

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat  
Łód , 26- - 27-11-2011

Konkurencja 4  
2011-11-26 - 13:00

Chłopców, 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.
1.	KRAUTSZTRUNG WITOLD		01	UKS 190 Łód				<b>5:28.32</b>	272
	50m:	34.45 34.45	150m:	1:57.45	42.01	250m:	3:23.42 43.18	350m:	4:49.21 42.18
	100m:	1:15.44 40.99	200m:	2:40.24	42.79	300m:	4:07.03 43.61	400m:	5:28.32 39.11
2.	MISTAKIEWICZ PATRYK		01	UKS 190 Łód				<b>5:35.24</b>	255
	50m:	36.68 36.68	150m:	2:02.60	43.98	250m:	3:31.03 44.49	350m:	4:56.97 41.85
	100m:	1:18.62 41.94	200m:	2:46.54	43.94	300m:	4:15.12 44.09	400m:	5:35.24 38.27
3.	migielski Mateusz		01	MKS Trójka Łód				<b>5:42.14</b>	240
	50m:	38.74 38.74	150m:	2:05.39	42.83	250m:	3:32.57 43.94	350m:	5:01.95 44.66
	100m:	1:22.56 43.82	200m:	2:48.63	43.24	300m:	4:17.29 44.72	400m:	5:42.14 40.19
4.	WYSOCKI DOMINIK		01	UKS 190 Łód				<b>5:44.08</b>	236
	50m:	1:20.40 1:20.40	150m:			250m:		350m:	
	100m:		200m:			300m:		400m:	5:44.08
5.	Lewandowski Mateusz		01	MKS Trójka Łód				<b>5:47.89</b>	228
	50m:	37.99 37.99	150m:	2:08.44	45.81	250m:	3:38.48 45.24	350m:	5:06.77 43.64
	100m:	1:22.63 44.64	200m:	2:53.24	44.80	300m:	4:23.13 44.65	400m:	5:47.89 41.12
6.	Krysiak Michał		01	MKS Trójka Łód				<b>5:49.07</b>	226
	50m:	39.37 39.37	150m:			250m:	3:38.39	350m:	5:06.53 43.27
	100m:	1:35.58 56.21	200m:			300m:	4:23.26 44.87	400m:	5:49.07 42.54
7.	LASOTA Kajetan		01	SKS Start Łód				<b>5:51.24</b>	222
	50m:	36.61 36.61	150m:	2:04.71	45.11	250m:	3:37.90 47.01	350m:	5:10.28 45.20
	100m:	1:19.60 42.99	200m:	2:50.89	46.18	300m:	4:25.08 47.18	400m:	5:51.24 40.96
8.	Elgalal Sami		01	UKS SP 149 Łód				<b>5:53.34</b>	218
	50m:	38.78 38.78	150m:	2:11.06	46.13	250m:	3:41.16 44.71	350m:	5:11.12 44.72
	100m:	1:24.93 46.15	200m:	2:56.45	45.39	300m:	4:26.40 45.24	400m:	5:53.34 42.22
