

Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach
Gliwice, 1. - 2.4.2023

Konkurencja 36
02.04.2023 - 10:11

M czyzn, 400 BF

Open
Wyniki

Punkty:

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
Open							
1.	KROPIDŁOWSKI Szymon 02	UKS Manta Ko cierzyna	3:41.14	51.51	56.56	58.55	54.52
	50m: 24.47 24.47	150m: 1:19.12 27.61	250m: 2:16.83	28.76	350m: 3:14.64	28.02	
	100m: 51.51 27.04	200m: 1:48.07 28.95	300m: 2:46.62	29.79	400m: 3:41.14	26.50	
2.	LEWICKI Jakub 04	KS Nautilus Jastrz bie-Zdró	3:41.52	52.53	56.10	57.59	55.30
	50m: 25.01 25.01	150m: 1:20.38 27.85	250m: 2:17.35	28.72	350m: 3:14.67	28.45	
	100m: 52.53 27.52	200m: 1:48.63 28.25	300m: 2:46.22	28.87	400m: 3:41.52	26.85	
3.	DUBIEL Adam 93	UKS Tri-Sea Mewa Władysław	3:47.45	51.59	56.32	58.70	1:00.84
	50m: 24.68 24.68	150m: 1:19.45 27.86	250m: 2:16.96	29.05	350m: 3:17.14	30.53	
	100m: 51.59 26.91	200m: 1:47.91 28.46	300m: 2:46.61	29.65	400m: 3:47.45	30.31	
4.	SMOSZNA Wiktor 08	UKS Rekin Wrocław	3:50.70	55.74	56.75	59.91	58.30
	50m: 26.75 26.75	150m: 1:23.72 27.98	250m: 2:22.35	29.86	350m: 3:22.18	29.78	
	100m: 55.74 28.99	200m: 1:52.49 28.77	300m: 2:52.40	30.05	400m: 3:50.70	28.52	
5.	KUSEK Mateusz 07	IKS Herkules Suwałki	3:53.32	55.98	58.43	1:00.68	58.23
	50m: 26.92 26.92	150m: 1:25.01 29.03	250m: 2:24.51	30.10	350m: 3:25.21	30.12	
	100m: 55.98 29.06	200m: 1:54.41 29.40	300m: 2:55.09	30.58	400m: 3:53.32	28.11	
6.	ZIEMNIAK Seweryn 08	UKS Tri-Sea Mewa Władysław	3:55.70	53.97	1:00.10	1:01.16	1:00.47
	50m: 25.32 25.32	150m: 1:23.70 29.73	250m: 2:24.18	30.11	350m: 3:25.56	30.33	
	100m: 53.97 28.65	200m: 1:54.07 30.37	300m: 2:55.23	31.05	400m: 3:55.70	30.14	
7.	KOZŁOWSKI Oskar 08	MUKS PIORUN Gołdap	4:10.04	54.73	1:04.53	1:05.28	1:05.50
	50m: 25.58 25.58	150m: 1:26.41 31.68	250m: 2:31.27	32.01	350m: 3:37.68	33.14	
	100m: 54.73 29.15	200m: 1:59.26 32.85	300m: 3:04.54	33.27	400m: 4:10.04	32.36	
8.	BIERYT Konrad 07	KS Nautilus Jastrz bie-Zdró	4:12.20	55.87	1:05.10	1:07.24	1:03.99
	50m: 25.83 25.83	150m: 1:27.97 32.10	250m: 2:34.30	33.33	350m: 3:41.86	33.65	
	100m: 55.87 30.04	200m: 2:00.97 33.00	300m: 3:08.21	33.91	400m: 4:12.20	30.34	
9.	CZERWI SKI Bartosz 06	OSN Amfiprion Olecko	4:12.42	59.55	1:06.09	1:06.53	1:00.25
	50m: 27.76 27.76	150m: 1:31.90 32.35	250m: 2:39.36	33.72	350m: 3:43.57	31.40	
	100m: 59.55 31.79	200m: 2:05.64 33.74	300m: 3:12.17	32.81	400m: 4:12.42	28.85	
10.	KISIELEWSKI Antoni 09	MUKS PIORUN Gołdap	4:13.41	59.97	1:06.43	1:06.01	1:01.00
	50m: 27.85 27.85	150m: 1:32.65 32.68	250m: 2:39.66	33.26	350m: 3:44.45	32.04	
	100m: 59.97 32.12	200m: 2:06.40 33.75	300m: 3:12.41	32.75	400m: 4:13.41	28.96	
11.	SAPKOWSKI Michał 09	IKS Herkules Suwałki	4:13.57	1:02.20	1:05.45	1:06.23	59.69
	50m: 28.97 28.97	150m: 1:34.66 32.46	250m: 2:40.66	33.01	350m: 3:45.60	31.72	
	100m: 1:02.20 33.23	200m: 2:07.65 32.99	300m: 3:13.88	33.22	400m: 4:13.57	27.97	
12.	KREFT Szymon 06	UKS "Delfin" Władysławowo	4:17.92	1:00.07	1:07.44	1:07.05	1:03.36
	50m: 28.08 28.08	150m: 1:33.62 33.55	250m: 2:41.08	33.57	350m: 3:47.10	32.54	
	100m: 1:00.07 31.99	200m: 2:07.51 33.89	300m: 3:14.56	33.48	400m: 4:17.92	30.82	
13.	KROPIDŁOWSKI Dawid 09	UKS Manta Ko cierzyna	4:32.74	1:04.95	1:10.07	1:09.27	1:08.45
	50m: 30.22 30.22	150m: 1:40.38 35.43	250m: 2:50.28	35.26	350m: 3:58.78	34.49	
	100m: 1:04.95 34.73	200m: 2:15.02 34.64	300m: 3:24.29	34.01	400m: 4:32.74	33.96	
14.	KLEISA Hubert 09	UKS "Delfin" Władysławowo	4:47.25	1:04.57	1:14.84	1:16.33	1:11.51
	50m: 30.11 30.11	150m: 1:41.37 36.80	250m: 2:56.49	37.08	350m: 4:12.73	36.99	
	100m: 1:04.57 34.46	200m: 2:19.41 38.04	300m: 3:35.74	39.25	400m: 4:47.25	34.52	
15.	KLONOWSKI Kajetan 09	KS Aqua Sport Ko cierzyna	4:49.69	1:08.49	1:15.20	1:17.56	1:08.44
	50m: 31.28 31.28	150m: 1:45.52 37.03	250m: 3:01.86	38.17	350m: 4:18.11	36.86	
	100m: 1:08.49 37.21	200m: 2:23.69 38.17	300m: 3:41.25	39.39	400m: 4:49.69	31.58	

