Konkurencja 20 — Mężczyzn, 400m dowolny — Open
08-06-2013 - 17:01 — Wyniki

Rek Okręgu Święt. Seniorów	3:55.31	Kaczmarski Marcin	KSOST	Oświęcim	19-07-2012
Rek Okręgu Święt. Jun.18-lat	3:55.31	Kaczmarski Marcin	KSOST	Oświęcim	19-07-2012
Rek Okręgu Święt. Jun.17-lat	4:01.53	Kaczmarski Marcin	KSOST	Ostrowiec Św.	21-05-2011
Rek Okręgu Święt. Jun.16-lat	4:03.80	Kurant Roger	KSOST	Ostrowiec Św.	23-05-2009
Rek Okręgu Święt. Jun.15-lat	4:03.80	Kurant Roger	KSOST	Ostrowiec Św.	23-05-2009
Rek Okręgu Święt. Jun.14-lat	4:14.10	Kurant Roger	KSOST	Oświęcim	05-07-2008
Rek Okręgu Święt. Młodz.13-lat	4:28.93	Kurant Roger	KSOST	Oświęcim	08-07-2007
Rek Okręgu Święt. Młodz.12-lat	4:53.34	Kowalski Patryk	UNBUS	Dębica	13-12-2009

Punkty: FINA 2011

Pozycja — Rok ur. — Czas — Pkt. — 100m — 200m — 300m — 400m

Open

1. Książek Sebastian SOc — 96 — KSZO Ostrowiec Św. — **4:07.41** — 703 — 1:00.47 — 1:03.03 — 1:02.88 — 1:01.03

50m:	28.94	28.94	150m:	1:32.15	31.68	250m:	2:34.92	31.42	350m:	3:37.44	31.06
100m:	1:00.47	31.53	200m:	2:03.50	31.35	300m:	3:06.38	31.46	400m:	4:07.41	29.97

2. Dytkowski Jan — 97 — KSZO Ostrowiec Św. — **4:18.47** — 617 — 1:02.84 — 1:06.57 — 1:05.69 — 1:03.37

50m:	30.22	30.22	150m:	1:36.21	33.37	250m:	2:42.45	33.04	350m:	3:47.90	32.80
100m:	1:02.84	32.62	200m:	2:09.41	33.20	300m:	3:15.10	32.65	400m:	4:18.47	30.57

3. Krycia Mateusz SOc — 96 — KSZO Ostrowiec Św. — **4:18.51** — 616 — 1:03.22 — 1:06.61 — 1:06.06 — 1:02.62

50m:	30.49	30.49	150m:	1:36.48	33.26	250m:	2:42.95	33.12	350m:	3:49.27	33.38
100m:	1:03.22	32.73	200m:	2:09.83	33.35	300m:	3:15.89	32.94	400m:	4:18.51	29.24

4. Rogoziński Łukasz — 94 — KSZO Ostrowiec Św. — **4:23.20** — 584 — 1:01.93 — 1:06.81 — 1:07.58 — 1:06.88

50m:	29.41	29.41	150m:	1:35.12	33.19	250m:	2:42.19	33.45	350m:	3:50.45	34.13
100m:	1:01.93	32.52	200m:	2:08.74	33.62	300m:	3:16.32	34.13	400m:	4:23.20	32.75

5. Kowalski Patryk — 97 — UNIA Busko-Zdrój — **4:24.90** — 573 — 1:02.74 — 1:07.87 — 1:08.31 — 1:05.98

50m:	30.20	30.20	150m:	1:36.49	33.75	250m:	2:44.95	34.34	350m:	3:52.79	33.87
100m:	1:02.74	32.54	200m:	2:10.61	34.12	300m:	3:18.92	33.97	400m:	4:24.90	32.11

6. Bujak Piotr — 97 — Salos Cortile Kielce — **4:28.79** — 548 — 1:05.03 — 1:08.72 — 1:09.48 — 1:05.56

50m:	31.22	31.22	150m:	1:39.16	34.13	250m:	2:48.16	34.41	350m:	3:57.53	34.30
100m:	1:05.03	33.81	200m:	2:13.75	34.59	300m:	3:23.23	35.07	400m:	4:28.79	31.26

