

Konkurencja 8  
13/4/2013 - 12:51

M czynn, 400m dowolny

12 lat i starsi  
Wyniki

Minimum startowe 17 +: 4:21.46; 16: 4:30.58; 14 - 15: 4:51.10; 12 - 13: 5:15.00

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.
<b>17 lat i starsi</b>									
1.	Wysoczy ski Mateusz SK		93	Jordan Kraków				<b>3:56.39</b>	729
	50m:	27.79 27.79	150m:	1:28.31 30.39	250m:	2:28.54 29.95	350m:	3:28.28 29.27	
	100m:	57.92 30.13	200m:	1:58.59 30.28	300m:	2:59.01 30.47	400m:	3:56.39 28.11	
2.	Poprawa Michał SO		94	AZS AWF Katowice				<b>3:56.64</b>	726
	50m:	27.13 27.13	150m:	1:28.47 30.65	250m:	2:29.65 30.39	350m:	3:28.85 29.18	
	100m:	57.82 30.69	200m:	1:59.26 30.79	300m:	2:59.67 30.02	400m:	3:56.64 27.79	
3.	Twarowski Jerzy SK		95	Jordan Kraków				<b>4:01.65</b>	682
	50m:	28.07 28.07	150m:	1:30.29 30.76	250m:	2:30.92 30.05	350m:	3:31.36 30.19	
	100m:	59.53 31.46	200m:	2:00.87 30.58	300m:	3:01.17 30.25	400m:	4:01.65 30.29	
4.	Wojdak Wojciech SO		96	BOSiR SP Brzesko				<b>4:01.80</b>	681
	50m:	27.50 27.50	150m:	1:27.64 30.28	250m:	2:28.21 30.18	350m:	3:30.66 31.48	
	100m:	57.36 29.86	200m:	1:58.03 30.39	300m:	2:59.18 30.97	400m:	4:01.80 31.14	
5.	Kliza Mateusz SK		94	Avia widnik				<b>4:03.33</b>	668
	50m:	28.32 28.32	150m:	1:29.65 30.88	250m:	2:30.97 30.48	350m:	3:32.89 30.95	
	100m:	58.77 30.45	200m:	2:00.49 30.84	300m:	3:01.94 30.97	400m:	4:03.33 30.44	
6.	Bor Radostaw SZG		93	Korner Zielona Góra				<b>4:03.36</b>	668
	50m:	28.22 28.22	150m:	1:28.89 30.42	250m:	2:30.55 30.76	350m:	3:33.14 31.44	
	100m:	58.47 30.25	200m:	1:59.79 30.90	300m:	3:01.70 31.15	400m:	4:03.36 30.22	
7.	Furst Markus		96	Vaesby Simsaellskap				<b>4:04.78</b>	656
	50m:	28.17 28.17	150m:	1:28.53 30.28	250m:	2:30.45 31.20	350m:	3:33.62 31.79	
	100m:	58.25 30.08	200m:	1:59.25 30.72	300m:	3:01.83 31.38	400m:	4:04.78 31.16	
