

ZIMOWE OTWARTE MISTRZOSTWA POLSKI W PŁYWANIU OSÓB NIEPEŁNOSPRAWNYCH 2018  
Szczecin, 16- - 18-11-2018

Event 16  
2018-11-17 - 12:04

Men, 400m Freestyle

Open  
Results

Points: WPP 2018

Rank							Time	Pts				
Open												
1.	TAKKEN Bas						Netherlands	<b>4:13.25</b>	886	S10	27130	
	50m:	29.21	29.21	150m:	1:33.94	33.19	250m:	2:37.53	31.75	350m:	3:42.26	32.25
	100m:	1:00.75	31.54	200m:	2:05.78	31.84	300m:	3:10.01	32.48	400m:	4:13.25	30.99
2.	VAN HOFWEEGEN Thijs						Netherlands	<b>5:22.60</b>	857	S6	17471	
	50m:	36.59	36.59	150m:	1:56.34	40.78	250m:	3:19.88	42.07	350m:	4:43.90	42.12
	100m:	1:15.56	38.97	200m:	2:37.81	41.47	300m:	4:01.78	41.90	400m:	5:22.60	38.70
3.	HREHOROWICZ Igor						Start Wroclaw	<b>4:33.59</b>	845	S9	26514	
	50m:	31.01	31.01	150m:	1:41.29	36.05	250m:	2:50.74	34.84	350m:	4:00.84	34.83
	100m:	1:05.24	34.23	200m:	2:15.90	34.61	300m:	3:26.01	35.27	400m:	4:33.59	32.75
4.	VAN DEN END Thijs						Netherlands	<b>4:43.68</b>	752	S9	5864	
	50m:	31.90	31.90	150m:	1:41.70	35.48	250m:	2:53.13	35.78	350m:	4:07.00	37.16
	100m:	1:06.22	34.32	200m:	2:17.35	35.65	300m:	3:29.84	36.71	400m:	4:43.68	36.68
5.	MAKAR Marcin						Start Bialystok	<b>5:03.38</b>	370	S10	29409	
	50m:	34.20	34.20	150m:	1:50.17	38.24	250m:	3:08.41	38.80	350m:	4:25.53	38.56
	100m:	1:11.93	37.73	200m:	2:29.61	39.44	300m:	3:46.97	38.56	400m:	5:03.38	37.85
6.	CEGLARSKI Marcin						KSN Start Warszawa	<b>6:09.19</b>	310	S7	29410	
	50m:	40.90	40.90	150m:	2:12.96	46.93	250m:	3:47.87	47.58	350m:	5:23.13	47.54
	100m:	1:26.03	45.13	200m:	3:00.29	47.33	300m:	4:35.59	47.72	400m:	6:09.19	46.06
7.	KOWALSKI Gabriel						PSP Swim Plock	<b>5:29.82</b>	301	S9	40848	
	50m:	37.15	37.15	150m:	2:02.45	43.29	250m:	3:28.29	42.95	350m:	4:51.42	41.37
	100m:	1:19.16	42.01	200m:	2:45.34	42.89	300m:	4:10.05	41.76	400m:	5:29.82	38.40
8.	ADAMCZEWSKI Marcin						Start Katowice	<b>5:20.20</b>	191	S13		
	50m:	34.49	34.49	150m:	1:53.13	40.30	250m:	3:16.94	41.93	350m:	4:41.68	41.86
	100m:	1:12.83	38.34	200m:	2:35.01	41.88	300m:	3:59.82	42.88	400m:	5:20.20	38.52
9.	ORWAT Kamil						Start Zielona Gora	<b>6:02.09</b>	97	S9		
	50m:	39.28	39.28	150m:	2:07.31	45.40	250m:	3:41.88	47.52	350m:	5:17.70	48.11
	100m:	1:21.91	42.63	200m:	2:54.36	47.05	300m:	4:29.59	47.71	400m:	6:02.09	44.39
10.	MAZUROWSKI Jaroslaw						Szansa - Start Gdansk	<b>6:02.64</b>	95	S9		
	50m:	38.51	38.51	150m:	2:09.12	46.84	250m:	3:44.58	46.87	350m:	5:18.61	46.14
	100m:	1:22.28	43.77	200m:	2:57.71	48.59	300m:	4:32.47	47.89	400m:	6:02.64	44.03
11.	HANKUS Kamil						Start Katowice	<b>7:12.21</b>	87	S6		
	50m:	46.45	46.45	150m:	2:34.71	54.76	250m:	4:25.43	54.50	350m:	6:16.45	54.63
	100m:	1:39.95	53.50	200m:	3:30.93	56.22	300m:	5:21.82	56.39	400m:	7:12.21	55.76
12.	RYGIELSKI Jacek						Szansa - Start Gdansk	<b>7:25.84</b>	16	S7		
	50m:	47.56	47.56	150m:	2:36.43	56.04	250m:	4:30.24	57.03	350m:	6:29.35	59.91
	100m:	1:40.39	52.83	200m:	3:33.21	56.78	300m:	5:29.44	59.20	400m:	7:25.84	56.49
13.	SZYJKA Wojciech						Start Katowice	<b>6:45.27</b>	9	S9		
	50m:	46.71	46.71	150m:	2:33.87	52.80	250m:	4:19.32	50.97	350m:	6:01.47	50.19
	100m:	1:41.07	54.36	200m:	3:28.35	54.48	300m:	5:11.28	51.96	400m:	6:45.27	43.80
14.	PASTECZKA Pawel						IKS DSS Krakow	<b>9:23.02</b>		S8		
	50m:	56.78	56.78	150m:	3:15.36	1:12.19	250m:	5:42.33	1:14.50	350m:	8:10.15	1:14.19
	100m:	2:03.17	1:06.39	200m:	4:27.83	1:12.47	300m:	6:55.96	1:13.63	400m:	9:23.02	1:12.87
	RECLAF Rafal						Aqua Sport Koscierzyna	<b>9:25.94</b>		S7		
	50m:	57.83	57.83	150m:	3:15.57	1:13.13	250m:	5:40.91	1:15.80	350m:	8:10.70	1:14.65
	100m:	2:02.44	1:04.61	200m:	4:25.11	1:09.54	300m:	6:56.05	1:15.14	400m:	9:25.94	1:15.24

