

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

Konkurencja 18 M cyczn, 400m dowolny 12 lat i starsi
2015-12-05 - 16:23 Wyniki

Rekord LOZP 3:45.65 WITKOWSKI Jan 01003 Poznan 2012-11-25

Punkty: FINA 2015

Pozycja			Wiek			Czas	Pkt.	CR
MŁODZIK								
1.	SZCZERBA Adam		13	Skarpa Lublin		4:29.30	489	+0,65
	50m:	30.16 30.16	150m:	1:38.17 34.54	250m:	2:47.09 34.29	350m:	3:55.80 34.27
	100m:	1:03.63 33.47	200m:	2:12.80 34.63	300m:	3:21.53 34.44	400m:	4:29.30 33.50
2.	SIEKACZY SKI Artur		13	Fala Kra nik		4:39.44	438	+0,82
	50m:	31.57 31.57	150m:	1:42.09 35.50	250m:	2:53.51 35.64	350m:	4:05.03 35.48
	100m:	1:06.59 35.02	200m:	2:17.87 35.78	300m:	3:29.55 36.04	400m:	4:39.44 34.41
3.	POPIOŁEK Dawid		13	Skarpa Lublin		4:39.68	437	+0,72
	50m:	31.55 31.55	150m:	1:43.84 36.35	250m:	2:57.64 36.81	350m:	4:07.17 34.28
	100m:	1:07.49 35.94	200m:	2:20.83 36.99	300m:	3:32.89 35.25	400m:	4:39.68 32.51
4.	JANICZUK Patryk		13	Lider Chełm		4:42.00	426	+0,79
	50m:	29.59 29.59	150m:	1:39.13 35.17	250m:	2:52.38 36.86	350m:	4:06.42 37.19
	100m:	1:03.96 34.37	200m:	2:15.52 36.39	300m:	3:29.23 36.85	400m:	4:42.00 35.58
5.	JAKIMIAK Jakub		12	Huragan Mi dzyrzec Podl.		4:42.03	426	+0,87
	50m:	30.85 30.85	150m:	1:42.39 36.41	250m:	2:55.34 36.62	350m:	4:08.41 36.41
	100m:	1:05.98 35.13	200m:	2:18.72 36.33	300m:	3:32.00 36.66	400m:	4:42.03 33.62
6.	UŁANOWICZ Piotr		12	Lublinianka		4:56.22	367	+0,81
	50m:	33.17 33.17	150m:	1:48.26 38.21	250m:	3:04.26 37.83	350m:	4:20.28 37.92
	100m:	1:10.05 36.88	200m:	2:26.43 38.17	300m:	3:42.36 38.10	400m:	4:56.22 35.94
7.	SWINTOZELSKI Maksymilian		12	Fala Kra nik		5:00.88	351	+0,84
	50m:	33.80 33.80	150m:	1:49.24 38.22	250m:	3:07.07 38.98	350m:	4:24.44 38.37
	100m:	1:11.02 37.22	200m:	2:28.09 38.85	300m:	3:46.07 39.00	400m:	5:00.88 36.44
8.	MRÓZ Adam		12	Orlik Lublin		5:01.48	348	+0,78
	50m:	33.29 33.29	150m:	1:50.51 39.10	250m:	3:08.31 38.31	350m:	4:25.31 37.90
	100m:	1:11.41 38.12	200m:	2:30.00 39.49	300m:	3:47.41 39.10	400m:	5:01.48 36.17
9.	SKRZYPCZAK Marek		13	Lublinianka		5:01.51	348	+0,80
	50m:	33.45 33.45	150m:	1:49.69 39.22	250m:	3:08.16 39.26	350m:	4:25.55 38.52
	100m:	1:10.47 37.02	200m:	2:28.90 39.21	300m:	3:47.03 38.87	400m:	5:01.51 35.96
10.	BO EK Filip		13	Fala Kra nik		5:02.01	347	+0,84
	50m:	34.14 34.14	150m:	1:51.15 39.01	250m:	3:08.54 38.31	350m:	4:25.58 37.92
	100m:	1:12.14 38.00	200m:	2:30.23 39.08	300m:	3:47.66 39.12	400m:	5:02.01 36.43
11.	BLAT Kacper		13	Fala Kra nik		5:09.51	322	+0,83
	50m:	34.45 34.45	150m:	1:51.34 38.92	250m:	3:10.51 39.81	350m:	4:30.61 40.24
	100m:	1:12.42 37.97	200m:	2:30.70 39.36	300m:	3:50.37 39.86	400m:	5:09.51 38.90
12.	BORSUK Piotr		12	Fala Kra nik		5:11.83	315	
	50m:	34.91 34.91	150m:	1:54.70 40.56	250m:	3:14.81 40.73	350m:	4:33.97 39.67
	100m:	1:14.14 39.23	200m:	2:34.08 39.38	300m:	3:54.30 39.49	400m:	5:11.83 37.86
13.	KASPERSKI Patryk		12	Fala Kra nik		5:17.49	298	+0,63
	50m:	36.10 36.10	150m:	1:56.50 40.25	250m:	3:17.60 40.57	350m:	4:39.01 40.87
	100m:	1:16.25 40.15	200m:	2:37.03 40.53	300m:	3:58.14 40.54	400m:	5:17.49 38.48
14.	PISKORZ Tomasz		12	Lublinianka		5:24.82	279	+0,72
	50m:	35.07 35.07	150m:	1:58.44 42.27	250m:	3:21.26 40.67	350m:	4:44.29 41.56
	100m:	1:16.17 41.10	200m:	2:40.59 42.15	300m:	4:02.73 41.47	400m:	5:24.82 40.53
15.	ŁOBODA Jakub		13	Olimpia Lublin		5:26.06	275	+0,87
	50m:	35.78 35.78	150m:	1:59.98 42.96	250m:	3:25.91 43.42	350m:	4:48.09 39.84
	100m:	1:17.02 41.24	200m:	2:42.49 42.51	300m:	4:08.25 42.34	400m:	5:26.06 37.97
16.	OSZAJCA Gabriel		12	Sparta Biłgoraj		5:26.69	274	+0,73
	50m:	35.17 35.17	150m:	1:58.79 42.43	250m:	3:23.69 42.04	350m:	4:48.07 41.17
	100m:	1:16.36 41.19	200m:	2:41.65 42.86	300m:	4:06.90 43.21	400m:	5:26.69 38.62
17.	DUMA Sebastian		13	Olimpia Lublin		5:28.04	270	+0,66
	50m:	35.05 35.05	150m:	1:56.12 41.13	250m:	3:22.11 43.47	350m:	4:47.93 42.63
	100m:	1:14.99 39.94	200m:	2:38.64 42.52	300m:	4:05.30 43.19	400m:	5:28.04 40.11

