

Polska Liga Pływacka  
Warszawa, 17 - 18-4-2015

Konkurencja 37  
2015-04-18 - 17:15

M czyzn, 400m zmienny

Open  
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.		
1.	DUBIEL, Adam		93	Mazowiecki OZP 1				<b>4:31.31</b>	725	15	
	50m:	28.41 28.41	150m:	1:36.58	35.24	250m:	2:50.46	39.75	350m:	4:01.04	31.13
	100m:	1:01.34 32.93	200m:	2:10.71	34.13	300m:	3:29.91	39.45	400m:	4:31.31	30.27
2.	WOJDAK, Wojciech		96	Małopolski OZP				<b>4:35.86</b>	690	13	
	50m:	28.83 28.83	150m:	1:38.24	36.60	250m:	2:52.56	39.07	350m:	4:04.94	32.46
	100m:	1:01.64 32.81	200m:	2:13.49	35.25	300m:	3:32.48	39.92	400m:	4:35.86	30.92
3.	CHMIELEWSKI, Jakub		99	Dolno I ski OZP				<b>4:38.55</b>	670	12	
	50m:	29.74 29.74	150m:	1:37.89	34.65	250m:	2:53.93	41.63	350m:	4:08.19	33.13
	100m:	1:03.24 33.50	200m:	2:12.30	34.41	300m:	3:35.06	41.13	400m:	4:38.55	30.36
4.	W GROWSKI, Marcel		99	Łódzki OZP				<b>4:38.65</b>	670	11	
	50m:	30.48 30.48	150m:	1:40.40	36.88	250m:	2:56.08	40.21	350m:	4:07.61	31.77
	100m:	1:03.52 33.04	200m:	2:15.87	35.47	300m:	3:35.84	39.76	400m:	4:38.65	31.04
5.	SOBCZYK, Maciej		95	Małopolski OZP				<b>4:42.55</b>	642	10	
	50m:	30.00 30.00	150m:	1:42.18	37.00	250m:	2:57.76	39.32	350m:	4:10.51	33.11
	100m:	1:05.18 35.18	200m:	2:18.44	36.26	300m:	3:37.40	39.64	400m:	4:42.55	32.04
6.	LECHOWICZ, Filip		97	Małopolski OZP				<b>4:44.20</b>	631		
	50m:	30.99 30.99	150m:	1:45.05	37.95	250m:	2:59.97	39.73	350m:	4:12.97	32.89
	100m:	1:07.10 36.11	200m:	2:20.24	35.19	300m:	3:40.08	40.11	400m:	4:44.20	31.23
7.	NIEDZIAŁEK, Dominik		98	Lubelski OZP				<b>4:44.99</b>	626	9	
	50m:	30.72 30.72	150m:	1:43.46	37.47	250m:	3:00.67	41.18	350m:	4:13.79	32.31
	100m:	1:05.99 35.27	200m:	2:19.49	36.03	300m:	3:41.48	40.81	400m:	4:44.99	31.20
8.	ST PIE , Konrad		96	Mazowiecki OZP 1				<b>4:46.72</b>	615	8	
	50m:	28.75 28.75	150m:	1:41.88	39.25	250m:	2:59.98	38.91	350m:	4:13.65	34.09
	100m:	1:02.63 33.88	200m:	2:21.07	39.19	300m:	3:39.56	39.58	400m:	4:46.72	33.07
9.	KA MIERCZAK, Wojciech		97	Mazowiecki OZP 2				<b>4:47.26</b>	611	7	
	50m:	28.97 28.97	150m:	1:41.93	38.87	250m:	3:01.13	40.95	350m:	4:15.53	33.37
	100m:	1:03.06 34.09	200m:	2:20.18	38.25	300m:	3:42.16	41.03	400m:	4:47.26	31.73
10.	KEMPA, Mikołaj		99	Opolski OZP				<b>4:47.37</b>	610	6	
	50m:	30.57 30.57	150m:	1:43.27	37.80	250m:	3:01.47	40.65	350m:	4:15.68	32.37
	100m:	1:05.47 34.90	200m:	2:20.82	37.55	300m:	3:43.31	41.84	400m:	4:47.37	31.69
11.	KAŁUSOWSKI, Jan		00	Łódzki OZP				<b>4:49.62</b>	596	5	
	50m:	30.11 30.11	150m:	1:45.31	40.09	250m:	3:03.50	38.92	350m:	4:17.48	33.53
	100m:	1:05.22 35.11	200m:	2:24.58	39.27	300m:	3:43.95	40.45	400m:	4:49.62	32.14
12.	G SIOR, Patryk		94	Mazowiecki OZP 1				<b>4:49.74</b>	596		
	50m:	29.38 29.38	150m:	1:40.68	37.41	250m:	2:58.84	41.17	350m:	4:16.18	35.18
	100m:	1:03.27 33.89	200m:	2:17.67	36.99	300m:	3:41.00	42.16	400m:	4:49.74	33.56
13.	SOLA, Kornel		97	Lubelski OZP				<b>4:52.04</b>	582	4	
	50m:	30.57 30.57	150m:	1:45.66	39.30	250m:	3:05.17	41.29	350m:	4:20.06	32.95
	100m:	1:06.36 35.79	200m:	2:23.88	38.22	300m:	3:47.11	41.94	400m:	4:52.04	31.98
14.	ARENTEWICZ, Jacek		97	Dolno I ski OZP				<b>4:56.03</b>	558	3	
	50m:	30.97 30.97	150m:	1:47.64	39.63	250m:	3:05.65	39.02	350m:	4:21.55	36.25
	100m:	1:08.01 37.04	200m:	2:26.63	38.99	300m:	3:45.30	39.65	400m:	4:56.03	34.48
15.	PECYNA, Maciej		99	Mazowiecki OZP 2				<b>4:57.14</b>	552	2	
	50m:	30.29 30.29	150m:	1:45.87	39.29	250m:	3:06.41	41.74	350m:	4:23.80	34.88
	100m:	1:06.58 36.29	200m:	2:24.67	38.80	300m:	3:48.92	42.51	400m:	4:57.14	33.34
16.	WASIUK, Jakub		99	Opolski OZP				<b>5:03.63</b>	517	1	
	50m:	33.01 33.01	150m:	1:51.86	40.50	250m:	3:14.38	43.35	350m:	4:30.76	33.61
	100m:	1:11.36 38.35	200m:	2:31.03	39.17	300m:	3:57.15	42.77	400m:	5:03.63	32.87
17.	KARWAT, Krzysztof		96	Łódzki OZP				<b>5:04.98</b>	511		
	50m:	29.56 29.56	150m:	1:43.08	37.63	250m:	3:05.66	45.56	350m:	4:29.14	36.73
	100m:	1:05.45 35.89	200m:	2:20.10	37.02	300m:	3:52.41	46.75	400m:	5:04.98	35.84