

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 16. - 17.6.2023

Konkurencja 21
2023.06.16 - 15:48

Mężczyźni, 400m dowolny

10 lat i starsi
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
10 lat i starsi									
1.	ZALEWSKI Jacek	06	KS Poznań	4:09.62	685	59.49	1:04.32	1:05.28	1:00.53
	50m: 28.23	28.23	150m: 1:31.12	31.63	250m: 2:36.20	32.39	350m: 3:39.59	30.50	
	100m: 59.49	31.26	200m: 2:03.81	32.69	300m: 3:09.09	32.89	400m: 4:09.62	30.03	
2.	LITOBORSKI Mikołaj	08	KS Warta Poznań	4:12.26	663	59.80	1:04.16	1:04.60	1:03.70
	50m: 28.76	28.76	150m: 1:31.51	31.71	250m: 2:36.15	32.19	350m: 3:40.31	31.75	
	100m: 59.80	31.04	200m: 2:03.96	32.45	300m: 3:08.56	32.41	400m: 4:12.26	31.95	
3.	BORKOWSKI Marcel	07	KS Neptun Widnica	4:23.42	583	1:00.53	1:07.00	1:08.14	1:07.75
	50m: 28.79	28.79	150m: 1:33.65	33.12	250m: 2:41.62	34.09	350m: 3:49.90	34.23	
	100m: 1:00.53	31.74	200m: 2:07.53	33.88	300m: 3:15.67	34.05	400m: 4:23.42	33.52	
4.	TWARÓG Mateusz	08	UKS "Krońska Przysa"	4:27.15	559	1:01.14	1:07.75	1:09.62	1:08.64
	50m: 29.05	29.05	150m: 1:34.46	33.32	250m: 2:43.61	34.72	350m: 3:53.38	34.87	
	100m: 1:01.14	32.09	200m: 2:08.89	34.43	300m: 3:18.51	34.90	400m: 4:27.15	33.77	
5.	BARANOWSKI Alex	07	KS Poznań	4:30.26	539	1:03.40	1:09.45	1:10.05	1:07.36
	50m: 29.75	29.75	150m: 1:37.90	34.50	250m: 2:47.65	34.80	350m: 3:57.44	34.54	
	100m: 1:03.40	33.65	200m: 2:12.85	34.95	300m: 3:22.90	35.25	400m: 4:30.26	32.82	
6.	MARYJOWSKI Marcin	09	UKS "Krońska Przysa"	4:38.79	491	1:03.95	1:12.33	1:14.10	1:08.41
	50m: 30.00	30.00	150m: 1:40.16	36.21	250m: 2:53.13	36.85	350m: 4:05.97	35.59	
	100m: 1:03.95	33.95	200m: 2:16.28	36.12	300m: 3:30.38	37.25	400m: 4:38.79	32.82	
7.	B. CZYK Maciej	08	KS Poznań	4:39.11	490	1:05.74	1:11.42	1:11.63	1:10.32
	50m: 30.60	30.60	150m: 1:41.15	35.41	250m: 2:52.91	35.75	350m: 4:04.60	35.81	
	100m: 1:05.74	35.14	200m: 2:17.16	36.01	300m: 3:28.79	35.88	400m: 4:39.11	34.51	
8.	MOCNY Dariusz	10	"UKS - Jedynka Kórnik"	4:39.43	488	1:05.31	1:11.70	1:12.74	1:09.68
	50m: 31.02	31.02	150m: 1:40.98	35.67	250m: 2:53.11	36.10	350m: 4:05.48	35.73	
	100m: 1:05.31	34.29	200m: 2:17.01	36.03	300m: 3:29.75	36.64	400m: 4:39.43	33.95	
9.	HOFMAN Marcel	08	St. KP Olimpia wiecie	4:39.97	485	1:06.89	1:12.52	1:12.90	1:07.66
	50m: 31.19	31.19	150m: 1:42.50	35.61	250m: 2:56.48	37.07	350m: 4:07.04	34.73	
	100m: 1:06.89	35.70	200m: 2:19.41	36.91	300m: 3:32.31	35.83	400m: 4:39.97	32.93	
