

Ogólnoposki Sprawdzian Wszechstronno ci
Aleksandrów Łódzki, 9- - 10-10-2014

Konkurencja 10
2014-10-10 - 9:42

M czyzn, 400m zmienny

Open
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.
1.	SZWEDZKI, Dawid		94	AZS UŁ PŁ				4:30.52	659
	50m:		150m:	1:37.73	33.74	250m:	2:49.16	37.71	350m:
	100m:	1:03.99	200m:	2:11.45	33.72	300m:	3:27.52	38.36	400m:
									4:30.52
2.	W GROWSKI, Marcel		99	TP Olimpijczyk Aleksandrów				4:32.78	643
	50m:	29.68 29.68	150m:	1:37.92	34.68	250m:	2:51.07	39.12	350m:
	100m:	1:03.24 33.56	200m:	2:11.95	34.03	300m:	3:30.72	39.65	400m:
									4:32.78
									30.68
3.	KAŁUSOWSKI, Jan		00	MKS Trójka Łód				4:45.90	558
	50m:	30.26 30.26	150m:	1:43.52	38.28	250m:	2:59.02	38.76	350m:
	100m:	1:05.24 34.98	200m:	2:20.26	36.74	300m:	3:39.62	40.60	400m:
									4:45.90
									31.97
4.	PARZYNOWSKI, Wojciech		99	UKS 190 Łód				4:46.91	553
	50m:	31.18 31.18	150m:	1:42.02	37.01	250m:	2:59.49	41.22	350m:
	100m:	1:05.01 33.83	200m:	2:18.27	36.25	300m:	3:42.34	42.85	400m:
									4:46.91
									31.60
5.	KA MIERCZAK, Kamil		99	TP Olimpijczyk Aleksandrów				4:46.93	552
	50m:	30.03 30.03	150m:	1:40.31	35.36	250m:	2:58.85	42.45	350m:
	100m:	1:04.95 34.92	200m:	2:16.40	36.09	300m:	3:42.25	43.40	400m:
									4:46.93
									30.98
6.	CUKANOW, Michal		99	TP Olimpijczyk Aleksandrów				4:47.42	550
	50m:	30.27 30.27	150m:	1:38.96		250m:	2:58.92		350m:
	100m:		200m:			300m:	3:43.08	44.16	400m:
									4:47.42
									31.80
7.	D BSKI, Dominik		98	MKS Trójka Łód				4:47.44	549
	50m:	30.60 30.60	150m:	1:44.56	38.46	250m:	3:02.22	41.87	350m:
	100m:	1:06.10 35.50	200m:	2:20.35	35.79	300m:	3:44.54	42.32	400m:
									4:47.44
									30.38
8.	ZGIERSKI, Maksymilian		94	AZS UŁ PŁ				4:53.50	516
	50m:	27.22 27.22	150m:	1:36.86	36.83	250m:	2:58.19	45.70	350m:
	100m:	1:00.03 32.81	200m:	2:12.49	35.63	300m:	3:44.04	45.85	400m:
									4:53.50
									34.16
9.	DOMA SKI, Kamil		00	TP Olimpijczyk Aleksandrów				4:58.32	491
	50m:	31.91 31.91	150m:			250m:	3:06.28	43.89	350m:
	100m:	1:08.66 36.75	200m:	2:22.39		300m:	3:49.28	43.00	400m:
									4:58.32
									33.42
10.	MA KA, Filip		00	UKS 190 Łód				4:59.57	485
	50m:	32.15 32.15	150m:			250m:	3:09.00	43.61	350m:
	100m:	1:09.52 37.37	200m:	2:25.39		300m:	3:51.95	42.95	400m:
									4:59.57
									32.86
11.	TURKOWSKI, Mateusz		99	MKS Jedyńka Łód				4:59.83	484
	50m:	32.83 32.83	150m:	1:49.82	39.53	250m:	3:08.61	38.88	350m:
	100m:	1:10.29 37.46	200m:	2:29.73	39.91	300m:	3:49.64	41.03	400m:
									4:59.83
									33.82
