

XXVI Ogólnopolskie Zawody Integracyjne w pływaniu, I Runda Parapyłwackiego Grand Prix Polski
Wrocław, 8. - 9.5.2021

Konkurencja 14

08.05.2021 - 14:55

M czyzn, 400m dowolny

Open

Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.							Czas	Pkt.	
1.	HREHOROWICZ Igor		02	Start Wrocław						4:30.45	869	483
	50m:	33.25	33.25	150m:	1:44.71	35.32	250m:	2:53.48	33.41	350m:	3:59.62	33.14
	100m:	1:09.39	36.14	200m:	2:20.07	35.36	300m:	3:26.48	33.00	400m:	4:30.45	30.83
2.	BORUSZEWSKI Filip		07	UKS SP 149 ŁÓD						4:31.14		479
	50m:	32.26	32.26	150m:	1:43.18	35.60	250m:	2:52.38	34.33	350m:	3:59.51	32.89
	100m:	1:07.58	35.32	200m:	2:18.05	34.87	300m:	3:26.62	34.24	400m:	4:31.14	31.63
3.	RADZIKOWSKI Szymon		08	WKS I sk Wrocław						4:36.84		450
	50m:	31.30	31.30	150m:	1:41.79	35.58	250m:	2:52.77	35.34	350m:	4:03.13	34.95
	100m:	1:06.21	34.91	200m:	2:17.43	35.64	300m:	3:28.18	35.41	400m:	4:36.84	33.71
4.	CYREK Bartosz		07	WKS I sk Wrocław						4:47.03		404
	50m:	32.10	32.10	150m:	1:44.22	37.07	250m:	2:58.85	37.17	350m:	4:12.37	36.87
	100m:	1:07.15	35.05	200m:	2:21.68	37.46	300m:	3:35.50	36.65	400m:	4:47.03	34.66
5.	POR BA Krzysztof		07	WKS I sk Wrocław						4:52.25		383
	50m:	1:09.29	1:09.29	150m:			250m:	3:01.67	37.22	350m:	4:16.56	37.74
	100m:	1:46.82	37.53	200m:	2:24.45		300m:	3:38.82	37.15	400m:	4:52.25	35.69
6.	MAKAR Marcin		00	Start Białystok						4:52.49	496	382
	50m:	33.96	33.96	150m:	1:47.94	37.15	250m:	3:03.21	37.70	350m:	4:17.84	36.89
	100m:	1:10.79	36.83	200m:	2:25.51	37.57	300m:	3:40.95	37.74	400m:	4:52.49	34.65
7.	KOZDROWSKI Maciej			WKS I sk Wrocław						4:58.10		360
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:58.10	
8.	OSTASZEWSKI Tomasz		07	WKS I sk Wrocław						4:59.90		354
	50m:	33.66	33.66	150m:	1:48.66	37.84	250m:	3:05.57	38.80	350m:	4:22.56	38.53
	100m:	1:10.82	37.16	200m:	2:26.77	38.11	300m:	3:44.03	38.46	400m:	4:59.90	37.34
9.	MATYSIAK Szymon		07	WKS I sk Wrocław						5:09.68		321
	50m:	34.44	34.44	150m:	1:52.90	39.70	250m:	3:12.51	39.69	350m:	4:30.66	39.02
	100m:	1:13.20	38.76	200m:	2:32.82	39.92	300m:	3:51.64	39.13	400m:	5:09.68	39.02
10.	ROBAK Wiktor		98	Ssn "Start" Łód						5:19.20	244	294
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:19.20	
11.	MA CZYSKI Filip		07	Start Opole						5:21.27		288
	50m:	35.23	35.23	150m:	1:56.77	40.90	250m:	3:19.45	41.54	350m:	4:43.05	42.24
	100m:	1:15.87	40.64	200m:	2:37.91	41.14	300m:	4:00.81	41.36	400m:	5:21.27	38.22
12.	MARZEC Michał		07	WKS I sk Wrocław						5:39.16		245
	50m:	36.77	36.77	150m:	2:02.28	43.43	250m:	3:30.56	44.56	350m:	4:57.06	43.79
	100m:	1:18.85	42.08	200m:	2:46.00	43.72	300m:	4:13.27	42.71	400m:	5:39.16	42.10
13.	BURZY SKI Rafał		09	Start Wrocław						6:13.08	21	184
	50m:	44.78	44.78	150m:	2:19.39	46.71	250m:	3:55.31	46.99	350m:	5:29.37	46.02
	100m:	1:32.68	47.90	200m:	3:08.32	48.93	300m:	4:43.35	48.04	400m:	6:13.08	43.71
14.	CYMBALISTA Szymon		09	Start Wrocław						6:14.13	60	182
	50m:	43.96	43.96	150m:	2:21.94	48.73	250m:	3:58.71	45.97	350m:	5:31.73	46.35
	100m:	1:33.21	49.25	200m:	3:12.74	50.80	300m:	4:45.38	46.67	400m:	6:14.13	42.40
15.	RYLKO Francesco		10	Start Opole						6:14.19		182
	50m:	41.98	41.98	150m:	2:19.03	49.75	250m:	3:57.47	48.36	350m:	5:30.94	46.41
	100m:	1:29.28	47.30	200m:	3:09.11	50.08	300m:	4:44.53	47.06	400m:	6:14.19	43.25
16.	KOPACZ Mikołaj		07	WKS I sk Wrocław						6:15.51		180
	50m:			150m:	1:26.00	46.72	250m:	3:53.41	1:38.18	350m:	5:29.96	47.82
	100m:	39.28		200m:	2:15.23	49.23	300m:	4:42.14	48.73	400m:	6:15.51	45.55
17.	KASPRZAK Mikołaj		10	Start Opole						6:30.26		160
	50m:	42.71	42.71	150m:	2:21.04	49.46	250m:	4:02.50	50.79	350m:	5:41.33	49.65
	100m:	1:31.58	48.87	200m:	3:11.71	50.67	300m:	4:51.68	49.18	400m:	6:30.26	48.93