

OTWARTE LETNIE MISTRZOSTWA DOLNEGO L SKA – VI Memoriał im. Andrzeja Wernera  
Wrocław, 28. - 29.5.2021

Konkurencja 25  
29.05.2021 - 9:00

Mężczyzn, 400m dowolny

13 - 95 lat  
Wyniki

Punkty: FINA 2021

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
<b>MŁODZIK</b>									
1.	TWARÓG Mateusz	08	UKS "Krońska Przysa"	<b>4:51.27</b>	431	1:07.40	1:17.01	1:14.68	1:12.18
	50m: 31.59	31.59	150m: 1:46.82	39.42	250m: 3:02.29	37.88	350m: 4:16.90	37.81	
	100m: 1:07.40	35.81	200m: 2:24.41	37.59	300m: 3:39.09	36.80	400m: 4:51.27	34.37	
2.	MICHALCZUK Marcin	08	Gminny Klub Pływacki 7 Zdrój	<b>5:20.52</b>	c323	1:14.00	1:23.38	1:24.72	1:18.42
	50m: 34.37	34.37	150m: 1:55.40	41.40	250m: 3:19.60	42.22	350m: 4:43.74	41.64	
	100m: 1:14.00	39.63	200m: 2:37.38	41.98	300m: 4:02.10	42.50	400m: 5:20.52	36.78	
3.	KUNICKI Piotr	08	Gminny Klub Pływacki 7 Zdrój	<b>5:37.34</b>	c277	1:14.24	1:27.55	1:29.75	1:25.80
	50m: 34.19	34.19	150m: 1:57.65	43.41	250m: 3:26.96	45.17	350m: 4:56.62	45.08	
	100m: 1:14.24	40.05	200m: 2:41.79	44.14	300m: 4:11.54	44.58	400m: 5:37.34	40.72	
<b>JUNIOR MŁODSZY</b>									
1.	KACZMAREK Kamil	07	Uks Cityzen	<b>4:38.78</b>	491	1:03.60	1:11.50	1:13.45	1:10.23
	50m: 30.06	30.06	150m: 1:39.03	35.43	250m: 2:51.93	36.83	350m: 4:04.84	36.29	
	100m: 1:03.60	33.54	200m: 2:15.10	36.07	300m: 3:28.55	36.62	400m: 4:38.78	33.94	
2.	OKO Jakub	07	Gminny Klub Pływacki 7 Zdrój	<b>4:40.42</b>	c483	1:04.25	1:11.72	1:13.18	1:11.27
	50m: 29.79	29.79	150m: 1:39.95	35.70	250m: 2:52.50	36.53	350m: 4:05.15	36.00	
	100m: 1:04.25	34.46	200m: 2:15.97	36.02	300m: 3:29.15	36.65	400m: 4:40.42	35.27	
3.	CIGAŁA Remigiusz	07	KS JUST SWIM Jelenia Góra	<b>4:45.10</b>	459	1:06.58	1:14.80	1:14.44	1:09.28
	50m: 31.52	31.52	150m: 1:44.15	37.57	250m: 2:59.31	37.93	350m: 4:12.30	36.48	
	100m: 1:06.58	35.06	200m: 2:21.38	37.23	300m: 3:35.82	36.51	400m: 4:45.10	32.80	
4.	BORKOWSKI Marcel	07	KS Neptun widnica	<b>4:45.37</b>	458	1:05.22	1:12.38	1:14.39	1:13.38
	50m: 30.59	30.59	150m: 1:41.18	35.96	250m: 2:55.02	37.42	350m: 4:09.44	37.45	
	100m: 1:05.22	34.63	200m: 2:17.60	36.42	300m: 3:31.99	36.97	400m: 4:45.37	35.93	
5.	BARANOWSKI Alex	07	Uks Cityzen	<b>4:49.56</b>	439	1:07.34	1:14.73	1:15.63	1:11.86
