

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach
Pozna , 13.4.2024

Konkurencja 10
2024.04.13 - 14:38

M czyzn, 400m dowolny

Open
Wyniki

Punkty: FINA 2024

Pozycja			Rok ur.					Czas	Pkt.
Grupa A									
1.	OKO	Jakub	07	MKS	Juvenia	Wrocław	4:11.55	669	
	50m:	28.42	28.42	150m:	1:31.57	31.67	250m:	2:35.60	31.72
	100m:	59.90	31.48	200m:	2:03.88	32.31	300m:	3:07.81	32.21
				350m:	3:39.80	31.99	400m:	4:11.55	31.75
2.	KOWALI	SKI Adrian	06	WKS	I	sk	4:23.05	585	
	50m:	29.73	29.73	150m:	1:35.48	33.21	250m:	2:42.45	33.33
	100m:	1:02.27	32.54	200m:	2:09.12	33.64	300m:	3:16.10	33.65
				350m:	3:49.99	33.89	400m:	4:23.05	33.06
3.	ZAWADZKI	Jakub	06	UKS	Ruch	Grudzi dz	4:34.71	514	
	50m:	29.87	29.87	150m:	1:37.97	34.62	250m:	2:48.23	35.32
	100m:	1:03.35	33.48	200m:	2:12.91	34.94	300m:	3:24.31	36.08
				350m:	3:59.82	35.51	400m:	4:34.71	34.89
4.	WACHOWSKI	Bła ej	80	KS	Warta	Pozna	5:16.00	337	
	50m:	34.99	34.99	150m:	1:55.81	40.86	250m:	3:16.70	40.29
	100m:	1:14.95	39.96	200m:	2:36.41	40.60	300m:	3:57.17	40.47
				350m:	4:37.75	40.58	400m:	5:16.00	38.25
5.	K	DZIOR Mateusz	73	KS	Warta	Pozna	6:17.28	198	
	50m:	39.52	39.52	150m:	2:12.73	47.96	250m:		350m:
	100m:	1:24.77	45.25	200m:	3:01.76	49.03	300m:	4:39.78	350m:
							400m:	5:29.70	49.92
							400m:	6:17.28	47.58
Grupa B									
1.	PAKUŁA	Patryk	08	UKS	Shark	Rudna	4:27.61	556	
	50m:	30.26	30.26	150m:	1:37.60	34.28	250m:	2:46.77	34.47
	100m:	1:03.32	33.06	200m:	2:12.30	34.70	300m:	3:21.04	34.27
				350m:	3:54.78	33.74	400m:	4:27.61	32.83
2.	BIELIENKOV	Nikita	08	O	AZS	w Poznaniu	4:31.66	531	
	50m:	30.90	30.90	150m:	1:39.97	34.69	250m:	2:50.37	35.22
	100m:	1:05.28	34.38	200m:	2:15.15	35.18	300m:	3:25.00	34.63
				350m:	3:59.37	34.37	400m:	4:31.66	32.29
3.	PALUSZKIEWICZ	Jan	09	UPKS	Wodnik	Rawicz	4:43.31	468	
	50m:	30.44	30.44	150m:	1:39.95	35.41	250m:	2:52.99	36.91
	100m:	1:04.54	34.10	200m:	2:16.08	36.13	300m:	3:29.78	36.79
				350m:	4:07.05	37.27	400m:	4:43.31	36.26
4.	TWARÓG	Mateusz	08	UKS	"Kro nicka	Przysta "	4:45.61	457	
	50m:	28.55	28.55	150m:	1:33.05	32.99	250m:	2:48.40	41.42
	100m:	1:00.06	31.51	200m:	2:06.98	33.93	300m:	3:27.46	39.06
				350m:	4:06.45	38.99	400m:	4:45.61	39.16
5.	HAMROL	Igor	09	UKS	Marato czyk	Ostrów Wlkp.	4:52.92	424	
	50m:	32.12	32.12	150m:	1:47.54	37.82	250m:	3:03.21	37.51
	100m:	1:09.72	37.60	200m:	2:25.70	38.16	300m:	3:41.29	38.08
				350m:	4:18.30	37.01	400m:	4:52.92	34.62
6.	ANDZI	SKI Szymon	08	Toru ski	MKS	CHAMPIONS	4:58.36	401	
	50m:	34.07	34.07	150m:	1:50.26	38.35	250m:	3:06.86	38.15
	100m:	1:11.91	37.84	200m:	2:28.71	38.45	300m:	3:45.26	38.40
				350m:	4:22.97	37.71	400m:	4:58.36	35.39
7.	PONOMARENKO	Volodymyr	09	MKP	Kołobrzeg		4:59.06	398	
	50m:	33.05	33.05	150m:	1:50.57	39.26	250m:	3:07.40	38.27
	100m:	1:11.31	38.26	200m:	2:29.13	38.56	300m:	3:46.19	38.79
				350m:	4:23.94	37.75	400m:	4:59.06	35.12
8.	KOKODYNSKYI	Denys	09	Mokotowski	UKP	Warszawianka- Wodny	5:03.68	380	
	50m:	32.45	32.45	150m:	1:50.19	39.77	250m:	3:07.98	37.45
	100m:	1:10.42	37.97	200m:	2:30.53	40.34	300m:	3:47.46	39.48
				350m:	4:26.03	38.57	400m:	5:03.68	37.65
Grupa C									
1.	STACHOWIAK	Wiktor	10	KS	Warta	Pozna	4:35.52	509	
	50m:	29.91	29.91	150m:	1:39.60	35.59	250m:	2:50.89	35.89
	100m:	1:04.01	34.10	200m:	2:15.00	35.40	300m:	3:25.86	34.97
				350m:	4:01.62	35.76	400m:	4:35.52	33.90
2.	NIEZGODA	Edward	10	Stowarzyszenie	UKS	Siódemka Sopot	4:36.49	504	
	50m:	30.71	30.71	150m:	1:40.08	35.22	250m:	2:51.70	35.54
	100m:	1:04.86	34.15	200m:	2:16.16	36.08	300m:	3:27.49	35.79
				350m:	4:03.28	35.79	400m:	4:36.49	33.21

