

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

Konkurencja 28
2015-06-21 - 15:13

M czynn, 400m dowolny

Open
Wyniki

Punkty: FINA 2015

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
Open									
1.	Jakub KRASKA	00	PI TKA Konstantynów Ł.	4:16.27	633	1:04.03	1:06.74	1:03.66	1:01.84
	50m: 31.21	31.21	150m: 1:37.49	33.46	250m: 2:42.48	31.71	350m: 3:46.53	32.10	
	100m: 1:04.03	32.82	200m: 2:10.77	33.28	300m: 3:14.43	31.95	400m: 4:16.27	29.74	
2.	Jakub KISZCZAK	00	JUVENIA Wrocław	4:19.00	613	1:03.19	1:07.51	1:05.46	1:02.84
	50m: 29.53	29.53	150m: 1:37.14	33.95	250m: 2:43.78	33.08	350m: 3:48.64	32.48	
	100m: 1:03.19	33.66	200m: 2:10.70	33.56	300m: 3:16.16	32.38	400m: 4:19.00	30.36	
3.	Aleksander LISEK	00	SŁOWIANKA Gorzów Wlkp.	4:24.91	573	1:04.52	1:06.99	1:06.35	1:07.05
	50m: 31.48	31.48	150m: 1:37.96	33.44	250m: 2:44.67	33.16	350m: 3:51.68	33.82	
	100m: 1:04.52	33.04	200m: 2:11.51	33.55	300m: 3:17.86	33.19	400m: 4:24.91	33.23	
4.	Maciej STONAWSKI	00	SŁOWIANKA Gorzów Wlkp.	4:30.08	541	1:05.05	1:08.78	1:10.07	1:06.18
	50m: 31.53	31.53	150m: 1:39.28	34.23	250m: 2:48.61	34.78	350m: 3:58.89	34.99	
	100m: 1:05.05	33.52	200m: 2:13.83	34.55	300m: 3:23.90	35.29	400m: 4:30.08	31.19	
5.	Olaf BEDNARZ	00	SŁOWIANKA Gorzów Wlkp.	4:31.53	532	1:04.30	1:08.57	1:09.92	1:08.74
	50m: 30.56	30.56	150m: 1:38.14	33.84	250m: 2:47.28	34.41	350m: 3:57.87	35.08	
	100m: 1:04.30	33.74	200m: 2:12.87	34.73	300m: 3:22.79	35.51	400m: 4:31.53	33.66	
6.	Artur MACIAK	00	MKP Szczecin	4:37.78	497	1:08.53	1:08.18	1:10.60	1:10.47
	50m: 33.93	33.93	150m: 1:42.53	34.00	250m: 2:52.88	36.17	350m: 4:04.43	37.12	
	100m: 1:08.53	34.60	200m: 2:16.71	34.18	300m: 3:27.31	34.43	400m: 4:37.78	33.35	
7.	Dawid KOPCZY SKI	99	KORNER Zielona Góra	4:38.07	495	1:06.97	1:11.45	1:11.19	1:08.46
	50m: 31.86	31.86	150m: 1:42.94	35.97	250m: 2:53.90	35.48	350m: 4:05.22	35.61	
	100m: 1:06.97	35.11	200m: 2:18.42	35.48	300m: 3:29.61	35.71	400m: 4:38.07	32.85	
8.	Wiktor K DZIA	00	MKP Szczecin	4:38.40	493	1:06.91	1:12.29	1:11.60	1:07.60
	50m: 31.11	31.11	150m: 1:43.07	36.16	250m: 2:54.72	35.52	350m: 4:06.31	35.51	
