

Ogólnopolskie Zawody Pływackie Otwarcie Sezonu na Termach
Pozna , 28.9.2024

Konkurencja 12
2024.09.28 - 15:08

M czyzn, 400m dowolny

Open
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.			
10 lat i młodsi												
1.	SZYMCZYK Eryk		15	UKS Manta Warszawa Włochy				6:15.62	180			
	50m:	43.00	43.00	150m:	2:19.63	47.65	250m:	3:57.95	50.21	350m:	5:31.87	45.83
	100m:	1:31.98	48.98	200m:	3:07.74	48.11	300m:	4:46.04	48.09	400m:	6:15.62	43.75
11 lat												
1.	RYK Nikodem		13	MKS Znicz Koszalin				5:53.36	216			
	50m:	38.42	38.42	150m:	2:08.02	44.34	250m:	3:38.90	46.07	350m:	5:11.87	47.19
	100m:	1:23.68	45.26	200m:	2:52.83	44.81	300m:	4:24.68	45.78	400m:	5:53.36	41.49
2.	DUDA Wojciech		13	KS Warta Pozna				5:57.45	209			
	50m:	35.81	35.81	150m:	2:06.04	46.46	250m:	3:41.12	47.87	350m:	5:16.02	47.37
	100m:	1:19.58	43.77	200m:	2:53.25	47.21	300m:	4:28.65	47.53	400m:	5:57.45	41.43
3.	KASZUBSKI Eryk		13	UKS Manta Warszawa Włochy				6:27.44	164			
	50m:	43.82	43.82	150m:	2:26.19	51.33	250m:	4:06.57	50.49	350m:	5:44.40	48.28
	100m:	1:34.86	51.04	200m:	3:16.08	49.89	300m:	4:56.12	49.55	400m:	6:27.44	43.04
12 lat												
1.	OKUPNIAREK Oliwier		12	KTP Iskra Konin				4:57.75	362			
	50m:	33.11	33.11	150m:	1:49.68	38.93	250m:	3:06.33	38.42	350m:	4:22.83	37.77
	100m:	1:10.75	37.64	200m:	2:27.91	38.23	300m:	3:45.06	38.73	400m:	4:57.75	34.92
2.	SZWAST Marcin		12	MUKS „HURAGAN” Koło				5:19.57	292			
	50m:	35.84	35.84	150m:	1:56.02	40.42	250m:	3:19.39	41.95	350m:	4:39.31	39.45
	100m:	1:15.60	39.76	200m:	2:37.44	41.42	300m:	3:59.86	40.47	400m:	5:19.57	40.26
3.	SKOWRO SKI Oskar		12	UKS "Olimp" Gorzów Wlkp.				5:20.95	289			
	50m:	35.07	35.07	150m:	1:55.51	40.90	250m:	3:18.76	41.81	350m:	4:41.79	41.09
	100m:	1:14.61	39.54	200m:	2:36.95	41.44	300m:	4:00.70	41.94	400m:	5:20.95	39.16
4.	LUSTIUK Danylo		12	TP Zielona Góra				5:23.10	283			
	50m:	36.52	36.52	150m:	1:57.19	40.85	250m:	3:19.78	41.20	350m:	4:43.33	41.58
	100m:	1:16.34	39.82	200m:	2:38.58	41.39	300m:	4:01.75	41.97	400m:	5:23.10	39.77
5.	BORYSOW Borys		12	KS Warta Pozna				5:31.32	262			
	50m:	38.94	38.94	150m:	2:03.73	42.10	250m:	3:28.86	42.65	350m:	4:52.29	40.96
	100m:	1:21.63	42.69	200m:	2:46.21	42.48	300m:	4:11.33	42.47	400m:	5:31.32	39.03
6.	SZAFRA SKI Dominik		12	KS Warta Pozna				5:33.48	257			
	50m:	37.81	37.81	150m:	2:01.49	42.27	250m:	3:26.86	42.76	350m:	4:52.91	43.04
	100m:	1:19.22	41.41	200m:	2:44.10	42.61	300m:	4:09.87	43.01	400m:	5:33.48	40.57
7.	SZMAJDA Leonard		12	KS Warta Pozna				5:50.46	222			
	50m:	40.61	40.61	150m:	2:11.09	45.63	250m:	3:41.16	44.63	350m:	5:09.91	43.14
	100m:	1:25.46	44.85	200m:	2:56.53	45.44	300m:	4:26.77	45.61	400m:	5:50.46	40.55
8.	PIETRAS Maciej		12	WKS I sk				5:50.78	221			
	50m:	38.67	38.67	150m:	2:08.26	45.54	250m:	3:39.63	46.19	350m:	5:08.49	44.48
	100m:	1:22.72	44.05	200m:	2:53.44	45.18	300m:	4:24.01	44.38	400m:	5:50.78	42.29
9.	KUSIK Stanisław		12	KS Warta Pozna				5:51.42	220			
	50m:	38.86	38.86	150m:	2:07.40	44.95	250m:	3:38.92	45.65	350m:	5:09.20	45.02
	100m:	1:22.45	43.59	200m:	2:53.27	45.87	300m:	4:24.18	45.26	400m:	5:51.42	42.22
10.	KAMI SKI Wojciech		12	WKS I sk				5:59.44	205			
	50m:	39.01	39.01	150m:	2:10.67	46.43	250m:	3:43.89	46.99	350m:	5:15.06	45.14
	100m:	1:24.24	45.23	200m:	2:56.90	46.23	300m:	4:29.92	46.03	400m:	5:59.44	44.38
11.	WOJTERA Krzysztof		12	WKS I sk				5:59.69	205			
	50m:	40.75	40.75	150m:	2:58.81	1:31.72	250m:	5:16.44	1:30.23	350m:		
	100m:	1:27.09	46.34	200m:	3:46.21	47.40	300m:			400m:	5:59.69	

