

Konkurencja 12  
2024.11.08 - 15:34

M czyzn, 400m dowolny

12 lat i starsi  
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.
<b>16 - 18 lat</b>									
1.	Zalewski Jacek		06	KS Posnania Pozna				<b>3:57.73</b>	711
	50m:	27.44	27.44	150m:	1:27.93	30.35	250m:	2:28.17	30.09
	100m:	57.58	30.14	200m:	1:58.08	30.15	300m:	2:58.63	30.46
							350m:	3:28.45	29.82
							400m:	3:57.73	29.28
2.	Krasowski Szymon		06	KS Posnania Pozna				<b>4:08.43</b>	623
	50m:	27.88	27.88	150m:	1:30.49	31.55	250m:	2:34.26	31.87
	100m:	58.94	31.06	200m:	2:02.39	31.90	300m:	3:06.63	32.37
							350m:	3:37.61	30.98
							400m:	4:08.43	30.82
3.	Kułton Jakub		07	O AZS w Poznaniu				<b>4:18.64</b>	552
	50m:	29.14	29.14	150m:	1:33.77	32.70	250m:	2:40.25	33.16
	100m:	1:01.07	31.93	200m:	2:07.09	33.32	300m:	3:13.51	33.26
							350m:	3:46.53	33.02
							400m:	4:18.64	32.11
4.	Baranowski Alex		07	KS Posnania Pozna				<b>4:21.59</b>	534
	50m:	29.39	29.39	150m:	1:35.72	33.59	250m:	2:42.38	33.08
	100m:	1:02.13	32.74	200m:	2:09.30	33.58	300m:	3:15.06	32.68
							350m:	3:48.34	33.28
							400m:	4:21.59	33.25
5.	B czyk Maciej		08	KS Posnania Pozna				<b>4:25.84</b>	508
	50m:	29.31	29.31	150m:	1:35.19	33.47	250m:	2:42.66	33.89
	100m:	1:01.72	32.41	200m:	2:08.77	33.58	300m:	3:16.83	34.17
							350m:	3:51.15	34.32
							400m:	4:25.84	34.69
6.	Zloch Oskar		07	UKS Fala Swarz dz				<b>4:59.86</b>	354
	50m:	31.69	31.69	150m:	1:45.59	38.00	250m:	3:03.78	39.41
	100m:	1:07.59	35.90	200m:	2:24.37	38.78	300m:	3:43.15	39.37
							350m:	4:22.66	39.51
							400m:	4:59.86	37.20
7.	Waleron Łukasz		08	UKS Trójka roda Wlkp.				<b>5:31.94</b>	261
	50m:	34.29	34.29	150m:	1:57.89	42.31	250m:	3:23.62	42.92
	100m:	1:15.58	41.29	200m:	2:40.70	42.81	300m:	4:07.03	43.41
							350m:	4:49.96	42.93
							400m:	5:31.94	41.98
<b>14 - 15 lat</b>									
1.	Wojtkowiak Wiktor		09	KS Posnania Pozna				<b>4:19.98</b>	544
	50m:	27.39	27.39	150m:	1:33.59	33.41	250m:	2:41.83	33.58
