

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2018  
Nowa Ruda, 7. - 8.12.2018

Konkurencja 26  
2018.12.08 - 9:53

Mężczyźni, 400m dowolny

11 - 50 lat  
Wyniki

Top Times	DOZP akt 2018-12-04 Open	3:40.57	KLICH Kacper	00601	Lublin	2015.12.17
Top Times	DOZP akt 2018-12-04 19 +	3:40.57	KLICH Kacper	00601	Lublin	2015.12.17
Top Times	DOZP akt 2018-12-04 18	3:46.88	SZUBA Michał	00601	Poznan	2011.12.15
Top Times	DOZP akt 2018-12-04 17	3:45.41	KU WIK Maciej	00601	Ostrowiec Sw	2013.12.19
Top Times	DOZP akt 2018-12-04 16	3:51.19	KU WIK Maciej	00601	Debica	2012.03.17
Top Times	DOZP akt 2018-12-04 5	3:54.17	KU WIK Maciej	00601	Poznan	2011.12.15
Top Times	DOZP akt 2018-12-04 4	3:59.77	ZONIUK Maciej	00601	Saint Dizier (FRA)	2008.11.15
Top Times	DOZP akt 2018-12-04 3	4:15.60	ZONIUK Maciej	00601	Nowa Ruda - Slupiec	2007.12.15
Top Times	DOZP akt 2018-12-04 2	4:36.41	SZUBA Michał	00601	Gorzow	2005.11.19
Top Times	DOZP akt 2018-12-04 - 11	4:55.59	KIEŁCZEWSKI Amadeusz	00601	Nowa Ruda	2011.11.26

Punkty: FINA 2018

Pozycja	Rok ur.	Czas	Pkt.		
<b>11 lat</b>					
1.	JASTRZBSKI Szymon	07	Koral Wrocław	<b>6:03.58</b>	198
	50m: 36.09 36.09	150m:	250m:	350m: 5:18.59	
	100m:	200m:	300m:	400m: 6:03.58	44.99
2.	BUCHLA Michał	07	Koral Wrocław	<b>6:11.82</b>	186
	50m: 41.16 41.16	150m: 2:16.77	47.94 250m: 3:52.76	47.09 350m:	
	100m: 1:28.83 47.67	200m: 3:05.67	48.90 300m: 4:42.39	49.63 400m: 6:11.82	
<b>12 lat</b>					
1.	PEPŁOWSKI Jan	06	lask Wrocław	<b>5:09.13</b>	323
	50m: 32.40 32.40	150m:	250m:	350m:	
	100m: 1:09.61 37.21	200m: 2:33.33	300m: 3:52.57	400m: 5:09.13	
2.	GRUDZISKI Karol	06	Koral Wrocław	<b>5:12.27</b>	314
	50m: 32.58 32.58	150m: 1:51.45	40.33 250m: 3:13.29	40.81 350m: 4:33.02	38.99
	100m: 1:11.12 38.54	200m: 2:32.48	41.03 300m: 3:54.03	40.74 400m: 5:12.27	39.25
3.	NOWAK Oskar	06	Juvenia Wrocław	<b>5:21.80</b>	286
	50m: 35.92 35.92	150m: 1:57.43	41.01 250m: 3:20.67	41.87 350m: 4:43.91	40.64
	100m: 1:16.42 40.50	200m: 2:38.80	41.37 300m: 4:03.27	42.60 400m: 5:21.80	37.89
4.	KOWALIK Wiktor	06	Neptun widnica	<b>5:24.07</b>	280
	50m: 35.97 35.97	150m: 1:56.90	40.92 250m: 3:20.60	41.77 350m: 4:44.65	41.80
	100m: 1:15.98 40.01	200m: 2:38.83	41.93 300m: 4:02.85	42.25 400m: 5:24.07	39.42
5.	KOBUSZYSKI Jakub	06	MANTA Jelcz-Laskowice	<b>5:42.44</b>	238
	50m: 36.99 36.99	150m: 2:03.29	43.96 250m: 3:32.47	45.01 350m: 5:01.53	44.63
	100m: 1:19.33 42.34	200m: 2:47.46	44.17 300m: 4:16.90	44.43 400m: 5:42.44	40.91
6.	BANCEWICZ Bartosz	06	Just Swim Jelenia Góra	<b>5:58.07</b>	208
	50m: 36.82 36.82	150m: 2:07.08	46.19 250m: 3:40.68	46.58 350m: 5:15.49	47.24
	100m: 1:20.89 44.07	200m: 2:54.10	47.02 300m: 4:28.25	47.57 400m: 5:58.07	42.58
7.	MALINOWSKI Paweł	06	Koral Wrocław	<b>6:09.62</b>	189
	50m: 39.80 39.80	150m: 2:07.84	250m:	350m:	
	100m:	200m: 2:52.72	44.88 300m:	400m: 6:09.62	
8.	OSTROWSKI Michał	06	WANKAN Legnica	<b>6:19.94</b>	174
	50m: 41.21 41.21	150m: 2:16.32	48.64 250m: 3:55.84	50.00 350m: 5:35.78	49.99
	100m: 1:27.68 46.47	200m: 3:05.84	49.52 300m: 4:45.79	49.95 400m: 6:19.94	44.16
9.	MŁODNICKI Adam	06	Jedenastka Jelenia Góra	<b>6:34.98</b>	155
	50m: 39.68 39.68	150m: 2:18.61	50.17 250m: 4:02.61	51.71 350m: 5:48.37	53.38
	100m: 1:28.44 48.76	200m: 3:10.90	52.29 300m: 4:54.99	52.38 400m: 6:34.98	46.61
10.	HOBGARSKI Oliwier	06	Jedenastka Jelenia Góra	<b>6:46.24</b>	142
	50m: 42.10 42.10	150m: 2:23.43	51.68 250m: 4:08.46	52.51 350m: 5:55.62	54.10
	100m: 1:31.75 49.65	200m: 3:15.95	52.52 300m: 5:01.52	53.06 400m: 6:46.24	50.62

