

Mistrzostwa ŒEI'ska OPEN i Jun. 14,15,16 lat
Gliwice, 18. - 19.6.2010

Konkurencja 20
2010-06-19 - 10:30

Mêżczyzn, 400m dowolny

Open
Wyniki

Punkty: FINA 2009

Pozycja	Rok ur.	Zas Pkt.	100m	200m	300m	400m
Open						
1.	CHMIEL, Łukasz 93	CSiR MOS D'browa Górnica 4:11.16	59.82	1:04.10	1:03.81	1:03.43
	50m: 28.45 28.45	150m: 1:31.81 31.99	31.68	350m: 3:40.04 32.31		
	100m: 59.82 31.37	200m: 2:03.92 32.11	32.13	400m: 4:11.16 31.12		
2.	POPRAWA, Micha³ 94	Ks Azs Awf Katowice 4:12.74	1:00.08	1:04.82	1:06.00	1:01.84
	50m: 28.62 28.62	150m: 1:32.36 32.28	32.60	350m: 3:42.50 31.60		
	100m: 1:00.08 31.46	200m: 2:04.90 32.54	33.40	400m: 4:12.74 30.24		
3.	KUDŁA, ³UKASZ 95	AZS AWF Katowice 4:16.64	1:00.66	1:04.63	1:05.94	1:05.41
	50m: 29.04 29.04	150m: 1:32.74 32.08	32.67	350m: 3:44.52 33.29		
	100m: 1:00.66 31.62	200m: 2:05.29 32.55	33.27	400m: 4:16.64 32.12		
4.	TABISZ, Pawe³ 94	MKS-SMS Victoria Racibórz 4:23.34	1:03.87	1:05.81	1:06.51	1:07.15
	50m: 30.59 30.59	150m: 1:36.77 32.90	32.86	350m: 3:50.02 33.83		
	100m: 1:03.87 33.28	200m: 2:09.68 32.91	33.65	400m: 4:23.34 33.32		
5.	KWIECIEŃ, Micha³ 94	MKS-SMS Victoria Racibórz 4:24.86	1:03.01	1:06.82	1:08.30	1:06.73
	50m: 29.90 29.90	150m: 1:36.15 33.14	34.00	350m: 3:52.22 34.09		
	100m: 1:03.01 33.11	200m: 2:09.83 33.68	34.30	400m: 4:24.86 32.64		
6.	FURMAN, Łukasz 93	CSiR MOS D'browa Górnica 4:25.18	1:02.11	1:07.20	1:07.99	1:07.88
	50m: 29.36 29.36	150m: 1:35.43 33.32	33.56	350m: 3:51.49 34.19		
	100m: 1:02.11 32.75	200m: 2:09.31 33.88	34.43	400m: 4:25.18 33.69		
7.	CZWARTOSZ, Mateusz 93	Delfin Po³aniec 4:31.81	1:04.97	1:08.29	1:08.94	1:09.61
	50m: 30.88 30.88	150m: 1:38.53 33.56	33.87	350m: 3:56.98 34.78		
	100m: 1:04.97 34.09	200m: 2:13.26 34.73	35.07	400m: 4:31.81 34.83		
8.	JANKOWSKI, Pawe³ 95	CSiR MOS D'browa Górnica 4:31.88	1:04.13	1:08.82	1:10.48	1:08.45
	50m: 30.40 30.40	150m: 1:38.28 34.15	34.98	350m: 3:58.36 34.93		
	100m: 1:04.13 33.73	200m: 2:12.95 34.67	35.50	400m: 4:31.88 33.52		
9.	KACZMAREK, Wojciech 95	Ks Azs Awf Katowice 4:34.18	1:04.43	1:09.81	1:10.71	1:09.23
	50m: 30.44 30.44	150m: 1:38.93 34.50	35.18	350m: 3:59.72 34.77		
	100m: 1:04.43 33.99	200m: 2:14.24 35.31	35.53	400m: 4:34.18 34.46		
