

IV Mi dzynarodowy Integracyjnych Miting Pływacki im. Ma ka Maika  
Tychy, 15-10-2011

Konkurencja 6  
2011-10-15 - 19:20

M czyzn, 400m dowolny

1 lat i starsi  
Wyniki

Punkty: FINA 2011

| Pozycja |                     |               | Rok ur. |                        |       |               |       | Czas           | Pkt. |
|---------|---------------------|---------------|---------|------------------------|-------|---------------|-------|----------------|------|
| kat A   |                     |               |         |                        |       |               |       |                |      |
| 1.      | HRENIAK, Maciej     |               | 89      | AZS AWF Katowice       |       |               |       | <b>4:04.97</b> | 655  |
|         | 50m:                | 28.68 28.68   | 150m:   | 1:29.91 30.62          | 250m: | 2:31.74 30.95 | 350m: | 3:34.71 31.74  |      |
|         | 100m:               | 59.29 30.61   | 200m:   | 2:00.79 30.88          | 300m: | 3:02.97 31.23 | 400m: | 4:04.97 30.26  |      |
| 2.      | GŁYK, Wojciech      |               | 92      | AZS AWF Katowice       |       |               |       | <b>4:09.26</b> | 621  |
|         | 50m:                | 28.93 28.93   | 150m:   | 1:30.97 31.14          | 250m: | 2:33.29 31.05 | 350m: | 3:37.17 31.98  |      |
|         | 100m:               | 59.83 30.90   | 200m:   | 2:02.24 31.27          | 300m: | 3:05.19 31.90 | 400m: | 4:09.26 32.09  |      |
| 3.      | KŁOS, Grzegorz      |               | 95      | AZS AWF Katowice       |       |               |       | <b>4:15.75</b> | 575  |
|         | 50m:                | 29.26 29.26   | 150m:   | 1:32.36 31.91          | 250m: | 2:37.21 32.63 | 350m: | 3:43.26 33.15  |      |
|         | 100m:               | 1:00.45 31.19 | 200m:   | 2:04.58 32.22          | 300m: | 3:10.11 32.90 | 400m: | 4:15.75 32.49  |      |
| 4.      | PROCHAZKA, Martin   |               | 94      | Slavia VS Pilsen       |       |               |       | <b>4:18.29</b> | 558  |
|         | 50m:                | 29.87 29.87   | 150m:   | 1:35.34 32.91          | 250m: | 2:40.89 32.63 | 350m: | 3:46.70 32.78  |      |
|         | 100m:               | 1:02.43 32.56 | 200m:   | 2:08.26 32.92          | 300m: | 3:13.92 33.03 | 400m: | 4:18.29 31.59  |      |
| 5.      | SZCZYPI SKI, Marcin |               | 86      | UKS Wodnik 29 Katowice |       |               |       | <b>4:28.97</b> | 495  |
|         | 50m:                | 30.33 30.33   | 150m:   | 1:37.95 34.16          | 250m: | 2:46.47 34.16 | 350m: | 3:55.09 34.63  |      |
|         | 100m:               | 1:03.79 33.46 | 200m:   | 2:12.31 34.36          | 300m: | 3:20.46 33.99 | 400m: | 4:28.97 33.88  |      |
| 6.      | CZERMAK, Tomasz     |               | 91      | AZS AWF Katowice       |       |               |       | <b>4:32.68</b> | 475  |
|         | 50m:                | 29.94 29.94   | 150m:   | 1:36.18 33.64          | 250m: | 2:45.84 35.37 | 350m: | 3:57.97 36.28  |      |
|         | 100m:               | 1:02.54 32.60 | 200m:   | 2:10.47 34.29          | 300m: | 3:21.69 35.85 | 400m: | 4:32.68 34.71  |      |
| 7.      | WIERCZY SKI, Jakub  |               | 95      | AZS AWF Katowice       |       |               |       | <b>4:33.51</b> | 470  |
|         | 50m:                | 30.01 30.01   | 150m:   | 1:37.59 34.14          | 250m: | 2:45.42 33.83 | 350m: | 3:57.13 37.23  |      |
|         | 100m:               | 1:03.45 33.44 | 200m:   | 2:11.59 34.00          | 300m: | 3:19.90 34.48 | 400m: | 4:33.51 36.38  |      |
| 8.      | FRONK, Michal       |               | 92      | Slavia VS Pilsen       |       |               |       | <b>4:35.38</b> | 461  |
|         | 50m:                | 30.11 30.11   | 150m:   | 1:37.67 34.16          | 250m: | 2:47.75 35.29 | 350m: | 4:00.02 36.27  |      |
|         | 100m:               | 1:03.51 33.40 | 200m:   | 2:12.46 34.79          | 300m: | 3:23.75 36.00 | 400m: | 4:35.38 35.36  |      |
| 9.      | ULFIK, Paweł        |               | 94      | Mks Mos Katowice       |       |               |       | <b>4:37.45</b> | 451  |
|         | 50m:                | 30.29 30.29   | 150m:   | 1:37.66 34.15          | 250m: | 2:48.41 35.39 | 350m: | 4:01.46 36.84  |      |
|         | 100m:               | 1:03.51 33.22 | 200m:   | 2:13.02 35.36          | 300m: | 3:24.62 36.21 | 400m: | 4:37.45 35.99  |      |
| 10.     | SONGIN, Artur       |               | 91      | Mosm Tychy             |       |               |       | <b>4:47.15</b> | 406  |
|         | 50m:                | 31.25 31.25   | 150m:   | 1:40.94 35.64          | 250m: | 2:55.18 37.42 | 350m: | 4:11.02 37.66  |      |
|         | 100m:               | 1:05.30 34.05 | 200m:   | 2:17.76 36.82          | 300m: | 3:33.36 38.18 | 400m: | 4:47.15 36.13  |      |
| 11.     | GRZEBIE , Paweł     |               | 94      | Start Tarnów           |       |               |       | <b>5:27.76</b> | 273  |
|         | 50m:                | 36.97 36.97   | 150m:   | 1:59.04 41.56          | 250m: | 3:22.89 41.81 | 350m: | 4:47.10 42.33  |      |
|         | 100m:               | 1:17.48 40.51 | 200m:   | 2:41.08 42.04          | 300m: | 4:04.77 41.88 | 400m: | 5:27.76 40.66  |      |
| 12.     | BUKAŁA, Marcin      |               | 94      | ULKS VICTORIA Kozy     |       |               |       | <b>5:55.38</b> | 214  |
|         | 50m:                | 37.99 37.99   | 150m:   | 2:06.40 45.36          | 250m: | 3:38.91 46.59 | 350m: | 5:11.99 46.93  |      |
|         | 100m:               | 1:21.04 43.05 | 200m:   | 2:52.32 45.92          | 300m: | 4:25.06 46.15 | 400m: | 5:55.38 43.39  |      |
| 13.     | B K, Wawrzyniec     |               | 89      | Start Katowice         |       |               |       | <b>5:56.70</b> | 212  |
|         | 50m:                | 36.51 36.51   | 150m:   | 2:03.55 44.49          | 250m: | 3:36.49 46.99 | 350m: | 5:11.39 47.46  |      |
|         | 100m:               | 1:19.06 42.55 | 200m:   | 2:49.50 45.95          | 300m: | 4:23.93 47.44 | 400m: | 5:56.70 45.31  |      |
| 14.     | RUTKA, Adam         |               | 95      | Start Katowice         |       |               |       | <b>6:42.85</b> | 147  |
|         | 50m:                | 41.11 41.11   | 150m:   | 2:21.98 50.32          | 250m: | 4:05.58 52.68 | 350m: | 5:54.35 55.39  |      |
|         | 100m:               | 1:31.66 50.55 | 200m:   | 3:12.90 50.92          | 300m: | 4:58.96 53.38 | 400m: | 6:42.85 48.50  |      |
| 15.     | PILCH, Kamil        |               | 95      | Start Katowice         |       |               |       | <b>6:48.37</b> | 141  |
|         | 50m:                | 42.02 42.02   | 150m:   | 2:21.78 51.61          | 250m: | 4:06.90 52.68 | 350m: | 5:56.26 54.57  |      |
|         | 100m:               | 1:30.17 48.15 | 200m:   | 3:14.22 52.44          | 300m: | 5:01.69 54.79 | 400m: | 6:48.37 52.11  |      |

