

Zimowe Mistrzostwa Okręgu Wielkopolskiego w Pływaniu  
Poznań, 15-16-2-2013

Konkurencja 16  
2013-02-15 - 15:45

Mężczyźni, 400m dowolny

13 lat i starsi  
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.							Czas	Pkt.
1.	MAJCHRZAK, Kacper		92	KS Warta Pozna						<b>3:56.22</b>	730
	50m:	26.32 26.32	150m:	1:27.20	30.56	250m:	2:28.41	30.16	350m:	3:28.03	29.09
	100m:	56.64 30.32	200m:	1:58.25	31.05	300m:	2:58.94	30.53	400m:	3:56.22	28.19
2.	URBANIAK, Jan		95	KS Warta Pozna						<b>4:00.39</b>	693
	50m:	27.96 27.96	150m:	1:28.72	30.50	250m:	2:30.12	30.62	350m:	3:30.63	29.91
	100m:	58.22 30.26	200m:	1:59.50	30.78	300m:	3:00.72	30.60	400m:	4:00.39	29.76
3.	OSSES, Arkadiusz		95	KS Warta Pozna						<b>4:03.31</b>	668
	50m:	28.53 28.53	150m:	1:29.85	30.73	250m:	2:31.07	30.51	350m:	3:32.78	30.97
	100m:	59.12 30.59	200m:	2:00.56	30.71	300m:	3:01.81	30.74	400m:	4:03.31	30.53
4.	WIATROWSKI, Remigiusz		96	KS Warta Pozna						<b>4:08.73</b>	625
	50m:	28.50 28.50	150m:	1:30.97	31.50	250m:	2:34.39	31.71	350m:	3:38.58	32.06
	100m:	59.47 30.97	200m:	2:02.68	31.71	300m:	3:06.52	32.13	400m:	4:08.73	30.15
5.	SOKOŁOWSKI, Ziemowit		97	KS Warta Pozna						<b>4:12.02</b>	601
	50m:	28.60 28.60	150m:	1:32.53	32.25	250m:	2:36.70	32.02	350m:	3:41.00	32.33
	100m:	1:00.28 31.68	200m:	2:04.68	32.15	300m:	3:08.67	31.97	400m:	4:12.02	31.02
6.	KO CIELAK, Adam		96	KS Warta Pozna						<b>4:12.31</b>	599
	50m:	28.26 28.26	150m:	1:31.94	31.83	250m:	2:36.38	32.22	350m:	3:40.80	32.30
	100m:	1:00.11 31.85	200m:	2:04.16	32.22	300m:	3:08.50	32.12	400m:	4:12.31	31.51
7.	HORAŁA, Damian		96	KS Warta Pozna						<b>4:13.59</b>	590
	50m:	29.05 29.05	150m:	1:33.39	32.39	250m:	2:37.83	31.82	350m:	3:42.60	32.29
	100m:	1:01.00 31.95	200m:	2:06.01	32.62	300m:	3:10.31	32.48	400m:	4:13.59	30.99
8.	ROJDA, Adam		96	UPKS Wodnik Rawicz						<b>4:17.64</b>	563
	50m:	28.05 28.05	150m:	1:31.84	32.43	250m:	2:37.64	32.98	350m:	3:45.83	33.44
	100m:	59.41 31.36	200m:	2:04.66	32.82	300m:	3:12.39	34.75	400m:	4:17.64	31.81
