

2015 Zimowe Mistrzostwa Województwa Lubelskiego
Lublin, 5- - 6-12-2015

Konkurencja 12
2015-12-05 - 12:24

M czyzn, 400m zmienny

12 lat i starsi
Wyniki

Rekord LOZP 4:11.60 WITKOWSKI Jan 01003 Istanbul (TUR) 2012-12-13

Punkty: FINA 2015

Pozycja Wiek Czas Pkt. CR

MŁODZIK

1.	SOBEK Nikodem	13	Olimpijczyk 23 Lublin	4:50.06	535	+0,71
	50m: 30.39 30.39	150m: 1:42.13 36.04	250m: 2:59.44 41.00	350m: 4:17.11 34.64		
	100m: 1:06.09 35.70	200m: 2:18.44 36.31	300m: 3:42.47 43.03	400m: 4:50.06 32.95		
2.	CELI SKI Jakub	13	Huragan Mi dzyrzec Podl.	4:59.44	486	+0,73
	50m: 30.38 30.38	150m: 1:46.11 40.62	250m: 3:05.78 40.56	350m: 4:24.30 37.38		
	100m: 1:05.49 35.11	200m: 2:25.22 39.11	300m: 3:46.92 41.14	400m: 4:59.44 35.14		
3.	SZCZERBA Adam	13	Skarpa Lublin	5:07.88	447	+0,67
	50m: 31.43 31.43	150m: 1:48.38 39.91	250m: 3:12.90 45.32	350m: 4:33.61 35.39		
	100m: 1:08.47 37.04	200m: 2:27.58 39.20	300m: 3:58.22 45.32	400m: 5:07.88 34.27		
4.	SIEKACZY SKI Artur	13	Fala Kra nik	5:20.10	398	+0,77
	50m: 34.38 34.38	150m: 1:55.05 39.28	250m: 3:21.01 48.09	350m: 4:45.66 36.31		
	100m: 1:15.77 41.39	200m: 2:32.92 37.87	300m: 4:09.35 48.34	400m: 5:20.10 34.44		
5.	UŁANOWICZ Piotr	12	Lublinianka	5:20.32	397	+0,78
	50m: 34.46 34.46	150m: 1:55.63 41.37	250m: 3:21.21 45.08	350m: 4:45.09 38.25		
	100m: 1:14.26 39.80	200m: 2:36.13 40.50	300m: 4:06.84 45.63	400m: 5:20.32 35.23		
6.	PÓŁTORAK Patryk	13	Lider Chełm	5:29.08	366	+0,75
	50m: 34.24 34.24	150m: 1:59.48 44.37	250m: 3:28.07 46.07	350m: 4:54.05 39.67		
	100m: 1:15.11 40.87	200m: 2:42.00 42.52	300m: 4:14.38 46.31	400m: 5:29.08 35.03		

