

Mistrzostwa I liga 14.15.16-18 i Open
Gliwice, 19- - 20-6-2013

Konkurencja 20
2013-06-20 - 11:25

Mężczyźni, 400m dowolny

Open
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.
14 lat									
1.	Mura ski Kacper		99	Muks Gilus Gilowice				4:34.18	517
	50m:	30.78 30.78	150m:	1:40.44 35.12	250m:	2:51.00 35.34	350m:	4:01.67 35.19	
	100m:	1:05.32 34.54	200m:	2:15.66 35.22	300m:	3:26.48 35.48	400m:	4:34.18 32.51	
2.	Stanek Adam		99	MKS Gogolin				4:34.37	516
	50m:	31.97 31.97	150m:	1:41.34 34.62	250m:	2:51.34 34.71	350m:	4:01.07 34.57	
	100m:	1:06.72 34.75	200m:	2:16.63 35.29	300m:	3:26.50 35.16	400m:	4:34.37 33.30	
3.	Sumara Benjamin		99	CSIR MOS D browa Górnica				4:36.46	504
	50m:	31.05 31.05	150m:	1:39.83 34.94	250m:	2:50.22 34.97	350m:	4:01.20 35.06	
	100m:	1:04.89 33.84	200m:	2:15.25 35.42	300m:	3:26.14 35.92	400m:	4:36.46 35.26	
4.	Podzimski Wojciech		99	Mks Park Wodny Tarnowski				4:39.96	485
	50m:	31.29 31.29	150m:	1:41.80 35.53	250m:	2:53.61 35.77	350m:	4:05.36 35.82	
	100m:	1:06.27 34.98	200m:	2:17.84 36.04	300m:	3:29.54 35.93	400m:	4:39.96 34.60	
5.	Ogorzałek Kamil		99	UKS Wodnik 29 Katowice				4:44.29	463
	50m:	32.13 32.13	150m:	1:43.83 35.93	250m:	2:56.64 36.22	350m:	4:09.84 36.39	
	100m:	1:07.90 35.77	200m:	2:20.42 36.59	300m:	3:33.45 36.81	400m:	4:44.29 34.45	
6.	Chromik Szymon		99	CSIR MOS D browa Górnica				4:45.56	457
	50m:	32.52 32.52	150m:	1:46.27 36.92	250m:	2:59.78 36.29	350m:	4:12.30 35.42	
	100m:	1:09.35 36.83	200m:	2:23.49 37.22	300m:	3:36.88 37.10	400m:	4:45.56 33.26	
7.	Stoszek Szymon		99	Uks Aligator Gorzyce				4:46.42	453
	50m:	31.40 31.40	150m:	1:42.84 36.07	250m:	2:56.95 36.88	350m:	4:11.27 36.56	
	100m:	1:06.77 35.37	200m:	2:20.07 37.23	300m:	3:34.71 37.76	400m:	4:46.42 35.15	
8.	Terczy ski Szymon		99	UKS Wodnik 29 Katowice				4:54.69	416
	50m:	32.39 32.39	150m:	1:46.64 37.38	250m:	3:02.50 38.58	350m:	4:18.38 37.88	