9.	DULSKI, Piotr		96	KS Poznań Poznań						<b>4:17.97</b>	561
	50m:	28.82 28.82	150m:	1:32.89	32.55	250m:	2:38.16	32.71	350m:	3:45.18	33.63
	100m:	1:00.34 31.52	200m:	2:05.45	32.56	300m:	3:11.55	33.39	400m:	4:17.97	32.79
10.	GOSIENIECKI, Juliusz		98	KP Astromal Akwawit Leszno						<b>4:19.04</b>	554
	50m:	28.86 28.86	150m:	1:33.89	32.78	250m:	2:40.37	33.42	350m:	3:47.19	33.72
	100m:	1:01.11 32.25	200m:	2:06.95	33.06	300m:	3:13.47	33.10	400m:	4:19.04	31.85
11.	HADA, Mateusz		96	KS Warta Pozna						<b>4:19.67</b>	550
	50m:	29.05 29.05	150m:	1:33.69	32.51	250m:	2:40.08	34.11	350m:	3:46.90	33.15
	100m:	1:01.18 32.13	200m:	2:05.97	32.28	300m:	3:13.75	33.67	400m:	4:19.67	32.77
12.	KRAKOWIAK, Waldemar		98	Fregata Poznań						<b>4:22.19</b>	534
	50m:	29.12 29.12	150m:	1:34.04	32.74	250m:	2:40.75	33.26	350m:	3:48.79	33.84
	100m:	1:01.30 32.18	200m:	2:07.49	33.45	300m:	3:14.95	34.20	400m:	4:22.19	33.40
13.	JARASZKIEWICZ, Bartosz		96	KS Poznań Poznań						<b>4:24.05</b>	523
	50m:	29.98 29.98	150m:	1:36.29	33.21	250m:	2:43.13	33.51	350m:	3:51.53	34.19
	100m:	1:03.08 33.10	200m:	2:09.62	33.33	300m:	3:17.34	34.21	400m:	4:24.05	32.52
14.	JARASZKIEWICZ, Piotr		98	KS Poznań Poznań						<b>4:25.76</b>	513
	50m:	29.48 29.48	150m:	1:37.36	34.57	250m:	2:45.27	33.81	350m:	3:53.46	34.49
	100m:	1:02.79 33.31	200m:	2:11.46	34.10	300m:	3:18.97	33.70	400m:	4:25.76	32.30
15.	ROSZKOWSKI, Mikołaj			KS Warta Pozna						<b>4:26.29</b>	510
	50m:	30.05 30.05	150m:	1:35.40	33.15	250m:	2:44.14	34.82	350m:	3:52.27	33.61
	100m:	1:02.25 32.20	200m:	2:09.32	33.92	300m:	3:18.66	34.52	400m:	4:26.29	34.02
16.	RADUCKI, Arkadiusz		97	KS Warta Pozna						<b>4:26.74</b>	507
	50m:	29.41 29.41	150m:	1:37.12	34.25	250m:	2:44.82	34.15	350m:	3:53.19	34.70
	100m:	1:02.87 33.46	200m:	2:10.67	33.55	300m:	3:18.49	33.67	400m:	4:26.74	33.55
17.	HOFFMANN, Robert		95	Olimpia Poznań						<b>4:27.96</b>	500
	50m:	30.00 30.00	150m:	1:36.99	34.02	250m:	2:45.77	34.14	350m:	3:53.92	33.92
	100m:	1:02.97 32.97	200m:	2:11.63	34.64	300m:	3:20.00	34.23	400m:	4:27.96	34.04