10.	MIZGALSKI Kacper	09	KS Warta Poznań	4:40.31	483	1:07.16	1:12.18	1:12.54	1:08.43
	50m: 31.40	31.40	150m: 1:42.44	35.28	250m: 2:55.00	35.66	350m: 4:07.32	35.44	
	100m: 1:07.16	35.76	200m: 2:19.34	36.90	300m: 3:31.88	36.88	400m: 4:40.31	32.99	
11.	WOJTKOWIAK Wiktor	09	KS Warta Poznań	4:42.10	474	1:06.86	1:13.02	1:12.67	1:09.55
	50m: 31.08	31.08	150m: 1:43.26	36.40	250m: 2:56.11	36.23	350m: 4:08.29	35.74	
	100m: 1:06.86	35.78	200m: 2:19.88	36.62	300m: 3:32.55	36.44	400m: 4:42.10	33.81	
12.	DUSZAK Sebastian	09	KS Warta Poznań	4:46.11	455	1:06.89	1:14.84	1:15.23	1:09.15
	50m: 31.25	31.25	150m: 1:44.05	37.16	250m: 2:59.56	37.83	350m: 4:12.08	35.12	
	100m: 1:06.89	35.64	200m: 2:21.73	37.68	300m: 3:36.96	37.40	400m: 4:46.11	34.03	
13.	MICHALSKI Maksymilian	09	MUKS "Piastka"	4:46.98	450	1:09.34	1:15.65	1:12.12	1:09.87
	50m: 32.17	32.17	150m: 1:48.07	38.73	250m: 3:01.21	36.22	350m: 4:12.64	35.53	
	100m: 1:09.34	37.17	200m: 2:24.99	36.92	300m: 3:37.11	35.90	400m: 4:46.98	34.34	
14.	BARTOSIK Antoni	09	KS Warta Poznań	4:48.43	444	1:07.54	1:15.32	1:15.34	1:10.23
	50m: 31.37	31.37	150m: 1:45.31	37.77	250m: 3:00.49	37.63	350m: 4:13.99	35.79	
	100m: 1:07.54	36.17	200m: 2:22.86	37.55	300m: 3:38.20	37.71	400m: 4:48.43	34.44	
15.	SZCZĘSNY Kacper	08	MUKS "Piastka"	4:55.69	412	1:09.21	1:15.86	1:14.70	1:15.92
	50m: 32.45	32.45	150m: 1:46.96	37.75	250m: 3:02.67	37.60	350m: 4:18.55	38.78	
	100m: 1:09.21	36.76	200m: 2:25.07	38.11	300m: 3:39.77	37.10	400m: 4:55.69	37.14	
16.	NOWAK Kamil	05	UKS Trójka Roda Wlkp.	4:56.45	409	1:06.37	1:15.81	1:16.71	1:17.56
	50m: 29.86	29.86	150m: 1:44.33	37.96	250m: 3:00.12	37.94	350m: 4:18.74	39.85	
	100m: 1:06.37	36.51	200m: 2:22.18	37.85	300m: 3:38.89	38.77	400m: 4:56.45	37.71	
17.	ZAWADKA Antoni	08	UKS Fala Swarzędz	4:59.88	395	1:07.62	1:18.07	1:18.57	1:15.62
	50m: 31.15	31.15	150m: 1:46.43	38.81	250m: 3:04.09	38.40	350m: 4:22.80	38.54	
	100m: 1:07.62	36.47	200m: 2:25.69	39.26	300m: 3:44.26	40.17	400m: 4:59.88	37.08	
18.	HAMROL Igor	09	UKS Maratończyk Ostrów W	5:01.25	389	1:09.71	1:17.56	1:19.05	1:14.93
	50m: 32.12	32.12	150m: 1:48.33	38.62	250m: 3:06.86	39.59	350m: 4:25.26	38.94	
	100m: 1:09.71	37.59	200m: 2:27.27	38.94	300m: 3:46.32	39.46	400m: 5:01.25	35.99	
19.	STASZEK Albert	11	Uks Cityzen	5:09.46	359	1:11.34	1:19.05	1:20.46	1:18.61
	50m: 33.66	33.66	150m: 1:50.61	39.27	250m: 3:10.61	40.22	350m: 4:31.11	40.26	
	100m: 1:11.34	37.68	200m: 2:30.39	39.78	300m: 3:50.85	40.24	400m: 5:09.46	38.35	

