

Pozna , 8. - 9.11.2024

Konkurencja 42
2024.11.09 - 16:34

M czyzn, 400m zmienny

12 lat i starsi
Wyniki

Punkty: AQUA 2024

Pozycja			Rok ur.					Czas	Pkt.			
16 - 18 lat												
1.	Zalewski Jacek		06	KS Posnania Pozna				4:32.28	641			
	50m:	30.20	30.20	150m:	1:39.47	35.56	250m:	2:52.98	38.39	350m:	4:02.64	31.77
	100m:	1:03.91	33.71	200m:	2:14.59	35.12	300m:	3:30.87	37.89	400m:	4:32.28	29.64
14 - 15 lat												
1.	Stachowiak Wiktor		10	KS Warta Pozna				4:40.57	586			
	50m:	29.49	29.49	150m:	1:41.52	37.13	250m:	2:56.67	38.62	350m:	4:09.16	33.06
	100m:	1:04.39	34.90	200m:	2:18.05	36.53	300m:	3:36.10	39.43	400m:	4:40.57	31.41
2.	Burzak Marcel		09	KS Posnania Pozna				4:54.71	505			
	50m:	30.65	30.65	150m:	1:45.85	39.73	250m:	3:05.84	41.20	350m:	4:21.46	33.99
	100m:	1:06.12	35.47	200m:	2:24.64	38.79	300m:	3:47.47	41.63	400m:	4:54.71	33.25
3.	Krze niak Jakub		10	KS Posnania Pozna				4:57.22	493			
	50m:	30.57	30.57	150m:	1:46.23	39.34	250m:	3:07.91	43.34	350m:	4:25.90	34.29
	100m:	1:06.89	36.32	200m:	2:24.57	38.34	300m:	3:51.61	43.70	400m:	4:57.22	31.32
4.	Wojtkowiak Wiktor		09	KS Posnania Pozna				4:57.90	489			
	50m:	28.33	28.33	150m:	1:42.09	39.29	250m:	3:05.27	44.66	350m:	4:25.56	35.13
	100m:	1:02.80	34.47	200m:	2:20.61	38.52	300m:	3:50.43	45.16	400m:	4:57.90	32.34
5.	Hamrol Igor		09	UKS Marato czyk Ostrów Wlkp.				5:13.87	418			
	50m:	32.53	32.53	150m:	1:50.74	38.67	250m:	3:14.80	45.55	350m:	4:39.48	37.40
	100m:	1:12.07	39.54	200m:	2:29.25	38.51	300m:	4:02.08	47.28	400m:	5:13.87	34.39
12 - 13 lat												
1.	Moros Bruno		11	KS Posnania Pozna				5:08.91	439			
	50m:	33.84	33.84	150m:	1:53.30	40.10	250m:	3:14.31	40.33	350m:	4:33.57	36.83
	100m:	1:13.20	39.36	200m:	2:33.98	40.68	300m:	3:56.74	42.43	400m:	5:08.91	35.34
2.	Droszcz Krystian		11	KS Waterpolo Pozna				5:44.91	315			
	50m:	39.91	39.91	150m:	2:10.77	43.64	250m:	3:40.38	48.64	350m:	5:10.62	40.50
	100m:	1:27.13	47.22	200m:	2:51.74	40.97	300m:	4:30.12	49.74	400m:	5:44.91	34.29
3.	Wi niewski Leszek		12	KS Posnania Pozna				5:45.78	313			
	50m:	39.23	39.23	150m:	2:10.54	45.16	250m:	3:43.63	50.70	350m:	5:11.43	37.23
	100m:	1:25.38	46.15	200m:	2:52.93	42.39	300m:	4:34.20	50.57	400m:	5:45.78	34.35
4.	Szwast Marcin		12	MUKS „HURAGAN" Koło				6:05.44	265			
	50m:	39.01	39.01	150m:	2:13.14	46.49	250m:	3:52.67	53.03	350m:	5:25.75	38.08
	100m:	1:26.65	47.64	200m:	2:59.64	46.50	300m:	4:47.67	55.00	400m:	6:05.44	39.69
5.	Jaworski Szymon		12	KS Warta Pozna				6:14.25	246			
	50m:	42.28	42.28	150m:	2:23.95	50.27	250m:	4:02.92	48.83	350m:	5:34.86	42.02
	100m:	1:33.68	51.40	200m:	3:14.09	50.14	300m:	4:52.84	49.92	400m:	6:14.25	39.39
6.	Kołodziejczak Aleks		12	KS Warta Pozna				6:14.40	246			
	50m:	40.37	40.37	150m:	2:20.30	50.35	250m:	4:00.21	50.78	350m:	5:35.54	42.41
	100m:	1:29.95	49.58	200m:	3:09.43	49.13	300m:	4:53.13	52.92	400m:	6:14.40	38.86
7.	Nieborak Bartosz		12	KS Warta Pozna				6:24.91	227			
	50m:	42.98	42.98	150m:	2:23.70	49.03	250m:	4:08.50	56.41	350m:	5:45.66	41.38
	100m:	1:34.67	51.69	200m:	3:12.09	48.39	300m:	5:04.28	55.78	400m:	6:24.91	39.25
PK	Ołownia Ignacy		07	KS Delfin Gdynia				4:38.96	596			
	50m:	29.51	29.51	150m:	1:39.58	35.97	250m:	2:55.19	40.47	350m:	4:08.80	32.40
	100m:	1:03.61	34.10	200m:	2:14.72	35.14	300m:	3:36.40	41.21	400m:	4:38.96	30.16
PK	Makowski Jakub		10	MKP Szczecin				5:03.02	465			
	50m:	32.65	32.65	150m:	1:50.79	40.07	250m:	3:14.17	44.49	350m:	4:31.51	33.03
	100m:	1:10.72	38.07	200m:	2:29.68	38.89	300m:	3:58.48	44.31	400m:	5:03.02	31.51