

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach  
Pozna , 20.5.2023

Konkurencja 10  
2023.05.20 - 13:04

M czyzn, 400m dowolny

Open  
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
<b>Grupa A</b>									
1.	ZALEWSKI, Jacek	06	KS Poznania Pozna	<b>4:16.80</b>	629		1:06.08	1:03.68	
	50m: 29.15	29.15	150m: 1:34.19		250m: 2:40.18	33.14	350m: 3:45.50	32.38	
	100m:		200m: 2:07.04	32.85	300m: 3:13.12	32.94	400m: 4:16.80	31.30	
2.	YEVDOKYMOV, Dmytro	06	Mokotowski UKP Warszawi	<b>4:25.72</b>	568	1:02.38	1:08.13	1:07.91	1:07.30
	50m: 29.09	29.09	150m: 1:36.25	33.87	250m: 2:44.48	33.97	350m: 3:52.56	34.14	
	100m: 1:02.38	33.29	200m: 2:10.51	34.26	300m: 3:18.42	33.94	400m: 4:25.72	33.16	
<b>Grupa B</b>									
1.	BIELIENKOV, Nikita	08	KS Warta Pozna	<b>4:28.80</b>	548	1:06.89	1:08.55	1:08.31	1:05.05
	50m: 32.17	32.17	150m: 1:41.08	34.19	250m: 2:49.49	34.05	350m: 3:58.12	34.37	
	100m: 1:06.89	34.72	200m: 2:15.44	34.36	300m: 3:23.75	34.26	400m: 4:28.80	30.68	
2.	BARANOWSKI, Alex	07	KS Poznania Pozna	<b>4:30.21</b>	540	1:03.25	1:07.83	1:09.63	1:09.50
	50m: 29.87	29.87	150m: 1:37.01	33.76	250m: 2:45.33	34.25	350m: 3:55.42	34.71	
	100m: 1:03.25	33.38	200m: 2:11.08	34.07	300m: 3:20.71	35.38	400m: 4:30.21	34.79	
3.	HOFMAN, Marcel	08	St. KP Olimpia wiecie	<b>4:50.45</b>	434	1:05.10	1:14.01	1:17.44	1:13.90
	50m: 31.07	31.07	150m: 1:41.45	36.35	250m: 2:56.94	37.83	350m: 4:14.60	38.05	
	100m: 1:05.10	34.03	200m: 2:19.11	37.66	300m: 3:36.55	39.61	400m: 4:50.45	35.85	
4.	WOJDA, Antoni	08	MKS Znicz Koszalin	<b>5:11.45</b>	352	1:11.52	1:19.63	1:21.44	1:18.86
	50m: 33.02	33.02	150m: 1:51.24	39.72	250m: 3:12.10	40.95	350m: 4:32.65	40.06	
	100m: 1:11.52	38.50	200m: 2:31.15	39.91	300m: 3:52.59	40.49	400m: 5:11.45	38.80	
<b>Grupa C</b>									
1.	WOJTKOWIAK, Wiktor	09	KS Warta Pozna	<b>4:46.86</b>	451	1:05.46	1:13.96	1:15.01	1:12.43
	50m: 30.17	30.17	150m: 1:42.31	36.85	250m: 2:57.12	37.70	350m: 4:11.75	37.32	
	100m: 1:05.46	35.29	200m: 2:19.42	37.11	300m: 3:34.43	37.31	400m: 4:46.86	35.11	
2.	GRABI SKI, Szymon	09	Just Swim Beavers	<b>4:53.19</b>	422	1:07.86	1:16.11	1:16.53	1:12.69
	50m: 31.25	31.25	150m: 1:45.67	37.81	250m: 3:02.51	38.54	350m: 4:17.79	37.29	
	100m: 1:07.86	36.61	200m: 2:23.97	38.30	300m: 3:40.50	37.99	400m: 4:53.19	35.40	
3.	SZWAST, Mateusz	09	MUKS „HURAGAN” Koło	<b>5:07.37</b>	367	1:14.78	1:18.57	1:18.24	1:15.78
	50m: 35.78	35.78	150m: 1:53.91	39.13	250m: 3:12.53	39.18	350m: 4:30.11	38.52	
	100m: 1:14.78	39.00	200m: 2:33.35	39.44	300m: 3:51.59	39.06	400m: 5:07.37	37.26	
4.	CHRU CIEL, Bartosz	09	KS Warta Pozna	<b>5:29.09</b>	299	1:16.10	1:24.54	1:25.62	1:22.83
	50m: 35.40	35.40	150m: 1:58.67	42.57	250m:		350m: 4:49.43	43.17	
	100m: 1:16.10	40.70	200m: 2:40.64	41.97	300m: 4:06.26		400m: 5:29.09	39.66	
<b>Grupa D</b>									
1.	LEWANDOWSKI, Alan	10	Grudzi dzki KP „Orka”	<b>5:07.10</b>	367	1:12.49	1:18.54	1:19.41	1:16.66
	50m: 34.36	34.36	150m: 1:51.62	39.13	250m: 3:10.93	39.90	350m: 4:29.13	38.69	
	100m: 1:12.49	38.13	200m: 2:31.03	39.41	300m: 3:50.44	39.51	400m: 5:07.10	37.97	
2.	ALIPOW, Mateusz	10	Grudzi dzki KP „Orka”	<b>5:10.48</b>	356	1:12.79	1:18.49	1:18.93	1:20.27
	50m: 34.89	34.89	150m: 1:51.94	39.15	250m: 3:11.04	39.76	350m: 4:30.77	40.56	
	100m: 1:12.79	37.90	200m: 2:31.28	39.34	300m: 3:50.21	39.17	400m: 5:10.48	39.71	
3.	MAJKA, Marcel	10	Grudzi dzki KP „Orka”	<b>5:22.40</b>	318	1:16.51	1:22.15	1:23.27	1:20.47
	50m: 35.75	35.75	150m: 1:57.30	40.79	250m: 3:20.17	41.51	350m: 4:43.72	41.79	
	100m: 1:16.51	40.76	200m: 2:38.66	41.36	300m: 4:01.93	41.76	400m: 5:22.40	38.68	
4.	FEDAK, Michał	10	UKS SP AQUARIUS Lesko	<b>5:38.55</b>	274	1:19.69	1:28.67	1:27.82	1:22.37
	50m: 36.97	36.97	150m: 2:04.82	45.13	250m: 3:32.43	44.07	350m: 4:58.87	42.69	
	100m: 1:19.69	42.72	200m: 2:48.36	43.54	300m: 4:16.18	43.75	400m: 5:38.55	39.68	
5.	IWANOWSKI, Filip	10	MUKS "Pi tnastka”	<b>5:45.06</b>	259	1:21.93	1:29.16	1:30.00	1:23.97
	50m: 38.07	38.07	150m: 2:06.17	44.24	250m: 3:36.07	44.98	350m: 5:04.19	43.10	
	100m: 1:21.93	43.86	200m: 2:51.09	44.92	300m: 4:21.09	45.02	400m: 5:45.06	40.87	