	100m:	1:09.26 36.87	200m:	2:23.92 37.28	300m:	3:40.50 38.00	400m:	4:54.69 36.31	
9.	Walczak Szymon		99	Mks Park Wodny Tarnowski				4:55.50	413
	50m:	32.06 32.06	150m:	1:48.11 37.88	250m:	3:04.24 37.50	350m:	4:19.30 37.34	
	100m:	1:10.23 38.17	200m:	2:26.74 38.63	300m:	3:41.96 37.72	400m:	4:55.50 36.20	
10.	ukowski Mateusz		99	KS Piłka Chorzów				5:04.81	376
	50m:	34.29 34.29	150m:	1:50.08 38.54	250m:	3:08.01 39.01	350m:	4:26.43 39.00	
	100m:	1:11.54 37.25	200m:	2:29.00 38.92	300m:	3:47.43 39.42	400m:	5:04.81 38.38	
11.	Olejnik Marcin		99	MOSiR Mysłowice				5:12.73	348
	50m:	32.86 32.86	150m:	1:51.91 40.02	250m:	3:12.47 40.39	350m:	4:34.06 40.75	
	100m:	1:11.89 39.03	200m:	2:32.08 40.17	300m:	3:53.31 40.84	400m:	5:12.73 38.67	
12.	Zimna Łukasz		99	CSIR MOS D browa Górnica				5:18.39	330
	50m:	34.45 34.45	150m:	1:56.38 41.21	250m:	3:19.05 41.44	350m:	4:40.83 40.29	
	100m:	1:15.17 40.72	200m:	2:37.61 41.23	300m:	4:00.54 41.49	400m:	5:18.39 37.56	
13.	Manasar Aleksander		99	Mosm Tychy				5:18.83	328
	50m:	36.26 36.26	150m:	1:56.59 40.23	250m:	3:19.94 41.52	350m:	4:41.81 40.15	
	100m:	1:16.36 40.10	200m:	2:38.42 41.83	300m:	4:01.66 41.72	400m:	5:18.83 37.02	
14.	Kulak Paweł		99	Mosm Tychy				5:19.56	326
	50m:	35.00 35.00	150m:	1:58.00 41.71	250m:	3:22.17 41.80	350m:	4:42.68 39.28	
	100m:	1:16.29 41.29	200m:	2:40.37 42.37	300m:	4:03.40 41.23	400m:	5:19.56 36.88	
15.	Chlebi ski Sebastian		99	CSIR MOS D browa Górnica				5:38.55	274
	50m:	38.07 38.07	150m:	2:04.77 42.89	250m:	3:32.25 43.68	350m:	4:58.47 42.30	
	100m:	1:21.88 43.81	200m:	2:48.57 43.80	300m:	4:16.17 43.92	400m:	5:38.55 40.08	
16.	Jakóbczyk Daniel		99	UKS WODNIK Siemianowice I liga				6:00.29	227
	50m:	37.05 37.05	150m:	2:07.52 46.27	250m:	3:40.71 47.30	350m:	5:15.97 46.39	
	100m:	1:21.25 44.20	200m:	2:53.41 45.89	300m:	4:29.58 48.87	400m:	6:00.29 44.32	

