

Mistrzostwa Okręgu Gliwickiego 14,15,16-18 i Open
Gliwice, 5- - 6-12-2014

Konkurencja 13
2014-12-05 - 13:25

Mężczyźni, 400m zmienny

Open
Wyniki

Rekord Open	4:12.93	Poprawa Michał	AZS AWF Katowice	2013-01-01
Rekord 11	5:52.11	Sumara Beniamin	MOS Dąbrowa Górnicza	2010-01-01
Rekord 12	5:14.11	Salamon Jonasz	Górnik Radlin	2008-01-01
Rekord 13	4:56.35	Krogulski Filip	MOS Dąbrowa Górnicza	2009-01-01
Rekord 14	4:49.03	Katolik Bartosz	MOS Dąbrowa Górnicza	2011-01-01
Rekord 15	4:37.21	Zemło Marek	Górnik Radlin	2000-12-03
Rekord 16	4:31.25	Zemło Marek	Górnik Radlin	2001-12-05
Rekord 17	4:22.50	Poprawa Michał	AZS AWF Katowice	2011-12-05
Rekord 18	4:19.11	Zaczyński Karol	AZS AWF Katowice	2009-01-01

Punkty: FINA 2013

Pozycja	Rok ur.	Czas	Pkt.
14 lat			
1. Walczysko Jakub	00 CSiR MOS Dąbrowa Górnicza	4:58.51	491
50m:	32.60 32.60 150m: 1:49.62 38.81 250m: 3:08.33 40.09 350m: 4:24.89 34.90		
100m:	1:10.81 38.21 200m: 2:28.24 38.62 300m: 3:49.99 41.66 400m: 4:58.51 33.62		
2. Twardzik Bartosz	00 SiKReT Gliwice	4:58.62	490
50m:	31.24 31.24 150m: 1:46.78 37.90 250m: 3:07.03 42.86 350m: 4:25.84 35.21		
100m:	1:08.88 37.64 200m: 2:24.17 37.39 300m: 3:50.63 43.60 400m: 4:58.62 32.78		
3. Skierski Radosław	00 Uks Wodnik 29 Katowice	5:07.49	449
50m:	31.42 31.42 150m: 1:51.28 41.75 250m: 3:14.84 42.69 350m: 4:34.61 36.12		
100m:	1:09.53 38.11 200m: 2:32.15 40.87 300m: 3:58.49 43.65 400m: 5:07.49 32.88		
4. Gardyan Adrian	00 KS. Górnik Radlin	5:35.99	344
50m:	35.94 35.94 150m: 1:59.84 40.97 250m: 3:28.24 48.54 350m: 4:57.84 40.10		
100m:	1:18.87 42.93 200m: 2:39.70 39.86 300m: 4:17.74 49.50 400m: 5:35.99 38.15		
DYSKW. Szynawa Oskar	00 UKS WODNIK Siemianowice laski	5:13.78	
<i>K16 - Niejednoczesne dotknięcie ciany dłońmi przy nawrocie lub na zakończeniu wyścigu (Czas: 12:54)</i>			
50m:	33.98 33.98 150m: 1:55.95 41.28 250m: 3:17.47 40.94 350m: 4:37.90 38.14		
100m:	1:14.67 40.69 200m: 2:36.53 40.58 300m: 3:59.76 42.29 400m: 5:13.78 35.88		
DYSKW. Ciszek Krystian	00 Klub Olimpijczyka MOSiR Mysłów	5:51.72	
<i>M6 - Nierównoczesne przenoszenie ramion do przodu (Czas: 12:58), G-6</i>			
50m:	36.11 36.11 150m: 2:09.94 46.36 250m: 3:42.49 48.66 350m: 5:12.59 41.20		
100m:	1:23.58 47.47 200m: 2:53.83 43.89 300m: 4:31.39 48.90 400m: 5:51.72 39.13		
15 lat			
1. Sumara Beniamin	99 CSiR MOS Dąbrowa Górnicza	4:43.67	572
50m:	29.96 29.96 150m: 1:40.47 36.70 250m: 2:57.66 40.23 350m: 4:11.86 32.24		
100m:	1:03.77 33.81 200m: 2:17.43 36.96 300m: 3:39.62 41.96 400m: 4:43.67 31.81		
2. Łopot Radosław	99 Mks - Mos Katowice	4:48.72	542
50m:	30.61 30.61 150m: 1:44.22 36.87 250m: 3:01.00 40.39 350m: 4:15.63 33.99		
100m:	1:07.35 36.74 200m: 2:20.61 36.39 300m: 3:41.64 40.64 400m: 4:48.72 33.09		
3. Blachura Patryk	99 Ulks Victoria Kozy	4:49.05	540
50m:	30.37 30.37 150m: 2:18.93 1:13.43 250m: 3:43.18 350m: 4:16.25 33.07		
100m:	1:05.50 35.13 200m: 3:00.43 41.50 300m: 3:43.18 400m: 4:49.05 32.80		
4. Podzimski Wojciech	99 MKS Park Wodny Tarnowskie Góry	4:55.28	507
50m:	30.44 30.44 150m: 1:44.81 38.26 250m: 3:04.64 40.91 350m: 4:21.87 34.34		
100m:	1:06.55 36.11 200m: 2:23.73 38.92 300m: 3:47.53 42.89 400m: 4:55.28 33.41		
5. Baran Jan	99 Mks Sms Victoria Racibórz	5:05.00	460
50m:	30.59 30.59 150m: 1:47.69 41.00 250m: 3:10.40 42.93 350m: 4:29.99 35.96		
100m:	1:06.69 36.10 200m: 2:27.47 39.78 300m: 3:54.03 43.63 400m: 5:05.00 35.01		
6. Góral Michał	99 Mks - Mos Katowice	5:19.28	401
50m:	32.13 32.13 150m: 1:49.83 39.29 250m: 3:17.29 47.68 350m: 4:42.42 37.69		
100m:	1:10.54 38.41 200m: 2:29.61 39.78 300m: 4:04.73 47.44 400m: 5:19.28 36.86		

