

Otwarte Zimowe Mistrzostwa Województwa Zachodniopomorskiego  
Szczecin, 11- - 12-12-2015

Konkurencja 12  
2015-12-11 - 14:35

M czyzn, 400m dowolny

10 lat i starsi  
Wyniki

Punkty: FINA 2015

| Pozycja                |                      |               | Rok ur. |                     |       |       |         | Czas           | Pkt.  |         |       |
|------------------------|----------------------|---------------|---------|---------------------|-------|-------|---------|----------------|-------|---------|-------|
| <b>15 lat i starsi</b> |                      |               |         |                     |       |       |         |                |       |         |       |
| 1.                     | DOMA SKI Gracjan     |               | 00      | MKP Kołobrzeg       |       |       |         | <b>4:03.84</b> | 659   |         |       |
|                        | 50m:                 | 26.59 26.59   | 150m:   | 1:28.04             | 31.17 | 250m: | 2:31.43 | 31.82          | 350m: | 3:34.31 | 31.17 |
|                        | 100m:                | 56.87 30.28   | 200m:   | 1:59.61             | 31.57 | 300m: | 3:03.14 | 31.71          | 400m: | 4:03.84 | 29.53 |
| 2.                     | GÓRSKI Marcin        |               | 97      | MKP Szczecin        |       |       |         | <b>4:04.80</b> | 651   |         |       |
|                        | 50m:                 | 27.34 27.34   | 150m:   | 1:28.15             | 30.60 | 250m: | 2:31.26 | 31.74          | 350m: | 3:34.09 | 31.16 |
|                        | 100m:                | 57.55 30.21   | 200m:   | 1:59.52             | 31.37 | 300m: | 3:02.93 | 31.67          | 400m: | 4:04.80 | 30.71 |
| 3.                     | STONAWSKI Maciej     |               | 00      | Stilon Gorzów Wlkp. |       |       |         | <b>4:10.38</b> | 609   |         |       |
|                        | 50m:                 | 28.14 28.14   | 150m:   | 1:31.24             | 32.00 | 250m: | 2:35.90 | 32.52          | 350m: | 3:39.30 | 31.58 |
|                        | 100m:                | 59.24 31.10   | 200m:   | 2:03.38             | 32.14 | 300m: | 3:07.72 | 31.82          | 400m: | 4:10.38 | 31.08 |
| 4.                     | LISEK Aleksander     |               | 00      | Stilon Gorzów Wlkp. |       |       |         | <b>4:11.96</b> | 597   |         |       |
|                        | 50m:                 | 29.16 29.16   | 150m:   | 1:31.81             | 31.49 | 250m: | 2:35.85 | 31.96          | 350m: | 3:40.79 | 32.37 |
|                        | 100m:                | 1:00.32 31.16 | 200m:   | 2:03.89             | 32.08 | 300m: | 3:08.42 | 32.57          | 400m: | 4:11.96 | 31.17 |
| 5.                     | K DZIA WIKTOR SSz    |               | 00      | MKP Szczecin        |       |       |         | <b>4:12.98</b> | 590   |         |       |
|                        | 50m:                 | 28.01 28.01   | 150m:   | 1:31.63             | 32.42 | 250m: | 2:36.96 | 32.81          | 350m: | 3:41.74 | 31.96 |
|                        | 100m:                | 59.21 31.20   | 200m:   | 2:04.15             | 32.52 | 300m: | 3:09.78 | 32.82          | 400m: | 4:12.98 | 31.24 |
| 6.                     | PRÓSZY SKI Igor      |               | 99      | UKP FALA Krasnik    |       |       |         | <b>4:15.44</b> | 573   |         |       |
|                        | 50m:                 | 29.79 29.79   | 150m:   | 1:33.75             | 31.88 | 250m: | 2:38.53 | 32.44          | 350m: | 3:43.99 | 32.69 |
|                        | 100m:                | 1:01.87 32.08 | 200m:   | 2:06.09             | 32.34 | 300m: | 3:11.30 | 32.77          | 400m: | 4:15.44 | 31.45 |
| 7.                     | JARASZKIEWICZ Piotr  |               | 98      | UKS CITYZEN Pozna   |       |       |         | <b>4:17.42</b> | 560   |         |       |
|                        | 50m:                 | 29.62 29.62   | 150m:   | 1:33.85             | 32.32 | 250m: | 2:38.83 | 32.33          | 350m: | 3:44.55 | 33.17 |
|                        | 100m:                | 1:01.53 31.91 | 200m:   | 2:06.50             | 32.65 | 300m: | 3:11.38 | 32.55          | 400m: | 4:17.42 | 32.87 |
| 8.                     | BEDARZ Olaf          |               | 00      | Stilon Gorzów Wlkp. |       |       |         | <b>4:18.05</b> | 556   |         |       |