Mistrzostwa I sk 14.15.16-18 i Open
Gliwice, 19- -20-6-2013

Konkurencja 20, M czynn, 400m dowolny

15 lat

1.	Masłowski Mateusz	98	WKS I sk Wrocław	4:24.77	574
	50m: 30.28 30.28	150m: 1:38.03 33.91	250m: 2:45.38 33.48	350m: 3:52.76 33.62	
	100m: 1:04.12 33.84	200m: 2:11.90 33.87	300m: 3:19.14 33.76	400m: 4:24.77 32.01	
2.	Popis Emil SR	98	MKS-SMS Victoria Racibórz	4:29.18	546
	50m: 29.26 29.26	150m: 1:36.80 34.15	250m: 2:46.57 35.04	350m: 3:56.64 34.58	
	100m: 1:02.65 33.39	200m: 2:11.53 34.73	300m: 3:22.06 35.49	400m: 4:29.18 32.54	
3.	Turek Maksymilian	98	WKS I sk Wrocław	4:32.43	527
	50m: 31.16 31.16	150m: 1:40.16 34.97	250m: 2:48.99 33.66	350m: 3:58.29 34.67	
	100m: 1:05.19 34.03	200m: 2:15.33 35.17	300m: 3:23.62 34.63	400m: 4:32.43 34.14	
4.	Grzymski Mateusz	98	WKS I sk Wrocław	4:33.16	522
	50m: 30.84 30.84	150m: 1:39.75 34.86	250m: 2:49.79 34.60	350m: 3:59.78 34.35	
	100m: 1:04.89 34.05	200m: 2:15.19 35.44	300m: 3:25.43 35.64	400m: 4:33.16 33.38	
5.	Kuczma Jędrzej	98	WKS I sk Wrocław	4:36.79	502
	50m: 31.22 31.22	150m: 1:42.03 36.10	250m: 2:53.34 35.53	350m: 4:04.17 35.37	
	100m: 1:05.93 34.71	200m: 2:17.81 35.78	300m: 3:28.80 35.46	400m: 4:36.79 32.62	
6.	Potocki Daniel	98	WKS I sk Wrocław	4:36.88	502
	50m: 30.51 30.51	150m: 1:39.90 35.53	250m: 2:52.36 36.13	350m: 4:04.07 35.15	
	100m: 1:04.37 33.86	200m: 2:16.23 36.33	300m: 3:28.92 36.56	400m: 4:36.88 32.81	
7.	Wierdak Michał	98	WKS I sk Wrocław	4:38.21	494
	50m: 31.99 31.99	150m: 1:42.73 35.26	250m: 2:53.82 34.54	350m: 4:03.65 34.54	
	100m: 1:07.47 35.48	200m: 2:19.28 36.55	300m: 3:29.11 35.29	400m: 4:38.21 34.56	
8.	Brauntsch Marek	98	Muks Gilus Gliwice	4:44.42	463
	50m: 30.38 30.38	150m: 1:41.51 35.98	250m: 2:55.70 37.18	350m: 4:09.30 36.40	
	100m: 1:05.53 35.15	200m: 2:18.52 37.01	300m: 3:32.90 37.20	400m: 4:44.42 35.12	
9.	Chrapek Marcin	98	MTP Delfin Cieszyn	4:45.10	459
	50m: 31.55 31.55	150m: 1:46.06 37.72	250m: 2:58.56 33.64	350m: 4:10.05 35.78	
	100m: 1:08.34 36.79	200m: 2:24.92 38.86	300m: 3:34.27 35.71	400m: 4:45.10 35.05	
10.	Grabarczyk Olaf	98	UKS MANTA Kochłowice Ruda I s	4:45.19	459
	50m: 31.46 31.46	150m: 1:42.55 35.44	250m: 2:55.65 36.44	350m: 4:09.55 36.67	
	100m: 1:07.11 35.65	200m: 2:19.21 36.66	300m: 3:32.88 37.23	400m: 4:45.19 35.64	
11.	Kurowski Szymon	98	KS Pi tka Chorzów	4:51.45	430
	50m: 31.67 31.67	150m: 1:45.47 37.37	250m: 3:00.80 37.14	350m: 4:15.04 37.19	
	100m: 1:08.10 36.43	200m: 2:23.66 38.19	300m: 3:37.85 37.05	400m: 4:51.45 36.41	
12.	Lesik Radosław SR	98	MKS-SMS Victoria Racibórz	4:52.66	425
	50m: 30.45 30.45	150m: 1:43.38 37.13	250m: 2:59.41 38.16	350m: 4:16.04 38.33	
	100m: 1:06.25 35.80	200m: 2:21.25 37.87	300m: 3:37.71 38.30	400m: 4:52.66 36.62	
13.	Gros Paweł	98	KS Pi tka Chorzów	4:58.81	399
	50m: 32.30 32.30	150m: 1:47.12 37.48	250m: 3:03.68 37.65	350m: 4:20.48 38.49	
	100m: 1:09.64 37.34	200m: 2:26.03 38.91	300m: 3:41.99 38.31	400m: 4:58.81 38.33	
14.	Sikora Tomasz	98	MOSiR Mysłowice	5:03.40	381
	50m: 32.11 32.11	150m: 1:47.93 38.39	250m: 3:06.78 39.29	350m: 4:26.18 39.90	
	100m: 1:09.54 37.43	200m: 2:27.49 39.56	300m: 3:46.28 39.50	400m: 5:03.40 37.22	
15.	Skok Dawid	98	CSIR MOS D browa Górnicza	5:25.20	309
	50m: 36.22 36.22	150m: 2:01.31 42.65	250m: 3:26.85 41.65	350m: 4:47.81 39.95	
	100m: 1:18.66 42.44	200m: 2:45.20 43.89	300m: 4:07.86 41.01	400m: 5:25.20 37.39	
16.	Bednarz Radosław	98	Nowy KP Bielsko-Biała	5:37.30	277
	50m: 36.39 36.39	150m: 2:01.47 43.06	250m: 3:28.26 43.58	350m: 4:56.41 45.29	
	100m: 1:18.41 42.02	200m: 2:44.68 43.21	300m: 4:11.12 42.86	400m: 5:37.30 40.89	

