

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2017
Nowa Ruda, 8. - 9.12.2017

Konkurencja 26
2017.12.09 - 9:52

Mężczyźni, 400m dowolny

11 - 50 lat
Wyniki

Top Times	DOZP akt 2014-12-04 Open	3:40.57	KLICH Kacper	00601	Lublin	2015.12.17
Top Times	DOZP akt 2014-12-04 - 11	4:55.59	KIEŁCZEWSKI Amadeusz	00601	Nowa Ruda	2011.11.26
Top Times	DOZP akt 2014-12-04 12	4:36.41	SZUBA Michał	00601	Gorzów	2005.11.19
Top Times	DOZP akt 2014-12-04 13	4:15.60	ZONIUK Maciej	00601	Nowa Ruda - Słupiec	2007.12.15
Top Times	DOZP akt 2014-12-04 14	3:59.77	ZONIUK Maciej	00601	Saint Dizier (FRA)	2008.11.15
Top Times	DOZP akt 2014-12-04 15	3:54.17	KU WIK Maciej	00601	Poznań	2011.12.15
Top Times	DOZP akt 2014-12-04 16	3:51.19	KU WIK Maciej	00601	Debica	2012.03.17
Top Times	DOZP akt 2014-12-04 17	3:45.41	KU WIK Maciej	00601	Ostrowiec Sw	2013.12.19
Top Times	DOZP akt 2014-12-04 18	3:46.88	SZUBA Michał	00601	Poznań	2011.12.15
Top Times	DOZP akt 2014-12-04 19 +	3:40.57	KLICH Kacper	00601	Lublin	2015.12.17

Punkty: FINA 2016

Pozycja Rok ur. Czas Pkt.

11 lat

1.	KADEJ Bartosz	06	MKS Juvenia Wrocław	5:38.86	245
	50m: 36.58 36.58	150m: 2:04.63 44.78	250m: 3:33.21 43.84	350m: 4:59.59 42.80	
	100m: 1:19.85 43.27	200m: 2:49.37 44.74	300m: 4:16.79 43.58	400m: 5:38.86 39.27	
2.	KOWALIK Wiktor	06	Neptun widnica	6:13.52	183
	50m: 39.19 39.19	150m: 2:13.17 47.72	250m: 3:50.91 49.01	350m: 5:28.55 48.79	
	100m: 1:25.45 46.26	200m: 3:01.90 48.73	300m: 4:39.76 48.85	400m: 6:13.52 44.97	
3.	KOŁODZIEJ Mikołaj	06	Atol Ole nica	6:26.73	165
	50m: 36.71 36.71	150m: 2:12.66 49.53	250m: 3:52.99 51.10	350m: 5:35.68 51.38	
	100m: 1:23.13 46.42	200m: 3:01.89 49.23	300m: 4:44.30 51.31	400m: 6:26.73 51.05	
4.	WŁODARCZYK Alex	06	ZRYW Opole	7:23.87	109
	50m: 46.31 46.31	150m: 2:40.37 57.97	250m:	350m: 6:30.70	
	100m: 1:42.40 56.09	200m: 3:37.70 57.33	300m:	400m: 7:23.87 53.17	

12 - 13 lat

1.	CALI SKI Aleksy	04	MKS Juvenia Wrocław	4:29.59	488
	50m: 29.83 29.83	150m: 1:36.42 33.55	250m: 2:45.90 35.33	350m: 3:56.41 34.99	
	100m: 1:02.87 33.04	200m: 2:10.57 34.15	300m: 3:21.42 35.52	400m: 4:29.59 33.18	
2.	WRABEC Szymon	04	MANTA Jelcz-Laskowice	4:38.28	443
	50m: 30.35 30.35	150m: 1:40.16 35.13	250m: 2:51.27 35.48	350m: 4:03.64 36.26	
	100m: 1:05.03 34.68	200m: 2:15.79 35.63	300m: 3:27.38 36.11	400m: 4:38.28 34.64	
3.	ZAREMBA Adam	05	I sk Wrocław	4:39.91	436
	50m: 31.57 31.57	150m: 1:42.72 35.79	250m: 2:54.49 35.24	350m: 4:06.08 35.99	
	100m: 1:06.93 35.36	200m: 2:19.25 36.53	300m: 3:30.09 35.60	400m: 4:39.91 33.83	
4.	NOWAK Antoni	04	MKS Juvenia Wrocław	4:46.61	406
	50m: 31.88 31.88	150m: 1:43.11 36.14	250m: 2:55.93 36.25	350m: 4:09.86 37.47	
	100m: 1:06.97 35.09	200m: 2:19.68 36.57	300m: 3:32.39 36.46	400m: 4:46.61 36.75	
5.	SOBIECHOWSKI Filip	04	Shark Rudna	4:47.74	401
	50m: 30.03 30.03	150m: 1:41.77 37.29	250m: 2:56.34 37.71	350m: 4:11.66 37.68	
	100m: 1:04.48 34.45	200m: 2:18.63 36.86	300m: 3:33.98 37.64	400m: 4:47.74 36.08	
6.	KOCIK Karol	04	7 Zdrój Trzebnica	4:51.05	387
	50m: 32.87 32.87	150m: 1:46.64 37.16	250m: 3:01.46 37.35	350m: 4:16.83 37.35	
	100m: 1:09.48 36.61	200m: 2:24.11 37.47	300m: 3:39.48 38.02	400m: 4:51.05 34.22	

