

Giżycko, 31.5. - 1.6.2025

Konkurencja 16
31.05.2025 - 14:17

Mężczyzn, 400m dowolny

12 lat i starsi
Wyniki

Punkty: AQUA 2024

Pozycja	Rok ur.										Czas	Pkt.
12 lat												
1.	SZOSTAWICKI Tomasz			13	MTP Kormoran Olsztyn					5:19.64	292	
	50m:	35.75	35.75	150m:	1:57.22	41.38	250m:	3:17.99	40.02	350m:	4:40.25	40.59
	100m:	1:15.84	40.09	200m:	2:37.97	40.75	300m:	3:59.66	41.67	400m:	5:19.64	39.39
2.	CHEŁKOWSKI Piotr			13	UKS „Frog" Giżycko					5:31.58	262	
	50m:	35.96	35.96	150m:	1:59.02	41.55	250m:	3:22.22	42.91	350m:	4:48.79	43.15
	100m:	1:17.47	41.51	200m:	2:39.31	40.29	300m:	4:05.64	43.42	400m:	5:31.58	42.79
3.	MATRAS Julian			13	KS Płetwał Szczytno					5:32.19	260	
	50m:	39.71	39.71	150m:	2:04.35	42.20	250m:	3:29.95	42.24	350m:	4:53.61	41.44
	100m:	1:22.15	42.44	200m:	2:47.71	43.36	300m:	4:12.17	42.22	400m:	5:32.19	38.58
4.	WIETESKA Aleksander			13	MKS Ochota Warszawa					5:33.51	257	
	50m:	36.72	36.72	150m:	2:00.79	42.59	250m:	3:25.54	42.61	350m:	4:50.89	41.63
	100m:	1:18.20	41.48	200m:	2:42.93	42.14	300m:	4:09.26	43.72	400m:	5:33.51	42.62
5.	GROMEK Szymon			13	MTP Kormoran Olsztyn					5:53.53	216	
	50m:	39.15	39.15	150m:	2:10.63	46.38	250m:	3:42.48	45.95	350m:	5:12.61	44.19
	100m:	1:24.25	45.10	200m:	2:56.53	45.90	300m:	4:28.42	45.94	400m:	5:53.53	40.92
6.	MAKOWSKI Łukasz			13	UKS Butterfly Łomża					6:43.61	145	
	50m:	40.73	40.73	150m:	2:22.69	52.15	250m:	4:08.17	53.10	350m:	5:55.39	53.04
	100m:	1:30.54	49.81	200m:	3:15.07	52.38	300m:	5:02.35	54.18	400m:	6:43.61	48.22
7.	NIEZNAŃSKI Filip			13	Ks "Marlin Mława"					7:13.81	117	
	50m:	45.84	45.84	150m:	2:39.84	58.91	250m:	4:35.30	58.36	350m:	6:23.39	54.03
	100m:	1:40.93	55.09	200m:	3:36.94	57.10	300m:	5:29.36	54.06	400m:	7:13.81	50.42
8.	SZERSZUN Aleksander			13	UKS Butterfly Łomża					7:26.33	107	
	50m:	47.08	47.08	150m:	2:43.42	58.90	250m:	4:42.57	1:00.48	350m:	6:37.91	57.09
	100m:	1:44.52	57.44	200m:	3:42.09	58.67	300m:	5:40.82	58.25	400m:	7:26.33	48.42
13 lat												
1.	BRZEZIŃSKI Ksawery			12	UKS Butterfly Łomża					5:07.75	328	
	50m:	33.80	33.80	150m:	1:50.61	38.96	250m:	3:11.42	40.75	350m:	4:31.95	39.60
	100m:	1:11.65	37.85	200m:	2:30.67	40.06	300m:	3:52.35	40.93	400m:	5:07.75	35.80
2.	JAKOWICZ Patryk			12	UKS „Frog" Giżycko					5:41.94	239	
	50m:	38.08	38.08	150m:	2:02.04	42.29	250m:	3:29.60	44.20	350m:	4:58.36	43.54
	100m:	1:19.75	41.67	200m:	2:45.40	43.36	300m:	4:14.82	45.22	400m:	5:41.94	43.58
3.	JAKOWICZ Kuba			12	UKS „Frog" Giżycko					5:44.80	233	
	50m:	38.92	38.92	150m:	2:04.89	43.77	250m:	3:32.54	44.35	350m:	5:01.27	44.33
	100m:	1:21.12	42.20	200m:	2:48.19	43.30	300m:	4:16.94	44.40	400m:	5:44.80	43.53
4.	PROCHOWICZ Wojciech			12	MUKS Piorun Gołdap					5:48.05	226	
	50m:	37.33	37.33	150m:	2:03.62	43.64	250m:	3:33.45	45.57	350m:	5:06.00	47.35
	100m:	1:19.98	42.65	200m:	2:47.88	44.26	300m:	4:18.65	45.20	400m:	5:48.05	42.05
5.	PEZOWICZ Sebastian			12	UKS OMEGA Sokółka					6:09.27	189	
	50m:	38.95	38.95	150m:	2:10.22	45.84	250m:	3:45.77	48.13	350m:	5:22.38	48.64
	100m:	1:24.38	45.43	200m:	2:57.64	47.42	300m:	4:33.74	47.97	400m:	6:09.27	46.89