10.	SKRZYPIEC, Wojciech 96	Ka Piatka Chorzów 4:36.35	1:05.83	1:11.32	1:10.53	1:08.67
	50m: 31.22 31.22	150m: 1:41.69 35.86	35.57	350m: 4:03.40 35.72		
	100m: 1:05.83 34.61	200m: 2:17.15 35.46	34.96	400m: 4:36.35 32.95		
11.	BUGDOL, Rafa³ 95	MKS-SMS Victoria Racibórz 4:37.12	1:04.78	1:10.31	1:11.65	1:10.38
	50m: 30.70 30.70	150m: 1:39.81 35.03	36.20	350m: 4:02.85 36.11		
	100m: 1:04.78 34.08	200m: 2:15.09 35.28	35.45	400m: 4:37.12 34.27		
12.	BURZAWA, Mateusz 96	CSiR MOS D'browa Górnica 4:40.10	1:08.08	1:11.79	1:11.32	1:08.91
	50m: 32.53 32.53	150m: 1:44.03 35.95	35.75	350m: 4:06.56 35.37		
	100m: 1:08.08 35.55	200m: 2:19.87 35.84	35.57	400m: 4:40.10 33.54		
13.	FUKS, Kamil 96	UKS Wodnik Siemianowice 4:44.65	1:06.70	1:13.62	1:13.11	1:11.22
	50m: 31.60 31.60	150m: 1:43.47 36.77	36.50	350m: 4:10.04 36.61		
	100m: 1:06.70 35.10	200m: 2:20.32 36.85	36.61	400m: 4:44.65 34.61		
14.	ARENDOWSKI, Piotr 94	MOSM Tychy 4:53.06	1:09.24	1:14.59	1:15.70	1:13.53
	50m: 32.70 32.70	150m: 1:46.25 37.01	37.83	350m: 4:17.31 37.78		
	100m: 1:09.24 36.54	200m: 2:23.83 37.58	37.87	400m: 4:53.06 35.75		
15.	OBRACAJ, Krystian 94	Górnik Radlin 4:57.69	1:11.48	1:14.99	1:15.64	1:15.58
	50m: 34.02 34.02	150m: 1:49.01 37.53	37.49	350m: 4:20.75 38.64		
	100m: 1:11.48 37.46	200m: 2:26.47 37.46	38.15	400m: 4:57.69 36.94		
16.	WSZOŁA, Bartosz 93	GTSIK SiKReT Gliwice 5:08.34	1:09.47	1:19.24	1:21.84	1:17.79
	50m: 32.29 32.29	150m: 1:48.12 38.65	40.93	350m: 4:31.25 40.70		
	100m: 1:09.47 37.18	200m: 2:28.71 40.59	40.91	400m: 5:08.34 37.09		
17.	SOSNOWSKI, Maciej 96	UKS Wodnik Siemianowice 5:10.29	1:13.70	1:19.51	1:19.75	1:17.33
	50m: 34.77 34.77	150m: 1:52.84 39.14	39.63	350m: 4:32.58 39.62		
	100m: 1:13.70 38.93	200m: 2:33.21 40.37	40.12	400m: 5:10.29 37.71		
18.	ZALEWSKI, Bartosz 94	Ks Azs Awf Katowice 5:11.80	1:10.79	1:21.09	1:21.54	1:18.38
	50m: 32.57 32.57	150m: 1:51.43 40.64	40.78	350m: 4:33.53 40.11		
	100m: 1:10.79 38.22	200m: 2:31.88 40.45	40.76	400m: 5:11.80 38.27		
19.	WYGLENDĄ, Dawid 95	MKS-SMS Victoria Racibórz 5:12.26	1:12.71	1:20.28	1:20.48	1:18.79
	50m: 33.92 33.92	150m: 1:52.74 40.03	40.42	350m: 4:33.72 40.25		
	100m: 1:12.71 38.79	200m: 2:32.99 40.25	40.06	400m: 5:12.26 38.54		

