

Ogólnopolskie Zawody Pływackie - Otwarcie Sezonu na Termach
Pozna , 23.9.2023

Konkurencja 12
2023.09.23 - 14:22

M czyzn, 400m dowolny

Open
Wyniki

Punkty: FINA 2022

Pozycja			Rok ur.					Czas	Pkt.
16 lat i starsi									
1.	KOWALI	SKI Adrian	06	WKS	I sk		4:09.77	613	
	50m:	29.16 29.16	150m:	1:31.45 31.47	250m:	2:34.82 31.66	350m:	3:38.27 31.72	
	100m:	59.98 30.82	200m:	2:03.16 31.71	300m:	3:06.55 31.73	400m:	4:09.77 31.50	
2.	PARADOWSKI	Michał	06	UKS	"Olimp" Gorzów Wlkp.		4:15.60	572	
	50m:	29.49 29.49	150m:	1:35.06 32.75	250m:	2:40.82 32.87	350m:	3:45.67 31.98	
	100m:	1:02.31 32.82	200m:	2:07.95 32.89	300m:	3:13.69 32.87	400m:	4:15.60 29.93	
3.	MICHNIEWICZ	Marcel	06	WKS	I sk		4:15.91	570	
	50m:	29.89 29.89	150m:	1:35.48 32.92	250m:	2:41.54 33.11	350m:	3:46.34 32.15	
	100m:	1:02.56 32.67	200m:	2:08.43 32.95	300m:	3:14.19 32.65	400m:	4:15.91 29.57	
4.	SZWEDZKI	Jakub	00	MKS	Trójka Łód		4:20.13	543	
	50m:	30.04 30.04	150m:	1:35.55 32.92	250m:	2:42.22 33.52	350m:	3:48.81 33.20	
	100m:	1:02.63 32.59	200m:	2:08.70 33.15	300m:	3:15.61 33.39	400m:	4:20.13 31.32	
5.	KUŁTON	Jakub	07	KS	Warta Pozna		4:25.72	509	
	50m:	29.84 29.84	150m:	1:36.26 33.39	250m:	2:43.78 33.93	350m:	3:52.35 34.24	
	100m:	1:02.87 33.03	200m:	2:09.85 33.59	300m:	3:18.11 34.33	400m:	4:25.72 33.37	
6.	ROZMIAREK	Mateusz	06	MKP	„SŁOWIANKA" Gorzów Wlkp.		4:29.50	488	
	50m:	30.44 30.44	150m:	1:37.73 33.89	250m:	2:46.56 34.61	350m:	3:56.13 34.71	
	100m:	1:03.84 33.40	200m:	2:11.95 34.22	300m:	3:21.42 34.86	400m:	4:29.50 33.37	
7.	WAWRZYNIAK	Filip	06	MKP	„SŁOWIANKA" Gorzów Wlkp.		4:39.76	436	
	50m:	30.81 30.81	150m:	1:40.77 35.61	250m:	2:52.20 35.85	350m:	4:04.43 36.21	
	100m:	1:05.16 34.35	200m:	2:16.35 35.58	300m:	3:28.22 36.02	400m:	4:39.76 35.33	
8.	WACHOWSKI	Bła ej	80	KS	Warta Pozna		5:01.49	348	
	50m:	34.47 34.47	150m:	1:50.91 38.21	250m:	3:07.48 38.52	350m:	4:24.32 38.25	
	100m:	1:12.70 38.23	200m:	2:28.96 38.05	300m:	3:46.07 38.59	400m:	5:01.49 37.17	
14 - 15 lat									
1.	LITOBORSKI	Mikołaj	08	KS	Warta Pozna		4:05.89	643	
	50m:	27.53 27.53	150m:	1:28.41 30.86	250m:	2:31.39 31.16	350m:	3:34.49 31.48	
	100m:	57.55 30.02	200m:	2:00.23 31.82	300m:	3:03.01 31.62	400m:	4:05.89 31.40	
2.	BIE KOWSKI	Mateusz	08	UKS	abianka Gda sk		4:08.71	621	
	50m:	27.23 27.23	150m:	1:28.19 31.12	250m:	2:31.85 31.64	350m:	3:33.86 30.04	
	100m:	57.07 29.84	200m:	2:00.21 32.02	300m:	3:03.82 31.97	400m:	4:08.71 34.85	
3.	BIELIENKOV	Nikita	08	KS	Warta Pozna		4:21.24	536	
	50m:	30.66 30.66	150m:	1:36.57 33.12	250m:	2:42.58 33.11	350m:	3:49.08 33.20	
	100m:	1:03.45 32.79	200m:	2:09.47 32.90	300m:	3:15.88 33.30	400m:	4:21.24 32.16	
4.	MIELCAREK	Filip	09	TP	Skalar, Słupsk		4:26.43	505	
	50m:	30.10 30.10	150m:	1:37.98 34.35	250m:	2:46.00 34.17	350m:	3:53.92 34.09	
	100m:	1:03.63 33.53	200m:	2:11.83 33.85	300m:	3:19.83 33.83	400m:	4:26.43 32.51	
5.	LESIAK	Piotr	09	SKS	137 Delfin Łód		4:27.20	501	
	50m:	29.40 29.40	150m:	1:37.72 34.54	250m:	2:45.54 33.87	350m:	3:54.05 33.88	
	100m:	1:03.18 33.78	200m:	2:11.67 33.95	300m:	3:20.17 34.63	400m:	4:27.20 33.15	
6.	B CZYK	Maciej	08	KS	Posnania Pozna		4:28.95	491	
	50m:	28.71 28.71	150m:	1:36.87 34.42	250m:	2:46.01 34.44	350m:	3:55.01 34.39	
	100m:	1:02.45 33.74	200m:	2:11.57 34.70	300m:	3:20.62 34.61	400m:	4:28.95 33.94	
7.	STARO	Filip	08	UKS	abianka Gda sk		4:31.56	477	
	50m:	31.66 31.66	150m:	1:40.50 34.48	250m:	2:50.00 34.69	350m:	3:58.33 34.22	
	100m:	1:06.02 34.36	200m:	2:15.31 34.81	300m:	3:24.11 34.11	400m:	4:31.56 33.23	
8.	RUTKIEWICZ	Łukasz	08	KS	Warta Pozna		4:32.86	470	
	50m:	30.49 30.49	150m:	1:39.51 34.39	250m:	2:48.95 34.92	350m:	3:58.67 34.87	
	100m:	1:05.12 34.63	200m:	2:14.03 34.52	300m:	3:23.80 34.85	400m:	4:32.86 34.19	

Ogólnopolskie Zawody Pływackie - Otwarcie Sezonu na Termach
Pozna , 23.9.2023

Konkurencja 12, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.		
9.	WOJTKOWIAK Wiktor		09	KS Pospolania Pozna				4:36.78	450		
	50m:	29.02 29.02	150m:	1:38.58	35.47	250m:	2:49.96	36.00	350m:	4:01.70	35.37
	100m:	1:03.11 34.09	200m:	2:13.96	35.38	300m:	3:26.33	36.37	400m:	4:36.78	35.08
10.	WIERZCHOWSKI Patryk		09	MKP Szczecin				4:56.27	367		
	50m:	31.01 31.01	150m:	1:44.96	37.45	250m:	3:01.55	38.43	350m:	4:18.47	38.77
	100m:	1:07.51 36.50	200m:	2:23.12	38.16	300m:	3:39.70	38.15	400m:	4:56.27	37.80
13 lat											
1.	WERESZCZY SKI Igor		10	WKS I sk				4:44.85	413		
	50m:	31.28 31.28	150m:	1:43.00	36.06	250m:	2:56.18	36.31	350m:	4:10.19	36.99
	100m:	1:06.94 35.66	200m:	2:19.87	36.87	300m:	3:33.20	37.02	400m:	4:44.85	34.66
2.	KOPACKI Aleksander		10	TP Skalar, Słupsk				4:49.00	396		
	50m:	32.13 32.13	150m:	1:43.95	36.08	250m:	2:58.25	37.36	350m:	4:12.72	37.70
	100m:	1:07.87 35.74	200m:	2:20.89	36.94	300m:	3:35.02	36.77	400m:	4:49.00	36.28
3.	KOSIAREK Mateusz		10	WKS I sk				4:54.43	374		
	50m:	32.67 32.67	150m:	1:47.73	38.15	250m:	3:03.62	37.99	350m:	4:18.60	36.90
	100m:	1:09.58 36.91	200m:	2:25.63	37.90	300m:	3:41.70	38.08	400m:	4:54.43	35.83
4.	D BICKI Marcel		10	WKS I sk				4:57.96	361		
	50m:	33.99 33.99	150m:	1:49.73	38.41	250m:	3:06.10	38.08	350m:	4:21.55	37.68
	100m:	1:11.32 37.33	200m:	2:28.02	38.29	300m:	3:43.87	37.77	400m:	4:57.96	36.41
5.	D BROWSKI Oliwier		10	MKP „SŁOWIANKA” Gorzów Wlkp.				5:02.02	347		
	50m:	33.66 33.66	150m:	1:49.37	38.33	250m:	3:07.82	39.42	350m:	4:24.42	37.70
	100m:	1:11.04 37.38	200m:	2:28.40	39.03	300m:	3:46.72	38.90	400m:	5:02.02	37.60
6.	LUSTIUK Tymofii		10	TP Zielona Góra				5:03.56	341		
	50m:	33.28 33.28	150m:	1:48.26	38.13	250m:	3:05.43	38.99	350m:	4:25.33	40.10
	100m:	1:10.13 36.85	200m:	2:26.44	38.18	300m:	3:45.23	39.80	400m:	5:03.56	38.23
7.	BRYDA Szymon		10	MKS SP 63 Bydgoszcz				5:07.64	328		
	50m:	32.73 32.73	150m:	1:50.59	39.96	250m:	3:11.27	40.35	350m:	4:30.70	39.30
	100m:	1:10.63 37.90	200m:	2:30.92	40.33	300m:	3:51.40	40.13	400m:	5:07.64	36.94
8.	ALIPOW Mateusz		10	Grudzi dzki KP „Orka”				5:11.83	315		
	50m:	33.22 33.22	150m:	1:51.36	39.98	250m:	3:12.26	40.80	350m:	4:33.15	40.31
	100m:	1:11.38 38.16	200m:	2:31.46	40.10	300m:	3:52.84	40.58	400m:	5:11.83	38.68
9.	MIODUSZEWSKI Jakub		10	MKP „SŁOWIANKA” Gorzów Wlkp.				5:15.18	305		
	50m:	35.88 35.88	150m:	1:55.08	40.26	250m:	3:16.18	40.60	350m:	4:36.53	40.01
	100m:	1:14.82 38.94	200m:	2:35.58	40.50	300m:	3:56.52	40.34	400m:	5:15.18	38.65
10.	KARLI SKI Tomasz		10	KS Warta Pozna				5:18.60	295		
	50m:	36.54 36.54	150m:	1:57.71	41.06	250m:	3:19.91	40.79	350m:	4:38.76	39.74
	100m:	1:16.65 40.11	200m:	2:39.12	41.41	300m:	3:59.02	39.11	400m:	5:18.60	39.84
11.	GRACZYK Michał		10	MKP „SŁOWIANKA” Gorzów Wlkp.				5:20.41	290		
	50m:	34.97 34.97	150m:	1:54.19	39.67	250m:	3:17.80	41.87	350m:	4:38.21	40.05
	100m:	1:14.52 39.55	200m:	2:35.93	41.74	300m:	3:58.16	40.36	400m:	5:20.41	42.20
12.	SKRZYPACZ Tymoteusz		10	MKP „SŁOWIANKA” Gorzów Wlkp.				5:20.74	289		
	50m:	35.84 35.84	150m:	1:57.75	41.79	250m:	3:21.81	42.52	350m:	4:43.69	40.66
	100m:	1:15.96 40.12	200m:	2:39.29	41.54	300m:	4:03.03	41.22	400m:	5:20.74	37.05
13.	BISKUPSKI Bartłomiej		10	MKP „SŁOWIANKA” Gorzów Wlkp.				5:24.94	278		
	50m:	34.25 34.25	150m:	1:54.75	41.26	250m:	3:17.58	41.85	350m:	4:44.42	44.03
	100m:	1:13.49 39.24	200m:	2:35.73	40.98	300m:	4:00.39	42.81	400m:	5:24.94	40.52
14.	JO CZYK Nikodem		10	WKS I sk				5:26.55	274		
	50m:	35.28 35.28	150m:	1:58.92	42.31	250m:	3:24.56	43.10	350m:	4:49.03	42.06
	100m:	1:16.61 41.33	200m:	2:41.46	42.54	300m:	4:06.97	42.41	400m:	5:26.55	37.52
15.	KRZEMI SKI Wojciech		10	MKP „SŁOWIANKA” Gorzów Wlkp.				5:30.41	265		
	50m:	34.31 34.31	150m:	1:58.27	42.53	250m:	3:23.47	42.95	350m:	4:49.82	43.43
	100m:	1:15.74 41.43	200m:	2:40.52	42.25	300m:	4:06.39	42.92	400m:	5:30.41	40.59

Ogólnopolskie Zawody Pływackie - Otwarcie Sezonu na Termach
Pozna , 23.9.2023

Konkurencja 12, Chłopców, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
16.	PURAT Alan		10	MKP „SŁOWIANKA” Gorzów Wlkp.				5:42.17	238
	50m:	39.00 39.00	150m:	2:06.09 43.60	250m:	3:35.33 44.49	350m:	5:02.41 43.36	
	100m:	1:22.49 43.49	200m:	2:50.84 44.75	300m:	4:19.05 43.72	400m:	5:42.17 39.76	
17.	KALETA Bartłomiej		10	WKS I sk				5:53.95	215
	50m:	38.81 38.81	150m:	2:10.00 45.86	250m:	3:39.90 45.07	350m:	5:09.93 44.85	
	100m:	1:24.14 45.33	200m:	2:54.83 44.83	300m:	4:25.08 45.18	400m:	5:53.95 44.02	
18.	PAWŁOWSKI Alan		10	MKP „SŁOWIANKA” Gorzów Wlkp.				6:40.21	149
	50m:	44.21 44.21	150m:	2:25.27 51.30	250m:	4:08.69 51.63	350m:	5:52.00 50.37	
	100m:	1:33.97 49.76	200m:	3:17.06 51.79	300m:	5:01.63 52.94	400m:	6:40.21 48.21	

12 lat

1.	PIASECKI Igor		11	Grudzi dzki KP „Orka”				4:55.54	370
	50m:	33.67 33.67	150m:	1:47.30 37.33	250m:	3:03.49 38.27	350m:	4:19.30 37.99	
	100m:	1:09.97 36.30	200m:	2:25.22 37.92	300m:	3:41.31 37.82	400m:	4:55.54 36.24	
2.	DOPIERAŁA Nikodem		11	MKP „SŁOWIANKA” Gorzów Wlkp.				5:27.31	272
	50m:	34.56 34.56	150m:	1:56.54 42.54	250m:	3:22.71 43.22	350m:	4:48.54 43.19	
	100m:	1:14.00 39.44	200m:	2:39.49 42.95	300m:	4:05.35 42.64	400m:	5:27.31 38.77	
3.	JUDEK Wiktor		11	Aquarius				5:29.78	266
	50m:	36.26 36.26	150m:	1:58.66 41.86	250m:	3:25.22 43.45	350m:	4:51.03 41.97	
	100m:	1:16.80 40.54	200m:	2:41.77 43.11	300m:	4:09.06 43.84	400m:	5:29.78 38.75	
4.	DZIAMSKI Szymon		11	KS Warta Pozna				5:32.46	260
	50m:	35.85 35.85	150m:	2:00.27 42.94	250m:	3:26.42 42.91	350m:	4:51.47 41.70	
	100m:	1:17.33 41.48	200m:	2:43.51 43.24	300m:	4:09.77 43.35	400m:	5:32.46 40.99	
5.	NOWICKI Wiktor		11	KS Warta Pozna				5:33.32	258
	50m:	37.45 37.45	150m:		250m:	3:28.91 42.96	350m:	4:52.81 41.33	
	100m:	1:19.44 41.99	200m:	2:45.95	300m:	4:11.48 42.57	400m:	5:33.32 40.51	
6.	WUNSCH Olaf		11	Grudzi dzki KP „Orka”				5:39.65	244
	50m:	35.17 35.17	150m:	1:58.69 42.09	250m:	3:27.33 44.92	350m:	4:57.10 45.14	
	100m:	1:16.60 41.43	200m:	2:42.41 43.72	300m:	4:11.96 44.63	400m:	5:39.65 42.55	
7.	MALEC Daniel		11	MUKS Zgierz				5:51.63	219
	50m:	38.88 38.88	150m:	2:08.52 45.76	250m:	3:40.26 45.85	350m:	5:10.63 44.44	
	100m:	1:22.76 43.88	200m:	2:54.41 45.89	300m:	4:26.19 45.93	400m:	5:51.63 41.00	
8.	TKACZ Filip		11	TP Zielona Góra				6:02.62	200
	50m:	37.83 37.83	150m:		250m:	3:42.45 47.24	350m:		
	100m:	1:21.90 44.07	200m:	2:55.21	300m:		400m:	6:02.62	

11 lat

1.	WI NIEWSKI Ksawery		12	Grudzi dzki KP „Orka”				5:21.03	289
	50m:	36.22 36.22	150m:	1:57.87 40.96	250m:	3:21.54 41.69	350m:	4:43.56 40.85	
	100m:	1:16.91 40.69	200m:	2:39.85 41.98	300m:	4:02.71 41.17	400m:	5:21.03 37.47	
2.	LUSTIUK Danylo		12	TP Zielona Góra				5:57.92	208
	50m:	37.21 37.21	150m:	2:06.03 45.34	250m:	3:39.09 46.63	350m:	5:11.99 46.58	
	100m:	1:20.69 43.48	200m:	2:52.46 46.43	300m:	4:25.41 46.32	400m:	5:57.92 45.93	

10 lat i młodszy

1.	F FERREK Filip		13	MUKS "TUREKin pływa”				5:23.70	281
	50m:	35.77 35.77	150m:	1:58.00 41.59	250m:	3:22.49 42.75	350m:	4:45.42 41.95	
	100m:	1:16.41 40.64	200m:	2:39.74 41.74	300m:	4:03.47 40.98	400m:	5:23.70 38.28	