

Mistrzostwa Okręgu Lubuskiego w Pływaniu
Gorzów, 20-12-2014

Konkurencja 31
2014-12-20 - 12:40

Mężczyzn, 400m dowolny

11 lat i starsi
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
11 lat									
1.	OLENDER, Miłosz		03	Totis Viribus wiebodzice				6:15.56	180
	50m:	41.40 41.40	150m:	2:17.21 48.40	250m:	3:55.41 49.34	350m:	5:31.14 47.58	
	100m:	1:28.81 47.41	200m:	3:06.07 48.86	300m:	4:43.56 48.15	400m:	6:15.56 44.42	
12 lat									
1.	SKIBI SKI, Filip		02	CITYZEN Pozna				4:59.23	356
	50m:	32.07 32.07	150m:	1:47.27 38.07	250m:	3:04.97 38.76	350m:	4:22.81 38.57	
	100m:	1:09.20 37.13	200m:	2:26.21 38.94	300m:	3:44.24 39.27	400m:	4:59.23 36.42	
2.	KUBIAK, Norbert		02	CITYZEN Pozna				5:23.05	283
	50m:	35.75 35.75	150m:	1:56.79 40.84	250m:	3:20.60 41.91	350m:	4:44.13 41.96	
	100m:	1:15.95 40.20	200m:	2:38.69 41.90	300m:	4:02.17 41.57	400m:	5:23.05 38.92	
3.	SZYMANOWSKI, Jakub		02	MKP Słowianka Gorzów				5:28.65	269
	50m:	36.06 36.06	150m:	1:58.62 41.62	250m:	3:22.12 41.57	350m:	4:46.93 42.11	
	100m:	1:17.00 40.94	200m:	2:40.55 41.93	300m:	4:04.82 42.70	400m:	5:28.65 41.72	
4.	KŁYSI SKI, Marcel		02	MKP Słowianka Gorzów				6:13.69	183
	50m:	42.43 42.43	150m:	2:15.45 47.18	250m:	3:52.22 48.66	350m:	5:27.63 47.93	
	100m:	1:28.27 45.84	200m:	3:03.56 48.11	300m:	4:39.70 47.48	400m:	6:13.69 46.06	
13 lat									
1.	DROZDA, Jakub		01	MKP Słowianka Gorzów				4:47.95	400
	50m:	31.96 31.96	150m:	1:44.03 36.72	250m:	2:57.80 36.78	350m:	4:11.67 36.78	
	100m:	1:07.31 35.35	200m:	2:21.02 36.99	300m:	3:34.89 37.09	400m:	4:47.95 36.28	
2.	SOSI SKI, Bartosz		01	CITYZEN Pozna				5:46.11	230
	50m:	40.47 40.47	150m:	2:07.92 43.91	250m:	3:36.37 44.06	350m:	5:03.44 42.99	
	100m:	1:24.01 43.54	200m:	2:52.31 44.39	300m:	4:20.45 44.08	400m:	5:46.11 42.67	
14 - 15 lat									
1.	KOPCZY SKI, Dawid		99	KORNER Zielona Góra				4:23.03	525
	50m:	29.29 29.29	150m:	1:35.67 33.73	250m:	2:43.76 34.04	350m:	3:52.02 34.18	
	100m:	1:01.94 32.65	200m:	2:09.72 34.05	300m:	3:17.84 34.08	400m:	4:23.03 31.01	
2.	TARADY , Jakub		00	KORNER Zielona Góra				4:23.09	525
	50m:	30.13 30.13	150m:	1:36.21 33.20	250m:	2:43.55 33.60	350m:	3:50.25 33.23	
	100m:	1:03.01 32.88	200m:	2:09.95 33.74	300m:	3:17.02 33.47	400m:	4:23.09 32.84	
3.	STONAWSKI, Maciej		00	MKP Słowianka Gorzów				4:24.48	516
	50m:	30.22 30.22	150m:	1:36.48 33.87	250m:	2:44.09 33.45	350m:	3:52.11 33.77	
	100m:	1:02.61 32.39	200m:	2:10.64 34.16	300m:	3:18.34 34.25	400m:	4:24.48 32.37	
4.	LISEK, Aleksander		00	MKP Słowianka Gorzów				4:31.35	478
	50m:	30.31 30.31	150m:	1:36.96 33.65	250m:	2:46.19 34.36	350m:	3:56.38 35.17	
	100m:	1:03.31 33.00	200m:	2:11.83 34.87	300m:	3:21.21 35.02	400m:	4:31.35 34.97	
5.	KAŁEK, Oliwer		00	KORNER Zielona Góra				4:41.47	428
	50m:	31.23 31.23	150m:	1:41.61 35.42	250m:	2:53.53 36.09	350m:	4:05.87 36.40	
	100m:	1:06.19 34.96	200m:	2:17.44 35.83	300m:	3:29.47 35.94	400m:	4:41.47 35.60	
6.	BEDNARZ, Olaf		00	MKP Słowianka Gorzów				5:00.34	352
	50m:	33.88 33.88	150m:	1:48.96 37.21	250m:	3:05.16 38.19	350m:	4:22.07 38.63	
	100m:	1:11.75 37.87	200m:	2:26.97 38.01	300m:	3:43.44 38.28	400m:	5:00.34 38.27	

Mistrzostwa Okręgu Lubuskiego w Pływaniu
Gorzów, 20-12-2014

Konkurencja 31, Mężczyźni, 400m dowolny

16 lat i starsi

1.	KAŁUŃSKI, Daniel		97	MKP Słowianka Gorzów		4:13.38	587					
	50m:	29.68	29.68	150m:	1:32.34	30.91	250m:	2:35.78	32.20	350m:	3:40.92	32.50
	100m:	1:01.43	31.75	200m:	2:03.58	31.24	300m:	3:08.42	32.64	400m:	4:13.38	32.46
2.	SZPYRA, Łukasz		97	MKP Słowianka Gorzów		4:22.00	531					
	50m:	29.73	29.73	150m:	1:34.57	32.90	250m:	2:41.49	33.74	350m:	3:48.42	32.84
	100m:	1:01.67	31.94	200m:	2:07.75	33.18	300m:	3:15.58	34.09	400m:	4:22.00	33.58
3.	BRODOWSKI, Jakub		97	MKP Słowianka Gorzów		4:45.53	410					
	50m:	30.16	30.16	150m:	1:36.08	33.40	250m:	2:50.67	39.57	350m:	4:08.70	38.43
	100m:	1:02.68	32.52	200m:	2:11.10	35.02	300m:	3:30.27	39.60	400m:	4:45.53	36.83