

Liga SMS II runda
Zielona Góra - Drzonków, 28. - 29.5.2021

Konkurencja 12
28.05.2021 - 18:18

M czyzn, 400m zmienny

Open
Wyniki

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.	Dru	100m	200m	300m	400m
1. PIELA Michał	04	4:31.44	72431,00	SMS O wi cim	1:01.56	1:10.21	1:15.41	1:04.23
50m: 29.03	29.03	150m: 1:36.82	35.26	250m: 2:49.38	37.61	350m: 3:59.17	31.96	
100m: 1:01.56	32.53	200m: 2:11.77	34.95	300m: 3:27.21	37.83	400m: 4:31.44	32.27	
2. MRÓZ Adam	03	4:34.61	70029,00	SMS Lublin	1:02.53	1:12.66	1:16.11	1:03.17
50m: 29.19	29.19	150m: 1:38.93	36.40	250m: 2:52.98	37.79	350m: 4:03.52	32.08	
100m: 1:02.53	33.34	200m: 2:15.19	36.26	300m: 3:31.44	38.46	400m: 4:34.61	31.09	
3. KOWOLIK Alex	04	4:39.15	66628,00	SMS O wi cim	1:01.01	1:14.46	1:22.11	1:01.38
50m: 28.76	28.76	150m: 1:38.88	37.87	250m: 2:56.91	41.44	350m: 4:09.30	31.53	
100m: 1:01.01	32.25	200m: 2:15.47	36.59	300m: 3:37.77	40.86	400m: 4:39.15	29.85	
4. RAJCA Wiktor	02	4:39.83	66127,00	SMS Ostrowiec w.	1:01.98	1:13.63	1:20.11	1:03.85
50m: 29.29	29.29	150m: 1:39.10	37.12	250m: 2:54.75	39.14	350m: 4:09.07	33.09	
100m: 1:01.98	32.69	200m: 2:15.61	36.51	300m: 3:35.98	41.23	400m: 4:39.83	30.76	
5. BIDOWANIEC Kacper	03	4:39.91	66126,00	SMS Zielona Góra	1:02.44	1:13.81	1:18.11	1:05.38
50m: 28.64	28.64	150m: 1:39.18	36.74	250m: 2:54.58	38.33	350m: 4:07.82	33.29	
100m: 1:02.44	33.80	200m: 2:16.25	37.07	300m: 3:34.53	39.95	400m: 4:39.91	32.09	
6. KORONA Kacper	03	4:40.80	65425,00	SMS Szczecin	1:01.77	1:13.94	1:21.11	1:03.74
50m: 28.59	28.59	150m: 1:39.36	37.59	250m: 2:56.29	40.58	350m: 4:10.04	32.98	
100m: 1:01.77	33.18	200m: 2:15.71	36.35	300m: 3:37.06	40.77	400m: 4:40.80	30.76	
7. PITY SKI Wiktor	03	4:40.85	65424,00	SMS Wrocław	1:02.95	1:12.00	1:21.11	1:04.49
50m: 29.40	29.40	150m: 1:39.59	36.64	250m: 2:55.64	40.69	350m: 4:09.28	32.92	
100m: 1:02.95	33.55	200m: 2:14.95	35.36	300m: 3:36.36	40.72	400m: 4:40.85	31.57	
8. ADAMCZYK Jan	03	4:41.07	65223,00	SMS Lublin	1:04.44	1:14.56	1:21.11	1:00.55
50m: 29.70	29.70	150m: 1:42.37	37.93	250m: 2:59.37	40.37	350m: 4:11.69	31.17	
100m: 1:04.44	34.74	200m: 2:19.00	36.63	300m: 3:40.52	41.15	400m: 4:41.07	29.38	
9. PŁATEK Maciej	02	4:41.83	647	SMS O wi cim	1:02.30	1:13.27	1:23.11	1:03.25
50m: 28.85	28.85	150m: 1:39.51	37.21	250m: 2:56.98	41.41	350m: 4:11.08	32.50	
100m: 1:02.30	33.45	200m: 2:15.57	36.06	300m: 3:38.58	41.60	400m: 4:41.83	30.75	
10. PI TKA Hubert	04	4:42.11	64522,00	SMS Szczecin	1:03.65	1:14.51	1:21.11	1:02.89
50m: 30.07	30.07	150m: 1:42.65	39.00	250m: 3:01.81	43.65	350m: 4:18.81	39.59	