	100m: 1:06.91	35.80	200m: 2:19.20	36.13	300m: 3:30.80	36.08	400m: 4:38.40	32.09	
9.	Szymon GOLCZYK	96	KORNER Zielona Góra	4:38.79	491	1:06.77	1:12.48	1:11.78	1:07.76
	50m: 31.06	31.06	150m: 1:42.96	36.19	250m: 2:55.20	35.95	350m: 4:06.31	35.28	
	100m: 1:06.77	35.71	200m: 2:19.25	36.29	300m: 3:31.03	35.83	400m: 4:38.79	32.48	
10.	Jakub DROZDA	01	SŁOWIANKA Gorzów Wlkp.	4:38.96	490	1:05.52	1:11.39	1:13.51	1:08.54
	50m: 31.03	31.03	150m: 1:41.10	35.58	250m: 2:53.52	36.61	350m: 4:06.28	35.86	
	100m: 1:05.52	34.49	200m: 2:16.91	35.81	300m: 3:30.42	36.90	400m: 4:38.96	32.68	
11.	Mateusz ŁAPACZ	00	MKP Szczecin	4:39.40	488	1:07.37	1:11.22	1:11.89	1:08.92
	50m: 32.08	32.08	150m: 1:42.78	35.41	250m: 2:54.50	35.91	350m: 4:05.35	34.87	
	100m: 1:07.37	35.29	200m: 2:18.59	35.81	300m: 3:30.48	35.98	400m: 4:39.40	34.05	
12.	Nataniel MYSIAKOWSKI	00	MKP Szczecin	4:47.52	448	1:08.75	1:14.11	1:14.15	1:10.51
	50m: 32.45	32.45	150m: 1:46.06	37.31	250m: 2:59.60	36.74	350m: 4:12.63	35.62	
	100m: 1:08.75	36.30	200m: 2:22.86	36.80	300m: 3:37.01	37.41	400m: 4:47.52	34.89	
13.	Jakub MYSZCZYSZYN	01	KORNER Zielona Góra	4:52.03	427	1:10.68	1:15.86	1:15.19	1:10.30
	50m: 33.59	33.59	150m: 1:48.68	38.00	250m: 3:04.04	37.50	350m: 4:18.19	36.46	
	100m: 1:10.68	37.09	200m: 2:26.54	37.86	300m: 3:41.73	37.69	400m: 4:52.03	33.84	
14.	Łukasz KOSIK	00	SŁOWIANKA Gorzów Wlkp.	4:56.10	410	1:09.93	1:16.86	1:15.63	1:13.68
	50m: 33.10	33.10	150m: 1:48.09	38.16	250m: 3:04.56	37.77	350m: 4:19.69	37.27	
	100m: 1:09.93	36.83	200m: 2:26.79	38.70	300m: 3:42.42	37.86	400m: 4:56.10	36.41	
15.	Maciej TURKIEWICZ	98	ORKA Luba	4:57.34	405	1:10.12	1:16.83	1:18.02	1:12.37
	50m: 33.32	33.32	150m: 1:49.04	38.92	250m: 3:06.46	39.51	350m: 4:22.84	37.87	
	100m: 1:10.12	36.80	200m: 2:26.95	37.91	300m: 3:44.97	38.51	400m: 4:57.34	34.50	
16.	Oskar CEBULA	03	SVIDA widnica	5:28.10	301	1:18.80	1:25.36	1:24.06	1:19.88
	50m: 37.43	37.43	150m: 2:01.39	42.59	250m: 3:26.04	41.88	350m: 4:48.85	40.63	
	100m: 1:18.80	41.37	200m: 2:44.16	42.77	300m: 4:08.22	42.18	400m: 5:28.10	39.25	

