

III Runda Klubowego Pucharu Polski w pływaniu w płetwach
Chodzie , 10 - 11-6-2023

Konkurencja 10
2023-06-10 - 17:42

M czynn, 400m Bifins

7 lat i starsi
Wyniki

Rekordy Polski_25m_pletwa Open	3:35.17	KROPIDŁOWSKI Szymon		
Rekordy Polski_25m_pletwa 16 - 17	3:38.69	GRABOWSKI Radosław		
Rekordy Polski_25m_pletwa 14 - 15	3:46.92	GRABOWSKI Radosław		
Rekordy Polski_25m_pletwa 12 - 13	3:48.33	MARKIEWICZ Jarosław	Władysławowo	2018-11-15
Rekordy Polski_25m_pletwa 7 - 11	4:24.50	SMOSZNA Wiktor	Toru	2019-10-01

Punkty: PP 2022

Pozycja			Rok ur.					Czas	Pkt.
KAT. E									
1.	PROCHOWICZ Wojciech		12	MUKS PIORUN Gołdap				5:22.77	296
	50m:	33.52	33.52	150m:	1:54.54	41.77	250m:	3:19.24	43.03
	100m:	1:12.77	39.25	200m:	2:36.21	41.67	300m:	3:59.21	39.97
							350m:	4:42.08	42.87
							400m:	5:22.77	40.69
2.	SIRBU Ianus		12	UKS Manta Ko cierzyna				5:52.72	227 + 29.95
	50m:	40.15	40.15	150m:			250m:		
	100m:	1:24.68	44.53	200m:			300m:		
							350m:		
							400m:	5:52.72	
3.	KUPC Tomasz		12	KS Aqua Sport Ko cierzyna				6:23.30	176+ 1:00.53
	50m:			150m:			250m:		
	100m:			200m:			300m:		
							350m:	5:36.63	
							400m:	6:23.30	46.67
4.	NOWAKOWSKI Nikodem		12	KS Aqua Sport Ko cierzyna				6:32.74	164+ 1:09.97
	50m:	42.81	42.81	150m:	2:21.67	50.53	250m:	4:00.80	48.38
	100m:	1:31.14	48.33	200m:	3:12.42	50.75	300m:		
							350m:	5:43.35	
							400m:	6:32.74	49.39

KAT. D

1.	URAWLEW Filip		10	OSN Amfiprion Olecko				4:35.49	476
	50m:			150m:			250m:		
	100m:			200m:			300m:		
							350m:		
							400m:	4:35.49	
2.	BYSTRON Fryderyk		10	UKS Manta Ko cierzyna				4:37.24	467 + 1.75
	50m:			150m:	1:42.58	36.47	250m:	2:53.30	35.53
	100m:	1:06.11		200m:	2:17.77	35.19	300m:	3:28.21	34.91
							350m:	4:03.39	35.18
							400m:	4:37.24	33.85
3.	KASZUBOWSKI Kacper		10	UKS Manta Ko cierzyna				4:46.51	423 + 11.02
	50m:	31.80	31.80	150m:	1:44.90	36.85	250m:	2:58.14	36.30
	100m:	1:08.05	36.25	200m:	2:21.84	36.94	300m:	3:35.32	37.18
							350m:	4:10.75	35.43
							400m:	4:46.51	35.76
4.	HINC Szymon		11	KS Aqua Sport Ko cierzyna				5:11.03	331 + 35.54
	50m:	32.67	32.67	150m:	1:48.80	39.07	250m:	3:08.15	40.03
	100m:	1:09.73	37.06	200m:	2:28.12	39.32	300m:	3:48.18	40.03
							350m:	4:29.97	41.79
							400m:	5:11.03	41.06
5.	SZOPI SKI Wiktor		11	KS Aqua Sport Ko cierzyna				5:46.54	236+ 1:11.05
	50m:	36.75	36.75	150m:	2:01.92	43.73	250m:	3:31.18	44.49
	100m:	1:18.19	41.44	200m:	2:46.69	44.77	300m:	4:15.93	44.75
							350m:	5:00.28	44.35
							400m:	5:46.54	46.26
6.	BEDRA Havier		10	KS Aqua Sport Ko cierzyna				5:48.11	236+ 1:12.62
	50m:	39.09	39.09	150m:	2:07.47	44.76	250m:	3:40.40	46.31
	100m:	1:22.71	43.62	200m:	2:54.09	46.62	300m:	4:24.23	43.83
							350m:	5:05.29	41.06
							400m:	5:48.11	42.82
7.	GROCHOWSKI Igor		11	KS Aqua Sport Ko cierzyna				6:14.16	196+ 1:38.67
	50m:	41.18	41.18	150m:	2:16.05	47.35	250m:	3:53.23	48.58
	100m:	1:28.70	47.52	200m:	3:04.65	48.60	300m:	4:41.43	48.20
							350m:	5:29.78	48.35
							400m:	6:14.16	44.38