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Tychy, 15-10-2011

Konkurencja 6, M czyn, 400m dowolny

kat B

|     |                      |               |                           |                     |       |
|-----|----------------------|---------------|---------------------------|---------------------|-------|
| 1.  | SKRZYPIEC, Wojciech  | 96            | Ks Piatka Chorzów         | <b>4:19.65</b>      | 550   |
|     | 50m: 29.03 29.03     | 150m: 1:32.96 | 32.39 250m: 2:38.53       | 33.13 350m: 3:46.39 | 34.22 |
|     | 100m: 1:00.57 31.54  | 200m: 2:05.40 | 32.44 300m: 3:12.17       | 33.64 400m: 4:19.65 | 33.26 |
| 2.  | KATOLIK, Bartosz     | 97            | CSIR MOS D browa Górnicza | <b>4:23.69</b>      | 525   |
|     | 50m: 29.58 29.58     | 150m: 1:35.44 | 33.40 250m: 2:42.51       | 33.87 350m: 3:51.14 | 34.21 |
|     | 100m: 1:02.04 32.46  | 200m: 2:08.64 | 33.20 300m: 3:16.93       | 34.42 400m: 4:23.69 | 32.55 |
| 3.  | HOLYSZ, Krzysztof    | 96            | TKKF Szczygłowice Knurów  | <b>4:33.18</b>      | 472   |
|     | 50m: 28.80 28.80     | 150m: 1:36.29 | 34.45 250m: 2:46.96       | 34.97 350m: 3:58.47 | 35.15 |
|     | 100m: 1:01.84 33.04  | 200m: 2:11.99 | 35.70 300m: 3:23.32       | 36.36 400m: 4:33.18 | 34.71 |
| 4.  | ZWOLI SKI, Marcin    | 97            | CSIR MOS D browa Górnicza | <b>4:36.85</b>      | 453   |
|     | 50m: 30.45 30.45     | 150m: 1:40.05 | 35.11 250m: 2:51.07       | 35.70 350m: 4:02.18 | 35.52 |
|     | 100m: 1:04.94 34.49  | 200m: 2:15.37 | 35.32 300m: 3:26.66       | 35.59 400m: 4:36.85 | 34.67 |
| 5.  | SKOCZYLAS, Adam      | 96            | UKS Wodnik 29 Katowice    | <b>4:43.12</b>      | 424   |
|     | 50m: 30.83 30.83     | 150m: 1:40.50 | 34.98 250m: 2:53.83       | 37.02 350m: 4:07.71 | 37.10 |
|     | 100m: 1:05.52 34.69  | 200m: 2:16.81 | 36.31 300m: 3:30.61       | 36.78 400m: 4:43.12 | 35.41 |
| 6.  | GROTEK, Łukasz       | 97            | MOSiR Mysłowice           | <b>4:49.76</b>      | 395   |
|     | 50m: 31.56 31.56     | 150m: 1:43.88 | 36.88 250m: 2:58.85       | 37.69 350m: 4:14.31 | 37.67 |
|     | 100m: 1:07.00 35.44  | 200m: 2:21.16 | 37.28 300m: 3:36.64       | 37.79 400m: 4:49.76 | 35.45 |
| 7.  | ZUCEK, Jiri          | 96            | Slavia VS Pilsen          | <b>4:51.76</b>      | 387   |
|     | 50m: 31.37 31.37     | 150m: 1:40.86 | 35.68 250m: 2:56.30       | 38.05 350m: 4:14.20 | 39.16 |
|     | 100m: 1:05.18 33.81  | 200m: 2:18.25 | 37.39 300m: 3:35.04       | 38.74 400m: 4:51.76 | 37.56 |
| 8.  | DRO , Patryk         | 97            | Mks Mos Katowice          | <b>4:51.94</b>      | 387   |
|     | 50m: 32.77 32.77     | 150m: 1:46.36 | 37.36 250m: 3:00.71       | 37.05 350m: 4:16.04 | 37.53 |
|     | 100m: 1:09.00 36.23  | 200m: 2:23.66 | 37.30 300m: 3:38.51       | 37.80 400m: 4:51.94 | 35.90 |
| 9.  | GRZ DZIEL, Arkadiusz | 98            | MOSiR Mysłowice           | <b>5:00.62</b>      | 354   |
