

Zimowe Mistrzostwa Okręgu Małopolskiego  
Oświęcim, 18. - 19.12.2009

Konkurencja 20  
19.12.2009 - 9:55

Mężczyzn, 400m dowolny

13 lat i starsi  
Wyniki

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.	
<b>13 lat</b>										
1.	WOJDAK Wojciech		96	WIKING Brzesko				<b>4:20.42</b>	585	
	50m:	29.19 29.19	150m:	1:34.87	33.31	250m:	2:41.98	33.23	350m:	3:48.49 33.32
	100m:	1:01.56 32.37	200m:	2:08.75	33.88	300m:	3:15.17	33.19	400m:	4:20.42 31.93
2.	SKRZYPIEC Wojciech		96	HAJDUKI Chorzów				<b>4:39.56</b>	473	
	50m:	31.15 31.15	150m:	1:42.08	36.19	250m:	2:54.07	35.86	350m:	4:05.85 35.60
	100m:	1:05.89 34.74	200m:	2:18.21	36.13	300m:	3:30.25	36.18	400m:	4:39.56 33.71
3.	KOŁODZIEJCZYK Patryk SO		96	UNIA Oświęcim				<b>4:42.94</b>	456	
	50m:	31.57 31.57	150m:	1:42.94	35.93	250m:	2:55.56	36.09	350m:	4:07.34 35.93
	100m:	1:07.01 35.44	200m:	2:19.47	36.53	300m:	3:31.41	35.85	400m:	4:42.94 35.60
4.	FUKS Kamil		96	WODNIK Siemianowice				<b>4:53.13</b>	410	
	50m:	33.10 33.10	150m:	1:47.20	37.12	250m:	3:02.37	37.77	350m:	4:18.13 37.85
	100m:	1:10.08 36.98	200m:	2:24.60	37.40	300m:	3:40.28	37.91	400m:	4:53.13 35.00
5.	LELEK Mateusz		96	JORDAN Kraków				<b>4:56.22</b>	398	
	50m:	32.51 32.51	150m:	1:47.37	37.92	250m:	3:03.76	38.28	350m:	4:19.97 37.83
	100m:	1:09.45 36.94	200m:	2:25.48	38.11	300m:	3:42.14	38.38	400m:	4:56.22 36.25
6.	BULA Marcin		96	WODNIK Siemianowice				<b>5:12.25</b>	340	
	50m:	33.92 33.92	150m:	1:53.13	40.24	250m:	3:12.85	39.37	350m:	4:33.53 40.12
	100m:	1:12.89 38.97	200m:	2:33.48	40.35	300m:	3:53.41	40.56	400m:	5:12.25 38.72
7.	JAKÓBCZYK Kamil		96	WODNIK Siemianowice				<b>5:24.23</b>	303	
	50m:	36.27 36.27	150m:	1:58.24	40.91	250m:	3:20.49	41.19	350m:	4:43.68 41.64
	100m:	1:17.33 41.06	200m:	2:39.30	41.06	300m:	4:02.04	41.55	400m:	5:24.23 40.55
<b>14 - 15 lat</b>										
1.	ŁOPACIŃSKI Kacper		95	FOKA Sandomierz				<b>4:10.48</b>	658	
	50m:	28.36 28.36	150m:	1:32.19	32.03	250m:	2:36.28	32.03	350m:	3:39.99 31.82
	100m:	1:00.16 31.80	200m:	2:04.25	32.06	300m:	3:08.17	31.89	400m:	4:10.48 30.49
2.	TWAROWSKI Jerzy		95	JORDAN Kraków				<b>4:11.60</b>	649	
	50m:	29.17 29.17	150m:	1:32.82	32.37	250m:	2:37.00	31.94	350m:	3:40.67 31.45
	100m:	1:00.45 31.28	200m:	2:05.06	32.24	300m:	3:09.22	32.22	400m:	4:11.60 30.93
3.	KUDŁA Łukasz		95	MOSiR Mys <sup>3</sup> owice				<b>4:19.50</b>	592	
	50m:	28.35 28.35	150m:	1:32.49	32.26	250m:	2:38.17	32.73	350m:	3:45.88 34.14
	100m:	1:00.23 31.88	200m:	2:05.44	32.95	300m:	3:11.74	33.57	400m:	4:19.50 33.62
4.	MICE Bart <sup>3</sup> omiej		95	UNIA Tarnów				<b>4:19.97</b>	588	
	50m:	29.04 29.04	150m:	1:34.23	33.06	250m:	2:40.26	33.08	350m:	3:47.20 33.67
	100m:	1:01.17 32.13	200m:	2:07.18	32.95	300m:	3:13.53	33.27	400m:	4:19.97 32.77
5.	OÓG Karol		94	CKiS Skawina				<b>4:20.34</b>	586	
	50m:	29.43 29.43	150m:	1:34.47	33.07	250m:	2:40.80	33.23	350m:	3:48.30 33.99
	100m:	1:01.40 31.97	200m:	2:07.57	33.10	300m:	3:14.31	33.51	400m:	4:20.34 32.04
6.	JANKOWSKI Pawe <sup>3</sup>		95	MOS D <b>1</b> browa Górnicza				<b>4:24.40</b>	559	
	50m:	29.74 29.74	150m:	1:35.50	33.18	250m:	2:42.64	33.46	350m:	3:51.49 34.66
	100m:	1:02.32 32.58	200m:	2:09.18	33.68	300m:	3:16.83	34.19	400m:	4:24.40 32.91
7.	SZYSZKA Maciej		94	BOBRY Dębica				<b>4:24.95</b>	556	
	50m:	28.37 28.37	150m:	1:34.30	33.95	250m:	2:42.71	34.54	350m:	3:51.46 33.98
	100m:	1:00.35 31.98	200m:	2:08.17	33.87	300m:	3:17.48	34.77	400m:	4:24.95 33.49
8.	KACZOR Damian		94	KMITA Zabierzów				<b>4:32.95</b>	508	
	50m:	30.20 30.20	150m:	1:38.38	34.55	250m:	2:48.84	35.20	350m:	3:59.67 35.45
	100m:	1:03.83 33.63	200m:	2:13.64	35.26	300m:	3:24.22	35.38	400m:	4:32.95 33.28
9.	YBURA Kornel		95	BOBRY Dębica				<b>4:34.24</b>	501	
	50m:	31.03 31.03	150m:	1:40.25	34.81	250m:	2:50.78	35.14	350m:	4:00.34 34.79
	100m:	1:05.44 34.41	200m:	2:15.64	35.39	300m:	3:25.55	34.77	400m:	4:34.24 33.90

