

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach  
Poznań, 30-3-2019

Konkurencja 22  
2019-03-30 - 17:40

Mężczyźni, 400m zmienny

Open  
Wyniki

Punkty: FINA 2018

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
<b>17 lat i starsi</b>							
1.	MIKOŁAJCZAK Błażej 01	MUKS "Piastka"	<b>4:52.30</b> 580	1:04.60	1:15.13	1:26.84	1:05.73
	50m: 29.44 29.44	150m: 1:41.95 37.35	250m: 3:02.87	43.14	350m: 4:19.42	32.85	
	100m: 1:04.60 35.16	200m: 2:19.73 37.78	300m: 3:46.57	43.70	400m: 4:52.30	32.88	
<b>15 - 16 lat</b>							
1.	ANTCZAK Bartosz 03	UKP „Polonia Warszawa"	<b>4:44.07</b> 632	1:00.90	1:11.95	1:21.24	1:09.98
	50m: 27.97 27.97	150m: 1:37.51 36.61	250m: 2:52.79	39.94	350m: 4:09.34	35.25	
	100m: 1:00.90 32.93	200m: 2:12.85 35.34	300m: 3:34.09	41.30	400m: 4:44.07	34.73	
2.	DOBRINDT Mikołaj 03	MUKS "Piastka"	<b>4:53.94</b> 570	1:05.18	1:16.16	1:24.36	1:08.24
	50m: 29.91 29.91	150m: 1:43.69 38.51	250m: 3:03.14	41.80	350m: 4:19.86	34.16	
	100m: 1:05.18 35.27	200m: 2:21.34 37.65	300m: 3:45.70	42.56	400m: 4:53.94	34.08	
3.	SOBIECHOWSKI Filip 04	UKS Shark Rudna	<b>5:06.93</b> 501	1:10.09	1:18.14	1:30.79	1:07.91
	50m: 31.59 31.59	150m: 1:49.91 39.82	250m: 3:13.82	45.59	350m: 4:34.11	35.09	
	100m: 1:10.09 38.50	200m: 2:28.23 38.32	300m: 3:59.02	45.20	400m: 5:06.93	32.82	
4.	J DRYKA Nikodem 04	MKS Jedynka Łódź	<b>5:13.57</b> 470	1:10.08	1:25.82	1:27.42	1:10.25
	50m: 32.60 32.60	150m: 1:53.48 43.40	250m: 3:19.22	43.32	350m: 4:39.44	36.12	
	100m: 1:10.08 37.48	200m: 2:35.90 42.42	300m: 4:03.32	44.10	400m: 5:13.57	34.13	
5.	SOI SKI Dominik 03	KS Warta Poznań	<b>5:13.88</b> 468	1:13.77	1:24.78	1:26.06	1:09.27
	50m: 33.55 33.55	150m: 1:57.75 43.98	250m: 3:21.54	42.99	350m: 4:40.87	36.26	
	100m: 1:13.77 40.22	200m: 2:38.55 40.80	300m: 4:04.61	43.07	400m: 5:13.88	33.01	
6.	KNOPP Jarosław 04	MUKS "Piastka"	<b>5:16.29</b> 458	1:08.44	1:25.14	1:30.59	1:12.12
	50m: 31.86 31.86	150m: 1:52.00 43.56	250m: 3:19.10	45.52	350m: 4:41.40	37.23	
	100m: 1:08.44 36.58	200m: 2:33.58 41.58	300m: 4:04.17	45.07	400m: 5:16.29	34.89	
7.	ZAWALICH Oskar 04	MKP H2O Koszalin	<b>5:22.90</b> 430	1:13.66	1:26.15	1:28.39	1:14.70
	50m: 32.99 32.99	150m: 1:57.40 43.74	250m: 3:22.85	43.04	350m: 4:45.98	37.78	
	100m: 1:13.66 40.67	200m: 2:39.81 42.41	300m: 4:08.20	45.35	400m: 5:22.90	36.92	
8.	WERMI SKI Jan 04	UKS Fala Swarzędz	<b>5:40.83</b> 366	1:11.37	1:30.35	1:33.38	1:25.73
	50m: 32.92 32.92	150m: 1:57.91 46.54	250m: 3:28.78	47.06	350m: 4:59.38	44.28	
	100m: 1:11.37 38.45	200m: 2:41.72 43.81	300m: 4:15.10	46.32	400m: 5:40.83	41.45	
