

Ogólnopolski Sprawdzian Wszechstronności
Łódź, 6-7-10-2016

Konkurencja 10
2016-10-07 - 12:04

Mężczyźni, 400m zmienny

13 lat i starsi
Wyniki

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.
13 - 14 lat									
1.	RAJCA, Wiktor		02	UKS 190 Łódź				4:51.53	527
	50m:	31.10 31.10	150m:	1:44.01 38.02	250m:	3:02.48 41.22	350m:	4:18.70 34.55	
	100m:	1:05.99 34.89	200m:	2:21.26 37.25	300m:	3:44.15 41.67	400m:	4:51.53 32.83	
2.	ZIELI SKI, Konrad		03	UKS 190 Łódź				4:55.36	506
	<i>rekord okręgu 13-sto latków</i>								
	50m:	31.44 31.44	150m:	1:46.65 38.96	250m:	3:06.49 42.21	350m:	4:24.31 34.03	
	100m:	1:07.69 36.25	200m:	2:24.28 37.63	300m:	3:50.28 43.79	400m:	4:55.36 31.05	
3.	KRZYWANIA, Oskar		02	UKS SP 149 Łódź				4:56.00	503
	50m:	32.54 32.54	150m:	1:48.34 38.30	250m:	3:08.99 42.46	350m:	4:24.69 33.23	
	100m:	1:10.04 37.50	200m:	2:26.53 38.19	300m:	3:51.46 42.47	400m:	4:56.00 31.31	
4.	KNYSZY SKI, Maciej		02	MKS Jedyńka Łódź				4:59.70	485
	50m:	30.76 30.76	150m:	1:45.88 40.45	250m:	3:08.48 43.28	350m:	4:26.56 34.41	
	100m:	1:05.43 34.67	200m:	2:25.20 39.32	300m:	3:52.15 43.67	400m:	4:59.70 33.14	
5.	KUSI SKI, Aleksy		02	UKS SP 149 Łódź				5:06.44	453
	50m:	33.00 33.00	150m:	1:49.19 38.10	250m:	3:12.56 45.09	350m:	4:32.30 33.83	
	100m:	1:11.09 38.09	200m:	2:27.47 38.28	300m:	3:58.47 45.91	400m:	5:06.44 34.14	
6.	WODY SKI, Bartosz		02	TP Olimpijczyk Aleksandrów				5:09.86	439
	50m:	31.49 31.49	150m:	1:47.88 39.58	250m:	3:13.18 46.58	350m:	4:34.93 35.73	
	100m:	1:08.30 36.81	200m:	2:26.60 38.72	300m:	3:59.20 46.02	400m:	5:09.86 34.93	
7.	SYSKA, Kacper		02	MKS Jedyńka Łódź				5:12.65	427
	50m:	32.65 32.65	150m:	1:51.85 42.02	250m:	3:15.66 43.32	350m:	4:37.77 37.49	
	100m:	1:09.83 37.18	200m:	2:32.34 40.49	300m:	4:00.28 44.62	400m:	5:12.65 34.88	
8.	MIKO, Dawid		02	MKS Trójka Łódź				5:15.74	414
	50m:	34.61 34.61	150m:		250m:		350m:		
	100m:	1:13.23 38.62	200m:		300m:		400m:	5:15.74	
9.	LIK, Kacper		02	MKS Jedyńka Łódź				5:19.53	400
	50m:	34.30 34.30	150m:	1:55.94 42.11	250m:	3:21.53 44.73	350m:	4:45.04 36.37	
	100m:	1:13.83 39.53	200m:	2:36.80 40.86	300m:	4:08.67 47.14	400m:	5:19.53 34.49	
10.	K DZIERSKI, Tomasz		03	UKS 190 Łódź				5:23.76	384
	50m:	34.78 34.78	150m:	1:56.68 41.39	250m:	3:24.43 47.81	350m:	4:48.90 38.11	
	100m:	1:15.29 40.51	200m:	2:36.62 39.94	300m:	4:10.79 46.36	400m:	5:23.76 34.86	
11.	LABICH, Wiktor		03	MKS Trójka Łódź				5:27.38	372
	50m:	35.72 35.72	150m:	1:58.51 42.33	250m:	3:25.78 45.51	350m:	4:50.49 38.43	
	100m:	1:16.18 40.46	200m:	2:40.27 41.76	300m:	4:12.06 46.28	400m:	5:27.38 36.89	
12.	MALINOWSKI, Wojciech		03	MKS Jedyńka Łódź				5:28.55	368
	50m:	37.61 37.61	150m:	2:03.54 43.09	250m:	3:30.95 44.31	350m:	4:53.75 36.74	
	100m:	1:20.45 42.84	200m:	2:46.64 43.10	300m:	4:17.01 46.06	400m:	5:28.55 34.80	
13.	KUDLI SKI, Łukasz		03	UKS SP 149 Łódź				5:32.05	356
	50m:	34.11 34.11	150m:	2:00.71 45.46	250m:	3:31.17 48.39	350m:	4:56.64 45.80	
	100m:	1:15.25 41.14	200m:	2:42.78 42.07	300m:	4:10.84 39.67	400m:	5:32.05 35.41	
14.	COLEMAN, Alan		03	MKS Jedyńka Łódź				5:36.51	342
	50m:	35.78 35.78	150m:	1:59.53 41.49	250m:	3:31.37 50.43	350m:	5:01.48 37.83	
	100m:	1:18.04 42.26	200m:	2:40.94 41.41	300m:	4:23.65 52.28	400m:	5:36.51 35.03	
15.	SKOWRONEK, Hubert		02	UKS NAWA Skierniewice				5:36.63	342
	50m:	32.81 32.81	150m:	1:55.20 41.12	250m:	3:27.65 50.90	350m:	5:01.75 40.97	
	100m:	1:14.08 41.27	200m:	2:36.75 41.55	300m:	4:20.78 53.13	400m:	5:36.63 34.88	
16.	SZL K, Jan		03	TP Olimpijczyk Aleksandrów				5:36.70	342
	50m:	35.50 35.50	150m:	2:03.76 44.84	250m:	3:33.85 47.33	350m:	5:00.38 38.31	
	100m:	1:18.92 43.42	200m:	2:46.52 42.76	300m:	4:22.07 48.22	400m:	5:36.70 36.32	

