

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

Konkurencja 20
2009-06-06 - 9:45

Mêżczyzn, 400m dowolny

12 lat i starsi
Wyniki

Rekord Okrêgu Seniorów 3:56.38 Piotr ALBIŃSKI SLWRO Sheffield 1993-08-06

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.			
14 lat i starsi												
1.	Maciej ZONIUK		94	ŒEI'sk Wroc³aw				4:01.94	780			
	<i>Rekord Polski 15 lat</i>											
	50m:	28.49	28.49	150m:	1:30.09	30.87	250m:	2:31.50	30.49	350m:	3:33.02	30.31
	100m:	59.22	30.73	200m:	2:01.01	30.92	300m:	3:02.71	31.21	400m:	4:01.94	28.92
2.	Wojciech SZAMOTULSKI		91	ŒEI'sk Wroc³aw				4:08.72	718			
	50m:	28.50	28.50	150m:	1:30.44	31.24	250m:	2:33.21	31.24	350m:	3:36.09	31.05
	100m:	59.20	30.70	200m:	2:01.97	31.53	300m:	3:05.04	31.83	400m:	4:08.72	32.63
3.	Dawid RYBIŃSKI		93	ŒEI'sk Wroc³aw				4:13.02	682			
	50m:	29.07	29.07	150m:	1:32.95	32.38	250m:	2:38.79	32.93	350m:		
	100m:	1:00.57	31.50	200m:	2:05.86	32.91	300m:	3:11.64	32.85	400m:	4:13.02	
4.	Jakub BRZOZA		93	ŒEI'sk Wroc³aw				4:15.65	661			
	50m:	28.60	28.60	150m:	1:32.84	32.42	250m:	2:38.20	32.36	350m:	3:43.41	32.51
	100m:	1:00.42	31.82	200m:	2:05.84	33.00	300m:	3:10.90	32.70	400m:	4:15.65	32.24
5.	Micha³ KOTLEWSKI		94	ZRYW Opole				4:21.43	618			
	50m:	29.24	29.24	150m:	1:34.26	33.12	250m:	2:40.88	33.38	350m:	3:48.38	33.60
	100m:	1:01.14	31.90	200m:	2:07.50	33.24	300m:	3:14.78	33.90	400m:	4:21.43	33.05
6.	Emil BENING		93	JUVENIA Wroc³aw				4:22.17	613			
	50m:	28.45	28.45	150m:	1:33.13	32.37	250m:	2:40.63	33.92	350m:	3:49.09	33.95
	100m:	1:00.76	32.31	200m:	2:06.71	33.58	300m:	3:15.14	34.51	400m:	4:22.17	33.08
7.	Marek STACHOWICZ		92	JUVENIA Wroc³aw				4:23.46	604			
	50m:	28.96	28.96	150m:	1:34.20	33.11	250m:	2:42.49	34.35	350m:	3:51.68	34.61
	100m:	1:01.09	32.13	200m:	2:08.14	33.94	300m:	3:17.07	34.58	400m:	4:23.46	31.78
8.	Krzysztof DALECKI		94	ŒEI'sk Wroc³aw				4:24.58	596			
	50m:	30.20	30.20	150m:	1:36.94	33.35	250m:	2:44.49	33.69	350m:	3:51.89	33.49
	100m:	1:03.59	33.39	200m:	2:10.80	33.86	300m:	3:18.40	33.91	400m:	4:24.58	32.69
9.	Pawe³ BEDNARCZYK		94	ŒEI'sk Wroc³aw				4:25.10	593			
	50m:	31.42	31.42	150m:	1:37.24	33.57	250m:	2:44.86	33.96	350m:	3:52.40	32.95
	100m:	1:03.67	32.25	200m:	2:10.90	33.66	300m:	3:19.45	34.59	400m:	4:25.10	32.70
10.	Adrian KŒUSEK		93	JUVENIA Wroc³aw				4:25.64	589			
	50m:	29.06	29.06	150m:	1:35.32	33.66	250m:	2:44.84	35.03	350m:	3:53.50	34.47
	100m:	1:01.66	32.60	200m:	2:09.81	34.49	300m:	3:19.03	34.19	400m:	4:25.64	32.14
11.	Arkadiusz OSSES		95	WARTA Poznañ				4:25.69	589			
	50m:	31.24	31.24	150m:	1:40.12	34.49	250m:	2:47.43	33.63	350m:	3:54.00	32.88
	100m:	1:05.63	34.39	200m:	2:13.80	33.68	300m:	3:21.12	33.69	400m:	4:25.69	31.69
12.	Mi³osz CYNK		94	ŒEI'sk Wroc³aw				4:26.14	586			
	50m:	30.08	30.08	150m:	1:37.20	34.14	250m:	2:45.49	34.80	350m:	3:53.77	34.32
	100m:	1:03.06	32.98	200m:	2:10.69	33.49	300m:	3:19.45	33.96	400m:	4:26.14	32.37
13.	Bart³omiej WOLAK		93	ŒEI'sk Wroc³aw				4:28.52	570			
	50m:	30.41	30.41	150m:	1:37.92	33.86	250m:	2:46.74	34.18	350m:	3:55.63	34.33
	100m:	1:04.06	33.65	200m:	2:12.56	34.64	300m:	3:21.30	34.56	400m:	4:28.52	32.89
14.	Robert HOFFMANN		95	OLIMPIA Poznañ				4:29.44	564			
	50m:	28.91	28.91	150m:	1:35.70	34.42	250m:	2:45.56	35.02	350m:	3:56.00	35.61
	100m:	1:01.28	32.37	200m:	2:10.54	34.84	300m:	3:20.39	34.83	400m:	4:29.44	33.44
15.	Maciej WIDANKA		93	JUVENIA Wroc³aw				4:29.45	564			
	50m:	28.25	28.25	150m:	1:35.57	34.61	250m:	2:45.49	34.88	350m:	3:56.32	35.25
	100m:	1:00.96	32.71	200m:	2:10.61	35.04	300m:	3:21.07	35.58	400m:	4:29.45	33.13
16.	Pawe³ FURTEK		95	ŒEI'sk Wroc³aw				4:29.97	561			
	50m:	30.99	30.99	150m:	1:37.65	33.75	250m:	2:46.62	34.49	350m:	3:56.31	34.59
	100m:	1:03.90	32.91	200m:	2:12.13	34.48	300m:	3:21.72	35.10	400m:	4:29.97	33.66