8.	Bałabuch Krystian SO		95	BOSiR SP Brzesko				<b>4:11.99</b>	601
	50m:	29.07 29.07	150m:	1:33.64 32.47	250m:	2:36.94 30.99	350m:	3:40.44 31.88	
	100m:	1:01.17 32.10	200m:	2:05.95 32.31	300m:	3:08.56 31.62	400m:	4:11.99 31.55	
9.	Łopaci ski Kacper SO		95	Foka Sandomierz				<b>4:12.04</b>	601
	50m:	28.02 28.02	150m:	1:31.92 32.10	250m:	2:36.63 32.14	350m:	3:41.23 32.22	
	100m:	59.82 31.80	200m:	2:04.49 32.57	300m:	3:09.01 32.38	400m:	4:12.04 30.81	
10.	Ksi ek Sebastian		96	KSZO Ostrowiec w.				<b>4:12.45</b>	598
	50m:	28.40 28.40	150m:	1:29.72 30.94	250m:	2:33.94 32.58	350m:	3:40.08 33.31	
	100m:	58.78 30.38	200m:	2:01.36 31.64	300m:	3:06.77 32.83	400m:	4:12.45 32.37	
11.	Litwa Krzysztof SK		96	Jordan Kraków				<b>4:14.58</b>	583
	50m:	28.57 28.57	150m:	1:32.55 32.46	250m:	2:38.03 32.59	350m:	3:43.06 32.28	
	100m:	1:00.09 31.52	200m:	2:05.44 32.89	300m:	3:10.78 32.75	400m:	4:14.58 31.52	
12.	Stefaniak Jakub		95	UKS 9 Kalisz				<b>4:15.52</b>	577
	50m:	27.80 27.80	150m:	1:30.79 31.90	250m:	2:36.64 33.18	350m:	3:44.39 34.11	
	100m:	58.89 31.09	200m:	2:03.46 32.67	300m:	3:10.28 33.64	400m:	4:15.52 31.13	
13.	Krycia Mateusz		96	KSZO Ostrowiec w.				<b>4:15.60</b>	576
	50m:	29.60 29.60	150m:	1:34.96 33.11	250m:	2:40.07 32.47	350m:	3:45.25 32.39	
	100m:	1:01.85 32.25	200m:	2:07.60 32.64	300m:	3:12.86 32.79	400m:	4:15.60 30.35	
<b>16 lat</b>									
1.	Goleniec Łukasz SO		97	Unia O wi cim				<b>4:06.76</b>	641
	50m:	28.44 28.44	150m:	1:31.25 31.42	250m:	2:34.05 31.21	350m:	3:36.62 30.95	
	100m:	59.83 31.39	200m:	2:02.84 31.59	300m:	3:05.67 31.62	400m:	4:06.76 30.14	
2.	Dytkowski Jan		97	KSZO Ostrowiec w.				<b>4:12.36</b>	599
	50m:	28.76 28.76	150m:	1:31.78 31.58	250m:	2:35.29 31.68	350m:	3:40.01 32.47	
	100m:	1:00.20 31.44	200m:	2:03.61 31.83	300m:	3:07.54 32.25	400m:	4:12.36 32.35	

