

SHERATON POZNAN CUP International Swim & Masters Meet
Pozna , 6- - 8-2-2015

Konkurencja 64 M cyczn, 400m dowolny 11 lat i starsi
2015-02-08 - 14:21 400 Freestyle Wyniki

ISMM 3:59.16 URBANIAK, Jan 2014-01-18

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.	
11 lat										
1.	MUSI	SKI, Kacper	04	UKS TRI-Team Rumia					5:40.78	241
	50m:	38.01 38.01	150m:	2:06.50 44.61	250m:	3:33.47 42.54	350m:	5:00.60 43.70		
	100m:	1:21.89 43.88	200m:	2:50.93 44.43	300m:	4:16.90 43.43	400m:	5:40.78 40.18		
2.	HORODYNSKI,	Antoni	04	Ukp Gryf Debica					5:52.02	219
	50m:	38.81 38.81	150m:	2:55.30	250m:		350m:			
	100m:		200m:		300m:	5:09.31	400m:	5:52.02		
3.	ZAWALICH,	Oskar	04	MKP H20 Koszalin					6:20.58	173
	50m:	39.67 39.67	150m:	2:14.10 46.47	250m:	3:53.77 49.93	350m:	5:33.48 48.77		
	100m:	1:27.63 47.96	200m:	3:03.84 49.74	300m:	4:44.71 50.94	400m:	6:20.58 47.10		
12 lat										
1.	WOLI	SKI, Filip	03	Klub Sportowy REKIN					5:04.37	339
	50m:	34.51 34.51	150m:	1:51.32 38.84	250m:	3:09.21 39.10	350m:	4:26.81 39.02		
	100m:	1:12.48 37.97	200m:	2:30.11 38.79	300m:	3:47.79 38.58	400m:	5:04.37 37.56		
2.	BOKI,	Yauheni	03	Region Minsk					5:25.45	277
	50m:	36.21 36.21	150m:	1:56.83 40.74	250m:	3:20.00 41.85	350m:	4:45.79 42.44		
	100m:	1:16.09 39.88	200m:	2:38.15 41.32	300m:	4:03.35 43.35	400m:	5:25.45 39.66		
3.	MAKRETSKI,	Matsvei	03	Minsk					5:42.35	238
	50m:	37.21 37.21	150m:	2:05.37 43.81	250m:	3:34.60 44.04	350m:	5:01.49 43.79		
	100m:	1:21.56 44.35	200m:	2:50.56 45.19	300m:	4:17.70 43.10	400m:	5:42.35 40.86		
4.	SOBOWIEC,	Mateusz	03	MUKS Rekin Bydgoszcz					5:49.80	223
	50m:	38.70 38.70	150m:	2:54.89 44.86	250m:		350m:			
	100m:	2:10.03 1:31.33	200m:	4:25.97 1:31.08	300m:	5:10.00	400m:	5:49.80		
5.	ZWIEFKA,	Mikołaj	03	MKP H20 Koszalin					5:50.18	222
	50m:	38.71 38.71	150m:	2:08.52 45.15	250m:	3:40.04 45.70	350m:	5:10.77 45.62		
	100m:	1:23.37 44.66	200m:	2:54.34 45.82	300m:	4:25.15 45.11	400m:	5:50.18 39.41		
6.	MANTHEI,	Ferry	03	KSC Strausberg					6:13.08	184
	50m:	40.13 40.13	150m:	2:17.17 49.39	250m:	3:54.22 48.65	350m:	5:27.63 45.46		
	100m:	1:27.78 47.65	200m:	3:05.57 48.40	300m:	4:42.17 47.95	400m:	6:13.08 45.45		
7.	NOWAK,	Jakub	03	MKP H20 Koszalin					6:15.00	181
	50m:	41.86 41.86	150m:	2:17.55 48.31	250m:	3:53.02 47.66	350m:	5:28.09 47.49		
	100m:	1:29.24 47.38	200m:	3:05.36 47.81	300m:	4:40.60 47.58	400m:	6:15.00 46.91		
8.	CISZKOWSKI,	Konrad	03	MKP H20 Koszalin					6:22.27	171
	50m:	40.61 40.61	150m:	2:18.94 48.98	250m:	3:59.24 51.13	350m:	5:35.02 47.62		
	100m:	1:29.96 49.35	200m:	3:08.11 49.17	300m:	4:47.40 48.16	400m:	6:22.27 47.25		
13 lat										
1.	YAKHIMOVICH,	Yahor	02	Region Minsk					4:44.97	413
	50m:	31.88 31.88	150m:	1:44.04 36.52	250m:	2:57.33 36.40	350m:	4:10.16 35.99		
	100m:	1:07.52 35.64	200m:	2:20.93 36.89	300m:	3:34.17 36.84	400m:	4:44.97 34.81		
2.	KOPICZKO,	Maksymilian	02	MKS Medyk Gi ycko					4:49.90	392
	50m:	31.58 31.58	150m:	1:45.73 37.74	250m:	3:00.91 37.54	350m:	4:14.87 36.31		
	100m:	1:07.99 36.41	200m:	2:23.37 37.64	300m:	3:38.56 37.65	400m:	4:49.90 35.03		
3.	HIBKHIN,	Illia	02	Neptun					4:51.57	385
	50m:	32.37 32.37	150m:	1:46.54	250m:	3:01.15	350m:	4:15.79 37.13		
	100m:		200m:		300m:	3:38.66 37.51	400m:	4:51.57 35.78		
4.	WORONKO,	Krzysztof	02	MKS Medyk Gi ycko					4:58.09	360
	50m:	32.22 32.22	150m:	1:47.29 38.11	250m:	3:04.43 38.36	350m:	4:20.95 38.00		
	100m:	1:09.18 36.96	200m:	2:26.07 38.78	300m:	3:42.95 38.52	400m:	4:58.09 37.14		

