

2017 Ogólnopolski Sprawdzian Wszechstronno ci Stylowej  
Lublin, 7.10.2017

Event 10  
07.10.2017 - 16:43

Men, 400m Medley

12 years and older  
Results

Points: FINA 2017

Rank			Age			Time	Pts	
<b>12 - 13 years</b>								
1.	ZUZANIUK Igor		13	Olimpia Lublin		<b>5:06.90</b>	451	
	50m: 32.85	32.85	150m: 1:52.15	39.27	250m: 3:14.53	44.50	350m: 4:33.95	35.07
	100m: 1:12.88	40.03	200m: 2:30.03	37.88	300m: 3:58.88	44.35	400m: 5:06.90	32.95
2.	ZUBRZYCKI Kacper		13	Wisla Pulawy		<b>5:11.01</b>	434	
	50m: 32.44	32.44	150m: 1:51.19	40.57	250m: 3:15.24	43.97	350m: 4:36.47	36.48
	100m: 1:10.62	38.18	200m: 2:31.27	40.08	300m: 3:59.99	44.75	400m: 5:11.01	34.54
3.	LEWTAK Szymon		13	Olimpia Lublin		<b>5:42.81</b>	324	
	50m: 36.18	36.18	150m: 2:03.53	45.98	250m: 3:36.50	49.79	350m: 5:04.74	38.20
	100m: 1:17.55	41.37	200m: 2:46.71	43.18	300m: 4:26.54	50.04	400m: 5:42.81	38.07
4.	LAGOZNY Filip		13	Orka Zamosc		<b>5:59.47</b>	281	
	50m: 37.55	37.55	150m: 2:10.85	49.06	250m: 3:45.43	47.25	350m: 5:18.28	43.67
	100m: 1:21.79	44.24	200m: 2:58.18	47.33	300m: 4:34.61	49.18	400m: 5:59.47	41.19
5.	TERLECKI Michal		12	Wodnik Krasnystaw		<b>6:00.06</b>	279	
	50m: 38.74	38.74	150m: 2:14.75	48.57	250m: 3:50.86	48.49	350m: 5:21.28	40.59
	100m: 1:26.18	47.44	200m: 3:02.37	47.62	300m: 4:40.69	49.83	400m: 6:00.06	38.78
6.	BAREJ Michal		13	Olimpia Lublin		<b>6:00.32</b>	279	
	50m: 37.97	37.97	150m: 2:12.47	50.27	250m: 3:48.80	46.33	350m: 5:20.97	44.28
	100m: 1:22.20	44.23	200m: 3:02.47	50.00	300m: 4:36.69	47.89	400m: 6:00.32	39.35
7.	KUBINIEC Mikołaj		13	Skarpa Lublin		<b>6:10.55</b>	256	
	50m: 45.43	45.43	150m: 2:22.46	45.72	250m: 3:58.17	50.07	350m: 5:30.71	40.70
	100m: 1:36.74	51.31	200m: 3:08.10	45.64	300m: 4:50.01	51.84	400m: 6:10.55	39.84
8.	SZCZEKALA Oliwier		13	Olimpia Lublin		<b>6:45.95</b>	195	
	50m: 45.43	45.43	150m: 2:32.05	49.25	250m: 4:17.59	58.07	350m: 6:00.68	44.71
	100m: 1:42.80	57.37	200m: 3:19.52	47.47	300m: 5:15.97	58.38	400m: 6:45.95	45.27
DSQ	CZAJKOWSKI Igor		12	Orka Zamosc				
	<i>M10 - Praca nóg jak do stylu klasycznego (stopy obrócone na zewn trz)</i>							
DSQ	DUBIEL Igor		13	Orka Zamosc				
	<i>G4 - Wykonanie wi cej ni jednego poci gni cia ramieniem (ramionami) w pozycji na piersiach w trakcie nawrotu</i>							
DSQ	RYMARZ Jakub		12	Orka Zamosc				
	<i>Z1 - Nieprawidłowa kolejno stylów pływania</i>							
DNF	STEMPURSKI Igor		13	Olimpia Lublin				
	50m: 43.34	43.34	150m:	250m:	350m:			
	100m:		200m:	300m:	400m:			
<b>14 - 15 years</b>								
1.	SZCZERBA Adam		15	AZS UMCS Lublin		<b>4:49.64</b>	537	
	50m: 30.67	30.67	150m: 1:43.12	37.48	250m: 3:02.21	41.35	350m: 4:16.92	32.70
	100m: 1:05.64	34.97	200m: 2:20.86	37.74	300m: 3:44.22	42.01	400m: 4:49.64	32.72
2.	POPIOLEK Dawid		15	Skarpa Lublin		<b>4:51.20</b>	528	
	50m: 30.18	30.18	150m: 1:43.89	38.00	250m: 3:03.49	43.00	350m: 4:19.78	34.22
	100m: 1:05.89	35.71	200m: 2:20.49	36.60	300m: 3:45.56	42.07	400m: 4:51.20	31.42
3.	ZACHARZYNSKI Norbert		14	Wodnik Krasnystaw		<b>4:53.98</b>	514	
	50m: 31.22	31.22	150m: 1:44.86	38.85	250m: 3:05.88	42.05	350m: 4:22.25	34.47
	100m: 1:06.01	34.79	200m: 2:23.83	38.97	300m: 3:47.78	41.90	400m: 4:53.98	31.73
4.	MROZ Adam		14	Olimpijczyk 23 Lublin		<b>4:58.58</b>	490	
	50m: 31.47	31.47	150m: 1:46.89	38.88	250m: 3:08.37	41.96	350m: 4:25.99	35.00
	100m: 1:08.01	36.54	200m: 2:26.41	39.52	300m: 3:50.99	42.62	400m: 4:58.58	32.59
5.	SAGAN Jakub		15	Skarpa Lublin		<b>5:01.73</b>	475	
	50m: 33.76	33.76	150m: 1:52.59	38.35	250m: 3:11.15	42.27	350m: 4:28.64	34.93
	100m: 1:14.24	40.48	200m: 2:28.88	36.29	300m: 3:53.71	42.56	400m: 5:01.73	33.09

