

ZIMOWE MISTRZOSTWA DOZP W PŁYWANIU 2022  
, 25. - 26.11.2022

Konkurencja 39  
26.11.2022 - 13:46

Mężczyźni, 400m dowolny

12 - 50 lat  
Wyniki

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Punkty: FINA 2022

Pozycja	Rok ur.	Czas	Pkt.	Rud
<b>A-2010</b>				
1. KOSIAREK Mateusz	10 WKS I sk	<b>4:40.33</b>	434	14,4
50m: 31.37 31.37	150m: 1:43.19 36.48	250m: 2:56.38 36.45	350m: 4:07.78 35.31	
100m: 1:06.71 35.34	200m: 2:19.93 36.74	300m: 3:32.47 36.09	400m: 4:40.33 32.55	
2. WERESZCZY SKI Igor	10 WKS I sk	<b>4:40.62</b>	432	14,4
50m: 32.30 32.30	150m: 1:44.08 36.60	250m: 2:56.75 36.29	350m: 4:08.07 35.25	
100m: 1:07.48 35.18	200m: 2:20.46 36.38	300m: 3:32.82 36.07	400m: 4:40.62 32.55	
3. PISARSKI Kornel	10 MKS Dziewika Dzieńców	<b>5:08.08</b>	327	7,5
50m: 33.99 33.99	150m: 1:54.01 40.03	250m: 3:14.24 40.09	350m: 4:31.02 38.03	
100m: 1:13.98 39.99	200m: 2:34.15 40.14	300m: 3:52.99 38.75	400m: 5:08.08 37.06	
4. D BICKI Marcel	10 WKS I sk	<b>5:21.69</b>	287	4,1
50m: 35.45 35.45	150m: 1:57.47 41.51	250m: 3:21.07 41.96	350m: 4:44.32 41.54	
100m: 1:15.96 40.51	200m: 2:39.11 41.64	300m: 4:02.78 41.71	400m: 5:21.69 37.37	
5. PAWLAK Oliwier	10 WKS I sk	<b>5:25.32</b>	277	3,2
50m: 36.13 36.13	150m: 1:59.04 41.81	250m: 3:23.48 42.31	350m: 4:46.98 41.08	
100m: 1:17.23 41.10	200m: 2:41.17 42.13	300m: 4:05.90 42.42	400m: 5:25.32 38.34	
6. KRYNICKI Tymoteusz	10 KS JUST SWIM Jelenia Góra	<b>5:29.73</b>	266	2,1
50m: 36.91 36.91	150m: 2:00.39 42.27	250m: 3:25.37 42.37	350m: 4:50.09 41.92	
100m: 1:18.12 41.21	200m: 2:43.00 42.61	300m: 4:08.17 42.80	400m: 5:29.73 39.64	
7. KOZI SKI Aleksander	10 WKS I sk	<b>5:51.91</b>	219	
50m: 36.82 36.82	150m: 2:04.65 44.45	250m: 3:35.85 45.57	350m: 5:08.43 46.54	
100m: 1:20.20 43.38	200m: 2:50.28 45.63	300m: 4:21.89 46.04	400m: 5:51.91 43.48	
8. FELBINGER Igor	10 UKS KORAL Wrocław	<b>6:26.94</b>	165	
50m: 40.62 40.62	150m: 2:18.09 50.02	250m: 3:57.97 49.40	350m: 5:39.45 51.08	
100m: 1:28.07 47.45	200m: 3:08.57 50.48	300m: 4:48.37 50.40	400m: 6:26.94 47.49	
9. NOWICKI Aleksander	10 St. Rekreacyjno-Sportowe MKS Oceanik	<b>6:36.41</b>	153	
50m: 40.17 40.17	150m: 2:20.31 51.13	250m: 4:03.95 52.61	350m: 5:48.66 52.39	
100m: 1:29.18 49.01	200m: 3:11.34 51.03	300m: 4:56.27 52.32	400m: 6:36.41 47.75	
<b>B-2009</b>				
1. DZIEDZIC Michał	09 UKS "ORKA" Luba	<b>4:26.15</b>	507	15,5
50m: 28.16 28.16	150m: 1:34.83 34.05	250m: 2:44.29 34.69	350m: 3:53.51 34.48	
100m: 1:00.78 32.62	200m: 2:09.60 34.77	300m: 3:19.03 34.74	400m: 4:26.15 32.64	
2. MARYJOWSKI Marcin	09 UKS "Krońska Przysta"	<b>4:26.54</b>	504	15,4
50m: 29.12 29.12	150m: 1:35.77 33.96	250m: 2:45.80 34.87	350m: 3:55.44 34.75	
100m: 1:01.81 32.69	200m: 2:10.93 35.16	300m: 3:20.69 34.89	400m: 4:26.54 31.10	
3. CICHY Patryk	09 KS Neptun widnica	<b>4:32.73</b>	471	13,8
50m: 30.01 30.01	150m: 1:38.93 35.30	250m: 2:49.95 35.18	350m: 3:59.71 34.90	
100m: 1:03.63 33.62	200m: 2:14.77 35.84	300m: 3:24.81 34.86	400m: 4:32.73 33.02	
4. BRAM Maksymilian	09 UKS "ORKA" Luba	<b>4:39.78</b>	436	12,0
50m: 30.45 30.45	150m: 1:41.31 35.78	250m: 2:54.10 36.21	350m: 4:05.77 35.82	
100m: 1:05.53 35.08	200m: 2:17.89 36.58	300m: 3:29.95 35.85	400m: 4:39.78 34.01	

