

Puchar Prezesa Klubu MKP Szczecin  
Szczecin, 28- - 29-9-2022

Event 18  
2022-09-28 - 11:15

Men, 400m Freestyle

Open  
Results

Points: FINA 2022

Rank			YB					Time	Pts	
<b>12 years</b>										
1.	CHABOWSKI-PALONKA Krzysztof		10	MKP Szczecin				<b>4:57.83</b>	361	
	50m:	33.86 33.86	150m:	1:50.11	38.41	250m:	3:07.01	38.57	350m:	4:22.05 37.56
	100m:	1:11.70 37.84	200m:	2:28.44	38.33	300m:	3:44.49	37.48	400m:	4:57.83 35.78
2.	MICHALCZYSZYN Filip		10	MKP Szczecin				<b>5:10.12</b>	320	
	50m:	35.21 35.21	150m:	1:52.74	39.58	250m:	3:11.22	39.28	350m:	
	100m:	1:13.16 37.95	200m:	2:31.94	39.20	300m:	3:51.36	40.14	400m:	5:10.12
<b>13 years</b>										
1.	SZELAZEK Alan		09	MKP Szczecin				<b>4:30.94</b>	480	
	50m:	30.36 30.36	150m:	1:39.22	34.72	250m:	2:48.20	34.34	350m:	3:57.64 34.80
	100m:	1:04.50 34.14	200m:	2:13.86	34.64	300m:	3:22.84	34.64	400m:	4:30.94 33.30
2.	LAJEWSKI Kamil		09	KP Bałtyk Kolobrzeg				<b>4:37.02</b>	449	
	50m:	30.41 30.41	150m:	1:39.75	34.93	250m:	2:49.87	35.46	350m:	4:01.85 35.90
	100m:	1:04.82 34.41	200m:	2:14.41	34.66	300m:	3:25.95	36.08	400m:	4:37.02 35.17
3.	ZIELINSKI Dawid		09	MKP Szczecin				<b>4:42.48</b>	424	
	50m:	31.74 31.74	150m:	1:43.61	36.43	250m:	2:55.93	36.05	350m:	4:07.80 36.11
	100m:	1:07.18 35.44	200m:	2:19.88	36.27	300m:	3:31.69	35.76	400m:	4:42.48 34.68
4.	WIERZCHOWSKI Patryk		09	MKP Szczecin				<b>4:59.40</b>	356	
	50m:	33.69 33.69	150m:	1:48.72	37.88	250m:	3:04.81	37.94	350m:	4:21.73 38.80
	100m:	1:10.84 37.15	200m:	2:26.87	38.15	300m:	3:42.93	38.12	400m:	4:59.40 37.67
<b>14 years</b>										
1.	PIORKOWSKI Adrian		08	MKP Szczecin				<b>4:21.49</b>	534	
	50m:	30.72 30.72	150m:	1:37.06	33.26	250m:	2:43.86	33.48	350m:	3:50.05 33.23
	100m:	1:03.80 33.08	200m:	2:10.38	33.32	300m:	3:16.82	32.96	400m:	4:21.49 31.44
2.	CIBA Mateusz		08	MKP Szczecin				<b>4:39.63</b>	437	
	50m:	31.55 31.55	150m:	1:42.43	35.69	250m:	2:54.02	35.79	350m:	4:05.61 35.69
	100m:	1:06.74 35.19	200m:	2:18.23	35.80	300m:	3:29.92	35.90	400m:	4:39.63 34.02
3.	OLSZEWSKI Jakub		08	MKP Szczecin				<b>5:00.43</b>	352	
	50m:	33.37 33.37	150m:	1:48.60	38.13	250m:	3:05.86	38.63	350m:	4:24.60 39.34
	100m:	1:10.47 37.10	200m:	2:27.23	38.63	300m:	3:45.26	39.40	400m:	5:00.43 35.83
<b>15 years</b>										
1.	GNACZYNSKI Michal		07	MKP Szczecin				<b>4:10.58</b>	607	
	50m:	29.39 29.39	150m:	1:32.31	31.57	250m:	2:36.32	31.92	350m:	3:40.23 31.88
	100m:	1:00.74 31.35	200m:	2:04.40	32.09	300m:	3:08.35	32.03	400m:	4:10.58 30.35
2.	PIETKA Milosz		07	MKP Szczecin				<b>4:15.99</b>	569	
	50m:	29.70 29.70	150m:	1:34.37	32.62	250m:	2:39.84	32.62	350m:	3:44.80 32.48
	100m:	1:01.75 32.05	200m:	2:07.22	32.85	300m:	3:12.32	32.48	400m:	4:15.99 31.19
3.	BILENKI Szymon		07	KP Bałtyk Kolobrzeg				<b>4:33.66</b>	466	
	50m:	29.82 29.82	150m:	1:39.75	35.29	250m:	2:50.34	35.06	350m:	4:00.25 34.86
	100m:	1:04.46 34.64	200m:	2:15.28	35.53	300m:	3:25.39	35.05	400m:	4:33.66 33.41
<b>16 years</b>										
1.	NOWAK Aleksander		06	MKP Szczecin				<b>4:25.87</b>	508	
	50m:	31.22 31.22	150m:	1:38.44	34.04	250m:	2:46.34	34.14	350m:	3:53.83 33.64
	100m:	1:04.40 33.18	200m:	2:12.20	33.76	300m:	3:20.19	33.85	400m:	4:25.87 32.04

Puchar Prezesa Klubu MKP Szczecin  
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Event 18, Men, 400m Freestyle

