



Konkurencja 6  
26-11-2011

M czyzn, 400m dowolny

Open  
Wyniki

|                                   |         |                  |       |              |            |
|-----------------------------------|---------|------------------|-------|--------------|------------|
| Rek Okr gu wi t Seniorów          | 3:53.30 | Kaczmarek Marcin | KSOST | Szczecin     | 19-11-2011 |
| Rek Okr gu wi t. Jun 18-lat       | 3:53.30 | Kaczmarek Marcin | KSOST | Szczecin     | 19-11-2011 |
| Rek Okr gu wi t. Jun 17-lat       | 3:53.30 | Kaczmarek Marcin | KSOST | Szczecin     | 19-11-2011 |
| Rek Okr gu wi t. Jun 16-lat       | 3:56.87 | Kaczmarek Marcin | KSOST | Szczecin     | 01-12-2010 |
| Rek Okr gu wi t. Jun 15-lat       | 3:57.27 | Kurant Roger     | KSOST | Sandomierz   | 30-05-2009 |
| Rek Okr gu wi t. Jun 14-lat       | 4:07.03 | Kurant Roger     | KSOST | Gorzów Wlkp. | 26-01-2008 |
| Rek Okr gu wiet. Młodzików 13-lat | 4:16.57 | Kurant Roger     | KSOST | Ostrowiec w. | 09-12-2007 |
| Rek Okr gu wi t. Młodzików 12-lat | 4:39.42 | Kowalski Patryk  | UNBUS | Ostrowiec w. | 27-06-2009 |
| Rek Okr gu wi t. Dzieci           | 5:00.94 | Kowalski Patryk  | UNBUS | Busko Zdrój  | 06-12-2008 |

Punkty: FINA 2011

| Pozycja                  | Rok ur.                  | Czas                | Pkt.                |
|--------------------------|--------------------------|---------------------|---------------------|
| <b>11 lat</b>            |                          |                     |                     |
| 1. Michta Kacper         | 00 KSZO Ostrowiec w.     | <b>5:07.55</b>      | 331                 |
| 50m: 34.69 34.69         | 150m: 1:53.09 40.01      | 250m: 3:12.37 39.86 | 350m: 4:31.39 39.61 |
| 100m: 1:13.08 38.39      | 200m: 2:32.51 39.42      | 300m: 3:51.78 39.41 | 400m: 5:07.55 36.16 |
| 2. Kowalik Krystian      | 00 Korona-Swim Kielce    | <b>5:16.88</b>      | 302                 |
| 50m: 34.82 34.82         | 150m: 1:56.17 41.32      | 250m: 3:18.18 40.41 | 350m: 4:40.02 40.35 |
| 100m: 1:14.85 40.03      | 200m: 2:37.77 41.60      | 300m: 3:59.67 41.49 | 400m: 5:16.88 36.86 |
| 3. Kowalski Karol        | 00 UNIA Busko-Zdrój      | <b>5:18.40</b>      | 298                 |
| 50m: 36.03 36.03         | 150m: 1:57.87 41.10      | 250m: 3:19.36 40.89 | 350m: 4:40.00 40.07 |
| 100m: 1:16.77 40.74      | 200m: 2:38.47 40.60      | 300m: 3:59.93 40.57 | 400m: 5:18.40 38.40 |
| 4. Polak Mikołaj         | 00 Korona-Swim Kielce    | <b>5:21.55</b>      | 289                 |
| 50m: 35.56 35.56         | 150m: 1:57.29 40.91      | 250m: 3:19.60 41.12 | 350m: 4:38.77 38.05 |
| 100m: 1:16.38 40.82      | 200m: 2:38.48 41.19      | 300m: 4:00.72 41.12 | 400m: 5:21.55 42.78 |
| 5. Jarocho Oskar         | 00 KSZO Ostrowiec w.     | <b>5:27.37</b>      | 274                 |
| 50m: 35.98 35.98         | 150m: 1:58.73 42.02      | 250m: 3:23.48 42.47 | 350m: 4:47.81 41.91 |
| 100m: 1:16.71 40.73      | 200m: 2:41.01 42.28      | 300m: 4:05.90 42.42 | 400m: 5:27.37 39.56 |
| 6. Orłowski Kamil        | 00 KSZO Ostrowiec w.     | <b>5:30.13</b>      | 267                 |
| 50m: 37.12 37.12         | 150m: 2:01.26 43.01      | 250m: 3:24.06 41.46 | 350m: 4:48.16 42.17 |
| 100m: 1:18.25 41.13      | 200m: 2:42.60 41.34      | 300m: 4:05.99 41.93 | 400m: 5:30.13 41.97 |
| 7. Matuszewski Krzysztof | 00 Korona-Swim Kielce    | <b>5:39.52</b>      | 246                 |
| 50m: 37.16 37.16         | 150m: 2:02.79 43.52      | 250m: 3:30.21 44.17 | 350m: 4:59.09 44.30 |
| 100m: 1:19.27 42.11      | 200m: 2:46.04 43.25      | 300m: 4:14.79 44.58 | 400m: 5:39.52 40.43 |
| 8. Szel g Mikołaj        | 00 KSZO Ostrowiec w.     | <b>5:41.46</b>      | 241                 |
