

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 16. - 17.6.2023

Konkurencja 4
2023.06.16 - 9:56

Mężczyzn, 400m zmienny

10 lat i starsi
Wyniki

Punkty: FINA 2023

Pozycja	Rok ur.			Czas	Pkt.	100m	200m	300m	400m
10 lat i starsi									
1.	TWARÓG Mateusz	08	UKS "Krońska Przysa"	5:09.09	490	1:04.76	1:23.21	1:32.86	1:08.26
	50m: 29.71	29.71	150m: 1:46.82	42.06	250m: 3:14.45	46.48	350m: 4:35.60	34.77	
	100m: 1:04.76	35.05	200m: 2:27.97	41.15	300m: 4:00.83	46.38	400m: 5:09.09	33.49	
2.	MARYJOWSKI Marcin	09	UKS "Krońska Przysa"	5:19.56	444	1:10.84	1:23.61	1:33.56	1:11.55
	50m: 32.06	32.06	150m: 1:54.15	43.31	250m: 3:21.59	47.14	350m: 4:44.28	36.27	
	100m: 1:10.84	38.78	200m: 2:34.45	40.30	300m: 4:08.01	46.42	400m: 5:19.56	35.28	
3.	RYTOV Illia	08	MKP Szczecin	5:29.38	405	1:09.56	1:30.39	1:29.25	1:20.18
	50m: 31.47	31.47	150m: 1:56.52	46.96	250m: 3:23.04	43.09	350m: 4:50.36	41.16	
	100m: 1:09.56	38.09	200m: 2:39.95	43.43	300m: 4:09.20	46.16	400m: 5:29.38	39.02	
4.	NIEBORAK Bartosz	12	KS Warta Poznań	7:08.07	184	1:39.55	1:49.14	2:01.20	1:38.18
	50m: 44.41	44.41	150m: 2:35.95	56.40	250m: 4:31.96	1:03.27	350m: 6:19.88	49.99	
	100m: 1:39.55	55.14	200m: 3:28.69	52.74	300m: 5:29.89	57.93	400m: 7:08.07	48.19	

14 - 16 lat

1.	TWARÓG Mateusz	08	UKS "Krońska Przysa"	5:09.09	490	1:04.76	1:23.21	1:32.86	1:08.26
	50m: 29.71	29.71	150m: 1:46.82	42.06	250m: 3:14.45	46.48	350m: 4:35.60	34.77	
	100m: 1:04.76	35.05	200m: 2:27.97	41.15	300m: 4:00.83	46.38	400m: 5:09.09	33.49	
2.	MARYJOWSKI Marcin	09	UKS "Krońska Przysa"	5:19.56	444	1:10.84	1:23.61	1:33.56	1:11.55
	50m: 32.06	32.06	150m: 1:54.15	43.31	250m: 3:21.59	47.14	350m: 4:44.28	36.27	
	100m: 1:10.84	38.78	200m: 2:34.45	40.30	300m: 4:08.01	46.42	400m: 5:19.56	35.28	
3.	RYTOV Illia	08	MKP Szczecin	5:29.38	405	1:09.56	1:30.39	1:29.25	1:20.18
	50m: 31.47	31.47	150m: 1:56.52	46.96	250m: 3:23.04	43.09	350m: 4:50.36	41.16	
	100m: 1:09.56	38.09	200m: 2:39.95	43.43	300m: 4:09.20	46.16	400m: 5:29.38	39.02	

10 - 13 lat

1.	NIEBORAK Bartosz	12	KS Warta Poznań	7:08.07	184	1:39.55	1:49.14	2:01.20	1:38.18
	50m: 44.41	44.41	150m: 2:35.95	56.40	250m: 4:31.96	1:03.27	350m: 6:19.88	49.99	
	100m: 1:39.55	55.14	200m: 3:28.69	52.74	300m: 5:29.89	57.93	400m: 7:08.07	48.19	