

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach  
Poznań, 9.3.2024

Konkurencja 10  
2024.03.09 - 14:44

Mężczyźni, 400m dowolny

Open  
Wyniki

Punkty: FINA 2024

| Pozycja        |                        |       | Rok ur.       |                          |               |       |                | Czas  | Pkt. |
|----------------|------------------------|-------|---------------|--------------------------|---------------|-------|----------------|-------|------|
| <b>Grupa A</b> |                        |       |               |                          |               |       |                |       |      |
| 1.             | ZALEWSKI Jacek         |       | 06            | KS Posenania Pozna       |               |       | <b>4:08.23</b> | 696   |      |
|                | 50m: 28.98             | 28.98 | 150m: 1:32.67 | 32.09                    | 250m: 2:36.73 | 31.56 | 350m: 3:38.73  | 30.84 |      |
|                | 100m: 1:00.58          | 31.60 | 200m: 2:05.17 | 32.50                    | 300m: 3:07.89 | 31.16 | 400m: 4:08.23  | 29.50 |      |
| 2.             | SZMYTKE Bartosz        |       | 07            | UKS G-8 Bielany Warszawa |               |       | <b>4:15.78</b> | 636   |      |
|                | 50m: 29.13             | 29.13 | 150m: 1:34.72 | 32.76                    | 250m: 2:40.23 | 32.27 | 350m: 3:44.45  | 31.64 |      |
|                | 100m: 1:01.96          | 32.83 | 200m: 2:07.96 | 33.24                    | 300m: 3:12.81 | 32.58 | 400m: 4:15.78  | 31.33 |      |
| 3.             | RYSTWEJ Maksymilian    |       | 06            | UKS G-8 Bielany Warszawa |               |       | <b>4:19.84</b> | 607   |      |
|                | 50m: 30.03             | 30.03 | 150m: 1:35.19 | 32.87                    | 250m: 2:41.00 | 32.56 | 350m: 3:47.51  | 33.50 |      |
|                | 100m: 1:02.32          | 32.29 | 200m: 2:08.44 | 33.25                    | 300m: 3:14.01 | 33.01 | 400m: 4:19.84  | 32.33 |      |
| 4.             | STEFANSKI Leon         |       | 07            | UKS G-8 Bielany Warszawa |               |       | <b>4:20.56</b> | 602   |      |
|                | 50m: 30.09             | 30.09 | 150m: 1:37.39 | 34.07                    | 250m: 2:44.61 | 33.73 | 350m: 3:50.35  | 32.64 |      |
|                | 100m: 1:03.32          | 33.23 | 200m: 2:10.88 | 33.49                    | 300m: 3:17.71 | 33.10 | 400m: 4:20.56  | 30.21 |      |
| 5.             | KRASOWSKI Szymon       |       | 06            | KS Posenania Pozna       |               |       | <b>4:22.03</b> | 592   |      |
|                | 50m: 29.39             | 29.39 | 150m: 1:35.48 | 32.91                    | 250m: 2:42.39 | 33.04 | 350m: 3:49.93  | 33.82 |      |
|                | 100m: 1:02.57          | 33.18 | 200m: 2:09.35 | 33.87                    | 300m: 3:16.11 | 33.72 | 400m: 4:22.03  | 32.10 |      |
| 6.             | KOWALISKI Adrian       |       | 06            | WKS I sk                 |               |       | <b>4:22.34</b> | 590   |      |
|                | 50m: 29.76             | 29.76 | 150m: 1:35.49 | 32.98                    | 250m: 2:42.33 | 33.44 | 350m: 3:49.50  | 33.39 |      |
|                | 100m: 1:02.51          | 32.75 | 200m: 2:08.89 | 33.40                    | 300m: 3:16.11 | 33.78 | 400m: 4:22.34  | 32.84 |      |
| 7.             | ZAWADZKI Jakub         |       | 06            | UKS Ruch Grudziądz       |               |       | <b>4:30.57</b> | 538   |      |
|                | 50m: 30.58             | 30.58 | 150m: 1:38.17 | 33.96                    | 250m: 2:47.27 | 34.63 | 350m: 3:57.40  | 34.80 |      |
|                | 100m: 1:04.21          | 33.63 | 200m: 2:12.64 | 34.47                    | 300m: 3:22.60 | 35.33 | 400m: 4:30.57  | 33.17 |      |
| 8.             | BARANOWSKI Alex        |       | 07            | KS Posenania Pozna       |               |       | <b>4:30.66</b> | 537   |      |
|                | 50m: 30.30             | 30.30 | 150m: 1:38.00 | 33.72                    | 250m: 2:46.93 | 34.23 | 350m: 3:57.34  | 35.11 |      |
|                | 100m: 1:04.28          | 33.98 | 200m: 2:12.70 | 34.70                    | 300m: 3:22.23 | 35.30 | 400m: 4:30.66  | 33.32 |      |
| 9.             | WOJCIECHOWSKI Wiktor   |       | 07            | UKS G-8 Bielany Warszawa |               |       | <b>4:31.18</b> | 534   |      |
|                | 50m: 31.08             | 31.08 | 150m: 1:39.29 | 34.58                    | 250m: 2:48.63 | 34.88 | 350m: 3:58.52  | 34.87 |      |
|                | 100m: 1:04.71          | 33.63 | 200m: 2:13.75 | 34.46                    | 300m: 3:23.65 | 35.02 | 400m: 4:31.18  | 32.66 |      |
| 10.            | KOZDROWSKI Maciej      |       | 07            | WKS I sk                 |               |       | <b>4:33.27</b> | 522   |      |
|                | 50m: 30.04             | 30.04 | 150m: 1:37.76 | 1:10.08                  | 250m: 2:47.18 | 34.73 | 350m: 3:58.23  | 35.51 |      |
|                | 100m: 27.68            |       | 200m: 2:12.45 | 34.69                    | 300m: 3:22.72 | 35.54 | 400m: 4:33.27  | 35.04 |      |
| 11.            | KUŁTON Jakub           |       | 07            | O AZS w Poznaniu         |               |       | <b>4:35.55</b> | 509   |      |
|                | 50m: 31.15             | 31.15 | 150m: 1:41.02 | 34.99                    | 250m: 2:51.68 | 35.29 | 350m: 4:01.36  | 34.47 |      |
|                | 100m: 1:06.03          | 34.88 | 200m: 2:16.39 | 35.37                    | 300m: 3:26.89 | 35.21 | 400m: 4:35.55  | 34.19 |      |
| 12.            | BURCZYSKI Jakub        |       | 07            | UKS G-8 Bielany Warszawa |               |       | <b>4:36.08</b> | 506   |      |
|                | 50m: 30.35             | 30.35 | 150m: 1:38.88 | 34.50                    | 250m: 2:50.31 | 35.56 | 350m: 4:01.95  | 35.71 |      |
|                | 100m: 1:04.38          | 34.03 | 200m: 2:14.75 | 35.87                    | 300m: 3:26.24 | 35.93 | 400m: 4:36.08  | 34.13 |      |
| 13.            | CHMIELEWSKI Jan        |       | 07            | UKS G-8 Bielany Warszawa |               |       | <b>4:38.85</b> | 491   |      |
|                | 50m: 32.15             | 32.15 | 150m: 1:42.60 | 35.91                    | 250m: 2:53.50 | 35.09 | 350m: 4:03.99  | 35.15 |      |
|                | 100m: 1:06.69          | 34.54 | 200m: 2:18.41 | 35.81                    | 300m: 3:28.84 | 35.34 | 400m: 4:38.85  | 34.86 |      |
| 14.            | BIŁEK Szymon           |       | 07            | KP Bałtyk Kołobrzeg      |               |       | <b>4:39.28</b> | 489   |      |
|                | 50m: 30.08             | 30.08 | 150m: 1:38.66 | 35.07                    | 250m: 2:50.67 | 36.04 | 350m: 4:03.45  | 36.29 |      |
|                | 100m: 1:03.59          | 33.51 | 200m: 2:14.63 | 35.97                    | 300m: 3:27.16 | 36.49 | 400m: 4:39.28  | 35.83 |      |
| 15.            | PIETRZAK Michał        |       | 07            | O AZS w Poznaniu         |               |       | <b>4:40.46</b> | 483   |      |
|                | 50m: 31.15             | 31.15 | 150m: 1:42.27 | 36.64                    | 250m: 2:53.26 | 35.42 | 350m: 4:05.35  | 36.35 |      |
|                | 100m: 1:05.63          | 34.48 | 200m: 2:17.84 | 35.57                    | 300m: 3:29.00 | 35.74 | 400m: 4:40.46  | 35.11 |      |
| 16.            | CHMIELEWSKI Franciszek |       | 07            | UKS G-8 Bielany Warszawa |               |       | <b>4:40.56</b> | 482   |      |
|                | 50m: 31.59             | 31.59 | 150m: 1:42.21 | 36.21                    | 250m: 2:54.57 | 36.09 | 350m: 4:07.60  | 36.35 |      |
|                | 100m: 1:06.00          | 34.41 | 200m: 2:18.48 | 36.27                    | 300m: 3:31.25 | 36.68 | 400m: 4:40.56  | 32.96 |      |
| 17.            | JARECKI Bartosz        |       | 06            | KS Posenania Pozna       |               |       | <b>4:47.03</b> | 450   |      |
|                | 50m: 28.62             | 28.62 | 150m: 1:39.77 | 36.88                    | 250m: 2:53.37 | 37.18 | 350m: 4:09.86  | 38.53 |      |
|                | 100m: 1:02.89          | 34.27 | 200m: 2:16.19 | 36.42                    | 300m: 3:31.33 | 37.96 | 400m: 4:47.03  | 37.17 |      |