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Konkurencja 64, Chłopców, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
5.	W TROBA, Krystian		02	Mks Rokita Brzeg Dolny			5:05.15	336	
	50m: 34.94	34.94	150m: 1:52.77	39.14	250m: 3:11.07	39.51	350m: 4:28.38	37.82	
	100m: 1:13.63	38.69	200m: 2:31.56	38.79	300m: 3:50.56	39.49	400m: 5:05.15	36.77	
6.	KUSTRA, Adam		02	Uks Delfinek			5:09.39	322	
	50m: 34.89	34.89	150m: 1:53.35	40.10	250m: 3:14.31	40.46	350m: 4:34.22	39.70	
	100m: 1:13.25	38.36	200m: 2:33.85	40.50	300m: 3:54.52	40.21	400m: 5:09.39	35.17	
7.	POPŁONYK, Jakub		02	Buks			5:18.10	297	
	50m: 35.55	35.55	150m: 1:56.95	40.96	250m: 3:18.96	41.21	350m: 4:40.39	40.22	
	100m: 1:15.99	40.44	200m: 2:37.75	40.80	300m: 4:00.17	41.21	400m: 5:18.10	37.71	

14 - 15 lat

1.	ADAMCZAK, Jakub		01	Uks Shark Rudna			4:20.96	538
	50m: 30.17	30.17	150m: 1:36.19	33.09	250m: 2:43.41	33.74	350m: 3:49.54	33.01
	100m: 1:03.10	32.93	200m: 2:09.67	33.48	300m: 3:16.53	33.12	400m: 4:20.96	31.42
2.	MIKHALKOV, Daniil		01	Minsk			4:23.72	521
	50m: 29.70	29.70	150m: 1:36.95	33.77	250m: 2:44.76	33.90	350m: 3:52.03	33.45
	100m: 1:03.18	33.48	200m: 2:10.86	33.91	300m: 3:18.58	33.82	400m: 4:23.72	31.69
3.	KRZEKOTOWSKI, Karol		00	UKP Torpeda Ole nica			4:24.14	518
	50m: 30.95	30.95	150m: 1:37.56	33.53	250m: 2:44.95	33.42	350m: 3:52.50	33.44
	100m: 1:04.03	33.08	200m: 2:11.53	33.97	300m: 3:19.06	34.11	400m: 4:24.14	31.64
4.	WOZNIAK, Kamil		00	UKS FREGATA Kolbuszowa			4:24.70	515
	50m: 29.97	29.97	150m: 1:35.94	33.34	250m: 2:42.90	33.70	350m: 3:52.01	34.44
	100m: 1:02.60	32.63	200m: 2:09.20	33.26	300m: 3:17.57	34.67	400m: 4:24.70	32.69
5.	WOJCIECHOWSKI, Jakub		01	Warta Pozna			4:33.98	464
	50m: 30.20	30.20	150m: 1:37.22	34.29	250m: 2:47.55	35.49	350m: 3:59.76	36.58
	100m: 1:02.93	32.73	200m: 2:12.06	34.84	300m: 3:23.18	35.63	400m: 4:33.98	34.22
6.	MARKAU, Siarhei		01	Region Minsk			4:35.37	457
