

Mistrzostwa Okręgu Gliwickiego Open
Gliwice, 6- - 7-12-2013

Konkurencja 22
2013-12-07 - 11:05

Mężczyźni, 400m dowolny

Open
Wyniki

Punkty: FINA 2012

Pozycja					Rok ur.					Czas	Pkt.	
14 lat												
1.	Sumara Beniamin				99	CSIR MOS D browa Góńciza				4:13.67	590	
	50m:	28.37	28.37	150m:	1:32.00	32.20	250m:	2:36.07	31.92	350m:	3:41.01	32.46
	100m:	59.80	31.43	200m:	2:04.15	32.15	300m:	3:08.55	32.48	400m:	4:13.67	32.66
2.	Walczak Szymon				99	MKS Park Wodny Tarnowskie Góry				4:22.06	535	
	50m:	29.43	29.43	150m:	1:35.90	33.57	250m:	2:43.53	33.75	350m:	3:51.00	33.89
	100m:	1:02.33	32.90	200m:	2:09.78	33.88	300m:	3:17.11	33.58	400m:	4:22.06	31.06
3.	Podzimski Wojciech				99	MKS Park Wodny Tarnowskie Góry				4:27.76	501	
	50m:	29.21	29.21	150m:	1:36.40	33.83	250m:	2:45.47	34.61	350m:	3:54.55	34.54
	100m:	1:02.57	33.36	200m:	2:10.86	34.46	300m:	3:20.01	34.54	400m:	4:27.76	33.21
4.	Chromik Szymon				99	CSIR MOS D browa Góńciza				4:33.97	468	
	50m:	30.90	30.90	150m:	1:39.81	35.08	250m:	2:50.76	35.70	350m:	4:01.66	35.34
	100m:	1:04.73	33.83	200m:	2:15.06	35.25	300m:	3:26.32	35.56	400m:	4:33.97	32.31
5.	Stoszek Szymon				99	UKS Aligator Gorzyce				4:34.81	464	
	50m:	30.70	30.70	150m:	1:39.33	34.87	250m:	2:49.82	35.33	350m:	4:00.28	34.90
	100m:	1:04.46	33.76	200m:	2:14.49	35.16	300m:	3:25.38	35.56	400m:	4:34.81	34.53
6.	Terczyński Szymon				99	Uks Wodnik 29 Katowice				4:37.40	451	
	50m:	30.90	30.90	150m:	1:40.58	35.14	250m:	2:51.94	35.45	350m:	4:03.64	35.52
	100m:	1:05.44	34.54	200m:	2:16.49	35.91	300m:	3:28.12	36.18	400m:	4:37.40	33.76
7.	Ogorzałek Kamil				99	Uks Wodnik 29 Katowice				4:38.12	447	
	50m:	30.49	30.49	150m:	1:40.58	35.25	250m:	2:51.09	35.13	350m:	4:04.55	36.70
	100m:	1:05.33	34.84	200m:	2:15.96	35.38	300m:	3:27.85	36.76	400m:	4:38.12	33.57
8.	Pawliniak Mariusz				99	Uks Wodnik 29 Katowice				4:38.97	443	
	50m:	30.52	30.52	150m:	1:39.87	35.32	250m:	2:51.74	35.76	350m:	4:03.88	35.88
	100m:	1:04.55	34.03	200m:	2:15.98	36.11	300m:	3:28.00	36.26	400m:	4:38.97	35.09
9.	ukowski Mateusz				99	ks Piłka Chorzów				4:49.62	396	
	50m:	31.71	31.71	150m:	1:43.29	36.55	250m:	2:57.09	36.93	350m:	4:11.61	37.17
	100m:	1:06.74	35.03	200m:	2:20.16	36.87	300m:	3:34.44	37.35	400m:	4:49.62	38.01
10.	Olejnik Marcin				99	MOSiR Mysłowice				4:57.29	366	
	50m:	32.01	32.01	150m:	1:46.70	37.75	250m:	3:02.90	38.32	350m:	4:19.75	38.30
	100m:	1:08.95	36.94	200m:	2:24.58	37.88	300m:	3:41.45	38.55	400m:	4:57.29	37.54
11.	Manasar Aleksander				99	Mosm Tychy				4:59.41	358	
	50m:	32.87	32.87	150m:	1:49.86	38.75	250m:	3:07.71	38.76	350m:	4:24.05	38.45
	100m:	1:11.11	38.24	200m:	2:28.95	39.09	300m:	3:45.60	37.89	400m:	4:59.41	35.36
12.	Gembala Adam				99	Mosm Tychy				5:08.85	326	
	50m:	33.79	33.79	150m:	1:49.02	38.63	250m:	3:08.40	39.66	350m:	4:23.27	36.30
	100m:	1:10.39	36.60	200m:	2:28.74	39.72	300m:	3:46.97	38.57	400m:	5:08.85	45.58
13.	Stokfisz Jakub				99	Uks Wodnik 29 Katowice				5:15.37	307	
	50m:	34.39	34.39	150m:	1:53.68	40.18	250m:	3:13.73	39.96	350m:	4:36.66	41.22
	100m:	1:13.50	39.11	200m:	2:33.77	40.09	300m:	3:55.44	41.71	400m:	5:15.37	38.71
15 lat												
1.	Ellgoth Piotr				98	ks Piłka Chorzów				4:17.36	565	
	50m:	28.89	28.89	150m:	1:34.30	33.40	250m:	2:40.40	32.87	350m:	3:45.92	32.51
	100m:	1:00.90	32.01	200m:	2:07.53	33.23	300m:	3:13.41	33.01	400m:	4:17.36	31.44
2.	Brauntsch Marek				98	Muks Gilus Gilowice				4:27.30	504	
	50m:	29.57	29.57	150m:	1:36.74	34.00	250m:	2:45.74	34.44	350m:	3:54.55	34.29
	100m:	1:02.74	33.17	200m:	2:11.30	34.56	300m:	3:20.26	34.52	400m:	4:27.30	32.75
3.	Chrapek Marcin				98	MTP Delfin Cieszyn				4:30.34	487	
	50m:	30.11	30.11	150m:	1:39.89	35.33	250m:	2:49.52	34.53	350m:	3:58.75	34.04
	100m:	1:04.56	34.45	200m:	2:14.99	35.10	300m:	3:24.71	35.19	400m:	4:30.34	31.59

