



Liga SMS II runda  
Zielona Góra - Drzonków, 24- - 25-5-2019

Konkurencja 12, M czyzn, 400m zmienny, Open

Pozycja	Rok ur.		Czas		Pkt.	Dru	100m	200m	300m	400m	
21. GRZYBOWSKI Artur	01	SMS Szczecin	<b>4:52.48</b>	579	13,00		1:03.75	1:17.92	1:26.1	1:04.35	
50m:	29.52	29.52	150m:	1:43.37	39.62	250m:	3:04.40	42.73	350m:	4:21.29	33.16
100m:	1:03.75	34.23	200m:	2:21.67	38.30	300m:	3:48.13	43.73	400m:	4:52.48	31.19
22. SOWA Łukasz	03	SMS Kraków	<b>4:53.20</b>	575	12,00		1:03.22	1:15.25	1:24.1	1:10.56	
50m:	28.99	28.99	150m:	1:41.21	37.99	250m:	3:00.09	41.62	350m:	4:18.37	35.73
100m:	1:03.22	34.23	200m:	2:18.47	37.26	300m:	3:42.64	42.55	400m:	4:53.20	34.83
23. KORONA Kacper	03	SMS Szczecin	<b>4:53.91</b>	571	11,00		1:01.88	1:16.09	1:28.1	1:07.35	
50m:	28.51	28.51	150m:	1:40.06	38.18	250m:	3:01.81	43.84	350m:	4:20.50	33.94
100m:	1:01.88	33.37	200m:	2:17.97	37.91	300m:	3:46.56	44.75	400m:	4:53.91	33.41
24. KUBIAK Norbert	02	SMS Pozna	<b>4:54.68</b>	566	10,00		1:04.97	1:18.05	1:24.1	1:07.54	
50m:	30.87	30.87	150m:	1:44.13	39.16	250m:	3:05.31	42.29	350m:	4:20.96	33.82
100m:	1:04.97	34.10	200m:	2:23.02	38.89	300m:	3:47.14	41.83	400m:	4:54.68	33.72
25. KRZYSZTY SKI Jan	02	SMS Kraków	<b>4:56.94</b>	553	-		1:05.12	1:16.19	1:27.1	1:08.38	
50m:	30.65	30.65	150m:	1:43.65	38.53	250m:	3:04.78	43.47	350m:	4:23.55	34.99
100m:	1:05.12	34.47	200m:	2:21.31	37.66	300m:	3:48.56	43.78	400m:	4:56.94	33.39
26. BUCZKOWSKI Tomasz	04	SMS Zielona Góra	<b>4:59.04</b>	542	9,00		1:04.24	1:13.86	1:29.1	1:11.50	
50m:	29.57	29.57	150m:	1:41.11	36.87	250m:	3:02.19	44.09	350m:	4:23.87	36.33
100m:	1:04.24	34.67	200m:	2:18.10	36.99	300m:	3:47.54	45.35	400m:	4:59.04	35.17
27. KESLER Marcin	02	SMS Ostrowiec w.	<b>5:01.93</b>	526	8,00		1:05.13	1:21.27	1:27.1	1:08.50	
50m:	30.14	30.14	150m:	1:46.94	41.81	250m:	3:09.43	43.03	350m:	4:28.60	35.17
100m:	1:05.13	34.99	200m:	2:26.40	39.46	300m:	3:53.43	44.00	400m:	5:01.93	33.33
28. SZCZEPANOWSKI Jakub	02	SMS Gorzów Wielkopolski	<b>5:02.47</b>	523	7,00		1:08.41	1:21.81	1:25.1	1:06.49	
50m:	31.26	31.26	150m:	1:50.14	41.73	250m:	3:13.04	42.82	350m:	4:30.46	34.48
100m:	1:08.41	37.15	200m:	2:30.22	40.08	300m:	3:55.98	42.94	400m:	5:02.47	32.01
29. RUTA Kamil	02	SMS Warszawa Konwiktors	<b>5:05.79</b>	507	6,00		1:04.80	1:19.89	1:29.1	1:11.37	
50m:	29.75	29.75	150m:	1:44.86	40.06	250m:	3:08.55	43.86	350m:	4:30.75	36.33
100m:	1:04.80	35.05	200m:	2:24.69	39.83	300m:	3:54.42	45.87	400m:	5:05.79	35.04
