



Mistrzostwa Okręgu Swietokrzyskiego  
Ostrowiec Sw., 12-13.06.2010



Konkurencja 20  
12-06-2010

M czyzn, 400m dowolny

Open  
Wyniki

Rek Polski Jun. 16-lat	3:57.20	Pielowski Krzysztof	KOOLS	Gorzów Wlkp.	01-12-2007
Rek Okręgu Swiet. Seniorów	4:03.80	Kurant Roger	KSOST	Ostrowiec Sw.	23-05-2009
Rek Okręgu Swiet. Jun.18-lat	4:03.80	Kurant Roger	KSOST	Ostrowiec Sw.	23-05-2009
Rek Okręgu Swiet. Jun.17-lat	4:03.80	Kurant Roger	KSOST	Ostrowiec Sw.	23-05-2009
Rek Okręgu Swiet. Jun.16-lat	4:03.80	Kurant Roger	KSOST	Ostrowiec Sw.	23-05-2009
Rek Okręgu Swiet. Jun.15-lat	4:03.80	Kurant Roger	KSOST	Ostrowiec Sw.	23-05-2009
Rek Okręgu Swiet. Jun.14-lat	4:14.10	Kurant Roger	KSOST	Oswiecim	05-07-2008
Rek Okręgu Swiet. Młodz.13-lat	4:28.93	Kurant Roger	KSOST	Oswiecim	08-07-2007
Rek Okręgu Swiet. Młodz.12-lat	4:53.34	Kowalski Patryk	UNBUS	Debica	13-12-2009
Rek Okręgu Swiet. Dzieci	5:30.56	Zacharski Szymon	UNBUS	Ostrowiec Sw.	27-10-2007

