

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2016
Nowa Ruda, 9- - 10-12-2016

Konkurencja 31
2016-12-10 - 13:12

Mężczyźni, 400m dowolny

11 - 50 lat
Wyniki

Punkty: FINA 2016

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. | | |
|-----------------------|---------|-------|---------|---------------------------|-------|-------|---------|----------------|-------|---------|-------|
| Młodzik | | | | | | | | | | | |
| wyniki tymczasowe | | | | | | | | | | | |
| ZAREMBA Adam | | | 05 | WKS I sk Wrocław PO | | | | 5:00.34 | 352 | | |
| 50m: | 33.65 | 33.65 | 150m: | 1:50.40 | 38.21 | 250m: | 3:05.89 | 38.13 | 350m: | 4:22.59 | 38.54 |
| 100m: | 1:12.19 | 38.54 | 200m: | 2:27.76 | 37.36 | 300m: | 3:44.05 | 38.16 | 400m: | 5:00.34 | 37.75 |
| NOWAK Antoni | | | 04 | MKS Juvenia Wrocław DS | | | | 5:10.93 | 318 | | |
| 50m: | 34.14 | 34.14 | 150m: | 1:52.02 | 39.78 | 250m: | 3:11.78 | 39.17 | 350m: | 4:30.81 | 39.71 |
| 100m: | 1:12.24 | 38.10 | 200m: | 2:32.61 | 40.59 | 300m: | 3:51.10 | 39.32 | 400m: | 5:10.93 | 40.12 |
| ECKARDT Jakub | | | 04 | UKS KORAL Wrocław MC | | | | 5:17.69 | 298 | | |
| 50m: | 32.97 | 32.97 | 150m: | 1:53.45 | 41.87 | 250m: | 3:17.19 | 41.72 | 350m: | 4:39.57 | 40.98 |
| 100m: | 1:11.58 | 38.61 | 200m: | 2:35.47 | 42.02 | 300m: | 3:58.59 | 41.40 | 400m: | 5:17.69 | 38.12 |
| WO NY Maksym | | | 05 | KS Just Swim Jelenia Góra | | | | 5:25.50 | 277 | | |
| 50m: | 34.97 | 34.97 | 150m: | 1:58.28 | 41.85 | 250m: | 3:22.92 | 42.80 | 350m: | 4:47.02 | 42.18 |
| 100m: | 1:16.43 | 41.46 | 200m: | 2:40.12 | 41.84 | 300m: | 4:04.84 | 41.92 | 400m: | 5:25.50 | 38.48 |
| Junior Młodszy | | | | | | | | | | | |
| wyniki tymczasowe | | | | | | | | | | | |
| PIOTROWSKI Kacper | | | 01 | WKS I sk Wrocław DP | | | | 4:02.81 | 667 | | |
| 50m: | 28.02 | 28.02 | 150m: | 1:29.27 | 31.12 | 250m: | 2:31.59 | 31.20 | 350m: | 3:33.06 | 30.65 |
| 100m: | 58.15 | 30.13 | 200m: | 2:00.39 | 31.12 | 300m: | 3:02.41 | 30.82 | 400m: | 4:02.81 | 29.75 |
| JACKOWSKI Tomasz | | | 02 | WKS I sk Wrocław PD | | | | 4:08.44 | 623 | | |
| 50m: | 27.28 | 27.28 | 150m: | 1:29.67 | 31.63 | 250m: | 2:33.59 | 31.81 | 350m: | 3:37.63 | 31.64 |
| 100m: | 58.04 | 30.76 | 200m: | 2:01.78 | 32.11 | 300m: | 3:05.99 | 32.40 | 400m: | 4:08.44 | 30.81 |
| JÓ KÓW Cezary | | | 01 | WKS I sk Wrocław DP | | | | 4:11.83 | 598 | | |
| 50m: | 28.58 | 28.58 | 150m: | 1:30.54 | 31.20 | 250m: | 2:34.35 | 32.09 | 350m: | 3:39.54 | 32.56 |
| 100m: | 59.34 | 30.76 | 200m: | 2:02.26 | 31.72 | 300m: | 3:06.98 | 32.63 | 400m: | 4:11.83 | 32.29 |
| CIELECKI Kuba | | | 02 | WKS I sk Wrocław PD | | | | 4:15.48 | 573 | | |
| 50m: | 28.77 | 28.77 | 150m: | 1:32.53 | 32.16 | 250m: | 2:38.12 | 32.98 | 350m: | 3:43.79 | 32.86 |
| 100m: | 1:00.37 | 31.60 | 200m: | 2:05.14 | 32.61 | 300m: | 3:10.93 | 32.81 | 400m: | 4:15.48 | 31.69 |
| ZIELI SKI Konrad | | | 03 | UKS 190 Łódź | | | | 4:15.95 | 570 | | |
| 50m: | 28.65 | 28.65 | 150m: | 1:32.83 | 32.51 | 250m: | 2:39.01 | 33.08 | 350m: | 3:44.47 | 32.86 |
| 100m: | 1:00.32 | 31.67 | 200m: | 2:05.93 | 33.10 | 300m: | 3:11.61 | 32.60 | 400m: | 4:15.95 | 31.48 |
| WO NY Wiktor | | | 01 | UKS Shark Rudna | | | | 4:16.31 | 567 | | |
| 50m: | 28.57 | 28.57 | 150m: | 1:32.01 | 32.16 | 250m: | 2:37.99 | 33.14 | 350m: | 3:44.43 | 33.17 |
| 100m: | 59.85 | 31.28 | 200m: | 2:04.85 | 32.84 | 300m: | 3:11.26 | 33.27 | 400m: | 4:16.31 | 31.88 |
| RYTTER Igor | | | 01 | WKS I sk Wrocław DP | | | | 4:17.08 | 562 | | |
| 50m: | 29.00 | 29.00 | 150m: | 1:33.09 | 32.36 | 250m: | 2:38.97 | 33.13 | 350m: | 3:45.40 | 33.03 |
| 100m: | 1:00.73 | 31.73 | 200m: | 2:05.84 | 32.75 | 300m: | 3:12.37 | 33.40 | 400m: | 4:17.08 | 31.68 |
| GREBER Artur | | | 01 | WKS I sk Wrocław DP | | | | 4:22.09 | 531 | | |
| 50m: | 28.87 | 28.87 | 150m: | 1:34.36 | 33.12 | 250m: | 2:41.71 | 33.90 | 350m: | 3:49.70 | 33.77 |
| 100m: | 1:01.24 | 32.37 | 200m: | 2:07.81 | 33.45 | 300m: | 3:15.93 | 34.22 | 400m: | 4:22.09 | 32.39 |
| ZALEWSKI Ronald | | | 01 | WKS I sk Wrocław DP | | | | 4:29.07 | 490 | | |
| 50m: | 29.69 | 29.69 | 150m: | 1:37.06 | 34.12 | 250m: | 2:46.07 | 34.67 | 350m: | 3:56.43 | 35.25 |
| 100m: | 1:02.94 | 33.25 | 200m: | 2:11.40 | 34.34 | 300m: | 3:21.18 | 35.11 | 400m: | 4:29.07 | 32.64 |

