

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 11. - 12.6.2010

Konkurencja 20
2010-06-11 - 20:30

Chłopców, 400m dowolny

11 - 15 lat
Wyniki

Punkty: FINA 2010

Pozycja			Rok ur.					Czas	Pkt.
11 lat									
1.	PARZYNOWSKI, WOJCIECH		99	UKS 190 Łódź				5:23.41	315
	50m:	36.21 36.21	150m:	2:00.65	42.60	250m:	3:22.88	40.56	350m: 4:45.45 41.38
	100m:	1:18.05 41.84	200m:	2:42.32	41.67	300m:	4:04.07	41.19	400m: 5:23.41 37.96
2.	PELCZAR, KAMIL		99	IUKS Muszelka				5:28.55	300
	50m:	36.32 36.32	150m:	2:00.34	42.34	250m:	3:24.84	42.52	350m: 4:49.31 42.26
	100m:	1:18.00 41.68	200m:	2:42.32	41.98	300m:	4:07.05	42.21	400m: 5:28.55 39.24
3.	KULISIEWICZ, Daniel		99	UKS 307				5:34.77	284
	50m:	38.98 38.98	150m:	2:03.81	43.11	250m:	3:28.77	40.60	350m: 4:53.91 41.98
	100m:	1:20.70 41.72	200m:	2:48.17	44.36	300m:	4:11.93	43.16	400m: 5:34.77 40.86
4.	WARCIAREK, Jan		99	UKS Victoria Józefów				5:37.17	278
	50m:	37.31 37.31	150m:	2:02.99	43.34	250m:	3:30.83	43.98	350m: 4:56.21 42.62
	100m:	1:19.65 42.34	200m:	2:46.85	43.86	300m:	4:13.59	42.76	400m: 5:37.17 40.96
5.	PECYNA, Maciej		99	IKS Konstancin				5:41.63	267
	50m:	36.68 36.68	150m:	2:04.77	44.51	250m:	3:34.33	43.28	350m: 5:03.47 43.88
	100m:	1:20.26 43.58	200m:	2:51.05	46.28	300m:	4:19.59	45.26	400m: 5:41.63 38.16
6.	KOT, Mateusz		99	UKS Kapry Armexim Pruszków				5:50.30	247
	50m:	37.76 37.76	150m:	2:06.46	44.80	250m:	3:37.67	45.48	350m: 5:08.15 45.25
	100m:	1:21.66 43.90	200m:	2:52.19	45.73	300m:	4:22.90	45.23	400m: 5:50.30 42.15
7.	KABZIŃSKI, DOMINIK		99	UKS Wilanowia				5:51.22	246
	50m:	37.98 37.98	150m:	2:07.39	45.26	250m:	3:39.93	46.39	350m: 5:11.05 45.42
	100m:	1:22.13 44.15	200m:	2:53.54	46.15	300m:	4:25.63	45.70	400m: 5:51.22 40.17
8.	KULISIEWICZ, Rafał		99	UKS 307				5:56.72	234
	50m:	41.03 41.03	150m:	2:15.78	46.58	250m:	3:48.24	46.09	350m: 5:14.50 43.96
	100m:	1:29.20 48.17	200m:	3:02.15	46.37	300m:	4:30.54	42.30	400m: 5:56.72 42.22
9.	CELIWKA, Jakub		99	UKS Kapry Armexim Pruszków				5:58.48	231
	50m:	38.08 38.08	150m:	2:09.42	46.73	250m:	3:42.09	45.97	350m: 5:14.82 46.17
	100m:	1:22.69 44.61	200m:	2:56.12	46.70	300m:	4:28.65	46.56	400m: 5:58.48 43.66
10.	WŁODARCZYK, Stanisław		99	UKS Kapry Armexim Pruszków				6:28.67	181
	50m:	41.34 41.34	150m:	2:22.01	51.85	250m:	4:04.13	51.17	350m: 5:42.42 50.62
	100m:	1:30.16 48.82	200m:	3:12.96	50.95	300m:	4:51.80	47.67	400m: 6:28.67 46.25
11.	BARAŃCZYK, MICHAŁ		99	UKS 190 Łódź				6:30.34	179
	50m:	42.95 42.95	150m:	2:23.73	51.30	250m:	4:05.19	49.78	350m: 5:42.60 51.14
	100m:	1:32.43 49.48	200m:	3:15.41	51.68	300m:	4:51.46	46.27	400m: 6:30.34 47.74
12.	LASKOWSKI, Łukasz		99	UKS PINGWINY				6:51.36	153
	50m:	44.34 44.34	150m:	2:28.48	52.84	250m:	4:15.01	53.83	350m: 6:02.02 53.91
	100m:	1:35.64 51.30	200m:	3:21.18	52.70	300m:	5:08.11	53.10	400m: 6:51.36 49.34
12 lat									
1.	CIBOROWSKI, Natan		98	MKS "Ros" Pisz				5:12.35	349
	50m:	33.63 33.63	150m:	1:52.42	40.42	250m:	3:13.33	40.92	350m: 4:34.31 40.26
	100m:	1:12.00 38.37	200m:	2:32.41	39.99	300m:	3:54.05	40.72	400m: 5:12.35 38.04
2.	SASIN, Paweł		98	Uks Meduza Warszawa				5:12.55	349
	50m:	35.14 35.14	150m:	1:55.60	40.49	250m:	3:16.31	39.75	350m: 4:35.98 39.51
	100m:	1:15.11 39.97	200m:	2:36.56	40.96	300m:	3:56.47	40.16	400m: 5:12.55 36.57
3.	ZBRZEŃIAK, PATRYK		98	BUKS Warszawa				5:14.95	341
	50m:	35.26 35.26	150m:	1:56.00	40.90	250m:	3:17.81	40.59	350m: 4:38.17 39.73
	100m:	1:15.10 39.84	200m:	2:37.22	41.22	300m:	3:58.44	40.63	400m: 5:14.95 36.78
4.	BARGŁOWSKI, Mateusz		98	MKS "Ros" Pisz				5:17.01	334
	50m:	34.18 34.18	150m:	1:53.59	40.66	250m:	3:15.93	40.99	350m: 4:37.94 40.87
	100m:	1:12.93 38.75	200m:	2:34.94	41.35	300m:	3:57.07	41.14	400m: 5:17.01 39.07

