

Ogólnopolskie Zawody Pływackie Gor ce ciganie na Termach  
Pozna , 26.3.2022

Konkurencja 10  
2022.03.26 - 14:04

M czyzn, 400m dowolny

Open  
Wyniki

Punkty: FINA 2021

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
<b>Grupa A</b>									
1.	KORONA Kacper	03	MKP Szczecin	<b>4:18.43</b>	617	1:02.10	1:06.37	1:06.80	1:03.16
	50m: 29.67	29.67	150m: 1:34.89	32.79	250m: 2:41.69	33.22	350m: 3:48.33	33.06	
	100m: 1:02.10	32.43	200m: 2:08.47	33.58	300m: 3:15.27	33.58	400m: 4:18.43	30.10	
2.	DARUL Bartosz	04	MKP „SŁOWIANKA” Gorzów	<b>4:18.83</b>	614	1:02.25	1:06.32	1:06.44	1:03.82
	50m: 29.70	29.70	150m: 1:35.10	32.85	250m: 2:41.85	33.28	350m: 3:48.14	33.13	
	100m: 1:02.25	32.55	200m: 2:08.57	33.47	300m: 3:15.01	33.16	400m: 4:18.83	30.69	
3.	DOKTÓR Mateusz	05	MKP „SŁOWIANKA” Gorzów	<b>4:20.99</b>	599	1:02.77	1:06.35	1:06.52	1:05.35
	50m: 29.87	29.87	150m: 1:36.10	33.33	250m: 2:42.45	33.33	350m: 3:48.86	33.22	
	100m: 1:02.77	32.90	200m: 2:09.12	33.02	300m: 3:15.64	33.19	400m: 4:20.99	32.13	
4.	WIECZORKOWSKI Nikodem	04	MKP Szczecin	<b>4:24.94</b>	573	1:04.17	1:07.72	1:07.07	1:05.98
	50m: 30.47	30.47	150m: 1:38.41	34.24	250m: 2:45.18	33.29	350m: 3:52.59	33.63	
	100m: 1:04.17	33.70	200m: 2:11.89	33.48	300m: 3:18.96	33.78	400m: 4:24.94	32.35	
5.	SZCZEPANIAK Kacper	04	MKP Szczecin	<b>4:26.45</b>	563	1:05.10	1:08.15	1:07.77	1:05.43
	50m: 30.86	30.86	150m: 1:39.07	33.97	250m: 2:47.20	33.95	350m: 3:54.53	33.51	
	100m: 1:05.10	34.24	200m: 2:13.25	34.18	300m: 3:21.02	33.82	400m: 4:26.45	31.92	
6.	JANKOWSKI Antoni	05	MKP „SŁOWIANKA” Gorzów	<b>4:26.58</b>	562	1:03.16	1:07.70	1:08.52	1:07.20
	50m: 29.82	29.82	150m: 1:36.86	33.70	250m: 2:44.84	33.98	350m: 3:53.72	34.34	
	100m: 1:03.16	33.34	200m: 2:10.86	34.00	300m: 3:19.38	34.54	400m: 4:26.58	32.86	
7.	ZALEWSKI Jacek	06	KS Posenania Pozna	<b>4:28.43</b>	551	1:05.11	1:08.91	1:08.37	1:06.04
	50m: 30.90	30.90	150m: 1:39.57	34.46	250m: 2:48.23	34.21	350m: 3:55.87	33.48	
	100m: 1:05.11	34.21	200m: 2:14.02	34.45	300m: 3:22.39	34.16	400m: 4:28.43	32.56	
8.	KOWALI SKI Adrian	06	MKP „SŁOWIANKA” Gorzów	<b>4:29.46</b>	544	1:05.14	1:09.83	1:07.88	1:06.61
	50m: 30.54	30.54	150m: 1:40.15	35.01	250m: 2:48.79	33.82	350m: 3:56.97	34.12	
