

Zimowe Mistrzostwa Województwa Małopolskiego  
Bochnia, 26. - 27.11.2016

Konkurencja 18  
26.11.2016 - 17:15

M czyzn, 400m zmienny

13 lat i starsi  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.	
<b>16 lat i starsi</b>										
1.	LECHOWICZ, Filip		97	AZS-AGH Kraków				<b>4:31.42</b>	653	
	50m:	30.27 30.27	150m:	1:40.09	35.28	250m:	2:51.84	38.03	350m:	4:01.28 32.10
	100m:	1:04.81 34.54	200m:	2:13.81	33.72	300m:	3:29.18	37.34	400m:	4:31.42 30.14
2.	KRULIKOWSKI, Maciej SO		99	UKP Unia O wi cim				<b>4:32.62</b>	644	
	50m:	29.81 29.81	150m:	1:40.16	36.41	250m:	2:53.68	37.09	350m:	4:03.51 32.33
	100m:	1:03.75 33.94	200m:	2:16.59	36.43	300m:	3:31.18	37.50	400m:	4:32.62 29.11
3.	CIASTO , Sebastian SO		99	UKP Unia O wi cim				<b>4:34.62</b>	630	
	50m:	29.35 29.35	150m:	1:37.25	34.49	250m:	2:51.21	38.85	350m:	4:02.41 32.34
	100m:	1:02.76 33.41	200m:	2:12.36	35.11	300m:	3:30.07	38.86	400m:	4:34.62 32.21
4.	HOJDA, Bartłomiej SO		98	UKP Unia O wi cim				<b>4:38.08</b>	607	
	50m:	30.13 30.13	150m:	1:38.90	34.46	250m:	2:52.87	39.56	350m:	4:05.69 32.99
	100m:	1:04.44 34.31	200m:	2:13.31	34.41	300m:	3:32.70	39.83	400m:	4:38.08 32.39
5.	MAYERBERG, Kacper SO		00	UKP Unia O wi cim				<b>4:45.41</b>	561	
	50m:	30.67 30.67	150m:	1:43.00	37.56	250m:	3:01.00	41.07	350m:	4:14.65 32.83
	100m:	1:05.44 34.77	200m:	2:19.93	36.93	300m:	3:41.82	40.82	400m:	4:45.41 30.76
6.	SZYNAWA, Oskar SO		00	UKP Unia O wi cim				<b>4:48.01</b>	546	
	50m:	30.99 30.99	150m:	1:46.45	39.10	250m:	3:02.09	38.45	350m:	4:16.26 34.34
	100m:	1:07.35 36.36	200m:	2:23.64	37.19	300m:	3:41.92	39.83	400m:	4:48.01 31.75
7.	MACI G, Piotr		99	TS Wisła Kraków				<b>4:48.97</b>	541	
	50m:	29.75 29.75	150m:	1:42.09	37.36	250m:	3:01.83	42.56	350m:	4:17.61 32.56
	100m:	1:04.73 34.98	200m:	2:19.27	37.18	300m:	3:45.05	43.22	400m:	4:48.97 31.36
8.	STANEK, Adam SO		99	UKP Unia O wi cim				<b>4:51.19</b>	528	
	50m:	30.37 30.37	150m:	1:41.81	36.82	250m:	3:03.93	45.97	350m:	4:19.72 31.60
	100m:	1:04.99 34.62	200m:	2:17.96	36.15	300m:	3:48.12	44.19	400m:	4:51.19 31.47
9.	ZBRO EK, Radosław		99	UKS SMS Galicja Kraków				<b>4:53.01</b>	519	
	50m:	30.29 30.29	150m:	1:44.37	38.39	250m:	3:04.34	42.90	350m:	4:21.12 34.09
	100m:	1:05.98 35.69	200m:	2:21.44	37.07	300m:	3:47.03	42.69	400m:	4:53.01 31.89
10.	WŁODARCZYK, Bruno		00	TS Wisła Kraków				<b>4:53.69</b>	515	
	50m:	31.06 31.06	150m:	1:42.39	35.79	250m:	3:01.01	42.68	350m:	4:18.89 34.92
	100m:	1:06.60 35.54	200m:	2:18.33	35.94	300m:	3:43.97	42.96	400m:	4:53.69 34.80
11.	SZAŁA NY, Bartosz SO		00	UKP Unia O wi cim				<b>4:55.85</b>	504	
	50m:	32.40 32.40	150m:	1:47.97	39.22	250m:	3:06.84	41.60	350m:	4:22.83 34.34
	100m:	1:08.75 36.35	200m:	2:25.24	37.27	300m:	3:48.49	41.65	400m:	4:55.85 33.02
12.	PI TKA, Marcin		99	TS Wisła Kraków				<b>4:59.60</b>	485	
	50m:	32.23 32.23	150m:	1:50.48	40.96	250m:	3:11.92	41.18	350m:	4:28.56 34.29
	100m:	1:09.52 37.29	200m:	2:30.74	40.26	300m:	3:54.27	42.35	400m:	4:59.60 31.04
13.	ZALEWSKI, Oskar SO		99	UKS Pirania Targówek				<b>5:01.91</b>	474	
	50m:	31.91 31.91	150m:	1:48.67	40.77	250m:	3:08.74	40.32	350m:	4:27.21 35.91
	100m:	1:07.90 35.99	200m:	2:28.42	39.75	300m:	3:51.30	42.56	400m:	5:01.91 34.70
14.	PLUTECKI, Dawid		00	TS Wisła Kraków				<b>5:09.35</b>	441	
	50m:	31.34 31.34	150m:	1:47.48	40.16	250m:	3:13.63	46.04	350m:	4:35.48 36.47
	100m:	1:07.32 35.98	200m:	2:27.59	40.11	300m:	3:59.01	45.38	400m:	5:09.35 33.87
15.	SUMARA, Konrad		00	TS Wisła Kraków				<b>5:23.29</b>	386	
	50m:	34.00 34.00	150m:	1:55.65	41.05	250m:	3:24.51	46.94	350m:	4:48.35 36.21
	100m:	1:14.60 40.60	200m:	2:37.57	41.92	300m:	4:12.14	47.63	400m:	5:23.29 34.94
16.	RY , Szymon		00	TS Wisła Kraków				<b>5:39.26</b>	334	
	50m:	32.58 32.58	150m:	1:58.51	45.36	250m:	3:31.11	48.54	350m:	4:59.13 39.42
	100m:	1:13.15 40.57	200m:	2:42.57	44.06	300m:	4:19.71	48.60	400m:	5:39.26 40.13

