

Letnie Parapływackie Mistrzostwa Polski Zielona Góra - Drzonków 2025

Zielona Góra, 28. - 29.6.2025

Konkurencja 8
28.06.2025 - 12:13

Mężczyzn, 400m dowolny
S6-S14

Open
Wyniki

Punkty: WPS 2025

Pozycja	Rok ur.				Czas				Pkt.	
1. Hrehorowicz Igor	02	START Wrocław				4:35.92	792	S9		
50m: 31.32	31.32	150m: 1:39.57	34.35	250m: 2:48.98	35.01	350m: 4:00.32	35.93			
100m: 1:05.22	33.90	200m: 2:13.97	34.40	300m: 3:24.39	35.41	400m: 4:35.92	35.60			
2. Kozłowski Alex	08	UKS Laski Izabelin				4:59.04	749	S11		
50m: 32.70	32.70	150m: 1:47.31	38.11	250m: 3:05.20	38.74	350m: 4:22.56	38.28			
100m: 1:09.20	36.50	200m: 2:26.46	39.15	300m: 3:44.28	39.08	400m: 4:59.04	36.48			
3. Zinkovskiy Nestor	05	SSN START Łódź				4:29.01	716	S13		
50m: 28.50	28.50	150m: 1:34.78	34.41	250m: 2:44.79	35.06	350m: 3:54.53	34.78			
100m: 1:00.37	31.87	200m: 2:09.73	34.95	300m: 3:19.75	34.96	400m: 4:29.01	34.48			
4. Burzyński Rafał	09	START Wrocław				4:42.99	595	S10		
50m: 32.44	32.44	150m: 1:43.78	35.73	250m: 2:56.14	36.12	350m: 4:08.44	36.31			
100m: 1:08.05	35.61	200m: 2:20.02	36.24	300m: 3:32.13	35.99	400m: 4:42.99	34.55			
5. Cymbalista Szymon	09	START Wrocław				5:00.42	544	S9		
50m: 33.43	33.43	150m: 1:49.27	37.65	250m: 3:06.31	38.25	350m: 4:22.75	38.13			
100m: 1:11.62	38.19	200m: 2:28.06	38.79	300m: 3:44.62	38.31	400m: 5:00.42	37.67			
6. Konieczny Jakub	01	START Tamów				5:13.27	413	S14		
50m: 30.82	30.82	150m: 1:46.30	39.29	250m: 3:08.25	41.56	350m: 4:32.45	42.63			
100m: 1:07.01	36.19	200m: 2:26.69	40.39	300m: 3:49.82	41.57	400m: 5:13.27	40.82			
7. Tubacki Mateusz	07	SZANSA START Gdańsk				5:37.02	210	S14		
50m: 33.73	33.73	150m: 1:54.72	42.41	250m: 3:22.87	44.42	350m: 4:52.81	44.38			
100m: 1:12.31	38.58	200m: 2:38.45	43.73	300m: 4:08.43	45.56	400m: 5:37.02	44.21			
8. Brzózka Marcel	11	WSSIRN START Katowice				5:38.41	201	S9		
50m: 37.96	37.96	150m: 2:02.16	43.23	250m: 3:29.56	44.29	350m: 4:58.29	43.50			
100m: 1:18.93	40.97	200m: 2:45.27	43.11	300m: 4:14.79	45.23	400m: 5:38.41	40.12			
9. Bułat Bartosz	12	IKS DSS Kraków				6:00.03	153	S8		
50m: 40.32	40.32	150m: 2:11.18	45.79	250m: 3:43.68	46.68	350m: 5:16.12	46.07			
100m: 1:25.39	45.07	200m: 2:57.00	45.82	300m: 4:30.05	46.37	400m: 6:00.03	43.91			
10. Wałaszek Tomasz	07	START Wrocław				6:23.96	146	S7		
50m: 42.39	42.39	150m: 2:15.36	47.30	250m: 3:53.59	49.82	350m: 5:34.83	50.78			
100m: 1:28.06	45.67	200m: 3:03.77	48.41	300m: 4:44.05	50.46	400m: 6:23.96	49.13			
11. Orwat Kamil	88	ZSR START Zielona Góra				5:55.45	105	S9		
50m: 40.79	40.79	150m: 2:09.79	45.48	250m: 3:41.49	46.38	350m: 5:12.92	45.39			
100m: 1:24.31	43.52	200m: 2:55.11	45.32	300m: 4:27.53	46.04	400m: 5:55.45	42.53			
12. Kolesnyk Oleksii	11	IKS AWF Warszawa				5:53.99	63	S12		
50m: 39.04	39.04	150m: 2:09.92	46.24	250m: 3:42.15	45.75	350m: 5:13.64	45.22			
100m: 1:23.68	44.64	200m: 2:56.40	46.48	300m: 4:28.42	46.27	400m: 5:53.99	40.35			
13. Donocik Mateusz	12	LKS Gol-Start Częstochowa				6:02.53	34	S10		
50m: 39.54	39.54	150m: 2:10.98	45.79	250m: 3:43.69	46.36	350m: 5:17.36	46.62			
100m: 1:25.19	45.65	200m: 2:57.33	46.35	300m: 4:30.74	47.05	400m: 6:02.53	45.17			
14. Kawalec Mikołaj	06	ICSiR START Lublin				6:45.68	18	S8		
50m: 40.36	40.36	150m: 2:16.94	49.98	250m: 4:02.95	53.86	350m: 6:45.68				
100m: 1:26.96	46.60	200m: 3:09.09	52.15	300m: 4:57.66	54.71	400m: 6:45.68				
15. Rębisz Arkadiusz	07	BZSR START Bielsko-Biała				7:14.59	15	S7		
50m: 43.21	43.21	150m: 2:27.60	54.28	250m: 4:21.31	57.38	350m: 6:18.11	57.77			
100m: 1:33.32	50.11	200m: 3:23.93	56.33	300m: 5:20.34	59.03	400m: 7:14.59	56.48			
16. Ćwirko Dawid	11	ZSR START Zielona Góra				6:33.90	5	S12		
50m: 40.30	40.30	150m: 2:20.59	52.24	250m: 4:05.85	52.78	350m: 5:48.33	50.47			
100m: 1:28.35	48.05	200m: 3:13.07	52.48	300m: 4:57.86	52.01	400m: 6:33.90	45.57			