2017 Ogólnopolski Sprawdzian Wszechstronno ci Stylowej  
Lublin, 7.10.2017

Event 10, Boys, 400m Medley, 14 - 15 years

Rank			Age							Time	Pts	
6.	SIEKACZYNSKI Artur		15	Fala Krasnik						<b>5:06.32</b>	454	
	50m:	32.76	32.76	150m:	1:47.84	37.52	250m:	3:10.69	46.42	350m:	4:31.47	35.15
	100m:	1:10.32	37.56	200m:	2:24.27	36.43	300m:	3:56.32	45.63	400m:	5:06.32	34.85
7.	CHOLZYNSKI Nikodem		14	Olimpijczyk 23 Lublin						<b>5:07.18</b>	450	
	50m:	31.82	31.82	150m:	1:49.96	40.83	250m:	3:13.83	44.06	350m:	4:33.40	35.90
	100m:	1:09.13	37.31	200m:	2:29.77	39.81	300m:	3:57.50	43.67	400m:	5:07.18	33.78
8.	SOBIESZUK Kacper		15	Skarpa Lublin						<b>5:11.34</b>	432	
	50m:	32.78	32.78	150m:	1:51.45	40.34	250m:	3:14.73	44.86	350m:	4:35.23	35.81
	100m:	1:11.11	38.33	200m:	2:29.87	38.42	300m:	3:59.42	44.69	400m:	5:11.34	36.11
9.	ZARYCHTA Marcel		14	Olimpia Lublin						<b>5:12.97</b>	426	
	50m:	33.44	33.44	150m:	1:52.27	39.57	250m:	3:17.75	46.81	350m:	4:38.97	35.42
	100m:	1:12.70	39.26	200m:	2:30.94	38.67	300m:	4:03.55	45.80	400m:	5:12.97	34.00
10.	ADAMCZYK Jan		14	Olimpijczyk 23 Lublin						<b>5:17.23</b>	409	
	50m:	34.22	34.22	150m:	1:54.89	40.99	250m:	3:19.23	44.53	350m:	4:41.52	37.76
	100m:	1:13.90	39.68	200m:	2:34.70	39.81	300m:	4:03.76	44.53	400m:	5:17.23	35.71
11.	SWINTOZELSKI Maksymilian		14	Fala Krasnik						<b>5:21.47</b>	393	
	50m:	33.52	33.52	150m:	1:53.95	41.54	250m:	3:21.29	47.08	350m:	4:46.61	36.65
	100m:	1:12.41	38.89	200m:	2:34.21	40.26	300m:	4:09.96	48.67	400m:	5:21.47	34.86
12.	BOZEK Filip		15	Fala Krasnik						<b>5:23.09</b>	387	
	50m:	35.10	35.10	150m:	1:57.81	40.34	250m:	3:24.55	47.34	350m:	4:48.88	35.85
	100m:	1:17.47	42.37	200m:	2:37.21	39.40	300m:	4:13.03	48.48	400m:	5:23.09	34.21
13.	BORSUK Piotr		14	Fala Krasnik						<b>5:27.37</b>	372	
	50m:	33.19	33.19	150m:	1:53.93	40.41	250m:	3:23.98	50.29	350m:	4:50.47	37.97
	100m:	1:13.52	40.33	200m:	2:33.69	39.76	300m:	4:12.50	48.52	400m:	5:27.37	36.90
14.	DERUS Mateusz		15	Olimpia Lublin						<b>5:29.49</b>	365	
	50m:	33.80	33.80	150m:	1:57.67	44.64	250m:	3:30.08	47.05	350m:	4:53.56	36.80
	100m:	1:13.03	39.23	200m:	2:43.03	45.36	300m:	4:16.76	46.68	400m:	5:29.49	35.93
15.	POGODA Filip		14	Olimpijczyk 23 Lublin						<b>5:31.69</b>	357	
	50m:	34.74	34.74	150m:	2:03.16	46.21	250m:	3:30.52	45.09	350m:	4:55.89	38.10
	100m:	1:16.95	42.21	200m:	2:45.43	42.27	300m:	4:17.79	47.27	400m:	5:31.69	35.80
16.	SWIC Mateusz		14	Olimpijczyk 23 Lublin						<b>5:35.78</b>	344	
	50m:	37.47	37.47	150m:	2:04.38	43.33	250m:	3:33.01	48.38	350m:	4:59.97	38.07
	100m:	1:21.05	43.58	200m:	2:44.63	40.25	300m:	4:21.90	48.89	400m:	5:35.78	35.81
17.	JAKOBCZYK Jakub		15	Olimpia Lublin						<b>5:45.65</b>	316	
	50m:	37.07	37.07	150m:	2:05.96	43.34	250m:	3:39.71	51.05	350m:	5:08.64	38.56
	100m:	1:22.62	45.55	200m:	2:48.66	42.70	300m:	4:30.08	50.37	400m:	5:45.65	37.01
18.	DZIUBA Gerard		15	Wisla Pulawy						<b>5:47.67</b>	310	
	50m:	35.95	35.95	150m:	2:00.11	42.10	250m:	3:36.34	55.52	350m:	5:08.53	38.33
	100m:	1:18.01	42.06	200m:	2:40.82	40.71	300m:	4:30.20	53.86	400m:	5:47.67	39.14
19.	GRACZAK Dawid		15	Olimpia Lublin						<b>5:59.91</b>	280	
	50m:	37.13	37.13	150m:	2:10.84	48.91	250m:	3:46.28	48.03	350m:	5:19.38	43.17
	100m:	1:21.93	44.80	200m:	2:58.25	47.41	300m:	4:36.21	49.93	400m:	5:59.91	40.53
20.	STACHARSKI Dominik		14	Lublinianka						<b>6:07.29</b>	263	
	50m:	38.42	38.42	150m:	2:13.21	48.17	250m:	3:54.40	56.46	350m:	5:30.34	41.10
	100m:	1:25.04	46.62	200m:	2:57.94	44.73	300m:	4:49.24	54.84	400m:	6:07.29	36.95
DSQ	CHYRCHALA Rafal		15	Orka Zamosc								
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>											
DSQ	MANDZIUK Kewin		14	Orka Zamosc								
	<i>G7 - Brak pozycji na plecach przy opuszczaniu ciany nawrotowej</i>											
DSQ	CZERNIAK Jaroslaw		14	UKS 51 Lublin								
	<i>M9 - Naprzemienna lub nierównoczesna praca nóg</i>											