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2017
Nowa Ruda, 8. - 9.12.2017

Konkurencja 26, Chłopców, 400m dowolny, 12 - 13 lat

Pozycja			Rok ur.					Czas	Pkt.			
7.	RYTKOWSKI Alex		05	Atol Oleśnica				5:06.10	333			
	50m:	32.34	32.34	150m:	1:49.09	39.80	250m:	3:08.99	39.31	350m:	4:30.08	40.38
	100m:	1:09.29	36.95	200m:	2:29.68	40.59	300m:	3:49.70	40.71	400m:	5:06.10	36.02
8.	WOJNY Maksym		05	Just Swim Jelenia Góra				5:07.67	328			
	50m:	33.38	33.38	150m:	1:50.51	39.12	250m:	3:10.61	39.77	350m:	4:29.25	39.20
	100m:	1:11.39	38.01	200m:	2:30.84	40.33	300m:	3:50.05	39.44	400m:	5:07.67	38.42
9.	FRANKOWSKI Miłosz		05	MKS Juwenia Wrocław				5:12.21	314			
	50m:	34.01	34.01	150m:	1:53.11	40.44	250m:	3:14.83	40.95	350m:	4:35.56	39.81
	100m:	1:12.67	38.66	200m:	2:33.88	40.77	300m:	3:55.75	40.92	400m:	5:12.21	36.65
10.	LECH Mateusz		05	UKS KORAL Wrocław				5:13.07	311			
	50m:	34.51	34.51	150m:	1:53.19	40.13	250m:	3:13.49	40.09	350m:	4:35.24	40.94
	100m:	1:13.06	38.55	200m:	2:33.40	40.21	300m:	3:54.30	40.81	400m:	5:13.07	37.83
11.	GÓROWSKI Cezary		04	ZRYW Opole				5:13.36	310			
	50m:	33.96	33.96	150m:	1:52.02	39.96	250m:	3:14.88	40.48	350m:	4:34.71	40.66
	100m:	1:12.06	38.10	200m:	2:34.40	42.38	300m:	3:54.05	39.17	400m:	5:13.36	38.65
12.	CEMBALA Karol		05	MANTA Jelcz-Laskowice				5:15.16	305			
	50m:	34.67	34.67	150m:	1:55.70	40.62	250m:	3:16.71	40.24	350m:	4:37.06	39.78
	100m:	1:15.08	40.41	200m:	2:36.47	40.77	300m:	3:57.28	40.57	400m:	5:15.16	38.10
13.	WIERZBICKI Igor		05	MANTA Jelcz-Laskowice				5:18.83	295			
	50m:	36.16	36.16	150m:	1:56.31	40.78	250m:	3:19.83	41.58	350m:	4:41.43	40.05
	100m:	1:15.53	39.37	200m:	2:38.25	41.94	300m:	4:01.38	41.55	400m:	5:18.83	37.40
14.	WALCZYŃSKI Maksymilian		04	I sk Wrocław				5:19.67	292			
	50m:	34.42	34.42	150m:	1:54.46	40.22	250m:	3:16.50	41.01	350m:	4:38.82	41.18
	100m:	1:14.24	39.82	200m:	2:35.49	41.03	300m:	3:57.64	41.14	400m:	5:19.67	40.85
15.	MOJŻYCH Bartłomiej		04	MKS Juwenia Wrocław				5:21.54	287			
	50m:	35.28	35.28	150m:	1:57.87	42.10	250m:	3:20.38	41.63	350m:	4:43.08	41.20
	100m:	1:15.77	40.49	200m:	2:38.75	40.88	300m:	4:01.88	41.50	400m:	5:21.54	38.46
16.	SKLIŃSKI Wiktor		04	I sk Wrocław				5:21.87	286			
	50m:	35.10	35.10	150m:	1:56.77	41.12	250m:	3:20.88	42.26	350m:	4:44.45	41.47
	100m:	1:15.65	40.55	200m:	2:38.62	41.85	300m:	4:02.98	42.10	400m:	5:21.87	37.42
17.	KARKULOWSKI Jan		05	MKS Juwenia Wrocław				5:25.19	278			
	50m:	35.25	35.25	150m:	1:56.38	41.19	250m:	3:20.44	41.85	350m:	4:42.97	41.03
	100m:	1:15.19	39.94	200m:	2:38.59	42.21	300m:	4:01.94	41.50	400m:	5:25.19	42.22
18.	BLACHETA Pascal		04	"HS" Team Kłodzko				5:25.78	276			
	50m:	32.49	32.49	150m:	1:52.01	41.31	250m:	3:17.16	42.70	350m:	4:43.99	43.60
	100m:	1:10.70	38.21	200m:	2:34.46	42.45	300m:	4:00.39	43.23	400m:	5:25.78	41.79
19.	SAWICKI Michał		04	I sk Wrocław				5:25.92	276			
	50m:	35.85	35.85	150m:	1:59.09	40.67	250m:	3:21.80	41.67	350m:	4:45.25	41.82
	100m:	1:18.42	42.57	200m:	2:40.13	41.04	300m:	4:03.43	41.63	400m:	5:25.92	40.67
20.	KOŁODYŃSKI Dawid		04	MKS Juwenia Wrocław				5:26.33	275			
	50m:	34.88	34.88	150m:	1:59.44	42.76	250m:	3:24.33	42.93	350m:	4:47.93	41.47
	100m:	1:16.68	41.80	200m:	2:41.40	41.96	300m:	4:06.46	42.13	400m:	5:26.33	38.40
21.	FAŁKOWSKI Wiktor		04	I sk Wrocław				5:26.37	275			
	50m:	37.07	37.07	150m:	2:02.40	43.14	250m:	3:26.39	41.57	350m:	4:48.49	40.21
	100m:	1:19.26	42.19	200m:	2:44.82	42.42	300m:	4:08.28	41.89	400m:	5:26.37	37.88

