

ISM Sobota w Cieszynie - RUNDA IV FINAŁ  
Cieszyn, 21-5-2016



Konkurencja 4

M czyzn, 400m dowolny

10 lat i starsi

2016-05-21 - 11:19

Wyniki

Rekord zawodów 10 - 11	5:19.41	MOSO Piotr	POL	H2O Jastrz bie-Zdrój	2012-05-12
Rekord zawodów 12 - 13	4:40.51	SYNOWIEC Mikołaj	POL	Omega Olkusz (CZE)	2015-05-30
Rekord zawodów 14 - 15	4:16.64	STOSZEK Kacper	POL	MTP Delfin Cieszyn (CZE)	2015-05-30
Rekord zawodów 16 +	4:14.74	KOLAWA Remigiusz	POL	UKS Salmo ory (CZE)	2015-05-30

Punkty: FINA 2015

Pozycja	Rok ur.	Czas	Pkt.
<b>10 - 11 lat</b>			
1. KRÓL Paweł	05	<b>5:26.84</b>	273
50m: 36.64 36.64	150m: 2:01.94 42.81	250m: 3:26.50 42.15	350m: 4:49.37 40.65
100m: 1:19.13 42.49	200m: 2:44.35 42.41	300m: 4:08.72 42.22	400m: 5:26.84 37.47
2. STANISZEWSKI Bartosz	05	<b>5:35.69</b>	252
50m: 37.92 37.92	150m: 2:03.95 43.94	250m: 3:29.93 42.09	350m: 4:57.12 43.86
100m: 1:20.01 42.09	200m: 2:47.84 43.89	300m: 4:13.26 43.33	400m: 5:35.69 38.57
3. TRZCIONKA Michał	05	<b>5:37.31</b>	249
50m: 38.43 38.43	150m: 2:03.83 42.72	250m: 3:29.26 43.31	350m: 4:56.86 43.63
100m: 1:21.11 42.68	200m: 2:45.95 42.12	300m: 4:13.23 43.97	400m: 5:37.31 40.45
4. ZIEMBA Jakub	05	<b>5:43.35</b>	236
50m: 38.89 38.89	150m: 2:05.80 43.85	250m: 3:34.89 44.62	350m: 5:02.48 42.87
100m: 1:21.95 43.06	200m: 2:50.27 44.47	300m: 4:19.61 44.72	400m: 5:43.35 40.87
5. M CNER Jakub	05	<b>6:01.91</b>	201
50m: 39.31 39.31	150m: 2:11.39 47.08	250m: 3:44.96 47.16	350m: 5:17.55 46.19
100m: 1:24.31 45.00	200m: 2:57.80 46.41	300m: 4:31.36 46.40	400m: 6:01.91 44.36
6. LOTER Bartosz	05	<b>6:31.10</b>	159
50m: 43.08 43.08	150m: 2:24.52 50.78	250m: 4:08.05 51.91	350m: 5:48.36 49.06
100m: 1:33.74 50.66	200m: 3:16.14 51.62	300m: 4:59.30 51.25	400m: 6:31.10 42.74
7. MALIK Dawid	06	<b>6:32.84</b>	157
50m: 40.60 40.60	150m: 2:18.14 50.82	250m: 3:58.65 51.25	350m: 5:41.44 51.75
100m: 1:27.32 46.72	200m: 3:07.40 49.26	300m: 4:49.69 51.04	400m: 6:32.84 51.40
8. MACURA Mateusz	06	<b>6:37.87</b>	151
50m: 43.82 43.82	150m: 2:27.17 52.38	250m: 4:09.33 51.10	350m: 5:51.49 49.28
100m: 1:34.79 50.97	200m: 3:18.23 51.06	300m: 5:02.21 52.88	400m: 6:37.87 46.38
9. ZAWADA Olaf	06	<b>6:43.43</b>	145
50m: 43.97 43.97	150m: 2:29.49 53.80	250m: 4:15.26 52.40	350m: 5:58.72 51.39
100m: 1:35.69 51.72	200m: 3:22.86 53.37	300m: 5:07.33 52.07	400m: 6:43.43 44.71
10. GAWENDA Dominik	05	<b>6:58.05</b>	130
50m: 46.96 46.96	150m: 2:34.72 54.12	250m: 4:22.84 54.12	350m: 6:12.16 55.15
100m: 1:40.60 53.64	200m: 3:28.72 54.00	300m: 5:17.01 54.17	400m: 6:58.05 45.89

