

LIGA SMS runda I 2012/2013 - Racibórz  
Racibórz, 30-11- - 1-12-2012

Konkurencja 23  
2012-12-01 - 10:45

M czyzn, 400m zmienny

13 - 19 lat  
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.		
1.	POPRAWA Michał, SO		94	SMS O wi cim				<b>4:23.33</b>	715	17	
	50m:	26.71 26.71	150m:	1:30.80	33.75	250m:	2:42.46	37.45	350m:	3:52.44	31.81
	100m:	57.05 30.34	200m:	2:05.01	34.21	300m:	3:20.63	38.17	400m:	4:23.33	30.89
2.	KLIZA Mateusz SK		94	SMS Kraków				<b>4:28.12</b>	677	15	
	50m:	28.90 28.90	150m:	1:36.66	35.12	250m:	2:48.73	37.25	350m:	3:57.74	30.98
	100m:	1:01.54 32.64	200m:	2:11.48	34.82	300m:	3:26.76	38.03	400m:	4:28.12	30.38
3.	KU WIK Maciej		96	SMS Wrocław				<b>4:29.75</b>	665	14	
	50m:	27.13 27.13	150m:	1:33.48	35.57	250m:	2:48.94	39.65	350m:	4:00.37	31.07
	100m:	57.91 30.78	200m:	2:09.29	35.81	300m:	3:29.30	40.36	400m:	4:29.75	29.38
4.	TWAROWSKI Jerzy SK		95	SMS Kraków				<b>4:29.77</b>	665	13	
	50m:	27.39 27.39	150m:	1:34.74	36.01	250m:	2:48.57	38.87	350m:	3:58.89	31.54
	100m:	58.73 31.34	200m:	2:09.70	34.96	300m:	3:27.35	38.78	400m:	4:29.77	30.88
5.	KŁOS Grzegorz SO		95	SMS O wi cim				<b>4:31.75</b>	650	12	
	50m:	29.42 29.42	150m:	1:39.40	35.89	250m:	2:51.67	37.01	350m:	4:00.90	31.53
	100m:	1:03.51 34.09	200m:	2:14.66	35.26	300m:	3:29.37	37.70	400m:	4:31.75	30.85
6.	URBANIAK Jan		95	SMS Pozna				<b>4:32.87</b>	642	11	
	50m:	30.17 30.17	150m:	1:39.58	35.89	250m:	2:53.88	39.07	350m:	4:04.42	30.15
	100m:	1:03.69 33.52	200m:	2:14.81	35.23	300m:	3:34.27	40.39	400m:	4:32.87	28.45
7.	OSSES Arkadiusz		95	SMS Pozna				<b>4:33.06</b>	641	10	
	50m:	29.15 29.15	150m:	1:36.14	33.93	250m:	2:49.51	39.06	350m:	4:02.17	31.94
	100m:	1:02.21 33.06	200m:	2:10.45	34.31	300m:	3:30.23	40.72	400m:	4:33.06	30.89
8.	HULBÓJ Marcin		96	SMS Szczecin				<b>4:35.95</b>	621	9	
	50m:	29.35 29.35	150m:	1:39.85	37.09	250m:	2:51.94	35.88	350m:	4:02.38	33.75
	100m:	1:02.76 33.41	200m:	2:16.06	36.21	300m:	3:28.63	36.69	400m:	4:35.95	33.57
9.	GOLCZYK Szymon		96	SMS Zielona Góra				<b>4:36.69</b>	616	8	
	50m:	28.37 28.37	150m:	1:37.92	37.54	250m:	2:53.31	39.31	350m:	4:05.97	32.10
	100m:	1:00.38 32.01	200m:	2:14.00	36.08	300m:	3:33.87	40.56	400m:	4:36.69	30.72
10.	KURTOK Tomasz SR		95	SMS Racibórz				<b>4:40.65</b>	590	7	
	50m:	30.10 30.10	150m:	1:39.21	34.98	250m:	2:54.66	40.05	350m:	4:07.71	32.56