Ogólnoposki Sprawdzian Wszechstronno ci
Łódź, 6 - 7-10-2016

Konkurencja 10, Chłopców, 400m zmienny, 13 - 14 lat

Pozycja			Rok ur.					Czas	Pkt.		
17.	SOBIECH, Szymon		03	UKS SP 149 Łódź				5:38.21	337		
	50m:	37.94 37.94	150m:	2:04.08	40.40	250m:	3:33.35	49.53	350m:	5:00.64	38.67
	100m:	1:23.68 45.74	200m:	2:43.82	39.74	300m:	4:21.97	48.62	400m:	5:38.21	37.57
18.	OLESKI, Tomasz		03	TP Olimpijczyk Aleksandrów				5:40.35	331		
	50m:	34.37 34.37	150m:	2:01.49	44.40	250m:	3:33.28	50.09	350m:	5:03.45	39.59
	100m:	1:17.09 42.72	200m:	2:43.19	41.70	300m:	4:23.86	50.58	400m:	5:40.35	36.90
19.	MICHALAK, Jan		03	UKS NAWA Skierniewice				5:40.67	330		
	50m:	35.94 35.94	150m:	2:03.14	44.29	250m:	3:32.74	46.77	350m:	5:02.47	42.02
	100m:	1:18.85 42.91	200m:	2:45.97	42.83	300m:	4:20.45	47.71	400m:	5:40.67	38.20
20.	CYBULSKI, Cyprian		02	UKS "Pi tka" Konstancynów Łódź				5:42.88	324		
	50m:	39.01 39.01	150m:	2:08.93	43.72	250m:	3:39.70	48.92	350m:	5:07.77	38.71
	100m:	1:25.21 46.20	200m:	2:50.78	41.85	300m:	4:29.06	49.36	400m:	5:42.88	35.11
21.	KALISIAK, Norbert		02	UKS NAWA Skierniewice				5:46.85	313		
	50m:	39.87 39.87	150m:	2:08.08	43.66	250m:	3:39.40	49.23	350m:	5:08.21	39.40
	100m:	1:24.42 44.55	200m:	2:50.17	42.09	300m:	4:28.81	49.41	400m:	5:46.85	38.64
22.	ST PERSKI, Oktawian		03	TP Olimpijczyk Aleksandrów				5:47.30	311		
	50m:	36.31 36.31	150m:	2:03.28	43.91	250m:	3:37.85	51.94	350m:	5:10.73	41.94
	100m:	1:19.37 43.06	200m:	2:45.91	42.63	300m:	4:28.79	50.94	400m:	5:47.30	36.57
23.	LEWANDOWSKI, Adrian		03	UKS SP 149 Łódź				5:47.76	310		
	50m:	38.07 38.07	150m:	2:04.99	44.79	250m:	3:38.70	49.90	350m:	5:09.53	38.85
	100m:	1:20.20 42.13	200m:	2:48.80	43.81	300m:	4:30.68	51.98	400m:	5:47.76	38.23
24.	BERBELSKI, Adam		03	MUKS "Wodnik" Łask				5:59.91	280		
	50m:	35.41 35.41	150m:	2:02.87	47.52	250m:	3:41.61	53.58	350m:	5:19.28	43.42
	100m:	1:15.35 39.94	200m:	2:48.03	45.16	300m:	4:35.86	54.25	400m:	5:59.91	40.63
25.	STEFANOWSKI, Bartosz		03	UKS NAWA Skierniewice				6:00.36	279		
	50m:	36.09 36.09	150m:	2:06.59	47.79	250m:	3:44.29	51.60	350m:	5:17.52	41.43