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

Konkurencja 18, Chłopców, 400m dowolny, MŁODZIK

Pozycja			Wiek				Czas	Pkt.	CR
18.	RABI	SKI Kamil	12	Orka Zamo			5:53.26	216	+0,85
	50m:	38.80 38.80	150m:	2:06.20 44.39	250m:	3:37.37 45.37	350m:	5:09.70 45.94	
	100m:	1:21.81 43.01	200m:	2:52.00 45.80	300m:	4:23.76 46.39	400m:	5:53.26 43.56	
19.	MANDZIUK	Kewin	12	Orka Zamo			6:04.51	197	+0,71
	50m:	39.13 39.13	150m:	2:12.18 47.38	250m:	3:48.66 48.83	350m:	5:23.89 47.21	
	100m:	1:24.80 45.67	200m:	2:59.83 47.65	300m:	4:36.68 48.02	400m:	6:04.51 40.62	
JUNIOR									
1.	KRZYKAŁA	Emil	14	Avia widnik			4:09.48	615	+0,79
	50m:	27.55 27.55	150m:	1:29.85 31.49	250m:	2:33.72 31.89	350m:	3:38.01 32.42	
	100m:	58.36 30.81	200m:	2:01.83 31.98	300m:	3:05.59 31.87	400m:	4:09.48 31.47	
2.	LECH	Filip	14	Avia widnik			4:26.47	505	+0,74
	50m:	29.14 29.14	150m:	1:35.21 33.72	250m:	2:43.71 34.41	350m:	3:53.38 35.02	
	100m:	1:01.49 32.35	200m:	2:09.30 34.09	300m:	3:18.36 34.65	400m:	4:26.47 33.09	
3.	KRAWCZAK	Patryk	15	ak Biała Podl.			4:30.36	483	+0,70
	50m:	29.62 29.62	150m:	1:35.59 33.59	250m:	2:44.99 35.11	350m:	3:55.84 35.60	
	100m:	1:02.00 32.38	200m:	2:09.88 34.29	300m:	3:20.24 35.25	400m:	4:30.36 34.52	
4.	WO NIAK	Kamil	14	Wisła Puławy			4:34.15	464	+0,69
	50m:	30.95 30.95	150m:	1:40.44 35.07	250m:	2:50.63 34.97	350m:	4:00.59 34.75	
	100m:	1:05.37 34.42	200m:	2:15.66 35.22	300m:	3:25.84 35.21	400m:	4:34.15 33.56	
5.	SIEJO	Mateusz	15	Lider Chełm			4:34.99	459	+0,74
	50m:	30.02 30.02	150m:	1:38.20 34.60	250m:	2:49.14 35.53	350m:	4:01.34 36.14	
	100m:	1:03.60 33.58	200m:	2:13.61 35.41	300m:	3:25.20 36.06	400m:	4:34.99 33.65	
6.	KONCKI	Bartłomiej	14	Wisła Puławy			4:39.99	435	+0,67
	50m:	31.50 31.50	150m:	1:41.95 35.47	250m:	2:53.40 35.68	350m:	4:05.33 35.91	
	100m:	1:06.48 34.98	200m:	2:17.72 35.77	300m:	3:29.42 36.02	400m:	4:39.99 34.66	
7.	MASIAK	Mateusz	15	Fala Kra nik			4:43.73	418	+0,69
	50m:	30.37 30.37	150m:	1:41.59 36.28	250m:	2:55.60 37.43	350m:	4:09.64 36.65	
	100m:	1:05.31 34.94	200m:	2:18.17 36.58	300m:	3:32.99 37.39	400m:	4:43.73 34.09	
8.	SZULIERZ	Michał	14	Avia widnik			4:48.35	398	+0,73
	50m:	31.72 31.72	150m:	1:44.41 36.66	250m:	2:57.93 36.54	350m:	4:10.23 36.43	
	100m:	1:07.75 36.03	200m:	2:21.39 36.98	300m:	3:33.80 35.87	400m:	4:48.35 38.12	
9.	DADOS	Aleksander	14	Wisła Puławy			4:49.78	392	+0,69
	50m:	32.43 32.43	150m:	1:45.86 36.92	250m:	3:00.33 37.28	350m:	4:14.47 36.67	
	100m:	1:08.94 36.51	200m:	2:23.05 37.19	300m:	3:37.80 37.47	400m:	4:49.78 35.31	
10.	BOMBA	Bartosz	14	AZS AWF Biała Podl.			5:44.57	233	+0,91
	50m:	34.92 34.92	150m:	2:00.03 44.62	250m:	3:30.65 45.86	350m:	5:01.66 44.40	
	100m:	1:15.41 40.49	200m:	2:44.79 44.76	300m:	4:17.26 46.61	400m:	5:44.57 42.91	
OPEN									
1.	GRABCZAK	Dawid	18	Wisła Puławy			3:54.86	738	+0,76
	50m:	26.74 26.74	150m:	1:26.03 29.85	250m:	2:25.29 29.49	350m:	3:25.25 30.05	
	100m:	56.18 29.44	200m:	1:55.80 29.77	300m:	2:55.20 29.91	400m:	3:54.86 29.61	
2.	BRYŁA	Kamil SL	16	Lublinianka			3:59.58	695	+0,69
	50m:	27.36 27.36	150m:	1:26.70 29.92	250m:	2:27.42 30.37	350m:	3:29.26 31.12	
	100m:	56.78 29.42	200m:	1:57.05 30.35	300m:	2:58.14 30.72	400m:	3:59.58 30.32	
3.	LIS	Przemysław	19	Avia widnik			4:05.56	645	+0,85
	50m:	27.57 27.57	150m:	1:29.40 31.06	250m:	2:31.98 31.28	350m:	3:35.11 31.39	
	100m:	58.34 30.77	200m:	2:00.70 31.30	300m:	3:03.72 31.74	400m:	4:05.56 30.45	
4.	KRZYKAŁA	Emil	14	Avia widnik			4:09.48	615	+0,79
	50m:	27.55 27.55	150m:	1:29.85 31.49	250m:	2:33.72 31.89	350m:	3:38.01 32.42	
	100m:	58.36 30.81	200m:	2:01.83 31.98	300m:	3:05.59 31.87	400m:	4:09.48 31.47	
5.	CHAŁAT	Stanisław SL	16	Skarpa Lublin			4:15.29	574	+0,66
	50m:	29.36 29.36	150m:	1:33.81 32.55	250m:	2:39.02 32.48	350m:	3:44.43 32.94	
	100m:	1:01.26 31.90	200m:	2:06.54 32.73	300m:	3:11.49 32.47	400m:	4:15.29 30.86	

