

Letnie Mistrzostwa Okręgu Wielkopolskiego w Pływaniu
Poznań, 20- - 21-6-2014

Konkurencja 16
2014-06-20 - 17:09

Mężczyźni, 400m dowolny

Open
Wyniki

Punkty: FINA 2013

Pozycja	Rok ur.		Czas		Pkt.	100m	200m	300m	400m		
1. KO CIELAK, Adam Sp	96	KS Warta Pozna	4:14.17	649		1:01.13	1:05.22	1:05.01	1:02.81		
50m:	29.06	29.06	150m:	1:33.65	32.52	250m:	2:38.67	32.32	350m:	3:43.52	32.16
100m:	1:01.13	32.07	200m:	2:06.35	32.70	300m:	3:11.36	32.69	400m:	4:14.17	30.65
2. HORAŁA, Damian Sp	96	KS Warta Pozna	4:17.42	624		1:02.06	1:06.55	1:05.51	1:03.30		
50m:	29.58	29.58	150m:	1:35.31	33.25	250m:	2:41.45	32.84	350m:	3:46.44	32.32
100m:	1:02.06	32.48	200m:	2:08.61	33.30	300m:	3:14.12	32.67	400m:	4:17.42	30.98
3. SOKOŁOWSKI, Ziemowit	97	KS Warta Pozna	4:20.07	605		1:02.16	1:06.23	1:06.00	1:05.68		
50m:	29.28	29.28	150m:	1:35.33	33.17	250m:	2:41.14	32.75	350m:	3:47.66	33.27
100m:	1:02.16	32.88	200m:	2:08.39	33.06	300m:	3:14.39	33.25	400m:	4:20.07	32.41
4. JARASZKIEWICZ, Piotr	98	KS Poznania Pozna	4:20.32	604		1:02.84	1:06.72	1:06.67	1:04.09		
50m:	29.98	29.98	150m:	1:36.16	33.32	250m:	2:42.45	32.89	350m:	3:49.15	32.92
100m:	1:02.84	32.86	200m:	2:09.56	33.40	300m:	3:16.23	33.78	400m:	4:20.32	31.17
5. OLEJNICZAK, Borys	00	KS Warta Pozna	4:29.14	546		1:03.18	1:08.40	1:09.50	1:08.06		
50m:	29.78	29.78	150m:	1:37.15	33.97	250m:	2:46.25	34.67	350m:	3:55.77	34.69
100m:	1:03.18	33.40	200m:	2:11.58	34.43	300m:	3:21.08	34.83	400m:	4:29.14	33.37
6. SZCZEPA SKI, Kacper	99	MUKS "Piłnastka" Bydgoszcz	4:31.38	533		1:02.12	1:09.09	1:10.21	1:09.96		
50m:	29.38	29.38	150m:	1:36.03	33.91	250m:	2:45.74	34.53	350m:	3:57.16	35.74
100m:	1:02.12	32.74	200m:	2:11.21	35.18	300m:	3:21.42	35.68	400m:	4:31.38	34.22
7. DEMBSKI, Patryk	99	MUKS "Piłnastka" Bydgoszcz	4:31.70	531		1:03.41	1:09.93	1:10.20	1:08.16		
50m:	29.78	29.78	150m:	1:38.19	34.78	250m:	2:48.30	34.96	350m:	3:57.91	34.37
100m:	1:03.41	33.63	200m:	2:13.34	35.15	300m:	3:23.54	35.24	400m:	4:31.70	33.79
8. DULSKI, Piotr	96	KS Poznania Pozna	4:31.84	530		1:04.57	1:09.07	1:10.35	1:07.85		
50m:	30.86	30.86	150m:	1:38.95	34.38	250m:	2:48.97	35.33	350m:	3:58.55	34.56
100m:	1:04.57	33.71	200m:	2:13.64	34.69	300m:	3:23.99	35.02	400m:	4:31.84	33.29
ZYBAŁA, Krystian	97	Maratończyk Ostrów Wlkp	4:31.84	530		1:03.63	1:09.84	1:11.11	1:07.26		
50m:	29.82	29.82	150m:	1:38.06	34.43	250m:	2:48.87	35.40	350m:	3:59.72	35.14
100m:	1:03.63	33.81	200m:	2:13.47	35.41	300m:	3:24.58	35.71	400m:	4:31.84	32.12
10. OSSES, Filip	97	KS Warta Pozna	4:34.01	518		1:04.50	1:09.82	1:10.33	1:09.36		
50m:	30.67	30.67	150m:	1:39.38	34.88	250m:	2:49.30	34.98	350m:	3:59.96	35.31