	100m:	1:18.80 42.71	200m:	2:52.69	46.10	300m:	4:36.09	51.80	400m:	6:00.36	42.84
26.	KACZOR, Bartłomiej		03	UKS NAWA Skierniewice				6:02.08	275		
	50m:	37.47 37.47	150m:	2:05.56	43.64	250m:	3:44.65	55.08	350m:	5:19.76	42.42
	100m:	1:21.92 44.45	200m:	2:49.57	44.01	300m:	4:37.34	52.69	400m:	6:02.08	42.32
27.	ZAMOJSKI, Kacper		03	MKS Trójka Łódź				6:02.61	273		
	50m:	35.62 35.62	150m:	2:05.64	46.55	250m:	3:44.66	52.82	350m:	5:22.72	42.23
	100m:	1:19.09 43.47	200m:	2:51.84	46.20	300m:	4:40.49	55.83	400m:	6:02.61	39.89
28.	WOJCIECHOWSKI, Kajetan		03	MKS Trójka Łódź				6:02.93	273		
	50m:	42.19 42.19	150m:	3:00.38	41.53	250m:	4:46.67	51.61	350m:		
	100m:	2:18.85 1:36.66	200m:	3:55.06	54.68	300m:			400m:	6:02.93	
29.	KRAKOWIAK, Kacper		03	UKS NAWA Skierniewice				6:03.40	272		
	50m:	42.49 42.49	150m:	2:19.87	46.99	250m:	3:54.68	49.72	350m:	5:25.71	41.92
	100m:	1:32.88 50.39	200m:	3:04.96	45.09	300m:	4:43.79	49.11	400m:	6:03.40	37.69
30.	WILANOWSKI, Mateusz		03	MKS Jedyńka Łódź				6:05.09	268		
	50m:	40.20 40.20	150m:	2:17.24	46.11	250m:	3:52.11	50.58	350m:	5:24.73	41.06
	100m:	1:31.13 50.93	200m:	3:01.53	44.29	300m:	4:43.67	51.56	400m:	6:05.09	40.36
31.	GAŁECKI, Krzysztof		03	MKS Trójka Łódź				6:11.37	255		
	50m:	38.30 38.30	150m:	2:14.96	48.12	250m:	3:53.34	53.42	350m:	5:30.43	42.93
	100m:	1:26.84 48.54	200m:	2:59.92	44.96	300m:	4:47.50	54.16	400m:	6:11.37	40.94
32.	PAWŁAK, Hubert		03	SKS 137 Delfin Łódź				6:22.83	232		
	50m:	39.11 39.11	150m:	2:19.24	52.11	250m:	4:03.31	54.17	350m:	5:44.00	44.43
	100m:	1:27.13 48.02	200m:	3:09.14	49.90	300m:	4:59.57	56.26	400m:	6:22.83	38.83
33.	SW DERSKI, Bartosz		03	TP Olimpijczyk Aleksandrów				6:24.55	229		
	50m:	42.08 42.08	150m:	2:24.18	51.99	250m:	4:04.61	49.90	350m:	5:42.26	46.45
	100m:	1:32.19 50.11	200m:	3:14.71	50.53	300m:	4:55.81	51.20	400m:	6:24.55	42.29
34.	SZCZEPA SKI, Jakub		03	MUKS "Wodnik" Łask				6:25.22	228		
	50m:	41.78 41.78	150m:	2:24.34	52.01	250m:	4:06.48	52.75	350m:	5:45.05	44.64
	100m:	1:32.33 50.55	200m:	3:13.73	49.39	300m:	5:00.41	53.93	400m:	6:25.22	40.17

