

Zimowe Mistrzostwa Okręgu Małopolskiego
Oświęcim, 18. - 19.12.2009

Konkurencja 12
18.12.2009 - 17:56

Mężczyzn, 400m zmienny

13 lat i starsi
Wyniki

Punkty: FINA 2008

Pozycja	Rok ur.	Czas	Pkt.
13 lat			
1. WOJDAK Wojciech	96	WIKING Brzesko	5:01.51 523
50m: 32.76 32.76	150m: 1:51.61 40.14	250m: 3:11.59 40.80	350m: 4:28.15 33.66
100m: 1:11.47 38.71	200m: 2:30.79 39.18	300m: 3:54.49 42.90	400m: 5:01.51 33.36
2. BOBROWSKI Martin	96	WODNIK Siemianowice	5:15.11 458
50m: 33.67 33.67	150m: 1:54.74 41.54	250m: 3:20.74 44.05	350m: 4:41.38 35.95
100m: 1:13.20 39.53	200m: 2:36.69 41.95	300m: 4:05.43 44.69	400m: 5:15.11 33.73
3. ŁOŃ Konrad	96	WODNIK Siemianowice	5:19.42 439
50m: 33.09 33.09	150m: 1:51.69 39.48	250m: 3:17.90 46.04	350m: 4:42.76 37.85
100m: 1:12.21 39.12	200m: 2:31.86 40.17	300m: 4:04.91 47.01	400m: 5:19.42 36.66
4. BIJAK Patryk	96	JORDAN Kraków	5:34.48 383
50m: 36.01 36.01	150m: 1:58.77 40.72	250m: 3:25.63 47.44	350m: 4:55.74 40.06
100m: 1:18.05 42.04	200m: 2:38.19 39.42	300m: 4:15.68 50.05	400m: 5:34.48 38.74
4. LISZEWSKI Przemysław SO	96	UNIA Oświęcim	5:34.48 383
50m: 34.16 34.16	150m: 1:58.19 43.55	250m: 3:27.80 47.99	350m: 4:56.57 40.90
100m: 1:14.64 40.48	200m: 2:39.81 41.62	300m: 4:15.67 47.87	400m: 5:34.48 37.91
DYSKW. KROGULSKI Filip SO	96	UNIA Oświęcim	
DYSKW. JAKÓBCZYK Kamil	96	WODNIK Siemianowice	
14 - 15 lat			
1. UCZEK Piotr	94	IKAR Mielec	4:51.42 579
50m: 31.60 31.60	150m: 1:47.27 39.26	250m: 3:04.95 39.63	350m: 4:19.80 34.41
100m: 1:08.01 36.41	200m: 2:25.32 38.05	300m: 3:45.39 40.44	400m: 4:51.42 31.62
2. ZABOJSZCZ Wojciech	95	KORONA SWIM Kielce	4:52.47 572
50m: 30.64 30.64	150m: 1:45.29 39.74	250m: 3:04.10 40.86	350m: 4:20.25 34.94