Zimowe Mistrzostwa Województwa Małopolskiego  
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15 lat

1.	MAJOR, Daniel SO	01	UKP Unia O wi cim	<b>4:54.33</b>	512
	50m: 29.81 29.81	150m: 1:43.52	40.12 250m: 3:06.39	43.73 350m: 4:22.97	33.26
	100m: 1:03.40 33.59	200m: 2:22.66	39.14 300m: 3:49.71	43.32 400m: 4:54.33	31.36
2.	PASZKO, Mikołaj SK	01	UKS SMS Galicja Kraków	<b>5:03.04</b>	469
	50m: 32.20 32.20	150m: 1:46.46	38.41 250m: 3:08.15	43.46 350m: 4:28.11	35.39
	100m: 1:08.05 35.85	200m: 2:24.69	38.23 300m: 3:52.72	44.57 400m: 5:03.04	34.93

14 lat

1.	SYNOWIEC, Mikołaj	02	Omega Olkusz	<b>4:42.78</b>	577
	50m: 31.11 31.11	150m: 1:41.97	36.71 250m: 2:58.57	40.18 350m: 4:11.01	33.08
	100m: 1:05.26 34.15	200m: 2:18.39	36.42 300m: 3:37.93	39.36 400m: 4:42.78	31.77
2.	BLACHURA, Oskar SO	02	UKP Unia O wi cim	<b>4:51.32</b>	528
	50m: 32.93 32.93	150m: 1:48.40	38.35 250m: 3:05.48	39.28 350m: 4:18.58	33.28
	100m: 1:10.05 37.12	200m: 2:26.20	37.80 300m: 3:45.30	39.82 400m: 4:51.32	32.74
3.	MICHAŁOWSKI, Tomasz SO	02	UKP Unia O wi cim	<b>4:55.13</b>	508
	50m: 33.46 33.46	150m: 1:48.80	36.28 250m: 3:07.21	41.65 350m: 4:21.86	33.38
	100m: 1:12.52 39.06	200m: 2:25.56	36.76 300m: 3:48.48	41.27 400m: 4:55.13	33.27
4.	GAŁUSZKA, Bruno SO	02	UKP Unia O wi cim	<b>4:57.71</b>	494
	50m: 34.19 34.19	150m: 1:51.39	37.56 250m: 3:09.09	40.60 350m: 4:24.37	34.46
	100m: 1:13.83 39.64	200m: 2:28.49	37.10 300m: 3:49.91	40.82 400m: 4:57.71	33.34
5.	KOZIEŁ, Mikołaj SO	02	UKP Unia O wi cim	<b>4:59.28</b>	487
	50m: 30.87 30.87	150m: 1:44.56	38.31 250m: 3:07.24	43.92 350m: 4:25.84	34.49
	100m: 1:06.25 35.38	200m: 2:23.32	38.76 300m: 3:51.35	44.11 400m: 4:59.28	33.44
6.	MORYL, Wojciech SO	02	MMKS K dzierzyn Ko le	<b>5:00.96</b>	479
	50m: 32.29 32.29	150m: 1:47.50	37.96 250m: 3:08.94	43.71 350m: 4:27.40	34.66
	100m: 1:09.54 37.25	200m: 2:25.23	37.73 300m: 3:52.74	43.80 400m: 5:00.96	33.56
7.	STA CZYK, Jarema SO	02	MMKS K dzierzyn Ko le	<b>5:07.57</b>	448
