

Otwarte Mistrzostwa Warszawy m³odzików i juniorów w p³ywaniu
Warszawa, 4. - 5.12.2009

Konkurencja 20 Ch³opców, 400m dowolny 11 - 15 lat
2009-12-04 - 19:55 Wyniki

Top Times "Poland" - 11	5:08.51	Palmi-KukieBko Mieszko	ROPIS	Warsaw	2004-12-04
Top Times "Poland" 12	4:36.81	RuciDski Konrad	KOOLS	Warsaw	2004-12-04
Top Times "Poland" 13	4:18.98	Bernatowicz Sebastian		Oswiecim	2007-07-07
Top Times "Poland" 14	4:08.01	Bernatowicz Sebastian	AQBYD	Oswiecim	2008-07-05
Top Times "Poland" 15	4:01.94	Zoniuk Maciej	SLWRO	Wroclaw	2009-06-06

Punkty: FINA 2008

Pozycja			Rok ur.					Czas	Pkt.
11 lat									
1.	Arndt Mateusz		98	KS Delfin Gdynia				5:01.27	404
	50m:	34.58 34.58	150m:	1:52.39 39.03	250m:	3:10.01 38.33	350m:	4:26.62 37.79	
	100m:	1:13.36 38.78	200m:	2:31.68 39.29	300m:	3:48.83 38.82	400m:	5:01.27 34.65	
2.	Sasin Pawe ³		98	Uks Meduza Warszawa				5:18.37	342
	50m:	36.08 36.08	150m:	1:57.66 40.96	250m:	3:19.05 40.83	350m:	4:39.80 39.91	
	100m:	1:16.70 40.62	200m:	2:38.22 40.56	300m:	3:59.89 40.84	400m:	5:18.37 38.57	
3.	ZBRZEŃIAK PATRYK		98	Buks Warszawa				5:21.80	331
	50m:	36.27 36.27	150m:	1:59.24 41.49	250m:	3:22.21 41.35	350m:	4:44.50 40.78	
	100m:	1:17.75 41.48	200m:	2:40.86 41.62	300m:	4:03.72 41.51	400m:	5:21.80 37.30	
4.	GRELA TOMASZ		98	Mks Sp 63 Bydgoszcz				5:21.96	331
	50m:	36.64 36.64	150m:	1:59.79 41.89	250m:	3:24.07 41.70	350m:	4:45.56 39.44	
	100m:	1:17.90 41.26	200m:	2:42.37 42.58	300m:	4:06.12 42.05	400m:	5:21.96 36.40	
5.	ZUCHOWICZ JAN		98	Uks Skalar Warszawa				5:26.29	318
	50m:	35.43 35.43	150m:	1:57.83 41.60	250m:	3:22.04 42.00	350m:	4:45.54 41.65	
	100m:	1:16.23 40.80	200m:	2:40.04 42.21	300m:	4:03.89 41.85	400m:	5:26.29 40.75	
6.	Bargłowski Mateusz		98	MKS "Roce" Pisz				5:29.42	309
	50m:	36.71 36.71	150m:	2:00.58 42.48	250m:	3:24.98 42.07	350m:	4:49.04 42.03	
	100m:	1:18.10 41.39	200m:	2:42.91 42.33	300m:	4:07.01 42.03	400m:	5:29.42 40.38	
7.	Chwojka Kacper		98	KP Delfin Włocławek				5:31.61	303
	50m:	36.86 36.86	150m:	2:00.32 42.19	250m:	3:25.74 42.42	350m:	4:51.14 42.54	
	100m:	1:18.13 41.27	200m:	2:43.32 43.00	300m:	4:08.60 42.86	400m:	5:31.61 40.47	
8.	Kucę Maciej		98	Trops Kartuzy				5:34.53	295
	50m:	37.08 37.08	150m:	2:01.83 43.64	250m:	3:29.24 44.24	350m:	4:55.41 43.32	
	100m:	1:18.19 41.11	200m:	2:45.00 43.17	300m:	4:12.09 42.85	400m:	5:34.53 39.12	
9.	Mańczak B ³ a ³ ej		98	KS Delfin Gdynia				5:35.14	293
	50m:	36.48 36.48	150m:	2:00.87 42.85	250m:	3:26.43 42.92	350m:	4:53.11 42.46	
	100m:	1:18.02 41.54	200m:	2:43.51 42.64	300m:	4:10.65 44.22	400m:	5:35.14 42.03	
10.	RYBIŃSKI MACIEK		98	Uks Skalar Warszawa				5:35.74	292
	50m:	36.80 36.80	150m:	2:01.91 43.46	250m:	3:28.76 43.84	350m:	4:55.35 43.10	
	100m:	1:18.45 41.65	200m:	2:44.92 43.01	300m:	4:12.25 43.49	400m:	5:35.74 40.39	
11.	G ³ ogowski Krzysztof		98	Mks Wodnik Radom				5:36.86	289
	50m:	37.75 37.75	150m:	2:05.52 43.62	250m:	3:32.92 43.28	350m:	4:59.29 42.25	
	100m:	1:21.90 44.15	200m:	2:49.64 44.12	300m:	4:17.04 44.12	400m:	5:36.86 37.57	
12.	WALENTYNOWICZ MICHAŁ		98	Uks Skalar Warszawa				5:51.80	254
	50m:	38.13 38.13	150m:	2:04.89 44.30	250m:	3:35.17 45.50	350m:	5:08.23 47.11	
	100m:	1:20.59 42.46	200m:	2:49.67 44.78	300m:	4:21.12 45.95	400m:	5:51.80 43.57	
13.	Galas Pawe ³		98	Uks Rekin Warszawa				6:12.58	213
	50m:	38.82 38.82	150m:	2:13.43 48.32	250m:	3:50.85 47.76	350m:	5:28.46 48.90	
	100m:	1:25.11 46.29	200m:	3:03.09 49.66	300m:	4:39.56 48.71	400m:	6:12.58 44.12	
14.	Sternak Piotr		98	KP MZOS P ³ ock				6:33.23	182
	50m:	42.20 42.20	150m:	2:22.02 50.48	250m:	4:04.07 51.07	350m:	5:45.58 49.37	
	100m:	1:31.54 49.34	200m:	3:13.00 50.98	300m:	4:56.21 52.14	400m:	6:33.23 47.65	