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 11. - 12.6.2010

Konkurencja 20, Ch³opców, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.			
5.	ÆWIKLIŃSKI, Mateusz		98	UKS Victoria Józefów				5:17.13	334			
	50m:	33.98 33.98	150m:	1:54.41	40.37	250m:	3:16.60	41.48	350m:	4:38.65	40.53	
	100m:	1:14.04	40.06	200m:	2:35.12	40.71	300m:	3:58.12	41.52	400m:	5:17.13	38.48
6.	KRZOWSKI, Karol		98	UKS Rekin Warszawa				5:21.45	320			
	50m:	34.92 34.92	150m:	1:56.22	40.56	250m:	3:18.90	41.04	350m:	4:41.94	40.99	
	100m:	1:15.66	40.74	200m:	2:37.86	41.64	300m:	4:00.95	42.05	400m:	5:21.45	39.51
7.	POZNACHOWSKI, Wiktor		98	MKS Polonia Warszawa				5:23.37	315			
	50m:	34.07 34.07	150m:	1:58.55	42.30	250m:	3:25.07	43.18	350m:	4:47.03	39.60	
	100m:	1:16.25	42.18	200m:	2:41.89	43.34	300m:	4:07.43	42.36	400m:	5:23.37	36.34
8.	JABLONSKI, Patryk		98	MKS "Ros" Pisz				5:31.56	292			
	50m:	37.88 37.88	150m:	2:03.57	43.28	250m:	3:30.03	42.16	350m:	4:53.61	41.59	
	100m:	1:20.29	42.41	200m:	2:47.87	44.30	300m:	4:12.02	41.99	400m:	5:31.56	37.95
9.	TOMKIEWICZ, Szon		98	MUKP Warszawianka Wodny Park				5:42.32	265			
	50m:	37.57 37.57	150m:	2:03.52	43.88	250m:	3:31.87	44.38	350m:	5:00.95	44.81	
	100m:	1:19.64	42.07	200m:	2:47.49	43.97	300m:	4:16.14	44.27	400m:	5:42.32	41.37
10.	GÓRECKI, Kamil		98	MUKP Warszawianka Wodny Park				5:42.86	264			
	50m:	37.32 37.32	150m:	2:06.91	45.04	250m:	3:36.23	44.81	350m:	5:03.48	43.08	
	100m:	1:21.87	44.55	200m:	2:51.42	44.51	300m:	4:20.40	44.17	400m:	5:42.86	39.38
11.	GALAS, Pawe ³		98	UKS Rekin Warszawa				6:03.80	221			
	50m:	38.69 38.69	150m:	2:12.66	48.51	250m:	3:47.79	48.17	350m:	5:21.36	45.58	
	100m:	1:24.15	45.46	200m:	2:59.62	46.96	300m:	4:35.78	47.99	400m:	6:03.80	42.44

