

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat
Aleksandrów Łódzki, 17- - 18-11-2016

Konkurencja 4
2016-11-17 - 11:12

Chłopców, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.			
1.	Mochnał Kacper		05	UKS SP 149 Łód				4:56.70	366			
	<i>Rekord Okr gu Łódzkiego 11lat</i>											
	50m:	36.10	36.10	150m:	1:52.06	37.85	250m:	3:06.54	37.29	350m:	4:21.08	36.81
	100m:	1:14.21	38.11	200m:	2:29.25	37.19	300m:	3:44.27	37.73	400m:	4:56.70	35.62
2.	Płoszka Kacper		05	Nautilus Brzeziny				5:14.49	307			
	50m:	36.02	36.02	150m:	1:53.35	38.10	250m:	3:16.04	41.45	350m:	4:38.65	41.07
	100m:	1:15.25	39.23	200m:	2:34.59	41.24	300m:	3:57.58	41.54	400m:	5:14.49	35.84
3.	Jarczewski Franciszek		05	UKS 5 Kons. Łódzki				5:14.66	306			
	50m:	36.50	36.50	150m:	1:55.70	39.19	250m:	3:16.57	40.56	350m:	4:37.71	40.57
	100m:	1:16.51	40.01	200m:	2:36.01	40.31	300m:	3:57.14	40.57	400m:	5:14.66	36.95
4.	Pogoda Krzysztof		05	Tp Ol Al Łódzki				5:29.41	267			
	50m:	38.14	38.14	150m:	2:01.28	42.17	250m:	3:25.72	42.45	350m:	4:50.64	42.66
	100m:	1:19.11	40.97	200m:	2:43.27	41.99	300m:	4:07.98	42.26	400m:	5:29.41	38.77
5.	Arent Artur		05	MKS Jedyńka Łód				5:34.24	256			
	50m:	36.95	36.95	150m:	2:01.77	42.59	250m:	3:26.28	42.24	350m:	4:52.77	43.21
	100m:	1:19.18	42.23	200m:	2:44.04	42.27	300m:	4:09.56	43.28	400m:	5:34.24	41.47
6.	Kobus Bartosz		05	UKS 55 Łód				5:35.75	252			
	50m:	37.75	37.75	150m:	2:02.18	42.89	250m:	3:27.60	42.64	350m:	4:54.07	42.95
	100m:	1:19.29	41.54	200m:	2:44.96	42.78	300m:	4:11.12	43.52	400m:	5:35.75	41.68
7.	Kaczmarek Michał		05	MKS Jedyńka Łód				5:41.54	240			
	50m:	38.75	38.75	150m:	2:06.02	44.41	250m:	3:34.12	43.35	350m:	5:00.89	42.79
	100m:	1:21.61	42.86	200m:	2:50.77	44.75	300m:	4:18.10	43.98	400m:	5:41.54	40.65
8.	Jurda Mikołaj		05	UKS SP 149 Łód				5:50.56	221			
	50m:			150m:			250m:			350m:		
	100m:			200m:	2:58.21		300m:			400m:	5:50.56	
9.	Tomasik Michał		05	UKS SP 19 Łód				5:58.05	208			
	50m:	39.70	39.70	150m:	2:12.83	47.61	250m:	3:45.10	45.89	350m:	5:15.60	45.20
	100m:	1:25.22	45.52	200m:	2:59.21	46.38	300m:	4:30.40	45.30	400m:	5:58.05	42.45
10.	Workert Stanisław		05	UKS 5 Kons. Łódzki				5:58.28	207			
	50m:	38.88	38.88	150m:	2:10.29	46.12	250m:	3:45.13	47.65	350m:	5:15.55	45.08
	100m:	1:24.17	45.29	200m:	2:57.48	47.19	300m:	4:30.47	45.34	400m:	5:58.28	42.73
11.	Banasiak Michał		05	MKS Jedyńka Łód				6:00.61	203			
	50m:	39.92	39.92	150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	6:00.61	
12.	Simi ski J drek		05	UKS 55 Łód				6:02.49	200			
	50m:	41.75	41.75	150m:	2:15.62	46.99	250m:	3:48.53	46.90	350m:	5:19.41	44.66
	100m:	1:28.63	46.88	200m:	3:01.63	46.01	300m:	4:34.75	46.22	400m:	6:02.49	43.08
13.	Ka mierzczak Kacper		05	UKS 55 Łód				6:04.80	196			
	50m:			150m:	2:14.32	48.12	250m:	3:50.02	47.85	350m:	5:22.10	44.24
	100m:	1:26.20		200m:	3:02.17	47.85	300m:	4:37.86	47.84	400m:	6:04.80	42.70
14.	Piszczala Marcel		05	MUKS "Wodnik" Łask				6:06.41	194			
	50m:	40.98	40.98	150m:	2:15.39	48.11	250m:	3:51.02	47.90	350m:	5:24.69	45.38
	100m:	1:27.28	46.30	200m:	3:03.12	47.73	300m:	4:39.31	48.29	400m:	6:06.41	41.72
15.	Dzi cielski Rafał		05	UKS 190 Łód				6:07.99	191			
	50m:			150m:			250m:	3:49.88	47.78	350m:		
	100m:			200m:	3:02.10		300m:			400m:	6:07.99	
16.	Rudzki Jakub		05	MKS Jedyńka Łód				6:08.20	191			
	50m:	40.10	40.10	150m:	2:11.68	46.60	250m:	3:47.70	48.80	350m:	5:24.19	47.44
	100m:	1:25.08	44.98	200m:	2:58.90	47.22	300m:	4:36.75	49.05	400m:	6:08.20	44.01
17.	Majcherczak Norbert		05	MKS Trójka Łód				6:08.63	190			
	50m:	42.25	42.25	150m:	2:15.36	46.85	250m:	3:50.80	47.41	350m:	5:24.69	47.07
	100m:	1:28.51	46.26	200m:	3:03.39	48.03	300m:	4:37.62	46.82	400m:	6:08.63	43.94

