

Mistrzostwa Województwa Warmińsko Mazurskiego
Olsztyn, 11. - 12.12.2009

Konkurencja 32
2009-12-12 - 11:50

Mężczyzn, 400m dowolny

Open
Wyniki

Rekord Polski	3:37.78	KORZENIOWSKI, Pawel	AZWAR	Gorzow Wielkopolski	2009-11-26
Rekord Województwa	3:46.88	PIELOWSKI, Krzysztof	KOOLS	Gorzow Wielkopolski	2009-11-26

Punkty: FINA 2009

Pozycja		Rok ur.			Czas	Pkt.
10 lat i m³odsi						
1.	SARBIEWSKI, Tomasz	99	UKP JEDYNKA Elbl ¹ g		6:26.63	175
	50m: 41.61 41.61	150m: 2:20.63	50.24	250m: 4:01.06	50.53	350m: 5:41.53 50.62
	100m: 1:30.39 48.78	200m: 3:10.53	49.90	300m: 4:50.91	49.85	400m: 6:26.63 45.10
11 lat						
1.	SOŁTOWSKI, Dominik	98	UKS MOS E ³ k		5:22.68	300
	50m: 36.30 36.30	150m: 1:57.80	40.68	250m:		350m: 4:43.83 41.52
	100m: 1:17.12 40.82	200m: 2:39.45	41.65	300m: 4:02.31		400m: 5:22.68 38.85
2.	BARGŁOWSKI, Mateusz	98	MKS "ROCE" Pisz		5:25.39	293
	50m: 35.76 35.76	150m: 1:56.91	40.92	250m: 3:20.35	41.75	350m: 4:44.08 42.21
	100m: 1:15.99 40.23	200m: 2:38.60	41.69	300m: 4:01.87	41.52	400m: 5:25.39 41.31
3.	GOŁOTA, Sebastian	98	KS ORZEŁ Elbl ¹ g		5:41.94	252
	50m: 39.34 39.34	150m: 2:04.89	42.18	250m: 3:32.96	44.26	350m: 5:00.85 43.98
	100m: 1:22.71 43.37	200m: 2:48.70	43.81	300m: 4:16.87	43.91	400m: 5:41.94 41.09
4.	SINITCHINE, Rados ³ aw	98	MTP KORMORAN Olsztyn		6:14.70	192
	50m: 40.74 40.74	150m: 2:16.81	48.49	250m: 3:54.50	48.91	350m: 5:32.54 48.98
	100m: 1:28.32 47.58	200m: 3:05.59	48.78	300m: 4:43.56	49.06	400m: 6:14.70 42.16
5.	SZPOJANKOWSKI, Kacper	98	MTP KORMORAN Olsztyn		6:23.34	179
	50m: 41.63 41.63	150m: 2:18.41	49.41	250m: 3:56.89	49.24	350m: 5:37.23 50.66
	100m: 1:29.00 47.37	200m: 3:07.65	49.24	300m: 4:46.57	49.68	400m: 6:23.34 46.11
12 lat						
1.	MACIEJEWSKI, Pawe ³	97	MTP KORMORAN Olsztyn		5:00.53	372
	50m: 33.00 33.00	150m: 1:48.80	38.83	250m: 3:07.04	39.15	350m: 4:24.31 38.67
	100m: 1:09.97 36.97	200m: 2:27.89	39.09	300m: 3:45.64	38.60	400m: 5:00.53 36.22
2.	TRACZEWSKI, Jan	97	MTP KORMORAN Olsztyn		5:01.52	368
	50m: 32.74 32.74	150m: 1:49.65	38.64	250m: 3:07.42	38.74	350m: 4:25.37 39.13
	100m: 1:11.01 38.27	200m: 2:28.68	39.03	300m: 3:46.24	38.82	400m: 5:01.52 36.15
3.	KIL, Kacper	97	KS ORZEŁ Elbl ¹ g		5:14.41	325
	50m: 36.37 36.37	150m: 1:56.79	39.99	250m: 3:16.68	39.77	350m: 4:36.57 39.95
	100m: 1:16.80 40.43	200m: 2:36.91	40.12	300m: 3:56.62	39.94	400m: 5:14.41 37.84
13 lat						
1.	PŁACHTA, Emil	96	MTP KORMORAN Olsztyn		4:22.05	561
	50m: 29.70 29.70	150m: 1:36.35	33.40	250m: 2:44.20	33.89	350m: 3:50.68 32.91
	100m: 1:02.95 33.25	200m: 2:10.31	33.96	300m: 3:17.77	33.57	400m: 4:22.05 31.37
2.	KUZIO, Igor	96	MTP KORMORAN Olsztyn		4:33.19	495
	50m: 29.82 29.82	150m: 1:37.83	34.50	250m: 2:48.08	35.17	350m: 3:59.09 35.70
	100m: 1:03.33 33.51	200m: 2:12.91	35.08	300m: 3:23.39	35.31	400m: 4:33.19 34.10
3.	DROZD, Patryk	96	MTP KORMORAN Olsztyn		4:34.81	486
	50m: 30.80 30.80	150m: 1:40.05	35.31	250m: 2:50.48	35.46	350m: 4:01.31 35.30
	100m: 1:04.74 33.94	200m: 2:15.02	34.97	300m: 3:26.01	35.53	400m: 4:34.81 33.50
4.	STEFANIŃSKI, Przemys ³ aw	96	MTP KORMORAN Olsztyn		4:35.91	481
	50m: 32.09 32.09	150m: 1:42.33	35.45	250m: 2:53.01	35.26	350m: 4:02.51 34.56
	100m: 1:06.88 34.79	200m: 2:17.75	35.42	300m: 3:27.95	34.94	400m: 4:35.91 33.40
5.	SIUDZIŃSKI, Dawid	96	KS ORZEŁ Elbl ¹ g		4:48.42	421
	50m: 30.87 30.87	150m: 1:43.83	37.10	250m: 2:57.70	37.03	350m: 4:12.45 37.59
	100m: 1:06.73 35.86	200m: 2:20.67	36.84	300m: 3:34.86	37.16	400m: 4:48.42 35.97

