

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
Poznań, 15.4.2023

Konkurencja 10
2023.04.15 - 14:20

Mężczyźni, 400m dowolny

Open
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m
Grupa A								
1.	01	ŁŁUSZKOWSKI Mateusz	4:13.77	652	1:01.66	1:04.20	1:04.77	1:03.14
		50m: 29.99 29.99	150m: 1:33.32 31.66	250m: 2:37.85 31.99	350m: 3:43.85 33.22			
		100m: 1:01.66 31.67	200m: 2:05.86 32.54	300m: 3:10.63 32.78	400m: 4:13.77 29.92			
2.	06	ZALEWSKI Jacek	4:16.17	634	1:01.97	1:04.59	1:04.90	1:04.71
		50m: 29.75 29.75	150m: 1:33.91 31.94	250m: 2:38.62 32.06	350m: 3:44.41 32.95			
		100m: 1:01.97 32.22	200m: 2:06.56 32.65	300m: 3:11.46 32.84	400m: 4:16.17 31.76			
3.	06	KOWALI SKI Adrian	4:18.63	616	1:01.52	1:05.14	1:05.91	1:06.06
		50m: 29.71 29.71	150m: 1:34.03 32.51	250m: 2:39.34 32.68	350m: 3:45.93 33.36			
		100m: 1:01.52 31.81	200m: 2:06.66 32.63	300m: 3:12.57 33.23	400m: 4:18.63 32.70			
4.	06	KRASOWSKI Szymon	4:26.67	562	1:02.77	1:07.70	1:08.93	1:07.27
		50m: 29.44 29.44	150m: 1:36.65 33.88	250m: 2:44.89 34.42	350m: 3:53.94 34.54			
		100m: 1:02.77 33.33	200m: 2:10.47 33.82	300m: 3:19.40 34.51	400m: 4:26.67 32.73			
5.	06	GORZE Norbert	4:29.48	544	1:03.88	1:08.15	1:08.76	1:08.69
		50m: 30.30 30.30	150m: 1:37.51 33.63	250m: 2:46.27 34.24	350m: 3:55.60 34.81			
		100m: 1:03.88 33.58	200m: 2:12.03 34.52	300m: 3:20.79 34.52	400m: 4:29.48 33.88			
6.	05	MAJAK Mateusz	4:46.87	451	1:09.18	1:15.08	1:11.65	1:10.96
		50m: 32.95 32.95	150m: 1:46.42 37.24	250m: 2:59.77 35.51	350m: 4:11.82 35.91			
		100m: 1:09.18 36.23	200m: 2:24.26 37.84	300m: 3:35.91 36.14	400m: 4:46.87 35.05			
Grupa B								
1.	08	LITOBORSKI Mikołaj	4:12.86	659	1:02.74	1:03.79	1:04.92	1:01.41
		50m: 30.11 30.11	150m: 1:34.34 31.60	250m: 2:38.73 32.20	350m: 3:43.03 31.58			
		100m: 1:02.74 32.63	200m: 2:06.53 32.19	300m: 3:11.45 32.72	400m: 4:12.86 29.83			
2.	08	CZERWONKA Jan	4:18.30	618	1:02.54	1:05.29	1:06.31	1:04.16
		50m: 29.98 29.98	150m: 1:35.21 32.67	250m: 2:41.09 33.26	350m: 3:47.21 33.07			
		100m: 1:02.54 32.56	200m: 2:07.83 32.62	300m: 3:14.14 33.05	400m: 4:18.30 31.09			
3.	08	BIELIENKOV Nikita	4:34.81	513	1:06.75	1:10.39	1:10.16	1:07.51
		50m: 31.79 31.79	150m: 1:41.61 34.86	250m: 2:52.19 35.05	350m: 4:02.12 34.82			
