

Zimowe Mistrzostwa Województwa Małopolskiego
Bochnia, 26. - 27.11.2016

Konkurencja 12
26.11.2016 - 12:40

M czyzn, 400m dowolny

12 lat i starsi
Wyniki

Rekord Okr gu	3:37.57	WOJDAK, Wojciech	POL	Netanya (ISR)	02.12.2015
Rekord Okr gu	3:37.57	WOJDAK, Wojciech	POL	Netanya (ISR)	02.12.2015

Punkty: FINA 2016

Pozycja			Rok ur.			Czas	Pkt.	
16 lat i starsi								
1.	TOPOLSKI, Arkadiusz	SO	98	UKP Unia O wi cim		4:00.48	687	
	50m: 27.37	27.37	150m: 1:27.88	30.62	250m: 2:29.81	31.11	350m: 3:30.84	30.25
	100m: 57.26	29.89	200m: 1:58.70	30.82	300m: 3:00.59	30.78	400m: 4:00.48	29.64
2.	HOJDA, Bartłomiej	SO	98	UKP Unia O wi cim		4:04.02	658	
	50m: 28.51	28.51	150m: 1:29.61	30.89	250m: 2:31.80	31.10	350m: 3:33.62	30.85
	100m: 58.72	30.21	200m: 2:00.70	31.09	300m: 3:02.77	30.97	400m: 4:04.02	30.40
3.	GOLENIEC, Kamil	SO	99	UKP Unia O wi cim		4:06.20	640	
	50m: 29.11	29.11	150m: 1:31.29	31.39	250m: 2:34.21	31.29	350m: 3:36.92	31.31
	100m: 59.90	30.79	200m: 2:02.92	31.63	300m: 3:05.61	31.40	400m: 4:06.20	29.28
4.	NOWAK, Kacper	SO	00	UKP Unia O wi cim		4:07.23	632	
	50m: 28.98	28.98	150m: 1:31.48	31.27	250m: 2:34.22	31.36	350m: 3:36.80	31.25
	100m: 1:00.21	31.23	200m: 2:02.86	31.38	300m: 3:05.55	31.33	400m: 4:07.23	30.43
5.	LECHOWICZ, Filip		97	AZS-AGH Kraków		4:08.78	621	
	50m: 27.95	27.95	150m: 1:30.56	31.40	250m: 2:33.89	31.75	350m: 3:37.98	32.12
	100m: 59.16	31.21	200m: 2:02.14	31.58	300m: 3:05.86	31.97	400m: 4:08.78	30.80
6.	STANEK, Adam	SO	99	UKP Unia O wi cim		4:09.83	613	
	50m: 28.19	28.19	150m: 1:30.17	31.07	250m: 2:33.20	31.75	350m: 3:37.94	32.81
	100m: 59.10	30.91	200m: 2:01.45	31.28	300m: 3:05.13	31.93	400m: 4:09.83	31.89
7.	WASIUK, Jakub	SO	99	MMKS K dzierzyn Ko le		4:10.61	607	
	50m: 28.92	28.92	150m: 1:31.41	31.49	250m: 2:34.73	31.71	350m: 3:38.97	31.97
	100m: 59.92	31.00	200m: 2:03.02	31.61	300m: 3:07.00	32.27	400m: 4:10.61	31.64
8.	BUTKIEWICZ, Władysław	SO	00	MKS Juwenia Białystok		4:12.11	596	
	50m: 27.86	27.86	150m: 1:30.85	31.95	250m: 2:35.16	32.22	350m: 3:39.35	32.04
	100m: 58.90	31.04	200m: 2:02.94	32.09	300m: 3:07.31	32.15	400m: 4:12.11	32.76
9.	MAYERBERG, Kacper	SO	00	UKP Unia O wi cim		4:15.68	572	
	50m: 29.72	29.72	150m: 1:33.62	32.42	250m: 2:38.73	32.36	350m: 3:44.25	32.72
	100m: 1:01.20	31.48	200m: 2:06.37	32.75	300m: 3:11.53	32.80	400m: 4:15.68	31.43
10.	ZBRO EK, Radosław		99	UKS SMS Galicja Kraków		4:19.98	544	
	50m: 29.60	29.60	150m: 1:35.63	33.27	250m: 2:42.87	33.76	350m: 3:49.59	33.25
	100m: 1:02.36	32.76	200m: 2:09.11	33.48	300m: 3:16.34	33.47	400m: 4:19.98	30.39
11.	SIONKOWSKI, Arkadiusz		00	UKP Kmita Zabierzów		4:20.40	541	
	50m: 28.68	28.68	150m: 1:33.15	32.64	250m: 2:39.91	33.46	350m: 3:48.12	34.20
	100m: 1:00.51	31.83	200m: 2:06.45	33.30	300m: 3:13.92	34.01	400m: 4:20.40	32.28
12.	JARMUŁA, Miłosz	SK	98	MKS Jordan Kraków		4:24.83	514	
	50m: 29.00	29.00	150m: 1:32.97	32.53	250m: 2:40.45	34.00	350m: 3:50.37	35.31
	100m: 1:00.44	31.44	200m: 2:06.45	33.48	300m: 3:15.06	34.61	400m: 4:24.83	34.46
13.	BATOR, Kacper		00	AZS-AGH Kraków		4:27.20	501	
	50m: 29.89	29.89	150m: 1:37.11	34.05	250m: 2:45.94	34.29	350m: 3:54.14	33.91
	100m: 1:03.06	33.17	200m: 2:11.65	34.54	300m: 3:20.23	34.29	400m: 4:27.20	33.06
14.	PI TKA, Marcin		99	TS Wisła Kraków		4:30.14	485	
	50m: 29.89	29.89	150m: 1:37.14	34.01	250m: 2:46.58	34.99	350m: 3:56.44	34.89
	100m: 1:03.13	33.24	200m: 2:11.59	34.45	300m: 3:21.55	34.97	400m: 4:30.14	33.70
15.	RY , Szymon		00	TS Wisła Kraków		5:01.75	348	
	50m: 33.55	33.55	150m: 1:50.28	39.10	250m: 3:08.62	39.34	350m: 4:26.48	38.61
	100m: 1:11.18	37.63	200m: 2:29.28	39.00	300m: 3:47.87	39.25	400m: 5:01.75	35.27

