

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej 11-12 lat  
Szczecin, 22-11-2023

Konkurencja 4  
2023-11-22 - 12:00

Chłopców, 400m dowolny

11 - 12 lat  
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.	Czas	Pkt.
<b>11 lat</b>			
1. KA MIERCZAK Szymon	12 MKP Szczecin	<b>5:53.42</b>	216
50m: 38.70 38.70	150m: 2:09.43 46.49	250m: 3:42.58 46.15	350m: 5:13.55 44.25
100m: 1:22.94 44.24	200m: 2:56.43 47.00	300m: 4:29.30 46.72	400m: 5:53.42 39.87
2. JUSZCZY SKI Mikołaj	12 CKS SMS Szczecin	<b>6:00.22</b>	204
50m: 39.42 39.42	150m: 2:09.20 44.98	250m: 3:43.91 47.55	350m: 5:18.64 47.10
100m: 1:24.22 44.80	200m: 2:56.36 47.16	300m: 4:31.54 47.63	400m: 6:00.22 41.58
3. KARWOWSKI Tomasz	12 CKS SMS Szczecin	<b>6:00.51</b>	204
50m: 41.24 41.24	150m: 2:15.46 47.06	250m: 3:49.37 46.80	350m: 5:20.91 45.67
100m: 1:28.40 47.16	200m: 3:02.57 47.11	300m: 4:35.24 45.87	400m: 6:00.51 39.60
4. MILEWSKI Bartłomiej	12 CKS SMS Szczecin	<b>6:02.23</b>	201
50m: 39.62 39.62	150m: 2:12.76 47.63	250m: 3:46.59 47.47	350m: 5:18.93 45.95
100m: 1:25.13 45.51	200m: 2:59.12 46.36	300m: 4:32.98 46.39	400m: 6:02.23 43.30
5. WISTAK-ROKOSA Natan	12 MKP Szczecin	<b>6:06.20</b>	194
50m: 41.05 41.05	150m: 2:13.69 46.82	250m: 3:48.44 47.71	350m: 5:22.49 46.97
100m: 1:26.87 45.82	200m: 3:00.73 47.04	300m: 4:35.52 47.08	400m: 6:06.20 43.71
6. BINKOWSKI Nikodem	12 CKS SMS Szczecin	<b>6:17.28</b>	178
50m: 44.52 44.52	150m: 2:22.16 49.07	250m: 3:58.85 47.97	350m: 5:35.82 47.60
100m: 1:33.09 48.57	200m: 3:10.88 48.72	300m: 4:48.22 49.37	400m: 6:17.28 41.46
7. PIECHOTA Nikodem	12 MKP Szczecin	<b>6:17.60</b>	177
50m: 41.62 41.62	150m: 2:21.51 50.27	250m: 3:59.41 49.00	350m: 5:35.23 47.20
100m: 1:31.24 49.62	200m: 3:10.41 48.90	300m: 4:48.03 48.62	400m: 6:17.60 42.37
8. WI CEK Nikodem	12 MKP Szczecin	<b>6:32.26</b>	158
50m: 42.65 42.65	150m: 2:23.32 51.06	250m: 4:03.85 51.58	350m: 5:46.01 51.48
100m: 1:32.26 49.61	200m: 3:12.27 48.95	300m: 4:54.53 50.68	400m: 6:32.26 46.25
9. KUCZYS Igor	12 MKP Szczecin	<b>6:33.86</b>	156
50m: 42.31 42.31	150m: 2:23.17 51.75	250m: 4:06.45 51.93	350m: 5:47.49 50.79
100m: 1:31.42 49.11	200m: 3:14.52 51.35	300m: 4:56.70 50.25	400m: 6:33.86 46.37
10. WNOROWSKI Szymon	12 CKS SMS Szczecin	<b>6:37.61</b>	152
50m: 42.30 42.30	150m: 2:24.58 51.27	250m: 4:09.14 52.87	350m: 5:50.86 49.61
100m: 1:33.31 51.01	200m: 3:16.27 51.69	300m: 5:01.25 52.11	400m: 6:37.61 46.75
11. KIEŁCZEWSKI Wiktor	12 MKP Szczecin	<b>6:39.88</b>	149
50m: 43.85 43.85	150m: 2:25.26 51.79	250m: 4:10.70 53.64	350m: 5:52.94 51.42
100m: 1:33.47 49.62	200m: 3:17.06 51.80	300m: 5:01.52 50.82	400m: 6:39.88 46.94
12. ŁAWRYNOWICZ Kornel	12 CKS SMS Szczecin	<b>6:49.06</b>	139
50m: 42.87 42.87	150m: 2:27.87 53.28	250m: 4:13.28 52.29	350m: 5:58.82 52.57
100m: 1:34.59 51.72	200m: 3:20.99 53.12	300m: 5:06.25 52.97	400m: 6:49.06 50.24
13. BILOUS Matvii	12 MKP Szczecin	<b>6:52.06</b>	136
50m: 44.56 44.56	150m: 2:28.90 52.90	250m: 4:15.89 53.69	350m: 6:00.74 51.06
100m: 1:36.00 51.44	200m: 3:22.20 53.30	300m: 5:09.68 53.79	400m: 6:52.06 51.32
14. PRAWUCKI Antoni	12 MKP Szczecin	<b>7:00.98</b>	128
50m: 42.85 42.85	150m: 2:31.04 54.09	250m: 4:20.11 55.40	350m: 6:06.71 51.40
100m: 1:36.95 54.10	200m: 3:24.71 53.67	300m: 5:15.31 55.20	400m: 7:00.98 54.27
15. RYGIELSKI Karol	12 MKP Szczecin	<b>7:02.01</b>	127
50m: 45.98 45.98	150m: 2:30.91 53.11	250m: 4:20.47 55.23	350m: 6:09.75 54.65
100m: 1:37.80 51.82	200m: 3:25.24 54.33	300m: 5:15.10 54.63	400m: 7:02.01 52.26
16. PAROBCZY Wojciech	12 CKS SMS Szczecin	<b>7:14.33</b>	116
50m: 47.36 47.36	150m: 2:39.24 56.10	250m: 4:29.74 54.89	350m: 6:19.86 55.55
100m: 1:43.14 55.78	200m: 3:34.85 55.61	300m: 5:24.31 54.57	400m: 7:14.33 54.47
17. WOJTUSZISZYN Eryk	12 CKS SMS Szczecin	<b>7:16.53</b>	114
50m: 49.33 49.33	150m: 2:40.26 56.09	250m: 4:30.89 54.22	350m: 6:22.03 55.01
100m: 1:44.17 54.84	200m: 3:36.67 56.41	300m: 5:27.02 56.13	400m: 7:16.53 54.50

