



Konkurencja 20  
08-12-2012

M czyzn, 400m dowolny

Open  
Wyniki

Rek Okręgu wiolekrzyskiego Seniorów	3:48.40	Kaczmarek Marcin	KSOST	Pozna	25-11-2012
Rek Okręgu wiolekrzyskiego Jun.18-lat	3:48.40	Kaczmarek Marcin	KSOST	Pozna	25-11-2012
Rek Okręgu wiolekrzyskiego Jun.17-lat	3:51.00	Kaczmarek Marcin	KSOST	Pozna	15-12-2011
Rek Okręgu wiolekrzyskiego Jun.16-lat	3:56.87	Kaczmarek Marcin	KSOST	Szczecin	01-12-2010
Rek Okręgu wiolekrzyskiego Jun.15-lat	3:57.27	Kurant Roger	KSOST	Sandomierz	30-05-2009
Rek Okręgu wiolekrzyskiego Jun.14-lat	4:07.03	Kurant Roger	KSOST	Gorzów Wlkp.	26-01-2008
Rek Okręgu wiolekrzyskiego Młodz.13-lat	4:16.57	Kurant Roger	KSOST	Ostrowiec w.	09-12-2007
Rek Okręgu wiolekrzyskiego Młodz.12-lat	4:39.42	Kowalski Patryk	UNBUS	Ostrowiec w.	27-06-2009
Rek Okręgu wiolekrzyskiego Dzieci	5:00.94	Kowalski Patryk	UNBUS	Busko Zdrój	06-12-2008

Punkty: FINA 2011

Pozycja	Rok ur.	Czas	Pkt.
<b>Młodzik</b>			
1. Bujak Dominik	99	Salos Cortile Kielce	<b>4:30.47</b> 486
50m: 30.82 30.82	150m: 1:39.17 34.58	250m: 2:49.29 35.38	350m: 3:58.02 33.90
100m: 1:04.59 33.77	200m: 2:13.91 34.74	300m: 3:24.12 34.83	400m: 4:30.47 32.45
2. Michta Kacper	00	KSZO Ostrowiec w	<b>4:34.56</b> 465
<i>Rekord Okręgu wiolekrzyskiego Młodz. 12-lat</i>			
50m: 30.65 30.65	150m: 1:39.94 35.05	250m: 2:50.44 35.63	350m: 4:00.85 35.33
100m: 1:04.89 34.24	200m: 2:14.81 34.87	300m: 3:25.52 35.08	400m: 4:34.56 33.71
3. Łukowski Mikołaj	99	Korona-Swim Kielce	<b>4:45.48</b> 414
50m: 33.36 33.36	150m: 1:48.04 37.15	250m: 3:02.54 37.42	350m: 4:13.53 35.43
100m: 1:10.89 37.53	200m: 2:25.12 37.08	300m: 3:38.10 35.56	400m: 4:45.48 31.95
4. Rogozi ski Mateusz	99	KSZO Ostrowiec w	<b>4:45.58</b> 413
50m: 34.33 34.33	150m: 1:48.80 36.96	250m: 3:03.26 37.34	350m: 4:12.93 35.20
100m: 1:11.84 37.51	200m: 2:25.92 37.12	300m: 3:37.73 34.47	400m: 4:45.58 32.65
5. Orłowski Kamil	00	KSZO Ostrowiec w	<b>4:45.98</b> 411
50m: 32.89 32.89	150m: 1:45.51 36.76	250m: 2:59.04 36.66	350m: 4:11.33 35.57
100m: 1:08.75 35.86	200m: 2:22.38 36.87	300m: 3:35.76 36.72	400m: 4:45.98 34.65
6. Jarocho Oskar	00	KSZO Ostrowiec w	<b>4:57.51</b> 365
50m: 33.73 33.73	150m: 1:48.38 38.63	250m: 3:05.85 38.79	350m: 4:21.97 38.08
100m: 1:09.75 36.02	200m: 2:27.06 38.68	300m: 3:43.89 38.04	400m: 4:57.51 35.54
7. Kowalski Karol	00	UNIA Busko Zdrój	<b>4:58.54</b> 362
50m: 32.66 32.66	150m: 1:49.47 39.01	250m: 3:06.98 38.50	350m: 4:23.28 37.87
100m: 1:10.46 37.80	200m: 2:28.48 39.01	300m: 3:45.41 38.43	400m: 4:58.54 35.26
8. Wierzbicki Filip	00	FOKA Sandomierz	<b>5:11.22</b> 319
50m: 34.72 34.72	150m: 1:53.58 39.39	250m: 3:12.92 39.64	350m: 4:34.39 40.75
100m: 1:14.19 39.47	200m: 2:33.28 39.70	300m: 3:53.64 40.72	400m: 5:11.22 36.83
9. Litwin Dawid	00	Salos Cortile Kielce	<b>5:12.12</b> 316
50m: 33.78 33.78	150m: 1:52.78 40.33	250m: 3:13.25 40.41	350m: 4:34.39 40.70
100m: 1:12.45 38.67	200m: 2:32.84 40.06	300m: 3:53.69 40.44	400m: 5:12.12 37.73
10. Niewczas Maciej	00	Barakuda Starachowice	<b>5:47.31</b> 229
50m: 36.49 36.49	150m: 2:07.20 45.98	250m: 3:36.26 45.12	350m: 5:05.34 44.21
100m: 1:21.22 44.73	200m: 2:51.14 43.94	300m: 4:21.13 44.87	400m: 5:47.31 41.97
11. Krzewicki Aleksander	00	Barakuda Starachowice	<b>5:59.28</b> 207
50m: 38.07 38.07	150m: 2:07.92 45.68	250m: 3:37.60 45.17	350m: 5:07.18 44.80
100m: 1:22.24 44.17	200m: 2:52.43 44.51	300m: 4:22.38 44.78	400m: 5:59.28 52.10
12. Garbacz Bartosz	00	Barakuda Starachowice	<b>6:07.02</b> 194
50m: 39.40 39.40	150m: 2:10.24 46.57	250m: 3:44.95 47.34	350m: 5:20.82 48.18
100m: 1:23.67 44.27	200m: 2:57.61 47.37	300m: 4:32.64 47.69	400m: 6:07.02 46.20
13. Karelus Michał	99	FOKA Sandomierz	<b>6:27.28</b> 165
50m: 41.07 41.07	150m: 2:18.14 49.78	250m: 3:58.89 50.14	350m: 5:39.78 50.34
100m: 1:28.36 47.29	200m: 3:08.75 50.61	300m: 4:49.44 50.55	400m: 6:27.28 47.50



