

Zimowe Mistrzostwa Okręgu 2014 DOZP  
Nowa Ruda, 12- - 13-12-2014

Konkurencja 6  
2014-12-12 - 12:10

Mężczyzn, 400m zmienny

11 lat i starsi  
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.	
<b>11-12 lat</b>										
1.	KACZMAREK Filip		02	KS WANKAN LEGNICA				<b>5:46.24</b>	314	
	50m:	35.42 35.42	150m:	2:04.40	44.89	250m:	3:36.57	49.51	350m:	5:06.68 39.33
	100m:	1:19.51 44.09	200m:	2:47.06	42.66	300m:	4:27.35	50.78	400m:	5:46.24 39.56
2.	DOBRUCKI Krzysztof		02	MKS Juvenia Wrocław				<b>5:57.32</b>	286	
	50m:	39.51 39.51	150m:	2:13.41	46.29	250m:	3:49.18	51.26	350m:	5:19.60 39.91
	100m:	1:27.12 47.61	200m:	2:57.92	44.51	300m:	4:39.69	50.51	400m:	5:57.32 37.72
3.	JACHYM Maciej		03	Ks Rekin wiebodzice				<b>6:00.83</b>	278	
	50m:	42.05 42.05	150m:	2:13.46	44.76	250m:	3:49.08	48.79	350m:	5:19.10 40.53
	100m:	1:28.70 46.65	200m:	3:00.29	46.83	300m:	4:38.57	49.49	400m:	6:00.83 41.73
<b>13-15 lat</b>										
1.	CHMIELEWSKI Jakub		99	WKS I sk Wrocław				<b>4:25.96</b>	694	
	50m:	28.48 28.48	150m:	1:33.67	32.92	250m:	2:45.38	39.21	350m:	3:55.40 30.84
	100m:	1:00.75 32.27	200m:	2:06.17	32.50	300m:	3:24.56	39.18	400m:	4:25.96 30.56
2.	RASZCZUK Michał		99	UKP MANTA Jelcz-Laskowice				<b>4:46.11</b>	557	
	50m:	30.88 30.88	150m:	1:44.74	37.50	250m:	2:59.44	38.20	350m:	4:13.05 34.07
	100m:	1:07.24 36.36	200m:	2:21.24	36.50	300m:	3:38.98	39.54	400m:	4:46.11 33.06
3.	KRZEKOTOWSKI Karol		00	UKP Torpeda Olesnica				<b>5:01.40</b>	477	
	50m:	30.50 30.50	150m:	1:45.93	38.36	250m:	3:09.12	44.30	350m:	4:27.72 33.90
	100m:	1:07.57 37.07	200m:	2:24.82	38.89	300m:	3:53.82	44.70	400m:	5:01.40 33.68
4.	WIEWIÓRKA Daniel		00	MKS DZIEWI TKA Dzierżoniów				<b>5:12.90</b>	426	
	50m:	29.66 29.66	150m:	1:44.84	39.57	250m:	3:09.87	45.68	350m:	4:34.79 38.90
	100m:	1:05.27 35.61	200m:	2:24.19	39.35	300m:	3:55.89	46.02	400m:	5:12.90 38.11
5.	SŁOMI SKI Sebastian		00	Ks Rekin wiebodzice				<b>5:16.35</b>	412	
	50m:	32.48 32.48	150m:	1:49.77	39.95	250m:	3:14.58	46.30	350m:	4:39.33 37.74
	100m:	1:09.82 37.34	200m:	2:28.28	38.51	300m:	4:01.59	47.01	400m:	5:16.35 37.02
6.	ADAMCZAK Jakub		01	UKS Shark Rudna				<b>5:24.33</b>	382	
	50m:	34.42 34.42	150m:	1:58.43	42.57	250m:	3:23.96	44.50	350m:	4:48.12 37.87
	100m:	1:15.86 41.44	200m:	2:39.46	41.03	300m:	4:10.25	46.29	400m:	5:24.33 36.21
7.	KRASI SKI Kacper		00	MKS DZIEWI TKA Dzierżoniów				<b>5:26.34</b>	375	
	50m:	36.04 36.04	150m:	2:01.06	41.68	250m:	3:24.75	42.04	350m:	4:47.35 39.33
	100m:	1:19.38 43.34	200m:	2:42.71	41.65	300m:	4:08.02	43.27	400m:	5:26.34 38.99
8.	JOCHYMEK Oskar		01	WKS I sk Wrocław				<b>5:32.34</b>	355	
	50m:	36.61 36.61	150m:	2:03.80	42.55	250m:	3:34.03	49.40	350m:	4:58.68 36.18
	100m:	1:21.25 44.64	200m:	2:44.63	40.83	300m:	4:22.50	48.47	400m:	5:32.34 33.66
9.	FRYDRYCHOWICZ Ignacy		00	UKS Delfinek Legnica				<b>5:34.97</b>	347	
	50m:	33.59 33.59	150m:	2:39.44	1:24.50	250m:	4:21.27	51.48	350m:	4:58.66
	100m:	1:14.94 41.35	200m:	3:29.79	50.35	300m:			400m:	5:34.97 36.31
10.	SZNAJDER Filip		01	WKS I sk Wrocław				<b>5:35.93</b>	344	
	50m:	34.32 34.32	150m:	1:57.67	42.19	250m:	3:26.46	47.64	350m:	4:56.45 39.71
	100m:	1:15.48 41.16	200m:	2:38.82	41.15	300m:	4:16.74	50.28	400m:	5:35.93 39.48
11.	MARCIOW Jakub		01	WKS I sk Wrocław				<b>5:37.40</b>	340	
	50m:	32.78 32.78	150m:	1:54.99	41.73	250m:	3:25.58	48.30	350m:	4:57.61 42.09
	100m:	1:13.26 40.48	200m:	2:37.28	42.29	300m:	4:15.52	49.94	400m:	5:37.40 39.79