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2016
Nowa Ruda, 9- - 10-12-2016

Konkurencja 31, Chłopców, 400m dowolny, Junior Młodszy

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. | | |
|---------|----------------------|---------------|---------|--------------------------------|-------|-------|---------|----------------|-------|---------|-------|
| | KWAPISZ Arkadiusz | | 01 | UKP MANTA Jelcz-Laskowice | | | | 4:29.18 | 490 | | |
| | 50m: | 29.83 29.83 | 150m: | 1:35.51 | 33.25 | 250m: | 2:44.25 | 34.52 | 350m: | 3:54.59 | 35.29 |
| | 100m: | 1:02.26 32.43 | 200m: | 2:09.73 | 34.22 | 300m: | 3:19.30 | 35.05 | 400m: | 4:29.18 | 34.59 |
| | MALINOWSKI Wojciech | | 03 | MKS Jedynka Łódź | | | | 4:29.43 | 488 | | |
| | 50m: | 31.06 31.06 | 150m: | 1:40.27 | 34.90 | 250m: | 2:50.25 | 34.98 | 350m: | 3:58.12 | 33.96 |
| | 100m: | 1:05.37 34.31 | 200m: | 2:15.27 | 35.00 | 300m: | 3:24.16 | 33.91 | 400m: | 4:29.43 | 31.31 |
| | DOCHNIAK Dawid | | 01 | MKS Juvenia Wrocław RP | | | | 4:32.99 | 470 | | |
| | 50m: | 29.31 29.31 | 150m: | 1:37.83 | 34.74 | 250m: | 2:49.11 | 35.93 | 350m: | 3:59.23 | 34.77 |
| | 100m: | 1:03.09 33.78 | 200m: | 2:13.18 | 35.35 | 300m: | 3:24.46 | 35.35 | 400m: | 4:32.99 | 33.76 |
| | JOCHYMEK Oskar | | 01 | WKS I sk Wrocław DP | | | | 4:33.33 | 468 | | |
| | 50m: | 30.47 30.47 | 150m: | 1:39.04 | 35.12 | 250m: | 2:49.52 | 35.20 | 350m: | 3:59.54 | 34.67 |
| | 100m: | 1:03.92 33.45 | 200m: | 2:14.32 | 35.28 | 300m: | 3:24.87 | 35.35 | 400m: | 4:33.33 | 33.79 |
| | GAWRON Oliwier | | 03 | WKS I sk Wrocław PO | | | | 4:33.69 | 466 | | |
| | 50m: | 30.49 30.49 | 150m: | 1:41.49 | 35.85 | 250m: | 2:50.84 | 33.85 | 350m: | 3:59.93 | 34.79 |
| | 100m: | 1:05.64 35.15 | 200m: | 2:16.99 | 35.50 | 300m: | 3:25.14 | 34.30 | 400m: | 4:33.69 | 33.76 |
| | KNICHAŁ Dominik | | 02 | Klub Pływacki Harpun Osiecznic | | | | 4:34.00 | 464 | | |
| | 50m: | 29.87 29.87 | 150m: | 1:38.83 | 34.56 | 250m: | 2:49.91 | 36.00 | 350m: | 4:00.68 | 35.30 |
| | 100m: | 1:04.27 34.40 | 200m: | 2:13.91 | 35.08 | 300m: | 3:25.38 | 35.47 | 400m: | 4:34.00 | 33.32 |
| | CEBULA Oskar | | 03 | WKS I sk Wrocław PO | | | | 4:35.62 | 456 | | |
| | 50m: | 30.50 30.50 | 150m: | 1:40.92 | 35.52 | 250m: | 2:50.90 | 34.16 | 350m: | 4:01.19 | 35.20 |
| | 100m: | 1:05.40 34.90 | 200m: | 2:16.74 | 35.82 | 300m: | 3:25.99 | 35.09 | 400m: | 4:35.62 | 34.43 |
| | DOROBA Michał | | 02 | WKS I sk Wrocław PD | | | | 4:35.94 | 455 | | |
| | 50m: | 29.66 29.66 | 150m: | 1:33.89 | 32.66 | 250m: | 2:43.20 | 35.16 | 350m: | 3:58.94 | 38.66 |
| | 100m: | 1:01.23 31.57 | 200m: | 2:08.04 | 34.15 | 300m: | 3:20.28 | 37.08 | 400m: | 4:35.94 | 37.00 |
| | KOWALSKI Daniel | | 03 | Mkp Atol Oleśnica | | | | 4:39.60 | 437 | | |
| | 50m: | 31.17 31.17 | 150m: | 1:41.38 | 35.66 | 250m: | 2:53.18 | 36.10 | 350m: | 4:05.29 | 35.94 |
| | 100m: | 1:05.72 34.55 | 200m: | 2:17.08 | 35.70 | 300m: | 3:29.35 | 36.17 | 400m: | 4:39.60 | 34.31 |
| | ADAMCZYK Maksymilian | | 03 | WKS I sk Wrocław PO | | | | 4:42.23 | 425 | | |
| | 50m: | 30.70 30.70 | 150m: | 1:40.94 | 35.82 | 250m: | 2:53.03 | 36.28 | 350m: | 4:06.42 | 36.66 |
| | 100m: | 1:05.12 34.42 | 200m: | 2:16.75 | 35.81 | 300m: | 3:29.76 | 36.73 | 400m: | 4:42.23 | 35.81 |
| | SZYMCZAK Szymon | | 03 | UKS Korale Wrocław RP | | | | 4:46.46 | 406 | | |
| | 50m: | 31.34 31.34 | 150m: | 1:44.17 | 36.89 | 250m: | 2:58.17 | 36.65 | 350m: | 4:11.16 | 36.58 |
| | 100m: | 1:07.28 35.94 | 200m: | 2:21.52 | 37.35 | 300m: | 3:34.58 | 36.41 | 400m: | 4:46.46 | 35.30 |
| | W TROBA Krystian | | 02 | Mks Rokita Brzeg Dolny 2 | | | | 4:48.44 | 398 | | |
| | 50m: | 30.57 30.57 | 150m: | 1:41.37 | 36.41 | 250m: | 2:56.09 | 37.64 | 350m: | 4:12.33 | 38.39 |
| | 100m: | 1:04.96 34.39 | 200m: | 2:18.45 | 37.08 | 300m: | 3:33.94 | 37.85 | 400m: | 4:48.44 | 36.11 |
| | PITYSKI Wiktor | | 03 | WKS I sk Wrocław PO | | | | 4:52.76 | 381 | | |
| | 50m: | 33.92 33.92 | 150m: | 1:49.90 | 37.92 | 250m: | 3:04.57 | 37.04 | 350m: | 4:18.14 | 36.90 |
| | 100m: | 1:11.98 38.06 | 200m: | 2:27.53 | 37.63 | 300m: | 3:41.24 | 36.67 | 400m: | 4:52.76 | 34.62 |
| | LEIMAN Cezary | | 03 | WKS I sk Wrocław PO | | | | 4:55.63 | 370 | | |
| | 50m: | 32.02 32.02 | 150m: | 1:47.35 | 38.38 | 250m: | 3:03.54 | 37.95 | 350m: | 4:19.07 | 37.96 |
| | 100m: | 1:08.97 36.95 | 200m: | 2:25.59 | 38.24 | 300m: | 3:41.11 | 37.57 | 400m: | 4:55.63 | 36.56 |
| | ZACHWIEJA Ignacy | | 03 | KS Warta Poznań W | | | | 4:56.69 | 366 | | |
| | 50m: | 33.65 33.65 | 150m: | 1:47.48 | 37.33 | 250m: | 3:02.99 | 37.77 | 350m: | 4:19.50 | 38.52 |
| | 100m: | 1:10.15 36.50 | 200m: | 2:25.22 | 37.74 | 300m: | 3:40.98 | 37.99 | 400m: | 4:56.69 | 37.19 |

