

Mistrzostwa Okręgu Open i 14,15,16,17-18 lat
Gliwice, 22- - 23-6-2012

Konkurencja 12
2012-06-22 - 17:35

Mężczyźni, 400m zmienny

Open
Wyniki

Punkty: FINA 2012

Pozycja					Rok ur.					Czas	Pkt.	
Open												
1.	FALIS, Dawid				96	Csir Mos D browa Górnicza				4:48.40	604	
	50m:	30.62	30.62	150m:	1:42.98	37.29	250m:	3:01.24	40.91	350m:	4:15.79	33.55
	100m:	1:05.69	35.07	200m:	2:20.33	37.35	300m:	3:42.24	41.00	400m:	4:48.40	32.61
2.	FREMEL, DAWID SO				96	Ukp Unia				4:58.73	543	
	50m:	31.48	31.48	150m:	1:49.43	41.53	250m:	3:08.99	39.72	350m:	4:24.82	34.90
	100m:	1:07.90	36.42	200m:	2:29.27	39.84	300m:	3:49.92	40.93	400m:	4:58.73	33.91
3.	NOWODWORSKI, Dawid				97	Csir Mos D browa Górnicza				4:59.73	538	
	50m:	30.30	30.30	150m:	1:45.24	39.12	250m:	3:07.16	42.30	350m:	4:24.80	33.88
	100m:	1:06.12	35.82	200m:	2:24.86	39.62	300m:	3:50.92	43.76	400m:	4:59.73	34.93
4.	NAGI, Mateusz SO				97	Ukp Unia				5:05.00	510	
	50m:	32.74	32.74	150m:	1:51.02	40.25	250m:	3:12.53	42.63	350m:	4:30.88	35.22
	100m:	1:10.77	38.03	200m:	2:29.90	38.88	300m:	3:55.66	43.13	400m:	5:05.00	34.12
5.	POWRO NIK, Konrad				97	KS Krotosz Krotoszyn				5:06.59	503	
	50m:	31.42	31.42	150m:	1:48.81	41.03	250m:	3:11.80	42.23	350m:	4:31.83	35.27
	100m:	1:07.78	36.36	200m:	2:29.57	40.76	300m:	3:56.56	44.76	400m:	5:06.59	34.76
6.	ZWOLI SKI, Marcin				97	Csir Mos D browa Górnicza				5:10.00	486	
	50m:	32.33	32.33	150m:	1:49.31	40.29	250m:	3:13.65	45.71	350m:	4:35.80	36.11
	100m:	1:09.02	36.69	200m:	2:27.94	38.63	300m:	3:59.69	46.04	400m:	5:10.00	34.20
7.	JANICKI, Jakub				97	Csir Mos D browa Górnicza				5:15.40	462	
	50m:	32.94	32.94	150m:	1:54.10	43.05	250m:	3:19.24	43.82	350m:	4:40.75	37.85
	100m:	1:11.05	38.11	200m:	2:35.42	41.32	300m:	4:02.90	43.66	400m:	5:15.40	34.65
8.	ULFIK, Paweł				94	Mks Mos Katowice				5:25.13	421	
	50m:	30.86	30.86	150m:	1:50.94	43.06	250m:	3:19.85	47.19	350m:	4:48.13	38.45
	100m:	1:07.88	37.02	200m:	2:32.66	41.72	300m:	4:09.68	49.83	400m:	5:25.13	37.00
9.	KASPRZYCKI, Miłosz				98	UKS 9 Kalisz				5:26.12	418	
	50m:	34.77	34.77	150m:	1:59.28	41.88	250m:	3:24.45	45.42	350m:	4:49.36	39.16
	100m:	1:17.40	42.63	200m:	2:39.03	39.75	300m:	4:10.20	45.75	400m:	5:26.12	36.76
10.	NIESTRÓJ, Robert SR				96	MKS-SMS Victoria Racibórz				5:29.53	405	
	50m:	34.09	34.09	150m:	2:01.26	45.31	250m:	3:28.11	43.25	350m:	4:52.64	39.29
	100m:	1:15.95	41.86	200m:	2:44.86	43.60	300m:	4:13.35	45.24	400m:	5:29.53	36.89
11.	SODEL, Dominik				97	SiKReT Gliwice				5:31.87	396	
	50m:	33.51	33.51	150m:	1:57.06	43.69	250m:	3:28.58	48.49	350m:	4:58.61	39.25
	100m:	1:13.37	39.86	200m:	2:40.09	43.03	300m:	4:19.36	50.78	400m:	5:31.87	33.26
12.	WISTEK, Krzysztof				98	Ks Piatka Chorzów				5:32.15	395	
	50m:	33.81	33.81	150m:	1:56.35	43.18	250m:	3:27.77	50.13	350m:	4:55.78	38.43
	100m:	1:13.17	39.36	200m:	2:37.64	41.29	300m:	4:17.35	49.58	400m:	5:32.15	36.37
13.	ELLGOTH, Piotr				98	Ks Piatka Chorzów				5:36.40	380	
	50m:	34.93	34.93	150m:	2:03.72	44.81	250m:	3:34.15	47.13	350m:	5:00.51	38.49
	100m:	1:18.91	43.98	200m:	2:47.02	43.30	300m:	4:22.02	47.87	400m:	5:36.40	35.89
14.	SIKORA, Tomasz				98	MOSiR Mysłowice				5:39.15	371	
	50m:	34.95	34.95	150m:	2:02.69	45.18	250m:	3:34.92	46.87	350m:	5:01.01	38.37
	100m:	1:17.51	42.56	200m:	2:48.05	45.36	300m:	4:22.64	47.72	400m:	5:39.15	38.14
15.	OSADNIK, Bartosz				97	Ks Piatka Chorzów				5:48.30	343	
	50m:	35.93	35.93	150m:	2:04.23	46.82	250m:	3:38.17	49.51	350m:	5:09.41	40.38
	100m:	1:17.41	41.48	200m:	2:48.66	44.43	300m:	4:29.03	50.86	400m:	5:48.30	38.89

