

Miedzynarodowe Zawody Pływakie Puchar Regionów i Miast Partnerskich
Opole, 6. - 7.10.2012

Konkurencja 16
2012-10-06 - 17:00

Mężczyzn, 400m dowolny

Open
Wyniki

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
13 lat i m³odsi									
1.	Jakub Ławnik		99	Slask Wroclaw				4:39.76	472
	50m:	31.43 31.43	150m:	1:43.60 36.32	250m:	2:55.23 34.56	350m:	4:06.84 36.30	
	100m:	1:07.28 35.85	200m:	2:20.67 37.07	300m:	3:30.54 35.31	400m:	4:39.76 32.92	
2.	Adam Stanek		99	MKS Gogolin				4:40.02	471
	50m:	32.41 32.41	150m:	1:43.50 36.29	250m:	2:55.44 35.59	350m:	4:06.70 35.69	
	100m:	1:07.21 34.80	200m:	2:19.85 36.35	300m:	3:31.01 35.57	400m:	4:40.02 33.32	
3.	Jakub Chmielewski		99	Slask Wroclaw				4:42.26	460
	50m:	32.24 32.24	150m:	1:43.61 35.52	250m:	2:55.65 36.32	350m:	4:08.37 36.24	
	100m:	1:08.09 35.85	200m:	2:19.33 35.72	300m:	3:32.13 36.48	400m:	4:42.26 33.89	
4.	Szymon Pugacewicz		99	Slask Wroclaw				4:52.52	413
	50m:	31.67 31.67	150m:	1:43.74 37.23	250m:	2:59.49 37.94	350m:	4:16.38 38.48	
	100m:	1:06.51 34.84	200m:	2:21.55 37.81	300m:	3:37.90 38.41	400m:	4:52.52 36.14	
5.	Oskar Gawron		99	Slask Wroclaw				5:01.65	377
	50m:	33.26 33.26	150m:	1:49.63 39.05	250m:	3:07.20 38.71	350m:	4:24.01 38.81	
	100m:	1:10.58 37.32	200m:	2:28.49 38.86	300m:	3:45.20 38.00	400m:	5:01.65 37.64	
6.	Dawid Szarek		99	Slask Wroclaw				5:01.78	376
	50m:	35.15 35.15	150m:	1:53.40 39.00	250m:	3:10.22 38.66	350m:	4:26.05 37.78	
	100m:	1:14.40 39.25	200m:	2:31.56 38.16	300m:	3:48.27 38.05	400m:	5:01.78 35.73	
7.	Patryk Sikora		99	Slask Wroclaw				5:01.96	376
	50m:	35.01 35.01	150m:	1:52.70 39.10	250m:	3:10.00 38.65	350m:	4:27.01 38.15	
	100m:	1:13.60 38.59	200m:	2:31.35 38.65	300m:	3:48.86 38.86	400m:	5:01.96 34.95	
8.	Jakub Chmieliński		99	Slask Wroclaw				5:03.72	369
	50m:	33.89 33.89	150m:	1:52.05 39.31	250m:	3:11.19 39.66	350m:	4:28.73 38.51	
	100m:	1:12.74 38.85	200m:	2:31.53 39.48	300m:	3:50.22 39.03	400m:	5:03.72 34.99	
9.	Konrad Worózewicz		99	Slask Wroclaw				5:03.77	369
	50m:	33.90 33.90	150m:	1:51.61 39.69	250m:	3:11.92 40.34	350m:	4:29.82 38.74	
	100m:	1:11.92 38.02	200m:	2:31.58 39.97	300m:	3:51.08 39.16	400m:	5:03.77 33.95	
10.	Michał Prac		99	Slask Wroclaw				5:06.43	359
	50m:	33.67 33.67	150m:	1:51.81 39.49	250m:	3:11.57 39.91	350m:	4:30.59 38.85	
	100m:	1:12.32 38.65	200m:	2:31.66 39.85	300m:	3:51.74 40.17	400m:	5:06.43 35.84	
11.	Jan G ³ lba		99	Slask Wroclaw				5:09.62	348
	50m:	35.11 35.11	150m:	1:54.10 39.24	250m:	3:12.01 38.48	350m:	4:32.49 39.98	
	100m:	1:14.86 39.75	200m:	2:33.53 39.43	300m:	3:52.51 40.50	400m:	5:09.62 37.13	
12.	Wojciech Przybylski		99	Slask Wroclaw				5:11.14	343
	50m:	35.50 35.50	150m:	1:54.52 39.48	250m:	3:13.18 39.64	350m:	4:33.04 40.50	
	100m:	1:15.04 39.54	200m:	2:33.54 39.02	300m:	3:52.54 39.36	400m:	5:11.14 38.10	
13.	Roman Prochazka		01	SjBr				5:17.87	322
	50m:	37.10 37.10	150m:	1:59.09 41.27	250m:	3:18.84 40.10	350m:	4:39.16 40.57	
	100m:	1:17.82 40.72	200m:	2:38.74 39.65	300m:	3:58.59 39.75	400m:	5:17.87 38.71	
14.	Łukasz Mika		99	Vega Dobrodzień				5:20.89	313
	50m:	35.17 35.17	150m:		250m:	3:18.70	350m:	4:42.13 42.18	
	100m:	1:14.37 39.20	200m:		300m:	3:59.95 41.25	400m:	5:20.89 38.76	
15.	Patryk Banaszak		00	MKP Toruń				5:23.11	306
	50m:	36.96 36.96	150m:	1:58.14 41.06	250m:	3:19.87 41.19	350m:	4:43.02 41.81	
	100m:	1:17.08 40.12	200m:	2:38.68 40.54	300m:	4:01.21 41.34	400m:	5:23.11 40.09	
16.	Kamil Bryka		99	MMKS KK				5:33.29	279
	50m:	35.52 35.52	150m:	1:59.98 42.68	250m:	3:26.16 43.18	350m:	4:53.69 43.17	
	100m:	1:17.30 41.78	200m:	2:42.98 43.00	300m:	4:10.52 44.36	400m:	5:33.29 39.60	
17.	Konrad Karbownik		99	MMKS KK				5:47.75	246
	50m:	37.04 37.04	150m:	2:02.90 44.00	250m:	3:33.66 45.05	350m:	5:04.31 45.74	
	100m:	1:18.90 41.86	200m:	2:48.61 45.71	300m:	4:18.57 44.91	400m:	5:47.75 43.44	