Mistrzostwa ŒEI'ska OPEN i Jun. 14,15,16 lat
Gliwice, 18. - 19.6.2010

Konkurencja 20, Męczyzn, 400m dowolny, Open

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m
20.	ZARYCZNY, Piotr	96	MOSM Tychy	5:16.52	1:15.73	1:21.50	1:20.98	1:18.31
	50m: 35.95	35.95	150m: 1:55.93	40.20	250m: 3:17.55	40.32	350m: 4:38.33	40.12
	100m: 1:15.73	39.78	200m: 2:37.23	41.30	300m: 3:58.21	40.66	400m: 5:16.52	38.19
21.	ŒEWIERCZEK, Mariusz	96	MKS-SMS Victoria Racibórz	5:19.05	1:15.05	1:22.56	1:22.61	1:18.83
	50m: 35.30	35.30	150m: 1:55.82	40.77	250m: 3:19.48	41.87	350m: 4:40.86	40.64
	100m: 1:15.05	39.75	200m: 2:37.61	41.79	300m: 4:00.22	40.74	400m: 5:19.05	38.19
22.	LALEK, Grzegorz	94	TKKF Szczyc ³ owice Knurów	5:31.38	1:17.99	1:26.17	1:27.75	1:19.47
	50m: 36.16	36.16	150m: 2:00.42	42.43	250m: 3:27.77	43.61	350m: 4:53.64	41.73
	100m: 1:17.99	41.83	200m: 2:44.16	43.74	300m: 4:11.91	44.14	400m: 5:31.38	37.74
23.	SZYMAŃSKI, Wojciech	91	GTSIK SiKReT Gliwice	5:33.86	1:15.69	1:25.26	1:26.28	1:26.63
	50m: 34.66	34.66	150m: 1:57.89	42.20	250m: 3:22.91	41.96	350m: 4:51.32	44.09
	100m: 1:15.69	41.03	200m: 2:40.95	43.06	300m: 4:07.23	44.32	400m: 5:33.86	42.54
24.	BABULA, Filip	95	MKS-SMS Victoria Racibórz	5:45.29	1:20.15	1:29.25	1:30.44	1:25.45
	50m: 37.15	37.15	150m: 2:05.10	44.95	250m: 3:34.92	45.52	350m: 5:04.48	44.64
	100m: 1:20.15	43.00	200m: 2:49.40	44.30	300m: 4:19.84	44.92	400m: 5:45.29	40.81
25.	KRŒL, Fryderyk	96	TKKF Szczyc ³ owice Knurów	5:51.21	1:21.71	1:30.95	1:33.31	1:25.24
	50m: 38.42	38.42	150m: 2:07.05	45.34	250m: 3:38.81	46.15	350m: 5:10.90	44.93
	100m: 1:21.71	43.29	200m: 2:52.66	45.61	300m: 4:25.97	47.16	400m: 5:51.21	40.31