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2017
Nowa Ruda, 8. - 9.12.2017

Konkurencja 26, Chłopców, 400m dowolny, 12 - 13 lat

Pozycja			Rok ur.						Czas	Pkt.		
22.	RUSIN Hubert		05		I sk Wrocław				5:27.34	272		
	50m:	35.49	35.49	150m:	1:59.41	42.32	250m:	3:24.22	42.08	350m:	4:45.91	40.21
	100m:	1:17.09	41.60	200m:	2:42.14	42.73	300m:	4:05.70	41.48	400m:	5:27.34	41.43
23.	SZCZEPANIAK Maciej		05		UKS KORAL Wrocław				5:28.53	269		
	50m:	35.02	35.02	150m:	1:58.33	42.30	250m:	3:22.91	42.74	350m:	4:48.22	42.12
	100m:	1:16.03	41.01	200m:	2:40.17	41.84	300m:	4:06.10	43.19	400m:	5:28.53	40.31
24.	BUKAŁA Michał		05		MKS Juvenia Wrocław				5:33.53	257		
	50m:	35.32	35.32	150m:	2:00.04	43.32	250m:	3:27.08	43.43	350m:	4:53.47	43.16
	100m:	1:16.72	41.40	200m:	2:43.65	43.61	300m:	4:10.31	43.23	400m:	5:33.53	40.06
25.	SZCZYGIEŁ Oskar		05		UKS KORAL Wrocław				5:34.53	255		
	50m:	35.64	35.64	150m:	2:01.25	43.60	250m:	3:29.16	44.23	350m:	4:55.45	42.51
	100m:	1:17.65	42.01	200m:	2:44.93	43.68	300m:	4:12.94	43.78	400m:	5:34.53	39.08
26.	CALI SKI Alan		05		MKS Juvenia Wrocław				5:36.86	250		
	50m:	37.10	37.10	150m:	2:02.44	43.41	250m:	3:30.45	44.27	350m:	4:57.68	43.27
	100m:	1:19.03	41.93	200m:	2:46.18	43.74	300m:	4:14.41	43.96	400m:	5:36.86	39.18
27.	MARCINKOWSKI Adam		05		MKS Juvenia Wrocław				5:40.73	241		
	50m:	36.47	36.47	150m:	2:03.18	44.19	250m:	3:31.77	44.36	350m:	4:57.29	42.14
	100m:	1:18.99	42.52	200m:	2:47.41	44.23	300m:	4:15.15	43.38	400m:	5:40.73	43.44
28.	KUCHARSKI Bartłomiej		05		WANKAN Legnica				5:43.63	235		
	50m:	38.21	38.21	150m:	2:05.77	44.63	250m:	3:34.76	44.65	350m:	5:05.15	45.39
	100m:	1:21.14	42.93	200m:	2:50.11	44.34	300m:	4:19.76	45.00	400m:	5:43.63	38.48
29.	ORMAN Tomasz		05		UKS KORAL Wrocław				5:48.33	226		
	50m:	36.28	36.28	150m:	2:00.90	43.30	250m:	3:27.74	44.28	350m:	4:53.64	40.75
	100m:	1:17.60	41.32	200m:	2:43.46	42.56	300m:	4:12.89	45.15	400m:	5:48.33	54.69
30.	MALEC Michał		05		MKS Juvenia Wrocław				5:52.60	218		
	50m:	38.65	38.65	150m:	2:08.81	45.31	250m:	3:40.05	45.66	350m:	5:09.72	45.17
	100m:	1:23.50	44.85	200m:	2:54.39	45.58	300m:	4:24.55	44.50	400m:	5:52.60	42.88
31.	MENDEL Łukasz		05		UKS KORAL Wrocław				6:02.23	201		
	50m:	39.31	39.31	150m:	2:12.01	46.68	250m:	3:44.36	46.09	350m:	5:15.05	44.52
	100m:	1:25.33	46.02	200m:	2:58.27	46.26	300m:	4:30.53	46.17	400m:	6:02.23	47.18

