

Ogólnopolski Sprawdzian Wszechstronno ci Stylowej
Lublin, 28.9.2024

Konkurencja 18 28.09.2024 - 16:18	M czyzn, 400m zmienny					14 lat i starsi Wyniki
Rekord LOZP Open	4:11.60	WITKOWSKI Jan	01003	Istanbul (TUR)	13.12.2012	
Rekord LOZP 19 +	4:11.60	WITKOWSKI Jan	01003	Istanbul (TUR)	13.12.2012	
Rekord LOZP 18	4:11.60	WITKOWSKI Jan	01003	Istanbul (TUR)	13.12.2012	
Rekord LOZP 17	4:14.62	POPIEL Mikołaj	03103	Olsztyn	15.12.2023	
Rekord LOZP 16	4:20.95	WITKOWSKI Jan	01003	Szczecin	02.12.2010	
Rekord LOZP 15	4:28.38	SOBEK Nikodem	02503	Ostrowiec Sw	03.03.2017	
Rekord LOZP 14	4:30.71	SOBEK Nikodem	02503	Olsztyn	11.12.2016	

Punkty: AQUA 2024

Pozycja	Wiek			Czas	Pkt.	CR
JUNIOR MŁODSZY						
1. NOWACKI Mieszko	15	KU AZS UMCS Lublin	4:43.68	567	+0,64	
50m: 30.33 30.33	150m: 1:42.21 36.26	250m: 2:58.32 41.77	350m: 4:12.97 32.65			
100m: 1:05.95 35.62	200m: 2:16.55 34.34	300m: 3:40.32 42.00	400m: 4:43.68 30.71			
2. GIRU Michał	15	RWKS Sparta Biłgoraj	4:51.63	521	+0,71	
50m: 31.31 31.31	150m: 1:44.54 38.42	250m: 3:03.26 40.22	350m: 4:18.21 35.62			
100m: 1:06.12 34.81	200m: 2:23.04 38.50	300m: 3:42.59 39.33	400m: 4:51.63 33.42			
3. WÓJCIK Remigiusz	15	KU AZS UMCS Lublin	4:53.74	510	+0,71	
50m: 29.38 29.38	150m: 1:41.88 38.85	250m: 3:04.79 45.40	350m: 4:23.61 32.20			
100m: 1:03.03 33.65	200m: 2:19.39 37.51	300m: 3:51.41 46.62	400m: 4:53.74 30.13			
4. SKOCZYLAS Bartosz	15	KU AZS UMCS Lublin	4:57.10	493	+0,66	
50m: 30.69 30.69	150m: 1:46.51 40.45	250m: 3:08.03 42.89	350m: 4:25.07 34.03			
100m: 1:06.06 35.37	200m: 2:25.14 38.63	300m: 3:51.04 43.01	400m: 4:57.10 32.03			
5. WIECZOREK Marcel	15	KU AZS UMCS Lublin	5:06.97	447	+0,80	
50m: 31.29 31.29	150m: 1:48.55 41.27	250m: 3:13.88 46.08	350m: 4:34.46 33.32			
100m: 1:07.28 35.99	200m: 2:27.80 39.25	300m: 4:01.14 47.26	400m: 5:06.97 32.51			
6. JABŁO SKI Maciej	14	MKS AVIA widnik	5:10.35	433	+0,85	
50m: 33.45 33.45	150m: 1:53.37 41.30	250m: 3:14.62 42.82	350m: 4:35.22 36.69			
100m: 1:12.07 38.62	200m: 2:31.80 38.43	300m: 3:58.53 43.91	400m: 5:10.35 35.13			
7. FRONCZEK Bła ej	15	KU AZS UMCS Lublin	5:18.98	398	+0,68	
50m: 32.17 32.17	150m: 1:52.79 42.29	250m: 3:21.76 48.52	350m: 4:45.74 34.70			
100m: 1:10.50 38.33	200m: 2:33.24 40.45	300m: 4:11.04 49.28	400m: 5:18.98 33.24			
8. GRODECKI Kornel	14	KU AZS UMCS Lublin	5:18.99	398	+0,66	
50m: 31.00 31.00	150m: 1:51.10 43.49	250m: 3:19.70 47.49	350m: 4:44.18 36.47			
100m: 1:07.61 36.61	200m: 2:32.21 41.11	300m: 4:07.71 48.01	400m: 5:18.99 34.81			
9. NOWICKI Filip	14	KU AZS UMCS Lublin	5:21.18	390	+0,69	
50m: 33.43 33.43	150m: 1:54.47 42.18	250m: 3:20.19 44.55	350m: 4:45.03 39.15			
100m: 1:12.29 38.86	200m: 2:35.64 41.17	300m: 4:05.88 45.69	400m: 5:21.18 36.15			
10. BARTNIK Hubert	14	UKS „Wodnik Krasnystaw”	5:25.03	377	+0,72	
50m: 34.45 34.45	150m: 1:56.51 42.56	250m: 3:23.64 45.53	350m: 4:49.04 39.23			
100m: 1:13.95 39.50	200m: 2:38.11 41.60	300m: 4:09.81 46.17	400m: 5:25.03 35.99			
11. TARKOWSKI Michał	14	MKS AVIA widnik	5:25.69	374	+0,76	
50m: 34.48 34.48	150m: 1:58.80 44.69	250m: 3:28.35 45.98	350m: 4:52.44 37.04			
100m: 1:14.11 39.63	200m: 2:42.37 43.57	300m: 4:15.40 47.05	400m: 5:25.69 33.25			
12. ZAMECKI Aleksander	14	KU AZS UMCS Lublin	5:32.39	352	+0,87	
50m: 35.14 35.14	150m: 2:01.25 42.72	250m: 3:31.04 48.79	350m: 4:57.54 36.75			
100m: 1:18.53 43.39	200m: 2:42.25 41.00	300m: 4:20.79 49.75	400m: 5:32.39 34.85			
13. MIAZEK Michał	15	MKS AVIA widnik	5:32.94	350	+0,74	
50m: 35.12 35.12	150m: 1:59.87 44.44	250m: 3:28.49 45.36	350m: 4:54.36 39.93			
100m: 1:15.43 40.31	200m: 2:43.13 43.26	300m: 4:14.43 45.94	400m: 5:32.94 38.58			
14. PIZO Gabriel	14	MKS AVIA widnik	5:36.16	340	+0,72	
50m: 34.36 34.36	150m: 2:03.69 47.29	250m: 3:36.60 47.82	350m: 5:03.31 37.82			
100m: 1:16.40 42.04	200m: 2:48.78 45.09	300m: 4:25.49 48.89	400m: 5:36.16 32.85			
15. DUBAS Filip	14	UKS Olimpijczyk 23	5:38.21	334	+0,69	
50m: 35.72 35.72	150m: 2:03.68 44.11	250m: 3:33.92 49.12	350m: 5:03.02 38.99			
100m: 1:19.57 43.85	200m: 2:44.80 41.12	300m: 4:24.03 50.11	400m: 5:38.21 35.19			