Konkurencja 20, M cżyn, 400m dowolny

Open

1.	Łopaci ski Kacper SO	95	FOKA Sandomierz	<b>4:01.01</b>	688
	50m: 27.64 27.64	150m: 1:28.77 30.77	250m: 2:30.08 30.58	350m: 3:31.78 30.77	
	100m: 58.00 30.36	200m: 1:59.50 30.73	300m: 3:01.01 30.93	400m: 4:01.01 29.23	
2.	Ksi ek Sebastian SOc	96	KSZO Ostrowiec w	<b>4:06.99</b>	639
	50m: 28.27 28.27	150m: 1:30.11 31.30	250m: 2:32.90 31.44	350m: 3:36.00 31.66	
	100m: 58.81 30.54	200m: 2:01.46 31.35	300m: 3:04.34 31.44	400m: 4:06.99 30.99	
3.	Krycia Mateusz SOc	96	KSZO Ostrowiec w	<b>4:11.67</b>	604
	50m: 29.05 29.05	150m: 1:32.59 32.12	250m: 2:37.34 32.38	350m: 3:41.64 31.73	
	100m: 1:00.47 31.42	200m: 2:04.96 32.37	300m: 3:09.91 32.57	400m: 4:11.67 30.03	
4.	Rogozi ski Łukasz	94	KSZO Ostrowiec w	<b>4:11.90</b>	602
	50m: 28.69 28.69	150m: 1:32.39 32.10	250m: 2:37.42 32.40	350m: 3:42.14 32.02	
	100m: 1:00.29 31.60	200m: 2:05.02 32.63	300m: 3:10.12 32.70	400m: 4:11.90 29.76	
5.	Bujak Piotr	97	Salos Cortile Kielce	<b>4:27.86</b>	501
	50m: 30.42 30.42	150m: 1:37.08 33.56	250m: 2:46.37 34.50	350m: 3:55.62 34.25	
	100m: 1:03.52 33.10	200m: 2:11.87 34.79	300m: 3:21.37 35.00	400m: 4:27.86 32.24	
6.	Zimnicki Patryk	97	FOKA Sandomierz	<b>4:29.76</b>	490
	50m: 30.74 30.74	150m: 1:38.34 34.20	250m: 2:48.03 35.07	350m: 3:57.06 34.34	
	100m: 1:04.14 33.40	200m: 2:12.96 34.62	300m: 3:22.72 34.69	400m: 4:29.76 32.70	
7.	Bujak Dominik	99	Salos Cortile Kielce	<b>4:30.47</b>	486
	50m: 30.82 30.82	150m: 1:39.17 34.58	250m: 2:49.29 35.38	350m: 3:58.02 33.90	
	100m: 1:04.59 33.77	200m: 2:13.91 34.74	300m: 3:24.12 34.83	400m: 4:30.47 32.45	
8.	Michta Kacper	00	KSZO Ostrowiec w	<b>4:34.56</b>	465
	<i>Rekord Okręgu wiołozyskiego 12-let</i>				
	50m: 30.65 30.65	150m: 1:39.94 35.05	250m: 2:50.44 35.63	350m: 4:00.85 35.33	
	100m: 1:04.89 34.24	200m: 2:14.81 34.87	300m: 3:25.52 35.08	400m: 4:34.56 33.71	
9.	Rogozi ski Michał	98	KSZO Ostrowiec w	<b>4:40.06</b>	438
