

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

Konkurencja 1  
2023-11-22 - 10:45

Dziewcz t, 200m zmienny

11 - 12 lat  
Wyniki

Punkty: FINA 2023

| Pozycja       | Rok ur.              |                     | Czas           | Pkt. | 50m   | 100m    | 150m    | 200m  |
|---------------|----------------------|---------------------|----------------|------|-------|---------|---------|-------|
| <b>12 lat</b> |                      |                     |                |      |       |         |         |       |
| 1.            | ADAMSKA Nika         | 11 MKP Szczecin     | <b>2:37.62</b> | 462  | 34.39 | 39.36   | 47.17   | 36.70 |
| 2.            | BURACZYK Nikola      | 11 MKP Szczecin     | <b>2:49.40</b> | 372  | 34.86 | 44.20   | 50.15   | 40.19 |
| 3.            | CHRZANOWSKA A.       | 11 CKS SMS Szczecin | <b>2:51.56</b> | 358  | 38.72 | 44.68   | 49.44   | 38.72 |
| 4.            | MAŁECKA Hanna        | 11 CKS SMS Szczecin | <b>2:54.95</b> | 337  | 39.04 | 43.46   | 51.71   | 40.74 |
| 5.            | LUSARCZYK Hanna      | 11 CKS SMS Szczecin | <b>2:57.31</b> | 324  | 39.44 | 1:37.31 |         |       |
| 6.            | KWATYRA Hanna        | 11 MKP Szczecin     | <b>3:01.66</b> | 301  | 39.48 | 50.60   | 51.51   | 40.07 |
| 7.            | ZYGARŁOWSKA Weronika | 11 CKS SMS Szczecin | <b>3:03.58</b> | 292  | 40.78 | 48.48   | 52.86   | 41.46 |
| 8.            | PACOCHA Lena         | 11 CKS SMS Szczecin | <b>3:06.65</b> | 278  | 39.05 | 46.69   | 58.04   | 42.87 |
| 9.            | PIOTROWSKA Julia     | 11 CKS SMS Szczecin | <b>3:08.51</b> | 270  | 45.35 | 45.64   | 55.80   | 41.72 |
| 10.           | BACZY SKA Dominika   | 11 MKP Szczecin     | <b>3:08.66</b> | 269  | 42.81 | 49.83   | 51.59   | 44.43 |
| 11.           | NIADY Maja           | 11 MKP Szczecin     | <b>3:08.97</b> | 268  | 43.77 | 51.12   | 54.14   | 39.94 |
| 12.           | HOZHA Ariadna        | 11 MKP Szczecin     | <b>3:10.82</b> | 260  | 43.26 | 47.08   | 58.28   | 42.20 |
| 13.           | PIEKART Klara        | 11 MKP Szczecin     | <b>3:14.09</b> | 247  | 45.50 | 51.36   | 55.49   | 41.74 |
| 14.           | ZGLINICKA Anna       | 11 CKS SMS Szczecin | <b>3:15.04</b> | 243  | 44.68 | 47.89   | 56.54   | 45.93 |
| 15.           | LIZAKOWSKA Amelia    | 11 MKP Szczecin     | <b>3:15.77</b> | 241  | 45.53 | 53.91   | 50.43   | 45.90 |
| 16.           | WRÓBLEWSKA Zuzanna   | 11 CKS SMS Szczecin | <b>3:19.76</b> | 227  | 46.47 | 50.53   | 55.74   | 47.02 |
| 17.           | SZAREK Helena        | 11 MKP Szczecin     | <b>3:23.13</b> | 215  | 43.21 | 53.14   | 1:00.35 | 46.43 |
| 18.           | PALUCH Zofia         | 11 MKP Szczecin     | <b>3:23.20</b> | 215  | 50.39 | 48.55   | 1:00.95 | 43.31 |
| 19.           | STEFA SKA Naomi      | 11 MKP Szczecin     | <b>3:24.37</b> | 211  | 46.20 | 54.04   | 56.31   | 47.82 |
| 20.           | D BROWSKA Agata      | 11 MKP Szczecin     | <b>3:31.50</b> | 191  | 46.51 | 53.78   | 1:00.32 | 50.89 |
| 21.           | BONIECKA Karina      | 11 MKP Szczecin     | <b>3:31.73</b> | 190  | 43.88 | 56.79   | 1:02.48 | 48.58 |
| 22.           | LIS Marta            | 11 MKP Szczecin     | <b>3:38.65</b> | 173  | 44.72 | 2:03.90 |         |       |
| 23.           | JÓ WIAK Idalia       | 11 MKP Szczecin     | <b>3:46.65</b> | 155  | 43.10 | 1:00.73 | 1:06.87 | 55.95 |
| DYSKW.        | OLESHKEVYCH Sofia    | 11 MKP Szczecin     | <b>3:20.46</b> |      | 44.88 | 50.20   | 1:00.17 | 45.21 |

*K11 - Pływak wykonał nierównoczesne lub naprzemienne ruchy nóg., Z3*

**11 lat**

|        |                    |                     |                |     |         |         |         |         |
|--------|--------------------|---------------------|----------------|-----|---------|---------|---------|---------|
| 1.     | GIETKA Ida         | 12 MKP Szczecin     | <b>2:55.04</b> | 337 | 35.94   | 44.84   | 52.89   | 41.37   |
| 2.     | KWATYRA Ewa        | 12 MKP Szczecin     | <b>3:19.37</b> | 228 | 44.20   | 52.14   | 55.71   | 47.32   |
| 3.     | SOBCZYK Hanna      | 12 CKS SMS Szczecin | <b>3:25.72</b> | 207 | 47.77   | 55.38   | 55.49   | 47.08   |
| 4.     | BERNACKA Magdalena | 12 CKS SMS Szczecin | <b>3:26.56</b> | 205 | 1:41.02 | 59.72   |         |         |
| 5.     | WESOŁOWSKA Lena    | 12 MKP Szczecin     | <b>3:30.48</b> | 194 | 48.23   | 1:55.78 |         |         |
| 6.     | BUJNOWSKA Mia      | 12 MKP Szczecin     | <b>3:33.52</b> | 185 | 48.34   | 57.81   | 56.03   | 51.34   |
| 7.     | POTRZEBNA Emilia   | 12 MKP Szczecin     | <b>3:35.70</b> | 180 | 49.97   | 54.16   | 1:04.45 | 47.12   |
| 8.     | GÓRA Zofia         | 12 MKP Szczecin     | <b>3:42.01</b> | 165 | 51.61   |         |         | 52.26   |
| 9.     | RATAJSKA Julia     | 12 MKP Szczecin     | <b>3:46.72</b> | 155 | 52.43   | 59.09   | 1:02.37 | 52.83   |
| 10.    | CENKIER Maja       | 12 MKP Szczecin     | <b>3:49.96</b> | 148 | 54.94   | 59.03   | 1:02.29 | 53.70   |
| 11.    | BARANIECKA Emilia  | 12 MKP Szczecin     | <b>3:56.83</b> | 136 | 51.59   | 1:01.83 | 1:09.43 | 53.98   |
| 12.    | KOZŁOWSKA Julia    | 12 MKP Szczecin     | <b>4:01.83</b> | 127 | 57.42   | 59.25   | 1:12.46 | 52.70   |
| 13.    | WSZOŁKOWSKA Lidia  | 12 MKP Szczecin     | <b>4:01.91</b> | 127 | 57.85   | 1:00.43 | 1:05.40 | 58.23   |
| 14.    | KIRKOVSKA Polina   | 12 MKP Szczecin     | <b>4:16.50</b> | 107 | 1:04.72 | 1:05.23 | 1:05.66 | 1:00.89 |
| 15.    | BRENDEL Laura      | 12 MKP Szczecin     | <b>4:23.20</b> | 99  | 1:05.53 | 1:06.73 | 1:06.84 | 1:04.10 |
| 16.    | KOSTECKA Liliana   | 12 MKP Szczecin     | <b>4:24.65</b> | 97  | 1:00.11 | 1:07.85 | 1:09.65 | 1:07.04 |
| 17.    | BOBIK Hanna        | 12 MKP Szczecin     | <b>4:35.82</b> | 86  | 1:07.72 | 1:09.11 | 1:15.29 | 1:03.70 |
| DYSKW. | JAWORSKA Ada       | 12 CKS SMS Szczecin | <b>3:17.44</b> |     | 46.00   | 52.16   | 57.27   | 42.01   |

