

Zimowe Mistrzostwa Województwa Łódzkiego  
Łód , 12- - 14-12-2013

Konkurencja 18  
2013-12-13 - 9:20

M cyczn, 400m dowolny

13 lat i starsi  
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.
1.	Borkowski Łukasz		95	MKS Trójka Łód				<b>3:57.69</b>	717
	50m:	27.22 27.22	150m:	1:27.02	29.96	250m:	2:26.79 29.41	350m:	3:27.18 30.29
	100m:	57.06 29.84	200m:	1:57.38	30.36	300m:	2:56.89 30.10	400m:	3:57.69 30.51
2.	Szwedzki Dawid		94	UKS 5 Konstantinów				<b>4:00.33</b>	693
	50m:	27.81 27.81	150m:	1:28.23	30.37	250m:	2:29.42 30.62	350m:	3:30.50 30.37
	100m:	57.86 30.05	200m:	1:58.80	30.57	300m:	3:00.13 30.71	400m:	4:00.33 29.83
3.	Staniszewski Adam		97	MKS Trójka Łód				<b>4:04.83</b>	656
	50m:	27.43 27.43	150m:	1:27.75	30.10	250m:	2:28.79 30.92	350m:	3:32.92 32.33
	100m:	57.65 30.22	200m:	1:57.87	30.12	300m:	3:00.59 31.80	400m:	4:04.83 31.91
4.	Cukanow Michał		99	TP Olimpijczyk Aleksandrów				<b>4:05.86</b>	648
	50m:	27.43 27.43	150m:	1:29.46	31.49	250m:	2:31.47 30.88	350m:	3:35.18 31.63
	100m:	57.97 30.54	200m:	2:00.59	31.13	300m:	3:03.55 32.08	400m:	4:05.86 30.68
5.	Mielczarek Filip		96	LKS"OMEGA"Kleszczów				<b>4:09.10</b>	623
	50m:	28.24 28.24	150m:	1:30.26	31.35	250m:	2:33.50 31.52	350m:	3:37.91 32.15
	100m:	58.91 30.67	200m:	2:01.98	31.72	300m:	3:05.76 32.26	400m:	4:09.10 31.19
6.	Parzynowski Wojciech		99	UKS 190 Łód				<b>4:12.71</b>	596
	50m:	28.61 28.61	150m:	1:31.22	31.59	250m:	2:35.45 32.40	350m:	3:40.83 32.87
	100m:	59.63 31.02	200m:	2:03.05	31.83	300m:	3:07.96 32.51	400m:	4:12.71 31.88
7.	Raflewski Jakub		98	UKS 190 Łód				<b>4:17.62</b>	563
	50m:	28.17 28.17	150m:	1:30.67	31.64	250m:	2:36.28 33.33	350m:	3:44.41 34.00
	100m:	59.03 30.86	200m:	2:02.95	32.28	300m:	3:10.41 34.13	400m:	4:17.62 33.21
8.	Hahn Jakub		97	MKS Jedyńka Łód				<b>4:22.11</b>	534
	50m:	28.46 28.46	150m:	1:32.58	32.92	250m:	2:39.94 33.95	350m:	3:48.80 34.23
	100m:	59.66 31.20	200m:	2:05.99	33.41	300m:	3:14.57 34.63	400m:	4:22.11 33.31
9.	K pi ski Michał		97	MKS Trójka Łód				<b>4:29.84</b>	490
	50m:	30.17 30.17	150m:	1:36.85	33.76	250m:	2:45.92 34.65	350m:	3:56.25 35.16
	100m:	1:03.09 32.92	200m:	2:11.27	34.42	300m:	3:21.09 35.17	400m:	4:29.84 33.59
10.	Kwiasowski Jakub		00	MKS Jedyńka Łód				<b>4:30.72</b>	485
	50m:	31.95 31.95	150m:	1:40.58	34.80	250m:	2:50.77	350m:	3:58.65
	100m:	1:05.78 33.83	200m:			300m:		400m:	4:30.72 32.07
11.	Wójcik Cezary		98	MKS Jedyńka Łód				<b>4:31.76</b>	479
	50m:	30.60 30.60	150m:	1:38.67	34.63	250m:	2:48.35 35.11	350m:	3:58.38 34.72
	100m:	1:04.04 33.44	200m:	2:13.24	34.57	300m:	3:23.66 35.31	400m:	4:31.76 33.38
12.	Doma ski Kamil		00	TP Olimpijczyk Aleksandrów				<b>4:38.60</b>	445
	50m:	30.47 30.47	150m:	1:38.84	34.91	250m:	2:50.84 36.16	350m:	4:03.61 36.22
	100m:	1:03.93 33.46	200m:	2:14.68	35.84	300m:	3:27.39 36.55	400m:	4:38.60 34.99
13.	Stawaruk Michał		99	MKS Jedyńka Łód				<b>4:43.82</b>	421
	50m:	31.84 31.84	150m:	1:43.13	36.17	250m:	2:55.05 36.51	350m:	4:08.54 36.53
	100m:	1:06.96 35.12	200m:	2:18.54	35.41	300m:	3:32.01 36.96	400m:	4:43.82 35.28
14.	Topolski Dawid		00	MKS Trójka Łód				<b>4:46.49</b>	409
	50m:	32.44 32.44	150m:	1:42.65	35.67	250m:	2:55.61 36.78	350m:	4:10.67 38.03
	100m:	1:06.98 34.54	200m:	2:18.83	36.18	300m:	3:32.64 37.03	400m:	4:46.49 35.82
15.	Racinowski Piotr		00	TP Olimpijczyk Aleksandrów				<b>4:49.23</b>	398
	50m:	31.99 31.99	150m:	1:45.00	37.15	250m:	3:00.51 38.21	350m:	4:15.58 37.31
	100m:	1:07.85 35.86	200m:	2:22.30	37.30	300m:	3:38.27 37.76	400m:	4:49.23 33.65
16.	Fiks Krzysztof		00	UKS 190 Łód				<b>4:50.66</b>	392
	50m:	33.08 33.08	150m:	1:46.19	37.60	250m:	3:02.77 38.27	350m:	4:17.90 37.36
	100m:	1:08.59 35.51	200m:	2:24.50	38.31	300m:	3:40.54 37.77	400m:	4:50.66 32.76
17.	Pawlaczyk Patryk		00	UKS 190 Łód				<b>4:51.07</b>	390
	50m:	32.13 32.13	150m:	1:46.29	37.58	250m:	3:01.52 37.72	350m:	4:15.81 36.75
	100m:	1:08.71 36.58	200m:	2:23.80	37.51	300m:	3:39.06 37.54	400m:	4:51.07 35.26