2017 Ogólnopolski Sprawdzian Wszechstronno ci Stylowej  
Lublin, 7.10.2017

Event 10, Men, 400m Medley

16 years and older

1.	OLLER Krzysztof SL	17	Kormoran Olsztyn	<b>4:31.94</b>	649
	50m: 29.79 29.79	150m: 1:38.07 35.50	250m: 2:51.73 39.29	350m: 4:01.98 31.43	
	100m: 1:02.57 32.78	200m: 2:12.44 34.37	300m: 3:30.55 38.82	400m: 4:31.94 29.96	
2.	BORKOWSKI Kacper SL	17	SMS Lublin	<b>4:32.05</b>	648
	50m: 27.82 27.82	150m: 1:35.21 36.06	250m: 2:50.38 39.67	350m: 4:01.08 30.79	
	100m: 59.15 31.33	200m: 2:10.71 35.50	300m: 3:30.29 39.91	400m: 4:32.05 30.97	
3.	KADROW Konrad	20	AZS UMCS Lublin	<b>4:34.09</b>	634
	50m: 29.76 29.76	150m: 1:40.08 37.37	250m: 2:54.15 37.58	350m: 4:04.12 32.22	
	100m: 1:02.71 32.95	200m: 2:16.57 36.49	300m: 3:31.90 37.75	400m: 4:34.09 29.97	
4.	WALCZYNSKI Jakub	17	AZS UMCS Lublin	<b>4:36.84</b>	615
	50m: 30.43 30.43	150m: 1:40.96 36.14	250m: 2:55.64 39.15	350m: 4:06.33 31.57	
	100m: 1:04.82 34.39	200m: 2:16.49 35.53	300m: 3:34.76 39.12	400m: 4:36.84 30.51	
5.	WAWRZYNCZAK Alan SL	18	Skarpa Lublin	<b>4:38.07</b>	607
	50m: 30.37 30.37	150m: 1:40.75 36.16	250m: 2:56.03 40.26	350m: 4:07.59 31.34	
	100m: 1:04.59 34.22	200m: 2:15.77 35.02	300m: 3:36.25 40.22	400m: 4:38.07 30.48	
6.	BRYLA Kamil SL	18	AZS UMCS Lublin	<b>4:40.98</b>	588
	50m: 28.69 28.69	150m: 1:38.18 36.35	250m: 2:56.09 43.07	350m: 4:10.53 32.43	
	100m: 1:01.83 33.14	200m: 2:13.02 34.84	300m: 3:38.10 42.01	400m: 4:40.98 30.45	
7.	NOWICZKOW Jakub SL	16	Wodnik Bielsk Podl.	<b>4:49.00</b>	541
	50m: 30.32 30.32	150m: 1:40.86 35.96	250m: 3:00.61 45.09	350m: 4:17.82 32.37	
	100m: 1:04.90 34.58	200m: 2:15.52 34.66	300m: 3:45.45 44.84	400m: 4:49.00 31.18	
8.	CHODULSKI Jakub SI	17	Skarpa Lublin	<b>4:49.81</b>	536
	50m: 29.98 29.98	150m: 1:42.23 39.09	250m: 3:02.82 43.26	350m: 4:19.22 33.49	
	100m: 1:03.14 33.16	200m: 2:19.56 37.33	300m: 3:45.73 42.91	400m: 4:49.81 30.59	
9.	PACLAWSKI Jakub SL	17	Aqua Sport Reszow	<b>4:50.07</b>	535
	50m: 30.69 30.69	150m: 1:43.86 38.20	250m: 3:03.01 42.18	350m: 4:18.19 32.99	
	100m: 1:05.66 34.97	200m: 2:20.83 36.97	300m: 3:45.20 42.19	400m: 4:50.07 31.88	
10.	WOZNIAK Kamil	16	Wisla Pulawy	<b>4:50.68</b>	531
	50m: 29.82 29.82	150m: 1:44.49 39.95	250m: 3:05.19 42.27	350m: 4:20.46 33.63	
	100m: 1:04.54 34.72	200m: 2:22.92 38.43	300m: 3:46.83 41.64	400m: 4:50.68 30.22	
11.	KONCKI Bartlomiej	16	Wisla Pulawy	<b>4:51.69</b>	526
	50m: 31.06 31.06	150m: 1:46.32 37.93	250m: 3:05.28 41.15	350m: 4:20.08 33.47	
	100m: 1:08.39 37.33	200m: 2:24.13 37.81	300m: 3:46.61 41.33	400m: 4:51.69 31.61	
