

Krajowy Festiwal Polskiego Pływania. Super Jedyńki Opole 2017  
Opole, 14.10.2017

Konkurencja 3  
14.10.2017 - 10:35

M czyzn, 400m dowolny

Open  
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.
<b>2001 i starsi</b>									
1.	Stec Kacper		99	UKP Kmita Zabierzów			<b>4:01.10</b>	682	
	50m: 27.14	27.14	150m: 1:27.36	30.29	250m: 2:28.95	30.89	350m: 3:31.15	30.75	
	100m: 57.07	29.93	200m: 1:58.06	30.70	300m: 3:00.40	31.45	400m: 4:01.10	29.95	
2.	Procházka Roman		01	Klub plaveckých sport Ostrava			<b>4:08.78</b>	621	
	50m: 27.79	27.79	150m: 1:30.56	31.77	250m: 2:34.92	31.83	350m: 3:38.35	31.49	
	100m: 58.79	31.00	200m: 2:03.09	32.53	300m: 3:06.86	31.94	400m: 4:08.78	30.43	
3.	Mikołajczyk Michał		99	KKS Włókniarz 1925 Kalisz			<b>4:10.75</b>	606	
	50m: 26.01	26.01	150m: 1:26.14	30.41	250m: 2:29.67	31.94	350m: 3:36.81	33.78	
	100m: 55.73	29.72	200m: 1:57.73	31.59	300m: 3:03.03	33.36	400m: 4:10.75	33.94	
4.	Lewandowski Michał		00	Zryw Opole			<b>4:15.60</b>	572	
	50m: 28.29	28.29	150m: 1:32.53	32.33	250m: 2:38.27	33.03	350m: 3:43.54	32.25	
	100m: 1:00.20	31.91	200m: 2:05.24	32.71	300m: 3:11.29	33.02	400m: 4:15.60	32.06	
5.	Sionkowski Arkadiusz		00	UKP Kmita Zabierzów			<b>4:15.87</b>	570	
	50m: 28.53	28.53	150m: 1:32.09	32.07	250m: 2:36.90	32.32	350m: 3:43.58	33.56	
	100m: 1:00.02	31.49	200m: 2:04.58	32.49	300m: 3:10.02	33.12	400m: 4:15.87	32.29	
6.	Szyndler Michał		00	Zryw Opole			<b>4:26.91</b>	502	
	50m: 29.61	29.61	150m: 1:34.97	33.29	250m: 2:43.35	34.13	350m: 3:52.96	35.16	
	100m: 1:01.68	32.07	200m: 2:09.22	34.25	300m: 3:17.80	34.45	400m: 4:26.91	33.95	
7.	Słomi ski Sebastian		00	Ks Rekin wiebodzice			<b>4:29.22</b>	490	
	50m: 28.90	28.90	150m: 1:35.92	34.15	250m: 2:44.62	34.55	350m: 3:54.90	35.60	
	100m: 1:01.77	32.87	200m: 2:10.07	34.15	300m: 3:19.30	34.68	400m: 4:29.22	34.32	
<b>Rocznik 2002 - 2003</b>									
1.	Jackowski Tomasz		02	WKS I sk Wrocław			<b>4:03.69</b>	660	
