



Letnie Mistrzostwa Dolnego Śląska  
Wrocław, 31.5. - 1.6.2024

**H2O SHOP.PL**  
DOMAGAMY WYGRYWAĆ

Konkurencja 8  
31.05.2024 - 10:35

Mężczyźni, 400m dowolny

13 lat i starsi  
Wyniki

Punkty: FINA 2024

Pozycja	Rok ur.	Czas Pkt.	100m	200m	300m	400m	
<b>13 lat</b>							
1. Opali ski Dawid	11	KS "BALTI" Bielawa	<b>5:01.05</b> 390	1:10.49	1:17.95	1:19.06	1:13.55
50m: 32.52	32.52	150m: 1:49.31	38.82	250m: 3:07.96	39.52	350m: 4:26.02	38.52
100m: 1:10.49	37.97	200m: 2:28.44	39.13	300m: 3:47.50	39.54	400m: 5:01.05	35.03
2. Gawro ski Mateusz	11	WKS I sk Wrocław	<b>5:04.76</b> 376	1:12.11	1:19.91	1:19.00	1:13.74
50m: 33.13	33.13	150m: 1:51.74	39.63	250m: 3:11.80	39.78	350m: 4:30.22	39.20
100m: 1:12.11	38.98	200m: 2:32.02	40.28	300m: 3:51.02	39.22	400m: 5:04.76	34.54
3. Bobyk Karol	11	WKS I sk Wrocław	<b>5:13.75</b> 345	1:16.73	1:20.84	1:21.06	1:15.12
50m: 35.81	35.81	150m: 1:57.25	40.52	250m: 3:18.28	40.71	350m: 4:38.09	39.46
100m: 1:16.73	40.92	200m: 2:37.57	40.32	300m: 3:58.63	40.35	400m: 5:13.75	35.66
4. Sa ko Filip	11	MKS Piast Głogów	<b>5:36.24</b> 280	1:13.82	1:24.93	1:27.35	1:30.14
50m: 34.26	34.26	150m: 1:55.82	42.00	250m: 3:22.05	43.30	350m: 4:51.42	45.32
100m: 1:13.82	39.56	200m: 2:38.75	42.93	300m: 4:06.10	44.05	400m: 5:36.24	44.82
5. Serhienko Yevhenij	11	MKS Juvenia Wrocław	<b>5:51.42</b> 245	1:23.82	1:30.08	1:31.66	1:25.86
50m: 39.23	39.23	150m: 2:08.14	44.32	250m: 3:39.61	45.71	350m: 5:11.41	45.85
100m: 1:23.82	44.59	200m: 2:53.90	45.76	300m: 4:25.56	45.95	400m: 5:51.42	40.01
6. Kumala Dawid	11	UKS KORAL Wrocław	<b>5:58.23</b> 231	1:19.68	1:31.24	1:35.89	1:31.42
50m: 36.43	36.43	150m: 2:04.84	45.16	250m: 3:38.34	47.42	350m: 5:14.05	47.24
100m: 1:19.68	43.25	200m: 2:50.92	46.08	300m: 4:26.81	48.47	400m: 5:58.23	44.18
<b>14 lat</b>							
1. Kosiarek Mateusz	10	WKS I sk Wrocław	<b>4:38.42</b> 493	1:05.24	1:11.73	1:11.96	1:09.49
50m: 30.59	30.59	150m: 1:41.00	35.76	250m: 2:52.59	35.62	350m: 4:04.19	35.26
100m: 1:05.24	34.65	200m: 2:16.97	35.97	300m: 3:28.93	36.34	400m: 4:38.42	34.23
2. D bicki Marcel	10	WKS I sk Wrocław	<b>4:45.24</b> 459	1:05.30	1:13.23	1:14.25	1:12.46
50m: 30.69	30.69	150m: 1:41.78	36.48	250m: 2:55.59	37.06	350m: 4:09.60	36.82
100m: 1:05.30	34.61	200m: 2:18.53	36.75	300m: 3:32.78	37.19	400m: 4:45.24	35.64