Miedzynarodowe Zawody Pływakie Puchar Regionów i Miast Partnerskich
Opole, 6. - 7.10.2012

Konkurencja 16, Ch³opców, 400m dowolny, 13 lat i m³odsi

Pozycja			Rok ur.			Czas	Pkt.	
18.	Marek Steier		00	MMKS KK		5:48.19	245	
	50m:	37.48 37.48	150m:	2:06.08 44.54	250m:	3:35.51 44.62	350m:	5:05.83 45.34
	100m:	1:21.54 44.06	200m:	2:50.89 44.81	300m:	4:20.49 44.98	400m:	5:48.19 42.36
19.	Aleksander Marszałek		00	MMKS KK		5:55.58	230	
	50m:	41.05 41.05	150m:	2:11.81 45.30	250m:	3:43.48 45.98	350m:	5:14.77 45.37
	100m:	1:26.51 45.46	200m:	2:57.50 45.69	300m:	4:29.40 45.92	400m:	5:55.58 40.81
20.	Kasjan Kalmuk		01	MMKS KK		5:55.71	230	
	50m:	43.17 43.17	150m:	2:14.00 45.51	250m:	3:45.24 46.03	350m:	
	100m:	1:28.49 45.32	200m:	2:59.21 45.21	300m:	5:15.03 1:29.79	400m:	5:55.71
21.	Filip Juda		99	MMKS KK		6:00.86	220	
	50m:	41.09 41.09	150m:	2:13.24 45.90	250m:	3:44.47 45.06	350m:	5:16.06 45.66
	100m:	1:27.34 46.25	200m:	2:59.41 46.17	300m:	4:30.40 45.93	400m:	6:00.86 44.80
DYSKW.	RAFAŁ WYSZYŃSKI		01	5 plus 1		7:02.63	O-2	
	50m:	40.08 40.08	150m:	2:22.96 54.33	250m:	4:17.74 57.25	350m:	6:12.99 57.54
	100m:	1:28.63 48.55	200m:	3:20.49 57.53	300m:	5:15.45 57.71	400m:	7:02.63 49.64
NIE UK.	SZYMON ANGOWSKI		01	5 plus 1				
	50m:	39.07 39.07	150m:	2:14.84 49.78	250m:	3:58.06 51.03	350m:	5:42.16 51.96
	100m:	1:25.06 45.99	200m:	3:07.03 52.19	300m:	4:50.20 52.14	400m:	

