

III runda Klubowego Pucharu Polski w pływaniu w płetwach
Toru , 15. - 16.10.2016

Konkurencja 20
16.10.2016 - 9:56

M czyzn, 400m.SF

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Wyniki

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.
11 lat i młodszy			
1. KOWALCZYK, Igor	05 UKS Delfin Jastarnia	4:26.11	
50m: 28.99 28.99	150m: 1:36.49 34.59	250m: 2:45.78 34.69	350m: 3:51.48 30.93
100m: 1:01.90 32.91	200m: 2:11.09 34.60	300m: 3:20.55 34.77	400m: 4:26.11 34.63
2. PIETRAS, Kamil	05 UKS Delfinek SP1 Chodzie	4:27.59	
50m: 28.89 28.89	150m: 1:36.23 34.68	250m: 2:45.55 34.59	350m: 3:55.24 34.22
100m: 1:01.55 32.66	200m: 2:10.96 34.73	300m: 3:21.02 35.47	400m: 4:27.59 32.35
3. PELACZYK, Jakub	05 KS Nautilus Jastrz bie	4:40.77	
50m: 28.71 28.71	150m: 1:41.05 37.91	250m: 2:56.22 37.42	350m: 4:09.20 36.20
100m: 1:03.14 34.43	200m: 2:18.80 37.75	300m: 3:33.00 36.78	400m: 4:40.77 31.57
4. KACPRZYK, Hubert	05 UKS Delfin Jastarnia	5:18.66	
50m: 33.56 33.56	150m: 1:53.41 40.84	250m: 3:17.39 42.17	350m: 4:39.59 45.03
100m: 1:12.57 39.01	200m: 2:35.22 41.81	300m: 3:54.56 37.17	400m: 5:18.66 39.07
5. MARKIEWICZ, Karol	07 UKS Delfin Jastarnia	5:51.25	
50m: 39.48 39.48	150m: 2:09.65	250m: 3:39.41 45.81	350m: 5:06.75 44.70
100m:	200m: 2:53.60 43.95	300m: 4:22.05 42.64	400m: 5:51.25 44.50
6. PAPROCKI, Hubert	05 UKS Delfinek SP1 Chodzie	6:03.72	
50m: 39.96 39.96	150m: 2:09.30 46.43	250m: 3:43.93 47.24	350m: 5:20.80 47.67
100m: 1:22.87 42.91	200m: 2:56.69 47.39	300m: 4:33.13 49.20	400m: 6:03.72 42.92
DYSKW. SKORUPSKI, Jakub	05 Uks Aurus Ursynów Warszawa		
50m: 37.44 37.44	150m: 2:06.34 46.55	250m: 3:41.21	350m: 5:16.58 50.59
100m: 1:19.79 42.35	200m:	300m: 4:25.99 44.78	400m:
NIE UK. KRYZEL, Mateusz	06 UKS Wodniacy Garczyn		
50m: 40.67 40.67	150m: 2:15.32 48.64	250m: 3:48.39 45.50	350m: 5:22.48 46.00
100m: 1:26.68 46.01	200m: 3:02.89 47.57	300m: 4:36.48 48.09	400m:
12 - 13 lat			
1. JESIOŁOWSKI, Oliwier	03 UKS Delfinek SP1 Chodzie	3:57.21	
50m: 24.92 24.92	150m: 1:23.33 30.15	250m: 2:25.11 30.89	350m: 3:26.85 30.92
100m: 53.18 28.26	200m: 1:54.22 30.89	300m: 2:55.93 30.82	400m: 3:57.21 30.36
2. DYRSZKA, Hubert	03 KS Nautilus Jastrz bie	4:03.91	
50m: 25.96 25.96	150m: 1:26.52 31.09	250m: 2:30.27 32.05	350m: 3:34.56 31.75
100m: 55.43 29.47	200m: 1:58.22 31.70	300m: 3:02.81 32.54	400m: 4:03.91 29.35
3. MAZURKIEWICZ, Daniel	04 Laguna 24 Toru	4:37.37	
50m: 26.71 26.71	150m: 1:35.87 36.69	250m: 2:51.78 37.47	350m: 4:08.11 38.14
100m: 59.18 32.47	200m: 2:14.31 38.44	300m: 3:29.97 38.19	400m: 4:37.37 29.26
4. DULNIAK, Ryszard	04 GKP NEPTUN Gda sk	4:47.22	
50m: 29.31 29.31	150m: 1:41.38 37.20	250m: 2:56.69 38.11	350m: 4:12.12 38.10
100m: 1:04.18 34.87	200m: 2:18.58 37.20	300m: 3:34.02 37.33	400m: 4:47.22 35.10
14 - 15 lat			
1. MODZELEWSKI, Piotr	02 OSN AMFIPRION Olecko	3:53.59	
50m: 23.72 23.72	150m: 1:22.00 30.49	250m: 2:23.48 31.03	350m: 3:26.37 31.34
100m: 51.51 27.79	200m: 1:52.45 30.45	300m: 2:55.03 31.55	400m: 3:53.59 27.22
2. DRA BA, Filip	02 OSN AMFIPRION Olecko	4:02.87	
50m: 26.21 26.21	150m: 1:26.17 30.61	250m: 2:29.98 32.40	350m: 3:34.29 31.55
100m: 55.56 29.35	200m: 1:57.58 31.41	300m: 3:02.74 32.76	400m: 4:02.87 28.58
3. PAUL, Jakub	02 Laguna 24 Toru	4:07.54	
50m: 26.82 26.82	150m: 1:28.68 31.15	250m: 2:33.37 32.84	350m: 3:37.53 32.46
100m: 57.53 30.71	200m: 2:00.53 31.85	300m: 3:05.07 31.70	400m: 4:07.54 30.01

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Konkurencja 20, Chłopców, 400m.SF, 14 - 15 lat

Pozycja		Rok ur.						Czas	Pkt.
4.	LENARCZYK, Franciszek	01	GKP NEPTUN Gda sk					4:28.43	
	50m: 29.12 29.12		150m: 1:37.53 35.30		250m: 2:48.43 35.23		350m: 3:57.85 34.22		
	100m: 1:02.23 33.11		200m: 2:13.20 35.67		300m: 3:23.63 35.20		400m: 4:28.43 30.58		
5.	BISZEWSKI, Bartosz	01	OSN AMFIPRION Olecko					4:40.57	
	50m: 31.36 31.36		150m: 1:39.52 35.31		250m: 2:55.44 38.21		350m: 4:07.03 35.13		
	100m: 1:04.21 32.85		200m: 2:17.23 37.71		300m: 3:31.90 36.46		400m: 4:40.57 33.54		

16 - 17 lat

1.	DRAMI SKI, Michał	99	Lotos Olsztyn					3:22.28	
	50m: 23.23 23.23		150m: 1:13.02 25.11		250m: 2:03.85 25.18		350m: 2:56.62 26.09		
	100m: 47.91 24.68		200m: 1:38.67 25.65		300m: 2:30.53 26.68		400m: 3:22.28 25.66		
2.	SZTANKIER, Jakub	99	MKP FLOTA Gdynia O/PTTK MW					4:01.83	
	50m: 26.58 26.58		150m: 1:25.95 30.07		250m: 2:28.83 31.75		350m: 3:32.09 31.38		
	100m: 55.88 29.30		200m: 1:57.08 31.13		300m: 3:00.71 31.88		400m: 4:01.83 29.74		

18 lat i starsi

1.	KRAKOWIAK, Waldemar	98	Wielkopolski Klub Sportowy					3:16.32	
	50m: 22.51 22.51		150m: 1:11.19 24.37		250m: 2:00.51 24.48		350m: 2:50.96 25.61		
	100m: 46.82 24.31		200m: 1:36.03 24.84		300m: 2:25.35 24.84		400m: 3:16.32 25.36		
2.	RUDZI SKI, Maciej	92	Uks Aurus Ursynów Warszawa					3:44.12	
	50m: 23.72 23.72		150m: 1:17.71 27.85		250m: 2:15.83 29.35		350m: 3:15.05 29.65		
	100m: 49.86 26.14		200m: 1:46.48 28.77		300m: 2:45.40 29.57		400m: 3:44.12 29.07		
3.	JAWORSKI, Michał	94	MKP FLOTA Gdynia O/PTTK MW					3:56.36	
	50m: 24.79 24.79		150m: 1:22.24 29.50		250m: 2:24.75 31.30		350m: 3:26.69 30.52		
	100m: 52.74 27.95		200m: 1:53.45 31.21		300m: 2:56.17 31.42		400m: 3:56.36 29.67		