



Konkurencja 50
16.04.2024 - 12:59

Mężczyźni, 400m zmienny

2010 i starsi
Wyniki

Punkty: FINA 2023

| Pozycja | Rok ur. | Czas | R.St | % popr. | FINA | P.Klub |
|-------------------------|---|----------------|---------------|---------|------|--------|
| Rocznik 2010 | | | | | | |
| 1. Kowalski Adrian | 10 CSiR MOS w D browie Górnicy | 5:13.56 | +0,58 | - | 470 | 25,00 |
| 50m: 33.09 | 33.09 150m: 1:55.21 42.90 250m: 3:19.66 | 42.56 | 350m: 4:38.85 | 35.91 | | |
| 100m: 1:12.31 | 39.22 200m: 2:37.10 41.89 300m: 4:02.94 | 43.28 | 400m: 5:13.56 | 34.71 | | |
| 2. Jakubczyk Robert | 10 UKS „Aligator” Gorzyce | 5:16.59 | +0,74 | - | 456 | 20,00 |
| 50m: 33.98 | 33.98 150m: 1:58.05 42.98 250m: 3:25.03 | 45.26 | 350m: 4:44.51 | 34.21 | | |
| 100m: 1:15.07 | 41.09 200m: 2:39.77 41.72 300m: 4:10.30 | 45.27 | 400m: 5:16.59 | 32.08 | | |
| 3. Witecki Wojciech | 10 CSiR MOS w D browie Górnicy | 5:23.73 | +0,61 | - | 427 | 17,00 |
| 50m: 32.20 | 32.20 150m: 1:54.73 43.82 250m: 3:24.22 | 47.50 | 350m: 4:47.69 | 36.07 | | |
| 100m: 1:10.91 | 38.71 200m: 2:36.72 41.99 300m: 4:11.62 | 47.40 | 400m: 5:23.73 | 36.04 | | |
| 4. Mamakis Filippos | 10 MKS Park Wodny Tarnowskie Góry | 5:32.97 | +0,69 | 101% | 392 | 17,00 |
| 50m: 32.94 | 32.94 150m: 1:58.35 45.65 250m: 3:29.79 | 48.55 | 350m: 4:57.33 | 38.52 | | |
| 100m: 1:12.70 | 39.76 200m: 2:41.24 42.89 300m: 4:18.81 | 49.02 | 400m: 5:32.97 | 35.64 | | |
| 5. Oleksiuk Markiiian | 10 UKS „Nowy Klub Pływakci” | 5:35.07 | | 103% | 385 | 15,00 |
| 50m: 32.06 | 32.06 150m: 1:52.76 42.00 250m: 3:24.11 | 50.13 | 350m: 4:55.10 | 40.15 | | |
| 100m: 1:10.76 | 38.70 200m: 2:33.98 41.22 300m: 4:14.95 | 50.84 | 400m: 5:35.07 | 39.97 | | |
| 6. Wiciok Michał | 10 UKP „Ruda I ska” | 5:37.59 | +0,82 | - | 376 | 11,00 |
| 50m: 35.61 | 35.61 150m: 2:00.49 46.29 250m: 3:32.99 | 51.96 | 350m: 5:01.57 | 38.07 | | |
| 100m: 1:14.20 | 38.59 200m: 2:41.03 40.54 300m: 4:23.50 | 50.51 | 400m: 5:37.59 | 36.02 | | |
| 7. Krzakala Dominik | 10 UKS „MANTA” Kochłowice Ruda I ska | 5:49.30 | +0,65 | 111% | 340 | 11,00 |
| 50m: 34.34 | 34.34 150m: 2:03.52 45.03 250m: 3:39.76 | 50.76 | 350m: 5:10.57 | 40.91 | | |
| 100m: 1:18.49 | 44.15 200m: 2:49.00 45.48 300m: 4:29.66 | 49.90 | 400m: 5:49.30 | 38.73 | | |
| 8. Bryłka Bartosz | 10 Uks "Salmo ory" | 5:50.58 | +0,84 | - | 336 | 7,00 |