Mistrzostwa I ska 14.15.16-18 i Open
Gliwice, 19- -20-6-2013

Konkurencja 20, M czyzn, 400m dowolny

16 - 18 lat

1.	Kłos Grzegorz		95	AZS AWF Katowice		4:16.18	633	
	50m: 30.23	30.23	150m: 1:35.27	32.18	250m: 2:40.04	32.08	350m: 3:44.89	32.37
	100m: 1:03.09	32.86	200m: 2:07.96	32.69	300m: 3:12.52	32.48	400m: 4:16.18	31.29
2.	Katolik Bartosz		97	CSIR MOS D browa Górnicza		4:23.15	584	
	50m: 30.32	30.32	150m: 1:37.36	33.57	250m: 2:44.60	32.96	350m: 3:51.13	33.31
	100m: 1:03.79	33.47	200m: 2:11.64	34.28	300m: 3:17.82	33.22	400m: 4:23.15	32.02
3.	Powro nik Konrad		97	KS Krotosz		4:28.08	553	
	50m: 30.14	30.14	150m: 1:37.34	33.57	250m: 2:45.37	33.59	350m: 3:54.59	34.57
	100m: 1:03.77	33.63	200m: 2:11.78	34.44	300m: 3:20.02	34.65	400m: 4:28.08	33.49
4.	Swierczy ski Jakub		95	AZS AWF Katowice		4:30.44	538	
	50m: 30.16	30.16	150m: 1:39.60	34.87	250m: 2:49.10	34.65	350m: 3:58.36	34.59
	100m: 1:04.73	34.57	200m: 2:14.45	34.85	300m: 3:23.77	34.67	400m: 4:30.44	32.08
5.	Stolarczyk Kamil		96	Mks Park Wodny Tarnowski		4:32.92	524	
	50m: 30.46	30.46	150m: 1:39.74	35.26	250m: 2:50.27	35.03	350m: 4:00.89	35.04
	100m: 1:04.48	34.02	200m: 2:15.24	35.50	300m: 3:25.85	35.58	400m: 4:32.92	32.03
6.	Łabuz Rafał		95	KS Korona Kraków		4:38.62	492	
	50m: 31.57	31.57	150m: 1:40.24	34.83	250m: 2:52.12	35.72	350m: 4:04.78	36.13
	100m: 1:05.41	33.84	200m: 2:16.40	36.16	300m: 3:28.65	36.53	400m: 4:38.62	33.84
7.	Zwoli ski Marcin		97	CSIR MOS D browa Górnicza		4:50.35	435	
	50m: 32.92	32.92	150m: 1:46.30	37.26	250m: 3:01.24	37.33	350m: 4:14.47	37.03
	100m: 1:09.04	36.12	200m: 2:23.91	37.61	300m: 3:37.44	36.20	400m: 4:50.35	35.88