|     | 50m: 32.60 32.60     | 150m: 1:46.82 | 37.61 250m: 3:03.75       | 38.73 350m: 4:22.58 | 39.20 |
|     | 100m: 1:09.21 36.61  | 200m: 2:25.02 | 38.20 300m: 3:43.38       | 39.63 400m: 5:00.62 | 38.04 |
| 10. | G BAL, Jacek         | 97            | MOSiR Mysłowice           | <b>5:01.72</b>      | 350   |
|     | 50m: 30.40 30.40     | 150m: 1:43.89 | 37.88 250m: 3:02.71       | 39.58 350m: 4:23.68 | 39.85 |
|     | 100m: 1:06.01 35.61  | 200m: 2:23.13 | 39.24 300m: 3:43.83       | 41.12 400m: 5:01.72 | 38.04 |
| 11. | PACAN, Jan           | 96            | UKS Wodnik 29 Katowice    | <b>5:02.98</b>      | 346   |
|     | 50m: 32.91 32.91     | 150m: 1:49.17 | 38.87 250m: 3:06.84       | 38.46 350m: 4:24.67 | 39.16 |
|     | 100m: 1:10.30 37.39  | 200m: 2:28.38 | 39.21 300m: 3:45.51       | 38.67 400m: 5:02.98 | 38.31 |
| 12. | GODULA, Michał       | 97            | TKKF Szczygłowice Knurów  | <b>5:05.05</b>      | 339   |
|     | 50m: 31.05 31.05     | 150m: 1:46.29 | 38.47 250m: 3:05.04       | 39.29 350m: 4:26.42 | 41.14 |
|     | 100m: 1:07.82 36.77  | 200m: 2:25.75 | 39.46 300m: 3:45.28       | 40.24 400m: 5:05.05 | 38.63 |
| 13. | G BAL, Radosław      | 98            | MOSiR Mysłowice           | <b>5:10.32</b>      | 322   |
|     | 50m: 32.64 32.64     | 150m: 1:50.72 | 40.02 250m: 3:10.21       | 39.86 350m: 4:32.61 | 41.21 |
|     | 100m: 1:10.70 38.06  | 200m: 2:30.35 | 39.63 300m: 3:51.40       | 41.19 400m: 5:10.32 | 37.71 |
| 14. | KUROWSKI, Szymon     | 98            | Ks Piatka Chorzów         | <b>5:11.31</b>      | 319   |
|     | 50m: 32.59 32.59     | 150m: 1:51.94 | 40.13 250m: 3:12.80       | 40.42 350m: 4:34.16 | 40.39 |
|     | 100m: 1:11.81 39.22  | 200m: 2:32.38 | 40.44 300m: 3:53.77       | 40.97 400m: 5:11.31 | 37.15 |
| 15. | ELGOTH, Piotr        | 98            | Ks Piatka Chorzów         | <b>5:13.14</b>      | 313   |
|     | 50m: 33.51 33.51     | 150m: 1:51.91 | 39.98 250m: 3:13.40       | 40.88 350m: 4:34.81 | 40.96 |
|     | 100m: 1:11.93 38.42  | 200m: 2:32.52 | 40.61 300m: 3:53.85       | 40.45 400m: 5:13.14 | 38.33 |
| 16. | JASTRZ BEK, Karol    | 98            | UKS Wodnik 29 Katowice    | <b>5:16.00</b>      | 305   |
|     | 50m: 34.28 34.28     | 150m: 1:54.95 | 41.14 250m: 3:17.73       | 41.27 350m: 4:39.59 | 41.21 |
|     | 100m: 1:13.81 39.53  | 200m: 2:36.46 | 41.51 300m: 3:58.38       | 40.65 400m: 5:16.00 | 36.41 |
| 17. | JACEK, Bartłomiej    | 98            | Mosm Tychy                | <b>5:17.60</b>      | 300   |
|     | 50m: 33.24 33.24     | 150m: 1:52.98 | 40.98 250m: 3:15.12       | 40.71 350m: 4:38.57 | 41.77 |
|     | 100m: 1:12.00 38.76  | 200m: 2:34.41 | 41.43 300m: 3:56.80       | 41.68 400m: 5:17.60 | 39.03 |
| 18. | NOWAKOWSKI, Damian   | 98            | MOSiR Mysłowice           | <b>5:18.75</b>      | 297   |
|     | 50m: 35.03 35.03     | 150m: 1:54.79 | 40.09 250m: 3:16.38       | 40.20 350m: 4:38.91 | 40.98 |
|     | 100m: 1:14.70 39.67  | 200m: 2:36.18 | 41.39 300m: 3:57.93       | 41.55 400m: 5:18.75 | 39.84 |

