

Letnie Mistrzostwa Okręgu Wielkopolskiego w Pływaniu  
Poznań, 15-6-2012

Konkurencja 16  
2012-06-15 - 9:50

Mężczyźni, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2011

Pozycja	Rok ur.		Czas Pkt.		100m	200m	300m	400m
1. URBANIAK, JAN	95	KS Warta Pozna	<b>4:09.29</b>	687	1:01.11	1:03.51	1:03.37	1:01.30
50m:	29.58	29.58	150m:	1:32.62	31.51	250m:	2:36.05	31.43
100m:	1:01.11	31.53	200m:	2:04.62	32.00	300m:	3:07.99	31.94
350m:								3:38.97
400m:								4:09.29
30.98								30.32
2. GO DZIK, DAMIAN	95	KS Warta Pozna	<b>4:16.74</b>	629	1:02.36	1:06.18	1:05.54	1:02.66
50m:	29.79	29.79	150m:	1:35.40	33.04	250m:	2:41.49	32.95
100m:	1:02.36	32.57	200m:	2:08.54	33.14	300m:	3:14.08	32.59
350m:								3:46.29
400m:								4:16.74
32.21								30.45
3. HORAŁA, Damian	96	KS Warta Pozna	<b>4:18.96</b>	613	1:01.71	1:06.46	1:06.22	1:04.57
50m:	28.48	28.48	150m:	1:34.52	32.81	250m:	2:40.83	32.66
100m:	1:01.71	33.23	200m:	2:08.17	33.65	300m:	3:14.39	33.56
350m:								3:47.10
400m:								4:18.96
32.71								31.86
4. HOFFMANN, ROBERT	95	TS Olimpia Pozna	<b>4:22.54</b>	588	1:04.45	1:06.84	1:06.68	1:04.57
50m:	30.65	30.65	150m:	1:37.58	33.13	250m:	2:44.46	33.17
100m:	1:04.45	33.80	200m:	2:11.29	33.71	300m:	3:17.97	33.51
350m:								3:51.03
400m:								4:22.54
31.51								31.51
5. SOKOŁOWSKI, ZIEMOWIT	97	KS Warta Pozna	<b>4:25.85</b>	567	1:04.80	1:07.86	1:07.17	1:06.02
50m:	30.87	30.87	150m:	1:38.76	33.96	250m:	2:46.20	33.54
100m:	1:04.80	33.93	200m:	2:12.66	33.90	300m:	3:19.83	33.63
350m:								3:52.73
400m:								4:25.85
32.90								33.12
6. KUCA, PRZEMYSŁAW	94	KS Warta Pozna	<b>4:28.06</b>	553	1:03.93	1:08.60	1:08.68	1:06.85
50m:	30.11	30.11	150m:	1:38.14	34.21	250m:	2:46.27	33.74
100m:	1:03.93	33.82	200m:	2:12.53	34.39	300m:	3:21.21	34.94
350m:								3:55.36
400m:								4:28.06
34.15								32.70
7. RADUCKI, ARKADIUSZ	97	KS Warta Pozna	<b>4:33.03</b>	523	1:03.58	1:09.18	1:09.49	1:10.78
50m:	30.16	30.16	150m:	1:37.79	34.21	250m:	2:46.83	34.07
100m:	1:03.58	33.42	200m:	2:12.76	34.97	300m:	3:22.25	35.42
350m:								3:57.40
400m:								4:33.03
35.63								35.63
8. DULSKI, Piotr	96	KS Poznania Pozna	<b>4:40.15</b>	484	1:05.21	1:11.45	1:12.25	1:11.24
50m:	30.92	30.92	150m:	1:40.69	35.48	250m:	2:52.85	36.19
100m:	1:05.21	34.29	200m:	2:16.66	35.97	300m:	3:28.91	36.06
350m:								4:05.17
400m:								4:40.15
34.98								34.98
9. TCHÓRZEWSKI, Krzysztof	98	KS Poznania Pozna	<b>4:44.22</b>	464	1:06.43	1:12.94	1:13.84	1:11.01
50m:	31.26	31.26	150m:	1:42.57	36.14	250m:	2:56.09	36.72
100m:	1:06.43	35.17	200m:	2:19.37	36.80	300m:	3:33.21	37.12
350m:								4:09.95
400m:								4:44.22
36.74								36.74
10. PAWLAK, Tomasz	95	UKS Trójka Roda Wlkp.	<b>4:44.60</b>	462	1:05.58	1:14.09	1:13.35	1:11.58
50m:	30.29	30.29	150m:	1:42.52	36.94	250m:	2:56.32	36.65
100m:	1:05.58	35.29	200m:	2:19.67	37.15	300m:	3:33.02	36.70
350m:								4:09.45
400m:								4:44.60
35.15								35.15
11. OSSES, FILIP	97	KS Warta Pozna	<b>4:45.33</b>	458	1:06.63	1:12.83	1:13.69	1:12.18
50m:	32.05	32.05	150m:	1:42.90	36.27	250m:	2:56.36	36.90
100m:	1:06.63	34.58	200m:	2:19.46	36.56	300m:	3:33.15	36.79
350m:								4:09.70
400m:								4:45.33
35.63								35.63
12. NIECZYPOROWSKI, ŁUKASZ	97	KS Warta Pozna	<b>4:51.51</b>	430	1:06.74	1:13.97	1:16.03	1:14.77
50m:	31.44	31.44	150m:	1:43.41	36.67	250m:	2:58.38	37.67
100m:	1:06.74	35.30	200m:	2:20.71	37.30	300m:	3:36.74	38.36
350m:								4:14.77
400m:								4:51.51
36.74								36.74
13. GNIAZDOWSKI, Jerzy	96	UPKS Wodnik Rawicz	<b>4:52.00</b>	428	1:08.28	1:16.38	1:16.06	1:11.28
50m:	31.65	31.65	150m:	1:46.04	37.76	250m:	3:02.80	38.14
100m:	1:08.28	36.63	200m:	2:24.66	38.62	300m:	3:40.72	37.92
350m:								4:17.57
400m:								4:52.00
34.43								34.43
14. FIGLARZ, ADAM	97	KS Warta Pozna	<b>4:52.24</b>	427	1:08.47	1:15.38	1:15.26	1:13.13
50m:	32.06	32.06	150m:	1:45.82	37.35	250m:	3:01.23	37.38
100m:	1:08.47	36.41	200m:	2:23.85	38.03	300m:	3:39.11	37.88
350m:								4:16.36
400m:								4:52.24
35.88								35.88
15. KRUK, Tomasz	98	KP Astromal Akwawit Leszno	<b>5:27.90</b>	302	1:15.73	1:23.79	1:26.16	1:22.22
50m:	34.88	34.88	150m:	1:57.19	41.46	250m:	3:22.44	42.92
100m:	1:15.73	40.85	200m:	2:39.52	42.33	300m:	4:05.68	43.24
350m:								4:47.92
400m:								5:27.90
39.98								39.98
PK KO CIELAK, Adam	96	KS Warta Pozna	<b>4:15.97</b>	635	1:00.19	1:05.19	1:05.61	1:04.98
50m:	28.18	28.18	150m:	1:32.18	31.99	250m:	2:37.70	32.32
100m:	1:00.19	32.01	200m:	2:05.38	33.20	300m:	3:10.99	33.29
350m:								3:43.91
400m:								4:15.97
32.06								32.06