|                        | 50m:                 | 29.33 29.33   | 150m:   | 1:34.80             | 33.05 | 250m: | 2:40.51 | 32.39          | 350m: | 3:46.22 | 32.64 |
|                        | 100m:                | 1:01.75 32.42 | 200m:   | 2:08.12             | 33.32 | 300m: | 3:13.58 | 33.07          | 400m: | 4:18.05 | 31.83 |
| 9.                     | KOŁODZIEJ Bartłomiej |               | 99      | MKP Szczecin        |       |       |         | <b>4:20.75</b> | 539   |         |       |
|                        | 50m:                 | 28.61 28.61   | 150m:   | 1:32.61             | 32.53 | 250m: | 2:38.99 | 33.31          | 350m: | 3:46.71 | 33.82 |
|                        | 100m:                | 1:00.08 31.47 | 200m:   | 2:05.68             | 33.07 | 300m: | 3:12.89 | 33.90          | 400m: | 4:20.75 | 34.04 |
| 10.                    | GÓRSKI Grzegorz      |               | 97      | MKP Szczecin        |       |       |         | <b>4:21.62</b> | 533   |         |       |
|                        | 50m:                 | 29.87 29.87   | 150m:   | 1:36.32             | 33.33 | 250m: | 2:43.39 | 33.43          | 350m: | 3:50.16 | 32.76 |
|                        | 100m:                | 1:02.99 33.12 | 200m:   | 2:09.96             | 33.64 | 300m: | 3:17.40 | 34.01          | 400m: | 4:21.62 | 31.46 |
| 11.                    | MACIAK Artur         |               | 00      | MKP Szczecin        |       |       |         | <b>4:21.90</b> | 532   |         |       |
|                        | 50m:                 | 31.01 31.01   | 150m:   | 1:38.79             | 34.20 | 250m: | 2:44.47 | 32.87          | 350m: | 3:50.87 | 33.34 |
|                        | 100m:                | 1:04.59 33.58 | 200m:   | 2:11.60             | 32.81 | 300m: | 3:17.53 | 33.06          | 400m: | 4:21.90 | 31.03 |
| 12.                    | SACZUK Artur         |               | 00      | IUKP Wodnik Police  |       |       |         | <b>4:32.73</b> | 471   |         |       |
|                        | 50m:                 | 30.26 30.26   | 150m:   | 1:38.72             | 34.36 | 250m: | 2:47.36 | 34.45          | 350m: | 3:57.74 | 35.05 |
|                        | 100m:                | 1:04.36 34.10 | 200m:   | 2:12.91             | 34.19 | 300m: | 3:22.69 | 35.33          | 400m: | 4:32.73 | 34.99 |
| 13.                    | MYSIAKOWSKI Nataniel |               | 00      | MKP Szczecin        |       |       |         | <b>4:33.57</b> | 467   |         |       |
|                        | 50m:                 | 30.20 30.20   | 150m:   | 1:38.91             | 35.23 | 250m: | 2:49.70 | 35.11          | 350m: | 3:59.93 | 34.38 |
|                        | 100m:                | 1:03.68 33.48 | 200m:   | 2:14.59             | 35.68 | 300m: | 3:25.55 | 35.85          | 400m: | 4:33.57 | 33.64 |
| 14.                    | ŁAPACZ Mateusz       |               | 00      | MKP Szczecin        |       |       |         | <b>4:33.74</b> | 466   |         |       |
|                        | 50m:                 | 29.98 29.98   | 150m:   | 1:37.60             | 34.32 | 250m: | 2:46.90 | 34.55          | 350m: | 3:57.74 | 35.83 |
|                        | 100m:                | 1:03.28 33.30 | 200m:   | 2:12.35             | 34.75 | 300m: | 3:21.91 | 35.01          | 400m: | 4:33.74 | 36.00 |
| 15.                    | ŁOPATO Marcin        |               | 00      | Znicz Koszalin      |       |       |         | <b>4:37.54</b> | 447   |         |       |
|                        | 50m:                 | 29.21 29.21   | 150m:   | 1:36.36             | 34.35 | 250m: | 2:47.95 | 36.28          | 350m: | 4:01.39 | 36.81 |
|                        | 100m:                | 1:02.01 32.80 | 200m:   | 2:11.67             | 35.31 | 300m: | 3:24.58 | 36.63          | 400m: | 4:37.54 | 36.15 |
| 16.                    | KOSIK Łukasz         |               | 00      | Stilon Gorzów Wlkp. |       |       |         | <b>4:39.72</b> | 436   |         |       |
|                        | 50m:                 | 31.85 31.85   | 150m:   | 1:43.91             | 36.56 | 250m: | 2:55.20 | 35.68          | 350m: | 4:05.33 | 35.35 |
|                        | 100m:                | 1:07.35 35.50 | 200m:   | 2:19.52             | 35.61 | 300m: | 3:29.98 | 34.78          | 400m: | 4:39.72 | 34.39 |