7. Bujak Dominik — 99 — Salos Cortile Kielce — **4:30.88** — 536 — 1:04.46 — 1:08.74 — 1:09.53 — 1:08.15

50m:	30.63	30.63	150m:	1:38.77	34.31	250m:	2:47.89	34.69	350m:	3:57.28	34.55
100m:	1:04.46	33.83	200m:	2:13.20	34.43	300m:	3:22.73	34.84	400m:	4:30.88	33.60

8. Michta Kacper — 00 — KSZO Ostrowiec Św. — **4:31.98** — 529 — 1:05.25 — 1:09.51 — 1:09.41 — 1:07.81

50m:	31.25	31.25	150m:	1:40.06	34.81	250m:	2:49.35	34.59	350m:	3:58.79	34.62
100m:	1:05.25	34.00	200m:	2:14.76	34.70	300m:	3:24.17	34.82	400m:	4:31.98	33.19

9. Rogoziński Mateusz — 99 — KSZO Ostrowiec Św. — **4:37.68** — 497 — 1:07.09 — 1:10.75 — 1:10.73 — 1:09.11

50m:	31.88	31.88	150m:	1:42.92	35.83	250m:	2:53.08	35.24	350m:	4:03.80	35.23
100m:	1:07.09	35.21	200m:	2:17.84	34.92	300m:	3:28.57	35.49	400m:	4:37.68	33.88

10. Orłowski Kamil — 00 — KSZO Ostrowiec Św. — **4:40.70** — 481 — 1:05.92 — 1:12.04 — 1:12.31 — 1:10.43

50m:	31.28	31.28	150m:	1:41.73	35.81	250m:	2:53.93	35.97	350m:	4:06.62	36.35
100m:	1:05.92	34.64	200m:	2:17.96	36.23	300m:	3:30.27	36.34	400m:	4:40.70	34.08

11. Stępniak Kacper — 99 — Korona-Swim Kielce — **4:46.30** — 454 — 1:08.42 — 1:14.07 — 1:12.99 — 1:10.82

50m:	32.48	32.48	150m:	1:45.73	37.31	250m:	2:59.02	36.53	350m:	4:10.96	35.48
100m:	1:08.42	35.94	200m:	2:22.49	36.76	300m:	3:35.48	36.46	400m:	4:46.30	35.34

12. Jarocha Oskar — 00 — KSZO Ostrowiec Św. — **4:53.08** — 423 — 1:09.17 — 1:15.70 — 1:16.05 — 1:12.16

50m:	33.00	33.00	150m:	1:47.11	37.94	250m:	3:03.03	38.16	350m:	4:18.07	37.15
100m:	1:09.17	36.17	200m:	2:24.87	37.76	300m:	3:40.92	37.89	400m:	4:53.08	35.01

13. Kowalski Karol — 00 — UNIA Busko-Zdrój — **4:56.11** — 410 — 1:09.75 — 1:16.19 — 1:15.99 — 1:14.18

50m:	32.64	32.64	150m:	1:47.94	38.19	250m:	3:04.13	38.19	350m:	4:19.58	37.65
100m:	1:09.75	37.11	200m:	2:25.94	38.00	300m:	3:41.93	37.80	400m:	4:56.11	36.53

14. Gotszling Dawid — 01 — Barakuda Starachowice — **4:57.19** — 406 — 1:09.71 — 1:16.93 — 1:16.82 — 1:13.73

50m:	32.25	32.25	150m:	1:48.40	38.69	250m:	3:05.25	38.61	350m:	4:21.58	38.12
100m:	1:09.71	37.46	200m:	2:26.64	38.24	300m:	3:43.46	38.21	400m:	4:57.19	35.61

15. Lipka Łukasz — 97 — Salos Cortile Kielce — **4:58.28** — 401 — 1:11.84 — 1:16.51 — 1:16.66 — 1:13.27

50m:	34.02	34.02	150m:	1:50.00	38.16	250m:	3:06.65	38.30	350m:	4:22.46	37.45
100m:	1:11.84	37.82	200m:	2:28.35	38.35	300m:	3:45.01	38.36	400m:	4:58.28	35.82

