

Zimowe Mistrzostwa Okręgu 2013
Nowa Ruda, 13- - 14-12-2013

Konkurencja 30
2013-12-14 - 11:50

Mężczyzn, 400m dowolny

11 lat i starsi
Wyniki

Punkty: FINA 2012

Pozycja	Rok ur.	Czas	Pkt.
11-12 lat			
1. GIRUL Radosław	01	4:46.58	409
50m: 33.80 33.80	150m: 1:47.73 37.32	250m: 3:00.51 36.63	350m: 4:12.45 35.65
100m: 1:10.41 36.61	200m: 2:23.88 36.15	300m: 3:36.80 36.29	400m: 4:46.58 34.13
2. BOBOWIEC Maksymilian	01	4:56.43	369
50m: 33.88 33.88	150m: 1:50.03 38.33	250m: 3:07.84 38.14	350m: 4:23.18 37.17
100m: 1:11.70 37.82	200m: 2:29.70 39.67	300m: 3:46.01 38.17	400m: 4:56.43 33.25
3. ADAMCZAK Jakub	01	5:12.65	315
50m: 34.32 34.32	150m: 1:53.65 40.41	250m: 3:14.55 40.27	350m: 4:35.19 40.00
100m: 1:13.24 38.92	200m: 2:34.28 40.63	300m: 3:55.19 40.64	400m: 5:12.65 37.46
4. KWAPISZ Arkadiusz	01	5:18.19	299
50m: 36.61 36.61	150m: 1:57.27 40.79	250m: 3:19.45 41.03	350m: 4:40.00 39.64
100m: 1:16.48 39.87	200m: 2:38.42 41.15	300m: 4:00.36 40.91	400m: 5:18.19 38.19
5. ZAREMBA Jakub	01	5:21.58	289
50m: 36.34 36.34	150m: 1:58.52 42.17	250m: 3:22.04 42.07	350m: 4:43.14 40.41
100m: 1:16.35 40.01	200m: 2:39.97 41.45	300m: 4:02.73 40.69	400m: 5:21.58 38.44
6. MATUSEWICZ Michał	02	5:24.09	282
50m: 36.22 36.22	150m: 1:58.98 41.97	250m: 3:22.51 41.93	350m: 4:44.25 40.92
100m: 1:17.01 40.79	200m: 2:40.58 41.60	300m: 4:03.33 40.82	400m: 5:24.09 39.84
7. GU CIN Eryk	01	5:24.35	282
50m: 36.26 36.26	150m: 1:57.92 41.13	250m: 3:20.94 41.71	350m: 4:43.37 40.62
100m: 1:16.79 40.53	200m: 2:39.23 41.31	300m: 4:02.75 41.81	400m: 5:24.35 40.98
8. GLIWI SKI Krzysztof	01	5:44.24	236
50m: 37.09 37.09	150m: 2:06.96 45.28	250m: 3:36.49 43.87	350m: 5:06.36 44.99
100m: 1:21.68 44.59	200m: 2:52.62 45.66	300m: 4:21.37 44.88	400m: 5:44.24 37.88
9. W TROBA Krystian	02	5:44.39	235
50m: 37.75 37.75	150m: 2:06.32 44.81	250m: 3:33.66 43.63	350m: 5:04.37 45.03
100m: 1:21.51 43.76	200m: 2:50.03 43.71	300m: 4:19.34 45.68	400m: 5:44.39 40.02
10. ZALEWSKI Ronald	01	5:46.70	231
50m: 37.07 37.07	150m: 2:04.31 44.52	250m: 3:34.81 45.89	350m: 5:04.80 44.68
100m: 1:19.79 42.72	200m: 2:48.92 44.61	300m: 4:20.12 45.31	400m: 5:46.70 41.90
11. FORY Łukasz	01	5:47.31	229
50m: 38.72 38.72	150m: 2:05.95 43.88	250m: 3:36.36 45.20	350m: 5:06.33 44.72
100m: 1:22.07 43.35	200m: 2:51.16 45.21	300m: 4:21.61 45.25	400m: 5:47.31 40.98
12. PAWŁOWSKI Dominik	02	5:48.19	228
50m: 37.52 37.52	150m: 2:06.83 45.22	250m: 3:37.29 45.29	350m: 5:07.75 45.12
100m: 1:21.61 44.09	200m: 2:52.00 45.17	300m: 4:22.63 45.34	400m: 5:48.19 40.44
13. SUŁAWA Jakub	01	6:07.48	194
50m: 40.23 40.23	150m: 2:13.71 47.63	250m: 3:47.62 47.28	350m: 5:20.69 46.48
100m: 1:26.08 45.85	200m: 3:00.34 46.63	300m: 4:34.21 46.59	400m: 6:07.48 46.79



