

Wojewódzki Sprawdzian Wszechstronno ci Stylowej i Wytrzymało ci  
Opole, 12.10.2019

Event 18  
12.10.2019 - 17:00

Boys, 400m Freestyle

11 years  
Results

Points: FINA 2018

Rank					YB					Time	Pts	
1.	Artur Munsch				08	MKS Park Wodny Tarnowskie Gory				<b>5:11.65</b>	315	
	50m:	34.51	34.51	150m:	1:52.73	39.81	250m:	3:13.83	40.77	350m:	4:34.01	39.99
	100m:	1:12.92	38.41	200m:	2:33.06	40.33	300m:	3:54.02	40.19	400m:	5:11.65	37.64
2.	Tomasz Kolodziej				08	MKS Park Wodny Tarnowskie Gory				<b>5:19.04</b>	294	
	50m:	36.74	36.74	150m:	1:58.97	40.60	250m:	3:20.87	41.57	350m:	4:41.77	40.66
	100m:	1:18.37	41.63	200m:	2:39.30	40.33	300m:	4:01.11	40.24	400m:	5:19.04	37.27
3.	Wojciech Perek				08	MKS Park Wodny Tarnowskie Gory				<b>5:51.92</b>	219	
	50m:	38.49	38.49	150m:	2:09.37	47.35	250m:	3:42.36	45.71	350m:	5:11.66	43.81
	100m:	1:22.02	43.53	200m:	2:56.65	47.28	300m:	4:27.85	45.49	400m:	5:51.92	40.26
4.	Kacper Wasztyl				08	UKS "5 plus 1" Opole				<b>5:52.18</b>	218	
	50m:	37.82	37.82	150m:	2:06.95	45.66	250m:	3:36.86	44.41	350m:	5:06.56	44.61
	100m:	1:21.29	43.47	200m:	2:52.45	45.50	300m:	4:21.95	45.09	400m:	5:52.18	45.62
5.	Michał Cwirko				08	DELFIN Krapkowice				<b>5:54.86</b>	213	
	50m:	38.84	38.84	150m:	2:10.39	46.10	250m:	3:43.34	46.10	350m:	5:12.57	43.34
	100m:	1:24.29	45.45	200m:	2:57.24	46.85	300m:	4:29.23	45.89	400m:	5:54.86	42.29
6.	Borys Loch				08	MKS Park Wodny Tarnowskie Gory				<b>5:55.15</b>	213	
	50m:	38.42	38.42	150m:	2:09.99	46.28	250m:	3:42.63	46.35	350m:	5:13.56	44.88
	100m:	1:23.71	45.29	200m:	2:56.28	46.29	300m:	4:28.68	46.05	400m:	5:55.15	41.59
7.	Mieszko Kramarczuk				08	UKS "5 plus 1" Opole				<b>5:58.46</b>	207	
	50m:	37.06	37.06	150m:	2:10.91	48.07	250m:	3:43.85	46.54	350m:	5:16.63	45.69
	100m:	1:22.84	45.78	200m:	2:57.31	46.40	300m:	4:30.94	47.09	400m:	5:58.46	41.83
8.	Filip Gola				08	MKS Park Wodny Tarnowskie Gory				<b>5:59.43</b>	205	
	50m:	39.73	39.73	150m:	2:11.82	46.64	250m:	3:43.20	45.69	350m:	5:15.92	46.08
	100m:	1:25.18	45.45	200m:	2:57.51	45.69	300m:	4:29.84	46.64	400m:	5:59.43	43.51
9.	Daniel Szega				08	UKS Junior Kluczbork				<b>6:01.44</b>	202	
	50m:	37.67	37.67	150m:	2:09.00	45.90	250m:	3:43.35	47.81	350m:	5:18.19	47.58
	100m:	1:23.10	45.43	200m:	2:55.54	46.54	300m:	4:30.61	47.26	400m:	6:01.44	43.25
10.	Oskar Moszyk				08	MMKS Kedzierzyn-Kozle				<b>6:07.47</b>	192	
	50m:	39.18	39.18	150m:	2:13.21	47.97	250m:	3:48.30	46.98	350m:	5:23.43	46.14
	100m:	1:25.24	46.06	200m:	3:01.32	48.11	300m:	4:37.29	48.99	400m:	6:07.47	44.04
11.	Dawid Bylak				08	DOKiS SP Vega Dobrodzien				<b>6:20.90</b>	173	
	50m:	41.72	41.72	150m:	2:20.10	49.37	250m:	3:59.70	48.83	350m:	5:35.45	48.18
	100m:	1:30.73	49.01	200m:	3:10.87	50.77	300m:	4:47.27	47.57	400m:	6:20.90	45.45
12.	Tomasz Gendera				08	MMKS Kedzierzyn-Kozle				<b>6:28.29</b>	163	
	50m:	41.79	41.79	150m:	2:20.48	50.83	250m:	4:02.26	51.12	350m:	5:43.05	50.37
	100m:	1:29.65	47.86	200m:	3:11.14	50.66	300m:	4:52.68	50.42	400m:	6:28.29	45.24
13.	Wojciech Merz				08	MMKS Kedzierzyn-Kozle				<b>6:28.48</b>	163	
	50m:	41.51	41.51	150m:	2:19.69	50.42	250m:	4:01.39	51.32	350m:	5:42.70	50.66
	100m:	1:29.27	47.76	200m:	3:10.07	50.38	300m:	4:52.04	50.65	400m:	6:28.48	45.78
14.	Bartosz Martyna				08	Start Opole				<b>6:28.49</b>	163	
	50m:	38.85	38.85	150m:	2:16.65	49.76	250m:	3:57.97	50.05	350m:	5:40.06	50.51
	100m:	1:26.89	48.04	200m:	3:07.92	51.27	300m:	4:49.55	51.58	400m:	6:28.49	48.43
15.	Jakub Rybak				08	MKS Park Wodny Tarnowskie Gory				<b>6:32.66</b>	157	
	50m:	42.55	42.55	150m:	2:22.73	51.13	250m:	4:04.39	50.77	350m:	5:44.51	51.34
	100m:	1:31.60	49.05	200m:	3:13.62	50.89	300m:	4:53.17	48.78	400m:	6:32.66	48.15
16.	Grzegorz Rybak				08	MKS Park Wodny Tarnowskie Gory				<b>6:38.12</b>	151	
	50m:	40.93	40.93	150m:	2:20.66	50.45	250m:	4:01.54	50.19	350m:	5:49.14	56.01
	100m:	1:30.21	49.28	200m:	3:11.35	50.69	300m:	4:53.13	51.59	400m:	6:38.12	48.98
17.	Sebastian Sokolnicki				08	Start Opole				<b>6:54.98</b>	133	
	50m:	43.37	43.37	150m:	2:27.59	53.39	250m:	4:15.64	54.14	350m:	6:02.25	53.81
	100m:	1:34.20	50.83	200m:	3:21.50	53.91	300m:	5:08.44	52.80	400m:	6:54.98	52.73