14 lat

1.	SKRZYPIEC, Wojciech	96	Ka Piatka Chorzów	4:36.35	1:05.83	1:11.32	1:10.53	1:08.67
	50m: 31.22	31.22	150m: 1:41.69	35.86	250m: 2:52.72	35.57	350m: 4:03.40	35.72
	100m: 1:05.83	34.61	200m: 2:17.15	35.46	300m: 3:27.68	34.96	400m: 4:36.35	32.95
2.	BURZAWA, Mateusz	96	CSiR MOS D'browa Górnica	4:40.10	1:08.08	1:11.79	1:11.32	1:08.91
	50m: 32.53	32.53	150m: 1:44.03	35.95	250m: 2:55.62	35.75	350m: 4:06.56	35.37
	100m: 1:08.08	35.55	200m: 2:19.87	35.84	300m: 3:31.19	35.57	400m: 4:40.10	33.54
3.	FUKS, Kamil	96	UKS Wodnik Siemianowice	4:44.65	1:06.70	1:13.62	1:13.11	1:11.22
	50m: 31.60	31.60	150m: 1:43.47	36.77	250m: 2:56.82	36.50	350m: 4:10.04	36.61
	100m: 1:06.70	35.10	200m: 2:20.32	36.85	300m: 3:33.43	36.61	400m: 4:44.65	34.61
4.	SOSNOWSKI, Maciej	96	UKS Wodnik Siemianowice	5:10.29	1:13.70	1:19.51	1:19.75	1:17.33
	50m: 34.77	34.77	150m: 1:52.84	39.14	250m: 3:12.84	39.63	350m: 4:32.58	39.62
	100m: 1:13.70	38.93	200m: 2:33.21	40.37	300m: 3:52.96	40.12	400m: 5:10.29	37.71
5.	ZARYCZNY, Piotr	96	MOSM Tychy	5:16.52	1:15.73	1:21.50	1:20.98	1:18.31
	50m: 35.95	35.95	150m: 1:55.93	40.20	250m: 3:17.55	40.32	350m: 4:38.33	40.12
	100m: 1:15.73	39.78	200m: 2:37.23	41.30	300m: 3:58.21	40.66	400m: 5:16.52	38.19
6.	ŒEWIERCZEK, Mariusz	96	MKS-SMS Victoria Racibórz	5:19.05	1:15.05	1:22.56	1:22.61	1:18.83
	50m: 35.30	35.30	150m: 1:55.82	40.77	250m: 3:19.48	41.87	350m: 4:40.86	40.64
	100m: 1:15.05	39.75	200m: 2:37.61	41.79	300m: 4:00.22	40.74	400m: 5:19.05	38.19
7.	KRŒL, Fryderyk	96	TKKF Szczyc ³ owice Knurów	5:51.21	1:21.71	1:30.95	1:33.31	1:25.24
	50m: 38.42	38.42	150m: 2:07.05	45.34	250m: 3:38.81	46.15	350m: 5:10.90	44.93
	100m: 1:21.71	43.29	200m: 2:52.66	45.61	300m: 4:25.97	47.16	400m: 5:51.21	40.31

15 lat

1.	KUDŁA, ³ UKASZ	95	AZS AWF Katowice	4:16.64	1:00.66	1:04.63	1:05.94	1:05.41
	50m: 29.04	29.04	150m: 1:32.74	32.08	250m: 2:37.96	32.67	350m: 3:44.52	33.29
	100m: 1:00.66	31.62	200m: 2:05.29	32.55	300m: 3:11.23	33.27	400m: 4:16.64	32.12
2.	JANKOWSKI, Pawe ³	95	CSiR MOS D'browa Górnica	4:31.88	1:04.13	1:08.82	1:10.48	1:08.45
	50m: 30.40	30.40	150m: 1:38.28	34.15	250m: 2:47.93	34.98	350m: 3:58.36	34.93
	100m: 1:04.13	33.73	200m: 2:12.95	34.67	300m: 3:23.43	35.50	400m: 4:31.88	33.52
3.	KACZMAREK, Wojciech	95	Ks Azs Awf Katowice	4:34.18	1:04.43	1:09.81	1:10.71	1:09.23
	50m: 30.44	30.44	150m: 1:38.93	34.50	250m: 2:49.42	35.18	350m: 3:59.72	34.77
	100m: 1:04.43	33.99	200m: 2:14.24	35.31	300m: 3:24.95	35.53	400m: 4:34.18	34.46
4.	BUGDOL, Rafa ³	95	MKS-SMS Victoria Racibórz	4:37.12	1:04.78	1:10.31	1:11.65	1:10.38
	50m: 30.70	30.70	150m: 1:39.81	35.03	250m: 2:51.29	36.20	350m: 4:02.85	36.11
	100m: 1:04.78	34.08	200m: 2:15.09	35.28	300m: 3:26.74	35.45	400m: 4:37.12	34.27
5.	WYGLENDĄ, Dawid	95	MKS-SMS Victoria Racibórz	5:12.26	1:12.71	1:20.28	1:20.48	1:18.79
	50m: 33.92	33.92	150m: 1:52.74	40.03	250m: 3:13.41	40.42	350m: 4:33.72	40.25
	100m: 1:12.71	38.79	200m: 2:32.99	40.25	300m: 3:53.47	40.06	400m: 5:12.26	38.54
6.	BABULA, Filip	95	MKS-SMS Victoria Racibórz	5:45.29	1:20.15	1:29.25	1:30.44	1:25.45
	50m: 37.15	37.15	150m: 2:05.10	44.95	250m: 3:34.92	45.52	350m: 5:04.48	44.64
	100m: 1:20.15	43.00	200m: 2:49.40	44.30	300m: 4:19.84	44.92	400m: 5:45.29	40.81