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Grupa E

1. PIASECKI, Igor	11	Grudzi dzki KP „Orka”	<b>4:59.60</b>	396	1:10.87	1:16.82	1:17.42	1:14.49			
50m:	33.91	33.91	150m:	1:49.07	38.20	250m:	3:06.28	38.59	350m:	4:22.72	37.61
100m:	1:10.87	36.96	200m:	2:27.69	38.62	300m:	3:45.11	38.83	400m:	4:59.60	36.88
2. NOWICKI, Wiktor	11	KS Warta Pozna	<b>5:27.67</b>	302	1:20.80	1:24.51	1:24.00	1:18.36			
50m:	38.47	38.47	150m:	2:03.21	42.41	250m:		350m:	4:50.46	41.15	
100m:	1:20.80	42.33	200m:	2:45.31	42.10	300m:	4:09.31	400m:	5:27.67	37.21	
3. HEBROWSKI, Łukasz	11	KS Warta Pozna	<b>5:38.57</b>	274	1:21.20	1:26.84	1:26.63	1:23.90			
50m:	39.15	39.15	150m:	2:04.22	43.02	250m:	3:31.60	43.56	350m:	4:57.23	42.56
100m:	1:21.20	42.05	200m:	2:48.04	43.82	300m:	4:14.67	43.07	400m:	5:38.57	41.34
4. JUDEK, Wiktor	11	Aquarius	<b>5:52.22</b>	243	1:23.15	1:32.02	1:30.95	1:26.10			
50m:	39.48	39.48	150m:	2:08.88	45.73	250m:	3:41.02	45.85	350m:	5:08.64	42.52
100m:	1:23.15	43.67	200m:	2:55.17	46.29	300m:	4:26.12	45.10	400m:	5:52.22	43.58

Grupa F

1. F FERREK, Filip	13	MUKS "TUREKIn pływa"	<b>5:29.08</b>	299	1:17.99	1:25.40	1:25.44	1:20.25			
50m:	36.29	36.29	150m:	2:00.54	42.55	250m:	3:26.83	43.44	350m:	4:50.33	41.50
100m:	1:17.99	41.70	200m:	2:43.39	42.85	300m:	4:08.83	42.00	400m:	5:29.08	38.75
2. SZWAST, Marcin	12	MUKS „HURAGAN” Koło	<b>6:06.07</b>	217	1:24.68	1:34.91	1:36.48	1:30.00			
50m:	39.25	39.25	150m:	2:12.10	47.42	250m:	3:47.70	48.11	350m:	5:22.04	45.97
100m:	1:24.68	45.43	200m:	2:59.59	47.49	300m:	4:36.07	48.37	400m:	6:06.07	44.03