

Ogólnopolskie Zawody Pływackie Sprawdzamy Form Na Termach 2022
Pozna , 23.4.2022

Konkurencja 10
2022.04.23 - 14:00

M czynn, 400m dowolny

Open
Wyniki

Punkty: Rudolph Table 2022

Pozycja	Rok ur.	Czas Pkt.	100m	200m	300m	400m	
Grupa A							
1. STRILECKYI Oleksandr	05	Ukraina (Opole) 4:03.44 15,6	58.45	1:02.09	1:02.52	1:00.38	
50m:	28.16	28.16	150m:	1:29.37	30.92	250m:	2:31.61
100m:	58.45	30.29	200m:	2:00.54	31.17	300m:	3:03.06
350m:			350m:	3:34.46		350m:	3:34.46
400m:			400m:	4:03.44		400m:	28.98
2. CHMIELEWSKI Krzysztof	04	IUKS „Muszelka” Warszawa 4:04.01 14,4	58.51	1:01.88	1:02.77	1:00.85	
50m:	28.30	28.30	150m:	1:29.38	30.87	250m:	2:31.67
100m:	58.51	30.21	200m:	2:00.39	31.01	300m:	3:03.16
350m:			350m:	3:34.56		350m:	3:34.56
400m:			400m:	4:04.01		400m:	29.45
3. LARY Jerzy	06	IUKS „Muszelka” Warszawa 4:17.37 12,7	1:02.37	1:05.59	1:05.26	1:04.15	
50m:	29.93	29.93	150m:	1:35.06	32.69	250m:	2:40.51
100m:	1:02.37	32.44	200m:	2:07.96	32.90	300m:	3:13.22
350m:			350m:	3:45.82		350m:	3:45.82
400m:			400m:	4:17.37		400m:	31.55
4. CHMIELEWSKI Michał	04	IUKS „Muszelka” Warszawa 4:18.74 10,2	1:03.34	1:06.38	1:05.69	1:03.33	
50m:	30.61	30.61	150m:	1:36.59	33.25	250m:	2:42.52
100m:	1:03.34	32.73	200m:	2:09.72	33.13	300m:	3:15.41
350m:			350m:	3:47.65		350m:	3:47.65
400m:			400m:	4:18.74		400m:	31.09
5. KOWALI SKI Adrian	06	MKP „SŁOWIANKA” Gorzów 4:30.46 9,0	1:03.51	1:08.94	1:09.06	1:08.95	
50m:	29.83	29.83	150m:	1:37.73	34.22	250m:	2:46.78
100m:	1:03.51	33.68	200m:	2:12.45	34.72	300m:	3:21.51
350m:			350m:	3:56.60		350m:	3:56.60
400m:			400m:	4:30.46		400m:	33.86
6. LASIK Olgierd	05	KU AZS UAM Pozna 4:32.06 7,5	1:05.53	1:08.73	1:09.78	1:08.02	
50m:	30.20	30.20	150m:	1:39.93	34.40	250m:	2:48.89
100m:	1:05.53	35.33	200m:	2:14.26	34.33	300m:	3:24.04
350m:			350m:	3:58.94		350m:	3:58.94
400m:			400m:	4:32.06		400m:	33.12
7. DOMA SKI Franciszek	06	MKS „Astoria” Bydgoszcz 4:34.90 7,8	1:04.76	1:09.24	1:10.84	1:10.06	
50m:	30.74	30.74	150m:	1:39.24	34.48	250m:	2:49.02
100m:	1:04.76	34.02	200m:	2:14.00	34.76	300m:	3:24.84
350m:			350m:	4:00.46		350m:	4:00.46
400m:			400m:	4:34.90		400m:	34.44
8. ZAWIEJA Stanisław	05	KS Warta Pozna 4:43.73 4,2	1:07.18	1:13.75	1:14.41	1:08.39	
50m:	31.40	31.40	150m:	1:44.10	36.92	250m:	2:58.06
100m:	1:07.18	35.78	200m:	2:20.93	36.83	300m:	3:35.34
350m:			350m:	4:11.39		350m:	4:11.39
400m:			400m:	4:43.73		400m:	32.34
Grupa B							