Otwarte Mistrzostwa Warszawy m³odzików i juniorów w p³ywaniu
Warszawa, 4. - 5.12.2009

Konkurencja 20, Ch³opców, 400m dowolny

12 lat

1.	PIETRZAK DAWID	97	Azs-Wsg Bydgoszcz	4:32.86	544
	<i>Rekord Polski M³odzików 12 - letnich</i>				
	50m: 30.90 30.90	150m: 1:40.65 34.92	250m: 2:50.62 34.97	350m: 3:59.93 34.30	
	100m: 1:05.73 34.83	200m: 2:15.65 35.00	300m: 3:25.63 35.01	400m: 4:32.86 32.93	
2.	Stecko Micha ³	97	Uks Kapry-Armexim Pruszków	4:43.96	482
	50m: 31.27 31.27	150m: 1:41.80 35.72	250m: 2:54.99 36.76	350m: 4:08.50 36.79	
	100m: 1:06.08 34.81	200m: 2:18.23 36.43	300m: 3:31.71 36.72	400m: 4:43.96 35.46	
3.	URAWICZ MATEUSZ	97	Azs-Wsg Bydgoszcz	4:56.89	422
	50m: 32.98 32.98	150m: 1:48.49 38.54	250m: 3:05.14 38.20	350m: 4:21.62 37.85	
	100m: 1:09.95 36.97	200m: 2:26.94 38.45	300m: 3:43.77 38.63	400m: 4:56.89 35.27	
4.	Brzeziński Jakub	97	GOSiR Piaseczno	5:00.54	407
	50m: 32.82 32.82	150m: 1:49.33 39.14	250m: 3:07.99 39.48	350m: 4:24.56 38.35	
	100m: 1:10.19 37.37	200m: 2:28.51 39.18	300m: 3:46.21 38.22	400m: 5:00.54 35.98	
5.	Durajczyk Micha ³	97	IKS Konstancin	5:01.01	405
	50m: 34.34 34.34	150m: 1:52.25 39.14	250m: 3:09.25 38.11	350m: 4:24.63 37.29	
	100m: 1:13.11 38.77	200m: 2:31.14 38.89	300m: 3:47.34 38.09	400m: 5:01.01 36.38	
6.	Durjasz Tomasz	97	UKS Ostrobramska Warszawa	5:07.43	380
	50m: 33.59 33.59	150m: 1:52.10 39.64	250m: 3:10.82 39.34	350m: 4:29.68 39.28	
	100m: 1:12.46 38.87	200m: 2:31.48 39.38	300m: 3:50.40 39.58	400m: 5:07.43 37.75	
7.	B ¹ czkowski Bartosz	97	IKS Konstancin	5:10.71	368
	50m: 35.56 35.56	150m: 1:56.27 40.39	250m: 3:17.02 39.81	350m: 4:34.91 38.13	
	100m: 1:15.88 40.32	200m: 2:37.21 40.94	300m: 3:56.78 39.76	400m: 5:10.71 35.80	
8.	Fedorowicz Jakub	97	Mks Wodnik Radom	5:12.03	363
	50m: 33.32 33.32	150m: 1:54.14 41.96	250m: 3:18.04 42.44	350m: 4:37.06 38.55	
	100m: 1:12.18 38.86	200m: 2:35.60 41.46	300m: 3:58.51 40.47	400m: 5:12.03 34.97	