13 lat

1.	PIETRZAK, Dawid		97	AZS WSG Astoria Bydgoszcz				4:30.98	535			
	50m:	30.63 30.63	150m:	1:38.97	34.17	250m:	2:48.71	35.11	350m:	3:58.28	34.54	
	100m:	1:04.80	34.17	200m:	2:13.60	34.63	300m:	3:23.74	35.03	400m:	4:30.98	32.70
2.	FRŃTCZAK, MATEUSZ		97	UKS 190 ŁódŹ				4:42.97	470			
	50m:	31.89 31.89	150m:	1:44.26	36.22	250m:	2:56.84	35.77	350m:	4:08.67	35.59	
	100m:	1:08.04	36.15	200m:	2:21.07	36.81	300m:	3:33.08	36.24	400m:	4:42.97	34.30
3.	URAWICZ, Mateusz		97	AZS WSG Astoria Bydgoszcz				4:48.69	442			
	50m:	31.83 31.83	150m:	1:45.61	37.41	250m:	3:01.15	37.51	350m:	4:14.44	36.48	
	100m:	1:08.20	36.37	200m:	2:23.64	38.03	300m:	3:37.96	36.81	400m:	4:48.69	34.25
4.	DURAJCZYK, Micha ³		97	IKS Konstancin				4:55.60	412			
	50m:	32.67 32.67	150m:	1:47.37	38.14	250m:	3:03.24	37.98	350m:	4:18.57	37.17	
	100m:	1:09.23	36.56	200m:	2:25.26	37.89	300m:	3:41.40	38.16	400m:	4:55.60	37.03
5.	BŹCZKOWSKI, Bartosz		97	IKS Konstancin				5:03.39	381			
	50m:	34.83 34.83	150m:	1:51.67	38.72	250m:	3:09.55	38.81	350m:	4:26.14	37.78	
	100m:	1:12.95	38.12	200m:	2:30.74	39.07	300m:	3:48.36	38.81	400m:	5:03.39	37.25
6.	ALCHIMOWICZ, Jędrzej		97	GOSiR Piaseczno				5:07.32	367			
	50m:	35.49 35.49	150m:	1:51.08	38.19	250m:	3:09.55	39.40	350m:	4:28.77	39.51	
	100m:	1:12.89	37.40	200m:	2:30.15	39.07	300m:	3:49.26	39.71	400m:	5:07.32	38.55
7.	ZIELINSKI, Cezary		97	MKS Medyk Gizycko				5:09.63	359			
	50m:	33.93 33.93	150m:	1:52.83	39.98	250m:	3:13.28	40.06	350m:	4:32.39	39.65	
	100m:	1:12.85	38.92	200m:	2:33.22	40.39	300m:	3:52.74	39.46	400m:	5:09.63	37.24
8.	KONDRASIUK, Jan		97	MUKP Warszawianka Wodny Park				5:11.97	351			
	50m:	34.28 34.28	150m:	1:50.92	38.68	250m:	3:09.38	39.29	350m:	4:30.64	40.65	
	100m:	1:12.24	37.96	200m:	2:30.09	39.17	300m:	3:49.99	40.61	400m:	5:11.97	41.33
9.	OLSZEWSKI, Maciej		97	UKS Rekin Warszawa				5:13.77	345			
	50m:	35.52 35.52	150m:	1:54.31	39.49	250m:	3:15.73	40.63	350m:	4:36.57	40.33	
	100m:	1:14.82	39.30	200m:	2:35.10	40.79	300m:	3:56.24	40.51	400m:	5:13.77	37.20
10.	CIUPIŃSKI, Kamil		97	UKS "GIM 92 Ursynów" Warszawa				5:15.60	339			
	50m:	35.20 35.20	150m:	1:56.46	40.62	250m:	3:16.67	39.18	350m:	4:37.47	39.97	
	100m:	1:15.84	40.64	200m:	2:37.49	41.03	300m:	3:57.50	40.83	400m:	5:15.60	38.13

