

Letnie Mistrzostwa Okręgu Wielkopolskiego w Pływaniu
Poznań, 21- - 22-6-2013

Konkurencja 16
2013-06-21 - 15:00

Mężczyźni, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.
1.	URBANIAK, Jan Sp		95	KS Warta Pozna				4:07.63	701
	50m:	28.95 28.95	150m:	1:31.17 31.17	250m:	2:33.84 31.23	350m:	3:36.67 31.05	
	100m:	1:00.00 31.05	200m:	2:02.61 31.44	300m:	3:05.62 31.78	400m:	4:07.63 30.96	
2.	KO CIELAK, Adam Sp		96	KS Warta Pozna				4:13.17	656
	50m:	28.43 28.43	150m:	1:31.54 31.55	250m:	2:35.83 32.17	350m:	3:41.09 32.37	
	100m:	59.99 31.56	200m:	2:03.66 32.12	300m:	3:08.72 32.89	400m:	4:13.17 32.08	
3.	HORAŁA, Damian		96	KS Warta Pozna				4:20.95	599
	50m:	29.43 29.43	150m:	1:35.19 33.22	250m:	2:41.34 33.15	350m:	3:48.31 33.32	
	100m:	1:01.97 32.54	200m:	2:08.19 33.00	300m:	3:14.99 33.65	400m:	4:20.95 32.64	
4.	SOKOŁOWSKI, Ziemowit		97	KS Warta Pozna				4:23.62	581
	50m:	29.78 29.78	150m:	1:36.52 33.63	250m:	2:43.66 33.57	350m:	3:51.12 33.69	
	100m:	1:02.89 33.11	200m:	2:10.09 33.57	300m:	3:17.43 33.77	400m:	4:23.62 32.50	
5.	DULSKI, Piotr		96	KS Poznania Pozna				4:26.22	564
	50m:	29.62 29.62	150m:	1:35.79 33.36	250m:	2:43.77 34.06	350m:	3:52.75 34.43	
	100m:	1:02.43 32.81	200m:	2:09.71 33.92	300m:	3:18.32 34.55	400m:	4:26.22 33.47	
6.	KOZIOŁ, Jakub		96	Uks Shark Rudna				4:27.25	558
	50m:	28.48 28.48	150m:	1:34.18 33.48	250m:	2:43.75 34.97	350m:	3:54.70 35.12	
	100m:	1:00.70 32.22	200m:	2:08.78 34.60	300m:	3:19.58 35.83	400m:	4:27.25 32.55	
7.	WERTEPNY, Damian		96	Uks Shark Rudna				4:27.30	558
	50m:	30.34 30.34	150m:	1:37.49 33.96	250m:	2:46.97 34.65	350m:	3:54.89 33.56	
	100m:	1:03.53 33.19	200m:	2:12.32 34.83	300m:	3:21.33 34.36	400m:	4:27.30 32.41	
8.	JARASZKIEWICZ, Piotr		98	KS Poznania Pozna				4:29.32	545
	50m:	29.70 29.70	150m:	1:37.95 34.45	250m:	2:48.08 35.28	350m:	3:57.06 34.20	
	100m:	1:03.50 33.80	200m:	2:12.80 34.85	300m:	3:22.86 34.78	400m:	4:29.32 32.26	
9.	SAKRAJDA, Jakub		98	KORNER Zielona Góra				4:31.64	531