Zimowe Mistrzostwa Województwa Małopolskiego
Bochnia, 26. - 27.11.2016

Konkurencja 12, M czyzn, 400m dowolny

15 lat

1.	TWARDOWSKI, Piotr	01	UKS SMS Galicja Kraków	4:15.71	571
	50m: 28.82 28.82	150m: 1:32.52	32.24 250m: 2:38.31 33.14	350m: 3:44.51	32.90
	100m: 1:00.28 31.46	200m: 2:05.17	32.65 300m: 3:11.61 33.30	400m: 4:15.71	31.20
2.	WÓJCIK, Paweł	01	UKS SMS Galicja Kraków	4:15.77	571
	50m: 28.36 28.36	150m: 1:31.76	32.15 250m: 2:37.46 32.95	350m: 3:43.71	33.01
	100m: 59.61 31.25	200m: 2:04.51	32.75 300m: 3:10.70 33.24	400m: 4:15.77	32.06
3.	MAJOR, Daniel SO	01	UKP Unia O wi cim	4:22.75	527
	50m: 29.46 29.46	150m: 1:36.75	34.31 250m: 2:44.41 33.62	350m: 3:51.61	33.44
	100m: 1:02.44 32.98	200m: 2:10.79	34.04 300m: 3:18.17 33.76	400m: 4:22.75	31.14
4.	URBA CZYK, Adrian	01	KS Korona Kraków	4:29.33	489
	50m: 30.87 30.87	150m: 1:38.25	33.24 250m: 2:46.39 33.92	350m: 3:55.84	34.60
	100m: 1:05.01 34.14	200m: 2:12.47	34.22 300m: 3:21.24 34.85	400m: 4:29.33	33.49
5.	ORZECHOWSKI, Michał SO	01	UKP Unia O wi cim	4:31.80	476
	50m: 29.48 29.48	150m: 1:36.68	33.99 250m: 2:46.65 35.22	350m: 3:57.08	34.54
	100m: 1:02.69 33.21	200m: 2:11.43	34.75 300m: 3:22.54 35.89	400m: 4:31.80	34.72
6.	SUCHAN, Łukasz	01	KS Korona Kraków	4:37.48	447
	50m: 29.94 29.94	150m: 1:36.88	34.04 250m: 2:46.67 35.10	350m: 4:00.38	37.50
	100m: 1:02.84 32.90	200m: 2:11.57	34.69 300m: 3:22.88 36.21	400m: 4:37.48	37.10