	100m:	1:00.18	32.79	200m:	2:08.25	34.66	300m:	3:15.66	33.83
							350m:	3:48.96	33.30
							400m:	4:19.98	31.02
2.	Krzeniak Jakub		10	KS Posnania Pozna				<b>4:25.01</b>	513
	50m:	29.45	29.45	150m:	1:37.46	34.19	250m:	2:45.41	34.02
	100m:	1:03.27	33.82	200m:	2:11.39	33.93	300m:	3:19.51	34.10
							350m:	3:53.01	33.50
							400m:	4:25.01	32.00
3.	Tatarynowicz Jan		10	UKS 3-Wodnik Wolsztyn				<b>4:27.06</b>	502
	50m:	29.72	29.72	150m:	1:36.66	33.75	250m:	2:45.85	34.79
	100m:	1:02.91	33.19	200m:	2:11.06	34.40	300m:	3:20.05	34.20
							350m:	3:54.33	34.28
							400m:	4:27.06	32.73
4.	Mocny Dariusz		10	"UKS - Jedynka Kórnik"				<b>4:30.26</b>	484
	50m:	30.11	30.11	150m:	1:37.81		250m:	2:47.15	34.53
	100m:			200m:	2:12.62	34.81	300m:	3:21.62	34.47
							350m:	3:56.42	34.80
							400m:	4:30.26	33.84
5.	Mizgalski Kacper		09	KS Posnania Pozna				<b>4:33.80</b>	465
	50m:	28.06	28.06	150m:	1:34.22	34.09	250m:	2:44.80	35.68
	100m:	1:00.13	32.07	200m:	2:09.12	34.90	300m:	3:21.43	36.63
							350m:	3:58.01	36.58
							400m:	4:33.80	35.79
6.	Kamierczak Krzysztof		10	UKS 3-Wodnik Wolsztyn				<b>4:37.35</b>	448
	50m:	30.75	30.75	150m:	1:40.52	35.56	250m:	2:52.93	36.28
	100m:	1:04.96	34.21	200m:	2:16.65	36.13	300m:	3:28.80	35.87
							350m:	4:03.48	34.68
							400m:	4:37.35	33.87
	Hamrol Igor		09	UKS Marato czyk Ostrów Wlkp.				<b>4:37.35</b>	448
	50m:	30.10	30.10	150m:	1:39.34	35.43	250m:	2:50.78	35.78
	100m:	1:03.91	33.81	200m:	2:15.00	35.66	300m:	3:26.91	36.13
							350m:	4:02.79	35.88
							400m:	4:37.35	34.56
8.	Niedbał Filip		10	MKP Astromal-Leszno				<b>4:58.31</b>	360
	50m:	33.71	33.71	150m:	1:49.70	38.47	250m:	3:06.09	37.75
	100m:	1:11.23	37.52	200m:	2:28.34	38.64	300m:	3:44.82	38.73
							350m:	4:23.32	38.50
							400m:	4:58.31	34.99
9.	Szwast Mateusz		09	KS Posnania Pozna				<b>5:04.47</b>	338
	50m:	34.43	34.43	150m:	1:49.57	38.04	250m:	3:07.30	39.14
	100m:	1:11.53	37.10	200m:	2:28.16	38.59	300m:	3:46.37	39.07
							350m:	4:25.30	38.93
							400m:	5:04.47	39.17