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Poznań, 16. - 17.6.2023

Konkurencja 21, Mężczyźni, 400m dowolny, 10 lat i starsi

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m				
20. MIECHOWIECKI Mateusz	09	St. KP Olimpia wiecie	5:13.28 346	1:14.58	1:22.48	1:21.12	1:15.10				
50m:	34.83	34.83	150m:	1:55.37	40.79	250m:	3:18.56	41.50	350m:	4:36.66	38.48
100m:	1:14.58	39.75	200m:	2:37.06	41.69	300m:	3:58.18	39.62	400m:	5:13.28	36.62
21. KULAWSKI Maksymilian	08	UKS Fala Swarzędz	5:27.22 304	1:11.31	1:27.39	1:27.97	1:20.55				
50m:	31.73	31.73	150m:	1:53.87	42.56	250m:	3:23.03	44.33	350m:	4:48.81	42.14
100m:	1:11.31	39.58	200m:	2:38.70	44.83	300m:	4:06.67	43.64	400m:	5:27.22	38.41
22. WALERON Łukasz	08	UKS Trójka Łódź	5:40.71 269	1:21.93	1:26.44	1:27.22	1:25.12				
50m:	37.47	37.47	150m:	2:05.93	44.00	250m:	3:33.11	44.74	350m:	4:58.63	43.04
100m:	1:21.93	44.46	200m:	2:48.37	42.44	300m:	4:15.59	42.48	400m:	5:40.71	42.08
23. FABISZAK Oktawian	11	KTP Iskra Konin	5:46.01 257	1:18.04	1:30.73	1:30.65	1:26.59				
50m:	35.31	35.31	150m:	2:03.60	45.56	250m:	3:33.45	44.68	350m:	5:05.27	45.85
100m:	1:18.04	42.73	200m:	2:48.77	45.17	300m:	4:19.42	45.97	400m:	5:46.01	40.74
24. MIZERSKI Antoni	12	UKS Niagara Jedynka Wolsztyn	5:55.35 237	1:22.80	1:30.97	1:33.25	1:28.33				
50m:	37.57	37.57	150m:	2:07.72	44.92	250m:	3:40.84	47.07	350m:	5:13.23	46.21
100m:	1:22.80	45.23	200m:	2:53.77	46.05	300m:	4:27.02	46.18	400m:	5:55.35	42.12
25. KOMOROWSKI Kacper	12	KS Warta Poznań	6:09.04 212	1:27.10	1:38.59	1:36.97	1:26.38				
50m:	39.81	39.81	150m:	2:16.48	49.38	250m:	3:54.28	48.59	350m:	5:29.25	46.59
100m:	1:27.10	47.29	200m:	3:05.69	49.21	300m:	4:42.66	48.38	400m:	6:09.04	39.79
26. JAWORSKI Szymon	12	KS Warta Poznań	6:22.97 189	1:30.06	1:39.83	1:40.03	1:33.05				
50m:	41.58	41.58	150m:	2:19.80	49.74	250m:	4:00.10	50.21	350m:	5:38.46	48.54
100m:	1:30.06	48.48	200m:	3:09.89	50.09	300m:	4:49.92	49.82	400m:	6:22.97	44.51
27. SZAFRASKI Dominik	12	KS Warta Poznań	6:36.60 170				1:38.21				
50m:	43.76	43.76	150m:	2:24.45		250m:	4:07.79		350m:		
100m:			200m:			300m:	4:58.39	50.60	400m:	6:36.60	
28. KUSIK Stanisław	12	KS Warta Poznań	6:53.00 151				1:42.40				
50m:	44.53	44.53	150m:			250m:			350m:	6:03.92	53.32
100m:			200m:			300m:	5:10.60		400m:	6:53.00	49.08