		100m: 1:06.75 34.96	200m: 2:17.14 35.53	300m: 3:27.30 35.11	400m: 4:34.81 32.69			
4.	07	PIETRZAK Michał	4:37.78	497	1:06.89	1:10.87	1:09.48	1:10.54
		50m: 31.77 31.77	150m: 1:42.03 35.14	250m: 2:52.00 34.24	350m: 4:02.33 35.09			
		100m: 1:06.89 35.12	200m: 2:17.76 35.73	300m: 3:27.24 35.24	400m: 4:37.78 35.45			
5.	08	NOWAKOWSKI Kuba	4:40.22	484	1:05.58	1:10.84	1:12.92	1:10.88
		50m: 31.02 31.02	150m: 1:40.41 34.83	250m: 2:52.74 36.32	350m: 4:05.13 35.79			
		100m: 1:05.58 34.56	200m: 2:16.42 36.01	300m: 3:29.34 36.60	400m: 4:40.22 35.09			
6.	07	WIELGOSZ Borys	4:40.85	481	1:06.68	1:12.70	1:12.30	1:09.17
		50m: 30.74 30.74	150m: 1:42.87 36.19	250m: 2:55.56 36.18	350m: 4:07.09 35.41			
		100m: 1:06.68 35.94	200m: 2:19.38 36.51	300m: 3:31.68 36.12	400m: 4:40.85 33.76			
7.	07	MICHALCZUK Bartosz	4:44.77	461	1:05.68	1:13.47	1:12.92	1:12.70
		50m: 30.14 30.14	150m: 1:42.36 36.68	250m: 2:55.41 36.26	350m: 4:08.97 36.90			
		100m: 1:05.68 35.54	200m: 2:19.15 36.79	300m: 3:32.07 36.66	400m: 4:44.77 35.80			
8.	08	GRZECHOWIAK Antoni	4:45.09	459	1:05.22	1:13.24	1:14.66	1:11.97
		50m: 30.27 30.27	150m: 1:41.37 36.15	250m: 2:55.48 37.02	350m: 4:10.28 37.16			
		100m: 1:05.22 34.95	200m: 2:18.46 37.09	300m: 3:33.12 37.64	400m: 4:45.09 34.81			
9.	08	HOFMAN Marcel	4:45.14	459	1:05.20	1:13.25	1:14.55	1:12.14
		50m: 30.38 30.38	150m: 1:41.69 36.49	250m: 2:55.47 37.02	350m: 4:10.55 37.55			
		100m: 1:05.20 34.82	200m: 2:18.45 36.76	300m: 3:33.00 37.53	400m: 4:45.14 34.59			
10.	08	B CZYK Maciej	4:47.03	450	1:07.62	1:14.16	1:14.09	1:11.16
		50m: 31.18 31.18	150m: 1:44.95 37.33	250m: 2:58.58 36.80	350m: 4:12.73 36.86			
		100m: 1:07.62 36.44	200m: 2:21.78 36.83	300m: 3:35.87 37.29	400m: 4:47.03 34.30			
11.	08	OPANASIUK Vitalij	5:06.77	369	1:10.51	1:19.06	1:19.45	1:17.75
		50m: 32.84 32.84	150m: 1:49.54 39.03	250m: 3:09.22 39.65	350m: 4:28.22 39.20			
		100m: 1:10.51 37.67	200m: 2:29.57 40.03	300m: 3:49.02 39.80	400m: 5:06.77 38.55			
12.	08	CZERWI SKI Kacper	5:20.16	324	1:15.50	1:22.91	1:22.61	1:19.14
		50m: 34.81 34.81	150m: 1:56.38 40.88	250m: 3:20.12 41.71	350m: 4:40.97 39.95			
		100m: 1:15.50 40.69	200m: 2:38.41 42.03	300m: 4:01.02 40.90	400m: 5:20.16 39.19			

