

Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.  
Gliwice, 11. - 12.5.2024

Konkurencja 29  
11.05.2024 - 18:00

M czożyn, 400m Surface A-D

Open  
Wyniki

Punkty: Table 1000

Pozycja	Wiek	Czas Pkt.	100m	200m	300m	400m	
<b>Open</b>							
1. DRA BA Filip	22	<b>UKS Tri-Sea Mewa Władysław 3:10.53</b>	46.92	47.73	48.30	47.58	
50m:	23.10	23.10	150m:	1:10.45	23.53	250m:	1:58.61
100m:	46.92	23.82	200m:	1:34.65	24.20	300m:	2:22.95
350m:			24.36	350m:	2:47.20	24.25	
400m:			25.08	400m:	3:10.53	23.33	
2. PIETRAS Kamil	19	<b>Delfinek Chodzie 3:14.53</b>	46.56	48.20	49.44	50.33	
50m:	22.67	22.67	150m:	1:10.49	23.93	250m:	1:59.12
100m:	46.56	23.89	200m:	1:34.76	24.27	300m:	2:24.20
350m:			24.36	350m:	2:49.42	25.22	
400m:			25.08	400m:	3:14.53	25.11	
3. DRAMI SKI Michał	25	<b>UKS Tri-Sea Mewa Władysław 3:20.40</b>	48.39	51.09	50.75	50.17	
50m:	23.05	23.05	150m:	1:13.98	25.59	250m:	2:04.81
100m:	48.39	25.34	200m:	1:39.48	25.50	300m:	2:30.23
350m:			25.33	350m:	2:55.79	25.56	
400m:			25.42	400m:	3:20.40	24.61	
4. KONKEL Albert	14	<b>UKS Tri-Sea Mewa Władysław 3:31.62</b>	51.10	53.33	54.06	53.13	
50m:	24.26	24.26	150m:	1:17.62	26.52	250m:	2:11.47
100m:	51.10	26.84	200m:	1:44.43	26.81	300m:	2:38.49
350m:			27.04	350m:	3:05.84	27.35	
400m:			27.02	400m:	3:31.62	25.78	
5. KROPIDŁOWSKI Szymon	15	<b>UKS Manta Ko cierzyna 3:59.57</b>	56.52	1:01.01	1:02.84	59.20	
50m:	26.72	26.72	150m:	1:21.06	24.54	250m:	2:06.41
100m:	56.52	29.80	200m:	1:57.53	36.47	300m:	3:00.37
350m:			8.88	350m:	2:28.53		
400m:			53.96	400m:	3:59.57	1:31.04	
6. TABASZEWSKI Szymon	16	<b>UKS Rekin Wrocław 4:01.60</b>	56.95	1:02.43	1:02.98	59.24	
50m:	27.12	27.12	150m:	1:27.85	30.90	250m:	2:30.37
100m:	56.95	29.83	200m:	1:59.38	31.53	300m:	3:02.36
350m:			30.99	350m:	3:33.01	30.65	
400m:			31.99	400m:	4:01.60	28.59	
7. SZEWCZYK Jakub	15	<b>UKS Rekin Wrocław 4:19.25</b>	59.02	1:09.11	1:08.48	1:02.64	
50m:	27.37	27.37	150m:	1:33.23	34.21	250m:	2:42.12
100m:	59.02	31.65	200m:	2:08.13	34.90	300m:	3:16.61
350m:			33.99	350m:	3:49.10	32.49	
400m:			34.49	400m:	4:19.25	30.15	
8. MAKOWSKI Aleksander	13	<b>Laguna 24 Toru 4:31.35</b>	1:04.38	1:09.96	1:10.45	1:06.56	
50m:	30.40	30.40	150m:	1:39.43	35.05	250m:	2:49.86
100m:	1:04.38	33.98	200m:	2:14.34	34.91	300m:	3:24.79
350m:			35.52	350m:	3:59.74	34.95	
400m:			34.93	400m:	4:31.35	31.61	
9. GORZYCKI Kacper	12	<b>Laguna 24 Toru 4:48.14</b>	1:10.28	1:12.47	1:15.86	1:09.53	
50m:	34.77	34.77	150m:	1:46.24	35.96	250m:	3:00.15
100m:	1:10.28	35.51	200m:	2:22.75	36.51	300m:	3:38.61
350m:			37.40	350m:	4:13.98	35.37	
400m:			38.46	400m:	4:48.14	34.16	
10. SIENKIEWICZ Kacper	13	<b>UKS Amfiprion Olecko 5:04.86</b>	1:12.16	1:18.09	1:18.77	1:15.84	
50m:	34.02	34.02	150m:	1:51.11	38.95	250m:	3:09.83
100m:	1:12.16	38.14	200m:	2:30.25	39.14	300m:	3:49.02
350m:			39.58	350m:	4:28.37	39.35	
400m:			39.19	400m:	5:04.86	36.49	
11. SZLENDAK Jakub	12	<b>UKS Manta Ko cierzyna 5:17.84</b>	1:14.67	1:23.73	1:23.78	1:15.66	
50m:	34.85	34.85	150m:	1:56.07	41.40	250m:	3:21.63
100m:	1:14.67	39.82	200m:	2:38.40	42.33	300m:	4:02.18
350m:			43.23	350m:	4:43.67	41.49	
400m:			40.55	400m:	5:17.84	34.17	
12. KOWALKOWSKI A.	12	<b>Laguna 24 Toru 5:18.40</b>	1:18.72	1:24.44	1:22.27	1:12.97	
50m:	39.57	39.57	150m:	2:01.27	42.55	250m:	3:24.75
100m:	1:18.72	39.15	200m:	2:43.16	41.89	300m:	4:05.43
350m:			41.59	350m:	4:44.93	39.50	
400m:			40.68	400m:	5:18.40	33.47	

