

Ogólnopolskie Zawody Pływackie Sprawdzamy Form na Termach Rocznik 2008 i starsi  
Poznań, 28.11.2020

Konkurencja 12 Mężczyzn, 400m dowolny 12 lat i starsi  
2020.11.28 - 18:55 Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.					Czas	Pkt.		
<b>12 lat</b>											
1.	LITOBORSKI, Mikołaj		08	KS Warta Poznań				<b>4:57.30</b>	363		
	50m:	33.18 33.18	150m:	1:49.32	38.46	250m:	3:05.42	37.51	350m:	4:21.24	37.77
	100m:	1:10.86 37.68	200m:	2:27.91	38.59	300m:	3:43.47	38.05	400m:	4:57.30	36.06
2.	BIELIENKOV, Nikita		08	KS Warta Poznań				<b>5:12.14</b>	314		
	50m:	35.00 35.00	150m:	1:53.21	39.82	250m:	3:13.25	40.18	350m:	4:34.52	41.00
	100m:	1:13.39 38.39	200m:	2:33.07	39.86	300m:	3:53.52	40.27	400m:	5:12.14	37.62
3.	MEJER, Sebastian		08	IUKS Jedynka Poznań				<b>5:37.58</b>	248		
	50m:	37.32 37.32	150m:	2:04.10	44.54	250m:	3:30.61	42.91	350m:	4:56.04	42.58
	100m:	1:19.56 42.24	200m:	2:47.70	43.60	300m:	4:13.46	42.85	400m:	5:37.58	41.54
4.	MARASZEK, Artur		08	SKS 137 Delfin Łódź				<b>6:49.83</b>	138		
	50m:	43.83 43.83	150m:	2:28.74	52.40	250m:	4:16.95	53.90	350m:	5:59.83	50.42
	100m:	1:36.34 52.51	200m:	3:23.05	54.31	300m:	5:09.41	52.46	400m:	6:49.83	50.00
<b>13 lat</b>											
1.	GRZYWIŃSKI, Jakub		07	Wkn Jacques				<b>4:28.80</b>	492		
	50m:	29.07 29.07	150m:	1:37.00	34.38	250m:	2:46.24	34.54	350m:	3:55.86	34.82
	100m:	1:02.62 33.55	200m:	2:11.70	34.70	300m:	3:21.04	34.80	400m:	4:28.80	32.94
2.	PIETRZAK, Michał		07	Uks Cityzen				<b>5:06.07</b>	333		
	50m:	33.88 33.88	150m:	1:51.99	39.47	250m:	3:09.95	38.31	350m:	4:28.18	39.15
	100m:	1:12.52 38.64	200m:	2:31.64	39.65	300m:	3:49.03	39.08	400m:	5:06.07	37.89
3.	BILSKI, Antoni		07	KS Warta Poznań				<b>5:25.86</b>	276		
	50m:	37.01 37.01	150m:	2:00.80	42.36	250m:	3:24.27	41.75	350m:	4:46.06	40.97
	100m:	1:18.44 41.43	200m:	2:42.52	41.72	300m:	4:05.09	40.82	400m:	5:25.86	39.80
4.	HARABASZ, Jakub		07	Kaliski Klub Sportowy „Włókniarz” 1925				<b>5:26.40</b>	274		
	50m:	35.34 35.34	150m:	1:57.99	42.48	250m:	3:23.58	43.12	350m:	4:47.35	41.34
	100m:	1:15.51 40.17	200m:	2:40.46	42.47	300m:	4:06.01	42.43	400m:	5:26.40	39.05
5.	MUCHA, Bartosz		07	UKS Manta Warszawa Włochy				<b>5:49.50</b>	223		
	50m:	38.80 38.80	150m:	2:07.04	44.60	250m:	3:37.54	45.33	350m:	5:06.78	44.68
	100m:	1:22.44 43.64	200m:	2:52.21	45.17	300m:	4:22.10	44.56	400m:	5:49.50	42.72
<b>14 lat</b>											
1.	ZALEWSKI, Jacek		06	KS Poznań Poznań				<b>4:33.91</b>	465		
	50m:	31.16 31.16	150m:	1:41.01	35.71	250m:	2:51.14	35.11	350m:	4:01.05	35.01
	100m:	1:05.30 34.14	200m:	2:16.03	35.02	300m:	3:26.04	34.90	400m:	4:33.91	32.86
2.	KRASOWSKI, Szymon		06	KS Warta Poznań				<b>4:41.82</b>	427		
	50m:	31.57 31.57	150m:	1:42.95	35.90	250m:	2:55.76	36.15	350m:	4:07.48	35.88
	100m:	1:07.05 35.48	200m:	2:19.61	36.66	300m:	3:31.60	35.84	400m:	4:41.82	34.34
3.	MAKAREWICZ, Filip		06	Aquapark Wągrowiec sp. z o.o.				<b>4:44.62</b>	414		
	50m:	31.60 31.60	150m:	1:43.14	36.47	250m:	2:56.96	37.14	350m:	4:10.83	36.88
	100m:	1:06.67 35.07	200m:	2:19.82	36.68	300m:	3:33.95	36.99	400m:	4:44.62	33.79
4.	WALIGÓRA, Łukasz		06	UKS Fala Swarzędz				<b>4:48.89</b>	396		
	50m:	29.78 29.78	150m:	1:43.02	37.93	250m:	2:58.85	38.15	350m:	4:15.16	38.22
	100m:	1:05.09 35.31	200m:	2:20.70	37.68	300m:	3:36.94	38.09	400m:	4:48.89	33.73
5.	GORZE, Norbert		06	Uks Cityzen				<b>4:54.93</b>	372		
	50m:	32.62 32.62	150m:	1:45.46	36.98	250m:	3:00.98	38.04	350m:	4:17.91	38.32
	100m:	1:08.48 35.86	200m:	2:22.94	37.48	300m:	3:39.59	38.61	400m:	4:54.93	37.02