	100m: 1:05.14	34.60	200m: 2:14.97	34.82	300m: 3:22.85	34.06	400m: 4:29.46	32.49	
9.	WAŁCERZ Maksymilian	04	MKP „SŁOWIANKA” Gorzów	<b>4:30.04</b>	541	1:02.21	1:09.36	1:10.47	1:08.00
	50m: 28.94	28.94	150m: 1:36.72	34.51	250m: 2:46.84	35.27	350m: 3:56.90	34.86	
	100m: 1:02.21	33.27	200m: 2:11.57	34.85	300m: 3:22.04	35.20	400m: 4:30.04	33.14	
10.	NOWAK Aleksander	06	MKP Szczecin	<b>4:32.15</b>	528	1:06.22	1:09.25	1:08.73	1:07.95
	50m: 31.55	31.55	150m: 1:40.88	34.66	250m: 2:49.45	33.98	350m: 3:58.44	34.24	
	100m: 1:06.22	34.67	200m: 2:15.47	34.59	300m: 3:24.20	34.75	400m: 4:32.15	33.71	
11.	NOWICKI Kacper	98	KS Posenania Pozna	<b>4:36.75</b>	502	1:07.19	1:11.67	1:12.77	1:05.12
	50m: 32.11	32.11	150m: 1:42.73	35.54	250m: 2:55.33	36.47	350m: 4:04.25	32.62	
	100m: 1:07.19	35.08	200m: 2:18.86	36.13	300m: 3:31.63	36.30	400m: 4:36.75	32.50	
12.	ZAWADZKI Jakub	06	UKS Ruch Grudzi dz	<b>4:43.05</b>	469	1:05.02	1:11.25	1:13.29	1:13.49
	50m: 30.50	30.50	150m: 1:40.55	35.53	250m: 2:52.66	36.39	350m: 4:06.92	37.36	
	100m: 1:05.02	34.52	200m: 2:16.27	35.72	300m: 3:29.56	36.90	400m: 4:43.05	36.13	
13.	LECH Karol	06	MKP „SŁOWIANKA” Gorzów	<b>4:51.61</b>	429	1:07.14	1:14.77	1:15.94	1:13.76
	50m: 30.85	30.85	150m: 1:44.24	37.10	250m: 2:59.57	37.66	350m: 4:15.67	37.82	
	100m: 1:07.14	36.29	200m: 2:21.91	37.67	300m: 3:37.85	38.28	400m: 4:51.61	35.94	
14.	WAWRZYNIAK Filip	06	MKP „SŁOWIANKA” Gorzów	<b>4:51.65</b>	429	1:06.90	1:14.66	1:15.95	1:14.14
	50m: 31.00	31.00	150m: 1:43.64	36.74	250m: 2:59.32	37.76	350m: 4:15.58	38.07	
	100m: 1:06.90	35.90	200m: 2:21.56	37.92	300m: 3:37.51	38.19	400m: 4:51.65	36.07	
15.	NIEGUŁA Wojciech	06	MKP „SŁOWIANKA” Gorzów	<b>4:53.96</b>	419	1:09.29	1:15.88	1:16.07	1:12.72
	50m: 32.21	32.21	150m: 1:47.31	38.02	250m: 3:03.68	38.51	350m: 4:18.74	37.50	
	100m: 1:09.29	37.08	200m: 2:25.17	37.86	300m: 3:41.24	37.56	400m: 4:53.96	35.22	
16.	JAROSŁAWSKI Tomasz	06	TP Zielona Góra	<b>5:54.19</b>	239	1:17.19	1:32.79	1:32.61	1:31.60
	50m: 29.62	29.62	150m: 2:03.71	46.52	250m: 3:36.22	46.24	350m: 5:08.87	46.28	
	100m: 1:17.19	47.57	200m: 2:49.98	46.27	300m: 4:22.59	46.37	400m: 5:54.19	45.32	

