

Puchar Dyrektora WKS Ćel'sk
Wroc³aw, 5. - 6.6.2009

Konkurencja 12
2009-06-05 - 19:15

Mêżczyzn, 400m zmienny

12 lat i starsi
Wyniki

Rekord Okrêgu Seniorów 4:23.62 Leszek GÓRSKI SLWRO Split 1981-09-08
Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
14 lat i starsi									
1.	Łukasz GŁUSZEK		93	ĆELŹSK Wroc³aw				4:53.70	611
	50m:	29.95 29.95	150m:	1:44.84 40.15	250m:	3:05.69 40.92	350m:	4:20.67 34.11	
	100m:	1:04.69 34.74	200m:	2:24.77 39.93	300m:	3:46.56 40.87	400m:	4:53.70 33.03	
2.	Pawe³ BEDNARCZYK		94	ĆELŹSK Wroc³aw				4:55.14	603
	50m:	29.63 29.63	150m:	1:45.83 41.31	250m:	3:07.59 41.40	350m:	4:22.90 33.69	
	100m:	1:04.52 34.89	200m:	2:26.19 40.36	300m:	3:49.21 41.62	400m:	4:55.14 32.24	
3.	Mateusz NACHTMAN		95	ĆELŹSK Wroc³aw				5:03.72	553
	50m:	31.15 31.15	150m:	1:48.59 41.50	250m:	3:09.36 40.99	350m:	4:28.62 37.04	
	100m:	1:07.09 35.94	200m:	2:28.37 39.78	300m:	3:51.58 42.22	400m:	5:03.72 35.10	
4.	Dawid STASZAK		95	TRÓJKA Ćeroda Wilkp.				5:03.91	552
	50m:	30.90 30.90	150m:	1:48.76 41.54	250m:	3:13.55 43.07	350m:	4:31.96 34.62	
	100m:	1:07.22 36.32	200m:	2:30.48 41.72	300m:	3:57.34 43.79	400m:	5:03.91 31.95	
5.	Arkadiusz OSSES		95	WARTA Poznań				5:05.97	541
	50m:	31.42 31.42	150m:	1:47.62 40.35	250m:	3:13.26 45.61	350m:	4:33.57 33.29	
	100m:	1:07.27 35.85	200m:	2:27.65 40.03	300m:	4:00.28 47.02	400m:	5:05.97 32.40	
6.	Mateusz ZATKA		94	JUVENIA Wroc³aw				5:13.89	501
	50m:	34.26 34.26	150m:	1:56.25 40.92	250m:	3:17.12 40.52	350m:	4:36.82 37.69	
	100m:	1:15.33 41.07	200m:	2:36.60 40.35	300m:	3:59.13 42.01	400m:	5:13.89 37.07	
7.	Pawe³ FURTEK		95	ĆELŹSK Wroc³aw				5:22.17	463
	50m:	33.57 33.57	150m:	1:56.07 43.00	250m:	3:24.53 47.39	350m:	4:47.68 34.43	
	100m:	1:13.07 39.50	200m:	2:37.14 41.07	300m:	4:13.25 48.72	400m:	5:22.17 34.49	
8.	Jan URBANIAK		95	WARTA Poznań				5:26.67	444
	50m:	34.75 34.75	150m:	1:58.70 44.07	250m:	3:29.18 47.79	350m:	4:52.80 35.90	
	100m:	1:14.63 39.88	200m:	2:41.39 42.69	300m:	4:16.90 47.72	400m:	5:26.67 33.87	
9.	Marcel STANKOWIAK		94	JUVENIA Wroc³aw				5:39.00	398
	50m:	33.71 33.71	150m:	2:02.58 43.96	250m:	3:31.21 45.56	350m:	5:00.59 42.08	
	100m:	1:18.62 44.91	200m:	2:45.65 43.07	300m:	4:18.51 47.30	400m:	5:39.00 38.41	
10.	Konrad MARCINIAK		95	POSNANIA Poznań				5:40.91	391
	50m:	35.94 35.94	150m:	2:05.72 46.96	250m:	3:36.39 45.90	350m:	5:02.62 37.94	
	100m:	1:18.76 42.82	200m:	2:50.49 44.77	300m:	4:24.68 48.29	400m:	5:40.91 38.29	
11.	Bartosz GIERACKI		95	ULKS WĆ Kudowa Zdrój				5:42.89	384
	50m:	34.43 34.43	150m:	2:01.51 46.34	250m:	3:36.43 48.40	350m:	5:04.29 39.42	
	100m:	1:15.17 40.74	200m:	2:48.03 46.52	300m:	4:24.87 48.44	400m:	5:42.89 38.60	
12 - 13 lat									
1.	Adam KOĆCIELAK		96	WARTA Poznań				5:38.92	398
	50m:	35.24 35.24	150m:	2:01.73 43.92	250m:	3:34.08 50.38	350m:	5:03.37 38.72	
	100m:	1:17.81 42.57	200m:	2:43.70 41.97	300m:	4:24.65 50.57	400m:	5:38.92 35.55	
2.	Amadeusz GAŁACH		96	ASTROMAL AKWAWIT Leszno				5:47.02	371
	50m:	34.22 34.22	150m:	2:03.87 49.45	250m:	3:40.20 50.27	350m:	5:10.33 40.76	
	100m:	1:14.42 40.20	200m:	2:49.93 46.06	300m:	4:29.57 49.37	400m:	5:47.02 36.69	
3.	Dawid SKALNY		96	REKIN Ćwiebodzice				6:12.30	300
	50m:	37.22 37.22	150m:	2:17.18 48.80	250m:	3:56.66 52.08	350m:	5:32.79 42.21	
	100m:	1:28.38 51.16	200m:	3:04.58 47.40	300m:	4:50.58 53.92	400m:	6:12.30 39.51	