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Grupa S6

1.	VAN HOFWEEGEN Thijs	Netherlands	<b>5:22.60</b>	857	S6	17471
	50m: 36.59 36.59	150m: 1:56.34 40.78	250m: 3:19.88 42.07	350m: 4:43.90 42.12		
	100m: 1:15.56 38.97	200m: 2:37.81 41.47	300m: 4:01.78 41.90	400m: 5:22.60 38.70		
2.	HANKUS Kamil	Start Katowice	<b>7:12.21</b>	87	S6	
	50m: 46.45 46.45	150m: 2:34.71 54.76	250m: 4:25.43 54.50	350m: 6:16.45 54.63		
	100m: 1:39.95 53.50	200m: 3:30.93 56.22	300m: 5:21.82 56.39	400m: 7:12.21 55.76		

Grupa S7

1.	CEGLARSKI Marcin	KSN Start Warszawa	<b>6:09.19</b>	310	S7	29410
	50m: 40.90 40.90	150m: 2:12.96 46.93	250m: 3:47.87 47.58	350m: 5:23.13 47.54		
	100m: 1:26.03 45.13	200m: 3:00.29 47.33	300m: 4:35.59 47.72	400m: 6:09.19 46.06		
2.	RYGIELSKI Jacek	Szansa - Start Gdansk	<b>7:25.84</b>	16	S7	
	50m: 47.56 47.56	150m: 2:36.43 56.04	250m: 4:30.24 57.03	350m: 6:29.35 59.91		
	100m: 1:40.39 52.83	200m: 3:33.21 56.78	300m: 5:29.44 59.20	400m: 7:25.84 56.49		
3.	RECLAF Rafal	Aqua Sport Koscierzyna	<b>9:25.94</b>		S7	
	50m: 57.83 57.83	150m: 3:15.57 1:13.13	250m: 5:40.91 1:15.80	350m: 8:10.70 1:14.65		
	100m: 2:02.44 1:04.61	200m: 4:25.11 1:09.54	300m: 6:56.05 1:15.14	400m: 9:25.94 1:15.24		

Grupa S8

1.	PASTECZKA Pawel	IKS DSS Krakow	<b>9:23.02</b>		S8	
	50m: 56.78 56.78	150m: 3:15.36 1:12.19	250m: 5:42.33 1:14.50	350m: 8:10.15 1:14.19		
	100m: 2:03.17 1:06.39	200m: 4:27.83 1:12.47	300m: 6:55.96 1:13.63	400m: 9:23.02 1:12.87		