Ogólnopolskie Zawody Pływackie Otwarcie Sezonu na Termach
Pozna , 28.9.2024

Konkurencja 12, Chłopców, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.			
12.	RYBICKI	Aleksander	12	WKS	I sk		6:07.09	193				
	50m:	40.07	40.07	150m:	2:13.68	47.34	250m:	3:48.82	47.85	350m:	5:23.27	47.09
	100m:	1:26.34	46.27	200m:	3:00.97	47.29	300m:	4:36.18	47.36	400m:	6:07.09	43.82
13.	JANKOWSKI	Aleksander	12	MKS	Znicz Koszalin		6:11.31	186				
	50m:	36.62	36.62	150m:	2:10.65	48.43	250m:	3:48.37	49.53	350m:		
	100m:	1:22.22	45.60	200m:	2:58.84	48.19	300m:	4:35.95	47.58	400m:	6:11.31	
14.	GALANT	Ignacy	12	UKS	"Olimp" Gorzów Wlkp.		6:12.22	185				
	50m:	42.85	42.85	150m:	2:17.76	47.78	250m:	3:54.25	47.97	350m:	5:28.06	46.73
	100m:	1:29.98	47.13	200m:	3:06.28	48.52	300m:	4:41.33	47.08	400m:	6:12.22	44.16
15.	SKOWRO	SKI Dominik	12	WKS	I sk		6:16.44	179				
	50m:	41.69	41.69	150m:	2:16.76	47.81	250m:	3:54.79	49.49	350m:	5:30.50	46.73
	100m:	1:28.95	47.26	200m:	3:05.30	48.54	300m:	4:43.77	48.98	400m:	6:16.44	45.94
16.	DYMITROWSKI	Iwo	12	UKS	3-Wodnik Wolsztyn		6:18.01	177				
	50m:	40.08	40.08	150m:	2:16.58	49.19	250m:	3:55.44	49.27	350m:	5:32.14	47.89
	100m:	1:27.39	47.31	200m:	3:06.17	49.59	300m:	4:44.25	48.81	400m:	6:18.01	45.87
17.	FIRLEJ	Ryszard	12	WKS	I sk		6:24.16	168				
	50m:	45.26	45.26	150m:	2:25.86	50.36	250m:	4:04.33	48.31	350m:	5:39.70	46.84
	100m:	1:35.50	50.24	200m:	3:16.02	50.16	300m:	4:52.86	48.53	400m:	6:24.16	44.46
18.	GOGOLEWSKI	Kacper	12	WKS	I sk		6:25.14	167				
	50m:	42.13	42.13	150m:	2:22.83	50.70	250m:	4:03.76	50.33	350m:	5:41.78	47.52
	100m:	1:32.13	50.00	200m:	3:13.43	50.60	300m:	4:54.26	50.50	400m:	6:25.14	43.36
19.	USTIANOVSKYI	Ostap	12	WKS	I sk		6:50.13	138				
	50m:	41.38	41.38	150m:	2:26.35	54.14	250m:	4:13.68	53.69	350m:	6:01.42	53.44
	100m:	1:32.21	50.83	200m:	3:19.99	53.64	300m:	5:07.98	54.30	400m:	6:50.13	48.71

