

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2019
Nowa Ruda, 29. - 30.11.2019

Konkurencja 28
2019.11.30 - 9:58

Mężczyźni, 400m dowolny

11 - 50 lat
Wyniki

Rekordy DOZP 2019.11.26 Open	3:40.57	KLICH Kacper	00601	Lublin	2015.12.17
Rekordy DOZP 2019.11.26 19 +	3:40.57	KLICH Kacper	00601	Lublin	2015.12.17
Rekordy DOZP 2019.11.26 18	3:46.88	SZUBA Michał	00601	Poznan	2011.12.15
Rekordy DOZP 2019.11.26 17	3:45.41	KU WIK Maciej	00601	Ostrowiec Sw	2013.12.19
Rekordy DOZP 2019.11.26 16	3:51.19	KU WIK Maciej	00601	Debica	2012.03.17
Rekordy DOZP 2019.11.26 5	3:54.17	KU WIK Maciej	00601	Poznan	2011.12.15
Rekordy DOZP 2019.11.26 4	3:59.77	ZONIUK Maciej	00601	Saint Dizier (FRA)	2008.11.15
Rekordy DOZP 2019.11.26 3	4:15.60	ZONIUK Maciej	00601	Nowa Ruda - Slupiec	2007.12.15
Rekordy DOZP 2019.11.26 2	4:36.41	SZUBA Michał	00601	Gorzow	2005.11.19
Rekordy DOZP 2019.11.26 - 11	4:55.59	KIEŁCZEWSKI Amadeusz	00601	Nowa Ruda	2011.11.26

Punkty: FINA 2019

Pozycja Rok ur. Czas Pkt.

11 lat

1. MICHALCZUK Marcin	08	7 Zdrój Trzebnica	5:16.24	302
50m: 35.64 35.64	150m: 1:54.23 39.72	250m: 3:15.62 40.46	350m: 4:37.51 41.36	
100m: 1:14.51 38.87	200m: 2:35.16 40.93	300m: 3:56.15 40.53	400m: 5:16.24 38.73	
2. SMOSZNA Wiktor	08	Koral Wrocław	5:23.79	281
50m: 36.03 36.03	150m: 1:55.43 39.23	250m: 3:17.81 41.45	350m: 4:42.49 42.84	
100m: 1:16.20 40.17	200m: 2:36.36 40.93	300m: 3:59.65 41.84	400m: 5:23.79 41.30	
3. TWARÓG Mateusz	08	Krońska Przysta	5:32.29	260
50m: 34.89 34.89	150m: 1:55.83 41.53	250m: 3:22.16 43.85	350m: 4:49.64 43.49	
100m: 1:14.30 39.41	200m: 2:38.31 42.48	300m: 4:06.15 43.99	400m: 5:32.29 42.65	
4. MAKOWIECKI Antoni	08	Koral Wrocław	6:14.11	182
50m: 40.86 40.86	150m: 2:16.99 48.79	250m: 3:54.78 48.64	350m: 5:30.83 47.28	
100m: 1:28.20 47.34	200m: 3:06.14 49.15	300m: 4:43.55 48.77	400m: 6:14.11 43.28	
5. KUDRA Roman	08	"Aqualeader"-Cstk	6:17.11	178
50m: 42.13 42.13	150m: 2:21.52 50.62	250m: 3:58.40 47.48	350m: 5:32.28 46.21	
100m: 1:30.90 48.77	200m: 3:10.92 49.40	300m: 4:46.07 47.67	400m: 6:17.11 44.83	