	50m: 26.05	26.05	150m: 1:26.05	30.77	250m: 2:29.12	31.62	350m: 3:32.26	31.47	
	100m: 55.28	29.23	200m: 1:57.50	31.45	300m: 3:00.79	31.67	400m: 4:03.69	31.43	
2.	Cielecki Kuba		02	WKS I sk Wrocław			<b>4:15.60</b>	572	
	50m: 28.23	28.23	150m: 1:32.63	32.64	250m: 2:38.40	33.01	350m: 3:43.99	32.95	
	100m: 59.99	31.76	200m: 2:05.39	32.76	300m: 3:11.04	32.64	400m: 4:15.60	31.61	
3.	Lamla Filip		03	LKS Jedno 32 Przyszowice			<b>4:16.54</b>	566	
	50m: 27.69	27.69	150m: 1:31.21	32.37	250m: 2:37.61	33.22	350m: 3:44.63	33.68	
	100m: 58.84	31.15	200m: 2:04.39	33.18	300m: 3:10.95	33.34	400m: 4:16.54	31.91	
4.	Biedka Mikołaj		03	KKS Włókniarz 1925 Kalisz			<b>4:17.32</b>	561	
	50m: 28.76	28.76	150m: 1:34.72	33.43	250m: 2:41.01	32.85	350m: 3:46.78	32.76	
	100m: 1:01.29	32.53	200m: 2:08.16	33.44	300m: 3:14.02	33.01	400m: 4:17.32	30.54	
5.	Gawron Oliwier		03	WKS I sk Wrocław			<b>4:21.04</b>	537	
	50m: 28.67	28.67	150m: 1:33.85	32.87	250m: 2:40.68	33.19	350m: 3:47.82	33.53	
	100m: 1:00.98	32.31	200m: 2:07.49	33.64	300m: 3:14.29	33.61	400m: 4:21.04	33.22	
6.	Zwadło Piotr SR		02	MKS-SMS Victoria Racibórz			<b>4:23.32</b>	523	
	50m: 29.72	29.72	150m: 1:36.11	33.77	250m: 2:43.16	33.24	350m: 3:50.92	33.70	
	100m: 1:02.34	32.62	200m: 2:09.92	33.81	300m: 3:17.22	34.06	400m: 4:23.32	32.40	
7.	Kudli ski Łukasz		03	UKS SP 149 Łód			<b>4:29.92</b>	486	
	50m: 29.39	29.39	150m: 1:37.61	34.35	250m: 2:47.19	34.77	350m: 3:56.25	34.20	
	100m: 1:03.26	33.87	200m: 2:12.42	34.81	300m: 3:22.05	34.86	400m: 4:29.92	33.67	
8.	Ogorzałek Alan		03	WKS I sk Wrocław			<b>4:40.55</b>	433	
	50m: 29.77	29.77	150m: 1:39.41	35.37	250m: 2:51.63	36.06	350m: 4:04.65	36.54	
	100m: 1:04.04	34.27	200m: 2:15.57	36.16	300m: 3:28.11	36.48	400m: 4:40.55	35.90	
9.	Adamczyk Maksymilian		03	WKS I sk Wrocław			<b>4:40.64</b>	432	
	50m: 29.98	29.98	150m: 1:39.99	35.49	250m: 2:52.05	36.00	350m: 4:05.02	36.61	
	100m: 1:04.50	34.52	200m: 2:16.05	36.06	300m: 3:28.41	36.36	400m: 4:40.64	35.62	

