

Grand Prix Małopolski runda IV 2011  
Bochnia, 29-10-2011

Konkurencja 10  
2011-10-29 - 17:20

M czyzn, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2011

Pozycja	Rok ur.	Czas	Pkt.
<b>Kategoria 16lat i starsi</b>			
1. POPRAWA, Michał SO	94	<b>4:24.80</b>	703
50m: 27.97 27.97	150m: 1:35.60 33.98	250m: 2:49.18 38.74	350m: 3:57.31 29.92
100m: 1:01.62 33.65	200m: 2:10.44 34.84	300m: 3:27.39 38.21	400m: 4:24.80 27.49
2. KSIAZEK, Michał SK	93	<b>4:31.97</b>	649
50m: 29.09 29.09	150m: 1:37.09 35.10	250m: 2:50.15 38.77	350m: 4:00.84 31.61
100m: 1:01.99 32.90	200m: 2:11.38 34.29	300m: 3:29.23 39.08	400m: 4:31.97 31.13
3. CZARNOTA, Mateusz	91	<b>4:35.86</b>	622
50m: 30.30 30.30	150m: 1:40.89 36.18	250m: 2:55.17 39.12	350m: 4:05.94 31.04
100m: 1:04.71 34.41	200m: 2:16.05 35.16	300m: 3:34.90 39.73	400m: 4:35.86 29.92
4. KUT, Bartosz SK	93	<b>4:36.29</b>	619
50m: 29.57 29.57	150m: 1:41.57 38.13	250m: 2:56.04 38.45	350m: 4:06.55 31.56
100m: 1:03.44 33.87	200m: 2:17.59 36.02	300m: 3:34.99 38.95	400m: 4:36.29 29.74
5. ŁOPACI SKI, Kacper SO	95	<b>4:36.76</b>	616
50m: 30.49 30.49	150m: 1:40.72 34.90	250m: 2:55.79 40.15	350m: 4:07.52 31.20
100m: 1:05.82 35.33	200m: 2:15.64 34.92	300m: 3:36.32 40.53	400m: 4:36.76 29.24
6. BAŁABUCH, Krystian	95	<b>4:37.35</b>	612
50m: 29.76 29.76	150m: 1:41.41 36.55	250m: 2:55.81 38.98	350m: 4:07.13 31.71
100m: 1:04.86 35.10	200m: 2:16.83 35.42	300m: 3:35.42 39.61	400m: 4:37.35 30.22
7. BARAN, Rafał SK	93	<b>4:41.44</b>	585
50m: 29.47 29.47	150m: 1:39.82 37.08	250m: 2:56.27 40.33	350m: 4:09.52 32.31
100m: 1:02.74 33.27	200m: 2:15.94 36.12	300m: 3:37.21 40.94	400m: 4:41.44 31.92
8. KISIEL, Adrian SO	93	<b>4:41.71</b>	584
50m: 29.72 29.72	150m: 1:39.04 35.42	250m: 2:56.63 44.32	350m: 4:11.91 31.92
100m: 1:03.62 33.90	200m: 2:12.31 33.27	300m: 3:39.99 43.36	400m: 4:41.71 29.80
9. ŁUCZAK, Piotr	92	<b>4:44.33</b>	568
50m: 28.00 28.00	150m: 1:37.89 37.69	250m: 2:58.91 44.51	350m: 4:13.45 31.55
100m: 1:00.20 32.20	200m: 2:14.40 36.51	300m: 3:41.90 42.99	400m: 4:44.33 30.88
10. DUDEK, Michał	94	<b>4:45.44</b>	561
50m: 32.14 32.14	150m: 1:46.04 37.07	250m: 3:00.73 38.12	350m: 4:12.96 33.23
100m: 1:08.97 36.83	200m: 2:22.61 36.57	300m: 3:39.73 39.00	400m: 4:45.44 32.48
11. ZABOJSZCZ, Wojciech	95	<b>4:46.05</b>	558
50m: 29.96 29.96	150m: 1:42.46 37.87	250m: 2:59.72 40.67	350m: 4:14.40 33.46
100m: 1:04.59 34.63	200m: 2:19.05 36.59	300m: 3:40.94 41.22	400m: 4:46.05 31.65
12. WILK, Przemysław SK	95	<b>4:48.35</b>	544
50m: 31.41 31.41	150m: 1:43.02 36.72	250m: 3:01.54 42.16	350m: 4:17.94 33.82
100m: 1:06.30 34.89	200m: 2:19.38 36.36	300m: 3:44.12 42.58	400m: 4:48.35 30.41
13. KUDŁA, Łukasz	95	<b>4:50.18</b>	534
50m: 27.97 27.97	150m: 1:41.36 39.88	250m: 3:01.83 42.13	350m: 4:19.38 33.95
100m: 1:01.48 33.51	200m: 2:19.70 38.34	300m: 3:45.43 43.60	400m: 4:50.18 30.80
14. SADOWY, Bartosz SK	95	<b>4:50.19</b>	534
50m: 30.46 30.46	150m: 1:44.95 39.72	250m: 3:03.51 37.84	350m: 4:18.17 34.48
100m: 1:05.23 34.77	200m: 2:25.67 40.72	300m: 3:43.69 40.18	400m: 4:50.19 32.02
15. MALCZYK, Marcin SO	95	<b>5:04.13</b>	464
50m: 31.15 31.15	150m: 1:47.76 40.21	250m: 3:11.71 45.50	350m: 4:31.68 34.30
100m: 1:07.55 36.40	200m: 2:26.21 38.45	300m: 3:57.38 45.67	400m: 5:04.13 32.45
16. SZAMRETA, Marcel	94	<b>5:06.89</b>	451
50m: 31.17 31.17	150m: 1:47.06 38.08	250m: 3:10.58 45.27	350m: 4:32.94 36.11
100m: 1:08.98 37.81	200m: 2:25.31 38.25	300m: 3:56.83 46.25	400m: 5:06.89 33.95
17. KWIATKOWSKI, Arkadiusz	90	<b>5:12.50</b>	427
50m: 30.45 30.45	150m: 1:47.24 40.54	250m: 3:15.31 47.27	350m: 4:38.52 35.34
100m: 1:06.70 36.25	200m: 2:28.04 40.80	300m: 4:03.18 47.87	400m: 5:12.50 33.98

