

Ogólnopolski Sprawdzian Wszechstronno ci i Wytrzymało ci - 11-12 lat  
Łód , 4- - 5-11-2014

Konkurencja 4  
2014-11-04 - 12:59

Chłopców, 400m dowolny

11 lat  
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
1.	ZIELI SKI Konrad		03	UKS 190 Łód				<b>5:12.46</b>	313
	50m:	35.36 35.36	150m:	1:54.79 40.29	250m:	3:14.06 39.63	350m:	4:34.65 40.11	
	100m:	1:14.50 39.14	200m:	2:34.43 39.64	300m:	3:54.54 40.48	400m:	5:12.46 37.81	
2.	Malinowski Wojciech		03	UKS SP 149 Łód				<b>5:28.26</b>	270
	50m:	38.48 38.48	150m:		250m:		350m:		
	100m:	1:19.66 41.18	200m:	2:44.35	300m:		400m:	5:28.26	
3.	Lewandowski Adrian		03	UKS SP 149 Łód				<b>5:37.50</b>	248
	50m:	38.08 38.08	150m:	2:04.10 43.33	250m:	3:31.49 43.42	350m:	4:57.68 43.35	
	100m:	1:20.77 42.69	200m:	2:48.07 43.97	300m:	4:14.33 42.84	400m:	5:37.50 39.82	
4.	Labich Wiktor		03	MKS Trójka Łód				<b>5:43.08</b>	236
	50m:	39.57 39.57	150m:	2:06.38 43.03	250m:		350m:	5:02.20 43.55	
	100m:	1:23.35 43.78	200m:		300m:	4:18.65	400m:	5:43.08 40.88	
5.	Dójczy ski Michał		03	Tp Olimpijczyk Aleksandrów Łód				<b>5:43.71</b>	235
	50m:	37.23 37.23	150m:	2:02.35 43.17	250m:		350m:		
	100m:	1:19.18 41.95	200m:	2:46.66 44.31	300m:		400m:	5:43.71	
6.	Coleman Alan		03	MKS Jedynka Łód				<b>5:44.69</b>	233
	50m:	38.04 38.04	150m:	2:07.80 45.50	250m:	3:36.74 43.68	350m:	5:03.84 42.12	
	100m:	1:22.30 44.26	200m:	2:53.06 45.26	300m:	4:21.72 44.98	400m:	5:44.69 40.85	
7.	Stefanowski Bartosz		03	UKS NAWA Skierniewice				<b>5:47.26</b>	228
	50m:	36.83 36.83	150m:	2:03.21 43.59	250m:	3:33.24 45.39	350m:	5:04.51 45.93	
	100m:	1:19.62 42.79	200m:	2:47.85 44.64	300m:	4:18.58 45.34	400m:	5:47.26 42.75	
8.	Sobiech Szymon		03	UKS SP 149 Łód				<b>5:47.86</b>	227
	50m:	38.21 38.21	150m:	2:07.16 45.13	250m:	3:37.15 46.17	350m:	5:04.69 41.30	
	100m:	1:22.03 43.82	200m:	2:50.98 43.82	300m:	4:23.39 46.24	400m:	5:47.86 43.17	
9.	Krakowiak Kacper		03	UKS NAWA Skierniewice				<b>5:50.20</b>	222
	50m:	38.41 38.41	150m:	2:05.90 44.13	250m:	3:37.29 45.95	350m:	5:08.02 45.24	
	100m:	1:21.77 43.36	200m:	2:51.34 45.44	300m:	4:22.78 45.49	400m:	5:50.20 42.18	
10.	Berbelski Adam		03	MUKS W Łask				<b>5:51.26</b>	220
	50m:	37.91 37.91	150m:		250m:		350m:		
	100m:		200m:		300m:	4:26.14	400m:	5:51.26	
11.	Kaczor Bartłomiej		03	UKS NAWA Skierniewice				<b>5:52.17</b>	218
	50m:	37.88 37.88	150m:	2:05.87	250m:		350m:		
	100m:		200m:		300m:		400m:	5:52.17	
12.	St perski Oktawian		03	Tp Olimpijczyk Aleksandrów Łód				<b>5:52.47</b>	218
	50m:	38.29 38.29	150m:	2:08.12 46.13	250m:	3:38.75 45.77	350m:	5:09.53 45.03	
	100m:	1:21.99 43.70	200m:	2:52.98 44.86	300m:	4:24.50 45.75	400m:	5:52.47 42.94	
13.	Rodziewicz Kajetan		03	UKS SP 149 Łód				<b>5:54.22</b>	215
	50m:	39.56 39.56	150m:	2:09.58 44.78	250m:	3:41.11 45.11	350m:	5:11.79 45.15	
	100m:	1:24.80 45.24	200m:	2:56.00 46.42	300m:	4:26.64 45.53	400m:	5:54.22 42.43	
14.	Bajer vel Bojer Adam		03	UKS "Pi tka" Konstantynów Łódz				<b>5:55.22</b>	213
	50m:		150m:	2:10.78 46.17	250m:	3:44.04	350m:	5:12.89 43.60	
	100m:	1:24.61	200m:		300m:	4:29.29 45.25	400m:	5:55.22 42.33	
15.	Michalak Jan		03	UKS NAWA Skierniewice				<b>5:55.27</b>	213
	50m:	38.23 38.23	150m:	2:07.47 45.81	250m:	3:39.44 45.52	350m:	5:11.76 46.30	
	100m:	1:21.66 43.43	200m:	2:53.92 46.45	300m:	4:25.46 46.02	400m:	5:55.27 43.51	
16.	Szl k Jan		03	Tp Olimpijczyk Aleksandrów Łód				<b>5:57.61</b>	209
	50m:	41.81 41.81	150m:	2:13.89 47.44	250m:	3:48.09 47.57	350m:	5:10.07 39.70	
	100m:	1:26.45 44.64	200m:	3:00.52 46.63	300m:	4:30.37 42.28	400m:	5:57.61 47.54	
17.	Romanowski Dawid		03	UKS "Pi tka" Konstantynów Łódz				<b>5:59.21</b>	206
	50m:	38.73 38.73	150m:	2:12.11 47.91	250m:	3:45.47	350m:	5:18.08 45.78	
	100m:	1:24.20 45.47	200m:		300m:	4:32.30 46.83	400m:	5:59.21 41.13	

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.	jasinski jakub		03	SP 55 Łód				<b>6:00.43</b>	204
	50m:	39.63 39.63	150m:	2:11.08	46.72	250m:	3:43.92	46.69	350m:
	100m:	1:24.36 44.73	200m:	2:57.23	46.15	300m:	4:30.63	46.71	400m:
									6:00.43
19.	Tomasz K dzierski		03	SKS 137 Delfin Łód				<b>6:02.22</b>	201
	50m:		150m:			250m:			350m:
	100m:		200m:			300m:			400m:
									6:02.22
20.	Olejniczak Aleksander		03	MKS Trójka Łód				<b>6:08.85</b>	190
	50m:	41.18 41.18	150m:	2:13.47	46.90	250m:	3:49.08	47.82	350m:
	100m:	1:26.57 45.39	200m:	3:01.26	47.79	300m:	4:36.57	47.49	400m:
									6:08.85
21.	Gałecki Krzysztof		03	MKS Trójka Łód				<b>6:13.03</b>	184
	50m:	41.65 41.65	150m:	2:16.91	48.00	250m:	3:53.92	48.98	350m:
	100m:	1:28.91 47.26	200m:	3:04.94	48.03	300m:	4:41.73	47.81	400m:
									5:29.64 47.91
									6:13.03 43.39
22.	Lewandowski Jakub		03	MUKS W Łask				<b>6:16.71</b>	178
	50m:	39.84 39.84	150m:	2:16.98	49.96	250m:			350m:
	100m:	1:27.02 47.18	200m:	3:06.18	49.20	300m:	4:45.98		400m:
									5:34.51 48.53
									6:16.71 42.20
23.	Kudli ski Łukasz		03	UKS SP 149 Łód				<b>6:22.21</b>	171
	50m:	40.81 40.81	150m:	2:19.12	49.36	250m:	3:58.59	50.00	350m:
	100m:	1:29.76 48.95	200m:	3:08.59	49.47	300m:	4:48.52	49.93	400m:
									5:36.96 48.44
									6:22.21 45.25
24.	jasinski bartlomiej		03	SP 55 Łód				<b>6:23.33</b>	169
	50m:	40.37 40.37	150m:	2:15.39	48.13	250m:	3:57.50	50.64	350m:
	100m:	1:27.26 46.89	200m:	3:06.86	51.47	300m:	4:48.40	50.90	400m:
									6:23.33
25.	Wojciechowski Kajetan		03	MKS Trójka Łód				<b>6:26.48</b>	165
	50m:	43.36 43.36	150m:	2:21.60	49.78	250m:			350m:
	100m:	1:31.82 48.46	200m:	3:11.26	49.66	300m:			400m:
									5:40.95
									6:26.48 45.53
26.	Iciachowski Szymon		03	UKS "Pi tka" Konstancynów Łódz				<b>6:28.24</b>	163
	50m:	42.82 42.82	150m:	2:23.22	50.94	250m:	4:04.89	50.69	350m:
	100m:	1:32.28 49.46	200m:	3:14.20	50.98	300m:	4:55.19	50.30	400m:
									5:45.93 50.74
									6:28.24 42.31
27.	Oleszkiewicz Mateusz		03	SKS 137 Delfin Łód				<b>6:28.52</b>	163
	50m:		150m:	2:21.80		250m:			350m:
	100m:		200m:			300m:			400m:
									6:28.52
28.	Cedrowski Kevin		03	UKS SP 149 Łód				<b>6:30.09</b>	161
	50m:		150m:			250m:	3:56.55		350m:
	100m:		200m:			300m:	4:48.93	52.38	400m:
									5:40.95 52.02
									6:30.09 49.14
29.	Łysakowski Kacper		03	SKS 137 Delfin Łód				<b>6:31.13</b>	159
	50m:	41.92 41.92	150m:	2:19.65	50.33	250m:	4:01.99	51.12	350m:
	100m:	1:29.32 47.40	200m:	3:10.87	51.22	300m:	4:53.16	51.17	400m:
									5:43.70 50.54
									6:31.13 47.43
30.	Skóra Bartek		03	UKS "Pi tka" Konstancynów Łódz				<b>6:31.37</b>	159
	50m:	44.50 44.50	150m:	2:26.65	51.19	250m:	4:07.97	49.27	350m:
	100m:	1:35.46 50.96	200m:	3:18.70	52.05	300m:	4:59.22	51.25	400m:
									5:47.73 48.51
									6:31.37 43.64
31.	Szulc George		03	UKS SP 19 Łód				<b>6:31.66</b>	159
	50m:	42.65 42.65	150m:	2:21.84	50.03	250m:	4:04.35	51.48	350m:
	100m:	1:31.81 49.16	200m:	3:12.87	51.03	300m:	4:54.25	49.90	400m:
									5:44.51 50.26
									6:31.66 47.15
32.	Szczepa ski Jakub		03	MUKS W Łask				<b>6:32.25</b>	158
	50m:	43.38 43.38	150m:			250m:	4:06.44		350m:
	100m:		200m:			300m:			400m:
									6:32.25
33.	Samulczyk Michał		03	MKS Trójka Łód				<b>6:38.17</b>	151
	50m:	43.26 43.26	150m:			250m:			350m:
	100m:		200m:	3:16.15		300m:	4:58.66		400m:
									6:38.17
34.	Pasikowski Adrian		03	UKS SP 19 Łód				<b>6:38.58</b>	151
	50m:	44.39 44.39	150m:	2:26.77	52.20	250m:	4:09.86		350m:
	100m:	1:34.57 50.18	200m:			300m:	4:59.72	49.86	400m:
									5:49.47 49.75
									6:38.58 49.11
35.	Zamojski Kacper		03	MKS Trójka Łód				<b>6:41.04</b>	148
	50m:	43.00 43.00	150m:			250m:	4:06.20	51.99	350m:
	100m:	1:31.24 48.24	200m:	3:14.21		300m:	4:58.65	52.45	400m:
									6:41.04

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Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.	
36.	walasiak wojbor		03	SP 55 Łód				<b>6:41.59</b>	147	
	50m:	43.43	43.43	150m:	2:27.42	52.43	250m:	350m:	5:55.49	52.07
	100m:	1:34.99	51.56	200m:	3:20.66	53.24	300m:	400m:	6:41.59	46.10
37.	Sarnacki Janusz		03	MKS Trójka Łód				<b>6:51.76</b>	136	
	50m:	44.00	44.00	150m:	2:28.80	53.32	250m:	350m:	5:59.72	53.32
	100m:	1:35.48	51.48	200m:	3:24.02	55.22	300m:	400m:	6:51.76	52.04
38.	Barejka Kacper		03	MKS Jedyńka Łód				<b>6:54.36</b>	134	
	50m:			150m:	2:30.60	52.94	250m:	350m:		
	100m:	1:37.66		200m:	3:24.48	53.88	300m:	400m:	6:54.36	
39.	Zagrajek Eryk		03	MKS Trójka Łód				<b>6:55.04</b>	133	
	50m:	43.70	43.70	150m:			250m:	350m:		
	100m:			200m:			300m:	400m:	6:55.04	
40.	Pawlak Hubert		03	SKS 137 Delfin Łód				<b>6:58.90</b>	130	
	50m:			150m:			250m:	350m:	6:13.20	
	100m:			200m:			300m:	400m:	6:58.90	45.70
41.	Uzarski Mateusz		03	UKS "Aquarius" Łód				<b>7:00.96</b>	128	
	50m:	47.75	47.75	150m:	2:39.64	56.90	250m:	350m:	6:17.61	52.15
	100m:	1:42.74	54.99	200m:	3:35.46	55.82	300m:	400m:	7:00.96	43.35
42.	Pietrzak Michał		03	UKS "Aquarius" Łód				<b>7:02.89</b>	126	
	50m:	46.88	46.88	150m:	2:37.02	55.48	250m:	350m:	6:17.69	53.02
	100m:	1:41.54	54.66	200m:	3:33.28	56.26	300m:	400m:	7:02.89	45.20
43.	Pawłowski Bartosz		03	SKS 137 Delfin Łód				<b>7:06.55</b>	123	
	50m:	47.79	47.79	150m:			250m:	350m:	6:16.99	53.59
	100m:			200m:	3:33.96		300m:	400m:	7:06.55	49.56
44.	Tyczkowski Andrzej		03	UKS "Pi tka" Konstancynów Łódz				<b>7:09.64</b>	120	
	50m:	46.19	46.19	150m:	2:35.96	55.34	250m:	350m:		
	100m:	1:40.62	54.43	200m:	3:33.17	57.21	300m:	400m:	7:09.64	
45.	Mielczarek Hubert		03	SKS 137 Delfin Łód				<b>7:11.04</b>	119	
	50m:	43.32	43.32	150m:	2:37.28	56.42	250m:	350m:	6:21.37	54.32
	100m:	1:40.86	57.54	200m:	3:33.62	56.34	300m:	400m:	7:11.04	49.67
46.	Straszyski Kacper		03	SKS 137 Delfin Łód				<b>7:11.12</b>	119	
	50m:	44.18	44.18	150m:	2:35.09	56.41	250m:	350m:	6:20.48	55.67
	100m:	1:38.68	54.50	200m:	3:31.21	56.12	300m:	400m:	7:11.12	50.64
47.	Sobczyk Mikołaj		03	SKS 137 Delfin Łód				<b>7:11.74</b>	118	
	50m:	47.85	47.85	150m:	2:41.33	57.27	250m:	350m:		
	100m:	1:44.06	56.21	200m:	3:36.55	55.22	300m:	400m:	7:11.74	
48.	Kolasa Michał		03	UKS "Pi tka" Konstancynów Łódz				<b>7:12.21</b>	118	
	50m:	49.11	49.11	150m:			250m:	350m:	6:26.23	
	100m:			200m:			300m:	400m:	7:12.21	45.98
49.	Kamierczak Bartosz		03	SP 55 Łód				<b>7:16.02</b>	115	
	50m:	46.51	46.51	150m:	2:31.33	52.99	250m:	350m:	6:18.29	56.77
	100m:	1:38.34	51.83	200m:	3:27.39	56.06	300m:	400m:	7:16.02	57.73
50.	Pesci Gabriel		03	SKS 137 Delfin Łód				<b>7:18.64</b>	113	
	50m:	43.17	43.17	150m:	2:33.70	56.46	250m:	350m:	6:22.84	56.82
	100m:	1:37.24	54.07	200m:	3:30.23	56.53	300m:	400m:	7:18.64	55.80
51.	Chudzik Mateusz		03	SKS 137 Delfin Łód				<b>7:19.99</b>	112	
	50m:	47.53	47.53	150m:	2:39.31		250m:	350m:	6:29.59	56.78
	100m:			200m:	3:36.61	57.30	300m:	400m:	7:19.99	50.40
52.	Dobosz Adam		03	SKS 137 Delfin Łód				<b>7:21.52</b>	111	
	50m:	47.73	47.73	150m:	2:39.23	57.63	250m:	350m:	6:26.55	56.85
	100m:	1:41.60	53.87	200m:	3:35.63	56.40	300m:	400m:	7:21.52	54.97
53.	Swiderski Bartosz		03	Tp Olimpijczyk Aleksandrów Łód				<b>7:24.75</b>	108	
	50m:	45.94	45.94	150m:	2:36.19	56.22	250m:	350m:	6:27.47	57.19
	100m:	1:39.97	54.03	200m:	3:33.50	57.31	300m:	400m:	7:24.75	57.28

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Pozycja			Rok ur.					Czas	Pkt.
