

Ogólnoposki Sprawdzian Wszechstronno ci
Aleksandrów Łódzki, 8- - 9-10-2015

Konkurencja 10
2015-10-09 - 10:22

M czyzn, 400m zmienny

Open
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
1.	W GROWSKI, Marcel		99	TP Olimpijczyk Aleksandrów				4:25.29	699
	50m: 27.95 27.95	150m: 1:32.88		33.67	250m: 2:44.37	38.42	350m: 3:55.00	31.58	
	100m: 59.21 31.26	200m: 2:05.95		33.07	300m: 3:23.42	39.05	400m: 4:25.29	30.29	
2.	LASSEK, Bartłomiej		94	AZS UŁ PŁ				4:38.22	606
	50m: 29.13 29.13	150m: 1:38.59		36.04	250m: 2:54.41	41.16	350m: 4:07.79	31.86	
	100m: 1:02.55 33.42	200m: 2:13.25		34.66	300m: 3:35.93	41.52	400m: 4:38.22	30.43	
3.	KAŁUSOWSKI, Jan		00	MKS Trójka Łód				4:40.81	589
	50m: 30.06 30.06	150m: 1:41.06		37.24	250m: 2:56.44	39.48	350m: 4:09.41	32.70	
	100m: 1:03.82 33.76	200m: 2:16.96		35.90	300m: 3:36.71	40.27	400m: 4:40.81	31.40	
4.	MA KA, Filip		00	UKS 190 Łód				4:43.36	574
	50m: 31.06 31.06	150m: 1:40.95		34.99	250m: 2:56.88	40.53	350m: 4:10.61	33.25	
	100m: 1:05.96 34.90	200m: 2:16.35		35.40	300m: 3:37.36	40.48	400m: 4:43.36	32.75	
5.	SMUL, Bła ej		99	TP Olimpijczyk Aleksandrów				4:48.17	545
	50m: 28.84 28.84	150m: 1:40.73		38.57	250m: 2:58.33	41.03	350m: 4:15.83	33.96	
	100m: 1:02.16 33.32	200m: 2:17.30		36.57	300m: 3:41.87	43.54	400m: 4:48.17	32.34	
6.	BŁASZCZYK, Kacper		00	TP Olimpijczyk Aleksandrów				4:51.07	529
	50m: 30.48 30.48	150m:			250m: 3:02.99	41.90	350m:		
	100m: 1:04.59 34.11	200m: 2:21.09			300m: 3:44.85	41.86	400m: 4:51.07		
7.	S CZEK, Szymon		99	MKS Trójka Łód				4:51.11	529
	50m: 31.22 31.22	150m: 1:43.83		37.06	250m: 3:02.40	43.17	350m: 4:19.24	33.35	
	100m: 1:06.77 35.55	200m: 2:19.23		35.40	300m: 3:45.89	43.49	400m: 4:51.11	31.87	
8.	ELGALAL, Sami		01	UKS SP 149 Łód				4:51.24	528
	50m: 31.48 31.48	150m: 1:45.63		37.75	250m: 3:06.22	42.50	350m: 4:21.28	32.85	
	100m: 1:07.88 36.40	200m: 2:23.72		38.09	300m: 3:48.43	42.21	400m: 4:51.24	29.96	
9.	TOPOLSKI, Dawid		00	MKS Trójka Łód				4:51.69	526
	50m: 30.79 30.79	150m: 1:43.14		38.34	250m: 3:03.52	42.68	350m:		
	100m: 1:04.80 34.01	200m: 2:20.84		37.70	300m: 3:46.42	42.90	400m: 4:51.69		
10.	DOMA SKI, Kamil		00	TP Olimpijczyk Aleksandrów				4:52.63	521
	50m: 31.95 31.95	150m: 2:21.93		1:13.87	250m: 3:03.71		350m: 4:20.66	34.26	
	100m: 1:08.06 36.11	200m:			300m: 3:46.40	42.69	400m: 4:52.63	31.97	
11.	WO NIAK, Maciej		00	UKS 190 Łód				4:55.36	506
	50m: 31.03 31.03	150m: 1:43.95		37.71	250m: 3:03.16	43.44	350m: 4:22.22	35.36	
	100m: 1:06.24 35.21	200m: 2:19.72		35.77	300m: 3:46.86	43.70	400m: 4:55.36	33.14	
