

Zimowe Mistrzostwa Polski Juniorów i Seniorów w pływaniu w płetwach
Cetniewo, 11 - 12-11-2023

Konkurencja 46
2023-11-12 - 13:30

M czynn, 400m Surface

14 lat i starsi
Wyniki

Punkty: PP 2023

Pozycja	Rok ur.	Czas	Pkt.
KAT. C			
1. ROZGO SKI Kacper	09	UKS Manta Ko cierzyna	3:45.71 585
50m: 24.39 24.39	150m: 1:19.74	28.24 250m: 2:18.18 29.27	350m: 3:17.22 29.18
100m: 51.50 27.11	200m: 1:48.91	29.17 300m: 2:48.04 29.86	400m: 3:45.71 28.49
2. TABASZEWSKI Szymon	08	UKS Rekin Wrocław	3:57.65 501 + 11.94
50m: 25.92 25.92	150m: 1:25.64	30.52 250m: 2:28.64 31.90	350m: 3:29.94 30.25
100m: 55.12 29.20	200m: 1:56.74	31.10 300m: 2:59.69 31.05	400m: 3:57.65 27.71
3. KROPIDŁOWSKI Szymon	09	UKS Manta Ko cierzyna	3:59.24 491 + 13.53
50m: 26.10 26.10	150m: 1:26.45	30.74 250m: 2:28.55 31.31	350m: 3:30.55 30.45
100m: 55.71 29.61	200m: 1:57.24	30.79 300m: 3:00.10 31.55	400m: 3:59.24 28.69
4. BUKOWSKI Andrzej	09	KS Nautilus Jastrz bie-Zdrój	4:18.86 388 + 33.15
50m: 26.53 26.53	150m: 1:29.16	32.42 250m: 2:35.97 33.10	350m: 3:45.88 35.19
100m: 56.74 30.21	200m: 2:02.87	33.71 300m: 3:10.69 34.72	400m: 4:18.86 32.98
KAT. B			
1. MARKIEWICZ Karol	07	UKS Tri-Sea Mewa Władysławowo	3:31.21 714
50m: 23.40 23.40	150m: 1:14.44	26.03 250m: 2:08.48 27.27	350m: 3:04.16 27.98
100m: 48.41 25.01	200m: 1:41.21	26.77 300m: 2:36.18 27.70	400m: 3:31.21 27.05
2. PUKAS Mikołaj	06	UKS Rekin Wrocław	3:35.74 670 + 4.53
50m: 23.73 23.73	150m: 1:18.84	27.47 250m: 2:13.27 27.40	350m: 3:09.49 27.83
100m: 51.37 27.64	200m: 1:45.87	27.03 300m: 2:41.66 28.39	400m: 3:35.74 26.25
3. SMYKOWSKI Franciszek	06	Laguna 24 Toru	4:01.80 476 + 30.59
50m: 27.21 27.21	150m: 1:26.33	29.81 250m: 2:28.59 31.07	350m: 3:31.39 31.37
100m: 56.52 29.31	200m: 1:57.52	31.19 300m: 3:00.02 31.43	400m: 4:01.80 30.41
KAT. Open			
1. DRA BA Filip	02	UKS Tri-Sea Mewa Władysławowo	2:59.35 1166
50m: 20.87 20.87	150m: 1:05.10	22.19 250m: 1:50.66 22.72	350m: 2:37.02 23.08
100m: 42.91 22.04	200m: 1:27.94	22.84 300m: 2:13.94 23.28	400m: 2:59.35 22.33
2. PIETRAS Kamil	05	Delfinek Chodzie	3:13.61 927 + 14.26
50m: 21.31 21.31	150m: 1:07.59	23.82 250m: 1:57.28 25.21	350m: 2:48.74 25.77
100m: 43.77 22.46	200m: 1:32.07	24.48 300m: 2:22.97 25.69	400m: 3:13.61 24.87
3. DRAMI SKI Michał	99	UKS Tri-Sea Mewa Władysławowo	3:17.77 870 + 18.42
50m: 21.60 21.60	150m: 1:10.61	24.87 250m: 2:01.76 25.67	350m: 2:53.12 25.52
100m: 45.74 24.14	200m: 1:36.09	25.48 300m: 2:27.60 25.84	400m: 3:17.77 24.65
4. MARKIEWICZ Karol	07	UKS Tri-Sea Mewa Władysławowo	3:31.21 714 + 31.86
50m: 23.40 23.40	150m: 1:14.44	26.03 250m: 2:08.48 27.27	350m: 3:04.16 27.98
100m: 48.41 25.01	200m: 1:41.21	26.77 300m: 2:36.18 27.70	400m: 3:31.21 27.05
5. PUKAS Mikołaj	06	UKS Rekin Wrocław	3:35.74 670 + 36.39
50m: 23.73 23.73	150m: 1:18.84	27.47 250m: 2:13.27 27.40	350m: 3:09.49 27.83
100m: 51.37 27.64	200m: 1:45.87	27.03 300m: 2:41.66 28.39	400m: 3:35.74 26.25
6. ROZGO SKI Kacper	09	UKS Manta Ko cierzyna	3:45.71 585 + 46.36
50m: 24.39 24.39	150m: 1:19.74	28.24 250m: 2:18.18 29.27	350m: 3:17.22 29.18
100m: 51.50 27.11	200m: 1:48.91	29.17 300m: 2:48.04 29.86	400m: 3:45.71 28.49
7. TABASZEWSKI Szymon	08	UKS Rekin Wrocław	3:57.65 501 + 58.30
50m: 25.92 25.92	150m: 1:25.64	30.52 250m: 2:28.64 31.90	350m: 3:29.94 30.25
100m: 55.12 29.20	200m: 1:56.74	31.10 300m: 2:59.69 31.05	400m: 3:57.65 27.71

Zimowe Mistrzostwa Polski Juniorów i Seniorów w pływaniu w płetwach
Cetniewo, 11- - 12-11-2023

Konkurencja 46, M czynn, 400m Surface, KAT. Open

Pozycja	Rok ur.								Czas	Pkt.		
8.	KROPIDŁOWSKI Szymon				09	UKS Manta Ko cierzyna				3:59.24	491 + 59.89	
	50m:	26.10	26.10	150m:	1:26.45	30.74	250m:	2:28.55	31.31	350m:	3:30.55	30.45
	100m:	55.71	29.61	200m:	1:57.24	30.79	300m:	3:00.10	31.55	400m:	3:59.24	28.69
9.	SMYKOWSKI Franciszek				06	Laguna 24 Toru				4:01.80	476+ 1:02.45	
	50m:	27.21	27.21	150m:	1:26.33	29.81	250m:	2:28.59	31.07	350m:	3:31.39	31.37
	100m:	56.52	29.31	200m:	1:57.52	31.19	300m:	3:00.02	31.43	400m:	4:01.80	30.41
10.	BUKOWSKI Andrzej				09	KS Nautilus Jastrz bie-Zdrój				4:18.86	386+ 1:19.51	
	50m:	26.53	26.53	150m:	1:29.16	32.42	250m:	2:35.97	33.10	350m:	3:45.88	35.19
	100m:	56.74	30.21	200m:	2:02.87	33.71	300m:	3:10.69	34.72	400m:	4:18.86	32.98