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2018  
Nowa Ruda, 7. - 8.12.2018

Konkurencja 26, Mężczyźni, 400m dowolny

13 lat

1.	WO NY Maksym	05	Just Swim Jelenia Góra	<b>4:34.47</b>	462
	50m: 30.80 30.80	150m: 1:40.29	35.23 250m: 2:51.41	35.57 350m: 4:01.39	34.80
	100m: 1:05.06 34.26	200m: 2:15.84	35.55 300m: 3:26.59	35.18 400m: 4:34.47	33.08
2.	MACIOŁEK Bartłomiej	05	Awf Wrocław	<b>4:35.01</b>	459
	50m: 31.97 31.97	150m: 1:41.97	35.29 250m: 2:53.09	35.46 350m: 4:02.54	34.51
	100m: 1:06.68 34.71	200m: 2:17.63	35.66 300m: 3:28.03	34.94 400m: 4:35.01	32.47
3.	ORŁOWSKI Igor	05	Rekin wiebodzice	<b>4:43.05</b>	421
	50m: 30.52 30.52	150m: 1:41.82	36.50 250m: 2:55.48	37.14 350m: 4:08.17	36.21
	100m: 1:05.32 34.80	200m: 2:18.34	36.52 300m: 3:31.96	36.48 400m: 4:43.05	34.88
4.	ANDRZEJEWSKI Jan	05	Warta Pozna	<b>4:44.85</b>	413
	50m: 31.86 31.86	150m: 1:43.11	36.18 250m: 2:55.90	36.67 350m: 4:09.07	36.49
	100m: 1:06.93 35.07	200m: 2:19.23	36.12 300m: 3:32.58	36.68 400m: 4:44.85	35.78
5.	SYPKO Maksymilian	05	lask Wrocław	<b>4:45.63</b>	410
	50m: 31.65 31.65	150m: 1:44.71	37.05 250m: 2:58.75	36.98 350m: 4:12.32	36.23
	100m: 1:07.66 36.01	200m: 2:21.77	37.06 300m: 3:36.09	37.34 400m: 4:45.63	33.31
6.	CEMBALA Karol	05	MANTA Jelcz-Laskowice	<b>4:45.75</b>	409
	50m: 31.27 31.27	150m: 1:42.49	36.16 250m: 2:55.35	36.51 350m: 4:09.16	36.83
	100m: 1:06.33 35.06	200m: 2:18.84	36.35 300m: 3:32.33	36.98 400m: 4:45.75	36.59
7.	CALI SKI Alan	05	Juvenia Wrocław	<b>4:52.14</b>	383
	50m: 30.98 30.98	150m: 1:43.87	37.13 250m: 2:59.22	37.99 350m: 4:16.04	38.49
	100m: 1:06.74 35.76	200m: 2:21.23	37.36 300m: 3:37.55	38.33 400m: 4:52.14	36.10
8.	WIERZBICKI Sławomir	05	Juvenia Wrocław	<b>4:53.88</b>	376
	50m: 31.00 31.00	150m: 1:45.31	37.70 250m: 3:00.60	39.06 350m: 4:16.08	38.10
	100m: 1:07.61 36.61	200m: 2:21.54	36.23 300m: 3:37.98	37.38 400m: 4:53.88	37.80
9.	FRANKOWSKI Miłosz	05	Juvenia Wrocław	<b>5:00.15</b>	353
