:	4:41.93	58.13	350m:	6:35.22	56.41
	100m:	1:47.53 57.66	200m:	3:43.80	59.28	300m:	5:38.81	56.88	400m:	7:24.34	49.12
38.	MA KO Sebastian		11	MKP Szczecin			<b>7:25.85</b>				107
	50m:	47.58 47.58	150m:	2:40.99	58.14	250m:	4:37.81	57.89	350m:	6:33.40	57.35
	100m:	1:42.85 55.27	200m:	3:39.92	58.93	300m:	5:36.05	58.24	400m:	7:25.85	52.45
39.	STANKOWSKI Olivier		11	MKP Szczecin			<b>7:51.13</b>				91
	50m:	50.29 50.29	150m:	2:49.23	1:01.24	250m:	4:55.30	1:03.83	350m:	6:55.81	59.20
	100m:	1:47.99 57.70	200m:	3:51.47	1:02.24	300m:	5:56.61	1:01.31	400m:	7:51.13	55.32
40.	WESOŁOWSKI Patryk		11	MKP Szczecin			<b>7:53.50</b>				90
	50m:	52.77 52.77	150m:	2:52.15	1:00.40	250m:	4:53.55	1:00.32	350m:	6:54.39	1:01.17
	100m:	1:51.75 58.98	200m:	3:53.23	1:01.08	300m:	5:53.22	59.67	400m:	7:53.50	59.11
41.	BOROWSKI Piotr		11	MKP Szczecin			<b>8:03.76</b>				84
	50m:	52.41 52.41	150m:	2:55.45	1:02.37	250m:	5:03.21	1:04.05	350m:	7:08.25	1:01.72
	100m:	1:53.08 1:00.67	200m:	3:59.16	1:03.71	300m:	6:06.53	1:03.32	400m:	8:03.76	55.51
42.	CHOMCZY SKI Jan		11	MKP Szczecin			<b>8:10.91</b>				80
	50m:	54.39 54.39	150m:	3:03.87	1:06.47	250m:	5:04.55	59.97	350m:	7:10.44	1:02.74
	100m:	1:57.40 1:03.01	200m:	4:04.58	1:00.71	300m:	6:07.70	1:03.15	400m:	8:10.91	1:00.47
43.	CUPRYCH Jan		11	MKP Szczecin			<b>8:37.19</b>				69
	50m:	55.30 55.30	150m:	3:12.03	1:10.45	250m:			350m:		
	100m:	2:01.58 1:06.28	200m:	4:16.37	1:04.34	300m:	5:21.23		400m:	8:37.19	
44.	SZCZYPIORSKI Jakub		11	MKP Szczecin			<b>8:53.89</b>				62
	50m:	59.02 59.02	150m:	3:20.44	1:10.41	250m:	5:40.26	1:10.07	350m:	7:53.24	1:02.51
	100m:	2:10.03 1:11.01	200m:	4:30.19	1:09.75	300m:	6:50.73	1:10.47	400m:	8:53.89	1:00.65
DYSKW.	KOZIEŁ Piotr		11	MKP Szczecin			<b>6:51.49</b>				
	<i>O1 - Pływak wystartował po komendzie na miejsca i zaj ciu pozycji nieruchomej a przed sygnałem startu.</i>										
	50m:	45.32 45.32	150m:	3:22.41	1:45.99	250m:	5:09.53	54.54	350m:		
	100m:	1:36.42 51.10	200m:	4:14.99	52.58	300m:	6:03.98	54.45	400m:	6:51.49	
DYSKW.	FIRLEJ Adrian		11	MKP Szczecin			<b>7:06.71</b>				
	<i>O3 - Pływak podci gał si na linie torowej (dodatkowy ruch nap dowy).</i>										
	50m:	43.13 43.13	150m:	2:27.63	53.76	250m:	4:20.97	57.91	350m:	6:13.93	56.08
	100m:	1:33.87 50.74	200m:	3:23.06	55.43	300m:	5:17.85	56.88	400m:	7:06.71	52.78
PK	USPENSKI Matsvei		09	MKP Szczecin			<b>5:09.31</b>				323
	50m:	31.57 31.57	150m:	1:49.13	40.59	250m:	3:10.65	40.52	350m:	4:30.65	39.06
	100m:	1:08.54 36.97	200m:	2:30.13	41.00	300m:	3:51.59	40.94	400m:	5:09.31	38.66
PK	WIECZOREK Aleksander		10	MKP Szczecin			<b>6:21.70</b>				171
	50m:	43.73 43.73	150m:	2:20.46	48.54	250m:	3:58.59	48.79	350m:	5:35.96	48.74
	100m:	1:31.92 48.19	200m:	3:09.80	49.34	300m:	4:47.22	48.63	400m:	6:21.70	45.74
PK	DOBRZELEWSKI Julian		10	MKP Szczecin			<b>7:00.59</b>				128
	50m:	48.06 48.06	150m:	2:35.37	52.01	250m:	4:21.98	54.83	350m:	6:10.96	54.25
	100m:	1:43.36 55.30	200m:	3:27.15	51.78	300m:	5:16.71	54.73	400m:	7:00.59	49.63