

V Ogólnopolski Miting Pływacki Osób Niepełnosprawnych  
Łódź, 30-31.10.2021r.

Konkurencja 10  
30.10.2021

M czyzn, 400m dowolny

S1-S14  
Wyniki

Punkty: WPS 2021

Pozycja	Rok ur.				Czas	Pkt.	100m	200m	300m	400m
1.	02	HREHOROWICZ Igor	START Wrocław	<b>5:08.14</b>	499		1:14.34	1:17.87	1:15.98	1:19.95
		50m: 35.31	35.31	150m: 1:53.92	39.58	250m: 3:09.35	37.14	350m: 4:28.37	40.18	
		100m: 1:14.34	39.03	200m: 2:32.21	38.29	300m: 3:48.19	38.84	400m: 5:08.14	39.77	
2.	98	ROBAK Wiktor	SSN START Łódź	<b>5:26.89</b>	322			350m:		
		50m: 35.99	35.99	150m:		250m:		400m: 5:26.89		
		100m:		200m:		300m:				
3.	00	JASTRZ BSKI Adrian	WODNIK Radom	<b>5:16.42</b>	239		1:11.33	1:19.86	1:22.15	1:23.08
		50m: 33.19	33.19	150m: 1:51.02	39.69	250m: 3:11.80	40.61	350m: 4:35.46	42.12	
		100m: 1:11.33	38.14	200m: 2:31.19	40.17	300m: 3:53.34	41.54	400m: 5:16.42	40.96	
4.	07	WAŁASZEK Tomasz	START Wrocław	<b>6:28.37</b>	165		1:32.75	1:39.17	1:39.30	1:37.15
		50m: 42.93	42.93	150m: 2:22.53	49.78	250m: 4:01.37	49.45	350m: 5:40.75	49.53	
		100m: 1:32.75	49.82	200m: 3:11.92	49.39	300m: 4:51.22	49.85	400m: 6:28.37	47.62	
5.	09	CYMBALISTA Szymon	START Wrocław	<b>6:04.08</b>	89		1:25.62	1:35.32	1:33.13	1:30.01
		50m: 39.71	39.71	150m: 2:12.42	46.80	250m: 3:47.28	46.34	350m: 5:19.94	45.87	
		100m: 1:25.62	45.91	200m: 3:00.94	48.52	300m: 4:34.07	46.79	400m: 6:04.08	44.14	
6.	06	SOJA Igor	IKS DSS Kraków	<b>7:16.64</b>	80		1:44.16	1:52.30	1:54.46	1:45.72
		50m: 48.57	48.57	150m: 2:40.55	56.39	250m: 4:33.35	56.89	350m: 6:27.11	56.19	
		100m: 1:44.16	55.59	200m: 3:36.46	55.91	300m: 5:30.92	57.57	400m: 7:16.64	49.53	
7.	05	MICHALIK Ryszard	IKS DSS Kraków	<b>6:27.82</b>	28		1:27.45	1:42.18	1:44.98	1:33.21
		50m: 41.22	41.22	150m: 2:18.02	50.57	250m: 4:01.85	52.22	350m: 5:46.79	52.18	
		100m: 1:27.45	46.23	200m: 3:09.63	51.61	300m: 4:54.61	52.76	400m: 6:27.82	41.03	
8.	09	BURZY SKI Rafał	START Wrocław	<b>6:12.52</b>	21		1:33.06	1:36.51	1:34.96	1:27.99
		50m: 43.74	43.74	150m: 2:21.26	48.20	250m: 3:56.61	47.04	350m: 5:31.80	47.27	
		100m: 1:33.06	49.32	200m: 3:09.57	48.31	300m: 4:44.53	47.92	400m: 6:12.52	40.72	
9.	07	SZOSTAK Bartosz	START Katowice oddział O	<b>6:16.65</b>	16		1:28.37	1:36.61	1:41.92	1:29.75
		50m: 41.50	41.50	150m: 2:16.85	48.48	250m: 3:55.58	50.60	350m: 5:36.11	49.21	
		100m: 1:28.37	46.87	200m: 3:04.98	48.13	300m: 4:46.90	51.32	400m: 6:16.65	40.54	