

Otwarte Letnie Mistrzostwa DOZP  
Wołów, 18. - 19.6.2010

Konkurencja 5  
2010-06-18 - 11:35

Mężczyzn, 400m zmienny

12 lat i starsi  
Wyniki

Punkty: FINA 2010

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
<b>Młodzik</b>									
1.	TAŃSKI Paweł	97	MKS Juwenia Wroc³aw	<b>5:36.85</b>	379	1:23.56	1:33.20	1:25.96	1:14.13
	50m: 38.02	38.02	150m: 2:09.93	46.37	250m: 3:39.88	43.12	350m: 5:00.85	38.13	
	100m: 1:23.56	45.54	200m: 2:56.76	46.83	300m: 4:22.72	42.84	400m: 5:36.85	36.00	
2.	STADNIK Paweł	97	MKS Juwenia Wroc³aw	<b>6:02.38</b>	304	1:24.86	1:37.63	1:38.14	1:21.75
	50m: 38.03	38.03	150m: 2:13.54	48.68	250m: 3:50.74	48.25	350m: 5:22.26	41.63	
	100m: 1:24.86	46.83	200m: 3:02.49	48.95	300m: 4:40.63	49.89	400m: 6:02.38	40.12	
3.	CWALINA Piotr	98	MKS Juwenia Wroc³aw	<b>6:22.12</b>	259	1:26.23	1:41.10	1:50.73	1:24.06
	50m: 40.47	40.47	150m: 2:17.70	51.47	250m: 4:01.65	54.32	350m: 5:40.89	42.83	
	100m: 1:26.23	45.76	200m: 3:07.33	49.63	300m: 4:58.06	56.41	400m: 6:22.12	41.23	
4.	DUDEK Adam	98	MKS Juwenia Wroc³aw	<b>6:24.93</b>	254	1:26.00	1:49.94	1:45.69	1:23.30
	50m: 37.99	37.99	150m: 2:23.50	57.50	250m: 4:07.82	51.88	350m: 5:45.87	44.24	
	100m: 1:26.00	48.01	200m: 3:15.94	52.44	300m: 5:01.63	53.81	400m: 6:24.93	39.06	
DYSKW.	SEWERYN Marcin	97	MKS Juwenia Wroc³aw	<b>6:23.63</b>	Z-3	1:30.60	1:41.70	1:47.97	1:23.36
	<i>Z3 - Przep³yni³cie odcinka stylu dowolnego w inny sposób ni¿ grzbietowym, klasycznym i motylkowym</i>								
	50m: 39.86	39.86	150m: 2:21.52	50.92	250m: 4:05.12	52.82	350m: 5:43.38	43.11	
	100m: 1:30.60	50.74	200m: 3:12.30	50.78	300m: 5:00.27	55.15	400m: 6:23.63	40.25	
<b>Junior m³odszy</b>									
1.	OSSES Arkadiusz	95	KS Warta Poznañ	<b>4:56.57</b>	555	1:05.96	1:16.85	1:29.12	1:04.64
	50m: 31.02	31.02	150m: 1:44.82	38.86	250m: 3:06.99	44.18	350m: 4:24.70	32.77	
	100m: 1:05.96	34.94	200m: 2:22.81	37.99	300m: 3:51.93	44.94	400m: 4:56.57	31.87	
2.	WERTEPNY Damian	96	Uks Shark Rudna	<b>5:03.00</b>	521	1:07.55	1:18.16	1:29.67	1:07.62
	50m: 31.23	31.23	150m: 1:47.04	39.49	250m: 3:10.13	44.42	350m: 4:29.68	34.30	
	100m: 1:07.55	36.32	200m: 2:25.71	38.67	300m: 3:55.38	45.25	400m: 5:03.00	33.32	
3.	STEFANIAK Jakub	95	UKS "DZIEWIŃKA" OSRiR	<del>5:06.22</del>	504	1:08.29	1:18.77	1:30.08	1:09.14
	50m: 31.39	31.39	150m: 1:48.03	39.74	250m: 3:11.87	44.81	350m: 4:32.35	35.21	
	100m: 1:08.29	36.90	200m: 2:27.06	39.03	300m: 3:57.14	45.27	400m: 5:06.28	33.93	
4.	AMBROZIAK Kamil	96	UKS "DZIEWIŃKA" OSRiR	<del>5:11.52</del>	451	1:09.15	1:28.54	1:30.83	1:09.27
	50m: 31.28	31.28	150m: 1:53.71	44.56	250m: 3:23.41	45.72	350m: 4:42.72	34.20	
	100m: 1:09.15	37.87	200m: 2:37.69	43.98	300m: 4:08.52	45.11	400m: 5:17.79	35.07	
5.	SALIK Jakub	96	MKS Juwenia Wroc³aw	<b>5:25.10</b>	421	1:12.32	1:28.87	1:24.45	1:19.46
	50m: 33.86	33.86	150m: 2:00.23	44.97	250m: 3:22.34	41.15	350m: 4:46.33	40.69	
	100m: 1:12.32	38.46	200m: 2:41.19		300m: 4:05.64	43.30	400m: 5:25.10	38.77	
6.	MARCINIAK Konrad	95	K.S Posnania	<b>5:26.65</b>	415	1:15.26	1:27.18	1:30.46	1:13.75
	50m: 34.33	34.33	150m: 2:00.23	44.97	250m: 3:27.39	44.95	350m: 4:50.03	37.13	
	100m: 1:15.26	40.93	200m: 2:42.44	42.21	300m: 4:12.90	45.51	400m: 5:26.65	36.62	
7.	MUSIAŁOWSKI Marcin	95	MKS Juwenia Wroc³aw	<b>5:27.54</b>	412	1:10.49	1:30.46	1:29.08	1:17.51
	50m: 32.77	32.77	150m: 1:57.24	46.75	250m: 3:24.98	44.03	350m: 4:48.73	38.70	
	100m: 1:10.49	37.72	200m: 2:40.95	43.71	300m: 4:10.03	45.05	400m: 5:27.54	38.81	
8.	BUCZKOWSKI Kamil	96	Uks Shark Rudna	<b>5:33.50</b>	390	1:18.96	1:25.40	1:35.29	1:13.85
	50m: 36.33	36.33	150m: 2:02.00	43.04	250m: 3:30.67	46.31	350m: 4:56.77	37.12	
	100m: 1:18.96	42.63	200m: 2:44.36	42.36	300m: 4:19.65	48.98	400m: 5:33.50	36.73	
9.	CIESIELSKI TOMASZ	95	KS "rekin" Swiebodzice	<b>5:41.02</b>	365	1:19.13	1:28.18	1:36.45	1:17.26
	50m: 36.38	36.38	150m: 2:03.55	44.42	250m: 3:34.95	47.64	350m: 5:02.40	38.64	
	100m: 1:19.13	42.75	200m: 2:47.31	43.76	300m: 4:23.76	48.81	400m: 5:41.02	38.62	
10.	HODERNY Bartosz	96	Uks Shark Rudna	<b>5:49.84</b>	338	1:23.20	1:33.00	1:35.93	1:17.71
	50m: 37.98	37.98	150m: 2:10.81	47.61	250m: 3:44.40	48.20	350m: 5:11.96	39.83	
	100m: 1:23.20	45.22	200m: 2:56.20	45.39	300m: 4:32.13	47.73	400m: 5:49.84	37.88	
11.	BIAŁOYŁ Adam	96	UKS "DZIEWIŃKA" OSRiR	<del>5:52.02</del>	332	1:27.24	1:33.97	1:33.50	1:17.32
	50m: 37.97	37.97	150m: 2:14.75	47.51	250m: 3:46.88	45.67	350m: 5:15.00	40.29	
	100m: 1:27.24	49.27	200m: 3:01.21	46.46	300m: 4:34.71	47.83	400m: 5:52.03	37.03	
12.	SKALNY DAWID	96	KS "rekin" Swiebodzice	<b>5:57.74</b>	316	1:21.78	1:31.44	1:45.63	1:18.89
	50m: 37.56	37.56	150m: 2:08.68	46.90	250m: 3:45.97	52.75	350m: 5:21.25	42.40	
	100m: 1:21.78	44.22	200m: 2:53.22	44.54	300m: 4:38.85	52.88	400m: 5:57.74	36.49	
13.	GODLEWSKI Erwin	96	MKS 9 Dzier¿oniów	<b>6:48.11</b>	213	1:31.31	1:44.37	2:01.25	1:31.18
	50m: 41.09	41.09	150m: 2:23.20	51.89	250m: 4:14.95	59.27	350m: 6:03.99	47.06	
	100m: 1:31.31	50.22	200m: 3:15.68	52.48	300m: 5:16.93	1:01.98	400m: 6:48.11	44.12	

