

Letnie Mistrzostwa Okręgu Wielkopolskiego w Pływaniu
Poznań, 18. - 19.6.2022

Konkurencja 19
2022.06.18 - 15:30

Mężczyźni, 400m dowolny

10 lat i starsi
Wyniki

Punkty: FINA 2022

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
Kat. Open									
1.	ZALEWSKI Jacek	06	KS Poznań Poznań	4:18.25	618	1:02.11	1:06.36	1:07.09	1:02.69
	50m: 29.71	29.71	150m: 1:34.80	32.69	250m: 2:42.02	33.55	350m: 3:47.00	31.44	
	100m: 1:02.11	32.40	200m: 2:08.47	33.67	300m: 3:15.56	33.54	400m: 4:18.25	31.25	
2.	SOBIECHOWSKI Kajetan	06	TP Zielona Góra	4:18.73	615	1:03.16	1:07.43	1:05.33	1:02.81
	50m: 30.00	30.00	150m: 1:36.64	33.48	250m: 2:43.07	32.48	350m: 3:48.27	32.35	
	100m: 1:03.16	33.16	200m: 2:10.59	33.95	300m: 3:15.92	32.85	400m: 4:18.73	30.46	
3.	LITOBORSKI Mikołaj	08	KS Warta Poznań	4:25.88	567	1:03.28	1:07.52	1:08.56	1:06.52
	50m: 30.18	30.18	150m: 1:36.98	33.70	250m: 2:45.26	34.46	350m: 3:53.05	33.69	
	100m: 1:03.28	33.10	200m: 2:10.80	33.82	300m: 3:19.36	34.10	400m: 4:25.88	32.83	
4.	LASIK Olgierd	05	KU AZS UAM Poznań	4:32.04	529	1:04.63	1:09.44	1:09.91	1:08.06
	50m: 30.86	30.86	150m: 1:39.34	34.71	250m: 2:48.94	34.87	350m: 3:58.77	34.79	
	100m: 1:04.63	33.77	200m: 2:14.07	34.73	300m: 3:23.98	35.04	400m: 4:32.04	33.27	
5.	GORZE Norbert	06	Uks Cityzen	4:35.92	507	1:06.67	1:10.31	1:10.05	1:08.89
	50m: 31.81	31.81	150m: 1:41.59	34.92	250m: 2:51.99	35.01	350m: 4:02.00	34.97	
	100m: 1:06.67	34.86	200m: 2:16.98	35.39	300m: 3:27.03	35.04	400m: 4:35.92	33.92	
6.	KUŁTON Jakub	07	"UKS - Jedynka Kórnik"	4:36.00	506	1:05.11	1:10.96	1:11.05	1:08.88
	50m: 30.71	30.71	150m: 1:40.35	35.24	250m: 2:51.51	35.44	350m: 4:01.79	34.67	
	100m: 1:05.11	34.40	200m: 2:16.07	35.72	300m: 3:27.12	35.61	400m: 4:36.00	34.21	
7.	ZAWADZKI Jakub	06	UKS Ruch Grudziądz	4:37.86	496	1:06.17	1:10.90	1:10.39	1:10.40
	50m: 31.68	31.68	150m: 1:41.50	35.33	250m: 2:52.34	35.27	350m: 4:02.98	35.52	
	100m: 1:06.17	34.49	200m: 2:17.07	35.57	300m: 3:27.46	35.12	400m: 4:37.86	34.88	
8.	PUPKA Filip	04	Uks Cityzen	4:38.96	490	1:07.04	1:10.83	1:10.33	1:10.76
	50m: 32.14	32.14	150m: 1:42.34	35.30	250m: 2:52.96	35.09	350m: 4:04.06	35.86	
	100m: 1:07.04	34.90	200m: 2:17.87	35.53	300m: 3:28.20	35.24	400m: 4:38.96	34.90	
9.	MAKAREWICZ Filip	06	KP Aquapark Wągrowiec	4:39.99	485	1:07.87	1:10.77	1:13.10	1:08.25
	50m: 32.44	32.44	150m: 1:42.87	35.00	250m: 2:54.87	36.23	350m: 4:06.85	35.11	
	100m: 1:07.87	35.43	200m: 2:18.64	35.77	300m: 3:31.74	36.87	400m: 4:39.99	33.14	