12.	PAWLACZYK, Patryk		00	UKS 190 Łód				4:57.00	498
	50m: 31.16 31.16	150m: 1:43.26		36.52	250m: 3:05.58	45.32	350m: 4:25.55	34.58	
	100m: 1:06.74 35.58	200m: 2:20.26		37.00	300m: 3:50.97	45.39	400m: 4:57.00	31.45	
13.	KARWAT, Krzysztof		96	UKS NAWA Skierniewice				4:58.41	491
	50m: 31.71 31.71	150m: 1:44.41		37.00	250m: 3:06.21	45.41	350m: 4:26.35	32.99	
	100m: 1:07.41 35.70	200m: 2:20.80		36.39	300m: 3:53.36	47.15	400m: 4:58.41	32.06	
14.	FIKS, Krzysztof		00	UKS 190 Łód				4:58.78	489
	50m: 31.04 31.04	150m: 1:45.18		38.85	250m: 3:07.88	45.02	350m: 4:27.07	34.28	
	100m: 1:06.33 35.29	200m: 2:22.86		37.68	300m: 3:52.79	44.91	400m: 4:58.78	31.71	
15.	STAWARUK, Michał		99	MKS Jedyńka Łód				4:58.96	488
	50m: 31.18 31.18	150m: 1:46.81		39.86	250m: 3:09.33	44.18	350m: 4:26.81	32.95	
	100m: 1:06.95 35.77	200m: 2:25.15		38.34	300m: 3:53.86	44.53	400m: 4:58.96	32.15	
16.	ZABOROWSKI, Paweł		98	MKS Jedyńka Łód				4:59.19	487
	50m: 30.43 30.43	150m: 1:44.75		39.12	250m: 3:09.30	46.50	350m: 4:28.27	32.75	
	100m: 1:05.63 35.20	200m: 2:22.80		38.05	300m: 3:55.52	46.22	400m: 4:59.19	30.92	
17.	BALCERAK, Jakub		00	MKS Trójka Łód				4:59.88	484
	50m: 34.00 34.00	150m: 1:49.07		37.99	250m:		350m: 4:29.80		
	100m: 1:11.08 37.08	200m: 2:26.69		37.62	300m:		400m: 4:59.88	30.08	

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Aleksandrów Łódzki, 8- - 9-10-2015

Konkurencja 10, M czyzn, 400m zmienny, Open

Pozycja			Rok ur.					Czas	Pkt.
18.	KAWCZY SKI, Marcin		95	SKS 137 Delfin Łód				4:59.91	484
	50m:	150m:		250m:	350m:	400m:			
	100m:	200m:		300m:			4:59.91		
19.	KŁOSI SKI, Alan		00	MKS Jedyńka Łód				5:01.42	476
	50m: 33.90 33.90	150m: 1:55.70		42.27	250m: 3:15.40	39.49	350m: 4:28.89	34.36	
	100m: 1:13.43 39.53	200m: 2:35.91		40.21	300m: 3:54.53	39.13	400m: 5:01.42	32.53	
20.	RACINOWSKI, Piotr		00	TP Olimpijczyk Aleksandrów				5:01.49	476
	50m:	150m:		250m:	350m:	400m:			
	100m:	200m:		300m:			5:01.49		
21.	KWIASOWSKI, Jakub		00	MKS Jedyńka Łód				5:01.81	475
	50m: 30.74 30.74	150m:		250m: 3:10.61	44.70	350m: 4:29.93	33.20		
	100m: 1:05.29 34.55	200m: 2:25.91		300m: 3:56.73	46.12	400m: 5:01.81	31.88		
22.	MESZKA, Ernest		97	UKS NAWA Skierniewice				5:02.27	472
	50m: 30.48 30.48	150m:		250m: 3:06.72	45.59	350m:			
	100m: 1:05.33 34.85	200m: 2:21.13		300m: 3:52.41	45.69	400m:	5:02.27		
23.	BARTOSZEWSKI, Wojciech		94	AZS UŁ PŁ				5:03.79	465
	50m: 31.72 31.72	150m: 1:48.34		38.88	250m: 3:10.65	43.88	350m: 4:29.98	35.14	
	100m: 1:09.46 37.74	200m: 2:26.77		38.43	300m: 3:54.84	44.19	400m: 5:03.79	33.81	