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Konkurencja 8, Mężczyzn, 400m dowolny, Open

Pozycja				Rok ur.					Czas	Pkt.
17.	Kołpak Miłosz			09	START Wrocław				7:10.67	3 S8
	50m:	44.25	44.25	150m:	2:29.85	250m:	350m:	6:17.78		
	100m:			200m:	3:28.22	58.37	300m:	400m:	7:10.67	52.89
18.	Biłski Oliwier			05	WSSIRN START Katowice				7:00.44	2 S9
	50m:	43.48	43.48	150m:	2:26.68	50.69	250m:	4:14.84	54.21	350m: 6:04.76
	100m:	1:35.99	52.51	200m:	3:20.63	53.95	300m:	5:10.04	55.20	400m: 7:00.44
										55.68
	Miśta Juliusz			09	START Wrocław				7:42.21	2 S7
	50m:	52.07	52.07	150m:	2:49.46	1:00.23	250m:	4:50.61	1:01.93	350m: 6:49.01
	100m:	1:49.23	57.16	200m:	3:48.68	59.22	300m:	5:52.61	1:02.00	400m: 7:42.21
										53.20
	Stęniak Michał			11	START Wrocław				7:45.17	2 S7
	50m:	46.23	46.23	150m:	2:39.63	58.77	250m:	4:43.47	1:02.47	350m: 6:50.42
	100m:	1:40.86	54.63	200m:	3:41.00	1:01.37	300m:	5:47.20	1:03.73	400m: 7:45.17
										54.75
21.	Frąćala Jakub			13	WSSIRN START Katowice				7:29.46	S8
	50m:	52.50	52.50	150m:	2:45.95	56.76	250m:	4:41.59	56.97	350m: 6:36.58
	100m:	1:49.19	56.69	200m:	3:44.62	58.67	300m:	5:39.87	58.28	400m: 7:29.46
										52.88
	Kozak Jan			12	LKS Gol-Start Częstochowa				8:10.57	S7
	50m:	51.54	51.54	150m:	2:54.56	1:02.94	250m:	5:01.56	1:05.41	350m: 7:07.53
	100m:	1:51.62	1:00.08	200m:	3:56.15	1:01.59	300m:	6:04.12	1:02.56	400m: 8:10.57
										1:03.04
	Krawczyk Michał			10	WSSIRN START Katowice				9:22.60	S6
	50m:	1:04.17	1:04.17	150m:	3:28.27	1:13.04	250m:	5:56.14	1:13.45	350m: 8:15.24
	100m:	2:15.23	1:11.06	200m:	4:42.69	1:14.42	300m:	7:06.68	1:10.54	400m: 9:22.60
										1:07.36