Rocznik 2006 - 2007

1.	KUSEK Mateusz 07	IKS Herkules Suwałki	3:53.32	55.98	58.43	1:00.68	58.23
	50m: 26.92 26.92	150m: 1:25.01 29.03	250m: 2:24.51	30.10	350m: 3:25.21	30.12	
	100m: 55.98 29.06	200m: 1:54.41 29.40	300m: 2:55.09	30.58	400m: 3:53.32	28.11	
2.	BIERYT Konrad 07	KS Nautilus Jastrz bie-Zdró	4:12.20	55.87	1:05.10	1:07.24	1:03.99
	50m: 25.83 25.83	150m: 1:27.97 32.10	250m: 2:34.30	33.33	350m: 3:41.86	33.65	
	100m: 55.87 30.04	200m: 2:00.97 33.00	300m: 3:08.21	33.91	400m: 4:12.20	30.34	
3.	CZERWI SKI Bartosz 06	OSN Amfiprion Olecko	4:12.42	59.55	1:06.09	1:06.53	1:00.25
	50m: 27.76 27.76	150m: 1:31.90 32.35	250m: 2:39.36	33.72	350m: 3:43.57	31.40	
	100m: 59.55 31.79	200m: 2:05.64 33.74	300m: 3:12.17	32.81	400m: 4:12.42	28.85	

