

Zimowe Mistrzostwa Okręgu 2012
Nowa Ruda, 7- - 8-12-2012

Konkurencja 29
2012-12-08 - 12:35

Mężczyźni, 400m dowolny

10 lat i starsi
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.		
Młodzicy											
1.	KIEŁCZEWSKI AMADEUSZ		00	WKS	I sk Wrocław		4:39.77	439			
	50m:	30.87 30.87	150m:	1:43.30	36.54	250m:	2:54.89	35.65	350m:	4:06.61	35.78
	100m:	1:06.76 35.89	200m:	2:19.24	35.94	300m:	3:30.83	35.94	400m:	4:39.77	33.16
2.	ŁA WIKTOR		00	WKS	I sk Wrocław		5:01.49	351			
	50m:	33.46 33.46	150m:	1:49.18	38.23	250m:	3:05.93	38.39	350m:	4:22.97	38.40
	100m:	1:10.95 37.49	200m:	2:27.54	38.36	300m:	3:44.57	38.64	400m:	5:01.49	38.52
3.	D BROWSKI PATRYK		00	WKS	I sk Wrocław		5:04.33	341			
	50m:	34.85 34.85	150m:	1:50.54	38.85	250m:	3:08.78	38.96	350m:	4:26.89	39.54
	100m:	1:11.69 36.84	200m:	2:29.82	39.28	300m:	3:47.35	38.57	400m:	5:04.33	37.44
4.	SŁOMI SKI Sebastian		00	Klub Sportowy REKIN			5:05.32	338			
	50m:	32.89 32.89	150m:	1:49.07	38.77	250m:	3:08.49	39.73	350m:	4:27.63	39.77
	100m:	1:10.30 37.41	200m:	2:28.76	39.69	300m:	3:47.86	39.37	400m:	5:05.32	37.69
5.	MA ANOWICZ Jakub		00	MKS	Juvenia Wrocław		5:11.36	319			
	50m:	35.45 35.45	150m:	1:55.91	40.34	250m:	3:15.92	40.07	350m:	4:35.60	39.60
	100m:	1:15.57 40.12	200m:	2:35.85	39.94	300m:	3:56.00	40.08	400m:	5:11.36	35.76
6.	GIRUL RADOŚLAW		01	WKS	I sk Wrocław		5:11.58	318			
	50m:	35.43 35.43	150m:	1:55.73	40.40	250m:	3:15.40	39.74	350m:	4:35.05	39.18
	100m:	1:15.33 39.90	200m:	2:35.66	39.93	300m:	3:55.87	40.47	400m:	5:11.58	36.53
7.	SZAJNICKI Szymon		00	UKS	Shark Rudna		5:17.28	301			
	50m:	34.40 34.40	150m:	1:55.51	40.92	250m:	3:16.10	40.39	350m:	4:37.50	41.65
	100m:	1:14.59 40.19	200m:	2:35.71	40.20	300m:	3:55.85	39.75	400m:	5:17.28	39.78
8.	B CLER JAKUB		00	WKS	I sk Wrocław		5:20.14	293			
	50m:	34.90 34.90	150m:	1:54.62	40.85	250m:	3:17.68	41.48	350m:	4:40.84	41.17
	100m:	1:13.77 38.87	200m:	2:36.20	41.58	300m:	3:59.67	41.99	400m:	5:20.14	39.30
9.	DOMINIAK KACPER		00	WKS	I sk Wrocław		5:22.92	286			
	50m:	36.74 36.74	150m:	1:57.87	40.84	250m:	3:21.34	41.83	350m:	4:43.82	41.23
	100m:	1:17.03 40.29	200m:	2:39.51	41.64	300m:	4:02.59	41.25	400m:	5:22.92	39.10
10.	ADAMCZAK JAKUB		01	Mks	Piranie Lubin		5:24.33	282			
	50m:	35.93 35.93	150m:	1:56.75	40.88	250m:	3:19.17	41.34	350m:	4:45.31	43.79
	100m:	1:15.87 39.94	200m:	2:37.83	41.08	300m:	4:01.52	42.35	400m:	5:24.33	39.02
11.	KRASI SKI Kacper		00	MKS	9 Dzierżoniów		5:40.14	244			
	50m:	35.56 35.56	150m:	1:59.43	42.85	250m:	3:27.26	43.16	350m:	4:59.13	45.93
	100m:	1:16.58 41.02	200m:	2:44.10	44.67	300m:	4:13.20	45.94	400m:	5:40.14	41.01
12.	WIATŁO Daniel		01	UKS	Koral Wrocław		5:59.74	206			
	50m:	39.23 39.23	150m:	2:12.27	46.94	250m:	3:45.98	47.37	350m:	5:18.93	46.09
	100m:	1:25.33 46.10	200m:	2:58.61	46.34	300m:	4:32.84	46.86	400m:	5:59.74	40.81
13.	ŁEPECKI JAKUB		01	WKS	I sk Wrocław		6:04.80	198			
	50m:	40.85 40.85	150m:	2:14.12	47.07	250m:	3:48.07	47.15	350m:	5:22.62	47.02
	100m:	1:27.05 46.20	200m:	3:00.92	46.80	300m:	4:35.60	47.53	400m:	6:04.80	42.18
Junior											
1.	JASZCZAK WIKTOR		97	WKS	I sk Wrocław		4:03.58	666			
	50m:	27.54 27.54	150m:	1:28.59	30.78	250m:	2:31.30	31.51	350m:	3:33.55	31.18
	100m:	57.81 30.27	200m:	1:59.79	31.20	300m:	3:02.37	31.07	400m:	4:03.58	30.03
2.	DERE Kacper		98	MKS	9 Dzierżoniów		4:15.20	579			
	50m:	27.89 27.89	150m:	1:31.42	32.08	250m:	2:38.18	33.77	350m:	3:44.96	33.19
	100m:	59.34 31.45	200m:	2:04.41	32.99	300m:	3:11.77	33.59	400m:	4:15.20	30.24
3.	MASŁOWSKI MATEUSZ		98	WKS	I sk Wrocław		4:21.28	540			
	50m:	28.78 28.78	150m:	1:33.93	32.82	250m:	2:41.00	33.67	350m:	3:48.94	34.11
	100m:	1:01.11 32.33	200m:	2:07.33	33.40	300m:	3:14.83	33.83	400m:	4:21.28	32.34