Ogólnopolski Sprawdzian Wszechstronności
 Łódź, 6-7-10-2016

Konkurencja 10, Chłopców, 400m zmienny, 13 - 14 lat

Pozycja			Rok ur.					Czas	Pkt.
35.	STRASZY	SKI, Kacper	03	MKS Trójka Łódź			6:27.84	223	
	50m:	46.36 46.36	150m:	2:31.30 43.71	250m:	4:08.62 55.69	350m:	5:46.52 42.69	
	100m:	1:47.59 1:01.23	200m:	3:12.93 41.63	300m:	5:03.83 55.21	400m:	6:27.84 41.32	
36.	PODWYSOCKI,	Artur	03	MKS Trójka Łódź			6:32.25	216	
	50m:	39.96 39.96	150m:	2:19.67 49.73	250m:	4:07.20 59.35	350m:	5:50.88 43.49	
	100m:	1:29.94 49.98	200m:	3:07.85 48.18	300m:	5:07.39 1:00.19	400m:	6:32.25 41.37	
37.	AUGU CI	SKI, Mateusz	03	SKS 137 Delfin Łódź			6:34.40	212	
	50m:	46.53 46.53	150m:	2:28.13 46.56	250m:	4:07.51 52.90	350m:	5:49.56 48.45	
	100m:	1:41.57 55.04	200m:	3:14.61 46.48	300m:	5:01.11 53.60	400m:	6:34.40 44.84	
38.	WO NIAKIEWICZ,	Szymon	03	UKS Delfin Piotrków Tryb.			6:36.28	209	
	50m:	41.38 41.38	150m:		250m:		350m:		
	100m:	1:32.13 50.75	200m:		300m:		400m:	6:36.28	
39.	LEWANDOWSKI,	Jakub	03	MUKS "Wodnik" Łask			6:36.55	209	
	50m:	45.82 45.82	150m:	2:30.20 48.84	250m:	4:09.40 52.07	350m:	5:53.07 50.21	
	100m:	1:41.36 55.54	200m:	3:17.33 47.13	300m:	5:02.86 53.46	400m:	6:36.55 43.48	
DYSKW.	PURTA	K, Wiktor	02	MKS Jedyńka Łódź			5:34.22		
	<i>g7</i>								
	50m:	30.81 30.81	150m:	1:54.40 46.39	250m:	3:24.40 44.98	350m:	4:55.01 42.04	
	100m:	1:08.01 37.20	200m:	2:39.42 45.02	300m:	4:12.97 48.57	400m:	5:34.22 39.21	
DYSKW.	ROMANOWSKI,	Dawid	03	UKS "Piłka" Konstancynów Łódź			5:44.62		
	<i>g4</i>								
	50m:	36.60 36.60	150m:	2:07.65 48.26	250m:	3:42.72 48.23	350m:	5:10.09 38.07	
	100m:	1:19.39 42.79	200m:	2:54.49 46.84	300m:	4:32.02 49.30	400m:	5:44.62 34.53	
DYSKW.	SKÓRA,	Bartosz	03	UKS "Piłka" Konstancynów Łódź			5:49.44		
	<i>g5</i>								
	50m:	36.43 36.43	150m:	2:07.26 47.22	250m:	3:39.41 45.69	350m:	5:09.68 42.90	
	100m:	1:20.04 43.61	200m:	2:53.72 46.46	300m:	4:26.78 47.37	400m:	5:49.44 39.76	
DYSKW.	KAMI	SKI, Bartosz	03	UKS Delfin Piotrków Tryb.			6:47.15		
	<i>g5,g7</i>								
	50m:	44.52 44.52	150m:	2:26.06 48.49	250m:	4:16.80 1:03.38	350m:	6:03.37 45.97	
	100m:	1:37.57 53.05	200m:	3:13.42 47.36	300m:	5:17.40 1:00.60	400m:	6:47.15 43.78	
DYSKW.	LE NIEWSKI,	Patryk	03	SKS 137 Delfin Łódź			7:11.95		
	<i>m5,m6</i>								
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	7:11.95	

