

# Mistrzostwa Polski Seniorów i Juniorów gr. B i C w pływaniu w pletwach.



Konkurencja 13  
04.06.2016 - 18:10

M czyzn, 400 PP

Open  
Wyniki

Rekord Polski Open	3:08.81	DORO Y SKI WOJCIECH	TORU CZYK Toru	01.03.2003
Rekord Polski - 15	3:12.03	WINIARSKI ADRIAN	KDP NAUTILUS Jastrz bie	01.08.2007
Rekord Polski - 17	3:12.03	WINIARSKI ADRIAN	KDP NAUTILUS Jastrz bie	01.08.2007

Punkty: FINA 2014

Pozycja	Rok ur.	Czas	Pkt.
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Kat. C

1. Modzelewski Piotr	02	Osn Amfiprion Olecko	<b>3:53.97</b>
50m: 24.41 24.41	150m: 1:24.43 31.36	250m: 2:29.22 32.55	350m: 3:29.30 29.34
100m: 53.07 28.66	200m: 1:56.67 32.24	300m: 2:59.96 30.74	400m: 3:53.97 24.67
2. Wrotek Wojciech	01	K.S. Laguna 24 Toru	<b>3:58.15</b>
50m: 24.27 24.27	150m: 1:21.97 30.03	250m: 2:24.46 31.49	350m: 3:27.85 31.83
100m: 51.94 27.67	200m: 1:52.97 31.00	300m: 2:56.02 31.56	400m: 3:58.15 30.30
3. Dyrzka Hubert	03	KS Nautilus	<b>4:04.13</b>
50m: 26.59 26.59	150m: 1:27.93 31.58	250m: 2:32.15 32.01	350m: 3:36.05 31.65
100m: 56.35 29.76	200m: 2:00.14 32.21	300m: 3:04.40 32.25	400m: 4:04.13 28.08
4. Biszewski Bartosz	01	Osn Amfiprion Olecko	<b>4:17.50</b>
50m: 27.81 27.81	150m: 1:31.38 32.38	250m: 2:39.76 34.66	350m: 3:48.15 32.62
100m: 59.00 31.19	200m: 2:05.10 33.72	300m: 3:15.53 35.77	400m: 4:17.50 29.35
5. Paul Jakub	02	K.S. Laguna 24 Toru	<b>4:18.68</b>
50m: 28.59 28.59	150m: 1:33.38 32.98	250m: 2:41.81 34.03	350m: 3:48.58 32.59
100m: 1:00.40 31.81	200m: 2:07.78 34.40	300m: 3:15.99 34.18	400m: 4:18.68 30.10
6. Kacprzyk Hubert	05	Uks Delfin Jastarnia	<b>5:31.79</b>
50m: 33.84 33.84	150m: 1:56.77 42.48	250m: 3:24.84 45.12	350m: 4:54.78 45.94
100m: 1:14.29 40.45	200m: 2:39.72 42.95	300m: 4:08.84 44.00	400m: 5:31.79 37.01

Kat. B

1. Frankowski Dominik	00	Uks Rekin Wrocław	<b>3:34.49</b>
50m: 24.12 24.12	150m: 1:16.32 27.04	250m: 2:12.56 28.13	350m: 3:08.82 28.27
100m: 49.28 25.16	200m: 1:44.43 28.11	300m: 2:40.55 27.99	400m: 3:34.49 25.67
2. Modzelewski Piotr	02	Osn Amfiprion Olecko	<b>3:53.97</b>
50m: 24.41 24.41	150m: 1:24.43 31.36	250m: 2:29.22 32.55	350m: 3:29.30 29.34
100m: 53.07 28.66	200m: 1:56.67 32.24	300m: 2:59.96 30.74	400m: 3:53.97 24.67
3. Wrotek Wojciech	01	K.S. Laguna 24 Toru	<b>3:58.15</b>
50m: 24.27 24.27	150m: 1:21.97 30.03	250m: 2:24.46 31.49	350m: 3:27.85 31.83
100m: 51.94 27.67	200m: 1:52.97 31.00	300m: 2:56.02 31.56	400m: 3:58.15 30.30
4. Sztankiel Jakub	99	MKP FLOTA Gdynia O/PTTK MW	<b>4:03.15</b>
50m: 27.03 27.03	150m: 1:28.09 30.63	250m: 2:32.27 32.13	350m: 3:34.94 31.22
100m: 57.46 30.43	200m: 2:00.14 32.05	300m: 3:03.72 31.45	400m: 4:03.15 28.21
5. Dyrzka Hubert	03	KS Nautilus	<b>4:04.13</b>
50m: 26.59 26.59	150m: 1:27.93 31.58	250m: 2:32.15 32.01	350m: 3:36.05 31.65
100m: 56.35 29.76	200m: 2:00.14 32.21	300m: 3:04.40 32.25	400m: 4:04.13 28.08
6. Biszewski Bartosz	01	Osn Amfiprion Olecko	<b>4:17.50</b>
50m: 27.81 27.81	150m: 1:31.38 32.38	250m: 2:39.76 34.66	350m: 3:48.15 32.62
100m: 59.00 31.19	200m: 2:05.10 33.72	300m: 3:15.53 35.77	400m: 4:17.50 29.35
7. Paul Jakub	02	K.S. Laguna 24 Toru	<b>4:18.68</b>
50m: 28.59 28.59	150m: 1:33.38 32.98	250m: 2:41.81 34.03	350m: 3:48.58 32.59
100m: 1:00.40 31.81	200m: 2:07.78 34.40	300m: 3:15.99 34.18	400m: 4:18.68 30.10
8. Kacprzyk Hubert	05	Uks Delfin Jastarnia	<b>5:31.79</b>
50m: 33.84 33.84	150m: 1:56.77 42.48	250m: 3:24.84 45.12	350m: 4:54.78 45.94
100m: 1:14.29 40.45	200m: 2:39.72 42.95	300m: 4:08.84 44.00	400m: 5:31.79 37.01

