

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

Konkurencja 12
2023-10-28 - 19:13

M cyczn, 400m Surface

7 lat i starsi
Wyniki

Rekordy Polski_25m_pletwa Open	3:08.81	DORO Y SKI WOJCIECH							
Rekordy Polski_25m_pletwa 16 - 17	3:10.31	PIETRAS Kamil							
Rekordy Polski_25m_pletwa 14 - 15	3:12.03	WINIARSKI Adrian							
Rekordy Polski_25m_pletwa 12 - 13	3:20.75	MAJEWSKI Wojciech					Toru		2003-11-15
Rekordy Polski_25m_pletwa 7 - 11	4:01.14	GOLI SKI Patryk					Pozna		2008-10-25

Punkty: PP 2023

Pozycja			Rok ur.					Czas	Pkt.
KAT. E									
1.	GORZYCKI Kacper		12	Laguna 24 Toru				4:49.36	277
	50m:	30.65	30.65	150m:	1:42.23	37.10	250m:	2:56.47	37.26
	100m:	1:05.13	34.48	200m:	2:19.21	36.98	300m:	3:33.78	37.31
							350m:	4:11.35	37.57
							400m:	4:49.36	38.01
2.	SZEWCZUK Leon		13	UKS Rekin Wrocław				4:56.56	258 + 7.20
	50m:	32.17	32.17	150m:	1:46.49	37.92	250m:	3:04.86	38.52
	100m:	1:08.57	36.40	200m:	2:26.34	39.85	300m:	3:42.28	37.42
							350m:	4:20.90	38.62
							400m:	4:56.56	35.66
3.	TARNOWSKI Konstanty		12	KS Aqua Sport Ko cierzyna				5:24.08	197 + 34.72
	50m:	34.70	34.70	150m:	1:55.39	41.12	250m:	3:19.97	42.19
	100m:	1:14.27	39.57	200m:	2:37.78	42.39	300m:	4:02.56	42.59
							350m:	4:44.45	41.89
							400m:	5:24.08	39.63
KAT. D									
1.	KONKEL Albert		10	UKS Tri-Sea Mewa Władysławowo				3:44.06	598
	50m:	24.68	24.68	150m:	1:19.84	27.56	250m:	2:17.21	28.83
	100m:	52.28	27.60	200m:	1:48.38	28.54	300m:	2:46.29	29.08
							350m:	3:15.70	29.41
							400m:	3:44.06	28.36
2.	MAKOWSKI Aleksander		11	Laguna 24 Toru				4:43.89	294 + 59.83
	50m:	30.63	30.63	150m:	1:43.67	37.27	250m:	2:56.93	36.91
	100m:	1:06.40	35.77	200m:	2:20.02	36.35	300m:	3:33.92	36.99
							350m:	4:11.27	37.35
							400m:	4:43.89	32.62
3.	S DZICKI Arkadiusz		11	KS Aqua Sport Ko cierzyna				5:26.17	193+ 1:42.11
	50m:	34.78	34.78	150m:	1:56.74	41.76	250m:	3:20.26	41.61
	100m:	1:14.98	40.20	200m:	2:38.65	41.91	300m:	4:03.97	43.71
							350m:	4:45.78	41.81
							400m:	5:26.17	40.39
KAT. C									
1.	ROZGO SKI Kacper		09	UKS MANTA Ko cierzyna				3:51.30	543
	50m:	26.40	26.40	150m:	1:24.01	29.43	250m:	2:23.37	29.46
	100m:	54.58	28.18	200m:	1:53.91	29.90	300m:	2:52.69	29.32
							350m:	3:22.72	30.03
							400m:	3:51.30	28.58
2.	KROPIDŁOWSKI Szymon		09	UKS MANTA Ko cierzyna				4:02.69	470 + 11.39
	50m:	25.33	25.33	150m:	1:26.62	30.82	250m:	2:30.00	32.03
	100m:	55.80	30.47	200m:	1:57.97	31.35	300m:	3:02.16	32.16
							350m:	3:33.58	31.42
							400m:	4:02.69	29.11
3.	BUKOWSKI Andrzej		09	KS Nautilus Jastrz bie-Zdrój				4:12.73	416 + 21.43
	50m:	27.32	27.32	150m:	1:28.47	31.09	250m:	2:32.47	32.10
	100m:	57.38	30.06	200m:	2:00.37	31.90	300m:	3:05.78	33.31
							350m:	3:39.82	34.04
							400m:	4:12.73	32.91
4.	SZEWCZYK Jakub		09	UKS Rekin Wrocław				4:29.43	344 + 38.13
	50m:	26.60	26.60	150m:	1:32.40	34.31	250m:	2:44.34	36.16
	100m:	58.09	31.49	200m:	2:08.18	35.78	300m:	3:20.48	36.14
							350m:	3:55.35	34.87
							400m:	4:29.43	34.08
KAT. B									
1.	MARKIEWICZ Karol		07	UKS Tri-Sea Mewa Władysławowo				3:33.87	688
	50m:	23.41	23.41	150m:	1:15.08	26.12	250m:	2:09.69	27.55
	100m:	48.96	25.55	200m:	1:42.14	27.06	300m:	2:37.81	28.12
							350m:	3:06.06	28.25
							400m:	3:33.87	27.81
2.	PUKAS Mikołaj		06	UKS Rekin Wrocław				3:50.95	546 + 17.08
	50m:	23.53	23.53	150m:	1:19.16	29.01	250m:	2:20.12	30.81
	100m:	50.15	26.62	200m:	1:49.31	30.15	300m:	2:51.55	31.43
							350m:	3:22.87	31.32
							400m:	3:50.95	28.08
3.	SMYKOWSKI Franciszek		06	Laguna 24 Toru				4:02.50	471 + 28.63
	50m:	27.22	27.22	150m:	1:26.40	29.95	250m:	2:28.17	31.06
	100m:	56.45	29.23	200m:	1:57.11	30.71	300m:	2:59.43	31.26
							350m:	3:31.20	31.77
							400m:	4:02.50	31.30

V Runda Klubowego Pucharu Polski w pływaniu w płetwach
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Konkurencja 12, M czyzn, 400m Surface

KAT. A

1.	DRA BA Filip			02	UKS Tri-Sea Mewa Władysławowo			3:02.94	1099			
	<i>Rekord Polski</i>											
	50m:	21.12	21.12	150m:	1:06.67	22.95	250m:	1:53.68	23.66	350m:	2:40.46	23.56
	100m:	43.72	22.60	200m:	1:30.02	23.35	300m:	2:16.90	23.22	400m:	3:02.94	22.48
2.	PIETRAS Kamil			05	Delfinek Chodzie			3:14.81	910	+ 11.87		
	50m:	21.53	21.53	150m:	1:08.38	23.95	250m:	1:58.62	25.39	350m:	2:49.96	25.86
	100m:	44.43	22.90	200m:	1:33.23	24.85	300m:	2:24.10	25.48	400m:	3:14.81	24.85
3.	DRAMI SKI Michał			99	UKS Tri-Sea Mewa Władysławowo			3:22.46	811	+ 19.52		
	50m:	23.32	23.32	150m:	1:14.26	25.94	250m:	2:06.10	25.73	350m:	2:57.97	26.07
	100m:	48.32	25.00	200m:	1:40.37	26.11	300m:	2:31.90	25.80	400m:	3:22.46	24.49