Open

1.	Kłos Grzegorz		95	AZS AWF Katowice		4:16.18	633	
	50m: 30.23	30.23	150m: 1:35.27	32.18	250m: 2:40.04	32.08	350m: 3:44.89	32.37
	100m: 1:03.09	32.86	200m: 2:07.96	32.69	300m: 3:12.52	32.48	400m: 4:16.18	31.29
2.	Katolik Bartosz		97	CSIR MOS D browa Górnicza		4:23.15	584	
	50m: 30.32	30.32	150m: 1:37.36	33.57	250m: 2:44.60	32.96	350m: 3:51.13	33.31
	100m: 1:03.79	33.47	200m: 2:11.64	34.28	300m: 3:17.82	33.22	400m: 4:23.15	32.02
3.	Masłowski Mateusz		98	WKS I sk Wrocław		4:24.77	574	
	50m: 30.28	30.28	150m: 1:38.03	33.91	250m: 2:45.38	33.48	350m: 3:52.76	33.62
	100m: 1:04.12	33.84	200m: 2:11.90	33.87	300m: 3:19.14	33.76	400m: 4:24.77	32.01
4.	Powro nik Konrad		97	KS Krotosz		4:28.08	553	
	50m: 30.14	30.14	150m: 1:37.34	33.57	250m: 2:45.37	33.59	350m: 3:54.59	34.57
	100m: 1:03.77	33.63	200m: 2:11.78	34.44	300m: 3:20.02	34.65	400m: 4:28.08	33.49
5.	Popis Emil SR		98	MKS-SMS Victoria Racibórz		4:29.18	546	
	50m: 29.26	29.26	150m: 1:36.80	34.15	250m: 2:46.57	35.04	350m: 3:56.64	34.58
	100m: 1:02.65	33.39	200m: 2:11.53	34.73	300m: 3:22.06	35.49	400m: 4:29.18	32.54
6.	Swierczy ski Jakub		95	AZS AWF Katowice		4:30.44	538	
	50m: 30.16	30.16	150m: 1:39.60	34.87	250m: 2:49.10	34.65	350m: 3:58.36	34.59
	100m: 1:04.73	34.57	200m: 2:14.45	34.85	300m: 3:23.77	34.67	400m: 4:30.44	32.08
7.	Turek Maksymilian		98	WKS I sk Wrocław		4:32.43	527	
	50m: 31.16	31.16	150m: 1:40.16	34.97	250m: 2:48.99	33.66	350m: 3:58.29	34.67
	100m: 1:05.19	34.03	200m: 2:15.33	35.17	300m: 3:23.62	34.63	400m: 4:32.43	34.14
8.	Stolarczyk Kamil		96	Mks Park Wodny Tarnowski		4:32.92	524	
	50m: 30.46	30.46	150m: 1:39.74	35.26	250m: 2:50.27	35.03	350m: 4:00.89	35.04
	100m: 1:04.48	34.02	200m: 2:15.24	35.50	300m: 3:25.85	35.58	400m: 4:32.92	32.03
9.	Grzyski Mateusz		98	WKS I sk Wrocław		4:33.16	522	
	50m: 30.84	30.84	150m: 1:39.75	34.86	250m: 2:49.79	34.60	350m: 3:59.78	34.35
	100m: 1:04.89	34.05	200m: 2:15.19	35.44	300m: 3:25.43	35.64	400m: 4:33.16	33.38
10.	Mura ski Kacper		99	Muks Gilus Gilowice		4:34.18	517	
	50m: 30.78	30.78	150m: 1:40.44	35.12	250m: 2:51.00	35.34	350m: 4:01.67	35.19
	100m: 1:05.32	34.54	200m: 2:15.66	35.22	300m: 3:26.48	35.48	400m: 4:34.18	32.51

Mistrzostwa I liga 14.15.16-18 i Open
Gliwice, 19- - 20-6-2013

Konkurencja 20, Mężczyźni, 400m dowolny, Open

Pozycja			Rok ur.				Czas				Pkt.	
11.	Stanek Adam		99				MKS Gogolin				4:34.37	516
	50m:	31.97	31.97	150m:	1:41.34	34.62	250m:	2:51.34	34.71	350m:	4:01.07	34.57
	100m:	1:06.72	34.75	200m:	2:16.63	35.29	300m:	3:26.50	35.16	400m:	4:34.37	33.30
12.	Sumara Beniamin		99				CSIR MOS D browa Górnicza				4:36.46	504
	50m:	31.05	31.05	150m:	1:39.83	34.94	250m:	2:50.22	34.97	350m:	4:01.20	35.06
	100m:	1:04.89	33.84	200m:	2:15.25	35.42	300m:	3:26.14	35.92	400m:	4:36.46	35.26
13.	Kuczma Jędrzej		98				WKS I sk Wrocław				4:36.79	502
	50m:	31.22	31.22	150m:	1:42.03	36.10	250m:	2:53.34	35.53	350m:	4:04.17	35.37
	100m:	1:05.93	34.71	200m:	2:17.81	35.78	300m:	3:28.80	35.46	400m:	4:36.79	32.62
14.	Potocki Daniel		98				WKS I sk Wrocław				4:36.88	502
	50m:	30.51	30.51	150m:	1:39.90	35.53	250m:	2:52.36	36.13	350m:	4:04.07	35.15
	100m:	1:04.37	33.86	200m:	2:16.23	36.33	300m:	3:28.92	36.56	400m:	4:36.88	32.81
15.	Wierdak Michał		98				WKS I sk Wrocław				4:38.21	494
	50m:	31.99	31.99	150m:	1:42.73	35.26	250m:	2:53.82	34.54	350m:	4:03.65	34.54
	100m:	1:07.47	35.48	200m:	2:19.28	36.55	300m:	3:29.11	35.29	400m:	4:38.21	34.56
16.	Łabuz Rafał		95				KS Korona Kraków				4:38.62	492
	50m:	31.57	31.57	150m:	1:40.24	34.83	250m:	2:52.12	35.72	350m:	4:04.78	36.13
	100m:	1:05.41	33.84	200m:	2:16.40	36.16	300m:	3:28.65	36.53	400m:	4:38.62	33.84
17.	Podzimski Wojciech		99				Mks Park Wodny Tarnowski				4:39.96	485
	50m:	31.29	31.29	150m:	1:41.80	35.53	250m:	2:53.61	35.77	350m:	4:05.36	35.82
	100m:	1:06.27	34.98	200m:	2:17.84	36.04	300m:	3:29.54	35.93	400m:	4:39.96	34.60
18.	Ogorzałek Kamil		99				UKS Wodnik 29 Katowice				4:44.29	463
	50m:	32.13	32.13	150m:	1:43.83	35.93	250m:	2:56.64	36.22	350m:	4:09.84	36.39
	100m:	1:07.90	35.77	200m:	2:20.42	36.59	300m:	3:33.45	36.81	400m:	4:44.29	34.45
19.	Sawicki Bartosz		00				KS Górnik Radlin				4:44.33	463
	50m:	32.34	32.34	150m:	1:45.06	36.49	250m:	2:57.70	35.56	350m:	4:09.74	35.27