24.	MILCZAREK, Piotr		98	UKS 190 Łód				5:10.86	434
	50m: 33.60 33.60	150m: 1:52.64		42.65	250m: 3:16.50	42.59	350m: 4:37.09	36.98	
	100m: 1:09.99 36.39	200m: 2:33.91		41.27	300m: 4:00.11	43.61	400m: 5:10.86	33.77	
25.	ZGIERSKI, Maksymilian		94	AZS UŁ PŁ				5:11.06	433
	50m: 28.87 28.87	150m: 1:45.00		40.65	250m: 3:11.61	48.01	350m: 4:36.00	36.66	
	100m: 1:04.35 35.48	200m: 2:23.60		38.60	300m: 3:59.34	47.73	400m: 5:11.06	35.06	
26.	OSI SKI, Piotr		00	TP Olimpijczyk Aleksandrów				5:11.62	431
	50m:	150m:		250m:	350m:	400m:			
	100m:	200m:		300m:			5:11.62		
27.	BRODOWSKI, Bartosz		00	UKS NAWA Skierniewice				5:12.03	429
	50m: 31.98 31.98	150m: 1:51.14		40.67	250m: 3:15.08	44.56	350m: 4:37.24	37.33	
	100m: 1:10.47 38.49	200m: 2:30.52		39.38	300m: 3:59.91	44.83	400m: 5:12.03	34.79	
	DUDEK, Julian		99	UKS NAWA Skierniewice				5:12.03	429
	50m: 30.75 30.75	150m: 1:50.46		42.28	250m: 3:18.41	47.89	350m: 4:38.69	34.59	
	100m: 1:08.18 37.43	200m: 2:30.52		40.06	300m: 4:04.10	45.69	400m: 5:12.03	33.34	
29.	PAKUŁA, Mateusz		00	MKS Jedyńka Łód				5:12.43	428
	50m:	150m:		250m:	350m:	400m:			
	100m:	200m:		300m:			5:12.43		
30.	KACZMAREK, Kacper		99	TP Olimpijczyk Aleksandrów				5:12.76	426
	50m: 31.81 31.81	150m: 1:50.95		40.68	250m: 3:14.64	44.14	350m: 4:36.96	37.62	
	100m: 1:10.27 38.46	200m: 2:30.50		39.55	300m: 3:59.34	44.70	400m: 5:12.76	35.80	
31.	CIERPLIKOWSKI, Robert		00	TP Olimpijczyk Aleksandrów				5:12.78	426
	50m: 32.79 32.79	150m: 1:51.55		40.34	250m: 3:16.58	44.54	350m:		
	100m: 1:11.21 38.42	200m: 2:32.04		40.49	300m: 4:02.24	45.66	400m: 5:12.78		
32.	PORCZY SKI, Michał		00	TP Olimpijczyk Aleksandrów				5:13.36	424
	50m: 33.05 33.05	150m: 1:51.12		39.14	250m: 3:17.00	46.99	350m: 4:39.57	35.93	
	100m: 1:11.98 38.93	200m: 2:30.01		38.89	300m: 4:03.64	46.64	400m: 5:13.36	33.79	
33.	D BSKI, Szymon		99	UKS NAWA Skierniewice				5:14.23	420
	50m: 31.05 31.05	150m:		250m: 3:16.41	49.33	350m:	4:40.46	35.30	
	100m: 1:05.87 34.82	200m: 2:27.08		300m: 4:05.16	48.75	400m:	5:14.23	33.77	
34.	RAJCA, Wiktor		02	UKS 190 Łód				5:17.61	407
	50m: 32.92 32.92	150m: 1:52.86		41.17	250m: 3:18.31	44.66	350m: 4:41.97	37.92	
	100m: 1:11.69 38.77	200m: 2:33.65		40.79	300m: 4:04.05	45.74	400m: 5:17.61	35.64	
35.	KAMI SKI, Piotr		99	MKS Trójka Łód				5:21.34	393
	50m: 33.82 33.82	150m: 1:55.22		41.61	250m: 3:21.79	46.45	350m: 4:45.90	38.40	
	100m: 1:13.61 39.79	200m: 2:35.34		40.12	300m: 4:07.50	45.71	400m: 5:21.34	35.44	

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Pozycja			Rok ur.					Czas	Pkt.		