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
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Konkurencja 10, Chłopców, 400m dowolny, Grupa B

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m				
13. SZYMA SKI Michał	07	UKS „SPORTOWIEC” Oborniki	5:34.22	285	1:15.83	1:25.95	1:27.35	1:25.09			
50m:	35.12	35.12	150m:	1:58.94	43.11	250m:	3:25.99	44.21	350m:	4:52.74	43.61
100m:	1:15.83	40.71	200m:	2:41.78	42.84	300m:	4:09.13	43.14	400m:	5:34.22	41.48

Grupa C

1. WILANT Wiktor	09	MKP „SŁOWIANKA” Gorzów Śląski	4:30.93	535	1:05.34	1:11.30	1:10.30	1:03.99			
50m:	30.33	30.33	150m:	1:40.89	35.55	250m:	2:51.84	35.20	350m:	3:59.83	32.89
100m:	1:05.34	35.01	200m:	2:16.64	35.75	300m:	3:26.94	35.10	400m:	4:30.93	31.10
2. MIZGALSKI Kacper	09	KS Warta Poznań	4:41.00	480	1:05.65	1:11.91	1:13.05	1:10.39			
50m:	30.74	30.74	150m:	1:41.55	35.90	250m:	2:54.11	36.55	350m:	4:06.62	36.01
100m:	1:05.65	34.91	200m:	2:17.56	36.01	300m:	3:30.61	36.50	400m:	4:41.00	34.38
3. JANKIEWICZ Szymon	09	MKS Neptun Stargard	4:45.90	456	1:05.77	1:14.03	1:14.07	1:12.03			
50m:	30.40	30.40	150m:	1:42.53	36.76	250m:	2:56.58	36.78	350m:	4:10.26	36.39
100m:	1:05.77	35.37	200m:	2:19.80	37.27	300m:	3:33.87	37.29	400m:	4:45.90	35.64
4. NADAJ Filip	09	Stowarzyszenie UKS Siódmiogórska	4:46.21	454	1:08.17	1:13.15	1:13.39	1:11.50			
50m:	32.92	32.92	150m:	1:44.34	36.17	250m:	2:58.02	36.70	350m:	4:11.05	36.34
100m:	1:08.17	35.25	200m:	2:21.32	36.98	300m:	3:34.71	36.69	400m:	4:46.21	35.16
5. SŁABEK Wiktor	09	GKS „CARTUSIA” w Kartuzach	4:47.36	449	1:07.49	1:14.18	1:13.90	1:11.79			
50m:	31.69	31.69	150m:	1:44.44	36.95	250m:	2:58.61	36.94	350m:	4:12.58	37.01
100m:	1:07.49	35.80	200m:	2:21.67	37.23	300m:	3:35.57	36.96	400m:	4:47.36	34.78
6. HAŁAS-AGATOWSKI H.	09	KS Rekiny Osielesko	4:52.05	427	1:07.41	1:16.32	1:16.92	1:11.40			
50m:	31.28	31.28	150m:	1:45.29	37.88	250m:	3:02.23	38.50	350m:	4:18.23	37.58
100m:	1:07.41	36.13	200m:	2:23.73	38.44	300m:	3:40.65	38.42	400m:	4:52.05	33.82
7. WOJTKOWIAK Wiktor	09	KS Warta Poznań	4:56.46	409	1:09.59	1:16.75	1:16.15	1:13.97			
50m:	32.11	32.11	150m:	1:47.73	38.14	250m:	3:04.31	37.97	350m:	4:20.23	37.74
100m:	1:09.59	37.48	200m:	2:26.34	38.61	300m:	3:42.49	38.18	400m:	4:56.46	36.23
8. HUBERT Dominik	09	MKP Kołobrzeg	5:06.55	369	1:05.85	1:17.60	1:22.44	1:20.66			
50m:	30.09	30.09	150m:	1:44.04	38.19	250m:	3:03.76	40.31	350m:	4:27.08	41.19
100m:	1:05.85	35.76	200m:	2:23.45	39.41	300m:	3:45.89	42.13	400m:	5:06.55	39.47
9. CHWAŁCZY SKI Szymon	09	WKS I sk	5:08.38	363	1:14.82	1:19.89	1:17.91	1:15.76			
50m:	34.82	34.82	150m:	1:54.22	39.40	250m:	3:13.36	38.65	350m:	4:31.50	38.88
100m:	1:14.82	40.00	200m:	2:34.71	40.49	300m:	3:52.62	39.26	400m:	5:08.38	36.88
10. PONOMARENKO V.	09	MKP Kołobrzeg	5:10.10	357	1:13.34	1:20.54	1:20.21	1:16.01			
50m:	33.66	33.66	150m:	1:53.14	39.80	250m:	3:13.72	39.84	350m:	4:33.49	39.40
100m:	1:13.34	39.68	200m:	2:33.88	40.74	300m:	3:54.09	40.37	400m:	5:10.10	36.61