14 lat

1.	PAJ K, Jakub	02	UKS SMS Galicja Kraków	4:17.16	562
	50m: 29.88 29.88	150m: 1:34.69	32.43 250m: 2:40.56 33.02	350m: 3:45.89	32.77
	100m: 1:02.26 32.38	200m: 2:07.54	32.85 300m: 3:13.12 32.56	400m: 4:17.16	31.27
2.	LEWANDOWSKI, Jakub SO	02	UKP Unia O wi cim	4:29.04	491
	50m: 30.56 30.56	150m: 1:38.58	34.41 250m: 2:47.49 34.33	350m: 3:56.10	33.96
	100m: 1:04.17 33.61	200m: 2:13.16	34.58 300m: 3:22.14 34.65	400m: 4:29.04	32.94
3.	NOWAK, Jan	02	BOSiR Brzesko	4:32.41	473
	50m: 30.51 30.51	150m: 1:39.02	34.87 250m: 2:48.85 34.82	350m: 3:59.07	34.99
	100m: 1:04.15 33.64	200m: 2:14.03	35.01 300m: 3:24.08 35.23	400m: 4:32.41	33.34
4.	PŁATEK, Maciej SO	02	UKP Unia O wi cim	4:39.08	439
	50m: 31.55 31.55	150m: 1:42.10	35.47 250m: 2:53.45 35.57	350m: 4:04.63	35.45
	100m: 1:06.63 35.08	200m: 2:17.88	35.78 300m: 3:29.18 35.73	400m: 4:39.08	34.45
5.	ALENCYNOWICZ, Maciej SO	02	UKP Unia O wi cim	4:39.34	438
	50m: 31.12 31.12	150m: 1:39.64	34.74 250m: 2:50.34 35.45	350m: 4:02.79	36.51
	100m: 1:04.90 33.78	200m: 2:14.89	35.25 300m: 3:26.28 35.94	400m: 4:39.34	36.55
6.	MACI G, Wojciech	02	TS Wisła Kraków	4:39.53	437
	50m: 31.29 31.29	150m: 1:43.16	36.31 250m: 2:55.41 36.02	350m: 4:06.93	35.11
	100m: 1:06.85 35.56	200m: 2:19.39	36.23 300m: 3:31.82 36.41	400m: 4:39.53	32.60
7.	KURZEJA, Jakub	02	MKS STP Nowy S cz	4:42.95	422
	50m: 31.02 31.02	150m: 1:41.38	35.52 250m: 2:53.87 36.60	350m: 4:07.26	36.63
	100m: 1:05.86 34.84	200m: 2:17.27	35.89 300m: 3:30.63 36.76	400m: 4:42.95	35.69
8.	SOBORSKI, Jakub	02	Omega Olkusz	4:51.65	385
	50m: 31.17 31.17	150m: 1:43.48	36.72 250m: 2:59.23 37.66	350m: 4:15.26	37.89
	100m: 1:06.76 35.59	200m: 2:21.57	38.09 300m: 3:37.37 38.14	400m: 4:51.65	36.39
9.	WILCZEK, Krystian	02	Płetwal Zakopane	5:00.03	354
	50m: 32.53 32.53	150m: 1:45.75	37.21 250m: 3:03.17 38.77	350m: 4:22.88	39.69
	100m: 1:08.54 36.01	200m: 2:24.40	38.65 300m: 3:43.19 40.02	400m: 5:00.03	37.15
10.	RY , Tymon	02	TS Wisła Kraków	5:02.20	346
	50m: 33.33 33.33	150m: 1:50.39	38.94 250m: 3:08.83 39.49	350m: 4:27.26	39.13
	100m: 1:11.45 38.12	200m: 2:29.34	38.95 300m: 3:48.13 39.30	400m: 5:02.20	34.94