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

Konkurencja 18, M czyzn, 400m dowolny, OPEN

Pozycja			Wiek				Czas	Pkt.	CR
6.	LECH Filip	14	Avia	widnik	4:26.47	505	+0,74		
	50m: 29.14	29.14	150m: 1:35.21	33.72	250m: 2:43.71	34.41	350m: 3:53.38	35.02	
	100m: 1:01.49	32.35	200m: 2:09.30	34.09	300m: 3:18.36	34.65	400m: 4:26.47	33.09	
7.	SKUBA Marcin	17	Orka Zamo		4:26.59	504	+0,59		
	50m: 28.91	28.91	150m: 1:33.68	32.86	250m: 2:41.82	34.41	350m: 3:52.05	35.48	
	100m: 1:00.82	31.91	200m: 2:07.41	33.73	300m: 3:16.57	34.75	400m: 4:26.59	34.54	
8.	KRAWIEC Maciej	16	Fala Kra	nik	4:29.15	490	+0,78		
	50m: 30.30	30.30	150m: 1:39.34	34.95	250m: 2:48.39	34.23	350m: 3:56.16	33.83	
	100m: 1:04.39	34.09	200m: 2:14.16	34.82	300m: 3:22.33	33.94	400m: 4:29.15	32.99	
9.	SZCZERBA Adam	13	Skarpa Lublin		4:29.30	489	+0,65		
	50m: 30.16	30.16	150m: 1:38.17	34.54	250m: 2:47.09	34.29	350m: 3:55.80	34.27	
	100m: 1:03.63	33.47	200m: 2:12.80	34.63	300m: 3:21.53	34.44	400m: 4:29.30	33.50	
10.	KRAWCZAK Patryk	15	ak Biała Podl.		4:30.36	483	+0,70		
	50m: 29.62	29.62	150m: 1:35.59	33.59	250m: 2:44.99	35.11	350m: 3:55.84	35.60	
	100m: 1:02.00	32.38	200m: 2:09.88	34.29	300m: 3:20.24	35.25	400m: 4:30.36	34.52	
11.	WO NIAK Kamil	14	Wisła Puławy		4:34.15	464	+0,69		
	50m: 30.95	30.95	150m: 1:40.44	35.07	250m: 2:50.63	34.97	350m: 4:00.59	34.75	
	100m: 1:05.37	34.42	200m: 2:15.66	35.22	300m: 3:25.84	35.21	400m: 4:34.15	33.56	
12.	SIEJO Mateusz	15	Lider Chełm		4:34.99	459	+0,74		
	50m: 30.02	30.02	150m: 1:38.20	34.60	250m: 2:49.14	35.53	350m: 4:01.34	36.14	
	100m: 1:03.60	33.58	200m: 2:13.61	35.41	300m: 3:25.20	36.06	400m: 4:34.99	33.65	
13.	S DŁAK Wiktor	16	Orka Zamo		4:36.36	453	+0,67		
	50m: 30.25	30.25	150m: 1:38.50	34.80	250m: 2:49.32	35.62	350m: 4:01.15	35.87	
	100m: 1:03.70	33.45	200m: 2:13.70	35.20	300m: 3:25.28	35.96	400m: 4:36.36	35.21	
14.	SIEKACZY SKI Artur	13	Fala Kra	nik	4:39.44	438	+0,82		
	50m: 31.57	31.57	150m: 1:42.09	35.50	250m: 2:53.51	35.64	350m: 4:05.03	35.48	
	100m: 1:06.59	35.02	200m: 2:17.87	35.78	300m: 3:29.55	36.04	400m: 4:39.44	34.41	
