

OGÓLNOPOLSKI SPRAWDZIAN WYTRZYMAŁO CI I WSZECHSTRONNO CI 11 i 12 lat
Łódź , 15.11.2024

Konkurencja 4
15.11.2024 - 10:41

Chłopców, 400m dowolny

11 lat
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.
1.	LIWI SKI, Jakub		13	UKS 190 Łód				5:30.38	265
	50m: 36.96	36.96	150m: 2:02.75	43.38	250m: 3:27.97	42.44	350m: 4:53.14	42.77	
	100m: 1:19.37	42.41	200m: 2:45.53	42.78	300m: 4:10.37	42.40	400m: 5:30.38	37.24	
2.	KOBIERECKI, Juliusz		13	UKS SP-149 Łód				5:32.95	259
	50m: 37.82	37.82	150m: 2:03.42	42.31	250m: 3:29.40	41.85	350m: 4:53.76	41.04	
	100m: 1:21.11	43.29	200m: 2:47.55	44.13	300m: 4:12.72	43.32	400m: 5:32.95	39.19	
3.	WALCZAK, Antoni		13	UKS 190 Łód				6:21.68	171
	50m: 44.35	44.35	150m: 2:21.97	51.66	250m: 4:00.35	51.07	350m: 5:38.72	50.22	
	100m: 1:30.31	45.96	200m: 3:09.28	47.31	300m: 4:48.50	48.15	400m: 6:21.68	42.96	
4.	SZCZEPANOWSKI, Marek		13	UKS 190 Łód				6:23.46	169
	50m: 41.99	41.99	150m: 2:17.03	48.17	250m: 3:54.24	49.79	350m: 5:32.60	49.92	
	100m: 1:28.86	46.87	200m: 3:04.45	47.42	300m: 4:42.68	48.44	400m: 6:23.46	50.86	
5.	ŁUCZAK, Natan		13	UKS SP-149 Łód				6:44.95	143
	50m: 44.42	44.42	150m: 2:28.26	53.19	250m: 4:13.52	53.20	350m: 5:56.72	51.96	
	100m: 1:35.07	50.65	200m: 3:20.32	52.06	300m: 5:04.76	51.24	400m: 6:44.95	48.23	
6.	KOSTOCHKA, Mark		13	UKS SP-149 Łód				6:47.19	141
	50m: 40.99	40.99	150m: 2:17.48	49.29	250m: 4:04.22	55.04	350m: 5:53.58	54.41	
	100m: 1:28.19	47.20	200m: 3:09.18	51.70	300m: 4:59.17	54.95	400m: 6:47.19	53.61	
7.	RUTKOWSKI, Michał		13	UKS SP-149 Łód				6:50.23	138
	50m: 43.13	43.13	150m: 2:24.99	51.88	250m: 4:12.90	54.24	350m: 5:59.89	52.94	
	100m: 1:33.11	49.98	200m: 3:18.66	53.67	300m: 5:06.95	54.05	400m: 6:50.23	50.34	
8.	MATUSZCZYK, Aleksander		13	UKS SP-149 Łód				6:59.31	129
	50m: 41.55	41.55	150m: 2:15.17	47.88	250m: 3:49.88	47.48	350m:		
	100m: 1:27.29	45.74	200m: 3:02.40	47.23	300m:		400m: 6:59.31		
9.	SIWEK, Nataniel		13	UKS 190 Łód				7:06.31	123
	50m: 47.45	47.45	150m: 2:35.79	54.86	250m: 4:26.85	54.97	350m: 6:18.35	54.95	
	100m: 1:40.93	53.48	200m: 3:31.88	56.09	300m: 5:23.40	56.55	400m: 7:06.31	47.96	
10.	WIERNIK, Michał		13	UKS SP-149 Łód				7:09.89	120
	50m: 46.69	46.69	150m: 2:36.83	55.70	250m: 4:29.46	56.93	350m: 6:18.46	54.75	
	100m: 1:41.13	54.44	200m: 3:32.53	55.70	300m: 5:23.71	54.25	400m: 7:09.89	51.43	
11.	JA NIEWSKI, Adam		13	UKS 190 Łód				7:16.35	115
	50m: 47.23	47.23	150m: 2:38.44	57.04	250m: 4:30.77	55.49	350m: 6:24.31	54.91	
	100m: 1:41.40	54.17	200m: 3:35.28	56.84	300m: 5:29.40	58.63	400m: 7:16.35	52.04	
12.	GRZESZNIK, Kajetan		13	UKS SP-149 Łód				7:27.85	106
	50m: 46.88	46.88	150m: 2:42.76	58.27	250m: 4:39.07		350m: 6:31.55	56.16	
	100m: 1:44.49	57.61	200m:		300m: 5:35.39	56.32	400m: 7:27.85	56.30	
13.	WÓJCIK, Kajetan		13	UKS 190 Łód				7:49.23	92
	50m: 48.18	48.18	150m: 2:47.57	59.62	250m: 4:49.60	1:01.32	350m: 6:51.18		
	100m: 1:47.95	59.77	200m: 3:48.28	1:00.71	300m:		400m: 7:49.23	58.05	
14.	BASI SKI, Krzysztof		13	UKS SP-149 Łód				7:59.25	86
	50m: 50.39	50.39	150m: 2:51.40	1:00.76	250m: 4:57.04	1:02.98	350m: 7:00.82	1:00.31	
	100m: 1:50.64	1:00.25	200m: 3:54.06	1:02.66	300m: 6:00.51	1:03.47	400m: 7:59.25	58.43	