

ZIMOWE MISTRZOSTWA OKR GU Dolno I skiego  
Nowa Ruda, 17. - 18.12.2010

Konkurencja 29  
2010-12-18 - 12:44

M czyzn, 400m dowolny

11 lat i starsi  
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.	
<b>Młodzik</b>										
1.	JASZCZAK WIKTOR		97	Wks	I sk Wrocław			<b>4:38.07</b>	447	
	50m:	31.89 31.89	150m:	1:41.66	35.33	250m:	2:52.58	35.51	350m:	4:03.63 35.53
	100m:	1:06.33 34.44	200m:	2:17.07	35.41	300m:	3:28.10	35.52	400m:	4:38.07 34.44
2.	KLEKOWSKI JAKUB		97	Wks	I sk Wrocław			<b>4:38.29</b>	446	
	50m:	30.11 30.11	150m:	1:39.46	35.29	250m:	2:50.62	35.57	350m:	4:02.43 35.66
	100m:	1:04.17 34.06	200m:	2:15.05	35.59	300m:	3:26.77	36.15	400m:	4:38.29 35.86
3.	STEFANKO PIOTR		97	Wks	I sk Wrocław			<b>4:48.04</b>	403	
	50m:	32.61 32.61	150m:	1:45.21	36.59	250m:	2:59.64	37.16	350m:	4:12.71 36.51
	100m:	1:08.62 36.01	200m:	2:22.48	37.27	300m:	3:36.20	36.56	400m:	4:48.04 35.33
4.	CZEREPAK TOMASZ		97	Wks	I sk Wrocław			<b>4:49.14</b>	398	
	50m:	32.95 32.95	150m:	1:46.76	37.21	250m:	3:00.77	36.68	350m:	4:14.44 36.66
	100m:	1:09.55 36.60	200m:	2:24.09	37.33	300m:	3:37.78	37.01	400m:	4:49.14 34.70
5.	DERE Kacper		98	MKS 9	Dzierżoniów			<b>4:55.14</b>	374	
	50m:	32.71 32.71	150m:	1:48.57	38.60	250m:	3:05.02	37.39	350m:	4:20.97 37.91
	100m:	1:09.97 37.26	200m:	2:27.63	39.06	300m:	3:43.06	38.04	400m:	4:55.14 34.17
6.	DRZYŻGA Oskar		98	Wks	I sk Wrocław			<b>4:58.71</b>	361	
	50m:	32.37 32.37	150m:	1:47.73	38.37	250m:	3:05.06	38.51	350m:	4:22.02 38.96
	100m:	1:09.36 36.99	200m:	2:26.55	38.82	300m:	3:43.06	38.00	400m:	4:58.71 36.69
7.	MOSEJKO Marcin		98	Mks	Juvenia Wrocław			<b>5:03.48</b>	344	
	50m:	33.25 33.25	150m:	1:49.67	38.53	250m:	3:07.80	39.43	350m:	4:26.61 39.45
	100m:	1:11.14 37.89	200m:	2:28.37	38.70	300m:	3:47.16	39.36	400m:	5:03.48 36.87
8.	SZTYNEK Franciszek		98	Wks	I sk Wrocław			<b>5:08.79</b>	327	
	50m:	34.87 34.87	150m:	1:53.56	39.52	250m:	3:12.62	39.68	350m:	4:31.18 39.34
	100m:	1:14.04 39.17	200m:	2:32.94	39.38	300m:	3:51.84	39.22	400m:	5:08.79 37.61
9.	KOPACKI Wiktor		98	AZS AWF	Wrocław			<b>5:12.22</b>	316	
	50m:	33.30 33.30	150m:	1:54.40	40.64	250m:	3:15.48	40.31	350m:	4:36.91 40.62
	100m:	1:13.76 40.46	200m:	2:35.17	40.77	300m:	3:56.29	40.81	400m:	5:12.22 35.31
10.	BRYCHCZY SKI Sebastian		98	Wks	I sk Wrocław			<b>5:13.31</b>	313	
	50m:	34.67 34.67	150m:	1:52.35	39.46	250m:	3:13.28	40.57	350m:	4:33.66 39.98
	100m:	1:12.89 38.22	200m:	2:32.71	40.36	300m:	3:53.68	40.40	400m:	5:13.31 39.65
11.	MARCIOŃW MATEUSZ		97	Wks	I sk Wrocław			<b>5:14.14</b>	310	
	50m:	33.86 33.86	150m:	1:54.30	40.46	250m:	3:14.85	39.93	350m:	4:35.66 39.83
	100m:	1:13.84 39.98	200m:	2:34.92	40.62	300m:	3:55.83	40.98	400m:	5:14.14 38.48
12.	PECOLD Michał		98	Wks	I sk Wrocław			<b>5:14.68</b>	309	
	50m:	34.24 34.24	150m:	1:54.67	40.74	250m:	3:16.71	40.86	350m:	4:37.39 40.12
	100m:	1:13.93 39.69	200m:	2:35.85	41.18	300m:	3:57.27	40.56	400m:	5:14.68 37.29
13.	LIPI SKI Kacper		98	Wks	I sk Wrocław			<b>5:15.29</b>	307	
	50m:	34.84 34.84	150m:	1:55.38	40.39	250m:	3:16.56	41.09	350m:	4:37.18 39.85
	100m:	1:14.99 40.15	200m:	2:35.47	40.09	300m:	3:57.33	40.77	400m:	5:15.29 38.11
14.	WIERDAK Michał		98	Wks	I sk Wrocław			<b>5:21.02</b>	291	
	50m:	35.22 35.22	150m:	1:58.59	42.40	250m:	3:21.16	41.56	350m:	4:41.92 39.44
	100m:	1:16.19 40.97	200m:	2:39.60	41.01	300m:	4:02.48	41.32	400m:	5:21.02 39.10
15.	KOŁODZIEJ Filip		97	Mks	Juvenia Wrocław			<b>5:26.62</b>	276	
	50m:	35.42 35.42	150m:	1:57.50	41.39	250m:	3:21.89	42.47	350m:	4:47.41 42.33
	100m:	1:16.11 40.69	200m:	2:39.42	41.92	300m:	4:05.08	43.19	400m:	5:26.62 39.21
16.	LECH Dominik		99	Uks	Koral Wrocław			<b>5:53.12</b>	218	
	50m:	39.38 39.38	150m:	2:09.42	46.02	250m:	3:41.38	45.99	350m:	5:13.30 44.92
	100m:	1:23.40 44.02	200m:	2:55.39	45.97	300m:	4:28.38	47.00	400m:	5:53.12 39.82
17.	WIRASZKA Łukasz		98	Uks	Koral Wrocław			<b>5:53.15</b>	218	
	50m:	37.51 37.51	150m:	2:06.84	45.50	250m:	3:37.41	45.48	350m:	5:08.78 46.56
	100m:	1:21.34 43.83	200m:	2:51.93	45.09	300m:	4:22.22	44.81	400m:	5:53.15 44.37

