

Mistrzostwa I ska OPEN i Mistrzostwa I ska Juniorów 14,15,16 lat
Gliwice, 20- - 21-6-2011

Konkurencja 12
2011-06-20 - 11:30

M czyzn, 400m zmienny

Open
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.			
14 lat												
1.	MIJA	Marek	97	Mks - Mos Katowice				5:00.50	534			
	50m:	31.45	31.45	150m:	1:48.52	40.13	250m:	3:10.10	41.50	350m:	4:26.38	34.41
	100m:	1:08.39	36.94	200m:	2:28.60	40.08	300m:	3:51.97	41.87	400m:	5:00.50	34.12
2.	KATOLIK	Bartosz	97	CSiR MOS D browa Górnicza				5:03.83	516			
	50m:	29.42	29.42	150m:	1:44.17	39.71	250m:	3:09.04	45.94	350m:	4:29.83	34.11
	100m:	1:04.46	35.04	200m:	2:23.10	38.93	300m:	3:55.72	46.68	400m:	5:03.83	34.00
3.	NOWODWORSKI	Dawid	97	CSiR MOS D browa Górnicza				5:08.22	495			
	50m:	31.23	31.23	150m:	1:47.54	40.01	250m:	3:12.75	45.19	350m:	4:32.91	34.54
	100m:	1:07.53	36.30	200m:	2:27.56	40.02	300m:	3:58.37	45.62	400m:	5:08.22	35.31
4.	JUCHNO	Szymon	97	CSiR MOS D browa Górnicza				5:18.20	450			
	50m:	34.23	34.23	150m:	1:58.31	42.42	250m:	3:23.25	43.41	350m:	4:43.99	36.41
	100m:	1:15.89	41.66	200m:	2:39.84	41.53	300m:	4:07.58	44.33	400m:	5:18.20	34.21
5.	ZWOLI	SKI Marcin	97	CSiR MOS D browa Górnicza				5:19.86	443			
	50m:	33.45	33.45	150m:	1:54.39	42.32	250m:	3:20.45	45.52	350m:	4:44.54	36.87
	100m:	1:12.07	38.62	200m:	2:34.93	40.54	300m:	4:07.67	47.22	400m:	5:19.86	35.32
6.	ORAWCZAK	Mateusz	97	MOSiR Mysłowice				5:42.00	362			
	50m:	39.42	39.42	150m:	2:11.21	43.00	250m:	3:40.26	47.04	350m:	5:05.80	38.89
	100m:	1:28.21	48.79	200m:	2:53.22	42.01	300m:	4:26.91	46.65	400m:	5:42.00	36.20
DYSKW.	JANICKI	Jakub	97	CSiR MOS D browa Górnicza				5:07.12				
	<i>G-9 - Uko czenie wyscigu nie w położeniu na plecach</i>											
	50m:	30.67	30.67	150m:	1:48.50	42.20	250m:	3:13.38	43.78	350m:	4:33.88	36.22
	100m:	1:06.30	35.63	200m:	2:29.60	41.10	300m:	3:57.66	44.28	400m:	5:07.12	33.24
DYSKW.	SOSNOWSKI	Rafał	97	Ks Piatka Chorzów				5:59.57				
	<i>K-11 - Dotknięcie jedn rek sciany nawrotowej</i>											
	50m:	38.58	38.58	150m:	2:16.19	47.86	250m:	3:49.50	49.31	350m:	5:20.54	41.10
	100m:	1:28.33	49.75	200m:	3:00.19	44.00	300m:	4:39.44	49.94	400m:	5:59.57	39.03
15 lat												
1.	FALIS	Dawid	96	CSiR MOS D browa Górnicza				4:55.34	562			
	50m:	31.23	31.23	150m:	1:46.31	38.92	250m:	3:06.59	42.41	350m:	4:22.82	34.19
	100m:	1:07.39	36.16	200m:	2:24.18	37.87	300m:	3:48.63	42.04	400m:	4:55.34	32.52
2.	SKRZPIEC	Wojciech	96	Ks Piatka Chorzów				5:04.56	513			
	50m:	31.43	31.43	150m:	1:48.80	40.69	250m:	3:11.87	43.04	350m:	4:30.74	35.01
	100m:	1:08.11	36.68	200m:	2:28.83	40.03	300m:	3:55.73	43.86	400m:	5:04.56	33.82
3.	KULCZYK	Mateusz	96	Muks Gilus Gilwice				5:42.26	361			
	50m:	33.54	33.54	150m:	1:59.48	46.07	250m:	3:31.86	47.65	350m:	5:02.69	41.89
	100m:	1:13.41	39.87	200m:	2:44.21	44.73	300m:	4:20.80	48.94	400m:	5:42.26	39.57
16 lat												
1.	JANKOWSKI	Paweł	95	CSiR MOS D browa Górnicza				4:51.58	584			
	50m:	30.98	30.98	150m:	1:43.26	37.04	250m:	3:02.24	43.13	350m:	4:18.98	34.00
	100m:	1:06.22	35.24	200m:	2:19.11	35.85	300m:	3:44.98	42.74	400m:	4:51.58	32.60
2.	KŁOS	Grzegorz	95	AZS AWF Katowice				4:53.11	575			
	50m:	31.39	31.39	150m:	1:46.86	39.27	250m:	3:05.10	39.13	350m:	4:19.49	33.75
	100m:	1:07.59	36.20	200m:	2:25.97	39.11	300m:	3:45.74	40.64	400m:	4:53.11	33.62
3.	JONIEC	Artur	95	AZS AWF Katowice				5:16.97	455			
	50m:	30.94	30.94	150m:	1:48.12	41.38	250m:	3:15.56	46.96	350m:	4:40.78	36.97
	100m:	1:06.74	35.80	200m:	2:28.60	40.48	300m:	4:03.81	48.25	400m:	5:16.97	36.19