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
1.	Kurant Roger		94	KSZO Ostrowiec Sw				<b>4:06.94</b>	733
	50m: 28.88 28.88	150m: 1:31.94 31.77		250m: 2:35.00 31.52		350m: 3:38.11 31.33			
	100m: 1:00.17 31.29	200m: 2:03.48 31.54		300m: 3:06.78 31.78		400m: 4:06.94 28.83			
2.	Poduszcza Mikołaj		95	KSZO Ostrowiec Sw				<b>4:13.56</b>	677
	50m: 29.24 29.24	150m: 1:32.76 31.92		250m: 2:36.93 32.08		350m: 3:41.84 32.41			
	100m: 1:00.84 31.60	200m: 2:04.85 32.09		300m: 3:09.43 32.50		400m: 4:13.56 31.72			
3.	Łopaci ski Kacper		95	FOKA Sandomierz				<b>4:21.21</b>	620
	50m: 29.14 29.14	150m: 1:34.95 33.41		250m: 2:41.64 33.51		350m: 3:49.03 33.76			
	100m: 1:01.54 32.40	200m: 2:08.13 33.18		300m: 3:15.27 33.63		400m: 4:21.21 32.18			
4.	Rogozi ski Łukasz		94	KSZO Ostrowiec Sw				<b>4:24.00</b>	600
	50m: 29.47 29.47	150m: 1:36.94 34.08		250m: 2:45.00 33.79		350m: 3:52.09 33.24			
	100m: 1:02.86 33.39	200m: 2:11.21 34.27		300m: 3:18.85 33.85		400m: 4:24.00 31.91			
5.	Szczechura Patryk		95	KSZO Ostrowiec Sw				<b>4:30.17</b>	560
	50m: 30.92 30.92	150m: 1:38.62 34.46		250m: 2:47.49 34.69		350m: 3:57.09 34.80			
	100m: 1:04.16 33.24	200m: 2:12.80 34.18		300m: 3:22.29 34.80		400m: 4:30.17 33.08			
6.	Dytkowski Jan		97	KSZO Ostrowiec Sw				<b>4:36.66</b>	521
	50m: 31.08 31.08	150m: 1:40.54 35.34		250m: 2:50.96 35.28		350m: 4:01.40 35.16			
	100m: 1:05.20 34.12	200m: 2:15.68 35.14		300m: 3:26.24 35.28		400m: 4:36.66 35.26			
7.	Paszkievicz Marcin		94	FOKA Sandomierz				<b>4:38.21</b>	513
	50m: 31.04 31.04	150m: 1:41.45 35.73		250m: 2:53.13 36.18		350m: 4:04.58 35.65			
	100m: 1:05.72 34.68	200m: 2:16.95 35.50		300m: 3:28.93 35.80		400m: 4:38.21 33.63			
8.	Krycia Mateusz		96	KSZO Ostrowiec Sw				<b>4:38.45</b>	511
	50m: 31.49 31.49	150m: 1:42.35 35.70		250m: 2:53.23 35.34		350m: 4:04.47 35.83			
	100m: 1:06.65 35.16	200m: 2:17.89 35.54		300m: 3:28.64 35.41		400m: 4:38.45 33.98			
9.	Ksi ek Sebastian		96	KSZO Ostrowiec Sw				<b>4:38.69</b>	510
	50m: 31.09 31.09	150m: 1:40.74 35.48		250m: 2:51.98 35.94		350m: 4:04.42 35.94			
	100m: 1:05.26 34.17	200m: 2:16.04 35.30		300m: 3:28.48 36.50		400m: 4:38.69 34.27			
10.	Kowalski Patryk		97	UNIA Busko-Zdrój				<b>4:45.00</b>	477
	50m: 32.07 32.07	150m: 1:42.83 35.75		250m: 2:55.30 36.03		350m: 4:08.43 36.55			
	100m: 1:07.08 35.01	200m: 2:19.27 36.44		300m: 3:31.88 36.58		400m: 4:45.00 36.57			
11.	Szel g Ernest		97	KSZO Ostrowiec Sw				<b>4:47.11</b>	467
	50m: 33.06 33.06	150m: 1:44.74 36.30		250m: 2:57.61 36.44		350m: 4:11.08 36.83			
	100m: 1:08.44 35.38	200m: 2:21.17 36.43		300m: 3:34.25 36.64		400m: 4:47.11 36.03			
12.	Salwa Piotr		96	Salos Cortile Kielce				<b>4:52.99</b>	439
	50m: 33.39 33.39	150m: 1:47.03 37.60		250m: 3:02.25 37.86		350m: 4:17.57 37.38			
	100m: 1:09.43 36.04	200m: 2:24.39 37.36		300m: 3:40.19 37.94		400m: 4:52.99 35.42			
13.	Madej Jan		96	Salos Cortile Kielce				<b>4:53.92</b>	435
	50m: 32.57 32.57	150m: 1:47.10 37.81		250m: 3:01.96 38.33		350m: 4:19.11 38.36			
	100m: 1:09.29 36.72	200m: 2:23.63 36.53		300m: 3:40.75 38.79		400m: 4:53.92 34.81			
14.	Bujak Piotr		97	Korona-Swim Kielce				<b>4:58.46</b>	415
	50m: 32.58 32.58	150m: 1:47.91 38.52		250m: 3:04.19 38.22		350m: 4:20.92 38.59			
	100m: 1:09.39 36.81	200m: 2:25.97 38.06		300m: 3:42.33 38.14		400m: 4:58.46 37.54			