**Kat. D**

1. MAKOWSKI Aleksander	13	<b>Laguna 24 Toru 4:31.35</b>	1:04.38	1:09.96	1:10.45	1:06.56	
50m:	30.40	30.40	150m:	1:39.43	35.05	250m:	2:49.86
100m:	1:04.38	33.98	200m:	2:14.34	34.91	300m:	3:24.79
350m:			35.52	350m:	3:59.74	34.95	
400m:			34.93	400m:	4:31.35	31.61	
2. GORZYCKI Kacper	12	<b>Laguna 24 Toru 4:48.14</b>	1:10.28	1:12.47	1:15.86	1:09.53	
50m:	34.77	34.77	150m:	1:46.24	35.96	250m:	3:00.15
100m:	1:10.28	35.51	200m:	2:22.75	36.51	300m:	3:38.61
350m:			37.40	350m:	4:13.98	35.37	
400m:			38.46	400m:	4:48.14	34.16	
3. SIENKIEWICZ Kacper	13	<b>UKS Amfiprion Olecko 5:04.86</b>	1:12.16	1:18.09	1:18.77	1:15.84	
50m:	34.02	34.02	150m:	1:51.11	38.95	250m:	3:09.83
100m:	1:12.16	38.14	200m:	2:30.25	39.14	300m:	3:49.02
350m:			39.58	350m:	4:28.37	39.35	
400m:			39.19	400m:	5:04.86	36.49	
4. SZLENDAK Jakub	12	<b>UKS Manta Ko cierzyna 5:17.84</b>	1:14.67	1:23.73	1:23.78	1:15.66	
50m:	34.85	34.85	150m:	1:56.07	41.40	250m:	3:21.63
100m:	1:14.67	39.82	200m:	2:38.40	42.33	300m:	4:02.18
350m:			43.23	350m:	4:43.67	41.49	
400m:			40.55	400m:	5:17.84	34.17	
5. KOWALKOWSKI A.	12	<b>Laguna 24 Toru 5:18.40</b>	1:18.72	1:24.44	1:22.27	1:12.97	
50m:	39.57	39.57	150m:	2:01.27	42.55	250m:	3:24.75
100m:	1:18.72	39.15	200m:	2:43.16	41.89	300m:	4:05.43
350m:			41.59	350m:	4:44.93	39.50	
400m:			40.68	400m:	5:18.40	33.47	