ZIMOWE MISTRZOSTWA OKR GU Dolno I skiego  
Nowa Ruda, 17. - 18.12.2010

Konkurencja 29, Chłopców, 400m dowolny, Młodzik

Pozycja			Rok ur.				Czas		Pkt.
18.	BANA Arkadiusz		99	Uks Koral Wrocław			<b>6:24.04</b>	170	
	50m: 41.53	41.53	150m: 2:18.26	49.16	250m: 3:57.30	49.64	350m: 5:38.03	50.06	
	100m: 1:29.10	47.57	200m: 3:07.66	49.40	300m: 4:47.97	50.67	400m: 6:24.04	46.01	
19.	WORO EWICZ Konrad		99	Uks Koral Wrocław			<b>6:33.57</b>	158	
	50m: 40.45	40.45	150m: 2:19.17	49.95	250m: 4:01.27	52.01	350m: 5:43.82	52.06	
	100m: 1:29.22	48.77	200m: 3:09.26	50.09	300m: 4:51.76	50.49	400m: 6:33.57	49.75	
DYSKW.	GRZYMSKI Mateusz		98	Wks I sk Wrocław			<b>5:02.75</b>		
	<i>04 - Start wykonany przed Sygnałem (przedwczesny start)</i>								
	50m: 33.88	33.88	150m: 1:49.99	38.74	250m: 3:08.57	39.10	350m: 4:26.31	38.62	
	100m: 1:11.25	37.37	200m: 2:29.47	39.48	300m: 3:47.69	39.12	400m: 5:02.75	36.44	

