

V Runda Klubowego Pucharu Polski w pływaniu w płetwach
Ko cierzyna, 28- - 29-10-2023

Konkurencja 10
2023-10-28 - 18:05

M czyzn, 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 2023

Pozycja			Rok ur.					Czas	Pkt.
KAT. E									
1.	PROCHOWICZ Wojciech		12	MUKS PIORUN Gołdap				5:17.23	312
	50m:	33.66	33.66	150m:	1:52.47	40.16	250m:	3:15.59	42.99
	100m:	1:12.31	38.65	200m:	2:32.60	40.13	300m:	4:00.04	44.45
							350m:	4:39.59	39.55
							400m:	5:17.23	37.64
2.	SIRBU Ianus		12	UKS MANTA Ko cierzyna				5:33.12	269 + 15.89
	50m:	37.11	37.11	150m:	2:01.97	43.36	250m:	3:29.42	44.18
	100m:	1:18.61	41.50	200m:	2:45.24	43.27	300m:	4:13.70	44.28
							350m:	4:56.28	42.58
							400m:	5:33.12	36.84
3.	K PA Kacper		13	UKS Rekin Wrocław				5:33.23	269 + 16.00
	50m:	36.54	36.54	150m:	1:59.87	42.13	250m:	3:26.75	43.37
	100m:	1:17.74	41.20	200m:	2:43.38	43.51	300m:	4:11.00	44.25
							350m:	4:53.69	42.69
							400m:	5:33.23	39.54
4.	WACH Marcin		12	UKS DELFIN Władysławowo				6:09.79	197 + 52.56
	50m:	43.41	43.41	150m:	2:16.59	47.38	250m:	3:50.67	47.34
	100m:	1:29.21	45.80	200m:	3:03.33	46.74	300m:	4:37.59	46.92
							350m:	5:28.12	50.53
							400m:	6:09.79	41.67
5.	BUDZISZ Jan		12	UKS DELFIN Władysławowo				6:14.80	189 + 57.57
	50m:	41.18	41.18	150m:	2:12.26	46.44	250m:		350m:
	100m:	1:25.82	44.64	200m:	2:59.75	47.49	300m:	4:39.57	350m:
								5:30.75	51.18
								400m:	6:14.80
								6:14.80	44.05
6.	WAWER Gustaw		12	UKS MANTA Ko cierzyna				6:24.94	174+ 1:07.71
	50m:	39.72	39.72	150m:	2:18.79	50.80	250m:		350m:
	100m:	1:27.99	48.27	200m:	3:07.15	48.36	300m:	4:48.86	350m:
								5:40.15	51.29
								400m:	6:24.94
								6:24.94	44.79
7.	WACH Mateusz		12	UKS DELFIN Władysławowo				6:51.45	143+ 1:34.22
	50m:	44.64	44.64	150m:	2:26.30	52.04	250m:	4:09.92	51.57
	100m:	1:34.26	49.62	200m:	3:18.35	52.05	300m:	5:03.95	54.03
								350m:	5:57.67
								400m:	6:51.45
								6:51.45	53.78

KAT. D

1.	URAWLEW Filip		10	Amfiprion Olecko				4:20.52	563
	50m:	29.62	29.62	150m:	1:36.32	33.71	250m:	2:43.42	33.57
	100m:	1:02.61	32.99	200m:	2:09.85	33.53	300m:	3:15.73	32.31
								350m:	3:48.77
								400m:	4:20.52
								4:20.52	31.75
2.	BYSTRON Fryderyk		10	UKS MANTA Ko cierzyna				4:20.88	561 + 0.36
	50m:	28.85	28.85	150m:	1:34.24	32.85	250m:	2:42.53	34.34
	100m:	1:01.39	32.54	200m:	2:08.19	33.95	300m:	3:15.82	33.29
								350m:	3:49.03
								400m:	4:20.88
								4:20.88	31.85
3.	KASZUBOWSKI Kacper		10	UKS MANTA Ko cierzyna				4:30.98	500 + 10.46
	50m:	27.58	27.58	150m:	1:34.04	34.51	250m:	2:43.88	35.23
	100m:	59.53	31.95	200m:	2:08.65	34.61	300m:	3:20.67	36.79
								350m:	3:57.28
								400m:	4:30.98
								4:30.98	33.70
4.	BEDRA Havier		10	KS Aqua Sport Ko cierzyna				5:33.94	267+ 1:13.42
	50m:	36.58	36.58	150m:	2:01.47	42.81	250m:	3:29.32	43.92
	100m:	1:18.66	42.08	200m:	2:45.40	43.93	300m:	4:12.87	43.55
								350m:	4:56.37
								400m:	5:33.94
								5:33.94	37.57
5.	ACZEK Jakub		11	UKS DELFIN Władysławowo				5:42.16	248+ 1:21.64
	50m:	35.30	35.30	150m:	2:00.26	43.78	250m:	3:30.43	45.46
	100m:	1:16.48	41.18	200m:	2:44.97	44.71	300m:	4:16.06	45.63
								350m:	5:00.16
								400m:	5:42.16
								5:42.16	42.00
6.	GROCHOWSKI Igor		11	KS Aqua Sport Ko cierzyna				5:42.41	248+ 1:21.89
	50m:	36.01	36.01	150m:	2:00.67	43.61	250m:	3:30.57	45.69
	100m:	1:17.06	41.05	200m:	2:44.88	44.21	300m:	4:16.14	45.57
								350m:	5:00.24
								400m:	5:42.41
								5:42.41	42.17

