

GRAND PRIX WARMII I MAZUR W PŁYWANIU 10-11.12.2016
OLSZTYN, 10 - 11-12-2016

Konkurencja 35

Chłopców, 400m dowolny

11 - 18 lat

2016-12-11 - 16:23

Wyniki

Rekord PL Open	3:37.57	Wojdak Wojciech	01006	Netanya (ISR)	2015-12-02
Rekord PL - 11	4:46.14	Chmielewski Krzysztof	05614	Raszyn	2015-11-19
Rekord PL 12	4:25.52	Pietrzak Dawid	01402	Bydgoszcz	2009-11-14
Rekord PL 13	4:12.84	Bernatowicz Sebastian	00802	Torun	2007-06-16
Rekord PL 14	3:59.77	Zoniuk Maciej	00601	Saint Dizier (FRA)	2008-11-15
Rekord PL 15	3:50.76	Młynarczyk Karol	05114	Lublin	2015-12-17
Rekord PL 16	3:47.70	Wojdak Wojciech	03106	Ostrowiec Sw.	2012-12-19
Rekord PL 17	3:45.26	Wojdak Wojciech	01006	Ostrowiec Sw	2013-12-19
Rekord PL 18	3:41.69	Wojdak Wojciech	01006	Ostrowiec Sw	2014-12-18

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.
11 lat			
1. Barna Maksymilian	05	Buks Warszawa	5:19.41 293
50m: 35.61 35.61	150m: 1:58.18 41.23	250m: 3:21.01 41.23	350m: 4:42.08 40.36
100m: 1:16.95 41.34	200m: 2:39.78 41.60	300m: 4:01.72 40.71	400m: 5:19.41 37.33
2. Szewczyk Roch	05	UKP Polonia Warszawa	5:45.67 231
50m: 35.81 35.81	150m: 2:00.87 43.55	250m: 3:30.13 44.88	350m: 5:01.52 45.75
100m: 1:17.32 41.51	200m: 2:45.25 44.38	300m: 4:15.77 45.64	400m: 5:45.67 44.15
3. Tyrka Igor	05	MTP Kormoran Olsztyn	5:48.22 226
50m: 38.28 38.28	150m: 2:07.55 45.94	250m: 3:38.20 45.36	350m: 5:07.18 43.59
100m: 1:21.61 43.33	200m: 2:52.84 45.29	300m: 4:23.59 45.39	400m: 5:48.22 41.04
4. Czerniawski Tobiasz	05	KS PŁETWAL Szczytno	5:48.30 226
50m: 38.98 38.98	150m: 2:09.41 45.83	250m: 3:39.09 44.81	350m: 5:07.93 44.85
100m: 1:23.58 44.60	200m: 2:54.28 44.87	300m: 4:23.08 43.99	400m: 5:48.30 40.37
5. Nowacki Jacek	05	MTP Kormoran Olsztyn	5:49.77 223
50m: 36.76 36.76	150m: 2:06.09 45.77	250m: 3:35.50 44.67	350m: 5:05.99 44.57
100m: 1:20.32 43.56	200m: 2:50.83 44.74	300m: 4:21.42 45.92	400m: 5:49.77 43.78
6. Wiski Adrian	05	MTP Kormoran Olsztyn	6:13.04 184
50m: 40.28 40.28	150m: 2:13.80 47.41	250m: 3:50.33 48.50	350m: 5:28.16 48.68
100m: 1:26.39 46.11	200m: 3:01.83 48.03	300m: 4:39.48 49.15	400m: 6:13.04 44.88
7. Stosik Jan	05	Ukp Jedyńka Elbl g	6:23.37 169
50m: 43.51 43.51	150m: 2:24.68 52.06	250m: 4:02.80 49.61	350m: 5:38.27 47.95
100m: 1:32.62 49.11	200m: 3:13.19 48.51	300m: 4:50.32 47.52	400m: 6:23.37 45.10
8. Tucholski Jan	05	Ukp Jedyńka Elbl g	6:29.51 161
50m: 41.96 41.96	150m: 2:20.31 50.00	250m: 4:01.63 50.59	350m: 5:43.76 51.31
100m: 1:30.31 48.35	200m: 3:11.04 50.73	300m: 4:52.45 50.82	400m: 6:29.51 45.75
9. Kubicki Karol	05	MTP Kormoran Olsztyn	6:36.08 153
50m: 42.98 42.98	150m: 2:21.37 50.54	250m: 4:04.47 52.40	350m: 5:47.23 51.13
100m: 1:30.83 47.85	200m: 3:12.07 50.70	300m: 4:56.10 51.63	400m: 6:36.08 48.85