Zimowe Mistrzostwa Okręgu 2012
Nowa Ruda, 7- - 8-12-2012

Konkurencja 29, Chłopców, 400m dowolny, Junior

Pozycja			Rok ur.				Czas				Pkt.
4.	STEFANKO PIOTR		97	WKS	I sk Wrocław	4:23.88				524	
	50m:	30.25 30.25	150m:	1:35.94 33.12	250m:	2:42.96 33.56	350m:	3:50.66 33.80			
	100m:	1:02.82 32.57	200m:	2:09.40 33.46	300m:	3:16.86 33.90	400m:	4:23.88 33.22			
5.	CZEREPAK TOMASZ		97	WKS	I sk Wrocław	4:27.93				500	
	50m:	30.07 30.07	150m:	1:37.98 34.26	250m:	2:46.67 34.55	350m:	3:55.62 34.58			
	100m:	1:03.72 33.65	200m:	2:12.12 34.14	300m:	3:21.04 34.37	400m:	4:27.93 32.31			
6.	WIERDAK MICHAŁ		98	WKS	I sk Wrocław	4:29.40				492	
	50m:	29.80 29.80	150m:	1:37.55 34.35	250m:	2:47.05 34.58	350m:	3:55.74 33.90			
	100m:	1:03.20 33.40	200m:	2:12.47 34.92	300m:	3:21.84 34.79	400m:	4:29.40 33.66			
7.	GRZYMSKI MATEUSZ		98	WKS	I sk Wrocław	4:30.43				487	
	50m:	30.52 30.52	150m:	1:37.94 34.16	250m:	2:47.37 34.83	350m:	3:57.69 35.06			
	100m:	1:03.78 33.26	200m:	2:12.54 34.60	300m:	3:22.63 35.26	400m:	4:30.43 32.74			
8.	CHMIELEWSKI Jakub		99	WKS	I sk Wrocław	4:34.02				468	
	50m:	30.75 30.75	150m:	1:40.48 35.40	250m:	2:51.11 35.36	350m:	4:01.70 35.28			
	100m:	1:05.08 34.33	200m:	2:15.75 35.27	300m:	3:26.42 35.31	400m:	4:34.02 32.32			
9.	KUCZMA JEDRZEJ		98	WKS	I sk Wrocław	4:37.24				452	
	50m:	30.94 30.94	150m:	1:40.28 35.23	250m:	2:51.45 35.53	350m:	4:02.57 35.23			
	100m:	1:05.05 34.11	200m:	2:15.92 35.64	300m:	3:27.34 35.89	400m:	4:37.24 34.67			
10.	POTOCKI DANIEL		98	WKS	I sk Wrocław	4:37.33				451	
	50m:	30.85 30.85	150m:	1:39.94 34.68	250m:	2:51.81 35.80	350m:	4:02.23 34.63			
	100m:	1:05.26 34.41	200m:	2:16.01 36.07	300m:	3:27.60 35.79	400m:	4:37.33 35.10			
11.	WORO EWICZ Konrad		99	WKS	I sk Wrocław	4:46.23				410	
	50m:	31.36 31.36	150m:	1:43.35 36.71	250m:	2:57.58 37.56	350m:	4:11.12 36.06			
	100m:	1:06.64 35.28	200m:	2:20.02 36.67	300m:	3:35.06 37.48	400m:	4:46.23 35.11			
12.	BRYCHCZY SKI SEBASTIAN		98	WKS	I sk Wrocław	4:48.10				402	
	50m:	32.21 32.21	150m:	1:43.49 35.96	250m:	2:57.03 36.88	350m:	4:11.52 37.33			
	100m:	1:07.53 35.32	200m:	2:20.15 36.66	300m:	3:34.19 37.16	400m:	4:48.10 36.58			
13.	GŁ BA Jan		99	WKS	I sk Wrocław	4:58.05				363	
	50m:	31.35 31.35	150m:	1:45.38 37.31	250m:	3:02.84 38.70	350m:	4:21.23 38.63			
	100m:	1:08.07 36.72	200m:	2:24.14 38.76	300m:	3:42.60 39.76	400m:	4:58.05 36.82			
14.	SZAREK Dawid		99	WKS	I sk Wrocław	4:59.13				359	
	50m:	33.59 33.59	150m:	1:48.84 37.70	250m:	3:04.75 37.98	350m:	4:21.66 38.16			
	100m:	1:11.14 37.55	200m:	2:26.77 37.93	300m:	3:43.50 38.75	400m:	4:59.13 37.47			
15.	CHMIELI SKI Jakub		99	WKS	I sk Wrocław	5:03.84				343	
	50m:	33.96 33.96	150m:	1:51.10 38.92	250m:	3:09.28 39.01	350m:	4:27.09 38.97			
	100m:	1:12.18 38.22	200m:	2:30.27 39.17	300m:	3:48.12 38.84	400m:	5:03.84 36.75			
16.	PRZYBYLSKI Wojciech		99	WKS	I sk Wrocław	5:04.06				342	
	50m:	33.87 33.87	150m:	1:51.25 38.86	250m:	3:09.50 39.06	350m:	4:26.88 38.51			
	100m:	1:12.39 38.52	200m:	2:30.44 39.19	300m:	3:48.37 38.87	400m:	5:04.06 37.18			