100m: 1:03.65	33.58	200m: 2:18.16	35.51	300m: 3:39.22	37.41	400m: 4:42.11	23.30	
11. DRABCZYK Krystian	04	4:44.89	627	SMS O wi cim	1:01.47	1:18.24	1:22.11	1:02.22
50m: 29.07	29.07	150m: 1:41.44	39.97	250m: 3:01.39	41.68	350m: 4:14.72	32.05	
100m: 1:01.47	32.40	200m: 2:19.71	38.27	300m: 3:42.67	41.28	400m: 4:44.89	30.17	
12. SKOLASI SKI Jakub	05	4:46.81	61421,00	SMS Pozna	1:04.49	1:14.44	1:19.11	1:08.16
50m: 29.94	29.94	150m: 1:42.24	37.75	250m: 2:58.28	39.35	350m: 4:13.56	34.91	
100m: 1:04.49	34.55	200m: 2:18.93	36.69	300m: 3:38.65	40.37	400m: 4:46.81	33.25	
13. WO NIAK Piotr	05	4:47.84	60720,00	SMS Olsztyn	1:04.98	1:15.52	1:24.11	1:02.61
50m: 30.67	30.67	150m: 1:43.92	38.94	250m: 3:02.73	42.23	350m: 4:17.62	32.39	
100m: 1:04.98	34.31	200m: 2:20.50	36.58	300m: 3:45.23	42.50	400m: 4:47.84	30.22	
14. OLEWNICZAK Maciej	05	4:49.89	59519,00	SMS Warszawa Konwiktors	1:04.42	1:15.22	1:24.11	1:05.67
50m: 29.75	29.75	150m: 1:41.75	37.33	250m: 2:59.20	39.56	350m: 4:11.37	27.15	
100m: 1:04.42	34.67	200m: 2:19.64	37.89	300m: 3:44.22	45.02	400m: 4:49.89	38.52	
15. TOMASZEWSKI Piotr	05	4:50.22	593	SMS Lublin	1:04.67	1:17.01	1:23.11	1:05.47
50m: 29.14	29.14	150m: 1:42.63	37.96	250m: 3:01.67	39.99	350m: 4:18.41	33.66	
100m: 1:04.67	35.53	200m: 2:21.68	39.05	300m: 3:44.75	43.08	400m: 4:50.22	31.81	
16. LEWICKI Filip	03	4:50.30	59218,00	SMS Kraków	1:04.54	1:16.13	1:24.11	1:05.34
50m: 30.21	30.21	150m: 1:42.83	38.29	250m: 3:02.82	42.15	350m: 4:17.93	32.97	
100m: 1:04.54	34.33	200m: 2:20.67	37.84	300m: 3:44.96	42.14	400m: 4:50.30	32.37	
17. STASZAK Wiktor	04	4:53.47	57317,00	SMS Wrocław	1:04.89	1:16.36	1:22.11	1:10.14
50m: 29.99	29.99	150m: 1:43.39	38.50	250m: 3:02.44	41.19	350m: 4:20.08	36.75	
100m: 1:04.89	34.90	200m: 2:21.25	37.86	300m: 3:43.33	40.89	400m: 4:53.47	33.39	
18. PRZYSTAŁ Adam	03	4:53.97	57016,00	SMS Warszawa Bielany	1:02.87	1:20.45	1:20.11	1:09.78
50m: 28.52	28.52	150m: 1:43.67	40.80	250m: 3:03.32	40.00	350m: 4:19.85	35.66	
100m: 1:02.87	34.35	200m: 2:23.32	39.65	300m: 3:44.19	40.87	400m: 4:53.97	34.12	
19. FALARZ Mateusz	05	4:55.25	56315,00	SMS Zielona Góra	1:02.42	1:22.64	1:23.11	1:06.24
50m: 28.83	28.83	150m: 1:44.28	41.86	250m: 3:07.04	41.98	350m: 4:23.41	34.40	
100m: 1:02.42	33.59	200m: 2:25.06	40.78	300m: 3:49.01	41.97	400m: 4:55.25	31.84	
20. WIEK Wiktor	03	4:55.95	55914,00	SMS Warszawa Bielany	1:00.19	1:21.74	1:28.11	1:05.83
50m: 27.57	27.57	150m: 1:41.78	41.59	250m: 3:06.30	44.37	350m: 4:24.11	33.99	
100m: 1:00.19	32.62	200m: 2:21.93	40.15	300m: 3:50.12	43.82	400m: 4:55.95	31.84	