IV Międzynarodowy Integracyjny Miting Pływacki im. Małka Maika  
Tychy, 15-10-2011

Konkurencja 6, Chłopców, 400m dowolny, kat B

| Pozycja |                    |                 | Rok ur. |                                |         |       |         | Czas           | Pkt.  |         |         |
|---------|--------------------|-----------------|---------|--------------------------------|---------|-------|---------|----------------|-------|---------|---------|
| 19.     | SIKORA, Tomasz     |                 | 98      | MOSiR Mysłowice                |         |       |         | <b>5:20.00</b> | 293   |         |         |
|         | 50m:               | 33.94 33.94     | 150m:   | 1:54.97                        | 41.55   | 250m: | 3:17.30 | 41.05          | 350m: | 4:40.67 | 41.79   |
|         | 100m:              | 1:13.42 39.48   | 200m:   | 2:36.25                        | 41.28   | 300m: | 3:58.88 | 41.58          | 400m: | 5:20.00 | 39.33   |
| 20.     | KOMINEK, Jakub     |                 | 98      | Ks Piatka Chorzów              |         |       |         | <b>5:21.52</b> | 289   |         |         |
|         | 50m:               | 36.46 36.46     | 150m:   | 1:57.65                        | 41.11   | 250m: | 3:19.56 | 40.32          | 350m: | 4:41.04 | 39.90   |
|         | 100m:              | 1:16.54 40.08   | 200m:   | 2:39.24                        | 41.59   | 300m: | 4:01.14 | 41.58          | 400m: | 5:21.52 | 40.48   |
| 21.     | JABŁO SKI, Dawid   |                 | 98      | Ks Piatka Chorzów              |         |       |         | <b>5:22.71</b> | 286   |         |         |
|         | 50m:               | 34.58 34.58     | 150m:   | 1:55.96                        | 41.71   | 250m: | 3:19.07 | 41.60          | 350m: | 4:42.24 | 41.44   |
|         | 100m:              | 1:14.25 39.67   | 200m:   | 2:37.47                        | 41.51   | 300m: | 4:00.80 | 41.73          | 400m: | 5:22.71 | 40.47   |
| 22.     | POWNUK, Piotr      |                 | 98      | Ks Piatka Chorzów              |         |       |         | <b>5:23.38</b> | 284   |         |         |
|         | 50m:               | 36.28 36.28     | 150m:   | 1:57.74                        | 41.22   | 250m: | 3:21.35 | 42.25          | 350m: | 4:43.26 | 40.71   |
|         | 100m:              | 1:16.52 40.24   | 200m:   | 2:39.10                        | 41.36   | 300m: | 4:02.55 | 41.20          | 400m: | 5:23.38 | 40.12   |
|         | ZARYCZNY, Piotr    |                 | 96      | Mosm Tychy                     |         |       |         | <b>5:23.38</b> | 284   |         |         |
|         | 50m:               | 34.31 34.31     | 150m:   | 1:53.21                        | 39.91   | 250m: | 3:14.91 | 40.76          | 350m: | 4:40.91 | 43.49   |
|         | 100m:              | 1:13.30 38.99   | 200m:   | 2:34.15                        | 40.94   | 300m: | 3:57.42 | 42.51          | 400m: | 5:23.38 | 42.47   |
| 24.     | HABRYKA, Dawid     |                 | 97      | MOSiR Mysłowice                |         |       |         | <b>5:30.25</b> | 267   |         |         |
|         | 50m:               | 35.03 35.03     | 150m:   | 1:57.80                        | 42.80   | 250m: | 3:22.77 | 42.72          | 350m: | 4:48.05 | 42.50   |
|         | 100m:              | 1:15.00 39.97   | 200m:   | 2:40.05                        | 42.25   | 300m: | 4:05.55 | 42.78          | 400m: | 5:30.25 | 42.20   |
|         | WOJTOWICZ, Jakub   |                 | 98      | MKS Park Wodny Tarnowskie Góry |         |       |         | <b>5:30.25</b> | 267   |         |         |
|         | 50m:               | 35.36 35.36     | 150m:   | 1:58.78                        | 42.40   | 250m: | 3:24.88 | 42.78          | 350m: | 4:49.53 | 41.86   |
|         | 100m:              | 1:16.38 41.02   | 200m:   | 2:42.10                        | 43.32   | 300m: | 4:07.67 | 42.79          | 400m: | 5:30.25 | 40.72   |
| 26.     | PIETKA, Maciej     |                 | 98      | MOSiR Mysłowice                |         |       |         | <b>5:32.20</b> | 262   |         |         |
|         | 50m:               | 36.38 36.38     | 150m:   | 1:59.71                        | 42.68   | 250m: | 3:25.20 | 42.56          | 350m: | 4:51.30 | 43.33   |
|         | 100m:              | 1:17.03 40.65   | 200m:   | 2:42.64                        | 42.93   | 300m: | 4:07.97 | 42.77          | 400m: | 5:32.20 | 40.90   |