9.	Kondrasiuk Jan	97	MUKP Warszawianka Wodny Park	5:17.38	345
	50m: 33.97 33.97	150m: 1:53.11 39.46	250m: 3:14.73 41.17	350m: 4:37.02 41.53	
	100m: 1:13.65 39.68	200m: 2:33.56 40.45	300m: 3:55.49 40.76	400m: 5:17.38 40.36	
10.	Pachowski Adrian	97	UKS Jagiellonka Warszawa	5:18.36	342
	50m: 35.49 35.49	150m: 1:56.84 41.31	250m: 3:18.90 41.20	350m: 4:40.11 40.24	
	100m: 1:15.53 40.04	200m: 2:37.70 40.86	300m: 3:59.87 40.97	400m: 5:18.36 38.25	
11.	Hodur Filip	97	KS 1 O ³ arów Mazowiecki	5:19.95	337
	50m: 35.38 35.38	150m: 1:56.71 41.31	250m: 3:19.46 41.39	350m: 4:41.30 40.32	
	100m: 1:15.40 40.02	200m: 2:38.07 41.36	300m: 4:00.98 41.52	400m: 5:19.95 38.65	
12.	Tomzik Jakub	97	MUKP Warszawianka Wodny Park	5:22.11	330
	50m: 36.93 36.93	150m: 2:00.12 41.43	250m: 3:22.37 41.11	350m: 4:44.71 39.96	
	100m: 1:18.69 41.76	200m: 2:41.26 41.14	300m: 4:04.75 42.38	400m: 5:22.11 37.40	
13.	Sk ³ odowski Pawe ³	97	Uks Pingwiny	5:28.78	311
	50m: 35.98 35.98	150m: 1:58.87 41.40	250m: 3:23.74 42.58	350m: 4:48.32 42.15	
	100m: 1:17.47 41.49	200m: 2:41.16 42.29	300m: 4:06.17 42.43	400m: 5:28.78 40.46	
14.	GAWLAK TOMASZ	97	Uks Wilanowia	5:41.84	276
	50m: 35.79 35.79	150m: 2:01.84 44.18	250m: 3:31.15 44.97	350m: 5:02.00 45.24	
	100m: 1:17.66 41.87	200m: 2:46.18 44.34	300m: 4:16.76 45.61	400m: 5:41.84 39.84	
15.	Anysz Micha ³	97	Uks Rekin Warszawa	5:45.22	268
	50m: 37.29 37.29	150m: 2:06.04 45.10	250m: 3:35.45 45.10	350m: 5:04.74 44.00	
	100m: 1:20.94 43.65	200m: 2:50.35 44.31	300m: 4:20.74 45.29	400m: 5:45.22 40.48	
16.	Bregier Wiktor	97	KP MZOS P ³ ock	5:46.47	265
	50m: 36.05 36.05	150m: 2:04.25 44.77	250m: 3:37.52 46.57	350m: 5:07.25 45.11	
	100m: 1:19.48 43.43	200m: 2:50.95 46.70	300m: 4:22.14 44.62	400m: 5:46.47 39.22	
17.	Sawicki Bartek	97	Buks Warszawa	6:05.18	227
	50m: 38.42 38.42	150m: 2:10.54 46.42	250m: 3:46.95 48.08	350m: 5:21.36 47.57	
	100m: 1:24.12 45.70	200m: 2:58.87 48.33	300m: 4:33.79 46.84	400m: 6:05.18 43.82	