Grupa D

1. MOCNY Dariusz	10	"UKS - Jedyńka Kórnik"	4:37.68	497	1:05.39	1:10.67	1:11.27	1:10.35			
50m:	31.58	31.58	150m:	1:40.74	35.35	250m:	2:51.79	35.73	350m:	4:02.97	35.64
100m:	1:05.39	33.81	200m:	2:16.06	35.32	300m:	3:27.33	35.54	400m:	4:37.68	34.71
2. DAWIDOWICZ Konrad	10	MKS Ochota Warszawa	4:40.22	484	1:07.14	1:11.33	1:11.27	1:10.48			
50m:	31.75	31.75	150m:	1:42.93	35.79	250m:	2:54.04	35.57	350m:	4:05.77	36.03
100m:	1:07.14	35.39	200m:	2:18.47	35.54	300m:	3:29.74	35.70	400m:	4:40.22	34.45
3. BUDZISZ Szymon	10	MTP Kormoran Olsztyn	4:49.95	437	1:08.24	1:14.25	1:15.49	1:11.97			
50m:	32.67	32.67	150m:	1:44.99	36.75	250m:	3:00.08	37.59	350m:	4:15.44	37.46
100m:	1:08.24	35.57	200m:	2:22.49	37.50	300m:	3:37.98	37.90	400m:	4:49.95	34.51
4. KOSIAREK Mateusz	10	WKS I sk	4:51.91	428	1:09.07	1:14.69	1:15.68	1:12.47			
50m:	32.43	32.43	150m:	1:46.17	37.10	250m:	3:01.93	38.17	350m:	4:16.62	37.18
100m:	1:09.07	36.64	200m:	2:23.76	37.59	300m:	3:39.44	37.51	400m:	4:51.91	35.29
5. KRUK Mateusz	10	MTKP Delfin Toru	5:48.68	251	1:21.82	1:29.62	1:30.83	1:26.41			
50m:	38.11	38.11	150m:	2:06.44	44.62	250m:	3:36.42	44.98	350m:	5:07.40	45.13
100m:	1:21.82	43.71	200m:	2:51.44	45.00	300m:	4:22.27	45.85	400m:	5:48.68	41.28
6. CHMIELECKI Kacper	10	MTKP Delfin Toru	6:14.00	203	1:26.96	1:36.26	1:37.94	1:32.84			
50m:	41.50	41.50	150m:	2:13.60	46.64	250m:	3:52.53	49.31	350m:		
100m:	1:26.96	45.46	200m:	3:03.22	49.62	300m:	4:41.16	48.63	400m:	6:14.00	

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
Poznań, 15.4.2023

Konkurencja 10, M - czynn, 400m dowolny

Grupa E

1. NOWICKI Wiktor	11	KS Warta Poznań	5:39.48	272	1:22.13	1:28.13	1:28.15	1:21.07
50m:	38.88	38.88	150m:	3:34.30	44.04	350m:	5:00.50	42.09
100m:	1:22.13	43.25	200m:	4:18.41	44.11	400m:	5:39.48	38.98
2. HEBROWSKI Łukasz	11	KS Warta Poznań	5:41.24	268	1:22.35	1:27.98	1:27.75	1:23.16
50m:	39.03	39.03	150m:	3:33.92	43.59	350m:	5:00.56	42.48
100m:	1:22.35	43.32	200m:	4:18.08	44.16	400m:	5:41.24	40.68
3. BRO CZYK Michał	11	MTKP Delfin Toruń	6:11.67	207	1:24.92	1:36.96	1:37.23	1:32.56
50m:	39.47	39.47	150m:	3:50.39	48.51	350m:	5:28.31	49.20
100m:	1:24.92	45.45	200m:	4:39.11	48.72	400m:	6:11.67	43.36

Grupa F

1. OGÓREK Mariusz	12	MKP Szczecin	5:11.88	351	1:14.39	1:20.02	1:20.19	1:17.28
50m:	35.08	35.08	150m:	3:14.47	40.06	350m:	4:33.64	39.04
100m:	1:14.39	39.31	200m:	3:54.60	40.13	400m:	5:11.88	38.24
2. WDOWIAK Jakub	12	CSiR MOS w D. Browie Górniczej	5:22.98	316	1:17.49	1:23.66	1:23.65	1:18.18
50m:	35.91	35.91	150m:	3:22.86	41.71	350m:	4:46.41	41.61
100m:	1:17.49	41.58	200m:	4:04.80	41.94	400m:	5:22.98	36.57
3. F FERREK Filip	13	MUKS "TUREK" pływacy	5:26.98	304	1:17.33	1:23.85	1:24.19	1:21.61
50m:	35.79	35.79	150m:	3:23.30	42.12	350m:	4:47.15	41.78
100m:	1:17.33	41.54	200m:	4:05.37	42.07	400m:	5:26.98	39.83
4. SZMUL Mieszko	12	Stowarzyszenie UKS Siódma	6:20.07	194	1:28.44	1:39.05	1:39.70	1:32.88
50m:	40.22	40.22	150m:	3:56.98	49.49	350m:	5:36.67	49.48
100m:	1:28.44	48.22	200m:	4:47.19	50.21	400m:	6:20.07	43.40