| 27.     | ZAJ C, Mikołaj     |                 | 98      | Mosm Tychy                     |         |       |         | <b>5:36.34</b> | 253   |         |         |
|         | 50m:               | 34.51 34.51     | 150m:   | 1:57.70                        | 43.04   | 250m: | 3:26.16 | 44.98          | 350m: | 4:54.93 | 43.96   |
|         | 100m:              | 1:14.66 40.15   | 200m:   | 2:41.18                        | 43.48   | 300m: | 4:10.97 | 44.81          | 400m: | 5:36.34 | 41.41   |
| 28.     | PEŁKA, Maciej      |                 | 98      | Mosm Tychy                     |         |       |         | <b>5:38.92</b> | 247   |         |         |
|         | 50m:               | 35.00 35.00     | 150m:   | 1:58.06                        | 42.91   | 250m: | 3:27.41 | 44.73          | 350m: | 4:57.95 | 44.65   |
|         | 100m:              | 1:15.15 40.15   | 200m:   | 2:42.68                        | 44.62   | 300m: | 4:13.30 | 45.89          | 400m: | 5:38.92 | 40.97   |
| 29.     | SOSNA, Paweł       |                 | 98      | TKKF Szczygłowice Knurów       |         |       |         | <b>5:53.00</b> | 218   |         |         |
|         | 50m:               | 34.20 34.20     | 150m:   | 1:59.79                        | 43.74   | 250m: | 3:32.54 | 47.59          | 350m: | 5:07.30 | 47.17   |
|         | 100m:              | 1:16.05 41.85   | 200m:   | 2:44.95                        | 45.16   | 300m: | 4:20.13 | 47.59          | 400m: | 5:53.00 | 45.70   |
| 30.     | JANKOWSKI, Andrzej |                 | 98      | Ks Piatka Chorzów              |         |       |         | <b>6:04.19</b> | 199   |         |         |
|         | 50m:               | 39.81 39.81     | 150m:   | 2:11.92                        | 46.30   | 250m: | 3:47.11 | 47.46          | 350m: | 5:19.38 | 45.11   |
|         | 100m:              | 1:25.62 45.81   | 200m:   | 2:59.65                        | 47.73   | 300m: | 4:34.27 | 47.16          | 400m: | 6:04.19 | 44.81   |
| 31.     | KLIMA, Arkadiusz   |                 | 98      | UKS Wodnik 29 Katowice         |         |       |         | <b>6:12.81</b> | 185   |         |         |
|         | 50m:               | 38.52 38.52     | 150m:   | 2:12.14                        | 47.47   | 250m: | 3:51.23 | 49.98          | 350m: | 5:29.45 | 48.35   |
|         | 100m:              | 1:24.67 46.15   | 200m:   | 3:01.25                        | 49.11   | 300m: | 4:41.10 | 49.87          | 400m: | 6:12.81 | 43.36   |
| 32.     | KUREK, Bartek      |                 | 96      | Mlks Znicz Delfin Kłobuck      |         |       |         | <b>6:21.12</b> | 173   |         |         |
|         | 50m:               | 36.35 36.35     | 150m:   | 2:07.61                        | 47.78   | 250m: | 3:49.28 | 52.15          | 350m: | 5:32.21 | 52.32   |
|         | 100m:              | 1:19.83 43.48   | 200m:   | 2:57.13                        | 49.52   | 300m: | 4:39.89 | 50.61          | 400m: | 6:21.12 | 48.91   |
| 33.     | GAWRO SKI, Daniel  |                 | 98      | Start Katowice                 |         |       |         | <b>7:47.91</b> | 94    |         |         |
|         | 50m:               | 41.76 41.76     | 150m:   | 2:38.64                        | 1:03.37 | 250m: | 4:46.66 | 1:03.62        | 350m: | 6:52.94 | 1:03.18 |
|         | 100m:              | 1:35.27 53.51   | 200m:   | 3:43.04                        | 1:04.40 | 300m: | 5:49.76 | 1:03.10        | 400m: | 7:47.91 | 54.97   |
| 34.     | GAŁUSZKA, Dawid    |                 | 97      | Start Katowice                 |         |       |         | <b>8:08.13</b> | 82    |         |         |
|         | 50m:               | 43.17 43.17     | 150m:   | 2:29.19                        | 54.97   | 250m: | 4:22.78 | 57.53          | 350m: | 7:13.85 | 1:52.36 |
|         | 100m:              | 1:34.22 51.05   | 200m:   | 3:25.25                        | 56.06   | 300m: | 5:21.49 | 58.71          | 400m: | 8:08.13 | 54.28   |
| 35.     | JANECZKO, Tomasz   |                 | 98      | Start Katowice                 |         |       |         | <b>8:51.65</b> | 64    |         |         |
|         | 50m:               | 53.54 53.54     | 150m:   | 4:15.00                        | 1:09.31 | 250m: |         |                | 350m: |         |         |
|         | 100m:              | 3:05.69 2:12.15 | 200m:   | 6:34.23                        | 2:19.23 | 300m: |         |                | 400m: | 8:51.65 |         |