14 - 15 lat

1.	JACKOWSKI Tomasz		02		WKS I sk Wrocław				4:00.90	683		
	50m:	26.49	26.49	150m:	1:25.62	30.29	250m:	2:27.19	30.82	350m:	3:29.94	31.41
	100m:	55.33	28.84	200m:	1:56.37	30.75	300m:	2:58.53	31.34	400m:	4:00.90	30.96
2.	DOROBA Michał		02		WKS I sk Wrocław				4:13.43	587		
	50m:	28.06	28.06	150m:	1:29.94	31.35	250m:	2:34.92	32.70	350m:	3:41.31	33.30
	100m:	58.59	30.53	200m:	2:02.22	32.28	300m:	3:08.01	33.09	400m:	4:13.43	32.12
3.	GAWRON Oliwier		03		WKS I sk Wrocław				4:18.26	555		
	50m:	29.05	29.05	150m:	1:34.32	32.95	250m:	2:40.49	32.94	350m:	3:46.51	32.90
	100m:	1:01.37	32.32	200m:	2:07.55	33.23	300m:	3:13.61	33.12	400m:	4:18.26	31.75
4.	KOWALSKI Daniel		03		Atol Ole nica				4:26.70	504		
	50m:	29.03	29.03	150m:	1:36.59	34.51	250m:	2:44.56	33.92	350m:	3:53.07	34.20
	100m:	1:02.08	33.05	200m:	2:10.64	34.05	300m:	3:18.87	34.31	400m:	4:26.70	33.63

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2017
Nowa Ruda, 8. - 9.12.2017

