

Konkurencja 4

M czyzn, 400m zmienny

Open

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Wyniki Eliminacje

Rekord Polski 4:03.20 WOJT Lukasz POL Berlin (GER) 2009-11-14

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.	
1.	CHMIELEWSKI Krzysztof		04	IUKS MUSZELKA Warszawa				4:17.07	762	A
	50m:	26.46 26.46	150m:	1:29.61 33.01	250m:	2:39.38 37.79	350m:	3:47.76 30.37		
	100m:	56.60 30.14	200m:	2:01.59 31.98	300m:	3:17.39 38.01	400m:	4:17.07 29.31		
2.	MRÓZ Adam		03	KU AZS UMCS Lublin				4:18.57	748	A
	50m:	27.87 27.87	150m:	1:32.77 33.45	250m:	2:41.95 35.67	350m:	3:49.32 30.79		
	100m:	59.32 31.45	200m:	2:06.28 33.51	300m:	3:18.53 36.58	400m:	4:18.57 29.25		
3.	KUCZAK Adam		00	AZS AWF Katowice				4:19.33	742	A
	50m:	27.09 27.09	150m:	1:32.31 33.48	250m:	2:42.10 36.83	350m:	3:49.89 30.40		
	100m:	58.83 31.74	200m:	2:05.27 32.96	300m:	3:19.49 37.39	400m:	4:19.33 29.44		
4.	PIELA Michał		04	UKP UNIA O wi cim				4:22.03	719	A
	50m:	27.75 27.75	150m:	1:33.56 33.67	250m:	2:44.87 38.47	350m:	3:52.54 31.75		
	100m:	59.89 32.14	200m:	2:06.40 32.84	300m:	3:20.79 35.92	400m:	4:22.03 29.49		
5.	ADAMCZYK Jan		03	KS AZS AGH Kraków				4:22.52	715	A
	50m:	28.62 28.62	150m:	1:35.05 33.86	250m:	2:46.41 37.99	350m:	3:53.95 30.01		
	100m:	1:01.19 32.57	200m:	2:08.42 33.37	300m:	3:23.94 37.53	400m:	4:22.52 28.57		
6.	KONARSKI Maciej		04	UKS GIM 92 Ursynów				4:22.64	714	A
	50m:	28.33 28.33	150m:	1:34.23 33.78	250m:	2:44.45 36.54	350m:	3:52.75 31.48		
	100m:	1:00.45 32.12	200m:	2:07.91 33.68	300m:	3:21.27 36.82	400m:	4:22.64 29.89		
7.	MA KA Filip		00	UKS 190 Łód				4:22.66	714	A
	50m:	28.02 28.02	150m:	1:33.24 33.42	250m:	2:43.66 37.35	350m:	3:52.77 31.74		
	100m:	59.82 31.80	200m:	2:06.31 33.07	300m:	3:21.03 37.37	400m:	4:22.66 29.89		
8.	WARZOCHA Albert		01	KS WARTA Pozna				4:22.96	712	A
	50m:	27.11 27.11	150m:	1:32.98 33.94	250m:	2:43.61 36.90	350m:	3:53.35 31.88		
	100m:	59.04 31.93	200m:	2:06.71 33.73	300m:	3:21.47 37.86	400m:	4:22.96 29.61		
9.	NOWACKI Bła ej		05	KU AZS UMCS Lublin				4:24.05	703	A
	50m:	28.31 28.31	150m:	1:35.14 34.81	250m:	2:45.45 36.10	350m:	3:53.67 31.04		
	100m:	1:00.33 32.02	200m:	2:09.35 34.21	300m:	3:22.63 37.18	400m:	4:24.05 30.38		
10.	STASZAK Wiktor		04	WKS L SK Wrocław				4:29.50	661	A
	50m:	28.68 28.68	150m:	1:34.69 33.56	250m:	2:46.60 38.24	350m:	3:57.79 32.60		
	100m:	1:01.13 32.45	200m:	2:08.36 33.67	300m:	3:25.19 38.59	400m:	4:29.50 31.71		
11.	POGODA Krzysztof		05	MKS JEDYNKA Łód				4:29.88	658	B
	50m:	28.58 28.58	150m:	1:35.42 34.37	250m:	2:47.09 38.46	350m:	3:58.96 32.98		
	100m:	1:01.05 32.47	200m:	2:08.63 33.21	300m:	3:25.98 38.89	400m:	4:29.88 30.92		
12.	MOCHNAL Kacper		05	MKS JEDYNKA Łód				4:30.02	657	B
	50m:	27.57 27.57	150m:	1:34.60 35.86	250m:	2:49.99 39.62	350m:	4:00.87 30.27		
	100m:	58.74 31.17	200m:	2:10.37 35.77	300m:	3:30.60 40.61	400m:	4:30.02 29.15		
13.	LARY Jerzy		06	IUKS MUSZELKA Warszawa				4:30.80	651	B
	50m:	29.01 29.01	150m:	1:35.99 34.80	250m:	2:49.39 39.62	350m:	4:01.06 31.11		
	100m:	1:01.19 32.18	200m:	2:09.77 33.78	300m:	3:29.95 40.56	400m:	4:30.80 29.74		
14.	SKOLASI SKI Jakub		05	KS POSNANIA Pozna				4:30.93	650	B
	50m:	28.60 28.60	150m:	1:34.91 33.95	250m:	2:47.26 37.88	350m:	3:59.25 33.01		
	100m:	1:00.96 32.36	200m:	2:09.38 34.47	300m:	3:26.24 38.98	400m:	4:30.93 31.68		
15.	JARCZEWSKI Franciszek		05	UKS 190 Łód				4:35.40	619	B
	50m:	29.12 29.12	150m:	1:37.36 36.14	250m:	2:52.03 39.62	350m:	4:04.15 32.53		
	100m:	1:01.22 32.10	200m:	2:12.41 35.05	300m:	3:31.62 39.59	400m:	4:35.40 31.25		
16.	BRYG Bartosz		04	UKS SMS GALICJA Kraków				4:36.07	615	B
	50m:	28.05 28.05	150m:	1:37.95 37.72	250m:	2:50.55 36.32	350m:	4:02.96 34.44		
	100m:	1:00.23 32.18	200m:	2:14.23 36.28	300m:	3:28.52 37.97	400m:	4:36.07 33.11		