36.	SYSKA, Kacper		02	UKS SP 149 Łód				5:21.91	391		
	50m:	35.81 35.81	150m:	1:59.55	42.15	250m:	3:25.91	44.36	350m:	4:47.55	37.73
	100m:	1:17.40 41.59	200m:	2:41.55	42.00	300m:	4:09.82	43.91	400m:	5:21.91	34.36
37.	GARBACZ, Dominik		99	TP Olimpijczyk Aleksandrów				5:22.98	387		
	50m:		150m:			250m:	3:23.08	43.24	350m:	4:46.13	39.09
	100m:	1:13.81	200m:	2:39.84		300m:	4:07.04	43.96	400m:	5:22.98	36.85
38.	MIGIELSKI, Mateusz		01	MKS Jedyńka Łód				5:23.49	385		
	50m:	32.61 32.61	150m:	1:52.61	41.01	250m:	3:22.32	49.10	350m:	4:47.46	36.62
	100m:	1:11.60 38.99	200m:	2:33.22	40.61	300m:	4:10.84	48.52	400m:	5:23.49	36.03
39.	GRELEWSKI, Wojciech		01	MKS Jedyńka Łód				5:24.14	383		
	50m:	33.87 33.87	150m:	1:55.21	43.63	250m:	3:24.29	46.43	350m:	4:49.16	36.94
	100m:	1:11.58 37.71	200m:	2:37.86	42.65	300m:	4:12.22	47.93	400m:	5:24.14	34.98
40.	NIECKARZ, Marcin		00	UKS 190 Łód				5:24.78	381		
	50m:	32.89 32.89	150m:			250m:	3:25.06	44.47	350m:	4:49.73	39.00
	100m:	1:12.19 39.30	200m:	2:40.59		300m:	4:10.73	45.67	400m:	5:24.78	35.05
41.	NOWAK, Aleksander		01	UKS NAWA Skierniewice				5:24.89	380		
	50m:	35.07 35.07	150m:	1:58.29	42.63	250m:	3:25.98	45.81	350m:	4:49.95	37.45
	100m:	1:15.66 40.59	200m:	2:40.17	41.88	300m:	4:12.50	46.52	400m:	5:24.89	34.94
42.	SMOLCZEWSKI, Igor		01	UKS NAWA Skierniewice				5:25.59	378		
	50m:	35.05 35.05	150m:	1:59.22	42.56	250m:	3:24.73	44.38	350m:	4:49.04	38.75
	100m:	1:16.66 41.61	200m:	2:40.35	41.13	300m:	4:10.29	45.56	400m:	5:25.59	36.55
43.	CISZEWSKI, Jakub		00	UKS 190 Łód				5:25.65	378		
	50m:	31.64 31.64	150m:	1:50.90	43.43	250m:	3:21.24	47.28	350m:	4:47.79	39.14
	100m:	1:07.47 35.83	200m:	2:33.96	43.06	300m:	4:08.65	47.41	400m:	5:25.65	37.86
44.	ST PIE , Mateusz		00	TP Olimpijczyk Aleksandrów				5:26.01	376		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	5:26.01	
45.	KRZYWANIA, Oskar		02	UKS SP 149 Łód				5:26.90	373		
	50m:	34.66 34.66	150m:			250m:	3:27.16	45.82	350m:	4:50.87	37.81
	100m:	1:16.19 41.53	200m:	2:41.34		300m:	4:13.06	45.90	400m:	5:26.90	36.03
46.	MISTAKIEWICZ, Patryk		01	UKS 190 Łód				5:27.68	371		
	50m:	32.33 32.33	150m:			250m:	3:27.03	53.15	350m:		
	100m:	1:11.30 38.97	200m:	2:33.88		300m:	4:18.19	51.16	400m:	5:27.68	
47.	CHMIELOWIEC, Mateusz		00	UKS NAWA Skierniewice				5:28.44	368		
	50m:	32.80 32.80	150m:	1:55.74	42.18	250m:	3:28.08	51.49	350m:	4:54.46	36.11
	100m:	1:13.56 40.76	200m:	2:36.59	40.85	300m:	4:18.35	50.27	400m:	5:28.44	33.98
48.	STERNICZUK, Wojciech		01	UKS 5 Konstancynów				5:28.80	367		