KAT. C

1.	SMOSZNA Wiktor		08	UKS Rekin Wrocław				3:40.87	924
	<i>Rekord Polski</i>								
	50m:	24.49	24.49	150m:	1:19.63	28.00	250m:	2:16.42	28.48
	100m:	51.63	27.14	200m:	1:47.94	28.31	300m:	2:45.13	28.71
							350m:	3:13.86	28.73
							400m:	3:40.87	27.01
2.	ZIEMNIAK Seweryn		08	UKS Tri-Sea Mewa Władysławowo				3:55.44	763 + 14.57
	50m:	25.83	25.83	150m:	1:25.61	30.26	250m:	2:25.39	29.50
	100m:	55.35	29.52	200m:	1:55.89	30.28	300m:	2:55.30	29.91
							350m:	3:25.73	30.43
							400m:	3:55.44	29.71

III Runda Klubowego Pucharu Polski w pływaniu w płetwach
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Konkurencja 10, Chłopców, 400m Bifins, KAT. C

Pozycja	Rok ur.		Czas		Pkt.
3. KISIELEWSKI Antoni	09	MUKS PIORUN Gołdap	4:06.42	665	+ 25.55
50m: 27.39 27.39	150m: 1:31.16 32.77	250m: 350m:	350m: 4:06.42		
100m: 58.39 31.00	200m: 2:03.97 32.81	300m: 400m:	400m: 4:06.42		
4. KROPIDŁOWSKI Dawid	09	UKS Manta Ko cierzyna	4:24.22	540	+ 43.35
50m: 30.81 30.81	150m: 1:38.55 33.76	250m: 2:45.56 32.68	350m: 3:51.61 33.15		
100m: 1:04.79 33.98	200m: 2:12.88 34.33	300m: 3:18.46 32.90	400m: 4:24.22 32.61		
5. PAWLAK Krystian	09	UKS Tri-Sea Mewa Władysławowo	4:26.03	529	+ 45.16
50m:	150m:	250m:	350m:		
100m:	200m:	300m:	400m: 4:26.03		
6. KOWALCZYK Ignacy	09	UKS Delfin Jastarnia	4:55.72	385+	1:14.85
50m: 33.84 33.84	150m: 1:49.95	250m:	350m: 4:16.83 36.34		
100m:	200m:	300m: 3:40.49	400m: 4:55.72 38.89		
DYSKW. KLEISA Hubert	09	UKS Delfin Władysławowo	4:44.23		+ 1:03.36
<i>- Przedwczesny start</i>					
50m: 30.96 30.96	150m: 1:39.80 35.36	250m: 2:52.23 36.51	350m: 4:04.85 36.55		
100m: 1:04.44 33.48	200m: 2:15.72 35.92	300m: 3:28.30 36.07	400m: 4:44.23 39.38		
NIE UK. KOZŁOWSKI Oskar	08	MUKS PIORUN Gołdap	4:05.54		+ 24.67
50m: 25.39 25.39	150m: 1:23.90 30.09	250m: 2:22.09 29.16	350m: 3:20.21 28.56		
100m: 53.81 28.42	200m: 1:52.93 29.03	300m: 2:51.65 29.56	400m: 4:05.54 45.33		