Mistrzostwa Okregu Swietokrzyskiego  
Ostrowiec Sw., 12-13.06.2010



Konkurencja 20, M czynn, 400m dowolny, Open

Pozycja	Rok ur.						Czas	Pkt.
15. Chudzik Jakub	95 Delfin Polaniec						<b>5:07.55</b>	380
50m: 32.36 32.36	150m: 1:49.27 39.82	250m: 3:08.87 39.49	350m: 4:28.22 39.90	100m: 1:09.45 37.09	200m: 2:29.38 40.11	300m: 3:48.32 39.45	400m: 5:07.55 39.33	
16. Rogozi ski Michał	98 KSZO Ostrowiec Sw						<b>5:08.76</b>	375
50m: 34.55 34.55	150m: 1:51.26 38.97	250m: 3:11.05 40.04	350m: 4:30.82 39.68	100m: 1:12.29 37.74	200m: 2:31.01 39.75	300m: 3:51.14 40.09	400m: 5:08.76 37.94	
17. Gajewski Karol	97 Korona-Swim Kielce						<b>5:14.83</b>	354
50m: 34.98 34.98	150m: 1:55.50 40.53	250m: 3:17.37 41.20	350m: 4:37.88 40.18	100m: 1:14.97 39.99	200m: 2:36.17 40.67	300m: 3:57.70 40.33	400m: 5:14.83 36.95	
18. Bujak Dominik	99 Korona-Swim Kielce						<b>5:17.48</b>	345
<i>Rekord Okregu Swiet. Dzieci</i>								
50m: 34.82 34.82	150m: 1:55.55 41.11	250m: 3:17.42 40.81	350m: 4:38.66 40.49	100m: 1:14.44 39.62	200m: 2:36.61 41.06	300m: 3:58.17 40.75	400m: 5:17.48 38.82	
19. Lipka Łukasz	97 Salos Cortile Kielce						<b>5:19.81</b>	338
50m: 36.87 36.87	150m: 1:58.22 40.88	250m: 3:20.14 41.19	350m: 4:42.28 40.67	100m: 1:17.34 40.47	200m: 2:38.95 40.73	300m: 4:01.61 41.47	400m: 5:19.81 37.53	
20. Zimnicki Patryk	97 FOKA Sandomierz						<b>5:34.82</b>	294
50m: 36.68 36.68	150m: 2:00.45 42.39	250m: 3:27.18 43.63	350m: 4:53.57 42.96	100m: 1:18.06 41.38	200m: 2:43.55 43.10	300m: 4:10.61 43.43	400m: 5:34.82 41.25	
PK witkowski Jan	94 SKARPA Lublin						<b>4:07.72</b>	726
50m: 29.53 29.53	150m: 1:33.15 31.84	250m: 2:36.32 31.29	350m: 3:38.48 30.66	100m: 1:01.31 31.78	200m: 2:05.03 31.88	300m: 3:07.82 31.50	400m: 4:07.72 29.24	
PK Ci ki Bartosz	94 AZS WSG Bydgoszcz						<b>4:24.71</b>	595
50m: 28.97 28.97	150m: 1:36.16 34.11	250m: 2:44.99 34.30	350m: 3:52.21 33.34	100m: 1:02.05 33.08	200m: 2:10.69 34.53	300m: 3:18.87 33.88	400m: 4:24.71 32.50	
PK Brodzik Andrzej	94 SKARPA Lublin						<b>4:29.59</b>	564
50m: 30.55 30.55	150m: 1:39.00 34.28	250m: 2:48.18 34.16	350m: 3:56.21 34.08	100m: 1:04.72 34.17	200m: 2:14.02 35.02	300m: 3:22.13 33.95	400m: 4:29.59 33.38	
PK Gwiazda Michał	94 SKARPA Lublin						<b>4:31.63</b>	551
50m: 31.59 31.59	150m: 1:41.21 34.54	250m: 2:50.47 34.38	350m: 3:59.40 34.22	100m: 1:06.67 35.08	200m: 2:16.09 34.88	300m: 3:25.18 34.71	400m: 4:31.63 32.23	
PK Pyda Jakub	94 SKARPA Lublin						<b>4:40.12</b>	502
50m: 31.99 31.99	150m: 1:42.59 35.51	250m: 2:53.72 35.65	350m: 4:05.44 35.70	100m: 1:07.08 35.09	200m: 2:18.07 35.48	300m: 3:29.74 36.02	400m: 4:40.12 34.68	
PK Krawczyk Hubert	94 SKARPA Lublin						<b>4:47.10</b>	467
50m: 33.18 33.18	150m: 1:45.67 36.78	250m: 3:00.05 37.39	350m: 4:12.74 35.55	100m: 1:08.89 35.71	200m: 2:22.66 36.99	300m: 3:37.19 37.14	400m: 4:47.10 34.36	
PK Wrona Łukasz	94 SKARPA Lublin						<b>4:47.20</b>	466
50m: 31.58 31.58	150m: 1:44.03 36.47	250m: 2:57.63 37.15	350m: 4:12.08 37.34	100m: 1:07.56 35.98	200m: 2:20.48 36.45	300m: 3:34.74 37.11	400m: 4:47.20 35.12	
PK Kuleszy ski Dawid	98 MMKS Kedzierzyn Kozle						<b>5:19.72</b>	338
50m: 36.55 36.55	150m: 1:57.42 40.66	250m: 3:18.57 40.13	350m: 4:40.88 40.95	100m: 1:16.76 40.21	200m: 2:38.44 41.02	300m: 3:59.93 41.36	400m: 5:19.72 38.84	