

ZMOM\_11  
O wi cim, 25- - 26-11-2011

Konkurencja 20  
2011-11-26 - 9:40

M czyzn, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2011

Pozycja			Rok ur.					Czas	Pkt.
<b>14 lat</b>									
1.	GOLENIEC Łukasz SO		97	UNIA O wi cim				<b>4:18.35</b>	558
	50m:	29.40 29.40	150m:	2:08.59 33.28	250m:		350m:	3:47.31 32.67	
	100m:	1:35.31 1:05.91	200m:	2:41.24 32.65	300m:	3:14.64	400m:	4:18.35 31.04	
2.	TOMBARKIEWICZ Józef		97	JORDAN Kraków				<b>4:28.39</b>	498
	50m:	30.99 30.99	150m:	1:39.21 34.39	250m:	2:48.00 34.31	350m:	3:55.82 33.79	
	100m:	1:04.82 33.83	200m:	2:13.69 34.48	300m:	3:22.03 34.03	400m:	4:28.39 32.57	
3.	RUSZKOWSKI Kacper SO		97	UNIA O wi cim				<b>4:29.74</b>	490
	50m:	30.97 30.97	150m:	1:38.96 34.08	250m:	2:47.33 33.50	350m:	3:56.13 33.87	
	100m:	1:04.88 33.91	200m:	2:13.83 34.87	300m:	3:22.26 34.93	400m:	4:29.74 33.61	
4.	MŁYNARCZYK Adrian		97	JORDAN Kraków				<b>4:31.36</b>	482
	50m:	30.69 30.69	150m:	1:38.57 34.15	250m:	2:47.11 34.30	350m:	3:56.59 34.81	
	100m:	1:04.42 33.73	200m:	2:12.81 34.24	300m:	3:21.78 34.67	400m:	4:31.36 34.77	
5.	LECHOWICZ Filip		97	JORDAN Kraków				<b>4:32.33</b>	476
	50m:	31.07 31.07	150m:	1:39.83 34.27	250m:	2:48.74 34.44	350m:	3:58.93 34.95	
	100m:	1:05.56 34.49	200m:	2:14.30 34.47	300m:	3:23.98 35.24	400m:	4:32.33 33.40	
6.	BATKO Daniel		97	JORDAN Kraków				<b>4:34.62</b>	465
	50m:	31.16 31.16	150m:	1:40.64 34.71	250m:	2:50.50 35.23	350m:	4:01.90 35.49	
	100m:	1:05.93 34.77	200m:	2:15.27 34.63	300m:	3:26.41 35.91	400m:	4:34.62 32.72	
7.	SOWIER Wojciech		97	JORDAN Kraków				<b>4:35.22</b>	462
	50m:	30.80 30.80	150m:	1:39.32 34.34	250m:	2:49.46 34.85	350m:	4:00.44 35.41	
	100m:	1:04.98 34.18	200m:	2:14.61 35.29	300m:	3:25.03 35.57	400m:	4:35.22 34.78	
8.	OŁDAK Dominik SO		97	UNIA O wi cim				<b>4:35.69</b>	459
	50m:	31.80 31.80	150m:	1:41.97 35.10	250m:	2:52.91 35.37	350m:	4:02.60 34.70	
	100m:	1:06.87 35.07	200m:	2:17.54 35.57	300m:	3:27.90 34.99	400m:	4:35.69 33.09	
9.	WAWER Mateusz		97	JORDAN Kraków				<b>4:38.46</b>	446
	50m:	32.12 32.12	150m:	1:42.01 34.91	250m:	2:52.81 35.33	350m:	4:04.02 35.28	
	100m:	1:07.10 34.98	200m:	2:17.48 35.47	300m:	3:28.74 35.93	400m:	4:38.46 34.44	
10.	LECHOWICZ Artur		97	JORDAN Kraków				<b>4:44.43</b>	418
	50m:	31.94 31.94	150m:	1:43.26 35.87	250m:	2:55.83 36.57	350m:	4:09.19 36.51	
	100m:	1:07.39 35.45	200m:	2:19.26 36.00	300m:	3:32.68 36.85	400m:	4:44.43 35.24	
<b>15 lat</b>									
1.	WOJDAK Wojciech SO		96	BOSiR Brzesko				<b>4:00.15</b>	695
	50m:	27.67 27.67	150m:	1:28.52 30.71	250m:	2:29.34 30.14	350m:	3:30.55 30.49	
	100m:	57.81 30.14	200m:	1:59.20 30.68	300m:	3:00.06 30.72	400m:	4:00.15 29.60	
2.	LITWA Krzysztof		96	JORDAN Kraków				<b>4:20.51</b>	544
	50m:	29.21 29.21	150m:	1:35.13 33.45	250m:	2:42.16 33.47	350m:	3:48.79 33.08	
	100m:	1:01.68 32.47	200m:	2:08.69 33.56	300m:	3:15.71 33.55	400m:	4:20.51 31.72	
3.	STANKIEWICZ Dominik SO		96	UNIA O wi cim				<b>4:26.08</b>	511
	50m:	28.15 28.15	150m:	1:33.39 33.21	250m:	2:41.88 34.56	350m:	3:51.77 35.07	
	100m:	1:00.18 32.03	200m:	2:07.32 33.93	300m:	3:16.70 34.82	400m:	4:26.08 34.31	
4.	KAWIECKI Rafal		96	JORDAN Kraków				<b>4:29.40</b>	492
	50m:	31.05 31.05	150m:	1:39.33 34.25	250m:	2:47.40 33.71	350m:	3:55.95 34.43	
	100m:	1:05.08 34.03	200m:	2:13.69 34.36	300m:	3:21.52 34.12	400m:	4:29.40 33.45	
5.	SZYMA SKI Grzegorz		96	UKS WILANOWIA				<b>5:15.96</b>	305
	50m:	35.79 35.79	150m:		250m:	3:14.98 40.39	350m:	4:36.29 40.50	
	100m:	1:55.29 1:19.50	200m:	2:34.59	300m:	3:55.79 40.81	400m:	5:15.96 39.67	

