

## Konkurencja 4

## M czyzn, 400m zmienny

## Open

2022-11-30 - 17:34

Wyniki Finał

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

Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.
<b>Finał A</b>			
1. PIELA Michał	04 UKP UNIA O wi cim	<b>4:08.01</b>	848
<i>Wynik Lepszy od Rekordu Polski 18-lat</i>			
50m: 26.66 26.66	150m: 1:30.27 32.73	250m: 2:36.94 34.97	350m: 3:40.33 28.76
100m: 57.54 30.88	200m: 2:01.97 31.70	300m: 3:11.57 34.63	400m: 4:08.01 27.68
2. CHMIELEWSKI Krzysztof	04 IUKS MUSZELKA Warszawa	<b>4:08.59</b>	842
50m: 26.18 26.18	150m: 1:27.21 31.78	250m: 2:34.75 37.11	350m: 3:40.95 29.03
100m: 55.43 29.25	200m: 1:57.64 30.43	300m: 3:11.92 37.17	400m: 4:08.59 27.64
3. MRÓZ Adam	03 KU AZS UMCS Lublin	<b>4:13.76</b>	792
50m: 27.28 27.28	150m: 1:31.61 33.02	250m: 2:39.75 35.21	350m: 3:45.35 30.00
100m: 58.59 31.31	200m: 2:04.54 32.93	300m: 3:15.35 35.60	400m: 4:13.76 28.41
4. KUCZAK Adam	00 AZS AWF Katowice	<b>4:14.69</b>	783
50m: 27.05 27.05	150m: 1:31.29 32.61	250m: 2:39.78 36.11	350m: 3:45.76 29.40
100m: 58.68 31.63	200m: 2:03.67 32.38	300m: 3:16.36 36.58	400m: 4:14.69 28.93
5. KONARSKI Maciej	04 UKS GIM 92 Ursynów	<b>4:17.87</b>	755
50m: 27.50 27.50	150m: 1:33.09 33.74	250m: 2:42.20 35.69	350m: 3:48.65 29.92
100m: 59.35 31.85	200m: 2:06.51 33.42	300m: 3:18.73 36.53	400m: 4:17.87 29.22
6. MA KA Filip	00 UKS 190 Łód	<b>4:18.10</b>	752
50m: 27.98 27.98	150m: 1:32.32 32.83	250m: 2:41.79 36.45	350m: 3:48.90 29.91
100m: 59.49 31.51	200m: 2:05.34 33.02	300m: 3:18.99 37.20	400m: 4:18.10 29.20
7. ADAMCZYK Jan	03 KS AZS AGH Kraków	<b>4:18.29</b>	751
50m: 28.03 28.03	150m: 1:33.35 33.58	250m: 2:43.22 36.90	350m: 3:49.72 29.39
100m: 59.77 31.74	200m: 2:06.32 32.97	300m: 3:20.33 37.11	400m: 4:18.29 28.57
8. WARZOCHA Albert	01 KS WARTA Pozna	<b>4:23.23</b>	709
50m: 26.94 26.94	150m: 1:32.22 33.67	250m: 2:41.95 36.67	350m: 3:52.19 31.82
100m: 58.55 31.61	200m: 2:05.28 33.06	300m: 3:20.37 38.42	400m: 4:23.23 31.04
9. NOWACKI Bła ej	05 KU AZS UMCS Lublin	<b>4:24.99</b>	695
50m: 28.44 28.44	150m: 1:34.80 34.38	250m: 2:45.12 35.52	350m: 3:53.95 31.69
100m: 1:00.42 31.98	200m: 2:09.60 34.80	300m: 3:22.26 37.14	400m: 4:24.99 31.04
10. STASZAK Wiktor	04 WKS L SK Wrocław	<b>4:28.04</b>	672
50m: 28.61 28.61	150m: 1:34.68 33.68	250m: 2:45.71 37.57	350m: 3:56.53 32.66
100m: 1:01.00 32.39	200m: 2:08.14 33.46	300m: 3:23.87 38.16	400m: 4:28.04 31.51
<b>Finał B</b>			
11. MOCHNAL Kacper	05 MKS JEDYNKA Łód	<b>4:24.12</b>	702
50m: 27.99 27.99	150m: 1:34.58 35.06	250m: 2:47.17 37.54	350m: 3:55.45 28.96
100m: 59.52 31.53	200m: 2:09.63 35.05	300m: 3:26.49 39.32	400m: 4:24.12 28.67
12. SKOLASI SKI Jakub	05 KS POSNANIA Pozna	<b>4:24.53</b>	699
50m: 28.97 28.97	150m: 1:37.46 35.64	250m: 2:48.85 37.11	350m: 3:56.12 29.88
100m: 1:01.82 32.85	200m: 2:11.74 34.28	300m: 3:26.24 37.39	400m: 4:24.53 28.41
13. POGODA Krzysztof	05 MKS JEDYNKA Łód	<b>4:27.56</b>	675
50m: 28.81 28.81	150m: 1:35.63 33.89	250m: 2:46.99 37.67	350m: 3:56.75 31.70
100m: 1:01.74 32.93	200m: 2:09.32 33.69	300m: 3:25.05 38.06	400m: 4:27.56 30.81
14. LARY Jerzy	06 IUKS MUSZELKA Warszawa	<b>4:28.86</b>	666
50m: 28.81 28.81	150m: 1:35.79 34.70	250m: 2:48.88 39.10	350m: 3:59.31 30.81
100m: 1:01.09 32.28	200m: 2:09.78 33.99	300m: 3:28.50 39.62	400m: 4:28.86 29.55
15. JARCZEWSKI Franciszek	05 UKS 190 Łód	<b>4:32.11</b>	642
50m: 28.86 28.86	150m: 1:37.99 36.18	250m: 2:51.13 38.45	350m: 4:01.80 31.62
100m: 1:01.81 32.95	200m: 2:12.68 34.69	300m: 3:30.18 39.05	400m: 4:32.11 30.31

