

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



Konkurencja 28
18.06.2017 - 12:35

M cyczn, 400 BF

Open
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
Kat. C									
1.	Masalski Paweł		02	OSN Amfiprion Olecko				4:01.12	
	50m:	26.05 26.05	150m:	1:25.06 30.03	250m:	2:27.35 31.33	350m:	3:31.03 31.82	
	100m:	55.03 28.98	200m:	1:56.02 30.96	300m:	2:59.21 31.86	400m:	4:01.12 30.09	
2.	Małachowski Adrian		02	UKS Delfinek SP1 Chodzie				4:10.25	
	50m:	27.81 27.81	150m:	1:31.87 32.74	250m:	2:37.96 32.94	350m:	3:40.98 30.74	
	100m:	59.13 31.32	200m:	2:05.02 33.15	300m:	3:10.24 32.28	400m:	4:10.25 29.27	
3.	Kasprowicz Oskar		04	UKS Delfinek SP1 Chodzie				4:19.45	
	50m:	27.82 27.82	150m:	1:35.41 33.31	250m:	2:42.37 33.17	350m:	3:47.85 31.36	
	100m:	1:02.10 34.28	200m:	2:09.20 33.79	300m:	3:16.49 34.12	400m:	4:19.45 31.60	
4.	Mitin Dawid		03	OSN Amfiprion Olecko				4:23.05	
	50m:	28.12 28.12	150m:	1:35.15 34.71	250m:	2:44.80 35.05	350m:	3:52.54 33.44	
	100m:	1:00.44 32.32	200m:	2:09.75 34.60	300m:	3:19.10 34.30	400m:	4:23.05 30.51	
5.	Koli ski Michał		03	UKS MANTA Ko cierzyna				4:23.10	
	50m:	28.98 28.98	150m:	1:36.94 34.42	250m:	2:45.95 34.49	350m:	3:52.86 33.23	
	100m:	1:02.52 33.54	200m:	2:11.46 34.52	300m:	3:19.63 33.68	400m:	4:23.10 30.24	
6.	Kropidłowski Szymon		02	UKS MANTA Ko cierzyna				4:24.15	
	50m:	28.66 28.66	150m:	1:35.91 34.33	250m:	2:45.60 34.63	350m:	3:52.76 33.06	
	100m:	1:01.58 32.92	200m:	2:10.97 35.06	300m:	3:19.70 34.10	400m:	4:24.15 31.39	

Kat. B

1.	Masalski Paweł		02	OSN Amfiprion Olecko				4:01.12	
	50m:	26.05 26.05	150m:	1:25.06 30.03	250m:	2:27.35 31.33	350m:	3:31.03 31.82	
	100m:	55.03 28.98	200m:	1:56.02 30.96	300m:	2:59.21 31.86	400m:	4:01.12 30.09	
2.	Małachowski Adrian		02	UKS Delfinek SP1 Chodzie				4:10.25	
	50m:	27.81 27.81	150m:	1:31.87 32.74	250m:	2:37.96 32.94	350m:	3:40.98 30.74	
	100m:	59.13 31.32	200m:	2:05.02 33.15	300m:	3:10.24 32.28	400m:	4:10.25 29.27	
3.	Kosmowski Jakub		01	KS Nautilus Jastrz bie-Zdrój				4:11.41	
	50m:	27.75 27.75	150m:	1:32.00 32.88	250m:	2:36.47 32.52	350m:	3:41.85 32.53	
	100m:	59.12 31.37	200m:	2:03.95 31.95	300m:	3:09.32 32.85	400m:	4:11.41 29.56	
4.	Łukowicz Marcin		00	UKS MANTA Ko cierzyna				4:12.01	
	50m:	27.49 27.49	150m:	1:30.53 31.65	250m:	2:34.83 32.68	350m:	3:41.38 33.35	
	100m:	58.88 31.39	200m:	2:02.15 31.62	300m:	3:08.03 33.20	400m:	4:12.01 30.63	
5.	Kasprowicz Oskar		04	UKS Delfinek SP1 Chodzie				4:19.45	
	50m:	27.82 27.82	150m:	1:35.41 33.31	250m:	2:42.37 33.17	350m:	3:47.85 31.36	
	100m:	1:02.10 34.28	200m:	2:09.20 33.79	300m:	3:16.49 34.12	400m:	4:19.45 31.60	
6.	Mitin Dawid		03	OSN Amfiprion Olecko				4:23.05	
	50m:	28.12 28.12	150m:	1:35.15 34.71	250m:	2:44.80 35.05	350m:	3:52.54 33.44	
	100m:	1:00.44 32.32	200m:	2:09.75 34.60	300m:	3:19.10 34.30	400m:	4:23.05 30.51	
7.	Koli ski Michał		03	UKS MANTA Ko cierzyna				4:23.10	
	50m:	28.98 28.98	150m:	1:36.94 34.42	250m:	2:45.95 34.49	350m:	3:52.86 33.23	
	100m:	1:02.52 33.54	200m:	2:11.46 34.52	300m:	3:19.63 33.68	400m:	4:23.10 30.24	
8.	Kropidłowski Szymon		02	UKS MANTA Ko cierzyna				4:24.15	
	50m:	28.66 28.66	150m:	1:35.91 34.33	250m:	2:45.60 34.63	350m:	3:52.76 33.06	
	100m:	1:01.58 32.92	200m:	2:10.97 35.06	300m:	3:19.70 34.10	400m:	4:24.15 31.39	

