

Zimowe Mistrzostwa Okręgu Łódzkiego  
 Łódź, 22- - 23-2-2020

Konkurencja 34  
 2020-02-23 - 11:48

Mężczyzn, 400m dowolny

Open  
 Wyniki

Punkty: FINA 2019

Pozycja	Rok ur.		Czas	Pkt.	100m	200m	300m	400m	
<b>14 lat</b>									
1.	POPIEL Mikołaj	06	Sekcja Pływacka Meduza P4	<b>4:27.72</b>	555	1:03.22	1:09.60	1:08.47	1:06.43
	50m: 29.89	29.89	150m: 1:38.53	35.31	250m: 2:46.83	34.01	350m: 3:54.54	33.25	
	100m: 1:03.22	33.33	200m: 2:12.82	34.29	300m: 3:21.29	34.46	400m: 4:27.72	33.18	
2.	LEWENHAUPT Oskar	06	MKS Trójka Łódź	<b>4:35.70</b>	508	1:04.93	1:10.72	1:09.29	1:10.76
	50m: 30.81	30.81	150m: 1:40.19	35.26	250m: 2:50.36	34.71	350m: 4:00.68	35.74	
	100m: 1:04.93	34.12	200m: 2:15.65	35.46	300m: 3:24.94	34.58	400m: 4:35.70	35.02	
3.	WIDERSKI Julian	06	MKS Trójka Łódź	<b>4:48.42</b>	444	1:08.63	1:14.54	1:14.68	1:10.57
	50m: 32.19	32.19	150m: 1:45.96	37.33	250m: 3:00.96	37.79	350m: 4:14.61	36.76	
	100m: 1:08.63	36.44	200m: 2:23.17	37.21	300m: 3:37.85	36.89	400m: 4:48.42	33.81	
4.	PACEWICZ Wiktor	06	UKS 190 Łódź	<b>4:52.77</b>	424	1:10.27	1:15.97	1:15.09	1:11.44
	50m: 32.82	32.82	150m: 1:48.26	37.99	250m: 3:04.18	37.94	350m: 4:17.78	36.45	
	100m: 1:10.27	37.45	200m: 2:26.24	37.98	300m: 3:41.33	37.15	400m: 4:52.77	34.99	
5.	STRATY SKI Wiktor	06	MKS Trójka Łódź	<b>5:15.39</b>	339	1:17.56	1:20.83	1:20.36	1:16.64
	50m: 36.83	36.83	150m: 1:57.91	40.35	250m: 3:19.31	40.92	350m: 4:38.38	39.63	
	100m: 1:17.56	40.73	200m: 2:38.39	40.48	300m: 3:58.75	39.44	400m: 5:15.39	37.01	
<b>15 lat</b>									
1.	PŁOSZKA Kacper	05	MKS Jedyńka Łódź	<b>4:18.28</b>	618	59.30	1:04.95	1:08.13	1:05.90
	50m: 28.38	28.38	150m: 1:31.40	32.10	250m: 2:38.19	33.94	350m: 3:46.11	33.73	
	100m: 59.30	30.92	200m: 2:04.25	32.85	300m: 3:12.38	34.19	400m: 4:18.28	32.17	
2.	ARENT Artur	05	MKS Jedyńka Łódź	<b>4:29.64</b>	543	1:03.81	1:09.08	1:09.25	1:07.50
	50m: 30.11	30.11	150m: 1:38.29	34.48	250m: 2:47.46	34.57	350m: 3:56.73	34.59	
	100m: 1:03.81	33.70	200m: 2:12.89	34.60	300m: 3:22.14	34.68	400m: 4:29.64	32.91	
3.	KACZMAREK Michał	05	KU AZS Politechniki Łódzkiej	<b>4:40.26</b>	484	1:07.46	1:10.81	1:11.10	1:10.89
	50m: 31.98	31.98	150m: 1:42.58	35.12	250m: 2:53.41	35.14	350m: 4:05.40	36.03	
