

Zimowe Mistrzostwa Okręgu Wlkp. 2016  
Poznań, 12- - 13-2-2016

Konkurencja 28  
2016-02-13 - 11:12

Mężczyźni, 400m zmienny

13 lat i starsi  
Wyniki

Punkty: FINA 2015

Pozycja			Rok ur.					Czas	Pkt.
<b>16 lat i starsi</b>									
1.	CHUDY Michał		97	UPKS Wodnik Rawicz				<b>4:30.83</b>	657
	50m:	26.13 26.13	150m:	1:32.69 35.31	250m:	2:45.99 38.70	350m:	3:59.03 33.07	
	100m:	57.38 31.25	200m:	2:07.29 34.60	300m:	3:25.96 39.97	400m:	4:30.83 31.80	
2.	GIERSZEWSKI Jan SB		98	MUKS "Piłastka" Bydgoszcz				<b>4:38.56</b>	604
	50m:	28.83 28.83	150m:	1:37.81 35.91	250m:	2:54.05 40.09	350m:	4:08.11 32.48	
	100m:	1:01.90 33.07	200m:	2:13.96 36.15	300m:	3:35.63 41.58	400m:	4:38.56 30.45	
3.	SZYNALSKI Szymon		00	UPKS Wodnik Rawicz				<b>4:58.99</b>	488
	50m:	31.70 31.70	150m:	1:47.00 38.39	250m:	3:07.00 42.80	350m:	4:26.33 35.04	
	100m:	1:08.61 36.91	200m:	2:24.20 37.20	300m:	3:51.29 44.29	400m:	4:58.99 32.66	
4.	D BROWSKI Mateusz		00	KS Warta Poznań				<b>5:06.00</b>	455
	50m:	31.34 31.34	150m:	1:49.54 40.50	250m:	3:12.90 43.39	350m:	4:30.56 34.35	
	100m:	1:09.04 37.70	200m:	2:29.51 39.97	300m:	3:56.21 43.31	400m:	5:06.00 35.44	
<b>13 - 15 lat</b>									
1.	WARZOCHA Albert		01	KS Warta Poznań				<b>4:38.56</b>	604
	50m:	29.66 29.66	150m:	1:41.08 37.01	250m:	2:56.86 40.22	350m:	4:08.82 32.39	
	100m:	1:04.07 34.41	200m:	2:16.64 35.56	300m:	3:36.43 39.57	400m:	4:38.56 29.74	
2.	ADAMCZAK Jakub		01	UKS Shark Rudna				<b>4:43.80</b>	571
	50m:	31.74 31.74	150m:	1:46.05 37.59	250m:	3:01.15 38.13	350m:	4:12.49 32.68	
	100m:	1:08.46 36.72	200m:	2:23.02 36.97	300m:	3:39.81 38.66	400m:	4:43.80 31.31	
3.	HAŁADAJ Dawid		01	KTP Iskra Konin				<b>4:54.18</b>	513
	50m:	29.62 29.62	150m:	1:43.67 39.18	250m:	3:04.18 42.94	350m:	4:22.37 34.64	
	100m:	1:04.49 34.87	200m:	2:21.24 37.57	300m:	3:47.73 43.55	400m:	4:54.18 31.81	
4.	RYBACKI Mksymilian		02	KS Warta Poznań				<b>5:09.73</b>	439
	50m:	34.04 34.04	150m:	1:53.09 38.88	250m:	3:14.79 43.38	350m:	4:35.39 36.40	
	100m:	1:14.21 40.17	200m:	2:31.41 38.32	300m:	3:58.99 44.20	400m:	5:09.73 34.34	
5.	STALA Szymon		02	MKP Słowianka Gorzów Wlkp.				<b>5:16.77</b>	410
	50m:	34.99 34.99	150m:	1:57.74 42.32	250m:	3:20.82 42.35	350m:	4:42.16 37.53	
	100m:	1:15.42 40.43	200m:	2:38.47 40.73	300m:	4:04.63 43.81	400m:	5:16.77 34.61	
6.	MALINOWSKI Paweł		02	MKP Słowianka Gorzów Wlkp.				<b>5:25.79</b>	377
	50m:	33.87 33.87	150m:	1:57.66 42.72	250m:	3:24.89 45.33	350m:	4:49.84 38.22	
	100m:	1:14.94 41.07	200m:	2:39.56 41.90	300m:	4:11.62 46.73	400m:	5:25.79 35.95	
7.	BIDOWANIEC Kacper		03	UPKS Wodnik Rawicz				<b>6:26.06</b>	226
	50m:	39.55 39.55	150m:	2:18.35 48.74	250m:	4:02.26 55.99	350m:	5:42.57 45.48	
	100m:	1:29.61 50.06	200m:	3:06.27 47.92	300m:	4:57.09 54.83	400m:	6:26.06 43.49	
DYSKW.	GRZEMSKI Kamil		01	MKP Wągrowiec					M9
DYSKW.	KOWALSKI Jakub		02	MKP Słowianka Gorzów Wlkp.					G7