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Konkurencja 10, M czynn, 400m zmienny, Kategoria 16lat i starsi

Pozycja			Rok ur.					Czas	Pkt.		
18.	SEKUŁA, Patryk		95	STP Nowy Sacz				<b>5:19.57</b>	400		
	50m:	32.34 32.34	150m:	1:52.19	41.70	250m:	3:19.79	47.03	350m:	4:43.95	37.35
	100m:	1:10.49 38.15	200m:	2:32.76	40.57	300m:	4:06.60	46.81	400m:	5:19.57	35.62
19.	MARCISZ, Mikołaj		94	AZS AGH Kraków				<b>5:27.53</b>	371		
	50m:	31.73 31.73	150m:	1:53.80	44.02	250m:	3:28.22	51.94	350m:	4:53.51	34.92
	100m:	1:09.78 38.05	200m:	2:36.28	42.48	300m:	4:18.59	50.37	400m:	5:27.53	34.02
DYSKW.	KOTLEWSKI, Michał SK		94	Zryw Opole				<b>4:47.59</b>			
	50m:	30.99 30.99	150m:	1:43.00	36.08	250m:	2:59.85	41.22	350m:	4:15.71	34.72
	100m:	1:06.92 35.93	200m:	2:18.63	35.63	300m:	3:40.99	41.14	400m:	4:47.59	31.88
DYSKW.	HYDZIK, Piotr SK		95	Karol Wadowice				<b>4:51.84</b>			
	50m:	30.39 30.39	150m:	1:42.02	37.14	250m:	3:02.63	44.17	350m:	4:20.07	32.78
	100m:	1:04.88 34.49	200m:	2:18.46	36.44	300m:	3:47.29	44.66	400m:	4:51.84	31.77
DYSKW.	POMIETŁO, Adrian		95	Unia O wi cim				<b>5:04.80</b>			
	50m:	31.42 31.42	150m:	1:49.06	41.68	250m:	3:09.66	41.46	350m:	4:29.46	37.24
	100m:	1:07.38 35.96	200m:	2:28.20	39.14	300m:	3:52.22	42.56	400m:	5:04.80	35.34