12.	LUKASZCZYK Mateusz SL	17	Orka Zamosc	<b>4:53.88</b>	514
	50m: 30.03 30.03	150m: 1:42.89 37.26	250m: 3:03.18 44.21	350m: 4:21.07 34.39	
	100m: 1:05.63 35.60	200m: 2:18.97 36.08	300m: 3:46.68 43.50	400m: 4:53.88 32.81	
13.	ROG Adrian SL	16	Sokol Rzeszow	<b>4:54.64</b>	510
	50m: 30.03 30.03	150m: 1:43.73 38.94	250m: 3:04.51 42.92	350m: 4:22.26 35.04	
	100m: 1:04.79 34.76	200m: 2:21.59 37.86	300m: 3:47.22 42.71	400m: 4:54.64 32.38	
14.	GRABEK Filip SL	18	SMS Lublin	<b>4:57.98</b>	493
	50m: 30.69 30.69	150m: 1:44.39 38.00	250m: 3:04.51 42.69	350m: 4:23.86 34.96	
	100m: 1:06.39 35.70	200m: 2:21.82 37.43	300m: 3:48.90 44.39	400m: 4:57.98 34.12	
15.	LIS Przemyslaw	21	AZS UMCS Lublin	<b>5:00.72</b>	480
	50m: 31.93 31.93	150m: 1:51.11 40.57	250m: 3:14.46 42.89	350m: 4:30.32 32.12	
	100m: 1:10.54 38.61	200m: 2:31.57 40.46	300m: 3:58.20 43.74	400m: 5:00.72 30.40	
16.	CZERNAK Konrad	19	AZS UMCS Lublin	<b>5:02.50</b>	471
	50m: 31.10 31.10	150m: 1:46.36 39.50	250m: 3:09.90 44.84	350m: 4:28.73 34.05	
	100m: 1:06.86 35.76	200m: 2:25.06 38.70	300m: 3:54.68 44.78	400m: 5:02.50 33.77	
17.	DADOS Aleksander	16	Wisla Pulawy	<b>5:06.44</b>	453
	50m: 31.33 31.33	150m: 1:48.86 39.87	250m: 3:13.70 44.64	350m: 4:33.42 34.50	
	100m: 1:08.99 37.66	200m: 2:29.06 40.20	300m: 3:58.92 45.22	400m: 5:06.44 33.02	
18.	BORSUK Lukasz SL	16	Fala Krasnik	<b>5:06.49</b>	453
	50m: 30.65 30.65	150m: 1:46.22 40.69	250m: 3:10.72 45.40	350m: 4:32.06 35.82	
	100m: 1:05.53 34.88	200m: 2:25.32 39.10	300m: 3:56.24 45.52	400m: 5:06.49 34.43	

2017 Ogólnopolski Sprawdzian Wszechstronno ci Stylowej  
Lublin, 7.10.2017

Event 10, Men, 400m Medley, 16 years and older

Rank			Age					Time	Pts			
19.	PACZYNSKI Kornel		19	AZS UMCS Lublin				<b>5:10.16</b>	437			
	50m:	32.28	32.28	150m:	1:52.71	42.97	250m:	3:18.78	43.33	350m:	4:37.92	34.11
	100m:	1:09.74	37.46	200m:	2:35.45	42.74	300m:	4:03.81	45.03	400m:	5:10.16	32.24
20.	KURANTOWICZ Krzysztof		18	Orka Zamosc				<b>5:37.34</b>	340			
	50m:	34.58	34.58	150m:	2:00.83	45.28	250m:	3:33.77	48.77	350m:	5:00.73	38.53
	100m:	1:15.55	40.97	200m:	2:45.00	44.17	300m:	4:22.20	48.43	400m:	5:37.34	36.61
DSQ	MALYSKA Bartosz SL		18	Skarpa Lublin								
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>											
DSQ	LECH Filip		16	AZS UMCS Lublin								
	<i>G7 - Brak pozycji na plecach przy opuszczaniu ciany nawrotowej</i>											
DSQ	CZUBA Marcin		16	Wisla Pulawy								
	<i>G7 - Brak pozycji na plecach przy opuszczaniu ciany nawrotowej</i>											