| 50m: 39.07 39.07         | 150m: 2:06.13 43.41      | 250m: 3:34.17 43.29 | 350m: 5:00.65 43.45 |
| 100m: 1:22.72 43.65      | 200m: 2:50.88 44.75      | 300m: 4:17.20 43.03 | 400m: 5:41.46 40.81 |
| 9. Rogala Kewin          | 00 FALA Ropczyce         | <b>5:48.71</b>      | 227                 |
| 50m: 37.33 37.33         | 150m: 2:03.63 44.76      | 250m: 3:34.17 44.98 | 350m: 5:05.24 45.62 |
| 100m: 1:18.87 41.54      | 200m: 2:49.19 45.56      | 300m: 4:19.62 45.45 | 400m: 5:48.71 43.47 |
| 10. Bartkowski Jakub     | 00 KSZO Ostrowiec w.     | <b>5:59.60</b>      | 207                 |
| 50m: 38.96 38.96         | 150m: 2:12.15 46.94      | 250m: 3:44.94 46.23 | 350m: 5:15.94 43.37 |
| 100m: 1:25.21 46.25      | 200m: 2:58.71 46.56      | 300m: 4:32.57 47.63 | 400m: 5:59.60 43.66 |
| 11. Pietrzyk Cezary      | 00 KSZO Ostrowiec w.     | <b>6:05.25</b>      | 197                 |
| 50m: 40.43 40.43         | 150m: 2:12.66 46.52      | 250m: 3:45.89 46.29 | 350m: 5:19.91 45.68 |
| 100m: 1:26.14 45.71      | 200m: 2:59.60 46.94      | 300m: 4:34.23 48.34 | 400m: 6:05.25 45.34 |
| 12. Niewczas Maciej      | 00 Barakuda Starachowice | <b>6:08.24</b>      | 192                 |
| 50m: 39.67 39.67         | 150m: 2:13.10 46.58      | 250m: 3:48.04 47.88 | 350m: 5:24.00 47.50 |
| 100m: 1:26.52 46.85      | 200m: 3:00.16 47.06      | 300m: 4:36.50 48.46 | 400m: 6:08.24 44.24 |
| 13. Sokołowski Szymon    | 00 FALA Ropczyce         | <b>6:09.62</b>      | 190                 |
| 50m: 38.87 38.87         | 150m: 2:11.91 47.45      | 250m: 3:48.26 48.46 | 350m: 5:26.27 48.58 |
| 100m: 1:24.46 45.59      | 200m: 2:59.80 47.89      | 300m: 4:37.69 49.43 | 400m: 6:09.62 43.35 |
| 14. Lasocki Bartosz      | 00 Korona-Swim Kielce    | <b>6:10.19</b>      | 189                 |
| 50m: 39.94 39.94         | 150m: 2:16.14 48.41      | 250m: 3:53.50 48.57 | 350m: 5:29.27 47.54 |
| 100m: 1:27.73 47.79      | 200m: 3:04.93 48.79      | 300m: 4:41.73 48.23 | 400m: 6:10.19 40.92 |



Sprawdzian Wytrzymało ci i Wszechstronno ci  
Ostrowiec w., 26-11-2011



Konkurencja 6, Chłopców, 400m dowolny, 11 lat

| Pozycja |                    |         | Rok ur. |                       |         |         |       |         | Czas           | Pkt.  |         |         |
|---------|--------------------|---------|---------|-----------------------|---------|---------|-------|---------|----------------|-------|---------|---------|
| 15.     | Dzik Marek         |         | 00      | KSZO Ostrowiec w.     |         |         |       |         | <b>6:10.91</b> | 188   |         |         |
|         | 50m:               | 41.48   | 41.48   | 150m:                 | 2:13.88 | 46.61   | 250m: | 3:49.11 | 47.54          | 350m: | 5:24.31 | 47.65   |
|         | 100m:              | 1:27.27 | 45.79   | 200m:                 | 3:01.57 | 47.69   | 300m: | 4:36.66 | 47.55          | 400m: | 6:10.91 | 46.60   |
| 16.     | Kraus Kacper       |         | 00      | ORKA J drzejów        |         |         |       |         | <b>6:20.35</b> | 175   |         |         |
|         | 50m:               | 41.84   | 41.84   | 150m:                 | 2:17.58 | 48.52   | 250m: | 3:56.32 | 50.03          | 350m: | 5:34.11 | 47.79   |
|         | 100m:              | 1:29.06 | 47.22   | 200m:                 | 3:06.29 | 48.71   | 300m: | 4:46.32 | 50.00          | 400m: | 6:20.35 | 46.24   |
| 17.     | Sulasz Piotr       |         | 00      | Barakuda Starachowice |         |         |       |         | <b>6:22.91</b> | 171   |         |         |
|         | 50m:               | 41.55   | 41.55   | 150m:                 | 2:18.06 | 49.41   | 250m: | 3:57.28 | 49.41          | 350m: | 5:35.39 | 47.35   |