KAT. B

1. MARKIEWICZ Karol	07	UKS Tri-Sea Mewa Władysławowo	3:53.90	778	
50m: 26.02 26.02	150m: 1:22.69 28.75	250m: 2:21.97 29.54	350m: 3:23.19 30.81		
100m: 53.94 27.92	200m: 1:52.43 29.74	300m: 2:52.38 30.41	400m: 3:53.90 30.71		
2. PUKAS Mikołaj	06	UKS Rekin Wrocław	4:00.03	720	+ 6.13
50m: 25.63 25.63	150m: 1:24.32 30.13	250m: 2:25.44 31.02	350m: 3:26.07 30.31		
100m: 54.19 28.56	200m: 1:54.42 30.10	300m: 2:55.76 30.32	400m: 4:00.03 33.96		
3. D BROWSKI Marcin	07	UKS Delfin Jastarnia	4:01.49	707	+ 7.59
50m: 25.31 25.31	150m: 1:24.41 30.32	250m: 2:26.54 30.80	350m: 3:30.36 31.79		
100m: 54.09 28.78	200m: 1:55.74 31.33	300m: 2:58.57 32.03	400m: 4:01.49 31.13		
4. BIERYT Konrad	07	KS Nautilus Jastrz bie	4:04.54	681	+ 10.64
50m: 26.31 26.31	150m: 1:27.06 30.79	250m: 2:32.10 32.83	350m: 3:36.85 32.28		
100m: 56.27 29.96	200m: 1:59.27 32.21	300m: 3:04.57 32.47	400m: 4:04.54 27.69		
5. CZERWI SKI Bartosz	06	OSN Amfiprion Olecko	4:04.68	680	+ 10.78
50m: 26.24 26.24	150m: 1:26.69 30.78	250m: 2:31.73 32.63	350m: 3:36.50 31.72		
100m: 55.91 29.67	200m: 1:59.10 32.41	300m: 3:04.78 33.05	400m: 4:04.68 28.18		
6. KREFT Szymon	06	UKS Delfin Władysławowo	4:06.62	664	+ 12.72
50m: 26.61 26.61	150m: 1:29.64 32.70	250m: 2:35.19 32.80	350m: 3:37.97 30.76		
100m: 56.94 30.33	200m: 2:02.39 32.75	300m: 3:07.21 32.02	400m: 4:06.62 28.65		
7. MARCHEWICZ Jan	07	KS Aqua Sport Ko cierzyna	4:19.36	571	+ 25.46
50m: 27.74 27.74	150m: 1:32.00 32.60	250m: 2:38.96 33.41	350m: 3:46.80 33.92		
100m: 59.40 31.66	200m: 2:05.55 33.55	300m: 3:12.88 33.92	400m: 4:19.36 32.56		

KAT. A

1. KROPIDŁOWSKI Szymon	02	UKS Manta Ko cierzyna	3:30.30	1071	
<i>Rekord Polski</i>					
50m:	150m:	250m:	350m: 3:01.39		
100m:	200m:	300m:	400m: 3:30.30 28.91		
2. LEWICKI Jakub	04	KS Nautilus Jastrz bie	3:41.17	920	+ 10.87
50m: 24.45 24.45	150m:	250m: 2:15.00 28.39	350m:		
100m:	200m: 1:46.61	300m:	400m: 3:41.17		

III Runda Klubowego Pucharu Polski w pływaniu w płetwach
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Konkurencja 10, M czyzn, 400m Bifins, KAT. A

Pozycja				Rok ur.					Czas	Pkt.	
3.	GRABOWSKI	Radostaw		05	Delfinek	Chodzie			3:45.35	870 + 15.05	
	50m:	24.88	24.88	150m:	1:20.39	28.66	250m:	2:19.22	29.35	350m: 3:18.08	29.73
	100m:	51.73	26.85	200m:	1:49.87	29.48	300m:	2:48.35	29.13	400m: 3:45.35	27.27
4.	DRAMI	SKI Michał		99	UKS Tri-Sea	Mewa Władysławowo			3:59.29	727 + 28.99	
	50m:	26.70	26.70	150m:	1:26.23	30.24	250m:	2:27.14	30.50	350m: 3:28.67	31.00
	100m:	55.99	29.29	200m:	1:56.64	30.41	300m:	2:57.67	30.53	400m: 3:59.29	30.62