16. Wierzbicki Filip — 00 — FOKA Sandomierz — **5:07.90** — 365 — 1:13.77 — 1:20.29 — 1:19.26 — 1:14.58

50m:	35.13	35.13	150m:	1:53.28	39.51	250m:	3:13.20	39.14	350m:	4:33.89	40.57
100m:	1:13.77	38.64	200m:	2:34.06	40.78	300m:	3:53.32	40.12	400m:	5:07.90	34.01

Konkurencja 20, Mężczyzn, 400m dowolny, Open

Pozycja		Rok ur.		Czas	Pkt.	100m	200m	300m	400m
17.	Litwin Dawid	00	Salos Cortile Kielce	**5:07.95**	364	1:12.26	1:19.50	1:20.53	1:15.66
	50m: 33.68 (33.68) 150m: 1:51.85 (39.59) 250m: 3:11.91 (40.15) 350m: 4:32.07 (39.78)								
	100m: 1:12.26 (38.58) 200m: 2:31.76 (39.91) 300m: 3:52.29 (40.38) 400m: 5:07.95 (35.88)								
18.	Wosiek Dawid	01	KSZO Ostrowiec Św.	**5:15.21**	340	1:15.50	1:20.41	1:20.89	1:18.41
	50m: 35.43 (35.43) 150m: 1:55.60 (40.10) 250m: 3:16.21 (40.30) 350m: 4:37.10 (40.30)								
	100m: 1:15.50 (40.07) 200m: 2:35.91 (40.31) 300m: 3:56.80 (40.59) 400m: 5:15.21 (38.11)								
19.	Pater Norbert	01	KSZO Ostrowiec Św.	**5:22.60**	317	1:17.77	1:22.33	1:22.58	1:19.92
	50m: 36.86 (36.86) 150m: 1:58.76 (40.99) 250m: 3:21.51 (41.41) 350m: 4:43.76 (41.08)								
	100m: 1:17.77 (40.91) 200m: 2:40.10 (41.34) 300m: 4:02.68 (41.17) 400m: 5:22.60 (38.84)								
20.	Karelus Michał	99	FOKA Sandomierz	**6:14.70**	202	1:24.93	1:36.94	1:39.11	1:33.72
	50m: 39.25 (39.25) 150m: 2:13.78 (48.85) 250m: 3:51.68 (49.81) 350m: 5:29.23 (48.25)								
	100m: 1:24.93 (45.68) 200m: 3:01.87 (48.09) 300m: 4:40.98 (49.30) 400m: 6:14.70 (45.47)								