Mistrzostwa Okręgu Gliwickiego Open
Gliwice, 6-7-12-2013

Konkurencja 22, Chłopców, 400m dowolny, 15 lat

Pozycja			Rok ur.					Czas	Pkt.			
4.	Kurowski Szymon		98	ks Piłka Chorzów				4:31.70	480			
	50m:	29.99	29.99	150m:	1:38.62	34.69	250m:	2:48.40	34.79	350m:	3:58.17	34.79
	100m:	1:03.93	33.94	200m:	2:13.61	34.99	300m:	3:23.38	34.98	400m:	4:31.70	33.53
5.	Matura Klaudiusz		98	UKS Manta Kochłowice Ruda Śląska				4:35.83	458			
	50m:	30.91	30.91	150m:	1:40.80	35.43	250m:	2:50.50	35.15	350m:	4:01.54	35.51
	100m:	1:05.37	34.46	200m:	2:15.35	34.55	300m:	3:26.03	35.53	400m:	4:35.83	34.29
6.	Grzędziel Arkadiusz		98	MOSiR Mysłów				4:43.88	421			
	50m:	1:05.46	1:05.46	150m:	2:17.70	36.34	250m:	3:31.28	36.86	350m:	4:43.88	35.49
	100m:	1:41.36	35.90	200m:	2:54.42	36.72	300m:	4:08.39	37.11	400m:	4:43.88	
7.	Siwy Marcel		98	MKS Park Wodny Tarnowskie Góry				4:49.02	398			
	50m:	31.35	31.35	150m:	1:43.45	36.78	250m:	2:57.90	38.40	350m:	4:15.07	38.31
	100m:	1:06.67	35.32	200m:	2:19.50	36.05	300m:	3:36.76	38.86	400m:	4:49.02	33.95
	Góral Radosław		98	MOSiR Mysłów				4:49.02	398			
	50m:	31.22	31.22	150m:	1:44.35	37.13	250m:	2:58.54	37.43	350m:	4:13.66	37.97
	100m:	1:07.22	36.00	200m:	2:21.11	36.76	300m:	3:35.69	37.15	400m:	4:49.02	35.36
9.	Gros Paweł		98	MKS Park Wodny Tarnowskie Góry				4:53.82	379			
	50m:	31.85	31.85	150m:	1:43.49	36.26	250m:	2:58.80	37.87	350m:	4:16.68	39.09
	100m:	1:07.23	35.38	200m:	2:20.93	37.44	300m:	3:37.59	38.79	400m:	4:53.82	37.14