	50m: 31.23	31.23	150m: 1:44.29	36.95	250m: 2:59.44	37.37	350m: 4:14.67	36.97	
	100m: 1:07.34	36.11	200m: 2:22.07	37.78	300m: 3:37.70	38.26	400m: 4:49.56	34.89	
6.	PIOTROWSKI Marcel	07	MKS Piast Głogów	<b>4:54.43</b>	417	1:08.55	1:16.38	1:16.84	1:12.66
	50m: 31.79	31.79	150m: 1:46.72	38.17	250m: 3:03.78	38.85	350m: 4:19.56	37.79	
	100m: 1:08.55	36.76	200m: 2:24.93	38.21	300m: 3:41.77	37.99	400m: 4:54.43	34.87	
7.	OSTASZEWSKI Tomasz	07	WKS I sk	<b>5:04.99</b>	375	1:09.86	1:17.91	1:20.37	1:16.85
	50m: 32.62	32.62	150m: 1:48.51	38.65	250m: 3:08.01	40.24	350m: 4:27.81	39.67	
	100m: 1:09.86	37.24	200m: 2:27.77	39.26	300m: 3:48.14	40.13	400m: 5:04.99	37.18	
8.	KASPRZAK Krystian	07	KS JUST SWIM Jelenia Góra	<b>5:05.19</b>	374	1:10.63	1:20.04	1:20.25	1:14.27
	50m: 32.59	32.59	150m: 1:50.31	39.68	250m: 3:10.56	39.89	350m: 4:29.60	38.68	
	100m: 1:10.63	38.04	200m: 2:30.67	40.36	300m: 3:50.92	40.36	400m: 5:05.19	35.59	
9.	KOCZERGA Mikołaj	07	MKS Juvenia Wrocław	<b>5:09.21</b>	360	1:13.14	1:19.50	1:19.89	1:16.68
	50m: 34.49	34.49	150m: 1:52.83	39.69	250m: 3:12.89	40.25	350m: 4:32.54	40.01	
	100m: 1:13.14	38.65	200m: 2:32.64	39.81	300m: 3:52.53	39.64	400m: 5:09.21	36.67	
10.	KOŁODZIEJ Bartosz	07	UKS PATOMSWIM Bogatynia	<b>5:11.48</b>	352	1:10.71	1:20.72	1:22.41	1:17.64
	50m: 32.86	32.86	150m: 1:50.41	39.70	250m: 3:12.67	41.24	350m: 4:34.50	40.66	
	100m: 1:10.71	37.85	200m: 2:31.43	41.02	300m: 3:53.84	41.17	400m: 5:11.48	36.98	
11.	K DZIA Adam	07	MKS Juvenia Wrocław	<b>5:20.34</b>	324	1:14.10	1:22.23	1:24.47	1:19.54
	50m: 34.44	34.44	150m: 1:54.89	40.79	250m: 3:18.30	41.97	350m: 4:41.92	41.12	
	100m: 1:14.10	39.66	200m: 2:36.33	41.44	300m: 4:00.80	42.50	400m: 5:20.34	38.42	
12.	RASIEWICZ Stanisław	07	UKS KORAL Wrocław	<b>5:27.23</b>	304	1:13.97	1:24.94	1:26.75	1:21.57
	50m: 34.03	34.03	150m: 1:56.20	42.23	250m: 3:22.08	43.17	350m: 4:48.38	42.72	
	100m: 1:13.97	39.94	200m: 2:38.91	42.71	300m: 4:05.66	43.58	400m: 5:27.23	38.85	
13.	GEISLER Bartosz	07	MKS „ROKITA” Brzeg Dolny	<b>6:04.49</b>	220	1:19.64	1:33.76	1:36.18	1:34.91
	50m: 37.02	37.02	150m: 2:05.36	45.72	250m: 3:41.11	47.71	350m: 5:19.25	49.67	
	100m: 1:19.64	42.62	200m: 2:53.40	48.04	300m: 4:29.58	48.47	400m: 6:04.49	45.24	