15 lat

1.	Jakub KRASKA	00	PI TKA Konstantynów Ł.	4:16.27	633	1:04.03	1:06.74	1:03.66	1:01.84
	50m: 31.21	31.21	150m: 1:37.49	33.46	250m: 2:42.48	31.71	350m: 3:46.53	32.10	
	100m: 1:04.03	32.82	200m: 2:10.77	33.28	300m: 3:14.43	31.95	400m: 4:16.27	29.74	
2.	Jakub KISZCZAK	00	JUVENIA Wrocław	4:19.00	613	1:03.19	1:07.51	1:05.46	1:02.84
	50m: 29.53	29.53	150m: 1:37.14	33.95	250m: 2:43.78	33.08	350m: 3:48.64	32.48	
	100m: 1:03.19	33.66	200m: 2:10.70	33.56	300m: 3:16.16	32.38	400m: 4:19.00	30.36	

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

Konkurencja 28, Chłopców, 400m dowolny, 15 lat

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m	
3. Aleksander LISEK	00	SŁOWIANKA Gorzów Wlkp.	4:24.91	573	1:04.52	1:06.99	1:06.35	1:07.05
50m: 31.48	31.48	150m: 1:37.96	33.44	250m: 2:44.67	33.16	350m: 3:51.68	33.82	
100m: 1:04.52	33.04	200m: 2:11.51	33.55	300m: 3:17.86	33.19	400m: 4:24.91	33.23	
4. Maciej STONAWSKI	00	SŁOWIANKA Gorzów Wlkp.	4:30.08	541	1:05.05	1:08.78	1:10.07	1:06.18
50m: 31.53	31.53	150m: 1:39.28	34.23	250m: 2:48.61	34.78	350m: 3:58.89	34.99	
100m: 1:05.05	33.52	200m: 2:13.83	34.55	300m: 3:23.90	35.29	400m: 4:30.08	31.19	
5. Olaf BEDNARZ	00	SŁOWIANKA Gorzów Wlkp.	4:31.53	532	1:04.30	1:08.57	1:09.92	1:08.74
50m: 30.56	30.56	150m: 1:38.14	33.84	250m: 2:47.28	34.41	350m: 3:57.87	35.08	
100m: 1:04.30	33.74	200m: 2:12.87	34.73	300m: 3:22.79	35.51	400m: 4:31.53	33.66	
6. Artur MACIAK	00	MKP Szczecin	4:37.78	497	1:08.53	1:08.18	1:10.60	1:10.47
50m: 33.93	33.93	150m: 1:42.53	34.00	250m: 2:52.88	36.17	350m: 4:04.43	37.12	
100m: 1:08.53	34.60	200m: 2:16.71	34.18	300m: 3:27.31	34.43	400m: 4:37.78	33.35	
7. Wiktor K DZIA	00	MKP Szczecin	4:38.40	493	1:06.91	1:12.29	1:11.60	1:07.60
50m: 31.11	31.11	150m: 1:43.07	36.16	250m: 2:54.72	35.52	350m: 4:06.31	35.51	
100m: 1:06.91	35.80	200m: 2:19.20	36.13	300m: 3:30.80	36.08	400m: 4:38.40	32.09	
8. Mateusz ŁAPACZ	00	MKP Szczecin	4:39.40	488	1:07.37	1:11.22	1:11.89	1:08.92
50m: 32.08	32.08	150m: 1:42.78	35.41	250m: 2:54.50	35.91	350m: 4:05.35	34.87	
100m: 1:07.37	35.29	200m: 2:18.59	35.81	300m: 3:30.48	35.98	400m: 4:39.40	34.05	
9. Nataniel MYŚIAKOWSKI	00	MKP Szczecin	4:47.52	448	1:08.75	1:14.11	1:14.15	1:10.51
50m: 32.45	32.45	150m: 1:46.06	37.31	250m: 2:59.60	36.74	350m: 4:12.63	35.62	
100m: 1:08.75	36.30	200m: 2:22.86	36.80	300m: 3:37.01	37.41	400m: 4:47.52	34.89	
10. Łukasz KOSIK	00	SŁOWIANKA Gorzów Wlkp.	4:56.10	410	1:09.93	1:16.86	1:15.63	1:13.68
50m: 33.10	33.10	150m: 1:48.09	38.16	250m: 3:04.56	37.77	350m: 4:19.69	37.27	
100m: 1:09.93	36.83	200m: 2:26.79	38.70	300m: 3:42.42	37.86	400m: 4:56.10	36.41	

14 lat i młodszy

1. Jakub DROZDA	01	SŁOWIANKA Gorzów Wlkp.	4:38.96	490	1:05.52	1:11.39	1:13.51	1:08.54
50m: 31.03	31.03	150m: 1:41.10	35.58	250m: 2:53.52	36.61	350m: 4:06.28	35.86	
100m: 1:05.52	34.49	200m: 2:16.91	35.81	300m: 3:30.42	36.90	400m: 4:38.96	32.68	
2. Jakub MYŚCZYSZYN	01	KORNER Zielona Góra	4:52.03	427	1:10.68	1:15.86	1:15.19	1:10.30
50m: 33.59	33.59	150m: 1:48.68	38.00	250m: 3:04.04	37.50	350m: 4:18.19	36.46	
100m: 1:10.68	37.09	200m: 2:26.54	37.86	300m: 3:41.73	37.69	400m: 4:52.03	33.84	
3. Oskar CEBULA	03	SVIDA widnica	5:28.10	301	1:18.80	1:25.36	1:24.06	1:19.88
50m: 37.43	37.43	150m: 2:01.39	42.59	250m: 3:26.04	41.88	350m: 4:48.85	40.63	
100m: 1:18.80	41.37	200m: 2:44.16	42.77	300m: 4:08.22	42.18	400m: 5:28.10	39.25	