| 50m: 35.62 | 35.62 150m: 2:06.16 47.55 250m: 3:44.29 | 52.86 | 350m: 5:12.71 | 38.18 | | |
| 100m: 1:18.61 | 42.99 200m: 2:51.43 45.27 300m: 4:34.53 | 50.24 | 400m: 5:50.58 | 37.87 | | |
| 9. Składan Olaf | 10 MOSM Tychy | 6:04.50 | +0,80 | - | 299 | 5,00 |
| 50m: 37.51 | 37.51 150m: 2:11.01 50.52 250m: 3:50.93 | 52.21 | 350m: 5:24.79 | 41.68 | | |
| 100m: 1:20.49 | 42.98 200m: 2:58.72 47.71 300m: 4:43.11 | 52.18 | 400m: 6:04.50 | 39.71 | | |
| 10. Fojt Wiktor | 10 UKP „Ruda I ska” | 6:05.54 | | - | 296 | 3,00 |
| 50m: 37.55 | 37.55 150m: 2:14.20 48.30 250m: 3:53.22 | 51.20 | 350m: 5:25.89 | 39.50 | | |
| 100m: 1:25.90 | 48.35 200m: 3:02.02 47.82 300m: 4:46.39 | 53.17 | 400m: 6:05.54 | 39.65 | | |
| 11. Pyrsz Józef | 10 MOSM Tychy | 6:16.07 | +0,70 | - | 272 | 2,00 |
| 50m: 37.49 | 37.49 150m: 2:13.66 50.21 250m: 3:52.62 | 49.58 | 350m: 5:30.98 | 46.47 | | |
| 100m: 1:23.45 | 45.96 200m: 3:03.04 49.38 300m: 4:44.51 | 51.89 | 400m: 6:16.07 | 45.09 | | |
| 12. Kurak Mikołaj | 10 Uks "Salmo ory" | 6:21.42 | | - | 261 | 1,00 |
| 50m: 38.27 | 38.27 150m: 2:17.55 48.73 250m: 3:57.91 | 51.90 | 350m: 5:35.76 | 46.01 | | |
| 100m: 1:28.82 | 50.55 200m: 3:06.01 48.46 300m: 4:49.75 | 51.84 | 400m: 6:21.42 | 45.66 | | |
| 13. Ignar Piotr | 10 Uks "Salmo ory" | 6:21.69 | | - | 260 | 1,00 |
| 50m: 39.94 | 39.94 150m: 2:19.45 48.78 250m: 4:00.81 | 54.36 | 350m: 5:41.36 | 45.07 | | |
| 100m: 1:30.67 | 50.73 200m: 3:06.45 47.00 300m: 4:56.29 | 55.48 | 400m: 6:21.69 | 40.33 | | |
| 14. Tamiola Emil | 10 Uks "Salmo ory" | 6:22.41 | +0,60 | - | 259 | 1,00 |
| 50m: 41.75 | 41.75 150m: 2:21.74 48.54 250m: 4:04.34 | 54.42 | 350m: 5:41.41 | 42.21 | | |
| 100m: 1:33.20 | 51.45 200m: 3:09.92 48.18 300m: 4:59.20 | 54.86 | 400m: 6:22.41 | 41.00 | | |
| 15. Szpitalny Kordian | 10 Uks "Salmo ory" | 6:32.39 | +0,76 | - | 239 | 1,00 |
| 50m: 43.82 | 43.82 150m: 4:11.44 2:31.28 250m: 5:48.26 | 2:30.65 | 350m: | | | |
| 100m: 1:40.16 | 56.34 200m: 3:17.61 300m: 5:05.00 | | 400m: 6:32.39 | | | |
| 16. Niemanowski Mateusz | 10 Uks "Salmo ory" | 7:57.92 | +1,01 | - | 132 | 1,00 |
| 50m: 51.10 | 51.10 150m: 2:58.32 1:05.67 250m: 5:07.57 | 1:07.02 | 350m: | | | |
| 100m: 1:52.65 | 1:01.55 200m: 4:00.55 1:02.23 300m: 6:14.37 | 1:06.80 | 400m: 7:57.92 | | | |