	50m:	30.98 30.98	150m:	1:39.08 34.33	250m:	2:48.62 34.41	350m:	3:58.55 34.73	
	100m:	1:04.75 33.77	200m:	2:14.21 35.13	300m:	3:23.82 35.20	400m:	4:31.64 33.09	
10.	PIECHOWIAK, Michał		98	KORNER Zielona Góra				4:32.00	529
	50m:	30.11 30.11	150m:	1:38.60 34.24	250m:	2:48.37 34.65	350m:	3:57.96 34.66	
	100m:	1:04.36 34.25	200m:	2:13.72 35.12	300m:	3:23.30 34.93	400m:	4:32.00 34.04	
11.	LIWI SKI, Marcin		97	KS Wodnik rem				4:35.41	510
	50m:	29.53 29.53	150m:	1:38.16 35.14	250m:	2:50.10 36.67	350m:	4:02.79 36.64	
	100m:	1:03.02 33.49	200m:	2:13.43 35.27	300m:	3:26.15 36.05	400m:	4:35.41 32.62	
12.	MARCINIAK, Konrad		95	KS Poznania Pozna				4:35.56	509
	50m:	30.29 30.29	150m:	1:38.55 34.63	250m:	2:49.42 35.34	350m:	4:00.73 35.40	
	100m:	1:03.92 33.63	200m:	2:14.08 35.53	300m:	3:25.33 35.91	400m:	4:35.56 34.83	
13.	OSSES, Filip		97	KS Warta Pozna				4:37.04	501
	50m:	30.94 30.94	150m:	1:40.15 34.96	250m:	2:51.36 35.53	350m:	4:02.50 35.51	
	100m:	1:05.19 34.25	200m:	2:15.83 35.68	300m:	3:26.99 35.63	400m:	4:37.04 34.54	
14.	BODZIOCH, Andrzej		98	MUKS Piłnastka Bydgoszcz				4:37.92	496
	50m:	30.54 30.54	150m:	1:39.85 35.59	250m:	2:52.03 36.17	350m:	4:03.51 35.56	
	100m:	1:04.26 33.72	200m:	2:15.86 36.01	300m:	3:27.95 35.92	400m:	4:37.92 34.41	
15.	SZCZEPA SKI, Kacper		99	MUKS Piłnastka Bydgoszcz				4:38.71	492
	50m:	31.63 31.63	150m:	1:40.56 34.77	250m:	2:52.01 35.37	350m:	4:04.03 34.99	
	100m:	1:05.79 34.16	200m:	2:16.64 36.08	300m:	3:29.04 37.03	400m:	4:38.71 34.68	
16.	RUDKOWSKI, Kai		98	KORNER Zielona Góra				4:42.01	475
	50m:	30.07 30.07	150m:	1:40.67 35.20	250m:	2:54.37 37.01	350m:	4:07.84 35.67	
	100m:	1:05.47 35.40	200m:	2:17.36 36.69	300m:	3:32.17 37.80	400m:	4:42.01 34.17	
17.	OLEKSY, Hubert		98	MUKS Piłnastka Bydgoszcz				4:43.05	469
	50m:	30.53 30.53	150m:	1:41.00 35.55	250m:	2:54.12 36.82	350m:	4:07.44 36.46	
	100m:	1:05.45 34.92	200m:	2:17.30 36.30	300m:	3:30.98 36.86	400m:	4:43.05 35.61	

