

Letnie Mistrzostwa Okręgu Wielkopolskiego
Poznań, 14. - 15.6.2024

Konkurencja 4
2024.06.14 - 9:26

Mężczyźni, 400m zmienny

Open
Wyniki

Punkty: FINA 2024

Pozycja			Rok ur.					Czas	Pkt.			
16 - 18 lat												
1.	Pietrzak Michał		07	O AZS w Poznaniu				5:08.42	486			
	50m:	31.42	31.42	150m:	1:48.25	39.69	250m:	3:11.28	44.27	350m:	4:33.30	36.19
	100m:	1:08.56	37.14	200m:	2:27.01	38.76	300m:	3:57.11	45.83	400m:	5:08.42	35.12
14 - 15 lat												
1.	Krzeniak Jakub		10	KS Poznań Poznań				5:20.62	432			
	50m:	32.17	32.17	150m:	1:53.23	43.45	250m:	3:22.30	47.70	350m:	4:46.65	36.29
	100m:	1:09.78	37.61	200m:	2:34.60	41.37	300m:	4:10.36	48.06	400m:	5:20.62	33.97
2.	Mizgalski Kacper		09	KS Poznań Poznań				5:26.05	411			
	50m:	32.28	32.28	150m:	1:55.72	44.13	250m:	3:24.95	46.69	350m:	4:49.53	37.95
	100m:	1:11.59	39.31	200m:	2:38.26	42.54	300m:	4:11.58	46.63	400m:	5:26.05	36.52
3.	Hamrol Igor		09	UKS Maraton Ostrów Wlkp.				5:29.16	399			
	50m:	32.16	32.16	150m:	1:54.74	42.13	250m:	3:26.91	50.79	350m:	4:53.96	36.41
	100m:	1:12.61	40.45	200m:	2:36.12	41.38	300m:	4:17.55	50.64	400m:	5:29.16	35.20
12 - 13 lat												
1.	Jaworski Szymon		12	KS Warta Poznań				6:25.60	248			
	50m:	43.48	43.48	150m:	2:24.55	50.82	250m:	4:07.34	52.55	350m:	5:44.89	43.19
	100m:	1:33.73	50.25	200m:	3:14.79	50.24	300m:	5:01.70	54.36	400m:	6:25.60	40.71
2.	Drożdż Krystian		11	KS Waterpolo Poznań				6:30.30	239			
	50m:	40.39	40.39	150m:	2:21.20	47.75	250m:	4:03.11	56.74	350m:	5:49.22	47.24
	100m:	1:33.45	53.06	200m:	3:06.37	45.17	300m:	5:01.98	58.87	400m:	6:30.30	41.08
3.	Nieborak Bartosz		12	KS Warta Poznań				6:40.04	222			
	50m:	44.35	44.35	150m:	2:30.20	51.48	250m:	4:17.04	56.97	350m:	5:59.54	42.53
	100m:	1:38.72	54.37	200m:	3:20.07	49.87	300m:	5:17.01	59.97	400m:	6:40.04	40.50
PK	Kapała Szymon		03	MTP Kormoran Olsztyn				4:50.93	579			
	50m:	29.60	29.60	150m:	1:42.07	38.66	250m:	3:02.89	43.37	350m:	4:19.89	32.89
	100m:	1:03.41	33.81	200m:	2:19.52	37.45	300m:	3:47.00	44.11	400m:	4:50.93	31.04
PK	Klessa Kacper		10	MUKS "Piłkarska"				5:51.85	327			
	50m:	37.63	37.63	150m:	2:06.50	47.43	250m:	3:40.81	49.65	350m:	5:12.33	42.71
	100m:	1:19.07	41.44	200m:	2:51.16	44.66	300m:	4:29.62	48.81	400m:	5:51.85	39.52