



Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej dzieci 11 i 12-letnich w pływaniu
Wrocław, 24.11.2024

Konkurencja 6
24.11.2024 - 12:05

Chłopców, 400m dowolny

11 lat
Wyniki

Rekord Polski	4:44.66	Jówiak Tymoteusz	06914	Jożefów	13.11.2019
Rekord DOZP	4:55.59	Kiełczewski Amadeusz	00601	Nowa Ruda	26.11.2011

Punkty: AQUA 2024

Pozycja			Wiek					Czas	Pkt.
1.	Wróbel Filip		11	KS BALTI Bielawa				5:27.01	273
	50m: 35.86	35.86	150m: 1:56.70	41.59	250m: 3:21.39	42.17	350m: 4:46.30	43.21	
	100m: 1:15.11	39.25	200m: 2:39.22	42.52	300m: 4:03.09	41.70	400m: 5:27.01	40.71	
2.	Lewczuk Miłosz		11	KS Swimmers I za				5:31.61	262
	50m: 36.08	36.08	150m: 1:59.89	42.15	250m: 3:24.86	42.72	350m: 4:51.01	43.16	
	100m: 1:17.74	41.66	200m: 2:42.14	42.25	300m: 4:07.85	42.99	400m: 5:31.61	40.60	
3.	Stawarz Jan		11	KS Swimmers I za				5:31.85	261
	50m: 36.85	36.85	150m: 2:01.36	43.02	250m: 3:28.11	43.22	350m: 4:53.58	42.51	
	100m: 1:18.34	41.49	200m: 2:44.89	43.53	300m: 4:11.07	42.96	400m: 5:31.85	38.27	
4.	Dusza Adrian		11	KS Swimmers I za				5:34.48	255
	50m: 37.05	37.05	150m: 2:00.82	44.04	250m: 3:27.98	44.12	350m: 4:53.95	43.71	
	100m: 1:16.78	39.73	200m: 2:43.86	43.04	300m: 4:10.24	42.26	400m: 5:34.48	40.53	
5.	Gielata Mikołaj		11	KS Rekin wiebodzice				5:39.27	244
	50m: 36.76	36.76	150m: 2:01.35	42.42	250m: 3:28.49	43.99	350m: 4:57.34	44.64	
	100m: 1:18.93	42.17	200m: 2:44.50	43.15	300m: 4:12.70	44.21	400m: 5:39.27	41.93	
6.	Maroz Aliksandr		11	MKS Juvenia Wrocław				5:44.61	233
	50m: 38.75	38.75	150m: 2:07.77	45.01	250m: 3:37.43	44.78	350m: 5:05.66	43.35	
	100m: 1:22.76	44.01	200m: 2:52.65	44.88	300m: 4:22.31	44.88	400m: 5:44.61	38.95	
7.	Wittig Franciszek		11	KS Rekin wiebodzice				5:57.76	208
	50m: 39.97	39.97	150m: 2:11.71	46.52	250m: 3:44.78	46.47	350m: 5:16.04	44.73	
	100m: 1:25.19	45.22	200m: 2:58.31	46.60	300m: 4:31.31	46.53	400m: 5:57.76	41.72	
8.	Juszko Andrzej		11	Just Swim Beavers				6:00.79	203
	50m: 37.95	37.95	150m: 2:07.69	46.04	250m: 3:40.41	47.05	350m: 5:14.61	46.92	
	100m: 1:21.65	43.70	200m: 2:53.36	45.67	300m: 4:27.69	47.28	400m: 6:00.79	46.18	
9.	Jasięga Oliwier		11	UKS Krońska Przysa				6:01.40	202
	50m: 38.57	38.57	150m: 2:10.56	46.21	250m: 3:45.46	46.99	350m: 5:17.90	47.26	
	100m: 1:24.35	45.78	200m: 2:58.47	47.91	300m: 4:30.64	45.18	400m: 6:01.40	43.50	
10.	Zięcina Błażej		11	MKS Juvenia Wrocław				6:05.41	195
	50m: 40.26	40.26	150m: 2:15.18	47.65	250m: 3:50.81	47.76	350m: 5:22.52	44.85	
	100m: 1:27.53	47.27	200m: 3:03.05	47.87	300m: 4:37.67	46.86	400m: 6:05.41	42.89	
11.	Chuchła Filip		11	WKS I sk Wrocław				6:05.78	195
	50m: 39.94	39.94	150m: 2:13.99	47.23	250m: 3:48.99	47.83	350m: 5:21.50	45.45	
	100m: 1:26.76	46.82	200m: 3:01.16	47.17	300m: 4:36.05	47.06	400m: 6:05.78	44.28	
12.	Garbacz Filip		11	WKS I sk Wrocław				6:07.97	191
	50m: 41.14	41.14	150m: 2:17.81	49.08	250m: 3:52.61	47.12	350m: 5:20.92	43.02	
	100m: 1:28.73	47.59	200m: 3:05.49	47.68	300m: 4:37.90	45.29	400m: 6:07.97	47.05	
13.	Kuban Wojciech		11	MKS Juvenia Wrocław				6:13.25	183
	50m: 40.64	40.64	150m: 2:14.49	47.90	250m: 3:51.77	48.34	350m: 5:27.79	46.92	
	100m: 1:26.59	45.95	200m: 3:03.43	48.94	300m: 4:40.87	49.10	400m: 6:13.25	45.46	
14.	Szałabowicz Hubert		11	WKS I sk Wrocław				6:13.42	183
	50m: 38.98	38.98	150m: 2:14.14	47.93	250m: 3:50.76	49.33	350m: 5:26.49	48.04	
	100m: 1:26.21	47.23	200m: 3:01.43	47.29	300m: 4:38.45	47.69	400m: 6:13.42	46.93	
15.	Wesołowski Konstanty		11	WKS I sk Wrocław				6:17.27	178
	50m: 43.04	43.04	150m: 2:19.89	49.01	250m: 3:55.80	47.86	350m: 5:32.84	48.87	
	100m: 1:30.88	47.84	200m: 3:07.94	48.05	300m: 4:43.97	48.17	400m: 6:17.27	44.43	
16.	Shevchenko Valerii		11	MKS Juvenia Wrocław				6:19.63	174
	50m: 39.32	39.32	150m: 2:17.57	48.85	250m: 3:55.44	49.34	350m: 5:34.87	49.46	
	100m: 1:28.72	49.40	200m: 3:06.10	48.53	300m: 4:45.41	49.97	400m: 6:19.63	44.76	



