

Puchar Burmistrza Miasta Giżycka
Giżycko, 7. - 8.11.2009

Konkurencja 16
2009-11-07 - 16:45

Mężczyzn, 400m dowolny

Open
Wyniki

Punkty: FINA 2009

Pozycja			Rok ur.					Czas	Pkt.		
10 lat i m³odsi											
1.	CIBOROWSKI, Rafa ³		99	MKS Medyk Giżycko				5:35.60	267		
	50m:	37.13 37.13	150m:	2:01.96	42.75	250m:	3:27.61	42.76	350m:	4:54.48	43.13
	100m:	1:19.21 42.08	200m:	2:44.85	42.89	300m:	4:11.35	43.74	400m:	5:35.60	41.12
11 - 12 lat											
1.	PIETRZAK, Dawid		97	AZS - WSG Bydgoszcz				4:29.90	513		
	50m:	30.25 30.25	150m:	1:37.19	34.11	250m:	2:46.92	35.10	350m:	3:55.94	33.81
	100m:	1:03.08 32.83	200m:	2:11.82	34.63	300m:	3:22.13	35.21	400m:	4:29.90	33.96
2.	STECKO, Micha ³		97	UKS Kapry-Armexim Pruszków				4:45.22	435		
	50m:	31.38 31.38	150m:	1:40.92	35.14	250m:	2:53.63	36.50	350m:	4:08.70	37.83
	100m:	1:05.78 34.40	200m:	2:17.13	36.21	300m:	3:30.87	37.24	400m:	4:45.22	36.52
3.	ŁUBIŃSKI, Micha ³		97	MTS Kwidzyn				5:07.24	348		
	50m:	34.15 34.15	150m:	1:53.17	39.80	250m:	3:11.39	38.91	350m:	4:30.03	38.88
	100m:	1:13.37 39.22	200m:	2:32.48	39.31	300m:	3:51.15	39.76	400m:	5:07.24	37.21
4.	KRUKOWSKI, Piotr		97	MTS Kwidzyn				5:25.84	292		
	50m:	35.08 35.08	150m:	1:56.60	41.69	250m:	3:21.06	41.69	350m:	4:45.80	41.76
	100m:	1:14.91 39.83	200m:	2:39.37	42.77	300m:	4:04.04	42.98	400m:	5:25.84	40.04
5.	SOŁTOWSKI, Dominik		98	UKS MOS E ³ k				5:29.74	282		
	50m:	36.93 36.93	150m:			250m:			350m:	4:48.71	40.74
	100m:	1:19.49 42.56	200m:	3:27.90		300m:	4:07.97		400m:	5:29.74	41.03
6.	BARGŁOWSKI, Mateusz		98	MKS "Roce" Pisz				5:33.66	272		
	50m:	36.80 36.80	150m:	2:01.42	42.61	250m:	3:26.07	42.44	350m:	4:52.00	43.20
	100m:	1:18.81 42.01	200m:	2:43.63	42.21	300m:	4:08.80	42.73	400m:	5:33.66	41.66
7.	GOŁOTA, Sebastian		98	KS ORZEŁ Elbl ^g				5:42.93	250		
	50m:	40.05 40.05	150m:	2:07.97	43.82	250m:	3:33.78	42.40	350m:	5:00.61	43.14
	100m:	1:24.15 44.10	200m:	2:51.38	43.41	300m:	4:17.47	43.69	400m:	5:42.93	42.32
8.	CZUBAŁA, Rados ³ aw		98	MTS Kwidzyn				5:46.82	242		
	50m:	38.75 38.75	150m:	2:07.28	44.76	250m:	3:36.20	44.34	350m:	5:04.62	43.30
	100m:	1:22.52 43.77	200m:	2:51.86	44.58	300m:	4:21.32	45.12	400m:	5:46.82	42.20
9.	ZBUTOWICZ, Karol		98	Kormoran Olsztyn				5:59.93	216		
	50m:	39.92 39.92	150m:	2:12.05	45.95	250m:			350m:	5:16.02	
	100m:	1:26.10 46.18	200m:			300m:			400m:	5:59.93	43.91
10.	TUCZKO, Jan		97	KS Delfin Gdynia				6:07.48	203		
	50m:	38.81 38.81	150m:	2:09.53	45.61	250m:	3:45.28	47.88	350m:	5:21.08	48.17
	100m:	1:23.92 45.11	200m:	2:57.40	47.87	300m:	4:32.91	47.63	400m:	6:07.48	46.40
11.	GŁĘBOCKI, Mateusz		98	UŁEKS Ostro ³ êka				6:37.35	161		
	50m:	42.03 42.03	150m:	2:21.54	50.77	250m:			350m:	5:46.24	
	100m:	1:30.77 48.74	200m:	3:13.60	52.06	300m:			400m:	6:37.35	51.11
12.	SAMOJŁOWICZ, Miko ³ aj		98	Kormoran Olsztyn				6:43.58	154		
	50m:	42.67 42.67	150m:	2:25.93	52.96	250m:	4:09.41	51.99	350m:	5:54.45	53.40
	100m:	1:32.97 50.30	200m:	3:17.42	51.49	300m:	5:01.05	51.64	400m:	6:43.58	49.13
NIE UK.	ROMAN, Maciej		98	UŁEKS Ostro ³ êka							
	50m:	41.20 41.20	150m:	2:21.62	51.17	250m:	4:04.49	51.66	350m:	5:44.69	47.67
	100m:	1:30.45 49.25	200m:	3:12.83	51.21	300m:	4:57.02	52.53	400m:		