Konkurencja 8, Chłopców, 400m dowolny, 16 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	Pie niak Jakub SO		97	Unia O wi cim				<b>4:17.47</b>	564
	50m:	28.62 28.62	150m:	1:33.30 32.49	250m:	2:39.59 33.30	350m:	3:45.50 32.86	
	100m:	1:00.81 32.19	200m:	2:06.29 32.99	300m:	3:12.64 33.05	400m:	4:17.47 31.97	
4.	oładak Dominik SO		97	Unia O wi cim				<b>4:18.37</b>	558
	50m:	29.32 29.32	150m:	1:35.56 33.40	250m:	2:41.95 32.88	350m:	3:47.86 32.80	
	100m:	1:02.16 32.84	200m:	2:09.07 33.51	300m:	3:15.06 33.11	400m:	4:18.37 30.51	
5.	Lechowicz Filip		97	Korona Kraków				<b>4:29.22</b>	493
	50m:	31.24 31.24	150m:	1:38.92 33.88	250m:	2:47.14 34.04	350m:	3:56.54 34.91	
	100m:	1:05.04 33.80	200m:	2:13.10 34.18	300m:	3:21.63 34.49	400m:	4:29.22 32.68	

15 lat

1.	Ulatowski Wojciech SO		98	Unia O wi cim				<b>4:15.26</b>	579
	50m:	29.31 29.31	150m:	1:33.60 32.37	250m:	2:38.42 32.15	350m:	3:44.10 32.61	
	100m:	1:01.23 31.92	200m:	2:06.27 32.67	300m:	3:11.49 33.07	400m:	4:15.26 31.16	
2.	Topolski Arkadiusz SO		98	Unia O wi cim				<b>4:19.08</b>	553
	50m:	28.98 28.98	150m:	1:33.53 32.40	250m:	2:39.72 33.19	350m:	3:47.02 33.24	
	100m:	1:01.13 32.15	200m:	2:06.53 33.00	300m:	3:13.78 34.06	400m:	4:19.08 32.06	
3.	Hojda Bartłomiej SO		98	Unia O wi cim				<b>4:23.80</b>	524
	50m:	29.57 29.57	150m:	1:36.71 33.96	250m:	2:44.26 33.43	350m:	3:51.38 33.24	
	100m:	1:02.75 33.18	200m:	2:10.83 34.12	300m:	3:18.14 33.88	400m:	4:23.80 32.42	
4.	Seremet Konrad SO		98	Unia O wi cim				<b>4:26.25</b>	510
	50m:	29.27 29.27	150m:	1:34.79 33.16	250m:	2:42.46 33.77	350m:	3:52.14 34.95	
	100m:	1:01.63 32.36	200m:	2:08.69 33.90	300m:	3:17.19 34.73	400m:	4:26.25 34.11	
5.	Zieminanin Jakub		98	Kmita Zabierzów				<b>4:28.59</b>	497
	50m:	30.20 30.20	150m:	1:37.92 34.15	250m:	2:47.52 35.00	350m:	3:56.71 34.06	
	100m:	1:03.77 33.57	200m:	2:12.52 34.60	300m:	3:22.65 35.13	400m:	4:28.59 31.88	
6.	Kłapa Filip SO		98	Unia O wi cim				<b>4:31.70</b>	480
	50m:	30.72 30.72	150m:	1:40.00 34.86	250m:	2:49.06 34.63	350m:	3:58.43 34.28	
	100m:	1:05.14 34.42	200m:	2:14.43 34.43	300m:	3:24.15 35.09	400m:	4:31.70 33.27	
7.	Jaworski Norbert		98	Unia Busko Zdrój				<b>4:32.11</b>	478
	50m:	30.92 30.92	150m:	1:39.62 34.72	250m:	2:49.68 34.92	350m:	4:00.09 35.00	
	100m:	1:04.90 33.98	200m:	2:14.76 35.14	300m:	3:25.09 35.41	400m:	4:32.11 32.02	
8.	Brauntsch Marek		98	Gilus Gilowice				<b>4:33.62</b>	470
	50m:	30.00 30.00	150m:	1:39.02 35.07	250m:	2:48.95 34.88	350m:	3:59.63 35.52	
	100m:	1:03.95 33.95	200m:	2:14.07 35.05	300m:	3:24.11 35.16	400m:	4:33.62 33.99	
9.	Trela Karol		98	Gilus Gilowice				<b>4:36.17</b>	457
	50m:	31.68 31.68	150m:	1:40.23 34.65	250m:	2:50.24 35.12	350m:	4:01.01 35.33	
	100m:	1:05.58 33.90	200m:	2:15.12 34.89	300m:	3:25.68 35.44	400m:	4:36.17 35.16	
10.	Kasprzycki Miłosz		98	UKS 9 Kalisz				<b>4:36.78</b>	454
	50m:	30.10 30.10	150m:	1:37.46 34.82	250m:	2:48.80 35.88	350m:	4:01.49 37.09	
	100m:	1:02.64 32.54	200m:	2:12.92 35.46	300m:	3:24.40 35.60	400m:	4:36.78 35.29	
11.	Kwietniewski Maciej		98	Korona Swim Kielce				<b>4:44.32</b>	419
	50m:	31.42 31.42	150m:	1:41.48 35.59	250m:	2:53.92 36.20	350m:	4:07.76 36.87	
	100m:	1:05.89 34.47	200m:	2:17.72 36.24	300m:	3:30.89 36.97	400m:	4:44.32 36.56	

