

Zimowe Mistrzostwa Województwa Łódzkiego pod patronatem Burmistrza Rawy Mazowieckiej  
Rawy Mazowiecka, 6- - 7-2-2016

Konkurencja 12  
2016-02-06 - 13:27

M czyzn, 400m zmienny

12 lat i starsi  
Wyniki

Punkty: FINA 2014

| Pozycja |                     |               | Rok ur. |                            |       |       |         | Czas           | Pkt.  |         |       |
|---------|---------------------|---------------|---------|----------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 1.      | W growski Marcel    |               | 99      | TP Olimpijczyk Aleksandrów |       |       |         | <b>4:28.07</b> | 677   |         |       |
|         | 50m:                | 27.78 27.78   | 150m:   | 1:34.23                    | 34.08 | 250m: | 2:46.24 | 38.39          | 350m: | 3:57.21 | 31.95 |
|         | 100m:               | 1:00.15 32.37 | 200m:   | 2:07.85                    | 33.62 | 300m: | 3:25.26 | 39.02          | 400m: | 4:28.07 | 30.86 |
| 2.      | Kraska Jakub        |               | 00      | UKS 5 Konstantinów         |       |       |         | <b>4:36.20</b> | 619   |         |       |
|         | 50m:                | 30.30 30.30   | 150m:   | 1:39.50                    | 35.24 | 250m: | 2:54.46 | 41.35          | 350m: | 4:06.67 | 32.33 |
|         | 100m:               | 1:04.26 33.96 | 200m:   | 2:13.11                    | 33.61 | 300m: | 3:34.34 | 39.88          | 400m: | 4:36.20 | 29.53 |
| 3.      | Kłosi ski Alan      |               | 00      | MKS Jedyńka Łód            |       |       |         | <b>4:42.52</b> | 579   |         |       |
|         | 50m:                | 30.10 30.10   | 150m:   | 1:44.38                    | 39.27 | 250m: | 2:58.59 | 37.73          | 350m: | 4:10.51 | 34.24 |
|         | 100m:               | 1:05.11 35.01 | 200m:   | 2:20.86                    | 36.48 | 300m: | 3:36.27 | 37.68          | 400m: | 4:42.52 | 32.01 |
| 4.      | Ma ka Filip         |               | 00      | UKS 190 Łód                |       |       |         | <b>4:42.70</b> | 578   |         |       |
|         | 50m:                | 32.81 32.81   | 150m:   | 1:41.66                    | 33.78 | 250m: | 2:56.71 | 39.84          | 350m: | 4:10.31 | 33.62 |
|         | 100m:               | 1:07.88 35.07 | 200m:   | 2:16.87                    | 35.21 | 300m: | 3:36.69 | 39.98          | 400m: | 4:42.70 | 32.39 |
| 5.      | Wo niak Maciej      |               | 00      | UKS 190 Łód                |       |       |         | <b>4:48.18</b> | 545   |         |       |
|         | 50m:                | 30.82 30.82   | 150m:   | 1:42.90                    | 37.04 | 250m: | 3:01.45 | 42.21          | 350m: | 4:17.73 | 33.85 |
|         | 100m:               | 1:05.86 35.04 | 200m:   | 2:19.24                    | 36.34 | 300m: | 3:43.88 | 42.43          | 400m: | 4:48.18 | 30.45 |
| 6.      | Karwat Krzysztof    |               | 96      | UKS NAWA Skierniewice      |       |       |         | <b>4:57.05</b> | 498   |         |       |
|         | 50m:                |               | 150m:   |                            |       | 250m: |         |                | 350m: |         |       |
|         | 100m:               |               | 200m:   |                            |       | 300m: |         |                | 400m: | 4:57.05 |       |
| 7.      | Krzywania Oskar     |               | 02      | UKS SP 149 Łód             |       |       |         | <b>4:59.50</b> | 486   |         |       |
|         | 50m:                | 32.11 32.11   | 150m:   | 1:48.95                    | 39.48 | 250m: | 3:09.81 | 43.01          | 350m: | 4:26.61 | 33.87 |
|         | 100m:               | 1:09.47 37.36 | 200m:   | 2:26.80                    | 37.85 | 300m: | 3:52.74 | 42.93          | 400m: | 4:59.50 | 32.89 |
| 8.      | Rajca Wiktor        |               | 02      | UKS 190 Łód                |       |       |         | <b>5:05.65</b> | 457   |         |       |
|         | 50m:                | 33.49 33.49   | 150m:   | 1:51.22                    | 40.06 | 250m: | 3:11.65 | 42.09          | 350m: | 4:30.56 | 37.39 |
|         | 100m:               | 1:11.16 37.67 | 200m:   | 2:29.56                    | 38.34 | 300m: | 3:53.17 | 41.52          | 400m: | 5:05.65 | 35.09 |
