

Ogólnopolski Sprawdzian Wytrzymałości
Szczecin, 26-11-2016

Konkurencja 4
2016-11-26 - 12:20

Chłopców, 400m dowolny

11 lat
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
1.	GRYKIE Aleksander		05	MKP Szczecin				4:55.13	371
	50m: 32.37	32.37	150m: 1:46.87	37.35	250m: 3:03.36	38.43	350m: 4:19.48	37.46	
	100m: 1:09.52	37.15	200m: 2:24.93	38.06	300m: 3:42.02	38.66	400m: 4:55.13	35.65	
2.	JANKOWSKI Antoni		05	MKP Słowianka Gorzów				5:16.64	301
	50m: 36.31	36.31	150m: 1:56.99	40.11	250m: 3:17.81	40.38	350m: 4:38.26	39.44	
	100m: 1:16.88	40.57	200m: 2:37.43	40.44	300m: 3:58.82	41.01	400m: 5:16.64	38.38	
3.	JANOWSKI Damian		05	MKP Szczecin				5:23.82	281
	50m: 36.55	36.55	150m: 1:58.30	40.78	250m: 3:21.77	41.86	350m: 4:44.67	40.23	
	100m: 1:17.52	40.97	200m: 2:39.91	41.61	300m: 4:04.44	42.67	400m: 5:23.82	39.15	
4.	RABIZA J drzej		05	MKP Szczecin				5:26.76	274
	50m: 36.60	36.60	150m: 2:01.36	43.69	250m: 3:25.80	43.16	350m: 4:48.78	41.79	
	100m: 1:17.67	41.07	200m: 2:42.64	41.28	300m: 4:06.99	41.19	400m: 5:26.76	37.98	
5.	KEMPIAK Bartosz		05	MKP Słowianka Gorzów				5:27.57	272
	50m: 37.59	37.59	150m: 2:02.19	41.89	250m: 3:26.30	41.64	350m: 4:49.30	40.99	
	100m: 1:20.30	42.71	200m: 2:44.66	42.47	300m: 4:08.31	42.01	400m: 5:27.57	38.27	
6.	DOBOSZ Ksawery		05	MKP Szczecin				5:32.15	260
	50m: 36.58	36.58	150m: 2:01.60	42.92	250m: 3:29.27	44.16	350m: 4:53.70	42.76	
	100m: 1:18.68	42.10	200m: 2:45.11	43.51	300m: 4:10.94	41.67	400m: 5:32.15	38.45	
7.	SZPALER Jakub		05	MKP Szczecin				5:32.43	260
	50m: 36.56	36.56	150m: 2:03.48	43.33	250m: 3:29.08	42.59	350m: 4:52.72	40.78	
	100m: 1:20.15	43.59	200m: 2:46.49	43.01	300m: 4:11.94	42.86	400m: 5:32.43	39.71	
8.	KUREK Michał		05	MKP Szczecin				5:42.32	238
	50m: 38.78	38.78	150m: 2:04.10	42.94	250m: 3:32.45	44.70	350m: 5:00.95	44.14	
	100m: 1:21.16	42.38	200m: 2:47.75	43.65	300m: 4:16.81	44.36	400m: 5:42.32	41.37	
9.	BETKA Stanisław		05	MKP Szczecin				5:43.62	235
	50m: 39.33	39.33	150m: 2:06.88	44.15	250m: 3:34.98	43.83	350m: 5:01.92	43.77	
	100m: 1:22.73	43.40	200m: 2:51.15	44.27	300m: 4:18.15	43.17	400m: 5:43.62	41.70	
10.	SZUKAJŁO Kacper		05	MKP Szczecin				5:46.91	229
	50m: 39.47	39.47	150m: 2:07.16	44.05	250m: 3:37.08	45.24	350m: 5:05.29	43.89	
	100m: 1:23.11	43.64	200m: 2:51.84	44.68	300m: 4:21.40	44.32	400m: 5:46.91	41.62	
11.	KAJA Bła ej		05	MKP Słowianka Gorzów				5:51.07	220
	50m: 38.23	38.23	150m: 2:06.37	45.85	250m: 3:39.02	45.56	350m: 5:08.14	43.63	
	100m: 1:20.52	42.29	200m: 2:53.46	47.09	300m: 4:24.51	45.49	400m: 5:51.07	42.93	
12.	WILANT Jan		05	MKP Słowianka Gorzów				5:51.20	220
	50m: 41.00	41.00	150m: 2:11.14	45.97	250m: 3:41.17	44.79	350m: 5:09.09	44.95	