Zimowe Mistrzostwa Okręgu Małopolskiego  
Ocewięcim, 18. - 19.12.2009

Konkurencja 20, Ch<sup>3</sup>opców, 400m dowolny, 14 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.			
10.	PYRLIK Pawe <sup>3</sup>		94	KORONA Kraków				<b>4:34.40</b>	500			
	50m:	30.86	30.86	150m:	1:39.77	35.46	250m:	2:50.16	35.05	350m:	4:00.56	34.82
	100m:	1:04.31	33.45	200m:	2:15.11	35.34	300m:	3:25.74	35.58	400m:	4:34.40	33.84
11.	CZECH Dawid		95	AQUATICA Paw <sup>3</sup> owice				<b>4:36.83</b>	487			
	50m:	30.29	30.29	150m:	1:37.42	34.17	250m:	2:48.27	35.74	350m:	4:00.83	36.30
	100m:	1:03.25	32.96	200m:	2:12.53	35.11	300m:	3:24.53	36.26	400m:	4:36.83	36.00
12.	FARA Kacper		94	BOBRY Dębica				<b>4:38.73</b>	477			
	50m:	29.89	29.89	150m:	1:38.22	35.20	250m:	2:50.00	36.13	350m:	4:03.32	36.64
	100m:	1:03.02	33.13	200m:	2:13.87	35.65	300m:	3:26.68	36.68	400m:	4:38.73	35.41
13.	PLUTECKI Konrad		95	JORDAN Kraków				<b>4:39.76</b>	472			
	50m:	31.92	31.92	150m:	1:42.29	35.34	250m:	2:53.32	35.56	350m:	4:05.36	35.73
	100m:	1:06.95	35.03	200m:	2:17.76	35.47	300m:	3:29.63	36.31	400m:	4:39.76	34.40
14.	PA•DZIURKIEWICZ Adam		95	UNIA Ocewięcim				<b>4:40.00</b>	471			
	50m:	30.64	30.64	150m:	1:40.17	35.35	250m:	2:51.56	35.72	350m:	4:04.17	36.24
	100m:	1:04.82	34.18	200m:	2:15.84	35.67	300m:	3:27.93	36.37	400m:	4:40.00	35.83
15.	HYDZIK Piotr		95	KAROL Wadowice				<b>4:41.96</b>	461			
	50m:	31.22	31.22	150m:	1:40.52	34.98	250m:	2:51.64	35.67	350m:	4:05.25	37.09
	100m:	1:05.54	34.32	200m:	2:15.97	35.45	300m:	3:28.16	36.52	400m:	4:41.96	36.71
16.	FELUĆE Micha <sup>3</sup>		95	SIEMASZKA Piekary				<b>4:42.34</b>	459			
	50m:	32.00	32.00	150m:	1:42.79	35.81	250m:	2:55.56	36.34	350m:	4:07.47	35.68
	100m:	1:06.98	34.98	200m:	2:19.22	36.43	300m:	3:31.79	36.23	400m:	4:42.34	34.87
17.	STANASZEK Szymon SO		94	UNIA Ocewięcim				<b>4:45.68</b>	443			
	50m:	30.94	30.94	150m:	1:41.94	36.30	250m:	2:54.76	36.43	350m:	4:09.15	37.21
	100m:	1:05.64	34.70	200m:	2:18.33	36.39	300m:	3:31.94	37.18	400m:	4:45.68	36.53