12 lat

1. Chmielewski Krzysztof	04	Iuks Muszelka	4:30.91 480
50m: 30.64 30.64	150m: 1:38.86 34.39	250m: 2:48.40 34.87	350m: 3:58.11 34.77
100m: 1:04.47 33.83	200m: 2:13.53 34.67	300m: 3:23.34 34.94	400m: 4:30.91 32.80
2. Chmielewski Michał	04	Iuks Muszelka	4:41.50 428
50m: 32.45 32.45	150m: 1:44.73 36.09	250m: 2:56.41 36.05	350m: 4:08.14 35.69
100m: 1:08.64 36.19	200m: 2:20.36 35.63	300m: 3:32.45 36.04	400m: 4:41.50 33.36

GRAND PRIX WARMII I MAZUR W PŁYWANIU 10-11.12.2016
OLSZTYN, 10 - 11-12-2016

Konkurencja 35, Chłopców, 400m dowolny, 12 lat

Pozycja	Rok ur.				Czas				Pkt.
3. Ziembowicz Franciszek	04	UKS G-8 Bielany Warszawa			4:44.94				413
50m: 31.49 31.49	150m: 1:43.05	36.23	250m: 2:56.07	36.54	350m: 4:09.63	36.41	400m: 4:44.94	35.31	
100m: 1:06.82 35.33	200m: 2:19.53	36.48	300m: 3:33.22	37.15					
4. Bednarek Przemysław	04	Iuks Muszelka			4:47.40				402
50m: 32.38 32.38	150m: 1:43.52	36.00	250m: 2:57.67	37.14	350m: 4:11.48	37.00	400m: 4:47.40	35.92	
100m: 1:07.52 35.14	200m: 2:20.53	37.01	300m: 3:34.48	36.81					
5. Białek Paweł	04	UKS G-8 Bielany Warszawa			4:58.92				357
50m: 33.32 33.32	150m: 1:49.33	38.75	250m: 3:06.16	38.45	350m: 4:23.19	37.98	400m: 4:58.92	35.73	
100m: 1:10.58 37.26	200m: 2:27.71	38.38	300m: 3:45.21	39.05					
6. Choroszewski Iwo	04	KS PŁETWAL Szczytno			5:01.59				348
50m: 31.99 31.99	150m: 1:46.68	37.99	250m: 3:05.77	39.40	350m: 4:24.70	39.92	400m: 5:01.59	36.89	
100m: 1:08.69 36.70	200m: 2:26.37	39.69	300m: 3:44.78	39.01					
7. Jasi ski Michał	04	UKS G-8 Bielany Warszawa			5:04.17				339
50m: 32.88 32.88	150m: 1:48.61	38.77	250m: 3:07.85	39.66	350m: 4:25.96	39.08	400m: 5:04.17	38.21	
100m: 1:09.84 36.96	200m: 2:28.19	39.58	300m: 3:46.88	39.03					
8. Kisiel Bartosz	04	MTP Kormoran Olsztyn			5:06.63				331
50m: 32.59 32.59	150m: 1:50.27	39.01	250m: 3:10.30	40.19	350m: 4:29.36	39.36	400m: 5:06.63	37.27	
100m: 1:11.26 38.67	200m: 2:30.11	39.84	300m: 3:50.00	39.70					
9. Shmidt Dmitrii	04	sdusshor 14 Kaliningrad			5:12.13				314