Junior młodszy

1.	FURTEK PAWEŁ		95	Wks I sk Wrocław			<b>4:06.27</b>	644
	50m: 28.34	28.34	150m: 1:30.43	31.20	250m: 2:32.93	31.39	350m: 3:36.19	31.47
	100m: 59.23	30.89	200m: 2:01.54	31.11	300m: 3:04.72	31.79	400m: 4:06.27	30.08
2.	KU WIK Maciej		96	Wks I sk Wrocław			<b>4:06.99</b>	639
	50m: 28.02	28.02	150m: 1:30.09	31.61	250m: 2:33.79	31.91	350m: 3:37.24	31.56
	100m: 58.48	30.46	200m: 2:01.88	31.79	300m: 3:05.68	31.89	400m: 4:06.99	29.75
3.	TACZA SKI Bartłomiej		96	Uks Shark Rudna			<b>4:14.88</b>	581
	50m: 28.47	28.47	150m: 1:32.44	32.56	250m: 2:38.48	33.30	350m: 3:43.79	32.06
	100m: 59.88	31.41	200m: 2:05.18	32.74	300m: 3:11.73	33.25	400m: 4:14.88	31.09
4.	CHABA Mateusz		96	Mks Juvenia Wrocław			<b>4:16.35</b>	571
	50m: 29.09	29.09	150m: 1:34.48	33.15	250m: 2:40.28	32.75	350m: 3:45.27	32.41
	100m: 1:01.33	32.24	200m: 2:07.53	33.05	300m: 3:12.86	32.58	400m: 4:16.35	31.08
5.	WERTEPNY Damian		96	Uks Shark Rudna			<b>4:17.91</b>	561
	50m: 28.94	28.94	150m: 1:34.57	33.34	250m: 2:40.66	32.99	350m: 3:46.19	32.51
	100m: 1:01.23	32.29	200m: 2:07.67	33.10	300m: 3:13.68	33.02	400m: 4:17.91	31.72
6.	STA KO SEBASTIAN		95	Wks I sk Wrocław			<b>4:27.83</b>	501
	50m: 29.29	29.29	150m: 1:35.75	33.64	250m: 2:44.99	34.78	350m: 3:54.39	34.40
	100m: 1:02.11	32.82	200m: 2:10.21	34.46	300m: 3:19.99	35.00	400m: 4:27.83	33.44
7.	MALINOWSKI Michał		96	Wks I sk Wrocław			<b>4:31.78</b>	479
	50m: 31.17	31.17	150m: 1:39.24	34.57	250m: 2:47.60	34.18	350m: 3:58.24	35.01
	100m: 1:04.67	33.50	200m: 2:13.42	34.18	300m: 3:23.23	35.63	400m: 4:31.78	33.54
8.	ROSOWIECKI MICHAŁ		95	Wks I sk Wrocław			<b>4:35.38</b>	461
	50m: 30.85	30.85	150m: 1:39.24	34.48	250m: 2:49.61	35.40	350m: 4:00.43	35.38
	100m: 1:04.76	33.91	200m: 2:14.21	34.97	300m: 3:25.05	35.44	400m: 4:35.38	34.95
9.	DALECKI Łukasz		96	Wks I sk Wrocław			<b>4:39.64</b>	440
	50m: 31.30	31.30	150m: 1:40.38	34.89	250m: 2:51.08	35.44	350m: 4:01.33	34.89
	100m: 1:05.49	34.19	200m: 2:15.64	35.26	300m: 3:26.44	35.36	400m: 4:39.64	38.31
10.	WARZECHA KRYSZTOF		95	KS "rekin" Swiebodzice			<b>4:39.81</b>	439
	50m: 30.44	30.44	150m: 1:39.79	35.16	250m: 2:51.71	36.07	350m: 4:03.94	35.90
	100m: 1:04.63	34.19	200m: 2:15.64	35.85	300m: 3:28.04	36.33	400m: 4:39.81	35.87
11.	SIKORA MICHAŁ		95	Wks I sk Wrocław			<b>4:40.30</b>	437
	50m: 30.86	30.86	150m: 1:38.90	34.42	250m: 2:51.30	36.68	350m: 4:02.67	35.99
	100m: 1:04.48	33.62	200m: 2:14.62	35.72	300m: 3:26.68	35.38	400m: 4:40.30	37.63

16 lat i starsi

1.	WERNER Paweł		93	Mks Juvenia Wrocław			<b>3:51.85</b>	772
	50m: 26.95	26.95	150m: 1:26.10	29.61	250m: 2:24.88	29.35	350m: 3:23.56	28.88
	100m: 56.49	29.54	200m: 1:55.53	29.43	300m: 2:54.68	29.80	400m: 3:51.85	28.29
2.	BUJOCZEK Filip		94	Wks I sk Wrocław			<b>3:56.62</b>	727
	50m: 26.79	26.79	150m: 1:26.74	30.23	250m: 2:27.12	29.81	350m: 3:28.18	30.51
	100m: 56.51	29.72	200m: 1:57.31	30.57	300m: 2:57.67	30.55	400m: 3:56.62	28.44