Mistrzostwa ŒEI'ska OPEN i Jun. 14,15,16 lat
Gliwice, 18. - 19.6.2010

Konkurencja 20, Męczyzn, 400m dowolny

16 lat

1. POPRAWA, Micha ³	94	Ks Azs Awf Katowice	4:12.74	1:00.08	1:04.82	1:06.00	1:01.84
50m:	28.62	28.62	150m:	1:32.36	32.28	250m:	2:37.50
100m:	1:00.08	31.46	200m:	2:04.90	32.54	300m:	3:10.90
						32.60	350m:
						33.40	400m:
							3:42.50
							31.60
							4:12.74
							30.24
2. TABISZ, Pawe ³	94	MKS-SMS Victoria Racibórz	4:23.34	1:03.87	1:05.81	1:06.51	1:07.15
50m:	30.59	30.59	150m:	1:36.77	32.90	250m:	2:42.54
100m:	1:03.87	33.28	200m:	2:09.68	32.91	300m:	3:16.19
						32.86	350m:
						33.65	400m:
							3:50.02
							33.83
							4:23.34
							33.32
3. KWIECIEŃ, Micha ³	94	MKS-SMS Victoria Racibórz	4:24.86	1:03.01	1:06.82	1:08.30	1:06.73
50m:	29.90	29.90	150m:	1:36.15	33.14	250m:	2:43.83
100m:	1:03.01	33.11	200m:	2:09.83	33.68	300m:	3:18.13
						34.00	350m:
						34.30	400m:
							3:52.22
							34.09
							4:24.86
							32.64
4. ARENDOWSKI, Piotr	94	MOSM Tychy	4:53.06	1:09.24	1:14.59	1:15.70	1:13.53
50m:	32.70	32.70	150m:	1:46.25	37.01	250m:	3:01.66
100m:	1:09.24	36.54	200m:	2:23.83	37.58	300m:	3:39.53
						37.83	350m:
						37.87	400m:
							4:17.31
							37.78
							4:53.06
							35.75
5. OBRACAJ, Krystian	94	Górník Radlin	4:57.69	1:11.48	1:14.99	1:15.64	1:15.58
50m:	34.02	34.02	150m:	1:49.01	37.53	250m:	3:03.96
100m:	1:11.48	37.46	200m:	2:26.47	37.46	300m:	3:42.11
						37.49	350m:
						38.15	400m:
							4:20.75
							38.64
							4:57.69
							36.94
6. ZALEWSKI, Bartosz	94	Ks Azs Awf Katowice	5:11.80	1:10.79	1:21.09	1:21.54	1:18.38
50m:	32.57	32.57	150m:	1:51.43	40.64	250m:	3:12.66
100m:	1:10.79	38.22	200m:	2:31.88	40.45	300m:	3:53.42
						40.78	350m:
						40.76	400m:
							4:33.53
							40.11
							5:11.80
							38.27
7. LALEK, Grzegorz	94	TKKF Szczyc ³ owice Knurów	5:31.38	1:17.99	1:26.17	1:27.75	1:19.47
50m:	36.16	36.16	150m:	2:00.42	42.43	250m:	3:27.77
100m:	1:17.99	41.83	200m:	2:44.16	43.74	300m:	4:11.91
						43.61	350m:
						44.14	400m:
							4:53.64
							41.73
							5:31.38
							37.74