Chory WENCEL, Adrian 02 UKS "Piłka" Konstancynów Łódź

15 lat i starsi

1.	KALUSOWSKI,	Jan	00	MKS Trójka Łódź			4:31.00	656
	50m:	29.39 29.39	150m:	1:37.48 35.42	250m:	2:50.34 38.29	350m:	4:00.18 31.40
	100m:	1:02.06 32.67	200m:	2:12.05 34.57	300m:	3:28.78 38.44	400m:	4:31.00 30.82
2.	MAKA,	Filip	00	UKS 190 Łódź			4:34.40	632
	50m:	30.46 30.46	150m:	1:37.93 34.12	250m:	2:51.01 38.93	350m:	4:03.49 32.50
	100m:	1:03.81 33.35	200m:	2:12.08 34.15	300m:	3:30.99 39.98	400m:	4:34.40 30.91
3.	PAWLACZYK,	Patryk	00	UKS 190 Łódź			4:43.20	575
	50m:	29.81 29.81	150m:	1:38.30 34.28	250m:	2:56.94 43.76	350m:	4:13.93 32.60
	100m:	1:04.02 34.21	200m:	2:13.18 34.88	300m:	3:41.33 44.39	400m:	4:43.20 29.27
4.	KŁOSI	SKI, Alan	00	MKS Jedyńka Łódź			4:43.60	572
	50m:	30.27 30.27	150m:	1:44.13 38.08	250m:	2:58.99 37.98	350m:	4:10.91 33.43
	100m:	1:06.05 35.78	200m:	2:21.01 36.88	300m:	3:37.48 38.49	400m:	4:43.60 32.69
5.	WO NIAK,	Maciej	00	UKS 190 Łódź			4:44.21	568
	50m:	30.10 30.10	150m:	1:41.28 37.29	250m:	2:57.84 41.12	350m:	4:13.79 33.70
	100m:	1:03.99 33.89	200m:	2:16.72 35.44	300m:	3:40.09 42.25	400m:	4:44.21 30.42