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Poznań, 15- - 16-2-2013

Konkurencja 16, Mężczyźni, 400m dowolny, 13 lat i starsi

Pozycja			Rok ur.				Czas	Pkt.
18.	SPRINGER, Adrian	97	KP Astromal Akwawit Leszno				<b>4:28.39</b>	498
	50m: 29.36 29.36	150m: 1:36.55	33.80	250m: 2:44.85	34.15	350m: 3:54.71	34.93	
	100m: 1:02.75 33.39	200m: 2:10.70	34.15	300m: 3:19.78	34.93	400m: 4:28.39	33.68	
19.	KORBANEK, Piotr	98	KS Warta Poznań				<b>4:29.07</b>	494
	50m: 31.48 31.48	150m: 1:39.92	34.57	250m: 2:49.19	34.78	350m: 3:58.56	34.59	
	100m: 1:05.35 33.87	200m: 2:14.41	34.49	300m: 3:23.97	34.78	400m: 4:29.07	30.51	
20.	LIWIŃSKI, Marcin	97	KS Wodnik rem				<b>4:29.41</b>	492
	50m: 28.76 28.76	150m: 1:35.92	33.95	250m: 2:45.31	34.93	350m: 3:55.96	35.26	
	100m: 1:01.97 33.21	200m: 2:10.38	34.46	300m: 3:20.70	35.39	400m: 4:29.41	33.45	
21.	PAWLAK, Tomasz	95	UKS Trójka Roda Wlkp.				<b>4:29.59</b>	491
	50m: 29.36 29.36	150m: 1:37.15	34.39	250m: 2:46.10	34.49	350m: 3:55.51	34.42	
	100m: 1:02.76 33.40	200m: 2:11.61	34.46	300m: 3:21.09	34.99	400m: 4:29.59	34.08	
22.	SOBALA, Adam	97	Fregata Poznań				<b>4:31.17</b>	483
	50m: 30.01 30.01	150m: 1:36.71	33.57	250m: 2:45.85	34.34	350m: 3:56.18	35.27	
	100m: 1:03.14 33.13	200m: 2:11.51	34.80	300m: 3:20.91	35.06	400m: 4:31.17	34.99	
23.	SZCZEPAŃSKI, Kacper	99	Muks Piłkarska Bydgoszcz				<b>4:35.73</b>	459
	50m: 30.27 30.27	150m: 1:39.72	35.25	250m: 2:50.87	35.26	350m: 4:02.37	35.42	
	100m: 1:04.47 34.20	200m: 2:15.61	35.89	300m: 3:26.95	36.08	400m: 4:35.73	33.36	
24.	POPIELAS, Dawid	98	KP Astromal Akwawit Leszno				<b>4:35.85</b>	458
	50m: 31.64 31.64	150m: 1:40.26	34.83	250m: 2:50.79	35.44	350m: 4:02.07	35.42	
	100m: 1:05.43 33.79	200m: 2:15.35	35.09	300m: 3:26.65	35.86	400m: 4:35.85	33.78	
25.	RATAJCZAK, Mateusz	99	KS Warta Poznań				<b>4:41.05</b>	433
	50m: 30.85 30.85	150m: 1:40.96	35.23	250m: 2:53.27	36.47	350m: 4:06.68	36.59	
	100m: 1:05.73 34.88	200m: 2:16.80	35.84	300m: 3:30.09	36.82	400m: 4:41.05	34.37	
26.	KRUK, Tomasz	98	KP Astromal Akwawit Leszno				<b>4:44.82</b>	416
	50m: 30.01 30.01	150m: 1:39.93	35.79	250m: 2:53.82	37.04	350m: 4:08.44	37.41	
	100m: 1:04.14 34.13	200m: 2:16.78	36.85	300m: 3:31.03	37.21	400m: 4:44.82	36.38	
27.	BORUCKI, Patryk	98	KS Warta Poznań				<b>4:52.26</b>	385
	50m: 31.82 31.82	150m: 1:44.98	37.48	250m: 3:00.47	37.78	350m: 4:15.69	37.71	
	100m: 1:07.50 35.68	200m: 2:22.69	37.71	300m: 3:37.98	37.51	400m: 4:52.26	36.57	
28.	JARONI, Karol	98	KS Warta Poznań				<b>4:57.38</b>	366
	50m: 33.24 33.24	150m: 1:47.99	37.94	250m: 3:04.67	38.30	350m: 4:21.09	38.29	
	100m: 1:10.05 36.81	200m: 2:26.37	38.38	300m: 3:42.80	38.13	400m: 4:57.38	36.29	
29.	GOLEMBKA, Aleksander	00	UPKS Wodnik Rawicz				<b>5:27.22</b>	274
	50m: 36.96 36.96	150m: 1:58.89	41.81	250m: 3:24.84	42.66	350m: 4:50.21	42.15	
	100m: 1:17.08 40.12	200m: 2:42.18	43.29	300m: 4:08.06	43.22	400m: 5:27.22	37.01	
30.	SZYNALSKI, Szymon	00	UPKS Wodnik Rawicz				<b>5:33.13</b>	260
	50m: 38.12 38.12	150m: 2:03.68	43.66	250m: 3:29.53	42.82	350m: 4:54.38	42.24	
	100m: 1:20.02 41.90	200m: 2:46.71	43.03	300m: 4:12.14	42.61	400m: 5:33.13	38.75	
31.	JANKOWIAK, Tomasz	00	UPKS Wodnik Rawicz				<b>5:49.58</b>	225
	50m: 39.25 39.25	150m: 2:05.54	44.61	250m: 3:35.86	44.85	350m: 5:08.32	46.97	
	100m: 1:20.93 41.68	200m: 2:51.01	45.47	300m: 4:21.35	45.49	400m: 5:49.58	41.26	