18.	RYNDAK Bartosz		94	BOBRY Dębica				<b>4:47.29</b>	436			
	50m:	30.93	30.93	150m:	1:41.81	36.31	250m:	2:55.88	37.43	350m:	4:11.26	37.70
	100m:	1:05.50	34.57	200m:	2:18.45	36.64	300m:	3:33.56	37.68	400m:	4:47.29	36.03
19.	HUTNY Szymon		95	UNIA Ocewięcim				<b>4:50.49</b>	422			
	50m:	33.58	33.58	150m:	1:47.69	37.28	250m:	3:01.45	36.57	350m:	4:15.61	36.71
	100m:	1:10.41	36.83	200m:	2:24.88	37.19	300m:	3:38.90	37.45	400m:	4:50.49	34.88
20.	WAL Marcin		94	UNIA Tarnów				<b>4:57.78</b>	392			
	50m:	33.32	33.32	150m:	1:49.76	38.51	250m:	3:05.14	37.71	350m:	4:21.48	38.19
	100m:	1:11.25	37.93	200m:	2:27.43	37.67	300m:	3:43.29	38.15	400m:	4:57.78	36.30
21.	PILSZEK Dawid		94	MOSM Tychy				<b>5:05.07</b>	364			
	50m:	31.44	31.44	150m:	1:44.61	37.44	250m:	3:03.61		350m:		
	100m:	1:07.17	35.73	200m:			300m:			400m:	5:05.07	
22.	JURUĆE Maciej		95	UNIA Tarnów				<b>5:11.43</b>	342			
	50m:	33.63	33.63	150m:	1:51.93	39.46	250m:	3:11.92	40.16	350m:	4:32.42	40.28
	100m:	1:12.47	38.84	200m:	2:31.76	39.83	300m:	3:52.14	40.22	400m:	5:11.43	39.01

16 lat i starsi

1.	CZARNOTA Mateusz SO		91	UNIA Ocewięcim				<b>3:52.20</b>	826			
	50m:	26.68	26.68	150m:	1:24.01	28.69	250m:	2:22.77	29.51	350m:	3:22.70	30.04
	100m:	55.32	28.64	200m:	1:53.26	29.25	300m:	2:52.66	29.89	400m:	3:52.20	29.50
2.	WYSOCZYŃSKI Mateusz		93	JORDAN Kraków				<b>3:55.28</b>	794			
	50m:	26.72	26.72	150m:	1:27.08	30.28	250m:	2:28.27	30.32	350m:	3:27.79	29.86
	100m:	56.80	30.08	200m:	1:57.95	30.87	300m:	2:57.93	29.66	400m:	3:55.28	27.49
3.	ZACZYŃSKI Karol SO		91	AZS AWF Katowice				<b>3:58.56</b>	762			
	50m:	26.64	26.64	150m:	1:24.94	29.41	250m:	2:26.03	30.97	350m:	3:28.05	30.87
	100m:	55.53	28.89	200m:	1:55.06	30.12	300m:	2:57.18	31.15	400m:	3:58.56	30.51
4.	PULWIN Pawe <sup>3</sup> SO		92	UNIA Ocewięcim				<b>3:59.23</b>	755			
	50m:	27.80	27.80	150m:	1:27.50	29.84	250m:	2:28.82	30.49	350m:	3:30.16	30.71
	100m:	57.66	29.86	200m:	1:58.33	30.83	300m:	2:59.45	30.63	400m:	3:59.23	29.07