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

Konkurencja 20, Mê¿czyzn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.			
17.	Jakub GLIŃSKI		93	ŒEI'sk Wroc³aw				4:36.50	522			
	50m:	31.22 31.22	150m:	1:40.59	34.63	250m:	2:51.13	35.08	350m:	4:01.54	35.07	
	100m:	1:05.96	34.74	200m:	2:16.05	35.46	300m:	3:26.47	35.34	400m:	4:36.50	34.96
18.	Witold CICHON		93	MEDUZA Pajêczno				4:38.00	514			
	50m:	30.88 30.88	150m:	1:38.48	34.09	250m:	2:50.06	36.20	350m:	4:03.32	36.55	
	100m:	1:04.39	33.51	200m:	2:13.86	35.38	300m:	3:26.77	36.71	400m:	4:38.00	34.68
19.	Jakub GÓRNY		93	POSNANIA Poznañ				4:39.62	505			
	50m:	31.26 31.26	150m:	1:42.17	36.23	250m:	2:54.18	35.81	350m:	4:05.72	35.37	
	100m:	1:05.94	34.68	200m:	2:18.37	36.20	300m:	3:30.35	36.17	400m:	4:39.62	33.90
20.	Jan URBANIAK		95	WARTA Poznañ				4:40.68	499			
	50m:	32.97 32.97	150m:	1:45.37	36.03	250m:	2:56.93	35.57	350m:	4:07.48	34.92	
	100m:	1:09.34	36.37	200m:	2:21.36	35.99	300m:	3:32.56	35.63	400m:	4:40.68	33.20
21.	Micha³ KUTKOWSKI		95	POSNANIA Poznañ				4:40.76	499			
	50m:	32.28 32.28	150m:	1:45.44	36.53	250m:	2:57.36	35.64	350m:	4:07.86	34.96	
	100m:	1:08.91	36.63	200m:	2:21.72	36.28	300m:	3:32.90	35.54	400m:	4:40.76	32.90
22.	Aleksander JABŁONSKI		91	OLIMPIA Poznañ				4:41.15	497			
	50m:	31.18 31.18	150m:	1:41.28	35.69	250m:	2:54.28	36.42	350m:	4:06.67	36.01	
	100m:	1:05.59	34.41	200m:	2:17.86	36.58	300m:	3:30.66	36.38	400m:	4:41.15	34.48
23.	Bartosz GAJEWSKI		95	MMKS Kêdzierzyn-KoŸle				4:42.86	488			
	50m:	31.28 31.28	150m:	1:41.35	35.80	250m:	2:54.34	37.23	350m:	4:08.59	37.21	
	100m:	1:05.55	34.27	200m:	2:17.11	35.76	300m:	3:31.38	37.04	400m:	4:42.86	34.27
24.	Marcin KUTKOWSKI		95	POSNANIA Poznañ				4:43.97	482			
	50m:	31.87 31.87	150m:	1:43.07	36.36	250m:	2:56.47	36.66	350m:	4:08.89	36.39	
	100m:	1:06.71	34.84	200m:	2:19.81	36.74	300m:	3:32.50	36.03	400m:	4:43.97	35.08
25.	Jakub DUDZIAK		95	ŒEI'sk Wroc³aw				4:47.43	465			
	50m:	32.91 32.91	150m:	1:48.43	38.26	250m:	3:03.37	37.41	350m:	4:13.93	34.71	