*K15 - Pływak nie dotkn ł ciany dwiema dło mi przy nawrocie lub na zako czenie wy cigu.*

|        |                      |                 |                |  |       |       |         |       |
|--------|----------------------|-----------------|----------------|--|-------|-------|---------|-------|
| DYSKW. | BIELAWSKA Małgorzata | 12 MKP Szczecin | <b>3:27.38</b> |  | 51.80 | 49.84 | 1:00.18 | 45.56 |
|--------|----------------------|-----------------|----------------|--|-------|-------|---------|-------|

*K16 - Pływak dotkn ł cian nierównocze nie dwiema dło mi przy nawrocie lub na zako czenie wy cigu.*

|        |                |                     |                |  |       |       |         |       |
|--------|----------------|---------------------|----------------|--|-------|-------|---------|-------|
| DYSKW. | DUNAJEWSKA Ewa | 12 CKS SMS Szczecin | <b>3:29.22</b> |  | 43.95 | 53.39 | 1:02.10 | 49.78 |
|--------|----------------|---------------------|----------------|--|-------|-------|---------|-------|

*K16 - Pływak dotkn ł cian nierównocze nie dwiema dło mi przy nawrocie lub na zako czenie wy cigu., Z3*

|        |                  |                 |                |  |       |       |         |         |
|--------|------------------|-----------------|----------------|--|-------|-------|---------|---------|
| DYSKW. | MAŁECKA Angelika | 12 MKP Szczecin | <b>3:52.38</b> |  | 53.60 | 55.86 | 1:01.20 | 1:01.72 |
|--------|------------------|-----------------|----------------|--|-------|-------|---------|---------|

*Z2 - Pływak pokonał jednym stylem wi cej ni 1 dystansu.*

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

Konkurencja 1, Dziewcz t, 200m zmienny, 11 lat

| Pozycja  | Rok ur.         | Czas           | Pkt. | 50m   | 100m    | 150m  | 200m  |
|--|-----------------|----------------|------|-------|---------|-------|-------|
| DYSKW. DROZGOWSKA Anita  | 12 MKP Szczecin | <b>4:02.11</b> |      | 58.96 | 2:07.29 |       |       |
| <i>Z2 - Pływak pokonał jednym stylem wiczej ni 1 dystansu.</i> |                 |                |      |       |         |       |       |
| PK DUDA Natalia  | 10 MKP Szczecin | <b>2:29.10</b> | 545  | 31.32 | 39.99   | 44.98 | 32.81 |
| PK MICHALCZYSZYN Natasz  | 10 MKP Szczecin | <b>2:41.93</b> | 426  | 36.24 | 42.72   | 46.41 | 36.56 |
| PK MAJSZUTOWICZ Zofia  | 09 MKP Szczecin | <b>2:42.58</b> | 421  | 35.04 | 41.73   | 48.47 | 37.34 |
| PK STACHOWSKA Eliza  | 10 MKP Szczecin | <b>2:50.82</b> | 363  | 38.92 | 42.43   | 51.16 | 38.31 |
| PK JASI SKA-DETROIS Z.   | 10 MKP Szczecin | <b>2:55.73</b> | 333  | 40.26 | 46.27   | 50.12 | 39.08 |

Konkurencja 2

2023-11-22 - 11:10

Chłopców, 200m zmienny

11 - 12 lat

Wyniki

Punkty: FINA 2023

| Pozycja  | Rok ur.             | Czas           | Pkt. | 50m   | 100m  | 150m    | 200m  |
|--|---------------------|----------------|------|-------|-------|---------|-------|
| <b>12 lat</b>  |                     |                |      |       |       |         |       |
| 1. LIWI SKI Kacper   | 11 CKS SMS Szczecin | <b>2:41.15</b> | 314  | 33.90 | 41.51 | 47.44   | 38.30 |
| 2. JONIAK Marcel   | 11 MKP Szczecin     | <b>2:47.64</b> | 279  | 35.29 | 41.95 | 54.91   | 35.49 |
| 3. LIWI SKI Filip  | 11 CKS SMS Szczecin | <b>2:49.10</b> | 272  | 35.68 | 40.41 | 52.42   | 40.59 |
| 4. PI TKA Joachim  | 11 MKP Szczecin     | <b>2:49.74</b> | 269  | 35.42 | 44.98 | 48.70   | 40.64 |
| 5. KARPIK Norbert  | 11 MKP Szczecin     | <b>2:54.99</b> | 245  | 38.00 | 45.63 | 52.97   | 38.39 |
| 6. WISTAK-ROKOSA Alan  | 11 MKP Szczecin     | <b>3:01.79</b> | 219  | 38.15 | 50.67 | 53.36   | 39.61 |
| 7. KOLMAN Filip  | 11 CKS SMS Szczecin | <b>3:03.84</b> | 212  | 45.68 | 41.30 | 55.74   | 41.12 |
| 8. POLECHO SKI Marcel  | 11 CKS SMS Szczecin | <b>3:07.45</b> | 200  | 41.85 | 47.68 | 57.07   | 40.85 |
| 9. BORATCZUK Michał  | 11 MKP Szczecin     | <b>3:08.91</b> | 195  | 45.64 | 46.91 | 54.95   | 41.41 |
| 10. ZGLINICKI Arkadiusz  | 11 CKS SMS Szczecin | <b>3:09.30</b> | 194  | 44.93 | 46.32 | 56.03   | 42.02 |
| 11. ACZEK Wojciech   | 11 MKP Szczecin     | <b>3:11.56</b> | 187  | 43.51 | 48.36 | 1:00.17 | 39.52 |
| 12. BOROWSKI Piotr   | 11 MKP Szczecin     | <b>3:23.44</b> | 156  | 44.99 | 55.72 | 52.51   | 50.22 |
| 13. SIRANT Adam  | 11 MKP Szczecin     | <b>3:26.97</b> | 148  | 46.74 | 56.37 | 56.68   | 47.18 |
| 14. KARHUT Tytus   | 11 MKP Szczecin     | <b>3:27.48</b> | 147  | 42.25 | 52.87 | 1:04.96 | 47.40 |
| 15. STRZY EWSKI Wiktor   | 11 MKP Szczecin     | <b>3:27.69</b> | 147  | 49.38 | 52.19 | 59.96   | 46.16 |
| 16. SPALCZY SKI Aleksande  | 11 MKP Szczecin     | <b>3:44.67</b> | 116  | 53.34 | 55.22 | 1:07.77 | 48.34 |
| DYSKW. BANUCH Dorian   | 11 MKP Szczecin     | <b>2:59.36</b> |      | 36.18 | 47.92 | 58.21   | 37.05 |
| <i>K16 - Pływak dotkn ł cian nierównocze nie dwiema dło mi przy nawrocie lub na zako czenie wy cigu., Z3</i> |                     |                |      |       |       |         |       |
| DYSKW. PROKOP Wojciech   | 11 MKP Szczecin     | <b>3:04.81</b> |      | 42.74 | 47.13 | 54.74   | 40.20 |
| <i>K11 - Pływak wykonał nierównoczesne lub naprzemienne ruchy nóg.</i>                                       |                     |                |      |       |       |         |       |
| DYSKW. STEFANIAK Piotr   | 11 CKS SMS Szczecin | <b>3:12.97</b> |      | 43.06 | 51.20 | 56.25   | 42.46 |
| <i>K15 - Pływak nie dotkn ł ciany dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>                |                     |                |      |       |       |         |       |

11 lat

|                        |                     |                |     |         |       |         |       |
|------------------------|---------------------|----------------|-----|---------|-------|---------|-------|
| 1. KA MIERCZAK Szymon  | 12 MKP Szczecin     | <b>2:58.44</b> | 231 | 40.52   | 46.51 | 52.29   | 39.12 |
| 2. KARWOWSKI Tomasz    | 12 CKS SMS Szczecin | <b>3:07.70</b> | 199 | 41.10   | 48.28 | 56.75   | 41.57 |
| 3. MILEWSKI Bartłomiej | 12 CKS SMS Szczecin | <b>3:11.57</b> | 187 | 41.98   | 49.36 | 57.58   | 42.65 |
| 4. PIECHOTA Nikodem    | 12 MKP Szczecin     | <b>3:11.70</b> | 187 | 40.68   | 53.57 | 57.68   | 39.77 |
| 5. BINKOWSKI Nikodem   | 12 CKS SMS Szczecin | <b>3:20.26</b> | 164 | 52.29   | 49.96 | 54.21   | 43.80 |
| 6. WNOROWSKI Szymon    | 12 CKS SMS Szczecin | <b>3:23.34</b> | 156 | 43.33   | 52.59 | 59.57   | 47.85 |
| 7. JUSZCZY SKI Mikołaj | 12 CKS SMS Szczecin | <b>3:24.57</b> | 153 | 49.07   | 52.22 | 1:01.75 | 41.53 |
| 8. SIEDLARZ Gracjan    | 12 Znicz Koszalin   | <b>3:27.99</b> | 146 | 49.32   | 53.28 | 58.92   | 46.47 |
| 9. KUCZYS Igor         | 12 MKP Szczecin     | <b>3:30.67</b> | 140 | 49.96   | 49.61 | 1:04.58 | 46.52 |
| 10. WI CEK Nikodem     | 12 MKP Szczecin     | <b>3:30.87</b> | 140 | 48.50   | 56.93 | 1:01.86 | 43.58 |
| 11. PRAWUCKI Antoni    | 12 MKP Szczecin     | <b>3:34.52</b> | 133 | 50.18   | 55.02 | 1:00.97 | 48.35 |
| 12. ŁAWRYNOWICZ Kornel | 12 CKS SMS Szczecin | <b>3:36.76</b> | 129 | 52.88   | 54.91 | 1:01.53 | 47.44 |
| 13. KIEŁCZEWSKI Wiktor | 12 MKP Szczecin     | <b>3:39.27</b> | 124 | 55.29   | 57.04 | 1:01.92 | 45.02 |
| 14. BILOUS Matvii      | 12 MKP Szczecin     | <b>3:40.37</b> | 123 | 53.62   | 57.80 | 1:00.48 | 48.47 |
| 15. RYGIELSKI Karol    | 12 MKP Szczecin     | <b>3:48.08</b> | 111 | 1:00.36 | 55.82 | 1:04.90 | 47.00 |
| 16. WOJTUSZISZYN Eryk  | 12 CKS SMS Szczecin | <b>3:49.36</b> | 109 | 57.08   | 56.22 | 1:01.34 | 54.72 |

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

Konkurencja 2, Chłopców, 200m zmienny, 11 lat

| Pozycja  | Rok ur.             | Czas           | Pkt. | 50m     | 100m    | 150m    | 200m    |
|--|---------------------|----------------|------|---------|---------|---------|---------|
| 17. BU KA Mariusz  | 12 MKP Szczecin     | <b>3:59.52</b> | 95   | 56.34   | 1:01.66 | 1:09.68 | 51.84   |
| 18. SOLOVYOV Michał  | 12 MKP Szczecin     | <b>4:01.24</b> | 93   | 1:05.23 | 1:01.49 | 1:01.94 | 52.58   |
| 19. SAMOLEJ Bartosz  | 12 MKP Szczecin     | <b>4:12.10</b> | 82   | 56.54   | 1:05.94 | 1:05.25 | 1:04.37 |
| 20. POSPIECH Szymon  | 12 MKP Szczecin     | <b>4:38.14</b> | 61   | 1:05.14 | 1:07.29 | 1:13.45 | 1:12.26 |
| 21. KU DOWICZ Mateusz  | 12 MKP Szczecin     | <b>4:39.24</b> | 60   | 1:03.89 | 1:11.76 | 1:16.91 | 1:06.68 |
| DYSKW. WISTAK-ROKOSA Natan   | 12 MKP Szczecin     | <b>3:24.21</b> |      | 48.23   | 51.26   | 1:00.60 | 44.12   |
| <i>K15 - Pływak nie dotkn ł ciany dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>                              |                     |                |      |         |         |         |         |
| DYSKW. PAROBCZY Wojciech   | 12 CKS SMS Szczecin | <b>3:52.31</b> |      | 59.24   | 1:01.65 | 56.29   | 55.13   |
| <i>K15 - Pływak nie dotkn ł ciany dwiema dło mi przy nawrocie lub na zako czenie wy cigu.</i>                              |                     |                |      |         |         |         |         |
| DYSKW. BRZEZI SKI Sebastian  | 12 MKP Szczecin     | <b>4:28.25</b> |      | 1:07.45 | 1:08.41 | 1:14.76 | 57.63   |
| <i>M8 - Pływak wykonał ruchy nóg jak do stylu klasycznego - stopy zwrócone na zewn trz (nie dotyczy pływania Masters).</i> |                     |                |      |         |         |         |         |
| DYSKW. SZEWCZYK Mikołaj  | 12 MKP Szczecin     | <b>4:46.73</b> |      | 1:19.21 | 1:10.27 | 1:12.30 | 1:04.95 |
| <i>M5 - Pływak nie przeniósł ramion do przodu nad lustrem wody.</i>  |                     |                |      |         |         |         |         |
| PK POPIELSKI Aleksander  | 10 MKP Szczecin     | <b>2:23.94</b> | 441  | 30.23   | 37.16   | 42.07   | 34.48   |
| PK CHABOWSKI-PALONKA K   | 10 MKP Szczecin     | <b>2:27.45</b> | 411  | 32.05   | 39.43   | 43.24   | 32.73   |
| PK HAJDUKIEWICZ Mateusz  | 10 MKP Szczecin     | <b>2:32.36</b> | 372  | 33.39   | 38.17   | 47.88   | 32.92   |
| PK MICHALCZYSZYN Filip   | 10 MKP Szczecin     | <b>2:35.32</b> | 351  | 33.21   | 42.01   | 43.97   | 36.13   |
| PK MAKOWSKI Jakub  | 10 MKP Szczecin     | <b>2:37.75</b> | 335  | 33.42   | 42.24   | 47.29   | 34.80   |
| PK PIECHOTA Kordian  | 10 MKP Szczecin     | <b>2:41.38</b> | 313  | 32.46   | 43.09   | 50.61   | 35.22   |
| PK KUJAWSKI Bartosz  | 10 MKP Szczecin     | <b>2:50.03</b> | 268  | 37.60   | 44.85   | 49.57   | 38.01   |
| PK WIECZOREK Aleksander  | 10 MKP Szczecin     | <b>2:52.02</b> | 258  | 37.18   | 47.27   | 51.59   | 35.98   |

Konkurencja 3  
2023-11-22 - 11:35

Dziewcz t, 400m dowolny

11 - 12 lat  
Wyniki

Punkty: FINA 2023

| Pozycja                 | Rok ur.             | Czas                  | Pkt.                |
|-------------------------|---------------------|-----------------------|---------------------|
| 11 lat                  |                     |                       |                     |
| 1. GIETKA Ida           | 12 MKP Szczecin     | <b>5:27.08</b>        | 353                 |
| 50m: 35.39 35.39        | 150m: 1:54.56 40.06 | 250m: 3:17.98 42.20   | 350m: 4:42.76 41.68 |
| 100m: 1:14.50 39.11     | 200m: 2:35.78 41.22 | 300m: 4:01.08 43.10   | 400m: 5:27.08 44.32 |
| 2. JAWORSKA Ada         | 12 CKS SMS Szczecin | <b>5:47.86</b>        | 293                 |
| 50m: 37.60 37.60        | 150m: 2:05.41 44.70 | 250m: 3:34.66 45.35   | 350m: 5:05.58 44.63 |
| 100m: 1:20.71 43.11     | 200m: 2:49.31 43.90 | 300m: 4:20.95 46.29   | 400m: 5:47.86 42.28 |
| 3. SOBCZYK Hanna        | 12 CKS SMS Szczecin | <b>6:15.84</b>        | 233                 |
| 50m: 40.26 40.26        | 150m: 2:16.45 46.99 | 250m: 3:54.99 49.04   | 350m: 5:28.20 45.82 |
| 100m: 1:29.46 49.20     | 200m: 3:05.95 49.50 | 300m: 4:42.38 47.39   | 400m: 6:15.84 47.64 |
| 4. KWATYRA Ewa          | 12 MKP Szczecin     | <b>6:20.53</b>        | 224                 |
| 50m: 42.73 42.73        | 150m: 2:19.93 48.74 | 250m: 3:58.91 49.76   | 350m: 5:35.92 48.36 |
| 100m: 1:31.19 48.46     | 200m: 3:09.15 49.22 | 300m: 4:47.56 48.65   | 400m: 6:20.53 44.61 |
| 5. BERNACKA Magdalena   | 12 CKS SMS Szczecin | <b>6:26.97</b>        | 213                 |
| 50m: 39.16 39.16        | 150m: 2:18.03 50.27 | 250m: 4:47.75 1:39.97 | 350m: 6:26.97       |
| 100m: 1:27.76 48.60     | 200m: 3:07.78 49.75 | 300m: 6:27.64 1:39.89 | 400m: 6:26.97       |
| 6. DUNAJEWSKA Ewa       | 12 CKS SMS Szczecin | <b>6:48.79</b>        | 181                 |
| 50m: 42.04 42.04        | 150m: 2:25.54 53.36 | 250m: 4:12.89 54.41   | 350m: 5:57.99 52.23 |
| 100m: 1:32.18 50.14     | 200m: 3:18.48 52.94 | 300m: 5:05.76 52.87   | 400m: 6:48.79 50.80 |
| 7. POTRZEBNA Emilia     | 12 MKP Szczecin     | <b>6:51.52</b>        | 177                 |
| 50m: 45.19 45.19        | 150m: 2:29.80 52.47 | 250m: 4:18.83 53.89   | 350m: 6:03.06 54.35 |
| 100m: 1:37.33 52.14     | 200m: 3:24.94 55.14 | 300m: 5:08.71 49.88   | 400m: 6:51.52 48.46 |
| 8. BIELAWSKA Małgorzata | 12 MKP Szczecin     | <b>6:55.34</b>        | 172                 |
| 50m: 46.49 46.49        | 150m: 2:32.25 52.76 | 250m: 4:16.81 52.65   | 350m: 6:55.34 53.49 |
| 100m: 1:39.49 53.00     | 200m: 3:24.16 51.91 | 300m: 6:01.85 1:45.04 | 400m: 6:55.34       |

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

Konkurencja 3, Dziewcz t, 400m dowolny, 11 lat

| Pozycja |                          |                 | Rok ur. |              |         |       |         | Czas           | Pkt.  |         |         |
|---------|--------------------------|-----------------|---------|--------------|---------|-------|---------|----------------|-------|---------|---------|
| 9.      | WESOŁOWSKA Lena          |                 | 12      | MKP Szczecin |         |       |         | <b>6:55.72</b> | 172   |         |         |
|         | 50m:                     | 45.66 45.66     | 150m:   | 2:31.50      | 53.76   | 250m: | 4:19.57 | 53.96          | 350m: | 6:05.51 | 53.07   |
|         | 100m:                    | 1:37.74 52.08   | 200m:   | 3:25.61      | 54.11   | 300m: | 5:12.44 | 52.87          | 400m: | 6:55.72 | 50.21   |
| 10.     | BUJNOWSKA Mia            |                 | 12      | MKP Szczecin |         |       |         | <b>7:07.26</b> | 158   |         |         |
|         | 50m:                     | 45.78 45.78     | 150m:   | 2:34.26      | 55.46   | 250m: | 4:25.15 | 55.39          | 350m: | 6:13.87 | 52.93   |
|         | 100m:                    | 1:38.80 53.02   | 200m:   | 3:29.76      | 55.50   | 300m: | 5:20.94 | 55.79          | 400m: | 7:07.26 | 53.39   |
| 11.     | GÓRA Zofia               |                 | 12      | MKP Szczecin |         |       |         | <b>7:15.60</b> | 149   |         |         |
|         | 50m:                     | 46.98 46.98     | 150m:   | 2:37.02      | 55.65   | 250m: | 4:30.60 | 56.86          | 350m: | 6:24.34 | 56.40   |
|         | 100m:                    | 1:41.37 54.39   | 200m:   | 3:33.74      | 56.72   | 300m: | 5:27.94 | 57.34          | 400m: | 7:15.60 | 51.26   |
| 12.     | MAŁECKA Angelika         |                 | 12      | MKP Szczecin |         |       |         | <b>7:23.38</b> | 141   |         |         |
|         | 50m:                     | 52.19 52.19     | 150m:   | 2:46.33      | 57.81   | 250m: | 4:41.55 | 57.74          | 350m: | 6:35.13 | 56.80   |
|         | 100m:                    | 1:48.52 56.33   | 200m:   | 3:43.81      | 57.48   | 300m: | 5:38.33 | 56.78          | 400m: | 7:23.38 | 48.25   |
| 13.     | RATAJSKA Julia           |                 | 12      | MKP Szczecin |         |       |         | <b>7:29.55</b> | 136   |         |         |
|         | 50m:                     | 48.24 48.24     | 150m:   | 2:39.53      | 56.82   | 250m: | 4:33.79 | 57.19          | 350m: | 6:31.68 | 59.04   |
|         | 100m:                    | 1:42.71 54.47   | 200m:   | 3:36.60      | 57.07   | 300m: | 5:32.64 | 58.85          | 400m: | 7:29.55 | 57.87   |
| 14.     | BARANIECKA Emilia        |                 | 12      | MKP Szczecin |         |       |         | <b>7:33.50</b> | 132   |         |         |
|         | 50m:                     | 46.32 46.32     | 150m:   | 2:42.02      | 1:00.38 | 250m: | 4:40.34 | 59.22          | 350m: | 6:36.91 | 57.50   |
|         | 100m:                    | 1:41.64 55.32   | 200m:   | 3:41.12      | 59.10   | 300m: | 5:39.41 | 59.07          | 400m: | 7:33.50 | 56.59   |
| 15.     | CENKIER Maja             |                 | 12      | MKP Szczecin |         |       |         | <b>7:51.25</b> | 118   |         |         |
|         | 50m:                     | 52.60 52.60     | 150m:   | 2:52.59      | 1:00.49 | 250m: | 4:53.64 | 59.75          | 350m: | 6:54.14 | 59.96   |
|         | 100m:                    | 1:52.10 59.50   | 200m:   | 3:53.89      | 1:01.30 | 300m: | 5:54.18 | 1:00.54        | 400m: | 7:51.25 | 57.11   |
| 16.     | DROZGOWSKA Anita         |                 | 12      | MKP Szczecin |         |       |         | <b>8:01.18</b> | 111   |         |         |
|         | 50m:                     | 48.90 48.90     | 150m:   | 2:47.57      | 1:00.54 | 250m: | 4:48.99 | 1:00.53        | 350m: | 6:55.52 | 1:02.94 |
|         | 100m:                    | 1:47.03 58.13   | 200m:   | 3:48.46      | 1:00.89 | 300m: | 5:52.58 | 1:03.59        | 400m: | 8:01.18 | 1:05.66 |
| 17.     | KIRKOVSKA Polina         |                 | 12      | MKP Szczecin |         |       |         | <b>8:17.25</b> | 100   |         |         |
|         | 50m:                     | 52.41 52.41     | 150m:   | 2:58.53      | 1:03.42 | 250m: | 5:07.21 | 1:03.43        | 350m: | 7:15.33 | 1:04.29 |
|         | 100m:                    | 1:55.11 1:02.70 | 200m:   | 4:03.78      | 1:05.25 | 300m: | 6:11.04 | 1:03.83        | 400m: | 8:17.25 | 1:01.92 |
| 18.     | WSZOŁKOWSKA Lidia        |                 | 12      | MKP Szczecin |         |       |         | <b>8:34.98</b> | 90    |         |         |
|         | 50m:                     | 55.68 55.68     | 150m:   | 3:02.95      | 1:04.15 | 250m: | 5:16.39 | 1:08.00        | 350m: | 7:31.33 | 1:08.01 |
|         | 100m:                    | 1:58.80 1:03.12 | 200m:   | 4:08.39      | 1:05.44 | 300m: | 6:23.32 | 1:06.93        | 400m: | 8:34.98 | 1:03.65 |
| 19.     | KOSTECKA Liliana         |                 | 12      | MKP Szczecin |         |       |         | <b>8:49.53</b> | 83    |         |         |
|         | 50m:                     | 59.35 59.35     | 150m:   | 3:12.45      | 1:06.92 | 250m: | 5:26.60 | 1:06.59        | 350m: | 7:42.36 | 1:07.62 |
|         | 100m:                    | 2:05.53 1:06.18 | 200m:   | 4:20.01      | 1:07.56 | 300m: | 6:34.74 | 1:08.14        | 400m: | 8:49.53 | 1:07.17 |
| 20.     | BRENDDEL Laura           |                 | 12      | MKP Szczecin |         |       |         | <b>9:04.21</b> | 76    |         |         |
|         | 50m:                     | 56.09 56.09     | 150m:   | 3:15.13      | 1:10.24 | 250m: | 5:38.88 | 1:12.28        | 350m: | 7:58.73 | 1:08.90 |
|         | 100m:                    | 2:04.89 1:08.80 | 200m:   | 4:26.60      | 1:11.47 | 300m: | 6:49.83 | 1:10.95        | 400m: | 9:04.21 | 1:05.48 |
| 21.     | BOBIK Hanna              |                 | 12      | MKP Szczecin |         |       |         | <b>9:17.72</b> | 71    |         |         |
|         | 50m:                     | 57.39 57.39     | 150m:   | 3:22.19      | 1:13.40 | 250m: | 5:49.83 | 1:14.98        | 350m: | 8:15.98 | 1:12.37 |
|         | 100m:                    | 2:08.79 1:11.40 | 200m:   | 4:34.85      | 1:12.66 | 300m: | 7:03.61 | 1:13.78        | 400m: | 9:17.72 | 1:01.74 |
| PK      | MICHALCZYSZYN Natasza    |                 | 10      | MKP Szczecin |         |       |         | <b>4:57.94</b> | 467   |         |         |
|         | 50m:                     | 33.46 33.46     | 150m:   | 1:48.53      | 37.75   | 250m: | 3:05.74 | 38.47          | 350m: | 4:20.96 | 36.97   |
|         | 100m:                    | 1:10.78 37.32   | 200m:   | 2:27.27      | 38.74   | 300m: | 3:43.99 | 38.25          | 400m: | 4:57.94 | 36.98   |
| PK      | STACHOWSKA Eliza         |                 | 10      | MKP Szczecin |         |       |         | <b>5:23.10</b> | 366   |         |         |
|         | 50m:                     | 35.09 35.09     | 150m:   | 1:55.11      | 40.78   | 250m: | 3:18.97 | 41.94          | 350m: | 4:42.92 | 42.09   |
|         | 100m:                    | 1:14.33 39.24   | 200m:   | 2:37.03      | 41.92   | 300m: | 4:00.83 | 41.86          | 400m: | 5:23.10 | 40.18   |
| PK      | JASI SKA-DETROIS Zuzanna |                 | 10      | MKP Szczecin |         |       |         | <b>5:28.37</b> | 349   |         |         |
|         | 50m:                     | 36.03 36.03     | 150m:   | 1:57.76      | 41.70   | 250m: | 3:23.03 | 42.69          | 350m: | 4:47.57 | 42.08   |
|         | 100m:                    | 1:16.06 40.03   | 200m:   | 2:40.34      | 42.58   | 300m: | 4:05.49 | 42.46          | 400m: | 5:28.37 | 40.80   |

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 Wytrzymała 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.     | SIDLARZ 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   |                |      |

Konkurencja 5  
2023-11-22 - 12:30

Dziewcz t, 800m dowolny

11 - 12 lat  
Wyniki

Punkty: FINA 2023

| Pozycja |                        |                 | Rok ur.             |                 |       |                 |       |                  | Czas            | Pkt. |
|---------|------------------------|-----------------|---------------------|-----------------|-------|-----------------|-------|------------------|-----------------|------|
| 12 lat  |                        |                 |                     |                 |       |                 |       |                  |                 |      |
| 1.      | ADAMSKA Nika           |                 | 11 MKP Szczecin     |                 |       |                 |       |                  | <b>10:23.79</b> | 448  |
|         | 100m:                  | 1:10.67 1:10.67 | 300m:               | 3:48.11 1:19.35 | 500m: | 6:27.53 1:19.86 | 700m: | 9:07.81 1:20.47  |                 |      |
|         | 200m:                  | 2:28.76 1:18.09 | 400m:               | 5:07.67 1:19.56 | 600m: | 7:47.34 1:19.81 | 800m: | 10:23.79 1:15.98 |                 |      |
| 2.      | CHRZANOWSKA Aleksandra |                 | 11 CKS SMS Szczecin |                 |       |                 |       |                  | <b>10:51.95</b> | 392  |
|         | 100m:                  | 1:12.86 1:12.86 | 300m:               | 3:55.83 1:22.60 | 500m: | 6:01.29 41.83   | 700m: | 8:49.70 1:24.35  |                 |      |
|         | 200m:                  | 2:33.23 1:20.37 | 400m:               | 5:19.46 1:23.63 | 600m: | 7:25.35 1:24.06 | 800m: | 10:51.95 2:02.25 |                 |      |
| 3.      | MAŁECKA Hanna          |                 | 11 CKS SMS Szczecin |                 |       |                 |       |                  | <b>11:31.90</b> | 328  |
|         | 100m:                  | 1:19.29 1:19.29 | 300m:               | 4:13.51 1:27.53 | 500m: | 7:08.17 1:26.55 | 700m: |                  |                 |      |
|         | 200m:                  | 2:45.98 1:26.69 | 400m:               | 5:41.62 1:28.11 | 600m: | 8:37.09 1:28.92 | 800m: | 11:31.90         |                 |      |
| 4.      | LUSARCZYK Hanna        |                 | 11 CKS SMS Szczecin |                 |       |                 |       |                  | <b>11:44.38</b> | 311  |
|         | 100m:                  | 1:22.44 1:22.44 | 300m:               | 4:21.83 1:29.43 | 500m: | 7:22.26 1:29.61 | 700m: | 10:21.12 1:28.64 |                 |      |
|         | 200m:                  | 2:52.40 1:29.96 | 400m:               | 5:52.65 1:30.82 | 600m: | 8:52.48 1:30.22 | 800m: | 11:44.38 1:23.26 |                 |      |

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

Konkurencja 5, Dziewcz t, 800m dowolny, 12 lat

| Pozycja |                      |                 | Rok ur. |                  |       |                  |       | Czas             | Pkt. |
|---------|----------------------|-----------------|---------|------------------|-------|------------------|-------|------------------|------|
| 5.      | PIOTROWSKA Julia     |                 | 11      | CKS SMS Szczecin |       |                  |       | <b>11:48.37</b>  | 306  |
|         | 100m:                | 1:20.76 1:20.76 | 300m:   | 4:19.99 1:30.28  | 500m: |                  | 700m: | 10:21.60 1:30.36 |      |
|         | 200m:                | 2:49.71 1:28.95 | 400m:   | 5:50.03 1:30.04  | 600m: | 8:51.24          | 800m: | 11:48.37 1:26.77 |      |
| 6.      | BURACZYK Nikola      |                 | 11      | MKP Szczecin     |       |                  |       | <b>11:48.98</b>  | 305  |
|         | 100m:                | 1:15.91 1:15.91 | 300m:   | 4:14.90 1:30.87  | 500m: | 7:19.94 1:32.54  | 700m: | 10:23.60 1:31.27 |      |
|         | 200m:                | 2:44.03 1:28.12 | 400m:   | 5:47.40 1:32.50  | 600m: | 8:52.33 1:32.39  | 800m: | 11:48.98 1:25.38 |      |
| 7.      | PACOCHA Lena         |                 | 11      | CKS SMS Szczecin |       |                  |       | <b>11:53.27</b>  | 299  |
|         | 100m:                | 1:20.84 1:20.84 | 300m:   | 4:21.42 1:31.26  | 500m: | 7:25.02 1:31.78  | 700m: | 10:27.97 1:31.13 |      |
|         | 200m:                | 2:50.16 1:29.32 | 400m:   | 5:53.24 1:31.82  | 600m: | 8:56.84 1:31.82  | 800m: | 11:53.27 1:25.30 |      |
| 8.      | KWATYRA Hanna        |                 | 11      | MKP Szczecin     |       |                  |       | <b>11:55.24</b>  | 297  |
|         | 100m:                | 1:19.47 1:19.47 | 300m:   | 4:21.15 1:31.67  | 500m: | 7:24.07 1:30.84  | 700m: | 10:29.03 1:32.77 |      |
|         | 200m:                | 2:49.48 1:30.01 | 400m:   | 5:53.23 1:32.08  | 600m: | 8:56.26 1:32.19  | 800m: | 11:55.24 1:26.21 |      |
| 9.      | NIADY Maja           |                 | 11      | MKP Szczecin     |       |                  |       | <b>11:57.43</b>  | 294  |
|         | 100m:                | 1:22.55 1:22.55 | 300m:   | 4:25.61 1:32.01  | 500m: | 7:29.20 1:31.62  | 700m: | 10:31.59 1:31.01 |      |
|         | 200m:                | 2:53.60 1:31.05 | 400m:   | 5:57.58 1:31.97  | 600m: | 9:00.58 1:31.38  | 800m: | 11:57.43 1:25.84 |      |
| 10.     | ZYGARŁOWSKA Weronika |                 | 11      | CKS SMS Szczecin |       |                  |       | <b>12:00.83</b>  | 290  |
|         | 100m:                | 1:27.31 1:27.31 | 300m:   | 4:34.78 1:33.76  | 500m: | 7:37.74 1:31.90  | 700m: | 10:39.30 1:28.61 |      |
|         | 200m:                | 3:01.02 1:33.71 | 400m:   | 6:05.84 1:31.06  | 600m: | 9:10.69 1:32.95  | 800m: | 12:00.83 1:21.53 |      |
| 11.     | PALUCH Zofia         |                 | 11      | MKP Szczecin     |       |                  |       | <b>12:12.88</b>  | 276  |
|         | 100m:                | 1:20.70 1:20.70 | 300m:   | 4:27.68 1:33.80  | 500m: | 7:35.36 1:33.97  | 700m: | 10:41.30 1:32.19 |      |
|         | 200m:                | 2:53.88 1:33.18 | 400m:   | 6:01.39 1:33.71  | 600m: | 9:09.11 1:33.75  | 800m: | 12:12.88 1:31.58 |      |
| 12.     | HOZHA Ariadna        |                 | 11      | MKP Szczecin     |       |                  |       | <b>12:22.79</b>  | 265  |
|         | 100m:                | 1:22.98 1:22.98 | 300m:   | 4:28.74 1:34.63  | 500m: | 7:40.20 1:35.06  | 700m: | 10:50.62 1:35.69 |      |
|         | 200m:                | 2:54.11 1:31.13 | 400m:   | 6:05.14 1:36.40  | 600m: | 9:14.93 1:34.73  | 800m: | 12:22.79 1:32.17 |      |
| 13.     | PIEKART Klara        |                 | 11      | MKP Szczecin     |       |                  |       | <b>12:36.65</b>  | 251  |
|         | 100m:                | 1:29.35 1:29.35 | 300m:   | 4:42.50 1:36.57  | 500m: | 7:56.93 1:37.02  | 700m: | 11:09.31 1:35.91 |      |
|         | 200m:                | 3:05.93 1:36.58 | 400m:   | 6:19.91 1:37.41  | 600m: | 9:33.40 1:36.47  | 800m: | 12:36.65 1:27.34 |      |
| 14.     | LIZAKOWSKA Amelia    |                 | 11      | MKP Szczecin     |       |                  |       | <b>12:48.22</b>  | 240  |
|         | 100m:                | 1:26.42 1:26.42 | 300m:   | 4:41.30 1:36.07  | 500m: | 7:57.78 1:38.07  | 700m: | 11:15.20 1:38.93 |      |
|         | 200m:                | 3:05.23 1:38.81 | 400m:   | 6:19.71 1:38.41  | 600m: | 9:36.27 1:38.49  | 800m: | 12:48.22 1:33.02 |      |
| 15.     | BACZY SKA Dominika   |                 | 11      | MKP Szczecin     |       |                  |       | <b>12:53.30</b>  | 235  |
|         | 100m:                | 1:29.60 1:29.60 | 300m:   | 4:44.23 1:38.41  | 500m: | 8:04.29 1:39.89  | 700m: | 11:20.39 1:37.67 |      |
|         | 200m:                | 3:05.82 1:36.22 | 400m:   | 6:24.40 1:40.17  | 600m: | 9:42.72 1:38.43  | 800m: | 12:53.30 1:32.91 |      |
| 16.     | ZGLINICKA Anna       |                 | 11      | CKS SMS Szczecin |       |                  |       | <b>12:54.52</b>  | 234  |
|         | 100m:                | 1:28.10 1:28.10 | 300m:   | 4:42.48 1:37.34  | 500m: | 8:01.22 1:39.75  | 700m: | 11:22.35 1:40.49 |      |
|         | 200m:                | 3:05.14 1:37.04 | 400m:   | 6:21.47 1:38.99  | 600m: | 9:41.86 1:40.64  | 800m: | 12:54.52 1:32.17 |      |
| 17.     | OLESHKEVYCH Sofia    |                 | 11      | MKP Szczecin     |       |                  |       | <b>12:59.75</b>  | 229  |
|         | 100m:                | 1:28.71 1:28.71 | 300m:   | 4:41.76 1:38.13  | 500m: | 8:02.21 1:41.46  | 700m: | 11:22.77 1:40.08 |      |
|         | 200m:                | 3:03.63 1:34.92 | 400m:   | 6:20.75 1:38.99  | 600m: | 9:42.69 1:40.48  | 800m: | 12:59.75 1:36.98 |      |
| 18.     | STEFA SKA Naomi      |                 | 11      | MKP Szczecin     |       |                  |       | <b>13:15.19</b>  | 216  |
|         | 100m:                | 1:28.13 1:28.13 | 300m:   | 4:50.60 1:42.23  | 500m: | 8:15.82 1:42.96  | 700m: | 11:38.18 1:41.65 |      |
|         | 200m:                | 3:08.37 1:40.24 | 400m:   | 6:32.86 1:42.26  | 600m: | 9:56.53 1:40.71  | 800m: | 13:15.19 1:37.01 |      |
| 19.     | WRÓBLEWSKA Zuzanna   |                 | 11      | CKS SMS Szczecin |       |                  |       | <b>13:16.86</b>  | 215  |
|         | 100m:                | 1:28.86 1:28.86 | 300m:   | 4:50.99 1:42.11  | 500m: | 8:14.82 1:41.45  | 700m: | 11:38.78 1:42.50 |      |
|         | 200m:                | 3:08.88 1:40.02 | 400m:   | 6:33.37 1:42.38  | 600m: | 9:56.28 1:41.46  | 800m: | 13:16.86 1:38.08 |      |
| 20.     | SZAREK Helena        |                 | 11      | MKP Szczecin     |       |                  |       | <b>13:50.13</b>  | 190  |
|         | 100m:                | 1:33.32 1:33.32 | 300m:   | 4:59.78 1:43.21  | 500m: | 8:30.37 1:45.69  | 700m: | 12:06.36 1:47.77 |      |
|         | 200m:                | 3:16.57 1:43.25 | 400m:   | 6:44.68 1:44.90  | 600m: | 10:18.59 1:48.22 | 800m: | 13:50.13 1:43.77 |      |
| 21.     | LIS Marta            |                 | 11      | MKP Szczecin     |       |                  |       | <b>13:53.68</b>  | 187  |
|         | 100m:                | 1:32.38 1:32.38 | 300m:   | 5:01.60 1:46.39  | 500m: | 8:35.69 1:46.87  | 700m: | 12:09.86 1:46.80 |      |
|         | 200m:                | 3:15.21 1:42.83 | 400m:   | 6:48.82 1:47.22  | 600m: | 10:23.06 1:47.37 | 800m: | 13:53.68 1:43.82 |      |
| 22.     | D BROWSKA Agata      |                 | 11      | MKP Szczecin     |       |                  |       | <b>14:35.11</b>  | 162  |
|         | 100m:                | 1:35.76 1:35.76 | 300m:   | 5:19.33 1:52.77  | 500m: | 9:06.74 1:54.83  | 700m: | 12:55.51 1:55.50 |      |
|         | 200m:                | 3:26.56 1:50.80 | 400m:   | 7:11.91 1:52.58  | 600m: | 11:00.01 1:53.27 | 800m: | 14:35.11 1:39.60 |      |