Młodzik

1.	Michta Kacper	00	KSZO Ostrowiec Św.	**4:31.98**	529	1:05.25	1:09.51	1:09.41	1:07.81
	50m: 31.25 (31.25) 150m: 1:40.06 (34.81) 250m: 2:49.35 (34.59) 350m: 3:58.79 (34.62)								
	100m: 1:05.25 (34.00) 200m: 2:14.76 (34.70) 300m: 3:24.17 (34.82) 400m: 4:31.98 (33.19)								
2.	Orłowski Kamil	00	KSZO Ostrowiec Św.	**4:40.70**	481	1:05.92	1:12.04	1:12.31	1:10.43
	50m: 31.28 (31.28) 150m: 1:41.73 (35.81) 250m: 2:53.93 (35.97) 350m: 4:06.62 (36.35)								
	100m: 1:05.92 (34.64) 200m: 2:17.96 (36.23) 300m: 3:30.27 (36.34) 400m: 4:40.70 (34.08)								
3.	Jarocha Oskar	00	KSZO Ostrowiec Św.	**4:53.08**	423	1:09.17	1:15.70	1:16.05	1:12.16
	50m: 33.00 (33.00) 150m: 1:47.11 (37.94) 250m: 3:03.03 (38.16) 350m: 4:18.07 (37.15)								
	100m: 1:09.17 (36.17) 200m: 2:24.87 (37.76) 300m: 3:40.92 (37.89) 400m: 4:53.08 (35.01)								
4.	Kowalski Karol	00	UNIA Busko-Zdrój	**4:56.11**	410	1:09.75	1:16.19	1:15.99	1:14.18
	50m: 32.64 (32.64) 150m: 1:47.94 (38.19) 250m: 3:04.13 (38.19) 350m: 4:19.58 (37.65)								
	100m: 1:09.75 (37.11) 200m: 2:25.94 (38.00) 300m: 3:41.93 (37.80) 400m: 4:56.11 (36.53)								
5.	Gotszling Dawid	01	Barakuda Starachowice	**4:57.19**	406	1:09.71	1:16.93	1:16.82	1:13.73
	50m: 32.25 (32.25) 150m: 1:48.40 (38.69) 250m: 3:05.25 (38.61) 350m: 4:21.58 (38.12)								
	100m: 1:09.71 (37.46) 200m: 2:26.64 (38.24) 300m: 3:43.46 (38.21) 400m: 4:57.19 (35.61)								
6.	Wierzbicki Filip	00	FOKA Sandomierz	**5:07.90**	365	1:13.77	1:20.29	1:19.26	1:14.58
	50m: 35.13 (35.13) 150m: 1:53.28 (39.51) 250m: 3:13.20 (39.14) 350m: 4:33.89 (40.57)								
	100m: 1:13.77 (38.64) 200m: 2:34.06 (40.78) 300m: 3:53.32 (40.12) 400m: 5:07.90 (34.01)								
7.	Litwin Dawid	00	Salos Cortile Kielce	**5:07.95**	364	1:12.26	1:19.50	1:20.53	1:15.66
	50m: 33.68 (33.68) 150m: 1:51.85 (39.59) 250m: 3:11.91 (40.15) 350m: 4:32.07 (39.78)								
	100m: 1:12.26 (38.58) 200m: 2:31.76 (39.91) 300m: 3:52.29 (40.38) 400m: 5:07.95 (35.88)								
8.	Wosiek Dawid	01	KSZO Ostrowiec Św.	**5:15.21**	340	1:15.50	1:20.41	1:20.89	1:18.41
	50m: 35.43 (35.43) 150m: 1:55.60 (40.10) 250m: 3:16.21 (40.30) 350m: 4:37.10 (40.30)								
	100m: 1:15.50 (40.07) 200m: 2:35.91 (40.31) 300m: 3:56.80 (40.59) 400m: 5:15.21 (38.11)								
9.	Pater Norbert	01	KSZO Ostrowiec Św.	**5:22.60**	317	1:17.77	1:22.33	1:22.58	1:19.92
	50m: 36.86 (36.86) 150m: 1:58.76 (40.99) 250m: 3:21.51 (41.41) 350m: 4:43.76 (41.08)								
	100m: 1:17.77 (40.91) 200m: 2:40.10 (41.34) 300m: 4:02.68 (41.17) 400m: 5:22.60 (38.84)								
PK	Niedziałek Dominik	98	SKARPA Lublin	**4:29.37**	545	1:04.84	1:09.10	1:08.32	1:07.11
	50m: 30.80 (30.80) 150m: 1:39.28 (34.44) 250m: 2:48.10 (34.16) 350m: 3:56.12 (33.86)								
	100m: 1:04.84 (34.04) 200m: 2:13.94 (34.66) 300m: 3:22.26 (34.16) 400m: 4:29.37 (33.25)								
PK	Pawełek Paweł	99	Polonia Warszawa	**4:33.82**	519	1:04.73	1:11.64	1:09.63	1:07.82
	50m: 30.60 (30.60) 150m: 1:40.46 (35.73) 250m: 2:50.95 (34.58) 350m: 4:01.10 (35.10)								
	100m: 1:04.73 (34.13) 200m: 2:16.37 (35.91) 300m: 3:26.00 (35.05) 400m: 4:33.82 (32.72)								
PK	Wlazłowski Damian	99	Polonia Warszawa	**4:39.61**	487	1:06.13	1:12.68	1:12.28	1:08.52
	50m: 30.96 (30.96) 150m: 1:42.56 (36.43) 250m: 2:54.96 (36.15) 350m: 4:06.95 (35.86)								
	100m: 1:06.13 (35.17) 200m: 2:18.81 (36.25) 300m: 3:31.09 (36.13) 400m: 4:39.61 (32.66)								
PK	Maciejewski Kacper	99	Polonia Warszawa	**4:40.14**	484	1:06.66	1:11.77	1:12.13	1:09.58
	50m: 31.59 (31.59) 150m: 1:42.39 (35.73) 250m: 2:54.56 (36.13) 350m: 4:05.81 (35.25)								
	100m: 1:06.66 (35.07) 200m: 2:18.43 (36.04) 300m: 3:30.56 (36.00) 400m: 4:40.14 (34.33)								
PK	Sieczek Adrian	99	Polonia Warszawa	**4:40.29**	484	1:05.98	1:12.72	1:12.64	1:08.95
	50m: 30.71 (30.71) 150m: 1:42.34 (36.36) 250m: 2:55.69 (36.99) 350m: 4:07.17 (35.83)								
	100m: 1:05.98 (35.27) 200m: 2:18.70 (36.36) 300m: 3:31.34 (35.65) 400m: 4:40.29 (33.12)								
PK	Czerniak Konrad	98	SKARPA Lublin	**4:40.68**	482	1:05.94	1:11.80	1:11.95	1:10.99
	50m: 31.27 (31.27) 150m: 1:41.61 (35.67) 250m: 2:53.42 (35.68) 350m: 4:06.56 (36.87)								
	100m: 1:05.94 (34.67) 200m: 2:17.74 (36.13) 300m: 3:29.69 (36.27) 400m: 4:40.68 (34.12)								

