

2021 Zimowe Mistrzostwa Województwa Lubelskiego  
Lublin, 12. - 13.3.2021

Konkurencja 12 M czyzn, 400m zmienny 12 lat i starsi  
12.03.2021 - 18:00 Wyniki

Rekord LOZP 4:19.87 WITKOWSKI Jan 01003 Szczecin 28.05.2016

Punkty: FINA 2021

Pozycja			Wiek					Czas	Pkt.
<b>MŁODZIK</b>									
1.	ACZEK Hubert		13	KS „Wisła” Puławy			<b>5:34.48</b>	387	
	50m: 35.11	35.11	150m: 2:00.38	42.86	250m: 3:30.98	48.69	350m: 4:58.40	38.83	
	100m: 1:17.52	42.41	200m: 2:42.29	41.91	300m: 4:19.57	48.59	400m: 5:34.48	36.08	
2.	JONCZAK Marcel		12	RWKS Sparta Biłgoraj			<b>5:59.51</b>	312	
	50m: 35.06	35.06	150m: 2:03.56	45.79	250m: 3:43.26	56.30	350m: 5:20.86	40.82	
	100m: 1:17.77	42.71	200m: 2:46.96	43.40	300m: 4:40.04	56.78	400m: 5:59.51	38.65	
3.	FRONCZEK Miłosz		13	KU AZS UMCS Lublin			<b>6:18.21</b>	267	
	50m: 41.97	41.97	150m: 2:19.46	45.70	250m: 4:00.94	57.32	350m: 5:39.30	42.18	
	100m: 1:33.76	51.79	200m: 3:03.62	44.16	300m: 4:57.12	56.18	400m: 6:18.21	38.91	
4.	BONDYRA Paweł		12	UKS „ORKA” Zamo			<b>7:09.52</b>	182	
	50m: 45.95	45.95	150m: 2:41.87	55.36	250m: 4:31.75	58.32	350m: 6:20.34	51.04	
	100m: 1:46.51	1:00.56	200m: 3:33.43	51.56	300m: 5:29.30	57.55	400m: 7:09.52	49.18	

**JUNIOR MŁODSZY**

1.	BURY Paweł		14	RWKS Sparta Biłgoraj			<b>5:17.65</b>	452	
	50m: 31.53	31.53	150m: 1:55.25	44.12	250m: 3:23.06	44.24	350m: 4:43.73	35.95	
	100m: 1:11.13	39.60	200m: 2:38.82	43.57	300m: 4:07.78	44.72	400m: 5:17.65	33.92	
2.	KOZAK Jan		15	KS OLIMPIA Lublin			<b>5:22.01</b>	434	
	50m: 34.90	34.90	150m: 1:57.36	42.69	250m: 3:25.79	45.70	350m: 4:47.91	36.76	
	100m: 1:14.67	39.77	200m: 2:40.09	42.73	300m: 4:11.15	45.36	400m: 5:22.01	34.10	
3.	DZI GIELEWSKI Dawid		14	UKP Fala Kra nik			<b>5:35.44</b>	384	
	50m: 35.75	35.75	150m: 2:03.26	46.30	250m: 3:33.07	46.09	350m: 4:58.57	40.51	
	100m: 1:16.96	41.21	200m: 2:46.98	43.72	300m: 4:18.06	44.99	400m: 5:35.44	36.87	
4.	CZECZKO Michał		15	MKS AVIA widnik sp. z o.o.			<b>5:40.17</b>	368	
	50m: 32.99	32.99	150m: 1:58.43	46.45	250m: 3:31.48	47.97	350m: 5:01.78	41.01	
	100m: 1:11.98	38.99	200m: 2:43.51	45.08	300m: 4:20.77	49.29	400m: 5:40.17	38.39	
5.	LIPI SKI Szymon		14	UKP Bychawa			<b>5:56.94</b>	318	
	50m: 33.99	33.99	150m: 2:01.82	48.26	250m: 3:41.00	53.51	350m: 5:16.41	41.10	
	100m: 1:13.56	39.57	200m: 2:47.49	45.67	300m: 4:35.31	54.31	400m: 5:56.94	40.53	

**OPEN**

1.	MRÓZ Adam		18	KU AZS UMCS Lublin			<b>4:43.22</b>	638	
	50m: 29.56	29.56	150m: 1:41.30	37.37	250m: 2:57.04	38.54	350m: 4:10.17	33.17	
	100m: 1:03.93	34.37	200m: 2:18.50	37.20	300m: 3:37.00	39.96	400m: 4:43.22	33.05	
2.	KEMPA Mikołaj		22	KU AZS UMCS Lublin			<b>4:46.47</b>	616	
	50m: 29.39	29.39	150m: 1:42.89	39.17	250m: 3:00.26	39.90	350m: 4:15.72	34.09	
	100m: 1:03.72	34.33	200m: 2:20.36	37.47	300m: 3:41.63	41.37	400m: 4:46.47	30.75	
3.	TOMASZEWSKI Piotr		16	KU AZS UMCS Lublin			<b>4:47.15</b>	612	
	50m: 29.02	29.02	150m: 1:40.53	37.06	250m: 2:59.61	42.18	350m: 4:15.52	33.27	
	100m: 1:03.47	34.45	200m: 2:17.43	36.90	300m: 3:42.25	42.64	400m: 4:47.15	31.63	
4.	ADAMCZYK Jan		18	KU AZS UMCS Lublin			<b>4:54.88</b>	565	
	50m: 31.09	31.09	150m: 1:46.47	38.89	250m: 3:07.23	43.29	350m: 4:22.30	32.61	
	100m: 1:07.58	36.49	200m: 2:23.94	37.47	300m: 3:49.69	42.46	400m: 4:54.88	32.58	
5.	ZUZANIUK Igor		17	KS OLIMPIA Lublin			<b>4:58.86</b>	543	
	50m: 29.78	29.78	150m: 1:44.77	39.32	250m: 3:05.96	43.02	350m: 4:23.73	34.65	
	100m: 1:05.45	35.67	200m: 2:22.94	38.17	300m: 3:49.08	43.12	400m: 4:58.86	35.13	
6.	SUCHA SKI Filip		16	Uks 51			<b>5:03.81</b>	517	
	50m: 31.13	31.13	150m: 1:45.94	37.85	250m: 3:12.02	49.83	350m: 4:32.70	34.55	
	100m: 1:08.09	36.96	200m: 2:22.19	36.25	300m: 3:58.15	46.13	400m: 5:03.81	31.11	