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JUNIOR

1. SOBIECHOWSKI Kajetan	06	TP Zielona Góra	<b>4:27.76</b>	555	1:02.45	1:09.47	1:10.31	1:05.53			
50m:	29.35	29.35	150m:	1:36.79	34.34	250m:	2:47.43	35.51	350m:	3:57.01	34.78
100m:	1:02.45	33.10	200m:	2:11.92	35.13	300m:	3:22.23	34.80	400m:	4:27.76	30.75
2. SZAREK Jan	06	WKS I sk	<b>4:28.12</b>	552	1:03.91	1:09.85	1:10.03	1:04.33			
50m:	29.88	29.88	150m:	1:38.53	34.62	250m:	2:48.73	34.97	350m:	3:57.38	33.59
100m:	1:03.91	34.03	200m:	2:13.76	35.23	300m:	3:23.79	35.06	400m:	4:28.12	30.74
3. WOROBIJ Adrian	06	WKS I sk	<b>4:44.96</b>	460	1:07.39	1:14.21	1:13.90	1:09.46			
50m:	31.29	31.29	150m:	1:44.51	37.12	250m:	2:58.28	36.68	350m:	4:11.65	36.15
100m:	1:07.39	36.10	200m:	2:21.60	37.09	300m:	3:35.50	37.22	400m:	4:44.96	33.31
4. GRUDZI SKI Karol	06	MKS Juvenia Wrocław	<b>4:46.41</b>	453	1:08.73	1:15.93	1:14.02	1:07.73			
50m:	32.01	32.01	150m:	1:46.36	37.63	250m:	3:02.62	37.96	350m:	4:14.66	35.98
100m:	1:08.73	36.72	200m:	2:24.66	38.30	300m:	3:38.68	36.06	400m:	4:46.41	31.75
5. SKOWRON Hubert	06	KS JUST SWIM Jelenia Góra	<b>4:46.92</b>	451	1:07.19	1:15.14	1:14.00	1:10.59			
50m:	31.55	31.55	150m:	1:44.77	37.58	250m:	2:59.83	37.50	350m:	4:12.94	36.61
100m:	1:07.19	35.64	200m:	2:22.33	37.56	300m:	3:36.33	36.50	400m:	4:46.92	33.98
6. NOWAK Oskar	06	MKS Juvenia Wrocław	<b>4:47.81</b>	447	1:08.05	1:15.41	1:14.90	1:09.45			
50m:	31.49	31.49	150m:	1:45.92	37.87	250m:	3:00.93	37.47	350m:	4:15.21	36.85
100m:	1:08.05	36.56	200m:	2:23.46	37.54	300m:	3:38.36	37.43	400m:	4:47.81	32.60
7. GAŁECKI Marcin	06	WKS I sk	<b>4:48.24</b>	445	1:08.88	1:15.20	1:15.61	1:08.55			
50m:	32.70	32.70	150m:	1:46.16	37.28	250m:	3:02.03	37.95	350m:	4:15.95	36.26
100m:	1:08.88	36.18	200m:	2:24.08	37.92	300m:	3:39.69	37.66	400m:	4:48.24	32.29
8. KOWALIK Wiktor	06	KS Neptun widnica	<b>4:54.12</b>	418	1:07.00	1:14.84	1:17.07	1:15.21			
50m:	32.09	32.09	150m:	1:44.12	37.12	250m:	3:00.19	38.35	350m:	4:17.42	38.51
100m:	1:07.00	34.91	200m:	2:21.84	37.72	300m:	3:38.91	38.72	400m:	4:54.12	36.70
9. GORZE Norbert	06	Uks Cityzen	<b>5:01.98</b>	387	1:09.05	1:16.29	1:18.78	1:17.86			
50m:	32.52	32.52	150m:	1:46.26	37.21	250m:	3:04.12	38.78	350m:	4:23.61	39.49
100m:	1:09.05	36.53	200m:	2:25.34	39.08	300m:	3:44.12	40.00	400m:	5:01.98	38.37
10. PUKAS Mikołaj	06	UKS KORAL Wrocław	<b>5:06.40</b>	370	1:11.36	1:17.89	1:19.98	1:17.17			
50m:	33.49	33.49	150m:	1:50.39	39.03	250m:	3:09.07	39.82	350m:	4:28.83	39.60
100m:	1:11.36	37.87	200m:	2:29.25	38.86	300m:	3:49.23	40.16	400m:	5:06.40	37.57
11. KA KÓW Bartłomiej	06	UKS KORAL Wrocław	<b>5:07.39</b>	366	1:08.86	1:19.96	1:23.35	1:15.22			
50m:	31.57	31.57	150m:	1:48.26	39.40	250m:	3:10.61	41.79	350m:	4:31.95	39.78
100m:	1:08.86	37.29	200m:	2:28.82	40.56	300m:	3:52.17	41.56	400m:	5:07.39	35.44
12. BARCZY SKI Oliwier	06	KS JUST SWIM Jelenia Góra	<b>5:11.52</b>	352	1:10.91	1:20.67	1:21.58	1:18.36			
50m:	32.40	32.40	150m:	1:51.12	40.21	250m:	3:12.15	40.57	350m:	4:33.29	40.13
100m:	1:10.91	38.51	200m:	2:31.58	40.46	300m:	3:53.16	41.01	400m:	5:11.52	38.23
13. BANCEWICZ Bartosz	06	KS JUST SWIM Jelenia Góra	<b>5:21.90</b>	319	1:13.13	1:23.45	1:24.87	1:20.45			
50m:	33.81	33.81	150m:	1:54.38	41.25	250m:	3:18.87	42.29	350m:	4:43.07	41.62
100m:	1:13.13	39.32	200m:	2:36.58	42.20	300m:	4:01.45	42.58	400m:	5:21.90	38.83
14. BINASIEWICZ Aleksander	06	KS JUST SWIM Jelenia Góra	<b>5:28.53</b>	300	1:17.28	1:24.75	1:25.47	1:21.03			
50m:	35.58	35.58	150m:	1:59.01	41.73	250m:	3:24.51	42.48	350m:	4:49.68	42.18
100m:	1:17.28	41.70	200m:	2:42.03	43.02	300m:	4:07.50	42.99	400m:	5:28.53	38.85