12 lat

1. PIOTROWSKI Marcel	07	Piast Głogów	5:04.69	338
50m: 36.67 36.67	150m: 1:57.50 40.87	250m: 3:16.21 38.95	350m: 4:31.75 36.43	
100m: 1:16.63 39.96	200m: 2:37.26 39.76	300m: 3:55.32 39.11	400m: 5:04.69 32.94	
2. OKO Jakub	07	7 Zdrój Trzebnica	5:12.28	313
50m: 32.99 32.99	150m: 1:51.88 39.64	250m: 3:13.59 41.19	350m: 4:34.51 39.94	
100m: 1:12.24 39.25	200m: 2:32.40 40.52	300m: 3:54.57 40.98	400m: 5:12.28 37.77	
3. KASPRZAK Krystian	07	Just Swim Jelenia G	5:19.75	292
50m: 35.31 35.31	150m: 1:58.10 42.06	250m: 3:22.59 42.04	350m: 5:19.66 34.63	
100m: 1:16.04 40.73	200m: 2:40.55 42.45	300m: 4:45.03 1:22.44	400m: 5:19.75 0.09	
4. MALIK Rafał	07	Juvenia Wrocław	5:26.83	273
50m: 35.73 35.73	150m: 1:58.19 41.98	250m: 3:23.97 43.30	350m: 4:47.26 41.43	
100m: 1:16.21 40.48	200m: 2:40.67 42.48	300m: 4:05.83 41.86	400m: 5:26.83 39.57	
5. HORBACZ Franciszek	07	Rekin wiebodzice	5:36.28	251
50m: 37.63 37.63	150m: 2:05.78 44.82	250m: 3:33.62 44.23	350m: 4:58.80 41.37	
100m: 1:20.96 43.33	200m: 2:49.39 43.61	300m: 4:17.43 43.81	400m: 5:36.28 37.48	
6. CIGAŁA Remigiusz	07	Just Swim Jelenia G	5:36.77	250
50m: 35.41 35.41	150m: 2:01.12 43.52	250m: 3:27.33 43.83	350m: 4:55.10 43.57	
100m: 1:17.60 42.19	200m: 2:43.50 42.38	300m: 4:11.53 44.20	400m: 5:36.77 41.67	

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2019
Nowa Ruda, 29. - 30.11.2019

Konkurencja 28, Chłopców, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.		
7.	LASZKIEWICZ Antoni		07	Szafir Wałbrzych				5:37.14	249		
	50m:	38.16 38.16	150m:	2:06.69	44.85	250m:	3:35.14	44.11	350m:	5:00.84	42.34
	100m:	1:21.84 43.68	200m:	2:51.03	44.34	300m:	4:18.50	43.36	400m:	5:37.14	36.30
8.	RASIEWICZ Stanisław		07	Koral Wrocław				6:00.75	203		
	50m:	38.81 38.81	150m:	2:12.19	47.53	250m:	3:46.84	47.01	350m:	5:20.97	47.06
	100m:	1:24.66 45.85	200m:	2:59.83	47.64	300m:	4:33.91	47.07	400m:	6:00.75	39.78
9.	K DZIA Adam		07	Juvenia Wrocław				6:09.46	189		
	50m:	39.96 39.96	150m:	3:04.27	48.14	250m:	4:39.77	47.65	350m:	6:09.35	48.70
	100m:	2:16.13 1:36.17	200m:	3:52.12	47.85	300m:	5:20.65	40.88	400m:	6:09.46	0.11
10.	LASZKIEWICZ Piotr		07	Just Swim Jelenia G				6:32.59	158		
	50m:	41.14 41.14	150m:	2:21.54	51.06	250m:	4:04.30	51.50	350m:	5:43.63	48.23
	100m:	1:30.48 49.34	200m:	3:12.80	51.26	300m:	4:55.40	51.10	400m:	6:32.59	48.96
11.	Ł TKA Adam		07	Just Swim Jelenia G				6:37.65	152		
	50m:	43.56 43.56	150m:	2:22.73	50.92	250m:	4:06.92	51.72	350m:	6:37.75	47.88
	100m:	1:31.81 48.25	200m:	3:15.20	52.47	300m:	5:49.87	1:42.95	400m:	6:37.65	