IV Mi dzynarodowy Integracyjnych Miting Pływacki im. Ma ka Maika  
Tychy, 15-10-2011

Konkurencja 6, M czyn, 400m dowolny

kat C

|     |                       |               |                                |                 |         |
|-----|-----------------------|---------------|--------------------------------|-----------------|---------|
| 1.  | SUMARA, Benjamin      | 99            | CSIR MOS D browa Górnicza      | <b>5:05.65</b>  | 337     |
|     | 50m: 32.81 32.81      | 150m: 1:50.52 | 40.06 250m: 3:09.02 39.14      | 350m: 4:28.33   | 39.30   |
|     | 100m: 1:10.46 37.65   | 200m: 2:29.88 | 39.36 300m: 3:49.03 40.01      | 400m: 5:05.65   | 37.32   |
| 2.  | STANEK, Adam          | 99            | MKS Gogolin                    | <b>5:16.40</b>  | 304     |
|     | 50m: 36.36 36.36      | 150m: 1:59.13 | 41.56 250m: 3:19.64 39.81      | 350m: 4:38.26   | 39.01   |
|     | 100m: 1:17.57 41.21   | 200m: 2:39.83 | 40.70 300m: 3:59.25 39.61      | 400m: 5:16.40   | 38.14   |
| 3.  | WALCZYSKO, Jakub      | 00            | Uks Orka L dziny               | <b>5:20.41</b>  | 292     |
|     | 50m: 35.91 35.91      | 150m: 1:56.41 | 40.22 250m: 3:18.21 40.67      | 350m: 4:40.89   | 41.60   |
|     | 100m: 1:16.19 40.28   | 200m: 2:37.54 | 41.13 300m: 3:59.29 41.08      | 400m: 5:20.41   | 39.52   |
| 4.  | BORKOWSKI, Kacper     | 00            | CSIR MOS D browa Górnicza      | <b>5:22.38</b>  | 287     |
|     | 50m: 36.29 36.29      | 150m: 1:59.47 | 41.38 250m: 3:23.09 41.80      | 350m: 4:45.48   | 41.05   |
|     | 100m: 1:18.09 41.80   | 200m: 2:41.29 | 41.82 300m: 4:04.43 41.34      | 400m: 5:22.38   | 36.90   |
| 5.  | PODZIMSKI, Wojciech   | 99            | MKS Park Wodny Tarnowskie Góry | <b>5:35.34</b>  | 255     |
|     | 50m: 36.44 36.44      | 150m: 2:02.16 | 43.26 250m: 3:29.00 43.67      | 350m: 4:55.08   | 42.57   |
|     | 100m: 1:18.90 42.46   | 200m: 2:45.33 | 43.17 300m: 4:12.51 43.51      | 400m: 5:35.34   | 40.26   |
| 6.  | ŁAPOT, Radosław       | 99            | Mks Mos Katowice               | <b>5:35.60</b>  | 254     |
|     | 50m: 38.78 38.78      | 150m: 2:04.41 | 43.11 250m: 3:30.90 42.79      | 350m: 4:55.24   | 41.81   |
|     | 100m: 1:21.30 42.52   | 200m: 2:48.11 | 43.70 300m: 4:13.43 42.53      | 400m: 5:35.60   | 40.36   |
| 7.  | TERCZY SKI, Szymon    | 99            | UKS Wodnik 29 Katowice         | <b>5:37.96</b>  | 249     |
|     | 50m: 37.65 37.65      | 150m: 2:03.84 | 43.60 250m: 3:30.93 43.27      | 350m: 4:57.21   | 42.92   |
|     | 100m: 1:20.24 42.59   | 200m: 2:47.66 | 43.82 300m: 4:14.29 43.36      | 400m: 5:37.96   | 40.75   |
| 8.  | WALCZAK, Szymon       | 99            | MKS Park Wodny Tarnowskie Góry | <b>5:40.92</b>  | 243     |
|     | 50m: 37.12 37.12      | 150m: 2:02.31 | 43.10 250m: 3:29.77 44.56      | 350m: 4:59.67   | 45.07   |
|     | 100m: 1:19.21 42.09   | 200m: 2:45.21 | 42.90 300m: 4:14.60 44.83      | 400m: 5:40.92   | 41.25   |
| 9.  | GÓRAL, Michał         | 99            | Mks Mos Katowice               | <b>5:41.64</b>  | 241     |
|     | 50m: 38.78 38.78      | 150m: 2:05.27 | 43.71 250m: 3:32.89 43.60      | 350m: 4:59.87   | 43.69   |
|     | 100m: 1:21.56 42.78   | 200m: 2:49.29 | 44.02 300m: 4:16.18 43.29      | 400m: 5:41.64   | 41.77   |
| 10. | CHROMIK, Szymon       | 99            | Mks Mos Katowice               | <b>5:45.99</b>  | 232     |
|     | 50m: 40.04 40.04      | 150m: 2:08.65 | 44.81 250m: 3:38.15 44.50      | 350m: 5:06.62   | 45.12   |
|     | 100m: 1:23.84 43.80   | 200m: 2:53.65 | 45.00 300m: 4:21.50 43.35      | 400m: 5:45.99   | 39.37   |
| 11. | ADAMUS, Adam          | 99            | Uks Orka L dziny               | <b>5:48.42</b>  | 227     |
|     | 50m: 38.32 38.32      | 150m: 2:06.36 | 44.49 250m: 3:37.24 44.67      | 350m: 5:06.72   | 43.80   |
|     | 100m: 1:21.87 43.55   | 200m: 2:52.57 | 46.21 300m: 4:22.92 45.68      | 400m: 5:48.42   | 41.70   |
| 12. | STABIK, Kamil         | 99            | UKS Wodnik 29 Katowice         | <b>6:13.52</b>  | 184     |
|     | 50m: 38.23 38.23      | 150m: 2:57.39 | 1:34.01 250m: 4:34.51 48.53    | 350m: 6:13.52   | 49.99   |
|     | 100m: 1:23.38 45.15   | 200m: 3:45.98 | 48.59 300m: 5:23.53 49.02      | 400m: 6:13.52   |         |
| 13. | PIECHA, Wawrzyniec    | 00            | Uks Orka L dziny               | <b>6:15.24</b>  | 182     |
|     | 50m: 42.84 42.84      | 150m: 2:18.20 | 48.31 250m: 3:53.15 47.26      | 350m: 5:30.29   | 48.13   |
|     | 100m: 1:29.89 47.05   | 200m: 3:05.89 | 47.69 300m: 4:42.16 49.01      | 400m: 6:15.24   | 44.95   |
| 14. | KRAWCZYK, Kamil       | 00            | Uks Orka L dziny               | <b>6:23.64</b>  | 170     |
|     | 50m: 41.02 41.02      | 150m: 2:17.83 | 49.13 250m: 3:56.98 49.86      | 350m: 5:37.03   | 49.51   |
|     | 100m: 1:28.70 47.68   | 200m: 3:07.12 | 49.29 300m: 4:47.52 50.54      | 400m: 6:23.64   | 46.61   |
| 15. | PAWLINIAK, Mariusz    | 99            | UKS Wodnik 29 Katowice         | <b>6:31.98</b>  | 159     |
|     | 50m: 41.77 41.77      | 150m: 2:20.97 | 50.45 250m: 4:03.84 51.76      | 350m: 5:44.54   | 50.32   |
|     | 100m: 1:30.52 48.75   | 200m: 3:12.08 | 51.11 300m: 4:54.22 50.38      | 400m: 6:31.98   | 47.44   |
| 16. | KORDAL, Krzysztof     | 00            | Start Katowice                 | <b>12:04.55</b> | 25      |
|     | 50m: 1:21.43 1:21.43  | 150m: 4:30.36 | 1:32.43 250m: 7:33.92 1:31.38  | 350m: 10:38.74  | 1:31.91 |
|     | 100m: 2:57.93 1:36.50 | 200m: 6:02.54 | 1:32.18 300m: 9:06.83 1:32.91  | 400m: 12:04.55  | 1:25.81 |
| 17. | KLICH, Krystian       | 99            | Start Katowice                 | <b>12:56.24</b> | 20      |
|     | 50m: 1:31.92 1:31.92  | 150m: 4:57.16 | 250m: 8:18.07 1:40.52          | 350m: 11:24.28  | 1:30.32 |
|     | 100m:                 | 200m: 6:37.55 | 1:40.39 300m: 9:53.96 1:35.89  | 400m: 12:56.24  | 1:31.96 |