SENIOR

1. ZDYBEL Adam	05	KS Delfin Gdynia	<b>4:04.40</b>	730	57.96	1:02.34	1:02.82	1:01.28			
50m:	27.67	27.67	150m:	1:29.12	31.16	250m:	2:31.55	31.25	350m:	3:34.24	31.12
100m:	57.96	30.29	200m:	2:00.30	31.18	300m:	3:03.12	31.57	400m:	4:04.40	30.16
2. SZYMCZYKOWSKI Jakub	03	UKS MOS w Opolu	<b>4:16.91</b>	628	1:01.81	1:06.10	1:06.64	1:02.36			
50m:	29.42	29.42	150m:	1:34.70	32.89	250m:	2:41.23	33.32	350m:	3:46.21	31.66
100m:	1:01.81	32.39	200m:	2:07.91	33.21	300m:	3:14.55	33.32	400m:	4:16.91	30.70
3. SZYMCZAK Szymon	03	MKS Juvenia Wrocław	<b>4:17.12</b>	627	1:01.42	1:06.19	1:06.43	1:03.08			
50m:	29.21	29.21	150m:	1:34.37	32.95	250m:	2:40.67	33.06	350m:	3:46.88	32.84
100m:	1:01.42	32.21	200m:	2:07.61	33.24	300m:	3:14.04	33.37	400m:	4:17.12	30.24
4. WIECZORKOWSKI Nikodem	04	MKP Szczecin	<b>4:24.15</b>	578	1:01.34	1:06.98	1:07.63	1:08.20			
50m:	28.74	28.74	150m:	1:34.76	33.42	250m:	2:41.89	33.57	350m:	3:50.28	34.33
100m:	1:01.34	32.60	200m:	2:08.32	33.56	300m:	3:15.95	34.06	400m:	4:24.15	33.87

OTWARTE LETNIE MISTRZOSTWA DOLNEGO L SKA – VI Memoriał im. Andrzeja Wernera  
Wrocław, 28. - 29.5.2021