Ogólnopolski Sprawdzian Wszechstronno ci
Łódź, 6 - 7-10-2016

Konkurencja 10, M czyzn, 400m zmienny, 15 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
6.	FIKS, Krzysztof		00	UKS 190 Łódź				4:44.62	566		
	50m:	29.27 29.27	150m:	1:38.60	36.41	250m:	2:57.07	42.86	350m:	4:14.01	33.45
	100m:	1:02.19 32.92	200m:	2:14.21	35.61	300m:	3:40.56	43.49	400m:	4:44.62	30.61
7.	TOPOLSKI, Dawid		00	MKS Trójka Łódź				4:45.95	558		
	50m:	29.23 29.23	150m:	1:39.95	37.72	250m:	2:58.72	42.43	350m:	4:14.62	33.38
	100m:	1:02.23 33.00	200m:	2:16.29	36.34	300m:	3:41.24	42.52	400m:	4:45.95	31.33
8.	BALCERAK, Jakub		00	MKS Trójka Łódź				4:48.25	545		
	50m:	30.92 30.92	150m:	1:41.18	36.06	250m:	2:59.41	44.07	350m:	4:17.50	33.13
	100m:	1:05.12 34.20	200m:	2:15.34	34.16	300m:	3:44.37	44.96	400m:	4:48.25	30.75
9.	KAMI SKI, Piotr		99	MKS Trójka Łódź				4:52.41	522		
	50m:	30.04 30.04	150m:	1:41.88	36.67	250m:	2:59.92	41.92	350m:	4:17.39	35.43
	100m:	1:05.21 35.17	200m:	2:18.00	36.12	300m:	3:41.96	42.04	400m:	4:52.41	35.02
10.	ELGALAL, Sami		01	UKS SP 149 Łódź				4:54.33	512		
	50m:	30.97 30.97	150m:	1:45.17	37.34	250m:	3:04.40	43.14	350m:	4:21.24	33.77
	100m:	1:07.83 36.86	200m:	2:21.26	36.09	300m:	3:47.47	43.07	400m:	4:54.33	33.09
11.	STAWARUK, Michał		99	MKS Jedyńka Łódź				4:56.09	503		
	50m:	30.95 30.95	150m:	1:45.52	38.70	250m:	3:07.68	43.74	350m:	4:24.28	32.08
	100m:	1:06.82 35.87	200m:	2:23.94	38.42	300m:	3:52.20	44.52	400m:	4:56.09	31.81
12.	MIGIELSKI, Mateusz		01	MKS Jedyńka Łódź				5:01.05	478		
	50m:	31.76 31.76	150m:	1:46.59	37.96	250m:	3:07.31	44.12	350m:	4:27.14	34.51
	100m:	1:08.63 36.87	200m:	2:23.19	36.60	300m:	3:52.63	45.32	400m:	5:01.05	33.91
13.	REL, Maciej		00	MKS Trójka Łódź				5:04.69	461		
	50m:	32.65 32.65	150m:	1:51.39	41.06	250m:	3:15.05	43.57	350m:	4:32.83	33.42
	100m:	1:10.33 37.68	200m:	2:31.48	40.09	300m:	3:59.41	44.36	400m:	5:04.69	31.86
14.	BRODOWSKI, Bartosz		00	UKS NAWA Skierniewice				5:06.05	455		
	50m:	30.04 30.04	150m:	1:47.35	40.89	250m:	3:11.13	44.01	350m:	4:31.42	36.25