	100m: 1:25.17	44.17	200m: 2:56.38	45.24	300m: 4:24.14	42.97	400m: 5:51.20	42.11	
13.	STASIAK Patryk		05	MKP Słowianka Gorzów				5:56.68	210
	50m: 38.83	38.83	150m: 2:07.63	44.85	250m: 3:39.19	46.24	350m: 5:11.54	45.61	
	100m: 1:22.78	43.95	200m: 2:52.95	45.32	300m: 4:25.93	46.74	400m: 5:56.68	45.14	
14.	DOKTÓR Mateusz		05	MKP Słowianka Gorzów				5:57.73	208
	50m: 39.40	39.40	150m: 2:10.32	46.49	250m: 3:41.77	46.29	350m: 5:13.92	45.55	
	100m: 1:23.83	44.43	200m: 2:55.48	45.16	300m: 4:28.37	46.60	400m: 5:57.73	43.81	
15.	URBICH Antoni		05	MKP Szczecin				6:02.62	200
	50m: 39.60	39.60	150m: 2:09.82	45.84	250m: 3:44.72	48.73	350m:		
	100m: 1:23.98	44.38	200m: 2:55.99	46.17	300m: 4:29.96	45.24	400m: 6:02.62		
16.	KRZY ANIAK Rafał		05	MKP Szczecin				6:05.44	195
	50m: 40.77	40.77	150m: 2:15.79	48.67	250m: 3:47.32	45.83	350m: 5:21.51	47.35	
	100m: 1:27.12	46.35	200m: 3:01.49	45.70	300m: 4:34.16	46.84	400m: 6:05.44	43.93	
17.	GRZELCZYK Filip		05	MKP Szczecin				6:07.60	192
	50m: 41.68	41.68	150m: 2:15.55	47.80	250m: 3:50.83	47.47	350m: 5:24.16	45.97	
	100m: 1:27.75	46.07	200m: 3:03.36	47.81	300m: 4:38.19	47.36	400m: 6:07.60	43.44	

Ogólnopolski Sprawdzian Wytrzymało ci
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Konkurencja 4, Chłopców, 400m dowolny, 11 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	KRZY ANIAK Jakub	05	MKP Słowianka Gorzów					6:12.34	185
	50m: 42.05 42.05	150m: 2:17.95 48.11	250m: 3:54.00 47.08	350m: 5:30.24 48.49	100m: 1:29.84 47.79	200m: 3:06.92 48.97	300m: 4:41.75 47.75	400m: 6:12.34 42.10	
19.	WIERTNIA Kacper	05	MKP Szczecin					6:12.74	184
	50m: 40.07 40.07	150m: 2:14.81 48.19	250m: 3:51.51 47.87	350m: 5:27.44 48.27	100m: 1:26.62 46.55	200m: 3:03.64 48.83	300m: 4:39.17 47.66	400m: 6:12.74 45.30	
20.	MILANOWSKI Jan	05	MKP Szczecin					6:15.49	180
	50m: 40.69 40.69	150m: 2:14.89 48.18	250m: 3:51.91 48.48	350m: 5:29.30 47.77	100m: 1:26.71 46.02	200m: 3:03.43 48.54	300m: 4:41.53 49.62	400m: 6:15.49 46.19	
21.	KWASIGROCH Jakub	05	MKP Szczecin					6:17.77	177
	50m: 41.40 41.40	150m: 2:16.76 48.77	250m: 3:55.24 49.03	350m: 5:32.11 47.55	100m: 1:27.99 46.59	200m: 3:06.21 49.45	300m: 4:44.56 49.32	400m: 6:17.77 45.66	
22.	MI CZUK Łukasz	05	MKP Słowianka Gorzów					6:18.27	176
	50m: 40.73 40.73	150m: 2:17.68 49.02	250m: 3:57.09 49.68	350m: 5:34.02 47.41	100m: 1:28.66 47.93	200m: 3:07.41 49.73	300m: 4:46.61 49.52	400m: 6:18.27 44.25	
23.	CIERESZKO Mateusz	05	MKP Szczecin					6:21.18	172
	50m: 41.39 41.39	150m: 2:18.99 49.56	250m: 3:58.37 49.34	350m: 5:36.66 48.86	100m: 1:29.43 48.04	200m: 3:09.03 50.04	300m: 4:47.80 49.43	400m: 6:21.18 44.52	
