

Otwarte Letnie Mistrzostwa Dolno I skiego OZP
WROCLAW, 1- - 2-6-2013

Konkurencja 26
2013-06-02 - 11:33

M czynn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2012

Pozycja	Rok ur.			Czas	Pkt.	100m	200m	300m	400m
junior młodszy									
1.	DERE , Kacper	98	MKS 9 Dzierżoniów	4:19.10	612	1:00.28	1:06.01	1:07.72	1:05.09
	50m: 28.91	28.91	150m: 1:32.90	32.62	250m: 2:40.57	34.28	350m:		
	100m: 1:00.28	31.37	200m: 2:06.29	33.39	300m: 3:14.01	33.44	400m: 4:19.10		
2.	MASLOWSKI, Mateusz	98	WKS I sk Wrocław	4:25.27	570				
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m: 4:25.27		
3.	CHMIELEWSKI, Jakub	99	WKS I sk Wrocław	4:26.32	564	1:03.63	1:09.41	1:08.41	1:04.87
	50m: 30.21	30.21	150m: 1:38.24	34.61	250m: 2:47.27	34.23	350m: 3:54.58	33.13	
	100m: 1:03.63	33.42	200m: 2:13.04	34.80	300m: 3:21.45	34.18	400m: 4:26.32	31.74	
4.	CWALINA, Piotr	98	WKS I sk Wrocław	4:31.71	531	1:06.21	1:08.62	1:08.83	1:08.05
	50m: 31.39	31.39	150m: 1:40.14	33.93	250m: 2:48.80	33.97	350m: 3:57.81	34.15	
	100m: 1:06.21	34.82	200m: 2:14.83	34.69	300m: 3:23.66	34.86	400m: 4:31.71	33.90	
5.	WIERDAK, Michał	98	WKS I sk Wrocław	4:36.00	506	1:06.07	1:10.68	1:10.22	1:09.03
	50m: 31.37	31.37	150m: 1:41.29	35.22	250m: 2:51.40	34.65	350m: 4:01.73	34.76	
	100m: 1:06.07	34.70	200m: 2:16.75	35.46	300m: 3:26.97	35.57	400m: 4:36.00	34.27	
6.	POTOCKI, Daniel	98	WKS I sk Wrocław	4:36.19	505	1:03.78	1:10.82	1:12.01	1:09.58
	50m: 30.39	30.39	150m: 1:38.79	35.01	250m: 2:49.92	35.32	350m: 4:02.36	35.75	
	100m: 1:03.78	33.39	200m: 2:14.60	35.81	300m: 3:26.61	36.69	400m: 4:36.19	33.83	
7.	GRZYMSKI, Mateusz	98	WKS I sk Wrocław	4:36.76	502	1:06.02	1:10.74	1:11.07	1:08.93
	50m: 31.24	31.24	150m: 1:41.34	35.32	250m: 2:52.05	35.29	350m: 4:03.31	35.48	
	100m: 1:06.02	34.78	200m: 2:16.76	35.42	300m: 3:27.83	35.78	400m: 4:36.76	33.45	
8.	TUREK, Maksymilian	98	WKS I sk Wrocław	4:39.28	489	1:07.49	1:12.37	1:13.39	1:06.03
	50m: 31.73	31.73	150m: 1:43.74	36.25	250m: 2:56.20	36.34	350m: 4:08.23	34.98	
	100m: 1:07.49	35.76	200m: 2:19.86	36.12	300m: 3:33.25	37.05	400m: 4:39.28	31.05	
9.	KUCZMA, Jędrzej	98	WKS I sk Wrocław	4:41.49	477	1:07.42	1:12.18	1:12.52	1:09.37
	50m: 31.84	31.84	150m: 1:42.66	35.24	250m: 2:55.24	35.64	350m: 4:07.45	35.33	
	100m: 1:07.42	35.58	200m: 2:19.60	36.94	300m: 3:32.12	36.88	400m: 4:41.49	34.04	
10.	BORYCKI, Paweł	98	MKS Juwenia Wrocław	4:42.84	471	1:06.04	1:12.91	1:13.19	1:10.70
	50m: 31.05	31.05	150m: 1:41.68	35.64	250m: 2:55.59	36.64	350m: 4:08.18	36.04	
	100m: 1:06.04	34.99	200m: 2:18.95	37.27	300m: 3:32.14	36.55	400m: 4:42.84	34.66	
11.	GRZESI SKI, Michał	98	MKS Piast Głogów	4:51.08	432	1:07.98	1:13.97	1:15.41	1:13.72
	50m: 31.91	31.91	150m: 1:44.64	36.66	250m: 2:59.44	37.49	350m: 4:14.71	37.35	
	100m: 1:07.98	36.07	200m: 2:21.95	37.31	300m: 3:37.36	37.92	400m: 4:51.08	36.37	
12.	GŁ BA, Jan	99	WKS I sk Wrocław	4:52.50	425	1:08.71	1:14.80	1:15.92	1:13.07
	50m: 1:45.81	1:45.81	150m:		250m: 3:01.26	37.75	350m: 4:16.61	37.18	
	100m: 1:08.71		200m: 2:23.51		300m: 3:39.43	38.17	400m: 4:52.50	35.89	
13.	SZAREK, Dawid	99	WKS I sk Wrocław	4:54.93	415	1:08.97	1:14.95	1:16.21	1:14.80
	50m: 31.98	31.98	150m: 1:46.00	37.03	250m: 3:01.76	37.84	350m: 4:17.89	37.76	
	100m: 1:08.97	36.99	200m: 2:23.92	37.92	300m: 3:40.13	38.37	400m: 4:54.93	37.04	
14.	PRACZ, Michał	99	WKS I sk Wrocław	4:57.52	404	1:09.82	1:16.71	1:17.06	1:13.93
	50m: 32.63	32.63	150m: 1:47.81	37.99	250m: 3:05.23	38.70	350m: 4:21.40	37.81	
	100m: 1:09.82	37.19	200m: 2:26.53	38.72	300m: 3:43.59	38.36	400m: 4:57.52	36.12	
15.	ŁAZARECKI, Dominik	98	MKS Piast Głogów	5:05.96	372	1:10.55	1:18.84	1:19.94	1:16.63
	50m: 32.58	32.58	150m: 1:49.31	38.76	250m: 3:08.79	39.40	350m: 4:28.03	38.70	
	100m: 1:10.55	37.97	200m: 2:29.39	40.08	300m: 3:49.33	40.54	400m: 5:05.96	37.93	
16.	DOMINICZAK, Krzysztof	98	MKS Piast Głogów	5:19.38	327	1:13.48	1:21.69	1:22.58	1:21.63
	50m: 34.01	34.01	150m: 1:53.72	40.24	250m: 3:16.38	41.21	350m: 4:38.84	41.09	
	100m: 1:13.48	39.47	200m: 2:35.17	41.45	300m: 3:57.75	41.37	400m: 5:19.38	40.54	
17.	BANA , Arkadiusz	99	MKS Juwenia Wrocław	5:31.57	292	1:17.23	1:24.59	1:25.31	1:24.44
	50m: 36.62	36.62	150m: 1:59.15	41.92	250m: 3:24.24	42.42	350m: 4:50.17	43.04	
	100m: 1:17.23	40.61	200m: 2:41.82	42.67	300m: 4:07.13	42.89	400m: 5:31.57	41.40	