Otwarte Mistrzostwa Warszawy m³odzików i juniorów w p³ywaniu
Warszawa, 4. - 5.12.2009

Konkurencja 20, Ch³opców, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	JaŹwiński Kamil		97	Uks Rekin Warszawa				6:13.92	211
	50m:	40.21 40.21	150m:	2:15.00 48.55	250m:	3:53.99 49.87	350m:	5:32.41 49.64	
	100m:	1:26.45 46.24	200m:	3:04.12 49.12	300m:	4:42.77 48.78	400m:	6:13.92 41.51	

13 lat

1.	Jura Maciej		96	UKS Ostrobramska Warszawa				4:28.65	569
	50m:	30.71 30.71	150m:	1:39.48 34.41	250m:	2:48.52 34.56	350m:	3:56.60 33.31	
	100m:	1:05.07 34.36	200m:	2:13.96 34.48	300m:	3:23.29 34.77	400m:	4:28.65 32.05	
2.	Ho ³ ub Jan		96	Klub P ³ ywacki AVIA Œwidnik				4:32.12	548
	50m:	30.91 30.91	150m:	1:40.63 34.71	250m:	2:50.63 34.66	350m:	4:00.03 34.37	
	100m:	1:05.92 35.01	200m:	2:15.97 35.34	300m:	3:25.66 35.03	400m:	4:32.12 32.09	
3.	Tlak Adam		96	KS 1 OŹarów Mazowiecki				4:55.57	428
	50m:	31.40 31.40	150m:	1:46.70 38.28	250m:	3:03.85 38.29	350m:	4:19.84 36.74	
	100m:	1:08.42 37.02	200m:	2:25.56 38.86	300m:	3:43.10 39.25	400m:	4:55.57 35.73	
4.	Mêcina Jakub		96	MUKP Warszawianka Wodny Park				4:56.56	423
	50m:	33.26 33.26	150m:	1:48.46 37.70	250m:	3:05.37 38.47	350m:	4:21.23 37.56	
	100m:	1:10.76 37.50	200m:	2:26.90 38.44	300m:	3:43.67 38.30	400m:	4:56.56 35.33	
5.	HOŒUBIEC MACIEJ		96	Uks Rekin Warszawa				4:56.90	422
	50m:	30.97 30.97	150m:	1:43.82 37.13	250m:	3:01.26 38.60	350m:	4:19.98 39.02	
	100m:	1:06.69 35.72	200m:	2:22.66 38.84	300m:	3:40.96 39.70	400m:	4:56.90 36.92	
6.	Wojciechowski Robert		96	UKS G - 8 Bielany				5:09.95	371
	50m:	33.29 33.29	150m:	1:52.04 39.95	250m:	3:12.01 39.75	350m:	4:31.44 39.55	
	100m:	1:12.09 38.80	200m:	2:32.26 40.22	300m:	3:51.89 39.88	400m:	5:09.95 38.51	
7.	Rubaszkiwicz Andrzej		96	Uks 307				5:12.77	361
	50m:	32.31 32.31	150m:	1:51.89 40.60	250m:	3:13.69 40.67	350m:	4:35.00 40.88	
	100m:	1:11.29 38.98	200m:	2:33.02 41.13	300m:	3:54.12 40.43	400m:	5:12.77 37.77	