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach  
Poznań, 9.3.2024

Konkurencja 10, Mężczyzn, 400m dowolny, Grupa A

| Pozycja |               |         | Rok ur. |       |         |       | Czas            |         |       |       | Pkt.           |       |
|---------|---------------|---------|---------|-------|---------|-------|-----------------|---------|-------|-------|----------------|-------|
| 18.     | BIELEWICZ Jan |         | 05      |       |         |       | KS Warta Poznań |         |       |       | <b>4:53.78</b> | 420   |
|         | 50m:          | 30.87   | 30.87   | 150m: | 1:41.48 | 36.05 | 250m:           | 2:56.35 | 38.06 | 350m: | 4:14.13        | 38.95 |
|         | 100m:         | 1:05.43 | 34.56   | 200m: | 2:18.29 | 36.81 | 300m:           | 3:35.18 | 38.83 | 400m: | 4:53.78        | 39.65 |

Grupa B

|     |                         |         |       |       |         |       |                              |         |       |       |                |       |
|-----|-------------------------|---------|-------|-------|---------|-------|------------------------------|---------|-------|-------|----------------|-------|
| 1.  | LITOBORSKI Mikołaj      |         | 08    |       |         |       | O AZS w Poznaniu             |         |       |       | <b>4:08.02</b> | 698   |
|     | 50m:                    | 28.47   | 28.47 | 150m: | 1:32.10 | 32.23 | 250m:                        | 2:36.41 | 31.88 | 350m: | 3:38.63        | 31.00 |
|     | 100m:                   | 59.87   | 31.40 | 200m: | 2:04.53 | 32.43 | 300m:                        | 3:07.63 | 31.22 | 400m: | 4:08.02        | 29.39 |
| 2.  | WIRASZKA Piotr          |         | 09    |       |         |       | UKS „GIM 92 Ursynów”         |         |       |       | <b>4:13.62</b> | 653   |
|     | 50m:                    | 29.13   | 29.13 | 150m: | 1:33.65 | 32.53 | 250m:                        | 2:37.87 | 31.83 | 350m: | 3:42.13        | 32.05 |
|     | 100m:                   | 1:01.12 | 31.99 | 200m: | 2:06.04 | 32.39 | 300m:                        | 3:10.08 | 32.21 | 400m: | 4:13.62        | 31.49 |
| 3.  | HUSZCZA Mateusz         |         | 08    |       |         |       | UKS „GIM 92 Ursynów”         |         |       |       | <b>4:16.86</b> | 628   |
|     | 50m:                    | 30.34   | 30.34 | 150m: | 1:36.32 | 32.79 | 250m:                        | 2:41.39 | 32.51 | 350m: | 3:45.91        | 31.75 |
|     | 100m:                   | 1:03.53 | 33.19 | 200m: | 2:08.88 | 32.56 | 300m:                        | 3:14.16 | 32.77 | 400m: | 4:16.86        | 30.95 |
| 4.  | CHECHEL Oleksandr       |         | 08    |       |         |       | UKS G-8 Bielany Warszawa     |         |       |       | <b>4:19.76</b> | 608   |
|     | 50m:                    | 29.04   | 29.04 | 150m: | 1:34.98 | 32.93 | 250m:                        | 2:40.89 | 32.84 | 350m: | 3:47.06        | 32.90 |
|     | 100m:                   | 1:02.05 | 33.01 | 200m: | 2:08.05 | 33.07 | 300m:                        | 3:14.16 | 33.27 | 400m: | 4:19.76        | 32.70 |
| 5.  | KRAWCZYK Jakub          |         | 08    |       |         |       | UKS „GIM 92 Ursynów”         |         |       |       | <b>4:20.55</b> | 602   |
|     | 50m:                    | 29.74   | 29.74 | 150m: | 1:35.56 | 33.37 | 250m:                        | 2:42.16 | 32.68 | 350m: | 3:49.39        | 33.22 |
|     | 100m:                   | 1:02.19 | 32.45 | 200m: | 2:09.48 | 33.92 | 300m:                        | 3:16.17 | 34.01 | 400m: | 4:20.55        | 31.16 |
| 6.  | BLUJ Aleksander         |         | 09    |       |         |       | UKS „GIM 92 Ursynów”         |         |       |       | <b>4:21.38</b> | 596   |
|     | 50m:                    | 30.25   | 30.25 | 150m: | 1:35.86 | 33.05 | 250m:                        | 2:42.33 | 32.98 | 350m: | 3:49.19        | 33.00 |
|     | 100m:                   | 1:02.81 | 32.56 | 200m: | 2:09.35 | 33.49 | 300m:                        | 3:16.19 | 33.86 | 400m: | 4:21.38        | 32.19 |
| 7.  | WŁODARCZYK Michał       |         | 09    |       |         |       | UKP „Polonia Warszawa”       |         |       |       | <b>4:24.61</b> | 575   |
|     | 50m:                    | 30.20   | 30.20 | 150m: | 1:39.46 | 34.69 | 250m:                        | 2:46.13 | 32.64 | 350m: | 3:52.85        | 33.72 |