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13 - 14 lat

1.	JASZEWSKI, Marcin	96	UKS "Polonez" Wyszaków	4:25.68	538
	50m: 30.65 30.65	150m: 1:38.59	34.03 250m: 2:46.85	33.96 350m: 3:54.30	33.47
	100m: 1:04.56 33.91	200m: 2:12.89	34.30 300m: 3:20.83	33.98 400m: 4:25.68	31.38
2.	FALACIŃSKI, Maciej	96	UKS MOS E ³ k	4:32.23	500
	50m: 30.89 30.89	150m: 1:40.14	34.97 250m: 2:50.23	35.21 350m: 4:00.51	35.07
	100m: 1:05.17 34.28	200m: 2:15.02	34.88 300m: 3:25.44	35.21 400m: 4:32.23	31.72
3.	KUZIO, Igor	96	Kormoran Olsztyn	4:36.66	477
	50m: 31.90 31.90	150m: 1:41.06	35.27 250m: 2:51.59	35.67 350m: 4:02.69	35.48
	100m: 1:05.79 33.89	200m: 2:15.92	34.86 300m: 3:27.21	35.62 400m: 4:36.66	33.97
4.	DROZD, Patryk	96	Kormoran Olsztyn	4:37.80	471
	50m: 31.84 31.84	150m: 1:42.25	35.50 250m: 2:52.25	35.02 350m: 4:03.79	35.88
	100m: 1:06.75 34.91	200m: 2:17.23	34.98 300m: 3:27.91	35.66 400m: 4:37.80	34.01
5.	STEFANIŃSKI, Przemysław	96	Kormoran Olsztyn	4:42.70	447
	50m: 32.56 32.56	150m: 1:43.81	35.94 250m: 2:56.60	36.28 350m: 4:08.20	35.36
	100m: 1:07.87 35.31	200m: 2:20.32	36.51 300m: 3:32.84	36.24 400m: 4:42.70	34.50
6.	SZCZUKOWSKI, Michał	95	Kormoran Olsztyn	4:50.22	413
	50m: 32.88 32.88	150m: 1:45.48	36.53 250m: 2:59.03	37.14 350m: 4:13.86	37.74
	100m: 1:08.95 36.07	200m: 2:21.89	36.41 300m: 3:36.12	37.09 400m: 4:50.22	36.36
7.	KWIATKOWSKI, Kamil	96	UKS "Polonez" Wyszaków	4:56.57	387
	50m: 32.97 32.97	150m: 1:48.18	37.24 250m: 3:04.78	38.26 350m: 4:20.44	37.58
	100m: 1:10.94 37.97	200m: 2:26.52	38.34 300m: 3:42.86	38.08 400m: 4:56.57	36.13
8.	JANICKI, Wojciech	96	MTS Kwidzyn	5:18.72	312
	50m: 36.16 36.16	150m: 1:59.50	41.49 250m: 3:21.51	41.09 350m: 4:42.87	39.75
	100m: 1:18.01 41.85	200m: 2:40.42	40.92 300m: 4:03.12	41.61 400m: 5:18.72	35.85
9.	DEPTUŁA, Marek	96	UKS "Polonez" Wyszaków	5:19.10	311
	50m: 36.68 36.68	150m: 1:57.38	40.71 250m: 3:19.55	40.93 350m: 4:40.63	40.71
	100m: 1:16.67 39.99	200m: 2:38.62	41.24 300m: 3:59.92	40.37 400m: 5:19.10	38.47
10.	STOKARSKI, Paweł	96	UKS "Polonez" Wyszaków	5:32.34	275
	50m: 37.57 37.57	150m: 2:00.57	42.05 250m: 3:25.47	42.12 350m: 4:50.97	43.01
	100m: 1:18.52 40.95	200m: 2:43.35	42.78 300m: 4:07.96	42.49 400m: 5:32.34	41.37

15 - 16 lat

1.	TOMKO, Filip	93	Kormoran Olsztyn	4:17.13	594
	50m: 30.10 30.10	150m: 1:34.43	32.13 250m: 2:39.17	32.25 350m: 3:44.70	32.85
	100m: 1:02.30 32.20	200m: 2:06.92	32.49 300m: 3:11.85	32.68 400m: 4:17.13	32.43
2.	SZEWczyk, Mateusz	94	UKP Jedyńka Elbląg	4:22.47	558
	50m: 29.71 29.71	150m: 1:34.91	32.94 250m: 2:42.22	33.94 350m: 3:50.69	34.60
	100m: 1:01.97 32.26	200m: 2:08.28	33.37 300m: 3:16.09	33.87 400m: 4:22.47	31.78
3.	KLICZEWSKI, Przemysław	94	UKP Jedyńka Elbląg	4:43.33	444
	50m: 31.57 31.57	150m: 1:43.09	35.95 250m: 2:55.89	36.88 350m: 4:09.40	36.73
	100m: 1:07.14 35.57	200m: 2:19.01	35.92 300m: 3:32.67	36.78 400m: 4:43.33	33.93

17 lat i starsi

1.	GULA, Patryk	92	Kormoran Olsztyn	4:26.54	533
	50m: 29.87 29.87	150m: 1:35.63	33.33 250m: 2:43.20	34.22 350m: 3:52.22	34.70
	100m: 1:02.30 32.43	200m: 2:08.98	33.35 300m: 3:17.52	34.32 400m: 4:26.54	34.32
2.	NOWALSKI, Przemysław	90	MKS Medyk Giżycko	5:31.96	276
	50m: 34.25 34.25	150m: 1:50.61	39.10 250m: 3:12.92	41.50 350m: 5:32.38	1:34.27
	100m: 1:11.51 37.26	200m: 2:31.42	40.81 300m: 3:58.11	45.19 400m: 5:31.96	