

ZIMOWE MISTRZOSTWA DOLNEGO L SKA W PŁYWANIU W KATEGORII WIEKOWEJ „14 LAT i STARSII”
Nowa Ruda, 25. - 27.11.2021

Konkurencja 8
2021.11.26 - 9:08

M czynn, 400m dowolny

14 - 50 lat
Wyniki

Punkty: FINA 2021

Pozycja			Rok ur.					Czas	Pkt.	Rud		
14 lat												
1.	OKO	Jakub	07	Gminny Klub Pływacki 7 Zdrój Trzebnica				4:29.06	490	12,9		
	50m:	29.59	29.59	150m:	1:37.08	34.36	250m:	2:45.55	34.11	350m:	3:55.39	34.64
	100m:	1:02.72	33.13	200m:	2:11.44	34.36	300m:	3:20.75	35.20	400m:	4:29.06	33.67
2.	BORKOWSKI	Marcel	07	KS Neptun widnica				4:33.36	468	11,7		
	50m:	30.81	30.81	150m:	1:40.55	35.26	250m:	2:50.53	34.53	350m:	4:00.45	35.04
	100m:	1:05.29	34.48	200m:	2:16.00	35.45	300m:	3:25.41	34.88	400m:	4:33.36	32.91
3.	CIGAŁA	Remigiusz	07	KS JUST SWIM Jelenia Góra				4:36.59	451	10,9		
	50m:	29.29	29.29	150m:	1:37.38	34.40	250m:	2:47.98	35.56	350m:	4:01.18	36.64
	100m:	1:02.98	33.69	200m:	2:12.42	35.04	300m:	3:24.54	36.56	400m:	4:36.59	35.41
4.	KOZDROWSKI	Maciej	07	WKS I sk				4:52.46	382	6,6		
	50m:	31.60	31.60	150m:	1:44.42	36.74	250m:	2:58.55	37.30	350m:	4:14.42	39.11
	100m:	1:07.68	36.08	200m:	2:21.25	36.83	300m:	3:35.31	36.76	400m:	4:52.46	38.04
5.	K	DZIA Adam	07	MKS Juvenia Wrocław				4:57.31	363	5,3		
	50m:	32.07	32.07	150m:	1:45.76	37.45	250m:	3:02.92	38.60	350m:	4:20.01	38.77
	100m:	1:08.31	36.24	200m:	2:24.32	38.56	300m:	3:41.24	38.32	400m:	4:57.31	37.30
6.	BUCHLA	Michał	07	UKS KORAL Wrocław				5:24.65	279			
	50m:	32.95	32.95	150m:	1:55.86	42.18	250m:	3:20.97	42.17	350m:	4:45.28	42.24
	100m:	1:13.68	40.73	200m:	2:38.80	42.94	300m:	4:03.04	42.07	400m:	5:24.65	39.37
7.	RASIEWICZ	Stanisław	07	UKS KORAL Wrocław				5:34.75	254			
	50m:	34.83	34.83	150m:	1:57.75	43.26	250m:	3:25.22	43.11	350m:	4:54.12	44.50
	100m:	1:14.49	39.66	200m:	2:42.11	44.36	300m:	4:09.62	44.40	400m:	5:34.75	40.63
8.	ZAPA	NIK Jakub	07	KS WANKAN Legnica				6:13.49	183			
	50m:	36.15	36.15	150m:	2:04.49	45.82	250m:	3:44.05	50.42	350m:	5:25.23	50.41
	100m:	1:18.67	42.52	200m:	2:53.63	49.14	300m:	4:34.82	50.77	400m:	6:13.49	48.26
15 lat												
1.	GRUDZI	SKI Karol	06	MKS Juvenia Wrocław				4:35.18	458	8,9		
	50m:	30.00	30.00	150m:	1:39.43	34.84	250m:	2:49.63	34.44	350m:	4:00.30	35.43
	100m:	1:04.59	34.59	200m:	2:15.19	35.76	300m:	3:24.87	35.24	400m:	4:35.18	34.88
2.	DYRDA	Michał	06	MKS Juvenia Wrocław				4:43.46	419	6,7		
	50m:	31.47	31.47	150m:	1:42.71	35.98	250m:	2:54.88	35.82	350m:	4:09.37	37.59
	100m:	1:06.73	35.26	200m:	2:19.06	36.35	300m:	3:31.78	36.90	400m:	4:43.46	34.09
16												
1.	LECH	Mateusz	05	MKS Juvenia Wrocław				4:26.58	504	10,4		
	50m:	29.54	29.54	150m:	1:35.31	33.28	250m:	2:43.45	34.57	350m:	3:52.18	34.59
	100m:	1:02.03	32.49	200m:	2:08.88	33.57	300m:	3:17.59	34.14	400m:	4:26.58	34.40
17 - 50 lat												
1.	JACKOWSKI	Tomasz	02	KS Neptun widnica				3:58.78	702	14,4		
	50m:	27.14	27.14	150m:	1:27.03	30.17	250m:	2:28.06	30.62	350m:	3:28.81	30.04
	100m:	56.86	29.72	200m:	1:57.44	30.41	300m:	2:58.77	30.71	400m:	3:58.78	29.97