|     | 100m:                   | 1:04.77 | 34.57 | 200m: | 2:13.49 | 34.03 | 300m:                        | 3:19.13 | 33.00 | 400m: | 4:24.61        | 31.76 |
| 8.  | POTRZEBOWSKI Franciszek |         | 09    |       |         |       | UKP „Polonia Warszawa”       |         |       |       | <b>4:24.94</b> | 573   |
|     | 50m:                    | 30.49   | 30.49 | 150m: | 1:40.04 | 34.74 | 250m:                        | 2:48.31 | 33.32 | 350m: | 3:54.52        | 32.61 |
|     | 100m:                   | 1:05.30 | 34.81 | 200m: | 2:14.99 | 34.95 | 300m:                        | 3:21.91 | 33.60 | 400m: | 4:24.94        | 30.42 |
| 9.  | CHMURSKI Wiktor         |         | 09    |       |         |       | UKS „GIM 92 Ursynów”         |         |       |       | <b>4:27.12</b> | 559   |
|     | 50m:                    | 30.40   | 30.40 | 150m: | 1:39.09 | 34.17 | 250m:                        | 2:47.45 | 34.10 | 350m: | 3:55.37        | 33.78 |
|     | 100m:                   | 1:04.92 | 34.52 | 200m: | 2:13.35 | 34.26 | 300m:                        | 3:21.59 | 34.14 | 400m: | 4:27.12        | 31.75 |
| 10. | B CZYK Maciej           |         | 08    |       |         |       | KS Posenania Poznań          |         |       |       | <b>4:31.75</b> | 531   |
|     | 50m:                    | 30.02   | 30.02 | 150m: | 1:38.80 | 33.93 | 250m:                        | 2:48.24 | 34.40 | 350m: | 3:58.12        | 34.97 |
|     | 100m:                   | 1:04.87 | 34.85 | 200m: | 2:13.84 | 35.04 | 300m:                        | 3:23.15 | 34.91 | 400m: | 4:31.75        | 33.63 |
| 11. | BIELIENKOV Nikita       |         | 08    |       |         |       | O AZS w Poznaniu             |         |       |       | <b>4:33.23</b> | 522   |
|     | 50m:                    | 30.18   | 30.18 | 150m: | 1:38.32 | 34.20 | 250m:                        | 2:47.74 | 34.56 | 350m: | 3:58.83        | 35.52 |
|     | 100m:                   | 1:04.12 | 33.94 | 200m: | 2:13.18 | 34.86 | 300m:                        | 3:23.31 | 35.57 | 400m: | 4:33.23        | 34.40 |
| 12. | POWIERZA Arkadiusz      |         | 09    |       |         |       | UKS „GIM 92 Ursynów”         |         |       |       | <b>4:37.13</b> | 500   |
|     | 50m:                    | 31.01   | 31.01 | 150m: | 1:40.95 | 35.10 | 250m:                        | 2:51.93 | 35.48 | 350m: | 4:03.44        | 35.67 |
|     | 100m:                   | 1:05.85 | 34.84 | 200m: | 2:16.45 | 35.50 | 300m:                        | 3:27.77 | 35.84 | 400m: | 4:37.13        | 33.69 |
| 13. | WOJTKOWIAK Wiktor       |         | 09    |       |         |       | KS Posenania Poznań          |         |       |       | <b>4:39.11</b> | 490   |
|     | 50m:                    | 29.74   | 29.74 | 150m: | 1:41.41 | 36.58 | 250m:                        | 2:53.27 | 35.83 | 350m: | 4:05.48        | 35.95 |
|     | 100m:                   | 1:04.83 | 35.09 | 200m: | 2:17.44 | 36.03 | 300m:                        | 3:29.53 | 36.26 | 400m: | 4:39.11        | 33.63 |
| 14. | GOŁ BIEWSKI Wiktor      |         | 09    |       |         |       | WKS I sk                     |         |       |       | <b>4:52.59</b> | 425   |
|     | 50m:                    | 32.40   | 32.40 | 150m: | 1:45.53 | 37.00 | 250m:                        | 3:00.60 | 37.40 | 350m: | 4:16.30        | 38.10 |
|     | 100m:                   | 1:08.53 | 36.13 | 200m: | 2:23.20 | 37.67 | 300m:                        | 3:38.20 | 37.60 | 400m: | 4:52.59        | 36.29 |
| 15. | HAMROL Igor             |         | 09    |       |         |       | UKS Maratończyk Ostrów Wlkp. |         |       |       | <b>4:53.40</b> | 421   |
|     | 50m:                    | 32.04   | 32.04 | 150m: | 1:48.07 | 38.17 | 250m:                        | 3:04.66 | 38.59 | 350m: | 4:19.81        | 37.23 |
|     | 100m:                   | 1:09.90 | 37.86 | 200m: | 2:26.07 | 38.00 | 300m:                        | 3:42.58 | 37.92 | 400m: | 4:53.40        | 33.59 |
| 16. | PONOMARENKO Volodymyr   |         | 09    |       |         |       | MKP Kołobrzeg                |         |       |       | <b>4:56.54</b> | 408   |
|     | 50m:                    | 32.25   | 32.25 | 150m: | 1:49.54 | 39.61 | 250m:                        | 3:05.44 | 37.79 | 350m: | 4:21.92        | 38.68 |
|     | 100m:                   | 1:09.93 | 37.68 | 200m: | 2:27.65 | 38.11 | 300m:                        | 3:43.24 | 37.80 | 400m: | 4:56.54        | 34.62 |