1. SZYDAROWSKI Łukasz	07	Stowarzyszenie UKS Siódma 4:41.42 7,1	1:07.49	1:13.61	1:14.12	1:06.20	
50m:	31.36	31.36	150m:	1:44.20	36.71	250m:	2:57.98
100m:	1:07.49	36.13	200m:	2:21.10	36.90	300m:	3:35.22
350m:			350m:	4:09.85		350m:	4:09.85
400m:			400m:	4:41.42		400m:	31.57
2. BARANOWSKI Alex	07	Uks Cityzen 4:42.28 6,8	1:07.21	1:14.36	1:13.75	1:06.96	
50m:	31.36	31.36	150m:	1:44.28	37.07	250m:	2:58.17
100m:	1:07.21	35.85	200m:	2:21.57	37.29	300m:	3:35.32
350m:			350m:	4:07.88		350m:	4:07.88
400m:			400m:	4:42.28		400m:	34.40
3. GRABLEWSKI Wojciech	07	Stowarzyszenie UKS Siódma 4:56.43 7,9	1:09.97	1:16.60	1:15.85	1:14.01	
50m:	32.19	32.19	150m:	1:48.37	38.40	250m:	3:04.23
100m:	1:09.97	37.78	200m:	2:26.57	38.20	300m:	3:42.42
350m:			350m:	4:20.05		350m:	4:20.05
400m:			400m:	4:56.43		400m:	36.38
Grupa C							
1. MAJEWSKI Mateusz	08	MKP „SŁOWIANKA” Gorzów 4:41.29 9,5	1:05.65	1:10.92	1:12.36	1:12.36	
50m:	31.18	31.18	150m:	1:40.71	35.06	250m:	2:52.57
100m:	1:05.65	34.47	200m:	2:16.57	35.86	300m:	3:28.93
350m:			350m:	4:05.69		350m:	4:05.69
400m:			400m:	4:41.29		400m:	35.60
2. MICHAŁOWSKI Jan	08	Stowarzyszenie MKS " wit" 4:50.04 7,1	1:07.25	1:14.67	1:15.98	1:12.14	
50m:	31.46	31.46	150m:	1:44.96	37.71	250m:	3:00.40
100m:	1:07.25	35.79	200m:	2:21.92	36.96	300m:	3:37.90
350m:			350m:	4:14.69		350m:	4:14.69
400m:			400m:	4:50.04		400m:	35.35
3. GONERA Miłosz	08	UKS Shark Rudna 4:51.65 6,7	1:08.69	1:15.87	1:16.68	1:10.41	
50m:	31.83	31.83	150m:	1:46.45	37.76	250m:	3:03.05
100m:	1:08.69	36.86	200m:	2:24.56	38.11	300m:	3:41.24
350m:			350m:	4:17.37		350m:	4:17.37
400m:			400m:	4:51.65		400m:	34.28
4. KOWALCZYK Sebastian	08	MUKS "Pi tnastrka" 4:52.52 6,5	1:08.74	1:15.01	1:15.70	1:13.07	
50m:	31.92	31.92	150m:	1:45.94	37.20	250m:	3:01.19
100m:	1:08.74	36.82	200m:	2:23.75	37.81	300m:	3:39.45
350m:			350m:	4:17.04		350m:	4:17.04
400m:			400m:	4:52.52		400m:	35.48
5. PAKUŁA Patryk	08	UKS Shark Rudna 4:53.50 6,2	1:09.54	1:15.99	1:15.81	1:12.16	
50m:	33.41	33.41	150m:	1:47.42	37.88	250m:	3:04.05
100m:	1:09.54	36.13	200m:	2:25.53	38.11	300m:	3:41.34
350m:			350m:	4:17.78		350m:	4:17.78
400m:			400m:	4:53.50		400m:	35.72
6. MRÓZ Marcin	08	Stowarzyszenie UKS Siódma 4:57.81 7,0	1:11.44	1:17.19	1:17.31	1:11.87	
50m:	32.72	32.72	150m:	1:50.30	38.86	250m:	3:07.68
100m:	1:11.44	38.72	200m:	2:28.63	38.33	300m:	3:45.94
350m:			350m:	4:24.33		350m:	4:24.33
400m:			400m:	4:57.81		400m:	33.48