Otwarte Zimowe Mistrzostwa Województwa Zachodniopomorskiego  
Szczecin, 11- - 12-12-2015

Konkurencja 12, M czynn, 400m dowolny, 15 lat i starsi

| Pozycja |  |         | Rok ur. |                    |         |       |       | Czas           | Pkt.    |       |         |       |
|---------|--|---------|---------|--------------------|---------|-------|-------|----------------|---------|-------|---------|-------|
| DYSKW.  | GRYZ Dawid                                     |         | 99      | MKP Szczecin       |         |       |       |                |         |       |         |       |
|         | <i>SW10.2 - nie ukończenie całego dystansu</i> |         |         |                    |         |       |       |                |         |       |         |       |
|         | 50m:   | 30.01   | 30.01   | 150m:              | 1:35.78 | 33.22 | 250m: | 3:15.31        | 1:07.10 | 350m: | 4:52.35 | 46.83 |
|         | 100m:  | 1:02.56 | 32.55   | 200m:              | 2:08.21 | 32.43 | 300m: | 4:05.52        | 50.21   | 400m: |         |       |
| 14 lat  |  |         |         |                    |         |       |       |                |         |       |         |       |
| 1.      | BUGAŁA Krzysztof                               |         | 01      | MKP Szczecin       |         |       |       | <b>4:22.47</b> | 528     |       |         |       |
|         | 50m:   | 29.94   | 29.94   | 150m:              | 1:35.88 | 33.39 | 250m: | 2:42.53        | 33.14   | 350m: | 3:49.93 | 33.65 |
|         | 100m:  | 1:02.49 | 32.55   | 200m:              | 2:09.39 | 33.51 | 300m: | 3:16.28        | 33.75   | 400m: | 4:22.47 | 32.54 |
| 2.      | GRZYBOWSKI Artur                               |         | 01      | Znicz Koszalin     |         |       |       | <b>4:24.53</b> | 516     |       |         |       |
|         | 50m:   | 29.00   | 29.00   | 150m:              | 1:35.48 | 33.94 | 250m: | 2:43.98        | 33.98   | 350m: | 3:51.44 | 32.99 |
|         | 100m:  | 1:01.54 | 32.54   | 200m:              | 2:10.00 | 34.52 | 300m: | 3:18.45        | 34.47   | 400m: | 4:24.53 | 33.09 |
| 3.      | GŁUSZKOWSKI Mateusz                            |         | 01      | UKS CITYZEN Pozna  |         |       |       | <b>4:26.12</b> | 507     |       |         |       |
|         | 50m:   | 31.12   | 31.12   | 150m:              | 1:38.76 | 33.33 | 250m: | 2:45.63        | 33.21   | 350m: | 3:52.92 | 33.90 |
|         | 100m:  | 1:05.43 | 34.31   | 200m:              | 2:12.42 | 33.66 | 300m: | 3:19.02        | 33.39   | 400m: | 4:26.12 | 33.20 |
| 4.      | PABICH Bartosz                                 |         | 01      | Neptun Stargard    |         |       |       | <b>4:26.96</b> | 502     |       |         |       |
|         | 50m:   | 29.03   | 29.03   | 150m:              | 1:34.87 | 33.49 | 250m: | 2:43.36        | 34.54   | 350m: | 3:53.10 | 34.75 |
|         | 100m:  | 1:01.38 | 32.35   | 200m:              | 2:08.82 | 33.95 | 300m: | 3:18.35        | 34.99   | 400m: | 4:26.96 | 33.86 |
| 5.      | KUREK Jakub                                    |         | 01      | IUKP Wodnik Police |         |       |       | <b>4:27.65</b> | 498     |       |         |       |
|         | 50m:   | 29.70   | 29.70   | 150m:              | 1:37.90 | 34.25 | 250m: | 2:46.11        | 33.90   | 350m: | 3:54.03 | 33.46 |
|         | 100m:  | 1:03.65 | 33.95   | 200m:              | 2:12.21 | 34.31 | 300m: | 3:20.57        | 34.46   | 400m: | 4:27.65 | 33.62 |
| 6.      | NALE NIK Jakub                                 |         | 01      | MKP Szczecin       |         |       |       | <b>4:27.78</b> | 497     |       |         |       |
|         | 50m:   | 29.93   | 29.93   | 150m:              | 1:38.30 | 34.98 | 250m: | 2:47.63        | 34.30   | 350m: | 3:56.68 | 34.42 |
|         | 100m:  | 1:03.32 | 33.39   | 200m:              | 2:13.33 | 35.03 | 300m: | 3:22.26        | 34.63   | 400m: | 4:27.78 | 31.10 |
| 7.      | KOTO SKI Jakub                                 |         | 01      | IUKP Wodnik Police |         |       |       | <b>4:27.79</b> | 497     |       |         |       |
|         | 50m:   | 29.77   | 29.77   | 150m:              | 1:36.97 | 34.16 | 250m: | 2:46.27        | 34.76   | 350m: | 3:55.77 | 34.69 |
