

Mistrzostwa Okręgu I śkiego 14,15,16-18 i Open
Gliwice, 4. - 5.12.2015

Konkurencja 13
04.12.2015 - 18:20

Mężczyzn, 400m zmienny

Open
Wyniki

Rekord I śka Open	4:12.93	Poprawa Michał	AZS AWF Katowice	01.01.2013
Rekord I śka 14	4:48.00	Sacha Kamil	MOS D browa Górnicza	01.01.2015
Rekord I śka 15	4:37.21	Zemło Marek	Górnik Radlin	03.12.2000
Rekord I śka 16	4:31.25	Zemło Marek	Górnik Radlin	05.12.2001
Rekord I śka 17	4:22.50	Poprawa Michał	AZS AWF Katowice	05.12.2011
Rekord I śka 18	4:19.11	Zaczy ski Karol	AZS AWF Katowice	01.01.2009

Punkty: FINA 2015

Pozycja Rok ur. Czas Pkt.

14 lat

1. Sacha Kamil	01	CSIR MOS D browa Górnicza	4:39.61	597
<i>Mistrz I śka, Wynik lepszy od Rekordu I śka</i>				
50m: 30.54 30.54	150m: 1:39.58 35.44	250m: 2:54.95 39.06	350m: 4:08.02 32.29	
100m: 1:04.14 33.60	200m: 2:15.89 36.31	300m: 3:35.73 40.78	400m: 4:39.61 31.59	
2. Muc Filip	01	CSIR MOS D browa Górnicza	5:02.76	470
50m: 32.53 32.53	150m: 1:49.79 39.81	250m: 3:10.34 41.69	350m: 4:29.01 36.43	
100m: 1:09.98 37.45	200m: 2:28.65 38.86	300m: 3:52.58 42.24	400m: 5:02.76 33.75	
3. Ziółkowski Norbert	01	Nowy KP Bielsko-Biała	5:17.14	409
50m: 32.17 32.17	150m: 1:52.20 43.05	250m: 3:18.81 44.65	350m: 4:42.41 37.64	
100m: 1:09.15 36.98	200m: 2:34.16 41.96	300m: 4:04.77 45.96	400m: 5:17.14 34.73	
4. urowski Jakub	01	ks Pi tka Chorzów	6:08.68	260
50m: 39.35 39.35	150m: 2:10.92 45.12	250m: 3:51.01 56.65	350m: 5:29.76 41.69	
100m: 1:25.80 46.45	200m: 2:54.36 43.44	300m: 4:48.07 57.06	400m: 6:08.68 38.92	

15 lat

1. Walczysko Jakub	00	CSIR MOS D browa Górnicza	4:45.25	562
<i>Mistrz I śka</i>				
50m: 29.80 29.80	150m: 1:40.60 35.84	250m: 2:56.81 39.93	350m: 4:11.78 34.20	
100m: 1:04.76 34.96	200m: 2:16.88 36.28	300m: 3:37.58 40.77	400m: 4:45.25 33.47	
2. Bł dek J drzej	00	KS. Górnik Radlin	4:49.17	540
50m: 30.10 30.10	150m: 1:43.29 38.18	250m: 3:03.01 41.97	350m: 4:17.19 32.20	
100m: 1:05.11 35.01	200m: 2:21.04 37.75	300m: 3:44.99 41.98	400m: 4:49.17 31.98	
3. Skierski Radosław	00	UKS Wodnik 29 Katowice	4:49.44	538
50m: 30.78 30.78	150m: 1:43.49 36.73	250m: 3:01.64 40.44	350m: 4:16.66 34.05	
100m: 1:06.76 35.98	200m: 2:21.20 37.71	300m: 3:42.61 40.97	400m: 4:49.44 32.78	
4. Twardzik Bartosz	00	SiKReT Gliwice	4:56.89	499
50m: 29.76 29.76	150m: 1:42.57 36.58	250m: 3:02.88 44.18	350m: 4:22.32 35.49	
100m: 1:05.99 36.23	200m: 2:18.70 36.13	300m: 3:46.83 43.95	400m: 4:56.89 34.57	
5. Szynawa Oskar	00	UKS WODNIK Siemianowice laski	5:03.92	465
50m: 32.87 32.87	150m: 1:52.95 41.32	250m: 3:11.99	350m: 4:29.75 36.18	
100m: 1:11.63 38.76	200m:	300m: 3:53.57 41.58	400m: 5:03.92 34.17	
6. Popiela Karol	00	MOSM Tychy	5:04.18	464
50m: 29.50 29.50	150m: 1:43.76 39.17	250m: 3:08.52 44.94	350m: 4:29.15 36.16	
100m: 1:04.59 35.09	200m: 2:23.58 39.82	300m: 3:52.99 44.47	400m: 5:04.18 35.03	
7. D browski Daniel	00	Ukp Ruda I śka	5:11.40	432
50m: 32.77 32.77	150m: 1:52.07 39.88	250m: 3:14.74 43.12	350m: 4:36.42 37.29	
100m: 1:12.19 39.42	200m: 2:31.62 39.55	300m: 3:59.13 44.39	400m: 5:11.40 34.98	