NIE UK. Drami ski Michał	99	Lotos Olsztyn	
50m: 22.82 22.82	150m: 1:12.64 25.26	250m: 2:05.13 26.81	350m: 2:50.61
100m: 47.38 24.56	200m: 1:38.32 25.68	300m:	400m:

# Mistrzostwa Polski Seniorów i Juniorów gr. B i C w pływaniu w pletwach.



Konkurencja 13, M czynn, 400 PP

Kat. A

1.	Krakowiak Waldemar	98	Wielkopolski Klub Sportowy	<b>3:20.69</b>
	50m: 22.60 22.60	150m: 1:12.95 25.42	250m: 2:04.64 25.44	350m: 2:56.06 25.48
	100m: 47.53 24.93	200m: 1:39.20 26.25	300m: 2:30.58 25.94	400m: 3:20.69 24.63
2.	Michalski Mateusz	96	K.S. Laguna 24 Toru	<b>3:24.63</b>
	50m: 23.12 23.12	150m: 1:13.29 25.58	250m: 2:05.06 26.12	350m: 2:57.39 25.83
	100m: 47.71 24.59	200m: 1:38.94 25.65	300m: 2:31.56 26.50	400m: 3:24.63 27.24
3.	Kłosi ski Jakub	92	Uks Rekin Wrocław	<b>3:30.60</b>
	50m: 24.11 24.11	150m: 1:16.26 26.46	250m: 2:10.38 27.29	350m: 3:04.39 27.11
	100m: 49.80 25.69	200m: 1:43.09 26.83	300m: 2:37.28 26.90	400m: 3:30.60 26.21
4.	Frankowski Dominik	00	Uks Rekin Wrocław	<b>3:34.49</b>
	50m: 24.12 24.12	150m: 1:16.32 27.04	250m: 2:12.56 28.13	350m: 3:08.82 28.27
	100m: 49.28 25.16	200m: 1:44.43 28.11	300m: 2:40.55 27.99	400m: 3:34.49 25.67
5.	Rudzi ski Maciej	92	UKS Aurus Ursynów Warszawa	<b>3:36.46</b>
	50m: 22.78 22.78	150m: 1:15.04 26.82	250m: 2:12.37 28.81	350m: 3:09.89 28.72
	100m: 48.22 25.44	200m: 1:43.56 28.52	300m: 2:41.17 28.80	400m: 3:36.46 26.57
6.	Modzelewski Piotr	02	Osn Amfiprion Olecko	<b>3:53.97</b>
	50m: 24.41 24.41	150m: 1:24.43 31.36	250m: 2:29.22 32.55	350m: 3:29.30 29.34
	100m: 53.07 28.66	200m: 1:56.67 32.24	300m: 2:59.96 30.74	400m: 3:53.97 24.67
7.	Wrotek Wojciech	01	K.S. Laguna 24 Toru	<b>3:58.15</b>
	50m: 24.27 24.27	150m: 1:21.97 30.03	250m: 2:24.46 31.49	350m: 3:27.85 31.83
	100m: 51.94 27.67	200m: 1:52.97 31.00	300m: 2:56.02 31.56	400m: 3:58.15 30.30
8.	Sztankiel Jakub	99	MKP FLOTA Gdynia O/PTTK MW	<b>4:03.15</b>
	50m: 27.03 27.03	150m: 1:28.09 30.63	250m: 2:32.27 32.13	350m: 3:34.94 31.22
	100m: 57.46 30.43	200m: 2:00.14 32.05	300m: 3:03.72 31.45	400m: 4:03.15 28.21
9.	Dyrzka Hubert	03	KS Nautilus	<b>4:04.13</b>
	50m: 26.59 26.59	150m: 1:27.93 31.58	250m: 2:32.15 32.01	350m: 3:36.05 31.65
	100m: 56.35 29.76	200m: 2:00.14 32.21	300m: 3:04.40 32.25	400m: 4:04.13 28.08
10.	Biszewski Bartosz	01	Osn Amfiprion Olecko	<b>4:17.50</b>
	50m: 27.81 27.81	150m: 1:31.38 32.38	250m: 2:39.76 34.66	350m: 3:48.15 32.62
	100m: 59.00 31.19	200m: 2:05.10 33.72	300m: 3:15.53 35.77	400m: 4:17.50 29.35
11.	Paul Jakub	02	K.S. Laguna 24 Toru	<b>4:18.68</b>
	50m: 28.59 28.59	150m: 1:33.38 32.98	250m: 2:41.81 34.03	350m: 3:48.58 32.59
	100m: 1:00.40 31.81	200m: 2:07.78 34.40	300m: 3:15.99 34.18	400m: 4:18.68 30.10
12.	Kacprzyk Hubert	05	Uks Delfin Jastarnia	<b>5:31.79</b>
	50m: 33.84 33.84	150m: 1:56.77 42.48	250m: 3:24.84 45.12	350m: 4:54.78 45.94
	100m: 1:14.29 40.45	200m: 2:39.72 42.95	300m: 4:08.84 44.00	400m: 5:31.79 37.01
NIE UK.	Drami ski Michał	99	Lotos Olsztyn	
	50m: 22.82 22.82	150m: 1:12.64 25.26	250m: 2:05.13 26.81	350m: 2:50.61
	100m: 47.38 24.56	200m: 1:38.32 25.68	300m:	400m: