

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

Konkurencja 5
2016-12-09 - 12:00

Mężczyźni, 400m zmienny

11 - 50 lat
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.			
Młodzik												
1.	CALI SKI Aleksy		04	MKS Juvenia Wrocław RP				5:31.49	358			
	50m:	34.41	34.41	150m:	1:57.22	43.03	250m:	3:27.82	48.39	350m:	4:55.36	38.57
	100m:	1:14.19	39.78	200m:	2:39.43	42.21	300m:	4:16.79	48.97	400m:	5:31.49	36.13
2.	MOCHNAL Kacper		05	UKS SP 149 Łódź				5:45.53	316			
	50m:	37.82	37.82	150m:	2:05.89	46.45	250m:	3:41.29	50.30	350m:	5:08.93	37.90
	100m:	1:19.44	41.62	200m:	2:50.99	45.10	300m:	4:31.03	49.74	400m:	5:45.53	36.60
3.	ROGACKI Michał		04	UKS SP 149 Łódź				5:49.37	306			
	50m:	38.48	38.48	150m:	2:09.59	44.74	250m:	3:41.27	48.13	350m:	5:10.85	39.64
	100m:	1:24.85	46.37	200m:	2:53.14	43.55	300m:	4:31.21	49.94	400m:	5:49.37	38.52
4.	JURDA Mikołaj		05	UKS SP 149 Łódź				6:23.06	232			
	50m:	43.80	43.80	150m:			250m:	4:04.10	51.05	350m:		
	100m:	1:35.60	51.80	200m:	3:13.05		300m:	4:55.96	51.86	400m:	6:23.06	

Junior Młodszy

1.	ADAMCZAK Jakub		01	UKS Shark Rudna				4:37.84	608			
	50m:	29.16	29.16	150m:	1:39.58	36.18	250m:	2:53.92	38.38	350m:	4:05.85	33.07
	100m:	1:03.40	34.24	200m:	2:15.54	35.96	300m:	3:32.78	38.86	400m:	4:37.84	31.99
2.	ZAREMBA Jakub		01	WKS I sk Wrocław DP				4:41.91	582			
	50m:	29.74	29.74	150m:	1:40.67	36.87	250m:	2:56.27	38.96	350m:	4:09.78	33.15
	100m:	1:03.80	34.06	200m:	2:17.31	36.64	300m:	3:36.63	40.36	400m:	4:41.91	32.13
3.	WOJCIECHOWSKI Jakub		01	KS Warta Poznań K				4:50.73	531			
	50m:	31.75	31.75	150m:	1:45.31	37.88	250m:	3:03.52	42.43	350m:	4:19.17	33.91
	100m:	1:07.43	35.68	200m:	2:21.09	35.78	300m:	3:45.26	41.74	400m:	4:50.73	31.56
4.	SOLARSKI Antoni		01	KS Warta Poznań K				4:52.37	522			
	50m:	31.02	31.02	150m:	1:44.91	38.84	250m:	3:02.93	39.96	350m:	4:19.14	34.65
	100m:	1:06.07	35.05	200m:	2:22.97	38.06	300m:	3:44.49	41.56	400m:	4:52.37	33.23
5.	MARCIÓW Jakub		01	WKS I sk Wrocław DP				4:56.35	501			
	50m:	29.88	29.88	150m:	1:41.71	37.27	250m:	3:01.73	43.58	350m:	4:21.14	35.33
	100m:	1:04.44	34.56	200m:	2:18.15	36.44	300m:	3:45.81	44.08	400m:	4:56.35	35.21
6.	GREBER Artur		01	WKS I sk Wrocław DP				4:56.71	500			
	50m:	29.84	29.84	150m:	1:45.98	41.06	250m:	3:05.45	39.94	350m:	4:22.68	35.99
	100m:	1:04.92	35.08	200m:	2:25.51	39.53	300m:	3:46.69	41.24	400m:	4:56.71	34.03
7.	KWAPISZ Arkadiusz		01	UKP MANTA Jelcz-Laskowice				4:57.70	495			
	50m:	30.87	30.87	150m:	1:44.46	37.91	250m:	3:05.49	43.95	350m:	4:24.89	35.06
	100m:	1:06.55	35.68	200m:	2:21.54	37.08	300m:	3:49.83	44.34	400m:	4:57.70	32.81
8.	GAWRON Oliwier		03	WKS I sk Wrocław PO				4:59.44	486			
	50m:	30.28	30.28	150m:	1:45.80	39.02	250m:	3:06.09	42.31	350m:	4:25.28	35.42
	100m:	1:06.78	36.50	200m:	2:23.78	37.98	300m:	3:49.86	43.77	400m:	4:59.44	34.16
9.	JOCHYMEK Oskar		01	WKS I sk Wrocław DP				5:02.03	474			
	50m:	31.33	31.33	150m:	1:45.65	37.48	250m:	3:06.43	43.77	350m:	4:25.22	35.15
	100m:	1:08.17	36.84	200m:	2:22.66	37.01	300m:	3:50.07	43.64	400m:	5:02.03	36.81