3. Steier Michał	10	Swim Team MOSiR K dzierz.	<b>4:49.20</b> 440	1:10.17	1:14.98	1:14.22	1:09.83
50m: 33.19	33.19	150m: 1:48.24	38.07	250m: 3:02.27	37.12	350m: 4:15.38	36.01
100m: 1:10.17	36.98	200m: 2:25.15	36.91	300m: 3:39.37	37.10	400m: 4:49.20	33.82
4. Łukawski Emanuel	10	KS "Swimmers I za" I za	<b>5:02.74</b> 384	1:08.04	1:19.03	1:19.66	1:16.01
50m: 31.82	31.82	150m: 1:47.23	39.19	250m: 3:06.93	39.86	350m: 4:25.79	39.06
100m: 1:08.04	36.22	200m: 2:27.07	39.84	300m: 3:46.73	39.80	400m: 5:02.74	36.95
5. Chwa cik Wiktor	10	WKS I sk Wrocław	<b>5:06.02</b> 371	1:12.23	1:17.98	1:18.38	1:17.43
50m: 34.25	34.25	150m: 1:51.04	38.81	250m: 3:09.34	39.13	350m: 4:27.63	39.04
100m: 1:12.23	37.98	200m: 2:30.21	39.17	300m: 3:48.59	39.25	400m: 5:06.02	38.39
6. Skorupa Sławek	10	UKS Shark Rudna	<b>5:09.13</b> 360	1:13.14	1:19.59	1:19.29	1:17.11
50m: 33.87	33.87	150m: 1:53.10	39.96	250m: 3:12.66	39.93	350m: 4:31.65	39.63
100m: 1:13.14	39.27	200m: 2:32.73	39.63	300m: 3:52.02	39.36	400m: 5:09.13	37.48
7. Smoli ski Jan	10	MKS Juvenia Wrocław	<b>5:13.64</b> 345	1:13.17	1:21.58	1:22.09	1:16.80
50m: 34.35	34.35	150m: 1:53.53	40.36	250m: 3:15.48	40.73	350m: 4:36.52	39.68
100m: 1:13.17	38.82	200m: 2:34.75	41.22	300m: 3:56.84	41.36	400m: 5:13.64	37.12
8. Lipi ski Bartosz	10	WKS I sk Wrocław	<b>5:17.04</b> 334	1:16.03	1:20.99	1:21.51	1:18.51
50m: 35.72	35.72	150m: 1:56.71	40.68	250m: 3:17.70	40.68	350m: 4:39.19	40.66
100m: 1:16.03	40.31	200m: 2:37.02	40.31	300m: 3:58.53	40.83	400m: 5:17.04	37.85
9. Stembalski Miłosz	10	UKS Shark Rudna	<b>5:41.12</b> 268	1:19.88	1:29.25	1:27.80	1:24.19
50m: 36.18	36.18	150m: 2:04.98	45.10	250m: 3:32.91	43.78	350m: 5:00.22	43.29
100m: 1:19.88	43.70	200m: 2:49.13	44.15	300m: 4:16.93	44.02	400m: 5:41.12	40.90
10. Dzie -Rakoczy Kacper	10	KS Rekin wiebodzice	<b>5:49.97</b> 248	1:20.13	1:30.85	1:32.08	1:26.91
50m: 37.68	37.68	150m: 2:04.25	44.12	250m: 3:36.94	45.96	350m: 5:09.78	46.72
100m: 1:20.13	42.45	200m: 2:50.98	46.73	300m: 4:23.06	46.12	400m: 5:49.97	40.19
11. Cygal Mikołaj	10	Sport Active Strzelin	<b>5:58.91</b> 230	1:21.12	1:31.02	1:34.17	1:32.60
50m: 37.23	37.23	150m: 2:06.77	45.65	250m: 3:39.50	47.36	350m: 5:13.56	47.25
100m: 1:21.12	43.89	200m: 2:52.14	45.37	300m: 4:26.31	46.81	400m: 5:58.91	45.35