Mistrzostwa Okręgu I skiego 14,15,16-18 i Open
Gliwice, 5- - 6-12-2014

Konkurencja 13, Mężczyźni, 400m zmienny

16 - 18 lat

1.	Tokarski Krzysztof	96	Mks Sms Victoria Racibórz	4:31.61	651
	50m: 27.48 27.48	150m: 1:38.19 37.68	250m: 2:50.69 35.55	350m: 3:59.77 32.23	
	100m: 1:00.51 33.03	200m: 2:15.14 36.95	300m: 3:27.54 36.85	400m: 4:31.61 31.84	
2.	Sodel Dominik	97	AZS AWF Katowice	4:33.03	641
	50m: 28.52 28.52	150m: 1:36.94 35.65	250m: 2:51.32 39.04	350m: 4:02.69 31.68	
	100m: 1:01.29 32.77	200m: 2:12.28 35.34	300m: 3:31.01 39.69	400m: 4:33.03 30.34	
3.	Falis Dawid	96	CSiR MOS Dabrowa Górnicza	4:33.53	638
	50m: 28.90 28.90	150m: 1:37.83 36.02	250m: 2:52.33 38.94	350m: 4:03.91 31.89	
	100m: 1:01.81 32.91	200m: 2:13.39 35.56	300m: 3:32.02 39.69	400m: 4:33.53 29.62	
4.	Powrońnik Konrad	97	CSiR MOS Dabrowa Górnicza	4:36.04	620
	50m: 28.98 28.98	150m: 1:38.16 36.01	250m: 2:52.42 39.02	350m: 4:04.67 32.21	
	100m: 1:02.15 33.17	200m: 2:13.40 35.24	300m: 3:32.46 40.04	400m: 4:36.04 31.37	
5.	Burzawa Mateusz	96	CSiR MOS Dabrowa Górnicza	4:38.49	604
	50m: 29.38 29.38	150m: 1:40.32 37.32	250m: 2:56.62 41.00	350m: 4:08.42 31.48	
	100m: 1:03.00 33.62	200m: 2:15.62 35.30	300m: 3:36.94 40.32	400m: 4:38.49 30.07	
6.	Wawryca Szymon	98	Mks Sms Victoria Racibórz	4:45.59	560
	50m: 30.63 30.63	150m: 1:45.60 38.74	250m: 3:00.66 38.06	350m: 4:13.09 33.96	
	100m: 1:06.86 36.23	200m: 2:22.60 37.00	300m: 3:39.13 38.47	400m: 4:45.59 32.50	