13 lat

1.	KACZMAREK	Mikołaj	11	UKS	„GIM 92 Ursynów"		4:31.56	477				
	50m:	32.45	32.45	150m:	1:43.02	35.50	250m:	2:52.26	34.84	350m:	4:00.29	33.45
	100m:	1:07.52	35.07	200m:	2:17.42	34.40	300m:	3:26.84	34.58	400m:	4:31.56	31.27
2.	ŁUNIEWSKI	Tymoteusz	11	TP	Skalar, Słupsk		4:36.86	450				
	50m:	30.05	30.05	150m:	1:39.93	35.76	250m:	2:52.07	36.04	350m:	4:02.70	35.12
	100m:	1:04.17	34.12	200m:	2:16.03	36.10	300m:	3:27.58	35.51	400m:	4:36.86	34.16
3.	SKOWRON	Tymoteusz	11	UKS	KORAL Wrocław		4:45.04	412				
	50m:	30.95	30.95	150m:	1:42.23	36.38	250m:	2:56.10	37.17	350m:	4:10.62	37.25
	100m:	1:05.85	34.90	200m:	2:18.93	36.70	300m:	3:33.37	37.27	400m:	4:45.04	34.42
4.	SZOK	Filip	11	MKS	Ochota Warszawa		4:45.94	408				
	50m:	30.63	30.63	150m:	1:41.36	36.32	250m:	2:54.79	36.27	350m:	4:09.93	37.67
	100m:	1:05.04	34.41	200m:	2:18.52	37.16	300m:	3:32.26	37.47	400m:	4:45.94	36.01
5.	NOWICKI	Wiktor	11	KS	Warta Pozna		4:58.54	359				
	50m:	32.75	32.75	150m:	1:48.69	38.46	250m:	3:04.87	37.75	350m:	4:22.25	38.36
	100m:	1:10.23	37.48	200m:	2:27.12	38.43	300m:	3:43.89	39.02	400m:	4:58.54	36.29
6.	MALICKI	Mikołaj	11	KU	AZS UAM Pozna		5:24.51	279				
	50m:	34.59	34.59	150m:	1:55.26	41.16	250m:	3:20.29	42.65	350m:	4:45.03	42.31
	100m:	1:14.10	39.51	200m:	2:37.64	42.38	300m:	4:02.72	42.43	400m:	5:24.51	39.48
7.	HAIDUKOVICH	Yahor	11	UKS	Manta Warszawa Włochy		5:56.56	210				
	50m:	35.29	35.29	150m:	2:03.98	45.67	250m:	3:37.95	47.61	350m:	5:12.68	48.10
	100m:	1:18.31	43.02	200m:	2:50.34	46.36	300m:	4:24.58	46.63	400m:	5:56.56	43.88

Ogólnopolskie Zawody Pływackie Otwarcie Sezonu na Termach
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Konkurencja 12, M czyzn, 400m dowolny