Ogólnopolski Sprawdzian Wytrzymałości i Wszechstronności Stylowej dzieci 11 i 12-letnich w pływaniu
Wrocław, 24.11.2024

Konkurencja 6, Chłopców, 400m dowolny, 11 lat

Pozycja			Wiek				Czas		Pkt.
17.	Burdka Tobiasz		11	MKS Juwenia Wrocław			6:25.55	166	
	50m:	45.38 45.38	150m:	2:26.61 49.99	250m:	4:05.27 49.16	350m:	5:41.89 47.07	
	100m:	1:36.62 51.24	200m:	3:16.11 49.50	300m:	4:54.82 49.55	400m:	6:25.55 43.66	
18.	Kufel Hubert		11	WKS I sk Wrocław			6:28.55	163	
	50m:	44.36 44.36	150m:	2:23.00 49.37	250m:	4:03.59 50.16	350m:	5:44.37 50.42	
	100m:	1:33.63 49.27	200m:	3:13.43 50.43	300m:	4:53.95 50.36	400m:	6:28.55 44.18	
19.	Wełna Łukasz		11	KS NEPTUN Swidnica			6:29.29	162	
	50m:	44.08 44.08	150m:	2:22.40 49.15	250m:	4:01.02 48.50	350m:	5:40.37 49.50	
	100m:	1:33.25 49.17	200m:	3:12.52 50.12	300m:	4:50.87 49.85	400m:	6:29.29 48.92	
20.	Balewicz Franciszek		11	KS Rekin wiebodzice			6:32.44	158	
	50m:	43.17 43.17	150m:	2:25.76 51.39	250m:	4:08.68 51.47	350m:	5:48.56 49.47	
	100m:	1:34.37 51.20	200m:	3:17.21 51.45	300m:	4:59.09 50.41	400m:	6:32.44 43.88	
21.	Ziembicki Oskar		11	MKS Juwenia Wrocław			6:34.57	155	
	50m:	41.69 41.69	150m:	2:22.46 49.70	250m:	4:04.19 50.42	350m:	5:48.15 51.18	
	100m:	1:32.76 51.07	200m:	3:13.77 51.31	300m:	4:56.97 52.78	400m:	6:34.57 46.42	
22.	Pasieczny Michał		11	KS Rekin wiebodzice			6:34.62	155	
	50m:	43.09 43.09	150m:	2:26.59 52.37	250m:	4:10.04 51.67	350m:	5:52.55 51.46	
	100m:	1:34.22 51.13	200m:	3:18.37 51.78	300m:	5:01.09 51.05	400m:	6:34.62 42.07	
23.	Wasilewski Mikołaj		11	UKS KORAL Wrocław			6:38.75	150	
	50m:	45.59 45.59	150m:	2:29.46 52.67	250m:	4:11.84 51.47	350m:	5:51.76 49.12	
	100m:	1:36.79 51.20	200m:	3:20.37 50.91	300m:	5:02.64 50.80	400m:	6:38.75 46.99	
24.	Suchar Maksymilian		11	WKS I sk Wrocław			6:48.16	140	
	50m:	45.67 45.67	150m:	2:28.91 51.73	250m:	4:12.86 51.72	350m:	5:56.88 51.27	
	100m:	1:37.18 51.51	200m:	3:21.14 52.23	300m:	5:05.61 52.75	400m:	6:48.16 51.28	
25.	Machula Fabian		11	MKS Juwenia Wrocław			6:48.45	140	
	50m:	44.43 44.43	150m:	2:27.37 52.50	250m:	4:11.74 53.10	350m:	5:58.56 52.79	