14 - 15 lat

1.	Remigiusz Grudziecki		97	MMKS KK		4:23.85	563	
	50m:	29.85 29.85	150m:	1:35.48 33.59	250m:	2:42.97 33.70	350m:	3:51.28 33.95
	100m:	1:01.89 32.04	200m:	2:09.27 33.79	300m:	3:17.33 34.36	400m:	4:23.85 32.57
2.	MATEUSZ MASŁOWSKI		98	Slask Wroclaw		4:33.26	507	
	50m:	30.33 30.33	150m:	1:38.45 34.53	250m:	2:48.75 35.37	350m:	3:58.93 34.99
	100m:	1:03.92 33.59	200m:	2:13.38 34.93	300m:	3:23.94 35.19	400m:	4:33.26 34.33
3.	MATEUSZ GRZYMSKI		98	Slask Wroclaw		4:34.33	501	
	50m:	31.04 31.04	150m:	1:40.30 35.04	250m:	2:50.57 35.05	350m:	4:00.99 35.28
	100m:	1:05.26 34.22	200m:	2:15.52 35.22	300m:	3:25.71 35.14	400m:	4:34.33 33.34
4.	Radosław Nowak		97	Vega Dobrodzień		4:49.28	427	
	50m:	31.66 31.66	150m:	1:41.99 35.66	250m:	2:55.67 37.24	350m:	4:11.34 38.33
	100m:	1:06.33 34.67	200m:	2:18.43 36.44	300m:	3:33.01 37.34	400m:	4:49.28 37.94
5.	Paweł Gorgosz		98	Vega Dobrodzień		4:52.29	414	
	50m:	30.96 30.96	150m:	1:43.24 37.04	250m:	2:58.80	350m:	4:16.66 39.17
	100m:	1:06.20 35.24	200m:		300m:	3:37.49 38.69	400m:	4:52.29 35.63
6.	Lukas Korenik		97	SjBr		5:17.94	322	
	50m:	34.94 34.94	150m:	1:52.01 39.55	250m:	3:15.05 41.45	350m:	4:36.80 40.91
	100m:	1:12.46 37.52	200m:	2:33.60 41.59	300m:	3:55.89 40.84	400m:	5:17.94 41.14
7.	MARCIN KALIŃSKI		98	5 plus 1		5:36.00	273	
	50m:	37.40 37.40	150m:	2:00.69 42.80	250m:	3:29.38 44.32	350m:	4:54.15 40.68
	100m:	1:17.89 40.49	200m:	2:45.06 44.37	300m:	4:13.47 44.09	400m:	5:36.00 41.85

16 lat i starsi

1.	Mate Winkler		95	Hullam 91		4:15.14	622	
	50m:	30.09 30.09	150m:	1:35.05 33.41	250m:	2:39.69 31.46	350m:	3:45.27 31.50
	100m:	1:01.64 31.55	200m:	2:08.23 33.18	300m:	3:13.77 34.08	400m:	4:15.14 29.87
2.	Michał KOTLEWSKI		94	Zryw Opole		4:15.38	621	
	50m:	30.02 30.02	150m:	1:35.13 32.69	250m:	2:40.91 32.69	350m:	3:46.62 32.74
	100m:	1:02.44 32.42	200m:	2:08.22 33.09	300m:	3:13.88 32.97	400m:	4:15.38 28.76