Kategoria 15lat

1.	KROGULSKI, Filip		96	Unia O wi cim				<b>4:39.10</b>	600		
	50m:	29.38 29.38	150m:	1:37.62	34.94	250m:	2:53.64	41.57	350m:	4:07.84	32.72
	100m:	1:02.68 33.30	200m:	2:12.07	34.45	300m:	3:35.12	41.48	400m:	4:39.10	31.26
2.	LITWA, Krzysztof		96	Jordan Krakow				<b>4:54.34</b>	512		
	50m:	32.54 32.54	150m:	1:48.51	38.55	250m:	3:06.55	40.62	350m:	4:22.90	33.83
	100m:	1:09.96 37.42	200m:	2:25.93	37.42	300m:	3:49.07	42.52	400m:	4:54.34	31.44
3.	KONIECZNY, Bartosz		96	Unia O wi cim				<b>4:57.33</b>	496		
	50m:	30.04 30.04	150m:	1:43.23	39.51	250m:	3:06.43	44.32	350m:	4:24.50	35.04
	100m:	1:03.72 33.68	200m:	2:22.11	38.88	300m:	3:49.46	43.03	400m:	4:57.33	32.83
4.	KICA, Pawel		96	Jordan Krakow				<b>5:01.64</b>	475		
	50m:	32.03 32.03	150m:	1:46.70	36.58	250m:	3:08.00	45.14	350m:	4:27.66	34.11
	100m:	1:10.12 38.09	200m:	2:22.86	36.16	300m:	3:53.55	45.55	400m:	5:01.64	33.98
5.	KARWALA, Maciej		96	Jordan Krakow				<b>5:04.49</b>	462		
	50m:	34.43 34.43	150m:	1:52.05	39.45	250m:	3:14.41	43.95	350m:	4:33.31	34.64
	100m:	1:12.60 38.17	200m:	2:30.46	38.41	300m:	3:58.67	44.26	400m:	5:04.49	31.18
6.	STANKIEWICZ, Dominik		96	Unia O wi cim				<b>5:07.73</b>	448		
	50m:	32.24 32.24	150m:	1:51.65	40.48	250m:	3:14.63	44.70	350m:	4:34.57	35.14
	100m:	1:11.17 38.93	200m:	2:29.93	38.28	300m:	3:59.43	44.80	400m:	5:07.73	33.16
7.	OJCZYK, Grzegorz		96	Jordan Krakow				<b>5:15.31</b>	416		
	50m:	32.77 32.77	150m:	1:53.92	40.94	250m:	3:17.93	44.17	350m:	4:38.86	36.08
	100m:	1:12.98 40.21	200m:	2:33.76	39.84	300m:	4:02.78	44.85	400m:	5:15.31	36.45
8.	SKOWRON, Tomasz		96	STP Nowy Sacz				<b>5:28.22</b>	369		
	50m:	36.57 36.57	150m:	2:01.49	40.96	250m:	3:25.72	44.39	350m:	4:50.58	39.58
	100m:	1:20.53 43.96	200m:	2:41.33	39.84	300m:	4:11.00	45.28	400m:	5:28.22	37.64

Kategoria 14lat

1.	GOLENIEC, Łukasz SO		97	Unia O wi cim				<b>4:52.56</b>	521		
	50m:	31.09 31.09	150m:	1:45.35	38.58	250m:	3:05.50	42.54	350m:	4:20.87	32.83
	100m:	1:06.77 35.68	200m:	2:22.96	37.61	300m:	3:48.04	42.54	400m:	4:52.56	31.69
2.	MURZYN, Dawid SK		97	Jordan Krakow				<b>4:53.35</b>	517		
	50m:	31.50 31.50	150m:	1:45.30	37.05	250m:	3:05.06	44.31	350m:	4:22.10	33.80
	100m:	1:08.25 36.75	200m:	2:20.75	35.45	300m:	3:48.30	43.24	400m:	4:53.35	31.25
3.	LECHOWICZ, Filip		97	Jordan Krakow				<b>5:04.65</b>	461		
	50m:	34.01 34.01	150m:	1:50.99	39.00	250m:	3:12.84	44.43	350m:	4:32.02	35.39
	100m:	1:11.99 37.98	200m:	2:28.41	37.42	300m:	3:56.63	43.79	400m:	5:04.65	32.63

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Konkurencja 10, Chłopców, 400m zmienny, Kategoria 14lat