	50m: 31.72	31.72	150m: 1:42.94	35.88	250m: 2:53.10	34.12	350m: 4:02.49	34.73
	100m: 1:07.06	35.34	200m: 2:18.98	36.04	300m: 3:27.76	34.66	400m: 4:35.37	32.88
7.	GU CIN, Eryk		01	Uks Shark Rudna			4:35.65	456
	50m: 30.81	30.81	150m: 1:40.08	35.33	250m: 2:50.71	35.40	350m: 4:01.54	35.54
	100m: 1:04.75	33.94	200m: 2:15.31	35.23	300m: 3:26.00	35.29	400m: 4:35.65	34.11
8.	NIAKHAICHYK, Maksim		01	Region Minsk			4:35.77	455
	50m: 30.47	30.47	150m: 1:38.19	34.58	250m: 2:48.93	35.46	350m: 4:01.22	36.29
	100m: 1:03.61	33.14	200m: 2:13.47	35.28	300m: 3:24.93	36.00	400m: 4:35.77	34.55
9.	WO NY, Wiktor		01	Uks Shark Rudna			4:42.35	424
	50m: 31.86	31.86	150m: 1:44.55	36.65	250m: 2:56.70	35.92	350m: 4:09.38	36.30
	100m: 1:07.90	36.04	200m: 2:20.78	36.23	300m: 3:33.08	36.38	400m: 4:42.35	32.97
10.	FRYDRYCHOWICZ, Ignacy		00	Uks Delfinek			4:43.06	421
	50m: 29.93	29.93	150m: 1:41.05	36.13	250m: 2:54.86	37.17	350m: 4:08.56	36.66
	100m: 1:04.92	34.99	200m: 2:17.69	36.64	300m: 3:31.90	37.04	400m: 4:43.06	34.50
11.	JUSKOWIAK, Jakub		01	Warta Pozna			4:43.47	419
	50m: 31.76	31.76	150m: 1:43.08	36.34	250m: 2:55.11	36.23	350m: 4:08.32	36.60
	100m: 1:06.74	34.98	200m: 2:18.88	35.80	300m: 3:31.72	36.61	400m: 4:43.47	35.15
12.	ONOSZKO, Tomek		01	Warta Pozna			4:48.59	397
	50m: 31.57	31.57	150m: 1:45.64	37.24	250m: 2:59.09	36.34	350m: 4:13.22	37.50
	100m: 1:08.40	36.83	200m: 2:22.75	37.11	300m: 3:35.72	36.63	400m: 4:48.59	35.37
13.	SZAJNIKI, Szymon		00	Uks Shark Rudna			4:50.62	389
	50m: 32.10	32.10	150m: 1:45.30	37.41	250m: 3:00.95	38.06	350m: 4:15.66	36.98
	100m: 1:07.89	35.79	200m: 2:22.89	37.59	300m: 3:38.68	37.73	400m: 4:50.62	34.96
14.	WIECI SKI, Andrzej		01	MTKP Delfin Toru			4:50.90	388
	50m: 31.94	31.94	150m: 1:46.14	37.06	250m: 3:00.66	37.37	350m: 4:15.27	37.68
	100m: 1:09.08	37.14	200m: 2:23.29	37.15	300m: 3:37.59	36.93	400m: 4:50.90	35.63