Mistrzostwa Okręgu Open i 14,15,16,17-18 lat
Gliwice, 22- - 23-6-2012

Konkurencja 12, Mężczyźni, 400m zmienny

17 - 18 lat

1. ULFIK, Paweł	94	Mks Mos Katowice	5:25.13	421
50m: 30.86 30.86	150m: 1:50.94 43.06	250m: 3:19.85 47.19	350m: 4:48.13 38.45	
100m: 1:07.88 37.02	200m: 2:32.66 41.72	300m: 4:09.68 49.83	400m: 5:25.13 37.00	

16 lat

1. FALIS, Dawid	96	Csir Mos D browa Górnicza	4:48.40	604
50m: 30.62 30.62	150m: 1:42.98 37.29	250m: 3:01.24 40.91	350m: 4:15.79 33.55	
100m: 1:05.69 35.07	200m: 2:20.33 37.35	300m: 3:42.24 41.00	400m: 4:48.40 32.61	
2. FREMEL, DAWID SO	96	Ukp Unia	4:58.73	543
50m: 31.48 31.48	150m: 1:49.43 41.53	250m: 3:08.99 39.72	350m: 4:24.82 34.90	
100m: 1:07.90 36.42	200m: 2:29.27 39.84	300m: 3:49.92 40.93	400m: 4:58.73 33.91	
3. NIESTRÓJ, Robert SR	96	MKS-SMS Victoria Racibórz	5:29.53	405
50m: 34.09 34.09	150m: 2:01.26 45.31	250m: 3:28.11 43.25	350m: 4:52.64 39.29	
100m: 1:15.95 41.86	200m: 2:44.86 43.60	300m: 4:13.35 45.24	400m: 5:29.53 36.89	

