

ZIMOWE OTWARTE MISTRZOSTWA POLSKI W PŁYWANIU OSÓB NIEPEŁNOSPRAWNYCH 2021  
Szczecin, 5- - 7-11-2021

| Event 16           |                    | Men, 400m Freestyle |               |                    |               |         |                |         |     | Open Results |  |
|--------------------|--------------------|---------------------|---------------|--------------------|---------------|---------|----------------|---------|-----|--------------|--|
| 2021-11-06 - 11:51 |                    |                     |               |                    |               |         |                |         |     |              |  |
| Points: WPS 2021   |                    |                     |               |                    |               |         |                |         |     |              |  |
| Rank               |                    |                     | YB            |                    |               |         |                | Time    | Pts |              |  |
| Open               |                    |                     |               |                    |               |         |                |         |     |              |  |
| 1.                 | OGORZALEK Alan     |                     | 03            | Start Wroclaw      |               |         | <b>4:22.87</b> | 805     | S10 | 40734        |  |
|                    | 50m: 29.11         | 29.11               | 150m: 1:38.27 | 34.82              | 250m: 2:45.59 | 32.65   | 350m: 3:52.02  | 32.97   |     |              |  |
|                    | 100m: 1:03.45      | 34.34               | 200m: 2:12.94 | 34.67              | 300m: 3:19.05 | 33.46   | 400m: 4:22.87  | 30.85   |     |              |  |
| 2.                 | HREHOROWICZ Igor   |                     | 02            | Start Wroclaw      |               |         | <b>4:48.42</b> | 698     | S9  | 26514        |  |
|                    | 50m: 34.22         | 34.22               | 150m: 1:47.71 | 36.60              | 250m: 2:59.58 | 35.38   | 350m: 4:12.24  | 36.51   |     |              |  |
|                    | 100m: 1:11.11      | 36.89               | 200m: 2:24.20 | 36.49              | 300m: 3:35.73 | 36.15   | 400m: 4:48.42  | 36.18   |     |              |  |
| 3.                 | MUKUNDAN Niranjana |                     |               | India              |               |         | <b>5:24.72</b> | 671     | S7  | 18651        |  |
|                    | 50m: 36.04         | 36.04               | 150m: 1:57.64 | 41.94              | 250m: 3:21.85 | 41.83   | 350m: 4:45.30  | 41.07   |     |              |  |
|                    | 100m: 1:15.70      | 39.66               | 200m: 2:40.02 | 42.38              | 300m: 4:04.23 | 42.38   | 400m: 5:24.72  | 39.42   |     |              |  |
| 4.                 | CORDEIRO Tomas     |                     |               | Portugal           |               |         | <b>4:43.10</b> | 596     | S10 | 52148        |  |
|                    | 50m: 32.38         | 32.38               | 150m: 1:43.71 | 35.88              | 250m: 2:56.77 | 36.12   | 350m: 4:08.32  | 35.47   |     |              |  |
|                    | 100m: 1:07.83      | 35.45               | 200m: 2:20.65 | 36.94              | 300m: 3:32.85 | 36.08   | 400m: 4:43.10  | 34.78   |     |              |  |
| 5.                 | ROBAK Wiktor       |                     | 98            | SSN Start Lodz     |               |         | <b>5:16.91</b> | 413     | S9  |              |  |
|                    | 50m: 35.75         | 35.75               | 150m: 1:57.58 | 41.25              | 250m: 3:20.34 | 41.16   | 350m: 4:40.81  | 39.36   |     |              |  |
|                    | 100m: 1:16.33      | 40.58               | 200m: 2:39.18 | 41.60              | 300m: 4:01.45 | 41.11   | 400m: 5:16.91  | 36.10   |     |              |  |
| 6.                 | KONIECZNY Jakub    |                     | 01            | Start Tarnow       |               |         | <b>5:34.06</b> | 261     | S14 |              |  |
|                    | 50m: 36.54         | 36.54               | 150m: 1:59.37 | 42.12              | 250m: 3:25.70 | 42.99   | 350m: 4:53.35  | 44.44   |     |              |  |
|                    | 100m: 1:17.25      | 40.71               | 200m: 2:42.71 | 43.34              | 300m: 4:08.91 | 43.21   | 400m: 5:34.06  | 40.71   |     |              |  |