Krajowy Festiwal Polskiego Pływania. Super Jedyńki Opole 2017  
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Konkurencja 3, Chłopców, 400m dowolny, Roczniak 2002 - 2003

Pozycja			Rok ur.					Czas	Pkt.			
10.	Szwiec Jakub		03	UKS 5 plus 1 Opole				<b>4:48.70</b>	397			
	50m:	31.88	31.88	150m:	1:45.07	37.20	250m:	2:59.61	37.37	350m:	4:13.11	36.77
	100m:	1:07.87	35.99	200m:	2:22.24	37.17	300m:	3:36.34	36.73	400m:	4:48.70	35.59
11.	Słowi ski Kamil		03	UKS MANTA Kochłowice Ruda I s				<b>5:18.42</b>	296			
	50m:	35.63	35.63	150m:	1:55.64	40.75	250m:	3:17.74	40.80	350m:	4:40.23	40.53
	100m:	1:14.89	39.26	200m:	2:36.94	41.30	300m:	3:59.70	41.96	400m:	5:18.42	38.19
12.	Šimurda David		03	Plavecký klub Slavoj Bruntál,				<b>5:34.37</b>	255			
	50m:	35.85	35.85	150m:	2:01.42	43.08	250m:	3:28.78	43.35	350m:	4:55.36	42.26
	100m:	1:18.34	42.49	200m:	2:45.43	44.01	300m:	4:13.10	44.32	400m:	5:34.37	39.01