ZIMOWE MISTRZOSTWA DOZP W PŁYWANIU 2022  
, 25. - 26.11.2022

Konkurencja 39, Chłopców, 400m dowolny, B-2009

Pozycja			Rok ur.					Czas	Pkt.	Rud
5.	JASI	SKI Jakub	09	UKS KORAL	Wrocław		<b>4:48.89</b>	396	9,6	
	50m:	29.84 29.84	150m:	1:40.27 36.57	250m:	2:55.74 38.84	350m:	4:14.02 38.73		
	100m:	1:03.70 33.86	200m:	2:16.90 36.63	300m:	3:35.29 39.55	400m:	4:48.89 34.87		
6.	CZYCZERSKI	Iwo	09	UKS KORAL	Wrocław		<b>5:04.86</b>	337	5,5	
	50m:	31.93 31.93	150m:	1:47.87 38.50	250m:	3:06.93 39.48	350m:	4:26.35 39.60		
	100m:	1:09.37 37.44	200m:	2:27.45 39.58	300m:	3:46.75 39.82	400m:	5:04.86 38.51		
7.	GOŁ	BIOWSKI Wiktor	09	MKS Juvenia	Wrocław		<b>5:12.52</b>	313	3,5	
	50m:	32.89 32.89	150m:	1:50.66 40.00	250m:	3:10.86 40.26	350m:	4:33.13 40.80		
	100m:	1:10.66 37.77	200m:	2:30.60 39.94	300m:	3:52.33 41.47	400m:	5:12.52 39.39		
8.	KARP	Bartłomiej	09	KS JUST SWIM	Jelenia Góra		<b>5:13.63</b>	309	3,2	
	50m:	33.75 33.75	150m:	1:53.81 41.27	250m:	3:16.49 41.60	350m:	4:38.98 41.13		
	100m:	1:12.54 38.79	200m:	2:34.89 41.08	300m:	3:57.85 41.36	400m:	5:13.63 34.65		
9.	RYNIEJSKI	Tymon	09	UKS KORAL	Wrocław		<b>5:19.70</b>	292	1,6	
	50m:	33.80 33.80	150m:	1:53.99 40.72	250m:	3:17.02 41.24	350m:	4:40.45 42.06		
	100m:	1:13.27 39.47	200m:	2:35.78 41.79	300m:	3:58.39 41.37	400m:	5:19.70 39.25		
10.	GIEMZA	Paweł	09	UKP "Na Fali"			<b>5:22.34</b>	285		
	50m:	35.60 35.60	150m:	1:58.68 42.14	250m:	3:21.49 41.22	350m:	4:45.78 42.11		
	100m:	1:16.54 40.94	200m:	2:40.27 41.59	300m:	4:03.67 42.18	400m:	5:22.34 36.56		
11.	TRZESZCZ	Wojciech	09	UKS KORAL	Wrocław		<b>5:49.26</b>	224		
	50m:	36.43 36.43	150m:	2:03.37 44.12	250m:	3:35.41 46.36	350m:	5:06.37 45.22		
	100m:	1:19.25 42.82	200m:	2:49.05 45.68	300m:	4:21.15 45.74	400m:	5:49.26 42.89		

C-2008

1.	WOJTOWICZ	Alan	08	UKP "Na Fali"			<b>4:18.93</b>	550	15,4
	50m:	28.62 28.62	150m:	1:33.95 33.27	250m:	2:40.47 33.59	350m:	3:47.90 33.84	
	100m:	1:00.68 32.06	200m:	2:06.88 32.93	300m:	3:14.06 33.59	400m:	4:18.93 31.03	
2.	TWARÓG	Mateusz	08	UKS "Kro nicka Przysta "			<b>4:22.41</b>	529	14,5
	50m:	28.58 28.58	150m:	1:32.84 32.81	250m:	2:40.45 33.97	350m:	3:49.18 34.37	
	100m:	1:00.03 31.45	200m:	2:06.48 33.64	300m:	3:14.81 34.36	400m:	4:22.41 33.23	
3.	KUCHARSKI	Kamil	08	MKS Juvenia	Wrocław		<b>4:44.98</b>	413	8,5
	50m:	31.29 31.29	150m:	1:42.40 36.53	250m:	2:56.07 37.06	350m:	4:10.02 36.26	
	100m:	1:05.87 34.58	200m:	2:19.01 36.61	300m:	3:33.76 37.69	400m:	4:44.98 34.96	
4.	KAUC	Franciszek	08	UKS KORAL	Wrocław		<b>4:49.81</b>	392	7,2
	50m:	30.79 30.79	150m:	1:42.80 36.71	250m:	2:57.32 37.29	350m:	4:12.84 38.00	
	100m:	1:06.09 35.30	200m:	2:20.03 37.23	300m:	3:34.84 37.52	400m:	4:49.81 36.97	
5.	KOCZOROWSKI	Szymon	08	St. Rekreacyjno-Sportowe	MKS Oceanik	6:20.62	szc173		
	50m:	42.06 42.06	150m:	2:18.91 49.26	250m:	3:59.28 49.88	350m:	5:38.34 49.40	
	100m:	1:29.65 47.59	200m:	3:09.40 50.49	300m:	4:48.94 49.66	400m:	6:20.62 42.28	

D-2007

1.	OKO	Jakub	07	MKS Juvenia	Wrocław		<b>4:11.00</b>	604	15,5
	50m:	28.31 28.31	150m:	1:31.71 31.80	250m:	2:34.70 31.29	350m:	3:39.20 32.32	
	100m:	59.91 31.60	200m:	2:03.41 31.70	300m:	3:06.88 32.18	400m:	4:11.00 31.80	
2.	BORKOWSKI	Marcel	07	KS Neptun	widnica		<b>4:17.90</b>	557	13,5
	50m:	28.93 28.93	150m:	1:33.11 32.24	250m:	2:38.64 32.66	350m:	3:45.34 33.73	
	100m:	1:00.87 31.94	200m:	2:05.98 32.87	300m:	3:11.61 32.97	400m:	4:17.90 32.56	
3.	CIGAŁA	Remigiusz	07	MKS Juvenia	Wrocław		<b>4:22.22</b>	530	12,4
	50m:	28.18 28.18	150m:	1:34.39 33.38	250m:	2:42.73 34.70	350m:	3:50.12 33.29	
	100m:	1:01.01 32.83	200m:	2:08.03 33.64	300m:	3:16.83 34.10	400m:	4:22.22 32.10	
4.	KASPRZAK	Krystian	07	MKS Juvenia	Wrocław		<b>4:25.48</b>	511	11,5
	50m:	28.87 28.87	150m:	1:36.50 34.55	250m:	2:46.52 34.81	350m:	3:54.94 33.91	
	100m:	1:01.95 33.08	200m:	2:11.71 35.21	300m:	3:21.03 34.51	400m:	4:25.48 30.54	

