

XXV Ogólnopolskie Zawody Integracyjne w pływaniu, I Runda Parapływackiego Grand Prix Polski  
Wrocław, 25. - 26.5.2019

Konkurencja 14  
25.05.2019

M czynn, 400m dowolny

Open  
Wyniki

Punkty: FINA 2018

| Pozycja |                     |         | Rok ur.            |       |         |       | Czas           |         |       |       | Pkt.    | WPS   |  |
|---------|---------------------|---------|--------------------|-------|---------|-------|----------------|---------|-------|-------|---------|-------|--|
| 1.      | HREHOROWICZ, Igor   |         | Start Wrocław      |       |         |       | <b>4:26.50</b> |         |       |       | 505     | 789   |  |
|         | 50m:                | 30.05   | 30.05              | 150m: | 1:37.30 | 33.63 | 250m:          | 2:44.70 | 33.68 | 350m: | 3:53.77 | 35.11 |  |
|         | 100m:               | 1:03.67 | 33.62              | 200m: | 2:11.02 | 33.72 | 300m:          | 3:18.66 | 33.96 | 400m: | 4:26.50 | 32.73 |  |
| 2.      | ADAMCZEWSKI, Marcin |         | 03 START Katowice  |       |         |       | <b>5:02.71</b> |         |       |       | 344     | 549   |  |
|         | 50m:                | 32.78   | 32.78              | 150m: | 1:46.81 | 38.14 | 250m:          | 3:05.40 | 39.36 | 350m: | 4:24.24 | 39.73 |  |
|         | 100m:               | 1:08.67 | 35.89              | 200m: | 2:26.04 | 39.23 | 300m:          | 3:44.51 | 39.11 | 400m: | 5:02.71 | 38.47 |  |
| 3.      | ORWAT, KAMIL        |         | START ZIELONA GÓRA |       |         |       | <b>6:02.06</b> |         |       |       | 201     | 315   |  |
|         | 50m:                | 40.21   | 40.21              | 150m: | 2:07.35 | 44.74 | 250m:          | 3:40.45 | 47.03 | 350m: | 5:15.34 | 47.84 |  |
|         | 100m:               | 1:22.61 | 42.40              | 200m: | 2:53.42 | 46.07 | 300m:          | 4:27.50 | 47.05 | 400m: | 6:02.06 | 46.72 |  |