|         | 100m:              | 1:28.65 | 47.10   | 200m:                 | 3:07.87 | 49.81   | 300m: | 4:48.04 | 50.76          | 400m: | 6:22.91 | 47.52   |
| 18.     | Słota Mateusz      |         | 00      | UNIA Busko-Zdrój      |         |         |       |         | <b>6:24.69</b> | 169   |         |         |
|         | 50m:               | 44.62   | 44.62   | 150m:                 | 2:25.15 | 50.48   | 250m: | 4:03.61 | 49.00          | 350m: | 5:40.54 | 48.00   |
|         | 100m:              | 1:34.67 | 50.05   | 200m:                 | 3:14.61 | 49.46   | 300m: | 4:52.54 | 48.93          | 400m: | 6:24.69 | 44.15   |
| 19.     | Wierzbicki Filip   |         | 00      | FOKA Sandomierz       |         |         |       |         | <b>6:25.28</b> | 168   |         |         |
|         | 50m:               | 41.25   | 41.25   | 150m:                 | 2:18.38 | 49.32   | 250m: | 3:58.95 | 50.22          | 350m: | 5:37.93 | 49.14   |
|         | 100m:              | 1:29.06 | 47.81   | 200m:                 | 3:08.73 | 50.35   | 300m: | 4:48.79 | 49.84          | 400m: | 6:25.28 | 47.35   |
| 20.     | Płusa Krzysztof    |         | 00      | Barakuda Starachowice |         |         |       |         | <b>6:34.32</b> | 157   |         |         |
|         | 50m:               | 42.07   | 42.07   | 150m:                 | 2:21.69 | 51.79   | 250m: | 4:03.13 | 51.46          | 350m: | 5:45.16 | 51.62   |
|         | 100m:              | 1:29.90 | 47.83   | 200m:                 | 3:11.67 | 49.98   | 300m: | 4:53.54 | 50.41          | 400m: | 6:34.32 | 49.16   |
| 21.     | St pie Dawid       |         | 00      | WODNIK Ko skie        |         |         |       |         | <b>6:35.94</b> | 155   |         |         |
|         | 50m:               | 43.00   | 43.00   | 150m:                 | 2:23.13 | 50.86   | 250m: | 4:04.73 | 50.31          | 350m: | 5:47.03 | 50.64   |
|         | 100m:              | 1:32.27 | 49.27   | 200m:                 | 3:14.42 | 51.29   | 300m: | 4:56.39 | 51.66          | 400m: | 6:35.94 | 48.91   |
| 22.     | Garbacz Bartosz    |         | 00      | Barakuda Starachowice |         |         |       |         | <b>6:52.15</b> | 137   |         |         |
|         | 50m:               | 46.02   | 46.02   | 150m:                 | 2:30.26 | 53.06   | 250m: | 4:16.54 | 52.95          | 350m: | 6:01.81 | 52.78   |
|         | 100m:              | 1:37.20 | 51.18   | 200m:                 | 3:23.59 | 53.33   | 300m: | 5:09.03 | 52.49          | 400m: | 6:52.15 | 50.34   |
| 23.     | Wójcik Maksymilian |         | 00      | UNIA Busko-Zdrój      |         |         |       |         | <b>7:09.74</b> | 121   |         |         |
|         | 50m:               | 41.84   | 41.84   | 150m:                 | 2:27.31 | 54.59   | 250m: | 4:21.50 | 58.34          | 350m: | 6:14.58 | 1:00.05 |
|         | 100m:              | 1:32.72 | 50.88   | 200m:                 | 3:23.16 | 55.85   | 300m: | 5:14.53 | 53.03          | 400m: | 7:09.74 | 55.16   |
| 24.     | Sypel Filip        |         | 00      | FALA Ropczyce         |         |         |       |         | <b>7:15.13</b> | 116   |         |         |
|         | 50m:               | 44.28   | 44.28   | 150m:                 | 2:33.66 | 55.31   | 250m: | 4:25.68 | 55.57          | 350m: | 6:19.45 | 57.67   |
|         | 100m:              | 1:38.35 | 54.07   | 200m:                 | 3:30.11 | 56.45   | 300m: | 5:21.78 | 56.10          | 400m: | 7:15.13 | 55.68   |
| 25.     | Tutaj Karol        |         | 00      | Korona-Swim Kielce    |         |         |       |         | <b>8:08.07</b> | 82    |         |         |