9.	Grzegory Olaf		01	UKS SP 149 Łód				<b>5:55.00</b>	215
	50m:	37.70 37.70	150m:	2:06.40	44.88	250m:	3:34.55 43.45	350m:	5:09.74 44.07
	100m:	1:21.52 43.82	200m:	2:51.10	44.70	300m:	4:25.67 51.12	400m:	5:55.00 45.26
10.	WRZESI SKI JAKUB		01	UKS 190 Łód				<b>5:58.24</b>	209
	50m:	38.88 38.88	150m:	2:12.93	47.46	250m:	3:46.29 46.86	350m:	5:17.83 45.16
	100m:	1:25.47 46.59	200m:	2:59.43	46.50	300m:	4:32.67 46.38	400m:	5:58.24 40.41
11.	Jakubik Jakub		01	Nautilus Brzeziny				<b>6:03.24</b>	200
	50m:	40.22 40.22	150m:	2:12.03	45.72	250m:	3:46.35 47.22	350m:	5:19.95 46.94
	100m:	1:26.31 46.09	200m:	2:59.13	47.10	300m:	4:33.01 46.66	400m:	6:03.24 43.29
12.	Zieli ski Jakub		01	SKS 137 Delfin Łód				<b>6:05.08</b>	197
	50m:	40.60 40.60	150m:	2:13.99	47.34	250m:	3:48.67 47.34	350m:	5:21.77 46.55
	100m:	1:26.65 46.05	200m:	3:01.33	47.34	300m:	4:35.22 46.55	400m:	6:05.08 43.31
13.	Redner Jakub		01	MKS Trójka Łód				<b>6:06.52</b>	195
	50m:		150m:	2:15.62	47.87	250m:		350m:	
	100m:	1:27.75	200m:			300m:		400m:	6:06.52
14.	Kurzszym Krzysztof		01	MUKS Zgierz				<b>6:12.54</b>	186
	50m:	38.17 38.17	150m:	2:09.37	46.87	250m:	3:43.91 47.88	350m:	5:23.28 49.35
	100m:	1:22.50 44.33	200m:	2:56.03	46.66	300m:	4:33.93 50.02	400m:	6:12.54 49.26
15.	Balbierz Jakub		01	SKS 137 Delfin Łód				<b>6:13.72</b>	184
	50m:	40.62 40.62	150m:	2:17.45	49.23	250m:	3:54.44 48.58	350m:	5:32.51 48.51
	100m:	1:28.22 47.60	200m:	3:05.86	48.41	300m:	4:44.00 49.56	400m:	6:13.72 41.21
16.	Wasilewski Paweł		01	UKS SP 149 Łód				<b>6:13.94</b>	184
	50m:	41.43 41.43	150m:	2:14.78		250m:		350m:	5:22.81
	100m:		200m:			300m:		400m:	6:13.94 51.13
17.	KOTRAS Sebastian		01	SKS Start Łód				<b>6:16.39</b>	180
	50m:	40.27 40.27	150m:	2:17.52	48.38	250m:		350m:	
	100m:	1:29.14 48.87	200m:	3:06.12	48.60	300m:	5:32.47	400m:	6:16.39