	50m: 35.21 35.21	150m: 1:56.54	40.29 250m: 3:17.05	40.74 350m: 4:33.76	35.58
	100m: 1:16.25 41.04	200m: 2:36.31	39.77 300m: 3:58.18	41.13 400m: 5:07.57	33.81
8.	MACI G, Wojciech	02	TS Wisła Kraków	<b>5:08.24</b>	445
	50m: 33.33 33.33	150m: 1:52.13	40.07 250m: 3:15.54	44.67 350m: 4:35.51	34.59
	100m: 1:12.06 38.73	200m: 2:30.87	38.74 300m: 4:00.92	45.38 400m: 5:08.24	32.73
9.	PŁATEK, Maciej SO	02	UKP Unia O wi cim	<b>5:10.83</b>	434
	50m: 34.08 34.08	150m: 1:54.22	40.64 250m: 3:17.04	43.62 350m: 4:36.41	35.99
	100m: 1:13.58 39.50	200m: 2:33.42	39.20 300m: 4:00.42	43.38 400m: 5:10.83	34.42
10.	LEWANDOWSKI, Jakub SO	02	UKP Unia O wi cim	<b>5:11.00</b>	434
	50m: 34.22 34.22	150m: 1:54.42	40.37 250m: 3:19.11	44.86 350m: 4:38.27	33.72
	100m: 1:14.05 39.83	200m: 2:34.25	39.83 300m: 4:04.55	45.44 400m: 5:11.00	32.73
11.	PNIAK, Bartosz	02	UKS SMS Galicja Kraków	<b>5:15.58</b>	415
	50m: 34.46 34.46	150m: 1:57.74	41.92 250m: 3:22.21	43.86 350m: 4:41.21	35.70
	100m: 1:15.82 41.36	200m: 2:38.35	40.61 300m: 4:05.51	43.30 400m: 5:15.58	34.37
12.	SZCZYGIEŁ, David SO	02	UKP Unia O wi cim	<b>5:18.10</b>	405
	50m: 33.71 33.71	150m: 1:52.78	40.28 250m: 3:18.65	46.96 350m: 4:42.60	37.65
	100m: 1:12.50 38.79	200m: 2:31.69	38.91 300m: 4:04.95	46.30 400m: 5:18.10	35.50
13.	J DRSZCZYK, Kacper	02	UKS SMS Galicja Kraków	<b>5:21.91</b>	391
	50m: 34.57 34.57	150m: 1:58.33	41.62 250m: 3:22.83	44.14 350m: 4:47.05	38.74
	100m: 1:16.71 42.14	200m: 2:38.69	40.36 300m: 4:08.31	45.48 400m: 5:21.91	34.86
14.	RY , Tymon	02	TS Wisła Kraków	<b>5:31.04</b>	360
	50m: 36.39 36.39	150m: 1:58.82	40.82 250m: 3:28.37	49.46 350m: 4:55.80	39.20
	100m: 1:18.00 41.61	200m: 2:38.91	40.09 300m: 4:16.60	48.23 400m: 5:31.04	35.24
15.	DOCEW, Maksymilian	02	TS Wisła Kraków	<b>5:53.70</b>	295
	50m: 37.79 37.79	150m:	250m: 3:47.01	50.06 350m: 5:18.87	41.12
	100m: 1:22.23 44.44	200m: 2:56.95	300m: 4:37.75	50.74 400m: 5:53.70	34.83