14 lat

1.	Parzynowski Wojciech		99	UKS 190 Łódź				<b>4:21.69</b>	537
	50m:	29.74 29.74	150m:	1:34.73 32.23	250m:	2:41.42 33.66	350m:	3:48.94 34.10	
	100m:	1:02.50 32.76	200m:	2:07.76 33.03	300m:	3:14.84 33.42	400m:	4:21.69 32.75	
2.	Kempa Mikołaj SO		99	MMKS K dzierzyn Ko le				<b>4:27.58</b>	502
	50m:	29.58 29.58	150m:	1:37.49 34.21	250m:	2:46.13 34.12	350m:	3:55.11 35.03	
	100m:	1:03.28 33.70	200m:	2:12.01 34.52	300m:	3:20.08 33.95	400m:	4:27.58 32.47	

Konkurencja 8, Chłopców, 400m dowolny, 14 lat

Pozycja	Rok ur.								Czas	Pkt.	
3. Stanek Adam	99 MKS Gogolin								<b>4:27.79</b>	501	
50m:	31.22	31.22	150m:	1:38.63	33.89	250m:	2:47.22	34.31	350m:	3:55.68	34.30
100m:	1:04.74	33.52	200m:	2:12.91	34.28	300m:	3:21.38	34.16	400m:	4:27.79	32.11
4. Macner Michał SO	99 Park Wodny Tarn. Góry								<b>4:28.19</b>	499	
50m:	30.18	30.18	150m:	1:37.88	34.11	250m:	2:46.39	34.21	350m:	3:55.28	34.34
100m:	1:03.77	33.59	200m:	2:12.18	34.30	300m:	3:20.94	34.55	400m:	4:28.19	32.91
5. Mura ski Kacper	99 Gilus Gilowice								<b>4:30.39</b>	487	
50m:	30.25	30.25	150m:	1:37.96	34.38	250m:	2:47.26	34.79	350m:	3:56.90	34.88
100m:	1:03.58	33.33	200m:	2:12.47	34.51	300m:	3:22.02	34.76	400m:	4:30.39	33.49
6. Szczepaniak Paweł	99 SMS Galicja Kraków								<b>4:32.07</b>	478	
50m:	30.86	30.86	150m:	1:38.53	34.37	250m:	2:48.55	35.22	350m:	3:58.99	35.07
100m:	1:04.16	33.30	200m:	2:13.33	34.80	300m:	3:23.92	35.37	400m:	4:32.07	33.08
7. Rogozinski Mateusz	99 KSZO Ostrowiec w.								<b>4:34.79</b>	464	
50m:	30.11	30.11	150m:	1:39.11	34.91	250m:	2:49.45	35.09	350m:	4:00.17	34.81
100m:	1:04.20	34.09	200m:	2:14.36	35.25	300m:	3:25.36	35.91	400m:	4:34.79	34.62
8. Stec Kacper	99 Kmita Zabierzów								<b>4:38.33</b>	446	
50m:	30.67	30.67	150m:	1:39.88	35.01	250m:	2:51.20	35.77	350m:	4:02.94	35.92
100m:	1:04.87	34.20	200m:	2:15.43	35.55	300m:	3:27.02	35.82	400m:	4:38.33	35.39
9. Podzimski Wojciech	99 Park Wodny Tarn. Góry								<b>4:42.80</b>	425	
50m:	30.36	30.36	150m:	1:40.41	35.81	250m:	2:52.69	36.14	350m:	4:06.72	36.94