Konkurencja 26, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja		Rok ur.						Czas	Pkt.
5.	ADAMCZYK Maksymilian	03	WKS I sk Wrocław					4:32.15	474
	50m: 30.01 30.01		150m: 1:38.30	34.85	250m: 2:48.48	34.91	350m: 3:58.31	34.83	
	100m: 1:03.45 33.44		200m: 2:13.57	35.27	300m: 3:23.48	35.00	400m: 4:32.15	33.84	
6.	SZYMCZAK Szymon	03	MKS Juvenia Wrocław					4:34.12	464
	50m: 29.22 29.22		150m: 1:36.84	34.67	250m: 2:47.28	35.38	350m: 3:59.46	35.66	
	100m: 1:02.17 32.95		200m: 2:11.90	35.06	300m: 3:23.80	36.52	400m: 4:34.12	34.66	
7.	OGORZAŁEK Alan	03	WKS I sk Wrocław					4:36.83	450
	50m: 29.87 29.87		150m: 1:39.30	35.28	250m: 2:50.34	35.45	350m: 4:02.25	35.93	
	100m: 1:04.02 34.15		200m: 2:14.89	35.59	300m: 3:26.32	35.98	400m: 4:36.83	34.58	
8.	WOROBIEC Daniel	03	Neptun widnica					4:40.47	433
	50m: 30.60 30.60		150m: 1:42.39	36.67	250m: 2:57.01	37.56	350m: 4:07.54	34.82	
	100m: 1:05.72 35.12		200m: 2:19.45	37.06	300m: 3:32.72	35.71	400m: 4:40.47	32.93	
9.	TOKARSKI Stanisław	02	Rekin wiebodzice					4:40.75	432
	50m: 30.18 30.18		150m: 1:40.60	35.96	250m: 2:53.89	36.75	350m: 4:06.41	36.11	
	100m: 1:04.64 34.46		200m: 2:17.14	36.54	300m: 3:30.30	36.41	400m: 4:40.75	34.34	
10.	LIWI SKI Robert	03	WANKAN Legnica					4:40.92	431
	50m: 29.72 29.72		150m: 1:37.85	34.85	250m: 2:50.08	36.49	350m: 4:05.04	37.55	
	100m: 1:03.00 33.28		200m: 2:13.59	35.74	300m: 3:27.49	37.41	400m: 4:40.92	35.88	
11.	DYWAN Miłosz	03	WKS I sk Wrocław					5:00.50	352
	50m: 31.64 31.64		150m: 1:46.73	38.57	250m: 3:03.47	38.66	350m: 4:22.61	39.46	
	100m: 1:08.16 36.52		200m: 2:24.81	38.08	300m: 3:43.15	39.68	400m: 5:00.50	37.89	
12.	MAŁACZY SKI Jakub	03	WKS I sk Wrocław					5:12.38	313
	50m: 36.58 36.58		150m: 1:55.51	39.57	250m: 3:14.97	39.07	350m: 4:33.97	39.62	
	100m: 1:15.94 39.36		200m: 2:35.90	40.39	300m: 3:54.35	39.38	400m: 5:12.38	38.41	
13.	PIETRZYK Maciej	03	WANKAN Legnica					5:49.14	224
	50m: 34.24 34.24		150m: 1:59.42	44.46	250m: 3:32.48	47.15	350m: 5:06.97	48.05	
	100m: 1:14.96 40.72		200m: 2:45.33	45.91	300m: 4:18.92	46.44	400m: 5:49.14	42.17	

16 lat i starsi

1.	JURA Maciej	96	WKS I sk Wrocław					3:58.09	708
	50m: 27.64 27.64		150m: 1:26.64	29.71	250m: 2:27.72	30.83	350m: 3:28.88	30.01	
	100m: 56.93 29.29		200m: 1:56.89	30.25	300m: 2:58.87	31.15	400m: 3:58.09	29.21	
2.	DERE Kacper	98	9 Dzierżoniów					3:58.54	704
	50m: 27.35 27.35		150m: 1:26.60	29.95	250m: 2:27.22	30.49	350m: 3:28.94	30.90	
	100m: 56.65 29.30		200m: 1:56.73	30.13	300m: 2:58.04	30.82	400m: 3:58.54	29.60	
3.	WEBER Albert	01	MKS Juvenia Wrocław					4:15.93	570
	50m: 28.31 28.31		150m: 1:31.93	32.40	250m: 2:37.66	33.00	350m: 3:43.87	32.92	
	100m: 59.53 31.22		200m: 2:04.66	32.73	300m: 3:10.95	33.29	400m: 4:15.93	32.06	
4.	WOŃNY Wiktor	01	Shark Rudna					4:16.32	567
	50m: 29.13 29.13		150m: 1:34.36	33.11	250m: 2:42.51	34.24	350m: 3:46.33	32.00	
	100m: 1:01.25 32.12		200m: 2:08.27	33.91	300m: 3:14.33	31.82	400m: 4:16.32	29.99	

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2017
Nowa Ruda, 8. - 9.12.2017

Konkurencja 26, Mężczyźni, 400m dowolny

PK CEBULA Oskar			03	WKS I sk Wrocław				4:29.47	488
50m:	29.79	29.79	150m:	1:37.32	34.13	250m:	2:46.61	34.35	350m: 3:55.26 34.44
100m:	1:03.19	33.40	200m:	2:12.26	34.94	300m:	3:20.82	34.21	400m: 4:29.47 34.21
PK PITYSKI Wiktor			03	WKS I sk Wrocław				4:30.67	482
50m:	30.15	30.15	150m:	1:37.74	34.21	250m:	2:47.14	34.70	350m: 3:57.47 35.19
100m:	1:03.53	33.38	200m:	2:12.44	34.70	300m:	3:22.28	35.14	400m: 4:30.67 33.20
PK LEIMAN Cezary			03	WKS I sk Wrocław				4:41.95	426
50m:	31.17	31.17	150m:	1:41.86	36.08	250m:	2:55.31	36.41	350m: 4:07.16 35.14
100m:	1:05.78	34.61	200m:	2:18.90	37.04	300m:	3:32.02	36.71	400m: 4:41.95 34.79