Ogólnopolski Sprawdzian Wytrzymało ci i Wszechstronno ci Stylowej 11-12 lat  
Szczecin, 22-11-2023

Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.		
18.	SIEDLARZ Gracjan		12	Znicz Koszalin				<b>7:32.70</b>	103		
	50m:	54.77 54.77	150m:	2:50.33	58.12	250m:	4:47.41	57.27	350m:	6:38.85	56.53
	100m:	1:52.21 57.44	200m:	3:50.14	59.81	300m:	5:42.32	54.91	400m:	7:32.70	53.85
19.	SOLOVYOV Michał		12	MKP Szczecin				<b>7:34.79</b>	101		
	50m:	54.70 54.70	150m:	2:51.58	57.84	250m:	4:47.33	57.96	350m:	6:41.16	56.19
	100m:	1:53.74 59.04	200m:	3:49.37	57.79	300m:	5:44.97	57.64	400m:	7:34.79	53.63
20.	BU KA Mariusz		12	MKP Szczecin				<b>7:34.84</b>	101		
	50m:	48.65 48.65	150m:	2:46.20	59.53	250m:	4:42.70	59.79	350m:	6:40.63	59.44
	100m:	1:46.67 58.02	200m:	3:42.91	56.71	300m:	5:41.19	58.49	400m:	7:34.84	54.21
21.	BRZEZI SKI Sebastian		12	MKP Szczecin				<b>8:20.57</b>	76		
	50m:	59.84 59.84	150m:	3:12.65	1:03.46	250m:	5:13.69	59.29	350m:	7:19.65	1:02.67
	100m:	2:09.19 1:09.35	200m:	4:14.40	1:01.75	300m:	6:16.98	1:03.29	400m:	8:20.57	1:00.92
22.	SZEWCZYK Mikołaj		12	MKP Szczecin				<b>9:04.55</b>	59		
	50m:	54.15 54.15	150m:	3:12.17	1:10.71	250m:	5:35.98	1:10.45	350m:	7:58.39	1:09.68
	100m:	2:01.46 1:07.31	200m:	4:25.53	1:13.36	300m:	6:48.71	1:12.73	400m:	9:04.55	1:06.16
23.	POSPIECH Szymon		12	MKP Szczecin				<b>9:50.28</b>	46		
	50m:	1:05.52 1:05.52	150m:	3:36.67	1:14.50	250m:	6:05.48	1:14.20	350m:	8:37.91	1:17.82
	100m:	2:22.17 1:16.65	200m:	4:51.28	1:14.61	300m:	7:20.09	1:14.61	400m:	9:50.28	1:12.37
NIE UK.	KU DOWICZ Mateusz		12	MKP Szczecin							
	50m:	54.38 54.38	150m:	3:04.57	1:06.62	250m:	5:16.17	1:04.27	350m:	7:27.97	1:02.70
	100m:	1:57.95 1:03.57	200m:	4:11.90	1:07.33	300m:	6:25.27	1:09.10	400m:		
NIE UK.	SAMOLEJ Bartosz		12	MKP Szczecin							
	50m:	55.55 55.55	150m:	3:10.66	1:08.56	250m:	5:26.88	1:08.19	350m:		
	100m:	2:02.10 1:06.55	200m:	4:18.69	1:08.03	300m:	6:35.80	1:08.92	400m:		
PK	MICHALCZYSZYN Filip		10	MKP Szczecin				<b>4:42.11</b>	425		
	50m:	31.07 31.07	150m:	1:41.42	35.89	250m:	2:53.37	36.04	350m:	4:06.15	36.38
	100m:	1:05.53 34.46	200m:	2:17.33	35.91	300m:	3:29.77	36.40	400m:	4:42.11	35.96
PK	HAJDUKIEWICZ Mateusz		10	MKP Szczecin				<b>4:47.85</b>	400		
	50m:	31.37 31.37	150m:	1:43.24	36.43	250m:	2:56.72	36.67	350m:	4:10.92	37.17
	100m:	1:06.81 35.44	200m:	2:20.05	36.81	300m:	3:33.75	37.03	400m:	4:47.85	36.93
PK	MAKOWSKI Jakub		10	MKP Szczecin				<b>4:56.50</b>	366		
	50m:	31.96 31.96	150m:	1:46.21	37.98	250m:	3:02.66	38.23	350m:	4:19.88	38.86
	100m:	1:08.23 36.27	200m:	2:24.43	38.22	300m:	3:41.02	38.36	400m:	4:56.50	36.62