	100m: 1:07.46	35.48	200m: 2:18.27	35.69	300m: 3:29.37	35.96	400m: 4:40.26	34.86	
NIE UK.	WASIAK Szymon	05	UKS 190 Łódź						
	50m: 33.62	33.62	150m:		250m:	350m:			
	100m:		200m:		300m:	400m:			
<b>Open</b>									
1.	DERE Kacper	98	WKS I sk Wrocław	<b>4:02.57</b>	746	57.22	1:01.09	1:02.47	1:01.79
	50m: 27.36	27.36	150m: 1:27.53	30.31	250m: 2:29.42	31.11	350m: 3:32.09	31.31	
	100m: 57.22	29.86	200m: 1:58.31	30.78	300m: 3:00.78	31.36	400m: 4:02.57	30.48	
2.	KOMOROWSKI Jan	01	MKS Trójka Łódź	<b>4:05.31</b>	721	59.44	1:02.40	1:02.45	1:01.02
	50m: 28.35	28.35	150m: 1:30.50	31.06	250m: 2:33.01	31.17	350m: 3:35.04	30.75	
	100m: 59.44	31.09	200m: 2:01.84	31.34	300m: 3:04.29	31.28	400m: 4:05.31	30.27	
3.	D BROWSKI Patryk	00	WKS I sk Wrocław	<b>4:08.44</b>	695	58.25	1:03.23	1:04.10	1:02.86
	50m: 28.03	28.03	150m: 1:29.67	31.42	250m: 2:33.40	31.92	350m: 3:37.55	31.97	
	100m: 58.25	30.22	200m: 2:01.48	31.81	300m: 3:05.58	32.18	400m: 4:08.44	30.89	
4.	KISZCZAK Jakub	00	WKS I sk Wrocław	<b>4:09.53</b>	685	59.11	1:06.19	1:06.40	57.83
	50m: 28.32	28.32	150m: 1:31.75	32.64	250m: 2:38.60	33.30	350m: 3:41.24	29.54	
	100m: 59.11	30.79	200m: 2:05.30	33.55	300m: 3:11.70	33.10	400m: 4:09.53	28.29	
5.	ZIELI SKI Konrad	03	UKS 190 Łódź	<b>4:10.16</b>	680	1:00.63	1:04.10	1:03.55	1:01.88
	50m: 29.05	29.05	150m: 1:32.50	31.87	250m: 2:36.38	31.65	350m: 3:39.90	31.62	
	100m: 1:00.63	31.58	200m: 2:04.73	32.23	300m: 3:08.28	31.90	400m: 4:10.16	30.26	
6.	GAWRON Oliwier	03	WKS I sk Wrocław	<b>4:12.12</b>	665	1:00.09	1:04.36	1:04.77	1:02.90
	50m: 28.51	28.51	150m: 1:32.14	32.05	250m: 2:36.41	31.96	350m: 3:41.54	32.32	
	100m: 1:00.09	31.58	200m: 2:04.45	32.31	300m: 3:09.22	32.81	400m: 4:12.12	30.58	
7.	WODY SKI Bartosz	02	KU AZS Politechniki Łódzkiej	<b>4:12.79</b>	659	1:00.16	1:03.66	1:04.30	1:04.67
	50m: 28.98	28.98	150m: 1:31.77	31.61	250m: 2:35.79	31.97	350m: 3:40.86	32.74	
	100m: 1:00.16	31.18	200m: 2:03.82	32.05	300m: 3:08.12	32.33	400m: 4:12.79	31.93	
8.	JAWORSKI Szymon	01	WKS I sk Wrocław	<b>4:13.29</b>	655	1:00.04	1:04.81	1:04.99	1:03.45
	50m: 28.57	28.57	150m: 1:32.43	32.39	250m: 2:37.32	32.47	350m: 3:42.39	32.55	
	100m: 1:00.04	31.47	200m: 2:04.85	32.42	300m: 3:09.84	32.52	400m: 4:13.29	30.90	