12.	RACINOWSKI, Piotr		00	TP Olimpijczyk Aleksandrów				5:02.26	472
	50m:	31.14 31.14	150m:	1:46.44	39.44	250m:	3:08.66	43.25	350m:
	100m:	1:07.00 35.86	200m:	2:25.41	38.97	300m:	3:54.38	45.72	400m:
									5:02.26
13.	KRASKA, Jakub		00	UKS 5 Konstantinów				5:03.60	466
	50m:	31.26 31.26	150m:	1:48.58	40.13	250m:	3:12.62	45.19	350m:
	100m:	1:08.45 37.19	200m:	2:27.43	38.85	300m:	3:56.23	43.61	400m:
									5:03.60
									31.98
14.	FIKS, Krzysztof		00	UKS 190 Łód				5:04.51	462
	50m:		150m:	1:56.12		250m:			350m:
	100m:		200m:	2:25.76	29.64	300m:			400m:
									5:04.51
15.	SMUL, Bła ej		99	MKS Trójka Łód				5:05.70	457
	50m:	31.10 31.10	150m:	1:46.78	39.24	250m:	3:09.59	44.53	350m:
	100m:	1:07.54 36.44	200m:	2:25.06	38.28	300m:	3:55.58	45.99	400m:
									5:05.70
									35.11
16.	BŁASZCZYK, Kacper		00	TP Olimpijczyk Aleksandrów				5:05.94	456
	50m:	31.17 31.17	150m:	1:48.08	41.19	250m:	3:09.85	42.18	350m:
	100m:	1:06.89 35.72	200m:	2:27.67	39.59	300m:	3:52.85	43.00	400m:
									5:05.94
									35.22
17.	PIOTROWICZ, Kamil		00	UKS 5 Konstantinów				5:07.16	450
	50m:	33.42 33.42	150m:	2:30.23	1:17.07	250m:	3:12.19		350m:
	100m:	1:13.16 39.74	200m:			300m:	3:55.37	43.18	400m:
									5:07.16

Ogólnoposki Sprawdzian Wszechstronno ci
Aleksandrów Łódzki, 9- - 10-10-2014

Konkurencja 10, M czyzn, 400m zmienny, Open

Pozycja			Rok ur.					Czas	Pkt.
18.	ZABOROWSKI, Paweł		98	MKS Jedyńka Łód				5:08.24	445
	50m: 30.25	30.25	150m:	250m: 3:12.96	48.10	350m:	4:34.96	34.45	
	100m: 1:05.57	35.32	200m: 2:24.86	300m: 4:00.51	47.55	400m:	5:08.24	33.28	
19.	S CZEK, Szymon		99	MKS Trójka Łód				5:08.30	445
	50m: 32.51	32.51	150m: 1:49.00	39.84	250m: 3:12.98	350m:	4:34.24	35.24	
	100m: 1:09.16	36.65	200m:	300m: 3:59.00	46.02	400m:	5:08.30	34.06	
20.	SZPUCHA, Konrad		99	TP Olimpijczyk Aleksandrów				5:09.96	438
	50m: 32.74	32.74	150m: 1:49.75	39.43	250m: 3:14.43	45.53	350m:	4:36.52	35.99
	100m: 1:10.32	37.58	200m: 2:28.90	39.15	300m: 4:00.53	46.10	400m:	5:09.96	33.44
21.	WO NIAK, Maciej		00	UKS 190 Łód				5:10.08	438
	50m: 32.77	32.77	150m:	250m:	350m:				
	100m:		200m:	300m: 4:01.90	400m:	5:10.08			
22.	TOPOLSKI, Dawid		00	MKS Trójka Łód				5:10.36	436
	50m: 32.70	32.70	150m: 1:51.23	41.33	250m: 3:16.07	45.04	350m:	4:37.74	35.65
	100m: 1:09.90	37.20	200m: 2:31.03	39.80	300m: 4:02.09	46.02	400m:	5:10.36	32.62
23.	PAWLACZYK, Patryk		00	UKS 190 Łód				5:10.56	436
	50m: 32.07	32.07	150m: 1:49.57	39.71	250m: 3:14.32	47.38	350m:	4:37.07	35.71
	100m: 1:09.86	37.79	200m: 2:26.94	37.37	300m: 4:01.36	47.04	400m:	5:10.56	33.49