Mistrzostwa Województwa Warmińsko Mazurskiego
Olsztyn, 11. - 12.12.2009

Konkurencja 32, Ch³opców, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.		
6.	RUDZIŃSKI, Marek		96	KS ORZEŁ Elbl ¹ g				5:16.79	317		
	50m:	36.89 36.89	150m:	1:57.55	40.61	250m:	3:18.36	40.08	350m:	4:38.49	39.88
	100m:	1:16.94 40.05	200m:	2:38.28	40.73	300m:	3:58.61	40.25	400m:	5:16.79	38.30

14 lat

1.	KUBKOWSKI, Bart ³ omiej		95	MKS MEDYK Giżycko				4:08.54	657		
	50m:	29.20 29.20	150m:	1:31.81	31.19	250m:	2:34.50	31.26	350m:	3:37.91	31.49
	100m:	1:00.62 31.42	200m:	2:03.24	31.43	300m:	3:06.42	31.92	400m:	4:08.54	30.63
2.	PASIECZNY, Przemysław		95	KS ORZEŁ Elbl ¹ g				4:22.46	558		
	50m:	29.96 29.96	150m:	1:35.86	33.39	250m:	2:43.44	33.85	350m:	3:49.87	33.33
	100m:	1:02.47 32.51	200m:	2:09.59	33.73	300m:	3:16.54	33.10	400m:	4:22.46	32.59
3.	SZCZUKOWSKI, Michał		95	MTP KORMORAN Olsztyn				4:42.77	446		
	50m:	30.49 30.49	150m:	1:42.73	36.27	250m:	2:54.72	36.12	350m:	4:07.73	36.33
	100m:	1:06.46 35.97	200m:	2:18.60	35.87	300m:	3:31.40	36.68	400m:	4:42.77	35.04

