

Letnie Mistrzostwa Okręgu Wielkopolskiego 2015  
Poznań, 20-6-2015

Konkurencja 16  
2015-06-20 - 17:05

Mężczyźni, 400m dowolny

14 lat i starsi  
Wyniki

Punkty: FINA 2015

Pozycja	Rok ur.		Czas		Pkt.	100m	200m	300m	400m
1. GO DZIK Damian	95	Ks Warta Pozna	<b>4:09.38</b>	687		58.61	1:04.31	1:04.56	1:01.90
50m: 27.73	27.73	150m: 1:30.67	32.06	250m: 2:35.02	32.10	350m: 3:39.12	31.64		
100m: 58.61	30.88	200m: 2:02.92	32.25	300m: 3:07.48	32.46	400m: 4:09.38	30.26		
2. KAROLCZAK Jan	01	Buks Warszawa	<b>4:21.19</b>	598		1:00.39	1:07.35	1:07.80	1:05.65
50m: 27.92	27.92	150m: 1:34.13	33.74	250m: 2:41.66	33.92	350m: 3:49.42	33.88		
100m: 1:00.39	32.47	200m: 2:07.74	33.61	300m: 3:15.54	33.88	400m: 4:21.19	31.77		
3. WOJCIECHOWSKI Jakub	01	Ks Warta Pozna	<b>4:31.75</b>	531		1:04.35	1:08.97	1:09.15	1:09.28
50m: 30.44	30.44	150m: 1:38.62	34.27	250m: 2:47.70	34.38	350m: 3:56.97	34.50		
100m: 1:04.35	33.91	200m: 2:13.32	34.70	300m: 3:22.47	34.77	400m: 4:31.75	34.78		
4. PRUS Mateusz	00	KP Astromal Akwawit Leszno	<b>4:32.35</b>	527		1:03.98	1:08.87	1:10.03	1:09.47
50m: 30.21	30.21	150m: 1:38.51	34.53	250m: 2:47.55	34.70	350m: 3:58.35	35.47		
100m: 1:03.98	33.77	200m: 2:12.85	34.34	300m: 3:22.88	35.33	400m: 4:32.35	34.00		
5. OSSES Filip SP	97	Ks Warta Pozna	<b>4:35.91</b>	507		1:04.24	1:11.23	1:12.07	1:08.37
50m: 30.42	30.42	150m: 1:39.78	35.54	250m: 2:51.53	36.06	350m: 4:03.08	35.54		
100m: 1:04.24	33.82	200m: 2:15.47	35.69	300m: 3:27.54	36.01	400m: 4:35.91	32.83		
6. DULSKI Piotr	96	Posnania Pozna	<b>4:35.93</b>	507		1:03.36	1:11.31	1:12.05	1:09.21
50m: 29.63	29.63	150m: 1:38.45	35.09	250m: 2:50.39	35.72	350m: 4:01.99	35.27		
100m: 1:03.36	33.73	200m: 2:14.67	36.22	300m: 3:26.72	36.33	400m: 4:35.93	33.94		
7. KRUK Tomasz	99	KP Astromal Akwawit Leszno	<b>4:36.74</b>	502		1:05.70	1:10.03	1:11.80	1:09.21
50m: 31.23	31.23	150m: 1:40.57	34.87	250m: 2:51.54	35.81	350m: 4:03.33	35.80		
100m: 1:05.70	34.47	200m: 2:15.73	35.16	300m: 3:27.53	35.99	400m: 4:36.74	33.41		
8. MUSZY SKI Jakub	01	MKS Nielba W growiec	<b>4:41.62</b>	477		1:07.99	1:11.77	1:12.48	1:09.38
50m: 32.25	32.25	150m: 1:43.82	35.83	250m: 2:56.03	36.27	350m: 4:07.57	35.33		
100m: 1:07.99	35.74	200m: 2:19.76	35.94	300m: 3:32.24	36.21	400m: 4:41.62	34.05		
9. GŁUSZKOWSKI Mateusz	01	UKS CITYZEN Pozna	<b>4:41.71</b>	476		1:07.73	1:11.12	1:12.73	1:10.13
50m: 32.25	32.25	150m: 1:43.09	35.36	250m: 2:55.19	36.34	350m: 4:07.18	35.60		
100m: 1:07.73	35.48	200m: 2:18.85	35.76	300m: 3:31.58	36.39	400m: 4:41.71	34.53		
10. KAMI SKI Piotr	99	Iskra Konin	<b>4:42.59</b>	472		1:06.62	1:12.92	1:12.51	1:10.54
50m: 31.41	31.41	150m: 1:42.73	36.11	250m: 2:55.69	36.15	350m: 4:08.56	36.51		
100m: 1:06.62	35.21	200m: 2:19.54	36.81	300m: 3:32.05	36.36	400m: 4:42.59	34.03		
11. CZERWI SKI Łukasz	01	UKS JAGIELLONKA Warszawa	<b>4:47.45</b>	448		1:07.51	1:12.85	1:14.60	1:12.49