16 - 18 lat

1.	Burzawa Mateusz		96	CSiR MOS D browa Góńicza				4:09.61	619			
	50m:	28.49	28.49	150m:	1:31.88	31.67	250m:	2:35.36	31.68	350m:	3:38.83	31.59
	100m:	1:00.21	31.72	200m:	2:03.68	31.80	300m:	3:07.24	31.88	400m:	4:09.61	30.78
2.	Katolik Bartosz		97	CSiR MOS D browa Góńicza				4:15.08	580			
	50m:	29.23	29.23	150m:	1:33.70	32.69	250m:	2:38.25	31.95	350m:	3:43.57	32.73
	100m:	1:01.01	31.78	200m:	2:06.30	32.60	300m:	3:10.84	32.59	400m:	4:15.08	31.51
3.	Stolarczyk Kamil		96	MKS Park Wodny Tarnowskie Góry				4:20.12	547			
	50m:	28.83	28.83	150m:	1:33.74	33.03	250m:	2:40.10	33.18	350m:	3:47.95	34.00
	100m:	1:00.71	31.88	200m:	2:06.92	33.18	300m:	3:13.95	33.85	400m:	4:20.12	32.17
4.	Krawczyk Bartłomiej		97	Muks Gilus Gilowice				4:32.76	474			
	50m:	30.60	30.60	150m:	1:39.78	34.84	250m:	2:50.06	35.19	350m:	3:59.55	34.63
	100m:	1:04.94	34.34	200m:	2:14.87	35.09	300m:	3:24.92	34.86	400m:	4:32.76	33.21
5.	Michałów Jakub		96	Tkkf Szczygłowice				4:36.60	455			
	50m:	30.60	30.60	150m:	1:39.76	35.28	250m:	2:50.87	35.58	350m:	4:01.88	35.59
	100m:	1:04.48	33.88	200m:	2:15.29	35.53	300m:	3:26.29	35.42	400m:	4:36.60	34.72