50m: 34.04 34.04	150m: 1:53.34	40.15	250m: 3:14.42	40.37	350m: 4:35.85	40.36	400m: 5:12.13	36.28	
100m: 1:13.19 39.15	200m: 2:34.05	40.71	300m: 3:55.49	41.07					
10. Litewski Mikołaj	04	UKS 307 Warszawa-Mokotów			5:19.75				292
50m: 34.58 34.58	150m: 1:55.17	41.10	250m: 3:18.59	41.69	350m: 4:41.35	41.35	400m: 5:19.75	38.40	
100m: 1:14.07 39.49	200m: 2:36.90	41.73	300m: 4:00.00	41.41					
11. Grabowski Mikołaj	04	MTP Kormoran Olsztyn			5:20.11				291
50m: 36.05 36.05	150m: 1:57.61	40.79	250m: 3:19.42	40.86	350m: 4:41.79	40.98	400m: 5:20.11	38.32	
100m: 1:16.82 40.77	200m: 2:38.56	40.95	300m: 4:00.81	41.39					
12. Savenko Dmitrii	04	sdusshor 14 Kaliningrad			5:27.42				272
50m: 34.60 34.60	150m: 1:55.63	41.37	250m: 3:20.87	42.53	350m: 4:46.37	42.83	400m: 5:27.42	41.05	
100m: 1:14.26 39.66	200m: 2:38.34	42.71	300m: 4:03.54	42.67					
13. Vasiliev Pavel	04	sdusshor 14 Kaliningrad			5:35.34				253
50m: 37.38 37.38	150m: 2:01.18	42.39	250m: 3:28.84	43.96	350m: 4:55.48	42.79	400m: 5:35.34	39.86	
100m: 1:18.79 41.41	200m: 2:44.88	43.70	300m: 4:12.69	43.85					
14. Sanzhiev Vladislav	04	sdusshor 14 Kaliningrad			5:35.72				252
50m: 36.51 36.51	150m: 2:02.12	43.39	250m: 3:28.73	43.92	350m: 4:55.23	42.67	400m: 5:35.72	40.49	
100m: 1:18.73 42.22	200m: 2:44.81	42.69	300m: 4:12.56	43.83					
15. Pasieczny Bartłomiej	04	Ukp Jedyńka Elbl g			5:37.03				249
50m: 37.43 37.43	150m: 2:02.43	42.62	250m: 3:29.58	43.54	350m: 4:56.32	43.18	400m: 5:37.03	40.71	
100m: 1:19.81 42.38	200m: 2:46.04	43.61	300m: 4:13.14	43.56					
16. Andrzejak Bartosz	04	MTP Kormoran Olsztyn			5:38.61				246
50m: 36.94 36.94	150m: 2:04.68	44.49	250m: 3:32.86	43.49	350m: 4:57.16	42.07	400m: 5:38.61	41.45	
100m: 1:20.19 43.25	200m: 2:49.37	44.69	300m: 4:15.09	42.23					
17. Jurczak Bartosz	04	MTP Kormoran Olsztyn			5:40.39				242
50m: 38.29 38.29	150m: 2:04.58	43.48	250m: 3:31.19	42.74	350m: 4:58.52	43.36	400m: 5:40.39	41.87	
100m: 1:21.10 42.81	200m: 2:48.45	43.87	300m: 4:15.16	43.97					