16 - 18 lat

1. Powro nik Konrad	97	CSIR MOS D browa Górnicza	4:30.40	660
<i>Mistrz I śka</i>				
50m: 28.53 28.53	150m: 2:10.65 1:09.67	250m: 2:49.57	350m: 3:59.45 30.71	
100m: 1:00.98 32.45	200m:	300m: 3:28.74 39.17	400m: 4:30.40 30.95	

Mistrzostwa Okręgu I skiego 14,15,16-18 i Open
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Konkurencja 13, Chłopców, 400m zmienny, 16 - 18 lat

Pozycja	Rok ur.							Czas	Pkt.
2.	99	Łopot Radosław SR	MOS Katowice					4:35.04	627
		50m: 29.22 29.22	150m: 1:38.09 34.98	250m: 2:51.01 38.60	350m: 4:03.29 32.70				
		100m: 1:03.11 33.89	200m: 2:12.41 34.32	300m: 3:30.59 39.58	400m: 4:35.04 31.75				
3.	99	Sumara Beniamin	CSIR MOS D browa Górnicza					4:45.45	561
		50m: 29.86 29.86	150m: 1:40.94 36.64	250m: 2:58.37 41.76	350m: 4:13.33 32.32				
		100m: 1:04.30 34.44	200m: 2:16.61 35.67	300m: 3:41.01 42.64	400m: 4:45.45 32.12				
4.	99	Sordyl Mateusz SO	ULKS VICTORIA Kozy					4:47.17	551
		50m: 28.55 28.55	150m: 1:38.76 35.93	250m: 2:56.89 41.89	350m: 4:13.76 34.94				
		100m: 1:02.83 34.28	200m: 2:15.00 36.24	300m: 3:38.82 41.93	400m: 4:47.17 33.41				

Open

1.	96	Tokarski Krzysztof SR <i>Mistrz / ska</i>	AZS AWF Katowice					4:23.28	715
		50m: 27.37 27.37	150m: 1:35.40 36.29	250m: 2:46.61 35.32	350m: 3:53.56 31.32				
		100m: 59.11 31.74	200m: 2:11.29 35.89	300m: 3:22.24 35.63	400m: 4:23.28 29.72				
2.	95	Kłós Grzegorz	AZS AWF Katowice					4:23.44	714
		50m: 28.58 28.58	150m: 1:34.30 33.61	250m: 2:45.89 37.07	350m: 3:54.70 30.45				
		100m: 1:00.69 32.11	200m: 2:08.82 34.52	300m: 3:24.25 38.36	400m: 4:23.44 28.74				
3.	97	Powrońnik Konrad	CSIR MOS D browa Górnicza					4:30.40	660
		50m: 28.53 28.53	150m: 2:10.65 1:09.67	250m: 2:49.57 39.17	350m: 3:59.45 30.71				
		100m: 1:00.98 32.45	200m: 3:28.74 39.17	400m: 4:30.40 30.95					
4.	99	Łopot Radosław SR	MOS Katowice					4:35.04	627
		50m: 29.22 29.22	150m: 1:38.09 34.98	250m: 2:51.01 38.60	350m: 4:03.29 32.70				
		100m: 1:03.11 33.89	200m: 2:12.41 34.32	300m: 3:30.59 39.58	400m: 4:35.04 31.75				
5.	01	Sacha Kamil <i>Wynik lepszy od Rekordu / ska</i>	CSIR MOS D browa Górnicza					4:39.61	597
		50m: 30.54 30.54	150m: 1:39.58 35.44	250m: 2:54.95 39.06	350m: 4:08.02 32.29				
		100m: 1:04.14 33.60	200m: 2:15.89 36.31	300m: 3:35.73 40.78	400m: 4:39.61 31.59				
6.	98	Przybyła Kacper SR	KP Astromal Akwawit Leszno					4:41.62	584
		50m: 27.37 27.37	150m: 1:35.41 35.77	250m: 2:52.46 41.80	350m: 4:08.19 34.50				
		100m: 59.64 32.27	200m: 2:10.66 35.25	300m: 3:33.69 41.23	400m: 4:41.62 33.43				
7.	00	Walczyński Jakub	CSIR MOS D browa Górnicza					4:45.25	562
		50m: 29.80 29.80	150m: 1:40.60 35.84	250m: 2:56.81 39.93	350m: 4:11.78 34.20				
		100m: 1:04.76 34.96	200m: 2:16.88 36.28	300m: 3:37.58 40.77	400m: 4:45.25 33.47				
8.	99	Sumara Beniamin	CSIR MOS D browa Górnicza					4:45.45	561
		50m: 29.86 29.86	150m: 1:40.94 36.64	250m: 2:58.37 41.76	350m: 4:13.33 32.32				
		100m: 1:04.30 34.44	200m: 2:16.61 35.67	300m: 3:41.01 42.64	400m: 4:45.45 32.12				
9.	99	Sordyl Mateusz SO	ULKS VICTORIA Kozy					4:47.17	551
		50m: 28.55 28.55	150m: 1:38.76 35.93	250m: 2:56.89 41.89	350m: 4:13.76 34.94				
		100m: 1:02.83 34.28	200m: 2:15.00 36.24	300m: 3:38.82 41.93	400m: 4:47.17 33.41				
10.	00	Błędny Jacek	KS. Górnik Radlin					4:49.17	540
		50m: 30.10 30.10	150m: 1:43.29 38.18	250m: 3:03.01 41.97	350m: 4:17.19 32.20				
		100m: 1:05.11 35.01	200m: 2:21.04 37.75	300m: 3:44.99 41.98	400m: 4:49.17 31.98				
11.	00	Skierski Radosław	UKS Wodnik 29 Katowice					4:49.44	538
		50m: 30.78 30.78	150m: 1:43.49 36.73	250m: 3:01.64 40.44	350m: 4:16.66 34.05				
		100m: 1:06.76 35.98	200m: 2:21.20 37.71	300m: 3:42.61 40.97	400m: 4:49.44 32.78				
12.	00	Twardzik Bartosz	SiKReT Gliwice					4:56.89	499
		50m: 29.76 29.76	150m: 1:42.57 36.58	250m: 3:02.88 44.18	350m: 4:22.32 35.49				
		100m: 1:05.99 36.23	200m: 2:18.70 36.13	300m: 3:46.83 43.95	400m: 4:56.89 34.57				
13.	01	Muc Filip	CSIR MOS D browa Górnicza					5:02.76	470
		50m: 32.53 32.53	150m: 1:49.79 39.81	250m: 3:10.34 41.69	350m: 4:29.01 36.43				
		100m: 1:09.98 37.45	200m: 2:28.65 38.86	300m: 3:52.58 42.24	400m: 5:02.76 33.75				