| 7.                 | RENKEMA Josh       |                     |               | Netherlands        |               |         | <b>6:38.85</b> | 256     | S6  | 44221        |  |
|                    | 50m: 45.83         | 45.83               | 150m: 2:24.28 | 50.02              | 250m: 4:06.44 | 51.99   | 350m: 5:49.44  | 50.74   |     |              |  |
|                    | 100m: 1:34.26      | 48.43               | 200m: 3:14.45 | 50.17              | 300m: 4:58.70 | 52.26   | 400m: 6:38.85  | 49.41   |     |              |  |
| 8.                 | JASTRZEBSKI Adrian |                     | 00            | Wodnik Radom       |               |         | <b>5:26.45</b> | 168     | S13 | 26935        |  |
|                    | 50m: 36.54         | 36.54               | 150m: 2:00.47 | 42.44              | 250m: 3:23.68 | 41.25   | 350m: 4:46.55  | 41.31   |     |              |  |
|                    | 100m: 1:18.03      | 41.49               | 200m: 2:42.43 | 41.96              | 300m: 4:05.24 | 41.56   | 400m: 5:26.45  | 39.90   |     |              |  |
| 9.                 | WALASZEK Tomasz    |                     | 07            | Start Wroclaw      |               |         | <b>6:42.36</b> | 102     | S7  |              |  |
|                    | 50m: 44.65         | 44.65               | 150m: 2:28.25 | 51.68              | 250m: 4:11.66 | 51.81   | 350m: 5:54.83  | 51.60   |     |              |  |
|                    | 100m: 1:36.57      | 51.92               | 200m: 3:19.85 | 51.60              | 300m: 5:03.23 | 51.57   | 400m: 6:42.36  | 47.53   |     |              |  |
| 10.                | SOJA Igor          |                     | 06            | IKS DSS Krakow     |               |         | <b>7:17.18</b> | 78      | S6  |              |  |
|                    | 50m: 48.81         | 48.81               | 150m: 2:39.43 | 55.64              | 250m: 4:32.76 | 57.22   | 350m: 6:26.58  | 56.87   |     |              |  |
|                    | 100m: 1:43.79      | 54.98               | 200m: 3:35.54 | 56.11              | 300m: 5:29.71 | 56.95   | 400m: 7:17.18  | 50.60   |     |              |  |
| 11.                | SZOSTAK Bartosz    |                     | 07            | Start Oswiecim     |               |         | <b>6:06.57</b> | 30      | S10 |              |  |
|                    | 50m: 38.54         | 38.54               | 150m: 2:10.87 | 48.08              | 250m: 3:48.54 | 48.78   | 350m: 5:24.80  | 47.66   |     |              |  |
|                    | 100m: 1:22.79      | 44.25               | 200m: 2:59.76 | 48.89              | 300m: 4:37.14 | 48.60   | 400m: 6:06.57  | 41.77   |     |              |  |
| 12.                | BURZYNSKI Rafal    |                     | 09            | Start Wroclaw      |               |         | <b>6:15.74</b> | 17      | S10 |              |  |
|                    | 50m: 43.41         | 43.41               | 150m: 2:19.23 | 47.57              | 250m: 3:55.50 | 47.82   | 350m: 5:31.49  | 47.80   |     |              |  |
|                    | 100m: 1:31.66      | 48.25               | 200m: 3:07.68 | 48.45              | 300m: 4:43.69 | 48.19   | 400m: 6:15.74  | 44.25   |     |              |  |
| 13.                | KORNIENKO Adrian   |                     | 91            | KSI Start Szczecin |               |         | <b>7:56.00</b> | 2       | S7  |              |  |
|                    | 50m: 51.81         | 51.81               | 150m: 2:50.15 | 1:00.58            | 250m: 4:52.28 | 1:00.98 | 350m: 6:54.95  | 1:00.96 |     |              |  |
|                    | 100m: 1:49.57      | 57.76               | 200m: 3:51.30 | 1:01.15            | 300m: 5:53.99 | 1:01.71 | 400m: 7:56.00  | 1:01.05 |     |              |  |
| 14.                | BILSKI Oliwier     |                     | 05            | Start Oswiecim     |               |         | <b>7:46.32</b> |         | S9  |              |  |
|                    | 50m: 49.51         | 49.51               | 150m: 2:42.36 | 57.66              | 250m: 4:40.85 | 1:00.22 | 350m: 6:43.69  | 1:01.87 |     |              |  |
|                    | 100m: 1:44.70      | 55.19               | 200m: 3:40.63 | 58.27              | 300m: 5:41.82 | 1:00.97 | 400m: 7:46.32  | 1:02.63 |     |              |  |