OPEN

1.	OLLER Krzysztof SL		17	Kormoran Olsztyn				<b>4:31.94</b>	649			
	50m:	29.79	29.79	150m:	1:38.07	35.50	250m:	2:51.73	39.29	350m:	4:01.98	31.43
	100m:	1:02.57	32.78	200m:	2:12.44	34.37	300m:	3:30.55	38.82	400m:	4:31.94	29.96
2.	BORKOWSKI Kacper SL		17	SMS Lublin				<b>4:32.05</b>	648			
	50m:	27.82	27.82	150m:	1:35.21	36.06	250m:	2:50.38	39.67	350m:	4:01.08	30.79
	100m:	59.15	31.33	200m:	2:10.71	35.50	300m:	3:30.29	39.91	400m:	4:32.05	30.97
3.	KADROW Konrad		20	AZS UMCS Lublin				<b>4:34.09</b>	634			
	50m:	29.76	29.76	150m:	1:40.08	37.37	250m:	2:54.15	37.58	350m:	4:04.12	32.22
	100m:	1:02.71	32.95	200m:	2:16.57	36.49	300m:	3:31.90	37.75	400m:	4:34.09	29.97
4.	WALCZYNSKI Jakub		17	AZS UMCS Lublin				<b>4:36.84</b>	615			
	50m:	30.43	30.43	150m:	1:40.96	36.14	250m:	2:55.64	39.15	350m:	4:06.33	31.57
	100m:	1:04.82	34.39	200m:	2:16.49	35.53	300m:	3:34.76	39.12	400m:	4:36.84	30.51
5.	WAWRZYNCZAK Alan SL		18	Skarpa Lublin				<b>4:38.07</b>	607			
	50m:	30.37	30.37	150m:	1:40.75	36.16	250m:	2:56.03	40.26	350m:	4:07.59	31.34
	100m:	1:04.59	34.22	200m:	2:15.77	35.02	300m:	3:36.25	40.22	400m:	4:38.07	30.48
6.	BRYLA Kamil SL		18	AZS UMCS Lublin				<b>4:40.98</b>	588			
	50m:	28.69	28.69	150m:	1:38.18	36.35	250m:	2:56.09	43.07	350m:	4:10.53	32.43
	100m:	1:01.83	33.14	200m:	2:13.02	34.84	300m:	3:38.10	42.01	400m:	4:40.98	30.45
7.	NOWICZKOW Jakub SL		16	Wodnik Bielsk Podl.				<b>4:49.00</b>	541			
	50m:	30.32	30.32	150m:	1:40.86	35.96	250m:	3:00.61	45.09	350m:	4:17.82	32.37
	100m:	1:04.90	34.58	200m:	2:15.52	34.66	300m:	3:45.45	44.84	400m:	4:49.00	31.18
8.	SZCZERBA Adam		15	AZS UMCS Lublin				<b>4:49.64</b>	537			
	50m:	30.67	30.67	150m:	1:43.12	37.48	250m:	3:02.21	41.35	350m:	4:16.92	32.70
	100m:	1:05.64	34.97	200m:	2:20.86	37.74	300m:	3:44.22	42.01	400m:	4:49.64	32.72
9.	CHODULSKI Jakub SI		17	Skarpa Lublin				<b>4:49.81</b>	536			
	50m:	29.98	29.98	150m:	1:42.23	39.09	250m:	3:02.82	43.26	350m:	4:19.22	33.49
	100m:	1:03.14	33.16	200m:	2:19.56	37.33	300m:	3:45.73	42.91	400m:	4:49.81	30.59
10.	PACLAWSKI Jakub SL		17	Aqua Sport Reszow				<b>4:50.07</b>	535			
	50m:	30.69	30.69	150m:	1:43.86	38.20	250m:	3:03.01	42.18	350m:	4:18.19	32.99
	100m:	1:05.66	34.97	200m:	2:20.83	36.97	300m:	3:45.20	42.19	400m:	4:50.07	31.88
11.	WOZNIAK Kamil		16	Wisla Pulawy				<b>4:50.68</b>	531			
	50m:	29.82	29.82	150m:	1:44.49	39.95	250m:	3:05.19	42.27	350m:	4:20.46	33.63
	100m:	1:04.54	34.72	200m:	2:22.92	38.43	300m:	3:46.83	41.64	400m:	4:50.68	30.22
12.	POPIOLEK Dawid		15	Skarpa Lublin				<b>4:51.20</b>	528			
	50m:	30.18	30.18	150m:	1:43.89	38.00	250m:	3:03.49	43.00	350m:	4:19.78	34.22
	100m:	1:05.89	35.71	200m:	2:20.49	36.60	300m:	3:45.56	42.07	400m:	4:51.20	31.42
13.	KONCKI Bartlomiej		16	Wisla Pulawy				<b>4:51.69</b>	526			
	50m:	31.06	31.06	150m:	1:46.32	37.93	250m:	3:05.28	41.15	350m:	4:20.08	33.47
	100m:	1:08.39	37.33	200m:	2:24.13	37.81	300m:	3:46.61	41.33	400m:	4:51.69	31.61

