

ZAWODY PŁYWACKIE O PUCHAR SWIMSHOPU  
Katowice, 24- - 25-9-2011

Konkurencja 2  
2011-09-24 - 9:15

M czyzn, 400m zmienny

Open  
Wyniki

Top Times "Poland" 4:03.20 WOJT Lukasz POL Berlin (GER) 2009-11-14

Punkty: FINA 2010

Pozycja			Rok ur.							Czas	Pkt.	
<b>12 lat i młodszy</b>												
1.	PARZYNOWSKI WOJCIECH		99	UKS 190 Łódź						<b>5:40.90</b>	337	
	50m:	36.08	36.08	150m:	1:59.06	42.52	250m:	3:32.38	49.36	350m:	5:02.82	38.53
	100m:	1:16.54	40.46	200m:	2:43.02	43.96	300m:	4:24.29	51.91	400m:	5:40.90	38.08
2.	KOPRYNIA Tomasz		99	LKS Kmita Zabierzów						<b>6:00.15</b>	285	
	50m:	37.58	37.58	150m:	2:10.15	47.60	250m:	3:46.47	48.90	350m:	5:20.01	42.75
	100m:	1:22.55	44.97	200m:	2:57.57	47.42	300m:	4:37.26	50.79	400m:	6:00.15	40.14
<b>13 - 15 lat</b>												
1.	SALIK Jakub		96	MKS Juvenia Wrocław						<b>4:51.43</b>	539	
	50m:	31.09	31.09	150m:	1:44.51	38.95	250m:	3:01.21	39.02	350m:	4:17.11	35.68
	100m:	1:05.56	34.47	200m:	2:22.19	37.68	300m:	3:41.43	40.22	400m:	4:51.43	34.32
2.	FREMEL Dawid		96	UKS Wodnik Siemianowice I skie						<b>4:55.29</b>	518	
	50m:	31.13	31.13	150m:	1:45.86	39.51	250m:	3:05.28	41.26	350m:	4:21.55	34.68
	100m:	1:06.35	35.22	200m:	2:24.02	38.16	300m:	3:46.87	41.59	400m:	4:55.29	33.74
<b>16 - 18 lat</b>												
1.	KŁOS Grzegorz		95	AZS AWF Katowice						<b>4:45.00</b>	577	
	50m:	29.67	29.67	150m:	1:42.18	38.05	250m:	2:58.11	38.61	350m:	4:11.96	33.66
	100m:	1:04.13	34.46	200m:	2:19.50	37.32	300m:	3:38.30	40.19	400m:	4:45.00	33.04
<b>Open</b>												
1.	PEŁCZY SKI K.		92	AZS AWF Katowice						<b>4:38.12</b>	620	
	50m:	29.06	29.06	150m:	1:40.11	37.65	250m:	2:53.99	37.49	350m:	4:06.01	33.56
	100m:	1:02.46	33.40	200m:	2:16.50	36.39	300m:	3:32.45	38.46	400m:	4:38.12	32.11
2.	KŁOS Grzegorz		95	AZS AWF Katowice						<b>4:45.00</b>	577	
	50m:	29.67	29.67	150m:	1:42.18	38.05	250m:	2:58.11	38.61	350m:	4:11.96	33.66
	100m:	1:04.13	34.46	200m:	2:19.50	37.32	300m:	3:38.30	40.19	400m:	4:45.00	33.04
3.	ZAŁUSKI Kajetan		87	AZS AWF Katowice						<b>4:49.20</b>	552	
	50m:	27.43	27.43	150m:	1:38.44	38.36	250m:	2:59.44	42.77	350m:	4:16.03	32.91
	100m:	1:00.08	32.65	200m:	2:16.67	38.23	300m:	3:43.12	43.68	400m:	4:49.20	33.17
4.	SALIK Jakub		96	MKS Juvenia Wrocław						<b>4:51.43</b>	539	
	50m:	31.09	31.09	150m:	1:44.51	38.95	250m:	3:01.21	39.02	350m:	4:17.11	35.68
	100m:	1:05.56	34.47	200m:	2:22.19	37.68	300m:	3:41.43	40.22	400m:	4:51.43	34.32
5.	FREMEL Dawid		96	UKS Wodnik Siemianowice I skie						<b>4:55.29</b>	518	
	50m:	31.13	31.13	150m:	1:45.86	39.51	250m:	3:05.28	41.26	350m:	4:21.55	34.68
	100m:	1:06.35	35.22	200m:	2:24.02	38.16	300m:	3:46.87	41.59	400m:	4:55.29	33.74
6.	PARZYNOWSKI WOJCIECH		99	UKS 190 Łódź						<b>5:40.90</b>	337	
	50m:	36.08	36.08	150m:	1:59.06	42.52	250m:	3:32.38	49.36	350m:	5:02.82	38.53
	100m:	1:16.54	40.46	200m:	2:43.02	43.96	300m:	4:24.29	51.91	400m:	5:40.90	38.08
7.	KOPRYNIA Tomasz		99	LKS Kmita Zabierzów						<b>6:00.15</b>	285	
	50m:	37.58	37.58	150m:	2:10.15	47.60	250m:	3:46.47	48.90	350m:	5:20.01	42.75
	100m:	1:22.55	44.97	200m:	2:57.57	47.42	300m:	4:37.26	50.79	400m:	6:00.15	40.14