14 lat

1.	Cholewo Krzysztof		95	KS 1 OŹarów Mazowiecki				4:22.07	613
	50m:	29.79 29.79	150m:	1:35.92 33.50	250m:	2:43.54 33.32	350m:	3:51.24 33.66	
	100m:	1:02.42 32.63	200m:	2:10.22 34.30	300m:	3:17.58 34.04	400m:	4:22.07 30.83	
2.	Sêkowski Daniel		95	MKS Polonia Warszawa				4:22.40	611
	50m:	29.95 29.95	150m:	1:36.47 33.26	250m:	2:43.48 32.46	350m:	3:51.68 33.98	
	100m:	1:03.21 33.26	200m:	2:11.02 34.55	300m:	3:17.70 34.22	400m:	4:22.40 30.72	
3.	Æwiek Kacper		95	MKS Polonia Warszawa				4:27.35	578
	50m:	30.31 30.31	150m:	1:37.07 33.92	250m:	2:45.12 33.93	350m:	3:54.33 34.74	
	100m:	1:03.15 32.84	200m:	2:11.19 34.12	300m:	3:19.59 34.47	400m:	4:27.35 33.02	
4.	Biê Daniel		95	UKS G - 8 Bielany				4:30.42	558
	50m:	30.82 30.82	150m:	1:38.84 34.96	250m:	2:47.84 34.36	350m:	3:57.46 34.65	
	100m:	1:03.88 33.06	200m:	2:13.48 34.64	300m:	3:22.81 34.97	400m:	4:30.42 32.96	
5.	Skwarnicki Tomasz		95	UKS Jagiellonka Warszawa				4:33.19	542
	50m:	30.85 30.85	150m:	1:40.00 34.63	250m:	2:50.52 34.98	350m:	4:00.42 34.62	
	100m:	1:05.37 34.52	200m:	2:15.54 35.54	300m:	3:25.80 35.28	400m:	4:33.19 32.77	
6.	Lenard Jacek		95	MKS Polonia Warszawa				4:35.05	531
	50m:	31.12 31.12	150m:	1:40.30 34.85	250m:	2:50.39 35.05	350m:	4:00.86 35.35	
	100m:	1:05.45 34.33	200m:	2:15.34 35.04	300m:	3:25.51 35.12	400m:	4:35.05 34.19	
7.	Chmielewski Mi ³ osz		95	Ukp Wodnik W ³ oc ³ awek				4:47.08	467
	50m:	31.34 31.34	150m:	1:45.19 37.33	250m:	2:59.45 37.49	350m:	4:11.63 35.05	
	100m:	1:07.86 36.52	200m:	2:21.96 36.77	300m:	3:36.58 37.13	400m:	4:47.08 35.45	
8.	Bogacki Szymon		95	UKS Jagiellonka Warszawa				4:49.22	456
	50m:	31.10 31.10	150m:	1:44.44 37.30	250m:	2:59.66 37.35	350m:	4:14.28 37.17	
	100m:	1:07.14 36.04	200m:	2:22.31 37.87	300m:	3:37.11 37.45	400m:	4:49.22 34.94	

Otwarte Mistrzostwa Warszawy m³odzików i juniorów w p³ywaniu
Warszawa, 4. - 5.12.2009

Konkurencja 20, Ch³opców, 400m dowolny, 14 lat

Pozycja			Rok ur.						Czas	Pkt.
9.	TKACZYK KACPER		95		Uks Skalar Warszawa				4:50.16	452
	50m:	32.52 32.52	150m:	1:45.93	36.92	250m:	3:00.83	37.12	350m:	4:15.07 37.19
	100m:	1:09.01 36.49	200m:	2:23.71	37.78	300m:	3:37.88	37.05	400m:	4:50.16 35.09
10.	Szer Micha ³		95		GOSiR Piaseczno				4:53.37	437
	50m:	32.21 32.21	150m:	1:44.62	36.84	250m:	3:00.39	38.40	350m:	4:17.31 38.38
	100m:	1:07.78 35.57	200m:	2:21.99	37.37	300m:	3:38.93	38.54	400m:	4:53.37 36.06
11.	Staniszewski Mateusz		95		GOSiR Piaseczno				5:09.88	371
	50m:	31.83 31.83	150m:	1:49.48	40.03	250m:	3:11.84	41.19	350m:	4:32.45 40.03
	100m:	1:09.45 37.62	200m:	2:30.65	41.17	300m:	3:52.42	40.58	400m:	5:09.88 37.43
12.	Szyd ³ owski Łukasz		95		UKS Victoria Józefów				5:10.10	370
	50m:	33.00 33.00	150m:	1:51.01	39.71	250m:	3:11.42	40.17	350m:	4:32.10 39.94
	100m:	1:11.30 38.30	200m:	2:31.25	40.24	300m:	3:52.16	40.74	400m:	5:10.10 38.00
13.	B ³ och Cezary		95		Uks Meduza Warszawa				5:17.95	344
	50m:	36.29 36.29	150m:	1:56.43	40.46	250m:	3:18.57	40.65	350m:	4:40.46 40.01
	100m:	1:15.97 39.68	200m:	2:37.92	41.49	300m:	4:00.45	41.88	400m:	5:17.95 37.49