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14 lat i starsi

1.	PARDO Kornel	10	UKS „Frog” Giżycko	4:21.13	536
	50m: 29.89 29.89	150m: 1:36.95 33.71	250m: 2:44.32 33.46	350m: 3:49.75 32.20	
	100m: 1:03.24 33.35	200m: 2:10.86 33.91	300m: 3:17.55 33.23	400m: 4:21.13 31.38	
2.	SROKA Zoran	08	UKS „Frog” Giżycko	4:27.84	497
	50m: 29.97 29.97	150m: 1:37.08 33.77	250m: 2:45.13 33.61	350m: 3:53.61 34.69	
	100m: 1:03.31 33.34	200m: 2:11.52 34.44	300m: 3:18.92 33.79	400m: 4:27.84 34.23	
3.	ULJASZ Dawid	07	UKS OMEGA Sokółka	4:44.25	416
	50m: 30.07 30.07	150m: 1:40.87 36.14	250m: 2:54.73 36.84	350m: 4:09.46 37.69	
	100m: 1:04.73 34.66	200m: 2:17.89 37.02	300m: 3:31.77 37.04	400m: 4:44.25 34.79	
4.	WALKIEWICZ Juliusz	11	MUKS Piorun Gołdap	4:48.23	399
	50m: 32.55 32.55	150m: 1:45.46 36.60	250m: 2:59.96 36.87	350m: 4:13.20 36.71	
	100m: 1:08.86 36.31	200m: 2:23.09 37.63	300m: 3:36.49 36.53	400m: 4:48.23 35.03	
5.	WAWRZOS Dawid	08	MKS Medyk Giżycko	4:50.44	390
	50m: 30.58 30.58	150m: 1:42.40 36.81	250m: 2:59.81 38.57	350m: 4:15.46 37.51	
	100m: 1:05.59 35.01	200m: 2:21.24 38.84	300m: 3:37.95 38.14	400m: 4:50.44 34.98	
6.	BALKIEWICZ Kajetan	11	UKS Butterfly Łomża	5:00.76	351
	50m: 33.26 33.26	150m: 1:48.40 38.51	250m: 3:06.93 39.27	350m: 4:25.66 38.82	
	100m: 1:09.89 36.63	200m: 2:27.66 39.26	300m: 3:46.84 39.91	400m: 5:00.76 35.10	
7.	PERKOWSKI Jakub	11	UKS Butterfly Łomża	5:41.18	240
	50m: 37.30 37.30	150m: 2:04.29 44.47	250m: 3:33.66 44.64	350m: 5:01.49 43.14	
	100m: 1:19.82 42.52	200m: 2:49.02 44.73	300m: 4:18.35 44.69	400m: 5:41.18 39.69	