## Konkurencja 12, M czynn, 400m dowolny

12 - 13 lat

1.	Mizgalski Tymoteusz	11	KS Warta Pozna	<b>4:22.70</b>	527
	50m: 29.76 29.76	150m: 1:35.52	33.27	250m: 2:42.90	33.89
	100m: 1:02.25 32.49	200m: 2:09.01	33.49	300m: 3:16.91	34.01
				350m: 3:50.58	33.67
				400m: 4:22.70	32.12
2.	Dopierała Piotr	11	KS Posnania Pozna	<b>4:48.65</b>	397
	50m: 31.32 31.32	150m: 1:45.10	37.20	250m: 2:59.60	37.18
	100m: 1:07.90 36.58	200m: 2:22.42	37.32	300m: 3:37.11	37.51
				350m: 4:14.09	36.98
				400m: 4:48.65	34.56
3.	Dziamski Szymon	11	KS Warta Pozna	<b>4:49.67</b>	393
	50m: 32.33 32.33	150m: 1:45.03	36.83	250m: 2:59.88	37.30
	100m: 1:08.20 35.87	200m: 2:22.58	37.55	300m: 3:36.90	37.02
				350m: 4:12.83	35.93
				400m: 4:49.67	36.84
4.	Hebrowski Łukasz	11	KS Warta Pozna	<b>4:49.68</b>	393
	50m: 32.23 32.23	150m: 1:45.40	37.51	250m: 3:00.32	37.37
	100m: 1:07.89 35.66	200m: 2:22.95	37.55	300m: 3:37.87	37.55
				350m: 4:14.98	37.11
				400m: 4:49.68	34.70
5.	Szyma ski Jakub	11	KS Warta Pozna	<b>4:50.36</b>	390
	50m: 34.06 34.06	150m: 1:48.77	37.35	250m: 3:03.14	37.39
	100m: 1:11.42 37.36	200m: 2:25.75	36.98	300m: 3:39.18	36.04
				350m: 4:15.26	36.08
				400m: 4:50.36	35.10
6.	Nowicki Wiktor	11	KS Warta Pozna	<b>4:55.54</b>	370
	50m: 32.05 32.05	150m: 1:46.49	37.74	250m: 3:01.22	37.39
	100m: 1:08.75 36.70	200m: 2:23.83	37.34	300m: 3:37.42	36.20
				350m: 4:12.13	34.71
				400m: 4:55.54	43.41
7.	Lechowicz Mikołaj	11	KS Posnania Pozna	<b>4:56.93</b>	365
	50m: 33.19 33.19	150m: 1:49.36	38.82	250m: 3:05.94	38.22
	100m: 1:10.54 37.35	200m: 2:27.72	38.36	300m: 3:44.44	38.50
				350m: 4:21.40	36.96
				400m: 4:56.93	35.53
8.	Fabiszak Oktawian	11	KTP Iskra Konin	<b>5:02.55</b>	345
	50m: 32.36 32.36	150m: 1:49.54	39.55	250m: 3:07.02	38.94
	100m: 1:09.99 37.63	200m: 2:28.08	38.54	300m: 3:46.37	39.35
				350m: 4:23.71	37.34
				400m: 5:02.55	38.84
9.	Okupniarek Oliwier	12	KTP Iskra Konin	<b>5:03.51</b>	341
	50m: 31.96 31.96	150m: 1:48.97	39.01	250m: 3:09.29	40.20
	100m: 1:09.96 38.00	200m: 2:29.09	40.12	300m: 3:48.04	38.75
				350m: 4:27.11	39.07
				400m: 5:03.51	36.40
10.	Stefaniak Maksymilian	11	KS Warta Pozna	<b>5:14.33</b>	307
	50m: 34.52 34.52	150m: 1:53.36	40.41	250m: 3:14.13	40.26
	100m: 1:12.95 38.43	200m: 2:33.87	40.51	300m: 3:55.35	41.22
				350m: 4:35.99	40.64
				400m: 5:14.33	38.34
11.	Borysow Borys	12	KS Warta Pozna	<b>5:17.10</b>	299
	50m: 35.68 35.68	150m: 1:57.56	41.46	250m: 3:19.56	40.68
	100m: 1:16.10 40.42	200m: 2:38.88	41.32	300m: 4:00.45	40.89
				350m: 4:39.73	39.28
				400m: 5:17.10	37.37
12.	Dre cik Marcel	11	MKP Astromal-Leszno	<b>6:18.08</b>	176
	50m: 40.57 40.57	150m: 2:15.97	48.88	250m: 3:55.87	50.30
	100m: 1:27.09 46.52	200m: 3:05.57	49.60	300m: 4:45.65	49.78
				350m: 5:32.92	47.27
				400m: 6:18.08	45.16
DYSKW.	Krowicki Stefan	11	KS Posnania Pozna		
	<i>O1 - Pływak zainicjował start przed sygnałem startu.</i>				
	50m: 34.36 34.36	150m: 1:54.51	40.66	250m: 3:19.07	42.88
	100m: 1:13.85 39.49	200m: 2:36.19	41.68	300m: 4:01.54	42.47
				350m: 4:43.20	41.66
PK	Dworakowski Bła ej	07	KS Delfin Gdynia	<b>3:59.16</b>	699
	50m: 27.15 27.15	150m: 1:27.60	30.59	250m: 2:28.78	30.47
	100m: 57.01 29.86	200m: 1:58.31	30.71	300m: 2:59.43	30.65
				350m: 3:29.73	30.30
				400m: 3:59.16	29.43
PK	Ołownia Ignacy	07	KS Delfin Gdynia	<b>4:10.44</b>	608
	50m: 27.71 27.71	150m: 1:29.95	31.47	250m: 2:33.77	32.12
	100m: 58.48 30.77	200m: 2:01.65	31.70	300m: 3:06.24	32.47
				350m: 3:38.91	32.67
				400m: 4:10.44	31.53
PK	Mentel Igor	08	KS Delfin Gdynia	<b>4:18.72</b>	552
	50m: 29.19 29.19	150m: 1:34.59	32.68	250m: 2:39.75	32.55
	100m: 1:01.91 32.72	200m: 2:07.20	32.61	300m: 3:12.77	33.02
				350m: 3:46.25	33.48
				400m: 4:18.72	32.47