100m: 1:05.55 34.91	200m: 2:23.24 37.95	300m: 3:45.31 41.21	400m: 4:52.47 32.22
3. BAŁABUCH Krystian	95	WIKING Brzesko	4:54.90 558
50m: 31.71 31.71	150m: 1:46.92 38.19	250m: 3:04.77 40.00	350m: 4:20.68 34.69
100m: 1:08.73 37.02	200m: 2:24.77 37.85	300m: 3:45.99 41.22	400m: 4:54.90 34.22
4. GYSIOR Aleksander	95	IKAR Mielec	4:55.33 556
50m: 30.13 30.13	150m: 1:45.36 40.21	250m: 3:05.41 41.12	350m: 4:22.36 35.28
100m: 1:05.15 35.02	200m: 2:24.29 38.93	300m: 3:47.08 41.67	400m: 4:55.33 32.97
5. KRZAK Patryk	95	UNIA Oświęcim	4:59.98 531
50m: 31.89 31.89	150m: 1:47.92 39.67	250m: 3:09.20 43.08	350m: 4:26.36 34.74
100m: 1:08.25 36.36	200m: 2:26.12 38.20	300m: 3:51.62 42.42	400m: 4:59.98 33.62
6. JANKOWSKI Paweł	95	MOS Dłbrowa Górnica	5:00.98 525
50m: 31.33 31.33	150m: 1:45.64 38.17	250m: 3:07.59 44.33	350m: 4:27.78 35.21
100m: 1:07.47 36.14	200m: 2:23.26 37.62	300m: 3:52.57 44.98	400m: 5:00.98 33.20
7. NICAŁ Jacek	95	KORONA Kraków	5:01.29 524
50m: 31.37 31.37	150m: 1:49.55 40.76	250m: 3:10.24 40.84	350m: 4:27.53 37.08
100m: 1:08.79 37.42	200m: 2:29.40 39.85	300m: 3:50.45 40.21	400m: 5:01.29 33.76
8. PAŁKOWSKI Jakub	94	KMITA Zabierzów	5:01.61 522
50m: 31.75 31.75	150m: 1:47.54 40.11	250m: 3:08.79 42.90	350m: 4:27.59 36.15
100m: 1:07.43 35.68	200m: 2:25.89 38.35	300m: 3:51.44 42.65	400m: 5:01.61 34.02
9. KURTOK Tomasz	95	ORKA Łódziny	5:03.93 510
50m: 31.50 31.50	150m: 1:50.09 40.60	250m: 3:11.76 41.84	350m: 4:29.43 34.36
100m: 1:09.49 37.99	200m: 2:29.92 39.83	300m: 3:55.07 43.31	400m: 5:03.93 34.50
10. WARZECHA Wiktor	95	KMITA Zabierzów	5:09.22 484
50m: 34.44 34.44	150m: 1:56.28 41.15	250m: 3:18.09 42.66	350m: 4:36.75 34.95
100m: 1:15.13 40.69	200m: 2:35.43 39.15	300m: 4:01.80 43.71	400m: 5:09.22 32.47