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Konkurencja 12, M czynn, 400m zmienny, Open

Pozycja	Rok ur.		Czas		Pkt.	Dru	100m	200m	300m	400m	
21. SROKA Bła ej	05	SMS Gda sk	4:56.56	555	13,00		1:05.09	1:13.14	1:26.11	1:11.70	
50m:	29.59	29.59	150m:	1:42.13	37.04	250m:	3:01.67	43.44	350m:	4:20.47	35.61
100m:	1:05.09	35.50	200m:	2:18.23	36.10	300m:	3:44.86	43.19	400m:	4:56.56	36.09
22. ROGUSKI Mateusz	03	SMS Warszawa Konwiktors	4:58.51	545	12,00		1:04.05	1:18.11	1:28.11	1:07.75	
50m:	29.55	29.55	150m:	1:43.12	39.07	250m:	3:05.92	43.76	350m:	4:25.14	34.38
100m:	1:04.05	34.50	200m:	2:22.16	39.04	300m:	3:50.76	44.84	400m:	4:58.51	33.37
23. KRYSZY SKI Aleksander	04	SMS Kraków	4:59.89	537	11,00		1:06.76	1:21.96	1:21.11	1:09.28	
50m:	29.28	29.28	150m:	1:46.18	39.42	250m:	3:11.70	42.98	350m:	4:34.57	43.96
100m:	1:06.76	37.48	200m:	2:28.72	42.54	300m:	3:50.61	38.91	400m:	4:59.89	25.32
24. CALI SKI Marcin	04	SMS Wrocław	5:00.09	536	-		1:04.01	1:19.01	1:31.11	1:06.07	
50m:	30.09	30.09	150m:	1:48.73	44.72	250m:	3:11.72	48.70	350m:	4:29.77	35.75
100m:	1:04.01	33.92	200m:	2:23.02	34.29	300m:	3:54.02	42.30	400m:	5:00.09	30.32
25. MALINOWSKI Jakub	03	SMS Gorzów Wielkopolski	5:00.58	533	10,00		1:05.20	1:21.23	1:28.11	1:05.31	
50m:	29.50	29.50	150m:	1:46.45	41.25	250m:	3:09.88	43.45	350m:	4:28.61	33.34
100m:	1:05.20	35.70	200m:	2:26.43	39.98	300m:	3:55.27	45.39	400m:	5:00.58	31.97
26. SKIERNIEWSKI Filip	04	SMS Ostrowiec w.	5:01.66	528	9,00		1:06.16	1:21.29	1:25.11	1:09.11	
50m:	30.30	30.30	150m:	1:47.54	41.38	250m:	3:10.02	42.57	350m:	4:27.73	35.18
100m:	1:06.16	35.86	200m:	2:27.45	39.91	300m:	3:52.55	42.53	400m:	5:01.66	33.93
27. GOHLA Kamil	05	SMS Racibórz	5:02.82	522	8,00		1:04.74	1:25.91	1:22.11	1:09.25	
50m:	29.64	29.64	150m:	1:43.81	39.07	250m:	3:07.40	36.75	350m:	4:27.46	33.89
100m:	1:04.74	35.10	200m:	2:30.65	46.84	300m:	3:53.57	46.17	400m:	5:02.82	35.36
28. MORDARSKI Filip	05	SMS Kraków	5:03.21	520	-		1:06.00	1:19.42	1:31.11	1:06.65	
50m:	30.25	30.25	150m:	1:45.78	39.78	250m:	3:10.37	44.95	350m:	4:30.30	33.74
