

# ZAWODY PŁYWACKIE

# Każdy Pływać Chce

pod patronatem Prezydenta Miasta Ciechanów  
Krzysztofa Kosińskiego

Ciechanów, 4. - 5.3.2023

Konkurencja 20  
04.03.2023 - 19:01

Mężczyzn, 400m zmienny

13 lat i starsi  
Wyniki

Punkty: FINA 2022

Pozycja	Rok ur.	Imię i nazwisko	Czas	Pkt.
<b>13 lat</b>				
1.	10	PARDO, Kornel	<b>5:16.89</b>	406
		50m: 33.83 33.83 100m: 1:12.87 39.04 150m: 1:52.86 39.99 200m: 2:32.70 39.84 250m: 3:18.30 45.60 300m: 4:04.45 46.15 350m: 4:41.78 37.33 400m: 5:16.89 35.11		
<b>14 lat</b>				
1.	09	JANICKI, Nataniel	<b>5:36.24</b>	340
		50m: 37.66 37.66 100m: 1:19.02 41.36 150m: 2:02.11 43.09 200m: 2:46.56 44.45 250m: 3:33.42 46.86 300m: 4:20.41 46.99 350m: 4:58.82 38.41 400m: 5:36.24 37.42		
<b>15 lat</b>				
1.	08	POLAK, Bartosz	<b>5:34.75</b>	345
		50m: 35.95 35.95 100m: 1:18.95 43.00 150m: 2:01.69 42.74 200m: 2:44.72 43.03 250m: 3:31.26 46.54 300m: 4:18.01 46.75 350m: 4:57.54 39.53 400m: 5:34.75 37.21		
<b>16 lat i starsi</b>				
1.	04	CHMIELEWSKI, Krzysztof	<b>4:32.36</b>	640
		50m: 29.03 29.03 100m: 1:01.87 32.84 150m: 1:36.79 34.92 200m: 2:10.49 33.70 250m: 2:50.83 40.34 300m: 3:31.51 40.68 350m: 4:02.42 30.91 400m: 4:32.36 29.94		
2.	04	CHMIELEWSKI, Michał	<b>4:43.27</b>	569
		50m: 29.98 29.98 100m: 1:03.94 33.96 150m: 1:40.36 36.42 200m: 2:14.29 33.93 250m: 2:58.57 44.28 300m: 3:41.52 42.95 350m: 4:13.30 31.78 400m: 4:43.27 29.97		
3.	06	LARY, Jerzy	<b>4:44.64</b>	561
		50m: 31.28 31.28 100m: 1:06.55 35.27 150m: 1:43.54 36.99 200m: 2:19.60 36.06 250m: 3:01.41 41.81 300m: 3:43.39 41.98 350m: 4:14.86 31.47 400m: 4:44.64 29.78		
4.	07	ŁOJEWSKI, Adam	<b>4:45.66</b>	555
		50m: 30.04 30.04 100m: 1:04.01 33.97 150m: 1:40.16 36.15 200m: 2:16.52 36.36 250m: 2:58.76 42.24 300m: 3:41.06 42.30 350m: 4:13.90 32.84 400m: 4:45.66 31.76		
5.	07	MIKITA, Damian	<b>4:51.73</b>	521
		50m: 30.70 30.70 100m: 1:06.85 36.15 150m: 1:47.33 40.48 200m: 2:26.47 39.14 250m: 3:04.36 37.89 300m: 3:43.49 39.13 350m: 4:18.04 34.55 400m: 4:51.73 33.69		