	50m:	34.53 34.53	150m:	1:59.55	45.66	250m:	3:29.03	46.31	350m:	4:52.35	36.62
	100m:	1:13.89 39.36	200m:	2:42.72	43.17	300m:	4:15.73	46.70	400m:	5:28.80	36.45
49.	REL, Maciej		00	MKS Trójka Łód				5:29.41	365		
	50m:	34.31 34.31	150m:			250m:	3:33.21	46.77	350m:	4:55.66	35.24
	100m:	1:15.86 41.55	200m:	2:46.44		300m:	4:20.42	47.21	400m:	5:29.41	33.75
50.	KUSI SKI, Aleksy		02	UKS SP 149 Łód				5:29.76	364		
	50m:	35.32 35.32	150m:	1:58.62	42.66	250m:	3:29.32	49.30	350m:	4:55.16	35.86
	100m:	1:15.96 40.64	200m:	2:40.02	41.40	300m:	4:19.30	49.98	400m:	5:29.76	34.60
51.	WODY SKI, Bartosz		02	TP Olimpijczyk Aleksandrów				5:31.37	358		
	50m:	34.79 34.79	150m:	1:58.97	43.17	250m:	3:31.08	49.30	350m:	4:55.70	36.62
	100m:	1:15.80 41.01	200m:	2:41.78	42.81	300m:	4:19.08	48.00	400m:	5:31.37	35.67
52.	FELI CZAK, Wojciech		96	SKS 137 Delfin Łód				5:32.50	355		
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	5:32.50	
53.	CIESZKO, Mateusz		01	MKS Trójka Łód				5:32.59	355		
	50m:	34.39 34.39	150m:	1:57.53	44.68	250m:	3:26.74	45.82	350m:	4:54.88	40.45
	100m:	1:12.85 38.46	200m:	2:40.92	43.39	300m:	4:14.43	47.69	400m:	5:32.59	37.71

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Pozycja			Rok ur.					Czas	Pkt.
54.	KNYSZY SKI, Maciej		02	UKS SP 149 Łód				5:34.32	349
	50m: 35.74	35.74	150m:	250m: 3:31.86	49.20	350m:	4:58.68	37.99	
	100m: 1:16.76	41.02	200m: 2:42.66	300m: 4:20.69	48.83	400m:	5:34.32	35.64	
55.	KRYSIAK, Michał		01	MKS Trójka Łód				5:36.90	341
	50m: 34.31	34.31	150m: 1:58.34	44.27	250m: 3:31.21	50.04	350m:	5:00.37	39.63
	100m: 1:14.07	39.76	200m: 2:41.17	42.83	300m: 4:20.74	49.53	400m:	5:36.90	36.53
56.	MIKSA, Bartosz		00	TP Olimpijczyk Aleksandrów				5:39.10	334
	50m: 34.67	34.67	150m: 1:59.79	44.38	250m: 3:34.33	51.94	350m:	5:04.14	35.68
	100m: 1:15.41	40.74	200m: 2:42.39	42.60	300m: 4:28.46	54.13	400m:	5:39.10	34.96
57.	KUCHARSKI, Jakub		01	UKS 5 Konstanyńów				5:41.05	329
	50m: 40.65	40.65	150m:	250m: 3:39.80	46.77	350m:			
	100m: 1:27.90	47.25	200m: 2:53.03	300m: 4:26.59	46.79	400m:	5:41.05		
58.	BLI NIEWSKI, Franciszek		02	UKS SP 149 Łód				5:44.48	319
	50m: 1:20.15	1:20.15	150m: 2:00.32		250m:		350m:	5:05.21	38.38
	100m:		200m: 2:39.78	39.46	300m: 4:26.83		400m:	5:44.48	39.27
59.	MIKO , Dawid		02	UKS "55" Łód				5:48.34	309
	50m: 38.33	38.33	150m:	250m: 3:41.44	44.92	350m:			
	100m: 1:23.34	45.01	200m: 2:56.52	300m: 4:29.81	48.37	400m:	5:48.34		
60.	PURTAK, Wiktor		02	UKS SP 149 Łód				5:49.28	306
	50m: 35.33	35.33	150m: 2:04.44	47.45	250m: 3:39.54	48.70	350m:	5:09.44	40.87