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Konkurencja 13, Mężczyzn, 400m zmienny, Open

Pozycja					Rok ur.					Czas	Pkt.	
14.	Szynawa Oskar				00	UKS WODNIK Siemianowice Śląskie				5:03.92	465	
	50m:	32.87	32.87	150m:	1:52.95	41.32	250m:	3:11.99		350m:	4:29.75	36.18
	100m:	1:11.63	38.76	200m:			300m:	3:53.57	41.58	400m:	5:03.92	34.17
15.	Popiela Karol				00	MOSM Tychy				5:04.18	464	
	50m:	29.50	29.50	150m:	1:43.76	39.17	250m:	3:08.52	44.94	350m:	4:29.15	36.16
	100m:	1:04.59	35.09	200m:	2:23.58	39.82	300m:	3:52.99	44.47	400m:	5:04.18	35.03
16.	Kijek Wiktor				02	UKS Manta Kochłowice Ruda Śląska				5:10.86	434	
	50m:	32.00	32.00	150m:	1:51.23	40.60	250m:	3:16.67	45.32	350m:	4:37.44	36.47
	100m:	1:10.63	38.63	200m:	2:31.35	40.12	300m:	4:00.97	44.30	400m:	5:10.86	33.42
17.	Dąbrowski Daniel				00	Ukp Ruda Śląska				5:11.40	432	
	50m:	32.77	32.77	150m:	1:52.07	39.88	250m:	3:14.74	43.12	350m:	4:36.42	37.29
	100m:	1:12.19	39.42	200m:	2:31.62	39.55	300m:	3:59.13	44.39	400m:	5:11.40	34.98
18.	Ziółkowski Norbert				01	Nowy KP Bielsko-Biała				5:17.14	409	
	50m:	32.17	32.17	150m:	1:52.20	43.05	250m:	3:18.81	44.65	350m:	4:42.41	37.64
	100m:	1:09.15	36.98	200m:	2:34.16	41.96	300m:	4:04.77	45.96	400m:	5:17.14	34.73
19.	Kurorowski Jakub				01	ks Piłkarska Chorzów				6:08.68	260	
	50m:	39.35	39.35	150m:	2:10.92	45.12	250m:	3:51.01	56.65	350m:	5:29.76	41.69
	100m:	1:25.80	46.45	200m:	2:54.36	43.44	300m:	4:48.07	57.06	400m:	6:08.68	38.92