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Pozna , 23.4.2022

Konkurencja 10, Chłopców, 400m dowolny, Grupa C

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
7. ROZMETANYK Semen	08	Ukraina (Opole)	4:59.04 4,7	1:08.86	1:17.42	1:18.52	1:14.24
50m:	32.14	32.14	150m:	1:47.39	38.53	250m:	3:05.92
100m:	1:08.86	36.72	200m:	2:26.28	38.89	300m:	3:44.80
350m:	4:23.15	38.35	400m:	4:59.04	35.89		
8. HOFMAN Marcel	08	St. KP Olimpia wiecie	5:02.63 3,8	1:09.41	1:18.46	1:19.50	1:15.26
50m:	32.48	32.48	150m:	1:48.06	38.65	250m:	3:07.89
100m:	1:09.41	36.93	200m:	2:27.87	39.81	300m:	3:47.37
350m:	4:26.17	38.80	400m:	5:02.63	36.46		
9. WEBER Filip	08	KS Wodnik rem	5:15.22	1:09.36	1:22.47	1:24.60	1:18.79
50m:	32.21	32.21	150m:	1:50.00	40.64	250m:	3:14.24
100m:	1:09.36	37.15	200m:	2:31.83	41.83	300m:	3:56.43
350m:	4:38.69	42.26	400m:	5:15.22	36.53		
10. CZERWI SKI Kacper	08	UKP Wodnik Włocławek	5:28.64	1:17.53	1:27.18	1:26.16	1:17.77
50m:	35.23	35.23	150m:	2:01.19	43.66	250m:	3:27.43
100m:	1:17.53	42.30	200m:	2:44.71	43.52	300m:	4:10.87
350m:	4:50.71	39.84	400m:	5:28.64	37.93		

Grupa D

1. WOJTKOWIAK Wiktor	09	KS Warta Pozna	4:59.78 6,8	1:09.16	1:17.83	1:17.72	1:15.07
50m:	32.07	32.07	150m:	1:47.97	38.81	250m:	3:05.69
100m:	1:09.16	37.09	200m:	2:26.99	39.02	300m:	3:44.71
350m:	4:23.80	39.09	400m:	4:59.78	35.98		
2. NADAJ Filip	09	Stowarzyszenie UKS Siódle	5:06.20 5,1	1:11.05	1:18.27	1:19.22	1:17.66
50m:	33.61	33.61	150m:	1:49.92	38.87	250m:	3:09.07
100m:	1:11.05	37.44	200m:	2:29.32	39.40	300m:	3:48.54
350m:	4:28.26	39.72	400m:	5:06.20	37.94		
3. ZALCZMAN Karol	09	UKS Shark Rudna	5:07.32 4,8	1:12.01	1:20.29	1:19.80	1:15.22
50m:	34.17	34.17	150m:	1:52.01	40.00	250m:	3:12.22
100m:	1:12.01	37.84	200m:	2:32.30	40.29	300m:	3:52.10
350m:	4:30.37	38.27	400m:	5:07.32	36.95		
4. HAMROL Igor	09	UKS Marato czyk Ostrów W	5:24.14	1:13.86	1:24.94	1:25.26	1:20.08
50m:	34.32	34.32	150m:	1:55.83	41.97	250m:	3:21.16
100m:	1:13.86	39.54	200m:	2:38.80	42.97	300m:	4:04.06
350m:	4:45.69	41.63	400m:	5:24.14	38.45		
5. KOWALSKI Krystian	09	MKS SP 63 Bydgoszcz	5:34.36	1:21.28	1:26.20	1:26.67	1:20.21
50m:	36.81	36.81	150m:	2:03.99	42.71	250m:	3:31.61
100m:	1:21.28	44.47	200m:	2:47.48	43.49	300m:	4:14.15
350m:	4:57.00	42.85	400m:	5:34.36	37.36		

Grupa E

1. NOWAK Adam	10	KU AZS UAM Pozna	5:22.76 3,8	1:17.41	1:22.71	1:23.97	1:18.67
50m:	35.92	35.92	150m:	1:58.43	41.02	250m:	3:21.92
100m:	1:17.41	41.49	200m:	2:40.12	41.69	300m:	4:04.09
350m:	4:45.52	41.43	400m:	5:22.76	37.24		
2. UREK Szymon	10	Stowarzyszenie UKS Siódle	5:26.71 2,8	1:16.79	1:24.60	1:24.73	1:20.59
50m:	36.42	36.42	150m:	1:58.91	42.12	250m:	3:23.82
100m:	1:16.79	40.37	200m:	2:41.39	42.48	300m:	4:06.12
350m:	4:47.03	40.91	400m:	5:26.71	39.68		
3. ZUBAKHIN Yevgeniy	10	Stowarzyszenie MKS " wit"	5:27.25 2,7	1:16.38	1:24.97	1:24.16	1:21.74
50m:	34.35	34.35	150m:	2:00.13	43.75	250m:	3:24.32
100m:	1:16.38	42.03	200m:	2:41.35	41.22	300m:	4:05.51
350m:	4:48.28	42.77	400m:	5:27.25	38.97		

Grupa F

1. POLITYŁO Mateusz	11	UKS Fala Swar z dz	6:50.79	1:34.12	1:46.96	1:47.42	1:42.29
50m:	43.70	43.70	150m:	2:27.58	53.46	250m:	4:14.25
100m:	1:34.12	50.42	200m:	3:21.08	53.50	300m:	5:08.50
350m:	6:00.34	51.84	400m:	6:50.79	50.45		