Zimowe Mistrzostwa Okręgu 2013
Nowa Ruda, 13- - 14-12-2013

Konkurencja 30, M czynn, 400m dowolny

13-15 lat

1.	DERE Kacper	98	MKS 9 Dzierżoniów	4:03.87	664
	50m: 27.20 27.20	150m: 1:29.08 31.36	250m: 2:31.90 31.27	350m: 3:34.87 31.37	
	100m: 57.72 30.52	200m: 2:00.63 31.55	300m: 3:03.50 31.60	400m: 4:03.87 29.00	
2.	CHMIELEWSKI Jakub	99	WKS I sk Wrocław MG	4:13.09	594
	50m: 28.85 28.85	150m: 1:32.06 31.11	250m: 2:35.85 32.07	350m: 3:41.34 33.00	
	100m: 1:00.95 32.10	200m: 2:03.78 31.72	300m: 3:08.34 32.49	400m: 4:13.09 31.75	
3.	ŁAWNIK Jakub	99	WKS I sk Wrocław MG	4:15.55	577
	50m: 28.45 28.45	150m: 1:32.21 32.30	250m: 2:38.20 33.17	350m: 3:44.07 32.67	
	100m: 59.91 31.46	200m: 2:05.03 32.82	300m: 3:11.40 33.20	400m: 4:15.55 31.48	
4.	MASŁOWSKI Mateusz	98	WKS I sk Wrocław DP	4:15.73	575
	50m: 28.93 28.93	150m: 1:33.61 32.47	250m: 2:39.43 32.97	350m: 3:44.87 32.47	
	100m: 1:01.14 32.21	200m: 2:06.46 32.85	300m: 3:12.40 32.97	400m: 4:15.73 30.86	
5.	GRZYMSKI Mateusz	98	WKS I sk Wrocław DP	4:18.03	560
	50m: 29.22 29.22	150m: 1:33.98 32.66	250m: 2:40.10 33.20	350m: 3:46.29 32.98	
	100m: 1:01.32 32.10	200m: 2:06.90 32.92	300m: 3:13.31 33.21	400m: 4:18.03 31.74	
6.	OKUPNIK Jakub	98	WKS I sk Wrocław DP	4:19.54	550
	50m: 28.79 28.79	150m: 1:34.07 33.08	250m: 2:40.74 33.41	350m: 3:46.72 32.99	
	100m: 1:00.99 32.20	200m: 2:07.33 33.26	300m: 3:13.73 32.99	400m: 4:19.54 32.82	
7.	KIEŁCZEWSKI Amadeusz	00	Wojskowy Klub Sportowy I sk	4:21.95	535
	50m: 29.94 29.94	150m: 1:35.98 33.55	250m: 2:43.81 33.54	350m: 3:50.66 32.93	
	100m: 1:02.43 32.49	200m: 2:10.27 34.29	300m: 3:17.73 33.92	400m: 4:21.95 31.29	
8.	SZAREK Dawid	99	WKS I sk Wrocław MG	4:22.95	529
	50m: 29.68 29.68	150m: 1:35.72 33.33	250m: 2:42.88 33.45	350m: 3:50.53 33.85	
	100m: 1:02.39 32.71	200m: 2:09.43 33.71	300m: 3:16.68 33.80	400m: 4:22.95 32.42	
9.	POTOCKI Daniel	98	WKS I sk Wrocław DP	4:25.80	512
	50m: 29.32 29.32	150m: 1:34.82 33.23	250m: 2:43.30 34.22	350m: 3:52.56 34.54	
	100m: 1:01.59 32.27	200m: 2:09.08 34.26	300m: 3:18.02 34.72	400m: 4:25.80 33.24	
10.	GŁ BA Jan	99	WKS I sk Wrocław MG	4:25.82	512
	50m: 29.23 29.23	150m: 1:35.66 33.75	250m: 2:44.17 34.37	350m: 3:52.55 33.97	
	100m: 1:01.91 32.68	200m: 2:09.80 34.14	300m: 3:18.58 34.41	400m: 4:25.82 33.27	
11.	D BROWSKI Patryk	00	Wojskowy Klub Sportowy I sk	4:34.37	466
	50m: 30.15 30.15	150m: 1:39.95 35.49	250m: 2:51.22 35.28	350m: 4:00.64 34.23	
	100m: 1:04.46 34.31	200m: 2:15.94 35.99	300m: 3:26.41 35.19	400m: 4:34.37 33.73	
12.	WI CEK Bartłomiej	99	MKS Juvenia Wrocław RP	4:34.96	463
	50m: 31.66 31.66	150m: 1:40.40 34.90	250m: 2:51.47 35.65	350m: 4:02.06 34.79	
	100m: 1:05.50 33.84	200m: 2:15.82 35.42	300m: 3:27.27 35.80	400m: 4:34.96 32.90	
13.	DUTKOWIAK Wojciech	00	Wojskowy Klub Sportowy I sk	4:37.27	451
	50m: 31.43 31.43	150m: 1:42.06 35.17	250m: 2:52.18 35.08	350m: 4:03.40 35.61	
	100m: 1:06.89 35.46	200m: 2:17.10 35.04	300m: 3:27.79 35.61	400m: 4:37.27 33.87	
14.	BUJKO Michał	99	MKS Juvenia Wrocław RP	4:41.55	431
	50m: 29.53 29.53	150m: 1:40.44 37.23	250m: 2:54.79 37.51	350m: 4:05.26 35.26	
	100m: 1:03.21 33.68	200m: 2:17.28 36.84	300m: 3:30.00 35.21	400m: 4:41.55 36.29	
15.	ŁA Wiktor	00	Wojskowy Klub Sportowy I sk	4:41.91	429
	50m: 31.19 31.19	150m: 1:41.95 35.87	250m: 2:54.44 36.53	350m: 4:06.53 35.62	
	100m: 1:06.08 34.89	200m: 2:17.91 35.96	300m: 3:30.91 36.47	400m: 4:41.91 35.38	
16.	HANO Grzegorz	00	Wojskowy Klub Sportowy I sk	4:44.72	417
	50m: 31.94 31.94	150m: 1:43.42 35.99	250m: 2:56.74 36.46	350m: 4:09.10 36.30	
	100m: 1:07.43 35.49	200m: 2:20.28 36.86	300m: 3:32.80 36.06	400m: 4:44.72 35.62	



