

Ogólnopolskie Zawody Pływackie - Sprawdzamy Formę na Termach
Poznań, 12.4.2025

Konkurencja 22
2025.04.12 - 17:20

Mężczyzn, 400m zmienny

Open
Wyniki

Punkty: Rudolph Table 2025

Pozycja	Rok ur.										Czas	Pkt.
Grupa A												
1.	PAKUŁA Patryk			08	UKS Shark Rudna					5:05.48	7,5	
	50m:	30.76	30.76	150m:	1:48.98	41.69	250m:	3:12.94	44.36	350m:	4:32.85	34.89
	100m:	1:07.29	36.53	200m:	2:28.58	39.60	300m:	3:57.96	45.02	400m:	5:05.48	32.63
2.	BURZYŃSKI Piotr			62	KS Waterpolo Poznań					8:06.32		
	50m:	53.21	53.21	150m:	3:08.60	1:09.66	250m:	5:18.00	1:02.98	350m:	7:12.96	51.51
	100m:	1:58.94	1:05.73	200m:	4:15.02	1:06.42	300m:	6:21.45	1:03.45	400m:	8:06.32	53.36
Grupa B												
1.	SKAWIŃSKI Aleksander			10	UKS 307 Warszawa					5:02.82	10,8	
	50m:	30.76	30.76	150m:	1:48.17	40.65	250m:	3:10.52	42.94	350m:	4:28.91	35.75
	100m:	1:07.52	36.76	200m:	2:27.58	39.41	300m:	3:53.16	42.64	400m:	5:02.82	33.91
2.	RYMARCZUK Jan			10	UKS „GIM 92 Ursynów"					5:10.23	8,9	
	50m:	31.30	31.30	150m:	1:49.28	39.54	250m:	3:16.09	46.49	350m:	4:36.88	35.46
	100m:	1:09.74	38.44	200m:	2:29.60	40.32	300m:	4:01.42	45.33	400m:	5:10.23	33.35
3.	SOBCZAK Mateusz			10	UKS 307 Warszawa					5:25.78	5,1	
	50m:	30.12	30.12	150m:	1:50.17	42.65	250m:	3:20.95	50.28	350m:	4:49.53	37.56
	100m:	1:07.52	37.40	200m:	2:30.67	40.50	300m:	4:11.97	51.02	400m:	5:25.78	36.25
4.	SIEMBIDA Igor			10	Mokotowski UKP Warszawianka- Wodny					5:29.16	4,3	
	50m:	32.11	32.11	150m:	1:55.42	44.98	250m:	3:26.75	48.24	350m:	4:51.83	35.99
	100m:	1:10.44	38.33	200m:	2:38.51	43.09	300m:	4:15.84	49.09	400m:	5:29.16	37.33
5.	PAWLAK Oliwier			10	WKS Śląsk					5:36.56	2,5	
	50m:	35.22	35.22	150m:	2:05.16	44.14	250m:	3:33.31	46.88	350m:	4:59.41	38.53
	100m:	1:21.02	45.80	200m:	2:46.43	41.27	300m:	4:20.88	47.57	400m:	5:36.56	37.15
Grupa C												
1.	KACZMAREK Mikołaj			11	UKS „GIM 92 Ursynów"					5:00.33	13,2	
	50m:	31.71	31.71	150m:	1:48.49	39.67	250m:	3:10.90	44.32	350m:	4:28.24	33.32
	100m:	1:08.82	37.11	200m:	2:26.58	38.09	300m:	3:54.92	44.02	400m:	5:00.33	32.09
2.	WOLNY Dariusz			11	KS "Swimmers Ślęza"					5:24.01	7,6	
	50m:	33.90	33.90	150m:	1:58.06	41.05	250m:	3:25.45	47.03	350m:	4:49.50	36.81
	100m:	1:17.01	43.11	200m:	2:38.42	40.36	300m:	4:12.69	47.24	400m:	5:24.01	34.51
3.	GÓRA Wiktor			12	Grudziądzki KP „Orka"					5:27.70	8,9	
	50m:	33.24	33.24	150m:	1:56.68	43.75	250m:	3:26.24	47.56	350m:	4:52.19	37.37
	100m:	1:12.93	39.69	200m:	2:38.68	42.00	300m:	4:14.82	48.58	400m:	5:27.70	35.51
4.	RONOWSKI Szymon			11	UKS Żabianka Gdańsk					5:28.37	6,5	
	50m:	32.69	32.69	150m:	1:56.71	45.89	250m:	3:22.51	45.04	350m:	4:50.46	41.39
	100m:	1:10.82	38.13	200m:	2:37.47	40.76	300m:	4:09.07	46.56	400m:	5:28.37	37.91
5.	FABISZAK Oktawian			11	KTP Iskra Konin					5:43.67	2,9	
	50m:	33.64	33.64	150m:	2:02.28	46.95	250m:	3:36.42	49.03	350m:	5:06.15	38.83
	100m:	1:15.33	41.69	200m:	2:47.39	45.11	300m:	4:27.32	50.90	400m:	5:43.67	37.52
6.	BIEGAŁSKI Grzegorz			12	UKS Siódemka Gdynia					5:45.94	4,7	
	50m:	37.10	37.10	150m:	2:09.56	42.78	250m:	3:38.48	46.74	350m:	5:07.35	41.01
	100m:	1:26.78	49.68	200m:	2:51.74	42.18	300m:	4:26.34	47.86	400m:	5:45.94	38.59