|         | 100m:  | 1:02.81 | 33.04   | 200m:              | 2:11.51 | 34.54 | 300m: | 3:21.08        | 34.81   | 400m: | 4:27.79 | 32.02 |
| 8.      | RÓJ Jakub                                      |         | 01      | MKP Szczecin       |         |       |       | <b>4:27.84</b> | 497     |       |         |       |
|         | 50m:   | 29.58   | 29.58   | 150m:              | 1:38.27 | 34.87 | 250m: | 2:47.85        | 34.55   | 350m: | 3:56.54 | 34.22 |
|         | 100m:  | 1:03.40 | 33.82   | 200m:              | 2:13.30 | 35.03 | 300m: | 3:22.32        | 34.47   | 400m: | 4:27.84 | 31.30 |
| 9.      | ZABIELSKI Kacper                               |         | 01      | Znicz Koszalin     |         |       |       | <b>4:39.70</b> | 436     |       |         |       |
|         | 50m:   | 28.61   | 28.61   | 150m:              | 1:38.31 | 35.96 | 250m: | 2:52.53        | 37.38   | 350m: | 4:04.98 | 35.49 |
|         | 100m:  | 1:02.35 | 33.74   | 200m:              | 2:15.15 | 36.84 | 300m: | 3:29.49        | 36.96   | 400m: | 4:39.70 | 34.72 |
| 10.     | SACZUK Rafał                                   |         | 01      | IUKP Wodnik Police |         |       |       | <b>4:41.50</b> | 428     |       |         |       |
|         | 50m:   | 30.93   | 30.93   | 150m:              | 1:42.33 | 36.52 | 250m: | 2:55.08        | 36.14   | 350m: | 4:07.22 | 36.27 |
|         | 100m:  | 1:05.81 | 34.88   | 200m:              | 2:18.94 | 36.61 | 300m: | 3:30.95        | 35.87   | 400m: | 4:41.50 | 34.28 |
| 11.     | KRZY ANOWSKI Sławek                            |         | 01      | IUKP Wodnik Police |         |       |       | <b>4:51.58</b> | 385     |       |         |       |
|         | 50m:   | 32.27   | 32.27   | 150m:              | 1:44.04 | 36.60 | 250m: | 2:58.90        | 37.79   | 350m: | 4:14.53 | 37.97 |
|         | 100m:  | 1:07.44 | 35.17   | 200m:              | 2:21.11 | 37.07 | 300m: | 3:36.56        | 37.66   | 400m: | 4:51.58 | 37.05 |
| 12.     | SOSI SKI Bartosz                               |         | 01      | UKS CITYZEN Pozna  |         |       |       | <b>4:54.53</b> | 374     |       |         |       |
|         | 50m:   | 33.82   | 33.82   | 150m:              | 1:48.61 | 37.62 | 250m: | 3:03.53        | 37.41   | 350m: | 4:17.95 | 37.18 |
|         | 100m:  | 1:10.99 | 37.17   | 200m:              | 2:26.12 | 37.51 | 300m: | 3:40.77        | 37.24   | 400m: | 4:54.53 | 36.58 |
| 13.     | GOZDYRA Rafał                                  |         | 01      | MKP Szczecin       |         |       |       | <b>5:06.15</b> | 333     |       |         |       |
|         | 50m:   | 32.41   | 32.41   | 150m:              | 1:45.95 | 37.98 | 250m: | 3:05.96        | 40.55   | 350m: | 4:27.43 | 40.85 |
|         | 100m:  | 1:07.97 | 35.56   | 200m:              | 2:25.41 | 39.46 | 300m: | 3:46.58        | 40.62   | 400m: | 5:06.15 | 38.72 |
| 14.     | URBA SKI Mikołaj                               |         | 01      | MKP Kołobrzeg      |         |       |       | <b>5:08.21</b> | 326     |       |         |       |
|         | 50m:   | 33.65   | 33.65   | 150m:              | 1:52.87 | 39.96 | 250m: | 3:12.50        | 39.68   | 350m: | 4:31.76 | 39.37 |
|         | 100m:  | 1:12.91 | 39.26   | 200m:              | 2:32.82 | 39.95 | 300m: | 3:52.39        | 39.89   | 400m: | 5:08.21 | 36.45 |
| 15.     | PŁOCH Przemysław                               |         | 01      | UKP Marlin Gryfino |         |       |       | <b>5:09.64</b> | 322     |       |         |       |
|         | 50m:   | 30.70   | 30.70   | 150m:              | 1:46.08 | 38.98 | 250m: | 3:06.99        | 40.32   | 350m: | 4:29.26 | 41.16 |
|         | 100m:  | 1:07.10 | 36.40   | 200m:              | 2:26.67 | 40.59 | 300m: | 3:48.10        | 41.11   | 400m: | 5:09.64 | 40.38 |
| 16.     | DOEDEL Alex                                    |         | 01      | UKS CITYZEN Pozna  |         |       |       | <b>5:14.91</b> | 306     |       |         |       |
|         | 50m:   | 34.98   | 34.98   | 150m:              | 1:54.60 | 40.27 | 250m: | 3:15.02        | 40.38   | 350m: | 4:36.14 | 39.89 |
|         | 100m:  | 1:14.33 | 39.35   | 200m:              | 2:34.64 | 40.04 | 300m: | 3:56.25        | 41.23   | 400m: | 5:14.91 | 38.77 |