	100m:	1:06.46 36.42	200m:	2:27.12	39.77	300m:	3:55.17	44.04	400m:	5:06.05	34.63
15.	KRYSIAK, Michał		01	MKS Trójka Łódź				5:06.77	452		
	50m:	31.53 31.53	150m:	1:48.65	40.82	250m:	3:13.52	45.02	350m:	4:33.54	34.85
	100m:	1:07.83 36.30	200m:	2:28.50	39.85	300m:	3:58.69	45.17	400m:	5:06.77	33.23
16.	D BSKI, Szymon		99	UKS NAWA Skierniewice				5:07.18	450		
	50m:	29.09 29.09	150m:	1:42.26	39.77	250m:	3:09.22	47.50	350m:	4:33.00	35.85
	100m:	1:02.49 33.40	200m:	2:21.72	39.46	300m:	3:57.15	47.93	400m:	5:07.18	34.18
17.	KOMOROWSKI, Jan		01	MKS Trójka Łódź				5:08.25	445		
	50m:	31.29 31.29	150m:	1:49.31	40.13	250m:	3:13.65	44.49	350m:	4:35.37	35.78
	100m:	1:09.18 37.89	200m:	2:29.16	39.85	300m:	3:59.59	45.94	400m:	5:08.25	32.88
18.	STERNICZUK, Wojciech		01	UKS "Pi tka" Konstaktynow Łódź				5:08.36	445		
	50m:	31.15 31.15	150m:	1:50.57	41.95	250m:	3:17.12	45.07	350m:	4:36.89	34.59
	100m:	1:08.62 37.47	200m:	2:32.05	41.48	300m:	4:02.30	45.18	400m:	5:08.36	31.47
19.	CIESZKO, Mateusz		01	MKS Trójka Łódź				5:08.92	443		
	50m:	31.99 31.99	150m:	1:49.61	41.12	250m:	3:13.81	44.40	350m:	4:34.86	36.14
	100m:	1:08.49 36.50	200m:	2:29.41	39.80	300m:	3:58.72	44.91	400m:	5:08.92	34.06
20.	NOWAK, Aleksander		01	UKS NAWA Skierniewice				5:09.53	440		
	50m:	31.82 31.82	150m:	1:51.03	40.75	250m:	3:13.84	43.27	350m:	4:34.49	36.62
	100m:	1:10.28 38.46	200m:	2:30.57	39.54	300m:	3:57.87	44.03	400m:	5:09.53	35.04
21.	SMOLCZEWSKI, Igor		01	UKS NAWA Skierniewice				5:10.52	436		
	50m:	32.46 32.46	150m:	1:51.52	40.51	250m:	3:12.87	42.28	350m:	4:35.78	38.86
	100m:	1:11.01 38.55	200m:	2:30.59	39.07	300m:	3:56.92	44.05	400m:	5:10.52	34.74
22.	GRELEWSKI, Wojciech		01	MKS Jedyńka Łódź				5:12.00	430		
	50m:	32.23 32.23	150m:	1:51.85	42.86	250m:	3:17.57	44.56	350m:	4:37.97	35.34
	100m:	1:08.99 36.76	200m:	2:33.01	41.16	300m:	4:02.63	45.06	400m:	5:12.00	34.03
23.	SYSKA, Miłosz		01	MKS Trójka Łódź				5:13.44	424		
	50m:	34.28 34.28	150m:	1:55.50	40.25	250m:	3:16.23	40.50	350m:	4:37.93	38.46
	100m:	1:15.25 40.97	200m:	2:35.73	40.23	300m:	3:59.47	43.24	400m:	5:13.44	35.51