15.	POPIOŁEK Dawid	13	Skarpa Lublin		4:39.68	437	+0,72		
	50m: 31.55	31.55	150m: 1:43.84	36.35	250m: 2:57.64	36.81	350m: 4:07.17	34.28	
	100m: 1:07.49	35.94	200m: 2:20.83	36.99	300m: 3:32.89	35.25	400m: 4:39.68	32.51	
16.	KONCKI Bartłomiej	14	Wisła Puławy		4:39.99	435	+0,67		
	50m: 31.50	31.50	150m: 1:41.95	35.47	250m: 2:53.40	35.68	350m: 4:05.33	35.91	
	100m: 1:06.48	34.98	200m: 2:17.72	35.77	300m: 3:29.42	36.02	400m: 4:39.99	34.66	
17.	JANICZUK Patryk	13	Lider Chełm		4:42.00	426	+0,79		
	50m: 29.59	29.59	150m: 1:39.13	35.17	250m: 2:52.38	36.86	350m: 4:06.42	37.19	
	100m: 1:03.96	34.37	200m: 2:15.52	36.39	300m: 3:29.23	36.85	400m: 4:42.00	35.58	
18.	JAKIMIĄK Jakub	12	Huragan Mi	dzyrzec Podl.	4:42.03	426	+0,87		
	50m: 30.85	30.85	150m: 1:42.39	36.41	250m: 2:55.34	36.62	350m: 4:08.41	36.41	
	100m: 1:05.98	35.13	200m: 2:18.72	36.33	300m: 3:32.00	36.66	400m: 4:42.03	33.62	
19.	MASIAK Mateusz	15	Fala Kra	nik	4:43.73	418	+0,69		
	50m: 30.37	30.37	150m: 1:41.59	36.28	250m: 2:55.60	37.43	350m: 4:09.64	36.65	
	100m: 1:05.31	34.94	200m: 2:18.17	36.58	300m: 3:32.99	37.39	400m: 4:43.73	34.09	
20.	SZULIERZ Michał	14	Avia	widnik	4:48.35	398	+0,73		
	50m: 31.72	31.72	150m: 1:44.41	36.66	250m: 2:57.93	36.54	350m: 4:10.23	36.43	
	100m: 1:07.75	36.03	200m: 2:21.39	36.98	300m: 3:33.80	35.87	400m: 4:48.35	38.12	
21.	DADOS Aleksander	14	Wisła Puławy		4:49.78	392	+0,69		
	50m: 32.43	32.43	150m: 1:45.86	36.92	250m: 3:00.33	37.28	350m: 4:14.47	36.67	
	100m: 1:08.94	36.51	200m: 2:23.05	37.19	300m: 3:37.80	37.47	400m: 4:49.78	35.31	
22.	UŁANOWICZ Piotr	12	Lublinianka		4:56.22	367	+0,81		
	50m: 33.17	33.17	150m: 1:48.26	38.21	250m: 3:04.26	37.83	350m: 4:20.28	37.92	
	100m: 1:10.05	36.88	200m: 2:26.43	38.17	300m: 3:42.36	38.10	400m: 4:56.22	35.94	
23.	SWINTOZELSKI Maksymilian	12	Fala Kra	nik	5:00.88	351	+0,84		
	50m: 33.80	33.80	150m: 1:49.24	38.22	250m: 3:07.07	38.98	350m: 4:24.44	38.37	
	100m: 1:11.02	37.22	200m: 2:28.09	38.85	300m: 3:46.07	39.00	400m: 5:00.88	36.44	

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Konkurencja 18, M czyzn, 400m dowolny, OPEN