Grupa S6

|    |               |       |               |                |               |       |                |       |    |       |
|----|---------------|-------|---------------|----------------|---------------|-------|----------------|-------|----|-------|
| 1. | RENKEMA Josh  |       |               | Netherlands    |               |       | <b>6:38.85</b> | 256   | S6 | 44221 |
|    | 50m: 45.83    | 45.83 | 150m: 2:24.28 | 50.02          | 250m: 4:06.44 | 51.99 | 350m: 5:49.44  | 50.74 |    |       |
|    | 100m: 1:34.26 | 48.43 | 200m: 3:14.45 | 50.17          | 300m: 4:58.70 | 52.26 | 400m: 6:38.85  | 49.41 |    |       |
| 2. | SOJA Igor     |       | 06            | IKS DSS Krakow |               |       | <b>7:17.18</b> | 78    | S6 |       |
|    | 50m: 48.81    | 48.81 | 150m: 2:39.43 | 55.64          | 250m: 4:32.76 | 57.22 | 350m: 6:26.58  | 56.87 |    |       |
|    | 100m: 1:43.79 | 54.98 | 200m: 3:35.54 | 56.11          | 300m: 5:29.71 | 56.95 | 400m: 7:17.18  | 50.60 |    |       |

ZIMOWE OTWARTE MISTRZOSTWA POLSKI W PŁYWANIU OSÓB NIEPEŁNOSPRAWNYCH 2021  
Szczecin, 5- - 7-11-2021

Event 16, Men, 400m Freestyle

Grupa S7

|    |                   |         |       |       |                    |         |       |         |                |                |         |         |
|----|-------------------|---------|-------|-------|--------------------|---------|-------|---------|----------------|----------------|---------|---------|
| 1. | MUKUNDAN Niranjan |         |       | India |                    |         |       |         | <b>5:24.72</b> | 671            | S7      | 18651   |
|    | 50m:              | 36.04   | 36.04 | 150m: | 1:57.64            | 41.94   | 250m: | 3:21.85 | 41.83          | 350m:          | 4:45.30 | 41.07   |
|    | 100m:             | 1:15.70 | 39.66 | 200m: | 2:40.02            | 42.38   | 300m: | 4:04.23 | 42.38          | 400m:          | 5:24.72 | 39.42   |
| 2. | WALASZEK Tomasz   |         |       | 07    | Start Wroclaw      |         |       |         |                | <b>6:42.36</b> | 102     | S7      |
|    | 50m:              | 44.65   | 44.65 | 150m: | 2:28.25            | 51.68   | 250m: | 4:11.66 | 51.81          | 350m:          | 5:54.83 | 51.60   |
|    | 100m:             | 1:36.57 | 51.92 | 200m: | 3:19.85            | 51.60   | 300m: | 5:03.23 | 51.57          | 400m:          | 6:42.36 | 47.53   |
| 3. | KORNIENKO Adrian  |         |       | 91    | KSI Start Szczecin |         |       |         |                | <b>7:56.00</b> | 2       | S7      |
|    | 50m:              | 51.81   | 51.81 | 150m: | 2:50.15            | 1:00.58 | 250m: | 4:52.28 | 1:00.98        | 350m:          | 6:54.95 | 1:00.96 |
|    | 100m:             | 1:49.57 | 57.76 | 200m: | 3:51.30            | 1:01.15 | 300m: | 5:53.99 | 1:01.71        | 400m:          | 7:56.00 | 1:01.05 |

Grupa S9

|    |                  |         |       |       |                |       |       |         |         |                |         |         |       |
|----|------------------|---------|-------|-------|----------------|-------|-------|---------|---------|----------------|---------|---------|-------|
| 1. | HREHOROWICZ Igor |         |       | 02    | Start Wroclaw  |       |       |         |         | <b>4:48.42</b> | 698     | S9      | 26514 |
|    | 50m:             | 34.22   | 34.22 | 150m: | 1:47.71        | 36.60 | 250m: | 2:59.58 | 35.38   | 350m:          | 4:12.24 | 36.51   |       |
|    | 100m:            | 1:11.11 | 36.89 | 200m: | 2:24.20        | 36.49 | 300m: | 3:35.73 | 36.15   | 400m:          | 4:48.42 | 36.18   |       |
| 2. | ROBAK Wiktor     |         |       | 98    | SSN Start Lodz |       |       |         |         | <b>5:16.91</b> | 413     | S9      |       |
|    | 50m:             | 35.75   | 35.75 | 150m: | 1:57.58        | 41.25 | 250m: | 3:20.34 | 41.16   | 350m:          | 4:40.81 | 39.36   |       |
|    | 100m:            | 1:16.33 | 40.58 | 200m: | 2:39.18        | 41.60 | 300m: | 4:01.45 | 41.11   | 400m:          | 5:16.91 | 36.10   |       |
| 3. | BILSKI Oliwier   |         |       | 05    | Start Oswiecim |       |       |         |         | <b>7:46.32</b> |         | S9      |       |
|    | 50m:             | 49.51   | 49.51 | 150m: | 2:42.36        | 57.66 | 250m: | 4:40.85 | 1:00.22 | 350m:          | 6:43.69 | 1:01.87 |       |
|    | 100m:            | 1:44.70 | 55.19 | 200m: | 3:40.63        | 58.27 | 300m: | 5:41.82 | 1:00.97 | 400m:          | 7:46.32 | 1:02.63 |       |