Pozycja	Rok ur.						Czas	Pkt.
4. RUSZKOWSKI, Kacper SO	97	Unia O wi cim					<b>5:05.29</b>	459
50m: 32.13 32.13	150m: 1:49.32	40.26	250m: 3:14.33	45.25	350m: 4:32.78	33.39		
100m: 1:09.06 36.93	200m: 2:29.08	39.76	300m: 3:59.39	45.06	400m: 5:05.29	32.51		
5. MŁYNARCZYK, Adrian	97	Jordan Krakow					<b>5:08.18</b>	446
50m: 33.84 33.84	150m: 1:54.08	40.04	250m: 3:17.81	45.39	350m: 4:36.35	33.22		
100m: 1:14.04 40.20	200m: 2:32.42	38.34	300m: 4:03.13	45.32	400m: 5:08.18	31.83		
6. CHOŁDA, Łukasz	97	Jordan Krakow					<b>5:08.92</b>	443
50m: 34.31 34.31	150m: 1:51.31	38.61	250m: 3:13.60	45.27	350m: 4:34.90	36.14		
100m: 1:12.70 38.39	200m: 2:28.33	37.02	300m: 3:58.76	45.16	400m: 5:08.92	34.02		
7. BATKO, Daniel	97	Jordan Krakow					<b>5:11.20</b>	433
50m: 35.94 35.94	150m: 1:57.59	40.10	250m: 3:20.13	42.95	350m: 4:37.53	34.46		
100m: 1:17.49 41.55	200m: 2:37.18	39.59	300m: 4:03.07	42.94	400m: 5:11.20	33.67		
8. SOWIER, Wojciech	97	Jordan Krakow					<b>5:14.80</b>	418
50m: 33.93 33.93	150m: 1:53.76	41.05	250m: 3:17.90	45.07	350m: 4:39.59	36.56		
100m: 1:12.71 38.78	200m: 2:32.83	39.07	300m: 4:03.03	45.13	400m: 5:14.80	35.21		
9. LECHOWICZ, Artur	97	Jordan Krakow					<b>5:16.03</b>	413
50m: 35.78 35.78	150m: 1:53.83	37.71	250m: 3:17.46	46.19	350m: 4:40.51	37.06		
100m: 1:16.12 40.34	200m: 2:31.27	37.44	300m: 4:03.45	45.99	400m: 5:16.03	35.52		
10. TOMBARKIEWICZ, Józef	97	Jordan Krakow					<b>5:16.77</b>	410
50m: 34.52 34.52	150m: 1:55.81	42.29	250m: 3:20.24	44.87	350m: 4:41.86	37.16		
100m: 1:13.52 39.00	200m: 2:35.37	39.56	300m: 4:04.70	44.46	400m: 5:16.77	34.91		
11. WAWER, Mateusz	97	Jordan Krakow					<b>5:20.20</b>	397
50m: 37.12 37.12	150m: 1:59.21	39.81	250m: 3:22.81	45.17	350m: 4:44.74	36.60		
100m: 1:19.40 42.28	200m: 2:37.64	38.43	300m: 4:08.14	45.33	400m: 5:20.20	35.46		
12. PIE NIAK, Jakub SO	97	Unia O wi cim					<b>5:20.25</b>	397
50m: 34.27 34.27	150m: 1:54.35	41.08	250m: 3:23.73	51.09	350m: 4:46.94	34.28		
100m: 1:13.27 39.00	200m: 2:32.64	38.29	300m: 4:12.66	48.93	400m: 5:20.25	33.31		
13. OŁDAK, Dominik SO	97	Unia O wi cim					<b>5:20.69</b>	396
50m: 37.07 37.07	150m: 2:03.84	43.28	250m: 3:28.05	43.01	350m: 4:47.42	35.44		
100m: 1:20.56 43.49	200m: 2:45.04	41.20	300m: 4:11.98	43.93	400m: 5:20.69	33.27		
14. MARCINIEC, Patryk SO	97	Unia O wi cim					<b>5:21.60</b>	392
50m: 36.17 36.17	150m: 1:59.37	42.27	250m: 3:25.16	45.27	350m: 4:46.97	37.46		
100m: 1:17.10 40.93	200m: 2:39.89	40.52	300m: 4:09.51	44.35	400m: 5:21.60	34.63		
15. NAGI, Mateusz	97	Unia O wi cim					<b>5:22.81</b>	388
50m: 36.68 36.68	150m: 2:00.02	40.90	250m: 3:25.26	44.39	350m: 4:47.64	36.59		
100m: 1:19.12 42.44	200m: 2:40.87	40.85	300m: 4:11.05	45.79	400m: 5:22.81	35.17		
16. W GLARZ, Kamil	97	Unia O wi cim					<b>5:24.07</b>	383
50m: 36.20 36.20	150m: 1:58.27	41.29	250m: 3:26.76	49.92	350m: 4:49.88	37.17		
100m: 1:16.98 40.78	200m: 2:36.84	38.57	300m: 4:12.71	45.95	400m: 5:24.07	34.19		
DYSKW. TLAŁKA, Adrian	97	Unia O wi cim					<b>5:59.88</b>	
50m: 38.76 38.76	150m: 2:11.17	46.14	250m: 3:44.96	48.87	350m: 5:17.07	42.40		
100m: 1:25.03 46.27	200m: 2:56.09	44.92	300m: 4:34.67	49.71	400m: 5:59.88	42.81		