Rocznik 2009

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|----------------|---|----------------|---------------|-------|-----|-------|
| 1. Gabor Bruno | 09 MKS Park Wodny Tarnowskie Góry | 5:08.62 | | 95% | 493 | 25,00 |
| 50m: 32.43 | 32.43 150m: 1:51.97 40.55 250m: 3:13.08 | 42.01 | 350m: 4:33.01 | 36.34 | | |
| 100m: 1:11.42 | 38.99 200m: 2:31.07 39.10 300m: 3:56.67 | 43.59 | 400m: 5:08.62 | 35.61 | | |
| 2. Cis Wiktor | 09 CSiR MOS w D browie Górnicy | 5:17.48 | +0,69 | 107% | 453 | 22,00 |
| 50m: 32.32 | 32.32 150m: 1:53.47 42.86 250m: 3:19.63 | 42.86 | 350m: 4:40.65 | 36.63 | | |
| 100m: 1:10.61 | 38.29 200m: 2:36.77 43.30 300m: 4:04.02 | 44.39 | 400m: 5:17.48 | 36.83 | | |



Konkurencja 50, Chłopców, 400m zmienny, Rocznik 2009

| Pozycja | Rok ur. | | Czas | | | | R.St | % popr. | FINA | P.Klub | |
|----------------------|---|-------|----------------|---------|-------|-------|---------|---------|-------|---------|-------|
| 3. Radek Paweł | 09 MOSM Tychy | | 5:30.72 | | | | +0,86 | 109% | 400 | 19,00 | |
| 50m: | 33.55 | 33.55 | 150m: | 1:56.65 | 44.07 | 250m: | 3:26.62 | 46.81 | 350m: | 4:53.58 | 38.92 |
| 100m: | 1:12.58 | 39.03 | 200m: | 2:39.81 | 43.16 | 300m: | 4:14.66 | 48.04 | 400m: | 5:30.72 | 37.14 |
| 4. Bzowski Dawid | 09 UKS „Huragan” przy SP nr 45 w Sosnowcu | | 5:38.11 | | | | +0,78 | - | 375 | 15,00 | |
| 50m: | 32.17 | 32.17 | 150m: | 1:55.77 | 44.37 | 250m: | 3:30.97 | 51.58 | 350m: | 5:02.07 | 37.96 |
| 100m: | 1:11.40 | 39.23 | 200m: | 2:39.39 | 43.62 | 300m: | 4:24.11 | 53.14 | 400m: | 5:38.11 | 36.04 |
| 5. Szyma ski Karol | 09 UKS „Huragan” przy SP nr 45 w Sosnowcu | | 5:43.45 | | | | | - | 357 | 13,00 | |
| 50m: | 33.55 | 33.55 | 150m: | 1:59.31 | 45.09 | 250m: | 3:35.18 | 51.07 | 350m: | 5:04.79 | 39.25 |
| 100m: | 1:14.22 | 40.67 | 200m: | 2:44.11 | 44.80 | 300m: | 4:25.54 | 50.36 | 400m: | 5:43.45 | 38.66 |
| 6. Moczek Franciszek | 09 MKS Pałac Młodzie y Katowice | | 5:49.67 | | | | +0,71 | 103% | 339 | 13,00 | |
| 50m: | 34.82 | 34.82 | 150m: | 2:01.58 | 45.32 | 250m: | 3:33.94 | 48.57 | 350m: | 5:08.46 | 43.66 |
| 100m: | 1:16.26 | 41.44 | 200m: | 2:45.37 | 43.79 | 300m: | 4:24.80 | 50.86 | 400m: | 5:49.67 | 41.21 |
| 7. Spadło Krzysztof | 09 UKS „Huragan” przy SP nr 45 w Sosnowcu | | 5:51.49 | | | | +0,78 | - | 333 | 9,00 | |
| 50m: | 38.30 | 38.30 | 150m: | 2:17.52 | 49.98 | 250m: | 3:49.53 | 46.74 | 350m: | 5:15.72 | 38.61 |
| 100m: | 1:27.54 | 49.24 | 200m: | 3:02.79 | 45.27 | 300m: | 4:37.11 | 47.58 | 400m: | 5:51.49 | 35.77 |