14 - 16 lat

1. LITOBORSKI Mikołaj	08	KS Warta Poznań	4:12.26 663	59.80	1:04.16	1:04.60	1:03.70				
50m:	28.76	28.76	150m:	1:31.51	31.71	250m:	2:36.15	32.19	350m:	3:40.31	31.75
100m:	59.80	31.04	200m:	2:03.96	32.45	300m:	3:08.56	32.41	400m:	4:12.26	31.95
2. BORKOWSKI Marcel	07	KS Neptun Widnica	4:23.42 583	1:00.53	1:07.00	1:08.14	1:07.75				
50m:	28.79	28.79	150m:	1:33.65	33.12	250m:	2:41.62	34.09	350m:	3:49.90	34.23
100m:	1:00.53	31.74	200m:	2:07.53	33.88	300m:	3:15.67	34.05	400m:	4:23.42	33.52
3. TWARÓG Mateusz	08	UKS "Krośnicka Przystań"	4:27.15 559	1:01.14	1:07.75	1:09.62	1:08.64				
50m:	29.05	29.05	150m:	1:34.46	33.32	250m:	2:43.61	34.72	350m:	3:53.38	34.87
100m:	1:01.14	32.09	200m:	2:08.89	34.43	300m:	3:18.51	34.90	400m:	4:27.15	33.77
4. BARANOWSKI Alex	07	KS Poznań	4:30.26 539	1:03.40	1:09.45	1:10.05	1:07.36				
50m:	29.75	29.75	150m:	1:37.90	34.50	250m:	2:47.65	34.80	350m:	3:57.44	34.54
100m:	1:03.40	33.65	200m:	2:12.85	34.95	300m:	3:22.90	35.25	400m:	4:30.26	32.82
5. MARYJOWSKI Marcin	09	UKS "Krośnicka Przystań"	4:38.79 491	1:03.95	1:12.33	1:14.10	1:08.41				
50m:	30.00	30.00	150m:	1:40.16	36.21	250m:	2:53.13	36.85	350m:	4:05.97	35.59
100m:	1:03.95	33.95	200m:	2:16.28	36.12	300m:	3:30.38	37.25	400m:	4:38.79	32.82
6. B. CZYK Maciej	08	KS Poznań	4:39.11 490	1:05.74	1:11.42	1:11.63	1:10.32				
50m:	30.60	30.60	150m:	1:41.15	35.41	250m:	2:52.91	35.75	350m:	4:04.60	35.81
100m:	1:05.74	35.14	200m:	2:17.16	36.01	300m:	3:28.79	35.88	400m:	4:39.11	34.51
7. HOFMAN Marcel	08	St. KP Olimpia wiecie	4:39.97 485	1:06.89	1:12.52	1:12.90	1:07.66				
50m:	31.19	31.19	150m:	1:42.50	35.61	250m:	2:56.48	37.07	350m:	4:07.04	34.73
100m:	1:06.89	35.70	200m:	2:19.41	36.91	300m:	3:32.31	35.83	400m:	4:39.97	32.93
8. MIZGALSKI Kacper	09	KS Warta Poznań	4:40.31 483	1:07.16	1:12.18	1:12.54	1:08.43				
50m:	31.40	31.40	150m:	1:42.44	35.28	250m:	2:55.00	35.66	350m:	4:07.32	35.44
100m:	1:07.16	35.76	200m:	2:19.34	36.90	300m:	3:31.88	36.88	400m:	4:40.31	32.99
9. WOJTKOWIAK Wiktor	09	KS Warta Poznań	4:42.10 474	1:06.86	1:13.02	1:12.67	1:09.55				
50m:	31.08	31.08	150m:	1:43.26	36.40	250m:	2:56.11	36.23	350m:	4:08.29	35.74
100m:	1:06.86	35.78	200m:	2:19.88	36.62	300m:	3:32.55	36.44	400m:	4:42.10	33.81
10. DUSZAK Sebastian	09	KS Warta Poznań	4:46.11 455	1:06.89	1:14.84	1:15.23	1:09.15				
50m:	31.25	31.25	150m:	1:44.05	37.16	250m:	2:59.56	37.83	350m:	4:12.08	35.12
100m:	1:06.89	35.64	200m:	2:21.73	37.68	300m:	3:36.96	37.40	400m:	4:46.11	34.03

