



V Międzynarodowe Grand Prix Warmii i Mazur w pływaniu
Olsztyn, 4.12.2020

Konkurencja 130
2020.12.04 - 19:34

Mężczyzn, 400m dowolny

13 lat i starsi
Wyniki

Punkty: FINA 2020

Pozycja			Wiek					Czas	Pkt.			
13 lat												
1.	CIECHANOWSKI, Stanisław		13	UKS 307 Warszawa				4:33.12	469			
	50m:	31.03	31.03	150m:	1:40.87	35.46	250m:	2:50.83	34.53	350m:	4:00.09	34.36
	100m:	1:05.41	34.38	200m:	2:16.30	35.43	300m:	3:25.73	34.90	400m:	4:33.12	33.03
2.	ANTOSIK, Kacper		13	UKS G-8 Bielany Warszawa				4:34.45	462			
	50m:	30.85	30.85	150m:	1:41.01	35.66	250m:	2:51.71	34.78	350m:	4:01.06	34.32
	100m:	1:05.35	34.50	200m:	2:16.93	35.92	300m:	3:26.74	35.03	400m:	4:34.45	33.39
3.	KANCZKOWSKI, Szymon		13	UKS Tri-Team Rumia				4:42.59	423			
	50m:	32.58	32.58	150m:	1:44.27	35.98	250m:	2:56.58	36.22	350m:	4:08.48	35.72
	100m:	1:08.29	35.71	200m:	2:20.36	36.09	300m:	3:32.76	36.18	400m:	4:42.59	34.11
4.	ŁOJEWSKI, Adam		13	MTP Kormoran Olsztyn				4:44.56	414			
	50m:	32.08	32.08	150m:	1:43.79	36.27	250m:	2:57.17	36.68	350m:	4:09.44	35.89
	100m:	1:07.52	35.44	200m:	2:20.49	36.70	300m:	3:33.55	36.38	400m:	4:44.56	35.12
5.	MASTALEREK, Karol		13	UKS „GIM 92 Ursynów”				5:07.28	329			
	50m:	33.26	33.26	150m:	1:50.45	39.47	250m:	3:11.16	41.01	350m:	4:27.78	37.78
	100m:	1:10.98	37.72	200m:	2:30.15	39.70	300m:	3:50.00	38.84	400m:	5:07.28	39.50
6.	TOKAREWICZ, Igor		13	UKS „Ósemka” Starogard Gdańsk				5:09.50	322			
	50m:	35.64	35.64	150m:	1:54.69	40.09	250m:	3:15.49	40.50	350m:	4:32.90	38.15
	100m:	1:14.60	38.96	200m:	2:34.99	40.30	300m:	3:54.75	39.26	400m:	5:09.50	36.60
7.	SZYMCZAK, Marcin		13	UKS „Ósemka” Starogard Gdańsk				5:10.78	318			
	50m:	34.60	34.60	150m:	1:53.05	39.79	250m:	3:13.59	40.67	350m:	4:32.80	38.95
	100m:	1:13.26	38.66	200m:	2:32.92	39.87	300m:	3:53.85	40.26	400m:	5:10.78	37.98

14 lat i starsi

1.	J DRYKA, Nikodem		16	MKS Trójka Łódź				4:16.79	564			
	50m:	28.12	28.12	150m:	1:32.48	32.74	250m:	2:38.74	33.26	350m:	3:44.29	32.21
	100m:	59.74	31.62	200m:	2:05.48	33.00	300m:	3:12.08	33.34	400m:	4:16.79	32.50
2.	MARKOWSKI, Wincent		14	UKS Tri-Team Rumia				4:26.84	503			
	50m:	30.69	30.69	150m:	1:38.37	34.12	250m:	2:47.15	34.32	350m:	3:55.40	34.01
	100m:	1:04.25	33.56	200m:	2:12.83	34.46	300m:	3:21.39	34.24	400m:	4:26.84	31.44
3.	BORSKI, Mikołaj		14	UKS Tri-Team Rumia				4:26.93	502			
	50m:	30.72	30.72	150m:	1:38.19	34.06	250m:	2:47.20	34.54	350m:	3:54.95	33.69
	100m:	1:04.13	33.41	200m:	2:12.66	34.47	300m:	3:21.26	34.06	400m:	4:26.93	31.98
4.	WIDERSKI, Julian		14	MKS Trójka Łódź				4:30.10	485			
	50m:	30.65	30.65	150m:	1:41.24	35.38	250m:	2:51.81	35.11	350m:	3:59.23	32.72
	100m:	1:05.86	35.21	200m:	2:16.70	35.46	300m:	3:26.51	34.70	400m:	4:30.10	30.87
5.	JASKULSKI, Jarosław		14	MPKS ORKA Ciechanów				4:30.91	480			
	50m:	29.76	29.76	150m:	1:37.36	34.17	250m:	2:47.17	35.07	350m:	3:57.22	34.80
	100m:	1:03.19	33.43	200m:	2:12.10	34.74	300m:	3:22.42	35.25	400m:	4:30.91	33.69
6.	PLEWNICKI, Jan		14	UKS abianka Gdańsk				4:32.19	474			
	50m:	29.60	29.60	150m:	1:38.05	34.77	250m:	2:48.96	35.47	350m:	3:59.73	35.43
	100m:	1:03.28	33.68	200m:	2:13.49	35.44	300m:	3:24.30	35.34	400m:	4:32.19	32.46
7.	ZAWADZKI, Jakub		14	UKS Ruch Grudziądz				4:54.24	375			
	50m:	32.22	32.22	150m:	1:44.72	36.73	250m:	2:59.88	37.63	350m:	4:16.51	38.31
	100m:	1:07.99	35.77	200m:	2:22.25	37.53	300m:	3:38.20	38.32	400m:	4:54.24	37.73



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8.	WESTFAL, Gabriel		14	Sejwal Rypin				5:26.94	273
	50m:	32.95 32.95	150m:	1:53.89 42.63	250m:	3:18.79 42.10	350m:	4:45.05 42.75	
	100m:	1:11.26 38.31	200m:	2:36.69 42.80	300m:	4:02.30 43.51	400m:	5:26.94 41.89	