24.	STAWARUK, Michał		99	MKS Jedyńka Łód				5:15.77	414
	50m: 33.55	33.55	150m:	250m: 3:16.81	46.59	350m:	4:41.15	35.87	
	100m: 1:09.51	35.96	200m: 2:30.22	300m: 4:05.28	48.47	400m:	5:15.77	34.62	
25.	CISZEWSKI, Jakub		00	UKS 190 Łód				5:15.86	414
	50m: 33.38	33.38	150m: 1:52.87	41.47	250m: 3:19.15	45.47	350m:	4:40.82	36.13
	100m: 1:11.40	38.02	200m: 2:33.68	40.81	300m: 4:04.69	45.54	400m:	5:15.86	35.04
26.	KACZMAREK, Kacper		99	EKS Skra Bełchatów				5:16.14	413
	50m: 32.69	32.69	150m: 1:55.32	42.02	250m: 3:21.11	44.46	350m:	4:41.61	36.13
	100m: 1:13.30	40.61	200m: 2:36.65	41.33	300m: 4:05.48	44.37	400m:	5:16.14	34.53
27.	CIERPIKOWSKI, Robert		00	UKS 5 Konstanyń				5:18.67	403
	50m: 36.87	36.87	150m:	250m: 3:22.23	350m:				
	100m: 1:17.62	40.75	200m:	300m: 4:08.54	46.31	400m:	5:18.67		
28.	GARBACZ, Dominik		99	MKS Jedyńka Łód				5:21.05	394
	50m: 34.78	34.78	150m: 1:59.79	42.64	250m: 3:23.72	42.68	350m:	4:45.05	38.32
	100m: 1:17.15	42.37	200m: 2:41.04	41.25	300m: 4:06.73	43.01	400m:	5:21.05	36.00
29.	ZI BKA, Piotr		99	TP Olimpijczyk Aleksandrów				5:21.99	391
	50m: 34.04	34.04	150m: 1:49.85	37.58	250m: 3:17.62	50.00	350m:	4:46.14	37.70
	100m: 1:12.27	38.23	200m: 2:27.62	37.77	300m: 4:08.44	50.82	400m:	5:21.99	35.85
30.	BALCERAK, Jakub		00	MKS Trójka Łód				5:22.12	390
	50m: 34.22	34.22	150m: 1:54.17	39.93	250m: 3:22.89	48.86	350m:	4:49.10	36.19
	100m: 1:14.24	40.02	200m: 2:34.03	39.86	300m: 4:12.91	50.02	400m:	5:22.12	33.02
31.	K PI SKI, Michał		97	MKS Trójka Łód				5:24.39	382
	50m: 34.54	34.54	150m: 1:56.92	43.68	250m: 3:22.22	43.46	350m:	4:48.86	39.59
	100m: 1:13.24	38.70	200m: 2:38.76	41.84	300m: 4:09.27	47.05	400m:	5:24.39	35.53
32.	SZWEDZKI, Jakub		00	UKS SP 55				5:24.69	381
	50m: 37.47	37.47	150m: 2:03.42	40.95	250m: 3:28.36	44.84	350m:	4:50.24	37.25
	100m: 1:22.47	45.00	200m: 2:43.52	40.10	300m: 4:12.99	44.63	400m:	5:24.69	34.45
33.	MILCZAREK, Piotr		98	UKS 190 Łód				5:25.54	378
	50m: 32.97	32.97	150m: 1:56.33	44.85	250m: 3:24.87	45.21	350m:	4:49.03	37.53
	100m: 1:11.48	38.51	200m: 2:39.66	43.33	300m: 4:11.50	46.63	400m:	5:25.54	36.51
34.	KŁOSI SKI, Alan		00	MKS Jedyńka Łód				5:27.12	373
	50m: 40.35	40.35	150m:	250m: 3:34.72	39.34	350m:	4:52.65	37.29	
	100m:		200m: 2:55.38	300m: 4:15.36	40.64	400m:	5:27.12	34.47	
35.	BARA CZYK, Michał		99	UKS 190 Łód				5:28.08	369
	50m: 34.18	34.18	150m: 1:57.16	44.28	250m: 3:26.13	46.38	350m:	4:50.42	37.05
	100m: 1:12.88	38.70	200m: 2:39.75	42.59	300m: 4:13.37	47.24	400m:	5:28.08	37.66

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Pozycja			Rok ur.			Czas	Pkt.	