100m:	1:04.60	34.24	200m:	2:16.55	36.14	300m:	3:29.78	37.09	400m:	4:42.80	36.08
10. Mazur Dominik	99 Kmita Zabierzów								<b>4:42.88</b>	425	
50m:	31.34	31.34	150m:	1:41.40	35.48	250m:	2:53.79	36.51	350m:	4:07.19	36.71
100m:	1:05.92	34.58	200m:	2:17.28	35.88	300m:	3:30.48	36.69	400m:	4:42.88	35.69
11. Zbro ek Radosław	99 SMS Galicja Kraków								<b>4:45.29</b>	414	
50m:	32.38	32.38	150m:	1:43.75	36.02	250m:	2:57.18	36.69	350m:	4:10.40	36.54
100m:	1:07.73	35.35	200m:	2:20.49	36.74	300m:	3:33.86	36.68	400m:	4:45.29	34.89
12. Stoszek Szymon	99 Aligator Gorzyce								<b>4:47.73</b>	404	
50m:	31.60	31.60	150m:	1:42.06	35.66	250m:	2:57.01	38.05	350m:	4:12.48	37.35
100m:	1:06.40	34.80	200m:	2:18.96	36.90	300m:	3:35.13	38.12	400m:	4:47.73	35.25
13. Walczak Szymon	99 Park Wodny Tarn. Góry								<b>4:47.90</b>	403	
50m:	31.80	31.80	150m:	1:46.25	36.93	250m:	3:00.28	36.78	350m:	4:14.37	37.10
100m:	1:09.32	37.52	200m:	2:23.50	37.25	300m:	3:37.27	36.99	400m:	4:47.90	33.53
14. Fiedosiuk Rafał SO	99 Unia O wi cim								<b>4:48.30</b>	401	
50m:	30.89	30.89	150m:	1:40.81	35.57	250m:	2:55.10	37.29	350m:	4:10.81	38.02
100m:	1:05.24	34.35	200m:	2:17.81	37.00	300m:	3:32.79	37.69	400m:	4:48.30	37.49
15. Ostrowski Dominik SO	99 Unia O wi cim								<b>4:49.79</b>	395	
50m:	32.49	32.49	150m:	1:46.16	37.14	250m:	3:01.77	37.82	350m:	4:14.49	36.37
100m:	1:09.02	36.53	200m:	2:23.95	37.79	300m:	3:38.12	36.35	400m:	4:49.79	35.30
16. Koprynia Tomasz	99 Kmita Zabierzów								<b>4:51.27</b>	389	
<i>Minimum startowe 14-15lat</i>											
50m:	31.48	31.48	150m:	1:44.41	37.29	250m:	3:00.37	38.21	350m:	4:15.62	37.29
100m:	1:07.12	35.64	200m:	2:22.16	37.75	300m:	3:38.33	37.96	400m:	4:51.27	35.65
17. Marczuk Szymon SO	99 Unia O wi cim								<b>4:53.36</b>	381	
<i>Minimum startowe 14-15lat</i>											
50m:	30.31	30.31	150m:	1:42.14	37.05	250m:	2:59.32	39.47	350m:	4:16.45	38.52
100m:	1:05.09	34.78	200m:	2:19.85	37.71	300m:	3:37.93	38.61	400m:	4:53.36	36.91