2017 Ogólnopolski Sprawdzian Wszechstronno ci Stylowej  
Lublin, 7.10.2017

Event 10, Men, 400m Medley, OPEN

Rank			Age							Time	Pts	
14.	LUKASZCZYK Mateusz SL		17	Orka Zamosc						<b>4:53.88</b>	514	
	50m:	30.03	30.03	150m:	1:42.89	37.26	250m:	3:03.18	44.21	350m:	4:21.07	34.39
	100m:	1:05.63	35.60	200m:	2:18.97	36.08	300m:	3:46.68	43.50	400m:	4:53.88	32.81
15.	ZACHARZYNSKI Norbert		14	Wodnik Krasnystaw						<b>4:53.98</b>	514	
	50m:	31.22	31.22	150m:	1:44.86	38.85	250m:	3:05.88	42.05	350m:	4:22.25	34.47
	100m:	1:06.01	34.79	200m:	2:23.83	38.97	300m:	3:47.78	41.90	400m:	4:53.98	31.73
16.	ROG Adrian SL		16	Sokol Rzeszow						<b>4:54.64</b>	510	
	50m:	30.03	30.03	150m:	1:43.73	38.94	250m:	3:04.51	42.92	350m:	4:22.26	35.04
	100m:	1:04.79	34.76	200m:	2:21.59	37.86	300m:	3:47.22	42.71	400m:	4:54.64	32.38
17.	GRABEK Filip SL		18	SMS Lublin						<b>4:57.98</b>	493	
	50m:	30.69	30.69	150m:	1:44.39	38.00	250m:	3:04.51	42.69	350m:	4:23.86	34.96
	100m:	1:06.39	35.70	200m:	2:21.82	37.43	300m:	3:48.90	44.39	400m:	4:57.98	34.12
18.	MROZ Adam		14	Olimpijczyk 23 Lublin						<b>4:58.58</b>	490	
	50m:	31.47	31.47	150m:	1:46.89	38.88	250m:	3:08.37	41.96	350m:	4:25.99	35.00
	100m:	1:08.01	36.54	200m:	2:26.41	39.52	300m:	3:50.99	42.62	400m:	4:58.58	32.59
19.	LIS Przemyslaw		21	AZS UMCS Lublin						<b>5:00.72</b>	480	
	50m:	31.93	31.93	150m:	1:51.11	40.57	250m:	3:14.46	42.89	350m:	4:30.32	32.12
	100m:	1:10.54	38.61	200m:	2:31.57	40.46	300m:	3:58.20	43.74	400m:	5:00.72	30.40
20.	SAGAN Jakub		15	Skarpa Lublin						<b>5:01.73</b>	475	
	50m:	33.76	33.76	150m:	1:52.59	38.35	250m:	3:11.15	42.27	350m:	4:28.64	34.93
	100m:	1:14.24	40.48	200m:	2:28.88	36.29	300m:	3:53.71	42.56	400m:	5:01.73	33.09
21.	CZERNAK Konrad		19	AZS UMCS Lublin						<b>5:02.50</b>	471	
	50m:	31.10	31.10	150m:	1:46.36	39.50	250m:	3:09.90	44.84	350m:	4:28.73	34.05
	100m:	1:06.86	35.76	200m:	2:25.06	38.70	300m:	3:54.68	44.78	400m:	5:02.50	33.77
22.	SIEKACZYNSKI Artur		15	Fala Krasnik						<b>5:06.32</b>	454	
	50m:	32.76	32.76	150m:	1:47.84	37.52	250m:	3:10.69	46.42	350m:	4:31.47	35.15
	100m:	1:10.32	37.56	200m:	2:24.27	36.43	300m:	3:56.32	45.63	400m:	5:06.32	34.85
23.	DADOS Aleksander		16	Wisla Pulawy						<b>5:06.44</b>	453	
	50m:	31.33	31.33	150m:	1:48.86	39.87	250m:	3:13.70	44.64	350m:	4:33.42	34.50
	100m:	1:08.99	37.66	200m:	2:29.06	40.20	300m:	3:58.92	45.22	400m:	5:06.44	33.02
24.	BORSUK Lukasz SL		16	Fala Krasnik						<b>5:06.49</b>	453	
	50m:	30.65	30.65	150m:	1:46.22	40.69	250m:	3:10.72	45.40	350m:	4:32.06	35.82
	100m:	1:05.53	34.88	200m:	2:25.32	39.10	300m:	3:56.24	45.52	400m:	5:06.49	34.43
25.	ZUZANIUK Igor		13	Olimpia Lublin						<b>5:06.90</b>	451	
	50m:	32.85	32.85	150m:	1:52.15	39.27	250m:	3:14.53	44.50	350m:	4:33.95	35.07
	100m:	1:12.88	40.03	200m:	2:30.03	37.88	300m:	3:58.88	44.35	400m:	5:06.90	32.95
26.	CHOLZYNSKI Nikodem		14	Olimpijczyk 23 Lublin						<b>5:07.18</b>	450	
	50m:	31.82	31.82	150m:	1:49.96	40.83	250m:	3:13.83	44.06	350m:	4:33.40	35.90
	100m:	1:09.13	37.31	200m:	2:29.77	39.81	300m:	3:57.50	43.67	400m:	5:07.18	33.78
27.	PACZYNSKI Kornel		19	AZS UMCS Lublin						<b>5:10.16</b>	437	
	50m:	32.28	32.28	150m:	1:52.71	42.97	250m:	3:18.78	43.33	350m:	4:37.92	34.11
	100m:	1:09.74	37.46	200m:	2:35.45	42.74	300m:	4:03.81	45.03	400m:	5:10.16	32.24
28.	ZUBRZYCKI Kacper		13	Wisla Pulawy						<b>5:11.01</b>	434	
	50m:	32.44	32.44	150m:	1:51.19	40.57	250m:	3:15.24	43.97	350m:	4:36.47	36.48
	100m:	1:10.62	38.18	200m:	2:31.27	40.08	300m:	3:59.99	44.75	400m:	5:11.01	34.54
29.	SOBIESZUK Kacper		15	Skarpa Lublin						<b>5:11.34</b>	432	
	50m:	32.78	32.78	150m:	1:51.45	40.34	250m:	3:14.73	44.86	350m:	4:35.23	35.81
	100m:	1:11.11	38.33	200m:	2:29.87	38.42	300m:	3:59.42	44.69	400m:	5:11.34	36.11
30.	ZARYCHTA Marcel		14	Olimpia Lublin						<b>5:12.97</b>	426	
	50m:	33.44	33.44	150m:	1:52.27	39.57	250m:	3:17.75	46.81	350m:	4:38.97	35.42
	100m:	1:12.70	39.26	200m:	2:30.94	38.67	300m:	4:03.55	45.80	400m:	5:12.97	34.00
31.	ADAMCZYK Jan		14	Olimpijczyk 23 Lublin						<b>5:17.23</b>	409	
	50m:	34.22	34.22	150m:	1:54.89	40.99	250m:	3:19.23	44.53	350m:	4:41.52	37.76
	100m:	1:13.90	39.68	200m:	2:34.70	39.81	300m:	4:03.76	44.53	400m:	5:17.23	35.71