	100m:	1:10.17	37.26	200m:	2:25.96	37.53	300m:	3:39.22	35.85	400m:	4:47.43	33.50
26.	Micha³ ROSOWIECKI		95	ŒEI'sk Wroc³aw				4:51.04	448			
	50m:	32.95 32.95	150m:	1:45.93	37.17	250m:	2:59.72	36.73	350m:	4:14.20	37.08	
	100m:	1:08.76	35.81	200m:	2:22.99	37.06	300m:	3:37.12	37.40	400m:	4:51.04	36.84
27.	Damian DO•DZIK		95	WARTA Poznañ				4:52.45	441			
	50m:	32.77 32.77	150m:	1:47.31	37.13	250m:	3:02.74	37.25	350m:	4:17.91	37.90	
	100m:	1:10.18	37.41	200m:	2:25.49	38.18	300m:	3:40.01	37.27	400m:	4:52.45	34.54
28.	Konrad MARCINIAK		95	POSNANIA Poznañ				4:53.48	437			
	50m:	32.56 32.56	150m:	1:46.89	37.45	250m:	3:02.74	37.73	350m:	4:17.10	35.68	
	100m:	1:09.44	36.88	200m:	2:25.01	38.12	300m:	3:41.42	38.68	400m:	4:53.48	36.38
29.	Micha³ SIKORA		95	ŒEI'sk Wroc³aw				4:54.33	433			
	50m:	31.70 31.70	150m:	1:44.79	37.46	250m:	3:01.40	37.62	350m:	4:17.55	37.68	
	100m:	1:07.33	35.63	200m:	2:23.78	38.99	300m:	3:39.87	38.47	400m:	4:54.33	36.78
30.	Bartosz KOSCIELNIAK		93	REKIN Œewiebodzice				5:01.83	402			
	50m:	32.69 32.69	150m:	1:49.57	39.13	250m:	3:08.19	39.33	350m:	4:25.36	38.11	
	100m:	1:10.44	37.75	200m:	2:28.86	39.29	300m:	3:47.25	39.06	400m:	5:01.83	36.47
31.	Tomasz PAWLAK		95	TRÓJKA Œeroda Wilkp.				5:04.98	389			
	50m:	34.27 34.27	150m:	1:51.93	38.55	250m:	3:10.47	38.40	350m:	4:27.72	37.26	
	100m:	1:13.38	39.11	200m:	2:32.07	40.14	300m:	3:50.46	39.99	400m:	5:04.98	37.26
32.	Sebastian STAŃKO		95	ŒEI'sk Wroc³aw				5:09.22	373			
	50m:	33.91 33.91	150m:	1:52.33	40.05	250m:	3:12.79	40.36	350m:	4:32.41	40.25	
	100m:	1:12.28	38.37	200m:	2:32.43	40.10	300m:	3:52.16	39.37	400m:	5:09.22	36.81
33.	Krzysztof KAMIŃSKI		95	MMKS Kêdzierzyn-KoŸle				5:09.30	373			
	50m:	33.04 33.04	150m:	1:49.12	39.06	250m:	3:09.26	40.36	350m:	4:30.20	40.61	
	100m:	1:10.06	37.02	200m:	2:28.90	39.78	300m:	3:49.59	40.33	400m:	5:09.30	39.10
34.	Patryk KRUTYJ		95	ŒEI'sk Wroc³aw				5:13.85	357			
	50m:	34.61 34.61	150m:	1:53.75	40.08	250m:	3:13.56	39.96	350m:	4:33.97	40.48	
	100m:	1:13.67	39.06	200m:	2:33.60	39.85	300m:	3:53.49	39.93	400m:	5:13.85	39.88