36.	KAMI SKI, Piotr		99	MKS Trójka Łód		5:28.30	369	
	50m: 34.47	34.47	150m:	250m: 3:27.88	47.59	350m: 4:52.80	37.48	
	100m: 1:15.20	40.73	200m: 2:40.29	300m: 4:15.32	47.44	400m: 5:28.30	35.50	
37.	KAWCZY SKI, Marcin		95	SKS 137 Delfin Łód		5:29.48	365	
	50m: 33.54	33.54	150m:	250m: 3:25.31	47.55	350m: 4:53.55	38.63	
	100m: 1:14.10	40.56	200m: 2:37.76	300m: 4:14.92	49.61	400m: 5:29.48	35.93	
38.	OSI SKI, Piotr		00	TP Olimpijczyk Aleksandrów		5:32.46	355	
	50m: 35.83	35.83	150m: 2:02.90	43.54	250m: 3:31.30	45.93	350m: 4:57.22	39.04
	100m: 1:19.36	43.53	200m: 2:45.37	42.47	300m: 4:18.18	46.88	400m: 5:32.46	35.24
39.	ST PIE , Mateusz		00	TP Olimpijczyk Aleksandrów		5:32.91	353	
	50m: 33.53	33.53	150m: 2:00.60	45.26	250m: 3:31.88	47.95	350m: 4:57.88	37.83
	100m: 1:15.34	41.81	200m: 2:43.93	43.33	300m: 4:20.05	48.17	400m: 5:32.91	35.03
40.	PAKUŁA, Mateusz		00	MKS Jedyńka Łód		5:33.74	351	
	50m: 38.11	38.11	150m:	250m: 3:34.97		350m:		
	100m: 1:24.04	45.93	200m:	300m: 4:18.19	43.22	400m: 5:33.74		
41.	FELI CZAK, Wojciech		96	SKS 137 Delfin Łód		5:38.38	337	
	50m: 32.89	32.89	150m:	250m: 3:33.53	52.09	350m:		
	100m: 1:13.54	40.65	200m: 2:41.44	300m: 4:23.57	50.04	400m: 5:38.38		
42.	DERENDARZ, Aleksander		00	UKS 190 Łód		5:40.72	330	
	50m: 35.51	35.51	150m:	250m: 3:36.45	42.64	350m:		
	100m: 1:18.08	42.57	200m: 2:53.81	300m: 4:21.63	45.18	400m: 5:40.72		
43.	FAJKOWSKI, Piotr		01	MKS Trójka Łód		5:43.55	322	
	50m: 39.40	39.40	150m: 2:47.89	1:24.64	250m: 3:38.39		350m: 5:06.69	37.05
	100m: 1:23.25	43.85	200m:	300m: 4:29.64	51.25	400m: 5:43.55	36.86	
44.	WIDAWSKI, Michał		99	Muks„Wodnik” Łask		5:44.84	318	
	50m: 32.72	32.72	150m: 1:58.89	44.73	250m: 3:34.25	51.87	350m: 5:07.48	40.10
	100m: 1:14.16	41.44	200m: 2:42.38	43.49	300m: 4:27.38	53.13	400m: 5:44.84	37.36
45.	KANIA, Dawid		00	UKS 5 Konstanyńów		5:48.36	308	