Otwarte Zimowe Mistrzostwa Województwa Zachodniopomorskiego  
Szczecin, 11- - 12-12-2015

Konkurencja 12, Chłopców, 400m dowolny, 14 lat

| Pozycja | Rok ur.          |               |       |               |       |               |       |                | Czas | Pkt. |
|---------|------------------|---------------|-------|---------------|-------|---------------|-------|----------------|------|------|
| 17.     | JANKOWSKI Adrian |               | 01    | MKP Szczecin  |       |               |       | <b>5:29.28</b> | 267  |      |
|         | 50m:             | 37.54 37.54   | 150m: | 2:00.82 42.16 | 250m: | 3:24.89 42.20 | 350m: | 4:49.03 41.89  |      |      |
|         | 100m:            | 1:18.66 41.12 | 200m: | 2:42.69 41.87 | 300m: | 4:07.14 42.25 | 400m: | 5:29.28 40.25  |      |      |

13 lat

|     |                      |               |       |                   |       |               |       |                |     |
|-----|----------------------|---------------|-------|-------------------|-------|---------------|-------|----------------|-----|
| 1.  | DEMBSKI-KORNAGA Eryk |               | 02    | Znicz Koszalin    |       |               |       | <b>4:41.68</b> | 427 |
|     | 50m:                 | 30.28 30.28   | 150m: | 1:40.87 35.90     | 250m: | 2:54.96 37.30 | 350m: | 4:07.59 36.12  |     |
|     | 100m:                | 1:04.97 34.69 | 200m: | 2:17.66 36.79     | 300m: | 3:31.47 36.51 | 400m: | 4:41.68 34.09  |     |
| 2.  | MODRZY SKI Hubert    |               | 02    | MKP Szczecin      |       |               |       | <b>4:45.96</b> | 408 |
|     | 50m:                 | 31.87 31.87   | 150m: | 1:43.95 36.58     | 250m: | 2:56.96 36.45 | 350m: | 4:11.21 37.20  |     |
|     | 100m:                | 1:07.37 35.50 | 200m: | 2:20.51 36.56     | 300m: | 3:34.01 37.05 | 400m: | 4:45.96 34.75  |     |
| 3.  | CIE LAK Alexander    |               | 02    | MKP Szczecin      |       |               |       | <b>4:46.91</b> | 404 |
|     | 50m:                 | 32.41 32.41   | 150m: | 1:44.18 36.48     | 250m: | 2:58.18 37.18 | 350m: | 4:12.21 36.87  |     |
|     | 100m:                | 1:07.70 35.29 | 200m: | 2:21.00 36.82     | 300m: | 3:35.34 37.16 | 400m: | 4:46.91 34.70  |     |
| 4.  | KLISZ Krystian       |               | 02    | MKP Szczecin      |       |               |       | <b>4:49.19</b> | 395 |
|     | 50m:                 | 33.37 33.37   | 150m: | 1:46.73 36.79     | 250m: | 2:59.73 36.27 | 350m: | 4:10.56 34.92  |     |
|     | 100m:                | 1:09.94 36.57 | 200m: | 2:23.46 36.73     | 300m: | 3:35.64 35.91 | 400m: | 4:49.19 38.63  |     |
| 5.  | CEGLI SKI Hubert     |               | 02    | Znicz Koszalin    |       |               |       | <b>4:50.60</b> | 389 |
|     | 50m:                 | 31.77 31.77   | 150m: | 1:44.35 36.80     | 250m: | 3:00.75 38.13 | 350m: | 4:15.55 37.00  |     |