	100m:	1:08.57	36.23	200m:	2:22.14	37.08	300m:	3:34.47	36.77	400m:	4:44.33	34.59
20.	Brauntsch Marek		98				Muks Gilus Gilowice				4:44.42	463
	50m:	30.38	30.38	150m:	1:41.51	35.98	250m:	2:55.70	37.18	350m:	4:09.30	36.40
	100m:	1:05.53	35.15	200m:	2:18.52	37.01	300m:	3:32.90	37.20	400m:	4:44.42	35.12
21.	Chrapek Marcin		98				MTP Delfin Cieszyn				4:45.10	459
	50m:	31.55	31.55	150m:	1:46.06	37.72	250m:	2:58.56	33.64	350m:	4:10.05	35.78
	100m:	1:08.34	36.79	200m:	2:24.92	38.86	300m:	3:34.27	35.71	400m:	4:45.10	35.05
22.	Grabarczyk Olaf		98				UKS MANTA Kochłowice Ruda I s				4:45.19	459
	50m:	31.46	31.46	150m:	1:42.55	35.44	250m:	2:55.65	36.44	350m:	4:09.55	36.67
	100m:	1:07.11	35.65	200m:	2:19.21	36.66	300m:	3:32.88	37.23	400m:	4:45.19	35.64
23.	Chromik Szymon		99				CSIR MOS D browa Górnicza				4:45.56	457
	50m:	32.52	32.52	150m:	1:46.27	36.92	250m:	2:59.78	36.29	350m:	4:12.30	35.42
	100m:	1:09.35	36.83	200m:	2:23.49	37.22	300m:	3:36.88	37.10	400m:	4:45.56	33.26
24.	Stoszek Szymon		99				Uks Aligator Gorzyce				4:46.42	453
	50m:	31.40	31.40	150m:	1:42.84	36.07	250m:	2:56.95	36.88	350m:	4:11.27	36.56
	100m:	1:06.77	35.37	200m:	2:20.07	37.23	300m:	3:34.71	37.76	400m:	4:46.42	35.15
25.	Zwoliński Marcin		97				CSIR MOS D browa Górnicza				4:50.35	435
	50m:	32.92	32.92	150m:	1:46.30	37.26	250m:	3:01.24	37.33	350m:	4:14.47	37.03
	100m:	1:09.04	36.12	200m:	2:23.91	37.61	300m:	3:37.44	36.20	400m:	4:50.35	35.88
26.	Kurowski Szymon		98				KS Piłkarze Chorzów				4:51.45	430
	50m:	31.67	31.67	150m:	1:45.47	37.37	250m:	3:00.80	37.14	350m:	4:15.04	37.19
	100m:	1:08.10	36.43	200m:	2:23.66	38.19	300m:	3:37.85	37.05	400m:	4:51.45	36.41
27.	Lesik Radosław SR		98				MKS-SMS Victoria Racibórz				4:52.66	425
	50m:	30.45	30.45	150m:	1:43.38	37.13	250m:	2:59.41	38.16	350m:	4:16.04	38.33
	100m:	1:06.25	35.80	200m:	2:21.25	37.87	300m:	3:37.71	38.30	400m:	4:52.66	36.62
28.	Terczyński Szymon		99				UKS Wodnik 29 Katowice				4:54.69	416
	50m:	32.39	32.39	150m:	1:46.64	37.38	250m:	3:02.50	38.58	350m:	4:18.38	37.88
	100m:	1:09.26	36.87	200m:	2:23.92	37.28	300m:	3:40.50	38.00	400m:	4:54.69	36.31

Mistrzostwa I liga 14.15.16-18 i Open
Gliwice, 19- - 20-6-2013

Konkurencja 20, Mężczyźni, 400m dowolny, Open

Pozycja					Rok ur.					Czas	Pkt.	
29.	Walczak Szymon				99	Mks Park Wodny Tarnowski				4:55.50	413	
	50m:	32.06	32.06	150m:	1:48.11	37.88	250m:	3:04.24	37.50	350m:	4:19.30	37.34
	100m:	1:10.23	38.17	200m:	2:26.74	38.63	300m:	3:41.96	37.72	400m:	4:55.50	36.20
30.	Gros Paweł				98	KS Piłkarska Chorzów				4:58.81	399	
	50m:	32.30	32.30	150m:	1:47.12	37.48	250m:	3:03.68	37.65	350m:	4:20.48	38.49
	100m:	1:09.64	37.34	200m:	2:26.03	38.91	300m:	3:41.99	38.31	400m:	4:58.81	38.33
31.	Sikora Tomasz				98	MOSiR Mysłowice				5:03.40	381	
	50m:	32.11	32.11	150m:	1:47.93	38.39	250m:	3:06.78	39.29	350m:	4:26.18	39.90
	100m:	1:09.54	37.43	200m:	2:27.49	39.56	300m:	3:46.28	39.50	400m:	5:03.40	37.22
32.	ukowski Mateusz				99	KS Piłkarska Chorzów				5:04.81	376	
	50m:	34.29	34.29	150m:	1:50.08	38.54	250m:	3:08.01	39.01	350m:	4:26.43	39.00
	100m:	1:11.54	37.25	200m:	2:29.00	38.92	300m:	3:47.43	39.42	400m:	5:04.81	38.38
33.	Olejnik Marcin				99	MOSiR Mysłowice				5:12.73	348	
	50m:	32.86	32.86	150m:	1:51.91	40.02	250m:	3:12.47	40.39	350m:	4:34.06	40.75
	100m:	1:11.89	39.03	200m:	2:32.08	40.17	300m:	3:53.31	40.84	400m:	5:12.73	38.67
34.	Miller Jakub				00	SiKReT Gliwice				5:13.52	345	
	50m:	34.60	34.60	150m:	1:54.00	39.93	250m:	3:15.85	41.25	350m:	4:35.79	40.09
	100m:	1:14.07	39.47	200m:	2:34.60	40.60	300m:	3:55.70	39.85	400m:	5:13.52	37.73
35.	Zimnal Łukasz				99	CSiR MOS D browa Górnicza				5:18.39	330	
	50m:	34.45	34.45	150m:	1:56.38	41.21	250m:	3:19.05	41.44	350m:	4:40.83	40.29
	100m:	1:15.17	40.72	200m:	2:37.61	41.23	300m:	4:00.54	41.49	400m:	5:18.39	37.56
36.	Manasar Aleksander				99	Mosm Tychy				5:18.83	328	
	50m:	36.26	36.26	150m:	1:56.59	40.23	250m:	3:19.94	41.52	350m:	4:41.81	40.15
	100m:	1:16.36	40.10	200m:	2:38.42	41.83	300m:	4:01.66	41.72	400m:	5:18.83	37.02
37.	Kulak Paweł				99	Mosm Tychy				5:19.56	326	
	50m:	35.00	35.00	150m:	1:58.00	41.71	250m:	3:22.17	41.80	350m:	4:42.68	39.28
	100m:	1:16.29	41.29	200m:	2:40.37	42.37	300m:	4:03.40	41.23	400m:	5:19.56	36.88
38.	Wolny Krzysztof				00	UKS WODNIK Siemianowice I liga				5:21.62	320	
	50m:	34.98	34.98	150m:	1:57.97	42.14	250m:	3:22.82	42.55	350m:	4:44.36	39.60
	100m:	1:15.83	40.85	200m:	2:40.27	42.30	300m:	4:04.76	41.94	400m:	5:21.62	37.26
39.	Skok Dawid				98	CSiR MOS D browa Górnicza				5:25.20	309	
	50m:	36.22	36.22	150m:	2:01.31	42.65	250m:	3:26.85	41.65	350m:	4:47.81	39.95
	100m:	1:18.66	42.44	200m:	2:45.20	43.89	300m:	4:07.86	41.01	400m:	5:25.20	37.39
40.	Michalski Wojciech				01	Muks Gilus Gilowice				5:26.86	305	
	50m:	35.66	35.66	150m:	1:58.86	42.06	250m:	3:22.99	41.74	350m:	4:46.56	41.58
	100m:	1:16.80	41.14	200m:	2:41.25	42.39	300m:	4:04.98	41.99	400m:	5:26.86	40.30
41.	Bednarz Radosław				98	Nowy KP Bielsko-Biała				5:37.30	277	
	50m:	36.39	36.39	150m:	2:01.47	43.06	250m:	3:28.26	43.58	350m:	4:56.41	45.29
	100m:	1:18.41	42.02	200m:	2:44.68	43.21	300m:	4:11.12	42.86	400m:	5:37.30	40.89
42.	Chlebowski Sebastian				99	CSiR MOS D browa Górnicza				5:38.55	274	
	50m:	38.07	38.07	150m:	2:04.77	42.89	250m:	3:32.25	43.68	350m:	4:58.47	42.30
	100m:	1:21.88	43.81	200m:	2:48.57	43.80	300m:	4:16.17	43.92	400m:	5:38.55	40.08
43.	Kijek Wiktor				02	UKS MANTA Kochłowice Ruda I liga				5:59.21	229	
	50m:	38.28	38.28	150m:	2:09.28	46.68	250m:	3:43.66	47.54	350m:	5:16.96	45.67
	100m:	1:22.60	44.32	200m:	2:56.12	46.84	300m:	4:31.29	47.63	400m:	5:59.21	42.25
44.	Jakóbczyk Daniel				99	UKS WODNIK Siemianowice I liga				6:00.29	227	
	50m:	37.05	37.05	150m:	2:07.52	46.27	250m:	3:40.71	47.30	350m:	5:15.97	46.39
	100m:	1:21.25	44.20	200m:	2:53.41	45.89	300m:	4:29.58	48.87	400m:	6:00.29	44.32