Ogólnopolski Sprawdzian Wszechstronno ci Stylowej
Lublin, 28.9.2024

Konkurencja 18, Chłopców, 400m zmienny, JUNIOR MŁODSZY

Pozycja			Wiek				Czas		Pkt.	CR
16.	RENDA Michał		14	KU AZS UMCS Lublin			5:43.23	320	+0,83	
	50m: 36.35	36.35	150m: 2:05.26	45.14	250m: 3:38.25	49.69	350m: 5:07.03	38.63		
	100m: 1:20.12	43.77	200m: 2:48.56	43.30	300m: 4:28.40	50.15	400m: 5:43.23	36.20		
17.	CIRKA Joachim		14	MKS AVIA widnik			5:46.12	312	+0,76	
	50m: 38.22	38.22	150m: 2:07.13	45.20	250m: 3:39.37	48.18	350m: 5:07.54	40.17		
	100m: 1:21.93	43.71	200m: 2:51.19	44.06	300m: 4:27.37	48.00	400m: 5:46.12	38.58		
18.	JAGIEŁŁO Mateusz		14	MKS AVIA widnik			5:46.25	311	+0,67	
	50m: 35.78	35.78	150m: 2:05.07	46.64	250m: 3:38.44	47.36	350m: 5:07.93	40.60		
	100m: 1:18.43	42.65	200m: 2:51.08	46.01	300m: 4:27.33	48.89	400m: 5:46.25	38.32		
19.	MASTALERZ Jakub		15	KS „Wisła” Puławy			5:50.73	300	+0,89	
	50m: 36.60	36.60	150m: 2:07.14	46.85	250m: 3:42.57	50.61	350m: 5:14.82	41.97		
	100m: 1:20.29	43.69	200m: 2:51.96	44.82	300m: 4:32.85	50.28	400m: 5:50.73	35.91		
20.	SOBEK Antoni		14	UKS Olimpijczyk 23			5:53.04	294	+0,79	
	50m: 39.50	39.50	150m: 2:10.08	44.42	250m: 3:44.09	51.80	350m: 5:15.55	39.75		
	100m: 1:25.66	46.16	200m: 2:52.29	42.21	300m: 4:35.80	51.71	400m: 5:53.04	37.49		
21.	PROKOP Ignacy		14	Uks Skarpa Lublin			5:53.82	292	+0,80	
	50m: 35.55	35.55	150m: 2:07.77	48.04	250m: 3:43.01	50.48	350m: 5:14.67	40.67		
	100m: 1:19.73	44.18	200m: 2:52.53	44.76	300m: 4:34.00	50.99	400m: 5:53.82	39.15		
22.	KULA Michał		14	UKS Olimpijczyk 23			5:55.47	288	+0,67	
	50m: 36.36	36.36	150m: 2:06.51	45.95	250m: 3:42.39	52.44	350m: 5:17.83	40.96		
	100m: 1:20.56	44.20	200m: 2:49.95	43.44	300m: 4:36.87	54.48	400m: 5:55.47	37.64		
23.	RYMKIEWICZ Bartłomiej		15	KS „Wisła” Puławy			5:57.28	283	+0,77	
	50m: 35.80	35.80	150m: 2:14.71	47.40	250m: 3:48.85	51.38	350m: 5:19.94	40.33		
	100m: 1:27.31	51.51	200m: 2:57.47	42.76	300m: 4:39.61	50.76	400m: 5:57.28	37.34		
24.	MEDVID Illia		14	MTP „Lublinianka”			5:59.62	278	+0,79	
	50m: 36.71	36.71	150m: 2:06.19	47.79	250m: 3:42.02	49.82	350m: 5:17.88	44.24		
	100m: 1:18.40	41.69	200m: 2:52.20	46.01	300m: 4:33.64	51.62	400m: 5:59.62	41.74		
25.	KARA Jan		14	MKS AVIA widnik			6:12.23	251	+0,78	
	50m: 37.06	37.06	150m: 2:10.10	50.26	250m: 3:53.53	54.08	350m: 5:31.83	42.83		
	100m: 1:19.84	42.78	200m: 2:59.45	49.35	300m: 4:49.00	55.47	400m: 6:12.23	40.40		
26.	PONIEWA Igor		14	UKS SP5 Swim			6:40.73	201	+0,85	
	50m: 41.59	41.59	150m: 2:28.87	51.91	250m: 4:12.68	53.97	350m: 5:55.34	46.26		
	100m: 1:36.96	55.37	200m: 3:18.71	49.84	300m: 5:09.08	56.40	400m: 6:40.73	45.39		
27.	PAPROCKI Andrzej		14	Swim Team Lubartów			7:07.32	165	+0,84	
	50m: 44.86	44.86	150m: 2:41.25	58.08	250m: 4:33.42	57.46	350m: 6:21.36	50.11		
	100m: 1:43.17	58.31	200m: 3:35.96	54.71	300m: 5:31.25	57.83	400m: 7:07.32	45.96		
DYSKW.	ORZECHOWSKI Kacper		14	UKS Olimpijczyk 23						
	<i>M8 - Pływak wykonał ruchy nóg jak do stylu klasycznego - stopy zwrócone na zewn trz (nie dotyczy pływania Masters) - 8.3, Masters 3.3.7</i>									

OPEN

1.	POPIEL Mikołaj		18	KU AZS UMCS Lublin			4:24.10	702	+0,71
	50m: 27.96	27.96	150m: 1:35.42	35.05	250m: 2:46.43	37.67	350m: 3:55.28	31.25	
	100m: 1:00.37	32.41	200m: 2:08.76	33.34	300m: 3:24.03	37.60	400m: 4:24.10	28.82	
2.	CZERWONKA Jan		16	KU AZS UMCS Lublin			4:27.98	672	+0,69
	50m: 29.16	29.16	150m: 1:37.62	35.11	250m: 2:49.81	37.63	350m: 3:59.31	31.27	
	100m: 1:02.51	33.35	200m: 2:12.18	34.56	300m: 3:28.04	38.23	400m: 4:27.98	28.67	
3.	MRÓZ Adam		21	KU AZS UMCS Lublin			4:28.11	671	+0,81
	50m: 28.27	28.27	150m: 1:35.81	35.04	250m: 2:48.70	38.08	350m: 3:58.58	30.99	
	100m: 1:00.77	32.50	200m: 2:10.62	34.81	300m: 3:27.59	38.89	400m: 4:28.11	29.53	
4.	KOZŁOWSKI Igor		19	KU AZS UMCS Lublin			4:33.24	634	+0,78
	50m: 28.50	28.50	150m: 1:37.86	35.76	250m: 2:51.69	39.11	350m: 4:02.51	32.10	
	100m: 1:02.10	33.60	200m: 2:12.58	34.72	300m: 3:30.41	38.72	400m: 4:33.24	30.73	

Ogólnopolski Sprawdzian Wszechstronno ci Stylowej
Lublin, 28.9.2024

Konkurencja 18, M czyzn, 400m zmienny, OPEN

Pozycja			Wiek							Czas	Pkt.	CR
5.	NOWACKI Bła ej		19	KU AZS UMCS Lublin						4:38.09	601	+0,68
	50m:	28.36 28.36	150m:	1:37.47	36.35	250m:	2:52.60	39.19	350m:	4:05.90	32.73	
	100m:	1:01.12 32.76	200m:	2:13.41	35.94	300m:	3:33.17	40.57	400m:	4:38.09	32.19	
6.	PIETRO Przemysław		17	KU AZS UMCS Lublin						4:39.93	590	+0,70
	50m:	28.84 28.84	150m:	1:39.90	36.72	250m:	2:56.88	41.20	350m:	4:09.63	31.65	
	100m:	1:03.18 34.34	200m:	2:15.68	35.78	300m:	3:37.98	41.10	400m:	4:39.93	30.30	
7.	NOWACKI Mieszko		15	KU AZS UMCS Lublin						4:43.68	567	+0,64
	50m:	30.33 30.33	150m:	1:42.21	36.26	250m:	2:58.32	41.77	350m:	4:12.97	32.65	
	100m:	1:05.95 35.62	200m:	2:16.55	34.34	300m:	3:40.32	42.00	400m:	4:43.68	30.71	
8.	KRASKA Mateusz		17	KU AZS UMCS Lublin						4:46.60	549	+0,65
	50m:	28.84 28.84	150m:	1:39.83	37.00	250m:	3:00.55	43.74	350m:	4:15.58	31.26	
	100m:	1:02.83 33.99	200m:	2:16.81	36.98	300m:	3:44.32	43.77	400m:	4:46.60	31.02	
9.	TOMASZEWSKI Piotr		19	KU AZS UMCS Lublin						4:48.30	540	+0,70
	50m:	29.30 29.30	150m:	1:40.50	36.94	250m:	2:59.04	42.23	350m:	4:16.03	33.32	
	100m:	1:03.56 34.26	200m:	2:16.81	36.31	300m:	3:42.71	43.67	400m:	4:48.30	32.27	
10.	BIELI SKI Bartosz		17	KU AZS UMCS Lublin						4:48.72	537	+0,64
	50m:	28.50 28.50	150m:	1:40.03	37.63	250m:	3:01.61	44.64	350m:	4:19.17	32.86	
	100m:	1:02.40 33.90	200m:	2:16.97	36.94	300m:	3:46.31	44.70	400m:	4:48.72	29.55	
11.	GIRU Michał		15	RWKS Sparta Biłgoraj						4:51.63	521	+0,71
	50m:	31.31 31.31	150m:	1:44.54	38.42	250m:	3:03.26	40.22	350m:	4:18.21	35.62	
	100m:	1:06.12 34.81	200m:	2:23.04	38.50	300m:	3:42.59	39.33	400m:	4:51.63	33.42	
12.	WÓJCIK Remigiusz		15	KU AZS UMCS Lublin						4:53.74	510	+0,71
	50m:	29.38 29.38	150m:	1:41.88	38.85	250m:	3:04.79	45.40	350m:	4:23.61	32.20	
	100m:	1:03.03 33.65	200m:	2:19.39	37.51	300m:	3:51.41	46.62	400m:	4:53.74	30.13	
13.	CHARKOT Krzysztof		16	KU AZS UMCS Lublin						4:56.12	498	+0,82
	50m:	30.05 30.05	150m:	1:44.80	39.95	250m:	3:07.23	44.27	350m:	4:24.94	32.91	
	100m:	1:04.85 34.80	200m:	2:22.96	38.16	300m:	3:52.03	44.80	400m:	4:56.12	31.18	
14.	SKOCZYLAŚ Bartosz		15	KU AZS UMCS Lublin						4:57.10	493	+0,66
	50m:	30.69 30.69	150m:	1:46.51	40.45	250m:	3:08.03	42.89	350m:	4:25.07	34.03	
	100m:	1:06.06 35.37	200m:	2:25.14	38.63	300m:	3:51.04	43.01	400m:	4:57.10	32.03	
15.	WASILEWSKI Mateusz		16	KU AZS UMCS Lublin						5:01.21	473	+0,73
	50m:	31.69 31.69	150m:	1:50.40	40.61	250m:	3:12.76	43.07	350m:	4:29.81	33.50	
	100m:	1:09.79 38.10	200m:	2:29.69	39.29	300m:	3:56.31	43.55	400m:	5:01.21	31.40	
16.	STEMPURSKI Igor		20	KS „OLIMPIA” Lublin						5:02.13	469	
	50m:	30.51 30.51	150m:	1:46.91	40.72	250m:	3:09.12	43.13	350m:	4:28.36	35.52	
	100m:	1:06.19 35.68	200m:	2:25.99	39.08	300m:	3:52.84	43.72	400m:	5:02.13	33.77	
17.	WIECZOREK Marcel		15	KU AZS UMCS Lublin						5:06.97	447	+0,80
	50m:	31.29 31.29	150m:	1:48.55	41.27	250m:	3:13.88	46.08	350m:	4:34.46	33.32	
	100m:	1:07.28 35.99	200m:	2:27.80	39.25	300m:	4:01.14	47.26	400m:	5:06.97	32.51	
18.	JABŁO SKI Maciej		14	MKS AVIA widnik						5:10.35	433	+0,85
	50m:	33.45 33.45	150m:	1:53.37	41.30	250m:	3:14.62	42.82	350m:	4:35.22	36.69	
	100m:	1:12.07 38.62	200m:	2:31.80	38.43	300m:	3:58.53	43.91	400m:	5:10.35	35.13	
19.	FRONCZEK Bła ej		15	KU AZS UMCS Lublin						5:18.98	398	+0,68
	50m:	32.17 32.17	150m:	1:52.79	42.29	250m:	3:21.76	48.52	350m:	4:45.74	34.70	
	100m:	1:10.50 38.33	200m:	2:33.24	40.45	300m:	4:11.04	49.28	400m:	5:18.98	33.24	
20.	GRODECKI Kornel		14	KU AZS UMCS Lublin						5:18.99	398	+0,66
	50m:	31.00 31.00	150m:	1:51.10	43.49	250m:	3:19.70	47.49	350m:	4:44.18	36.47	
	100m:	1:07.61 36.61	200m:	2:32.21	41.11	300m:	4:07.71	48.01	400m:	5:18.99	34.81	
21.	NOWICKI Filip		14	KU AZS UMCS Lublin						5:21.18	390	+0,69
	50m:	33.43 33.43	150m:	1:54.47	42.18	250m:	3:20.19	44.55	350m:	4:45.03	39.15	
	100m:	1:12.29 38.86	200m:	2:35.64	41.17	300m:	4:05.88	45.69	400m:	5:21.18	36.15	
22.	BARTNIK Hubert		14	UKS „Wodnik Krasnystaw”						5:25.03	377	+0,72
	50m:	34.45 34.45	150m:	1:56.51	42.56	250m:	3:23.64	45.53	350m:	4:49.04	39.23	
	100m:	1:13.95 39.50	200m:	2:38.11	41.60	300m:	4:09.81	46.17	400m:	5:25.03	35.99	

Ogólnopolski Sprawdzian Wszechstronno ci Stylowej
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Konkurencja 18, M czyzn, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.	CR	
23.	TARKOWSKI Michał		14	MKS AVIA widnik				5:25.69	374	+0,76	
	50m:	34.48 34.48	150m:	1:58.80	44.69	250m:	3:28.35	45.98	350m:	4:52.44	37.04
	100m:	1:14.11 39.63	200m:	2:42.37	43.57	300m:	4:15.40	47.05	400m:	5:25.69	33.25
24.	ZAMECKI Aleksander		14	KU AZS UMCS Lublin				5:32.39	352	+0,87	
	50m:	35.14 35.14	150m:	2:01.25	42.72	250m:	3:31.04	48.79	350m:	4:57.54	36.75
	100m:	1:18.53 43.39	200m:	2:42.25	41.00	300m:	4:20.79	49.75	400m:	5:32.39	34.85
25.	MIAZEK Michał		15	MKS AVIA widnik				5:32.94	350	+0,74	
	50m:	35.12 35.12	150m:	1:59.87	44.44	250m:	3:28.49	45.36	350m:	4:54.36	39.93
	100m:	1:15.43 40.31	200m:	2:43.13	43.26	300m:	4:14.43	45.94	400m:	5:32.94	38.58
26.	SIUDA Jeremi		16	KU AZS UMCS Lublin				5:32.95	350	+0,77	
	50m:	35.98 35.98	150m:	2:03.53	44.21	250m:	3:31.18	45.16	350m:	4:55.56	38.34
	100m:	1:19.32 43.34	200m:	2:46.02	42.49	300m:	4:17.22	46.04	400m:	5:32.95	37.39
27.	PIZO Gabriel		14	MKS AVIA widnik				5:36.16	340	+0,72	
	50m:	34.36 34.36	150m:	2:03.69	47.29	250m:	3:36.60	47.82	350m:	5:03.31	37.82
	100m:	1:16.40 42.04	200m:	2:48.78	45.09	300m:	4:25.49	48.89	400m:	5:36.16	32.85
28.	DUBAS Filip		14	UKS Olimpijczyk 23				5:38.21	334	+0,69	
	50m:	35.72 35.72	150m:	2:03.68	44.11	250m:	3:33.92	49.12	350m:	5:03.02	38.99
	100m:	1:19.57 43.85	200m:	2:44.80	41.12	300m:	4:24.03	50.11	400m:	5:38.21	35.19
29.	LENARD Radosław		17	MTP „Lublinianka”				5:39.30	331	+0,80	
	50m:	34.70 34.70	150m:	2:04.48	46.66	250m:	3:36.46	47.97	350m:	5:03.49	39.64
	100m:	1:17.82 43.12	200m:	2:48.49	44.01	300m:	4:23.85	47.39	400m:	5:39.30	35.81
30.	BARABAN Damian		16	KS „Wisła” Puławy				5:39.96	329	+0,70	
	50m:	31.68 31.68	150m:	1:56.56	45.12	250m:	3:31.66	52.19	350m:	5:02.05	37.67
	100m:	1:11.44 39.76	200m:	2:39.47	42.91	300m:	4:24.38	52.72	400m:	5:39.96	37.91
31.	KUROMSKI Konstanty		16	MKS AVIA widnik				5:41.61	324	+0,89	
	50m:	34.11 34.11	150m:	1:59.64	45.41	250m:	3:33.94	50.87	350m:	5:04.31	40.17
	100m:	1:14.23 40.12	200m:	2:43.07	43.43	300m:	4:24.14	50.20	400m:	5:41.61	37.30
32.	RENDA Michał		14	KU AZS UMCS Lublin				5:43.23	320	+0,83	
	50m:	36.35 36.35	150m:	2:05.26	45.14	250m:	3:38.25	49.69	350m:	5:07.03	38.63
	100m:	1:20.12 43.77	200m:	2:48.56	43.30	300m:	4:28.40	50.15	400m:	5:43.23	36.20
33.	CIRKA Joachim		14	MKS AVIA widnik				5:46.12	312	+0,76	
	50m:	38.22 38.22	150m:	2:07.13	45.20	250m:	3:39.37	48.18	350m:	5:07.54	40.17
	100m:	1:21.93 43.71	200m:	2:51.19	44.06	300m:	4:27.37	48.00	400m:	5:46.12	38.58
34.	JAGIEŁŁO Mateusz		14	MKS AVIA widnik				5:46.25	311	+0,67	
	50m:	35.78 35.78	150m:	2:05.07	46.64	250m:	3:38.44	47.36	350m:	5:07.93	40.60
	100m:	1:18.43 42.65	200m:	2:51.08	46.01	300m:	4:27.33	48.89	400m:	5:46.25	38.32
35.	MASTALERZ Jakub		15	KS „Wisła” Puławy				5:50.73	300	+0,89	
	50m:	36.60 36.60	150m:	2:07.14	46.85	250m:	3:42.57	50.61	350m:	5:14.82	41.97
	100m:	1:20.29 43.69	200m:	2:51.96	44.82	300m:	4:32.85	50.28	400m:	5:50.73	35.91
36.	SOBEK Antoni		14	UKS Olimpijczyk 23				5:53.04	294	+0,79	
	50m:	39.50 39.50	150m:	2:10.08	44.42	250m:	3:44.09	51.80	350m:	5:15.55	39.75
	100m:	1:25.66 46.16	200m:	2:52.29	42.21	300m:	4:35.80	51.71	400m:	5:53.04	37.49
37.	PROKOP Ignacy		14	Uks Skarpa Lublin				5:53.82	292	+0,80	
	50m:	35.55 35.55	150m:	2:07.77	48.04	250m:	3:43.01	50.48	350m:	5:14.67	40.67
	100m:	1:19.73 44.18	200m:	2:52.53	44.76	300m:	4:34.00	50.99	400m:	5:53.82	39.15
38.	KULA Michał		14	UKS Olimpijczyk 23				5:55.47	288	+0,67	
	50m:	36.36 36.36	150m:	2:06.51	45.95	250m:	3:42.39	52.44	350m:	5:17.83	40.96
	100m:	1:20.56 44.20	200m:	2:49.95	43.44	300m:	4:36.87	54.48	400m:	5:55.47	37.64
39.	RYMKIEWICZ Bartłomiej		15	KS „Wisła” Puławy				5:57.28	283	+0,77	
	50m:	35.80 35.80	150m:	2:14.71	47.40	250m:	3:48.85	51.38	350m:	5:19.94	40.33
	100m:	1:27.31 51.51	200m:	2:57.47	42.76	300m:	4:39.61	50.76	400m:	5:57.28	37.34
40.	MEDVID Illia		14	MTP „Lublinianka”				5:59.62	278	+0,79	
	50m:	36.71 36.71	150m:	2:06.19	47.79	250m:	3:42.02	49.82	350m:	5:17.88	44.24
	100m:	1:18.40 41.69	200m:	2:52.20	46.01	300m:	4:33.64	51.62	400m:	5:59.62	41.74

Ogólnopolski Sprawdzian Wszechstronno ci Stylowej
Lublin, 28.9.2024

Konkurencja 18, M czyzn, 400m zmienny, OPEN

Pozycja			Wiek					Czas	Pkt.	CR
41.	OLEKSIENKO Oleksandr		16	KS „OLIMPIA” Lublin				6:04.25	267	+0,72
	50m: 34.76	34.76	150m: 2:04.06	46.74	250m: 3:45.40	56.28	350m: 5:25.46	42.28		
	100m: 1:17.32	42.56	200m: 2:49.12	45.06	300m: 4:43.18	57.78	400m: 6:04.25	38.79		
42.	KARA Jan		14	MKS AVIA widnik				6:12.23	251	+0,78
	50m: 37.06	37.06	150m: 2:10.10	50.26	250m: 3:53.53	54.08	350m: 5:31.83	42.83		
	100m: 1:19.84	42.78	200m: 2:59.45	49.35	300m: 4:49.00	55.47	400m: 6:12.23	40.40		
43.	PONIEWA Igor		14	UKS SP5 Swim				6:40.73	201	+0,85
	50m: 41.59	41.59	150m: 2:28.87	51.91	250m: 4:12.68	53.97	350m: 5:55.34	46.26		
	100m: 1:36.96	55.37	200m: 3:18.71	49.84	300m: 5:09.08	56.40	400m: 6:40.73	45.39		
44.	PAPROCKI Andrzej		14	Swim Team Lubartów				7:07.32	165	+0,84
	50m: 44.86	44.86	150m: 2:41.25	58.08	250m: 4:33.42	57.46	350m: 6:21.36	50.11		
	100m: 1:43.17	58.31	200m: 3:35.96	54.71	300m: 5:31.25	57.83	400m: 7:07.32	45.96		
DYSKW.	ORZECHOWSKI Kacper		14	UKS Olimpijczyk 23						
	<i>M8 - Pływak wykonał ruchy nóg jak do stylu klasycznego - stopy zwrócone na zewn trz (nie dotyczy pływania Masters) - 8.3, Masters 3.3.7</i>									