Letnie Mistrzostwa Okręgu Wielkopolskiego w Pływaniu
Poznań, 21- - 22-6-2013

Konkurencja 16, Mężczyźni, 400m dowolny, 14 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
18.	TACZA	SKI, Bartłomiej	96	Uks Shark Rudna				4:44.06	464		
	50m:	29.70 29.70	150m:	1:39.55	36.06	250m:	2:52.02	36.67	350m:	4:06.54	36.38
	100m:	1:03.49 33.79	200m:	2:15.35	35.80	300m:	3:30.16	38.14	400m:	4:44.06	37.52
19.	DEMBSKI,	Patryk	99	MUKS Piłsnia Bydgoszcz				4:45.84	456		
	50m:	31.65 31.65	150m:	1:43.72	36.45	250m:	2:58.83	38.03	350m:	4:11.45	35.59
	100m:	1:07.27 35.62	200m:	2:20.80	37.08	300m:	3:35.86	37.03	400m:	4:45.84	34.39
20.	SPRINGER,	Adrian	97	KP Astromal Akwawit Leszno				4:53.74	420		
	50m:	29.89 29.89	150m:	1:44.32	37.92	250m:	3:01.80	38.62	350m:	4:19.43	37.96
	100m:	1:06.40 36.51	200m:	2:23.18	38.86	300m:	3:41.47	39.67	400m:	4:53.74	34.31
21.	SZEWCZYK,	Michał	99	KS Wodnik Rembertów				4:54.99	415		
	50m:	33.40 33.40	150m:	1:48.86	38.02	250m:	3:06.49	38.40	350m:	4:20.68	36.06
	100m:	1:10.84 37.44	200m:	2:28.09	39.23	300m:	3:44.62	38.13	400m:	4:54.99	34.31
22.	KOPCZY	SKI, Dawid	99	KORNER Zielona Góra				4:58.12	402		
	50m:	33.37 33.37	150m:	1:48.42	37.89	250m:	3:04.78	38.42	350m:	4:21.44	38.17
	100m:	1:10.53 37.16	200m:	2:26.36	37.94	300m:	3:43.27	38.49	400m:	4:58.12	36.68
23.	DRAPIEWSKI,	Patryk	98	MUKS Piłsnia Bydgoszcz				5:01.98	387		
	50m:	32.91 32.91	150m:	1:48.03	38.04	250m:	3:06.41	38.97	350m:	4:24.18	38.40
	100m:	1:09.99 37.08	200m:	2:27.44	39.41	300m:	3:45.78	39.37	400m:	5:01.98	37.80
24.	OLEJNICZAK,	Jędrzej	99	KP Astromal Akwawit Leszno				5:04.87	376		
	50m:	34.38 34.38	150m:	1:52.04	39.27	250m:	3:10.84	39.64	350m:	4:29.16	39.08
	100m:	1:12.77 38.39	200m:	2:31.20	39.16	300m:	3:50.08	39.24	400m:	5:04.87	35.71
25.	KRYSIAK,	Kacper	98	KORNER Zielona Góra				5:07.10	367		
	50m:	33.25 33.25	150m:	1:50.99	39.40	250m:	3:11.42	40.46	350m:	4:30.20	39.20
	100m:	1:11.59 38.34	200m:	2:30.96	39.97	300m:	3:51.00	39.58	400m:	5:07.10	36.90
26.	ZYGMUNT,	Franciszek	99	KORNER Zielona Góra				5:10.11	357		
	50m:	35.22 35.22	150m:	1:55.80	40.55	250m:	3:15.89	39.60	350m:	4:33.17	38.75
	100m:	1:15.25 40.03	200m:	2:36.29	40.49	300m:	3:54.42	38.53	400m:	5:10.11	36.94
27.	NOWICKI,	Kacper	98	UMKSN Poznań				5:12.32	349		
	50m:	35.63 35.63	150m:	1:56.44	42.26	250m:	3:17.54	40.96	350m:	4:36.39	40.03
	100m:	1:14.18 38.55	200m:	2:36.58	40.14	300m:	3:56.36	38.82	400m:	5:12.32	35.93
28.	GILCZYŃSKI,	Hubert	97	SCSiR Fala Swarzędz				5:15.61	339		
	50m:	34.93 34.93	150m:	1:55.46	40.37	250m:	3:16.58	39.94	350m:	4:37.35	39.67
	100m:	1:15.09 40.16	200m:	2:36.64	41.18	300m:	3:57.68	41.10	400m:	5:15.61	38.26
29.	CIELEWICZ,	Maciej	99	MUKS Piłsnia Bydgoszcz				5:23.70	314		
	50m:	37.10 37.10	150m:	1:59.18	41.47	250m:	3:22.62	42.18	350m:	4:45.71	41.13
	100m:	1:17.71 40.61	200m:	2:40.44	41.26	300m:	4:04.58	41.96	400m:	5:23.70	37.99