DYSKW. POPIOŁEK Dawid 13 Skarpa Lublin

JUNIOR

1.	HOŁUB Krzysztof	15	Avia widnik	4:45.84	559	+0,73
	50m: 29.16 29.16	150m: 1:40.25 38.18	250m: 2:59.06 41.62	350m: 4:14.14 33.54		
	100m: 1:02.07 32.91	200m: 2:17.44 37.19	300m: 3:40.60 41.54	400m: 4:45.84 31.70		
2.	KOTWICA Bartosz	14	Avia widnik	4:49.11	540	+0,74
	50m: 29.48 29.48	150m: 1:39.75 36.53	250m: 2:57.91 42.81	350m: 4:16.17 34.31		
	100m: 1:03.22 33.74	200m: 2:15.10 35.35	300m: 3:41.86 43.95	400m: 4:49.11 32.94		
3.	MASIAK Mateusz	15	Fala Kra nik	5:10.92	434	+0,70
	50m: 32.06 32.06	150m: 1:48.57 39.74	250m: 3:13.58 46.04	350m: 4:35.39 36.29		
	100m: 1:08.83 36.77	200m: 2:27.54 38.97	300m: 3:59.10 45.52	400m: 5:10.92 35.53		
4.	WO NIAK Kamil	14	Wisła Puławy	5:11.90	430	+0,75
	50m: 32.76 32.76	150m: 1:53.44 43.23	250m: 3:17.72 43.49	350m: 4:38.01 35.57		
	100m: 1:10.21 37.45	200m: 2:34.23 40.79	300m: 4:02.44 44.72	400m: 5:11.90 33.89		
5.	BORSUK Łukasz	14	Fala Kra nik	5:17.65	407	+0,78
	50m: 34.55 34.55	150m: 1:54.52 40.97	250m: 3:20.69 47.43	350m: 4:43.85 37.11		
	100m: 1:13.55 39.00	200m: 2:33.26 38.74	300m: 4:06.74 46.05	400m: 5:17.65 33.80		
6.	DADOS Aleksander	14	Wisła Puławy	5:29.61	364	+0,68
	50m: 34.61 34.61	150m: 1:57.48 42.22	250m: 3:25.54 46.99	350m: 4:52.25 38.43		
	100m: 1:15.26 40.65	200m: 2:38.55 41.07	300m: 4:13.82 48.28	400m: 5:29.61 37.36		
7.	SZULIERZ Michał	14	Avia widnik	5:47.79	310	+0,71
	50m: 35.72 35.72	150m: 2:07.38 46.14	250m: 3:40.88 49.22	350m: 5:10.43 39.14		
	100m: 1:21.24 45.52	200m: 2:51.66 44.28	300m: 4:31.29 50.41	400m: 5:47.79 37.36		

DYSKW. SAWICKI Oskar 14 G8 Bielany Warszawa

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Konkurencja 12, M czyzn, 400m zmienny