|         | 50m:               | 48.08   | 48.08   | 150m:                 | 2:50.79 | 1:02.38 | 250m: | 4:59.59 | 1:05.27        | 350m: | 7:07.40 | 1:02.68 |
|         | 100m:              | 1:48.41 | 1:00.33 | 200m:                 | 3:54.32 | 1:03.53 | 300m: | 6:04.72 | 1:05.13        | 400m: | 8:08.07 | 1:00.67 |
| NIE UK. | Łubowski Mateusz   |         | 00      | FOKA Sandomierz       |         |         |       |         |                |       |         |         |
|         | 50m:               | 47.18   | 47.18   | 150m:                 | 2:34.99 | 54.62   | 250m: | 4:25.86 | 55.49          | 350m: | 6:11.57 | 50.63   |
|         | 100m:              | 1:40.37 | 53.19   | 200m:                 | 3:30.37 | 55.38   | 300m: | 5:20.94 | 55.08          | 400m: |         |         |
| NIE UK. | Solczy ski Andrzej |         | 00      | Korona-Swim Kielce    |         |         |       |         |                |       |         |         |
|         | 50m:               | 54.62   | 54.62   | 150m:                 | 3:03.57 | 1:05.22 | 250m: | 5:12.42 | 1:04.58        | 350m: | 7:17.97 | 1:01.37 |
|         | 100m:              | 1:58.35 | 1:03.73 | 200m:                 | 4:07.84 | 1:04.27 | 300m: | 6:16.60 | 1:04.18        | 400m: |         |         |
| Open    |                    |         |         |                       |         |         |       |         |                |       |         |         |
| 1.      | Kowalski Patryk    |         | 97      | UNIA Busko-Zdrój      |         |         |       |         | <b>4:22.74</b> | 531   |         |         |
|         | 50m:               | 29.85   | 29.85   | 150m:                 | 1:36.32 | 33.40   | 250m: | 2:42.98 | 33.27          | 350m: | 3:50.24 | 33.53   |
|         | 100m:              | 1:02.92 | 33.07   | 200m:                 | 2:09.71 | 33.39   | 300m: | 3:16.71 | 33.73          | 400m: | 4:22.74 | 32.50   |
| 2.      | Machniewski Jakub  |         | 96      | Korona-Swim Kielce    |         |         |       |         | <b>4:44.60</b> | 417   |         |         |
|         | 50m:               | 31.54   | 31.54   | 150m:                 | 1:42.93 | 36.20   | 250m: | 2:56.36 | 36.66          | 350m: | 4:09.83 | 36.69   |
|         | 100m:              | 1:06.73 | 35.19   | 200m:                 | 2:19.70 | 36.77   | 300m: | 3:33.14 | 36.78          | 400m: | 4:44.60 | 34.77   |
| 3.      | Machul Grzegorz    |         | 97      | Korona-Swim Kielce    |         |         |       |         | <b>4:51.85</b> | 387   |         |         |
|         | 50m:               | 30.24   | 30.24   | 150m:                 | 1:43.07 | 37.45   | 250m: | 2:59.59 | 38.23          | 350m: | 4:15.67 | 37.36   |
|         | 100m:              | 1:05.62 | 35.38   | 200m:                 | 2:21.36 | 38.29   | 300m: | 3:38.31 | 38.72          | 400m: | 4:51.85 | 36.18   |
| 4.      | Szafarczyk Igor    |         | 97      | Korona-Swim Kielce    |         |         |       |         | <b>5:00.88</b> | 353   |         |         |
|         | 50m:               | 33.78   | 33.78   | 150m:                 | 1:51.11 | 38.67   | 250m: | 3:07.93 | 38.19          | 350m: | 4:24.17 | 37.55   |
|         | 100m:              | 1:12.44 | 38.66   | 200m:                 | 2:29.74 | 38.63   | 300m: | 3:46.62 | 38.69          | 400m: | 5:00.88 | 36.71   |



Konkurencja 6, M czynn, 400m dowolny, Open

| Pozycja |                       |         |       |       | Rok ur. |                       |       |         |       | Czas           | Pkt.    |       |
|---------|-----------------------|---------|-------|-------|---------|-----------------------|-------|---------|-------|----------------|---------|-------|