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Poznań, 28.11.2020

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Konkurencja 12, M - czynny, 400m dowolny

15 lat i starsi

1.	ARNDT, Mateusz	98	KS Delfin Gdynia	<b>3:49.23</b>	793		
	50m: 26.26 26.26	150m: 1:24.54	29.30	250m: 2:22.88	28.91	350m: 3:21.04	28.94
	100m: 55.24 28.98	200m: 1:53.97	29.43	300m: 2:52.10	29.22	400m: 3:49.23	28.19
2.	ZAWIEJA, Stanisław	05	KS Poznań Poznań	<b>4:47.27</b>	403		
	50m: 32.10 32.10	150m: 1:45.57	37.16	250m: 3:00.66	37.52	350m: 4:14.37	36.83
	100m: 1:08.41 36.31	200m: 2:23.14	37.57	300m: 3:37.54	36.88	400m: 4:47.27	32.90
3.	CEMPURA, Kamil	05	KS Poznań Poznań	<b>4:47.53</b>	402		
	50m: 31.22 31.22	150m: 1:42.22	36.25	250m: 2:57.84	38.04	350m: 4:13.37	37.60
	100m: 1:05.97 34.75	200m: 2:19.80	37.58	300m: 3:35.77	37.93	400m: 4:47.53	34.16

DYSKW. MARUWKA, Bruno 03 UPKS Wodnik Rawicz

*D2 - Pływak zanurzył się całkowicie w trakcie wyścigu (z wyjściem 15 m po starcie lub nawrocie).*

50m: 30.02 30.02	150m: 1:41.10	36.16	250m: 2:56.32	39.97	350m: 4:12.05	34.02
100m: 1:04.94 34.92	200m: 2:16.35	35.25	300m: 3:38.03	41.71	400m:	