13 lat

1.	PEPŁOWSKI Jan		06	SI sk Wrocław				4:39.92	435		
	50m:	30.94 30.94	150m:			250m:			350m:		
	100m:	1:41.30 1:10.36	200m:	2:17.68		300m:	3:28.86		400m:	4:39.92	
2.	SOBIECHOWSKI Kajetan		06	Shark Rudna				4:45.55	410		
	50m:	31.29 31.29	150m:	1:43.25	36.75	250m:	2:57.03	36.89	350m:	4:11.49	37.43
	100m:	1:06.50 35.21	200m:	2:20.14	36.89	300m:	3:34.06	37.03	400m:	4:45.55	34.06
3.	NOWAK Oskar		06	Juvenia Wrocław				4:56.42	367		
	50m:	31.76 31.76	150m:	1:45.52	37.78	250m:	3:02.40	38.60	350m:	4:20.15	38.83
	100m:	1:07.74 35.98	200m:	2:23.80	38.28	300m:	3:41.32	38.92	400m:	4:56.42	36.27
4.	SZAREK Jan		06	SI sk Wrocław				5:00.83	351		
	50m:	34.21 34.21	150m:	1:51.06	38.69	250m:	3:08.97	37.75	350m:		
	100m:	1:12.37 38.16	200m:	2:31.22	40.16	300m:			400m:	5:00.83	
5.	KOŁODZIEJ Mikołaj		06	Atol Oleśnica				5:03.90	340		
	50m:	31.59 31.59	150m:	1:45.45	37.60	250m:	3:04.33	40.00	350m:	4:25.64	40.36
	100m:	1:07.85 36.26	200m:	2:24.33	38.88	300m:	3:45.28	40.95	400m:	5:03.90	38.26
6.	PUKAS Mikołaj		06	Koral Wrocław				5:05.10	336		
	50m:	32.79 32.79	150m:	1:48.62	38.39	250m:	3:06.79	39.14	350m:	4:26.86	40.02
	100m:	1:10.23 37.44	200m:	2:27.65	39.03	300m:	3:46.84	40.05	400m:	5:05.10	38.24
7.	SHKARBAN Oleksandr		06	"Aqualeader"-Cstk				5:09.22	323		
	50m:	33.25 33.25	150m:	1:49.56	39.26	250m:	3:10.60	40.47	350m:	4:31.08	39.60
	100m:	1:10.30 37.05	200m:	2:30.13	40.57	300m:	3:51.48	40.88	400m:	5:09.22	38.14
8.	WOROBIJ Adrian		06	SI sk Wrocław				5:13.19	311		
	50m:	34.79 34.79	150m:	1:53.65	40.21	250m:	3:15.07	41.16	350m:	4:35.71	40.25
	100m:	1:13.44 38.65	200m:	2:33.91	40.26	300m:	3:55.46	40.39	400m:	5:13.19	37.48
9.	KOBUSZY SKI Jakub		06	Manta Jelcz Laskowice				5:14.26	308		
	50m:	33.40 33.40	150m:	1:52.35	40.22	250m:	3:13.77	40.77	350m:	4:35.80	40.52
	100m:	1:12.13 38.73	200m:	2:33.00	40.65	300m:	3:55.28	41.51	400m:	5:14.26	38.46
10.	MALINOWSKI Paweł		06	Koral Wrocław				5:25.41	277		
	50m:	36.78 36.78	150m:	1:59.30	41.88	250m:	3:24.02	43.00	350m:	5:25.15	1:19.57
	100m:	1:17.42 40.64	200m:	2:41.02	41.72	300m:	4:05.58	41.56	400m:	5:25.41	0.26