Konkurencja 8, M czyzn, 400m dowolny

15 lat

1. Maryjowski Marcin	09	WKS I sk Wrocław	<b>4:19.97</b> 606	1:01.51	1:05.99	1:06.63	1:05.84
50m: 29.43	29.43	150m: 1:34.36	32.85	250m: 2:40.52	33.02	350m: 3:47.62	33.49
100m: 1:01.51	32.08	200m: 2:07.50	33.14	300m: 3:14.13	33.61	400m: 4:19.97	32.35
2. Cicho Patryk	09	KS Neptun widnica	<b>4:26.66</b> 562	1:03.07	1:07.66	1:08.84	1:07.09
50m: 29.69	29.69	150m: 1:36.57	33.50	250m: 2:45.14	34.41	350m: 3:53.56	33.99
100m: 1:03.07	33.38	200m: 2:10.73	34.16	300m: 3:19.57	34.43	400m: 4:26.66	33.10
3. Ustianovskiy Nazar	09	WKS I sk Wrocław	<b>5:09.51</b> 359	1:12.06	1:21.07	1:16.62	1:19.76
50m: 33.31	33.31	150m: 1:52.21	40.15	250m: 3:10.26	37.13	350m: 4:30.15	40.40
100m: 1:12.06	38.75	200m: 2:33.13	40.92	300m: 3:49.75	39.49	400m: 5:09.51	39.36
4. Ryniejski Tymon	09	UKS KORAL Wrocław	<b>5:19.33</b> 327	1:07.47	1:19.94	1:25.28	1:26.64
50m: 31.31	31.31	150m: 1:46.52	39.05	250m: 3:09.73	42.32	350m: 4:36.39	43.70
100m: 1:07.47	36.16	200m: 2:27.41	40.89	300m: 3:52.69	42.96	400m: 5:19.33	42.94

16 lat i starsi

1. Oko Jakub	07	MKS Juwenia Wrocław	<b>4:12.96</b> 658	59.87	1:03.28	1:04.82	1:04.99
50m: 28.65	28.65	150m: 1:31.27	31.40	250m: 2:35.21	32.06	350m: 3:40.75	32.78
100m: 59.87	31.22	200m: 2:03.15	31.88	300m: 3:07.97	32.76	400m: 4:12.96	32.21
2. Borkowski Marcel	07	KS Neptun widnica	<b>4:18.77</b> 615	1:00.28	1:04.74	1:07.82	1:05.93
50m: 28.72	28.72	150m: 1:32.17	31.89	250m: 2:38.21	33.19	350m: 3:46.67	33.83
100m: 1:00.28	31.56	200m: 2:05.02	32.85	300m: 3:12.84	34.63	400m: 4:18.77	32.10
3. Pakuła Patryk	08	UKS Shark Rudna	<b>4:22.95</b> 586	1:01.83	1:07.46	1:08.00	1:05.66
50m: 29.62	29.62	150m: 1:35.51	33.68	250m: 2:43.61	34.32	350m: 3:50.85	33.56
100m: 1:01.83	32.21	200m: 2:09.29	33.78	300m: 3:17.29	33.68	400m: 4:22.95	32.10
4. Smoszna Wiktor	08	MKS Juwenia Wrocław	<b>4:25.70</b> 568	1:02.92	1:06.69	1:08.30	1:07.79
50m: 29.81	29.81	150m: 1:36.09	33.17	250m: 2:43.47	33.86	350m: 3:52.12	34.21
100m: 1:02.92	33.11	200m: 2:09.61	33.52	300m: 3:17.91	34.44	400m: 4:25.70	33.58
5. Koczerga Mikołaj	07	MKS Juwenia Wrocław	<b>4:52.07</b> 427	1:07.02	1:15.32	1:16.06	1:13.67
50m: 31.50	31.50	150m: 1:44.06	37.04	250m: 3:00.42	38.08	350m: 4:16.60	38.20
100m: 1:07.02	35.52	200m: 2:22.34	38.28	300m: 3:38.40	37.98	400m: 4:52.07	35.47
6. Bednarz Jakub	08	KS "BALTI" Bielawa	<b>5:31.20</b> 293	1:09.47	1:24.41	1:31.95	1:25.37
50m: 32.04	32.04	150m: 1:50.25	40.78	250m: 3:19.45	45.57	350m: 4:51.62	45.79
100m: 1:09.47	37.43	200m: 2:33.88	43.63	300m: 4:05.83	46.38	400m: 5:31.20	39.58
7. Kierul Jakub	06	KS AZS AWF Wrocław	<b>5:40.25</b> 270	1:17.96	1:26.62	1:29.86	1:25.81
50m: 36.85	36.85	150m: 2:00.67	42.71	250m: 3:29.52	44.94	350m: 4:59.09	44.65
100m: 1:17.96	41.11	200m: 2:44.58	43.91	300m: 4:14.44	44.92	400m: 5:40.25	41.16