**Grupa B**

1.	GNACZY SKI Michał	07	MKP „SŁOWIANKA” Gorzów	<b>4:26.07</b>	565	1:04.98	1:09.33	1:07.13	1:04.63
	50m: 30.66	30.66	150m: 1:39.93	34.95	250m: 2:47.82	33.51	350m: 3:54.78	33.34	
	100m: 1:04.98	34.32	200m: 2:14.31	34.38	300m: 3:21.44	33.62	400m: 4:26.07	31.29	
2.	KOZŁOWSKI Julian	07	MKS „Astoria” Bydgoszcz	<b>4:34.09</b>	517	1:05.50	1:09.86	1:11.56	1:07.17
	50m: 31.40	31.40	150m: 1:40.43	34.93	250m: 2:51.42	36.06	350m: 4:01.97	35.05	
	100m: 1:05.50	34.10	200m: 2:15.36	34.93	300m: 3:26.92	35.50	400m: 4:34.09	32.12	

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach  
Poznań, 26.3.2022

Konkurencja 10, Chłopców, 400m dowolny, Grupa B

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m				
3. KRAVCHENKO Artem	07 TP Zielona Góra	<b>4:40.58</b>	482	1:07.44	1:11.66	1:12.25	1:09.23				
50m:	32.58	32.58	150m:	1:43.61	36.17	250m:	2:55.01	35.91	350m:	4:06.97	35.62
100m:	1:07.44	34.86	200m:	2:19.10	35.49	300m:	3:31.35	36.34	400m:	4:40.58	33.61
4. PERA Jan	07 MKP „SŁOWIANKA” Gorzów	<b>4:50.51</b>	434	1:08.83	1:15.95	1:16.18	1:09.55				
50m:	32.05	32.05	150m:	1:46.96	38.13	250m:	3:02.43	37.65	350m:	4:15.71	34.75
100m:	1:08.83	36.78	200m:	2:24.78	37.82	300m:	3:40.96	38.53	400m:	4:50.51	34.80
5. KOWALSKI Paweł	07 TP Zielona Góra	<b>4:53.46</b>	421	1:08.76	1:15.79	1:14.31	1:14.60				
50m:	32.26	32.26	150m:	1:46.91	38.15	250m:	3:01.71	37.16	350m:	4:16.05	37.19
100m:	1:08.76	36.50	200m:	2:24.55	37.64	300m:	3:38.86	37.15	400m:	4:53.46	37.41
6. KOZDROWSKI Maciej	07 WKS I sk	<b>4:55.67</b>	412	1:11.40	1:17.53	1:15.50	1:11.24				
50m:	33.39	33.39	150m:	1:49.99	38.59	250m:	3:06.25	37.32	350m:	4:20.37	35.94
100m:	1:11.40	38.01	200m:	2:28.93	38.94	300m:	3:44.43	38.18	400m:	4:55.67	35.30
7. POR BA Krzysztof	07 WKS I sk	<b>4:57.17</b>	406	1:08.47	1:16.30	1:16.06	1:16.34				
50m:	31.81	31.81	150m:	1:46.99	38.52	250m:	3:02.38	37.61	350m:	4:19.77	38.94
100m:	1:08.47	36.66	200m:	2:24.77	37.78	300m:	3:40.83	38.45	400m:	4:57.17	37.40
8. OSTASZEWSKI Tomasz	07 WKS I sk	<b>5:02.07</b>	386	1:10.73	1:18.85	1:17.94	1:14.55				
50m:	32.73	32.73	150m:	1:49.82	39.09	250m:	3:08.09	38.51	350m:	4:24.78	37.26
100m:	1:10.73	38.00	200m:	2:29.58	39.76	300m:	3:47.52	39.43	400m:	5:02.07	37.29
9. ZYGMUNT Michał	07 MKP Astromal-Leszno	<b>5:03.32</b>	381	1:08.34	1:17.43	1:20.01	1:17.54				
50m:	31.57	31.57	150m:	1:46.69	38.35	250m:	3:05.49	39.72	350m:	4:25.47	39.69
100m:	1:08.34	36.77	200m:	2:25.77	39.08	300m:	3:45.78	40.29	400m:	5:03.32	37.85
10. KWIASOWSKI Jakub	07 Kaliski Klub Sportowy „Włó5:05.721	373	Kalisz	1:15.51	1:19.45	1:19.29	1:11.47				
50m:	36.20	36.20	150m:	1:55.37	39.86	250m:	3:15.23	40.27	350m:	4:30.80	36.55
100m:	1:15.51	39.31	200m:	2:34.96	39.59	300m:	3:54.25	39.02	400m:	5:05.72	34.92
11. HARABASZ Jakub	07 Kaliski Klub Sportowy „Włó5:17.061	334	Kalisz	1:17.48	1:22.67	1:20.01	1:16.90				
50m:	36.63	36.63	150m:	1:58.58	41.10	250m:	3:20.58	40.43	350m:	4:39.76	39.60
100m:	1:17.48	40.85	200m:	2:40.15	41.57	300m:	4:00.16	39.58	400m:	5:17.06	37.30
12. KOWALIK Hubert	07 MKP Szczecin	<b>5:20.71</b>	323	1:13.71	1:21.43	1:24.01	1:21.56				
50m:	34.64	34.64	150m:	1:54.38	40.67	250m:	3:17.09	41.95	350m:	4:40.85	41.70
100m:	1:13.71	39.07	200m:	2:35.14	40.76	300m:	3:59.15	42.06	400m:	5:20.71	39.86