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13 lat

1.	LEWICKI, Filip		03	UKS SMS Galicja Kraków		<b>5:03.62</b>	466	
	50m: 32.55	32.55	150m: 1:51.85	39.59	250m: 3:13.61	43.30	350m: 4:31.41	34.53
	100m: 1:12.26	39.71	200m: 2:30.31	38.46	300m: 3:56.88	43.27	400m: 5:03.62	32.21
2.	KRUPA, Mateusz SO		03	UKP Unia O wi cim		<b>5:03.83</b>	465	
	50m: 33.86	33.86	150m: 1:52.89	39.98	250m: 3:14.63	42.34	350m: 4:31.96	35.14
	100m: 1:12.91	39.05	200m: 2:32.29	39.40	300m: 3:56.82	42.19	400m: 5:03.83	31.87
3.	SOWA, Łukasz		03	UKS SMS Galicja Kraków		<b>5:15.15</b>	417	
	50m: 33.34	33.34	150m: 1:53.74	40.69	250m: 3:18.16	43.35	350m: 4:39.30	36.61
	100m: 1:13.05	39.71	200m: 2:34.81	41.07	300m: 4:02.69	44.53	400m: 5:15.15	35.85
4.	PRZYSTAŁ, Adam		03	Solne Miasto Wieliczka		<b>5:15.69</b>	415	
	50m: 33.25	33.25	150m: 1:54.86	41.83	250m: 3:18.02	41.98	350m: 4:39.65	37.91
	100m: 1:13.03	39.78	200m: 2:36.04	41.18	300m: 4:01.74	43.72	400m: 5:15.69	36.04
5.	KORYCI SKI, Kamil		03	UKS SMS Galicja Kraków		<b>5:22.55</b>	389	
	50m: 35.45	35.45	150m: 1:57.26	41.42	250m: 3:24.82	46.22	350m: 4:46.71	36.81
	100m: 1:15.84	40.39	200m: 2:38.60	41.34	300m: 4:09.90	45.08	400m: 5:22.55	35.84
6.	KUBSIK, Stanisław		03	TS Wisła Kraków		<b>5:27.68</b>	371	
	50m: 34.11	34.11	150m: 1:57.66	44.18	250m: 3:27.75	48.32	350m: 4:53.39	37.95
	100m: 1:13.48	39.37	200m: 2:39.43	41.77	300m: 4:15.44	47.69	400m: 5:27.68	34.29
7.	DANIKIEWICZ, Dawid SO		03	Ulks Victoria Kozy		<b>5:30.07</b>	363	
	50m: 35.08	35.08	150m: 2:02.15	45.94	250m: 3:32.25	46.56	350m: 4:56.34	38.19
	100m: 1:16.21	41.13	200m: 2:45.69	43.54	300m: 4:18.15	45.90	400m: 5:30.07	33.73
8.	SZYDŁOWSKI, Erwin SO		03	UKP Unia O wi cim		<b>5:30.88</b>	360	
	50m: 36.37	36.37	150m: 2:02.87	43.39	250m: 3:29.97	43.80	350m: 4:54.09	39.03
	100m: 1:19.48	43.11	200m: 2:46.17	43.30	300m: 4:15.06	45.09	400m: 5:30.88	36.79
9.	JAMRÓZ, Michał		03	Solne Miasto Wieliczka		<b>5:36.26</b>	343	
	50m: 35.08	35.08	150m: 2:01.10	44.73	250m: 3:32.40	47.98	350m: 4:58.67	38.29
	100m: 1:16.37	41.29	200m: 2:44.42	43.32	300m: 4:20.38	47.98	400m: 5:36.26	37.59
10.	KRAUS, Wiktor		03	TS Wisła Kraków		<b>5:46.07</b>	315	
	50m: 38.31	38.31	150m: 2:10.56	46.31	250m: 3:43.98	48.22	350m: 5:12.81	39.34
	100m: 1:24.25	45.94	200m: 2:55.76	45.20	300m: 4:33.47	49.49	400m: 5:46.07	33.26
11.	SKRZYSZOWSKI, Bruno		03	TS Wisła Kraków		<b>5:53.77</b>	294	
	50m: 38.74	38.74	150m: 2:12.49	46.31	250m: 3:47.00	51.37	350m: 5:16.67	39.02
	100m: 1:26.18	47.44	200m: 2:55.63	43.14	300m: 4:37.65	50.65	400m: 5:53.77	37.10