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



Konkurencja 28, M czynn, 400 BF

Kat. A

1.	Kaczmarek Marcin	94	Uks Aurus Ursynow Warsaw	3:44.42
	50m: 25.05 25.05	150m: 1:22.00	28.71 250m: 2:20.28 29.20	350m: 3:17.44 28.15
	100m: 53.29 28.24	200m: 1:51.08	29.08 300m: 2:49.29 29.01	400m: 3:44.42 26.98
2.	elechowski Rafał	96	Uks Aurus Ursynow Warsaw	3:49.05
	50m: 27.74 27.74	150m: 1:23.26	28.23 250m: 2:21.64 29.23	350m: 3:20.94 29.24
	100m: 55.03 27.29	200m: 1:52.41	29.15 300m: 2:51.70 30.06	400m: 3:49.05 28.11
3.	Rudzi ski Maciej	92	Uks Aurus Ursynow Warsaw	3:49.16
	50m: 25.90 25.90	150m: 1:23.01	29.08 250m: 2:21.63 29.32	350m: 3:21.17 29.48
	100m: 53.93 28.03	200m: 1:52.31	29.30 300m: 2:51.69 30.06	400m: 3:49.16 27.99
4.	Szczepankiewicz Mateusz	96	Uks Delfin Jastarnia	3:49.79
	50m: 26.39 26.39	150m: 1:24.09	29.46 250m: 2:23.60 29.38	350m: 3:23.02 29.93
	100m: 54.63 28.24	200m: 1:54.22	30.13 300m: 2:53.09 29.49	400m: 3:49.79 26.77
5.	Masalski Paweł	02	OSN Amfiprion Olecko	4:01.12
	50m: 26.05 26.05	150m: 1:25.06	30.03 250m: 2:27.35 31.33	350m: 3:31.03 31.82
	100m: 55.03 28.98	200m: 1:56.02	30.96 300m: 2:59.21 31.86	400m: 4:01.12 30.09
6.	Dyrzka Jakub	97	KS Nautilus Jastrz bie-Zdrój	4:08.14
	50m: 27.54 27.54	150m: 1:29.53	31.45 250m: 2:32.67 31.56	350m: 3:37.63 32.27
	100m: 58.08 30.54	200m: 2:01.11	31.58 300m: 3:05.36 32.69	400m: 4:08.14 30.51
7.	Małachowski Adrian	02	UKS Delfinek SP1 Chodzie	4:10.25
	50m: 27.81 27.81	150m: 1:31.87	32.74 250m: 2:37.96 32.94	350m: 3:40.98 30.74
	100m: 59.13 31.32	200m: 2:05.02	33.15 300m: 3:10.24 32.28	400m: 4:10.25 29.27
8.	Kosmowski Jakub	01	KS Nautilus Jastrz bie-Zdrój	4:11.41
	50m: 27.75 27.75	150m: 1:32.00	32.88 250m: 2:36.47 32.52	350m: 3:41.85 32.53
	100m: 59.12 31.37	200m: 2:03.95	31.95 300m: 3:09.32 32.85	400m: 4:11.41 29.56
9.	Łukowicz Marcin	00	UKS MANTA Ko cierzyna	4:12.01
	50m: 27.49 27.49	150m: 1:30.53	31.65 250m: 2:34.83 32.68	350m: 3:41.38 33.35
	100m: 58.88 31.39	200m: 2:02.15	31.62 300m: 3:08.03 33.20	400m: 4:12.01 30.63
10.	Kasprowicz Oskar	04	UKS Delfinek SP1 Chodzie	4:19.45
	50m: 27.82 27.82	150m: 1:35.41	33.31 250m: 2:42.37 33.17	350m: 3:47.85 31.36
	100m: 1:02.10 34.28	200m: 2:09.20	33.79 300m: 3:16.49 34.12	400m: 4:19.45 31.60
11.	Mitin Dawid	03	OSN Amfiprion Olecko	4:23.05
	50m: 28.12 28.12	150m: 1:35.15	34.71 250m: 2:44.80 35.05	350m: 3:52.54 33.44
	100m: 1:00.44 32.32	200m: 2:09.75	34.60 300m: 3:19.10 34.30	400m: 4:23.05 30.51
12.	Koli ski Michał	03	UKS MANTA Ko cierzyna	4:23.10
	50m: 28.98 28.98	150m: 1:36.94	34.42 250m: 2:45.95 34.49	350m: 3:52.86 33.23
	100m: 1:02.52 33.54	200m: 2:11.46	34.52 300m: 3:19.63 33.68	400m: 4:23.10 30.24
13.	Kropidłowski Szymon	02	UKS MANTA Ko cierzyna	4:24.15
	50m: 28.66 28.66	150m: 1:35.91	34.33 250m: 2:45.60 34.63	350m: 3:52.76 33.06
	100m: 1:01.58 32.92	200m: 2:10.97	35.06 300m: 3:19.70 34.10	400m: 4:24.15 31.39