	100m: 1:16.99	41.66	200m: 2:50.84	46.40	300m: 4:28.57	49.03	400m:	5:49.28	39.84
61.	ZARZYCKI, Maciej		02	UKS NAWA Skierniewice				5:50.53	303
	50m: 39.14	39.14	150m: 2:12.85	44.79	250m: 3:41.16	44.48	350m:	5:09.84	41.84
	100m: 1:28.06	48.92	200m: 2:56.68	43.83	300m: 4:28.00	46.84	400m:	5:50.53	40.69
62.	SZULC, Jan		02	TP Olimpijczyk Aleksandrów				5:54.91	292
	50m: 37.03	37.03	150m: 2:08.79	43.04	250m: 3:42.35	52.35	350m:	5:16.18	40.35
	100m: 1:25.75	48.72	200m: 2:50.00	41.21	300m: 4:35.83	53.48	400m:	5:54.91	38.73
63.	SYSKA, Miłosz		01	MKS Trójka Łód				5:55.40	290
	50m: 40.58	40.58	150m: 2:14.45	46.55	250m: 3:48.19	47.07	350m:	5:17.32	40.79
	100m: 1:27.90	47.32	200m: 3:01.12	46.67	300m: 4:36.53	48.34	400m:	5:55.40	38.08
64.	TARNOWSKI, Aleks		01	UKS NAWA Skierniewice				5:55.45	290
	50m: 35.57	35.57	150m:	250m: 3:42.08	54.18	350m:	5:18.21	41.66	
	100m: 1:18.00	42.43	200m: 2:47.90	300m: 4:36.55	54.47	400m:	5:55.45	37.24	
65.	MALEWSKI, Bartłomiej		01	SKS 137 Delfin Łód				5:58.34	283
	50m: 37.34	37.34	150m:	250m: 3:44.92	50.63	350m:	5:18.87	42.01	
	100m: 1:25.81	48.47	200m: 2:54.29	300m: 4:36.86	51.94	400m:	5:58.34	39.47	
66.	SKOWRONEK, Hubert		02	UKS NAWA Skierniewice				5:59.06	282
	50m: 37.85	37.85	150m: 2:11.89	47.11	250m: 3:47.76	51.87	350m:	5:21.24	40.41
	100m: 1:24.78	46.93	200m: 2:55.89	44.00	300m: 4:40.83	53.07	400m:	5:59.06	37.82
67.	DERENDARZ, Aleksander		00	UKS 190 Łód				5:59.49	281
	50m:		150m:	250m:		350m:			
	100m:		200m:	300m:		400m:	5:59.49		
68.	WENCEL, Adrian		02	UKS 5 Konstanyńów				6:05.90	266
	50m: 41.40	41.40	150m:	250m: 3:52.91	52.14	350m:	5:27.08	41.78	
	100m: 1:31.16	49.76	200m: 3:00.77	300m: 4:45.30	52.39	400m:	6:05.90	38.82	
69.	LIBERA, Daniel		01	UKS NAWA Skierniewice				6:08.32	261
	50m: 39.47	39.47	150m: 2:13.43	45.65	250m: 3:53.40	55.04	350m:	5:29.05	40.37
	100m: 1:27.78	48.31	200m: 2:58.36	44.93	300m: 4:48.68	55.28	400m:	6:08.32	39.27
70.	LIK, Kacper		02	UKS SP 149 Łód				6:11.00	255
	50m: 40.21	40.21	150m: 2:16.21	47.96	250m: 3:55.72	52.67	350m:	5:30.99	40.07
	100m: 1:28.25	48.04	200m: 3:03.05	46.84	300m: 4:50.92	55.20	400m:	6:11.00	40.01
71.	CYBULSKI, Cyprian		02	UKS 5 Konstanyńów				6:18.61	240
	50m: 42.79	42.79	150m:	250m: 4:02.33	52.80	350m:	5:37.43	42.36	
	100m: 1:36.20	53.41	200m: 3:09.53	300m: 4:55.07	52.74	400m:	6:18.61	41.18	

Ogólnoposki Sprawdzian Wszechstronno ci
Aleksandrów Łódzki, 8- - 9-10-2015

Konkurencja 10, M czynn, 400m zmienny, Open

Pozycja			Rok ur.					Czas	Pkt.		