**12 - 13 lat**

1. KUBSIK Stanisław	03	<b>5:05.00</b>	337
50m: 35.55 35.55	150m: 1:55.22 40.21	250m: 3:14.13 38.67	350m: 4:30.27 37.60
100m: 1:15.01 39.46	200m: 2:35.46 40.24	300m: 3:52.67 38.54	400m: 5:05.00 34.73
2. SZASTAK Błażej	03	<b>5:06.47</b>	332
50m: 35.48 35.48	150m: 1:53.55 39.39	250m: 3:11.82 38.85	350m: 4:30.36 39.31
100m: 1:14.16 38.68	200m: 2:32.97 39.42	300m: 3:51.05 39.23	400m: 5:06.47 36.11
3. GRYCHTOŁ Arkadiusz	03	<b>5:06.75</b>	331
50m: 33.89 33.89	150m: 1:51.32 39.19	250m: 3:11.14 39.99	350m: 4:30.45 39.19
100m: 1:12.13 38.24	200m: 2:31.15 39.83	300m: 3:51.26 40.12	400m: 5:06.75 36.30
4. SKRZYSZOWSKI Bruno	03	<b>5:15.56</b>	304
50m: 35.64 35.64	150m: 1:54.46 39.56	250m: 3:15.94 40.80	350m: 4:37.62 40.37
100m: 1:14.90 39.26	200m: 2:35.14 40.68	300m: 3:57.25 41.31	400m: 5:15.56 37.94



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Konkurencja 4, Chłopców, 400m dowolny, 12 - 13 lat

Pozycja		Rok ur.					Czas	Pkt.
5.	SKOCZYLAŚ Michał	03	UKS Wodnik 29 Katowice				<b>5:28.18</b>	270
	50m: 38.08 38.08	150m: 2:03.53	43.04	250m: 3:27.24	41.27	350m: 4:50.50	41.35	
	100m: 1:20.49 42.41	200m: 2:45.97	42.44	300m: 4:09.15	41.91	400m: 5:28.18	37.68	
6.	PODSIADŁO Grzegorz	03	UKS Wodnik 29 Katowice				<b>5:48.32</b>	226
	50m: 37.70 37.70	150m: 2:03.90	43.04	250m: 3:32.60	44.43	350m: 5:04.56	46.52	
	100m: 1:20.86 43.16	200m: 2:48.17	44.27	300m: 4:18.04	45.44	400m: 5:48.32	43.76	
7.	MRÁZEK Petr	03	Plavecký oddíl Frýdek-Místek				<b>6:13.40</b>	183
	50m: 39.30 39.30	150m: 2:14.69	48.64	250m: 3:52.63	49.19	350m: 5:29.80	48.13	
	100m: 1:26.05 46.75	200m: 3:03.44	48.75	300m: 4:41.67	49.04	400m: 6:13.40	43.60	
8.	SKOWRONEK Partyk	04	UKS MANTA Kochłowice Ruda	I s			<b>6:33.58</b>	156
	50m: 40.29 40.29	150m: 2:15.59	49.43	250m: 3:58.38	51.64	350m: 5:42.63	53.14	
	100m: 1:26.16 45.87	200m: 3:06.74	51.15	300m: 4:49.49	51.11	400m: 6:33.58	50.95	
9.	MALYSZ Szymon	04	Mario Sport				<b>6:57.45</b>	131
	50m: 41.93 41.93	150m: 2:26.65	53.28	250m: 4:17.97	56.13	350m: 6:08.14	55.10	
	100m: 1:33.37 51.44	200m: 3:21.84	55.19	300m: 5:13.04	55.07	400m: 6:57.45	49.31	
10.	SŁOWI SKI Kamil	03	UKS MANTA Kochłowice Ruda	I s			<b>7:13.43</b>	117
	50m: 44.90 44.90	150m: 2:35.28	56.98	250m: 4:28.10	56.95	350m: 6:22.96	57.19	
	100m: 1:38.30 53.40	200m: 3:31.15	55.87	300m: 5:25.77	57.67	400m: 7:13.43	50.47	