<b>13 - 14 lat</b>							
1.	POGODA Krzysztof 05	MKS Jedynka Łódź	<b>5:02.68</b> 522	1:10.81	1:15.42	1:27.20	1:09.25
	50m: 32.95 32.95	150m: 1:48.68 37.87	250m: 3:09.07	42.84	350m: 4:28.69	35.26	
	100m: 1:10.81 37.86	200m: 2:26.23 37.55	300m: 3:53.43	44.36	400m: 5:02.68	33.99	
2.	PŁOSZKA Kacper 05	MKS Jedynka Łódź	<b>5:05.48</b> 508	1:08.84	1:21.57	1:28.56	1:06.51
	50m: 31.58 31.58	150m: 1:49.88 41.04	250m: 3:15.41	45.00	350m: 4:33.43	34.46	
	100m: 1:08.84 37.26	200m: 2:30.41 40.53	300m: 3:58.97	43.56	400m: 5:05.48	32.05	
3.	JANOWSKI Damian 05	MKP Szczecin	<b>5:10.16</b> 485	1:11.31	1:25.12	1:24.80	1:08.93
	50m: 32.40 32.40	150m: 1:54.30 42.99	250m: 3:17.96	41.53	350m: 4:37.89	36.66	
	100m: 1:11.31 38.91	200m: 2:36.43 42.13	300m: 4:01.23	43.27	400m: 5:10.16	32.27	
4.	MOCHNAL Kacper 05	MKS Jedynka Łódź	<b>5:11.38</b> 480	1:09.39	1:19.62	1:30.92	1:11.45
	50m: 32.68 32.68	150m: 1:49.70 40.31	250m: 3:14.11	45.10	350m: 4:36.55	36.62	
	100m: 1:09.39 36.71	200m: 2:29.01 39.31	300m: 3:59.93	45.82	400m: 5:11.38	34.83	
5.	SKOLASI SKI Jakub 05	KS Warta Poznań	<b>5:13.90</b> 468	1:11.97	1:21.02	1:27.28	1:13.63
	50m: 32.61 32.61	150m: 1:53.63 41.66	250m: 3:16.83	43.84	350m: 4:37.84	37.57	
	100m: 1:11.97 39.36	200m: 2:32.99 39.36	300m: 4:00.27	43.44	400m: 5:13.90	36.06	
6.	SZUKAJŁO Kacper 05	MKP Szczecin	<b>5:23.22</b> 429	1:13.58	1:29.17	1:30.02	1:10.45
	50m: 32.71 32.71	150m: 1:59.65 46.07	250m: 3:26.94	44.19	350m: 4:49.09	36.32	
	100m: 1:13.58 40.87	200m: 2:42.75 43.10	300m: 4:12.77	45.83	400m: 5:23.22	34.13	
7.	HEIDUK Kacper 05	MKS Piast Głogów	<b>5:29.26</b> 406	1:10.82	1:22.20	1:40.74	1:15.50
	50m: 31.81 31.81	150m: 1:53.13 42.31	250m: 3:23.04	50.02	350m: 4:52.73	38.97	
	100m: 1:10.82 39.01	200m: 2:33.02 39.89	300m: 4:13.76	50.72	400m: 5:29.26	36.53	
8.	SZPARA Maciej 05	Uks Czwórka Nakło	<b>5:36.66</b> 379	1:15.63	1:28.01	1:33.66	1:19.36
	50m: 34.39 34.39	150m: 2:00.71 45.08	250m: 3:30.47	46.83	350m: 4:57.31	40.01	
	100m: 1:15.63 41.24	200m: 2:43.64 42.93	300m: 4:17.30	46.83	400m: 5:36.66	39.35	

Ogólnopolskie Zawody Pływackie Gorące - ciganie na Termach  
Poznań, 30-3-2019

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Konkurencja 22, Chłopców, 400m zmienny, 13 - 14 lat

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
9. ADAMCZYK Filip	05	<b>5:46.42</b>	<b>348</b>	1:15.52	1:33.46	1:39.91	1:17.53
50m: 34.09	34.09	150m: 2:02.98	47.46	250m: 3:38.69	49.71	350m: 5:09.04	40.15
100m: 1:15.52	41.43	200m: 2:48.98	46.00	300m: 4:28.89	50.20	400m: 5:46.42	37.38