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

Pozycja				Rok ur.					Czas	Pkt.		
16.	FRANKOWSKI Miłosz			05	MKS JUVENIA Wrocław				<b>4:35.63</b>	618		
	50m:	29.16	29.16	150m:	1:39.43	36.09	250m:	2:53.98	39.04	350m:	4:04.90	31.85
	100m:	1:03.34	34.18	200m:	2:14.94	35.51	300m:	3:33.05	39.07	400m:	4:35.63	30.73
17.	GOHLA Kamil			05	Swim Team MOSiR Kdzierzyn-Kościele				<b>4:37.29</b>	607		
	50m:	29.46	29.46	150m:	1:40.15	37.00	250m:	2:55.03	38.47	350m:	4:06.63	32.86
	100m:	1:03.15	33.69	200m:	2:16.56	36.41	300m:	3:33.77	38.74	400m:	4:37.29	30.66
18.	FILOZOF Adam			05	MKS Park Wodny Tarnowskie Góry				<b>4:38.30</b>	600		
	50m:	29.55	29.55	150m:	1:40.15	36.60	250m:	2:54.78	38.99	350m:	4:06.55	32.87
	100m:	1:03.55	34.00	200m:	2:15.79	35.64	300m:	3:33.68	38.90	400m:	4:38.30	31.75
19.	SZYMA SKI Igor			05	MUKS PIŁNASTKA Bydgoszcz				<b>4:40.44</b>	586		
	50m:	29.99	29.99	150m:	1:43.48	38.31	250m:	2:56.85	35.41	350m:	4:07.28	34.07
	100m:	1:05.17	35.18	200m:	2:21.44	37.96	300m:	3:33.21	36.36	400m:	4:40.44	33.16
20.	KREFT Szymon			05	MKP Gdańsk				<b>4:46.88</b>	548		
	50m:	29.90	29.90	150m:	1:42.11	37.43	250m:	2:59.39	40.43	350m:	4:14.19	33.80
	100m:	1:04.68	34.78	200m:	2:18.96	36.85	300m:	3:40.39	41.00	400m:	4:46.88	32.69