

Zimowe Mistrzostwa DOZP
Nowa Ruda, 25. - 26.11.2011

Konkurencja 5
2011.11.25 - 10:40

M czynn, 400m zmienny

11 lat i starsi
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.
Młodzik									
1.	OKUPNIK JAKUB		98	I sk Wrocław				5:21.19	394
	50m:	30.59 30.59	150m:	1:50.19 43.25	250m:	3:19.27 46.85	350m:	4:44.92 38.03	
	100m:	1:06.94 36.35	200m:	2:32.42 42.23	300m:	4:06.89 47.62	400m:	5:21.19 36.27	
2.	TUREK MAKSYMILIAN		98	I sk Wrocław				5:40.87	329
	50m:	37.15 37.15	150m:	2:05.64 45.16	250m:	3:36.75 47.56	350m:	5:04.41 39.13	
	100m:	1:20.48 43.33	200m:	2:49.19 43.55	300m:	4:25.28 48.53	400m:	5:40.87 36.46	
3.	SZTYNEK FRANCISZEK		98	I sk Wrocław				5:44.45	319
	50m:	37.25 37.25	150m:	2:09.08 45.98	250m:	3:39.44 45.32	350m:	5:07.27 39.07	
	100m:	1:23.10 45.85	200m:	2:54.12 45.04	300m:	4:28.20 48.76	400m:	5:44.45 37.18	
4.	CWALINA PIOTR		98	I sk Wrocław				5:47.76	310
	50m:	37.58 37.58	150m:	2:03.99 43.48	250m:	3:38.68 50.98	350m:	5:10.68 39.38	
	100m:	1:20.51 42.93	200m:	2:47.70 43.71	300m:	4:31.30 52.62	400m:	5:47.76 37.08	
5.	SZCZUTKOWSKI ROBERT		98	I sk Wrocław				5:51.25	301
	50m:	37.99 37.99	150m:	2:09.01 45.29	250m:	3:41.62 46.73	350m:	5:09.70 41.64	
	100m:	1:23.72 45.73	200m:	2:54.89 45.88	300m:	4:28.06 46.44	400m:	5:51.25 41.55	
6.	BOBROWSKI Aleksander		98	MKS 9 Dzierżoniów				6:14.85	247
	50m:	38.21 38.21	150m:	2:12.38 48.72	250m:	3:52.48 52.62	350m:	5:32.82 43.94	
	100m:	1:23.66 45.45	200m:	2:59.86 47.48	300m:	4:48.88 56.40	400m:	6:14.85 42.03	
DYSKW.	LIPIŃSKI KACPER		98	I sk Wrocław				5:39.14	
	<i>K12 - Niejednoczesne dotknięcie ciał dłońmi przy nawrocie</i>								
	50m:	34.83 34.83	150m:	1:59.74 43.07	250m:	3:31.36 49.24	350m:	5:00.97 39.12	
	100m:	1:16.67 41.84	200m:	2:42.12 42.38	300m:	4:21.85 50.49	400m:	5:39.14 38.17	
Junior młodszy									
1.	WERTEPNY Damian		96	Uks Shark Rudna				4:38.01	607
	50m:	28.52 28.52	150m:	1:36.22 34.61	250m:	2:50.15 39.33	350m:	4:04.98 34.36	
	100m:	1:01.61 33.09	200m:	2:10.82 34.60	300m:	3:30.62 40.47	400m:	4:38.01 33.03	
2.	SALIK Jakub		96	Mks Juwenia Wrocław				4:52.40	522
	50m:	30.94 30.94	150m:	1:45.85 39.56	250m:	3:02.97 38.51	350m:	4:18.48 35.46	
	100m:	1:06.29 35.35	200m:	2:24.46 38.61	300m:	3:43.02 40.05	400m:	4:52.40 33.92	
3.	HODERNY Bartosz		96	Uks Shark Rudna				4:57.08	498
	50m:	31.44 31.44	150m:	1:49.38 40.96	250m:	3:09.23 39.50	350m:	4:23.42 34.61	
	100m:	1:08.42 36.98	200m:	2:29.73 40.35	300m:	3:48.81 39.58	400m:	4:57.08 33.66	
4.	SKALNY DAWID		96	KS REKIN wiebodzię				5:53.13	296
	50m:	35.33 35.33	150m:	2:04.32 44.94	250m:	3:39.46 51.35	350m:	5:13.84 41.98	
	100m:	1:19.38 44.05	200m:	2:48.11 43.79	300m:	4:31.86 52.40	400m:	5:53.13 39.29	
16 lat i starsi									
1.	NACHTMAN MATEUSZ		95	I sk Wrocław				4:27.34	683
	50m:	28.22 28.22	150m:	1:35.34 34.70	250m:	2:46.42 36.81	350m:	3:57.06 32.73	
	100m:	1:00.64 32.42	200m:	2:09.61 34.27	300m:	3:24.33 37.91	400m:	4:27.34 30.28	
2.	GIERACKI Bartosz		95	I sk Wrocław				4:39.87	595
	50m:	28.64 28.64	150m:	1:38.55 37.10	250m:	2:55.91 41.16	350m:	4:08.60 31.84	
	100m:	1:01.45 32.81	200m:	2:14.75 36.20	300m:	3:36.76 40.85	400m:	4:39.87 31.27	
3.	KO CIELNIAK Bartosz		93	KS REKIN wiebodzię				5:07.69	448
	50m:	29.55 29.55	150m:	1:44.36 40.02	250m:	3:07.83 45.56	350m:	4:31.86 37.96	
	100m:	1:04.34 34.79	200m:	2:22.27 37.91	300m:	3:53.90 46.07	400m:	5:07.69 35.83	
4.	JURASZEK Paweł		94	MKS 9 Dzierżoniów				5:17.17	409
	50m:	31.21 31.21	150m:	1:52.12 41.99	250m:	3:15.16 44.92	350m:	4:39.99 39.72	
	100m:	1:10.13 38.92	200m:	2:30.24 38.12	300m:	4:00.27 45.11	400m:	5:17.17 37.18	