30. MICHTA Bartosz	05	SMS Ostrowiec w.	<b>5:07.79</b>	497	-		1:09.68	1:21.28	1:29.1	1:07.76	
50m:	32.06	32.06	150m:	1:50.61	40.93	250m:	3:16.03	45.07	350m:	4:34.13	34.10
100m:	1:09.68	37.62	200m:	2:30.96	40.35	300m:	4:00.03	44.00	400m:	5:07.79	33.66
31. DOPIERAŁA Tytus	03	SMS Pozna	<b>5:07.90</b>	496	5,00		1:06.07	1:25.53	1:25.1	1:10.47	
50m:	30.07	30.07	150m:	1:49.29	43.22	250m:	3:13.82	42.22	350m:	4:33.33	35.90
100m:	1:06.07	36.00	200m:	2:31.60	42.31	300m:	3:57.43	43.61	400m:	5:07.90	34.57
32. BRYG Bartosz	04	SMS Kraków	<b>5:11.73</b>	478	-		1:11.17	1:24.75	1:22.1	1:12.97	
50m:	32.07	32.07	150m:	1:54.03	42.86	250m:	3:16.76	40.84	350m:	4:35.60	36.84
100m:	1:11.17	39.10	200m:	2:35.92	41.89	300m:	3:58.76	42.00	400m:	5:11.73	36.13
33. KNOPP Jarosław	04	SMS Bydgoszcz	<b>5:14.27</b>	467	-		1:05.78	1:22.73	1:32.1	1:13.45	
50m:	30.45	30.45	150m:	1:47.59	41.81	250m:	3:14.84	46.33	350m:	4:38.27	37.45
100m:	1:05.78	35.33	200m:	2:28.51	40.92	300m:	4:00.82	45.98	400m:	5:14.27	36.00
34. CELEJ Aleks	03	SMS Zielona Góra	<b>5:14.31</b>	466	-		1:10.20	1:18.21	1:34.1	1:11.10	
50m:	32.22	32.22	150m:	1:49.72	39.52	250m:	3:16.17	47.76	350m:	4:39.75	36.54
100m:	1:10.20	37.98	200m:	2:28.41	38.69	300m:	4:03.21	47.04	400m:	5:14.31	34.56
35. JANOWSKI Damian	05	SMS Szczecin	<b>5:16.45</b>	457	-		1:13.33	1:29.37	1:21.1	1:12.10	
50m:	33.33	33.33	150m:	1:58.84	45.51	250m:	3:22.08	39.38	350m:	4:43.24	38.89
100m:	1:13.33	40.00	200m:	2:42.70	43.86	300m:	4:04.35	42.27	400m:	5:16.45	33.21
36. KAJA Bła ej	05	SMS Gorzów Wielkopolski	<b>5:19.17</b>	445	4,00		1:08.63	1:23.75	1:36.1	1:10.20	
50m:	31.33	31.33	150m:	1:50.41	41.78	250m:	3:20.20	47.82	350m:	4:46.11	37.14
100m:	1:08.63	37.30	200m:	2:32.38	41.97	300m:	4:08.97	48.77	400m:	5:19.17	33.06
37. HRECHORECKI Hubert	04	SMS Zielona Góra	<b>5:20.31</b>	441	-		1:10.51	1:17.76	1:38.1	1:13.44	
50m:	32.41	32.41	150m:	1:49.54	39.03	250m:	3:18.05	49.78	350m:	4:43.81	36.94
100m:	1:10.51	38.10	200m:	2:28.27	38.73	300m:	4:06.87	48.82	400m:	5:20.31	36.50
DYSKW. ANTCZAK Bartosz	03	SMS Warszawa Konwiktorska				-Z3/K1	1:02.15	1:13.62	1:24.86		
Z3/K15											
50m:	28.61	28.61	150m:	1:38.93	36.78	250m:	2:57.77	42.00	350m:	4:15.96	35.33
100m:	1:02.15	33.54	200m:	2:15.77	36.84	300m:	3:40.63	42.86	400m:		
DYSKW. DOROBA Michał	02	SMS Wrocław				-Z3/K1	1:06.06	1:17.18	1:21.98		
Z3/K16											
50m:	31.16	31.16	150m:	1:44.80	38.74	250m:	3:04.12	40.88	350m:	4:17.55	32.33
100m:	1:06.06	34.90	200m:	2:23.24	38.44	300m:	3:45.22	41.10	400m:		