14 - 15 lat

1.	BLUJ Aleksander	09	UKS „GIM 92 Ursynów”	4:05.55	645
	50m: 27.83 27.83	150m: 1:28.66	30.45 250m: 2:31.45 31.76	350m: 3:34.77	31.65
	100m: 58.21 30.38	200m: 1:59.69	31.03 300m: 3:03.12 31.67	400m: 4:05.55	30.78
2.	DZIEDZIC Michał	09	UKS "ORKA" Luba	4:09.65	614
	50m: 27.98 27.98	150m: 1:29.76	31.13 250m: 2:33.57 32.00	350m: 3:37.93	32.25
	100m: 58.63 30.65	200m: 2:01.57	31.81 300m: 3:05.68 32.11	400m: 4:09.65	31.72
3.	TARASIEWICZ Piotr	09	UKP „Polonia Warszawa”	4:14.34	581
	50m: 28.72 28.72	150m: 1:32.70	32.19 250m: 2:37.72 32.53	350m: 3:42.70	32.53
	100m: 1:00.51 31.79	200m: 2:05.19	32.49 300m: 3:10.17 32.45	400m: 4:14.34	31.64
4.	MIELCAREK Filip	09	TP Skalar, Słupsk	4:18.17	555
	50m: 29.56 29.56	150m: 1:35.72	33.56 250m: 2:42.46 33.23	350m: 3:47.85	32.44
	100m: 1:02.16 32.60	200m: 2:09.23	33.51 300m: 3:15.41 32.95	400m: 4:18.17	30.32
5.	NADAJ Filip	09	UKS abianka Gda sk	4:22.18	530
	50m: 29.73 29.73	150m: 1:35.64	33.22 250m: 2:43.07 34.00	350m: 3:50.07	33.32
	100m: 1:02.42 32.69	200m: 2:09.07	33.43 300m: 3:16.75 33.68	400m: 4:22.18	32.11
6.	D BICKI Marcel	10	WKS I sk	4:27.79	497
	50m: 29.74 29.74	150m: 1:37.24	34.03 250m: 2:46.60 34.52	350m: 3:54.97	34.15
	100m: 1:03.21 33.47	200m: 2:12.08	34.84 300m: 3:20.82 34.22	400m: 4:27.79	32.82
7.	GRZEGORSKI Maciej	10	UKS Manta Warszawa Włochy	4:29.85	486
	50m: 28.30 28.30	150m: 1:35.62	34.17 250m: 2:45.91 35.16	350m: 3:56.05	35.12
	100m: 1:01.45 33.15	200m: 2:10.75	35.13 300m: 3:20.93 35.02	400m: 4:29.85	33.80
8.	MOCNY Dariusz	10	"UKS - Jedynka Kórnik"	4:33.14	469
	50m: 30.88 30.88	150m: 1:39.61	34.58 250m: 2:50.10 35.19	350m: 4:00.23	34.67
	100m: 1:05.03 34.15	200m: 2:14.91	35.30 300m: 3:25.56 35.46	400m: 4:33.14	32.91
9.	GOŁ BIEWSKI Wiktor	09	WKS I sk	4:38.84	441
	50m: 30.26 30.26	150m: 1:39.32	35.50 250m: 2:51.56 36.28	350m: 4:04.70	36.59
	100m: 1:03.82 33.56	200m: 2:15.28	35.96 300m: 3:28.11 36.55	400m: 4:38.84	34.14
10.	KOPACKI Aleksander	10	TP Skalar, Słupsk	4:42.03	426
	50m: 31.72 31.72	150m: 1:42.43	35.75 250m: 2:54.71 36.05	350m: 4:07.08	36.10
	100m: 1:06.68 34.96	200m: 2:18.66	36.23 300m: 3:30.98 36.27	400m: 4:42.03	34.95
11.	GACHEWICZ Jan	09	Toru ski MKS CHAMPIONS	4:49.38	394
	50m: 31.67 31.67	150m: 1:44.82	37.12 250m: 2:58.76 36.63	350m: 4:13.58	37.77
	100m: 1:07.70 36.03	200m: 2:22.13	37.31 300m: 3:35.81 37.05	400m: 4:49.38	35.80
12.	GUTOWSKI Radosław	10	UKS Manta Warszawa Włochy	4:53.54	378
	50m: 31.79 31.79	150m: 1:45.85	37.75 250m: 3:03.89 39.00	350m: 4:20.06	37.39
	100m: 1:08.10 36.31	200m: 2:24.89	39.04 300m: 3:42.67 38.78	400m: 4:53.54	33.48
13.	WIDEŁ Jerzy	09	UKS Manta Warszawa Włochy	5:00.97	350
	50m: 31.28 31.28	150m: 1:45.66	37.98 250m: 3:03.62 39.49	350m: 4:23.01	39.15
	100m: 1:07.68 36.40	200m: 2:24.13	38.47 300m: 3:43.86 40.24	400m: 5:00.97	37.96
14.	JANUS Tymon	09	UKP „Polonia Warszawa”	5:10.83	318
	50m: 34.33 34.33	150m: 1:53.61	41.46 250m: 3:15.07 40.77	350m: 4:33.87	39.76
	100m: 1:12.15 37.82	200m: 2:34.30	40.69 300m: 3:54.11 39.04	400m: 5:10.83	36.96
15.	KO CIELNIAK Marcel	09	Aquarius MOSIW Miedzyrzecz	5:16.07	302
	50m: 32.13 32.13	150m: 1:47.29	38.40 250m: 3:10.42 41.67	350m: 4:35.98	43.45
	100m: 1:08.89 36.76	200m: 2:28.75	41.46 300m: 3:52.53 42.11	400m: 5:16.07	40.09