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Konkurencja 6, Chłopców, 400m zmienny, 13-15 lat

Pozycja			Rok ur.					Czas	Pkt.			
12.	ZAREMBA	Jakub	01	WKS	I sk	Wrocław	<b>5:40.08</b>	332				
	50m:	35.52	35.52	150m:	2:01.55	44.09	250m:	3:32.91	48.25	350m:	5:02.53	39.77
	100m:	1:17.46	41.94	200m:	2:44.66	43.11	300m:	4:22.76	49.85	400m:	5:40.08	37.55
13.	HUDYKA	Mieszko	00	UKS	Delfinek	Legnica	<b>5:41.04</b>	329				
	50m:	37.42	37.42	150m:	2:06.40	43.62	250m:	3:39.07	49.33	350m:	5:06.56	37.47
	100m:	1:22.78	45.36	200m:	2:49.74	43.34	300m:	4:29.09	50.02	400m:	5:41.04	34.48
14.	BEŁTOWSKI	Krystian	01	MKS	DZIEWI	TKA Dzier oniów	<b>5:41.48</b>	328				
	50m:	31.09	31.09	150m:	2:00.18	46.75	250m:	3:34.86	51.82	350m:	5:06.15	40.00
	100m:	1:13.43	42.34	200m:	2:43.04	42.86	300m:	4:26.15	51.29	400m:	5:41.48	35.33
15.	WIRASZKA	Mateusz	01	UKS	KORAL	Wrocław	<b>5:44.09</b>	320				
	50m:	35.97	35.97	150m:	2:04.40	45.33	250m:	3:38.49	49.22	350m:	5:06.97	38.33
	100m:	1:19.07	43.10	200m:	2:49.27	44.87	300m:	4:28.64	50.15	400m:	5:44.09	37.12
16.	GREBER	Artur	01	WKS	I sk	Wrocław	<b>5:45.21</b>	317				
	50m:	33.43	33.43	150m:	2:01.10	46.18	250m:	3:33.66	47.07	350m:	5:05.67	42.22
	100m:	1:14.92	41.49	200m:	2:46.59	45.49	300m:	4:23.45	49.79	400m:	5:45.21	39.54
17.	ZALEWSKI	Ronald	01	WKS	I sk	Wrocław	<b>5:56.50</b>	288				
	50m:	36.51	36.51	150m:	2:07.17	46.58	250m:	3:42.13	48.86	350m:	5:14.75	42.63
	100m:	1:20.59	44.08	200m:	2:53.27	46.10	300m:	4:32.12	49.99	400m:	5:56.50	41.75
18.	BALAWAJDER	Kacper	01	WKS	I sk	Wrocław	<b>6:13.17</b>	251				
	50m:	39.84	39.84	150m:	2:17.04	46.26	250m:	3:56.57	53.27	350m:	5:32.28	41.72
	100m:	1:30.78	50.94	200m:	3:03.30	46.26	300m:	4:50.56	53.99	400m:	6:13.17	40.89
19.	GLIWI	SKI Krzysztof	01	UKS	Delfinek	Legnica	<b>6:15.58</b>	246				
	50m:	37.08	37.08	150m:	2:10.40	46.05	250m:	3:53.25	57.57	350m:	5:31.16	42.42
	100m:	1:24.35	47.27	200m:	2:55.68	45.28	300m:	4:48.74	55.49	400m:	6:15.58	44.42

16 lat i starsi

1.	WERTEPNY	Damian	96	UKS	Shark	Rudna	<b>4:34.03</b>	634				
	50m:	29.35	29.35	150m:	1:36.70	34.31	250m:	2:48.57	38.69	350m:	4:01.64	33.12
	100m:	1:02.39	33.04	200m:	2:09.88	33.18	300m:	3:28.52	39.95	400m:	4:34.03	32.39
2.	SALIK	Borys	97	WKS	I sk	Wrocław	<b>4:50.38</b>	533				
	50m:	28.61	28.61	150m:	1:35.83	34.62	250m:	2:56.37	46.47	350m:	4:16.87	34.75
	100m:	1:01.21	32.60	200m:	2:09.90	34.07	300m:	3:42.12	45.75	400m:	4:50.38	33.51