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 11. - 12.6.2010

Konkurencja 20, Ch³opców, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.		
11.	PACHOWSKI, Adrian		97	UKS Jagiellonka Warszawa				5:17.01	334		
	50m:	33.12 33.12	150m:	1:50.73	40.12	250m:	3:13.18	41.25	350m:	4:36.90	41.87
	100m:	1:10.61 37.49	200m:	2:31.93	41.20	300m:	3:55.03	41.85	400m:	5:17.01	40.11
12.	MIKOŃ, Robert		97	UKS Victoria Józefów				5:22.58	317		
	50m:	34.81 34.81	150m:	1:54.45	39.42	250m:	3:19.31	42.14	350m:	4:43.16	43.06
	100m:	1:15.03 40.22	200m:	2:37.17	42.72	300m:	4:00.10	40.79	400m:	5:22.58	39.42
14 lat											
1.	JURA, Maciej		96	UKS Ostrobramska				4:26.36	563		
	50m:	29.28 29.28	150m:	1:35.77	32.75	250m:	2:44.72	34.66	350m:	3:54.41	34.49
	100m:	1:03.02 33.74	200m:	2:10.06	34.29	300m:	3:19.92	35.20	400m:	4:26.36	31.95
2.	ŁAGOŃKI, JAN		96	MKS Polonia Warszawa				4:29.99	541		
	50m:	30.70 30.70	150m:	1:38.19	33.96	250m:	2:47.32	34.74	350m:	3:56.41	34.35
	100m:	1:04.23 33.53	200m:	2:12.58	34.39	300m:	3:22.06	34.74	400m:	4:29.99	33.58
3.	STĘPIEŃ, KONRAD		96	MKS Polonia Warszawa				4:30.19	540		
	50m:	30.16 30.16	150m:	1:36.03	33.64	250m:	2:44.19	34.58	350m:	3:54.96	35.75
	100m:	1:02.39 32.23	200m:	2:09.61	33.58	300m:	3:19.21	35.02	400m:	4:30.19	35.23
4.	LEŃKIEWICZ, KONRAD		96	MKS Polonia Warszawa				4:33.11	523		
	50m:	30.85 30.85	150m:	1:40.18	34.97	250m:	2:51.47	35.72	350m:	4:00.83	34.65
	100m:	1:05.21 34.36	200m:	2:15.75	35.57	300m:	3:26.18	34.71	400m:	4:33.11	32.28
5.	RÓŃSKI, JAN		96	UKS Skalar Warszawa				4:44.91	460		
	50m:	31.74 31.74	150m:	1:43.42	36.18	250m:	2:56.15	36.33	350m:	4:09.66	36.42
	100m:	1:07.24 35.50	200m:	2:19.82	36.40	300m:	3:33.24	37.09	400m:	4:44.91	35.25
6.	DUDEK, Maciej		96	AZS WSG Astoria Bydgoszcz				4:46.45	453		
	50m:	31.72 31.72	150m:	1:43.88	36.66	250m:	2:58.01	37.10	350m:	4:11.86	36.74
	100m:	1:07.22 35.50	200m:	2:20.91	37.03	300m:	3:35.12	37.11	400m:	4:46.45	34.59
7.	WRONKOWSKI, Paweł		96	AZS WSG Astoria Bydgoszcz				4:46.46	453		
	50m:	31.44 31.44	150m:	1:45.42	37.69	250m:	3:00.84	37.82	350m:	4:13.39	35.67
	100m:	1:07.73 36.29	200m:	2:23.02	37.60	300m:	3:37.72	36.88	400m:	4:46.46	33.07
8.	SULIMA, Filip		96	MKS Wodnik Radom				4:48.62	443		
	50m:	30.66 30.66	150m:	1:40.14	35.53	250m:	2:55.47	38.34	350m:	4:11.41	38.15
	100m:	1:04.61 33.95	200m:	2:17.13	36.99	300m:	3:33.26	37.79	400m:	4:48.62	37.21
9.	STOLARSKI, MARCIN		96	UKS „oliborz” Warszawa				4:49.40	439		
	50m:	33.39 33.39	150m:	1:47.06	37.00	250m:	3:00.81	37.33	350m:	4:14.19	36.31
	100m:	1:10.06 36.67	200m:	2:23.48	36.42	300m:	3:37.88	37.07	400m:	4:49.40	35.21
10.	MOTYCZYŃSKI, JAKUB		96	MKS Polonia Warszawa				4:50.58	434		
	50m:	31.47 31.47	150m:	1:45.50	37.35	250m:	2:59.62	36.86	350m:	4:14.19	37.00
	100m:	1:08.15 36.68	200m:	2:22.76	37.26	300m:	3:37.19	37.57	400m:	4:50.58	36.39
11.	HOŁUBIEC, MACIEJ		96	UKS Rekin Warszawa				4:51.25	431		
	50m:	31.97 31.97	150m:	1:44.46	37.03	250m:	2:59.15	37.15	350m:	4:14.98	38.07
	100m:	1:07.43 35.46	200m:	2:22.00	37.54	300m:	3:36.91	37.76	400m:	4:51.25	36.27
12.	BANDURSKI, PIOTR		96	BUKS Warszawa				4:52.12	427		
	50m:	31.69 31.69	150m:	1:45.06	37.50	250m:	3:00.34	37.61	350m:	4:16.41	37.47
	100m:	1:07.56 35.87	200m:	2:22.73	37.67	300m:	3:38.94	38.60	400m:	4:52.12	35.71
13.	PIŃKOWSKI, MARCIN		96	MKS Polonia Warszawa				4:58.46	400		
	50m:	33.89 33.89	150m:	1:50.16	38.75	250m:	3:07.21	38.16	350m:	4:22.61	36.94
	100m:	1:11.41 37.52	200m:	2:29.05	38.89	300m:	3:45.67	38.46	400m:	4:58.46	35.85
14.	TLAK, Adam		96	KS 1 Ożarów Mazowiecki				5:01.65	388		
	50m:	32.05 32.05	150m:	1:49.00	39.32	250m:	3:06.98	39.25	350m:	4:24.84	39.13
	100m:	1:09.68 37.63	200m:	2:27.73	38.73	300m:	3:45.71	38.73	400m:	5:01.65	36.81
15.	KARCZEMNY, MATEUSZ		96	UKS „oliborz” Warszawa				5:01.73	387		
	50m:	33.38 33.38	150m:	1:49.76	39.23	250m:	3:08.38	39.48	350m:	4:25.74	38.60
	100m:	1:10.53 37.15	200m:	2:28.90	39.14	300m:	3:47.14	38.76	400m:	5:01.73	35.99