Zimowe Mistrzostwa Okręgu 2013
Nowa Ruda, 13- - 14-12-2013

Konkurencja 30, Chłopców, 400m dowolny, 13-15 lat

Pozycja			Rok ur.					Czas	Pkt.			
17.	DOMINIAK	Kacper	00	Wojskowy Klub Sportowy I sk				4:46.02	411			
	50m:	33.34	33.34	150m:	1:47.09	37.03	250m:	3:00.25	36.62	350m:	4:11.82	35.18
	100m:	1:10.06	36.72	200m:	2:23.63	36.54	300m:	3:36.64	36.39	400m:	4:46.02	34.20
18.	KRASI	SKI Jakub	00	MKS Juvenia Wrocław RP				4:48.56	400			
	50m:	32.08	32.08	150m:	1:45.18	37.30	250m:	2:58.74	36.09	350m:	4:12.85	37.44
	100m:	1:07.88	35.80	200m:	2:22.65	37.47	300m:	3:35.41	36.67	400m:	4:48.56	35.71
19.	KRZEKOTOWSKI	Karol	00	UKP"Torpeda"Ole nica				4:49.68	396			
	50m:	32.28	32.28	150m:	1:44.25	36.70	250m:	2:57.80	37.08	350m:	4:11.72	36.90
	100m:	1:07.55	35.27	200m:	2:20.72	36.47	300m:	3:34.82	37.02	400m:	4:49.68	37.96
20.	B CLER	Jakub	00	Wojskowy Klub Sportowy I sk				5:05.70	337			
	50m:	32.93	32.93	150m:	1:48.20	38.35	250m:	3:07.19	39.74	350m:	4:27.07	39.95
	100m:	1:09.85	36.92	200m:	2:27.45	39.25	300m:	3:47.12	39.93	400m:	5:05.70	38.63
21.	SŁOMI	SKI Sebastian	00	Klub Sportowy REKIN				5:06.14	335			
	50m:	33.05	33.05	150m:	1:48.90	38.49	250m:	3:07.17	39.63	350m:	4:26.64	39.59
	100m:	1:10.41	37.36	200m:	2:27.54	38.64	300m:	3:47.05	39.88	400m:	5:06.14	39.50
22.	LISS	Mateusz	00	UKS Koral Wrocław RP				5:13.66	312			
	50m:	35.53	35.53	150m:	1:56.25	40.64	250m:	3:16.50	39.83	350m:	4:36.35	39.47
	100m:	1:15.61	40.08	200m:	2:36.67	40.42	300m:	3:56.88	40.38	400m:	5:13.66	37.31
23.	K DZIA	Piotr	00	MKS Juvenia Wrocław RP				5:16.51	303			
	50m:	35.41	35.41	150m:	1:56.30	41.22	250m:	3:16.53	40.29	350m:	4:36.93	40.25
	100m:	1:15.08	39.67	200m:	2:36.24	39.94	300m:	3:56.68	40.15	400m:	5:16.51	39.58
24.	DRZYŻGA	Michał	98	KS OSIR Bielawa				5:19.65	294			
	50m:	36.28	36.28	150m:	1:56.14	40.47	250m:	3:18.53	41.24	350m:	4:40.75	40.93
	100m:	1:15.67	39.39	200m:	2:37.29	41.15	300m:	3:59.82	41.29	400m:	5:19.65	38.90
25.	HUDYKA	Mieszko	00	UKS Delfinek Legnica				5:20.61	292			
	50m:	36.17	36.17	150m:	1:58.65	41.35	250m:	3:21.68	41.64	350m:	4:43.39	39.91
	100m:	1:17.30	41.13	200m:	2:40.04	41.39	300m:	4:03.48	41.80	400m:	5:20.61	37.22
26.	YMEŁKA	Marcel	00	MKS Juvenia Wrocław RP				5:44.05	236			
	50m:	36.34	36.34	150m:	1:57.92	41.60	250m:	3:20.77	41.46	350m:	4:42.72	41.11
	100m:	1:16.32	39.98	200m:	2:39.31	41.39	300m:	4:01.61	40.84	400m:	5:44.05	1:01.33
DYSKW.	ŁAZARECKI	Dominik	98	MKS Piast Głogów				4:48.02				
	<i>O2 - Umy Ine zakończenie porz dku</i>											
	50m:	26.67	26.67	150m:	1:52.27	54.77	250m:	3:21.86	44.22	350m:	4:48.02	42.32
	100m:	57.50	30.83	200m:	2:37.64	45.37	300m:	4:05.70	43.84	400m:	4:48.02	