Pozycja			Wiek				Czas	Pkt.	CR
24.	MRÓZ Adam	12	Orlik Lublin				5:01.48	348	+0,78
	50m: 33.29	33.29	150m: 1:50.51	39.10	250m: 3:08.31	38.31	350m: 4:25.31	37.90	
	100m: 1:11.41	38.12	200m: 2:30.00	39.49	300m: 3:47.41	39.10	400m: 5:01.48	36.17	
25.	SKRZYPCZAK Marek	13	Lublinianka				5:01.51	348	+0,80
	50m: 33.45	33.45	150m: 1:49.69	39.22	250m: 3:08.16	39.26	350m: 4:25.55	38.52	
	100m: 1:10.47	37.02	200m: 2:28.90	39.21	300m: 3:47.03	38.87	400m: 5:01.51	35.96	
26.	BO EK Filip	13	Fala Kra nik				5:02.01	347	+0,84
	50m: 34.14	34.14	150m: 1:51.15	39.01	250m: 3:08.54	38.31	350m: 4:25.58	37.92	
	100m: 1:12.14	38.00	200m: 2:30.23	39.08	300m: 3:47.66	39.12	400m: 5:02.01	36.43	
27.	BLAT Kacper	13	Fala Kra nik				5:09.51	322	+0,83
	50m: 34.45	34.45	150m: 1:51.34	38.92	250m: 3:10.51	39.81	350m: 4:30.61	40.24	
	100m: 1:12.42	37.97	200m: 2:30.70	39.36	300m: 3:50.37	39.86	400m: 5:09.51	38.90	
28.	BORSUK Piotr	12	Fala Kra nik				5:11.83	315	
	50m: 34.91	34.91	150m: 1:54.70	40.56	250m: 3:14.81	40.73	350m: 4:33.97	39.67	
	100m: 1:14.14	39.23	200m: 2:34.08	39.38	300m: 3:54.30	39.49	400m: 5:11.83	37.86	
29.	KASPERSKI Patryk	12	Fala Kra nik				5:17.49	298	+0,63
	50m: 36.10	36.10	150m: 1:56.50	40.25	250m: 3:17.60	40.57	350m: 4:39.01	40.87	
	100m: 1:16.25	40.15	200m: 2:37.03	40.53	300m: 3:58.14	40.54	400m: 5:17.49	38.48	
30.	PISKORZ Tomasz	12	Lublinianka				5:24.82	279	+0,72
	50m: 35.07	35.07	150m: 1:58.44	42.27	250m: 3:21.26	40.67	350m: 4:44.29	41.56	
	100m: 1:16.17	41.10	200m: 2:40.59	42.15	300m: 4:02.73	41.47	400m: 5:24.82	40.53	
31.	ŁOBODA Jakub	13	Olimpia Lublin				5:26.06	275	+0,87
	50m: 35.78	35.78	150m: 1:59.98	42.96	250m: 3:25.91	43.42	350m: 4:48.09	39.84	
	100m: 1:17.02	41.24	200m: 2:42.49	42.51	300m: 4:08.25	42.34	400m: 5:26.06	37.97	
32.	OSZAJCA Gabriel	12	Sparta Błgoraj				5:26.69	274	+0,73
	50m: 35.17	35.17	150m: 1:58.79	42.43	250m: 3:23.69	42.04	350m: 4:48.07	41.17	
	100m: 1:16.36	41.19	200m: 2:41.65	42.86	300m: 4:06.90	43.21	400m: 5:26.69	38.62	