| 9.      | Nowak Aleksander    |               | 01      | UKS NAWA Skierniewice      |       |       |         | <b>5:07.43</b> | 449   |         |       |
|         | 50m:                | 31.86 31.86   | 150m:   | 1:49.97                    | 40.69 | 250m: | 3:12.83 | 43.32          | 350m: | 4:33.23 | 36.69 |
|         | 100m:               | 1:09.28 37.42 | 200m:   | 2:29.51                    | 39.54 | 300m: | 3:56.54 | 43.71          | 400m: | 5:07.43 | 34.20 |
| 10.     | cieszko Mateusz     |               | 01      | MKS Trójka Łód             |       |       |         | <b>5:11.42</b> | 432   |         |       |
|         | 50m:                | 32.40 32.40   | 150m:   |                            |       | 250m: | 3:14.63 | 44.70          | 350m: | 4:37.00 | 37.38 |
|         | 100m:               | 1:09.35 36.95 | 200m:   | 2:29.93                    |       | 300m: | 3:59.62 | 44.99          | 400m: | 5:11.42 | 34.42 |
| 11.     | Smolczewski Igor    |               | 01      | UKS NAWA Skierniewice      |       |       |         | <b>5:12.19</b> | 429   |         |       |
|         | 50m:                |               | 150m:   |                            |       | 250m: |         |                | 350m: |         |       |
|         | 100m:               |               | 200m:   |                            |       | 300m: |         |                | 400m: | 5:12.19 |       |
| 12.     | Sterniczuk Wojciech |               | 01      | UKS 5 Konstantinów         |       |       |         | <b>5:15.56</b> | 415   |         |       |
|         | 50m:                | 32.38 32.38   | 150m:   | 1:52.02                    | 42.32 | 250m: | 3:20.77 | 47.03          | 350m: | 4:41.81 | 34.96 |
|         | 100m:               | 1:09.70 37.32 | 200m:   | 2:33.74                    | 41.72 | 300m: | 4:06.85 | 46.08          | 400m: | 5:15.56 | 33.75 |
| 13.     | Styczy ski Wojciech |               | 02      | UKS NAWA Skierniewice      |       |       |         | <b>5:40.72</b> | 330   |         |       |
|         | 50m:                | 37.32 37.32   | 150m:   |                            |       | 250m: | 3:34.24 | 44.60          | 350m: |         |       |
|         | 100m:               | 1:22.67 45.35 | 200m:   | 2:49.64                    |       | 300m: | 4:21.36 | 47.12          | 400m: | 5:40.72 |       |
| 14.     | Zarzycki Maciej     |               | 02      | UKS NAWA Skierniewice      |       |       |         | <b>5:49.68</b> | 305   |         |       |
|         | 50m:                |               | 150m:   |                            |       | 250m: |         |                | 350m: |         |       |
|         | 100m:               |               | 200m:   |                            |       | 300m: |         |                | 400m: | 5:49.68 |       |
| 15.     | Gałeczki Krzysztof  |               | 03      | MKS Trójka Łód             |       |       |         | <b>6:05.69</b> | 267   |         |       |
|         | 50m:                | 37.67 37.67   | 150m:   | 2:14.23                    | 50.10 | 250m: | 3:51.88 | 51.69          | 350m: | 5:27.23 | 41.22 |
|         | 100m:               | 1:24.13 46.46 | 200m:   | 3:00.19                    | 45.96 | 300m: | 4:46.01 | 54.13          | 400m: | 6:05.69 | 38.46 |
| DYSKW.  | Oleski Tomasz       |               | 03      | TP Olimpijczyk Aleksandrów |       |       |         | <b>6:01.80</b> |       |         |       |
|         | 04                  |               |         |                            |       |       |         |                |       |         |       |
|         | 50m:                | 36.68 36.68   | 150m:   | 2:09.66                    | 46.95 | 250m: | 3:48.36 | 52.53          | 350m: | 5:23.17 | 41.74 |
|         | 100m:               | 1:22.71 46.03 | 200m:   | 2:55.83                    | 46.17 | 300m: | 4:41.43 | 53.07          | 400m: | 6:01.80 | 38.63 |
| NIE UK. | Pakuła Mateusz      |               | 00      | MKS Jedyńka Łód            |       |       |         |                |       |         |       |
|         | 50m:                | 37.46 37.46   | 150m:   |                            |       | 250m: |         |                | 350m: |         |       |
|         | 100m:               | 1:21.56 44.10 | 200m:   |                            |       | 300m: |         |                | 400m: |         |       |