Konkurencja 8, M czyzn, 400m dowolny

13 lat

1.	Michta Kacper		00	KSZO Ostrowiec w.		<b>4:32.30</b>	477	
	50m: 29.74	29.74	150m: 1:37.66	34.68	250m: 2:47.68	34.87	350m: 3:58.27	35.22
	100m: 1:02.98	33.24	200m: 2:12.81	35.15	300m: 3:23.05	35.37	400m: 4:32.30	34.03
2.	Orłowski Kamil		00	KSZO Ostrowiec w.		<b>4:43.28</b>	423	
	50m: 30.93	30.93	150m: 1:41.26	35.67	250m: 2:54.51	36.84	350m: 4:07.73	36.56
	100m: 1:05.59	34.66	200m: 2:17.67	36.41	300m: 3:31.17	36.66	400m: 4:43.28	35.55
3.	Kowalik Krystian		00	KSZO Ostrowiec w.		<b>4:45.61</b>	413	
	50m: 31.23	31.23	150m: 1:43.47	36.80	250m: 2:57.39	36.66	350m: 4:10.12	36.56
	100m: 1:06.67	35.44	200m: 2:20.73	37.26	300m: 3:33.56	36.17	400m: 4:45.61	35.49
4.	Jarocho Oskar		00	KSZO Ostrowiec w.		<b>4:50.71</b>	392	
	50m: 32.84	32.84	150m: 1:45.04	36.53	250m: 3:00.02	37.73	350m: 4:14.35	37.07
	100m: 1:08.51	35.67	200m: 2:22.29	37.25	300m: 3:37.28	37.26	400m: 4:50.71	36.36
5.	Kowalski Karol		00	Unia Busko Zdrój		<b>4:50.79</b>	391	
	50m: 32.37	32.37	150m: 1:46.13	37.20	250m: 3:00.11	37.02	350m: 4:15.16	37.47
	100m: 1:08.93	36.56	200m: 2:23.09	36.96	300m: 3:37.69	37.58	400m: 4:50.79	35.63
6.	Biecki Szymon		00	Ósemka O wi cim		<b>4:53.70</b>	380	
	50m: 32.10	32.10	150m: 1:46.24	37.78	250m: 3:02.90	38.80	350m: 4:19.73	38.11
	100m: 1:08.46	36.36	200m: 2:24.10	37.86	300m: 3:41.62	38.72	400m: 4:53.70	33.97
7.	Szeląg Mikołaj		00	KSZO Ostrowiec w.		<b>4:55.63</b>	372	
	50m: 32.63	32.63	150m: 1:46.67	37.37	250m: 3:03.44	38.38	350m: 4:19.72	37.93
	100m: 1:09.30	36.67	200m: 2:25.06	38.39	300m: 3:41.79	38.35	400m: 4:55.63	35.91
8.	Małucha Filip		00	UKS 190 Łódź		<b>5:04.39</b>	341	
	50m: 34.02	34.02	150m: 1:51.74	39.20	250m: 3:09.28	37.72	350m: 4:27.86	38.59
	100m: 1:12.54	38.52	200m: 2:31.56	39.82	300m: 3:49.27	39.99	400m: 5:04.39	36.53
9.	Latusek Szymon		00	Gilus Gilowice		<b>5:11.67</b>	318	
	50m: 34.36	34.36	150m: 1:53.98	40.26	250m: 3:13.95	40.33	350m: 4:33.42	39.35
	100m: 1:13.72	39.36	200m: 2:33.62	39.64	300m: 3:54.07	40.12	400m: 5:11.67	38.25
10.	Walessa Kamil		00	UKP Ruda Śląska		<b>5:16.01</b>	305	
	<i>Minimum startowe 12-13lat</i>							
	50m: 34.31	34.31	150m: 1:54.01	40.67	250m: 3:15.99	40.86	350m: 4:37.69	40.58
	100m: 1:13.34	39.03	200m: 2:35.13	41.12	300m: 3:57.11	41.12	400m: 5:16.01	38.32

12 lat

1.	Maj Jakub		01	Górnik Sosnowiec		<b>4:53.30</b>	381	
	50m: 32.08	32.08	150m: 1:46.18	38.48	250m: 3:03.24	38.73	350m: 4:17.93	38.09
	100m: 1:07.70	35.62	200m: 2:24.51	38.33	300m: 3:39.84	36.60	400m: 4:53.30	35.37
2.	Baruski Kordian		01	Korona Swim Kielce		<b>5:03.20</b>	345	
	50m: 33.33	33.33	150m: 1:48.01	38.02	250m: 3:05.34	38.96	350m: 4:24.41	39.98
	100m: 1:09.99	36.66	200m: 2:26.38	38.37	300m: 3:44.43	39.09	400m: 5:03.20	38.79
3.	Jaworski Szymon		01	Salmo ry		<b>5:12.64</b>	315	
	50m: 34.21	34.21	150m: 1:53.88	40.26	250m: 3:13.31	39.46	350m: 4:34.67	40.60
	100m: 1:13.62	39.41	200m: 2:33.85	39.97	300m: 3:54.07	40.76	400m: 5:12.64	37.97
4.	Łyczak Jakub		01	Kmita Zabierzów		<b>5:20.53</b>	292	
	<i>Minimum startowe 12-13lat</i>							
	50m: 35.89	35.89	150m: 1:56.73	41.32	250m: 3:19.20	40.93	350m: 4:40.77	41.08
	100m: 1:15.41	39.52	200m: 2:38.27	41.54	300m: 3:59.69	40.49	400m: 5:20.53	39.76