15 lat

1. NOWODWORSKI, Dawid	97	Csir Mos D browa Górnicza	4:59.73	538
50m: 30.30 30.30	150m: 1:45.24 39.12	250m: 3:07.16 42.30	350m: 4:24.80 33.88	
100m: 1:06.12 35.82	200m: 2:24.86 39.62	300m: 3:50.92 43.76	400m: 4:59.73 34.93	
2. NAGI, Mateusz SO	97	Ukp Unia	5:05.00	510
50m: 32.74 32.74	150m: 1:51.02 40.25	250m: 3:12.53 42.63	350m: 4:30.88 35.22	
100m: 1:10.77 38.03	200m: 2:29.90 38.88	300m: 3:55.66 43.13	400m: 5:05.00 34.12	
3. POWRO NIK, Konrad	97	KS Krotosz Krotoszyn	5:06.59	503
50m: 31.42 31.42	150m: 1:48.81 41.03	250m: 3:11.80 42.23	350m: 4:31.83 35.27	
100m: 1:07.78 36.36	200m: 2:29.57 40.76	300m: 3:56.56 44.76	400m: 5:06.59 34.76	
4. ZWOLI SKI, Marcin	97	Csir Mos D browa Górnicza	5:10.00	486
50m: 32.33 32.33	150m: 1:49.31 40.29	250m: 3:13.65 45.71	350m: 4:35.80 36.11	
100m: 1:09.02 36.69	200m: 2:27.94 38.63	300m: 3:59.69 46.04	400m: 5:10.00 34.20	
5. JANICKI, Jakub	97	Csir Mos D browa Górnicza	5:15.40	462
50m: 32.94 32.94	150m: 1:54.10 43.05	250m: 3:19.24 43.82	350m: 4:40.75 37.85	
100m: 1:11.05 38.11	200m: 2:35.42 41.32	300m: 4:02.90 43.66	400m: 5:15.40 34.65	
6. SODEL, Dominik	97	SiKReT Gliwice	5:31.87	396
50m: 33.51 33.51	150m: 1:57.06 43.69	250m: 3:28.58 48.49	350m: 4:58.61 39.25	
100m: 1:13.37 39.86	200m: 2:40.09 43.03	300m: 4:19.36 50.78	400m: 5:31.87 33.26	
7. OSADNIK, Bartosz	97	Ks Piatka Chorzów	5:48.30	343
50m: 35.93 35.93	150m: 2:04.23 46.82	250m: 3:38.17 49.51	350m: 5:09.41 40.38	
100m: 1:17.41 41.48	200m: 2:48.66 44.43	300m: 4:29.03 50.86	400m: 5:48.30 38.89	

14 lat

1. KASPRZYCKI, Miłosz	98	UKS 9 Kalisz	5:26.12	418
50m: 34.77 34.77	150m: 1:59.28 41.88	250m: 3:24.45 45.42	350m: 4:49.36 39.16	
100m: 1:17.40 42.63	200m: 2:39.03 39.75	300m: 4:10.20 45.75	400m: 5:26.12 36.76	
2. WISTEK, Krzysztof	98	Ks Piatka Chorzów	5:32.15	395
50m: 33.81 33.81	150m: 1:56.35 43.18	250m: 3:27.77 50.13	350m: 4:55.78 38.43	
100m: 1:13.17 39.36	200m: 2:37.64 41.29	300m: 4:17.35 49.58	400m: 5:32.15 36.37	
3. ELLGOTH, Piotr	98	Ks Piatka Chorzów	5:36.40	380
50m: 34.93 34.93	150m: 2:03.72 44.81	250m: 3:34.15 47.13	350m: 5:00.51 38.49	
100m: 1:18.91 43.98	200m: 2:47.02 43.30	300m: 4:22.02 47.87	400m: 5:36.40 35.89	
4. SIKORA, Tomasz	98	MOSiR Mysłowice	5:39.15	371
50m: 34.95 34.95	150m: 2:02.69 45.18	250m: 3:34.92 46.87	350m: 5:01.01 38.37	
100m: 1:17.51 42.56	200m: 2:48.05 45.36	300m: 4:22.64 47.72	400m: 5:39.15 38.14	