

Ogólnopolskie Zawody Pływackie Poprawiamy Rekordy na Termach
Pozna , 13.4.2024

Konkurencja 22
2024.04.13 - 18:02

M czyzn, 400m zmienny

Open
Wyniki

Punkty: FINA 2024

Pozycja			Rok ur.					Czas	Pkt.
Grupa A									
1.	ZAWADZKI Jakub		06	UKS Ruch Grudzi dz				5:02.52	515
	50m:	30.60 30.60	150m:	1:45.76 38.74	250m:	3:06.79 43.89	350m:	4:27.52 35.91	
	100m:	1:07.02 36.42	200m:	2:22.90 37.14	300m:	3:51.61 44.82	400m:	5:02.52 35.00	
Grupa B									
1.	DZIEDZIC Michał		09	UKS "ORKA" Luba				4:50.46	581
	50m:	29.35 29.35	150m:	1:41.36 37.92	250m:	3:01.18 42.63	350m:	4:18.35 32.92	
	100m:	1:03.44 34.09	200m:	2:18.55 37.19	300m:	3:45.43 44.25	400m:	4:50.46 32.11	
2.	TWARÓG Mateusz		08	UKS "Kro nicka Przysta "				5:04.84	503
	50m:	29.86 29.86	150m:	1:46.19 40.76	250m:	3:11.63 44.96	350m:	4:31.11 34.50	
	100m:	1:05.43 35.57	200m:	2:26.67 40.48	300m:	3:56.61 44.98	400m:	5:04.84 33.73	
3.	PAKUŁA Patryk		08	UKS Shark Rudna				5:06.38	495
	50m:	31.19 31.19	150m:	1:49.16 41.51	250m:	3:13.15 44.83	350m:	4:33.01 34.51	
	100m:	1:07.65 36.46	200m:	2:28.32 39.16	300m:	3:58.50 45.35	400m:	5:06.38 33.37	
4.	HAMROL Igor		09	UKS Marato czyk Ostrów Wlkp.				5:25.03	415
	50m:	31.50 31.50	150m:	1:53.45 42.53	250m:	3:22.82 48.18	350m:	4:49.87 38.04	
	100m:	1:10.92 39.42	200m:	2:34.64 41.19	300m:	4:11.83 49.01	400m:	5:25.03 35.16	
Grupa C									
1.	KRZE NIAK Jakub		10	KS Posnania Pozna				5:23.51	421
	50m:	31.40 31.40	150m:	1:53.58 44.76	250m:	3:25.33 49.13	350m:	4:49.49 35.85	
	100m:	1:08.82 37.42	200m:	2:36.20 42.62	300m:	4:13.64 48.31	400m:	5:23.51 34.02	
2.	KACZMAREK Dawid		10	MKS Trójka Łód				5:27.66	405
	50m:	33.74 33.74	150m:	2:00.07 47.40	250m:	3:27.73 44.21	350m:	4:52.11 39.07	
	100m:	1:12.67 38.93	200m:	2:43.52 43.45	300m:	4:13.04 45.31	400m:	5:27.66 35.55	
3.	MICHALCZYSZYN Filip		10	MKP Szczecin				5:29.33	399
	50m:	34.11 34.11	150m:	2:01.13 44.81	250m:	3:30.77 45.30	350m:	4:53.56 36.34	
	100m:	1:16.32 42.21	200m:	2:45.47 44.34	300m:	4:17.22 46.45	400m:	5:29.33 35.77	
Grupa D									
1.	KACZMAREK Mikołaj		11	UKS „GIM 92 Ursynów"				5:35.09	379
	50m:	34.86 34.86	150m:	2:00.31 43.92	250m:	3:32.25 48.76	350m:	4:58.96 37.87	
	100m:	1:16.39 41.53	200m:	2:43.49 43.18	300m:	4:21.09 48.84	400m:	5:35.09 36.13	
Grupa E									
1.	OGÓREK Mariusz		12	MKP Szczecin				5:29.51	398
	50m:	35.32 35.32	150m:	2:01.79 44.50	250m:	3:29.24 45.18	350m:	4:53.78 38.45	
	100m:	1:17.29 41.97	200m:	2:44.06 42.27	300m:	4:15.33 46.09	400m:	5:29.51 35.73	