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Konkurencja 10, Chłopców, 400m dowolny, Grupa C

Pozycja			Rok ur.							Czas	Pkt.
3.	BIELECKI Konrad		10	Stowarzyszenie UKS Siódemka Sopot						4:43.95	465
	50m:	32.18 32.18	150m:	1:44.72	36.63	250m:	2:57.43	36.17	350m:	4:09.02	35.23
	100m:	1:08.09 35.91	200m:	2:21.26	36.54	300m:	3:33.79	36.36	400m:	4:43.95	34.93
4.	PIETRYCH Igor		10	UKS „GIM 92 Ursynów”						4:50.53	434
	50m:	32.22 32.22	150m:	1:47.42	37.80	250m:	3:02.20	36.78	350m:	4:15.66	35.99
	100m:	1:09.62 37.40	200m:	2:25.42	38.00	300m:	3:39.67	37.47	400m:	4:50.53	34.87
5.	D BROWSKI Oliwier		10	MKP „SŁOWIANKA” Gorzów Wlkp.						4:55.08	414
	50m:	32.24 32.24	150m:	1:46.44	37.66	250m:	3:03.99	39.49	350m:	4:19.72	37.32
	100m:	1:08.78 36.54	200m:	2:24.50	38.06	300m:	3:42.40	38.41	400m:	4:55.08	35.36
6.	SKORUPA Sławek		10	UKS Shark Rudna						5:06.97	368
	50m:	33.29 33.29	150m:	1:50.21	38.97	250m:	3:08.70	39.56	350m:	4:28.44	39.20
	100m:	1:11.24 37.95	200m:	2:29.14	38.93	300m:	3:49.24	40.54	400m:	5:06.97	38.53
7.	ZALISKYI Maksym		10	UKS Fala Swarz dz						5:07.01	368
	50m:	32.31 32.31	150m:	1:48.93	39.27	250m:	3:09.04	39.77	350m:	4:29.32	39.46
	100m:	1:09.66 37.35	200m:	2:29.27	40.34	300m:	3:49.86	40.82	400m:	5:07.01	37.69
8.	IWANOWSKI Filip		10	MUKS "Pi tnastrka"						5:13.79	344
	50m:	35.98 35.98	150m:	1:56.48	40.10	250m:	3:17.16	40.49	350m:	4:36.90	39.01
	100m:	1:16.38 40.40	200m:	2:36.67	40.19	300m:	3:57.89	40.73	400m:	5:13.79	36.89
9.	PATOKA Kacper		10	UKS G-8 Bielany Warszawa						5:17.16	334
	50m:	34.24 34.24	150m:	1:53.11	40.37	250m:	3:14.93	40.87	350m:	4:37.61	41.05
	100m:	1:12.74 38.50	200m:	2:34.06	40.95	300m:	3:56.56	41.63	400m:	5:17.16	39.55
10.	JACKIEWICZ Wiktor		10	Dwójka Morena Gda sk						5:29.59	297
	50m:	37.10 37.10	150m:	2:02.50	43.37	250m:	3:28.31	42.78	350m:	4:51.82	41.12
	100m:	1:19.13 42.03	200m:	2:45.53	43.03	300m:	4:10.70	42.39	400m:	5:29.59	37.77
11.	BOLSHAKOV Timur		10	KS Warta Pozna						5:30.13	296
	50m:	34.10 34.10	150m:	1:56.71	43.18	250m:	3:23.44	44.74	350m:		
	100m:	1:13.53 39.43	200m:	2:38.70	41.99	300m:	4:07.09	43.65	400m:	5:30.13	
12.	PIECHOWICZ Andrzej		10	Mokotowski UKP Warszawianka- Wodny						5:49.45	249
	50m:	39.59 39.59	150m:			250m:	3:38.19	45.07	350m:	5:08.25	44.77
	100m:	1:23.50 43.91	200m:	2:53.12		300m:	4:23.48	45.29	400m:	5:49.45	41.20