Roczniak 2004 - 2005

1.	Kalkan Jakub		04	LKS Jedno 32 Przyszowice				<b>4:15.27</b>	574			
	50m:	28.30	28.30	150m:	1:32.67	32.63	250m:	2:38.37	32.75	350m:	3:43.93	32.54
	100m:	1:00.04	31.74	200m:	2:05.62	32.95	300m:	3:11.39	33.02	400m:	4:15.27	31.34
2.	Gołacki Sergiusz		04	UKS 190 Łód				<b>4:19.51</b>	547			
	50m:	29.34	29.34	150m:	1:35.04	33.01	250m:	2:41.34	33.25	350m:	3:47.57	33.16
	100m:	1:02.03	32.69	200m:	2:08.09	33.05	300m:	3:14.41	33.07	400m:	4:19.51	31.94
3.	Le niak Maksymilian		04	UKS 190 Łód				<b>4:25.81</b>	509			
	50m:	30.09	30.09	150m:	1:36.79	33.77	250m:	2:44.99	34.24	350m:	3:52.98	33.97
	100m:	1:03.02	32.93	200m:	2:10.75	33.96	300m:	3:19.01	34.02	400m:	4:25.81	32.83
4.	Wytwer Daniel		04	KKS Włóknierz 1925 Kalisz				<b>4:34.57</b>	461			
	50m:	29.43	29.43	150m:	1:38.15	35.12	250m:	2:49.07	35.85	350m:	4:00.75	36.31
	100m:	1:03.03	33.60	200m:	2:13.22	35.07	300m:	3:24.44	35.37	400m:	4:34.57	33.82
5.	Jaworski Marcel		04	WKS I sk Wrocław				<b>4:37.64</b>	446			
	50m:	30.35	30.35	150m:	1:39.80	35.17	250m:	2:51.06	35.77	350m:	4:03.32	35.73
	100m:	1:04.63	34.28	200m:	2:15.29	35.49	300m:	3:27.59	36.53	400m:	4:37.64	34.32
6.	Stanisławski Bartosz		04	UKS SP 149 Łód				<b>4:38.92</b>	440			
	50m:	30.57	30.57	150m:	1:40.98	35.82	250m:	2:53.21	35.57	350m:	4:04.30	36.04
	100m:	1:05.16	34.59	200m:	2:17.64	36.66	300m:	3:28.26	35.05	400m:	4:38.92	34.62
7.	Wrabec Szymon		04	UKP MANTA Jelcz-Laskowice				<b>4:40.85</b>	431			
	50m:	31.00	31.00	150m:	1:41.55	36.08	250m:	2:53.54	35.94	350m:	4:05.47	36.20
	100m:	1:05.47	34.47	200m:	2:17.60	36.05	300m:	3:29.27	35.73	400m:	4:40.85	35.38
8.	Nowak Antoni		04	MKS Juvenia Wrocław SSP 72				<b>4:41.84</b>	427			
	50m:	31.00	31.00	150m:	1:43.42	36.48	250m:	2:55.32	35.80	350m:	4:07.46	35.72
	100m:	1:06.94	35.94	200m:	2:19.52	36.10	300m:	3:31.74	36.42	400m:	4:41.84	34.38
9.	Zaremba Adam		05	WKS I sk Wrocław				<b>4:42.06</b>	426			
	50m:	32.13	32.13	150m:	1:44.13	36.71	250m:	2:55.73	36.05	350m:	4:07.78	35.65
	100m:	1:07.42	35.29	200m:	2:19.68	35.55	300m:	3:32.13	36.40	400m:	4:42.06	34.28
10.	Klekowski Wiktor		04	WKS I sk Wrocław				<b>5:06.26</b>	332			
	50m:	32.22	32.22	150m:	1:48.70	39.38	250m:	3:08.53	40.11	350m:	4:28.54	40.24
	100m:	1:09.32	37.10	200m:	2:28.42	39.72	300m:	3:48.30	39.77	400m:	5:06.26	37.72
11.	Górowski Cezary		04	Zryw Opole				<b>5:07.10</b>	330			
	50m:	33.51	33.51	150m:	1:51.54	40.09	250m:	3:10.80	40.21	350m:	4:29.58	39.46
	100m:	1:11.45	37.94	200m:	2:30.59	39.05	300m:	3:50.12	39.32	400m:	5:07.10	37.52
12.	Wierzbicki Igor		05	UKP MANTA Jelcz-Laskowice				<b>5:15.92</b>	303			
	50m:	36.75	36.75	150m:	1:59.15	41.13	250m:	3:20.73	40.50	350m:	4:39.28	39.09
	100m:	1:18.02	41.27	200m:	2:40.23	41.08	300m:	4:00.19	39.46	400m:	5:15.92	36.64
13.	Pajerski Jakub		05	UKP Kmita Zabierzów				<b>5:17.27</b>	299			
	50m:	34.75	34.75	150m:	1:54.14	40.51	250m:	3:15.90	41.10	350m:	4:38.40	41.21
	100m:	1:13.63	38.88	200m:	2:34.80	40.66	300m:	3:57.19	41.29	400m:	5:17.27	38.87
14.	Cembala Karol		05	UKP MANTA Jelcz-Laskowice				<b>5:17.28</b>	299			
	50m:	36.49	36.49	150m:	1:58.04	40.81	250m:	3:20.21	40.81	350m:	4:39.79	39.06
	100m:	1:17.23	40.74	200m:	2:39.40	41.36	300m:	4:00.73	40.52	400m:	5:17.28	37.49