2017 Ogólnopolski Sprawdzian Wszechstronno ci Stylowej  
Lublin, 7.10.2017

Event 10, Men, 400m Medley, OPEN

Rank			Age							Time	Pts	
32.	SWINTOZELSKI Maksymilian		14	Fala Krasnik						<b>5:21.47</b>	393	
	50m:	33.52	33.52	150m:	1:53.95	41.54	250m:	3:21.29	47.08	350m:	4:46.61	36.65
	100m:	1:12.41	38.89	200m:	2:34.21	40.26	300m:	4:09.96	48.67	400m:	5:21.47	34.86
33.	BOZEK Filip		15	Fala Krasnik						<b>5:23.09</b>	387	
	50m:	35.10	35.10	150m:	1:57.81	40.34	250m:	3:24.55	47.34	350m:	4:48.88	35.85
	100m:	1:17.47	42.37	200m:	2:37.21	39.40	300m:	4:13.03	48.48	400m:	5:23.09	34.21
34.	BORSUK Piotr		14	Fala Krasnik						<b>5:27.37</b>	372	
	50m:	33.19	33.19	150m:	1:53.93	40.41	250m:	3:23.98	50.29	350m:	4:50.47	37.97
	100m:	1:13.52	40.33	200m:	2:33.69	39.76	300m:	4:12.50	48.52	400m:	5:27.37	36.90
35.	DERUS Mateusz		15	Olimpia Lublin						<b>5:29.49</b>	365	
	50m:	33.80	33.80	150m:	1:57.67	44.64	250m:	3:30.08	47.05	350m:	4:53.56	36.80
	100m:	1:13.03	39.23	200m:	2:43.03	45.36	300m:	4:16.76	46.68	400m:	5:29.49	35.93
36.	POGODA Filip		14	Olimpijczyk 23 Lublin						<b>5:31.69</b>	357	
	50m:	34.74	34.74	150m:	2:03.16	46.21	250m:	3:30.52	45.09	350m:	4:55.89	38.10
	100m:	1:16.95	42.21	200m:	2:45.43	42.27	300m:	4:17.79	47.27	400m:	5:31.69	35.80
37.	SWIC Mateusz		14	Olimpijczyk 23 Lublin						<b>5:35.78</b>	344	
	50m:	37.47	37.47	150m:	2:04.38	43.33	250m:	3:33.01	48.38	350m:	4:59.97	38.07
	100m:	1:21.05	43.58	200m:	2:44.63	40.25	300m:	4:21.90	48.89	400m:	5:35.78	35.81
38.	KURANTOWICZ Krzysztof		18	Orka Zamosc						<b>5:37.34</b>	340	
	50m:	34.58	34.58	150m:	2:00.83	45.28	250m:	3:33.77	48.77	350m:	5:00.73	38.53
	100m:	1:15.55	40.97	200m:	2:45.00	44.17	300m:	4:22.20	48.43	400m:	5:37.34	36.61
39.	LEWTAK Szymon		13	Olimpia Lublin						<b>5:42.81</b>	324	
	50m:	36.18	36.18	150m:	2:03.53	45.98	250m:	3:36.50	49.79	350m:	5:04.74	38.20
	100m:	1:17.55	41.37	200m:	2:46.71	43.18	300m:	4:26.54	50.04	400m:	5:42.81	38.07
40.	JAKOBCZYK Jakub		15	Olimpia Lublin						<b>5:45.65</b>	316	
	50m:	37.07	37.07	150m:	2:05.96	43.34	250m:	3:39.71	51.05	350m:	5:08.64	38.56
	100m:	1:22.62	45.55	200m:	2:48.66	42.70	300m:	4:30.08	50.37	400m:	5:45.65	37.01
41.	DZIUBA Gerard		15	Wisla Pulawy						<b>5:47.67</b>	310	
	50m:	35.95	35.95	150m:	2:00.11	42.10	250m:	3:36.34	55.52	350m:	5:08.53	38.33
	100m:	1:18.01	42.06	200m:	2:40.82	40.71	300m:	4:30.20	53.86	400m:	5:47.67	39.14
42.	LAGOZNY Filip		13	Orka Zamosc						<b>5:59.47</b>	281	
	50m:	37.55	37.55	150m:	2:10.85	49.06	250m:	3:45.43	47.25	350m:	5:18.28	43.67
	100m:	1:21.79	44.24	200m:	2:58.18	47.33	300m:	4:34.61	49.18	400m:	5:59.47	41.19
