

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

Konkurencja 6  
2013-02-15 - 14:05

Mężczyzn, 400m zmienny

13 lat i starsi  
Wyniki

Punkty: FINA 2012

Pozycja			Rok ur.					Czas	Pkt.
1.	URBANIAK, Jan		95	KS Warta Pozna				<b>4:36.81</b>	615
	50m:	29.56 29.56	150m:	1:38.49 35.27	250m:	2:52.26 39.27	350m:	4:05.53 32.52	
	100m:	1:03.22 33.66	200m:	2:12.99 34.50	300m:	3:33.01 40.75	400m:	4:36.81 31.28	
2.	SOKOŁOWSKI, Ziemowit		97	KS Warta Pozna				<b>4:38.28</b>	606
	50m:	30.65 30.65	150m:	1:40.19 34.14	250m:	2:53.37 40.61	350m:	4:06.71 32.68	
	100m:	1:06.05 35.40	200m:	2:12.76 32.57	300m:	3:34.03 40.66	400m:	4:38.28 31.57	
3.	RADUCKI, Arkadiusz		97	KS Warta Pozna				<b>4:45.37</b>	562
	50m:	30.43 30.43	150m:	1:42.83 36.71	250m:	2:59.15 40.75	350m:	4:13.33 33.28	
	100m:	1:06.12 35.69	200m:	2:18.40 35.57	300m:	3:40.05 40.90	400m:	4:45.37 32.04	
4.	KAMINIARZ, Jakub		96	KP Astromal Akwawit Leszno				<b>4:46.20</b>	557
	50m:	31.06 31.06	150m:	1:43.61 37.54	250m:	2:59.77 39.59	350m:	4:13.79 34.08	
	100m:	1:06.07 35.01	200m:	2:20.18 36.57	300m:	3:39.71 39.94	400m:	4:46.20 32.41	
5.	WERTEPNY, Dmian		96	Uks Shark Rudna				<b>4:46.23</b>	556
	50m:	31.28 31.28	150m:	1:43.17 35.83	250m:	2:58.92 40.88	350m:	4:14.51 34.06	
	100m:	1:07.34 36.06	200m:	2:18.04 34.87	300m:	3:40.45 41.53	400m:	4:46.23 31.72	
6.	KRAKOWIAK, Waldemar		98	Fregata Pozna				<b>4:50.42</b>	533
	50m:	29.57 29.57	150m:	1:41.84 36.77	250m:	2:59.50 40.68	350m:	4:16.42 34.45	
	100m:	1:05.07 35.50	200m:	2:18.82 36.98	300m:	3:41.97 42.47	400m:	4:50.42 34.00	
7.	RAMA, Gabriel		99	KS Posenania Pozna				<b>5:22.31</b>	390
	50m:	33.01 33.01	150m:	1:54.68 40.80	250m:	3:22.98 48.38	350m:	4:46.82 36.14	
	100m:	1:13.88 40.87	200m:	2:34.60 39.92	300m:	4:10.68 47.70	400m:	5:22.31 35.49	
8.	ZABOROWSKI, Michał		00	UKS CITYZEN_ Pozna				<b>6:24.31</b>	230
	50m:	40.40 40.40	150m:	2:18.87 49.31	250m:	4:03.49 55.80	350m:	5:43.92 42.95	
	100m:	1:29.56 49.16	200m:	3:07.69 48.82	300m:	5:00.97 57.48	400m:	6:24.31 40.39	