

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat  
 Łód , 21-11-2017

Konkurencja 4  
 2017-11-21 - 10:42

Chłopców, 400m dowolny

11 lat  
 Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.			
1.	Janiszewski Mateusz		06	Uks Sp 149 Łód				<b>4:48.20</b>	399			
	<i>Wynik lepszy od rekordu woj. Łódzkiego 11-latków</i>											
	50m:	33.51	33.51	150m:	1:46.73	36.60	250m:	3:00.13	37.20	350m:	4:14.14	36.91
	100m:	1:10.13	36.62	200m:	2:22.93	36.20	300m:	3:37.23	37.10	400m:	4:48.20	34.06
2.	Popiel Mikołaj		06	SP Meduza Paj czno				<b>5:02.76</b>	344			
	50m:	33.38	33.38	150m:	1:48.20	38.20	250m:	3:06.24	39.37	350m:	4:25.35	39.36
	100m:	1:10.00	36.62	200m:	2:26.87	38.67	300m:	3:45.99	39.75	400m:	5:02.76	37.41
3.	Kurek Bartosz		06	Tp Olimpijczyk Aleksandrów Łód				<b>5:09.09</b>	323			
	50m:	33.90	33.90	150m:	1:50.56	39.04	250m:	3:10.50	40.22	350m:	4:30.93	40.18
	100m:	1:11.52	37.62	200m:	2:30.28	39.72	300m:	3:50.75	40.25	400m:	5:09.09	38.16
4.	Lewenhaupt Oskar		06	Mks Trójka Łód				<b>5:24.96</b>	278			
	50m:	37.47	37.47	150m:	2:00.78	41.87	250m:	3:24.38	41.72	350m:	4:47.31	40.92
	100m:	1:18.91	41.44	200m:	2:42.66	41.88	300m:	4:06.39	42.01	400m:	5:24.96	37.65
5.	Ledzion Szymon		06	Uks Sp 149 Łód				<b>5:27.03</b>	273			
	50m:	37.58	37.58	150m:	2:02.15	41.77	250m:	3:26.30	42.17	350m:	4:48.60	40.61
	100m:	1:20.38	42.80	200m:	2:44.13	41.98	300m:	4:07.99	41.69	400m:	5:27.03	38.43
6.	Skibicki Stanisław		06	MKS Jedyńka Łód				<b>5:30.32</b>	265			
	50m:	34.89	34.89	150m:	1:55.72	42.34	250m:	3:22.46	43.53	350m:	4:48.03	42.06
	100m:	1:13.38	38.49	200m:	2:38.93	43.21	300m:	4:05.97	43.51	400m:	5:30.32	42.29
7.	Król Oliwier		06	Mks Trójka Łód				<b>5:32.91</b>	259			
	50m:	1:22.29	1:22.29	150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:32.91	
8.	Niekarz Paweł,		06	Uks 190 Łód				<b>5:34.88</b>	254			
	50m:	38.72	38.72	150m:	2:06.74	44.95	250m:	3:34.57	43.99	350m:	4:57.15	40.61
	100m:	1:21.79	43.07	200m:	2:50.58	43.84	300m:	4:16.54	41.97	400m:	5:34.88	37.73
9.	Pietruszka Maciej		06	SP Meduza Paj czno				<b>5:34.94</b>	254			
	50m:	38.47	38.47	150m:	2:16.91	50.82	250m:	3:59.97	52.11	350m:		
	100m:	1:26.09	47.62	200m:	3:07.86	50.95	300m:	4:49.50	49.53	400m:	5:34.94	
10.	I zak Piotr		06	Tp Olimpijczyk Aleksandrów Łód				<b>5:40.69</b>	241			
	50m:	38.32	38.32	150m:	2:05.28	43.98	250m:	3:31.77	42.72	350m:	4:58.67	43.49
	100m:	1:21.30	42.98	200m:	2:49.05	43.77	300m:	4:15.18	43.41	400m:	5:40.69	42.02
11.	Misztal Patryk		06	UKS 5 Konstantinów				<b>5:44.08</b>	234			
	50m:	36.58	36.58	150m:	2:04.87	45.02	250m:	3:34.68	45.05	350m:	5:02.05	42.51
	100m:	1:19.85	43.27	200m:	2:49.63	44.76	300m:	4:19.54	44.86	400m:	5:44.08	42.03
12.	Pacewicz Wiktor		06	Uks 190 Łód				<b>5:48.20</b>	226			
	50m:	39.78	39.78	150m:	2:10.34	46.00	250m:	3:42.58	45.75	350m:	5:09.36	42.21
	100m:	1:24.34	44.56	200m:	2:56.83	46.49	300m:	4:27.15	44.57	400m:	5:48.20	38.84
13.	Kowalewski Mateusz		06	MKS Jedyńka Łód				<b>5:49.72</b>	223			
	50m:	38.72	38.72	150m:	2:09.09	45.38	250m:	3:37.55	44.63	350m:	5:07.20	44.53
	100m:	1:23.71	44.99	200m:	2:52.92	43.83	300m:	4:22.67	45.12	400m:	5:49.72	42.52
14.	K siel Michał		06	SKS "137 DELFIN" Łód				<b>5:50.82</b>	221			
	50m:	39.66	39.66	150m:	2:10.10	44.86	250m:	3:39.20	43.94	350m:	5:03.00	39.84
	100m:	1:25.24	45.58	200m:	2:55.26	45.16	300m:	4:23.16	43.96	400m:	5:50.82	47.82
15.	Fajkowski Pawel		06	UKS 55 Łód				<b>5:52.76</b>	217			
	50m:	39.76	39.76	150m:	2:07.87	44.71	250m:	3:39.49	46.27	350m:	5:09.15	43.71
	100m:	1:23.16	43.40	200m:	2:53.22	45.35	300m:	4:25.44	45.95	400m:	5:52.76	43.61
16.	Sobczak Stanisław		06	Tp Olimpijczyk Aleksandrów Łód				<b>5:54.16</b>	215			
	50m:	40.90	40.90	150m:	2:12.75	46.51	250m:	3:42.73	45.03	350m:	5:11.15	44.32
	100m:	1:26.24	45.34	200m:	2:57.70	44.95	300m:	4:26.83	44.10	400m:	5:54.16	43.01
17.	Mikołajewski Filip		06	Mks Trójka Łód				<b>5:57.33</b>	209			
	50m:	39.61	39.61	150m:	2:10.30	45.65	250m:	3:40.96	45.50	350m:	5:13.18	46.35
	100m:	1:24.65	45.04	200m:	2:55.46	45.16	300m:	4:26.83	45.87	400m:	5:57.33	44.15