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Konkurencja 64, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.		
15.	GŁUSZKOWSKI, Mateusz		01	UKS CITYZEN Poznan				4:51.66	385		
	50m:	32.89 32.89	150m:	1:46.66	37.28	250m:	3:01.05	36.81	350m:	4:15.84	36.95
	100m:	1:09.38 36.49	200m:	2:24.24	37.58	300m:	3:38.89	37.84	400m:	4:51.66	35.82
16.	MUSZY SKI, Jakub		01	MKS Nielba Wagrowiec				4:52.52	382		
	50m:	32.29 32.29	150m:	1:46.65	37.95	250m:	3:02.30	38.21	350m:	4:16.83	37.87
	100m:	1:08.70 36.41	200m:	2:24.09	37.44	300m:	3:38.96	36.66	400m:	4:52.52	35.69
17.	GRZEMSKI, Kamil		01	MKS Nielba Wagrowiec				4:54.36	374		
	50m:	31.73 31.73	150m:	1:44.66	37.05	250m:	3:00.29	37.67	350m:	4:17.10	38.41
	100m:	1:07.61 35.88	200m:	2:22.62	37.96	300m:	3:38.69	38.40	400m:	4:54.36	37.26
18.	KALINOWSKI, Michał		01	MTKP Delfin Toru				4:54.93	372		
	50m:	32.27 32.27	150m:	1:45.28	37.21	250m:	3:02.06	38.88	350m:	4:17.64	36.86
	100m:	1:08.07 35.80	200m:	2:23.18	37.90	300m:	3:40.78	38.72	400m:	4:54.93	37.29
19.	VITKOUSKI, Siarhei		00	Neptun				4:55.70	369		
	50m:	32.51 32.51	150m:	1:47.49	37.87	250m:	3:02.66	37.99	350m:	4:19.21	38.19
	100m:	1:09.62 37.11	200m:	2:24.67	37.18	300m:	3:41.02	38.36	400m:	4:55.70	36.49
20.	SELIAUSKI, Siarhei		00	Neptun				4:57.42	363		
	50m:	32.79 32.79	150m:	1:48.74	38.45	250m:	3:05.11	38.21	350m:	4:21.55	38.11
	100m:	1:10.29 37.50	200m:	2:26.90	38.16	300m:	3:43.44	38.33	400m:	4:57.42	35.87
21.	VORANAU, Aliaksei		01	Neptun				4:59.91	354		
	50m:	32.38 32.38	150m:	1:47.76	38.21	250m:	3:04.69	38.70	350m:	4:23.04	39.12
	100m:	1:09.55 37.17	200m:	2:25.99	38.23	300m:	3:43.92	39.23	400m:	4:59.91	36.87
22.	OLBERT, Gabriel		00	Mks Rokita Brzeg Dolny				5:02.26	346		
	50m:	32.54 32.54	150m:	1:48.91	39.23	250m:	3:06.60	39.08	350m:	4:25.66	40.19
	100m:	1:09.68 37.14	200m:	2:27.52	38.61	300m:	3:45.47	38.87	400m:	5:02.26	36.60
23.	SKARAKHOD, Kiryl		01	Neptun				5:07.73	328		
	50m:	33.72 33.72	150m:	1:51.70	39.44	250m:	3:10.97	39.72	350m:	4:30.00	39.75
	100m:	1:12.26 38.54	200m:	2:31.25	39.55	300m:	3:50.25	39.28	400m:	5:07.73	37.73
24.	GLIWI SKI, Krzysztof		01	Uks Delfinek				5:09.40	322		
	50m:	33.22 33.22	150m:	1:53.08	40.27	250m:	3:13.81	40.04	350m:	4:32.99	38.72
	100m:	1:12.81 39.59	200m:	2:33.77	40.69	300m:	3:54.27	40.46	400m:	5:09.40	36.41
25.	KASABUTSKI, Yury		01	Neptun				5:14.07	308		
	50m:	37.02 37.02	150m:	1:56.61	40.25	250m:	3:17.80	40.33	350m:	4:37.02	39.05
	100m:	1:16.36 39.34	200m:	2:37.47	40.86	300m:	3:57.97	40.17	400m:	5:14.07	37.05
26.	NACHTIGALL, Thomas		00	KSC Strausberg				5:36.74	250		
	50m:	35.82 35.82	150m:	2:00.04	43.22	250m:	3:25.67	42.42	350m:	4:53.24	44.14
	100m:	1:16.82 41.00	200m:	2:43.25	43.21	300m:	4:09.10	43.43	400m:	5:36.74	43.50
27.	ZAKHAREVICH, Mikita		01	Neptun				5:49.10	224		
	50m:	38.06 38.06	150m:	2:03.38	43.83	250m:	3:33.53	45.16	350m:	5:04.64	45.75
	100m:	1:19.55 41.49	200m:	2:48.37	44.99	300m:	4:18.89	45.36	400m:	5:49.10	44.46
28.	KRAMER, Maksim		01	Neptun				5:55.33	213		
	50m:	37.83 37.83	150m:	2:05.70	45.04	250m:	3:39.43	47.28	350m:	5:09.99	41.94
	100m:	1:20.66 42.83	200m:	2:52.15	46.45	300m:	4:28.05	48.62	400m:	5:55.33	45.34