GRAND PRIX WARMII I MAZUR W PŁYWANIU 10-11.12.2016
OLSZTYN, 10 - 11-12-2016

Konkurencja 35, Chłopców, 400m dowolny

13 lat

1.	Rodkiewicz Radosław	03	Iuks Muszelka	4:22.21	530
	50m: 30.61 30.61	150m: 1:37.86 33.69	250m: 2:44.75 33.46	350m: 3:51.09 32.87	
	100m: 1:04.17 33.56	200m: 2:11.29 33.43	300m: 3:18.22 33.47	400m: 4:22.21 31.12	
2.	Taszarz Kacper	03	Dwójka Tczew	4:22.37	529
	50m: 30.61 30.61	150m: 1:37.07 33.24	250m: 2:44.13 33.27	350m: 3:51.05 33.44	
	100m: 1:03.83 33.22	200m: 2:10.86 33.79	300m: 3:17.61 33.48	400m: 4:22.37 31.32	
3.	Roguski Mateusz	03	Iuks Muszelka	4:24.91	514
	50m: 30.29 30.29	150m: 1:36.41 33.36	250m: 2:44.16 34.21	350m: 3:52.68 34.26	
	100m: 1:03.05 32.76	200m: 2:09.95 33.54	300m: 3:18.42 34.26	400m: 4:24.91 32.23	
4.	Zalewski Sebastian	03	UKS Pirania Targówek	4:32.59	472
	50m: 31.14 31.14	150m: 1:39.32 34.38	250m: 2:48.16 34.40	350m: 3:57.95 35.14	
	100m: 1:04.94 33.80	200m: 2:13.76 34.44	300m: 3:22.81 34.65	400m: 4:32.59 34.64	
5.	Walat Sebastian	03	UKS Pirania Targówek	4:36.16	454
	50m: 30.72 30.72	150m: 1:40.50 35.51	250m: 2:51.72 35.83	350m: 4:03.27 35.49	
	100m: 1:04.99 34.27	200m: 2:15.89 35.39	300m: 3:27.78 36.06	400m: 4:36.16 32.89	
6.	Ulanowski Lucjan	03	MUKS Pi tnaстка Bydgoszcz	4:38.62	442
	50m: 31.05 31.05	150m: 1:41.27 35.47	250m: 2:52.28 35.09	350m: 4:03.92 35.68	
	100m: 1:05.80 34.75	200m: 2:17.19 35.92	300m: 3:28.24 35.96	400m: 4:38.62 34.70	
7.	Niedziałek Michał SOL	03	MTP Kormoran Olsztyn	4:39.33	438
	50m: 32.25 32.25	150m: 1:43.06 35.71	250m: 2:54.16 35.77	350m: 4:05.64 35.73	
	100m: 1:07.35 35.10	200m: 2:18.39 35.33	300m: 3:29.91 35.75	400m: 4:39.33 33.69	
8.	Wojnowski Damian	03	Iukp Wodnik Police	4:41.42	429
	50m: 31.73 31.73	150m: 1:44.11 36.52	250m: 2:56.09 35.81	350m: 4:07.96 35.90	
	100m: 1:07.59 35.86	200m: 2:20.28 36.17	300m: 3:32.06 35.97	400m: 4:41.42 33.46	
9.	Niedu ak Maurycy	03	UKS Pirania Targówek	4:57.18	364
	50m: 31.10 31.10	150m: 1:45.26 38.17	250m: 3:02.95 39.05	350m: 4:20.58 38.48	
	100m: 1:07.09 35.99	200m: 2:23.90 38.64	300m: 3:42.10 39.15	400m: 4:57.18 36.60	
10.	Ilunov Timur	03	Fitnes RUMYANTSEVO	5:21.95	286
	50m: 35.06 35.06	150m: 1:55.34 41.16	250m: 3:18.53 41.39	350m: 4:41.95 41.07	
	100m: 1:14.18 39.12	200m: 2:37.14 41.80	300m: 4:00.88 42.35	400m: 5:21.95 40.00	