Grupa S9

1.	HREHOROWICZ Igor	Start Wroclaw	<b>4:33.59</b>	845	S9	26514
	50m: 31.01 31.01	150m: 1:41.29 36.05	250m: 2:50.74 34.84	350m: 4:00.84 34.83		
	100m: 1:05.24 34.23	200m: 2:15.90 34.61	300m: 3:26.01 35.27	400m: 4:33.59 32.75		
2.	VAN DEN END Thijs	Netherlands	<b>4:43.68</b>	752	S9	5864
	50m: 31.90 31.90	150m: 1:41.70 35.48	250m: 2:53.13 35.78	350m: 4:07.00 37.16		
	100m: 1:06.22 34.32	200m: 2:17.35 35.65	300m: 3:29.84 36.71	400m: 4:43.68 36.68		
3.	KOWALSKI Gabriel	PSP Swim Plock	<b>5:29.82</b>	301	S9	40848
	50m: 37.15 37.15	150m: 2:02.45 43.29	250m: 3:28.29 42.95	350m: 4:51.42 41.37		
	100m: 1:19.16 42.01	200m: 2:45.34 42.89	300m: 4:10.05 41.76	400m: 5:29.82 38.40		
4.	ORWAT Kamil	Start Zielona Gora	<b>6:02.09</b>	97	S9	
	50m: 39.28 39.28	150m: 2:07.31 45.40	250m: 3:41.88 47.52	350m: 5:17.70 48.11		
	100m: 1:21.91 42.63	200m: 2:54.36 47.05	300m: 4:29.59 47.71	400m: 6:02.09 44.39		
5.	MAZUROWSKI Jaroslaw	Szansa - Start Gdansk	<b>6:02.64</b>	95	S9	
	50m: 38.51 38.51	150m: 2:09.12 46.84	250m: 3:44.58 46.87	350m: 5:18.61 46.14		
	100m: 1:22.28 43.77	200m: 2:57.71 48.59	300m: 4:32.47 47.89	400m: 6:02.64 44.03		
6.	SZYJKA Wojciech	Start Katowice	<b>6:45.27</b>	9	S9	
	50m: 46.71 46.71	150m: 2:33.87 52.80	250m: 4:19.32 50.97	350m: 6:01.47 50.19		
	100m: 1:41.07 54.36	200m: 3:28.35 54.48	300m: 5:11.28 51.96	400m: 6:45.27 43.80		

Grupa S10

1.	TAKKEN Bas	Netherlands	<b>4:13.25</b>	886	S10	27130
	50m: 29.21 29.21	150m: 1:33.94 33.19	250m: 2:37.53 31.75	350m: 3:42.26 32.25		
	100m: 1:00.75 31.54	200m: 2:05.78 31.84	300m: 3:10.01 32.48	400m: 4:13.25 30.99		
2.	MAKAR Marcin	Start Bialystok	<b>5:03.38</b>	370	S10	29409
	50m: 34.20 34.20	150m: 1:50.17 38.24	250m: 3:08.41 38.80	350m: 4:25.53 38.56		
	100m: 1:11.93 37.73	200m: 2:29.61 39.44	300m: 3:46.97 38.56	400m: 5:03.38 37.85		

ZIMOWE OTWARTE MISTRZOSTWA POLSKI W PŁYWANIU OSÓB NIEPEŁNOSPRAWNYCH 2018  
Szczecin, 16- - 18-11-2018

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Event 16, Men, 400m Freestyle

Grupa S13

1.	ADAMCZEWSKI Marcin				Start Katowice	<b>5:20.20</b>	191	S13				
	50m:	34.49	34.49	150m:	1:53.13	40.30	250m:	3:16.94	41.93	350m:	4:41.68	41.86
	100m:	1:12.83	38.34	200m:	2:35.01	41.88	300m:	3:59.82	42.88	400m:	5:20.20	38.52
EXH	JORINK Michiel				Netherlands	<b>4:25.69</b>	817	S14	35609			
	50m:	28.60	28.60	150m:	1:34.75	33.41	250m:	2:42.48	33.96	350m:	3:51.41	34.54
	100m:	1:01.34	32.74	200m:	2:08.52	33.77	300m:	3:16.87	34.39	400m:	4:25.69	34.28