

Sprawdzian wytrzymałości - Spała 06 - 07.01.2018

PŁYWANIE

Tor	Nazwisko i imię	r.ur	19.11.17	100		200		300		400	50		100
1	Karbownik Małgorzata	2005	04:50,0	01:06,0	01:12,9	02:18,9	01:14,1	03:33,0	01:11,4	04:44,4	00:29,0	00:31,8	01:00,8
2	Kobecka Marta	1995	05:00,7	01:13,5	01:17,3	02:30,8	01:17,3	03:48,1	01:15,8	05:03,9	00:30,7	00:33,1	01:03,8
3	Cati Lidia	2004	04:59,9	01:08,8	01:18,4	02:27,2	01:20,9	03:48,1	01:17,6	05:05,7	00:31,0	00:35,3	01:06,3
4	Sobolewska Aleksandra	1999	05:03,9	01:11,2	01:17,9	02:29,1	01:20,1	03:49,2	01:19,0	05:08,2	00:30,0	00:32,5	01:02,5
5	Wysokińska Agnieszka	2000	05:00,2	01:11,2	01:19,0	02:30,2	01:20,3	03:50,5	01:18,0	05:08,5	00:33,5	00:35,9	01:09,4
6	Wierzbza Wiktoria	1999	05:06,2	01:14,2	01:19,8	02:34,0	01:19,0	03:53,0	01:16,1	05:09,1	00:32,3	00:35,4	01:07,7
7	Ławrynowicz Zuzanna	2002	05:11,8	01:15,8	01:19,5	02:35,3	01:18,3	03:53,6	01:16,5	05:10,1	00:32,6	00:35,7	01:08,3
8	Myrda Paulina	2003	05:02,5	01:17,0	01:19,9	02:36,9	01:19,5	03:56,4	01:13,9	05:10,3	00:31,7	00:33,6	01:05,3
9	Stokłosiński Angelika	1998	05:06,9	01:13,8	01:19,7	02:33,5	01:19,3	03:52,8	01:17,8	05:10,6	00:32,3	00:34,2	01:06,5
10	Wierzbza Michalina	2002	05:13,0	01:14,7	01:20,4	02:35,1	01:19,4	03:54,5	01:17,3	05:11,8	00:31,6	00:33,9	01:05,5
11	Pydyszewska Ewa	2003	05:06,3	01:15,4	01:19,5	02:34,9	01:20,0	03:54,9	01:18,9	05:13,8	00:31,8	00:35,6	01:07,4
12	Pruszyńska Wiktoria	2003	05:04,8	01:16,5	01:20,4	02:36,9	01:19,9	03:56,8	01:17,4	05:14,2	00:34,0	00:36,2	01:10,2
13	Zdrzenicka Julia	2004	05:10,1	01:13,7	01:21,6	02:35,3	01:21,3	03:56,6	01:18,6	05:15,2	00:31,3	00:35,4	01:06,7
14	Niedziałkowska Daria	2000	04:56,8	01:09,8	01:21,0	02:30,8	01:24,1	03:54,9	01:22,4	05:17,3	00:30,7	00:34,1	01:04,8
15	Łotowska Maja	2004	05:07,3	01:15,9	01:21,4	02:37,3	01:21,5	03:58,8	01:18,7	05:17,5	00:31,6	00:35,1	01:06,7
16	Horbacz Nicola	2001	05:26,6	01:15,5	01:21,1	02:36,6	01:21,7	03:58,3	01:20,3	05:18,6	00:34,3	00:37,5	01:11,8
17	Dąbrowska Julia	2001		01:18,5	01:23,2	02:41,7	01:23,3	04:05,0	01:18,5	05:23,5	00:34,1	00:37,5	01:11,6
18	Klemczyńska Magdalena	1996		01:12,3	01:18,8	02:31,1	01:24,0	03:55,1	01:28,7	05:23,8	00:32,4	00:36,7	01:09,1
19	Korobiewska Klara	2004		01:16,9	01:22,5	02:39,4	01:23,6	04:03,0	01:21,7	05:24,7	00:33,5	00:37,5	01:11,0
20	Stokłosiński Karolina	2001	05:32,4	01:17,0	01:23,2	02:40,2	01:22,8	04:03,0	01:22,9	05:25,9	00:32,7	00:35,6	01:08,3
21	Wróbel Maja	2003	05:37,3	01:18,7	01:25,3	02:44,0	01:24,9	04:08,9	01:22,8	05:31,7	00:33,4	00:37,5	01:10,9
22	Mękańska Martyna	2003	05:40,5	01:17,4	01:24,6	02:42,0	01:26,4	04:08,4	01:23,7	05:32,1	00:33,5	00:39,9	01:13,4

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PŁYWANIE

<u>Tor</u>	<u>Nazwisko i imię</u>	<u>r.ur</u>	<u>19.11.17</u>	<u>100</u>		<u>200</u>		<u>300</u>		<u>400</u>	<u>50</u>		<u>100</u>
1	Świderski Jarosław	1993		01:02,9	01:07,9	02:10,8	01:07,8	03:18,6	01:07,7	04:26,3	00:28,0	00:29,3	00:57,3
2	Kasperczak Kamil	2000	04:27,9	01:02,8	01:07,5	02:10,3	01:40,7	03:51,0	00:39,8	04:30,8	00:27,3	00:29,9	00:57,2
3	Klimek Maciej	2003	04:22,1	01:01,9	01:09,1	02:11,0	01:12,0	03:23,0	01:10,6	04:33,6	00:28,5	00:30,2	00:58,7
4	Ławrynowicz Daniel	1997	04:36,2	01:07,7	01:11,2	02:18,9	01:08,3	03:27,2	01:07,5	04:34,7	00:29,2	00:31,3	01:00,5
5	Karnik Eryk	2000	04:36,2	01:02,5	01:09,9	02:12,4	01:12,2	03:24,6	01:12,9	04:37,5	00:28,4	00:29,7	00:58,1
6	Gutkowski Łukasz	1998	04:38,2	01:05,2	01:10,7	02:15,9	01:10,5	03:26,4	01:11,3	04:37,7	00:27,3	00:30,3	00:57,6
7	Stanisławski Szymon	2005	04:40,0	01:07,5	01:12,7	02:20,2	01:11,2	03:31,4	01:07,5	04:38,9	00:30,2	00:32,6	01:02,8
8	Wiśniewski Adrian	2002	04:38,2	01:04,2	01:11,0	02:15,2	01:12,1	03:27,3	01:12,0	04:39,3	00:28,1	00:31,5	00:59,6
9	Powroźnik Igor	2000	04:39,6	01:03,0	01:11,5	02:14,5	01:13,3	03:27,8	01:13,3	04:41,1	00:27,7	00:30,8	00:58,5
10	Ziółek Potr	2003	04:42,2	01:08,0	01:12,8	02:20,8	01:11,0	03:31,8	01:09,8	04:41,6	00:29,2	00:32,7	01:01,9
11	Banaszak Patryk	2000	04:48,9	01:07,6	01:11,2	02:18,8	01:12,1	03:30,9	01:11,0	04:41,9	00:30,7	00:32,8	01:03,5
12	Spalony Tadeusz	2001	04:44,5	01:09,6	01:14,4	02:24,0	01:15,3	03:39,3	01:06,4	04:45,7	00:29,6	00:32,0	01:01,6
13	Paradowski Oskar	1999		01:05,3	01:10,6	02:15,9	01:15,4	03:31,3	01:14,9	04:46,2	00:29,6	00:31,7	01:01,3
14	Dukielski Maciej	1995	04:52,9	01:10,3	01:14,6	02:24,9	01:14,1	03:39,0	01:13,0	04:52,0	00:28,1	00:31,0	00:59,1
15	Wójcik Igor	2001	04:47,9	01:09,9	01:14,9	02:24,8	01:15,7	03:40,5	01:12,0	04:52,5	00:30,0	00:31,8	01:01,8
16	Wąsowicz Kajetan	2004	04:48,6	01:07,7	01:15,7	02:23,4	01:16,7	03:40,1	01:13,6	04:53,7	00:27,8	00:30,8	00:58,6
17	Jaszczerski Michał	1999		01:08,2	01:13,5	02:21,7	01:15,9	03:37,6	01:16,7	04:54,3	00:29,0	00:30,7	00:59,7
18	Bąbel Eryk	2003		01:06,9	01:17,0	02:23,9	01:18,8	03:42,7	01:14,7	04:57,4	00:30,0	00:32,4	01:02,4
19	Paradowski Olaf	2003	05:10,3	01:09,9	01:15,4	02:25,3	01:17,6	03:42,9	01:15,5	04:58,4	00:30,6	00:33,3	01:03,9
20	Michalczyk Bartosz	2002	04:57,3	01:11,6	01:16,1	02:27,7	01:17,6	03:45,3	01:13,3	04:58,6	00:30,0	00:33,5	01:03,5
21	Staśkiewicz Szymon	1987	04:56,1	01:12,6	01:17,4	02:30,0	01:15,1	03:45,1	01:14,4	04:59,5	00:29,0	00:31,1	01:00,1
22	Olejnik Filip	2000	04:56,1	01:10,9	01:14,9	02:25,8	01:15,5	03:41,3	01:19,0	05:00,3	00:28,9	00:30,3	00:59,2
23	Miłkowski Wiktor	2005		01:08,6	01:16,5	02:25,1	01:17,8	03:42,9	01:17,8	05:00,7	00:31,8	00:36,5	01:08,3
24	Machel Gerard	2001	05:06,0	01:11,9	01:17,4	02:29,3	01:19,3	03:48,6	01:15,9	05:04,5	00:28,6	00:36,9	01:05,5
25	Wieczorkowski Maksymilian	2000		01:12,8	01:18,5	02:31,3	01:19,7	03:51,0	01:16,8	05:07,8	00:30,4	00:33,6	01:04,0
26	Suliga Marcel	2000	05:03,7	01:11,8	01:20,5	02:32,3	01:21,2	03:53,5	01:17,9	05:11,4	00:32,0	00:36,1	01:08,1
27	Adach Paweł	1999	05:05,7	01:13,5	01:20,3	02:33,8	01:22,3	03:56,1	01:21,0	05:17,1	00:32,4	00:34,4	01:06,8
28	Gwiazda Szymon	2002		01:12,3	01:23,1	02:35,4	01:24,6	04:00,0	01:25,0	05:25,0	00:30,2	00:32,2	01:02,4
29	Jakubowski Sergiusz	1998		01:19,8	01:29,6	02:49,4	01:18,5	04:07,9	01:22,8	05:30,7	00:33,4	00:35,7	01:09,1
30	Bigos Tymoteusz	2003	05:42,0	01:17,2	01:28,1	02:45,3	01:30,2	04:15,5	01:26,3	05:41,8	00:29,9	00:33,2	01:03,1

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BIEG

Bieg panie:

2000m

3	Cati Lidia	2004	03:36,0	03:42,0	07:18,0	
4	Zdrzenicka Julia	2004	03:36,4	03:45,3	07:21,7	
5	Łotowska Maja	2004	03:38,9	03:44,6	07:23,5	
7	Koroblewska Klara	2004	03:39,8	03:43,7	07:23,5	
8	Karbownik Małgorzata	2005	03:39,3	03:55,1	07:34,4	

3000m

2	Myrda Paulina	2003	03:43,4	03:48,6	07:32,0	03:38,9	11:10,9
4	Wróbel Maja	2003	03:51,1	03:58,1	07:49,2	04:04,8	11:54,0
6	Ławrynowicz Zuzanna	2002	03:55,0	04:05,5	08:00,5	04:08,4	12:08,9
7	Pruszyńska Wiktoria	2003	03:55,6	04:06,4	08:02,0	04:11,7	12:13,7
8	Wierzba Michalina	2002	03:56,1	04:07,4	08:03,5	04:11,3	12:14,8
9	Mękańska Martyna	2003	03:54,8	04:16,9	08:11,7	04:47,5	12:59,2

5000m

1	Wierzba Wiktoria	1999	03:53,0	03:55,6	07:48,6	04:02,9	11:51,5	04:09,3	16:00,8	03:58,9	19:59,7	03:59,9
2	Wysokińska Agnieszka	2000	04:03,6	04:00,4	08:04,0	04:06,0	12:10,0	04:09,9	16:19,9	04:02,7	20:22,6	04:04,5
3	Stokłosiński Karolina	2001	04:01,4	04:02,0	08:03,4	04:07,1	12:10,5	04:10,7	16:21,2	04:09,2	20:30,4	04:06,1
4	Horbacz Nicola	2001	04:01,5	04:01,8	08:03,3	04:07,3	12:10,6	04:10,5	16:21,1	04:11,6	20:32,7	04:06,5
5	Niedziałkowska Daria	2000	04:03,6	03:58,9	08:02,5	04:07,7	12:10,2	04:31,8	16:42,0	03:56,2	20:38,2	04:07,6
6	Kobecka Marta	1995	04:08,0	04:06,3	08:14,3	04:11,3	12:25,6	04:12,8	16:38,4	04:08,7	20:47,1	04:09,4
7	Sobolewska Aleksandra	1999	03:58,0	04:07,0	08:05,0	04:20,0	12:25,0	04:19,0	16:44,0	04:12,0	20:56,0	04:11,2
8	Stokłosiński Angelika	2001	04:29,8	04:25,2	08:55,0	04:26,4	13:21,4	04:18,0	17:39,4	04:14,1	21:53,5	04:22,7
9	Klemczyńska Magdalena	1996	04:28,6	04:22,1	08:50,7	04:27,5	13:18,2	04:29,4	17:47,6	04:28,9	22:16,5	04:27,3
11	Dąbrowska Julia	2001	04:27,1	04:22,1	08:49,2	04:29,8	13:19,0	04:52,4	18:11,4	04:32,7	22:44,1	04:32,8

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BIEG

Bieg panowie:

2000m

1	Miłkowski Wiktor	2005	03:23,5	03:16,6	06:40,1
2	Stanisławski Szymon	2005	03:23,0	03:20,8	06:43,8

3000m

1	Paradowski Olaf	2003	03:24,0	03:22,0	06:46,0	03:15,0	10:01,0
2	Michalczyk Bartosz	2002	03:24,5	03:26,8	06:51,3	03:31,5	10:22,8
3	Wąsowicz Kajetan	2004	03:25,6	03:31,2	06:56,8	03:41,8	10:38,6
4	Klimek Maciej	2003	03:27,9	03:44,4	07:12,3	03:27,0	10:39,3
5	Ziółek Potr	2003	03:25,1	03:29,7	06:54,8	03:45,1	10:39,9
6	Bigos Tymoteusz	2003	03:28,1	03:44,0	07:12,1	03:42,4	10:54,5
7	Gwiazda Szymon	2002	03:52,2	04:04,3	07:56,5	04:10,2	12:06,7
8	Bąbel Eryk	2003	03:38,8	04:19,4	07:58,2	04:17,3	12:15,5
9	Wiśniewski Adrian	2002	03:28,5	04:12,0	07:40,5	04:37,4	12:17,9

5000m

1	Ławrynowicz Daniel	1997	03:17,7	03:17,2	06:34,9	03:16,9	09:51,8	03:12,8	13:04,6	03:04,6	16:09,2	03:13,8
2	Gutkowski Łukasz	1998	03:16,7	03:17,6	06:34,3	03:17,6	09:51,9	03:17,5	13:09,4	03:13,4	16:22,8	03:16,6
3	Paradowski Oskar	1998	03:17,4	03:17,3	06:34,7	03:17,3	09:52,0	03:23,0	13:15,0	03:26,0	16:41,0	03:20,2
4	Dukielski Maciej	1995	03:32,7	03:32,0	07:04,7	03:27,3	10:32,0	03:27,0	13:59,0	03:09,1	17:08,1	03:25,6
5	Suliga Marcel	2000	03:18,9	03:22,3	06:41,2	03:34,9	10:16,1	03:40,9	13:57,0	03:14,0	17:11,0	03:26,2
6	Jaszczerski Michał	1999	03:33,0	03:32,0	07:05,0	03:28,0	10:33,0	03:26,0	13:59,0	03:17,0	17:16,0	03:27,2
7	Karnik Eryk	2000	03:33,6	03:32,1	07:05,7	03:28,0	10:33,7	03:25,6	13:59,3	03:18,4	17:17,7	03:27,5
8	Powroźnik Igor	2000	03:16,9	03:19,1	06:36,0	03:34,5	10:10,5	03:40,6	13:51,1	03:30,8	17:21,9	03:28,4
9	Staśkiewicz Szymon	1987	03:33,9	03:30,1	07:04,0	03:31,0	10:35,0	03:33,0	14:08,0	03:28,3	17:36,3	03:31,3
9	Świdorski Jarostaw	1993	03:30,3	03:27,2	06:57,5	03:36,8	10:34,3	03:35,5	14:09,8	03:38,7	17:48,5	03:33,7
10	Banaszak Patryk	2000	03:34,1	03:32,1	07:06,2	03:29,4	10:35,6	03:23,4	13:59,0	03:53,0	17:52,0	03:34,4
11	Adach Paweł	1999	03:32,0	03:33,0	07:05,0	03:45,0	10:50,0	03:49,0	14:39,0	03:53,0	18:32,0	03:42,4
12	Olejniak Filip	2000	03:34,3	03:32,0	07:06,3	03:30,0	10:36,3	03:57,4	14:33,7	04:05,0	18:38,7	03:43,7
13	Wieczorkowski Maksymilian	2000	03:34,9	03:32,1	07:07,0	03:51,1	10:58,1	03:52,2	14:50,3	03:54,1	18:44,4	03:44,9
14	Machel Gerard	2001	03:45,2	03:54,8	07:40,0	03:45,0	11:25,0	03:53,0	15:18,0	03:28,9	18:46,9	03:45,4
15	Wójcik Igor	2001	03:35,6	03:40,8	07:16,4	03:52,7	11:09,1	03:57,7	15:06,8	03:51,7	18:58,5	03:47,7
16	Spalony Tadeusz	2001	03:32,0	03:35,0	07:07,0	03:51,2	10:58,2	04:15,9	15:14,1	03:56,0	19:10,1	03:50,0
17	Kasperczak Kamil	2000	03:18,2	03:19,0	06:37,2	#####		00:00,0		00:00,0		