2008 i starsi

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|-----------------------|---|-------|----------------|---------|-------|-------|---------|-------|-------|---------|-------|
| 1. Geisner Kamil | 05 UKS Wodnik Siemianowice I skie | | 4:48.78 | | | | +0,63 | - | 602 | 25,00 | |
| 50m: | 27.96 | 27.96 | 150m: | 1:37.25 | 36.45 | 250m: | 2:58.75 | 45.69 | 350m: | 4:17.47 | 33.50 |
| 100m: | 1:00.80 | 32.84 | 200m: | 2:13.06 | 35.81 | 300m: | 3:43.97 | 45.22 | 400m: | 4:48.78 | 31.31 |
| 2. Broczkowski Bogusz | 08 UKS „Huragan” przy SP nr 45 w Sosnowcu | | 5:02.47 | | | | +0,71 | 104% | 523 | 22,00 | |
| 50m: | 31.93 | 31.93 | 150m: | 1:50.61 | 41.30 | 250m: | 3:14.78 | 44.14 | 350m: | 4:31.38 | 33.99 |
| 100m: | 1:09.31 | 37.38 | 200m: | 2:30.64 | 40.03 | 300m: | 3:57.39 | 42.61 | 400m: | 5:02.47 | 31.09 |
| 3. Gr dziak Oskar | 08 MKS Park Wodny Tarnowskie Góry | | 5:03.68 | | | | +0,80 | 97% | 517 | 17,00 | |
| 50m: | 32.37 | 32.37 | 150m: | 1:51.19 | 41.46 | 250m: | 3:13.69 | 41.16 | 350m: | 4:30.17 | 35.29 |
| 100m: | 1:09.73 | 37.36 | 200m: | 2:32.53 | 41.34 | 300m: | 3:54.88 | 41.19 | 400m: | 5:03.68 | 33.51 |
| 4. Gajos Łukasz | 08 MKS Pałac Młodzie y Katowice | | 5:11.42 | | | | +0,73 | 104% | 480 | 17,00 | |
| 50m: | 32.12 | 32.12 | 150m: | 1:51.52 | 42.35 | 250m: | 3:18.56 | 45.30 | 350m: | 4:38.75 | 34.40 |
| 100m: | 1:09.17 | 37.05 | 200m: | 2:33.26 | 41.74 | 300m: | 4:04.35 | 45.79 | 400m: | 5:11.42 | 32.67 |
| 5. Kramarczyk Jakub | 01 MKS Pałac Młodzie y Katowice | | 5:26.10 | | | | +0,75 | - | 418 | 13,00 | |
| 50m: | 32.17 | 32.17 | 150m: | 1:54.10 | 43.56 | 250m: | 3:25.33 | 49.24 | 350m: | 4:51.19 | 36.21 |
| 100m: | 1:10.54 | 38.37 | 200m: | 2:36.09 | 41.99 | 300m: | 4:14.98 | 49.65 | 400m: | 5:26.10 | 34.91 |
| 6. Bajor Bartosz | 08 "Sikret" Gliwice | | 5:48.99 | | | | +0,70 | - | 341 | 11,00 | |
| 50m: | 34.02 | 34.02 | 150m: | 2:01.58 | 46.87 | 250m: | 3:37.15 | 50.95 | 350m: | 5:10.30 | 42.48 |
| 100m: | 1:14.71 | 40.69 | 200m: | 2:46.20 | 44.62 | 300m: | 4:27.82 | 50.67 | 400m: | 5:48.99 | 38.69 |
| 7. Bem Maksymilian | 08 MKS Pałac Młodzie y Katowice | | 6:10.68 | | | | | - | 284 | 9,00 | |
| 50m: | 40.97 | 40.97 | 150m: | 2:18.60 | 48.10 | 250m: | 3:56.77 | 53.24 | 350m: | 5:30.98 | 40.34 |
| 100m: | 1:30.50 | 49.53 | 200m: | 3:03.53 | 44.93 | 300m: | 4:50.64 | 53.87 | 400m: | 6:10.68 | 39.70 |