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 11. - 12.6.2010

Konkurencja 20, Ch³opców, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
16.	CHRUCIĆCICKI, OSKAR		96	MKS Polonia Warszawa				5:08.83	361
	50m:	34.06 34.06	150m:	1:50.98 39.41	250m:	3:09.81 40.17	350m:	4:29.75 40.96	
	100m:	1:11.57 37.51	200m:	2:29.64 38.66	300m:	3:48.79 38.98	400m:	5:08.83 39.08	
17.	ACZEK, Jeremi		96	UKS Ostrobramska				5:15.72	338
	50m:	34.08 34.08	150m:	1:54.21 40.21	250m:	3:15.58 40.57	350m:	4:36.75 40.40	
	100m:	1:14.00 39.92	200m:	2:35.01 40.80	300m:	3:56.35 40.77	400m:	5:15.72 38.97	
18.	ELECHOWSKI, Rafa ³		96	GOSiR Piaseczno				5:22.11	318
	50m:	34.98 34.98	150m:	1:53.99 40.09	250m:	3:16.54 41.37	350m:	4:40.68 41.85	
	100m:	1:13.90 38.92	200m:	2:35.17 41.18	300m:	3:58.83 42.29	400m:	5:22.11 41.43	
15 lat									
1.	KUBKOWSKI, Bart ³ omiej		95	MKS Medyk Gizycko				4:14.92	643
	50m:	28.68 28.68	150m:	1:32.81 32.45	250m:	2:37.41 32.36	350m:	3:42.84 32.80	
	100m:	1:00.36 31.68	200m:	2:05.05 32.24	300m:	3:10.04 32.63	400m:	4:14.92 32.08	
2.	CHOLEWO, Krzysztof		95	KS 1 Ożarów Mazowiecki				4:18.11	619
	50m:	29.64 29.64	150m:	1:34.84 33.32	250m:	2:40.54 32.69	350m:	3:46.47 32.80	
	100m:	1:01.52 31.88	200m:	2:07.85 33.01	300m:	3:13.67 33.13	400m:	4:18.11 31.64	
3.	SĘKOWSKI, Daniel		95	MKS Polonia Warszawa				4:21.54	595
	50m:	29.25 29.25	150m:	1:34.85 33.35	250m:	2:41.84 33.60	350m:	3:48.96 32.47	
	100m:	1:01.50 32.25	200m:	2:08.24 33.39	300m:	3:16.49 34.65	400m:	4:21.54 32.58	
4.	BICE, Daniel		95	UKS G-8 Bielany				4:21.68	594
	50m:	29.35 29.35	150m:	1:34.62 32.99	250m:	2:41.99 33.93	350m:	3:49.48 33.42	
	100m:	1:01.63 32.28	200m:	2:08.06 33.44	300m:	3:16.06 34.07	400m:	4:21.68 32.20	
5.	LENARD, Jacek		95	MKS Polonia Warszawa				4:28.22	552
	50m:	29.94 29.94	150m:	1:37.77 34.33	250m:	2:46.36 34.24	350m:	3:54.86 34.19	
	100m:	1:03.44 33.50	200m:	2:12.12 34.35	300m:	3:20.67 34.31	400m:	4:28.22 33.36	
6.	WIEK, Kacper		95	MKS Polonia Warszawa				4:28.52	550
	50m:	30.33 30.33	150m:	1:37.07 33.61	250m:	2:45.25 33.86	350m:	3:54.80 34.92	
	100m:	1:03.46 33.13	200m:	2:11.39 34.32	300m:	3:19.88 34.63	400m:	4:28.52 33.72	
7.	SKWARNICKI, Tomasz		95	UKS Jagiellonka Warszawa				4:41.67	476
	50m:	30.97 30.97	150m:	1:42.48 36.25	250m:	2:53.06 35.43	350m:	4:05.48 36.54	
	100m:	1:06.23 35.26	200m:	2:17.63 35.15	300m:	3:28.94 35.88	400m:	4:41.67 36.19	
8.	TKACZYK, KACPER		95	UKS Skalar Warszawa				4:46.55	452
	50m:	32.11 32.11	150m:	1:45.67 37.15	250m:	2:59.23 36.43	350m:	4:12.63 36.11	
	100m:	1:08.52 36.41	200m:	2:22.80 37.13	300m:	3:36.52 37.29	400m:	4:46.55 33.92	
9.	PADZIŃSKI, Krzysztof		95	UKS Jagiellonka Warszawa				4:47.49	448
	50m:	30.92 30.92	150m:	1:43.47 36.76	250m:	2:57.67 37.10	350m:	4:11.81 36.48	
	100m:	1:06.71 35.79	200m:	2:20.57 37.10	300m:	3:35.33 37.66	400m:	4:47.49 35.68	
10.	SMEJA, Patryk		95	AZS WSG Astoria Bydgoszcz				4:48.29	444
	50m:	31.68 31.68	150m:	1:45.44 37.79	250m:	2:59.98 37.75	350m:	4:12.18 35.98	
	100m:	1:07.65 35.97	200m:	2:22.23 36.79	300m:	3:36.20 36.22	400m:	4:48.29 36.11	
11.	GRABSKI, Patryk		95	MKS Polonia Warszawa				4:48.87	442
	50m:	31.79 31.79	150m:	1:44.18 36.46	250m:	2:58.63 37.16	350m:	4:12.94 37.07	
	100m:	1:07.72 35.93	200m:	2:21.47 37.29	300m:	3:35.87 37.24	400m:	4:48.87 35.93	
12.	CHMIELEWSKI, Mi ³ osz		95	Wodnik W ³ oc ³ awek				4:49.66	438
	50m:	30.55 30.55	150m:	1:45.20 38.01	250m:	3:00.49 37.16	350m:	4:14.69 36.77	
	100m:	1:07.19 36.64	200m:	2:23.33 38.13	300m:	3:37.92 37.43	400m:	4:49.66 34.97	
13.	DĘBROWSKI, Filip		95	UKS Mos E ³ k				4:52.45	426
	50m:	32.60 32.60	150m:	1:47.09 37.40	250m:	3:02.37 37.65	350m:	4:19.28 38.66	
	100m:	1:09.69 37.09	200m:	2:24.72 37.63	300m:	3:40.62 38.25	400m:	4:52.45 33.17	
14.	POL, Micha ³		95	AZS WSG Astoria Bydgoszcz				4:55.64	412
	50m:	31.15 31.15	150m:	1:44.83 37.46	250m:	3:00.47 38.02	350m:	4:17.63 38.60	
	100m:	1:07.37 36.22	200m:	2:22.45 37.62	300m:	3:39.03 38.56	400m:	4:55.64 38.01	