	50m: 38.00	38.00	150m: 2:05.04	42.07	250m: 3:37.94	51.11	350m: 5:10.87	41.26
	100m: 1:22.97	44.97	200m: 2:46.83	41.79	300m: 4:29.61	51.67	400m: 5:48.36	37.49
46.	MIKSA, Bartosz		00	TP Olimpijczyk Aleksandrów		5:48.90	307	
	50m: 36.58	36.58	150m: 2:04.89	45.57	250m: 3:40.87	54.46	350m: 5:12.97	36.15
	100m: 1:19.32	42.74	200m: 2:46.41	41.52	300m: 4:36.82	55.95	400m: 5:48.90	35.93
47.	CIESZKO, Mateusz		01	MKS Trójka Łód		5:50.41	303	
	50m: 36.54	36.54	150m: 2:06.87	48.01	250m: 3:40.46	49.97	350m: 5:11.51	40.98
	100m: 1:18.86	42.32	200m: 2:50.49	43.62	300m: 4:30.53	50.07	400m: 5:50.41	38.90
48.	KOMOROWSKI, Jan		01	MKS Trójka Łód		5:56.75	287	
	50m: 36.57	36.57	150m: 2:52.39	1:29.71	250m: 3:43.68		350m: 5:56.75	1:21.97
	100m: 1:22.68	46.11	200m:	300m: 4:34.78	51.10	400m: 5:56.75		
49.	REL, Maciej		00	MKS Trójka Łód		5:57.28	286	
	50m: 39.77	39.77	150m:	250m: 3:50.92	48.30	350m: 5:19.81	38.54	
	100m: 1:26.72	46.95	200m: 3:02.62	300m: 4:41.27	50.35	400m: 5:57.28	37.47	
50.	WYSOCKI, Dominik		01	MKS Jedyńka Łód		6:03.24	272	
	50m: 39.00	39.00	150m:	250m: 3:51.67	55.92	350m:		
	100m: 1:23.70	44.70	200m: 2:55.75	300m: 4:45.82	54.15	400m: 6:03.24		
51.	SYSKA, Miłosz		01	MKS Trójka Łód		6:04.20	270	
	50m: 41.14	41.14	150m: 1:30.00		250m: 3:00.51	44.25	350m: 5:24.27	43.81
	100m:		200m: 2:16.26	46.26	300m: 4:40.46	1:39.95	400m: 6:04.20	39.93
52.	GRELEWSKI, Wojciech		01	MKS Trójka Łód		6:04.57	269	
	50m: 38.00	38.00	150m: 2:11.47	50.25	250m: 3:50.93	52.32	350m: 5:25.57	40.47
	100m: 1:21.22	43.22	200m: 2:58.61	47.14	300m: 4:45.10	54.17	400m: 6:04.57	39.00
53.	LEWANDOWSKI, Mateusz		01	MKS Trójka Łód		6:04.88	268	
	50m: 36.20	36.20	150m:	250m: 3:47.19		350m:		
	100m: 1:19.28	43.08	200m:	300m: 4:41.24	54.05	400m: 6:04.88		

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Konkurencja 10, M czyzn, 400m zmienny, Open

Pozycja			Rok ur.					Czas	Pkt.		