Konkurencja 25, M czyzn, 400m dowolny, SENIOR

Pozycja	Rok ur.		Czas		Pkt.	100m	200m	300m	400m		
5. SOBIESZEK Franciszek	05	MKS Piaseczno	<b>4:25.60</b>	568		1:01.98	1:08.17	1:08.84	1:06.61		
50m:	28.67	28.67	150m:	1:35.84	33.86	250m:	2:44.17	34.02	350m:	3:53.64	34.65
100m:	1:01.98	33.31	200m:	2:10.15	34.31	300m:	3:18.99	34.82	400m:	4:25.60	31.96
6. WO NY Maksym	05	MKS Juvenia Wrocław	<b>4:25.87</b>	567		1:01.66	1:08.22	1:09.32	1:06.67		
50m:	29.08	29.08	150m:	1:35.56	33.90	250m:	2:44.43	34.55	350m:	3:53.63	34.43
100m:	1:01.66	32.58	200m:	2:09.88	34.32	300m:	3:19.20	34.77	400m:	4:25.87	32.24
7. CEMBALA Karol	05	UKP Unia O wi cim	<b>4:31.09</b>	534		1:04.48	1:09.36	1:08.57	1:08.68		
50m:	29.94	29.94	150m:	1:38.39	33.91	250m:	2:47.38	33.54	350m:	3:57.33	34.92
100m:	1:04.48	34.54	200m:	2:13.84	35.45	300m:	3:22.41	35.03	400m:	4:31.09	33.76
8. KASPRZAK Krzysztof	05	MKS Piaseczno	<b>4:36.62</b>	503		1:04.87	1:10.94	1:11.15	1:09.66		
50m:	30.73	30.73	150m:	1:39.78	34.91	250m:	2:51.38	35.57	350m:	4:02.65	35.69
100m:	1:04.87	34.14	200m:	2:15.81	36.03	300m:	3:26.96	35.58	400m:	4:36.62	33.97
9. GÓROWSKI Cezary	04	UKS MOS w Opolu	<b>4:41.53</b>	477		1:04.85	1:11.46	1:14.25	1:10.97		
50m:	30.86	30.86	150m:	1:40.18	35.33	250m:	2:52.82	36.51	350m:	4:06.53	35.97
100m:	1:04.85	33.99	200m:	2:16.31	36.13	300m:	3:30.56	37.74	400m:	4:41.53	35.00
10. SYPKO Maksymilian	05	WKS I sk	<b>4:42.72</b>	471		1:01.83	1:10.52	1:12.46	1:17.91		
50m:	28.56	28.56	150m:	1:36.88	35.05	250m:	2:47.94	35.59	350m:	4:03.80	38.99
100m:	1:01.83	33.27	200m:	2:12.35	35.47	300m:	3:24.81	36.87	400m:	4:42.72	38.92
11. WOŁODKO Oskar	05	UKP Manta Jelcz-Laskowice	<b>4:43.39</b>	468		1:04.48	1:12.71	1:13.86	1:12.34		
50m:	30.52	30.52	150m:	1:40.20	35.72	250m:	2:53.74	36.55	350m:	4:08.07	37.02
100m:	1:04.48	33.96	200m:	2:17.19	36.99	300m:	3:31.05	37.31	400m:	4:43.39	35.32
12. KODLEW Jakub	05	UKP "Na Fali"	<b>4:45.65</b>	457		1:06.94	1:13.37	1:15.54	1:09.80		
50m:	31.56	31.56	150m:	1:42.94	36.00	250m:	2:58.05	37.74	350m:	4:12.65	36.80
100m:	1:06.94	35.38	200m:	2:20.31	37.37	300m:	3:35.85	37.80	400m:	4:45.65	33.00
13. ZAWIEJA Stanisław	05	KS Pospolania Pozna	<b>4:48.74</b>	442		1:07.70	1:14.91	1:15.58	1:10.55		
50m:	31.98	31.98	150m:	1:45.05	37.35	250m:	3:00.15	37.54	350m:	4:15.46	37.27
100m:	1:07.70	35.72	200m:	2:22.61	37.56	300m:	3:38.19	38.04	400m:	4:48.74	33.28
14. WOŁCZAK Kacper	04	UKS Delfinek Legnica	<b>5:37.22</b>	277		1:13.26	1:27.22	1:29.77	1:26.97		
50m:	33.67	33.67	150m:	1:55.98	42.72	250m:	3:25.03	44.55	350m:	4:54.96	44.71
100m:	1:13.26	39.59	200m:	2:40.48	44.50	300m:	4:10.25	45.22	400m:	5:37.22	42.26