ZIMOWE MISTRZOSTWA OKR GU Dolno I skiego  
Nowa Ruda, 17. - 18.12.2010

Konkurencja 29, M czynn, 400m dowolny, 16 lat i starsi

Pozycja			Rok ur.				Czas				Pkt.
3.	RYBI SKI DAWID		93 Wks I sk Wrocław				<b>3:56.97</b>				723
	50m:	27.44 27.44	150m:	1:27.38 30.48	250m:	2:28.02 30.27	350m:	3:28.73 30.39			
	100m:	56.90 29.46	200m:	1:57.75 30.37	300m:	2:58.34 30.32	400m:	3:56.97 28.24			
4.	TOWAREK SEBASTIAN		93 Wks I sk Wrocław				<b>4:04.44</b>				659
	50m:	28.20 28.20	150m:	1:28.65 30.45	250m:	2:30.85 31.17	350m:	3:33.26 31.59			
	100m:	58.20 30.00	200m:	1:59.68 31.03	300m:	3:01.67 30.82	400m:	4:04.44 31.18			
5.	KŁUSEK Adrian		93 Mks Juwenia Wrocław				<b>4:12.21</b>				600
	50m:	29.51 29.51	150m:	1:34.30 32.48	250m:	2:38.75 31.63	350m:	3:42.38 31.42			
	100m:	1:01.82 32.31	200m:	2:07.12 32.82	300m:	3:10.96 32.21	400m:	4:12.21 29.83			
6.	DALECKI Krzysztof		94 Wks I sk Wrocław				<b>4:12.63</b>				597
	50m:	29.71 29.71	150m:	1:34.09 32.40	250m:	2:38.56 31.85	350m:	3:42.70 31.86			
	100m:	1:01.69 31.98	200m:	2:06.71 32.62	300m:	3:10.84 32.28	400m:	4:12.63 29.93			
	BRZOZA JAKUB		93 Wks I sk Wrocław				<b>4:12.63</b>				597
	50m:	28.49 28.49	150m:	1:31.13 31.73	250m:	2:35.73 32.61	350m:	3:41.03 32.62			
	100m:	59.40 30.91	200m:	2:03.12 31.99	300m:	3:08.41 32.68	400m:	4:12.63 31.60			
8.	UKOWSKI MACIEJ		93 Wks I sk Wrocław				<b>4:20.11</b>				547
	50m:	30.15 30.15	150m:	1:35.65 32.85	250m:	2:41.88 33.07	350m:	3:47.98 33.08			
	100m:	1:02.80 32.65	200m:	2:08.81 33.16	300m:	3:14.90 33.02	400m:	4:20.11 32.13			
9.	BEDNARCZYK Paweł		94 Wks I sk Wrocław				<b>4:26.77</b>				507
	50m:	30.03 30.03	150m:	1:35.66 33.23	250m:	2:43.86 34.37	350m:	3:53.43 34.86			
	100m:	1:02.43 32.40	200m:	2:09.49 33.83	300m:	3:18.57 34.71	400m:	4:26.77 33.34			
10.	GLIWI SKI Patryk		94 Uks Shark Rudna				<b>4:43.45</b>				422
	50m:	30.20 30.20	150m:	1:40.39 35.83	250m:	2:52.60 36.13	350m:	4:07.19 37.12			
	100m:	1:04.56 34.36	200m:	2:16.47 36.08	300m:	3:30.07 37.47	400m:	4:43.45 36.26			
11.	BORUTA Paweł		94 Mks Juwenia Wrocław				<b>4:50.01</b>				394
	50m:	30.73 30.73	150m:	1:43.39 37.03	250m:	2:58.96 37.62	350m:	4:15.00 38.57			
	100m:	1:06.36 35.63	200m:	2:21.34 37.95	300m:	3:36.43 37.47	400m:	4:50.01 35.01			
12.	ŁEPECKI Bartek		94 AZS AWF Wrocław				<b>4:55.13</b>				374
	50m:	30.01 30.01	150m:	1:39.93 36.36	250m:	2:57.15 39.61	350m:	4:16.47 39.61			
	100m:	1:03.57 33.56	200m:	2:17.54 37.61	300m:	3:36.86 39.71	400m:	4:55.13 38.66			
13.	KOZŁOWSKI Sebastian		94 Mks Juwenia Wrocław				<b>5:11.23</b>				319
	50m:	32.51 32.51	150m:	1:49.44 39.76	250m:	3:09.37 40.32	350m:	4:31.92 41.13			
	100m:	1:09.68 37.17	200m:	2:29.05 39.61	300m:	3:50.79 41.42	400m:	5:11.23 39.31			