15 lat

1.	TOMASZEWSKI JACEK		94		Uks Rekin Warszawa				4:19.71	630
	50m:	29.31 29.31	150m:	1:33.97	32.77	250m:	2:41.03	33.66	350m:	3:48.46 33.47
	100m:	1:01.20 31.89	200m:	2:07.37	33.40	300m:	3:14.99	33.96	400m:	4:19.71 31.25
2.	Kotlewski Micha ³		94		MKS Zryw Opole				4:26.72	582
	50m:	30.33 30.33	150m:	1:37.39	33.70	250m:	2:46.31	34.51	350m:	3:55.11 34.08
	100m:	1:03.69 33.36	200m:	2:11.80	34.41	300m:	3:21.03	34.72	400m:	4:26.72 31.61
3.	SIŃSKI MATEUSZ		94		Uks Rekin Warszawa				4:33.61	539
	50m:	30.40 30.40	150m:	1:40.62	35.37	250m:	2:51.91	35.71	350m:	4:03.10 35.55
	100m:	1:05.25 34.85	200m:	2:16.20	35.58	300m:	3:27.55	35.64	400m:	4:33.61 30.51
4.	KACZMAREK RAFAL		94		Buks Warszawa				4:36.33	523
	50m:	30.79 30.79	150m:	1:40.57	35.23	250m:	2:51.46	35.72	350m:	4:01.90 35.54
	100m:	1:05.34 34.55	200m:	2:15.74	35.17	300m:	3:26.36	34.90	400m:	4:36.33 34.43
5.	PIEGAT PATRYK		94		Buks Warszawa				4:40.18	502
	50m:	30.57 30.57	150m:	1:40.39	35.10	250m:	2:51.94	35.55	350m:	4:04.75 35.93
	100m:	1:05.29 34.72	200m:	2:16.39	36.00	300m:	3:28.82	36.88	400m:	4:40.18 35.43
6.	Nowak Kacper		94		Skalar S ³ upsk				4:41.54	495
	50m:	30.64 30.64	150m:	1:41.46	35.66	250m:	2:54.01	36.68	350m:	4:07.06 36.19
	100m:	1:05.80 35.16	200m:	2:17.33	35.87	300m:	3:30.87	36.86	400m:	4:41.54 34.48
7.	OKRÓJ JAKUB		94		Uks Rekin Warszawa				5:16.93	347
	50m:	33.33 33.33	150m:	1:52.68	40.78	250m:	3:14.24	40.55	350m:	4:37.07 42.10
	100m:	1:11.90 38.57	200m:	2:33.69	41.01	300m:	3:54.97	40.73	400m:	5:16.93 39.86
8.	KRZOWSKI BARTOSZ		94		Uks Rekin Warszawa				5:19.37	339
	50m:	33.94 33.94	150m:	1:53.44	40.37	250m:	3:16.40	42.19	350m:	4:40.16 41.98
	100m:	1:13.07 39.13	200m:	2:34.21	40.77	300m:	3:58.18	41.78	400m:	5:19.37 39.21
PK	Baran Mateusz		93		MUKP Warszawianka Wodny Park				4:28.20	572
	50m:	31.10 31.10	150m:	1:38.79	33.75	250m:	2:46.92	33.50	350m:	3:55.42 34.03
	100m:	1:05.04 33.94	200m:	2:13.42	34.63	300m:	3:21.39	34.47	400m:	4:28.20 32.78