	100m:	1:04.23 34.13	200m:	2:14.61	35.40	300m:	3:35.15	40.49	400m:	4:40.65	32.94
11.	LITWA Krzysztof SK		96	SMS Kraków				<b>4:44.20</b>	568		
	50m:	30.12 30.12	150m:	1:41.92	37.22	250m:	2:57.58	40.11	350m:	4:12.19	33.57
	100m:	1:04.70 34.58	200m:	2:17.47	35.55	300m:	3:38.62	41.04	400m:	4:44.20	32.01
12.	NACHTMAN Mateusz		95	SMS Wrocław				<b>4:45.83</b>	559	6	
	50m:	27.99 27.99	150m:	1:36.83	36.53	250m:	2:52.53	39.51	350m:	4:10.12	36.80
	100m:	1:00.30 32.31	200m:	2:13.02	36.19	300m:	3:33.32	40.79	400m:	4:45.83	35.71
13.	WILK Przemysław		95	SMS Wrocław				<b>4:48.27</b>	545		
	50m:	30.41 30.41	150m:	1:40.82	35.73	250m:	3:00.27	43.44	350m:	4:16.87	33.00
	100m:	1:05.09 34.68	200m:	2:16.83	36.01	300m:	3:43.87	43.60	400m:	4:48.27	31.40
14.	ZABOJSZCZ Wojciech SO		95	SMS O wi cim				<b>4:48.90</b>	541		
	50m:	30.02 30.02	150m:	1:42.45	38.37	250m:	3:01.24	41.42	350m:	4:17.16	34.37
	100m:	1:04.08 34.06	200m:	2:19.82	37.37	300m:	3:42.79	41.55	400m:	4:48.90	31.74
15.	SEREMET Konrad SO		98	SMS O wi cim				<b>4:50.73</b>	531		
	50m:	30.09 30.09	150m:	1:43.33	37.55	250m:	3:00.94	40.69	350m:	4:17.25	34.49
	100m:	1:05.78 35.69	200m:	2:20.25	36.92	300m:	3:42.76	41.82	400m:	4:50.73	33.48
16.	ADAMCZYK Patryk		97	SMS Szczecin				<b>4:52.37</b>	522		
	50m:	30.31 30.31	150m:	1:44.73	39.29	250m:	3:04.40	42.25	350m:	4:21.17	34.31
	100m:	1:05.44 35.13	200m:	2:22.15	37.42	300m:	3:46.86	42.46	400m:	4:52.37	31.20
17.	BUCZKOWSKI Kamil		96	SMS Zielona Góra				<b>4:54.18</b>	513	5	
	50m:	31.06 31.06	150m:	1:46.36	38.69	250m:	3:05.35	41.29	350m:	4:21.98	33.98
	100m:	1:07.67 36.61	200m:	2:24.06	37.70	300m:	3:48.00	42.65	400m:	4:54.18	32.20

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18.	HODERNY Bartosz SR		96	SMS Racibórz					<b>4:59.26</b>	487	4	
	50m:	32.54	32.54	150m:	1:48.60	39.79	250m:	3:08.86	41.54	350m:	4:25.62	35.78
	100m:	1:08.81	36.27	200m:	2:27.32	38.72	300m:	3:49.84	40.98	400m:	4:59.26	33.64
19.	STILLER Piotr, SG		96	SMS Gda sk					<b>4:59.38</b>	486	3	
	50m:	31.85	31.85	150m:	1:46.25	38.54	250m:	3:07.34	42.76	350m:	4:26.20	34.66
	100m:	1:07.71	35.86	200m:	2:24.58	38.33	300m:	3:51.54	44.20	400m:	4:59.38	33.18
20.	HOJDA Bartłomiej SO		98	SMS O wi cim					<b>5:00.93</b>	479		
	50m:	30.86	30.86	150m:	1:47.39	39.05	250m:	3:08.32	42.38	350m:	4:26.56	35.45
	100m:	1:08.34	37.48	200m:	2:25.94	38.55	300m:	3:51.11	42.79	400m:	5:00.93	34.37