Zimowe Mistrzostwa Okręgu Małopolskiego  
Oświęcim, 18. - 19.12.2009

Konkurencja 20, Mężczyzn, 400m dowolny, 16 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
5.	<b>KSIĘEK Micha<sup>3</sup></b>		93	<b>JORDAN Kraków</b>				<b>4:03.36</b>	<b>717</b>
	50m: 27.91	27.91	150m: 1:28.63	30.63	250m: 2:30.72	31.32	350m: 3:33.34	31.28	
	100m: 58.00	30.09	200m: 1:59.40	30.77	300m: 3:02.06	31.34	400m: 4:03.36	30.02	
6.	<b>SYGNECKI Janusz SO</b>		92	<b>UNIA Oświęcim</b>				<b>4:06.65</b>	<b>689</b>
	50m: 28.53	28.53	150m: 1:30.00	30.67	250m: 2:32.09	31.04	350m: 3:35.12	31.77	
	100m: 59.33	30.80	200m: 2:01.05	31.05	300m: 3:03.35	31.26	400m: 4:06.65	31.53	
7.	<b>KISIEL Adrian SO</b>		93	<b>AZS AWF Katowice</b>				<b>4:09.02</b>	<b>670</b>
	50m: 28.42	28.42	150m: 1:32.69	32.59	250m: 2:35.59	31.08	350m: 3:38.68	31.42	
	100m: 1:00.10	31.68	200m: 2:04.51	31.82	300m: 3:07.26	31.67	400m: 4:09.02	30.34	
8.	<b>ZAPAŁA Łukasz SO</b>		91	<b>UNIA Oświęcim</b>				<b>4:09.59</b>	<b>665</b>
	50m: 28.01	28.01	150m: 1:30.26	31.83	250m: 2:33.14	31.27	350m: 3:38.07	32.43	
	100m: 58.43	30.42	200m: 2:01.87	31.61	300m: 3:05.64	32.50	400m: 4:09.59	31.52	
9.	<b>GŁYK Wojciech SO</b>		92	<b>ORKA Łódziny</b>				<b>4:10.17</b>	<b>660</b>
	50m: 29.29	29.29	150m: 1:31.27	31.32	250m: 2:34.56	31.77	350m: 3:38.55	32.02	
	100m: 59.95	30.66	200m: 2:02.79	31.52	300m: 3:06.53	31.97	400m: 4:10.17	31.62	
10.	<b>PIŃTKOWSKI Mateusz SO</b>		90	<b>UNIA Oświęcim</b>				<b>4:10.29</b>	<b>659</b>
	50m: 27.50	27.50	150m: 1:27.61	30.37	250m: 2:30.76	32.78	350m: 3:37.08	33.00	
	100m: 57.24	29.74	200m: 1:57.98	30.37	300m: 3:04.08	33.32	400m: 4:10.29	33.21	
11.	<b>GAWĘCZYK Mateusz</b>		90	<b>AZS AGH Kraków</b>				<b>4:11.93</b>	<b>647</b>
	50m: 28.97	28.97	150m: 1:33.52	32.52	250m: 2:37.74	31.89	350m: 3:41.48	31.48	
	100m: 1:01.00	32.03	200m: 2:05.85	32.33	300m: 3:10.00	32.26	400m: 4:11.93	30.45	
12.	<b>MISIAN Hipolit SO</b>		93	<b>UNIA Oświęcim</b>				<b>5:28.96</b>	<b>290</b>
	50m: 37.77	37.77	150m: 1:59.95	41.50	250m: 3:23.54	41.90	350m: 4:48.07	42.34	
	100m: 1:18.45	40.68	200m: 2:41.64	41.69	300m: 4:05.73	42.19	400m: 5:28.96	40.89	
PK	<b>RUSZKOWSKI Kacper</b>		97	<b>UKS OSEMKA Oswiecim</b>				<b>4:48.27</b>	<b>432</b>
	50m: 30.87	30.87	150m: 1:42.74	36.77	250m: 2:56.61	36.97	350m: 4:11.75	37.75	
	100m: 1:05.97	35.10	200m: 2:19.64	36.90	300m: 3:34.00	37.39	400m: 4:48.27	36.52	
PK	<b>KARPETA Micha<sup>3</sup></b>		97	<b>TRÓJKA Częstochowa</b>				<b>5:08.73</b>	<b>351</b>
	50m: 34.48	34.48	150m: 1:51.64	39.12	250m: 3:10.83	39.69	350m: 4:30.04	39.71	
	100m: 1:12.52	38.04	200m: 2:31.14	39.50	300m: 3:50.33	39.50	400m: 5:08.73	38.69	