| 5.      | Michta Kacper         |         |       |       | 00      | KSZO Ostrowiec w.     |       |         |       | <b>5:07.55</b> | 331     |       |
|         | 50m:                  | 34.69   | 34.69 | 150m: | 1:53.09 | 40.01                 | 250m: | 3:12.37 | 39.86 | 350m:          | 4:31.39 | 39.61 |
|         | 100m:                 | 1:13.08 | 38.39 | 200m: | 2:32.51 | 39.42                 | 300m: | 3:51.78 | 39.41 | 400m:          | 5:07.55 | 36.16 |
| 6.      | Gajewski Karol        |         |       |       | 97      | Korona-Swim Kielce    |       |         |       | <b>5:08.57</b> | 327     |       |
|         | 50m:                  | 34.05   | 34.05 | 150m: | 1:51.08 | 39.19                 | 250m: | 3:10.39 | 39.81 | 350m:          | 4:30.41 | 40.04 |
|         | 100m:                 | 1:11.89 | 37.84 | 200m: | 2:30.58 | 39.50                 | 300m: | 3:50.37 | 39.98 | 400m:          | 5:08.57 | 38.16 |
| 7.      | Kowalik Krystian      |         |       |       | 00      | Korona-Swim Kielce    |       |         |       | <b>5:16.88</b> | 302     |       |
|         | 50m:                  | 34.82   | 34.82 | 150m: | 1:56.17 | 41.32                 | 250m: | 3:18.18 | 40.41 | 350m:          | 4:40.02 | 40.35 |
|         | 100m:                 | 1:14.85 | 40.03 | 200m: | 2:37.77 | 41.60                 | 300m: | 3:59.67 | 41.49 | 400m:          | 5:16.88 | 36.86 |
| 8.      | Kowalski Karol        |         |       |       | 00      | UNIA Busko-Zdrój      |       |         |       | <b>5:18.40</b> | 298     |       |
|         | 50m:                  | 36.03   | 36.03 | 150m: | 1:57.87 | 41.10                 | 250m: | 3:19.36 | 40.89 | 350m:          | 4:40.00 | 40.07 |
|         | 100m:                 | 1:16.77 | 40.74 | 200m: | 2:38.47 | 40.60                 | 300m: | 3:59.93 | 40.57 | 400m:          | 5:18.40 | 38.40 |
| 9.      | Polak Mikołaj         |         |       |       | 00      | Korona-Swim Kielce    |       |         |       | <b>5:21.55</b> | 289     |       |
|         | 50m:                  | 35.56   | 35.56 | 150m: | 1:57.29 | 40.91                 | 250m: | 3:19.60 | 41.12 | 350m:          | 4:38.77 | 38.05 |
|         | 100m:                 | 1:16.38 | 40.82 | 200m: | 2:38.48 | 41.19                 | 300m: | 4:00.72 | 41.12 | 400m:          | 5:21.55 | 42.78 |
| 10.     | Jarocho Oskar         |         |       |       | 00      | KSZO Ostrowiec w.     |       |         |       | <b>5:27.37</b> | 274     |       |
|         | 50m:                  | 35.98   | 35.98 | 150m: | 1:58.73 | 42.02                 | 250m: | 3:23.48 | 42.47 | 350m:          | 4:47.81 | 41.91 |
|         | 100m:                 | 1:16.71 | 40.73 | 200m: | 2:41.01 | 42.28                 | 300m: | 4:05.90 | 42.42 | 400m:          | 5:27.37 | 39.56 |
| 11.     | Orłowski Kamil        |         |       |       | 00      | KSZO Ostrowiec w.     |       |         |       | <b>5:30.13</b> | 267     |       |
|         | 50m:                  | 37.12   | 37.12 | 150m: | 2:01.26 | 43.01                 | 250m: | 3:24.06 | 41.46 | 350m:          | 4:48.16 | 42.17 |
|         | 100m:                 | 1:18.25 | 41.13 | 200m: | 2:42.60 | 41.34                 | 300m: | 4:05.99 | 41.93 | 400m:          | 5:30.13 | 41.97 |
| 12.     | Matuszewski Krzysztof |         |       |       | 00      | Korona-Swim Kielce    |       |         |       | <b>5:39.52</b> | 246     |       |
|         | 50m:                  | 37.16   | 37.16 | 150m: | 2:02.79 | 43.52                 | 250m: | 3:30.21 | 44.17 | 350m:          | 4:59.09 | 44.30 |
|         | 100m:                 | 1:19.27 | 42.11 | 200m: | 2:46.04 | 43.25                 | 300m: | 4:14.79 | 44.58 | 400m:          | 5:39.52 | 40.43 |