Krajowy Festiwal Polskiego Pływania. Super Jedyńki Opole 2017  
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Konkurencja 3, Chłopców, 400m dowolny, Roczniak 2004 - 2005

Pozycja			Rok ur.				Czas				Pkt.
15.	Padarż Dawid		04	WKS	I sk Wrocław	<b>5:20.01</b>				291	
	50m:	34.63 34.63	150m:	1:56.26 41.39	250m:	3:19.37 41.51	350m:	4:38.29 38.74			
	100m:	1:14.87 40.24	200m:	2:37.86 41.60	300m:	3:59.55 40.18	400m:	5:20.01 41.72			
16.	Sawicki Michał		04	WKS	I sk Wrocław	<b>5:24.82</b>				279	
	50m:	38.78 38.78	150m:	2:00.09 40.56	250m:	3:23.08 41.47	350m:	4:45.30 41.20			
	100m:	1:19.53 40.75	200m:	2:41.61 41.52	300m:	4:04.10 41.02	400m:	5:24.82 39.52			
17.	Walczy ski Maksymilian		04	WKS	I sk Wrocław	<b>5:26.34</b>				275	
	50m:	35.46 35.46	150m:	1:56.71 41.60	250m:	3:21.50 42.56	350m:	4:45.97 42.04			
	100m:	1:15.11 39.65	200m:	2:38.94 42.23	300m:	4:03.93 42.43	400m:	5:26.34 40.37			
18.	Skli ski Wiktor		04	WKS	I sk Wrocław	<b>5:28.39</b>				270	
	50m:	34.67 34.67	150m:	1:58.83 42.42	250m:	3:24.93 43.28	350m:	4:50.32 42.36			
	100m:	1:16.41 41.74	200m:	2:41.65 42.82	300m:	4:07.96 43.03	400m:	5:28.39 38.07			
19.	D bicki Maciej		04	WKS	I sk Wrocław	<b>5:29.47</b>				267	
	50m:	35.36 35.36	150m:	1:59.84 42.60	250m:	3:26.23 43.84	350m:	4:50.60 41.55			
	100m:	1:17.24 41.88	200m:	2:42.39 42.55	300m:	4:09.05 42.82	400m:	5:29.47 38.87			
20.	Dere Olaf		04	WKS	I sk Wrocław	<b>5:34.23</b>				256	
	50m:	36.60 36.60	150m:	2:03.51 43.92	250m:	3:29.93 43.15	350m:	4:54.97 42.06			
	100m:	1:19.59 42.99	200m:	2:46.78 43.27	300m:	4:12.91 42.98	400m:	5:34.23 39.26			
21.	Rusin Hubert		05	WKS	I sk Wrocław	<b>5:38.72</b>				246	
	50m:	37.86 37.86	150m:	2:03.95 43.12	250m:	3:31.86 43.92	350m:	4:58.08 43.24			
	100m:	1:20.83 42.97	200m:	2:47.94 43.99	300m:	4:14.84 42.98	400m:	5:38.72 40.64			
22.	Ostaszewski Bartek		05	WKS	I sk Wrocław	<b>5:44.33</b>				234	
	50m:	35.14 35.14	150m:	2:02.34 44.91	250m:	3:32.24 44.48	350m:	5:01.61 44.63			
	100m:	1:17.43 42.29	200m:	2:47.76 45.42	300m:	4:16.98 44.74	400m:	5:44.33 42.72			
23.	Fałkowski Wiktor		04	WKS	I sk Wrocław	<b>5:48.72</b>				225	
	50m:	38.69 38.69	150m:	2:06.99 44.62	250m:	3:36.97 44.73	350m:	5:06.65 45.06			
	100m:	1:22.37 43.68	200m:	2:52.24 45.25	300m:	4:21.59 44.62	400m:	5:48.72 42.07			
24.	Formánek Mathias		04	Plavecký klub Slavoj Bruntál,		<b>5:48.94</b>				225	
	50m:	36.96 36.96	150m:	2:05.13 45.07	250m:	3:35.32 45.55	350m:	5:06.93 45.93			
	100m:	1:20.06 43.10	200m:	2:49.77 44.64	300m:	4:21.00 45.68	400m:	5:48.94 42.01			
25.	wierzko Jakub		05	WKS	I sk Wrocław	<b>6:14.66</b>				181	
	50m:	37.86 37.86	150m:	2:11.16 48.19	250m:	3:49.18 49.08	350m:	5:26.33 48.50			
	100m:	1:22.97 45.11	200m:	3:00.10 48.94	300m:	4:37.83 48.65	400m:	6:14.66 48.33			

2006 i młodszy

1.	Peplowski Jan		06	WKS	I sk Wrocław	<b>5:29.97</b>				266
	50m:	35.08 35.08	150m:	1:58.22 42.85	250m:	3:23.11 42.20	350m:	4:47.70 42.41		
	100m:	1:15.37 40.29	200m:	2:40.91 42.69	300m:	4:05.29 42.18	400m:	5:29.97 42.27		
2.	Szyma ski Bartosz		07	KS AZS AWF Wrocław		<b>6:05.95</b>				195
	50m:	39.54 39.54	150m:	2:10.42 46.33	250m:	3:45.51 47.82	350m:	5:19.61 47.06		
	100m:	1:24.09 44.55	200m:	2:57.69 47.27	300m:	4:32.55 47.04	400m:	6:05.95 46.34		
3.	Grela Mateusz		06	Zryw Opole		<b>6:51.67</b>				137
	50m:	42.85 42.85	150m:	2:25.62 52.48	250m:	4:12.71 53.16	350m:	5:59.79 53.28		
	100m:	1:33.14 50.29	200m:	3:19.55 53.93	300m:	5:06.51 53.80	400m:	6:51.67 51.88		
4.	Włodarczyk Alex		06	Zryw Opole		<b>7:06.50</b>				123
	50m:	45.55 45.55	150m:	2:33.88 54.95	250m:	4:23.76 53.78	350m:	6:14.70 55.16		
	100m:	1:38.93 53.38	200m:	3:29.98 56.10	300m:	5:19.54 55.78	400m:	7:06.50 51.80		