10.	ZAWIEJA Stanisław	05	KS Warta Poznań	4:45.02	460	1:07.72	1:12.87	1:13.51	1:10.92
	50m: 31.74	31.74	150m: 1:43.97	36.25	250m: 2:56.97	36.38	350m: 4:10.32	36.22	
	100m: 1:07.72	35.98	200m: 2:20.59	36.62	300m: 3:34.10	37.13	400m: 4:45.02	34.70	
11.	BARANOWSKI Alex	07	Uks Cityzen	4:45.11	459	1:06.67	1:11.05	1:13.32	1:14.07
	50m: 31.72	31.72	150m: 1:41.60	34.93	250m: 2:54.21	36.49	350m: 4:06.21	35.17	
	100m: 1:06.67	34.95	200m: 2:17.72	36.12	300m: 3:31.04	36.83	400m: 4:45.11	38.90	
12.	BIELIENKOV Nikita	08	KS Warta Poznań	4:48.75	442	1:09.28	1:14.77	1:14.99	1:09.71
	50m: 32.93	32.93	150m: 1:46.02	36.74	250m:	350m:			
	100m: 1:09.28	36.35	200m: 2:24.05	38.03	300m: 3:39.04	400m: 4:48.75			
13.	B CZYK Maciej	08	Uks Cityzen	4:55.72	412	1:10.51	1:15.87	1:15.75	1:13.59
	50m: 32.69	32.69	150m: 1:48.19	37.68	250m: 3:04.22	37.84	350m: 4:19.68	37.55	
	100m: 1:10.51	37.82	200m: 2:26.38	38.19	300m: 3:42.13	37.91	400m: 4:55.72	36.04	
14.	SOBIERSKI Igor	08	MUKS "Piastka"	4:55.77	411	1:10.33	1:16.38	1:17.60	1:11.46
	50m: 32.78	32.78	150m: 1:48.84	38.51	250m: 3:05.57	38.86	350m: 4:21.97	37.66	
	100m: 1:10.33	37.55	200m: 2:26.71	37.87	300m: 3:44.31	38.74	400m: 4:55.77	33.80	
15.	MAJAK Mateusz	05	Uks Cityzen	4:56.39	409	1:09.24	1:16.86	1:17.19	1:13.10
	50m: 32.07	32.07	150m: 1:47.35	38.11	250m: 3:04.93	38.83	350m: 4:21.52	38.23	
	100m: 1:09.24	37.17	200m: 2:26.10	38.75	300m: 3:43.29	38.36	400m: 4:56.39	34.87	
16.	KOWALIK Wiktor	08	KS Poznań Poznań	5:01.82	387	1:10.17	1:18.50	1:17.72	1:15.43
	50m: 32.53	32.53	150m: 1:48.96	38.79	250m: 3:07.48	38.81	350m: 4:25.25	38.86	
	100m: 1:10.17	37.64	200m: 2:28.67	39.71	300m: 3:46.39	38.91	400m: 5:01.82	36.57	
17.	MOCNY Dariusz	10	"UKS - Jedynka Kórnik"	5:07.89	365	1:11.36	1:19.45	1:19.43	1:17.65
	50m: 33.35	33.35	150m: 1:50.86	39.50	250m: 3:10.33	39.52	350m: 4:30.38	40.14	
	100m: 1:11.36	38.01	200m: 2:30.81	39.95	300m: 3:50.24	39.91	400m: 5:07.89	37.51	
18.	JANUS Dawid	09	UKS Trójka Roda Wlkp.	5:30.65	294	1:13.17	1:24.00	1:27.78	1:25.70
	50m: 33.86	33.86	150m: 1:54.68	41.51	250m: 3:21.10	43.93	350m: 4:48.98	44.03	
	100m: 1:13.17	39.31	200m: 2:37.17	42.49	300m: 4:04.95	43.85	400m: 5:30.65	41.67	
19.	STASZEK Albert	11	Uks Cityzen	5:34.76	284	1:17.29	1:27.19	1:27.56	1:22.72
	50m: 35.55	35.55	150m: 2:01.07	43.78	250m: 3:28.04	43.56	350m: 4:54.57	42.53	
	100m: 1:17.29	41.74	200m: 2:44.48	43.41	300m: 4:12.04	44.00	400m: 5:34.76	40.19	

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Konkurencja 19, Mężczyźni, 400m dowolny, Kat. Open

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
20. ŁATKA Aleksander	08	5:46.97	255	1:20.99	1:29.39	1:31.07	1:25.52
50m: 37.62	37.62	150m: 2:05.62	44.63	250m: 3:36.04	45.66	350m: 5:06.10	44.65
100m: 1:20.99	43.37	200m: 2:50.38	44.76	300m: 4:21.45	45.41	400m: 5:46.97	40.87
21. RADZIEWICZ Marcin	10	5:47.83	253	1:20.99	1:31.47	1:29.97	1:25.40
50m: 37.62	37.62	150m: 2:06.99	46.00	250m: 3:37.78	45.32	350m: 5:06.07	43.64
100m: 1:20.99	43.37	200m: 2:52.46	45.47	300m: 4:22.43	44.65	400m: 5:47.83	41.76
22. WALERON Łukasz	08	5:59.61	229	1:24.85	1:32.29	1:33.37	1:29.10
50m: 38.97	38.97	150m: 2:12.07	47.22	250m: 3:43.53	46.39	350m: 5:16.22	45.71
100m: 1:24.85	45.88	200m: 2:57.14	45.07	300m: 4:30.51	46.98	400m: 5:59.61	43.39
23. POLITYŁO Mateusz	11	6:49.99	154	1:33.14	1:45.09	1:48.27	1:43.49
50m: 42.26	42.26	150m: 2:25.19	52.05	250m: 4:12.36	54.13	350m: 5:58.91	52.41
100m: 1:33.14	50.88	200m: 3:18.23	53.04	300m: 5:06.50	54.14	400m: 6:49.99	51.08

Kat. 14-16 lat

1. ZALEWSKI Jacek	06	4:18.25	618	1:02.11	1:06.36	1:07.09	1:02.69
50m: 29.71	29.71	150m: 1:34.80	32.69	250m: 2:42.02	33.55	350m: 3:47.00	31.44
100m: 1:02.11	32.40	200m: 2:08.47	33.67	300m: 3:15.56	33.54	400m: 4:18.25	31.25
2. SOBIECHOWSKI Kajetan	06	4:18.73	615	1:03.16	1:07.43	1:05.33	1:02.81
50m: 30.00	30.00	150m: 1:36.64	33.48	250m: 2:43.07	32.48	350m: 3:48.27	32.35
100m: 1:03.16	33.16	200m: 2:10.59	33.95	300m: 3:15.92	32.85	400m: 4:18.73	30.46
3. LITOBORSKI Mikołaj	08	4:25.88	567	1:03.28	1:07.52	1:08.56	1:06.52
50m: 30.18	30.18	150m: 1:36.98	33.70	250m: 2:45.26	34.46	350m: 3:53.05	33.69
100m: 1:03.28	33.10	200m: 2:10.80	33.82	300m: 3:19.36	34.10	400m: 4:25.88	32.83
4. GORZE Norbert	06	4:35.92	507	1:06.67	1:10.31	1:10.05	1:08.89
50m: 31.81	31.81	150m: 1:41.59	34.92	250m: 2:51.99	35.01	350m: 4:02.00	34.97
100m: 1:06.67	34.86	200m: 2:16.98	35.39	300m: 3:27.03	35.04	400m: 4:35.92	33.92
5. KUŁTON Jakub	07	4:36.00	506	1:05.11	1:10.96	1:11.05	1:08.88
50m: 30.71	30.71	150m: 1:40.35	35.24	250m: 2:51.51	35.44	350m: 4:01.79	34.67
100m: 1:05.11	34.40	200m: 2:16.07	35.72	300m: 3:27.12	35.61	400m: 4:36.00	34.21
6. ZAWADZKI Jakub	06	4:37.86	496	1:06.17	1:10.90	1:10.39	1:10.40
50m: 31.68	31.68	150m: 1:41.50	35.33	250m: 2:52.34	35.27	350m: 4:02.98	35.52
100m: 1:06.17	34.49	200m: 2:17.07	35.57	300m: 3:27.46	35.12	400m: 4:37.86	34.88
7. MAKAREWICZ Filip	06	4:39.99	485	1:07.87	1:10.77	1:13.10	1:08.25
50m: 32.44	32.44	150m: 1:42.87	35.00	250m: 2:54.87	36.23	350m: 4:06.85	35.11
100m: 1:07.87	35.43	200m: 2:18.64	35.77	300m: 3:31.74	36.87	400m: 4:39.99	33.14
8. BARANOWSKI Alex	07	4:45.11	459	1:06.67	1:11.05	1:13.32	1:14.07
50m: 31.72	31.72	150m: 1:41.60	34.93	250m: 2:54.21	36.49	350m: 4:06.21	35.17
100m: 1:06.67	34.95	200m: 2:17.72	36.12	300m: 3:31.04	36.83	400m: 4:45.11	38.90
9. BIELIENKOV Nikita	08	4:48.75	442	1:09.28	1:14.77	1:14.99	1:09.71
50m: 32.93	32.93	150m: 1:46.02	36.74	250m:	350m:	300m: 3:39.04	400m: 4:48.75
100m: 1:09.28	36.35	200m: 2:24.05	38.03				
10. B CZYK Maciej	08	4:55.72	412	1:10.51	1:15.87	1:15.75	1:13.59
50m: 32.69	32.69	150m: 1:48.19	37.68	250m: 3:04.22	37.84	350m: 4:19.68	37.55
100m: 1:10.51	37.82	200m: 2:26.38	38.19	300m: 3:42.13	37.91	400m: 4:55.72	36.04
11. SOBIERALSKI Igor	08	4:55.77	411	1:10.33	1:16.38	1:17.60	1:11.46
50m: 32.78	32.78	150m: 1:48.84	38.51	250m: 3:05.57	38.86	350m: 4:21.97	37.66
100m: 1:10.33	37.55	200m: 2:26.71	37.87	300m: 3:44.31	38.74	400m: 4:55.77	33.80
12. KOWALIK Wiktor	08	5:01.82	387	1:10.17	1:18.50	1:17.72	1:15.43
50m: 32.53	32.53	150m: 1:48.96	38.79	250m: 3:07.48	38.81	350m: 4:25.25	38.86
100m: 1:10.17	37.64	200m: 2:28.67	39.71	300m: 3:46.39	38.91	400m: 5:01.82	36.57
13. ŁATKA Aleksander	08	5:46.97	255	1:20.99	1:29.39	1:31.07	1:25.52
50m: 37.62	37.62	150m: 2:05.62	44.63	250m: 3:36.04	45.66	350m: 5:06.10	44.65
100m: 1:20.99	43.37	200m: 2:50.38	44.76	300m: 4:21.45	45.41	400m: 5:46.97	40.87
14. WALERON Łukasz	08	5:59.61	229	1:24.85	1:32.29	1:33.37	1:29.10
50m: 38.97	38.97	150m: 2:12.07	47.22	250m: 3:43.53	46.39	350m: 5:16.22	45.71
100m: 1:24.85	45.88	200m: 2:57.14	45.07	300m: 4:30.51	46.98	400m: 5:59.61	43.39

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Poznań, 18. - 19.6.2022

Konkurencja 19, Mężczyźni, 400m dowolny

Kat. 10-13 lat

1. MOCNY Dariusz	10	"UKS - Jedynka Kórnik"	5:07.89	365	1:11.36	1:19.45	1:19.43	1:17.65			
50m:	33.35	33.35	150m:	1:50.86	39.50	250m:	3:10.33	39.52	350m:	4:30.38	40.14
100m:	1:11.36	38.01	200m:	2:30.81	39.95	300m:	3:50.24	39.91	400m:	5:07.89	37.51
2. JANUS Dawid	09	UKS Trójka Roda Wlkp.	5:30.65	294	1:13.17	1:24.00	1:27.78	1:25.70			
50m:	33.86	33.86	150m:	1:54.68	41.51	250m:	3:21.10	43.93	350m:	4:48.98	44.03
100m:	1:13.17	39.31	200m:	2:37.17	42.49	300m:	4:04.95	43.85	400m:	5:30.65	41.67
3. STASZEK Albert	11	Uks Cityzen	5:34.76	284	1:17.29	1:27.19	1:27.56	1:22.72			
50m:	35.55	35.55	150m:	2:01.07	43.78	250m:	3:28.04	43.56	350m:	4:54.57	42.53
100m:	1:17.29	41.74	200m:	2:44.48	43.41	300m:	4:12.04	44.00	400m:	5:34.76	40.19
4. RADZIEWICZ Marcin	10	Uks Cityzen	5:47.83	253	1:20.99	1:31.47	1:29.97	1:25.40			
50m:	37.62	37.62	150m:	2:06.99	46.00	250m:	3:37.78	45.32	350m:	5:06.07	43.64
100m:	1:20.99	43.37	200m:	2:52.46	45.47	300m:	4:22.43	44.65	400m:	5:47.83	41.76
5. POLITYŁO Mateusz	11	UKS Fala Swarzędz	6:49.99	154	1:33.14	1:45.09	1:48.27	1:43.49			
50m:	42.26	42.26	150m:	2:25.19	52.05	250m:	4:12.36	54.13	350m:	5:58.91	52.41
100m:	1:33.14	50.88	200m:	3:18.23	53.04	300m:	5:06.50	54.14	400m:	6:49.99	51.08