

Finałowa Runda Klubowego Pucharu Polski w Pływaniu w Płetwach
Ko cierzyna, 19. - 20.11.2016

Konkurencja 20
20.11.2016 - 10:22

M czyzn, 400m.SF

Open
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
11 lat i młodszy									
1.	Kowalczyk Igor		05	Delfin Jastarnia				4:19.72	
	50m:	27.06	27.06	150m:	1:32.42	32.63	250m:	2:39.82	33.54
	100m:	59.79	32.73	200m:	2:06.28	33.86	300m:	3:13.55	33.73
							350m:	3:47.33	33.78
							400m:	4:19.72	32.39
2.	Białkowski Jan		05	Delfinek SP1 Chodzie				5:14.96	
	50m:	33.41	33.41	150m:	1:53.40	40.87	250m:	3:15.06	41.10
	100m:	1:12.53	39.12	200m:	2:33.96	40.56	300m:	3:55.78	40.72
							350m:	4:36.81	41.03
							400m:	5:14.96	38.15
3.	Markiewicz Karol		07	Delfin Jastarnia				5:29.36	
	50m:	35.60	35.60	150m:	1:57.53	38.64	250m:	3:20.49	41.27
	100m:	1:18.89	43.29	200m:	2:39.22	41.69	300m:	4:05.19	44.70
							350m:	4:45.95	40.76
							400m:	5:29.36	43.41
4.	Paprocki Hubert		05	Delfinek SP1 Chodzie				5:46.87	
	50m:	33.50	33.50	150m:	2:01.73	44.93	250m:	3:32.54	45.46
	100m:	1:16.80	43.30	200m:	2:47.08	45.35	300m:	4:18.97	46.43
							350m:	5:05.58	46.61
							400m:	5:46.87	41.29
5.	Kryzel Mateusz		06	Wodniacy Garczyn				5:52.73	
	50m:	36.22	36.22	150m:	2:03.57	44.84	250m:	3:39.08	47.60
	100m:	1:18.73	42.51	200m:	2:51.48	47.91	300m:	4:25.64	46.56
							350m:	5:12.80	47.16
							400m:	5:52.73	39.93
6.	Bielecki Borys		08	Neptun Gda sk				7:15.37	
	50m:	45.44	45.44	150m:	2:32.17	54.57	250m:	4:28.85	57.33
	100m:	1:37.60	52.16	200m:	3:31.52	59.35	300m:	5:23.91	55.06
							350m:	6:21.90	57.99
							400m:	7:15.37	53.47
12 - 13 lat									
1.	Dulniak Ryszard		04	Neptun Gda sk				4:44.15	
	50m:	30.11	30.11	150m:	1:43.16	37.31	250m:	2:57.41	37.03
	100m:	1:05.85	35.74	200m:	2:20.38	37.22	300m:	3:33.34	35.93
							350m:	4:10.37	37.03
							400m:	4:44.15	33.78
14 - 15 lat									
1.	Kosmowski Jakub		01	Nautilus Jastrz bie				3:46.36	
	50m:	24.28	24.28	150m:	1:19.13	28.17	250m:	2:18.09	29.64
	100m:	50.96	26.68	200m:	1:48.45	29.32	300m:	2:48.62	30.53
							350m:	3:18.80	30.18
							400m:	3:46.36	27.56
2.	Modzelewski Piotr		02	Amfiprion Olecko				3:53.58	
	50m:	22.92	22.92	150m:	1:19.27	30.01	250m:	2:19.72	30.27
	100m:	49.26	26.34	200m:	1:49.45	30.18	300m:	2:51.82	32.10
							350m:	3:25.77	33.95
							400m:	3:53.58	27.81
3.	Dra ba Filip		02	Amfiprion Olecko				3:56.98	
	50m:	26.18	26.18	150m:	1:24.18	29.59	250m:	2:26.06	31.04
	100m:	54.59	28.41	200m:	1:55.02	30.84	300m:	2:57.53	31.47
							350m:	3:28.84	31.31
							400m:	3:56.98	28.14
4.	Paul Jakub		02	Laguna 24 Toru				4:01.74	
	50m:	27.06	27.06	150m:	1:28.01	30.92	250m:	2:31.16	31.62
	100m:	57.09	30.03	200m:	1:59.54	31.53	300m:	3:03.13	31.97
							350m:	3:33.65	30.52
							400m:	4:01.74	28.09
DYSKW.	Biszewski Bartosz		01	Amfiprion Olecko				4:19.74	
	50m:	28.42	28.42	150m:	1:29.87	31.27	250m:	2:36.18	33.17
	100m:	58.60	30.18	200m:	2:03.01	33.14	300m:	3:11.57	35.39
							350m:	3:46.45	34.88
							400m:	4:19.74	33.29
16 - 17 lat									
1.	Drami ski Michał		99	Lotos Olsztyn				3:24.53	
	50m:	22.95	22.95	150m:	1:12.36	25.18	250m:	2:04.72	26.49
	100m:	47.18	24.23	200m:	1:38.23	25.87	300m:	2:31.18	26.46
							350m:	2:58.16	26.98
							400m:	3:24.53	26.37
2.	Frankowski Dominik		00	Rekin Wrocław				3:29.30	
	50m:	22.99	22.99	150m:	1:13.61	26.24	250m:	2:07.57	27.41
	100m:	47.37	24.38	200m:	1:40.16	26.55	300m:	2:35.57	28.00
							350m:	3:03.05	27.48
							400m:	3:29.30	26.25

Finalowa Runda Klubowego Pucharu Polski w Pływaniu w Płetwach
Ko cierzyna, 19. - 20.11.2016

Konkurencja 20, Chłopców, 400m.SF, 16 - 17 lat

Pozycja				Rok ur.					Czas	Pkt.		
3.	Sztankier Jakub			99	Flota Gdynia O/PTTK MW				4:00.77			
	50m:	26.62	26.62	150m:	1:26.44	30.52	250m:	2:29.81	32.20	350m:	3:32.45	30.43
	100m:	55.92	29.30	200m:	1:57.61	31.17	300m:	3:02.02	32.21	400m:	4:00.77	28.32

18 lat i starsi

1.	Krakowiak Waldemar			98	Wielkopolski KS				3:17.18			
	50m:	22.42	22.42	150m:	1:10.48	24.15	250m:	1:59.82	24.65	350m:	2:51.05	25.74
	100m:	46.33	23.91	200m:	1:35.17	24.69	300m:	2:25.31	25.49	400m:	3:17.18	26.13
2.	Jaworski Michał			94	Flota Gdynia O/PTTK MW				3:57.29			
	50m:	24.82	24.82	150m:	1:22.22	29.69	250m:	2:24.11	31.17	350m:	3:26.82	30.90
	100m:	52.53	27.71	200m:	1:52.94	30.72	300m:	2:55.92	31.81	400m:	3:57.29	30.47