24.	CIE LEWICZ Michał	05	MKS Neptun Stargard					6:24.99	167
	50m: 38.44 38.44	150m: 2:18.56 51.16	250m: 3:59.30 50.28	350m: 5:38.75 49.49	100m: 1:27.40 48.96	200m: 3:09.02 50.46	300m: 4:49.26 49.96	400m: 6:24.99 46.24	
25.	DZIDA Kamil	05	MKP Słowianka Gorzów					6:31.23	159
	50m: 43.47 43.47	150m: 2:22.91 50.37	250m: 4:04.54 50.89	350m: 5:47.55 51.51	100m: 1:32.54 49.07	200m: 3:13.65 50.74	300m: 4:56.04 51.50	400m: 6:31.23 43.68	
26.	ŁUCKI Paweł	05	MKP Szczecin					6:37.20	152
	50m: 44.97 44.97	150m: 2:25.69 49.24	250m: 4:06.71 51.66	350m: 5:48.40 50.63	100m: 1:36.45 51.48	200m: 3:15.05 49.36	300m: 4:57.77 51.06	400m: 6:37.20 48.80	
27.	ZDZIEBŁOWSKI Wiktor	05	MKP Szczecin					6:40.70	148
	50m: 45.79 45.79	150m: 2:28.19 51.27	250m: 4:11.42 51.33	350m: 5:54.27 51.24	100m: 1:36.92 51.13	200m: 3:20.09 51.90	300m: 5:03.03 51.61	400m: 6:40.70 46.43	
28.	MACH Marek	05	MKP Słowianka Gorzów					6:40.78	148
	50m: 45.19 45.19	150m: 2:27.53 51.91	250m: 4:09.74 50.99	350m: 5:52.43 50.79	100m: 1:35.62 50.43	200m: 3:18.75 51.22	300m: 5:01.64 51.90	400m: 6:40.78 48.35	
29.	LIS Filip	05	MKP Szczecin					6:40.98	148
	50m: 43.44 43.44	150m: 2:24.68 51.73	250m: 4:09.36 52.07	350m: 5:52.44 51.15	100m: 1:32.95 49.51	200m: 3:17.29 52.61	300m: 5:01.29 51.93	400m: 6:40.98 48.54	
30.	MASZAŁO Karol	05	MKP Szczecin					6:42.45	146
	50m: 43.25 43.25	150m: 2:24.87 51.13	250m: 4:11.04 53.90	350m: 5:53.72 50.42	100m: 1:33.74 50.49	200m: 3:17.14 52.27	300m: 5:03.30 52.26	400m: 6:42.45 48.73	
31.	FILIPOWSKI Kornel	05	MKP Słowianka Gorzów					6:44.32	144
	50m: 46.23 46.23	150m: 2:28.33 51.83	250m: 4:12.99 52.45	350m: 6:00.00 51.00	100m: 1:36.50 50.27	200m: 3:20.54 52.21	300m: 5:05.00 51.00	400m: 6:44.32 48.00	
32.	LEWANDOWSKI Mateusz	05	MKP Szczecin					6:45.11	143
	50m: 42.89 42.89	150m: 2:24.45 50.72	250m: 4:08.28 52.45	350m: 5:55.24 54.00	100m: 1:33.73 50.84	200m: 3:15.83 51.38	300m: 5:01.24 52.96	400m: 6:45.11 49.87	
33.	KONTSCHYTS Maciej	05	MKP Szczecin					6:51.14	137
	50m: 45.25 45.25	150m: 2:28.11 52.39	250m: 4:16.01 54.27	350m: 6:03.38 53.99	100m: 1:35.72 50.47	200m: 3:21.74 53.63	300m: 5:09.39 53.38	400m: 6:51.14 47.76	
34.	KŁOSOWSKI Jakub	05	MKP Szczecin					7:05.88	123
	50m: 46.35 46.35	150m: 2:34.08 53.37	250m: 4:24.79 55.69	350m: 6:14.51 54.66	100m: 1:40.71 54.36	200m: 3:29.10 55.02	300m: 5:19.85 55.06	400m: 7:05.88 51.37	
35.	K DZIA Aleksander	05	MKP Szczecin					7:19.23	112
	50m: 47.03 47.03	150m: 2:37.50 56.41	250m: 4:32.22 56.54	350m: 6:26.90 57.59	100m: 1:41.09 54.06	200m: 3:35.68 58.18	300m: 5:29.31 57.09	400m: 7:19.23 52.33	

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Pozycja			Rok ur.					Czas	Pkt.			
