

Jubileuszowe Zimowe Mistrzostwa Okręgu z Okazji 90-lecia Wielkopolskiego Okręgowego Związku Pływackiego  
Poznań, 8- - 9-12-2017

Konkurencja 12  
2017-12-08  
Mężczyzn, 400m zmienny  
12 lat i starsi  
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
<b>12 - 13 lat</b>									
1.	CICHOCKI Oliwier		04	KS Warta Pozna				<b>5:06.91</b>	451
	50m:	32.84 32.84	150m:	1:54.54 41.65	250m:	3:17.26 41.20	350m:	4:35.54 35.99	
	100m:	1:12.89 40.05	200m:	2:36.06 41.52	300m:	3:59.55 42.29	400m:	5:06.91 31.37	
2.	J DRYCH Krzysztof		04	KS Poznań				<b>5:29.53</b>	364
	50m:	34.63 34.63	150m:	2:43.17 1:26.78	250m:	4:18.63 48.06	350m:	5:29.53 34.18	
	100m:	1:16.39 41.76	200m:	3:30.57 47.40	300m:	4:55.35 36.72	400m:	5:29.53	
3.	CIEMNIAK Maciej		04	UPKS Wodnik Rawicz				<b>5:35.94</b>	344
	50m:	34.17 34.17	150m:	1:59.68 43.66	250m:	3:27.94 45.63	350m:	4:56.61 40.79	
	100m:	1:16.02 41.85	200m:	2:42.31 42.63	300m:	4:15.82 47.88	400m:	5:35.94 39.33	
4.	MA KOWIAK Dawid		05	Uczniowski Klub Sportowy Fala				<b>6:58.20</b>	178
	50m:	46.13 46.13	150m:	2:39.11 53.03	250m:	4:30.22 1:01.54	350m:	6:13.87 44.84	
	100m:	1:46.08 59.95	200m:	3:28.68 49.57	300m:	5:29.03 58.81	400m:	6:58.20 44.33	
<b>14 - 15 lat</b>									
1.	RYBACKI Maksymilian		02	KS Warta Pozna				<b>4:46.34</b>	556
	50m:	30.31 30.31	150m:	1:41.96 36.95	250m:	2:58.62 40.83	350m:	4:13.36 34.04	
	100m:	1:05.01 34.70	200m:	2:17.79 35.83	300m:	3:39.32 40.70	400m:	4:46.34 32.98	
2.	DOPIERAŁA Tytus		03	KS Warta Pozna				<b>4:56.12</b>	503
	50m:	30.03 30.03	150m:	1:46.34 40.23	250m:	3:07.35 41.53	350m:	4:24.52 34.59	
	100m:	1:06.11 36.08	200m:	2:25.82 39.48	300m:	3:49.93 42.58	400m:	4:56.12 31.60	
3.	DUDEK Kacper		02	KS Warta Pozna				<b>4:56.89</b>	499
	50m:	30.51 30.51	150m:	1:45.39 38.73	250m:	3:06.85 43.88	350m:	4:25.21 33.00	
	100m:	1:06.66 36.15	200m:	2:22.97 37.58	300m:	3:52.21 45.36	400m:	4:56.89 31.68	
4.	SOWI SKI Rafał		02	UPKS Wodnik Rawicz				<b>5:17.12</b>	409
	50m:	32.88 32.88	150m:	1:55.46 42.74	250m:	3:16.81 40.44	350m:	4:39.27 40.01	
	100m:	1:12.72 39.84	200m:	2:36.37 40.91	300m:	3:59.26 42.45	400m:	5:17.12 37.85	
5.	KOZŁOWSKI Jakub		02	MKP W growiec				<b>5:44.26</b>	320
	50m:	37.86 37.86	150m:	2:06.43 43.07	250m:	3:39.18 50.60	350m:	5:08.85 37.53	
	100m:	1:23.36 45.50	200m:	2:48.58 42.15	300m:	4:31.32 52.14	400m:	5:44.26 35.41	
<b>16 lat i starsi</b>									
1.	WARZOCHA Albert		01	Uks Cityzen Pozna				<b>4:27.95</b>	678
	50m:	28.47 28.47	150m:	1:35.73 34.29	250m:	2:48.11 38.61	350m:	3:58.12 31.60	
	100m:	1:01.44 32.97	200m:	2:09.50 33.77	300m:	3:26.52 38.41	400m:	4:27.95 29.83	
2.	GŁUSZKOWSKI Mateusz		01	Uks Cityzen Pozna				<b>4:39.91</b>	595
	50m:	29.81 29.81	150m:	1:39.09 34.92	250m:	2:54.61 40.65	350m:	4:08.17 32.53	
	100m:	1:04.17 34.36	200m:	2:13.96 34.87	300m:	3:35.64 41.03	400m:	4:39.91 31.74	
PK	SKRZYPCZAK Adam		06	Ks Warta Pozna				<b>5:51.31</b>	301
	50m:	37.48 37.48	150m:	2:09.72 45.68	250m:	3:43.14 49.13	350m:	5:12.48 39.41	
	100m:	1:24.04 46.56	200m:	2:54.01 44.29	300m:	4:33.07 49.93	400m:	5:51.31 38.83	