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 16. - 17.6.2023

Konkurencja 21, Chłopców, 400m dowolny, 14 - 16 lat

Pozycja	Rok	ur.	Czas		Pkt.	100m	200m	300m	400m			
11.	MICHALSKI Maksymilian	09	MUKS "Piastka"		4:46.98	450	1:09.34	1:15.65	1:12.12	1:09.87		
	50m:	32.17	32.17	150m:	1:48.07	38.73	250m:	3:01.21	36.22	350m:	4:12.64	35.53
	100m:	1:09.34	37.17	200m:	2:24.99	36.92	300m:	3:37.11	35.90	400m:	4:46.98	34.34
12.	BARTOSIK Antoni	09	KS Warta Poznań		4:48.43	444	1:07.54	1:15.32	1:15.34	1:10.23		
	50m:	31.37	31.37	150m:	1:45.31	37.77	250m:	3:00.49	37.63	350m:	4:13.99	35.79
	100m:	1:07.54	36.17	200m:	2:22.86	37.55	300m:	3:38.20	37.71	400m:	4:48.43	34.44
13.	SZCZĘSNY Kacper	08	MUKS "Piastka"		4:55.69	412	1:09.21	1:15.86	1:14.70	1:15.92		
	50m:	32.45	32.45	150m:	1:46.96	37.75	250m:	3:02.67	37.60	350m:	4:18.55	38.78
	100m:	1:09.21	36.76	200m:	2:25.07	38.11	300m:	3:39.77	37.10	400m:	4:55.69	37.14
14.	ZAWADKA Antoni	08	UKS Fala Szwarców		4:59.88	395	1:07.62	1:18.07	1:18.57	1:15.62		
	50m:	31.15	31.15	150m:	1:46.43	38.81	250m:	3:04.09	38.40	350m:	4:22.80	38.54
	100m:	1:07.62	36.47	200m:	2:25.69	39.26	300m:	3:44.26	40.17	400m:	4:59.88	37.08
15.	HAMROL Igor	09	UKS Maraton Ostrów Wlkp.		5:01.25	389	1:09.71	1:17.56	1:19.05	1:14.93		
	50m:	32.12	32.12	150m:	1:48.33	38.62	250m:	3:06.86	39.59	350m:	4:25.26	38.94
	100m:	1:09.71	37.59	200m:	2:27.27	38.94	300m:	3:46.32	39.46	400m:	5:01.25	35.99
16.	MIECHOWIECKI Mateusz	09	St. KP Olimpia wrocław		5:13.28	346	1:14.58	1:22.48	1:21.12	1:15.10		
	50m:	34.83	34.83	150m:	1:55.37	40.79	250m:	3:18.56	41.50	350m:	4:36.66	38.48
	100m:	1:14.58	39.75	200m:	2:37.06	41.69	300m:	3:58.18	39.62	400m:	5:13.28	36.62
17.	KULAWSKI Maksymilian	08	UKS Fala Szwarców		5:27.22	304	1:11.31	1:27.39	1:27.97	1:20.55		
	50m:	31.73	31.73	150m:	1:53.87	42.56	250m:	3:23.03	44.33	350m:	4:48.81	42.14
	100m:	1:11.31	39.58	200m:	2:38.70	44.83	300m:	4:06.67	43.64	400m:	5:27.22	38.41
18.	WALERON Łukasz	08	UKS Trójka wrocław Wlkp.		5:40.71	269	1:21.93	1:26.44	1:27.22	1:25.12		
	50m:	37.47	37.47	150m:	2:05.93	44.00	250m:	3:33.11	44.74	350m:	4:58.63	43.04
	100m:	1:21.93	44.46	200m:	2:48.37	42.44	300m:	4:15.59	42.48	400m:	5:40.71	42.08