36.	KOWALSKI	Franciszek	05	MKP Szczecin				7:24.45	108			
	50m:	47.55	47.55	150m:	2:40.65	57.02	250m:	4:35.90	57.24	350m:	6:30.58	57.11
	100m:	1:43.63	56.08	200m:	3:38.66	58.01	300m:	5:33.47	57.57	400m:	7:24.45	53.87
37.	FORIASZ	Kacper	05	MKP Szczecin				7:24.59	108			
	50m:	50.34	50.34	150m:	2:42.29	56.26	250m:	4:35.95	56.58	350m:	6:30.70	57.41
	100m:	1:46.03	55.69	200m:	3:39.37	57.08	300m:	5:33.29	57.34	400m:	7:24.59	53.89
38.	SIUDYŁO	Jakub	05	MKP Szczecin				7:25.63	108			
	50m:	50.14	50.14	150m:	2:45.91	58.62	250m:	4:43.70	56.79	350m:	6:32.94	49.48
	100m:	1:47.29	57.15	200m:	3:46.91	1:01.00	300m:	5:43.46	59.76	400m:	7:25.63	52.69
39.	SUMISŁAWSKI	Michał	05	MKP Szczecin				7:42.12	96			
	50m:	48.23	48.23	150m:	2:47.04	1:00.65	250m:	4:47.80	1:00.86	350m:	6:49.57	1:00.10
	100m:	1:46.39	58.16	200m:	3:46.94	59.90	300m:	5:49.47	1:01.67	400m:	7:42.12	52.55
40.	BRZ CZEK	Paweł	05	MKP Szczecin				7:52.48	90			
	50m:	52.09	52.09	150m:			250m:			350m:		
	100m:	1:51.34	59.25	200m:	3:57.96		300m:	6:02.34		400m:	7:52.48	
41.	PIRÓG	Maciej	05	MKP Szczecin				8:10.40	81			
	50m:	55.59	55.59	150m:	2:58.64	1:02.80	250m:	5:06.99	1:04.02	350m:	7:10.31	1:00.13
	100m:	1:55.84	1:00.25	200m:	4:02.97	1:04.33	300m:	6:10.18	1:03.19	400m:	8:10.40	1:00.09
42.	DOERING	Michał	05	MKP Szczecin				8:28.28	72			
	50m:	49.95	49.95	150m:	3:00.23	1:08.15	250m:	7:27.78	3:20.62	350m:		
	100m:	1:52.08	1:02.13	200m:	4:07.16	1:06.93	300m:	8:28.12	1:00.34	400m:	8:28.28	
43.	GRZELAK	Maciej	05	MKP Szczecin				8:29.63	72			
	50m:	49.95	49.95	150m:	2:59.37	1:07.07	250m:	5:12.46	1:06.55	350m:	7:26.18	1:06.45
	100m:	1:52.30	1:02.35	200m:	4:05.91	1:06.54	300m:	6:19.73	1:07.27	400m:	8:29.63	1:03.45
DYSKW.	KROBICKI	Kacper	05	MKP Słowianka Gorzów				6:57.29				
	<i>O15 - Brak kontaktu fizycznego ze cian podczas nawrotów</i>											
	50m:	43.69	43.69	150m:	2:28.09	53.04	250m:	5:09.71	1:48.61	350m:		
	100m:	1:35.05	51.36	200m:	3:21.10	53.01	300m:	6:03.57	53.86	400m:	6:57.29	
NIE UK.	DOMA	SKI Jakub	05	MKP Szczecin				8:32.10				
	50m:	47.60	47.60	150m:	2:40.15	56.17	250m:	4:35.00	58.19	350m:	8:10.46	2:36.26
	100m:	1:43.98	56.38	200m:	3:36.81	56.66	300m:	5:34.20	59.20	400m:	8:32.10	21.64