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

Konkurencja 5, Dziewcz t, 800m dowolny, 12 lat

| Pozycja               | Rok ur.               | Czas                   | Pkt.                   |
|-----------------------|-----------------------|------------------------|------------------------|
| 23. BONIECKA Karina   | 11 MKP Szczecin       | <b>14:35.70</b>        | 162                    |
| 100m: 1:37.87 1:37.87 | 300m: 5:21.08 1:53.47 | 500m: 9:07.23 1:52.67  | 700m: 12:52.83 1:53.86 |
| 200m: 3:27.61 1:49.74 | 400m: 7:14.56 1:53.48 | 600m: 10:58.97 1:51.74 | 800m: 14:35.70 1:42.87 |
| 24. JÓ WIAK Idalia    | 11 MKP Szczecin       | <b>15:35.42</b>        | 132                    |
| 100m: 1:38.12 1:38.12 | 300m: 5:36.41 2:00.35 | 500m: 9:39.56 2:00.25  | 700m: 13:39.90 1:59.99 |
| 200m: 3:36.06 1:57.94 | 400m: 7:39.31 2:02.90 | 600m: 11:39.91 2:00.35 | 800m: 15:35.42 1:55.52 |
| PK DUDA Natalia       | 10 MKP Szczecin       | <b>9:19.10</b>         | 622                    |
| 100m: 1:05.98 1:05.98 | 300m: 3:27.54 1:11.02 | 500m: 5:49.53 1:10.84  | 700m: 8:10.82 1:10.28  |
| 200m: 2:16.52 1:10.54 | 400m: 4:38.69 1:11.15 | 600m: 7:00.54 1:11.01  | 800m: 9:19.10 1:08.28  |
| PK MAJSZUTOWICZ Zofia | 09 MKP Szczecin       | <b>10:19.16</b>        | 458                    |
| 100m: 1:13.30 1:13.30 | 300m: 3:51.02 1:18.92 | 500m: 6:29.02 1:19.04  | 700m: 9:03.57 1:17.05  |
| 200m: 2:32.10 1:18.80 | 400m: 5:09.98 1:18.96 | 600m: 7:46.52 1:17.50  | 800m: 10:19.16 1:15.59 |

Konkurencja 6  
2023-11-22 - 13:20

Chłopców, 800m dowolny

11 - 12 lat  
Wyniki

Punkty: FINA 2023

| Pozycja                | Rok ur.               | Czas                   | Pkt.                   |
|------------------------|-----------------------|------------------------|------------------------|
| 12 lat                 |                       |                        |                        |
| 1. JONIAK Marcel       | 11 MKP Szczecin       | <b>10:00.03</b>        | 403                    |
| 100m: 1:10.68 1:10.68  | 300m: 3:41.98 1:15.71 | 500m: 6:13.98 1:16.07  | 700m: 8:46.86 1:16.58  |
| 200m: 2:26.27 1:15.59  | 400m: 4:57.91 1:15.93 | 600m: 7:30.28 1:16.30  | 800m: 10:00.03 1:13.17 |
| 2. BANUCH Dorian       | 11 MKP Szczecin       | <b>10:14.75</b>        | 375                    |
| 100m: 1:12.63 1:12.63  | 300m: 3:48.95 1:17.79 | 500m: 6:26.19 1:18.80  | 700m: 9:00.49 1:16.64  |
| 200m: 2:31.16 1:18.53  | 400m: 5:07.39 1:18.44 | 600m: 7:43.85 1:17.66  | 800m: 10:14.75 1:14.26 |
| 3. PI TKA Joachim      | 11 MKP Szczecin       | <b>10:54.03</b>        | 311                    |
| 100m: 1:16.48 1:16.48  | 300m: 4:03.52 1:23.62 | 500m: 6:51.43 1:24.03  | 700m: 9:35.72 1:21.69  |
| 200m: 2:39.90 1:23.42  | 400m: 5:27.40 1:23.88 | 600m: 8:14.03 1:22.60  | 800m: 10:54.03 1:18.31 |
| 4. LIWI SKI Kacper     | 11 CKS SMS Szczecin   | <b>11:04.93</b>        | 296                    |
| 100m: 1:12.51 1:12.51  | 300m: 3:58.11 1:24.69 | 500m: 6:49.59 1:25.55  | 700m: 9:41.86 1:26.06  |
| 200m: 2:33.42 1:20.91  | 400m: 5:24.04 1:25.93 | 600m: 8:15.80 1:26.21  | 800m: 11:04.93 1:23.07 |
| 5. LIWI SKI Filip      | 11 CKS SMS Szczecin   | <b>11:08.44</b>        | 291                    |
| 100m: 1:13.68 1:13.68  | 300m: 3:59.90 1:24.22 | 500m: 6:54.07 1:27.95  | 700m: 9:47.38 1:26.11  |
| 200m: 2:35.68 1:22.00  | 400m: 5:26.12 1:26.22 | 600m: 8:21.27 1:27.20  | 800m: 11:08.44 1:21.06 |
| 6. PROKOP Wojciech     | 11 MKP Szczecin       | <b>11:20.56</b>        | 276                    |
| 100m: 1:19.70 1:19.70  | 300m: 4:54.54 2:09.19 | 500m: 7:49.14 1:28.52  | 700m: 10:41.29 1:25.68 |
| 200m: 2:45.35 1:25.65  | 400m: 6:20.62 1:26.08 | 600m: 9:15.61 1:26.47  | 800m: 11:20.56 39.27   |
| 7. WISTAK-ROKOSA Alan  | 11 MKP Szczecin       | <b>11:24.61</b>        | 271                    |
| 100m: 1:19.12 1:19.12  | 300m: 4:12.53 1:26.77 | 500m: 7:06.97 1:28.78  | 700m: 10:01.43 1:26.83 |
| 200m: 2:45.76 1:26.64  | 400m: 5:38.19 1:25.66 | 600m: 8:34.60 1:27.63  | 800m: 11:24.61 1:23.18 |
| 8. ZGLINICKI Arkadiusz | 11 CKS SMS Szczecin   | <b>11:40.03</b>        | 254                    |
| 100m: 1:20.13 1:20.13  | 300m: 4:16.79 1:27.78 | 500m: 7:14.99 1:29.02  | 700m: 10:14.46 1:30.13 |
| 200m: 2:49.01 1:28.88  | 400m: 5:45.97 1:29.18 | 600m: 8:44.33 1:29.34  | 800m: 11:40.03 1:25.57 |
| 9. KARPIK Norbert      | 11 MKP Szczecin       | <b>11:43.10</b>        | 250                    |
| 100m: 2:04.22 2:04.22  | 300m: 5:47.69         | 500m: 8:49.17 1:30.45  | 700m:                  |
| 200m:                  | 400m: 7:18.72 1:31.03 | 600m: 10:18.65 1:29.48 | 800m: 11:43.10         |
| 10. STEFANIAK Piotr    | 11 CKS SMS Szczecin   | <b>12:00.16</b>        | 233                    |
| 100m: 2:05.77 2:05.77  | 300m: 5:55.77 2:18.00 | 500m: 8:59.90 1:31.68  | 700m:                  |
| 200m: 3:37.77 1:32.00  | 400m: 7:28.22 1:32.45 | 600m: 10:31.63 1:31.73 | 800m: 12:00.16         |
| 11. ACZEK Wojciech     | 11 MKP Szczecin       | <b>12:00.60</b>        | 233                    |
| 100m: 1:21.18 1:21.18  | 300m: 4:25.85 1:31.94 | 500m: 7:30.03 1:33.21  | 700m: 10:34.07 1:32.49 |
| 200m: 2:53.91 1:32.73  | 400m: 5:56.82 1:30.97 | 600m: 9:01.58 1:31.55  | 800m: 12:00.60 1:26.53 |