ZIMOWE MISTRZOSTWA DOZP W PŁYWANIU 2022  
, 25. - 26.11.2022

Konkurencja 39, Chłopców, 400m dowolny, D-2007

Pozycja			Rok ur.						Czas	Pkt.	Rud
5.	HOŁDYS Hubert		07		KS Neptun widnica				<b>4:26.42</b>	505	11,2
	50m:	29.41 29.41	150m:	1:37.11	33.99	250m:	2:45.83	34.51	350m:	3:53.47	34.03
	100m:	1:03.12 33.71	200m:	2:11.32	34.21	300m:	3:19.44	33.61	400m:	4:26.42	32.95
6.	KASIANENKO Dmytro		07		MKS Dziewi tka Dzier oniów				<b>4:27.73</b>	498	10,8
	50m:	28.86 28.86	150m:	1:36.73	34.60	250m:	2:45.58	34.48	350m:	3:54.78	34.41
	100m:	1:02.13 33.27	200m:	2:11.10	34.37	300m:	3:20.37	34.79	400m:	4:27.73	32.95
7.	KOCZERGA Mikołaj		07		MKS Juvenia Wrocław				<b>4:41.31</b>	429	7,1
	50m:	31.37 31.37	150m:	1:42.18	36.04	250m:	2:54.40	36.37	350m:	4:06.97	36.07
	100m:	1:06.14 34.77	200m:	2:18.03	35.85	300m:	3:30.90	36.50	400m:	4:41.31	34.34

E-2006 i starsi

1.	MICHNIEWICZ Marcel		06		WKS I sk				<b>4:10.08</b>	611	14,7
	50m:	28.04 28.04	150m:	1:29.17	30.70	250m:	2:31.13	31.18	350m:	3:36.29	33.18
	100m:	58.47 30.43	200m:	1:59.95	30.78	300m:	3:03.11	31.98	400m:	4:10.08	33.79
2.	SOBIECHOWSKI Kajetan		06		TP Zielona Góra				<b>4:11.70</b>	599	14,3
	50m:	28.91 28.91	150m:	1:32.33	31.92	250m:	2:36.78	31.84	350m:	3:40.33	31.86
	100m:	1:00.41 31.50	200m:	2:04.94	32.61	300m:	3:08.47	31.69	400m:	4:11.70	31.37
3.	KOWALI SKI Adrian		06		WKS I sk				<b>4:14.55</b>	579	13,5
	50m:	28.82 28.82	150m:	1:32.06	31.82	250m:	2:36.46	32.32	350m:	3:42.43	33.09
	100m:	1:00.24 31.42	200m:	2:04.14	32.08	300m:	3:09.34	32.88	400m:	4:14.55	32.12
4.	SKOWRON Hubert		06		KS JUST SWIM Jelenia Góra				<b>4:26.86</b>	503	10,0
	50m:	28.61 28.61	150m:	1:35.72	34.24	250m:	2:44.71	34.50	350m:	3:54.33	34.97
	100m:	1:01.48 32.87	200m:	2:10.21	34.49	300m:	3:19.36	34.65	400m:	4:26.86	32.53