14 lat

1.	Ja kiewicz Adrian	02	Iuks Muszelka	4:11.46	601
	50m: 28.50 28.50	150m: 1:30.94 31.50	250m: 2:34.80 32.02	350m: 3:39.72 32.32	
	100m: 59.44 30.94	200m: 2:02.78 31.84	300m: 3:07.40 32.60	400m: 4:11.46 31.74	
2.	J drys Igor	02	MUKP Warszawianka WP	4:18.61	552
	50m: 29.25 29.25	150m: 1:35.66 33.82	250m: 2:42.36 33.14	350m: 3:47.67 32.55	
	100m: 1:01.84 32.59	200m: 2:09.22 33.56	300m: 3:15.12 32.76	400m: 4:18.61 30.94	
3.	Dołowy Grzegorz	02	Iuks Muszelka	4:18.75	551
	50m: 29.88 29.88	150m: 1:34.82 33.00	250m: 2:41.22 33.19	350m: 3:47.38 32.94	
	100m: 1:01.82 31.94	200m: 2:08.03 33.21	300m: 3:14.44 33.22	400m: 4:18.75 31.37	
4.	Ruta Kamil	02	Iuks Muszelka	4:19.41	547
	50m: 30.18 30.18	150m: 1:34.90 32.53	250m: 2:41.33 33.19	350m: 3:47.69 33.00	
	100m: 1:02.37 32.19	200m: 2:08.14 33.24	300m: 3:14.69 33.36	400m: 4:19.41 31.72	
5.	Abd El Razek Jakub	02	MUKP Warszawianka WP	4:26.04	507
	50m: 30.55 30.55	150m: 1:37.43 33.86	250m: 2:44.92 33.89	350m: 3:52.52 33.82	
	100m: 1:03.57 33.02	200m: 2:11.03 33.60	300m: 3:18.70 33.78	400m: 4:26.04 33.52	

GRAND PRIX WARMII I MAZUR W PŁYWANIU 10-11.12.2016
OLSZTYN, 10 - 11-12-2016

Konkurencja 35, Chłopców, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
6.	Pawłowski Bogusław		02	UKS G-8 Bielany Warszawa				4:27.05	502
	50m:	29.43 29.43	150m:	1:37.14	34.64	250m:	2:45.90 34.51	350m:	3:54.13 34.29
	100m:	1:02.50 33.07	200m:	2:11.39	34.25	300m:	3:19.84 33.94	400m:	4:27.05 32.92
7.	K dzierski Jan		02	MUKP Warszawianka WP				4:32.65	471
	50m:	30.87 30.87	150m:	1:41.03	35.30	250m:	2:51.41 34.91	350m:	3:58.94 33.64
	100m:	1:05.73 34.86	200m:	2:16.50	35.47	300m:	3:25.30 33.89	400m:	4:32.65 33.71
8.	Kopiczko Maksymilian		02	MKS Medyk Gi ycko				4:36.69	451
	50m:	29.31 29.31	150m:	1:38.89	35.25	250m:	2:50.40 35.90	350m:	4:01.81 35.75
	100m:	1:03.64 34.33	200m:	2:14.50	35.61	300m:	3:26.06 35.66	400m:	4:36.69 34.88
9.	Borzemek Hubert		02	UKS 307 Warszawa-Mokotów				4:38.85	440
	50m:	32.65 32.65	150m:	1:44.02	35.86	250m:	2:54.83 35.28	350m:	4:05.62 35.51
	100m:	1:08.16 35.51	200m:	2:19.55	35.53	300m:	3:30.11 35.28	400m:	4:38.85 33.23
10.	Gr dzik Bartosz		02	MPKS Orka Ciechanów				4:39.47	438
	50m:	30.96 30.96	150m:	1:41.38	35.58	250m:	2:52.87 35.77	350m:	4:04.56 35.66
	100m:	1:05.80 34.84	200m:	2:17.10	35.72	300m:	3:28.90 36.03	400m:	4:39.47 34.91
11.	Marczak Radosław		02	KS Barakuda Mi sk Mazowiecki				4:41.77	427
	50m:	31.65 31.65	150m:	1:43.73	36.32	250m:	2:57.39 36.89	350m:	4:09.51 35.48
	100m:	1:07.41 35.76	200m:	2:20.50	36.77	300m:	3:34.03 36.64	400m:	4:41.77 32.26
12.	Popłonyk Jakub		02	Buks Warszawa				4:43.31	420
	50m:	32.32 32.32	150m:	1:44.17	36.48	250m:	2:57.27 36.61	350m:	4:09.63 36.08
	100m:	1:07.69 35.37	200m:	2:20.66	36.49	300m:	3:33.55 36.28	400m:	4:43.31 33.68
13.	Choi ski Bartosz		02	MUKP Warszawianka WP				4:49.22	395
	50m:	31.47 31.47	150m:	1:43.80	36.76	250m:	2:58.99 36.94	350m:	4:13.05 36.72
	100m:	1:07.04 35.57	200m:	2:22.05	38.25	300m:	3:36.33 37.34	400m:	4:49.22 36.17
DYSKW.	Nowak Radosław SOL		02	MTP Kormoran Olsztyn					
	50m:	32.69 32.69	150m:			250m:		350m:	
	100m:		200m:			300m:		400m:	