Grupa C

1. LITOBORSKI Mikołaj	08 KS Warta Poznań	<b>4:31.55</b>	532	1:04.65	1:09.07	1:10.11	1:07.72				
50m:	30.72	30.72	150m:	1:39.30	34.65	250m:	2:48.76	35.04	350m:	3:58.64	34.81
100m:	1:04.65	33.93	200m:	2:13.72	34.42	300m:	3:23.83	35.07	400m:	4:31.55	32.91
2. PIÓRKOWSKI Adrian	08 MKP Szczecin	<b>4:38.35</b>	494	1:07.30	1:10.06	1:11.06	1:09.93				
50m:	31.80	31.80	150m:	1:42.75	35.45	250m:	2:53.10	35.74	350m:	4:04.05	35.63
100m:	1:07.30	35.50	200m:	2:17.36	34.61	300m:	3:28.42	35.32	400m:	4:38.35	34.30
3. MAJEWSKI Mateusz	08 MKP „SŁOWIANKA” Gorzów	<b>4:44.61</b>	462	1:05.79	1:12.17	1:14.23	1:12.42				
50m:	31.05	31.05	150m:	1:41.62	35.83	250m:	2:55.00	37.04	350m:	4:09.33	37.14
100m:	1:05.79	34.74	200m:	2:17.96	36.34	300m:	3:32.19	37.19	400m:	4:44.61	35.28
4. WITMAN Oscar	08 MKP „SŁOWIANKA” Gorzów	<b>4:58.95</b>	398	1:11.23	1:18.31	1:17.37	1:12.04				
50m:	33.57	33.57	150m:	1:50.25	39.02	250m:	3:08.34	38.80	350m:	4:24.55	37.64
100m:	1:11.23	37.66	200m:	2:29.54	39.29	300m:	3:46.91	38.57	400m:	4:58.95	34.40
5. CIBA Mateusz	08 Pływamy i Ratujemy Ustronie	<b>5:02.21</b>	386	1:12.39	1:17.43	1:17.22	1:15.17				
50m:	34.39	34.39	150m:	1:51.11	38.72	250m:	3:08.73	38.91	350m:	4:25.90	38.86
100m:	1:12.39	38.00	200m:	2:29.82	38.71	300m:	3:47.04	38.31	400m:	5:02.21	36.31
6. WŁODARCZAK Wiktor	08 MKP Astromal-Leszno	<b>5:42.94</b>	264	1:20.34	1:28.50	1:28.20	1:25.90				
50m:	37.34	37.34	150m:	2:04.97	44.63	250m:	3:32.99	44.15	350m:	5:01.94	44.90
100m:	1:20.34	43.00	200m:	2:48.84	43.87	300m:	4:17.04	44.05	400m:	5:42.94	41.00
7. WALERON Łukasz	08 UKS Trójka Roda Wilk.	<b>5:52.13</b>	244	1:20.51	1:31.85	1:30.94	1:28.83				
50m:	37.07	37.07	150m:	2:07.24	46.73	250m:	3:38.12	45.76	350m:	5:09.52	46.22
100m:	1:20.51	43.44	200m:	2:52.36	45.12	300m:	4:23.30	45.18	400m:	5:52.13	42.61