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Pozycja			Rok ur.						Czas	Pkt.
18.	Cierpikowski Robert		00		UKS 5 Konstantynów				<b>4:55.28</b>	374
	50m:	33.17 33.17	150m:	1:48.91 38.39	250m:	3:04.27 37.76	350m:	4:19.83 37.41		
	100m:	1:10.52 37.35	200m:	2:26.51 37.60	300m:	3:42.42 38.15	400m:	4:55.28 35.45		
19.	Piotrowicz Kamil		00		UKS 5 Konstantynów				<b>4:56.42</b>	369
	50m:	32.43 32.43	150m:	1:46.22 37.32	250m:	3:01.68 37.80	350m:	4:18.46 38.19		
	100m:	1:08.90 36.47	200m:	2:23.88 37.66	300m:	3:40.27 38.59	400m:	4:56.42 37.96		
20.	Ciszewski Jakub		00		UKS 190 Łódź				<b>4:56.84</b>	368
	50m:	35.25 35.25	150m:	1:49.54 37.30	250m:	3:05.87 37.98	350m:	4:21.48 37.95		
	100m:	1:12.24 36.99	200m:	2:27.89 38.35	300m:	3:43.53 37.66	400m:	4:56.84 35.36		
21.	Kania Dawid		00		UKS 5 Konstantynów				<b>5:00.48</b>	355
	50m:	33.34 33.34	150m:	1:48.15 38.14	250m:	3:05.98 38.96	350m:	4:24.23 38.89		
	100m:	1:10.01 36.67	200m:	2:27.02 38.87	300m:	3:45.34 39.36	400m:	5:00.48 36.25		
22.	Rel Maciej		00		MKS Trójka Łódź				<b>5:01.27</b>	352
	50m:	33.55 33.55	150m:	1:49.31 38.48	250m:	3:05.88 38.36	350m:	4:24.17 39.06		
	100m:	1:10.83 37.28	200m:	2:27.52 38.21	300m:	3:45.11 39.23	400m:	5:01.27 37.10		
23.	Wieczorek Eryk		00		UKS 5 Konstantynów				<b>5:03.39</b>	344
	50m:	35.74 35.74	150m:	1:53.65 39.01	250m:	3:10.94 38.97	350m:	4:26.86 37.87		
	100m:	1:14.64 38.90	200m:	2:31.97 38.32	300m:	3:48.99 38.05	400m:	5:03.39 36.53		
24.	Kowalski Adam		00		Skra				<b>5:12.70</b>	315
	50m:	35.95 35.95	150m:	1:54.18 39.46	250m:	3:14.44 40.27	350m:	4:35.02 40.23		
	100m:	1:14.72 38.77	200m:	2:34.17 39.99	300m:	3:54.79 40.35	400m:	5:12.70 37.68		