Wojewódzki Sprawdzian Wszechstronno ci Stylowej i Wytrzymała ci  
Opole, 12.10.2019

Event 18, Boys, 400m Freestyle, 11 years

Rank									YB									Time	Pts
18.	Michal Wit								08	MMKS Kedzierzyn-Kozle								<b>7:15.60</b>	115
	50m:	47.26	47.26	150m:	2:38.69	57.60	250m:	4:32.70	55.95	350m:	6:23.15	55.09							
	100m:	1:41.09	53.83	200m:	3:36.75	58.06	300m:	5:28.06	55.36	400m:	7:15.60	52.45							
19.	Wojciech Barnus								08	MMKS Kedzierzyn-Kozle								<b>7:20.53</b>	111
	50m:	42.70	42.70	150m:	3:13.62	1:42.28	250m:	4:56.60	51.07	350m:	6:26.75	42.24							
	100m:	1:31.34	48.64	200m:	4:05.53	51.91	300m:	5:44.51	47.91	400m:	7:20.53	53.78							
20.	Pawel Rola								08	MMKS Kedzierzyn-Kozle								<b>7:26.08</b>	107
	50m:	50.24	50.24	150m:	2:45.31	1:00.28	250m:	4:39.89	58.40	350m:	6:26.49	50.85							
	100m:	1:45.03	54.79	200m:	3:41.49	56.18	300m:	5:35.64	55.75	400m:	7:26.08	59.59							
21.	Milo Bros-Zaleski								08	MMKS Kedzierzyn-Kozle								<b>7:32.68</b>	103
	50m:	46.55	46.55	150m:	2:44.72	1:00.16	250m:	4:40.89	58.51	350m:	6:33.54	54.35							
	100m:	1:44.56	58.01	200m:	3:42.38	57.66	300m:	5:39.19	58.30	400m:	7:32.68	59.14							
DSQ	Kacper Duszkiewicz								08	MMKS Kedzierzyn-Kozle									
	<i>O 2 - Pływak nie miał kontaktu ze cian podczas nawrotu.</i>																		