

Ogólnopolskie Zawody Pływackie - Sprawdzamy Formę na Termach  
Poznań, 25.5.2024

Konkurencja 10  
2024.05.25 - 12:56

Mężczyźni, 400m dowolny

Open  
Wyniki

Punkty: FINA 2024

Pozycja			Rok ur.					Czas	Pkt.
<b>Grupa A</b>									
1.	Kułton Jakub		07	O AZS w Poznaniu				<b>4:25.86</b>	567
	50m:	30.96	30.96	150m:	1:37.76	33.62	250m:	2:45.23	33.48
	100m:	1:04.14	33.18	200m:	2:11.75	33.99	300m:	3:19.31	34.08
				350m:	3:52.82	33.51	400m:	4:25.86	33.04
2.	Sobiechowski Kajetan		06	MKS Piast Głogów				<b>4:27.38</b>	557
	50m:	29.20	29.20	150m:	1:36.59	34.29	250m:	2:44.55	33.71
	100m:	1:02.30	33.10	200m:	2:10.84	34.25	300m:	3:18.67	34.12
				350m:	4:27.38		400m:	4:27.38	
3.	Baranowski Alex		07	KS Posenania Poznań				<b>4:28.45</b>	550
	50m:	29.76	29.76	150m:	1:36.35	33.40	250m:	2:43.96	33.77
	100m:	1:02.95	33.19	200m:	2:10.19	33.84	300m:	3:18.84	34.88
				350m:	4:28.45	34.98	400m:	4:28.45	34.98
4.	Kędzior Mateusz		73	KS Warta Poznań				<b>6:12.61</b>	206
	50m:	40.12	40.12	150m:	3:47.94	2:23.11	250m:	5:24.80	2:24.73
	100m:	1:24.83	44.71	200m:	3:00.07		300m:	4:36.50	
				350m:	6:12.61		400m:	6:12.61	
<b>Grupa B</b>									
1.	Litoborski Mikołaj		08	O AZS w Poznaniu				<b>4:14.88</b>	643
	50m:	29.00	29.00	150m:	1:33.56	32.49	250m:	2:38.60	32.42
	100m:	1:01.07	32.07	200m:	2:06.18	32.62	300m:	3:10.80	32.20
				350m:	4:14.88	31.40	400m:	4:14.88	31.40
2.	Bielienkov Nikita		08	O AZS w Poznaniu				<b>4:31.74</b>	531
	50m:	30.71	30.71	150m:	1:38.56	34.04	250m:	2:46.18	33.60
	100m:	1:04.52	33.81	200m:	2:12.58	34.02	300m:	3:21.24	35.06
				350m:	4:31.74	35.59	400m:	4:31.74	35.59
3.	Szwast Mateusz		09	MUKS „HURAGAN” Koło				<b>5:17.68</b>	332
	50m:	35.58	35.58	150m:	1:54.57	40.19	250m:	3:15.29	40.78
	100m:	1:14.38	38.80	200m:	2:34.51	39.94	300m:	3:56.27	40.98
				350m:	5:17.68	41.56	400m:	5:17.68	39.85
4.	Kocielniak Marcel		09	Aquarius MOSIW Miedzyrzecz				<b>5:39.22</b>	273
	50m:	32.75	32.75	150m:	1:53.46	42.33	250m:	3:22.20	44.84
	100m:	1:11.13	38.38	200m:	2:37.36	43.90	300m:	4:07.90	45.70
				350m:	5:39.22	44.72	400m:	5:39.22	44.72
<b>Grupa C</b>									
1.	Mocny Dariusz		10	"UKS - Jedyńka Kórnik"				<b>4:34.82</b>	513
	50m:	30.96	30.96	150m:	1:39.74	34.93	250m:	2:49.97	35.28
	100m:	1:04.81	33.85	200m:	2:14.69	34.95	300m:	3:25.24	35.27
				350m:	4:34.82	34.11	400m:	4:34.82	34.11
2.	Skibiński Szymon		10	MKP Szczecin				<b>4:40.10</b>	485
	50m:	31.90	31.90	150m:	1:43.29	36.07	250m:	2:54.87	35.70
	100m:	1:07.22	35.32	200m:	2:19.17	35.88	300m:	3:30.65	35.78
				350m:	4:40.10	33.99	400m:	4:40.10	33.99
3.	Wieczorek Aleksander		10	MKP Szczecin				<b>4:49.22</b>	440
	50m:	32.61	32.61	150m:	1:45.89	36.94	250m:	3:00.17	37.00
	100m:	1:08.95	36.34	200m:	2:23.17	37.28	300m:	3:37.30	37.13
				350m:	4:49.22	35.22	400m:	4:49.22	35.22
4.	Groszewski Aleksander		10	KS Warta Poznań				<b>5:18.97</b>	328
	50m:	34.40	34.40	150m:	1:54.88	41.35	250m:	3:17.49	41.34
	100m:	1:13.53	39.13	200m:	2:36.15	41.27	300m:	3:59.17	41.68
				350m:	5:18.97	38.27	400m:	5:18.97	38.27
5.	Zaliskiy Maksym		10	UKS Fala Swarzędz				<b>5:21.16</b>	321
	50m:			150m:	1:53.38	40.60	250m:	3:15.08	41.03
	100m:	1:12.78		200m:	2:34.05	40.67	300m:	3:57.02	41.94
				350m:	5:21.16	42.37	400m:	5:21.16	42.37
DYSKW.	Radzewicz Marcin		10	KS AZS AWF Poznań					
	<i>O1 - Pływak zainicjował start przed sygnałem startu.</i>								
	50m:	31.83	31.83	150m:	1:47.03	38.60	250m:	3:05.17	39.55
	100m:	1:08.43	36.60	200m:	2:25.62	38.59	300m:	3:45.61	40.44
				350m:	4:24.91	39.30	400m:	4:24.91	39.30

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Grupa D

1.	Mizgalski Tymoteusz		11	KS Warta Pozna				<b>4:40.39</b>	483			
	50m:	31.70	31.70	150m:	1:42.46	35.98	250m:	2:55.22	36.50	350m:	4:06.57	35.42
	100m:	1:06.48	34.78	200m:	2:18.72	36.26	300m:	3:31.15	35.93	400m:	4:40.39	33.82
2.	Judek Wiktor		11	Aquarius MOSIW Miedzyrzecz				<b>5:16.81</b>	335			
	50m:	35.08	35.08	150m:	1:55.68	40.75	250m:	3:18.03	41.90	350m:	4:39.99	39.76
	100m:	1:14.93	39.85	200m:	2:36.13	40.45	300m:	4:00.23	42.20	400m:	5:16.81	36.82

Grupa F

1.	F ferek Filip		13	MUKS "TUREKin pływa"				<b>5:10.98</b>	354			
	50m:	35.01	35.01	150m:	1:54.47	39.91	250m:	3:14.05	39.47	350m:	4:34.21	39.96
	100m:	1:14.56	39.55	200m:	2:34.58	40.11	300m:	3:54.25	40.20	400m:	5:10.98	36.77