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2016
Nowa Ruda, 9- - 10-12-2016

Konkurencja 31, Chłopców, 400m dowolny, Junior Młodszy

| Pozycja | | | Rok ur. | | | | | | Czas | Pkt. |
|-------------|---------------------------|---------------|-----------|-------------------------------|-------|-------|---------|----------------|------------|---------------|
| | OGORZAŁEK Alan | | 03 | WKS I sk Wrocław PO | | | | 4:56.90 | 365 | |
| | 50m: | 31.59 31.59 | 150m: | 1:46.04 | 37.56 | 250m: | 3:02.37 | 38.38 | 350m: | 4:19.52 38.55 |
| | 100m: | 1:08.48 36.89 | 200m: | 2:23.99 | 37.95 | 300m: | 3:40.97 | 38.60 | 400m: | 4:56.90 37.38 |
| | LEWANDOWSKI Adrian | | 03 | UKS SP 149 Łódź | | | | 5:00.59 | 352 | |
| | 50m: | 33.84 33.84 | 150m: | 1:50.08 | 38.26 | 250m: | 3:06.84 | 38.34 | 350m: | 4:24.23 38.77 |
| | 100m: | 1:11.82 37.98 | 200m: | 2:28.50 | 38.42 | 300m: | 3:45.46 | 38.62 | 400m: | 5:00.59 36.36 |
| Open | | | | | | | | | | |
| 1. | DERE Kacper | | 98 | MKS 9 Dzierżoniów | | | | 3:56.88 | 719 | |
| | 50m: | 27.42 27.42 | 150m: | 1:27.01 | 29.96 | 250m: | 2:27.55 | 30.36 | 350m: | 3:28.19 30.28 |
| | 100m: | 57.05 29.63 | 200m: | 1:57.19 | 30.18 | 300m: | 2:57.91 | 30.36 | 400m: | 3:56.88 28.69 |
| 2. | DUTKOWIAK Wojciech | | 00 | Wks I sk PA | | | | 3:57.22 | 716 | |
| | 50m: | 27.94 27.94 | 150m: | 1:27.95 | 30.20 | 250m: | 2:28.02 | 29.99 | 350m: | 3:28.68 30.36 |
| | 100m: | 57.75 29.81 | 200m: | 1:58.03 | 30.08 | 300m: | 2:58.32 | 30.30 | 400m: | 3:57.22 28.54 |
| 3. | HANO Grzegorz | | 00 | Wks I sk PA | | | | 4:05.70 | 644 | |
| | 50m: | 28.05 28.05 | 150m: | 1:28.89 | 30.71 | 250m: | 2:31.85 | 31.73 | 350m: | 3:34.99 31.17 |
| | 100m: | 58.18 30.13 | 200m: | 2:00.12 | 31.23 | 300m: | 3:03.82 | 31.97 | 400m: | 4:05.70 30.71 |
| 4. | DOMA SKI Gracjan | | 00 | UKS Shark Rudna | | | | 4:06.73 | 636 | |
| | 50m: | 28.02 28.02 | 150m: | 1:29.80 | 31.18 | 250m: | 2:32.58 | 31.42 | 350m: | 3:36.00 31.69 |
| | 100m: | 58.62 30.60 | 200m: | 2:01.16 | 31.36 | 300m: | 3:04.31 | 31.73 | 400m: | 4:06.73 30.73 |
| 5. | K DZIA Piotr | | 00 | MKS Juwenia Wrocław RP | | | | 4:30.09 | 485 | |
| | 50m: | 29.59 29.59 | 150m: | 1:37.11 | 34.14 | 250m: | 2:46.63 | 34.74 | 350m: | 3:56.57 35.07 |
| | 100m: | 1:02.97 33.38 | 200m: | 2:11.89 | 34.78 | 300m: | 3:21.50 | 34.87 | 400m: | 4:30.09 33.52 |