15 lat

1.	RYSKI, Marcin		94	MTP KORMORAN Olsztyn				4:04.16	693		
	50m:	29.73 29.73	150m:	1:32.10	31.27	250m:	2:34.06	30.83	350m:	3:35.33	30.29
	100m:	1:00.83 31.10	200m:	2:03.23	31.13	300m:	3:05.04	30.98	400m:	4:04.16	28.83
2.	SZMIT, Błażej		94	MTP KORMORAN Olsztyn				4:10.08	645		
	50m:	28.07 28.07	150m:	1:30.07	31.48	250m:	2:34.08	32.02	350m:	3:38.71	32.09
	100m:	58.59 30.52	200m:	2:02.06	31.99	300m:	3:06.62	32.54	400m:	4:10.08	31.37
3.	SZEWCZYK, Mateusz		94	UKP JEDYNKA Elbl ¹ g				4:17.08	594		
	50m:	29.57 29.57	150m:	1:34.65	32.88	250m:	2:40.76	33.07	350m:	3:46.87	32.84
	100m:	1:01.77 32.20	200m:	2:07.69	33.04	300m:	3:14.03	33.27	400m:	4:17.08	30.21
4.	SZUDZIK, Przemysław		94	UKP JEDYNKA Elbl ¹ g				4:30.57	510		
	50m:	30.44 30.44	150m:	1:37.47	33.69	250m:	2:46.32	34.34	350m:	3:55.95	35.23
	100m:	1:03.78 33.34	200m:	2:11.98	34.51	300m:	3:20.72	34.40	400m:	4:30.57	34.62
5.	KLICZEWSKI, Przemek		94	UKP JEDYNKA Elbl ¹ g				4:40.31	458		
	50m:	31.44 31.44	150m:	1:41.34	35.77	250m:	2:53.09	36.20	350m:	4:05.21	36.02
	100m:	1:05.57 34.13	200m:	2:16.89	35.55	300m:	3:29.19	36.10	400m:	4:40.31	35.10

16 lat i starsi

1.	PIELOWSKI, Krzysztof		91	MTP KORMORAN Olsztyn				3:53.77	790		
	50m:	28.07 28.07	150m:	1:27.13	29.45	250m:	2:26.13	29.08	350m:	3:24.20	29.17
	100m:	57.68 29.61	200m:	1:57.05	29.92	300m:	2:55.03	28.90	400m:	3:53.77	29.57
2.	BOROWICZ SKONECZNY, Sylwester		92	MTP KORMORAN Olsztyn				3:54.76	780		
	50m:	27.99 27.99	150m:	1:27.58	29.69	250m:	2:26.99	29.67	350m:	3:25.80	29.33
	100m:	57.89 29.90	200m:	1:57.32	29.74	300m:	2:56.47	29.48	400m:	3:54.76	28.96
3.	PIEKUT, Krzysztof		90	MTP KORMORAN Olsztyn				3:58.37	745		
	50m:	28.05 28.05	150m:	1:28.50	30.27	250m:	2:28.97	30.33	350m:	3:28.68	29.44
	100m:	58.23 30.18	200m:	1:58.64	30.14	300m:	2:59.24	30.27	400m:	3:58.37	29.69
4.	ZEMBRZUSKI, Maciej		92	MTP KORMORAN Olsztyn				4:08.56	657		
	50m:	29.76 29.76	150m:	1:32.43	31.39	250m:	2:35.34	31.42	350m:	3:37.85	31.33
	100m:	1:01.04 31.28	200m:	2:03.92	31.49	300m:	3:06.52	31.18	400m:	4:08.56	30.71
5.	TOMKO, Filip		93	MTP KORMORAN Olsztyn				4:17.36	592		
	50m:	30.17 30.17	150m:	1:34.05	32.26	250m:	2:39.76	32.92	350m:	3:46.29	32.93
	100m:	1:01.79 31.62	200m:	2:06.84	32.79	300m:	3:13.36	33.60	400m:	4:17.36	31.07
6.	SZCZUKA, Paweł		92	MTP KORMORAN Olsztyn				4:18.29	586		
	50m:	29.96 29.96	150m:	1:34.64	32.50	250m:	2:40.27	33.07	350m:	3:46.37	33.09
	100m:	1:02.14 32.18	200m:	2:07.20	32.56	300m:	3:13.28	33.01	400m:	4:18.29	31.92

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Olsztyn, 11. - 12.12.2009

Konkurencja 32, Mężczyzn, 400m dowolny, 16 lat i starsi

Pozycja	Rok ur.								Czas	Pkt.		
7.	BIELIŃSKI, Radosław			91	MKS MEDYK Giżycko			4:22.74	556			
	50m:	30.03	30.03	150m:	1:37.58	34.20	250m:	2:45.85	33.82	350m:	3:51.41	32.18
	100m:	1:03.38	33.35	200m:	2:12.03	34.45	300m:	3:19.23	33.38	400m:	4:22.74	31.33