| 13.     | Szeląg Mikołaj        |         |       |       | 00      | KSZO Ostrowiec w.     |       |         |       | <b>5:41.46</b> | 241     |       |
|         | 50m:                  | 39.07   | 39.07 | 150m: | 2:06.13 | 43.41                 | 250m: | 3:34.17 | 43.29 | 350m:          | 5:00.65 | 43.45 |
|         | 100m:                 | 1:22.72 | 43.65 | 200m: | 2:50.88 | 44.75                 | 300m: | 4:17.20 | 43.03 | 400m:          | 5:41.46 | 40.81 |
| 14.     | Rogała Kewin          |         |       |       | 00      | FALA Ropczyce         |       |         |       | <b>5:48.71</b> | 227     |       |
|         | 50m:                  | 37.33   | 37.33 | 150m: | 2:03.63 | 44.76                 | 250m: | 3:34.17 | 44.98 | 350m:          | 5:05.24 | 45.62 |
|         | 100m:                 | 1:18.87 | 41.54 | 200m: | 2:49.19 | 45.56                 | 300m: | 4:19.62 | 45.45 | 400m:          | 5:48.71 | 43.47 |
| 15.     | Stępień Patryk        |         |       |       | 96      | WODNIK Koszów         |       |         |       | <b>5:52.39</b> | 220     |       |
|         | 50m:                  | 35.58   | 35.58 | 150m: | 2:03.97 | 45.70                 | 250m: | 3:36.60 | 46.70 | 350m:          | 5:10.63 | 46.58 |
|         | 100m:                 | 1:18.27 | 42.69 | 200m: | 2:49.90 | 45.93                 | 300m: | 4:24.05 | 47.45 | 400m:          | 5:52.39 | 41.76 |
| 16.     | Magruk Tomasz         |         |       |       | 97      | Korona-Swim Kielce    |       |         |       | <b>5:58.16</b> | 209     |       |
|         | 50m:                  | 37.63   | 37.63 | 150m: | 2:09.74 | 46.67                 | 250m: | 3:44.23 | 47.33 | 350m:          | 5:16.44 | 45.41 |
|         | 100m:                 | 1:23.07 | 45.44 | 200m: | 2:56.90 | 47.16                 | 300m: | 4:31.03 | 46.80 | 400m:          | 5:58.16 | 41.72 |
| 17.     | Bartkowski Jakub      |         |       |       | 00      | KSZO Ostrowiec w.     |       |         |       | <b>5:59.60</b> | 207     |       |
|         | 50m:                  | 38.96   | 38.96 | 150m: | 2:12.15 | 46.94                 | 250m: | 3:44.94 | 46.23 | 350m:          | 5:15.94 | 43.37 |
|         | 100m:                 | 1:25.21 | 46.25 | 200m: | 2:58.71 | 46.56                 | 300m: | 4:32.57 | 47.63 | 400m:          | 5:59.60 | 43.66 |
| 18.     | Pietrzyk Cezary       |         |       |       | 00      | KSZO Ostrowiec w.     |       |         |       | <b>6:05.25</b> | 197     |       |
|         | 50m:                  | 40.43   | 40.43 | 150m: | 2:12.66 | 46.52                 | 250m: | 3:45.89 | 46.29 | 350m:          | 5:19.91 | 45.68 |
|         | 100m:                 | 1:26.14 | 45.71 | 200m: | 2:59.60 | 46.94                 | 300m: | 4:34.23 | 48.34 | 400m:          | 6:05.25 | 45.34 |
| 19.     | Niewczas Maciej       |         |       |       | 00      | Barakuda Starachowice |       |         |       | <b>6:08.24</b> | 192     |       |
|         | 50m:                  | 39.67   | 39.67 | 150m: | 2:13.10 | 46.58                 | 250m: | 3:48.04 | 47.88 | 350m:          | 5:24.00 | 47.50 |
|         | 100m:                 | 1:26.52 | 46.85 | 200m: | 3:00.16 | 47.06                 | 300m: | 4:36.50 | 48.46 | 400m:          | 6:08.24 | 44.24 |
| 20.     | Sokołowski Szymon     |         |       |       | 00      | FALA Ropczyce         |       |         |       | <b>6:09.62</b> | 190     |       |
|         | 50m:                  | 38.87   | 38.87 | 150m: | 2:11.91 | 47.45                 | 250m: | 3:48.26 | 48.46 | 350m:          | 5:26.27 | 48.58 |