33.	DUMA Sebastian	13	Olimpia Lublin				5:28.04	270	+0,66
	50m: 35.05	35.05	150m: 1:56.12	41.13	250m: 3:22.11	43.47	350m: 4:47.93	42.63	
	100m: 1:14.99	39.94	200m: 2:38.64	42.52	300m: 4:05.30	43.19	400m: 5:28.04	40.11	
34.	BOMBA Bartosz	14	AZS AWF Biała Podl.				5:44.57	233	+0,91
	50m: 34.92	34.92	150m: 2:00.03	44.62	250m: 3:30.65	45.86	350m: 5:01.66	44.40	
	100m: 1:15.41	40.49	200m: 2:44.79	44.76	300m: 4:17.26	46.61	400m: 5:44.57	42.91	
35.	RABI SKI Kamil	12	Orka Zamo				5:53.26	216	+0,85
	50m: 38.80	38.80	150m: 2:06.20	44.39	250m: 3:37.37	45.37	350m: 5:09.70	45.94	
	100m: 1:21.81	43.01	200m: 2:52.00	45.80	300m: 4:23.76	46.39	400m: 5:53.26	43.56	
36.	MANDZIUK Kewin	12	Orka Zamo				6:04.51	197	+0,71
	50m: 39.13	39.13	150m: 2:12.18	47.38	250m: 3:48.66	48.83	350m: 5:23.89	47.21	
	100m: 1:24.80	45.67	200m: 2:59.83	47.65	300m: 4:36.68	48.02	400m: 6:04.51	40.62	
PK	KRAWCZYK Paweł	16	BUKS Warszawa				4:15.32	574	+0,79
	50m: 26.96	26.96	150m: 1:26.61	30.07	250m: 2:31.58	33.53	350m: 3:41.21	35.24	
	100m: 56.54	29.58	200m: 1:58.05	31.44	300m: 3:05.97	34.39	400m: 4:15.32	34.11	
PK	POPLONYK Jakub	13	BUKS Warszawa				5:05.88	334	+0,66
	50m: 33.76	33.76	150m: 1:49.91	38.74	250m: 3:09.05	39.84	350m: 4:27.94	39.01	
	100m: 1:11.17	37.41	200m: 2:29.21	39.30	300m: 3:48.93	39.88	400m: 5:05.88	37.94	
PK	MARCZAK Arkadiusz	16	Barakuda Mi sk Mazowiecki				5:26.90	273	+0,78
	50m: 33.28	33.28	150m: 1:49.87	38.66	250m: 3:08.41	39.28	350m: 4:25.20	37.97	
	100m: 1:11.21	37.93	200m: 2:29.13	39.26	300m: 3:47.23	38.82	400m: 5:26.90	1:01.70	
PK	MARCZAK Radosław	13	Barakuda Mi sk Mazowiecki				4:56.11	368	+0,76
	50m: 33.94	33.94	150m: 1:49.39	37.92	250m: 3:06.03	38.06	350m: 4:22.31	37.75	
	100m: 1:11.47	37.53	200m: 2:27.97	38.58	300m: 3:44.56	38.53	400m: 4:56.11	33.80	
PK	W SAK Witold	14	Barakuda Mi sk Mazowiecki				5:22.83	284	+0,69
	50m: 33.60	33.60	150m: 1:57.32	42.69	250m: 3:22.88	42.71	350m: 4:47.39	42.86	
	100m: 1:14.63	41.03	200m: 2:40.17	42.85	300m: 4:04.53	41.65	400m: 5:22.83	35.44	