Konkurencja 20, Mężczyzn, 400m dowolny

Pozycja		Rok ur.		Czas	Pkt.	100m	200m	300m	400m
PK	Boguszewski Maciej	98	SKARPA Lublin	**5:04.61**	377	1:11.25	1:17.78	1:18.71	1:16.87
	50m: 33.31 33.31	150m: 1:50.17 38.92		250m: 3:08.60 39.57		350m: 4:27.20 39.46			
	100m: 1:11.25 37.94	200m: 2:29.03 38.86		300m: 3:47.74 39.14		400m: 5:04.61 37.41			
PK	Wawrzyńczak Alan	99	SKARPA Lublin	**5:05.32**	374	1:13.15	1:17.42	1:18.35	1:16.40
	50m: 35.69 35.69	150m: 1:52.30 39.15		250m: 3:10.01 39.44		350m: 4:28.31 39.39			
	100m: 1:13.15 37.46	200m: 2:30.57 38.27		300m: 3:48.92 38.91		400m: 5:05.32 37.01			
PK	Skiba Kamil	98	SKARPA Lublin	**5:12.49**	349	1:11.56	1:21.78	1:21.70	1:17.45
	50m: 32.69 32.69	150m: 1:52.40 40.84		250m: 3:13.73 40.39		350m: 4:35.67 40.63			
	100m: 1:11.56 38.87	200m: 2:33.34 40.94		300m: 3:55.04 41.31		400m: 5:12.49 36.82			
PK	Prażmo Filip	99	SKARPA Lublin	**5:12.99**	347	1:15.44	1:20.47	1:19.94	1:17.14
	50m: 36.11 36.11	150m: 1:55.50 40.06		250m: 3:15.62 39.71		350m: 4:36.03 40.18			
	100m: 1:15.44 39.33	200m: 2:35.91 40.41		300m: 3:55.85 40.23		400m: 5:12.99 36.96			
PK	Świętoń Filip	99	SKARPA Lublin	**5:16.64**	335	1:16.62	1:21.99	1:21.81	1:16.22
	50m: 35.89 35.89	150m: 1:57.21 40.59		250m: 3:19.60 40.99		350m: 4:40.41 39.99			
	100m: 1:16.62 40.73	200m: 2:38.61 41.40		300m: 4:00.42 40.82		400m: 5:16.64 36.23			
PK	Chałat Stanisław	99	SKARPA Lublin	**5:16.76**	335	1:16.93	1:21.89	1:21.98	1:15.96
	50m: 36.33 36.33	150m: 1:57.62 40.69		250m: 3:20.29 41.47		350m: 4:40.16 39.36			
	100m: 1:16.93 40.60	200m: 2:38.82 41.20		300m: 4:00.80 40.51		400m: 5:16.76 36.60			
PK	Kabziński Dominik	99	Polonia Warszawa	**5:32.87**	288	1:14.32	1:28.31	1:27.47	1:22.77
	50m: 33.79 33.79	150m: 1:58.13 43.81		250m: 3:26.54 43.91		350m: 4:54.56 44.46			
	100m: 1:14.32 40.53	200m: 2:42.63 44.50		300m: 4:10.10 43.56		400m: 5:32.87 38.31			