

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
Poznań, 11.11.2023

Konkurencja 12
2023.11.11 - 13:48

Mężczyźni, 400m dowolny

Open
Wyniki

Punkty: FINA 2023

Pozycja			Rok ur.					Czas	Pkt.
Grupa A									
1.	KOWAL Maciej		07	MKP Szczecin				4:12.05	597
	50m:	29.41 29.41	150m:	1:32.28 31.90	250m:	2:36.57 32.26	350m:	3:40.68 32.09	
	100m:	1:00.38 30.97	200m:	2:04.31 32.03	300m:	3:08.59 32.02	400m:	4:12.05 31.37	
2.	NOWAK Aleksander		06	MKP Szczecin				4:12.87	591
	50m:	29.70 29.70	150m:	1:33.60 32.17	250m:	2:37.85 32.03	350m:	3:42.30 32.22	
	100m:	1:01.43 31.73	200m:	2:05.82 32.22	300m:	3:10.08 32.23	400m:	4:12.87 30.57	
3.	GORZE Norbert		06	Uks Cityzen				4:20.78	539
	50m:	30.13 30.13	150m:	1:35.90 32.79	250m:	2:42.43 33.51	350m:	3:48.87 32.94	
	100m:	1:03.11 32.98	200m:	2:08.92 33.02	300m:	3:15.93 33.50	400m:	4:20.78 31.91	
4.	BIŁE KI Szymon		07	KP Bałtyk Kołobrzeg				4:21.11	537
	50m:	30.05 30.05	150m:	1:36.25 33.11	250m:	2:42.34 33.03	350m:	3:48.93 33.15	
	100m:	1:03.14 33.09	200m:	2:09.31 33.06	300m:	3:15.78 33.44	400m:	4:21.11 32.18	
5.	KWIASOWSKI Jakub		07	Kaliski Klub Sportowy „Włókniarz” 1924				4:39.24	439
	50m:	31.53 31.53	150m:	1:40.65 35.16	250m:	2:52.47 36.12	350m:	4:04.52 36.27	
	100m:	1:05.49 33.96	200m:	2:16.35 35.70	300m:	3:28.25 35.78	400m:	4:39.24 34.72	
Grupa B									
1.	LITOBORSKI Mikołaj		08	O AZS w Poznaniu				4:00.66	686
	50m:	28.17 28.17	150m:	1:29.07 30.45	250m:	2:30.27 30.60	350m:	3:31.56 30.43	
	100m:	58.62 30.45	200m:	1:59.67 30.60	300m:	3:01.13 30.86	400m:	4:00.66 29.10	
2.	PIÓRKOWSKI Adrian		08	MKP Szczecin				4:15.13	575
	50m:	29.35 29.35	150m:	1:32.90 32.18	250m:	2:37.90 32.68	350m:	3:43.09 32.76	
	100m:	1:00.72 31.37	200m:	2:05.22 32.32	300m:	3:10.33 32.43	400m:	4:15.13 32.04	
3.	RUTKIEWICZ Łukasz		08	O AZS w Poznaniu				4:31.31	478
	50m:	30.60 30.60	150m:	1:37.86 34.02	250m:	2:46.95 34.66	350m:	3:56.87 35.00	
	100m:	1:03.84 33.24	200m:	2:12.29 34.43	300m:	3:21.87 34.92	400m:	4:31.31 34.44	
4.	BINEK Bartosz		09	Kaliski Klub Sportowy „Włókniarz” 1924				4:37.35	448
	50m:	30.10 30.10	150m:	1:40.23 35.97	250m:	2:52.05 35.57	350m:	4:04.37 36.29	
	100m:	1:04.26 34.16	200m:	2:16.48 36.25	300m:	3:28.08 36.03	400m:	4:37.35 32.98	
5.	OLSZEWSKI Jakub		08	MKP Szczecin				4:39.92	435
	50m:	31.35 31.35	150m:	1:41.66 35.14	250m:	2:52.27 35.21	350m:	4:04.19 36.34	
	100m:	1:06.52 35.17	200m:	2:17.06 35.40	300m:	3:27.85 35.58	400m:	4:39.92 35.73	
6.	BRZEZI SKI Tymon		09	SKS 137 Delfin Łódź				4:42.09	425
	50m:	31.97 31.97	150m:	1:44.76 36.26	250m:	2:56.58 35.95	350m:	4:07.66 35.63	
	100m:	1:08.50 36.53	200m:	2:20.63 35.87	300m:	3:32.03 35.45	400m:	4:42.09 34.43	
7.	WIERZCHOWSKI Patryk		09	MKP Szczecin				4:45.54	410
	50m:	31.96 31.96	150m:	1:45.04 36.98	250m:	2:58.70 36.54	350m:	4:11.37 35.95	
	100m:	1:08.06 36.10	200m:	2:22.16 37.12	300m:	3:35.42 36.72	400m:	4:45.54 34.17	
8.	PONOMARENKO Volodymyr		09	MKP Kołobrzeg				5:07.09	330
	50m:	34.65 34.65	150m:	1:53.40 39.45	250m:	3:13.72 40.18	350m:	4:31.97 37.51	
	100m:	1:13.95 39.30	200m:	2:33.54 40.14	300m:	3:54.46 40.74	400m:	5:07.09 35.12	
9.	BINIEK Aleksander		09	Kaliski Klub Sportowy „Włókniarz” 1924				5:33.36	258
	50m:	35.98 35.98	150m:	2:00.52 43.79	250m:	3:29.25 43.61	350m:	4:59.52 45.01	
	100m:	1:16.73 40.75	200m:	2:45.64 45.12	300m:	4:14.51 45.26	400m:	5:33.36 33.84	