Zimowe Mistrzostwa Województwa Łódzkiego pod patronatem Burmistrza Rawy Mazowieckiej  
Rawa Mazowiecka, 6- - 7-2-2016

Konkurencja 12, M czynn, 400m zmienny

|    |                       |       |               |                        |               |                |               |       |
|----|-----------------------|-------|---------------|------------------------|---------------|----------------|---------------|-------|
| PK | Ja kiewicz Adrian     |       | 02            | IUKS Muszelka Warszawa |               | <b>4:51.69</b> | 526           |       |
|    | 50m: 30.76            | 30.76 | 150m: 1:42.97 | 37.71                  | 250m: 3:02.06 | 42.35          | 350m: 4:19.38 | 33.45 |
|    | 100m: 1:05.26         | 34.50 | 200m: 2:19.71 | 36.74                  | 300m: 3:45.93 | 43.87          | 400m: 4:51.69 | 32.31 |
| PK | Dołowy Grzegorz       |       | 02            | IUKS Muszelka Warszawa |               | <b>5:02.76</b> | 470           |       |
|    | 50m: 31.90            | 31.90 | 150m: 1:47.55 | 39.80                  | 250m: 3:11.17 | 44.95          | 350m: 4:30.43 | 33.87 |
|    | 100m: 1:07.75         | 35.85 | 200m: 2:26.22 | 38.67                  | 300m: 3:56.56 | 45.39          | 400m: 5:02.76 | 32.33 |
| PK | Burczy ski Piotr      |       | 02            | IUKS Muszelka Warszawa |               | <b>5:15.01</b> | 417           |       |
|    | 50m: 32.88            | 32.88 | 150m: 1:50.30 | 40.59                  | 250m: 3:15.67 | 45.54          | 350m: 4:37.80 | 35.80 |
|    | 100m: 1:09.71         | 36.83 | 200m: 2:30.13 | 39.83                  | 300m: 4:02.00 | 46.33          | 400m: 5:15.01 | 37.21 |
| PK | Ruta Kamil            |       | 02            | IUKS Muszelka Warszawa |               | <b>5:11.89</b> | 430           |       |
|    | 50m: 34.30            | 34.30 | 150m:         |                        | 250m: 3:16.78 | 46.84          | 350m: 4:38.24 | 34.05 |
|    | 100m: 1:12.27         | 37.97 | 200m: 2:29.94 |                        | 300m: 4:04.19 | 47.41          | 400m: 5:11.89 | 33.65 |
| PK | Stworzyjanek Marek    |       | 02            | IUKS Muszelka Warszawa |               | <b>5:38.43</b> | 336           |       |
|    | 50m: 37.36            | 37.36 | 150m: 2:03.39 | 42.59                  | 250m: 3:32.60 | 47.14          | 350m: 5:00.29 | 39.30 |
|    | 100m: 1:20.80         | 43.44 | 200m: 2:45.46 | 42.07                  | 300m: 4:20.99 | 48.39          | 400m: 5:38.43 | 38.14 |
| PK | Chmielewski Krzysztof |       | 04            | IUKS Muszelka Warszawa |               | <b>5:20.55</b> | 396           |       |
|    | 50m: 33.93            | 33.93 | 150m: 1:55.10 | 41.10                  | 250m: 3:22.93 | 48.03          | 350m: 4:46.92 | 35.09 |
|    | 100m: 1:14.00         | 40.07 | 200m: 2:34.90 | 39.80                  | 300m: 4:11.83 | 48.90          | 400m: 5:20.55 | 33.63 |