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

Konkurencja 18, M czyzn, 400m dowolny

Pozycja				Wiek					Czas	Pkt.	CR	
PK	WIERCZ Szymon			14	G8 Bielany Warszawa				4:31.73	476	+0,66	
	50m:	30.03	30.03	150m:	1:38.40	34.76	250m:	2:47.78	34.73	350m:	3:57.68	34.43
	100m:	1:03.64	33.61	200m:	2:13.05	34.65	300m:	3:23.25	35.47	400m:	4:31.73	34.05
PK	SENKOWSKI Kacper			14	G8 Bielany Warszawa				4:36.78	450	+0,79	
	50m:	29.98	29.98	150m:	1:39.41	35.42	250m:	2:51.98	36.27	350m:	4:02.79	35.52
	100m:	1:03.99	34.01	200m:	2:15.71	36.30	300m:	3:27.27	35.29	400m:	4:36.78	33.99
PK	PAWLAK Rafał			14	G8 Bielany Warszawa				4:40.26	434	+0,79	
	50m:	30.95	30.95	150m:	1:41.85	36.04	250m:	2:54.03	35.92	350m:	4:06.13	35.95
	100m:	1:05.81	34.86	200m:	2:18.11	36.26	300m:	3:30.18	36.15	400m:	4:40.26	34.13