Open

1.	Głyk Wojciech		92	AZS AWF Katowice				3:58.33	711			
	50m:	27.37	27.37	150m:	1:25.76	29.38	250m:	2:24.56	29.30	350m:	3:26.07	31.56
	100m:	56.38	29.01	200m:	1:55.26	29.50	300m:	2:54.51	29.95	400m:	3:58.33	32.26
2.	Pióro Artur		91	AZS AWF Katowice				4:05.74	649			
	50m:	27.83	27.83	150m:	1:27.52	30.28	250m:	2:30.73	31.91	350m:	3:35.17	32.40
	100m:	57.24	29.41	200m:	1:58.82	31.30	300m:	3:02.77	32.04	400m:	4:05.74	30.57
3.	Burzawa Mateusz		96	CSiR MOS D browa Góńicza				4:09.61	619			
	50m:	28.49	28.49	150m:	1:31.88	31.67	250m:	2:35.36	31.68	350m:	3:38.83	31.59
	100m:	1:00.21	31.72	200m:	2:03.68	31.80	300m:	3:07.24	31.88	400m:	4:09.61	30.78
4.	Sumara Benjamin		99	CSiR MOS D browa Góńicza				4:13.67	590			
	50m:	28.37	28.37	150m:	1:32.00	32.20	250m:	2:36.07	31.92	350m:	3:41.01	32.46
	100m:	59.80	31.43	200m:	2:04.15	32.15	300m:	3:08.55	32.48	400m:	4:13.67	32.66
5.	Katolik Bartosz		97	CSiR MOS D browa Góńicza				4:15.08	580			
	50m:	29.23	29.23	150m:	1:33.70	32.69	250m:	2:38.25	31.95	350m:	3:43.57	32.73
	100m:	1:01.01	31.78	200m:	2:06.30	32.60	300m:	3:10.84	32.59	400m:	4:15.08	31.51