|     | 100m:                | 1:07.55 35.78 | 200m: | 2:22.62 38.27     | 300m: | 3:38.55 37.80 | 400m: | 4:50.60 35.05  |     |
| 6.  | STACHECKI Jan        |               | 02    | UKS CITYZEN Pozna |       |               |       | <b>4:51.29</b> | 386 |
|     | 50m:                 | 32.26 32.26   | 150m: | 1:46.36 37.93     | 250m: | 3:00.94 37.37 | 350m: | 4:13.91 36.22  |     |
|     | 100m:                | 1:08.43 36.17 | 200m: | 2:23.57 37.21     | 300m: | 3:37.69 36.75 | 400m: | 4:51.29 37.38  |     |
| 7.  | WIECHETEK Daniel     |               | 02    | MKP Szczecin      |       |               |       | <b>4:52.25</b> | 383 |
|     | 50m:                 | 30.48 30.48   | 150m: | 1:43.79 37.70     | 250m: | 2:58.57 37.10 | 350m: | 4:15.02 38.63  |     |
|     | 100m:                | 1:06.09 35.61 | 200m: | 2:21.47 37.68     | 300m: | 3:36.39 37.82 | 400m: | 4:52.25 37.23  |     |
| 8.  | BRONIKOWSKI Bruno    |               | 02    | MKP Szczecin      |       |               |       | <b>4:55.21</b> | 371 |
|     | 50m:                 | 32.26 32.26   | 150m: | 1:45.33 36.90     | 250m: | 3:01.77 37.84 | 350m: | 4:17.46 37.68  |     |
|     | 100m:                | 1:08.43 36.17 | 200m: | 2:23.93 38.60     | 300m: | 3:39.78 38.01 | 400m: | 4:55.21 37.75  |     |
| 9.  | WI NIEWSKI Wojciech  |               | 02    | Znicz Koszalin    |       |               |       | <b>4:59.52</b> | 355 |
|     | 50m:                 | 32.20 32.20   | 150m: | 1:47.59 38.06     | 250m: | 3:03.94 37.90 | 350m: | 4:22.20 39.26  |     |
|     | 100m:                | 1:09.53 37.33 | 200m: | 2:26.04 38.45     | 300m: | 3:42.94 39.00 | 400m: | 4:59.52 37.32  |     |
| 10. | PLE NIEROWICZ Kamil  |               | 02    | UKS CITYZEN Pozna |       |               |       | <b>5:02.59</b> | 345 |
|     | 50m:                 | 34.20 34.20   | 150m: | 1:52.00 40.02     | 250m: | 3:07.64 38.00 | 350m: | 4:25.44 39.51  |     |
|     | 100m:                | 1:11.98 37.78 | 200m: | 2:29.64 37.64     | 300m: | 3:45.93 38.29 | 400m: | 5:02.59 37.15  |     |
| 11. | TOMCZAK Tymoteusz    |               | 02    | UKS CITYZEN Pozna |       |               |       | <b>5:09.86</b> | 321 |
|     | 50m:                 | 32.91 32.91   | 150m: | 1:52.04 40.25     | 250m: | 3:11.50 39.22 | 350m: | 4:31.03 40.27  |     |
|     | 100m:                | 1:11.79 38.88 | 200m: | 2:32.28 40.24     | 300m: | 3:50.76 39.26 | 400m: | 5:09.86 38.83  |     |
| 12. | GRYNIA Nikodem       |               | 02    | Znicz Koszalin    |       |               |       | <b>5:11.91</b> | 315 |
|     | 50m:                 | 33.77 33.77   | 150m: | 1:51.34 39.15     | 250m: | 3:11.55 40.22 | 350m: | 4:32.86 40.31  |     |
|     | 100m:                | 1:12.19 38.42 | 200m: | 2:31.33 39.99     | 300m: | 3:52.55 41.00 | 400m: | 5:11.91 39.05  |     |