	50m: 32.84 32.84	150m: 1:48.08	38.55 250m: 3:05.57	38.85 350m: 4:23.49	39.02
	100m: 1:09.53 36.69	200m: 2:26.72	38.64 300m: 3:44.47	38.90 400m: 5:00.15	36.66
10.	ZIÓŁKOWSKI Maciej	05	Juvenia Wrocław	<b>5:05.06</b>	336
	50m: 33.35 33.35	150m: 1:49.63	38.86 250m: 3:08.47	39.89 350m: 4:27.62	39.40
	100m: 1:10.77 37.42	200m: 2:28.58	38.95 300m: 3:48.22	39.75 400m: 5:05.06	37.44
11.	OSTASZEWSKI Bartosz	05	lask Wrocław	<b>5:09.24</b>	323
	50m: 32.62 32.62	150m: 1:50.89	39.76 250m: 3:11.62	40.64 350m: 4:32.44	40.25
	100m: 1:11.13 38.51	200m: 2:30.98	40.09 300m: 3:52.19	40.57 400m: 5:09.24	36.80
12.	WIERZBICKI Igor	05	MANTA Jelcz-Laskowice	<b>5:09.88</b>	321
	50m: 33.96 33.96	150m: 1:53.40	40.05 250m: 3:12.71	40.01 350m: 4:32.35	39.93
	100m: 1:13.35 39.39	200m: 2:32.70	39.30 300m: 3:52.42	39.71 400m: 5:09.88	37.53
13.	BUKAŁA Michał	05	Juvenia Wrocław	<b>5:11.52</b>	316
	50m: 32.22 32.22	150m: 1:49.43	39.87 250m: 3:09.81	40.83 350m: 4:32.35	41.48
	100m: 1:09.56 37.34	200m: 2:28.98	39.55 300m: 3:50.87	41.06 400m: 5:11.52	39.17
14.	MALEC Michał	05	Juvenia Wrocław	<b>5:14.37</b>	307
	50m: 35.00 35.00	150m: 1:53.52	39.54 250m: 3:13.67	40.09 350m: 4:35.54	40.81
	100m: 1:13.98 38.98	200m: 2:33.58	40.06 300m: 3:54.73	41.06 400m: 5:14.37	38.83
15.	CHYVYLENKO Anatolii	05	lask Wrocław	<b>5:14.82</b>	306
	50m: 33.48 33.48	150m: 1:50.97	39.30 250m: 3:12.46	41.05 350m: 4:33.66	40.45
	100m: 1:11.67 38.19	200m: 2:31.41	40.44 300m: 3:53.21	40.75 400m: 5:14.82	41.16
16.	BIELEWICZ Jan	05	Warta Pozna	<b>5:17.20</b>	299
	50m: 35.31 35.31	150m: 1:54.70	39.91 250m: 3:15.39	40.26 350m: 4:38.32	41.20
	100m: 1:14.79 39.48	200m: 2:35.13	40.43 300m: 3:57.12	41.73 400m: 5:17.20	38.88
17.	SOBOLEWSKI Mateusz	05	Juvenia Wrocław	<b>5:19.48</b>	293
	50m: 34.85 34.85	150m: 1:54.94	40.40 250m: 3:17.98	41.86 350m: 4:39.73	40.80
	100m: 1:14.54 39.69	200m: 2:36.12	41.18 300m: 3:58.93	40.95 400m: 5:19.48	39.75

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2018  
Nowa Ruda, 7. - 8.12.2018