100m:	1:04.50	33.83	200m:	2:14.32	34.94	300m:	3:24.65	35.35	400m:	4:34.01	34.05
11. POPIELAS, Dawid	98	KP Astromal Akwawit Leszno	4:34.08	517		1:05.26	1:09.82	1:10.46	1:08.54		
50m:	31.02	31.02	150m:	1:39.86	34.60	250m:	2:50.10	35.02	350m:	4:00.42	34.88
100m:	1:05.26	34.24	200m:	2:15.08	35.22	300m:	3:25.54	35.44	400m:	4:34.08	33.66
12. JAKUBEK, Kamil	97	UKS Dziewica Kalisz	4:35.42	510		1:04.88	1:10.34	1:11.68	1:08.52		
50m:	30.63	30.63	150m:	1:39.77	34.89	250m:	2:51.32	36.10	350m:	4:02.35	35.45
100m:	1:04.88	34.25	200m:	2:15.22	35.45	300m:	3:26.90	35.58	400m:	4:35.42	33.07
13. GÓRKA, Olaf	00	KS Warta Pozna	4:36.17	506		1:05.77	1:11.61	1:10.66	1:08.13		
50m:	31.13	31.13	150m:	1:41.57	35.80	250m:	2:52.61	35.23	350m:	4:02.79	34.75
100m:	1:05.77	34.64	200m:	2:17.38	35.81	300m:	3:28.04	35.43	400m:	4:36.17	33.38
14. SMOK, Witold	97	UKP Wodnik	4:39.86	486		1:03.21	1:11.40	1:12.90	1:12.35		
50m:	29.29	29.29	150m:	1:38.33	35.12	250m:	2:50.99	36.38	350m:	4:04.32	36.81
100m:	1:03.21	33.92	200m:	2:14.61	36.28	300m:	3:27.51	36.52	400m:	4:39.86	35.54
15. OLEKSY, Hubert	98	MUKS Piłnastka Bydgoszcz	4:40.22	484		1:03.45	1:11.17	1:12.02	1:13.58		
50m:	29.69	29.69	150m:	1:38.72	35.27	250m:	2:50.33	35.71	350m:	4:03.22	36.58
100m:	1:03.45	33.76	200m:	2:14.62	35.90	300m:	3:26.64	36.31	400m:	4:40.22	37.00
16. MATUSIAK, Michał	97	UKS Dziewica Kalisz	4:44.23	464		1:05.19	1:14.55	1:14.07	1:10.42		
50m:	29.70	29.70	150m:	1:42.39	37.20	250m:	2:58.50	38.76	350m:	4:11.00	37.19
100m:	1:05.19	35.49	200m:	2:19.74	37.35	300m:	3:33.81	35.31	400m:	4:44.23	33.23
17. URAWA, Kacper	98	UKS Dziewica Kalisz	4:44.75	461		1:05.32	1:14.39	1:13.89	1:11.15		
50m:	30.23	30.23	150m:	1:42.25	36.93	250m:	2:56.78	37.07	350m:	4:10.06	36.46
100m:	1:05.32	35.09	200m:	2:19.71	37.46	300m:	3:33.60	36.82	400m:	4:44.75	34.69
18. CIELAK, Kacper	00	UKS Dziewica Kalisz	4:46.15	454		1:07.69	1:14.17	1:14.58	1:09.71		
50m:	31.72	31.72	150m:	1:44.94	37.25	250m:	2:59.08	37.22	350m:	4:13.80	37.36
100m:	1:07.69	35.97	200m:	2:21.86	36.92	300m:	3:36.44	37.36	400m:	4:46.15	32.35
19. KRYSZTOFORSKI, Fryderyk	00	UKS Dziewica Kalisz	4:46.80	451		1:07.27	1:14.11	1:13.99	1:11.43		
50m:	30.69	30.69	150m:	1:43.67	36.40	250m:	2:58.27	36.89	350m:	4:11.88	36.51
100m:	1:07.27	36.58	200m:	2:21.38	37.71	300m:	3:35.37	37.10	400m:	4:46.80	34.92
20. WOLIŃSKI, Artur	00	MKS Oceanik Ostrzeszów	4:49.72	438		1:08.47	1:15.40	1:14.95	1:10.90		
50m:	31.27	31.27	150m:	1:46.02	37.55	250m:	3:01.10	37.23	350m:	4:15.67	36.85
100m:	1:08.47	37.20	200m:	2:23.87	37.85	300m:	3:38.82	37.72	400m:	4:49.72	34.05