100m:	1:06.00	35.75	200m:	2:25.42	39.64	300m:	3:56.56	46.19	400m:	5:03.21	32.91
29. LITEWSKI Mikołaj	04	SMS Warszawa Konwiktors	5:04.35	514	-		1:09.26	1:21.55	1:22.11	1:10.57	
50m:	32.19	32.19	150m:	1:50.74	41.48	250m:	3:12.30	41.49	350m:	4:30.38	36.60
100m:	1:09.26	37.07	200m:	2:30.81	40.07	300m:	3:53.78	41.48	400m:	5:04.35	33.97
30. GNACZY SKI Michał	07	SMS Gorzów Wielkopolski	5:06.14	505	7,00		1:13.08	1:19.48	1:26.11	1:06.80	
50m:	34.20	34.20	150m:	1:52.84	39.76	250m:	3:15.21	42.65	350m:	4:33.67	34.33
100m:	1:13.08	38.88	200m:	2:32.56	39.72	300m:	3:59.34	44.13	400m:	5:06.14	32.47
31. NOWACKI Bła ej	05	SMS Gda sk	5:10.10	486	6,00		1:08.55	1:20.98	1:27.11	1:13.57	
50m:	31.45	31.45	150m:	1:48.86	40.31	250m:	3:11.43	41.90	350m:	4:33.78	37.25
100m:	1:08.55	37.10	200m:	2:29.53	40.67	300m:	3:56.53	45.10	400m:	5:10.10	36.32
32. TROJAN Karol	06	SMS Bydgoszcz	5:10.28	485	5,00		1:04.93	1:22.50	1:29.11	1:13.46	
50m:	29.60	29.60	150m:	1:48.57	43.64	250m:	3:09.29	41.86	350m:	4:25.80	28.98
100m:	1:04.93	35.33	200m:	2:27.43	38.86	300m:	3:56.82	47.53	400m:	5:10.28	44.48
33. SZUKAŁA Krzysztof	03	SMS Pozna	5:13.96	468	4,00		1:08.74	1:26.60	1:27.11	1:11.11	
50m:	30.67	30.67	150m:	1:52.81	44.07	250m:	3:19.03	43.69	350m:	4:40.77	37.92
100m:	1:08.74	38.07	200m:	2:35.34	42.53	300m:	4:02.85	43.82	400m:	5:13.96	33.19
34. WIERASZKA Bartosz	07	SMS Zielona Góra	5:14.47	466	-		1:04.74	1:23.62	1:35.11	1:10.64	
50m:	29.97	29.97	150m:	1:47.78	43.04	250m:	3:16.12	47.76	350m:	4:40.35	36.52
100m:	1:04.74	34.77	200m:	2:28.36	40.58	300m:	4:03.83	47.71	400m:	5:14.47	34.12
35. KNOPP Jarosław	04	SMS Bydgoszcz	5:16.18	458	3,00		1:06.91	1:23.07	1:30.11	1:15.62	
50m:	30.03	30.03	150m:	1:48.93	42.02	250m:	3:14.32	44.34	350m:	4:39.55	38.99
100m:	1:06.91	36.88	200m:	2:29.98	41.05	300m:	4:00.56	46.24	400m:	5:16.18	36.63
DYSKW. KAPAŁA Szymon	03	SMS Olsztyn				-Z3/K1	1:03.78	1:13.65	1:24.00		
50m:	29.72	29.72	150m:	1:41.37	37.59	250m:	2:59.43	42.00	350m:	4:12.29	30.86
100m:	1:03.78	34.06	200m:	2:17.43	36.06	300m:	3:41.43	42.00	400m:		