Grupa D

1.	SUSLIK Adam		11	UKS „GIM 92 Ursynów”						4:49.03	441
	50m:	31.98 31.98	150m:	1:46.04	37.41	250m:	3:01.69	37.59	350m:	4:15.36	36.04
	100m:	1:08.63 36.65	200m:	2:24.10	38.06	300m:	3:39.32	37.63	400m:	4:49.03	33.67
2.	KOTŁOWSKI Piotr		11	UKS „GIM 92 Ursynów”						4:50.68	433
	50m:	32.72 32.72	150m:	1:46.16	37.22	250m:	3:00.91	37.14	350m:	4:15.22	36.37
	100m:	1:08.94 36.22	200m:	2:23.77	37.61	300m:	3:38.85	37.94	400m:	4:50.68	35.46
3.	R BIAŁKOWSKI Adam		11	TP Olimpijczyk Aleksandrów Łódzki						5:02.32	385
	50m:	33.87 33.87	150m:	1:51.13	39.82	250m:	3:08.78	37.97	350m:	4:25.26	37.50
	100m:	1:11.31 37.44	200m:	2:30.81	39.68	300m:	3:47.76	38.98	400m:	5:02.32	37.06
4.	MATYLLA Michał		11	Stowarzyszenie UKS Siódemka Sopot						5:20.17	324
	50m:	35.74 35.74	150m:	1:57.99	40.87	250m:	3:21.08	41.50	350m:	4:41.49	39.47
	100m:	1:17.12 41.38	200m:	2:39.58	41.59	300m:	4:02.02	40.94	400m:	5:20.17	38.68
5.	HUTOR Yurii		11	KS Warta Pozna						5:35.81	281
	50m:	38.10 38.10	150m:	2:02.98	42.47	250m:	3:30.21	43.45	350m:	4:57.10	43.44
	100m:	1:20.51 42.41	200m:	2:46.76	43.78	300m:	4:13.66	43.45	400m:	5:35.81	38.71
6.	SMOLAREK Stanisław		11	UKS „GIM 92 Ursynów”						5:40.45	270
	50m:	38.81 38.81	150m:	2:05.62	44.15	250m:	3:34.37	44.57	350m:	5:01.47	42.88
	100m:	1:21.47 42.66	200m:	2:49.80	44.18	300m:	4:18.59	44.22	400m:	5:40.45	38.98
7.	TUSK Krzysztof		11	MKS Znicz Koszalin						5:51.31	245
	50m:	39.15 39.15	150m:	2:09.36	45.36	250m:	3:40.06	45.44	350m:	5:10.86	45.36
	100m:	1:24.00 44.85	200m:	2:54.62	45.26	300m:	4:25.50	45.44	400m:	5:51.31	40.45

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Grupa E

1.	OKUPNIAREK Oliwier	12	KTP Iskra Konin	5:23.49	314
	50m: 33.33 33.33	150m: 1:56.59 41.91	250m: 3:19.91 42.15	350m: 4:44.87 42.48	
	100m: 1:14.68 41.35	200m: 2:37.76 41.17	300m: 4:02.39 42.48	400m: 5:23.49 38.62	
2.	NOWAKOWSKI Marcel	12	UKS „GIM 92 Ursynów”	5:53.05	242
	50m: 38.78 38.78	150m: 2:09.55 46.07	250m: 3:42.04 46.74	350m: 5:12.12 45.10	
	100m: 1:23.48 44.70	200m: 2:55.30 45.75	300m: 4:27.02 44.98	400m: 5:53.05 40.93	
3.	P CZEK Tymon	12	UKS Siódemka Gdynia	6:02.70	223
	50m: 39.85 39.85	150m: 2:14.31 47.05	250m: 3:49.19 47.14	350m: 5:22.01 45.97	
	100m: 1:27.26 47.41	200m: 3:02.05 47.74	300m: 4:36.04 46.85	400m: 6:02.70 40.69	

Grupa F

1.	F FERREK Filip	13	MUKS "TUREKin pływa"	5:12.67	348
	50m: 35.06 35.06	150m: 1:54.47 40.42	250m: 3:14.55 40.17	350m: 4:34.47 39.78	
	100m: 1:14.05 38.99	200m: 2:34.38 39.91	300m: 3:54.69 40.14	400m: 5:12.67 38.20	
2.	SŁONKA Aleksander	13	TP Olimpijczyk Aleksandrów Łódzki	6:04.27	220
	50m: 39.40 39.40	150m: 2:14.50 49.45	250m: 3:48.07 46.93	350m: 5:22.49 46.63	
	100m: 1:25.05 45.65	200m: 3:01.14 46.64	300m: 4:35.86 47.79	400m: 6:04.27 41.78	