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat
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Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	Wirowski Aleksander		05	SKS 137 Delfin Łód				6:10.16	188
	50m:	40.35 40.35	150m:	2:17.61 49.60	250m:	3:55.56 48.91	350m:	5:29.79 45.69	
	100m:	1:28.01 47.66	200m:	3:06.65 49.04	300m:	4:44.10 48.54	400m:	6:10.16 40.37	
19.	Dominiak Wiktor		05	MKS Jedynka Łód				6:13.47	183
	50m:	38.97 38.97	150m:	2:12.32 47.42	250m:	3:48.92 48.58	350m:	5:27.93 48.43	
	100m:	1:24.90 45.93	200m:	3:00.34 48.02	300m:	4:39.50 50.58	400m:	6:13.47 45.54	
20.	Wasiak Szymon		05	UKS 190 Łód				6:18.61	176
	50m:	44.16 44.16	150m:	2:21.46 48.36	250m:	3:57.42 48.66	350m:	5:34.08 47.60	
	100m:	1:33.10 48.94	200m:	3:08.76 47.30	300m:	4:46.48 49.06	400m:	6:18.61 44.53	
21.	Działak Antoni		05	UKS 5 Kons. Łódzki				6:19.14	175
	50m:	41.23 41.23	150m:	2:18.29 48.75	250m:	3:57.71 49.98	350m:	5:36.43 48.71	
	100m:	1:29.54 48.31	200m:	3:07.73 49.44	300m:	4:47.72 50.01	400m:	6:19.14 42.71	
22.	Ku mierz Michał		05	MKS Trójka Łód				6:24.21	168
	50m:	42.23 42.23	150m:	2:21.72 50.20	250m:	4:02.17 50.13	350m:	5:40.27 47.78	
	100m:	1:31.52 49.29	200m:	3:12.04 50.32	300m:	4:52.49 50.32	400m:	6:24.21 43.94	
23.	Nowosielski Bartek		05	UKS SP 19 Łód				6:24.91	167
	50m:	42.60 42.60	150m:	2:20.63 49.86	250m:	4:01.35 50.41	350m:	5:39.57 47.95	
	100m:	1:30.77 48.17	200m:	3:10.94 50.31	300m:	4:51.62 50.27	400m:	6:24.91 45.34	
24.	Stankiewicz Oskar		05	UKS 5 Kons. Łódzki				6:24.96	167
	50m:	44.99 44.99	150m:	2:26.93 50.70	250m:	4:06.24	350m:	5:38.42 46.48	
	100m:	1:36.23 51.24	200m:		300m:	4:51.94 45.70	400m:	6:24.96 46.54	
25.	Łopaci ski Wojciech		05	Tp Ol Al Łódzki				6:30.53	160
	50m:	43.93 43.93	150m:	2:22.85 49.96	250m:	4:04.07 50.85	350m:	5:43.58 49.50	
	100m:	1:32.89 48.96	200m:	3:13.22 50.37	300m:	4:54.08 50.01	400m:	6:30.53 46.95	
26.	Satkiewicz Maciej		05	MKS Trójka Łód				6:30.79	160
	50m:	44.37 44.37	150m:	2:24.33 50.32	250m:		350m:	5:43.90 49.55	
	100m:	1:34.01 49.64	200m:	3:13.76 49.43	300m:	4:54.35	400m:	6:30.79 46.89	
27.	Ciemi s Szymon		05	Nautilus Brzeziny				6:33.29	157
	50m:	41.03 41.03	150m:	2:20.83 50.84	250m:	4:07.22 52.83	350m:	5:47.32 51.40	
	100m:	1:29.99 48.96	200m:	3:14.39 53.56	300m:	4:55.92 48.70	400m:	6:33.29 45.97	
28.	Krauze Zbigniew		05	MKS Trójka Łód				6:41.48	147
	50m:	44.36 44.36	150m:	2:25.61 50.26	250m:	4:09.57 51.05	350m:	5:53.51 51.26	
	100m:	1:35.35 50.99	200m:	3:18.52 52.91	300m:	5:02.25 52.68	400m:	6:41.48 47.97	
29.	Byczkowski Wiktor		05	MKS Trójka Łód				6:45.86	143
	50m:	42.51 42.51	150m:	2:24.47 51.65	250m:	4:09.94 52.73	350m:	5:53.67 51.31	
	100m:	1:32.82 50.31	200m:	3:17.21 52.74	300m:	5:02.36 52.42	400m:	6:45.86 52.19	
30.	Mazurek Wiktor		05	UKS 55 Łód				6:50.00	138
	50m:	44.40 44.40	150m:		250m:		350m:	5:59.50	
	100m:	1:35.33 50.93	200m:		300m:		400m:	6:50.00 50.50	
31.	Abtan Nebras		05	UKS 55 Łód				6:51.74	136
	50m:	44.42 44.42	150m:		250m:		350m:		
	100m:	1:37.44 53.02	200m:		300m:		400m:	6:51.74	
32.	Janicki Piotr		05	UKS SP 19 Łód				6:57.81	131
	50m:	45.75 45.75	150m:		250m:	4:21.01	350m:	6:07.04 52.28	
	100m:	1:39.15 53.40	200m:		300m:	5:14.76 53.75	400m:	6:57.81 50.77	
33.	Głowacki Jakub		05	UKS 55 Łód				6:58.98	130
	50m:	44.86 44.86	150m:		250m:	4:19.05 54.27	350m:	6:08.38 54.99	
	100m:	2:31.42 1:46.56	200m:	3:24.78	300m:	5:13.39 54.34	400m:	6:58.98 50.60	
34.	Wyrzing Kacper		05	UKS 55 Łód				7:04.10	125
	50m:	46.62 46.62	150m:	2:35.72 54.94	250m:	4:24.97 53.48	350m:	6:13.85 54.68	
	100m:	1:40.78 54.16	200m:	3:31.49 55.77	300m:	5:19.17 54.20	400m:	7:04.10 50.25	
35.	Kozik Michał		05	MUKS "Wodnik" Łask				7:14.92	116
	50m:	47.20 47.20	150m:	2:35.63 53.97	250m:	4:30.47 57.56	350m:	6:21.44 54.24	
	100m:	1:41.66 54.46	200m:	3:32.91 57.28	300m:	5:27.20 56.73	400m:	7:14.92 53.48	

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Pozycja				Rok ur.					Czas	Pkt.	
36.	G	sowski Filip		05	UKS 55 Łód				7:17.39	114	
		50m: 48.66	48.66			150m:	250m:	350m:			
		100m:				200m:	300m:	400m:	7:17.39		
37.	Misiak Oskar			05	MKS Jedyńka Łód				7:21.62	111	
		50m: 45.48	45.48			150m: 2:37.13	57.91	250m: 4:30.44	56.99	350m: 6:24.77	56.49
		100m: 1:39.22	53.74			200m: 3:33.45	56.32	300m: 5:28.28	57.84	400m: 7:21.62	56.85
NIE UK.	M	kol Fabian		05	MKS Jedyńka Łód						
		50m: 43.94	43.94			150m:	250m:	350m:			
		100m:				200m:	300m:	400m:			