Ogólnopolskie Zawody Pływackie Gorące ciganie na Termach  
Poznań, 9.3.2024

Konkurencja 10, Chłopców, 400m dowolny, Grupa B

| Pozycja |                    |               | Rok ur. |                    |       |               |       | Czas           | Pkt. |
|---------|--------------------|---------------|---------|--------------------|-------|---------------|-------|----------------|------|
| 17.     | MATSIUK Kyrylko    |               | 09      | MKS Znicz Koszalin |       |               |       | <b>5:14.84</b> | 341  |
|         | 50m:               | 34.73 34.73   | 150m:   | 1:55.13 40.13      | 250m: | 3:15.93 40.68 | 350m: | 4:36.74 39.58  |      |
|         | 100m:              | 1:15.00 40.27 | 200m:   | 2:35.25 40.12      | 300m: | 3:57.16 41.23 | 400m: | 5:14.84 38.10  |      |
| 18.     | USTIANOVSKYI Nazar |               | 09      | WKS I sk           |       |               |       | <b>5:18.37</b> | 330  |
|         | 50m:               | 34.92 34.92   | 150m:   | 1:57.27 41.84      | 250m: | 3:20.75 41.31 | 350m: | 4:41.54 39.84  |      |
|         | 100m:              | 1:15.43 40.51 | 200m:   | 2:39.44 42.17      | 300m: | 4:01.70 40.95 | 400m: | 5:18.37 36.83  |      |

Grupa C

|     |                     |               |       |                                   |       |               |       |                |     |
|-----|---------------------|---------------|-------|-----------------------------------|-------|---------------|-------|----------------|-----|
| 1.  | NIEZGODA Edward     |               | 10    | Stowarzyszenie UKS Siódemka Sopot |       |               |       | <b>4:40.45</b> | 483 |
|     | 50m:                | 31.33 31.33   | 150m: | 1:41.89 35.65                     | 250m: | 2:55.10 36.17 | 350m: | 4:07.01 35.74  |     |
|     | 100m:               | 1:06.24 34.91 | 200m: | 2:18.93 37.04                     | 300m: | 3:31.27 36.17 | 400m: | 4:40.45 33.44  |     |
| 2.  | GRZYBOWSKI Jan      |               | 10    | UKS SP-149 Łódź                   |       |               |       | <b>4:40.49</b> | 482 |
|     | 50m:                | 29.99 29.99   | 150m: | 1:40.52 35.66                     | 250m: | 2:52.86 35.80 | 350m: | 4:07.18 36.66  |     |
|     | 100m:               | 1:04.86 34.87 | 200m: | 2:17.06 36.54                     | 300m: | 3:30.52 37.66 | 400m: | 4:40.49 33.31  |     |
| 3.  | STRYCZY SKI Szymon  |               | 10    | MKS „Jagiellonka” Warszawa        |       |               |       | <b>4:43.62</b> | 467 |
|     | 50m:                | 31.24 31.24   | 150m: | 1:44.02 36.79                     | 250m: | 2:58.16 37.14 | 350m: | 4:10.38 35.58  |     |
|     | 100m:               | 1:07.23 35.99 | 200m: | 2:21.02 37.00                     | 300m: | 3:34.80 36.64 | 400m: | 4:43.62 33.24  |     |
| 4.  | D BICKI Marcel      |               | 10    | WKS I sk                          |       |               |       | <b>4:46.32</b> | 454 |
|     | 50m:                | 31.78 31.78   | 150m: | 1:43.73 36.26                     | 250m: | 2:58.24 36.96 | 350m: | 4:11.29 36.10  |     |
|     | 100m:               | 1:07.47 35.69 | 200m: | 2:21.28 37.55                     | 300m: | 3:35.19 36.95 | 400m: | 4:46.32 35.03  |     |
| 5.  | SKIBI SKI Szymon    |               | 10    | MKP Szczecin                      |       |               |       | <b>4:47.01</b> | 450 |
|     | 50m:                | 32.84 32.84   | 150m: | 1:46.67 37.14                     | 250m: | 2:59.85 35.92 | 350m: | 4:11.24 35.44  |     |
|     | 100m:               | 1:09.53 36.69 | 200m: | 2:23.93 37.26                     | 300m: | 3:35.80 35.95 | 400m: | 4:47.01 35.77  |     |
| 6.  | BIELECKI Konrad     |               | 10    | Stowarzyszenie UKS Siódemka Sopot |       |               |       | <b>4:48.63</b> | 443 |
|     | 50m:                | 32.88 32.88   | 150m: | 1:46.27 36.95                     | 250m: | 3:01.68 37.90 | 350m: | 4:14.37 35.85  |     |
|     | 100m:               | 1:09.32 36.44 | 200m: | 2:23.78 37.51                     | 300m: | 3:38.52 36.84 | 400m: | 4:48.63 34.26  |     |
| 7.  | UREK Szymon         |               | 10    | Stowarzyszenie UKS Siódemka Sopot |       |               |       | <b>4:53.26</b> | 422 |
|     | 50m:                | 32.68 32.68   | 150m: | 1:46.40 37.65                     | 250m: | 3:02.78 38.15 | 350m: | 4:18.06 37.34  |     |
|     | 100m:               | 1:08.75 36.07 | 200m: | 2:24.63 38.23                     | 300m: | 3:40.72 37.94 | 400m: | 4:53.26 35.20  |     |
| 8.  | PIETRYCH Igor       |               | 10    | UKS „GIM 92 Ursynów”              |       |               |       | <b>4:56.19</b> | 410 |
|     | 50m:                | 33.41 33.41   | 150m: | 1:49.79 38.16                     | 250m: | 3:04.96 36.45 | 350m: | 4:20.54 37.43  |     |
|     | 100m:               | 1:11.63 38.22 | 200m: | 2:28.51 38.72                     | 300m: | 3:43.11 38.15 | 400m: | 4:56.19 35.65  |     |
| 9.  | PAWLAK Oliwier      |               | 10    | WKS I sk                          |       |               |       | <b>4:57.50</b> | 404 |
|     | 50m:                | 33.98 33.98   | 150m: | 1:50.70 38.65                     | 250m: | 3:07.27 37.92 | 350m: | 4:23.21 37.66  |     |
|     | 100m:               | 1:12.05 38.07 | 200m: | 2:29.35 38.65                     | 300m: | 3:45.55 38.28 | 400m: | 4:57.50 34.29  |     |
| 10. | TRUSEWICZ Nikodem   |               | 10    | Just Swim Beavers                 |       |               |       | <b>5:04.68</b> | 376 |
|     | 50m:                | 33.52 33.52   | 150m: | 1:51.23 39.26                     | 250m: | 3:10.01 39.67 | 350m: | 4:28.23 38.47  |     |
|     | 100m:               | 1:11.97 38.45 | 200m: | 2:30.34 39.11                     | 300m: | 3:49.76 39.75 | 400m: | 5:04.68 36.45  |     |
| 11. | TRUSEWICZ Konstanty |               | 10    | Just Swim Beavers                 |       |               |       | <b>5:06.70</b> | 369 |
|     | 50m:                | 33.89 33.89   | 150m: | 1:51.33 39.05                     | 250m: | 3:11.22 40.00 | 350m: | 4:30.36 38.78  |     |
|     | 100m:               | 1:12.28 38.39 | 200m: | 2:31.22 39.89                     | 300m: | 3:51.58 40.36 | 400m: | 5:06.70 36.34  |     |
| 12. | CHWA CIK Wiktor     |               | 10    | WKS I sk                          |       |               |       | <b>5:08.45</b> | 363 |
|     | 50m:                | 34.02 34.02   | 150m: | 1:51.47 39.04                     | 250m: | 3:10.01 39.56 | 350m: | 4:29.73 39.94  |     |
|     | 100m:               | 1:12.43 38.41 | 200m: | 2:30.45 38.98                     | 300m: | 3:49.79 39.78 | 400m: | 5:08.45 38.72  |     |
| 13. | JAWORSKI Szymon     |               | 10    | UKS SP-149 Łódź                   |       |               |       | <b>5:09.32</b> | 360 |
|     | 50m:                | 33.38 33.38   | 150m: | 1:52.05 38.86                     | 250m: | 3:13.28 40.80 | 350m: | 4:32.66 40.36  |     |
|     | 100m:               | 1:13.19 39.81 | 200m: | 2:32.48 40.43                     | 300m: | 3:52.30 39.02 | 400m: | 5:09.32 36.66  |     |
| 14. | RYMER Jakub         |               | 10    | UKS „GIM 92 Ursynów”              |       |               |       | <b>5:12.00</b> | 350 |
|     | 50m:                | 33.84 33.84   | 150m: | 1:50.46 38.82                     | 250m: | 3:12.26 41.78 | 350m: |                |     |
|     | 100m:               | 1:11.64 37.80 | 200m: | 2:30.48 40.02                     | 300m: | 3:52.57 40.31 | 400m: | 5:12.00        |     |
| 15. | KARLI SKI Tomasz    |               | 10    | KS Warta Poznań                   |       |               |       | <b>5:20.15</b> | 324 |
|     | 50m:                | 35.10 35.10   | 150m: | 1:57.28 41.65                     | 250m: | 3:21.27 41.46 | 350m: | 4:42.74 39.88  |     |
|     | 100m:               | 1:15.63 40.53 | 200m: | 2:39.81 42.53                     | 300m: | 4:02.86 41.59 | 400m: | 5:20.15 37.41  |     |

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach  
Poznań, 9.3.2024

Konkurencja 10, Chłopców, 400m dowolny, Grupa C

| Pozycja |                          |               | Rok ur. |                           |                     |  |                | Czas | Pkt. |
|---------|--------------------------|---------------|---------|---------------------------|---------------------|--|----------------|------|------|
| 16.     | <b>POBROTY Dawid</b>     |               | 10      | <b>MKS Znicz Koszalin</b> |                     |  | <b>5:20.43</b> | 323  |      |
|         | 50m: 35.30 35.30         | 150m: 3:20.11 | 2:04.27 | 250m: 4:02.19             | 350m: 5:20.43       |  |                |      |      |
|         | 100m: 1:15.84 40.54      | 200m: 2:39.16 |         | 300m: 4:02.19             | 400m: 5:20.43       |  |                |      |      |
| 17.     | <b>SANKOWSKI Bartosz</b> |               | 10      | <b>WKS I sk</b>           |                     |  | <b>5:22.45</b> | 317  |      |
|         | 50m: 36.55 36.55         | 150m: 1:58.25 | 41.52   | 250m: 3:21.76 41.19       | 350m: 4:43.46 39.99 |  |                |      |      |
|         | 100m: 1:16.73 40.18      | 200m: 2:40.57 | 42.32   | 300m: 4:03.47 41.71       | 400m: 5:22.45 38.99 |  |                |      |      |
| 18.     | <b>LIPI SKI Bartosz</b>  |               | 10      | <b>WKS I sk</b>           |                     |  | <b>5:27.89</b> | 302  |      |
|         | 50m: 36.47 36.47         | 150m: 2:00.01 | 42.37   | 250m: 3:25.12 41.95       | 350m: 4:49.13 41.66 |  |                |      |      |
|         | 100m: 1:17.64 41.17      | 200m: 2:43.17 | 43.16   | 300m: 4:07.47 42.35       | 400m: 5:27.89 38.76 |  |                |      |      |

Grupa D

|     |                          |               |       |  |                     |  |                |     |
|-----|--------------------------|---------------|-------|--|---------------------|--|----------------|-----|
| 1.  | <b>SKŁODOWSKI Jan</b>    |               | 11    | <b>MKS Jedynka Łódź</b>                  |                     |  | <b>4:41.20</b> | 479 |
|     | 50m: 30.12 30.12         | 150m: 1:42.08 | 36.70 | 250m: 2:56.16 36.84                      | 350m: 4:10.29 36.48 |  |                |     |
|     | 100m: 1:05.38 35.26      | 200m: 2:19.32 | 37.24 | 300m: 3:33.81 37.65                      | 400m: 4:41.20 30.91 |  |                |     |
| 2.  | <b>KACZMAREK Mikołaj</b> |               | 11    | <b>UKS „GIM 92 Ursynów”</b>              |                     |  | <b>4:44.81</b> | 461 |
|     | 50m: 32.37 32.37         | 150m: 1:46.08 | 37.07 | 250m: 2:59.91 36.95                      | 350m: 4:11.76 35.58 |  |                |     |
|     | 100m: 1:09.01 36.64      | 200m: 2:22.96 | 36.88 | 300m: 3:36.18 36.27                      | 400m: 4:44.81 33.05 |  |                |     |
| 3.  | <b>KOTŁOWSKI Piotr</b>   |               | 11    | <b>UKS „GIM 92 Ursynów”</b>              |                     |  | <b>4:59.40</b> | 397 |
|     | 50m: 34.16 34.16         | 150m: 1:51.18 | 39.03 | 250m: 3:08.75 39.08                      | 350m: 4:24.09 37.21 |  |                |     |
|     | 100m: 1:12.15 37.99      | 200m: 2:29.67 | 38.49 | 300m: 3:46.88 38.13                      | 400m: 4:59.40 35.31 |  |                |     |
| 4.  | <b>KUSYK Franciszek</b>  |               | 11    | <b>MKS „Jagiellonka” Warszawa</b>        |                     |  | <b>5:09.15</b> | 360 |
|     | 50m: 34.22 34.22         | 150m: 1:52.39 | 39.19 | 250m: 3:12.77 40.56                      | 350m: 4:33.11 40.56 |  |                |     |
|     | 100m: 1:13.20 38.98      | 200m: 2:32.21 | 39.82 | 300m: 3:52.55 39.78                      | 400m: 5:09.15 36.04 |  |                |     |
| 5.  | <b>PIE KOWSKI Jakub</b>  |               | 11    | <b>Just Swim Beavers</b>                 |                     |  | <b>5:14.51</b> | 342 |
|     | 50m: 33.29 33.29         | 150m: 1:51.79 | 39.88 | 250m: 3:14.42 41.01                      | 350m: 4:36.84 40.63 |  |                |     |
|     | 100m: 1:11.91 38.62      | 200m: 2:33.41 | 41.62 | 300m: 3:56.21 41.79                      | 400m: 5:14.51 37.67 |  |                |     |
| 6.  | <b>WO NY Julian</b>      |               | 11    | <b>Just Swim Beavers</b>                 |                     |  | <b>5:15.04</b> | 340 |
|     | 50m: 35.87 35.87         | 150m: 1:55.31 | 40.05 | 250m: 3:17.61 41.06                      | 350m: 4:37.42 39.07 |  |                |     |
|     | 100m: 1:15.26 39.39      | 200m: 2:36.55 | 41.24 | 300m: 3:58.35 40.74                      | 400m: 5:15.04 37.62 |  |                |     |
| 7.  | <b>MATYLLA Michał</b>    |               | 11    | <b>Stowarzyszenie UKS Siódemka Sopot</b> |                     |  | <b>5:18.62</b> | 329 |
|     | 50m: 35.80 35.80         | 150m: 1:58.81 | 41.31 | 250m: 3:23.28 42.17                      | 350m: 4:44.28 39.17 |  |                |     |
|     | 100m: 1:17.50 41.70      | 200m: 2:41.11 | 42.30 | 300m: 4:05.11 41.83                      | 400m: 5:18.62 34.34 |  |                |     |
| 8.  | <b>NOWICKI Wiktor</b>    |               | 11    | <b>KS Warta Poznań</b>                   |                     |  | <b>5:20.84</b> | 322 |
|     | 50m: 35.39 35.39         | 150m: 1:57.13 | 41.69 | 250m: 3:19.82 41.27                      | 350m: 4:42.72 40.62 |  |                |     |
|     | 100m: 1:15.44 40.05      | 200m: 2:38.55 | 41.42 | 300m: 4:02.10 42.28                      | 400m: 5:20.84 38.12 |  |                |     |
| 9.  | <b>FABISZAK Oktawian</b> |               | 11    | <b>KTP Iskra Konin</b>                   |                     |  | <b>5:22.72</b> | 317 |
|     | 50m: 33.46 33.46         | 150m: 1:56.37 | 42.19 | 250m: 3:22.52 43.27                      | 350m: 4:44.70 39.86 |  |                |     |
|     | 100m: 1:14.18 40.72      | 200m: 2:39.25 | 42.88 | 300m: 4:04.84 42.32                      | 400m: 5:22.72 38.02 |  |                |     |
| 10. | <b>JUDEK Wiktor</b>      |               | 11    | <b>Aquarius MOSiW Miedzyrzecz</b>        |                     |  | <b>5:28.53</b> | 300 |
|     | 50m: 36.84 36.84         | 150m: 1:59.66 | 41.92 | 250m: 3:23.93 42.67                      | 350m: 4:50.67 43.63 |  |                |     |
|     | 100m: 1:17.74 40.90      | 200m: 2:41.26 | 41.60 | 300m: 4:07.04 43.11                      | 400m: 5:28.53 37.86 |  |                |     |
| 11. | <b>HUTOR Yurii</b>       |               | 11    | <b>KS Warta Poznań</b>                   |                     |  | <b>5:33.75</b> | 286 |
|     | 50m: 37.86 37.86         | 150m: 2:01.53 | 41.97 | 250m: 3:26.45 42.60                      | 350m: 4:52.47 43.57 |  |                |     |
|     | 100m: 1:19.56 41.70      | 200m: 2:43.85 | 42.32 | 300m: 4:08.90 42.45                      | 400m: 5:33.75 41.28 |  |                |     |

Grupa E

|    |                       |               |       |                                    |                     |  |                |     |
|----|-----------------------|---------------|-------|------------------------------------|---------------------|--|----------------|-----|
| 1. | <b>OGÓREK Mariusz</b> |               | 12    | <b>MKP Szczecin</b>                |                     |  | <b>4:53.15</b> | 423 |
|    | 50m: 31.95 31.95      | 150m: 1:45.18 | 36.49 | 250m: 3:01.12 38.25                | 350m: 4:17.13 38.39 |  |                |     |
|    | 100m: 1:08.69 36.74   | 200m: 2:22.87 | 37.69 | 300m: 3:38.74 37.62                | 400m: 4:53.15 36.02 |  |                |     |
| 2. | <b>WDOWIAK Jakub</b>  |               | 12    | <b>CSiR MOS w D browie Górnicy</b> |                     |  | <b>5:17.98</b> | 331 |
|    | 50m: 36.26 36.26      | 150m: 1:59.14 | 42.02 | 250m: 3:21.37 40.14                | 350m: 4:41.25 39.17 |  |                |     |
|    | 100m: 1:17.12 40.86   | 200m: 2:41.23 | 42.09 | 300m: 4:02.08 40.71                | 400m: 5:17.98 36.73 |  |                |     |

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Konkurencja 10, Chłopców, 400m dowolny, Grupa E

| Pozycja |   |               | Rok ur. |                      |       |                | Czas  | Pkt.          |
|---------|---|---------------|---------|----------------------|-------|----------------|-------|---------------|
| 3.      | GROCHALA Aleks  |               | 12      | UKS „GIM 92 Ursynów” |       | <b>5:23.63</b> | 314   |               |
|         | 50m:  | 36.38 36.38   | 150m:   | 2:00.66 42.56        | 250m: | 3:23.85 41.59  | 350m: | 4:46.33 41.26 |
|         | 100m:   | 1:18.10 41.72 | 200m:   | 2:42.26 41.60        | 300m: | 4:05.07 41.22  | 400m: | 5:23.63 37.30 |
| 4.      | GÓRECKI Stanisław   |               | 12      | MKS Jedynka Łódź     |       | <b>5:33.67</b> | 286   |               |
|         | 50m:  | 37.39 37.39   | 150m:   | 2:03.76 43.32        | 250m: | 3:30.60 43.20  | 350m: | 4:56.92 42.58 |
|         | 100m:   | 1:20.44 43.05 | 200m:   | 2:47.40 43.64        | 300m: | 4:14.34 43.74  | 400m: | 5:33.67 36.75 |
| 5.      | JAWORSKI Szymon   |               | 12      | KS Warta Poznań      |       | <b>5:52.08</b> | 244   |               |
|         | 50m:  | 37.58 37.58   | 150m:   | 2:06.20 45.11        | 250m: | 3:39.29 46.93  | 350m: | 5:10.55 45.22 |
|         | 100m:   | 1:21.09 43.51 | 200m:   | 2:52.36 46.16        | 300m: | 4:25.33 46.04  | 400m: | 5:52.08 41.53 |
| 6.      | SZAFRA SKI Dominik  |               | 12      | KS Warta Poznań      |       | <b>5:52.13</b> | 244   |               |
|         | 50m:  | 38.67 38.67   | 150m:   | 2:08.75 45.67        | 250m: | 3:40.28 45.68  | 350m: | 5:10.91 44.86 |
|         | 100m:   | 1:23.08 44.41 | 200m:   | 2:54.60 45.85        | 300m: | 4:26.05 45.77  | 400m: | 5:52.13 41.22 |
| 7.      | KUSIK Stanisław   |               | 12      | KS Warta Poznań      |       | <b>6:01.68</b> | 225   |               |
|         | 50m:  | 39.08 39.08   | 150m:   | 5:18.94 3:54.00      | 250m: |                | 350m: |               |
|         | 100m:   | 1:24.94 45.86 | 200m:   | 2:59.35              | 300m: | 4:32.76        | 400m: | 6:01.68       |
| DYSKW.  | NOWAKOWSKI Marcel   |               | 12      | UKS „GIM 92 Ursynów” |       |                |       |               |
|         | <i>O1 - Pływak zainicjował start przed sygnałem startu.</i> |               |         |                      |       |                |       |               |
|         | 50m:  | 37.97 37.97   | 150m:   | 2:05.58 44.68        | 250m: | 3:33.73 44.43  | 350m: | 5:02.87 44.98 |
|         | 100m:   | 1:20.90 42.93 | 200m:   | 2:49.30 43.72        | 300m: | 4:17.89 44.16  | 400m: |               |

Grupa F

|    |                  |               |       |                            |       |                |       |               |
|----|------------------|---------------|-------|----------------------------|-------|----------------|-------|---------------|
| 1. | F FERREK Filip   |               | 13    | MUKS "TUREKin pływa"       |       | <b>5:12.63</b> | 348   |               |
|    | 50m:             | 35.22 35.22   | 150m: | 1:56.44 41.07              | 250m: | 3:17.16 40.12  | 350m: | 4:36.59 39.41 |
|    | 100m:            | 1:15.37 40.15 | 200m: | 2:37.04 40.60              | 300m: | 3:57.18 40.02  | 400m: | 5:12.63 36.04 |
| 2. | MILEWSKI Oliwier |               | 13    | MKS „Jagiellonka" Warszawa |       | <b>6:05.61</b> | 218   |               |
|    | 50m:             | 39.29 39.29   | 150m: | 2:13.86 47.94              | 250m: | 3:48.93 46.88  | 350m: | 5:22.27 46.52 |
|    | 100m:            | 1:25.92 46.63 | 200m: | 3:02.05 48.19              | 300m: | 4:35.75 46.82  | 400m: | 6:05.61 43.34 |
| 3. | DREGER Maciej    |               | 13    | UKS 307 Warszawa           |       | <b>6:16.82</b> | 199   |               |
|    | 50m:             | 36.87 36.87   | 150m: | 2:10.50 46.86              | 250m: | 3:50.53 52.08  | 350m: | 5:30.62 49.05 |
|    | 100m:            | 1:23.64 46.77 | 200m: | 2:58.45 47.95              | 300m: | 4:41.57 51.04  | 400m: | 6:16.82 46.20 |