43.	GRACZAK Dawid		15	Olimpia Lublin						<b>5:59.91</b>	280	
	50m:	37.13	37.13	150m:	2:10.84	48.91	250m:	3:46.28	48.03	350m:	5:19.38	43.17
	100m:	1:21.93	44.80	200m:	2:58.25	47.41	300m:	4:36.21	49.93	400m:	5:59.91	40.53
44.	TERLECKI Michal		12	Wodnik Krasnystaw						<b>6:00.06</b>	279	
	50m:	38.74	38.74	150m:	2:14.75	48.57	250m:	3:50.86	48.49	350m:	5:21.28	40.59
	100m:	1:26.18	47.44	200m:	3:02.37	47.62	300m:	4:40.69	49.83	400m:	6:00.06	38.78
45.	BAREJ Michal		13	Olimpia Lublin						<b>6:00.32</b>	279	
	50m:	37.97	37.97	150m:	2:12.47	50.27	250m:	3:48.80	46.33	350m:	5:20.97	44.28
	100m:	1:22.20	44.23	200m:	3:02.47	50.00	300m:	4:36.69	47.89	400m:	6:00.32	39.35
46.	STACHARSKI Dominik		14	Lublinianka						<b>6:07.29</b>	263	
	50m:	38.42	38.42	150m:	2:13.21	48.17	250m:	3:54.40	56.46	350m:	5:30.34	41.10
	100m:	1:25.04	46.62	200m:	2:57.94	44.73	300m:	4:49.24	54.84	400m:	6:07.29	36.95
47.	KUBINIEC Mikołaj		13	Skarpa Lublin						<b>6:10.55</b>	256	
	50m:	45.43	45.43	150m:	2:22.46	45.72	250m:	3:58.17	50.07	350m:	5:30.71	40.70
	100m:	1:36.74	51.31	200m:	3:08.10	45.64	300m:	4:50.01	51.84	400m:	6:10.55	39.84
48.	SZCZEKALA Oliwier		13	Olimpia Lublin						<b>6:45.95</b>	195	
	50m:	45.43	45.43	150m:	2:32.05	49.25	250m:	4:17.59	58.07	350m:	6:00.68	44.71
	100m:	1:42.80	57.37	200m:	3:19.52	47.47	300m:	5:15.97	58.38	400m:	6:45.95	45.27

2017 Ogólnopolski Sprawdzian Wszechstronno ci Stylowej  
Lublin, 7.10.2017

Event 10, Men, 400m Medley, OPEN

Rank		Age		Time	Pts
DSQ	MALYSKA Bartosz SL	18	Skarpa Lublin		
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>				
DSQ	LECH Filip	16	AZS UMCS Lublin		
	<i>G7 - Brak pozycji na plecach przy opuszczaniu ciany nawrotowej</i>				
DSQ	CHYRCHALA Rafal	15	Orka Zamosc		
	<i>K14 - Praca nóg w płaszczy nie pionowej w dół (z wyj tkiem jednego ruchu po starcie i nawrocie)</i>				
DSQ	CZAJKOWSKI Igor	12	Orka Zamosc		
	<i>M10 - Praca nóg jak do stylu klasycznego (stopy obrócone na zewn trz)</i>				
DSQ	DUBIEL Igor	13	Orka Zamosc		
	<i>G4 - Wykonanie wi cej ni jednego poci gni cia ramieniem (ramionami) w pozycji na piersiach w trakcie nawrotu</i>				
DSQ	MANDZIUK Kewin	14	Orka Zamosc		
	<i>G7 - Brak pozycji na plecach przy opuszczaniu ciany nawrotowej</i>				
DSQ	RYMARZ Jakub	12	Orka Zamosc		
	<i>Z1 - Nieprawidłowa kolejno stylów pływania</i>				
DSQ	CZERNIAK Jarosław	14	UKS 51 Lublin		
	<i>M9 - Naprzemienna lub nierównoczesna praca nóg</i>				
DSQ	CZUBA Marcin	16	Wisla Pulawy		
	<i>G7 - Brak pozycji na plecach przy opuszczaniu ciany nawrotowej</i>				
DNF	STEMPURSKI Igor	13	Olimpia Lublin		
	50m:	43.34	43.34	150m:	250m:
	100m:			200m:	300m:
					350m:
					400m: