

Otwarte Mistrzostwa Okręgu Podkarpackiego w pływaniu
D bica, 13. - 14.11.2010

Konkurencja 18
2010-11-13 - 17:05

Mężczyzn, 400m dowolny

11 lat i starsi
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.			
11 lat												
1.	BUJAK Dominik		99	MUKP Korona-Swim Kielce				5:04.63	340			
	50m:	33.79	33.79	150m:	1:51.85	39.11	250m:	3:09.72	38.81	350m:	4:27.95	39.29
	100m:	1:12.74	38.95	200m:	2:30.91	39.06	300m:	3:48.66	38.94	400m:	5:04.63	36.68
2.	RYBAK Hubert		99	MOTYL MOSiR Stalowa Wola				5:57.29	211			
	50m:	35.16	35.16	150m:	2:02.87	45.13	250m:	3:37.31	47.44	350m:	5:13.15	47.98
	100m:	1:17.74	42.58	200m:	2:49.87	47.00	300m:	4:25.17	47.86	400m:	5:57.29	44.14
3.	BAL Dominik		99	KP SOKÓŁ Rzeszów				6:04.56	198			
	50m:	40.28	40.28	150m:	2:15.17	47.49	250m:	3:47.83	46.84	350m:	5:20.35	45.74
	100m:	1:27.68	47.40	200m:	3:00.99	45.82	300m:	4:34.61	46.78	400m:	6:04.56	44.21
4.	GRUDZI SKI Olgierd		99	MKS IKAR Mielec				6:42.62	147			
	50m:	39.41	39.41	150m:	2:21.95	52.43	250m:	4:07.52	51.91	350m:	5:53.65	52.47
	100m:	1:29.52	50.11	200m:	3:15.61	53.66	300m:	5:01.18	53.66	400m:	6:42.62	48.97
5.	HOŁOWICKI Mikołaj		99	MKS IKAR Mielec				6:53.16	136			
	50m:			150m:	2:28.45		250m:			350m:	6:02.19	51.12
	100m:			200m:	3:23.71	55.26	300m:	5:11.07		400m:	6:53.16	50.97
12 lat												
1.	GAWRON Gerard		98	MKS IKAR Mielec				5:03.03	346			
	50m:	34.72	34.72	150m:	1:52.52	38.65	250m:	3:10.60	38.90	350m:	4:26.97	38.00
	100m:	1:13.87	39.15	200m:	2:31.70	39.18	300m:	3:48.97	38.37	400m:	5:03.03	36.06
2.	ROGOZI SKI Michał		98	KS KSZO Ostrowiec wietokrzyski				5:04.42	341			
	50m:	34.20	34.20	150m:	1:51.45	38.63	250m:	3:09.78	39.05	350m:	4:27.38	38.59
	100m:	1:12.82	38.62	200m:	2:30.73	39.28	300m:	3:48.79	39.01	400m:	5:04.42	37.04
3.	PIWOWARSKI Grzegorz		98	UNIA Tarnów				5:06.18	335			
	50m:	33.84	33.84	150m:	1:53.44	40.69	250m:	3:11.59	39.76	350m:	4:29.50	38.44
	100m:	1:12.75	38.91	200m:	2:31.83	38.39	300m:	3:51.06	39.47	400m:	5:06.18	36.68
4.	KIPA Jakub		98	MKS IKAR Mielec				5:21.57	289			
	50m:	36.36	36.36	150m:	1:57.07	40.47	250m:	3:19.41	41.00	350m:	4:42.03	41.06
	100m:	1:16.60	40.24	200m:	2:38.41	41.34	300m:	4:00.97	41.56	400m:	5:21.57	39.54
5.	SIEWIERSKI Michał		98	MUKP FALA Ropczyce				5:24.83	281			
	50m:	36.77	36.77	150m:	1:58.07	41.33	250m:	3:21.61	42.12	350m:	4:44.10	41.01
	100m:	1:16.74	39.97	200m:	2:39.49	41.42	300m:	4:03.09	41.48	400m:	5:24.83	40.73
6.	KORNAUS Norbert		98	UNIA Tarnów				5:30.05	267			
	50m:	36.33	36.33	150m:	1:57.93	41.97	250m:	3:23.42	43.01	350m:	4:49.66	43.18
	100m:	1:15.96	39.63	200m:	2:40.41	42.48	300m:	4:06.48	43.06	400m:	5:30.05	40.39
7.	CIO Filip		98	MKP BOBRY D bica				5:50.46	223			
	50m:	38.91	38.91	150m:	2:06.90	44.48	250m:	3:37.63	45.57	350m:	5:09.78	46.22
	100m:	1:22.42	43.51	200m:	2:52.06	45.16	300m:	4:23.56	45.93	400m:	5:50.46	40.68
8.	MADEJ Kacper		98	UKS DELFIN Tarnobrzeg				6:03.71	200			
	50m:	41.51	41.51	150m:	2:12.63	45.85	250m:	3:46.05	46.36	350m:	5:19.21	46.70
	100m:	1:26.78	45.27	200m:	2:59.69	47.06	300m:	4:32.51	46.46	400m:	6:03.71	44.50
9.	TABOR Sebastian		98	MKS IKAR Mielec				6:07.73	193			
	50m:	41.83	41.83	150m:	2:13.72	46.10	250m:	3:47.55	46.93	350m:	5:21.28	46.68
	100m:	1:27.62	45.79	200m:	3:00.62	46.90	300m:	4:34.60	47.05	400m:	6:07.73	46.45

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Konkurencja 18, M czynn, 400m dowolny

13 lat

1.	BAJAK Mateusz	97	KP SOKÓŁ Rzeszów	4:49.73	396
	50m: 32.84 32.84	150m: 1:47.06 37.65	250m: 3:02.37 37.81	350m: 4:15.64 36.35	
	100m: 1:09.41 36.57	200m: 2:24.56 37.50	300m: 3:39.29 36.92	400m: 4:49.73 34.09	
2.	BUJAK Piotr	97	MUKP Korona-Swim Kielce	4:49.77	395
	50m: 31.32 31.32	150m: 1:43.79 36.97	250m: 2:58.34 37.69	350m: 4:13.50 37.08	
	100m: 1:06.82 35.50	200m: 2:20.65 36.86	300m: 3:36.42 38.08	400m: 4:49.77 36.27	
3.	MACHOWSKI Filip	97	MKS IKAR Mielec	4:50.09	394
	50m: 32.47 32.47	150m: 1:46.51 37.67	250m: 3:02.01 37.82	350m: 4:15.82 36.49	
	100m: 1:08.84 36.37	200m: 2:24.19 37.68	300m: 3:39.33 37.32	400m: 4:50.09 34.27	
4.	KRAWIEC Michał	97	MKP BOBRY D bica	4:55.96	371
	50m: 32.64 32.64	150m: 1:47.05 37.80	250m: 3:02.83 37.82	350m: 4:18.63 37.74	
	100m: 1:09.25 36.61	200m: 2:25.01 37.96	300m: 3:40.89 38.06	400m: 4:55.96 37.33	
5.	HENDZEL Konrad	97	MKS IKAR Mielec	5:08.35	328
	50m: 33.12 33.12	150m: 1:51.68 39.66	250m: 3:12.10 40.38	350m: 4:31.23 39.83	
	100m: 1:12.02 38.90	200m: 2:31.72 40.04	300m: 3:51.40 39.30	400m: 5:08.35 37.12	
6.	GAJEWSKI Karol	97	MUKP Korona-Swim Kielce	5:25.53	279
	50m: 34.66 34.66	150m: 1:56.26 41.27	250m: 3:19.95 42.16	350m: 4:45.31 42.57	
	100m: 1:14.99 40.33	200m: 2:37.79 41.53	300m: 4:02.74 42.79	400m: 5:25.53 40.22	
NIE UK.	KOPTYRA Artur	97	MOTYL MOSiR Stalowa Wola		
	50m: 33.12 33.12	150m: 1:49.10 38.44	250m: 3:09.13 40.57	350m:	
	100m: 1:10.66 37.54	200m: 2:28.56 39.46	300m: 3:55.65 46.52	400m:	

14 lat i starsi

1.	FARA Kacper	94	MUKP FALA Ropczyce	4:18.15	559
	50m: 29.69 29.69	150m: 1:34.08 32.53	250m: 2:39.76 33.04	350m: 3:46.12 33.04	
	100m: 1:01.55 31.86	200m: 2:06.72 32.64	300m: 3:13.08 33.32	400m: 4:18.15 32.03	
2.	UCZEK Piotr	94	MKS IKAR Mielec	4:23.28	527
	50m: 30.22 30.22	150m: 1:36.07 33.25	250m: 2:42.59 33.40	350m: 3:49.79 33.69	
	100m: 1:02.82 32.60	200m: 2:09.19 33.12	300m: 3:16.10 33.51	400m: 4:23.28 33.49	
3.	YBURA Kornel	95	MKP BOBRY D bica	4:28.40	498
	50m: 29.82 29.82	150m: 1:37.69 34.42	250m: 2:47.13 34.63	350m: 3:55.37 34.02	
	100m: 1:03.27 33.45	200m: 2:12.50 34.81	300m: 3:21.35 34.22	400m: 4:28.40 33.03	
4.	KOŁODZIEJ Szczepan	93	MKP BOBRY D bica	4:38.38	446
	50m: 31.75 31.75	150m: 1:41.48 34.77	250m: 2:52.65 35.53	350m: 4:04.33 35.76	
	100m: 1:06.71 34.96	200m: 2:17.12 35.64	300m: 3:28.57 35.92	400m: 4:38.38 34.05	
5.	WILK Kamil	96	MKS IKAR Mielec	4:38.80	444
	50m: 30.44 30.44	150m: 1:40.60 35.74	250m: 2:53.50 36.63	350m: 4:05.89 35.93	
	100m: 1:04.86 34.42	200m: 2:16.87 36.27	300m: 3:29.96 36.46	400m: 4:38.80 32.91	
6.	CHUDZIK Jakub	95	LKS DELFIN Połaniec	4:39.35	441
	50m: 30.74 30.74	150m: 1:40.67 35.75	250m: 2:52.62 36.18	350m: 4:04.74 35.96	
	100m: 1:04.92 34.18	200m: 2:16.44 35.77	300m: 3:28.78 36.16	400m: 4:39.35 34.61	
7.	GRODZKI Tomasz	94	CSTiR Strzyżów	4:49.62	396
	50m: 31.80 31.80	150m: 1:45.57 37.33	250m: 3:00.32 37.26	350m: 4:15.32 37.65	
	100m: 1:08.24 36.44	200m: 2:23.06 37.49	300m: 3:37.67 37.35	400m: 4:49.62 34.30	
8.	SAFIN Hubert	95	UKS DELFIN Tarnobrzeg	4:56.73	368
	50m: 31.79 31.79	150m: 1:43.16 36.10	250m: 2:58.72 38.37	350m: 4:17.83 39.07	
	100m: 1:07.06 35.27	200m: 2:20.35 37.19	300m: 3:38.76 40.04	400m: 4:56.73 38.90	