Grupa S10

|    |                 |         |       |       |                |       |       |         |       |                |         |       |       |
|----|-----------------|---------|-------|-------|----------------|-------|-------|---------|-------|----------------|---------|-------|-------|
| 1. | OGORZALEK Alan  |         |       | 03    | Start Wroclaw  |       |       |         |       | <b>4:22.87</b> | 805     | S10   | 40734 |
|    | 50m:            | 29.11   | 29.11 | 150m: | 1:38.27        | 34.82 | 250m: | 2:45.59 | 32.65 | 350m:          | 3:52.02 | 32.97 |       |
|    | 100m:           | 1:03.45 | 34.34 | 200m: | 2:12.94        | 34.67 | 300m: | 3:19.05 | 33.46 | 400m:          | 4:22.87 | 30.85 |       |
| 2. | CORDEIRO Tomas  |         |       |       | Portugal       |       |       |         |       | <b>4:43.10</b> | 596     | S10   | 52148 |
|    | 50m:            | 32.38   | 32.38 | 150m: | 1:43.71        | 35.88 | 250m: | 2:56.77 | 36.12 | 350m:          | 4:08.32 | 35.47 |       |
|    | 100m:           | 1:07.83 | 35.45 | 200m: | 2:20.65        | 36.94 | 300m: | 3:32.85 | 36.08 | 400m:          | 4:43.10 | 34.78 |       |
| 3. | SZOSTAK Bartosz |         |       | 07    | Start Oswiecim |       |       |         |       | <b>6:06.57</b> | 30      | S10   |       |
|    | 50m:            | 38.54   | 38.54 | 150m: | 2:10.87        | 48.08 | 250m: | 3:48.54 | 48.78 | 350m:          | 5:24.80 | 47.66 |       |
|    | 100m:           | 1:22.79 | 44.25 | 200m: | 2:59.76        | 48.89 | 300m: | 4:37.14 | 48.60 | 400m:          | 6:06.57 | 41.77 |       |
| 4. | BURZYNSKI Rafal |         |       | 09    | Start Wroclaw  |       |       |         |       | <b>6:15.74</b> | 17      | S10   |       |
|    | 50m:            | 43.41   | 43.41 | 150m: | 2:19.23        | 47.57 | 250m: | 3:55.50 | 47.82 | 350m:          | 5:31.49 | 47.80 |       |
|    | 100m:           | 1:31.66 | 48.25 | 200m: | 3:07.68        | 48.45 | 300m: | 4:43.69 | 48.19 | 400m:          | 6:15.74 | 44.25 |       |

Grupa S13

|    |                    |         |       |       |              |       |       |         |       |                |         |       |       |
|----|--------------------|---------|-------|-------|--------------|-------|-------|---------|-------|----------------|---------|-------|-------|
| 1. | JASTRZEBSKI Adrian |         |       | 00    | Wodnik Radom |       |       |         |       | <b>5:26.45</b> | 168     | S13   | 26935 |
|    | 50m:               | 36.54   | 36.54 | 150m: | 2:00.47      | 42.44 | 250m: | 3:23.68 | 41.25 | 350m:          | 4:46.55 | 41.31 |       |
|    | 100m:              | 1:18.03 | 41.49 | 200m: | 2:42.43      | 41.96 | 300m: | 4:05.24 | 41.56 | 400m:          | 5:26.45 | 39.90 |       |

Grupa S14

|    |                 |         |       |       |              |       |       |         |       |                |         |       |
|----|-----------------|---------|-------|-------|--------------|-------|-------|---------|-------|----------------|---------|-------|
| 1. | KONIECZNY Jakub |         |       | 01    | Start Tarnow |       |       |         |       | <b>5:34.06</b> | 261     | S14   |
|    | 50m:            | 36.54   | 36.54 | 150m: | 1:59.37      | 42.12 | 250m: | 3:25.70 | 42.99 | 350m:          | 4:53.35 | 44.44 |
|    | 100m:           | 1:17.25 | 40.71 | 200m: | 2:42.71      | 43.34 | 300m: | 4:08.91 | 43.21 | 400m:          | 5:34.06 | 40.71 |