IV Mi dzynarodowy Integracyjnych Miting Pływacki im. Ma ka Maika  
Tychy, 15-10-2011

Konkurencja 6, M czyzn, 400m dowolny

kat D

|    |                     |               |                           |                |       |
|----|---------------------|---------------|---------------------------|----------------|-------|
| 1. | JANECKI, Mateusz    | 01            | UKS Wodnik 29 Katowice    | <b>6:31.81</b> | 160   |
|    | 50m: 41.90 41.90    | 150m: 2:22.52 | 51.03 250m: 4:04.56 50.72 | 350m: 5:46.38  | 50.37 |
|    | 100m: 1:31.49 49.59 | 200m: 3:13.84 | 51.32 300m: 4:56.01 51.45 | 400m: 6:31.81  | 45.43 |
| 2. | KUBARSKI, Kamil     | 01            | UKS Wodnik 29 Katowice    | <b>6:34.58</b> | 156   |
|    | 50m: 42.81 42.81    | 150m: 2:24.96 | 52.40 250m: 4:07.15 50.75 | 350m: 5:50.30  | 51.19 |
|    | 100m: 1:32.56 49.75 | 200m: 3:16.40 | 51.44 300m: 4:59.11 51.96 | 400m: 6:34.58  | 44.28 |
| 3. | WALENCIK, Piotr     | 01            | UKS Wodnik 29 Katowice    | <b>7:12.54</b> | 119   |
|    | 50m: 46.16 46.16    | 150m: 2:35.80 | 55.75 250m: 4:28.92 57.89 | 350m: 6:21.77  | 56.09 |
|    | 100m: 1:40.05 53.89 | 200m: 3:31.03 | 55.23 300m: 5:25.68 56.76 | 400m: 7:12.54  | 50.77 |
| 4. | KUREK, Mikołaj      | 02            | Mlks Znicz Delfin Kłobuck | <b>7:21.94</b> | 111   |
|    | 50m: 45.39 45.39    | 150m: 2:39.61 | 57.53 250m: 4:34.38 57.78 | 350m: 6:27.38  | 56.30 |
|    | 100m: 1:42.08 56.69 | 200m: 3:36.60 | 56.99 300m: 5:31.08 56.70 | 400m: 7:21.94  | 54.56 |