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

Konkurencja 6, Chłopców, 800m dowolny, 12 lat

| Pozycja |                   |                 | Rok ur. |                  |       |                  | Czas            |                  | Pkt. |
|---------|-------------------|-----------------|---------|------------------|-------|------------------|-----------------|------------------|------|
| 12.     | POLECHO           | SKI Marcel      | 11      | CKS SMS Szczecin |       |                  | <b>12:00.96</b> | 232              |      |
|         | 100m:             | 1:22.75 1:22.75 | 300m:   | 4:27.81 1:32.54  | 500m: | 7:34.74 1:33.42  | 700m:           | 10:36.00 1:30.62 |      |
|         | 200m:             | 2:55.27 1:32.52 | 400m:   | 6:01.32 1:33.51  | 600m: | 9:05.38 1:30.64  | 800m:           | 12:00.96 1:24.96 |      |
| 13.     | KOLMAN            | Filip           | 11      | CKS SMS Szczecin |       |                  | <b>12:01.21</b> | 232              |      |
|         | 100m:             | 1:23.77 1:23.77 | 300m:   | 4:26.59 1:31.22  | 500m: | 7:33.10 1:33.08  | 700m:           | 10:36.45 1:30.65 |      |
|         | 200m:             | 2:55.37 1:31.60 | 400m:   | 6:00.02 1:33.43  | 600m: | 9:05.80 1:32.70  | 800m:           | 12:01.21 1:24.76 |      |
| 14.     | BORATCZUK         | Michał          | 11      | MKP Szczecin     |       |                  | <b>12:12.83</b> | 221              |      |
|         | 100m:             | 1:24.31 1:24.31 | 300m:   | 4:27.53 1:31.52  | 500m: | 7:32.44 1:33.86  | 700m:           | 10:41.78 1:35.85 |      |
|         | 200m:             | 2:56.01 1:31.70 | 400m:   | 5:58.58 1:31.05  | 600m: | 9:05.93 1:33.49  | 800m:           | 12:12.83 1:31.05 |      |
| 15.     | KARHUT            | Tytus           | 11      | MKP Szczecin     |       |                  | <b>13:10.80</b> | 176              |      |
|         | 100m:             | 1:27.70 1:27.70 | 300m:   | 4:49.48 1:40.44  | 500m: | 8:13.98 1:41.62  | 700m:           | 11:37.75 1:40.54 |      |
|         | 200m:             | 3:09.04 1:41.34 | 400m:   | 6:32.36 1:42.88  | 600m: | 9:57.21 1:43.23  | 800m:           | 13:10.80 1:33.05 |      |
| 16.     | BOROWSKI          | Piotr           | 11      | MKP Szczecin     |       |                  | <b>13:51.73</b> | 151              |      |
|         | 100m:             | 1:32.74 1:32.74 | 300m:   | 5:03.66 1:45.94  | 500m: | 8:35.54 1:46.44  | 700m:           | 12:08.79 1:46.87 |      |
|         | 200m:             | 3:17.72 1:44.98 | 400m:   | 6:49.10 1:45.44  | 600m: | 10:21.92 1:46.38 | 800m:           | 13:51.73 1:42.94 |      |
| 17.     | SPALCZY           | SKI Aleksander  | 11      | MKP Szczecin     |       |                  | <b>13:57.53</b> | 148              |      |
|         | 100m:             | 1:32.71 1:32.71 | 300m:   | 5:03.60 1:47.14  | 500m: | 8:37.06 1:47.89  | 700m:           | 12:14.72 1:48.61 |      |
|         | 200m:             | 3:16.46 1:43.75 | 400m:   | 6:49.17 1:45.57  | 600m: | 10:26.11 1:49.05 | 800m:           | 13:57.53 1:42.81 |      |
| 18.     | SIRANT            | Adam            | 11      | MKP Szczecin     |       |                  | <b>14:08.90</b> | 142              |      |
|         | 100m:             | 1:35.53 1:35.53 | 300m:   | 5:10.74 1:48.48  | 500m: | 8:49.97 1:50.56  | 700m:           | 12:27.94 1:50.04 |      |
|         | 200m:             | 3:22.26 1:46.73 | 400m:   | 6:59.41 1:48.67  | 600m: | 10:37.90 1:47.93 | 800m:           | 14:08.90 1:40.96 |      |
| 19.     | STRZY             | EWSKI Wiktor    | 11      | MKP Szczecin     |       |                  | <b>14:13.72</b> | 140              |      |
|         | 100m:             | 1:34.76 1:34.76 | 300m:   | 5:13.53 1:49.25  | 500m: | 8:53.88 1:50.36  | 700m:           | 12:30.97 1:49.16 |      |
|         | 200m:             | 3:24.28 1:49.52 | 400m:   | 7:03.52 1:49.99  | 600m: | 10:41.81 1:47.93 | 800m:           | 14:13.72 1:42.75 |      |
| PK      | CHABOWSKI-PALONKA | Krzysztof       | 10      | MKP Szczecin     |       |                  | <b>9:13.72</b>  | 513              |      |
|         | 100m:             | 1:05.47 1:05.47 | 300m:   | 3:26.58 1:10.69  | 500m: | 5:48.39 1:10.99  | 700m:           | 8:07.74 1:09.32  |      |
|         | 200m:             | 2:15.89 1:10.42 | 400m:   | 4:37.40 1:10.82  | 600m: | 6:58.42 1:10.03  | 800m:           | 9:13.72 1:05.98  |      |
| PK      | POPIELSKI         | Aleksander      | 10      | MKP Szczecin     |       |                  | <b>9:42.53</b>  | 441              |      |
|         | 100m:             | 1:06.21 1:06.21 | 300m:   | 3:33.58 1:14.18  | 500m: | 6:01.76 1:14.30  | 700m:           | 8:31.84 1:15.24  |      |
|         | 200m:             | 2:19.40 1:13.19 | 400m:   | 4:47.46 1:13.88  | 600m: | 7:16.60 1:14.84  | 800m:           | 9:42.53 1:10.69  |      |
| PK      | PIECHOTA          | Kordian         | 10      | MKP Szczecin     |       |                  | <b>10:13.57</b> | 377              |      |
|         | 100m:             |                 | 300m:   |                  | 500m: |                  | 700m:           |                  |      |
|         | 200m:             | 2:30.00         | 400m:   | 5:05.70          | 600m: | 7:40.87          | 800m:           | 10:13.57         |      |
| PK      | WIECZOREK         | Aleksander      | 10      | MKP Szczecin     |       |                  | <b>10:29.03</b> | 350              |      |
|         | 100m:             |                 | 300m:   |                  | 500m: |                  | 700m:           |                  |      |
|         | 200m:             | 2:34.55         | 400m:   | 5:14.04          | 600m: | 7:53.70          | 800m:           | 10:29.03         |      |
| PK      | KUJAWSKI          | Bartosz         | 10      | MKP Szczecin     |       |                  | <b>10:33.95</b> | 342              |      |
|         | 100m:             |                 | 300m:   |                  | 500m: |                  | 700m:           |                  |      |
|         | 200m:             | 2:36.90         | 400m:   | 5:17.08          | 600m: | 7:57.60          | 800m:           | 10:33.95         |      |