Ogólnopolskie Zawody Pływackie Gorące - Ciepłowodownictwo i kąpielanie na Termach
Poznań, 11.11.2023

Konkurencja 12, Mężczyźni, 400m dowolny

Grupa C

1.	CHABOWSKI-PALONKA Krzysztof	10	MKP Szczecin	4:31.34	478			
	50m: 31.16	31.16	150m: 1:39.72	34.47	250m: 2:49.22	34.20	350m: 3:57.67	34.43
	100m: 1:05.25	34.09	200m: 2:15.02	35.30	300m: 3:23.24	34.02	400m: 4:31.34	33.67
2.	IDZIKOWSKI Filip	10	Kaliski Klub Sportowy „Włókniarz” 1925 Kalisz	4:41.74	427			
	50m: 32.56	32.56	150m: 1:44.51	36.06	250m: 2:56.11	35.77	350m: 4:08.25	35.86
	100m: 1:08.45	35.89	200m: 2:20.34	35.83	300m: 3:32.39	36.28	400m: 4:41.74	33.49
3.	PISZCZOROWICZ Miłosz	10	Kaliski Klub Sportowy „Włókniarz” 1925 Kalisz	4:43.32	420			
	50m: 32.00	32.00	150m: 1:45.43	37.28	250m: 2:57.97	36.06	350m: 4:09.59	35.28
	100m: 1:08.15	36.15	200m: 2:21.91	36.48	300m: 3:34.31	36.34	400m: 4:43.32	33.73
4.	ZDZIECHOWSKI Jan	10	SKS 137 Delfin Łódź	4:43.84	418			
	50m: 31.53	31.53	150m: 1:45.36	36.95	250m: 2:59.99	37.14	350m: 4:11.20	35.82
	100m: 1:08.41	36.88	200m: 2:22.85	37.49	300m: 3:35.38	35.39	400m: 4:43.84	32.64
5.	LUTOMSKI Jan	10	Uks Cityzen	4:51.91	384			
	50m: 32.13	32.13	150m: 1:44.89	35.95	250m: 2:58.60	37.09	350m: 4:14.88	37.70
	100m: 1:08.94	36.81	200m: 2:21.51	36.62	300m: 3:37.18	38.58	400m: 4:51.91	37.03
6.	SALA Jakub	10	UKS „Jasie” Sucha Beskidzka	4:58.14	360			
	50m: 33.36	33.36	150m: 1:50.17	39.13	250m: 3:07.82	38.43	350m: 4:23.05	37.45
	100m: 1:11.04	37.68	200m: 2:29.39	39.22	300m: 3:45.60	37.78	400m: 4:58.14	35.09
7.	KARLI SKI Tomasz	10	KS Warta Poznań	5:04.36	339			
	50m: 34.94	34.94	150m: 1:52.84	39.21	250m: 3:10.72	38.64	350m: 4:27.98	38.73
	100m: 1:13.63	38.69	200m: 2:32.08	39.24	300m: 3:49.25	38.53	400m: 5:04.36	36.38
8.	RYMASZEWSKI Antoni	10	TP Zielona Góra	5:07.36	329			
	50m: 34.71	34.71	150m: 1:53.28	39.56	250m: 3:12.81	39.51	350m: 4:31.58	39.34
	100m: 1:13.72	39.01	200m: 2:33.30	40.02	300m: 3:52.24	39.43	400m: 5:07.36	35.78
9.	ALIPOW Mateusz	10	Grudziądzki KP „Orka”	5:11.75	315			
	50m: 33.79	33.79	150m: 1:50.47	38.80	250m: 3:09.94	39.98	350m: 4:31.43	40.69
	100m: 1:11.67	37.88	200m: 2:29.96	39.49	300m: 3:50.74	40.80	400m: 5:11.75	40.32
10.	SALAMON Jan	10	SKS 137 Delfin Łódź	5:15.31	305			
	50m: 34.77	34.77	150m: 1:55.77	41.20	250m: 3:16.91	41.14	350m: 4:37.29	39.62
	100m: 1:14.57	39.80	200m: 2:35.77	40.00	300m: 3:57.67	40.76	400m: 5:15.31	38.02
11.	MALI SKI Wiktor	10	Kaliski Klub Sportowy „Włókniarz” 1925 Kalisz	5:16.32	302			
	50m: 32.76	32.76	150m: 1:51.81	40.17	250m: 3:14.50	41.48	350m: 4:36.41	41.01
	100m: 1:11.64	38.88	200m: 2:33.02	41.21	300m: 3:55.40	40.90	400m: 5:16.32	39.91
12.	URBA CZYK Oliwier	10	UKS „Jasie” Sucha Beskidzka	5:46.60	229			
	50m: 38.07	38.07	150m: 2:07.06	45.11	250m: 3:38.52	45.59	350m: 5:08.06	43.98
	100m: 1:21.95	43.88	200m: 2:52.93	45.87	300m: 4:24.08	45.56	400m: 5:46.60	38.54
13.	DZIEWIEJAK RAKOCZY Kacper	10	KS Rekin wiebodzi	6:06.58	194			
	50m: 38.82	38.82	150m: 2:11.44	47.20	250m: 3:46.95	47.65	350m: 5:22.82	48.24
	100m: 1:24.24	45.42	200m: 2:59.30	47.86	300m: 4:34.58	47.63	400m: 6:06.58	43.76
DYSKW.	KUPAJ Wiktor	10	Kaliski Klub Sportowy „Włókniarz” 1925 Kalisz					
	<i>O1 - Pływak wystartował po komendzie na miejsca i zajął swoją pozycję nieruchomej a przed sygnałem startu.</i>							
	50m: 34.94	34.94	150m: 1:55.75	41.77	250m: 3:21.25	43.58	350m: 4:46.90	43.61
	100m: 1:13.98	39.04	200m: 2:37.67	41.92	300m: 4:03.29	42.04	400m:	

Grupa D

1.	JONIAK Marcel	11	MKP Szczecin	4:56.42	367			
	50m: 33.79	33.79	150m: 1:47.38	37.13	250m: 3:02.84	37.78	350m: 4:19.54	38.51
	100m: 1:10.25	36.46	200m: 2:25.06	37.68	300m: 3:41.03	38.19	400m: 4:56.42	36.88
2.	CHROMY Kuba	11	UKS „Jasie” Sucha Beskidzka	4:57.53	363			
	50m: 33.63	33.63	150m: 1:51.58	39.17	250m: 3:08.99	37.91	350m: 4:22.45	35.21
	100m: 1:12.41	38.78	200m: 2:31.08	39.50	300m: 3:47.24	38.25	400m: 4:57.53	35.08

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach
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Konkurencja 12, Chłopców, 400m dowolny, Grupa D

Pozycja			Rok ur.					Czas	Pkt.			
3.	BANUCH Dorian		11	MKP Szczecin				5:02.66	344			
	50m:	34.19	34.19	150m:	1:51.10	38.86	250m:	3:08.25	37.94	350m:	4:25.19	38.42
	100m:	1:12.24	38.05	200m:	2:30.31	39.21	300m:	3:46.77	38.52	400m:	5:02.66	37.47
4.	NOWICKI Wiktor		11	KS Warta Poznań				5:19.18	294			
	50m:	35.03	35.03	150m:	1:57.07	41.67	250m:	3:18.74	40.73	350m:	4:40.09	40.60
	100m:	1:15.40	40.37	200m:	2:38.01	40.94	300m:	3:59.49	40.75	400m:	5:19.18	39.09
5.	HUTOR Yurii		11	KS Warta Poznań				5:21.93	286			
	50m:	37.00	37.00	150m:	1:59.68	41.59	250m:	3:21.97	41.00	350m:	4:43.45	41.19
	100m:	1:18.09	41.09	200m:	2:40.97	41.29	300m:	4:02.26	40.29	400m:	5:21.93	38.48
6.	WI NIOWSKI Tobiasz		11	TP Zielona Góra				5:39.13	245			
	50m:	37.78	37.78	150m:	2:03.02	42.91	250m:	3:31.08	44.36	350m:	4:58.70	43.10
	100m:	1:20.11	42.33	200m:	2:46.72	43.70	300m:	4:15.60	44.52	400m:	5:39.13	40.43
7.	LIDER Marcel		11	Kaliski Klub Sportowy „Włókniarz” 1926				6:00.45	204			
	50m:	39.09	39.09	150m:	2:10.33	47.23	250m:	3:46.08	47.73	350m:	5:20.54	46.66
	100m:	1:23.10	44.01	200m:	2:58.35	48.02	300m:	4:33.88	47.80	400m:	6:00.45	39.91
8.	MATUSZAK Antoni		11	Kaliski Klub Sportowy „Włókniarz” 1926				6:01.59	202			
	50m:	39.65	39.65	150m:	2:11.97	47.00	250m:	3:46.60	48.07	350m:	5:20.09	46.54
	100m:	1:24.97	45.32	200m:	2:58.53	46.56	300m:	4:33.55	46.95	400m:	6:01.59	41.50
9.	TOMCZAK Toni		11	TP Zielona Góra				6:24.82	167			
	50m:	43.39	43.39	150m:	2:21.15	50.10	250m:	4:01.32	50.82	350m:	5:40.73	49.12
	100m:	1:31.05	47.66	200m:	3:10.50	49.35	300m:	4:51.61	50.29	400m:	6:24.82	44.09
10.	KIERZKOWSKI Łukasz		11	TP Zielona Góra				6:35.08	155			
	50m:	42.45	42.45	150m:	2:23.44	50.70	250m:	4:06.50	51.74	350m:	5:48.57	50.20
	100m:	1:32.74	50.29	200m:	3:14.76	51.32	300m:	4:58.37	51.87	400m:	6:35.08	46.51
11.	PIETRZAK Bartosz		11	TP Zielona Góra				6:36.38	153			
	50m:	41.69	41.69	150m:	2:20.75	50.66	250m:	4:03.47	51.54	350m:	5:48.55	52.08
	100m:	1:30.09	48.40	200m:	3:11.93	51.18	300m:	4:56.47	53.00	400m:	6:36.38	47.83

Grupa E

1.	LUSTIUK Danylo		12	TP Zielona Góra				5:45.45	231			
	50m:	36.96	36.96	150m:	2:03.94	44.12	250m:	3:32.64	44.70	350m:	5:01.86	44.48
	100m:	1:19.82	42.86	200m:	2:47.94	44.00	300m:	4:17.38	44.74	400m:	5:45.45	43.59

Grupa F

1.	F FERREK Filip		13	MUKS "TUREKIn pływa"				5:23.21	283			
	50m:	36.25	36.25	150m:	1:58.65	41.66	250m:	3:22.52	41.86	350m:	4:45.18	41.29
	100m:	1:16.99	40.74	200m:	2:40.66	42.01	300m:	4:03.89	41.37	400m:	5:23.21	38.03