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

Konkurencja 20, Męczyzn, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
35.	Przemys³aw ADAMCZYK		95	MMKS Kędzierzyn-KoŸle				5:16.73	348		
	50m:	33.65 33.65	150m:	1:53.75	41.23	250m:	3:16.23	41.26	350m:	4:38.45	41.30
	100m:	1:12.52 38.87	200m:	2:34.97	41.22	300m:	3:57.15	40.92	400m:	5:16.73	38.28
36.	Krystian WARZECHA		95	REKIN Œwiebodzice				5:25.17	321		
	50m:	36.49 36.49	150m:			250m:	3:23.59	42.88	350m:		
	100m:	1:17.08 40.59	200m:	2:40.71		300m:	4:06.12	42.53	400m:	5:25.17	
12 - 13 lat											
1.	Remigiusz WIATROWSKI		96	WARTA Poznañ				4:35.78	526		
	50m:	31.35 31.35	150m:	1:41.58	35.37	250m:	2:52.24	35.82	350m:	4:03.02	35.52
	100m:	1:06.21 34.86	200m:	2:16.42	34.84	300m:	3:27.50	35.26	400m:	4:35.78	32.76
2.	Damian HORAŁA		96	WARTA Poznañ				4:57.45	420		
	50m:	32.60 32.60	150m:	1:47.86	37.82	250m:	3:04.69	38.32	350m:	4:21.22	38.33
	100m:	1:10.04 37.44	200m:	2:26.37	38.51	300m:	3:42.89	38.20	400m:	4:57.45	36.23
3.	Maciej HALICKI		96	ŒELŸSK Wroc³aw				4:58.09	417		
	50m:		150m:	1:48.36	39.50	250m:	3:06.20	38.91	350m:	4:22.88	37.55
	100m:	1:08.86	200m:	2:27.29	38.93	300m:	3:45.33	39.13	400m:	4:58.09	35.21
4.	Micha³ MALINOWSKI		96	ŒELŸSK Wroc³aw				4:58.59	415		
	50m:	33.95 33.95	150m:	1:48.62	37.40	250m:	3:05.13	38.12	350m:	4:22.48	
	100m:	1:11.22 37.27	200m:	2:27.01	38.39	300m:	4:58.90	1:53.77	400m:	4:58.59	36.11
5.	Kamil BIENI		96	WARTA Poznañ				4:59.68	410		
	50m:	34.16 34.16	150m:	1:52.23	38.87	250m:	3:08.63	38.21	350m:	4:23.75	36.67
	100m:	1:13.36 39.20	200m:	2:30.42	38.19	300m:	3:47.08	38.45	400m:	4:59.68	35.93
6.	Pawe³ WŁODARCZAK		96	WARTA Poznañ				5:05.01	389		
	50m:	33.69 33.69	150m:	1:50.11	38.50	250m:	3:08.51	38.99	350m:	4:26.47	38.65
	100m:	1:11.61 37.92	200m:	2:29.52	39.41	300m:	3:47.82	39.31	400m:	5:05.01	38.54
7.	Kamil PADŁO		96	WARTA Poznañ				5:05.06	389		
	50m:	32.92 32.92	150m:	1:50.61	39.23	250m:	3:09.74	39.27	350m:	4:28.25	38.73
	100m:	1:11.38 38.46	200m:	2:30.47	39.86	300m:	3:49.52	39.78	400m:	5:05.06	36.81
8.	Bartosz BOROWIEC		96	POSNANIA Poznañ				5:05.44	387		
	50m:	34.62 34.62	150m:	1:53.74	39.62	250m:	3:12.69	39.76	350m:	4:30.26	39.24