14 - 15 lat

1.	ZIÓŁKOWSKI Norbert	01	Nowy KP Bielsko-Biała				<b>4:28.97</b>	491
	50m: 30.11 30.11	150m: 1:37.47	34.56	250m: 2:47.36	34.80	350m: 3:57.28	34.77	
	100m: 1:02.91 32.80	200m: 2:12.56	35.09	300m: 3:22.51	35.15	400m: 4:28.97	31.69	
2.	WI NIEWSKI Paweł	01	UKS Wodnik 29 Katowice				<b>4:34.38</b>	462
	50m: 31.52 31.52	150m: 1:40.72	35.05	250m: 2:49.45	34.54	350m: 3:58.46	34.58	
	100m: 1:05.67 34.15	200m: 2:14.91	34.19	300m: 3:23.88	34.43	400m: 4:34.38	35.92	
3.	KUBARSKI Kamil	01	UKS Wodnik 29 Katowice				<b>4:35.69</b>	456
	50m: 30.20 30.20	150m: 1:39.41	35.06	250m: 2:50.46	35.77	350m: 4:01.23	35.43	
	100m: 1:04.35 34.15	200m: 2:14.69	35.28	300m: 3:25.80	35.34	400m: 4:35.69	34.46	
4.	MACI G Wojciech	02	TS Wisła Kraków				<b>4:42.06</b>	426
	50m: 31.92 31.92	150m: 1:44.13	36.59	250m: 2:57.23	36.57	350m: 4:09.47	35.49	
	100m: 1:07.54 35.62	200m: 2:20.66	36.53	300m: 3:33.98	36.75	400m: 4:42.06	32.59	
5.	SKABRAT Jakub	01	UMKS Goczałkowice-Zdrój				<b>4:42.35</b>	424
	50m: 30.91 30.91	150m: 1:44.38	37.94	250m: 2:59.48	37.82	350m: 4:12.17	34.82	
	100m: 1:06.44 35.53	200m: 2:21.66	37.28	300m: 3:37.35	37.87	400m: 4:42.35	30.18	
6.	HERISZ Jakub	02	KS "Górnik" Sosnowiec				<b>4:51.42</b>	386
	50m: 32.77 32.77	150m: 1:45.25	36.75	250m: 2:59.97	37.42	350m: 4:15.29	37.52	
	100m: 1:08.50 35.73	200m: 2:22.55	37.30	300m: 3:37.77	37.80	400m: 4:51.42	36.13	
7.	RY Tymon	02	TS Wisła Kraków				<b>5:11.17</b>	317
	50m: 35.82 35.82	150m: 1:56.00	40.21	250m: 3:16.31	39.75	350m: 4:33.78	38.41	
	100m: 1:15.79 39.97	200m: 2:36.56	40.56	300m: 3:55.37	39.06	400m: 5:11.17	37.39	
8.	DOCEW Maksymilian	02	TS Wisła Kraków				<b>5:11.87</b>	315
	50m: 35.26 35.26	150m: 1:53.77	39.80	250m: 3:13.88	40.21	350m: 4:34.10	39.69	
	100m: 1:13.97 38.71	200m: 2:33.67	39.90	300m: 3:54.41	40.53	400m: 5:11.87	37.77	
9.	FALE CZYK Jakub	02	KS "Górnik" Sosnowiec				<b>5:16.54</b>	301
	50m: 37.19 37.19	150m: 1:56.82	40.31	250m: 3:18.05	40.39	350m: 4:38.20	39.81	
	100m: 1:16.51 39.32	200m: 2:37.66	40.84	300m: 3:58.39	40.34	400m: 5:16.54	38.34	
10.	SMOLORZ Dawid	02	Ukp Ruda I ska				<b>5:39.01</b>	245
	50m: 35.61 35.61	150m: 2:00.06	43.04	250m: 3:28.84	45.61	350m: 4:58.87	44.66	
	100m: 1:17.02 41.41	200m: 2:43.23	43.17	300m: 4:14.21	45.37	400m: 5:39.01	40.14	
11.	GUL Łukasz	02	Ukp Ruda I ska				<b>5:47.60</b>	227
	50m: 36.35 36.35	150m: 2:05.54	46.06	250m: 3:39.74	46.90	350m: 5:05.91	43.46	
	100m: 1:19.48 43.13	200m: 2:52.84	47.30	300m: 4:22.45	42.71	400m: 5:47.60	41.69	