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Konkurencja 12, M czynn, 400m zmienny, OPEN

Pozycja			Wiek				Czas				Pkt.	
7.	PIEKARU Dawid		19	KU AZS UMCS Lublin				<b>5:05.87</b>				506
	50m:	29.54	29.54	150m:	1:49.38	44.87	250m:	3:12.02	41.62	350m:	4:30.94	37.71
	100m:	1:04.51	34.97	200m:	2:30.40	41.02	300m:	3:53.23	41.21	400m:	5:05.87	34.93
8.	BURY Paweł		14	RWKS Sparta Biłgoraj				<b>5:17.65</b>				452
	50m:	31.53	31.53	150m:	1:55.25	44.12	250m:	3:23.06	44.24	350m:	4:43.73	35.95
	100m:	1:11.13	39.60	200m:	2:38.82	43.57	300m:	4:07.78	44.72	400m:	5:17.65	33.92
9.	KOZAK Jan		15	KS OLIMPIA Lublin				<b>5:22.01</b>				434
	50m:	34.90	34.90	150m:	1:57.36	42.69	250m:	3:25.79	45.70	350m:	4:47.91	36.76
	100m:	1:14.67	39.77	200m:	2:40.09	42.73	300m:	4:11.15	45.36	400m:	5:22.01	34.10
10.	ACZEK Hubert		13	KS „Wisła” Puławy				<b>5:34.48</b>				387
	50m:	35.11	35.11	150m:	2:00.38	42.86	250m:	3:30.98	48.69	350m:	4:58.40	38.83
	100m:	1:17.52	42.41	200m:	2:42.29	41.91	300m:	4:19.57	48.59	400m:	5:34.48	36.08
11.	DZI GIELEWSKI Dawid		14	UKP Fala Kra nik				<b>5:35.44</b>				384
	50m:	35.75	35.75	150m:	2:03.26	46.30	250m:	3:33.07	46.09	350m:	4:58.57	40.51
	100m:	1:16.96	41.21	200m:	2:46.98	43.72	300m:	4:18.06	44.99	400m:	5:35.44	36.87
12.	CZECZKO Michał		15	MKS AVIA widnik sp. z o.o.				<b>5:40.17</b>				368
	50m:	32.99	32.99	150m:	1:58.43	46.45	250m:	3:31.48	47.97	350m:	5:01.78	41.01
	100m:	1:11.98	38.99	200m:	2:43.51	45.08	300m:	4:20.77	49.29	400m:	5:40.17	38.39
13.	LIPI SKI Szymon		14	UKP Bychawa				<b>5:56.94</b>				318
	50m:	33.99	33.99	150m:	2:01.82	48.26	250m:	3:41.00	53.51	350m:	5:16.41	41.10
	100m:	1:13.56	39.57	200m:	2:47.49	45.67	300m:	4:35.31	54.31	400m:	5:56.94	40.53
14.	JONCZAK Marcel		12	RWKS Sparta Biłgoraj				<b>5:59.51</b>				312
	50m:	35.06	35.06	150m:	2:03.56	45.79	250m:	3:43.26	56.30	350m:	5:20.86	40.82
	100m:	1:17.77	42.71	200m:	2:46.96	43.40	300m:	4:40.04	56.78	400m:	5:59.51	38.65
15.	FRONCZEK Miłosz		13	KU AZS UMCS Lublin				<b>6:18.21</b>				267
	50m:	41.97	41.97	150m:	2:19.46	45.70	250m:	4:00.94	57.32	350m:	5:39.30	42.18
	100m:	1:33.76	51.79	200m:	3:03.62	44.16	300m:	4:57.12	56.18	400m:	6:18.21	38.91
16.	BONDYRA Paweł		12	UKS „ORKA” Zamo				<b>7:09.52</b>				182
	50m:	45.95	45.95	150m:	2:41.87	55.36	250m:	4:31.75	58.32	350m:	6:20.34	51.04
	100m:	1:46.51	1:00.56	200m:	3:33.43	51.56	300m:	5:29.30	57.55	400m:	7:09.52	49.18
PK	PROCNAL Adam		17	SP Motyl MOSiR Stalowa Wola				<b>5:03.86</b>				516
	50m:	30.49	30.49	150m:	1:46.53	40.54	250m:	3:10.14	43.86	350m:	4:29.85	35.60
	100m:	1:05.99	35.50	200m:	2:26.28	39.75	300m:	3:54.25	44.11	400m:	5:03.86	34.01