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Konkurencja 10, M czynn, 400m Bifins

KAT. C

1.	SMOSZNA Wiktor	08	UKS Rekin Wrocław	3:38.43	955
	<i>Rekord Polski</i>				
	50m: 23.79 23.79	150m: 1:17.63	27.09 250m: 2:13.69	28.07 350m: 3:10.69	28.47
	100m: 50.54 26.75	200m: 1:45.62	27.99 300m: 2:42.22	28.53 400m: 3:38.43	27.74
2.	KOZŁOWSKI Oskar	08	MUKS PIORUN Gołdap	3:55.40	763 + 16.97
	50m: 24.09 24.09	150m: 1:21.36	29.77 250m: 2:22.45	30.76 350m: 3:25.22	31.42
	100m: 51.59 27.50	200m: 1:51.69	30.33 300m: 2:53.80	31.35 400m: 3:55.40	30.18
3.	ZIEMNIAK Seweryn	08	UKS Tri-Sea Mewa Władysławowo	3:59.20	727 + 20.77
	50m: 26.21 26.21	150m: 1:24.34	29.78 250m: 2:25.30	30.75 350m: 3:28.04	31.87
	100m: 54.56 28.35	200m: 1:54.55	30.21 300m: 2:56.17	30.87 400m: 3:59.20	31.16
4.	KROPIDŁOWSKI Dawid	09	UKS MANTA Ko cierzyna	4:21.70	555 + 43.27
	50m: 29.85 29.85	150m: 1:37.92	33.95 250m: 2:44.75	32.41 350m: 3:50.12	32.81
	100m: 1:03.97 34.12	200m: 2:12.34	34.42 300m: 3:17.31	32.56 400m: 4:21.70	31.58
5.	PAWLAK Krystian	09	UKS Tri-Sea Mewa Władysławowo	4:27.60	519 + 49.17
	50m: 30.28 30.28	150m: 1:37.76	34.69 250m: 2:46.86	34.35 350m: 3:56.52	34.58
	100m: 1:03.07 32.79	200m: 2:12.51	34.75 300m: 3:21.94	35.08 400m: 4:27.60	31.08
6.	TABASZEWSKI Szymon	08	UKS Rekin Wrocław	4:42.94	435+ 1:04.51
	50m: 30.23 30.23	150m: 1:40.90	35.57 250m: 2:53.50	36.28 350m: 4:08.44	38.20
	100m: 1:05.33 35.10	200m: 2:17.22	36.32 300m: 3:30.24	36.74 400m: 4:42.94	34.50

DYSKW.	BEDA Nataniel	08	UKS DELFIN Władysławowo	5:11.08	+ 1:32.65
	<i>- Przedwczesny start</i>				
	50m: 30.85 30.85	150m: 1:49.95	39.88 250m: 3:13.03	41.47 350m: 4:34.06	39.87
	100m: 1:10.07 39.22	200m: 2:31.56	41.61 300m: 3:54.19	41.16 400m: 5:11.08	37.02

KAT. B

1.	KREFT Szymon	06	UKS DELFIN Władysławowo	4:10.48	633
	50m: 26.02 26.02	150m: 1:27.62	31.37 250m: 2:32.85	32.62 350m: 3:38.39	32.82
	100m: 56.25 30.23	200m: 2:00.23	32.61 300m: 3:05.57	32.72 400m: 4:10.48	32.09

KAT. A

1.	KROPIDŁOWSKI Szymon	02	UKS MANTA Ko cierzyna	3:35.29	998
	50m: 23.30 23.30	150m: 1:17.44	27.40 250m: 2:13.35	27.94 350m: 3:09.13	27.80
	100m: 50.04 26.74	200m: 1:45.41	27.97 300m: 2:41.33	27.98 400m: 3:35.29	26.16
2.	LEWICKI Jakub	04	KS Nautilus Jastrz bie-Zdrój	3:36.90	976 + 1.61
	50m: 24.54 24.54	150m: 1:18.18	27.03 250m: 2:14.12	28.31 350m: 3:09.67	27.56
	100m: 51.15 26.61	200m: 1:45.81	27.63 300m: 2:42.11	27.99 400m: 3:36.90	27.23
3.	GRABOWSKI Radosław	05	Delfinek Chodzie	3:46.95	852 + 11.66
	50m: 24.71 24.71	150m: 1:20.57	28.30 250m: 2:18.77	28.77 350m: 3:18.58	29.89
	100m: 52.27 27.56	200m: 1:50.00	29.43 300m: 2:48.69	29.92 400m: 3:46.95	28.37