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16 lat i starsi

1.	CZARNOTA Mateusz	91	UNIA O wi cim	<b>4:00.61</b>	691
	50m: 28.39 28.39	150m: 1:30.31	31.05 250m: 2:30.60	29.67	350m: 3:30.96 30.20
	100m: 59.26 30.87	200m: 2:00.93	30.62 300m: 3:00.76	30.16	400m: 4:00.61 29.65
2.	KLUPA Michał	90	AZS AGH Kraków	<b>4:10.77</b>	610
	50m: 29.10 29.10	150m: 1:32.10	31.95 250m: 2:35.44	31.36	350m: 3:39.45 32.26
	100m: 1:00.15 31.05	200m: 2:04.08	31.98 300m: 3:07.19	31.75	400m: 4:10.77 31.32
3.	BAŁABUCH Krystian	95	BOSiR Brzesko	<b>4:12.50</b>	598
	50m: 28.25 28.25	150m: 1:32.13	32.45 250m: 2:36.51	32.10	350m: 3:40.97 32.11
	100m: 59.68 31.43	200m: 2:04.41	32.28 300m: 3:08.86	32.35	400m: 4:12.50 31.53
4.	HYDZIK Piotr	95	KAROL Wadowice	<b>4:13.43</b>	591
	50m: 29.31 29.31	150m: 1:32.85	32.04 250m: 2:37.31	32.16	350m: 3:41.89 32.22
	100m: 1:00.81 31.50	200m: 2:05.15	32.30 300m: 3:09.67	32.36	400m: 4:13.43 31.54
5.	MALCZYK Marcin SO	95	UNIA O wi cim	<b>4:18.71</b>	556
	50m: 29.22 29.22	150m: 1:35.48	33.32 250m: 2:42.27	33.21	350m: 3:48.29 32.72
	100m: 1:02.16 32.94	200m: 2:09.06	33.58 300m: 3:15.57	33.30	400m: 4:18.71 30.42
6.	WRÓBEL Andrzej	94	JASIE Sucha Beskidzka	<b>4:28.66</b>	496
	50m: 28.81 28.81	150m: 1:35.41	33.85 250m: 2:44.80	34.77	350m: 3:54.76 34.87
	100m: 1:01.56 32.75	200m: 2:10.03	34.62 300m: 3:19.89	35.09	400m: 4:28.66 33.90
7.	RYSZKA Marcin	90	AZS AGH Kraków	<b>5:20.57</b>	292
	50m: 33.46 33.46	150m: 1:52.91	40.73 250m: 3:15.24	40.52	350m: 4:39.99 43.18
	100m: 1:12.18 38.72	200m: 2:34.72	41.81 300m: 3:56.81	41.57	400m: 5:20.57 40.58