Konkurencja 26, Chłopców, 400m dowolny, 13 lat

Pozycja			Rok ur.						Czas	Pkt.		
18.	SWIERZKO Jakub		05		lask Wrocław				<b>5:28.00</b>	270		
	50m:	38.50	38.50	150m:	2:01.57	41.94	250m:	3:25.85	41.41	350m:	4:49.81	41.44
	100m:	1:19.63	41.13	200m:	2:44.44	42.87	300m:	4:08.37	42.52	400m:	5:28.00	38.19
19.	WO NIAK Mikołaj		05		Team Kłodzko				<b>5:42.03</b>	238		
	50m:	36.80	36.80	150m:	2:02.62	43.80	250m:	3:31.38	44.67	350m:	4:59.86	43.94
	100m:	1:18.82	42.02	200m:	2:46.71	44.09	300m:	4:15.92	44.54	400m:	5:42.03	42.17

15 lat

1.	GAWRON Oliwier		03		lask Wrocław				<b>4:10.02</b>	611		
	50m:	28.52	28.52	150m:	1:33.31	32.82	250m:	2:36.43	31.31	350m:	3:39.58	31.70
	100m:	1:00.49	31.97	200m:	2:05.12	31.81	300m:	3:07.88	31.45	400m:	4:10.02	30.44
2.	GAWI SKI Oscar		03		Neptun widnica				<b>4:37.31</b>	448		
	50m:	31.04	31.04	150m:	1:39.72	34.60	250m:	2:51.26	35.80	350m:	4:02.74	35.56
	100m:	1:05.12	34.08	200m:	2:15.46	35.74	300m:	3:27.18	35.92	400m:	4:37.31	34.57
3.	MAŁACZY SKI Jakub		03		lask Wrocław				<b>4:40.79</b>	431		
	50m:	32.54	32.54	150m:	1:43.62	35.90	250m:	2:54.21	35.08	350m:	4:05.51	35.81
	100m:	1:07.72	35.18	200m:	2:19.13	35.51	300m:	3:29.70	35.49	400m:	4:40.79	35.28
DYSKW.	PŁACHCIAK Jonatan O-2		03		Jedenastka Jelenia Góra							
	50m:	34.11	34.11	150m:	2:01.62	45.78	250m:	3:44.50	53.54	350m:	5:31.21	53.54
	100m:	1:15.84	41.73	200m:	2:50.96	49.34	300m:	4:37.67	53.17	400m:		

16 lat i starsi

1.	KUCZMA J drzej		98		Awf Wrocław				<b>4:28.53</b>	493		
	50m:	30.61	30.61	150m:	1:38.17	34.29	250m:	2:47.07	34.20	350m:	3:55.29	34.28
	100m:	1:03.88	33.27	200m:	2:12.87	34.70	300m:	3:21.01	33.94	400m:	4:28.53	33.24
2.	UKOWSKI Maciej		93		Awf Wrocław				<b>4:34.01</b>	464		
	50m:	32.21	32.21	150m:	1:42.31	35.05	250m:	2:52.86	35.04	350m:	4:02.85	34.80
	100m:	1:07.26	35.05	200m:	2:17.82	35.51	300m:	3:28.05	35.19	400m:	4:34.01	31.16
3.	ZALEWSKI Igor		93		Awf Wrocław				<b>4:44.84</b>	413		
	50m:	32.86	32.86	150m:	1:43.14	35.53	250m:	2:55.52	36.55	350m:	4:09.36	36.93
	100m:	1:07.61	34.75	200m:	2:18.97	35.83	300m:	3:32.43	36.91	400m:	4:44.84	35.48
4.	FRANCZYK Bartosz		02		Szafir Wałbrzych				<b>4:48.38</b>	398		
	50m:	32.15	32.15	150m:	1:43.17	36.01	250m:	2:56.73	37.02	350m:	4:11.86	37.85
	100m:	1:07.16	35.01	200m:	2:19.71	36.54	300m:	3:34.01	37.28	400m:	4:48.38	36.52
5.	PINKOSZ Mateusz		98		Awf Wrocław				<b>4:53.13</b>	379		
	50m:	32.50	32.50	150m:	1:47.67	38.16	250m:	3:04.52	38.82	350m:	4:18.06	38.83
	100m:	1:09.51	37.01	200m:	2:25.70	38.03	300m:	3:39.23	34.71	400m:	4:53.13	35.07
PK	SMOSZNA Wiktor		08		Koral Wrocław				<b>5:40.91</b>	241		
	50m:	38.91	38.91	150m:			250m:	3:31.45	44.79	350m:	4:59.47	44.46
	100m:	1:21.38	42.47	200m:	2:46.66		300m:	4:15.01	43.56	400m:	5:40.91	41.44