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat  
 Łód , 26 - 27-11-2011

Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	Henzel Hugo		01	UKS SP 149 Łód				<b>6:16.58</b>	180
	50m:		150m:	250m:	48.73	350m:			
	100m:	1:29.27	200m:	300m:		400m:	6:16.58		
19.	Omieci ski Jakub		01	MKS Trójka Łód				<b>6:18.43</b>	177
	50m:	43.57 43.57	150m:	250m:	47.99	350m:	5:32.17	48.40	
	100m:	1:31.67 48.10	200m:	300m:	48.58	400m:	6:18.43	46.26	
20.	Perzankowski Maciej		01	UKS NAWA Skierniewice				<b>6:21.71</b>	173
	50m:	42.72 42.72	150m:	250m:	48.82	350m:	5:36.15	48.81	
	100m:	1:30.35 47.63	200m:	300m:	49.75	400m:	6:21.71	45.56	
21.	Szczepaniak Jakub		01	MKS Trójka Łód				<b>6:23.57</b>	170
	50m:	43.77 43.77	150m:	250m:	50.12	350m:	5:40.43	49.69	
	100m:	1:32.77 49.00	200m:	300m:	49.81	400m:	6:23.57	43.14	
22.	Smolczewski Igor		01	UKS NAWA Skierniewice				<b>6:23.98</b>	170
	50m:	40.75 40.75	150m:	250m:	49.66	350m:	5:36.14	50.12	
	100m:	1:29.74 48.99	200m:	300m:	48.08	400m:	6:23.98	47.84	
23.	Nowak Aleksander		01	UKS NAWA Skierniewice				<b>6:24.10</b>	169
	50m:		150m:	250m:		350m:			
	100m:		200m:	300m:		400m:	6:24.10		
24.	Szczepaniak Tomasz		01	UKS SP 149 Łód				<b>6:24.60</b>	169
	50m:	41.56 41.56	150m:	250m:	49.15	350m:	5:36.72	48.39	
	100m:	1:29.80 48.24	200m:	300m:	51.28	400m:	6:24.60	47.88	
25.	FAJKOWSKI Piotr		01	SKS Start Łód				<b>6:24.92</b>	168
	50m:	42.14 42.14	150m:	250m:	49.48	350m:			
	100m:	1:30.84 48.70	200m:	300m:	1:38.88	400m:	6:24.92		
26.	Stefanowski Dawid		01	UKS NAWA Skierniewice				<b>6:30.98</b>	161
	50m:	43.14 43.14	150m:	250m:	50.01	350m:	5:44.63	50.33	
	100m:	1:33.27 50.13	200m:	300m:	50.64	400m:	6:30.98	46.35	
27.	Komorowski Jan		01	MKS Trójka Łód				<b>6:33.18</b>	158
	50m:	44.06 44.06	150m:	250m:	51.84	350m:			
	100m:		200m:	300m:	49.81	400m:	6:33.18		
28.	Grelewski Wojciech		01	MKS Trójka Łód				<b>6:33.26</b>	158
	50m:	45.96 45.96	150m:	250m:	50.24	350m:			
	100m:	1:34.82 48.86	200m:	300m:	1:39.91	400m:	6:33.26		
29.	JE Y SKI Adam		01	SKS Start Łód				<b>6:35.88</b>	155
	50m:	44.08 44.08	150m:	250m:	48.96	350m:	5:45.98	51.29	
	100m:	1:32.86 48.78	200m:	300m:	51.38	400m:	6:35.88	49.90	
30.	Baniewicz Dominik		01	MKS Trójka Łód				<b>6:38.72</b>	151
	50m:	42.59 42.59	150m:	250m:	50.34	350m:	5:49.77	51.28	
	100m:	1:33.63 51.04	200m:	300m:	51.33	400m:	6:38.72	48.95	
31.	KOPKA Maksymilian		01	SKS Start Łód				<b>6:44.04</b>	146
	50m:	41.65 41.65	150m:	250m:	52.85	350m:	5:52.49	53.59	
	100m:	1:31.01 49.36	200m:	300m:	53.14	400m:	6:44.04	51.55	
32.	Malewski Bartłomiej		01	UKS SP 19 Łód				<b>6:46.70</b>	143
	50m:	43.51 43.51	150m:	250m:	52.91	350m:	5:57.34		
	100m:	1:33.25 49.74	200m:	300m:		400m:	6:46.70	49.36	
33.	WYDERKIEWICZ WIKTOR		01	UKS 190 Łód				<b>6:54.46</b>	135
	50m:	45.74 45.74	150m:	250m:		350m:	6:54.46		
	100m:		200m:	300m:		400m:	6:54.46		
34.	Pel Mateusz		01	MKS Trójka Łód				<b>7:04.55</b>	125
	50m:	43.34 43.34	150m:	250m:		350m:			
	100m:	1:34.88 51.54	200m:	300m:	55.21	400m:	7:04.55		
35.	PIOTROWSKI Mikołaj		01	SKS Start Łód				<b>7:06.37</b>	124
	50m:	45.72 45.72	150m:	250m:	55.66	350m:	7:06.37	1:47.24	
	100m:	1:36.58 50.86	200m:	300m:	57.87	400m:	7:06.37		

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat  
 Łód , 26- - 27-11-2011

Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja				Rok ur.					Czas	Pkt.
36.	KOWARA Emil			01	SKS Start Łód				<b>7:06.84</b>	123
	50m:	44.07	44.07	150m:		250m:	4:23.91	350m:	6:13.22	
	100m:			200m:		300m:		400m:	7:06.84 53.62	
37.	Mosi ski Antoni			01	MKS Trójka Łód				<b>7:12.65</b>	118
	50m:	48.45	48.45	150m:	2:36.78	53.31	250m:	4:27.51 54.74	350m:	6:17.70 56.47
	100m:	1:43.47	55.02	200m:	3:32.77	55.99	300m:	5:21.23 53.72	400m:	7:12.65 54.95
38.	Gruda Bartosz			01	UKS NAWA Skierniewice				<b>7:13.29</b>	118
	50m:			150m:		250m:		350m:		
	100m:	1:38.23		200m:		300m:		400m:	7:13.29	
39.	PATORA Karol			01	SKS Start Łód				<b>7:21.71</b>	111
	50m:	48.46	48.46	150m:	2:39.08	56.03	250m:	4:34.61 58.19	350m:	6:29.67
	100m:	1:43.05	54.59	200m:	3:36.42	57.34	300m:		400m:	7:21.71 52.04
40.	Lesiak Tomasz			01	UKS SP 19 Łód				<b>7:25.21</b>	109
	50m:	45.74	45.74	150m:	2:36.56	57.99	250m:	4:30.99 57.35	350m:	6:29.55 58.45
	100m:	1:38.57	52.83	200m:	3:33.64	57.08	300m:	5:31.10 1:00.11	400m:	7:25.21 55.66
41.	PI TKOWSKI Igor			01	SKS Start Łód				<b>7:40.17</b>	98
	50m:	47.74	47.74	150m:	2:37.95	55.82	250m:	4:40.80 1:01.22	350m:	6:44.67 1:02.92
	100m:	1:42.13	54.39	200m:	3:39.58	1:01.63	300m:	5:41.75 1:00.95	400m:	7:40.17 55.50
42.	WRÓBEL Kacper			01	SKS Start Łód				<b>8:16.60</b>	78
	50m:	53.34	53.34	150m:	2:53.75	1:01.60	250m:	5:04.12	350m:	
	100m:	1:52.15	58.81	200m:			300m:	6:11.87 1:07.75	400m:	8:16.60
43.	Morawski Jakub			01	UKS SP 19 Łód				<b>8:30.33</b>	72
	50m:	54.30	54.30	150m:		250m:	5:16.22	350m:		
	100m:			200m:		300m:		400m:	8:30.33	
DYSKW.	cieszko Mateusz			01	MKS Trójka Łód				<b>6:28.67</b>	
	<i>o4</i>									
	50m:	42.02	42.02	150m:		250m:	3:58.10 50.90	350m:		
	100m:	1:29.72	47.70	200m:	3:07.20		300m:		400m:	6:28.67
DYSKW.	Pisarkiewicz Eryk			01	MKS Trójka Łód				<b>7:15.20</b>	
	<i>o4</i>									
	50m:	44.90	44.90	150m:	2:34.14	55.44	250m:	4:28.25 57.35	350m:	6:18.33 54.19
	100m:	1:38.70	53.80	200m:	3:30.90	56.76	300m:	5:24.14 55.89	400m:	7:15.20 56.87
NIE UK.	Pokora Adam			01	UKS 5 Konstancynów					
	50m:			150m:		250m:		350m:		
	100m:			200m:		300m:		400m:		
NIE UK.	Kucharski Jakub			01	UKS 5 Konstancynów					
	50m:			150m:		250m:		350m:		
	100m:			200m:		300m:		400m:		
NIE UK.	Sterniczuk Wojtek			01	UKS 5 Konstancynów					
	50m:			150m:		250m:		350m:		
	100m:			200m:		300m:		400m:		
NIE UK.	Czy ewski Jakub			01	UKS 5 Konstancynów					
	50m:			150m:		250m:		350m:		
	100m:			200m:		300m:		400m:		