50m: 31.88	31.88	150m: 1:43.74	36.23	250m: 2:57.58	37.22	350m: 4:12.10	37.14		
100m: 1:07.51	35.63	200m: 2:20.36	36.62	300m: 3:34.96	37.38	400m: 4:47.45	35.35		
12. KOKOSZA Filip	00	Ks Warta Pozna	<b>4:48.27</b>	444		1:09.06	1:12.59	1:13.83	1:12.79
50m: 32.93	32.93	150m: 1:45.04	35.98	250m: 2:58.18	36.53	350m: 4:12.09	36.61		
100m: 1:09.06	36.13	200m: 2:21.65	36.61	300m: 3:35.48	37.30	400m: 4:48.27	36.18		
13. ONOSZKO Tomasz	01	Ks Warta Pozna	<b>4:49.39</b>	439		1:09.07	1:15.36	1:15.14	1:09.82
50m: 32.71	32.71	150m: 1:46.45	37.38	250m: 3:02.45	38.02	350m: 4:15.97	36.40		
100m: 1:09.07	36.36	200m: 2:24.43	37.98	300m: 3:39.57	37.12	400m: 4:49.39	33.42		
14. JUSKOWIAK Jakub	01	Ks Warta Pozna	<b>4:49.51</b>	439		1:08.21	1:14.11	1:15.95	1:11.24
50m: 32.23	32.23	150m: 1:44.66	36.45	250m: 3:00.36	38.04	350m: 4:15.21	36.94		
100m: 1:08.21	35.98	200m: 2:22.32	37.66	300m: 3:38.27	37.91	400m: 4:49.51	34.30		
15. WOLI SKI Artur	00	MKS Oceanik Ostrzeszów	<b>4:50.53</b>	434		1:07.08	1:15.50	1:15.40	1:12.55
50m: 30.89	30.89	150m: 1:45.01	37.93	250m: 3:00.10	37.52	350m: 4:14.93	36.95		
100m: 1:07.08	36.19	200m: 2:22.58	37.57	300m: 3:37.98	37.88	400m: 4:50.53	35.60		
16. JASIEWICZ Daniel	99	Extreme Team Oborniki	<b>4:51.71</b>	429		1:08.01	1:14.05	1:15.30	1:14.35
50m: 31.81	31.81	150m: 1:44.69	36.68	250m: 2:59.29	37.23	350m: 4:15.08	37.72		
100m: 1:08.01	36.20	200m: 2:22.06	37.37	300m: 3:37.36	38.07	400m: 4:51.71	36.63		
17. RO EK Oskar	00	Ks Warta Pozna	<b>4:54.53</b>	417		1:08.65	1:14.28	1:16.84	1:14.76
50m: 32.53	32.53	150m: 1:45.62	36.97	250m: 3:00.97	38.04	350m: 4:17.60	37.83		
100m: 1:08.65	36.12	200m: 2:22.93	37.31	300m: 3:39.77	38.80	400m: 4:54.53	36.93		
18. WALKOWSKI Jonasz	01	KP Astromal Akwawit Leszno	<b>5:19.91</b>	325		1:12.95	1:22.89	1:23.69	1:20.38
50m: 34.24	34.24	150m: 1:54.19	41.24	250m: 3:17.92	42.08	350m: 4:40.60	41.07		
100m: 1:12.95	38.71	200m: 2:35.84	41.65	300m: 3:59.53	41.61	400m: 5:19.91	39.31		
19. PIASECKI Kamil	97	Ks Warta Pozna	<b>5:26.04</b>	307		1:21.99	1:21.54	1:22.61	1:19.90
50m: 25.85	25.85	150m: 2:02.58	40.59	250m: 3:24.68	41.15	350m: 4:47.22	41.08		
100m: 1:21.99	56.14	200m: 2:43.53	40.95	300m: 4:06.14	41.46	400m: 5:26.04	38.82		
20. SOSI SKI Bartosz	01	UKS CITYZEN Pozna	<b>5:29.47</b>	298		1:19.99	1:24.29	1:24.37	1:20.82
50m: 38.07	38.07	150m: 2:01.81	41.82	250m: 3:26.79	42.51	350m: 4:50.74	42.09		
100m: 1:19.99	41.92	200m: 2:44.28	42.47	300m: 4:08.65	41.86	400m: 5:29.47	38.73		

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Konkurencja 16, Mężczyźni, 400m dowolny, 14 lat i starsi

Pozycja	Rok ur.		Czas Pkt.			100m	200m	300m	400m		
21. JANUCHOWSKI Dominik 01	MKS Nielba W		growiec			<b>5:40.85</b>	269	1:19.54	1:28.64	1:27.98	1:24.69
50m:	37.62	37.62	150m:	2:04.14	44.60	250m:	3:32.09	43.91	350m:	5:00.72	44.56
100m:	1:19.54	41.92	200m:	2:48.18	44.04	300m:	4:16.16	44.07	400m:	5:40.85	40.13