	50m: 31.12 31.12	150m: 1:40.48 34.94	250m: 2:51.58 35.83	350m: 4:04.48 36.71	
	100m: 1:05.54 34.42	200m: 2:15.75 35.27	300m: 3:27.77 36.19	400m: 4:40.06 35.58	
10.	Lipka Łukasz	97	Salos Cortile Kielce	<b>4:45.34</b>	414
	50m: 32.93 32.93	150m: 1:45.36 36.53	250m: 2:58.66 36.41	350m: 4:11.52 36.22	
	100m: 1:08.83 35.90	200m: 2:22.25 36.89	300m: 3:35.30 36.64	400m: 4:45.34 33.82	
11.	Łukawski Mikołaj	99	Korona-Swim Kielce	<b>4:45.48</b>	414
	50m: 33.36 33.36	150m: 1:48.04 37.15	250m: 3:02.54 37.42	350m: 4:13.53 35.43	
	100m: 1:10.89 37.53	200m: 2:25.12 37.08	300m: 3:38.10 35.56	400m: 4:45.48 31.95	
12.	Rogozi ski Mateusz	99	KSZO Ostrowiec w	<b>4:45.58</b>	413
	50m: 34.33 34.33	150m: 1:48.80 36.96	250m: 3:03.26 37.34	350m: 4:12.93 35.20	
	100m: 1:11.84 37.51	200m: 2:25.92 37.12	300m: 3:37.73 34.47	400m: 4:45.58 32.65	
13.	Orłowski Kamil	00	KSZO Ostrowiec w	<b>4:45.98</b>	411
	50m: 32.89 32.89	150m: 1:45.51 36.76	250m: 2:59.04 36.66	350m: 4:11.33 35.57	
	100m: 1:08.75 35.86	200m: 2:22.38 36.87	300m: 3:35.76 36.72	400m: 4:45.98 34.65	
14.	Jarocho Oskar	00	KSZO Ostrowiec w	<b>4:57.51</b>	365
	50m: 33.73 33.73	150m: 1:48.38 38.63	250m: 3:05.85 38.79	350m: 4:21.97 38.08	
	100m: 1:09.75 36.02	200m: 2:27.06 38.68	300m: 3:43.89 38.04	400m: 4:57.51 35.54	
15.	Kowalski Karol	00	UNIA Busko Zdrój	<b>4:58.54</b>	362
	50m: 32.66 32.66	150m: 1:49.47 39.01	250m: 3:06.98 38.50	350m: 4:23.28 37.87	
	100m: 1:10.46 37.80	200m: 2:28.48 39.01	300m: 3:45.41 38.43	400m: 4:58.54 35.26	
16.	Gotszling Dawid	01	Korona-Swim Kielce	<b>5:05.71</b>	337
	50m: 32.16 32.16	150m: 1:48.90 39.54	250m: 3:08.52 39.42	350m: 4:28.20 39.39	
	100m: 1:09.36 37.20	200m: 2:29.10 40.20	300m: 3:48.81 40.29	400m: 5:05.71 37.51	
17.	Wierzbicki Filip	00	FOKA Sandomierz	<b>5:11.22</b>	319
	50m: 34.72 34.72	150m: 1:53.58 39.39	250m: 3:12.92 39.64	350m: 4:34.39 40.75	
	100m: 1:14.19 39.47	200m: 2:33.28 39.70	300m: 3:53.64 40.72	400m: 5:11.22 36.83	