16 lat i starsi

1.	TOWAREK Sebastian		93	WKS	I sk Wrocław	3:57.96				714
	50m:	26.56 26.56	150m:	1:25.70 29.93	250m:	2:26.46 30.61	350m:	3:28.60 31.05		
	100m:	55.77 29.21	200m:	1:55.85 30.15	300m:	2:57.55 31.09	400m:	3:57.96 29.36		
2.	GIERACKI Bartosz		95	WKS	I sk Wrocław	4:06.54				642
	50m:	27.92 27.92	150m:	1:28.68 30.58	250m:	2:30.73 30.89	350m:	3:34.87 32.58		
	100m:	58.10 30.18	200m:	1:59.84 31.16	300m:	3:02.29 31.56	400m:	4:06.54 31.67		
3.	SZEWCZYK Arkadiusz		95	Fala Niepołomice		4:15.03				580
	50m:	28.35 28.35	150m:	1:30.04 31.33	250m:	2:35.94 33.35	350m:	3:42.66 33.18		
	100m:	58.71 30.36	200m:	2:02.59 32.55	300m:	3:09.48 33.54	400m:	4:15.03 32.37		
4.	WARZECHA Krystian		95	Klub Sportowy REKIN		4:31.29				482
	50m:	30.13 30.13	150m:	1:37.54 33.92	250m:	2:47.30 35.17	350m:	3:58.01 34.86		
	100m:	1:03.62 33.49	200m:	2:12.13 34.59	300m:	3:23.15 35.85	400m:	4:31.29 33.28		

Zimowe Mistrzostwa Okręgu 2012
Nowa Ruda, 7- - 8-12-2012

Konkurencja 29, Mężczyźni, 400m dowolny, 16 lat i starsi

Pozycja			Rok ur.						Czas	Pkt.
5.	KOZŁOWSKI Sebastian		94	MKS Juvenia Wrocław				5:03.59	344	
	50m:	32.95 32.95	150m:	1:49.41 39.29	250m:	3:08.24 39.83	350m:	4:26.05 39.11		
	100m:	1:10.12 37.17	200m:	2:28.41 39.00	300m:	3:46.94 38.70	400m:	5:03.59 37.54		
6.	KO CIELNIAK BARTOSZ		93	Azs Awf Wrocław				5:07.41	331	
	50m:	26.87 26.87	150m:	1:51.24 40.21	250m:	3:10.86 40.14	350m:	4:28.56 38.49		
	100m:	1:11.03 44.16	200m:	2:30.72 39.48	300m:	3:50.07 39.21	400m:	5:07.41 38.85		