72.	KALISIAK, Norbert		02	UKS NAWA Skierniewice				6:20.92	236		
	50m:	44.00 44.00	150m:	2:21.94	46.61	250m:	3:58.48	52.48	350m:	5:36.80	45.56
	100m:	1:35.33 51.33	200m:	3:06.00	44.06	300m:	4:51.24	52.76	400m:	6:20.92	44.12
73.	GARSTECKI, Jakub		02	UKS "55" Łód				6:52.32	186		
	50m:	43.38 43.38	150m:	2:36.51	57.44	250m:	4:26.42		350m:	6:07.73	
	100m:	1:39.07 55.69	200m:			300m:			400m:	6:52.32	44.59
DYSKW.	PARZYNOWSKI, Wojciech		99	TP Olimpijczyk Aleksandrów				4:41.02			
	<i>z2</i>										
	50m:	29.36 29.36	150m:			250m:	2:56.09		350m:	4:10.25	33.21
	100m:	1:03.11 33.75	200m:			300m:	3:37.04	40.95	400m:	4:41.02	30.77
DYSKW.	CUKANOW, Michal		99	TP Olimpijczyk Aleksandrów				4:50.11			
	<i>z2, k1, k14</i>										
	50m:	30.64 30.64	150m:	1:41.34	37.18	250m:	3:00.09	41.16	350m:	4:18.41	35.28
	100m:	1:04.16 33.52	200m:	2:18.93	37.59	300m:	3:43.13	43.04	400m:	4:50.11	31.70
DYSKW.	CHMIELOWIEC, Łukasz		00	UKS NAWA Skierniewice				5:32.13			
	<i>z2, k13, k14</i>										
	50m:	32.20 32.20	150m:	1:56.78	43.78	250m:	3:27.96	48.02	350m:	4:55.01	38.68
	100m:	1:13.00 40.80	200m:	2:39.94	43.16	300m:	4:16.33	48.37	400m:	5:32.13	37.12
DYSKW.	WIKTOROWSKI, Gracjan		00	SKS 137 Delfin Łód				5:35.50			
	<i>(Czas: 10:57), z2, k14</i>										
	50m:	35.00 35.00	150m:			250m:	3:33.86	45.67	350m:	5:00.31	39.29
	100m:	1:16.20 41.20	200m:	2:48.19		300m:	4:21.02	47.16	400m:	5:35.50	35.19
NIE UK.	FAJKOWSKI, Piotr		01	MKS Trójka Łód							
	50m:	35.32 35.32	150m:	1:58.23	41.81	250m:	3:24.03	45.28	350m:		
	100m:	1:16.42 41.10	200m:	2:38.75	40.52	300m:			400m:		
PK	BRZUS, Michał		97					4:56.87	499		
	50m:	31.40 31.40	150m:			250m:	3:08.46	44.27	350m:	4:26.16	33.21
	100m:	1:08.15 36.75	200m:	2:24.19		300m:	3:52.95	44.49	400m:	4:56.87	30.71
PK	COLEMAN, Alan		03	MKS Jedynka Łód				6:04.06	270		
	50m:		150m:	2:14.44	45.60	250m:	3:51.77	52.02	350m:	5:26.08	40.42
	100m:	1:28.84	200m:	2:59.75	45.31	300m:	4:45.66	53.89	400m:	6:04.06	37.98
PK	MALINOWSKI, Wojciech		03	UKS SP 149 Łód				6:12.36	252		
	50m:	42.09 42.09	150m:			250m:			350m:	5:33.85	
	100m:	1:32.71 50.62	200m:	3:10.40		300m:			400m:	6:12.36	38.51