12 lat

|    |                       |               |       |                     |       |               |       |                |     |
|----|-----------------------|---------------|-------|---------------------|-------|---------------|-------|----------------|-----|
| 1. | YDER Michał           |               | 03    | Znicz Koszalin      |       |               |       | <b>4:47.91</b> | 400 |
|    | 50m:                  | 31.46 31.46   | 150m: | 1:44.72 36.51       | 250m: | 2:59.48 36.79 | 350m: | 4:12.28 35.56  |     |
|    | 100m:                 | 1:08.21 36.75 | 200m: | 2:22.69 37.97       | 300m: | 3:36.72 37.24 | 400m: | 4:47.91 35.63  |     |
| 2. | WOJNOWSKI Damian      |               | 03    | IU KP Wodnik Police |       |               |       | <b>4:50.71</b> | 389 |
|    | 50m:                  | 32.77 32.77   | 150m: | 1:46.63 37.25       | 250m: | 3:01.20 37.34 | 350m: | 4:15.74 37.14  |     |
|    | 100m:                 | 1:09.38 36.61 | 200m: | 2:23.86 37.23       | 300m: | 3:38.60 37.40 | 400m: | 4:50.71 34.97  |     |
| 3. | WI NIEWSKI Aleksander |               | 03    | MKP Szczecin        |       |               |       | <b>5:08.75</b> | 324 |
|    | 50m:                  | 33.44 33.44   | 150m: | 1:49.41 38.53       | 250m: | 3:09.44 40.30 | 350m: | 4:29.77 39.81  |     |
|    | 100m:                 | 1:10.88 37.44 | 200m: | 2:29.14 39.73       | 300m: | 3:49.96 40.52 | 400m: | 5:08.75 38.98  |     |

Otwarte Zimowe Mistrzostwa Województwa Zachodniopomorskiego  
Szczecin, 11- - 12-12-2015