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat  
Łódź , 21-11-2017

Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	Malinowski Oliwier		06	SKS "137 DELFIN" Łódź			<b>6:00.98</b>	203	
	50m: 41.66	41.66	150m: 2:12.40	46.27	250m: 3:43.51	45.82	350m: 5:17.23	47.18	
	100m: 1:26.13	44.47	200m: 2:57.69	45.29	300m: 4:30.05	46.54	400m: 6:00.98	43.75	
19.	Lewandowski Mateusz		06	MKS Jedyńka Łódź			<b>6:03.61</b>	198	
	50m: 41.06	41.06	150m: 2:13.34	46.50	250m: 3:47.26	47.08	350m: 5:20.25	45.71	
	100m: 1:26.84	45.78	200m: 3:00.18	46.84	300m: 4:34.54	47.28	400m: 6:03.61	43.36	
20.	widerski Julian		06	Mks Trójka Łódź			<b>6:07.09</b>	193	
	50m: 39.78	39.78	150m: 2:15.74	48.64	250m: 3:52.53	48.23	350m: 5:25.95	46.47	
	100m: 1:27.10	47.32	200m: 3:04.30	48.56	300m: 4:39.48	46.95	400m: 6:07.09	41.14	
21.	Walczewski Szymon		06	MKS Jedyńka Łódź			<b>6:07.86</b>	192	
	50m: 40.75	40.75	150m: 2:14.17	48.10	250m: 3:51.52	48.01	350m:		
	100m: 1:26.07	45.32	200m: 3:03.51	49.34	300m: 4:39.19	47.67	400m: 6:07.86		
22.	Machaj Adam		06	UKS Wiking Radomsko			<b>6:12.79</b>	184	
	50m: 41.62	41.62	150m: 2:17.02	48.42	250m: 3:53.67	47.82	350m: 5:29.68	47.67	
	100m: 1:28.60	46.98	200m: 3:05.85	48.83	300m: 4:42.01	48.34	400m: 6:12.79	43.11	
23.	Mazerant Antoni		06	Mks Trójka Łódź			<b>6:17.49</b>	177	
	50m: 42.15	42.15	150m: 2:19.65	48.75	250m: 3:58.01	49.30	350m: 5:31.99	46.38	
	100m: 1:30.90	48.75	200m: 3:08.71	49.06	300m: 4:45.61	47.60	400m: 6:17.49	45.50	
24.	Nowak Hubert		06	Tp Olimpijczyk Aleksandrów Łódź			<b>6:18.95</b>	175	
	50m: 40.97	40.97	150m: 2:19.77	50.29	250m: 3:57.38	49.12	350m: 5:32.98	48.11	
	100m: 1:29.48	48.51	200m: 3:08.26	48.49	300m: 4:44.87	47.49	400m: 6:18.95	45.97	
25.	Mikołajczyk Oskar		06	Uks Sp 149 Łódź			<b>6:20.60</b>	173	
	50m: 43.48	43.48	150m: 2:19.40	47.98	250m: 3:57.59	49.24	350m: 5:33.10	48.68	
	100m: 1:31.42	47.94	200m: 3:08.35	48.95	300m: 4:44.42	46.83	400m: 6:20.60	47.50	
26.	Strzelecki Franciszek		06	Mks Trójka Łódź			<b>6:21.40</b>	172	