54.	Sadłeczki Brtłomiej		03	MKS Trójka Łód				<b>7:27.36</b>	106
	50m:	46.41 46.41	150m:	2:40.79	58.63	250m:	4:36.84 58.81	350m:	
	100m:	1:42.16 55.75	200m:	3:38.03	57.24	300m:	5:37.00 1:00.16	400m:	7:27.36
55.	Sowi ski Jacek		03	MUKS W Łask				<b>7:27.52</b>	106
	50m:	58.53 58.53	150m:	3:02.89	56.47	250m:	4:50.85	350m:	6:38.97 55.19
	100m:	2:06.42 1:07.89	200m:			300m:	5:43.78 52.93	400m:	7:27.52 48.55
56.	Podwysocki Artur		03	MKS Trójka Łód				<b>7:28.29</b>	106
	50m:	50.05 50.05	150m:			250m:	4:43.18 57.10	350m:	
	100m:	1:47.59 57.54	200m:	3:46.08		300m:	5:40.98 57.80	400m:	7:28.29
57.	Le niewski Patryk		03	SKS 137 Delfin Łód				<b>7:29.45</b>	105
	50m:	50.17 50.17	150m:	2:47.03	58.66	250m:	4:45.65 58.97	350m:	6:40.49 56.81
	100m:	1:48.37 58.20	200m:	3:46.68	59.65	300m:	5:43.68 58.03	400m:	7:29.45 48.96
58.	Augu ci ski Mateusz		03	SKS 137 Delfin Łód				<b>7:31.20</b>	104
	50m:	50.70 50.70	150m:	2:46.64	58.73	250m:	4:43.60 58.78	350m:	6:38.82 55.92
	100m:	1:47.91 57.21	200m:	3:44.82	58.18	300m:	5:42.90 59.30	400m:	7:31.20 52.38
59.	Nachajski Wojtek		03	UKS SP 19 Łód				<b>7:45.67</b>	94
	50m:	47.66 47.66	150m:	2:48.35	1:00.72	250m:	4:48.65 59.89	350m:	6:48.34 1:00.15
	100m:	1:47.63 59.97	200m:	3:48.76	1:00.41	300m:	5:48.19 59.54	400m:	7:45.67 57.33
60.	Kołaci ski Artur		03	SKS 137 Delfin Łód				<b>8:15.77</b>	78
	50m:	51.34 51.34	150m:	3:01.98	1:06.66	250m:	5:11.41	350m:	7:18.84 1:03.75
	100m:	1:55.32 1:03.98	200m:			300m:	6:15.09 1:03.68	400m:	8:15.77 56.93
61.	Matusiak Maksymilian		03	UKS "Pi tka" Konstancynów Łódz				<b>8:20.08</b>	76
	50m:	53.59 53.59	150m:	3:02.43	1:04.85	250m:		350m:	7:20.83 1:03.73
	100m:	1:57.58 1:03.99	200m:	4:09.20	1:06.77	300m:	6:17.10	400m:	8:20.08 59.25
62.	Skurczak Mateusz		03	SKS 137 Delfin Łód				<b>8:33.41</b>	70
	50m:	55.97 55.97	150m:	3:09.60	1:06.76	250m:	5:20.57 1:05.12	350m:	7:30.66
	100m:	2:02.84 1:06.87	200m:	4:15.45	1:05.85	300m:		400m:	8:33.41 1:02.75
63.	chylski Michael		03	SP 55 Łód				<b>8:33.97</b>	70
	50m:	54.58 54.58	150m:			250m:		350m:	
	100m:	2:01.78 1:07.20	200m:			300m:		400m:	8:33.97
64.	Płoski Julian		03	UKS "Pi tka" Konstancynów Łódz				<b>8:41.21</b>	67
	50m:	54.73 54.73	150m:	3:11.12	1:09.78	250m:	5:27.48 1:06.05	350m:	7:41.11 1:06.60
	100m:	2:01.34 1:06.61	200m:	4:21.43	1:10.31	300m:	6:34.51 1:07.03	400m:	8:41.21 1:00.10
65.	Miller Piotr		03	UKS "Pi tka" Konstancynów Łódz				<b>10:05.56</b>	43
	50m:	1:00.99 1:00.99	150m:	3:41.02	1:21.54	250m:	6:16.82	350m:	8:57.10 1:18.42
	100m:	2:19.48 1:18.49	200m:			300m:	7:38.68 1:21.86	400m:	10:05.56 1:08.46