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Pozycja	Rok ur.		Czas		Pkt.	100m	200m	300m	400m		
21. FALBOGOWSKI, Maciej	99	KS Warta Pozna	4:51.37	430		1:08.00	1:14.36	1:15.32	1:13.69		
50m:	32.34	32.34	150m:	1:44.90	36.90	250m:	3:00.24	37.88	350m:	4:15.02	37.34
100m:	1:08.00	35.66	200m:	2:22.36	37.46	300m:	3:37.68	37.44	400m:	4:51.37	36.35
22. KOKOSZA, Filip	00	KS Warta Pozna	5:02.43	385		1:11.71	1:17.36	1:17.97	1:15.39		
50m:	33.55	33.55	150m:	1:50.42	38.71	250m:	3:08.14	39.07	350m:	4:25.45	38.41
100m:	1:11.71	38.16	200m:	2:29.07	38.65	300m:	3:47.04	38.90	400m:	5:02.43	36.98
23. ADAMCZEWSKI, Eryk	00	UKS Dziewiętka Kalisz	5:04.07	379		1:12.74	1:17.78	1:18.00	1:15.55		
50m:	34.70	34.70	150m:	1:51.63	38.89	250m:	3:09.70	39.18	350m:	4:27.43	38.91
100m:	1:12.74	38.04	200m:	2:30.52	38.89	300m:	3:48.52	38.82	400m:	5:04.07	36.64
24. KOWALSKI, Michał	00	KS Warta Pozna	5:05.22	374		1:11.85	1:17.96	1:18.75	1:16.66		
50m:	33.92	33.92	150m:	1:50.52	38.67	250m:	3:08.97	39.16	350m:	4:27.41	38.85
100m:	1:11.85	37.93	200m:	2:29.81	39.29	300m:	3:48.56	39.59	400m:	5:05.22	37.81
25. CIELEWICZ, Maciej	99	MUKS "Piłastka" Bydgoszcz	5:10.93	354		1:11.56	1:19.58	1:21.17	1:18.62		
50m:	33.99	33.99	150m:	1:50.58	39.02	250m:	3:11.44	40.30	350m:	4:32.75	40.44
100m:	1:11.56	37.57	200m:	2:31.14	40.56	300m:	3:52.31	40.87	400m:	5:10.93	38.18
26. ROJEK, Oskar	00	KS Warta Pozna	5:13.72	345		1:13.08	1:19.65	1:20.94	1:20.05		
50m:	34.57	34.57	150m:	1:53.32	40.24	250m:	3:13.07	40.34	350m:	4:34.26	40.59
100m:	1:13.08	38.51	200m:	2:32.73	39.41	300m:	3:53.67	40.60	400m:	5:13.72	39.46
27. BARAN, Jakub	00	UKS Dziewiętka Kalisz	5:14.31	343		1:16.30	1:21.31	1:20.42	1:16.28		
50m:	35.81	35.81	150m:	1:57.08	40.78	250m:	3:17.88	40.27	350m:	4:36.96	38.93
100m:	1:16.30	40.49	200m:	2:37.61	40.53	300m:	3:58.03	40.15	400m:	5:14.31	37.35
28. ZIELSKI, Alan	00	KS Poznań Pozna	5:30.29	295		1:17.55	1:25.14	1:24.39	1:23.21		
50m:	37.25	37.25	150m:	1:59.46	41.91	250m:	3:23.73	41.04	350m:	4:50.52	43.44
100m:	1:17.55	40.30	200m:	2:42.69	43.23	300m:	4:07.08	43.35	400m:	5:30.29	39.77
29. KOTKOWSKI, Michał	98	KS Poznań Pozna	6:10.28	209		1:25.67	1:34.48	1:35.94	1:34.19		
50m:	40.43	40.43	150m:	2:12.81	47.14	250m:	3:47.75	47.60	350m:	5:24.45	48.36
100m:	1:25.67	45.24	200m:	3:00.15	47.34	300m:	4:36.09	48.34	400m:	6:10.28	45.83