Mistrzostwa I liga OPEN i Mistrzostwa I liga Juniorów 14,15,16 lat
Gliwice, 20- - 21-6-2011

Konkurencja 12, M czynn, 400m zmienny

Open

1.	JANKOWSKI Paweł	95	CSiR MOS D browa Górnicza	4:51.58	584
	50m: 30.98 30.98	150m: 1:43.26 37.04	250m: 3:02.24 43.13	350m: 4:18.98 34.00	
	100m: 1:06.22 35.24	200m: 2:19.11 35.85	300m: 3:44.98 42.74	400m: 4:51.58 32.60	
2.	KŁOS Grzegorz	95	AZS AWF Katowice	4:53.11	575
	50m: 31.39 31.39	150m: 1:46.86 39.27	250m: 3:05.10 39.13	350m: 4:19.49 33.75	
	100m: 1:07.59 36.20	200m: 2:25.97 39.11	300m: 3:45.74 40.64	400m: 4:53.11 33.62	
3.	FALIS Dawid	96	CSiR MOS D browa Górnicza	4:55.34	562
	50m: 31.23 31.23	150m: 1:46.31 38.92	250m: 3:06.59 42.41	350m: 4:22.82 34.19	
	100m: 1:07.39 36.16	200m: 2:24.18 37.87	300m: 3:48.63 42.04	400m: 4:55.34 32.52	
4.	MIJA Marek	97	Mks - Mos Katowice	5:00.50	534
	50m: 31.45 31.45	150m: 1:48.52 40.13	250m: 3:10.10 41.50	350m: 4:26.38 34.41	
	100m: 1:08.39 36.94	200m: 2:28.60 40.08	300m: 3:51.97 41.87	400m: 5:00.50 34.12	
5.	KATOLIK Bartosz	97	CSiR MOS D browa Górnicza	5:03.83	516
	50m: 29.42 29.42	150m: 1:44.17 39.71	250m: 3:09.04 45.94	350m: 4:29.83 34.11	
	100m: 1:04.46 35.04	200m: 2:23.10 38.93	300m: 3:55.72 46.68	400m: 5:03.83 34.00	
6.	SKRZPIEC Wojciech	96	Ks Piatka Chorzów	5:04.56	513
	50m: 31.43 31.43	150m: 1:48.80 40.69	250m: 3:11.87 43.04	350m: 4:30.74 35.01	
	100m: 1:08.11 36.68	200m: 2:28.83 40.03	300m: 3:55.73 43.86	400m: 5:04.56 33.82	
7.	DZIENISZEWSKI Michał	94	AZS AWF Katowice	5:04.83	511
	50m: 30.22 30.22	150m: 1:45.56 40.82	250m: 3:11.86 46.47	350m: 4:31.21 33.13	
	100m: 1:04.74 34.52	200m: 2:25.39 39.83	300m: 3:58.08 46.22	400m: 5:04.83 33.62	
8.	NOWODWORSKI Dawid	97	CSiR MOS D browa Górnicza	5:08.22	495
	50m: 31.23 31.23	150m: 1:47.54 40.01	250m: 3:12.75 45.19	350m: 4:32.91 34.54	
	100m: 1:07.53 36.30	200m: 2:27.56 40.02	300m: 3:58.37 45.62	400m: 5:08.22 35.31	
9.	JONIEC Artur	95	AZS AWF Katowice	5:16.97	455
	50m: 30.94 30.94	150m: 1:48.12 41.38	250m: 3:15.56 46.96	350m: 4:40.78 36.97	