Konkurencja 4, M czyzn, 400m dowolny

16 lat i starsi

1.	OGORZALEK Kamil	99	UKS Wodnik 29 Katowice	<b>4:14.33</b>	581
	<i>Rekord zawodów.</i>				
	50m: 29.15 29.15	150m: 1:33.83 32.53	250m: 2:39.01 32.61	350m: 3:43.71 32.35	
	100m: 1:01.30 32.15	200m: 2:06.40 32.57	300m: 3:11.36 32.35	400m: 4:14.33 30.62	
2.	CHRAPEK Marcin	98	Delfin Cieszyn	<b>4:15.14</b>	575
	50m: 29.70 29.70	150m: 1:33.97 32.44	250m: 2:38.79 32.19	350m: 3:43.72 32.58	
	100m: 1:01.53 31.83	200m: 2:06.60 32.63	300m: 3:11.14 32.35	400m: 4:15.14 31.42	
3.	PAWLINIAK Mariusz	99	UKS Wodnik 29 Katowice	<b>4:16.45</b>	566
	50m: 30.02 30.02	150m: 1:34.09 32.18	250m: 2:39.15 32.35	350m: 3:44.18 32.47	
	100m: 1:01.91 31.89	200m: 2:06.80 32.71	300m: 3:11.71 32.56	400m: 4:16.45 32.27	
4.	SKIERSKI Radosław	00	UKS Wodnik 29 Katowice	<b>4:18.06</b>	556
	50m: 29.92 29.92	150m: 1:36.07 33.49	250m: 2:41.59 32.52	350m: 3:46.80 32.35	
	100m: 1:02.58 32.66	200m: 2:09.07 33.00	300m: 3:14.45 32.86	400m: 4:18.06 31.26	
5.	PI TKA Marcin	99	TS Wisła Kraków	<b>4:29.16</b>	490
	50m: 29.88 29.88	150m: 1:37.53 34.33	250m: 2:47.64 34.95	350m: 3:57.79 34.86	
	100m: 1:03.20 33.32	200m: 2:12.69 35.16	300m: 3:22.93 35.29	400m: 4:29.16 31.37	
6.	MACI G Piotr	99	TS Wisła Kraków	<b>4:30.04</b>	485
	50m: 30.00 30.00	150m: 1:36.58 33.72	250m: 2:46.18 34.72	350m: 3:56.67 34.97	
	100m: 1:02.86 32.86	200m: 2:11.46 34.88	300m: 3:21.70 35.52	400m: 4:30.04 33.37	
7.	WALESSA Kamil	00	Ukp Ruda I ska	<b>4:32.64</b>	471
	50m: 29.84 29.84	150m: 1:38.32 34.83	250m: 2:49.68 35.87	350m: 3:59.80 34.53	
	100m: 1:03.49 33.65	200m: 2:13.81 35.49	300m: 3:25.27 35.59	400m: 4:32.64 32.84	
8.	BATOR Kacper	00	TS Wisła Kraków	<b>4:36.21</b>	453
	50m: 31.83 31.83	150m: 1:40.51 34.54	250m: 2:50.48 35.17	350m: 3:59.52 34.14	
	100m: 1:05.97 34.14	200m: 2:15.31 34.80	300m: 3:25.38 34.90	400m: 4:36.21 36.69	
9.	TANZOLA Sebastian	00	Mario Sport	<b>4:42.72</b>	423
	50m: 31.15 31.15	150m: 1:40.90 35.11	250m: 2:52.08 35.77	350m: 4:06.75 37.13	
	100m: 1:05.79 34.64	200m: 2:16.31 35.41	300m: 3:29.62 37.54	400m: 4:42.72 35.97	
10.	KASPRZYK Albert	00	Ukp Ruda I ska	<b>4:45.69</b>	410
	50m: 30.42 30.42	150m: 1:38.96 34.99	250m: 2:52.62 37.21	350m: 4:08.73 37.99	
	100m: 1:03.97 33.55	200m: 2:15.41 36.45	300m: 3:30.74 38.12	400m: 4:45.69 36.96	
11.	BIEG Oskar	00	UKS Wodnik 29 Katowice	<b>5:10.94</b>	318
	50m: 36.30 36.30	150m: 1:56.70 40.62	250m: 3:16.61 39.99	350m: 4:33.97 38.09	
	100m: 1:16.08 39.78	200m: 2:36.62 39.92	300m: 3:55.88 39.27	400m: 5:10.94 36.97	
12.	HOLUBEK Pawel	00	Mario Sport	<b>5:27.86</b>	271
	50m: 37.75 37.75	150m: 2:00.97 42.21	250m: 3:25.26 41.77	350m: 4:48.66 41.35	
	100m: 1:18.76 41.01	200m: 2:43.49 42.52	300m: 4:07.31 42.05	400m: 5:27.86 39.20	