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 11. - 12.6.2010

Konkurencja 20, Ch³opców, 400m dowolny, 15 lat

Pozycja		Rok ur.						Czas	Pkt.
15.	TRACZEWSKI, MICHAŁ	95	UKS „Poliborz” Warszawa					5:00.55	392
	50m: 33.91 33.91	150m: 1:48.59	37.77	250m: 3:04.62	37.93	350m: 4:22.23		38.86	
	100m: 1:10.82 36.91	200m: 2:26.69	38.10	300m: 3:43.37	38.75	400m: 5:00.55		38.32	
16.	SZCZEREK, ADRIAN	95	UKS „Poliborz” Warszawa					5:03.03	383
	50m: 34.91 34.91	150m: 1:52.41	38.46	250m: 3:09.99	38.76	350m: 4:26.82		38.16	
	100m: 1:13.95 39.04	200m: 2:31.23	38.82	300m: 3:48.66	38.67	400m: 5:03.03		36.21	
17.	SUCHOŃBRSKI, ADAM	95	UKS „Poliborz” Warszawa					5:06.67	369
	50m: 34.64 34.64	150m: 1:52.53	39.39	250m: 3:11.18	39.52	350m: 4:29.72		39.46	
	100m: 1:13.14 38.50	200m: 2:31.66	39.13	300m: 3:50.26	39.08	400m: 5:06.67		36.95	
	PKGŹSIOR, PATRYK	94	MKS Polonia Warszawa					4:20.21	604
	50m: 29.81 29.81	150m: 1:34.96	32.67	250m: 2:41.27	33.15	350m: 3:48.55		33.76	
	100m: 1:02.29 32.48	200m: 2:08.12	33.16	300m: 3:14.79	33.52	400m: 4:20.21		31.66	
	PKKACZMAREK, RAFAŁ	94	BUKS Warszawa					4:39.65	487
	50m: 30.72 30.72	150m: 1:38.86	34.44	250m: 2:50.06	36.18	350m: 4:03.95		36.96	
	100m: 1:04.42 33.70	200m: 2:13.88	35.02	300m: 3:26.99	36.93	400m: 4:39.65		35.70	