	100m: 1:06.74 35.80	200m: 2:28.60 40.48	300m: 4:03.81 48.25	400m: 5:16.97 36.19	
10.	JUCHNO Szymon	97	CSiR MOS D browa Górnicza	5:18.20	450
	50m: 34.23 34.23	150m: 1:58.31 42.42	250m: 3:23.25 43.41	350m: 4:43.99 36.41	
	100m: 1:15.89 41.66	200m: 2:39.84 41.53	300m: 4:07.58 44.33	400m: 5:18.20 34.21	
11.	ZWOLI SKI Marcin	97	CSiR MOS D browa Górnicza	5:19.86	443
	50m: 33.45 33.45	150m: 1:54.39 42.32	250m: 3:20.45 45.52	350m: 4:44.54 36.87	
	100m: 1:12.07 38.62	200m: 2:34.93 40.54	300m: 4:07.67 47.22	400m: 5:19.86 35.32	
12.	ORAWCZAK Mateusz	97	MOSiR Mysłowice	5:42.00	362
	50m: 39.42 39.42	150m: 2:11.21 43.00	250m: 3:40.26 47.04	350m: 5:05.80 38.89	
	100m: 1:28.21 48.79	200m: 2:53.22 42.01	300m: 4:26.91 46.65	400m: 5:42.00 36.20	
13.	KULCZYK Mateusz	96	Muks Gilus Gilowice	5:42.26	361
	50m: 33.54 33.54	150m: 1:59.48 46.07	250m: 3:31.86 47.65	350m: 5:02.69 41.89	
	100m: 1:13.41 39.87	200m: 2:44.21 44.73	300m: 4:20.80 48.94	400m: 5:42.26 39.57	
14.	SORDYL Mateusz	99	ULKS VICTORIA Kozy	5:59.44	312
	50m: 36.85 36.85	150m: 2:10.74 48.70	250m: 3:48.99 51.57	350m: 5:21.64 39.86	
	100m: 1:22.04 45.19	200m: 2:57.42 46.68	300m: 4:41.78 52.79	400m: 5:59.44 37.80	
DYSKW.	JANICKI Jakub	97	CSiR MOS D browa Górnicza	5:07.12	
	<i>G-9 - Uko czenie wyscigu nie w położeniu na plecach</i>				
	50m: 30.67 30.67	150m: 1:48.50 42.20	250m: 3:13.38 43.78	350m: 4:33.88 36.22	
	100m: 1:06.30 35.63	200m: 2:29.60 41.10	300m: 3:57.66 44.28	400m: 5:07.12 33.24	
DYSKW.	SOSNOWSKI Rafał	97	Ks Piatka Chorzów	5:59.57	
	<i>K-11 - Dotknięcie jedn rek sciany nawrotowej</i>				
	50m: 38.58 38.58	150m: 2:16.19 47.86	250m: 3:49.50 49.31	350m: 5:20.54 41.10	
	100m: 1:28.33 49.75	200m: 3:00.19 44.00	300m: 4:39.44 49.94	400m: 5:59.57 39.03	
PK	HYDZIK Piotr	95	Puks Karol Wadowice	5:06.33	504
	50m: 29.72 29.72	150m: 1:44.99 40.18	250m: 3:11.10 46.87	350m: 4:32.60 33.65	
	100m: 1:04.81 35.09	200m: 2:24.23 39.24	300m: 3:58.95 47.85	400m: 5:06.33 33.73	