



wi tokrzyska Liga Pływacka - 4 runda Du e j Ligi  
Kielce - 7 pa dziernika 2023r

Konkurencja 4

M czyzn, 400m zmienny

14 lat i starsi

07-10-2023 - 10:26

Wyniki

|                             |         |                    |       |         |            |
|-----------------------------|---------|--------------------|-------|---------|------------|
| Rek Okr gu wi t. Seniorów   | 4:08.29 | Bujak Dominik      | SAKIE | Olsztyn | 16-12-2020 |
| Rek Okr gu wi t. Jun 18-lat | 4:10.76 | Bujak Dominik      | SAKIE | Łód     | 20-12-2017 |
| Rek Okr gu wi t. Jun 17-lat | 4:12.74 | Bujak Dominik      | SAKIE | Olsztyn | 16-12-2016 |
| Rek Okr gu wi t. Jun 16-lat | 4:21.59 | Bujak Dominik      | SAKIE | Pozna   | 21-11-2015 |
| Rek Okr gu wi t. Jun 15-lat | 4:25.49 | Bujak Dominik      | SAKIE | Pozna   | 22-11-2014 |
| Rek Okr gu wi t. Jun 14-lat | 4:37.84 | Barusi ski Kordian | KOKIE | Lublin  | 18-12-2015 |

Punkty: FINA 2020

Pozycja Rok ur. Czas Pkt.

16 lat i starsi

|                       |                     |                         |                     |     |
|-----------------------|---------------------|-------------------------|---------------------|-----|
| 1. Michta Bartosz     | 05                  | KSZO Ostrowiec w        | <b>4:36.76</b>      | 610 |
| 50m: 29.86 29.86      | 150m: 1:41.03 37.42 | 250m: 2:57.47 40.02     | 350m: 4:08.32 29.70 |     |
| 100m: 1:03.61 33.75   | 200m: 2:17.45 36.42 | 300m: 3:38.62 41.15     | 400m: 4:36.76 28.44 |     |
| 2. Radkiewicz Kajetan | 05                  | KSZO Ostrowiec w        | <b>4:38.38</b>      | 600 |
| 50m: 29.43 29.43      | 150m: 1:39.29 35.85 | 250m: 2:54.96 40.19     | 350m: 4:08.18 32.35 |     |
| 100m: 1:03.44 34.01   | 200m: 2:14.77 35.48 | 300m: 3:35.83 40.87     | 400m: 4:38.38 30.20 |     |
| 3. Jasi ski Kacper    | 06                  | MUKP Korona-Swim Kielce | <b>4:49.26</b>      | 534 |
| 50m: 30.40 30.40      | 150m: 1:44.56 37.55 | 250m: 3:03.18 42.26     | 350m: 4:16.85 31.88 |     |
| 100m: 1:07.01 36.61   | 200m: 2:20.92 36.36 | 300m: 3:44.97 41.79     | 400m: 4:49.26 32.41 |     |
| 4. Niestuj Piotr      | 02                  | Salos Cortile Kielce    | <b>4:53.41</b>      | 512 |
| 50m: 30.16 30.16      | 150m: 1:41.92 37.78 | 250m: 3:00.21 41.01     | 350m: 4:18.95 36.25 |     |
| 100m: 1:04.14 33.98   | 200m: 2:19.20 37.28 | 300m: 3:42.70 42.49     | 400m: 4:53.41 34.46 |     |
| 5. Sikora Cyprian     | 07                  | KSZO Ostrowiec w        | <b>5:09.26</b>      | 437 |
| 50m: 31.22 31.22      | 150m: 1:50.18 41.95 | 250m: 3:14.86 44.86     | 350m: 4:35.39 35.57 |     |
| 100m: 1:08.23 37.01   | 200m: 2:30.00 39.82 | 300m: 3:59.82 44.96     | 400m: 5:09.26 33.87 |     |

DYSKW. Kara Oskar 05 KSZO Ostrowiec w  
*K14 - Pływak wykonał kopni cie nóg w płaszczy nie pionowej w dół*

DYSKW. Kos Dawid 06 Akwedukt Kielce  
*G3 - Pływak obrócił si na piersi*

14 - 15 lat

|                        |                     |                         |                     |     |
|------------------------|---------------------|-------------------------|---------------------|-----|
| 1. Konopka Maksymilian | 09                  | MUKP Korona-Swim Kielce | <b>5:05.27</b>      | 455 |
| 50m: 32.41 32.41       | 150m: 1:48.10 38.78 | 250m: 3:09.84 43.86     | 350m: 4:30.15 35.88 |     |
| 100m: 1:09.32 36.91    | 200m: 2:25.98 37.88 | 300m: 3:54.27 44.43     | 400m: 5:05.27 35.12 |     |
| 2. K pi ski Rafał      | 09                  | KSZO Ostrowiec w        | <b>5:24.41</b>      | 379 |
| 50m: 34.22 34.22       | 150m: 1:55.42 41.67 | 250m: 3:24.82 47.95     | 350m: 4:49.53 37.75 |     |
| 100m: 1:13.75 39.53    | 200m: 2:36.87 41.45 | 300m: 4:11.78 46.96     | 400m: 5:24.41 34.88 |     |