|         | 100m:                 | 1:24.46 | 45.59 | 200m: | 2:59.80 | 47.89                 | 300m: | 4:37.69 | 49.43 | 400m:          | 6:09.62 | 43.35 |
| 21.     | Lasocki Bartosz       |         |       |       | 00      | Korona-Swim Kielce    |       |         |       | <b>6:10.19</b> | 189     |       |
|         | 50m:                  | 39.94   | 39.94 | 150m: | 2:16.14 | 48.41                 | 250m: | 3:53.50 | 48.57 | 350m:          | 5:29.27 | 47.54 |
|         | 100m:                 | 1:27.73 | 47.79 | 200m: | 3:04.93 | 48.79                 | 300m: | 4:41.73 | 48.23 | 400m:          | 6:10.19 | 40.92 |



Sprawdzian Wytrzymało ci i Wszechstronno ci  
Ostrowiec w., 26-11-2011



Konkurencja 6, M czyzn, 400m dowolny, Open

| Pozycja |                    |         |               | Rok ur. |                       |         |               |         | Czas           | Pkt. |
|---------|--------------------|---------|---------------|---------|-----------------------|---------|---------------|---------|----------------|------|
| 22.     | Dzik Marek         |         |               | 00      | KSZO Ostrowiec w.     |         |               |         | <b>6:10.91</b> | 188  |
|         | 50m: 41.48         | 41.48   | 150m: 2:13.88 | 46.61   | 250m: 3:49.11         | 47.54   | 350m: 5:24.31 | 47.65   |                |      |
|         | 100m: 1:27.27      | 45.79   | 200m: 3:01.57 | 47.69   | 300m: 4:36.66         | 47.55   | 400m: 6:10.91 | 46.60   |                |      |
| 23.     | Kraus Kacper       |         |               | 00      | ORKA J drzejów        |         |               |         | <b>6:20.35</b> | 175  |
|         | 50m: 41.84         | 41.84   | 150m: 2:17.58 | 48.52   | 250m: 3:56.32         | 50.03   | 350m: 5:34.11 | 47.79   |                |      |
|         | 100m: 1:29.06      | 47.22   | 200m: 3:06.29 | 48.71   | 300m: 4:46.32         | 50.00   | 400m: 6:20.35 | 46.24   |                |      |
| 24.     | Gał zka Dominik    |         |               | 98      | WODNIK Ko skie        |         |               |         | <b>6:20.65</b> | 174  |
|         | 50m: 38.15         | 38.15   | 150m: 2:11.15 | 47.87   | 250m: 3:50.42         | 50.51   | 350m: 5:31.11 | 49.91   |                |      |
|         | 100m: 1:23.28      | 45.13   | 200m: 2:59.91 | 48.76   | 300m: 4:41.20         | 50.78   | 400m: 6:20.65 | 49.54   |                |      |
| 25.     | Sulasz Piotr       |         |               | 00      | Barakuda Starachowice |         |               |         | <b>6:22.91</b> | 171  |
|         | 50m: 41.55         | 41.55   | 150m: 2:18.06 | 49.41   | 250m: 3:57.28         | 49.41   | 350m: 5:35.39 | 47.35   |                |      |
|         | 100m: 1:28.65      | 47.10   | 200m: 3:07.87 | 49.81   | 300m: 4:48.04         | 50.76   | 400m: 6:22.91 | 47.52   |                |      |
| 26.     | Słota Mateusz      |         |               | 00      | UNIA Busko-Zdrój      |         |               |         | <b>6:24.69</b> | 169  |
|         | 50m: 44.62         | 44.62   | 150m: 2:25.15 | 50.48   | 250m: 4:03.61         | 49.00   | 350m: 5:40.54 | 48.00   |                |      |
|         | 100m: 1:34.67      | 50.05   | 200m: 3:14.61 | 49.46   | 300m: 4:52.54         | 48.93   | 400m: 6:24.69 | 44.15   |                |      |
| 27.     | Wierzbicki Filip   |         |               | 00      | FOKA Sandomierz       |         |               |         | <b>6:25.28</b> | 168  |
|         | 50m: 41.25         | 41.25   | 150m: 2:18.38 | 49.32   | 250m: 3:58.95         | 50.22   | 350m: 5:37.93 | 49.14   |                |      |
|         | 100m: 1:29.06      | 47.81   | 200m: 3:08.73 | 50.35   | 300m: 4:48.79         | 49.84   | 400m: 6:25.28 | 47.35   |                |      |
| 28.     | Płusa Krzysztof    |         |               | 00      | Barakuda Starachowice |         |               |         | <b>6:34.32</b> | 157  |
|         | 50m: 42.07         | 42.07   | 150m: 2:21.69 | 51.79   | 250m: 4:03.13         | 51.46   | 350m: 5:45.16 | 51.62   |                |      |
|         | 100m: 1:29.90      | 47.83   | 200m: 3:11.67 | 49.98   | 300m: 4:53.54         | 50.41   | 400m: 6:34.32 | 49.16   |                |      |
| 29.     | St pie Dawid       |         |               | 00      | WODNIK Ko skie        |         |               |         | <b>6:35.94</b> | 155  |
|         | 50m: 43.00         | 43.00   | 150m: 2:23.13 | 50.86   | 250m: 4:04.73         | 50.31   | 350m: 5:47.03 | 50.64   |                |      |
|         | 100m: 1:32.27      | 49.27   | 200m: 3:14.42 | 51.29   | 300m: 4:56.39         | 51.66   | 400m: 6:35.94 | 48.91   |                |      |
| 30.     | Garbacz Bartosz    |         |               | 00      | Barakuda Starachowice |         |               |         | <b>6:52.15</b> | 137  |
|         | 50m: 46.02         | 46.02   | 150m: 2:30.26 | 53.06   | 250m: 4:16.54         | 52.95   | 350m: 6:01.81 | 52.78   |                |      |
|         | 100m: 1:37.20      | 51.18   | 200m: 3:23.59 | 53.33   | 300m: 5:09.03         | 52.49   | 400m: 6:52.15 | 50.34   |                |      |
| 31.     | Wójcik Maksymilian |         |               | 00      | UNIA Busko-Zdrój      |         |               |         | <b>7:09.74</b> | 121  |
|         | 50m: 41.84         | 41.84   | 150m: 2:27.31 | 54.59   | 250m: 4:21.50         | 58.34   | 350m: 6:14.58 | 1:00.05 |                |      |
|         | 100m: 1:32.72      | 50.88   | 200m: 3:23.16 | 55.85   | 300m: 5:14.53         | 53.03   | 400m: 7:09.74 | 55.16   |                |      |
| 32.     | Sypel Filip        |         |               | 00      | FALA Ropczyce         |         |               |         | <b>7:15.13</b> | 116  |
|         | 50m: 44.28         | 44.28   | 150m: 2:33.66 | 55.31   | 250m: 4:25.68         | 55.57   | 350m: 6:19.45 | 57.67   |                |      |
|         | 100m: 1:38.35      | 54.07   | 200m: 3:30.11 | 56.45   | 300m: 5:21.78         | 56.10   | 400m: 7:15.13 | 55.68   |                |      |
| 33.     | Tutaj Karol        |         |               | 00      | Korona-Swim Kielce    |         |               |         | <b>8:08.07</b> | 82   |
|         | 50m: 48.08         | 48.08   | 150m: 2:50.79 | 1:02.38 | 250m: 4:59.59         | 1:05.27 | 350m: 7:07.40 | 1:02.68 |                |      |
|         | 100m: 1:48.41      | 1:00.33 | 200m: 3:54.32 | 1:03.53 | 300m: 6:04.72         | 1:05.13 | 400m: 8:08.07 | 1:00.67 |                |      |
| NIE UK. | Łubowski Mateusz   |         |               | 00      | FOKA Sandomierz       |         |               |         |                |      |
|         | 50m: 47.18         | 47.18   | 150m: 2:34.99 | 54.62   | 250m: 4:25.86         | 55.49   | 350m: 6:11.57 | 50.63   |                |      |
|         | 100m: 1:40.37      | 53.19   | 200m: 3:30.37 | 55.38   | 300m: 5:20.94         | 55.08   | 400m:         |         |                |      |
| NIE UK. | Solczy ski Andrzej |         |               | 00      | Korona-Swim Kielce    |         |               |         |                |      |
|         | 50m: 54.62         | 54.62   | 150m: 3:03.57 | 1:05.22 | 250m: 5:12.42         | 1:04.58 | 350m: 7:17.97 | 1:01.37 |                |      |
|         | 100m: 1:58.35      | 1:03.73 | 200m: 4:07.84 | 1:04.27 | 300m: 6:16.60         | 1:04.18 | 400m:         |         |                |      |