Open

1.	Kłós Grzegorz	95	AZS AWF Katowice	4:28.74	672
	50m: 29.12 29.12	150m: 1:36.79 34.80	250m: 2:48.48 36.47	350m: 3:57.90 32.08	
	100m: 1:01.99 32.87	200m: 2:12.01 35.22	300m: 3:25.82 37.34	400m: 4:28.74 30.84	
2.	Tokarski Krzysztof	96	Mks Sms Victoria Racibórz	4:31.61	651
	50m: 27.48 27.48	150m: 1:38.19 37.68	250m: 2:50.69 35.55	350m: 3:59.77 32.23	
	100m: 1:00.51 33.03	200m: 2:15.14 36.95	300m: 3:27.54 36.85	400m: 4:31.61 31.84	
3.	Sodel Dominik	97	AZS AWF Katowice	4:33.03	641
	50m: 28.52 28.52	150m: 1:36.94 35.65	250m: 2:51.32 39.04	350m: 4:02.69 31.68	
	100m: 1:01.29 32.77	200m: 2:12.28 35.34	300m: 3:31.01 39.69	400m: 4:33.03 30.34	
4.	Falis Dawid	96	CSiR MOS Dabrowa Górnicza	4:33.53	638
	50m: 28.90 28.90	150m: 1:37.83 36.02	250m: 2:52.33 38.94	350m: 4:03.91 31.89	
	100m: 1:01.81 32.91	200m: 2:13.39 35.56	300m: 3:32.02 39.69	400m: 4:33.53 29.62	
5.	Powrońnik Konrad	97	CSiR MOS Dabrowa Górnicza	4:36.04	620
	50m: 28.98 28.98	150m: 1:38.16 36.01	250m: 2:52.42 39.02	350m: 4:04.67 32.21	
	100m: 1:02.15 33.17	200m: 2:13.40 35.24	300m: 3:32.46 40.04	400m: 4:36.04 31.37	
6.	Burzawa Mateusz	96	CSiR MOS Dabrowa Górnicza	4:38.49	604
	50m: 29.38 29.38	150m: 1:40.32 37.32	250m: 2:56.62 41.00	350m: 4:08.42 31.48	
	100m: 1:03.00 33.62	200m: 2:15.62 35.30	300m: 3:36.94 40.32	400m: 4:38.49 30.07	
7.	Sumara Beniamin	99	CSiR MOS Dabrowa Górnicza	4:43.67	572
	50m: 29.96 29.96	150m: 1:40.47 36.70	250m: 2:57.66 40.23	350m: 4:11.86 32.24	
	100m: 1:03.77 33.81	200m: 2:17.43 36.96	300m: 3:39.62 41.96	400m: 4:43.67 31.81	
8.	Wawryca Szymon	98	Mks Sms Victoria Racibórz	4:45.59	560
	50m: 30.63 30.63	150m: 1:45.60 38.74	250m: 3:00.66 38.06	350m: 4:13.09 33.96	
	100m: 1:06.86 36.23	200m: 2:22.60 37.00	300m: 3:39.13 38.47	400m: 4:45.59 32.50	
9.	Łopot Radosław	99	Mks - Mos Katowice	4:48.72	542
	50m: 30.61 30.61	150m: 1:44.22 36.87	250m: 3:01.00 40.39	350m: 4:15.63 33.99	
	100m: 1:07.35 36.74	200m: 2:20.61 36.39	300m: 3:41.64 40.64	400m: 4:48.72 33.09	
10.	Blachura Patryk	99	Ulks Victoria Kozy	4:49.05	540
	50m: 30.37 30.37	150m: 2:18.93 1:13.43	250m:	350m: 4:16.25 33.07	
	100m: 1:05.50 35.13	200m: 3:00.43 41.50	300m: 3:43.18	400m: 4:49.05 32.80	
11.	Podzimski Wojciech	99	MKS Park Wodny Tarnowskie Góry	4:55.28	507
	50m: 30.44 30.44	150m: 1:44.81 38.26	250m: 3:04.64 40.91	350m: 4:21.87 34.34	
	100m: 1:06.55 36.11	200m: 2:23.73 38.92	300m: 3:47.53 42.89	400m: 4:55.28 33.41	