15 lat

1.	Krysiak Michał		01	MKS Trójka Łód				4:19.56	546
	50m:	30.10 30.10	150m:	1:35.20	32.82	250m:	2:41.40 33.23	350m:	3:47.93 32.92
	100m:	1:02.38 32.28	200m:	2:08.17	32.97	300m:	3:15.01 33.61	400m:	4:19.56 31.63
2.	Wieci ski Andrzej		01	MTKP Delfin Toru				4:30.90	480
	50m:	29.76 29.76	150m:	1:38.87	35.01	250m:	2:48.16 34.71	350m:	3:57.69 34.74
	100m:	1:03.86 34.10	200m:	2:13.45	34.58	300m:	3:22.95 34.79	400m:	4:30.90 33.21
3.	Kotarski Jakub		01	Buks Warszawa				4:32.60	472
	50m:	30.55 30.55	150m:	1:39.59	35.01	250m:	2:49.48 34.85	350m:	3:59.02 34.31
	100m:	1:04.58 34.03	200m:	2:14.63	35.04	300m:	3:24.71 35.23	400m:	4:32.60 33.58
4.	Jaranowski Igor		01	UKS "Ósemka" Toru				4:43.68	418
	50m:	29.61 29.61	150m:	1:39.10	35.75	250m:	2:51.65 36.80	350m:	4:05.91 36.72
	100m:	1:03.35 33.74	200m:	2:14.85	35.75	300m:	3:29.19 37.54	400m:	4:43.68 37.77
5.	Sostek Jakub		01	KS PŁETWAL Szczytno				5:13.97	308
	50m:	34.25 34.25	150m:	1:53.84	40.88	250m:	3:16.95 41.69	350m:	4:39.30 40.93
	100m:	1:12.96 38.71	200m:	2:35.26	41.42	300m:	3:58.37 41.42	400m:	5:13.97 34.67

GRAND PRIX WARMII I MAZUR W PŁYWANIU 10-11.12.2016
OLSZTYN, 10 - 11-12-2016

Konkurencja 35, Chłopców, 400m dowolny

16 lat

1. Doma ski Kamil			00	MKS Trójka Łód			4:03.84	659			
50m:	28.01	28.01	150m:	1:28.77	30.72	250m:	2:31.01	31.04	350m:	3:33.79	31.39
100m:	58.05	30.04	200m:	1:59.97	31.20	300m:	3:02.40	31.39	400m:	4:03.84	30.05
2. Topolski Dawid			00	MKS Trójka Łód			4:04.83	651			
50m:	28.61	28.61	150m:	1:30.29	31.21	250m:	2:33.13	31.32	350m:	3:35.64	31.27
100m:	59.08	30.47	200m:	2:01.81	31.52	300m:	3:04.37	31.24	400m:	4:04.83	29.19
3. Mech Dariusz			00	UKS PIRAT Elbl g			4:22.94	525			
50m:	28.92	28.92	150m:	1:36.47	34.39	250m:	2:44.90	33.97	350m:	3:51.93	33.25
100m:	1:02.08	33.16	200m:	2:10.93	34.46	300m:	3:18.68	33.78	400m:	4:22.94	31.01

17 - 18 lat

1. Krawczyk Paweł			99	Buks Warszawa			3:54.15	744			
50m:	26.61	26.61	150m:	1:24.80	29.41	250m:	2:24.85	30.15	350m:	3:25.06	30.00
100m:	55.39	28.78	200m:	1:54.70	29.90	300m:	2:55.06	30.21	400m:	3:54.15	29.09