Mistrzostwa Okręgu Gliwickiego Open
Gliwice, 6-7-12-2013

Konkurencja 22, Mężczyźni, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.			
6.	Ellgoth Piotr		98	ks Piłkarska Chorzów				4:17.36	565			
	50m:	28.89	28.89	150m:	1:34.30	33.40	250m:	2:40.40	32.87	350m:	3:45.92	32.51
	100m:	1:00.90	32.01	200m:	2:07.53	33.23	300m:	3:13.41	33.01	400m:	4:17.36	31.44
7.	Stolarczyk Kamil		96	MKS Park Wodny Tarnowskie Góry				4:20.12	547			
	50m:	28.83	28.83	150m:	1:33.74	33.03	250m:	2:40.10	33.18	350m:	3:47.95	34.00
	100m:	1:00.71	31.88	200m:	2:06.92	33.18	300m:	3:13.95	33.85	400m:	4:20.12	32.17
8.	Walczak Szymon		99	MKS Park Wodny Tarnowskie Góry				4:22.06	535			
	50m:	29.43	29.43	150m:	1:35.90	33.57	250m:	2:43.53	33.75	350m:	3:51.00	33.89
	100m:	1:02.33	32.90	200m:	2:09.78	33.88	300m:	3:17.11	33.58	400m:	4:22.06	31.06
9.	Sawicki Bartosz		00	KS. Górnik Radlin				4:27.09	505			
	50m:	30.39	30.39	150m:	1:37.64	33.59	250m:	2:44.83	33.29	350m:	3:53.30	34.36
	100m:	1:04.05	33.66	200m:	2:11.54	33.90	300m:	3:18.94	34.11	400m:	4:27.09	33.79
10.	Brauntsch Marek		98	Muks Gilus Gilowice				4:27.30	504			
	50m:	29.57	29.57	150m:	1:36.74	34.00	250m:	2:45.74	34.44	350m:	3:54.55	34.29
	100m:	1:02.74	33.17	200m:	2:11.30	34.56	300m:	3:20.26	34.52	400m:	4:27.30	32.75
11.	Podzimski Wojciech		99	MKS Park Wodny Tarnowskie Góry				4:27.76	501			
	50m:	29.21	29.21	150m:	1:36.40	33.83	250m:	2:45.47	34.61	350m:	3:54.55	34.54
	100m:	1:02.57	33.36	200m:	2:10.86	34.46	300m:	3:20.01	34.54	400m:	4:27.76	33.21
12.	Chrapek Marcin		98	MTP Delfin Cieszyn				4:30.34	487			
	50m:	30.11	30.11	150m:	1:39.89	35.33	250m:	2:49.52	34.53	350m:	3:58.75	34.04
	100m:	1:04.56	34.45	200m:	2:14.99	35.10	300m:	3:24.71	35.19	400m:	4:30.34	31.59
13.	Kurowski Szymon		98	ks Piłkarska Chorzów				4:31.70	480			
	50m:	29.99	29.99	150m:	1:38.62	34.69	250m:	2:48.40	34.79	350m:	3:58.17	34.79
	100m:	1:03.93	33.94	200m:	2:13.61	34.99	300m:	3:23.38	34.98	400m:	4:31.70	33.53
14.	Krawczyk Bartłomiej		97	Muks Gilus Gilowice				4:32.76	474			
	50m:	30.60	30.60	150m:	1:39.78	34.84	250m:	2:50.06	35.19	350m:	3:59.55	34.63
	100m:	1:04.94	34.34	200m:	2:14.87	35.09	300m:	3:24.92	34.86	400m:	4:32.76	33.21
15.	Chromik Szymon		99	CSIR MOS D browa Góńcza				4:33.97	468			
	50m:	30.90	30.90	150m:	1:39.81	35.08	250m:	2:50.76	35.70	350m:	4:01.66	35.34
	100m:	1:04.73	33.83	200m:	2:15.06	35.25	300m:	3:26.32	35.56	400m:	4:33.97	32.31
16.	Stoszek Szymon		99	UKS Aligator Gorzyce				4:34.81	464			
	50m:	30.70	30.70	150m:	1:39.33	34.87	250m:	2:49.82	35.33	350m:	4:00.28	34.90
	100m:	1:04.46	33.76	200m:	2:14.49	35.16	300m:	3:25.38	35.56	400m:	4:34.81	34.53
17.	Matura Klaudiusz		98	UKS Manta Kochłowice Ruda Śląska				4:35.83	458			
	50m:	30.91	30.91	150m:	1:40.80	35.43	250m:	2:50.50	35.15	350m:	4:01.54	35.51
	100m:	1:05.37	34.46	200m:	2:15.35	34.55	300m:	3:26.03	35.53	400m:	4:35.83	34.29
18.	Michałów Jakub		96	Tkkf Szczygłowice				4:36.60	455			
	50m:	30.60	30.60	150m:	1:39.76	35.28	250m:	2:50.87	35.58	350m:	4:01.88	35.59
	100m:	1:04.48	33.88	200m:	2:15.29	35.53	300m:	3:26.29	35.42	400m:	4:36.60	34.72
19.	Borkowski Kacper		00	CSIR MOS D browa Góńcza				4:36.89	453			
	50m:	30.26	30.26	150m:	1:39.98	35.49	250m:	2:51.19	35.49	350m:	4:02.19	35.34
	100m:	1:04.49	34.23	200m:	2:15.70	35.72	300m:	3:26.85	35.66	400m:	4:36.89	34.70
20.	Terczyński Szymon		99	Uks Wodnik 29 Katowice				4:37.40	451			
	50m:	30.90	30.90	150m:	1:40.58	35.14	250m:	2:51.94	35.45	350m:	4:03.64	35.52
	100m:	1:05.44	34.54	200m:	2:16.49	35.91	300m:	3:28.12	36.18	400m:	4:37.40	33.76
21.	Ogorzałek Kamil		99	Uks Wodnik 29 Katowice				4:38.12	447			
	50m:	30.49	30.49	150m:	1:40.58	35.25	250m:	2:51.09	35.13	350m:	4:04.55	36.70
	100m:	1:05.33	34.84	200m:	2:15.96	35.38	300m:	3:27.85	36.76	400m:	4:38.12	33.57
22.	Pawliniak Mariusz		99	Uks Wodnik 29 Katowice				4:38.97	443			
	50m:	30.52	30.52	150m:	1:39.87	35.32	250m:	2:51.74	35.76	350m:	4:03.88	35.88
	100m:	1:04.55	34.03	200m:	2:15.98	36.11	300m:	3:28.00	36.26	400m:	4:38.97	35.09
23.	Twardzik Bartosz		00	SiKReT Gliwice				4:42.80	425			
	50m:	31.28	31.28	150m:	1:43.53	36.27	250m:	2:56.50	36.33	350m:	4:08.19	35.25
	100m:	1:07.26	35.98	200m:	2:20.17	36.64	300m:	3:32.94	36.44	400m:	4:42.80	34.61