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Konkurencja 5, Mêżczyzn, 400m zmienny

16 lat i starsi

1. WOLNY Dariusz	60	Redeco Wroc³aw	<b>5:24.83</b>	423	1:10.05	1:20.68	1:37.27	1:16.83			
50m:	32.93	32.93	150m:	1:49.82	39.77	250m:	3:18.73	48.00	350m:	4:46.49	38.49
100m:	1:10.05	37.12	200m:	2:30.73	40.91	300m:	4:08.00	49.27	400m:	5:24.83	38.34
2. KITA Jêdrzej	94	MKS 9 Dzier¿oniów	<b>5:47.63</b>	345	1:16.63	1:31.01	1:42.07	1:17.92			
50m:	34.59	34.59	150m:	2:03.11	46.48	250m:	3:38.25	50.61	350m:	5:08.73	39.02
100m:	1:16.63	42.04	200m:	2:47.64	44.53	300m:	4:29.71	51.46	400m:	5:47.63	38.90
3. GAJDOWSKI WOJCIECH	88	KS "rekin" Swiebodzice	<b>5:47.92</b>	344	1:14.36	1:29.65	1:43.65	1:20.26			
50m:	34.01	34.01	150m:	1:59.76	45.40	250m:	3:35.64	51.63	350m:	5:07.97	40.31
100m:	1:14.36	40.35	200m:	2:44.01	44.25	300m:	4:27.66	52.02	400m:	5:47.92	39.95
4. JURASZEK Pawe³	94	MKS 9 Dzier¿oniów	<b>6:05.27</b>	297	1:23.01	1:35.33	1:39.50	1:27.43			
50m:	35.82	35.82	150m:	2:10.75	47.74	250m:	3:48.40	50.06	350m:	5:21.61	43.77
100m:	1:23.01	47.19	200m:	2:58.34	47.59	300m:	4:37.84	49.44	400m:	6:05.27	43.66