16 lat i starsi

1.	LITOBORSKI Mikołaj	08	O AZS w Poznaniu	3:54.73	739
	50m: 27.28 27.28	150m: 1:26.83	30.00 250m: 2:25.87 29.45	350m: 3:25.90	30.08
	100m: 56.83 29.55	200m: 1:56.42	29.59 300m: 2:55.82 29.95	400m: 3:54.73	28.83
2.	KRAWCZYK Jakub	08	UKS „GIM 92 Ursynów”	4:03.41	663
	50m: 27.32 27.32	150m: 1:27.70	30.51 250m: 2:29.48 30.90	350m: 3:32.83	31.98
	100m: 57.19 29.87	200m: 1:58.58	30.88 300m: 3:00.85 31.37	400m: 4:03.41	30.58

Ogólnopolskie Zawody Pływackie Otwarcie Sezonu na Termach
Pozna , 28.9.2024

Konkurencja 12, M czyzn, 400m dowolny, 16 lat i starsi

Pozycja			Rok ur.				Czas				Pkt.
3.	KOWALI SKI Adrian		06	WKS	I sk			4:14.10	582		
	50m: 28.94	28.94	150m: 1:32.42	32.12	250m: 2:37.03	32.28	350m: 3:42.36	32.81			
	100m: 1:00.30	31.36	200m: 2:04.75	32.33	300m: 3:09.55	32.52	400m: 4:14.10	31.74			
4.	KRASOWSKI Szymon		06	KS	Posnania Pozna			4:15.54	573		
	50m: 28.00	28.00	150m: 1:29.72	31.36	250m: 2:35.22	32.98	350m: 3:42.55	33.59			
	100m: 58.36	30.36	200m: 2:02.24	32.52	300m: 3:08.96	33.74	400m: 4:15.54	32.99			
5.	BOBEK Witold		08	UKS	abianka Gda sk			4:17.82	557		
	50m: 29.49	29.49	150m: 1:34.20	32.53	250m: 2:39.88	33.02	350m: 3:46.17	33.15			
	100m: 1:01.67	32.18	200m: 2:06.86	32.66	300m: 3:13.02	33.14	400m: 4:17.82	31.65			
6.	BIELIENKOV Nikita		08	O	AZS w Poznaniu			4:21.57	534		
	50m: 30.20	30.20	150m: 1:35.10	32.84	250m: 2:41.66	33.49	350m: 3:49.94	34.28			
	100m: 1:02.26	32.06	200m: 2:08.17	33.07	300m: 3:15.66	34.00	400m: 4:21.57	31.63			
7.	KUŁTON Jakub		07	O	AZS w Poznaniu			4:21.90	532		
	50m: 30.03	30.03	150m: 1:36.01	33.26	250m: 2:42.85	33.48	350m: 3:49.40	33.19			
	100m: 1:02.75	32.72	200m: 2:09.37	33.36	300m: 3:16.21	33.36	400m: 4:21.90	32.50			
8.	BALCEROWICZ Ryszard		08	UKS	abianka Gda sk			4:30.87	481		
	50m: 31.17	31.17	150m: 1:39.79	34.65	250m: 2:48.30	33.85	350m: 3:57.83	34.56			