	50m: 42.00	42.00	150m: 2:19.05	48.93	250m: 3:57.70	49.69	350m: 5:38.07	49.70	
	100m: 1:30.12	48.12	200m: 3:08.01	48.96	300m: 4:48.37	50.67	400m: 6:21.40	43.33	
27.	wi tczak Krzysztof		06	Mks Trójka Łódź			<b>6:27.31</b>	164	
	50m: 42.94	42.94	150m: 2:21.77	50.08	250m: 4:03.62	50.87	350m: 5:42.42	49.42	
	100m: 1:31.69	48.75	200m: 3:12.75	50.98	300m: 4:53.00	49.38	400m: 6:27.31	44.89	
28.	Kilian Aleksander		06	UKS 55 Łódź			<b>6:29.88</b>	161	
	50m: 42.56	42.56	150m: 2:21.54	51.18	250m: 4:00.43	50.63	350m: 5:42.12	50.64	
	100m: 1:30.36	47.80	200m: 3:09.80	48.26	300m: 4:51.48	51.05	400m: 6:29.88	47.76	
29.	uchowski Benniamin		06	Mks Trójka Łódź			<b>6:35.58</b>	154	
	50m: 45.54	45.54	150m: 2:25.91	50.32	250m: 4:06.68	49.84	350m: 5:46.90	49.98	
	100m: 1:35.59	50.05	200m: 3:16.84	50.93	300m: 4:56.92	50.24	400m: 6:35.58	48.68	
30.	R białkowski Tomasz		06	Tp Olimpijczyk Aleksandrów Łódź			<b>6:40.26</b>	149	
	50m: 45.71	45.71	150m: 2:28.71	51.44	250m: 4:11.37	51.53	350m: 5:54.21	50.96	
	100m: 1:37.27	51.56	200m: 3:19.84	51.13	300m: 5:03.25	51.88	400m: 6:40.26	46.05	
31.	Królewski Borys		06	Mks Trójka Łódź			<b>6:42.63</b>	146	
	50m: 44.28	44.28	150m: 2:28.67		250m: 4:12.21	52.18	350m: 5:55.22	51.84	
	100m:		200m: 3:20.03	51.36	300m: 5:03.38	51.17	400m: 6:42.63	47.41	
32.	Makówka Jakub		06	MUKS W Łask			<b>6:48.63</b>	140	
	50m: 47.18	47.18	150m: 2:32.26	52.81	250m: 4:19.99	53.62	350m:		
	100m: 1:39.45	52.27	200m: 3:26.37	54.11	300m: 5:12.59	52.60	400m: 6:48.63		
33.	Jabło ski Adam		06	UKS 55 Łódź			<b>6:54.31</b>	134	
	50m: 45.43	45.43	150m: 2:32.10	54.11	250m: 4:19.80	54.17	350m: 6:05.72	52.22	
	100m: 1:37.99	52.56	200m: 3:25.63	53.53	300m: 5:13.50	53.70	400m: 6:54.31	48.59	
34.	Wojtał Patryk		06	Uks Sp 149 Łódź			<b>6:56.16</b>	132	
	50m: 45.43	45.43	150m: 2:32.91	53.87	250m: 4:20.71	53.98	350m: 6:07.82	53.10	
	100m: 1:39.04	53.61	200m: 3:26.73	53.82	300m: 5:14.72	54.01	400m: 6:56.16	48.34	
35.	Gruszczy ski Jan		06	UKS 5 Konstanyńów			<b>7:01.52</b>	127	
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m: 7:01.52		