Zimowe Mistrzostwa Województwa Małopolskiego
Bochnia, 26. - 27.11.2016

Konkurencja 12, M czyzn, 400m dowolny

13 lat

1.	LEWICKI, Filip		03	UKS SMS Galicja Kraków	4:22.91	526
	50m: 29.95	29.95	150m: 1:35.41	32.91	250m: 2:42.39	33.39
	100m: 1:02.50	32.55	200m: 2:09.00	33.59	300m: 3:16.67	34.28
					350m: 3:50.00	33.33
					400m: 4:22.91	32.91
2.	DASZKIEWICZ, Michał SO		03	UKP Unia O wi cim	4:31.39	478
	50m: 29.68	29.68	150m: 1:37.94	34.73	250m: 2:47.74	34.81
	100m: 1:03.21	33.53	200m: 2:12.93	34.99	300m: 3:23.13	35.39
					350m: 3:58.27	35.14
					400m: 4:31.39	33.12
3.	WLECIAŁ, Damian		03	Solne Miasto Wieliczka	4:35.85	455
	50m: 31.84	31.84	150m: 1:40.94	34.71	250m: 2:50.36	34.72
	100m: 1:06.23	34.39	200m: 2:15.64	34.70	300m: 3:25.71	35.35
					350m: 4:01.31	35.60
					400m: 4:35.85	34.54
4.	PIECHOTA, Edgar		03	MSP AQUARIUS My lenice	4:40.53	433
	50m: 30.42	30.42	150m: 1:41.61	35.93	250m: 2:54.50	36.69
	100m: 1:05.68	35.26	200m: 2:17.81	36.20	300m: 3:30.36	35.86
					350m: 4:05.82	35.46
					400m: 4:40.53	34.71
5.	SIEPRAWSKI, Roch SO		03	UKP Unia O wi cim	4:41.32	429
	50m: 31.67	31.67	150m: 1:42.60	35.56	250m: 2:53.36	35.42
	100m: 1:07.04	35.37	200m: 2:17.94	35.34	300m: 3:29.54	36.18
					350m: 4:05.70	36.16
					400m: 4:41.32	35.62
6.	DANIKIEWICZ, Dawid SO		03	Ulks Victoria Kozy	4:42.95	422
	50m: 31.74	31.74	150m: 1:43.30	35.48	250m: 2:55.18	36.21
	100m: 1:07.82	36.08	200m: 2:18.97	35.67	300m: 3:31.52	36.34
					350m: 4:06.49	34.97
					400m: 4:42.95	36.46
7.	KORYCI SKI, Kamil		03	UKS SMS Galicja Kraków	4:44.12	416
	50m: 31.61	31.61	150m: 1:43.25	36.13	250m: 2:55.19	36.33
	100m: 1:07.12	35.51	200m: 2:18.86	35.61	300m: 3:30.94	35.75
					350m: 4:07.97	37.03
					400m: 4:44.12	36.15
8.	SZASTAK, Bła ej		03	TS Wiśła Kraków	4:49.58	393
	50m: 33.43	33.43	150m: 1:47.11	37.26	250m: 3:02.21	37.57
	100m: 1:09.85	36.42	200m: 2:24.64	37.53	300m: 3:39.48	37.27
					350m: 4:16.34	36.86
					400m: 4:49.58	33.24
9.	BASA, Szymon		03	UKS SMS Galicja Kraków	4:49.95	392
	50m: 32.81	32.81	150m: 1:46.35	37.12	250m: 3:00.73	37.08
	100m: 1:09.23	36.42	200m: 2:23.65	37.30	300m: 3:38.06	37.33
					350m: 4:15.17	37.11
					400m: 4:49.95	34.78
10.	HANF, Szymon		03	KS Korona Kraków	5:03.28	342
	50m: 35.88	35.88	150m: 1:55.93	40.14	250m: 3:13.75	38.40
	100m: 1:15.79	39.91	200m: 2:35.35	39.42	300m: 3:51.67	37.92
					350m: 4:29.09	37.42
					400m: 5:03.28	34.19
11.	PARA, Mikołaj SO		03	Płetwal Zakopane	5:04.07	340
	50m: 33.45	33.45	150m: 1:49.72	38.54	250m: 3:08.18	39.24
	100m: 1:11.18	37.73	200m: 2:28.94	39.22	300m: 3:47.43	39.25
					350m: 4:26.90	39.47
					400m: 5:04.07	37.17
12.	FORTUNA, Filip		03	UKS SMS Galicja Kraków	5:05.45	335
	50m: 35.31	35.31	150m: 1:53.46	39.15	250m: 3:11.62	39.32
	100m: 1:14.31	39.00	200m: 2:32.30	38.84	300m: 3:50.92	39.30
					350m: 4:29.82	38.90
					400m: 5:05.45	35.63
13.	PŁOSKONKA, Jakub		03	UKS SMS Galicja Kraków	5:08.98	324
	50m: 34.98	34.98	150m: 1:53.93	39.99	250m: 3:12.58	39.61
	100m: 1:13.94	38.96	200m: 2:32.97	39.04	300m: 3:51.23	38.65
					350m: 4:30.81	39.58
					400m: 5:08.98	38.17
14.	MACIUSZEK, Jakub		03	MKS STP Nowy S cz	5:12.39	313
	50m: 35.43	35.43	150m: 1:54.30	39.76	250m: 3:13.61	39.53
	100m: 1:14.54	39.11	200m: 2:34.08	39.78	300m: 3:53.78	40.17
					350m: 4:34.32	40.54
					400m: 5:12.39	38.07
15.	LITWORA, Filip		03	"Sokół - Mo cice" - Tarnów	5:17.40	299
	50m: 35.18	35.18	150m: 1:55.80	41.09	250m: 3:17.11	40.80
	100m: 1:14.71	39.53	200m: 2:36.31	40.51	300m: 3:57.70	40.59
					350m: 4:38.59	40.89
					400m: 5:17.40	38.81