	100m:	1:34.87 50.44	200m:	3:18.64 51.27	300m:	5:05.77 54.03	400m:	6:48.45 49.89	
26.	Makułowicz Krzysztof		11	KS Rekin wiebodzice			6:48.72	140	
	50m:	40.99 40.99	150m:	2:24.09 52.50	250m:	4:09.69 52.43	350m:	5:56.19 52.43	
	100m:	1:31.59 50.60	200m:	3:17.26 53.17	300m:	5:03.76 54.07	400m:	6:48.72 52.53	
27.	Białek Tymoteusz		11	MKS Juwenia Wrocław			6:49.12	139	
	50m:	44.70 44.70	150m:	2:29.59 52.27	250m:	4:14.30 52.22	350m:	6:00.27 52.88	
	100m:	1:37.32 52.62	200m:	3:22.08 52.49	300m:	5:07.39 53.09	400m:	6:49.12 48.85	
28.	Trzeszcz Maciej		11	UKS KORAL Wrocław			6:49.57	139	
	50m:	42.80 42.80	150m:	2:28.80 53.21	250m:	4:15.97 52.96	350m:	6:02.39 52.33	
	100m:	1:35.59 52.79	200m:	3:23.01 54.21	300m:	5:10.06 54.09	400m:	6:49.57 47.18	
29.	Wesołowski Ignacy		11	WKS I sk Wrocław			6:49.68	139	
	50m:	44.99 44.99	150m:	2:30.53 53.32	250m:	4:16.63 53.13	350m:	6:01.39 51.82	
	100m:	1:37.21 52.22	200m:	3:23.50 52.97	300m:	5:09.57 52.94	400m:	6:49.68 48.29	
30.	Paszek Igor		11	MKS Juwenia Wrocław			6:51.51	137	
	50m:	46.29 46.29	150m:	2:33.15 54.17	250m:	4:22.99 54.85	350m:	6:07.25 51.52	
	100m:	1:38.98 52.69	200m:	3:28.14 54.99	300m:	5:15.73 52.74	400m:	6:51.51 44.26	
31.	Nowakowski Antoni		11	KS Rekin wiebodzice			6:53.33	135	
	50m:	44.82 44.82	150m:	2:27.81 51.51	250m:	4:14.43 52.84	350m:	6:02.88 53.34	
	100m:	1:36.30 51.48	200m:	3:21.59 53.78	300m:	5:09.54 55.11	400m:	6:53.33 50.45	
32.	Kobiałka Alan		11	KS Swimmers I za			6:55.92	132	
	50m:	39.99 39.99	150m:	2:19.98 51.92	250m:	4:12.53 55.96	350m:	6:03.86 55.27	
	100m:	1:28.06 48.07	200m:	3:16.57 56.59	300m:	5:08.59 56.06	400m:	6:55.92 52.06	
33.	Michalski Antoni		11	MKS Juwenia Wrocław			6:58.04	130	
	50m:	44.68 44.68	150m:	2:27.87 52.54	250m:	4:16.69 54.49	350m:	6:58.04	
	100m:	1:35.33 50.65	200m:	3:22.20 54.33	300m:	5:11.17 54.48	400m:	6:58.04	
34.	Młodowicz Szymon		11	UKS KORAL Wrocław			7:00.74	128	
	50m:	43.47 43.47	150m:	2:26.28 52.76	250m:	5:09.59 56.18	350m:	7:00.74 54.76	
	100m:	1:33.52 50.05	200m:	4:13.41 1:47.13	300m:	6:05.98 56.39	400m:	7:00.74	