Zimowe Mistrzostwa Okręgu wioślarskiego  
Ostrowiec w., 8,9 grudnia 2012



Konkurencja 20, M czynn, 400m dowolny, Open

Pozycja			Rok ur.					Czas	Pkt.
18.	Litwin Dawid		00	Salos Cortile Kielce				<b>5:12.12</b>	316
	50m: 33.78	33.78	150m: 1:52.78	40.33	250m: 3:13.25	40.41	350m: 4:34.39	40.70	
	100m: 1:12.45	38.67	200m: 2:32.84	40.06	300m: 3:53.69	40.44	400m: 5:12.12	37.73	
19.	Wosiek Dawid		01	KSZO Ostrowiec w				<b>5:20.55</b>	292
	50m: 36.86	36.86	150m: 1:59.29	41.28	250m: 3:22.68	41.86	350m: 4:42.72	39.92	
	100m: 1:18.01	41.15	200m: 2:40.82	41.53	300m: 4:02.80	40.12	400m: 5:20.55	37.83	
20.	Gawlik Grzegorz		01	Barakuda Starachowice				<b>5:25.00</b>	280
	50m: 35.79	35.79	150m: 1:59.23	42.43	250m: 3:23.32	41.74	350m: 4:44.66	39.07	
	100m: 1:16.80	41.01	200m: 2:41.58	42.35	300m: 4:05.59	42.27	400m: 5:25.00	40.34	
21.	Niewczas Maciej		00	Barakuda Starachowice				<b>5:47.31</b>	229
	50m: 36.49	36.49	150m: 2:07.20	45.98	250m: 3:36.26	45.12	350m: 5:05.34	44.21	
	100m: 1:21.22	44.73	200m: 2:51.14	43.94	300m: 4:21.13	44.87	400m: 5:47.31	41.97	
22.	Krzewicki Aleksander		00	Barakuda Starachowice				<b>5:59.28</b>	207
	50m: 38.07	38.07	150m: 2:07.92	45.68	250m: 3:37.60	45.17	350m: 5:07.18	44.80	
	100m: 1:22.24	44.17	200m: 2:52.43	44.51	300m: 4:22.38	44.78	400m: 5:59.28	52.10	
23.	Garbacz Bartosz		00	Barakuda Starachowice				<b>6:07.02</b>	194
	50m: 39.40	39.40	150m: 2:10.24	46.57	250m: 3:44.95	47.34	350m: 5:20.82	48.18	
	100m: 1:23.67	44.27	200m: 2:57.61	47.37	300m: 4:32.64	47.69	400m: 6:07.02	46.20	
24.	Karelus Michał		99	FOKA Sandomierz				<b>6:27.28</b>	165
	50m: 41.07	41.07	150m: 2:18.14	49.78	250m: 3:58.89	50.14	350m: 5:39.78	50.34	
	100m: 1:28.36	47.29	200m: 3:08.75	50.61	300m: 4:49.44	50.55	400m: 6:27.28	47.50	
DYSKW.	Ko uchowski Krzysztof		96	Akwedukt Kielce				<b>5:45.11</b>	
	<i>O4 - przedwczesny start</i>								
	50m: 37.04	37.04	150m: 2:04.65	44.86	250m: 3:34.42	44.57	350m: 5:02.73	43.65	
	100m: 1:19.79	42.75	200m: 2:49.85	45.20	300m: 4:19.08	44.66	400m: 5:45.11	42.38	
PK	Jaskier Mateusz SOc		96	Motyl Stalowa Wola				<b>4:35.26</b>	461
	50m: 30.41	30.41	150m: 1:38.46	34.27	250m: 2:47.85	35.16	350m: 4:00.33	36.34	
	100m: 1:04.19	33.78	200m: 2:12.69	34.23	300m: 3:23.99	36.14	400m: 4:35.26	34.93	
PK	Kwiecie Kacper		94	Akwedukt Kielce				<b>4:40.72</b>	435
	50m: 31.44	31.44	150m: 1:40.40	35.07	250m: 2:52.52	36.12	350m: 4:05.47	36.44	
	100m: 1:05.33	33.89	200m: 2:16.40	36.00	300m: 3:29.03	36.51	400m: 4:40.72	35.25	
PK	Kosek Michał		94	Akwedukt Kielce				<b>4:52.78</b>	383
	50m: 32.53	32.53	150m: 1:43.83	36.49	250m: 2:59.55	38.03	350m: 4:16.10	37.88	
	100m: 1:07.34	34.81	200m: 2:21.52	37.69	300m: 3:38.22	38.67	400m: 4:52.78	36.68	
PK	Brzóska Jakub		93	Akwedukt Kielce				<b>4:58.74</b>	361
	50m: 32.19	32.19	150m: 1:44.44	37.01	250m: 3:01.84	39.11	350m: 4:19.86	39.07	
	100m: 1:07.43	35.24	200m: 2:22.73	38.29	300m: 3:40.79	38.95	400m: 4:58.74	38.88	
PK	Majta J drzej		95	Akwedukt Kielce				<b>5:06.93</b>	333
	50m: 33.83	33.83	150m: 1:47.93	38.41	250m: 3:07.31	40.10	350m: 4:28.21	40.00	
	100m: 1:09.52	35.69	200m: 2:27.21	39.28	300m: 3:48.21	40.90	400m: 5:06.93	38.72	