Ogólnopolski Sprawdzian Wszechstronności
 Łódź, 6-7-10-2016

Konkurencja 10, M czynn, 400m zmienny, 15 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
24.	PERZANKOWSKI, Maciej		01	UKS NAWA Skierniewice				5:19.77	399
	50m: 33.20	33.20	150m: 1:53.02	41.57	250m: 3:22.78	50.03	350m: 4:47.16	34.55	
	100m: 1:11.45	38.25	200m: 2:32.75	39.73	300m: 4:12.61	49.83	400m: 5:19.77	32.61	
25.	CHMIELOWIEC, Mateusz		00	UKS NAWA Skierniewice				5:21.37	393
	50m: 32.71	32.71	150m: 1:53.19	41.16	250m: 3:24.30	51.60	350m: 4:49.35	34.41	
	100m: 1:12.03	39.32	200m: 2:32.70	39.51	300m: 4:14.94	50.64	400m: 5:21.37	32.02	
26.	MALEWSKI, Bartłomiej		01	AZS UŁ PŁ				5:31.45	358
	50m: 35.09	35.09	150m: 2:00.73	43.37	250m: 3:30.76	47.41	350m: 4:55.65	37.63	
	100m: 1:17.36	42.27	200m: 2:43.35	42.62	300m: 4:18.02	47.26	400m: 5:31.45	35.80	
27.	STEFANOWSKI, Dawid		01	UKS NAWA Skierniewice				5:36.82	341
	50m: 34.00	34.00	150m: 1:56.65	41.73	250m: 3:27.66	49.75	350m: 4:55.91	37.99	
	100m: 1:14.92	40.92	200m: 2:37.91	41.26	300m: 4:17.92	50.26	400m: 5:36.82	40.91	
28.	KUCHARSKI, Jakub		01	UKS "Piłka" Konstaktynow Łódź				5:43.06	323
	50m: 39.90	39.90	150m: 2:09.36	42.72	250m: 3:38.30	45.40	350m: 5:05.63	39.32	
	100m: 1:26.64	46.74	200m: 2:52.90	43.54	300m: 4:26.31	48.01	400m: 5:43.06	37.43	
29.	LIBERA, Daniel		01	UKS NAWA Skierniewice				5:44.49	319
	50m: 37.06	37.06	150m: 2:03.54	42.06	250m: 3:37.28	52.34	350m: 5:07.93	37.17	
	100m: 1:21.48	44.42	200m: 2:44.94	41.40	300m: 4:30.76	53.48	400m: 5:44.49	36.56	
30.	NOWAKOWSKI, Jakub		01	UKS NAWA Skierniewice				6:11.87	253
	50m: 36.08	36.08	150m: 2:10.59	48.52	250m: 3:53.40	54.78	350m: 5:35.47	40.52	
	100m: 1:22.07	45.99	200m: 2:58.62	48.03	300m: 4:54.95	1:01.55	400m: 6:11.87	36.40	
DYSKW.	PORCZY SKI, Michał		00	MKS Trójka Łódź				5:01.52	
	<i>k12,k14</i>								
	50m: 31.22	31.22	150m: 1:47.40	39.47	250m: 3:10.44	44.19	350m: 4:29.53	34.34	
	100m: 1:07.93	36.71	200m: 2:26.25	38.85	300m: 3:55.19	44.75	400m: 5:01.52	31.99	
DYSKW.	STREBUL, Vladyslav		00	UKS 190 Łódź				5:06.13	
	<i>z2</i>								
	50m: 30.94	30.94	150m: 1:50.84	43.46	250m: 3:13.92	41.30	350m: 4:32.75	36.64	
	100m: 1:07.38	36.44	200m: 2:32.62	41.78	300m: 3:56.11	42.19	400m: 5:06.13	33.38	
DYSKW.	KWIASOWSKI, Jakub		00	MKS Jedynka Łódź				5:09.52	
	<i>k12</i>								
	50m: 30.94	30.94	150m: 1:45.53	39.28	250m: 3:12.58	47.97	350m: 4:35.49	36.05	
	100m: 1:06.25	35.31	200m: 2:24.61	39.08	300m: 3:59.44	46.86	400m: 5:09.52	34.03	
DYSKW.	CHMIELOWIEC, Łukasz		00	UKS NAWA Skierniewice				5:19.18	
	<i>m1</i>								
	50m: 30.70	30.70	150m: 1:50.37	43.09	250m: 3:17.45	45.13	350m: 4:44.45	39.64	
	100m: 1:07.28	36.58	200m: 2:32.32	41.95	300m: 4:04.81	47.36	400m: 5:19.18	34.73	
DYSKW.	TARNOWSKI, Aleks		01	UKS NAWA Skierniewice				6:02.25	
	<i>k12,k14</i>								
	50m: 33.76	33.76	150m: 1:59.15	47.72	250m: 3:39.08	55.92	350m: 5:18.97	42.80	
	100m: 1:11.43	37.67	200m: 2:43.16	44.01	300m: 4:36.17	57.09	400m: 6:02.25	43.28	