16 - 17 lat

1.	SZCZEPA SKI, Kacper		99	MUKS Pietnastka Bydgoszcz				4:07.93	627		
	50m:	27.75 27.75	150m:	1:29.53	31.28	250m:	2:34.30	32.55	350m:	3:37.29	31.04
	100m:	58.25 30.50	200m:	2:01.75	32.22	300m:	3:06.25	31.95	400m:	4:07.93	30.64
2.	JARASZKIEWICZ, Piotr		98	UKS CITYZEN Poznan				4:20.26	542		
	50m:	29.00 29.00	150m:	1:32.12	32.36	250m:	2:38.94	33.52	350m:	3:47.15	34.12
	100m:	59.76 30.76	200m:	2:05.42	33.30	300m:	3:13.03	34.09	400m:	4:20.26	33.11
3.	KASINETS, Mikhail		99	Region Minsk				4:20.33	541		
	50m:	30.03 30.03	150m:	1:35.39	32.99	250m:	2:41.00	32.48	350m:	3:48.26	33.78
	100m:	1:02.40 32.37	200m:	2:08.52	33.13	300m:	3:14.48	33.48	400m:	4:20.33	32.07

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Konkurencja 64, Chłopców, 400m dowolny, 16 - 17 lat

Pozycja			Rok ur.					Czas	Pkt.		
4.	KRUK, Tomasz		98	Astromal Akwawit Leszno				4:24.76	515		
	50m:	29.44 29.44	150m:	1:36.14	33.58	250m:	2:43.13	33.40	350m:	3:52.23	34.30
	100m:	1:02.56 33.12	200m:	2:09.73	33.59	300m:	3:17.93	34.80	400m:	4:24.76	32.53

18 - 19 lat

1.	GRZYBEK, Bartosz		96	UKS CITYZEN Poznan				4:17.32	561		
	50m:	29.17 29.17	150m:	1:34.72	32.80	250m:	2:39.92	32.62	350m:	3:46.04	33.27
	100m:	1:01.92 32.75	200m:	2:07.30	32.58	300m:	3:12.77	32.85	400m:	4:17.32	31.28
2.	WERTEPNY, Damian		96	Uks Shark Rudna				4:17.53	559		
	50m:	28.85 28.85	150m:	1:33.22	32.43	250m:	2:39.13	33.02	350m:	3:46.05	33.54
	100m:	1:00.79 31.94	200m:	2:06.11	32.89	300m:	3:12.51	33.38	400m:	4:17.53	31.48
3.	TCHÓRZEWSKI, Krzysztof		97	Klub Pływacki Koziegłowy				4:31.53	477		
	50m:	29.29 29.29	150m:	1:35.79	33.77	250m:	2:45.47	35.07	350m:	3:56.62	35.84
	100m:	1:02.02 32.73	200m:	2:10.40	34.61	300m:	3:20.78	35.31	400m:	4:31.53	34.91
4.	DUDNIKS, Maksims		96	Delfins				4:36.94	450		
	50m:	30.27 30.27	150m:	1:39.09	34.82	250m:	2:50.78	36.02	350m:	4:02.09	35.63
	100m:	1:04.27 34.00	200m:	2:14.76	35.67	300m:	3:26.46	35.68	400m:	4:36.94	34.85
5.	MOREIKE, Maximilian		97	SSV Ostring 93 e.V.				5:10.71	318		
	50m:	32.95 32.95	150m:	1:50.84	39.85	250m:	3:11.60	40.78	350m:	4:32.69	40.34
	100m:	1:10.99 38.04	200m:	2:30.82	39.98	300m:	3:52.35	40.75	400m:	5:10.71	38.02

20 lat i starsi

1.	GO DZIK, Damian		95	Warta Pozna				4:05.36	647		
	50m:	28.35 28.35	150m:	1:31.14	31.54	250m:	2:34.27	31.75	350m:	3:37.65	31.40
	100m:	59.60 31.25	200m:	2:02.52	31.38	300m:	3:06.25	31.98	400m:	4:05.36	27.71
2.	SCHULZ, Felix		94	KSC Strausberg				4:57.43	363		
	50m:	32.31 32.31	150m:	1:47.33	37.81	250m:	3:03.98	38.00	350m:	4:21.23	38.63
	100m:	1:09.52 37.21	200m:	2:25.98	38.65	300m:	3:42.60	38.62	400m:	4:57.43	36.20