Mistrzostwa Okręgu I skiego 14,15,16-18 i Open
Gliwice, 5- - 6-12-2014

Konkurencja 13, Mężczyzn, 400m zmienny, Open

Pozycja			Rok ur.					Czas	Pkt.
12.	Walczyško Jakub		00	CSiR MOS Dabrowa Górnica				4:58.51	491
	50m:	32.60 32.60	150m:	1:49.62 38.81	250m:	3:08.33 40.09	350m:	4:24.89 34.90	
	100m:	1:10.81 38.21	200m:	2:28.24 38.62	300m:	3:49.99 41.66	400m:	4:58.51 33.62	
13.	Twardzik Bartosz		00	SiKReT Gliwice				4:58.62	490
	50m:	31.24 31.24	150m:	1:46.78 37.90	250m:	3:07.03 42.86	350m:	4:25.84 35.21	
	100m:	1:08.88 37.64	200m:	2:24.17 37.39	300m:	3:50.63 43.60	400m:	4:58.62 32.78	
14.	Baran Jan		99	Mks Sms Victoria Racibórz				5:05.00	460
	50m:	30.59 30.59	150m:	1:47.69 41.00	250m:	3:10.40 42.93	350m:	4:29.99 35.96	
	100m:	1:06.69 36.10	200m:	2:27.47 39.78	300m:	3:54.03 43.63	400m:	5:05.00 35.01	
15.	Sacha Kamil		01	CSiR MOS Dabrowa Górnica				5:06.41	454
	50m:	32.31 32.31	150m:	1:50.20 39.64	250m:	3:12.72 43.70	350m:	5:06.52 1:08.64	
	100m:	1:10.56 38.25	200m:	2:29.02 38.82	300m:	3:57.88 45.16	400m:	5:06.41	
16.	Skierski Radosław		00	Uks Wodnik 29 Katowice				5:07.49	449
	50m:	31.42 31.42	150m:	1:51.28 41.75	250m:	3:14.84 42.69	350m:	4:34.61 36.12	
	100m:	1:09.53 38.11	200m:	2:32.15 40.87	300m:	3:58.49 43.65	400m:	5:07.49 32.88	
17.	Góral Michał		99	Mks - Mos Katowice				5:19.28	401
	50m:	32.13 32.13	150m:	1:49.83 39.29	250m:	3:17.29 47.68	350m:	4:42.42 37.69	
	100m:	1:10.54 38.41	200m:	2:29.61 39.78	300m:	4:04.73 47.44	400m:	5:19.28 36.86	
18.	Gardyan Adrian		00	KS. Górnik Radlin				5:35.99	344
	50m:	35.94 35.94	150m:	1:59.84 40.97	250m:	3:28.24 48.54	350m:	4:57.84 40.10	
	100m:	1:18.87 42.93	200m:	2:39.70 39.86	300m:	4:17.74 49.50	400m:	5:35.99 38.15	
19.	Michalski Wojciech		01	Mks Gilus Gilowice				5:36.08	344
	50m:	36.42 36.42	150m:	2:05.20 44.10	250m:	3:34.34 47.00	350m:	4:59.97 37.81	
	100m:	1:21.10 44.68	200m:	2:47.34 42.14	300m:	4:22.16 47.82	400m:	5:36.08 36.11	
DYSKW.	Szynawa Oskar		00	UKS WODNIK Siemianowice laski				5:13.78	
	<i>K16 - Niejednoczesne dotkni cie ciany dło mi przy nawrocie lub na zako czenie wy cigu (Czas: 12:54)</i>								
	50m:	33.98 33.98	150m:	1:55.95 41.28	250m:	3:17.47 40.94	350m:	4:37.90 38.14	
	100m:	1:14.67 40.69	200m:	2:36.53 40.58	300m:	3:59.76 42.29	400m:	5:13.78 35.88	
DYSKW.	Ciszek Krystian		00	Klub Olimpijczyka MOSiR Mystów				5:51.72	
	<i>M6 - Nierównoczesne przenoszenie ramion do przodu (Czas: 12:58), G-6</i>								
	50m:	36.11 36.11	150m:	2:09.94 46.36	250m:	3:42.49 48.66	350m:	5:12.59 41.20	
	100m:	1:23.58 47.47	200m:	2:53.83 43.89	300m:	4:31.39 48.90	400m:	5:51.72 39.13	