Konkurencja 12, Chłopców, 400m dowolny, 12 lat

| Pozycja               | Rok ur.               |       |       |         |       |       | Czas           | Pkt.  |       |         |       |
|-----------------------|-----------------------|-------|-------|---------|-------|-------|----------------|-------|-------|---------|-------|
| 4. GORRA Mikołaj      | 03 MKP Szczecin       |       |       |         |       |       | <b>5:12.10</b> | 314   |       |         |       |
| 50m:                  | 34.70                 | 34.70 | 150m: | 1:54.96 | 40.41 | 250m: | 3:16.27        | 40.56 | 350m: | 4:35.43 | 38.29 |
| 100m:                 | 1:14.55               | 39.85 | 200m: | 2:35.71 | 40.75 | 300m: | 3:57.14        | 40.87 | 400m: | 5:12.10 | 36.67 |
| 5. KOWALSKI Mateusz   | 03 Znicz Koszalin     |       |       |         |       |       | <b>5:12.45</b> | 313   |       |         |       |
| 50m:                  | 34.76                 | 34.76 | 150m: | 1:53.72 | 39.57 | 250m: | 3:13.29        | 40.10 | 350m: | 4:33.85 | 40.21 |
| 100m:                 | 1:14.15               | 39.39 | 200m: | 2:33.19 | 39.47 | 300m: | 3:53.64        | 40.35 | 400m: | 5:12.45 | 38.60 |
| 6. SPOREK Dawid       | 03 IUKP Wodnik Police |       |       |         |       |       | <b>5:22.00</b> | 286   |       |         |       |
| 50m:                  | 34.62                 | 34.62 | 150m: | 1:55.13 | 41.17 | 250m: | 3:18.44        | 41.55 | 350m: | 4:42.05 | 41.12 |
| 100m:                 | 1:13.96               | 39.34 | 200m: | 2:36.89 | 41.76 | 300m: | 4:00.93        | 42.49 | 400m: | 5:22.00 | 39.95 |
| 7. ZWIEFKA Mikołaj    | 03 MKP H2O Koszalin   |       |       |         |       |       | <b>5:24.36</b> | 280   |       |         |       |
| 50m:                  | 35.36                 | 35.36 | 150m: | 1:57.61 | 42.09 | 250m: | 3:22.77        | 42.31 | 350m: | 4:46.57 | 42.40 |
| 100m:                 | 1:15.52               | 40.16 | 200m: | 2:40.46 | 42.85 | 300m: | 4:04.17        | 41.40 | 400m: | 5:24.36 | 37.79 |
| 8. GAWEŁ Jakub        | 03 MKP Szczecin       |       |       |         |       |       | <b>5:25.09</b> | 278   |       |         |       |
| 50m:                  | 37.15                 | 37.15 | 150m: | 2:00.70 | 42.30 | 250m: | 3:24.18        | 40.82 | 350m: | 4:45.92 | 40.96 |
| 100m:                 | 1:18.40               | 41.25 | 200m: | 2:43.36 | 42.66 | 300m: | 4:04.96        | 40.78 | 400m: | 5:25.09 | 39.17 |
| 9. CISZKOWSKI Konrad  | 03 MKP H2O Koszalin   |       |       |         |       |       | <b>5:36.27</b> | 251   |       |         |       |
| 50m:                  | 37.03                 | 37.03 | 150m: | 2:00.97 | 43.00 | 250m: | 3:27.35        | 43.21 | 350m: | 4:54.75 | 43.44 |
| 100m:                 | 1:17.97               | 40.94 | 200m: | 2:44.14 | 43.17 | 300m: | 4:11.31        | 43.96 | 400m: | 5:36.27 | 41.52 |
| 10. SOSIW Krystian    | 03 MKP Szczecin       |       |       |         |       |       | <b>5:44.20</b> | 234   |       |         |       |
| 50m:                  | 39.61                 | 39.61 | 150m: | 2:07.82 | 44.23 | 250m: | 3:34.62        | 44.61 | 350m: | 5:02.23 | 43.53 |
| 100m:                 | 1:23.59               | 43.98 | 200m: | 2:50.01 | 42.19 | 300m: | 4:18.70        | 44.08 | 400m: | 5:44.20 | 41.97 |
| 11. SZAFRA SKI Wiktor | 03 MKP Kołobrzeg      |       |       |         |       |       | <b>6:02.00</b> | 201   |       |         |       |
| 50m:                  | 38.36                 | 38.36 | 150m: | 2:09.91 | 46.27 | 250m: | 3:44.47        | 47.94 | 350m: | 5:19.00 | 47.01 |
| 100m:                 | 1:23.64               | 45.28 | 200m: | 2:56.53 | 46.62 | 300m: | 4:31.99        | 47.52 | 400m: | 6:02.00 | 43.00 |
| 12. ADAMSKI Błażej    | 03 MKP H2O Koszalin   |       |       |         |       |       | <b>6:57.78</b> | 131   |       |         |       |
| 50m:                  | 47.55                 | 47.55 | 150m: | 2:33.13 | 53.48 | 250m: | 4:18.79        | 52.76 | 350m: | 6:04.08 | 51.50 |
| 100m:                 | 1:39.65               | 52.10 | 200m: | 3:26.03 | 52.90 | 300m: | 5:12.58        | 53.79 | 400m: | 6:57.78 | 53.70 |
| PK CACAJ Wiktor       | 04 MKP Szczecin       |       |       |         |       |       | <b>5:31.12</b> | 263   |       |         |       |
| 50m:                  | 36.42                 | 36.42 | 150m: | 1:59.91 | 42.31 | 250m: | 3:25.45        | 42.72 | 350m: | 4:49.55 | 41.24 |
| 100m:                 | 1:17.60               | 41.18 | 200m: | 2:42.73 | 42.82 | 300m: | 4:08.31        | 42.86 | 400m: | 5:31.12 | 41.57 |
| PK MAZUREK Błażej     | 04 Znicz Koszalin     |       |       |         |       |       | <b>5:42.03</b> | 238   |       |         |       |
| 50m:                  | 37.83                 | 37.83 | 150m: | 2:03.08 | 43.27 | 250m: | 3:30.46        | 44.26 | 350m: | 4:59.51 | 44.59 |
| 100m:                 | 1:19.81               | 41.98 | 200m: | 2:46.20 | 43.12 | 300m: | 4:14.92        | 44.46 | 400m: | 5:42.03 | 42.52 |
| PK URBAN Jakub        | 04 Znicz Koszalin     |       |       |         |       |       | <b>5:26.06</b> | 275   |       |         |       |
| 50m:                  | 36.11                 | 36.11 | 150m: | 2:00.64 | 42.51 | 250m: | 3:26.70        | 43.56 | 350m: | 4:49.50 | 40.84 |
| 100m:                 | 1:18.13               | 42.02 | 200m: | 2:43.14 | 42.50 | 300m: | 4:08.66        | 41.96 | 400m: | 5:26.06 | 36.56 |