OPEN

1.	HOŁUB Krzysztof	15	Avia widnik	4:45.84	559	+0,73
	50m: 29.16 29.16	150m: 1:40.25 38.18	250m: 2:59.06 41.62	350m: 4:14.14 33.54		
	100m: 1:02.07 32.91	200m: 2:17.44 37.19	300m: 3:40.60 41.54	400m: 4:45.84 31.70		
2.	KOTWICA Bartosz	14	Avia widnik	4:49.11	540	+0,74
	50m: 29.48 29.48	150m: 1:39.75 36.53	250m: 2:57.91 42.81	350m: 4:16.17 34.31		
	100m: 1:03.22 33.74	200m: 2:15.10 35.35	300m: 3:41.86 43.95	400m: 4:49.11 32.94		
3.	SOBEK Nikodem	13	Olimpijczyk 23 Lublin	4:50.06	535	+0,71
	50m: 30.39 30.39	150m: 1:42.13 36.04	250m: 2:59.44 41.00	350m: 4:17.11 34.64		
	100m: 1:06.09 35.70	200m: 2:18.44 36.31	300m: 3:42.47 43.03	400m: 4:50.06 32.95		
4.	SZUTKO Mateusz	18	AZS AWF Biała Podl.	4:51.48	527	+0,81
	50m: 29.50 29.50	150m: 1:41.32 37.12	250m: 3:01.74 43.38	350m: 4:18.47 33.97		
	100m: 1:04.20 34.70	200m: 2:18.36 37.04	300m: 3:44.50 42.76	400m: 4:51.48 33.01		
5.	CELI SKI Jakub	13	Huragan Mi dzyrzec Podl.	4:59.44	486	+0,73
	50m: 30.38 30.38	150m: 1:46.11 40.62	250m: 3:05.78 40.56	350m: 4:24.30 37.38		
	100m: 1:05.49 35.11	200m: 2:25.22 39.11	300m: 3:46.92 41.14	400m: 4:59.44 35.14		
6.	SZCZERBA Adam	13	Skarpa Lublin	5:07.88	447	+0,67
	50m: 31.43 31.43	150m: 1:48.38 39.91	250m: 3:12.90 45.32	350m: 4:33.61 35.39		
	100m: 1:08.47 37.04	200m: 2:27.58 39.20	300m: 3:58.22 45.32	400m: 5:07.88 34.27		
7.	MASIAK Mateusz	15	Fala Kra nik	5:10.92	434	+0,70
	50m: 32.06 32.06	150m: 1:48.57 39.74	250m: 3:13.58 46.04	350m: 4:35.39 36.29		
	100m: 1:08.83 36.77	200m: 2:27.54 38.97	300m: 3:59.10 45.52	400m: 5:10.92 35.53		
8.	WO NIAK Kamil	14	Wisła Puławy	5:11.90	430	+0,75
	50m: 32.76 32.76	150m: 1:53.44 43.23	250m: 3:17.72 43.49	350m: 4:38.01 35.57		
	100m: 1:10.21 37.45	200m: 2:34.23 40.79	300m: 4:02.44 44.72	400m: 5:11.90 33.89		
9.	BORSUK Łukasz	14	Fala Kra nik	5:17.65	407	+0,78
	50m: 34.55 34.55	150m: 1:54.52 40.97	250m: 3:20.69 47.43	350m: 4:43.85 37.11		
	100m: 1:13.55 39.00	200m: 2:33.26 38.74	300m: 4:06.74 46.05	400m: 5:17.65 33.80		
10.	SIEKACZY SKI Artur	13	Fala Kra nik	5:20.10	398	+0,77
	50m: 34.38 34.38	150m: 1:55.05 39.28	250m: 3:21.01 48.09	350m: 4:45.66 36.31		
	100m: 1:15.77 41.39	200m: 2:32.92 37.87	300m: 4:09.35 48.34	400m: 5:20.10 34.44		
11.	UŁANOWICZ Piotr	12	Lublinianka	5:20.32	397	+0,78
	50m: 34.46 34.46	150m: 1:55.63 41.37	250m: 3:21.21 45.08	350m: 4:45.09 38.25		
	100m: 1:14.26 39.80	200m: 2:36.13 40.50	300m: 4:06.84 45.63	400m: 5:20.32 35.23		
12.	PÓŁTORAK Patryk	13	Lider Chełm	5:29.08	366	+0,75
	50m: 34.24 34.24	150m: 1:59.48 44.37	250m: 3:28.07 46.07	350m: 4:54.05 39.67		
	100m: 1:15.11 40.87	200m: 2:42.00 42.52	300m: 4:14.38 46.31	400m: 5:29.08 35.03		
13.	DADOS Aleksander	14	Wisła Puławy	5:29.61	364	+0,68
	50m: 34.61 34.61	150m: 1:57.48 42.22	250m: 3:25.54 46.99	350m: 4:52.25 38.43		
	100m: 1:15.26 40.65	200m: 2:38.55 41.07	300m: 4:13.82 48.28	400m: 5:29.61 37.36		
14.	SZULIERZ Michał	14	Avia widnik	5:47.79	310	+0,71
	50m: 35.72 35.72	150m: 2:07.38 46.14	250m: 3:40.88 49.22	350m: 5:10.43 39.14		
	100m: 1:21.24 45.52	200m: 2:51.66 44.28	300m: 4:31.29 50.41	400m: 5:47.79 37.36		
DYSKW.	POPIOŁEK Dawid	13	Skarpa Lublin			
DYSKW.	MARCZAK Arkadiusz	16	Barakuda Mi sk Mazowiecki			
DYSKW.	GRABCZAK Dawid	18	Wisła Puławy			
DYSKW.	SAWICKI Oskar	14	G8 Bielany Warszawa			
PK	POLASZYK Radosław	14	G8 Bielany Warszawa	5:17.24	409	+0,67
	50m: 32.42 32.42	150m: 1:52.29 42.10	250m: 3:18.81 46.64	350m: 4:41.66 36.35		
	100m: 1:10.19 37.77	200m: 2:32.17 39.88	300m: 4:05.31 46.50	400m: 5:17.24 35.58		