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Konkurencja 6, Chłopców, 400m dowolny, 11 lat

Pozycja			Wiek				Czas	Pkt.
35.	Bazan Franciszek		11	UKS KORAL Wrocław		7:11.80	118	
	50m:	48.81 48.81	150m:	2:39.86 55.94	250m:	4:33.15 56.73	350m:	6:20.86 50.81
	100m:	1:43.92 55.11	200m:	3:36.42 56.56	300m:	5:30.05 56.90	400m:	7:11.80 50.94
36.	Nowociec Karol		11	UKS KORAL Wrocław		7:17.11	114	
	50m:	49.22 49.22	150m:	2:39.36 55.65	250m:	4:32.53 56.62	350m:	6:24.45 56.00
	100m:	1:43.71 54.49	200m:	3:35.91 56.55	300m:	5:28.45 55.92	400m:	7:17.11 52.66
37.	Kawałko Igor		11	UKS KORAL Wrocław		7:25.79	107	
	50m:	50.71 50.71	150m:	2:44.60 57.69	250m:	4:41.76 58.77	350m:	6:35.99 56.49
	100m:	1:46.91 56.20	200m:	3:42.99 58.39	300m:	5:39.50 57.74	400m:	7:25.79 49.80
38.	Zaliesov Dmytro		11	MKS Juvenia Wrocław		7:28.83	105	
	50m:	49.10 49.10	150m:	2:44.19 57.53	250m:	4:40.26 58.76	350m:	6:34.61 56.54
	100m:	1:46.66 57.56	200m:	3:41.50 57.31	300m:	5:38.07 57.81	400m:	7:28.83 54.22
39.	Orcholski Filip		11	UKS KORAL Wrocław		7:29.93	104	
	50m:	1:56.43 1:56.43	150m:	3:48.26 57.50	250m:	5:39.45 53.77	350m:	7:29.93 53.89
	100m:	2:50.76 54.33	200m:	4:45.68 57.42	300m:	6:36.04 56.59	400m:	7:29.93
40.	Wrona Aleksander		11	KS Swimmers I za		7:31.99	103	
	50m:	47.48 47.48	150m:	2:44.37 59.29	250m:	4:42.06 58.53	350m:	6:38.11 56.87
	100m:	1:45.08 57.60	200m:	3:43.53 59.16	300m:	5:41.24 59.18	400m:	7:31.99 53.88
41.	Bogulski Kajetan		11	MKS Juvenia Wrocław		7:37.85	99	
	50m:	47.88 47.88	150m:	2:44.06 59.50	250m:	4:42.41 59.44	350m:	6:40.83 59.09
	100m:	1:44.56 56.68	200m:	3:42.97 58.91	300m:	5:41.74 59.33	400m:	7:37.85 57.02
42.	Krciproc-Radoma ski Wiktor		11	MKS Juvenia Wrocław		7:44.29	95	
	50m:	50.96 50.96	150m:	2:51.46 1:01.11	250m:	4:50.89 59.74	350m:	6:48.90 58.10
	100m:	1:50.35 59.39	200m:	3:51.15 59.69	300m:	5:50.80 59.91	400m:	7:44.29 55.39
43.	Lenert Stanisław		11	UKS KORAL Wrocław		8:09.69	81	
	50m:	56.65 56.65	150m:	3:02.40 1:03.73	250m:	5:07.74 1:03.45	350m:	7:13.60 1:01.69
	100m:	1:58.67 1:02.02	200m:	4:04.29 1:01.89	300m:	6:11.91 1:04.17	400m:	8:09.69 56.09
44.	Hanus Stanisław		11	UKS KORAL Wrocław		9:04.58	59	
	50m:	57.08 57.08	150m:	3:16.75 1:09.80	250m:	5:37.77 1:11.40	350m:	7:53.94 1:07.90
	100m:	2:06.95 1:09.87	200m:	4:26.37 1:09.62	300m:	6:46.04 1:08.27	400m:	9:04.58 1:10.64