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat  
Łód , 21-11-2017

Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.				Czas	Pkt.
36.	Andrzejczak Maciej		06	SP Meduza Paj czno		<b>7:07.78</b>	122	
	50m:	47.02 47.02	150m:	2:39.76 55.14	250m:	4:30.64 54.49	350m:	6:16.91 50.91
	100m:	1:44.62 56.60	200m:	3:36.15 56.39	300m:	5:26.00 55.36	400m:	7:07.78 50.87
37.	Le niak Jakub		06	SP Meduza Paj czno		<b>7:30.56</b>	104	
	50m:	48.83 48.83	150m:		250m:	4:39.58	350m:	6:37.96 59.21
	100m:	1:44.86 56.03	200m:		300m:	5:38.75 59.17	400m:	7:30.56 52.60
38.	Rajtarski Antoni		06	SP Meduza Paj czno		<b>7:30.75</b>	104	
	50m:	47.25 47.25	150m:	2:44.42 58.21	250m:	4:42.87 59.80	350m:	6:39.15 58.15
	100m:	1:46.21 58.96	200m:	3:43.07 58.65	300m:	5:41.00 58.13	400m:	7:30.75 51.60
39.	Zubrycki Tymon		06	UKS 55 Łód		<b>7:36.15</b>	100	
	50m:	47.85 47.85	150m:	2:44.27 1:00.12	250m:	4:43.87 58.98	350m:	6:43.58 59.91
	100m:	1:44.15 56.30	200m:	3:44.89 1:00.62	300m:	5:43.67 59.80	400m:	7:36.15 52.57
40.	D bek Paweł		06	SKS "137 DELFIN" Łód		<b>7:53.43</b>	90	
	50m:	49.46 49.46	150m:		250m:		350m:	
	100m:		200m:		300m:		400m:	7:53.43
41.	Wiaderny Maksym		06	SKS "137 DELFIN" Łód		<b>8:01.13</b>	85	
	50m:	47.89 47.89	150m:		250m:		350m:	
	100m:		200m:		300m:		400m:	8:01.13
42.	Kryszczuk Karol		06	SKS "137 DELFIN" Łód		<b>8:08.21</b>	82	
	50m:	54.89 54.89	150m:	2:58.95 1:02.43	250m:	5:06.21 1:03.23	350m:	7:15.22 1:04.33
	100m:	1:56.52 1:01.63	200m:	4:02.98 1:04.03	300m:	6:10.89 1:04.68	400m:	8:08.21 52.99
43.	Janeczek Oliwier		06	Mks Trójka Łód		<b>8:29.00</b>	72	
	50m:	54.29 54.29	150m:	3:02.57 1:04.37	250m:	5:13.59 1:06.83	350m:	7:29.94 1:06.88
	100m:	1:58.20 1:03.91	200m:	4:06.76 1:04.19	300m:	6:23.06 1:09.47	400m:	8:29.00 59.06
NIE UK.	Koch Mikołaj		06	Mks Trójka Łód				
	50m:	36.98 36.98	150m:	2:05.75 45.01	250m:	3:36.67 45.33	350m:	5:04.03 41.81
	100m:	1:20.74 43.76	200m:	2:51.34 45.59	300m:	4:22.22 45.55	400m:	