Open

1.	ZABOROWSKI Filip	94	MKP Szczecin	<b>4:01.45</b>	679
	50m: 28.63 28.63	150m: 1:30.44	30.82	250m: 2:31.59	30.40
	100m: 59.62 30.99	200m: 2:01.19	30.75	300m: 3:01.91	30.32
				350m: 3:32.01	30.10
				400m: 4:01.45	29.44
2.	GNACZYNSKI Michal	07	MKP Szczecin	<b>4:10.58</b>	607
	50m: 29.39 29.39	150m: 1:32.31	31.57	250m: 2:36.32	31.92
	100m: 1:00.74 31.35	200m: 2:04.40	32.09	300m: 3:08.35	32.03
				350m: 3:40.23	31.88
				400m: 4:10.58	30.35
3.	PIETKA Milosz	07	MKP Szczecin	<b>4:15.99</b>	569
	50m: 29.70 29.70	150m: 1:34.37	32.62	250m: 2:39.84	32.62
	100m: 1:01.75 32.05	200m: 2:07.22	32.85	300m: 3:12.32	32.48
				350m: 3:44.80	32.48
				400m: 4:15.99	31.19
4.	PIORKOWSKI Adrian	08	MKP Szczecin	<b>4:21.49</b>	534
	50m: 30.72 30.72	150m: 1:37.06	33.26	250m: 2:43.86	33.48
	100m: 1:03.80 33.08	200m: 2:10.38	33.32	300m: 3:16.82	32.96
				350m: 3:50.05	33.23
				400m: 4:21.49	31.44
5.	NOWAK Aleksander	06	MKP Szczecin	<b>4:25.87</b>	508
	50m: 31.22 31.22	150m: 1:38.44	34.04	250m: 2:46.34	34.14
	100m: 1:04.40 33.18	200m: 2:12.20	33.76	300m: 3:20.19	33.85
				350m: 3:53.83	33.64
				400m: 4:25.87	32.04
6.	SZELAZEK Alan	09	MKP Szczecin	<b>4:30.94</b>	480
	50m: 30.36 30.36	150m: 1:39.22	34.72	250m: 2:48.20	34.34
	100m: 1:04.50 34.14	200m: 2:13.86	34.64	300m: 3:22.84	34.64
				350m: 3:57.64	34.80
				400m: 4:30.94	33.30
7.	BILENKI Szymon	07	KP Bałtyk Kolobrzeg	<b>4:33.66</b>	466
	50m: 29.82 29.82	150m: 1:39.75	35.29	250m: 2:50.34	35.06
	100m: 1:04.46 34.64	200m: 2:15.28	35.53	300m: 3:25.39	35.05
				350m: 4:00.25	34.86
				400m: 4:33.66	33.41
8.	LAJEWSKI Kamil	09	KP Bałtyk Kolobrzeg	<b>4:37.02</b>	449
	50m: 30.41 30.41	150m: 1:39.75	34.93	250m: 2:49.87	35.46
	100m: 1:04.82 34.41	200m: 2:14.41	34.66	300m: 3:25.95	36.08
				350m: 4:01.85	35.90
				400m: 4:37.02	35.17
9.	CIBA Mateusz	08	MKP Szczecin	<b>4:39.63</b>	437
	50m: 31.55 31.55	150m: 1:42.43	35.69	250m: 2:54.02	35.79
	100m: 1:06.74 35.19	200m: 2:18.23	35.80	300m: 3:29.92	35.90
				350m: 4:05.61	35.69
				400m: 4:39.63	34.02
10.	ZIELINSKI Dawid	09	MKP Szczecin	<b>4:42.48</b>	424
	50m: 31.74 31.74	150m: 1:43.61	36.43	250m: 2:55.93	36.05
	100m: 1:07.18 35.44	200m: 2:19.88	36.27	300m: 3:31.69	35.76
				350m: 4:07.80	36.11
				400m: 4:42.48	34.68
11.	CHABOWSKI-PALONKA Krzysztof	10	MKP Szczecin	<b>4:57.83</b>	361
	50m: 33.86 33.86	150m: 1:50.11	38.41	250m: 3:07.01	38.57
	100m: 1:11.70 37.84	200m: 2:28.44	38.33	300m: 3:44.49	37.48
				350m: 4:22.05	37.56
				400m: 4:57.83	35.78
12.	WIERZCHOWSKI Patryk	09	MKP Szczecin	<b>4:59.40</b>	356
	50m: 33.69 33.69	150m: 1:48.72	37.88	250m: 3:04.81	37.94
	100m: 1:10.84 37.15	200m: 2:26.87	38.15	300m: 3:42.93	38.12
				350m: 4:21.73	38.80
				400m: 4:59.40	37.67
13.	OLSZEWSKI Jakub	08	MKP Szczecin	<b>5:00.43</b>	352
	50m: 33.37 33.37	150m: 1:48.60	38.13	250m: 3:05.86	38.63
	100m: 1:10.47 37.10	200m: 2:27.23	38.63	300m: 3:45.26	39.40
				350m: 4:24.60	39.34
				400m: 5:00.43	35.83
14.	MICHALCZYSZYN Filip	10	MKP Szczecin	<b>5:10.12</b>	320
	50m: 35.21 35.21	150m: 1:52.74	39.58	250m: 3:11.22	39.28
	100m: 1:13.16 37.95	200m: 2:31.94	39.20	300m: 3:51.36	40.14
				350m:	
				400m: 5:10.12	