kat S6

|    |                      |                       |                       |                 |         |
|----|----------------------|-----------------------|-----------------------|-----------------|---------|
| 1. | KLICH, Krystian      | 99                    | Start Katowice        | <b>12:56.24</b> | 20      |
|    | 50m: 1:31.92 1:31.92 | 150m: 4:57.16         | 250m: 8:18.07 1:40.52 | 350m: 11:24.28  | 1:30.32 |
|    | 100m:                | 200m: 6:37.55 1:40.39 | 300m: 9:53.96 1:35.89 | 400m: 12:56.24  | 1:31.96 |

kat S8

|    |                     |               |                               |                |         |
|----|---------------------|---------------|-------------------------------|----------------|---------|
| 1. | GRZEBIE , Paweł     | 94            | Start Tarnów                  | <b>5:27.76</b> | 273     |
|    | 50m: 36.97 36.97    | 150m: 1:59.04 | 41.56 250m: 3:22.89 41.81     | 350m: 4:47.10  | 42.33   |
|    | 100m: 1:17.48 40.51 | 200m: 2:41.08 | 42.04 300m: 4:04.77 41.88     | 400m: 5:27.76  | 40.66   |
| 2. | PILCH, Kamil        | 95            | Start Katowice                | <b>6:48.37</b> | 141     |
|    | 50m: 42.02 42.02    | 150m: 2:21.78 | 51.61 250m: 4:06.90 52.68     | 350m: 5:56.26  | 54.57   |
|    | 100m: 1:30.17 48.15 | 200m: 3:14.22 | 52.44 300m: 5:01.69 54.79     | 400m: 6:48.37  | 52.11   |
| 3. | GAWRO SKI, Daniel   | 98            | Start Katowice                | <b>7:47.91</b> | 94      |
|    | 50m: 41.76 41.76    | 150m: 2:38.64 | 1:03.37 250m: 4:46.66 1:03.62 | 350m: 6:52.94  | 1:03.18 |
|    | 100m: 1:35.27 53.51 | 200m: 3:43.04 | 1:04.40 300m: 5:49.76 1:03.10 | 400m: 7:47.91  | 54.97   |

kat S9

|    |                       |               |                               |                 |         |
|----|-----------------------|---------------|-------------------------------|-----------------|---------|
| 1. | KORDAL, Krzysztof     | 00            | Start Katowice                | <b>12:04.55</b> | 25      |
|    | 50m: 1:21.43 1:21.43  | 150m: 4:30.36 | 1:32.43 250m: 7:33.92 1:31.38 | 350m: 10:38.74  | 1:31.91 |
|    | 100m: 2:57.93 1:36.50 | 200m: 6:02.54 | 1:32.18 300m: 9:06.83 1:32.91 | 400m: 12:04.55  | 1:25.81 |

kat S10

|    |                     |               |                           |                |         |
|----|---------------------|---------------|---------------------------|----------------|---------|
| 1. | B K, Wawrzyniec     | 89            | Start Katowice            | <b>5:56.70</b> | 212     |
|    | 50m: 36.51 36.51    | 150m: 2:03.55 | 44.49 250m: 3:36.49 46.99 | 350m: 5:11.39  | 47.46   |
|    | 100m: 1:19.06 42.55 | 200m: 2:49.50 | 45.95 300m: 4:23.93 47.44 | 400m: 5:56.70  | 45.31   |
| 2. | RUTKA, Adam         | 95            | Start Katowice            | <b>6:42.85</b> | 147     |
|    | 50m: 41.11 41.11    | 150m: 2:21.98 | 50.32 250m: 4:05.58 52.68 | 350m: 5:54.35  | 55.39   |
|    | 100m: 1:31.66 50.55 | 200m: 3:12.90 | 50.92 300m: 4:58.96 53.38 | 400m: 6:42.85  | 48.50   |
| 3. | GALUSZKA, Dawid     | 97            | Start Katowice            | <b>8:08.13</b> | 82      |
|    | 50m: 43.17 43.17    | 150m: 2:29.19 | 54.97 250m: 4:22.78 57.53 | 350m: 7:13.85  | 1:52.36 |
|    | 100m: 1:34.22 51.05 | 200m: 3:25.25 | 56.06 300m: 5:21.49 58.71 | 400m: 8:08.13  | 54.28   |

kat S12

|    |                       |               |                |                |    |
|----|-----------------------|---------------|----------------|----------------|----|
| 1. | JANECZKO, Tomasz      | 98            | Start Katowice | <b>8:51.65</b> | 64 |
|    | 50m: 53.54 53.54      | 150m: 4:15.00 | 1:09.31 250m:  | 350m:          |    |
|    | 100m: 3:05.69 2:12.15 | 200m: 6:34.23 | 2:19.23 300m:  | 400m: 8:51.65  |    |