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Gliwice, 1. - 2.4.2023

Konkurencja 36, Chłopców, 400 BF, Roczniak 2006 - 2007

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
4. KREFT Szymon	06	UKS "Delfin" Władysławowo	4:17.92	1:00.07	1:07.44	1:07.05	1:03.36
50m: 28.08	28.08	150m: 1:33.62	33.55	250m: 2:41.08	33.57	350m: 3:47.10	32.54
100m: 1:00.07	31.99	200m: 2:07.51	33.89	300m: 3:14.56	33.48	400m: 4:17.92	30.82

Roczniak 2008 - 2009

1. SMOSZNA Wiktor	08	UKS Rekin Wrocław	3:50.70	55.74	56.75	59.91	58.30
50m: 26.75	26.75	150m: 1:23.72	27.98	250m: 2:22.35	29.86	350m: 3:22.18	29.78
100m: 55.74	28.99	200m: 1:52.49	28.77	300m: 2:52.40	30.05	400m: 3:50.70	28.52
2. ZIEMNIAK Seweryn	08	UKS Tri-Sea Mewa Władysławowo	3:55.70	53.97	1:00.10	1:01.16	1:00.47
50m: 25.32	25.32	150m: 1:23.70	29.73	250m: 2:24.18	30.11	350m: 3:25.56	30.33
100m: 53.97	28.65	200m: 1:54.07	30.37	300m: 2:55.23	31.05	400m: 3:55.70	30.14
3. KOZŁOWSKI Oskar	08	MUKS PIORUN Gołdap	4:10.04	54.73	1:04.53	1:05.28	1:05.50
50m: 25.58	25.58	150m: 1:26.41	31.68	250m: 2:31.27	32.01	350m: 3:37.68	33.14
100m: 54.73	29.15	200m: 1:59.26	32.85	300m: 3:04.54	33.27	400m: 4:10.04	32.36
4. KISIELEWSKI Antoni	09	MUKS PIORUN Gołdap	4:13.41	59.97	1:06.43	1:06.01	1:01.00
50m: 27.85	27.85	150m: 1:32.65	32.68	250m: 2:39.66	33.26	350m: 3:44.45	32.04
100m: 59.97	32.12	200m: 2:06.40	33.75	300m: 3:12.41	32.75	400m: 4:13.41	28.96
5. SAPKOWSKI Michał	09	IKS Herkules Suwałki	4:13.57	1:02.20	1:05.45	1:06.23	59.69
50m: 28.97	28.97	150m: 1:34.66	32.46	250m: 2:40.66	33.01	350m: 3:45.60	31.72
100m: 1:02.20	33.23	200m: 2:07.65	32.99	300m: 3:13.88	33.22	400m: 4:13.57	27.97
6. KROPIDŁOWSKI Dawid	09	UKS Manta Kościerzyna	4:32.74	1:04.95	1:10.07	1:09.27	1:08.45
50m: 30.22	30.22	150m: 1:40.38	35.43	250m: 2:50.28	35.26	350m: 3:58.78	34.49
100m: 1:04.95	34.73	200m: 2:15.02	34.64	300m: 3:24.29	34.01	400m: 4:32.74	33.96
7. KLEISA Hubert	09	UKS "Delfin" Władysławowo	4:47.25	1:04.57	1:14.84	1:16.33	1:11.51
50m: 30.11	30.11	150m: 1:41.37	36.80	250m: 2:56.49	37.08	350m: 4:12.73	36.99
100m: 1:04.57	34.46	200m: 2:19.41	38.04	300m: 3:35.74	39.25	400m: 4:47.25	34.52
8. KLONOWSKI Kajetan	09	KS Aqua Sport Kościerzyna	4:49.69	1:08.49	1:15.20	1:17.56	1:08.44
50m: 31.28	31.28	150m: 1:45.52	37.03	250m: 3:01.86	38.17	350m: 4:18.11	36.86
100m: 1:08.49	37.21	200m: 2:23.69	38.17	300m: 3:41.25	39.39	400m: 4:49.69	31.58