Mistrzostwa Okręgu Gliwickiego Open
Gliwice, 6-7-12-2013

Konkurencja 22, Mężczyźni, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.			
24.	Grzegorz	Arkadiusz	98	MOSiR Mysłowice				4:43.88	421			
	50m:	1:05.46	1:05.46	150m:	2:17.70	36.34	250m:	3:31.28	36.86	350m:	4:43.88	35.49
	100m:	1:41.36	35.90	200m:	2:54.42	36.72	300m:	4:08.39	37.11	400m:	4:43.88	
25.	Chwastek	Dominik	00	CSiR MOS D browa Góncza				4:44.94	416			
	50m:	32.42	32.42	150m:	1:45.08	36.72	250m:	2:58.07	36.13	350m:	4:10.45	35.93
	100m:	1:08.36	35.94	200m:	2:21.94	36.86	300m:	3:34.52	36.45	400m:	4:44.94	34.49
26.	Stoszek	Kacper	00	MTP Delfin Cieszyn				4:48.78	399			
	50m:	32.69	32.69	150m:	1:47.48	37.91	250m:	3:01.70	36.52	350m:	4:15.14	36.49
	100m:	1:09.57	36.88	200m:	2:25.18	37.70	300m:	3:38.65	36.95	400m:	4:48.78	33.64
27.	Siwy	Marcel	98	MKS Park Wodny Tarnowskie Góry				4:49.02	398			
	50m:	31.35	31.35	150m:	1:43.45	36.78	250m:	2:57.90	38.40	350m:	4:15.07	38.31
	100m:	1:06.67	35.32	200m:	2:19.50	36.05	300m:	3:36.76	38.86	400m:	4:49.02	33.95
	Gabriel	Radosław	98	MOSiR Mysłowice				4:49.02	398			
	50m:	31.22	31.22	150m:	1:44.35	37.13	250m:	2:58.54	37.43	350m:	4:13.66	37.97
	100m:	1:07.22	36.00	200m:	2:21.11	36.76	300m:	3:35.69	37.15	400m:	4:49.02	35.36
29.	Łukowski	Mateusz	99	KS Piłka Chorzów				4:49.62	396			
	50m:	31.71	31.71	150m:	1:43.29	36.55	250m:	2:57.09	36.93	350m:	4:11.61	37.17
	100m:	1:06.74	35.03	200m:	2:20.16	36.87	300m:	3:34.44	37.35	400m:	4:49.62	38.01
30.	Gros	Paweł	98	MKS Park Wodny Tarnowskie Góry				4:53.82	379			
	50m:	31.85	31.85	150m:	1:43.49	36.26	250m:	2:58.80	37.87	350m:	4:16.68	39.09
	100m:	1:07.23	35.38	200m:	2:20.93	37.44	300m:	3:37.59	38.79	400m:	4:53.82	37.14
31.	Staniszewski	Jakub	00	CSiR MOS D browa Góncza				4:54.29	377			
	50m:	32.97	32.97	150m:	1:47.49	37.77	250m:	3:03.60	38.23	350m:	4:19.01	37.48
	100m:	1:09.72	36.75	200m:	2:25.37	37.88	300m:	3:41.53	37.93	400m:	4:54.29	35.28
32.	Olejnik	Marcin	99	MOSiR Mysłowice				4:57.29	366			
	50m:	32.01	32.01	150m:	1:46.70	37.75	250m:	3:02.90	38.32	350m:	4:19.75	38.30
	100m:	1:08.95	36.94	200m:	2:24.58	37.88	300m:	3:41.45	38.55	400m:	4:57.29	37.54
33.	Manasar	Aleksander	99	Mosm Tychy				4:59.41	358			
	50m:	32.87	32.87	150m:	1:49.86	38.75	250m:	3:07.71	38.76	350m:	4:24.05	38.45
	100m:	1:11.11	38.24	200m:	2:28.95	39.09	300m:	3:45.60	37.89	400m:	4:59.41	35.36
34.	Bartnikiewicz	Jan	00	KS Piłka Chorzów				5:04.02	342			
	50m:	32.94	32.94	150m:	1:49.86	38.94	250m:	3:09.11	39.24	350m:	4:25.81	37.76
	100m:	1:10.92	37.98	200m:	2:29.87	40.01	300m:	3:48.05	38.94	400m:	5:04.02	38.21
35.	Skierski	Radosław	00	Uks Wodnik 29 Katowice				5:05.04	339			
	50m:	34.13	34.13	150m:	1:50.64	38.85	250m:	3:08.97	39.08	350m:	4:23.88	35.95
	100m:	1:11.79	37.66	200m:	2:29.89	39.25	300m:	3:47.93	38.96	400m:	5:05.04	41.16
36.	Miller	Jakub	00	SiKReT Gliwice				5:05.58	337			
	50m:	33.06	33.06	150m:	1:49.04	38.71	250m:	3:07.72	39.70	350m:	4:28.80	40.39
	100m:	1:10.33	37.27	200m:	2:28.02	38.98	300m:	3:48.41	40.69	400m:	5:05.58	36.78
37.	Michalski	Wojciech	01	Muks Gilus Gilowice				5:05.73	337			
	50m:	35.03	35.03	150m:	1:52.45	39.19	250m:	3:11.26	39.57	350m:	4:29.67	38.93
	100m:	1:13.26	38.23	200m:	2:31.69	39.24	300m:	3:50.74	39.48	400m:	5:05.73	36.06
38.	Gembala	Adam	99	Mosm Tychy				5:08.85	326			
	50m:	33.79	33.79	150m:	1:49.02	38.63	250m:	3:08.40	39.66	350m:	4:23.27	36.30
	100m:	1:10.39	36.60	200m:	2:28.74	39.72	300m:	3:46.97	38.57	400m:	5:08.85	45.58
39.	Wolny	Krzysztof	00	UKS WODNIK Siemianowice Śląskie				5:11.73	317			
	50m:	33.77	33.77	150m:	1:53.98	40.88	250m:	3:14.94	40.84	350m:	4:36.87	41.03
	100m:	1:13.10	39.33	200m:	2:34.10	40.12	300m:	3:55.84	40.90	400m:	5:11.73	34.86
40.	Stokfisz	Jakub	99	Uks Wodnik 29 Katowice				5:15.37	307			
	50m:	34.39	34.39	150m:	1:53.68	40.18	250m:	3:13.73	39.96	350m:	4:36.66	41.22
	100m:	1:13.50	39.11	200m:	2:33.77	40.09	300m:	3:55.44	41.71	400m:	5:15.37	38.71
41.	Kowalczyk	Michał	01	Muks Gilus Gilowice				5:16.86	302			
	50m:	33.49	33.49	150m:	1:53.21	40.46	250m:	3:14.68	40.86	350m:	4:37.98	41.18
	100m:	1:12.75	39.26	200m:	2:33.82	40.61	300m:	3:56.80	42.12	400m:	5:16.86	38.88

Mistrzostwa Okręgu I śkiego Open
Gliwice, 6- - 7-12-2013

Konkurencja 22, Mężczyzn, 400m dowolny, Open

Pozycja			Rok ur.						Czas	Pkt.
42.	Lanuszny Sebastian		00	UKS WODNIK Siemianowice I ski				5:17.06	302	
	50m:	34.35 34.35	150m:	1:55.97 41.77	250m:	3:19.38 41.93	350m:	4:42.13 40.03		
	100m:	1:14.20 39.85	200m:	2:37.45 41.48	300m:	4:02.10 42.72	400m:	5:17.06 34.93		