Otwarte Letnie Mistrzostwa Dolno I skiego OZP
WROCŁAW, 1- - 2-6-2013

Konkurencja 26, M czynn, 400m dowolny

junior

1. JASZCZAK, Wiktor	97	WKS I sk Wrocław	4:05.39	721	58.94	1:03.28	1:02.47	1:00.70			
50m:	27.79	27.79	150m:	1:30.20	31.26	250m:	2:33.19	30.97	350m:	3:35.66	30.97
100m:	58.94	31.15	200m:	2:02.22	32.02	300m:	3:04.69	31.50	400m:	4:05.39	29.73
2. STEFANKO, Piotr	97	WKS I sk Wrocław	4:24.09	578	1:01.59	1:07.26	1:08.17	1:07.07			
50m:	29.03	29.03	150m:	1:34.72	33.13	250m:	2:42.51	33.66	350m:	3:50.99	33.97
100m:	1:01.59	32.56	200m:	2:08.85	34.13	300m:	3:17.02	34.51	400m:	4:24.09	33.10
3. TACZA SKI, Bartłomiej	96	Uks Shark Rudna	4:31.12	534	1:02.61	1:07.94	1:10.04	1:10.53			
50m:	29.67	29.67	150m:	1:36.42	33.81	250m:	2:44.87	34.32	350m:	3:56.16	35.57
100m:	1:02.61	32.94	200m:	2:10.55	34.13	300m:	3:20.59	35.72	400m:	4:31.12	34.96
4. ARENTEWICZ, Jacek	97	MKS Piast Głogów	4:48.09	445	1:06.07	1:12.31	1:15.49	1:14.22			
50m:	31.29	31.29	150m:	1:41.75	35.68	250m:	2:55.84	37.46	350m:	4:10.89	37.02
100m:	1:06.07	34.78	200m:	2:18.38	36.63	300m:	3:33.87	38.03	400m:	4:48.09	37.20

18 lat i starsi

1. URBANIAK, Jan	95	Ks Warta Poznan	4:05.15	723	59.24	1:02.80	1:02.36	1:00.75			
50m:	28.50	28.50	150m:	1:30.56	31.32	250m:	2:32.93	30.89	350m:	3:35.39	30.99
100m:	59.24	30.74	200m:	2:02.04	31.48	300m:	3:04.40	31.47	400m:	4:05.15	29.76
2. SZEWCZYK, Arkadiusz	95	Ks Fala Niepołomice	4:23.20	584	1:03.28	1:06.54	1:06.97	1:06.41			
50m:	29.97	29.97	150m:	1:36.42	33.14	250m:	2:43.04	33.22	350m:	3:50.60	33.81
100m:	1:03.28	33.31	200m:	2:09.82	33.40	300m:	3:16.79	33.75	400m:	4:23.20	32.60