	100m:	1:14.12 39.50	200m:	2:32.93	39.19	300m:	3:51.02	38.33	400m:	5:05.44	35.18
9.	Mateusz HADACE		96	WARTA Poznañ				5:07.58	379		
	50m:	34.46 34.46	150m:	1:53.58	39.45	250m:	3:12.41	38.99	350m:	4:30.64	38.85
	100m:	1:14.13 39.67	200m:	2:33.42	39.84	300m:	3:51.79	39.38	400m:	5:07.58	36.94
10.	Łukasz DALECKI		96	ŒELŸSK Wroc³aw				5:08.64	376		
	50m:	33.87 33.87	150m:	1:50.45	38.65	250m:	3:10.01	39.72	350m:	4:30.27	39.79
	100m:	1:11.80 37.93	200m:	2:30.29	39.84	300m:	3:50.48	40.47	400m:	5:08.64	38.37
11.	Jakub KLEKOWSKI		97	ŒELŸSK Wroc³aw				5:13.44	359		
	50m:	34.99 34.99	150m:	1:53.36	40.32	250m:	3:14.38	40.35	350m:	4:35.48	40.58
	100m:	1:13.04 38.05	200m:	2:34.03	40.67	300m:	3:54.90	40.52	400m:	5:13.44	37.96
12.	Wiktor JASZCZAK		97	ŒELŸSK Wroc³aw				5:23.00	328		
	50m:	35.75 35.75	150m:	1:57.67	41.29	250m:	3:21.78	42.28	350m:	4:44.93	40.84
	100m:	1:16.38 40.63	200m:	2:39.50	41.83	300m:	4:04.09	42.31	400m:	5:23.00	38.07
13.	Karol PAWLISIAK		96	ASTROMAL AKWAWIT Leszno				5:26.06	319		
	50m:	37.74 37.74	150m:	2:02.08	42.50	250m:	3:26.27	41.90	350m:	4:48.63	40.69
	100m:	1:19.58 41.84	200m:	2:44.37	42.29	300m:	4:07.94	41.67	400m:	5:26.06	37.43
14.	Tomasz CZEREPAK		97	ŒELŸSK Wroc³aw				5:34.91	294		
	50m:	38.01 38.01	150m:	2:03.15	42.67	250m:	3:28.59	42.16	350m:	4:54.50	42.55
	100m:	1:20.48 42.47	200m:	2:46.43	43.28	300m:	4:11.95	43.36	400m:	5:34.91	40.41
15.	Piotr STEFANKO		97	ŒELŸSK Wroc³aw				5:38.23	285		
	50m:	38.13 38.13	150m:	2:04.53		250m:	3:31.77		350m:	4:57.46	42.37
	100m:		200m:			300m:	4:15.09	43.32	400m:	5:38.23	40.77

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

Konkurencja 20, Ch³opców, 400m dowolny, 12 - 13 lat

Pozycja				Rok ur.					Czas	Pkt.		
16.	Jerzy GNIAZDOWSKI			96	WODNIK Rawicz				5:40.25	280		
	50m:	37.96	37.96	150m:	2:05.49	44.45	250m:	3:34.73	44.66	350m:	5:01.98	43.53
	100m:	1:21.04	43.08	200m:	2:50.07	44.58	300m:	4:18.45	43.72	400m:	5:40.25	38.27
17.	Brajan BUGAŁA			97	DZIEWIŃKA Dzieñoniów				5:41.20	278		
	50m:	38.38	38.38	150m:	2:06.15	44.38	250m:	3:34.94	43.97	350m:	5:03.22	43.09
	100m:	1:21.77	43.39	200m:	2:50.97	44.82	300m:	4:20.13	45.19	400m:	5:41.20	37.98