	100m: 1:05.14	33.97	200m: 2:14.45	34.66	300m: 3:23.27	34.97	400m: 4:30.87	33.04			
9.	NIECZYPORUK Maciej		06	Uks	8 Siedlce			4:33.23	468		
	50m: 29.10	29.10	150m: 1:35.18	33.87	250m: 2:46.04	35.97	350m: 3:58.78	36.32			
	100m: 1:01.31	32.21	200m: 2:10.07	34.89	300m: 3:22.46	36.42	400m: 4:33.23	34.45			
10.	RUTKIEWICZ Łukasz		08	O	AZS w Poznaniu			4:35.13	459		
	50m: 31.45	31.45	150m: 1:41.46	35.23	250m: 2:51.42	35.01	350m: 4:01.98	35.28			
	100m: 1:06.23	34.78	200m: 2:16.41	34.95	300m: 3:26.70	35.28	400m: 4:35.13	33.15			
11.	ZDROJEWSKI Dawid		08	Toru ski	MKS CHAMPIONS			4:37.26	448		
	50m: 30.86	30.86	150m: 1:41.86	36.02	250m: 2:53.92	35.70	350m: 4:04.70	34.78			
	100m: 1:05.84	34.98	200m: 2:18.22	36.36	300m: 3:29.92	36.00	400m: 4:37.26	32.56			
12.	ANDZI SKI Szymon		08	Toru ski	MKS CHAMPIONS			4:39.43	438		
	50m: 31.13	31.13	150m: 1:42.22	36.01	250m: 2:54.07	35.73	350m: 4:05.36	35.56			
	100m: 1:06.21	35.08	200m: 2:18.34	36.12	300m: 3:29.80	35.73	400m: 4:39.43	34.07			
13.	MARKOWSKI Wojciech		08	Toru ski	MKS CHAMPIONS			4:40.87	431		
	50m: 31.73	31.73	150m: 1:43.66	36.31	250m: 2:56.24	36.17	350m: 4:07.83	35.42			
	100m: 1:07.35	35.62	200m: 2:20.07	36.41	300m: 3:32.41	36.17	400m: 4:40.87	33.04			
14.	GAWRON Oskar		99	Fundacja	Power Swimming			4:53.71	377		
	50m: 30.64	30.64	150m: 1:45.24	38.79	250m: 3:04.98	41.51	350m: 4:20.45	34.10			
	100m: 1:06.45	35.81	200m: 2:23.47	38.23	300m: 3:46.35	41.37	400m: 4:53.71	33.26			
15.	WACHOWSKI Bła ej		80	KS	Warta Pozna			5:00.90	350		
	50m: 34.32	34.32	150m: 1:50.39	37.86	250m: 3:06.91	38.43	350m: 4:24.14	38.56			
	100m: 1:12.53	38.21	200m: 2:28.48	38.09	300m: 3:45.58	38.67	400m: 5:00.90	36.76			
16.	K DZIOR Mateusz		73	KS	Warta Pozna			6:01.95	201		
	50m: 40.31	40.31	150m: 2:12.56	46.98	250m: 3:45.44	46.17	350m: 5:17.68	46.27			
	100m: 1:25.58	45.27	200m: 2:59.27	46.71	300m: 4:31.41	45.97	400m: 6:01.95	44.27			