10 - 13 lat

1.	MOCNY Dariusz	10	"UKS - Jedyńka Kórnik"		4:39.43	488	1:05.31	1:11.70	1:12.74	1:09.68		
	50m:	31.02	31.02	150m:	1:40.98	35.67	250m:	2:53.11	36.10	350m:	4:05.48	35.73
	100m:	1:05.31	34.29	200m:	2:17.01	36.03	300m:	3:29.75	36.64	400m:	4:39.43	33.95
2.	STASZEK Albert	11	Uks Cityzen		5:09.46	359	1:11.34	1:19.05	1:20.46	1:18.61		
	50m:	33.66	33.66	150m:	1:50.61	39.27	250m:	3:10.61	40.22	350m:	4:31.11	40.26
	100m:	1:11.34	37.68	200m:	2:30.39	39.78	300m:	3:50.85	40.24	400m:	5:09.46	38.35
3.	FABISZAK Oktawian	11	KTP Iskra Konin		5:46.01	257	1:18.04	1:30.73	1:30.65	1:26.59		
	50m:	35.31	35.31	150m:	2:03.60	45.56	250m:	3:33.45	44.68	350m:	5:05.27	45.85
	100m:	1:18.04	42.73	200m:	2:48.77	45.17	300m:	4:19.42	45.97	400m:	5:46.01	40.74
4.	MIZERSKI Antoni	12	UKS Niagara Jedyńka Wolska		5:55.35	237	1:22.80	1:30.97	1:33.25	1:28.33		
	50m:	37.57	37.57	150m:	2:07.72	44.92	250m:	3:40.84	47.07	350m:	5:13.23	46.21
	100m:	1:22.80	45.23	200m:	2:53.77	46.05	300m:	4:27.02	46.18	400m:	5:55.35	42.12
5.	KOMOROWSKI Kacper	12	KS Warta Poznań		6:09.04	212	1:27.10	1:38.59	1:36.97	1:26.38		
	50m:	39.81	39.81	150m:	2:16.48	49.38	250m:	3:54.28	48.59	350m:	5:29.25	46.59
	100m:	1:27.10	47.29	200m:	3:05.69	49.21	300m:	4:42.66	48.38	400m:	6:09.04	39.79
6.	JAWORSKI Szymon	12	KS Warta Poznań		6:22.97	189	1:30.06	1:39.83	1:40.03	1:33.05		
	50m:	41.58	41.58	150m:	2:19.80	49.74	250m:	4:00.10	50.21	350m:	5:38.46	48.54
	100m:	1:30.06	48.48	200m:	3:09.89	50.09	300m:	4:49.92	49.82	400m:	6:22.97	44.51
7.	SZAFRAŃSKI Dominik	12	KS Warta Poznań		6:36.60	170				1:38.21		
	50m:	43.76	43.76	150m:	2:24.45		250m:	4:07.79		350m:		
	100m:			200m:			300m:	4:58.39	50.60	400m:	6:36.60	
8.	KUSIK Stanisław	12	KS Warta Poznań		6:53.00	151				1:42.40		
	50m:	44.53	44.53	150m:			250m:			350m:	6:03.92	53.32
	100m:			200m:			300m:	5:10.60		400m:	6:53.00	49.08