54.	KRYSIAK, Michał		01	MKS Trójka Łód				6:12.39	252		
	50m:	37.39 37.39	150m:	2:12.94	49.88	250m:	3:55.43	56.03	350m:	5:32.59	41.39
	100m:	1:23.06 45.67	200m:	2:59.40	46.46	300m:	4:51.20	55.77	400m:	6:12.39	39.80
55.	KUCHARSKI, Jakub		01	UKS 5 Konstanyńów				6:13.63	250		
	50m:	43.43 43.43	150m:	2:20.93	46.82	250m:	3:59.24	52.98	350m:	5:33.55	41.91
	100m:	1:34.11 50.68	200m:	3:06.26	45.33	300m:	4:51.64	52.40	400m:	6:13.63	40.08
56.	KURZDYM, Krzysztof		01	MUKS Zgierz				6:15.52	246		
	50m:	36.57 36.57	150m:	2:10.76	47.25	250m:	3:53.21	56.80	350m:	5:34.12	44.13
	100m:	1:23.51 46.94	200m:	2:56.41	45.65	300m:	4:49.99	56.78	400m:	6:15.52	41.40
57.	HERBERG, Dawid		00	MKS Jedynka Łód				6:25.28	228		
	50m:	41.55 41.55	150m:	2:22.69	49.81	250m:	4:05.38	54.20	350m:	5:43.64	43.44
	100m:	1:32.88 51.33	200m:	3:11.18	48.49	300m:	5:00.20	54.82	400m:	6:25.28	41.64
58.	STERNICZUK, Wojciech		01	UKS 5 Konstanyńów				6:29.31	221		
	50m:	42.31 42.31	150m:			250m:	4:12.18	56.45	350m:	5:49.90	41.64
	100m:	1:34.93 52.62	200m:	3:15.73		300m:	5:08.26	56.08	400m:	6:29.31	39.41
59.	MALEWSKI, Bartłomiej		01	UKS SP 19 Łód				6:31.71	217		
	50m:	43.05 43.05	150m:			250m:	4:12.79		350m:		
	100m:	1:36.39 53.34	200m:			300m:	5:06.89	54.10	400m:	6:31.71	
60.	NOWAKOWSKI, Mateusz		00	Muks„Wodnik” Łask				6:42.45	200		
	50m:	41.88 41.88	150m:	2:21.05	51.20	250m:	4:09.73		350m:	5:56.34	48.50
	100m:	1:29.85 47.97	200m:			300m:	5:07.84	58.11	400m:	6:42.45	46.11
61.	MITERA, Wiktor		00	Uks Aquarius Łód				6:50.89	188		
	50m:	42.14 42.14	150m:	2:27.36	54.19	250m:	4:17.94	51.48	350m:	6:01.40	47.18
	100m:	1:33.17 51.03	200m:	3:26.46	59.10	300m:	5:14.22	56.28	400m:	6:50.89	49.49
62.	WOLANEK, Michał		99	Uks Aquarius Łód				7:09.31	165		
	50m:	41.55 41.55	150m:			250m:	4:30.04	1:01.02	350m:	6:22.98	49.86
	100m:	1:36.69 55.14	200m:	3:29.02		300m:	5:33.12	1:03.08	400m:	7:09.31	46.33
63.	GAWRYSIK, Fabian		00	Uks Aquarius Łód				9:01.26	82		
	50m:	1:11.28 1:11.28	150m:	3:47.44	1:12.68	250m:	6:03.32	1:06.23	350m:	8:06.95	55.66
	100m:	2:34.76 1:23.48	200m:	4:57.09	1:09.65	300m:	7:11.29	1:07.97	400m:	9:01.26	54.31
DYSKW.	NIECKARZ, Marcin k15		00	UKS 190 Łód				5:26.35			
	50m:	33.63 33.63	150m:			250m:	3:26.91	41.82	350m:	4:51.87	39.26
	100m:	1:14.80 41.17	200m:	2:45.09		300m:	4:12.61	45.70	400m:	5:26.35	34.48
DYSKW.	PACYNIAK, Jakub z1, g7		99	MUKS Zgierz				6:11.64			
	50m:	37.19 37.19	150m:	2:06.81	45.82	250m:	3:48.06		350m:		
	100m:	1:20.99 43.80	200m:			300m:	4:43.64	55.58	400m:	6:11.64	