12 lat

1.	MASIUK, Ksawery		04	BOSiR Brzesko	4:53.62	377
	50m: 33.01	33.01	150m: 1:48.05	37.66	250m: 3:03.66	37.54
	100m: 1:10.39	37.38	200m: 2:26.12	38.07	300m: 3:41.66	38.00
					350m: 4:18.43	36.77
					400m: 4:53.62	35.19
2.	STANEK, Kacper		04	UKS SMS Galicja Kraków	4:56.08	368
	50m: 32.84	32.84	150m: 1:49.20	38.38	250m: 3:04.35	37.55
	100m: 1:10.82	37.98	200m: 2:26.80	37.60	300m: 3:42.80	38.45
					350m: 4:20.06	37.26
					400m: 4:56.08	36.02

Zimowe Mistrzostwa Województwa Małopolskiego
Bochnia, 26. - 27.11.2016

Konkurencja 12, Chłopców, 400m dowolny, 12 lat

Pozycja	Rok ur.								Czas	Pkt.
3.	TOMANIEWSKI, Filip		04	MKS STP Nowy S cz				5:04.16	339	
	50m:	35.11 35.11	150m:	1:52.92 39.07	250m:	3:10.46 39.08	350m:	4:28.19 39.03		
	100m:	1:13.85 38.74	200m:	2:31.38 38.46	300m:	3:49.16 38.70	400m:	5:04.16 35.97		
4.	KŁAPUT, Maciej		04	UKS SMS Galicja Kraków				5:16.77	300	
	50m:	35.40 35.40	150m:	1:56.72 41.21	250m:	3:18.29 40.63	350m:	4:37.38 38.88		
	100m:	1:15.51 40.11	200m:	2:37.66 40.94	300m:	3:58.50 40.21	400m:	5:16.77 39.39		
5.	KNAPP, Jakub		04	KS Korona Kraków				5:30.86	264	
	50m:	36.96 36.96	150m:	2:00.53 42.52	250m:	3:24.93 41.88	350m:	4:50.88 43.67		
	100m:		200m:	2:43.05 42.52	300m:	4:07.21 42.28	400m:	5:30.86 39.98		
6.	STRÓZIK, Mikołaj		04	SSKSIT Glosator Kraków				5:39.32	244	
	50m:	38.66 38.66	150m:	2:04.09 43.02	250m:	3:32.02 43.80	350m:	4:59.24 43.24		
	100m:	1:21.07 42.41	200m:	2:48.22 44.13	300m:	4:16.00 43.98	400m:	5:39.32 40.08		
7.	GENEROWICZ, Marek		04	UKS SMS Galicja Kraków				5:39.92	243	
	50m:	38.89 38.89	150m:	2:06.49 43.46	250m:	3:34.98 45.55	350m:	4:59.51 42.22		
	100m:	1:23.03 44.14	200m:	2:49.43 42.94	300m:	4:17.29 42.31	400m:	5:39.92 40.41		
8.	DRABCZYK, Krystian		04	UKS "Ósemka" O wi cim				5:40.07	243	
	50m:	38.03 38.03	150m:	2:03.83 43.39	250m:	3:31.00 43.39	350m:	4:58.91 43.58		
	100m:	1:20.44 42.41	200m:	2:47.61 43.78	300m:	4:15.33 44.33	400m:	5:40.07 41.16		
9.	AUGUSTYN, Adam		04	ASP Siemacha Kraków				6:28.66	162	
	50m:	44.18 44.18	150m:	2:21.88 49.86	250m:	4:01.97 49.76	350m:	5:42.56 50.40		
	100m:	1:32.02 47.84	200m:	3:12.21 50.33	300m:	4:52.16 50.19	400m:	6:28.66 46.10		