

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

Konkurencja 4
2013-06-01 - 9:57

M czynzn, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2012

Pozycja	Rok ur.			Czas	Pkt.	100m	200m	300m	400m
junior młodszy									
1.	TUREK, Maksymilian	98	WKS I sk Wrocław	4:59.83	537	1:06.01	1:21.19	1:23.54	1:09.09
	50m: 30.89	30.89	150m: 1:47.01	41.00	250m: 3:08.28	41.08	350m: 4:26.20	35.46	
	100m: 1:06.01	35.12	200m: 2:27.20	40.19	300m: 3:50.74	42.46	400m: 4:59.83	33.63	
2.	ŁAWNIK, Jakub	99	WKS I sk Wrocław	5:02.59	523	1:06.14	1:18.20	1:32.05	1:06.20
	50m: 30.30	30.30	150m: 1:45.60	39.46	250m: 3:09.81	45.47	350m: 4:30.39	34.00	
	100m: 1:06.14	35.84	200m: 2:24.34	38.74	300m: 3:56.39	46.58	400m: 5:02.59	32.20	
3.	DRYZYGA, Oskar	98	WKS I sk Wrocław	5:03.71	517	1:05.77	1:19.35	1:26.39	1:12.20
	50m: 30.52	30.52	150m: 1:46.03	40.26	250m: 3:07.84	42.72	350m: 4:28.41	36.90	
	100m: 1:05.77	35.25	200m: 2:25.12	39.09	300m: 3:51.51	43.67	400m: 5:03.71	35.30	
4.	MASLOWSKI, Mateusz	98	WKS I sk Wrocław	5:07.66	497	1:09.13	1:22.02	1:29.76	1:06.75
	50m: 32.17	32.17	150m: 1:51.13	42.00	250m: 3:16.01	44.86	350m: 4:33.93	33.02	
	100m: 1:09.13	36.96	200m: 2:31.15	40.02	300m: 4:00.91	44.90	400m: 5:07.66	33.73	
5.	WAWRYCA, Szymon	98	MUKP Just Swim Jelenia G	5:09.65	488	1:14.49	1:21.04	1:21.05	1:13.07
	50m: 33.73	33.73	150m: 1:55.58	41.09	250m: 3:15.34	39.81	350m: 4:34.66	38.08	
	100m: 1:14.49	40.76	200m: 2:35.53	39.95	300m: 3:56.58	41.24	400m: 5:09.65	34.99	
6.	POTOCKI, Daniel	98	WKS I sk Wrocław	5:09.77	487	1:05.87	1:22.88	1:34.97	1:06.05
	50m: 30.43	30.43	150m: 1:48.05	42.18	250m: 3:16.40	47.65	350m: 4:38.53	34.81	
	100m: 1:05.87	35.44	200m: 2:28.75	40.70	300m: 4:03.72	47.32	400m: 5:09.77	31.24	
7.	GAWRON, Oskar	99	WKS I sk Wrocław	5:13.40	470	1:08.68	1:25.20	1:27.12	1:12.40
	50m: 31.30	31.30	150m: 1:51.25	42.57	250m: 3:16.96	43.08	350m: 4:37.95	36.95	
	100m: 1:08.68	37.38	200m: 2:33.88	42.63	300m: 4:01.00	44.04	400m: 5:13.40	35.45	
8.	CWALINA, Piotr	98	WKS I sk Wrocław	5:20.99	438	1:08.16	1:23.11	1:37.53	1:12.19
	50m: 31.54	31.54	150m: 1:50.00	41.84	250m: 3:19.71	48.44	350m: 4:45.33	36.53	
	100m: 1:08.16	36.62	200m: 2:31.27	41.27	300m: 4:08.80	49.09	400m: 5:20.99	35.66	
9.	WIERDAK, Michal	98	WKS I sk Wrocław	5:22.14	433	1:10.88	1:22.90	1:35.22	1:13.14
	50m: 32.45	32.45	150m: 2:00.00	41.84	250m: 3:20.82	47.04	350m: 4:46.14	37.14	
	100m: 1:10.88	38.43	200m: 2:33.78		300m: 4:09.00	48.18	400m: 5:22.14	36.00	
junior									
1.	WERTEPNY, Damian	96	Uks Shark Rudna	4:51.92	582	1:07.63	1:14.22	1:24.58	1:05.49
	50m: 31.85	31.85	150m: 1:45.14	37.51	250m: 3:04.16	42.31	350m: 4:19.44	33.01	
	100m: 1:07.63	35.78	200m: 2:21.85	36.71	300m: 3:46.43	42.27	400m: 4:51.92	32.48	
2.	SALIK, Jakub	97	MKS Juvenia Wrocław	4:56.97	553	1:07.91	1:19.35	1:19.86	1:09.85
	50m: 31.85	31.85	150m: 1:48.03	40.12	250m: 3:06.71	39.45	350m: 4:22.00	34.88	
	100m: 1:07.91	36.06	200m: 2:27.26	39.23	300m: 3:47.12	40.41	400m: 4:56.97	34.97	
18 lat i starsi									
1.	NACHTMAN, Mateusz	95	WKS I sk Wrocław	4:40.35	657	1:02.20	1:14.32	1:18.33	1:05.50
	50m: 28.88	28.88	150m: 1:39.48	37.28	250m: 2:55.82	39.30	350m: 4:08.38	33.53	
	100m: 1:02.20	33.32	200m: 2:16.52	37.04	300m: 3:34.85	39.03	400m: 4:40.35	31.97	
2.	GIERACKI, Bartosz	95	WKS I sk Wrocław	4:49.47	597	1:01.74	1:17.75	1:25.04	1:04.94
	50m: 28.74	28.74	150m: 1:40.91	39.17	250m: 3:02.31	42.82	350m: 4:17.17	32.64	
	100m: 1:01.74	33.00	200m: 2:19.49	38.58	300m: 3:44.53	42.22	400m: 4:49.47	32.30	