Zimowe Mistrzostwa Okręgu Dolnośląskiego 2019
Nowa Ruda, 29. - 30.11.2019

Konkurencja 28, Chłopców, 400m dowolny, 13 lat

Pozycja		Rok ur.						Czas	Pkt.
11.	WROSKI Radosław	06	Koral Wrocław					5:26.94	273
	50m: 35.43 35.43		150m: 1:55.18	40.55	250m: 3:19.14	42.28	350m: 4:45.47	43.54	
	100m: 1:14.63 39.20		200m: 2:36.86	41.68	300m: 4:01.93	42.79	400m: 5:26.94	41.47	
12.	BINASIEWICZ Aleksander	06	Just Swim Jelenia G					6:56.91	131
	50m: 44.38 44.38		150m: 2:29.83	53.64	250m: 4:19.67	54.54	350m: 6:07.68	54.29	
	100m: 1:36.19 51.81		200m: 3:25.13	55.30	300m: 5:13.39	53.72	400m: 6:56.91	49.23	

14 lat

1.	CEMBALA Karol	05	Manta Jelcz Laskowice					4:36.89	450
	50m: 30.94 30.94		150m: 1:40.38	34.85	250m: 2:51.12	35.26	350m: 4:01.59	35.27	
	100m: 1:05.53 34.59		200m: 2:15.86	35.48	300m: 3:26.32	35.20	400m: 4:36.89	35.30	
2.	HORCZAK Ignacy	05	11 Jelenia Góra					6:58.57	130
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	6:58.57	

15 lat

1.	SOBIECHOWSKI Filip	04	Shark Rudna					4:12.68	592
	50m: 28.08 28.08		150m: 1:30.77	31.80	250m: 2:35.83	32.72	350m: 3:41.59	32.55	
	100m: 58.97 30.89		200m: 2:03.11	32.34	300m: 3:09.04	33.21	400m: 4:12.68	31.09	
2.	NOWAK Antoni	04	Juvenia Wrocław					4:25.46	511
	50m: 29.31 29.31		150m: 1:35.35	33.39	250m: 2:43.32	33.71	350m: 3:52.12	34.58	
	100m: 1:01.96 32.65		200m: 2:09.61	34.26	300m: 3:17.54	34.22	400m: 4:25.46	33.34	
3.	SARNOWICZ Wiktor	04	Juvenia Wrocław					4:26.41	505
	50m: 30.19 30.19		150m: 1:38.02	34.57	250m: 2:46.90	34.34	350m: 3:55.00	33.47	
	100m: 1:03.45 33.26		200m: 2:12.56	34.54	300m: 3:21.53	34.63	400m: 4:26.41	31.41	
4.	ŁOKAJ Michał	04	Shark Rudna					4:31.68	476
	50m: 29.62 29.62		150m: 1:38.28	34.67	250m: 2:47.60	34.18	350m: 3:57.61	34.90	
	100m: 1:03.61 33.99		200m: 2:13.42	35.14	300m: 3:22.71	35.11	400m: 4:31.68	34.07	
5.	MO DZIOCH Bartłomiej	04	Juvenia Wrocław					4:51.99	384
	50m: 31.00 31.00		150m: 1:43.68	37.42	250m: 2:59.53	38.36	350m: 4:15.97	38.10	
	100m: 1:06.26 35.26		200m: 2:21.17	37.49	300m: 3:37.87	38.34	400m: 4:51.99	36.02	

16 lat i starsi

1.	SZYMCZAK Szymon	03	Juvenia Wrocław					4:12.50	593
	50m: 28.41 28.41		150m: 1:30.81	31.72	250m: 2:35.90	32.60	350m: 3:41.80	32.94	
	100m: 59.09 30.68		200m: 2:03.30	32.49	300m: 3:08.86	32.96	400m: 4:12.50	30.70	
2.	FRANCZYK Bartosz	02	Alfa Wałbrzych					4:54.99	372
	50m: 30.64 30.64		150m: 1:41.15	36.29	250m: 2:57.51	38.68	350m: 4:17.59	40.51	
	100m: 1:04.86 34.22		200m: 2:18.83	37.68	300m: 3:37.08	39.57	400m: 4:54.99	37.40	