Zimowe Mistrzostwa Okręgu Małopolskiego
Oświęcim, 18. - 19.12.2009

Konkurencja 12, Ch³opców, 400m zmienny, 14 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.
11.	SIEMBIDA Norbert		95	BOBRY Dębica				5:09.43	483
	50m:	32.75 32.75	150m:	1:50.97 38.91	250m:	3:14.06 45.48	350m:	4:36.12 36.13	
	100m:	1:12.06 39.31	200m:	2:28.58 37.61	300m:	3:59.99 45.93	400m:	5:09.43 33.31	
12.	DUDEK Micha ³		94	BOBRY Dębica				5:13.88	463
	50m:	33.39 33.39	150m:	1:53.78 40.20	250m:	3:15.10 41.31	350m:	4:36.56 38.96	
	100m:	1:13.58 40.19	200m:	2:33.79 40.01	300m:	3:57.60 42.50	400m:	5:13.88 37.32	
13.	HYDZIK Piotr		95	KAROL Wadowice				5:15.17	457
	50m:	31.76 31.76	150m:	1:47.96 39.65	250m:	3:14.11 47.73	350m:	4:39.01 36.29	
	100m:	1:08.31 36.55	200m:	2:26.38 38.42	300m:	4:02.72 48.61	400m:	5:15.17 36.16	
DYSKW.	HABRAT Krzysztof		94	AZS AGH Kraków					
16 lat i starsi									
1.	ZACZYŃSKI Karol SO		91	AZS AWF Katowice				4:26.42	757
	50m:	26.83 26.83	150m:	1:32.41 34.10	250m:	2:44.70 38.72	350m:	3:55.55 31.24	
	100m:	58.31 31.48	200m:	2:05.98 33.57	300m:	3:24.31 39.61	400m:	4:26.42 30.87	
2.	PELCZYŃSKI Kacper		92	UNIA Oświęcim				4:29.00	736
	50m:	28.88 28.88	150m:	1:36.98 35.82	250m:	2:48.21 36.00	350m:	3:57.39 32.87	
	100m:	1:01.16 32.28	200m:	2:12.21 35.23	300m:	3:24.52 36.31	400m:	4:29.00 31.61	
3.	PIŃTKOWSKI Mateusz SO		90	UNIA Oświęcim				4:29.43	732
	50m:	27.70 27.70	150m:	1:34.60 34.84	250m:	2:47.55 38.31	350m:	3:58.58 31.75	
	100m:	59.76 32.06	200m:	2:09.24 34.64	300m:	3:26.83 39.28	400m:	4:29.43 30.85	
4.	DYREK Mateusz		91	JORDAN Kraków				4:30.33	725
	50m:	28.52 28.52	150m:	1:36.34 35.55	250m:	2:49.85 38.83	350m:	4:00.22 31.95	
	100m:	1:00.79 32.27	200m:	2:11.02 34.68	300m:	3:28.27 38.42	400m:	4:30.33 30.11	
5.	PACIOREK Artur		93	JORDAN Kraków				4:35.94	682
	50m:	28.24 28.24	150m:	1:36.07 35.49	250m:	2:50.81 39.76	350m:	4:04.53 32.94	
	100m:	1:00.58 32.34	200m:	2:11.05 34.98	300m:	3:31.59 40.78	400m:	4:35.94 31.41	
6.	BARAN Rafa ³		93	JORDAN Kraków				4:36.14	680
	50m:	28.53 28.53	150m:	1:36.95 35.99	250m:	2:51.71 39.27	350m:	4:04.99 32.56	
	100m:	1:00.96 32.43	200m:	2:12.44 35.49	300m:	3:32.43 40.72	400m:	4:36.14 31.15	
7.	KUT Bart ³ omiej		93	BOBRY Dębica				4:39.84	654
	50m:	28.93 28.93	150m:	1:38.86 36.54	250m:	2:54.77 39.82	350m:	4:08.13 33.15	
	100m:	1:02.32 33.39	200m:	2:14.95 36.09	300m:	3:34.98 40.21	400m:	4:39.84 31.71	
8.	GUZIK Jakub		91	AZS AGH Kraków				4:40.08	652
	50m:	29.79 29.79	150m:	1:41.35 37.61	250m:	2:55.25 37.47	350m:	4:07.75 34.45	
	100m:	1:03.74 33.95	200m:	2:17.78 36.43	300m:	3:33.30 38.05	400m:	4:40.08 32.33	
9.	SKRZYPCZAK Jakub		93	IKAR Mielec				4:42.95	632
	50m:	29.95 29.95	150m:	1:40.00 35.42	250m:	2:55.83 41.92	350m:	4:12.02 34.24	
	100m:	1:04.58 34.63	200m:	2:13.91 33.91	300m:	3:37.78 41.95	400m:	4:42.95 30.93	
10.	NOCOŃ Sebastian SO		92	AZS AWF Katowice				4:47.43	603
	50m:	28.58 28.58	150m:	1:38.14 37.11	250m:	2:57.91 42.67	350m:	4:15.65 33.83	
	100m:	1:01.03 32.45	200m:	2:15.24 37.10	300m:	3:41.82 43.91	400m:	4:47.43 31.78	
11.	ASULIAN Axel		93	AZS AWF Katowice				4:48.82	594
	50m:	28.71 28.71	150m:	1:39.37 36.70	250m:	2:58.12 42.94	350m:	4:16.27 34.29	
	100m:	1:02.67 33.96	200m:	2:15.18 35.81	300m:	3:41.98 43.86	400m:	4:48.82 32.55	
DYSKW.	PULWIN Pawe ³ SO		92	UNIA Oświęcim					