16 lat i starsi

1.	TACZA	SKI Bartłomiej	96	UKS Shark Rudna				4:19.81	549			
	50m:	29.00	29.00	150m:	1:32.85	31.96	250m:	2:39.93	34.00	350m:	3:47.82	33.15
	100m:	1:00.89	31.89	200m:	2:05.93	33.08	300m:	3:14.67	34.74	400m:	4:19.81	31.99
2.	GREMBSKI	Maciej	92	MKS Juvenia Wrocław RP				4:21.69	537			
	50m:	29.18	29.18	150m:	1:33.39	32.41	250m:	2:39.59	33.39	350m:	3:47.77	34.23
	100m:	1:00.98	31.80	200m:	2:06.20	32.81	300m:	3:13.54	33.95	400m:	4:21.69	33.92
3.	HURKO	Mateusz	97	MKS Juvenia Wrocław RP				4:34.88	463			
	50m:	29.77	29.77	150m:	1:35.95	33.66	250m:	2:46.03	35.35	350m:	3:59.09	36.71
	100m:	1:02.29	32.52	200m:	2:10.68	34.73	300m:	3:22.38	36.35	400m:	4:34.88	35.79
4.	MISIEWICZ	Karol	97	UKP MANTA Jelcz-Laskowice				4:36.83	454			
	50m:	30.38	30.38	150m:	1:40.58	35.51	250m:	2:50.39	33.89	350m:	4:02.82	36.10
	100m:	1:05.07	34.69	200m:	2:16.50	35.92	300m:	3:26.72	36.33	400m:	4:36.83	34.01



Zimowe Mistrzostwa Okręgu 2013
Nowa Ruda, 13- - 14-12-2013

Konkurencja 30, M cżyn, 400m dowolny, 16 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
5.	LEPKA Michał			96	UKS Shark Rudna				4:54.45	377		
	50m:	31.85	31.85	150m:	1:45.47	37.05	250m:	3:00.59	37.56	350m:	4:17.49	38.70
	100m:	1:08.42	36.57	200m:	2:23.03	37.56	300m:	3:38.79	38.20	400m:	4:54.45	36.96
6.	OGRODNIK Maciej			97	AZS AWF Wrocław AK				5:13.60	312		
	50m:	36.08	36.08	150m:	1:56.15	40.38	250m:	3:16.53	39.98	350m:	4:35.70	39.38
	100m:	1:15.77	39.69	200m:	2:36.55	40.40	300m:	3:56.32	39.79	400m:	5:13.60	37.90
PK	WOLI SKI Filip			03	Klub Sportowy REKIN				5:23.01	285		
	50m:	37.22	37.22	150m:	1:59.39	41.66	250m:	3:21.75	40.39	350m:	4:44.42	41.40
	100m:	1:17.73	40.51	200m:	2:41.36	41.97	300m:	4:03.02	41.27	400m:	5:23.01	38.59
PK	HYCKOWSKI Paweł			03	Klub Sportowy REKIN				5:52.69	219		
	50m:	39.78	39.78	150m:	2:10.42	46.58	250m:	3:39.69	44.12	350m:	5:09.88	44.00
	100m:	1:23.84	44.06	200m:	2:55.57	45.15	300m:	4:25.88	46.19	400m:	5:52.69	42.81