Konkurencja 4, Mężczyźni, 400m zmienny, Eliminacje, Open

Pozycja	Rok ur.	Czas	Pkt.
17. FILOZOF Adam	05	4:39.90	590 B
50m: 29.62 29.62	150m: 1:40.49 36.96	250m: 2:55.34 39.04	350m: 4:07.65 33.05
100m: 1:03.53 33.91	200m: 2:16.30 35.81	300m: 3:34.60 39.26	400m: 4:39.90 32.25
18. FRANKOWSKI Miłosz	05	4:39.98	589 B
50m: 29.93 29.93	150m: 1:41.69 36.74	250m: 2:56.38 39.21	350m: 4:08.94 33.30
100m: 1:04.95 35.02	200m: 2:17.17 35.48	300m: 3:35.64 39.26	400m: 4:39.98 31.04
19. SZYMA SKI Igor	05	4:40.14	588 B
50m: 30.02 30.02	150m: 1:43.15 38.79	250m: 2:56.91 34.74	350m: 4:07.82 34.18
100m: 1:04.36 34.34	200m: 2:22.17 39.02	300m: 3:33.64 36.73	400m: 4:40.14 32.32
20. GOHLA Kamil	05	4:42.08	576 B
50m: 29.33 29.33	150m: 1:40.02 37.35	250m: 2:54.91 38.28	350m: 4:09.45 34.79
100m: 1:02.67 33.34	200m: 2:16.63 36.61	300m: 3:34.66 39.75	400m: 4:42.08 32.63
21. KREFT Szymon	05	4:50.43	528 C
50m: 29.40 29.40	150m: 1:40.83 37.59	250m: 2:58.95 41.32	350m: 4:16.34 35.41
100m: 1:03.24 33.84	200m: 2:17.63 36.80	300m: 3:40.93 41.98	400m: 4:50.43 34.09
22. KLONOWSKI Mikołaj	07	5:03.18	464 C
50m: 31.80 31.80	150m: 1:49.05 40.67	250m: 3:08.94 42.14	350m: 4:29.76 39.38
100m: 1:08.38 36.58	200m: 2:26.80 37.75	300m: 3:50.38 41.44	400m: 5:03.18 33.42
DYSKW. WYKR T Marcin	04		
<i>K14 - Pływak wykonał kopnięcie nóg w płaszczyźnie pionowej w dół (z wyjątkiem jednego ruchu po starcie i nawrocie).</i>			
DYSKW. MICHALAK Jan	03		
<i>M1 - Pływak nie złamał powierzchni wody głową przed lub na linii 15 m po starcie lub nawrocie.</i>			