Grupa D

1. SZEL EK Alan	09 MKP Szczecin	<b>4:34.51</b>	515	1:05.85	1:10.34	1:10.94	1:07.38				
50m:	30.49	30.49	150m:	1:41.29	35.44	250m:	2:51.81	35.62	350m:	4:01.05	33.92
100m:	1:05.85	35.36	200m:	2:16.19	34.90	300m:	3:27.13	35.32	400m:	4:34.51	33.46
2. CIOŁEK Dawid	09 UKS 48 Warszawa Ródmię	<b>5:04.40</b>	377	1:10.87	1:18.20	1:18.86	1:16.47				
50m:	33.45	33.45	150m:	1:49.79	38.92	250m:	3:08.32	39.25	350m:	4:27.39	39.46
100m:	1:10.87	37.42	200m:	2:29.07	39.28	300m:	3:47.93	39.61	400m:	5:04.40	37.01

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach  
Poznań, 26.3.2022

Konkurencja 10, Chłopców, 400m dowolny, Grupa D

Pozycja	Rok ur.		Czas		Pkt.	100m	200m	300m	400m			
3.	PALUSZKIEWICZ Jan 09		UPKS Wodnik Rawicz		<b>5:06.57</b>	369	1:12.39	1:18.88	1:18.95	1:16.35		
	50m:	33.92	33.92	150m:	1:52.37	39.98	250m:	3:10.43	39.16	350m:	4:29.37	39.15
	100m:	1:12.39	38.47	200m:	2:31.27	38.90	300m:	3:50.22	39.79	400m:	5:06.57	37.20
4.	OLSZEWSKI Jakub 09		MKP Szczecin		<b>5:14.12</b>	343	1:13.95	1:20.66	1:20.49	1:19.02		
	50m:	33.65	33.65	150m:	1:54.10	40.15	250m:	3:14.13	39.52	350m:	4:35.11	40.01
	100m:	1:13.95	40.30	200m:	2:34.61	40.51	300m:	3:55.10	40.97	400m:	5:14.12	39.01

Grupa F

1.	JONIAK Marcel 11		MKP Szczecin		<b>5:24.37</b>	312	1:17.13	1:23.49	1:22.89	1:20.86		
	50m:	36.30	36.30	150m:	1:58.50	41.37	250m:	3:22.06	41.44	350m:	4:44.55	41.04
	100m:	1:17.13	40.83	200m:	2:40.62	42.12	300m:	4:03.51	41.45	400m:	5:24.37	39.82
2.	GRZYWI SKI Bartosz 11		Włocławski Klub Nurkowy J&A		<b>6:15.23</b>	201	1:21.97	1:37.72	1:38.43	1:37.11		
	50m:	37.18	37.18	150m:	2:10.56	48.59	250m:	3:49.25	49.56	350m:	5:28.10	49.98
	100m:	1:21.97	44.79	200m:	2:59.69	49.13	300m:	4:38.12	48.87	400m:	6:15.23	47.13