

Otwarte Mistrzostwa Województwa Lubuskiego 2015
Drzonków, 21-6-2015

Konkurencja 16
2015-06-21 - 13:30

M czynzn, 400m zmienny

Open
Wyniki

Punkty: FINA 2015

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
Open									
1.	Rafał KOWALSKI	00	SŁOWIANKA Gorzów Wlkp.	5:02.85	521	1:06.12	1:17.46	1:29.30	1:09.97
	50m: 31.00	31.00	150m: 1:45.45	39.33	250m: 3:08.20	44.62	350m: 4:28.89	36.01	
	100m: 1:06.12	35.12	200m: 2:23.58	38.13	300m: 3:52.88	44.68	400m: 5:02.85	33.96	
2.	Sebastian SŁOMI SKI	00	REKIN wiebodzice	5:16.10	459	1:08.59	1:19.16	1:35.26	1:13.09
	50m: 31.35	31.35	150m: 1:49.35	40.76	250m: 3:15.14	47.39	350m: 4:40.06	37.05	
	100m: 1:08.59	37.24	200m: 2:27.75	38.40	300m: 4:03.01	47.87	400m: 5:16.10	36.04	
3.	Mateusz LISS	00	JUVENIA Wrocław	5:18.75	447	1:12.64	1:27.93	1:33.13	1:05.05
	50m: 33.74	33.74	150m: 1:57.63	44.99	250m: 3:27.68	47.11	350m: 4:46.56	32.86	
	100m: 1:12.64	38.90	200m: 2:40.57	42.94	300m: 4:13.70	46.02	400m: 5:18.75	32.19	
4.	Szymon GOLCZYK	96	KORNER Zielona Góra	5:18.88	447	1:03.10	1:32.94	1:31.05	1:11.79
	50m: 28.67	28.67	150m: 1:50.75	47.65	250m: 3:21.42	45.38	350m: 4:44.29	37.20	
	100m: 1:03.10	34.43	200m: 2:36.04	45.29	300m: 4:07.09	45.67	400m: 5:18.88	34.59	
5.	Ignacy FRYDRYCHOWICZ00		DOZP	5:37.88	375	1:13.07	1:29.50	1:43.95	1:11.36
	50m: 33.40	33.40	150m: 1:57.16	44.09	250m: 3:34.02	51.45	350m: 5:02.19	35.67	
	100m: 1:13.07	39.67	200m: 2:42.57	45.41	300m: 4:26.52	52.50	400m: 5:37.88	35.69	
6.	Oskar CEBULA	03	SVIDA widnica	6:00.83	308	1:32.91	1:29.59	1:37.92	1:20.41
	50m: 42.56	42.56	150m: 2:18.52	45.61	250m: 3:51.06	48.56	350m: 5:21.98	41.56	
	100m: 1:32.91	50.35	200m: 3:02.50	43.98	300m: 4:40.42	49.36	400m: 6:00.83	38.85	

15 lat

1.	Rafał KOWALSKI	00	SŁOWIANKA Gorzów Wlkp.	5:02.85	521	1:06.12	1:17.46	1:29.30	1:09.97
	50m: 31.00	31.00	150m: 1:45.45	39.33	250m: 3:08.20	44.62	350m: 4:28.89	36.01	
	100m: 1:06.12	35.12	200m: 2:23.58	38.13	300m: 3:52.88	44.68	400m: 5:02.85	33.96	
2.	Sebastian SŁOMI SKI	00	REKIN wiebodzice	5:16.10	459	1:08.59	1:19.16	1:35.26	1:13.09
	50m: 31.35	31.35	150m: 1:49.35	40.76	250m: 3:15.14	47.39	350m: 4:40.06	37.05	
	100m: 1:08.59	37.24	200m: 2:27.75	38.40	300m: 4:03.01	47.87	400m: 5:16.10	36.04	
3.	Mateusz LISS	00	JUVENIA Wrocław	5:18.75	447	1:12.64	1:27.93	1:33.13	1:05.05
	50m: 33.74	33.74	150m: 1:57.63	44.99	250m: 3:27.68	47.11	350m: 4:46.56	32.86	
	100m: 1:12.64	38.90	200m: 2:40.57	42.94	300m: 4:13.70	46.02	400m: 5:18.75	32.19	
4.	Ignacy FRYDRYCHOWICZ00		DOZP	5:37.88	375	1:13.07	1:29.50	1:43.95	1:11.36
	50m: 33.40	33.40	150m: 1:57.16	44.09	250m: 3:34.02	51.45	350m: 5:02.19	35.67	
	100m: 1:13.07	39.67	200m: 2:42.57	45.41	300m: 4:26.52	52.50	400m: 5:37.88	35.69	

14 lat i młodsi

1.	Oskar CEBULA	03	SVIDA widnica	6:00.83	308	1:32.91	1:29.59	1:37.92	1:20.41
	50m: 42.56	42.56	150m: 2:18.52	45.61	250m: 3:51.06	48.56	350m: 5:21.98	41.56	
	100m: 1:32.91	50.35	200m: 3:02.50	43.98	300m: 4:40.42	49.36	400m: 6:00.83	38.85	