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

Konkurencja 5, Chłopców, 400m zmienny, Junior Młodszy

Pozycja			Rok ur.					Czas	Pkt.			
10.	ZALEWSKI Ronald		01	WKS I sk Wrocław DP				5:05.00	460			
	50m:	30.78	30.78	150m:	1:48.83	41.57	250m:	3:10.40	42.09	350m:	4:30.08	36.23
	100m:	1:07.26	36.48	200m:	2:28.31	39.48	300m:	3:53.85	43.45	400m:	5:05.00	34.92
11.	SZNAJDER Filip		01	WKS I sk Wrocław DP				5:07.72	448			
	50m:	31.97	31.97	150m:	1:47.64	37.57	250m:	3:09.76	45.07	350m:	4:32.02	36.46
	100m:	1:10.07	38.10	200m:	2:24.69	37.05	300m:	3:55.56	45.80	400m:	5:07.72	35.70
12.	CEBULA Oskar		03	WKS I sk Wrocław PO				5:07.87	447			
	50m:	33.07	33.07	150m:	1:51.19	39.86	250m:	3:12.81	42.23	350m:	4:33.04	36.75
	100m:	1:11.33	38.26	200m:	2:30.58	39.39	300m:	3:56.29	43.48	400m:	5:07.87	34.83
13.	BURYŁO Krzysztof		01	KS Warta Pozna K				5:12.60	427			
	50m:	30.42	30.42	150m:	1:49.49	42.98	250m:	3:13.46	43.34	350m:	4:36.41	37.58
	100m:	1:06.51	36.09	200m:	2:30.12	40.63	300m:	3:58.83	45.37	400m:	5:12.60	36.19
14.	DOPIERAŁA Tytus		03	KS Warta Pozna GP				5:14.40	420			
	50m:	31.26	31.26	150m:	1:51.30	41.98	250m:	3:16.78	44.02	350m:	4:39.91	36.81
	100m:	1:09.32	38.06	200m:	2:32.76	41.46	300m:	4:03.10	46.32	400m:	5:14.40	34.49
15.	LEIMAN Cezary		03	WKS I sk Wrocław PO				5:14.49	419			
	50m:	35.43	35.43	150m:	1:56.47	41.68	250m:	3:20.75	44.37	350m:	4:40.66	34.71
	100m:	1:14.79	39.36	200m:	2:36.38	39.91	300m:	4:05.95	45.20	400m:	5:14.49	33.83
16.	K DZIERSKI Tomasz		03	UKS 190 Łódź				5:14.76	418			
	50m:	31.88	31.88	150m:	1:51.28	41.40	250m:	3:15.89	44.55	350m:	4:39.01	37.23
	100m:	1:09.88	38.00	200m:	2:31.34	40.06	300m:	4:01.78	45.89	400m:	5:14.76	35.75
17.	PITY SKI Wiktor		03	WKS I sk Wrocław PO				5:15.96	414			
	50m:	36.41	36.41	150m:	1:57.29	39.31	250m:	3:20.22	44.63	350m:	4:41.49	36.66
	100m:	1:17.98	41.57	200m:	2:35.59	38.30	300m:	4:04.83	44.61	400m:	5:15.96	34.47
18.	LESICKI Piotr		02	KS Warta Pozna GP				5:17.21	409			
	50m:	30.67	30.67	150m:	1:48.86	41.16	250m:	3:17.02	47.03	350m:	4:40.22	36.08
	100m:	1:07.70	37.03	200m:	2:29.99	41.13	300m:	4:04.14	47.12	400m:	5:17.21	36.99
19.	SIENKIEWICZ Dawid		01	WKS I sk Wrocław DP				5:17.24	409			
	50m:	31.94	31.94	150m:	1:51.67	40.94	250m:	3:15.94	43.58	350m:	4:40.57	38.69
	100m:	1:10.73	38.79	200m:	2:32.36	40.69	300m:	4:01.88	45.94	400m:	5:17.24	36.67
20.	JACHYM Maciej		03	Ks Rekin wiebodzice				5:23.40	386			
	50m:	33.69	33.69	150m:	1:55.53	41.67	250m:	3:21.22	44.35	350m:	4:45.92	39.13
	100m:	1:13.86	40.17	200m:	2:36.87	41.34	300m:	4:06.79	45.57	400m:	5:23.40	37.48
21.	SOBIECH Szymon		03	UKS SP 149 Łódź				5:33.94	350			
	50m:	35.91	35.91	150m:	2:00.42	41.27	250m:	3:29.48	48.43	350m:	4:55.89	38.49
	100m:	1:19.15	43.24	200m:	2:41.05	40.63	300m:	4:17.40	47.92	400m:	5:33.94	38.05
22.	BIELAWSKI Jakub		02	Mkp Atol Ole nica				5:43.22	323			
	50m:	35.93	35.93	150m:	2:01.21	43.79	250m:	3:33.53	48.90	350m:	5:05.32	40.07
	100m:	1:17.42	41.49	200m:	2:44.63	43.42	300m:	4:25.25	51.72	400m:	5:43.22	37.90

Open

1.	GAWRON Oskar		99	Wks I sk PA				4:34.68	630			
	50m:	29.20	29.20	150m:	1:37.48	34.99	250m:	2:50.28	37.95	350m:	4:02.14	33.24
	100m:	1:02.49	33.29	200m:	2:12.33	34.85	300m:	3:28.90	38.62	400m:	4:34.68	32.54

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

Konkurencja 5, Mężczyźni, 400m zmienny, Open

Pozycja				Rok ur.					Czas	Pkt.		
2.	DOMINIAK Kacper				00	Wks I sk PA				4:44.43	567	
	50m:	29.99	29.99	150m:	1:41.04	36.60	250m:	2:59.34	42.21	350m:	4:13.93	31.95
	100m:	1:04.44	34.45	200m:	2:17.13	36.09	300m:	3:41.98	42.64	400m:	4:44.43	30.50
3.	SŁOMI SKI Sebastian				00	Ks Rekin wiebodzice				4:50.95	530	
	50m:	29.59	29.59	150m:	1:39.48	35.63	250m:	2:58.21	43.39	350m:	4:17.06	34.79
	100m:	1:03.85	34.26	200m:	2:14.82	35.34	300m:	3:42.27	44.06	400m:	4:50.95	33.89