Zimowe Mistrzostwa Okręgu Łódzkiego  
Łódź, 22-23-2-2020

Konkurencja 34, Mężczyźni, 400m dowolny, Open

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m
9. MENCEL Miłosz	02 WKS I sk Wrocław	<b>4:16.33</b>	632	1:01.78	1:05.97	1:05.94	1:02.64
50m: 29.08	29.08	150m: 1:34.69	32.91	250m: 2:40.57	32.82	350m: 3:45.63	31.94
100m: 1:01.78	32.70	200m: 2:07.75	33.06	300m: 3:13.69	33.12	400m: 4:16.33	30.70
10. PŁOSZKA Kacper	05 MKS Jedynka Łódź	<b>4:18.28</b>	618	59.30	1:04.95	1:08.13	1:05.90
50m: 28.38	28.38	150m: 1:31.40	32.10	250m: 2:38.19	33.94	350m: 3:46.11	33.73
100m: 59.30	30.92	200m: 2:04.25	32.85	300m: 3:12.38	34.19	400m: 4:18.28	32.17
11. KLIMCZAK Kacper	04 MKS Jedynka Łódź	<b>4:20.02</b>	606	1:02.06	1:07.00	1:06.91	1:04.05
50m: 29.31	29.31	150m: 1:35.46	33.40	250m: 2:42.53	33.47	350m: 3:49.14	33.17
100m: 1:02.06	32.75	200m: 2:09.06	33.60	300m: 3:15.97	33.44	400m: 4:20.02	30.88
12. LE NIAK Maksymilian	04 UKS 190 Łódź	<b>4:20.24</b>	604	1:00.79	1:06.65	1:07.65	1:05.15
50m: 28.58	28.58	150m: 1:34.01	33.22	250m: 2:41.20	33.76	350m: 3:48.07	32.98
100m: 1:00.79	32.21	200m: 2:07.44	33.43	300m: 3:15.09	33.89	400m: 4:20.24	32.17
13. KUSI SKI Aleksy	02 MKS Jedynka Łódź	<b>4:22.73</b>	587	1:01.90	1:07.34	1:07.36	1:06.13
50m: 28.78	28.78	150m: 1:35.41	33.51	250m: 2:43.03	33.79	350m: 3:49.79	33.19
100m: 1:01.90	33.12	200m: 2:09.24	33.83	300m: 3:16.60	33.57	400m: 4:22.73	32.94
14. JÓ KÓW Cezary	01 WKS I sk Wrocław	<b>4:24.07</b>	578	1:01.54	1:06.48	1:07.63	1:08.42
50m: 29.22	29.22	150m: 1:34.21	32.67	250m: 2:41.75	33.73	350m: 3:49.76	34.11
100m: 1:01.54	32.32	200m: 2:08.02	33.81	300m: 3:15.65	33.90	400m: 4:24.07	34.31
15. POPIEL Mikołaj	06 Sekcja Pływacka Meduza P	<b>4:27.72</b>	555	1:03.22	1:09.60	1:08.47	1:06.43
50m: 29.89	29.89	150m: 1:38.53	35.31	250m: 2:46.83	34.01	350m: 3:54.54	33.25
100m: 1:03.22	33.33	200m: 2:12.82	34.29	300m: 3:21.29	34.46	400m: 4:27.72	33.18
16. J DRYKA Nikodem	04 MKS Trójka Łódź	<b>4:28.98</b>	547	1:03.82	1:09.07	1:08.87	1:07.22
50m: 29.97	29.97	150m: 1:38.38	34.56	250m: 2:47.39	34.50	350m: 3:55.42	33.66
100m: 1:03.82	33.85	200m: 2:12.89	34.51	300m: 3:21.76	34.37	400m: 4:28.98	33.56
17. ARENT Artur	05 MKS Jedynka Łódź	<b>4:29.64</b>	543	1:03.81	1:09.08	1:09.25	1:07.50
50m: 30.11	30.11	150m: 1:38.29	34.48	250m: 2:47.46	34.57	350m: 3:56.73	34.59
100m: 1:03.81	33.70	200m: 2:12.89	34.60	300m: 3:22.14	34.68	400m: 4:29.64	32.91
18. STANISŁAWSKI Bartosz	04 MKS Trójka Łódź	<b>4:33.36</b>	521	1:03.27	1:09.66	1:10.63	1:09.80
50m: 29.71	29.71	150m: 1:37.94	34.67	250m: 2:48.14	35.21	350m: 3:59.06	35.50
100m: 1:03.27	33.56	200m: 2:12.93	34.99	300m: 3:23.56	35.42	400m: 4:33.36	34.30
19. LEWENHAUPT Oskar	06 MKS Trójka Łódź	<b>4:35.70</b>	508	1:04.93	1:10.72	1:09.29	1:10.76
50m: 30.81	30.81	150m: 1:40.19	35.26	250m: 2:50.36	34.71	350m: 4:00.68	35.74
100m: 1:04.93	34.12	200m: 2:15.65	35.46	300m: 3:24.94	34.58	400m: 4:35.70	35.02
20. KACZMAREK Michał	05 KU AZS Politechniki Łódzkiej	<b>4:40.26</b>	484	1:07.46	1:10.81	1:11.10	1:10.89
50m: 31.98	31.98	150m: 1:42.58	35.12	250m: 2:53.41	35.14	350m: 4:05.40	36.03
100m: 1:07.46	35.48	200m: 2:18.27	35.69	300m: 3:29.37	35.96	400m: 4:40.26	34.86
21. KALISIAK Norbert	02 UKS Nawa Skierniewice	<b>4:40.55</b>	482	1:06.60	1:13.10	1:11.57	1:09.28
50m: 31.51	31.51	150m: 1:43.22	36.62	250m: 2:55.67	35.97	350m: 4:07.22	35.95
100m: 1:06.60	35.09	200m: 2:19.70	36.48	300m: 3:31.27	35.60	400m: 4:40.55	33.33
22. LIBERA Daniel	01 UKS Nawa Skierniewice	<b>4:43.54</b>	467	1:08.13	1:12.08	1:12.81	1:10.52
50m: 32.06	32.06	150m: 1:43.89	35.76	250m: 2:56.37	36.16	350m: 4:09.48	36.46
100m: 1:08.13	36.07	200m: 2:20.21	36.32	300m: 3:33.02	36.65	400m: 4:43.54	34.06
23. KRYSIAK Kacper	04 MKS Trójka Łódź	<b>4:46.47</b>	453	1:08.92	1:13.93	1:13.29	1:10.33
50m: 32.81	32.81	150m: 1:45.57	36.65	250m: 2:59.75	36.90	350m: 4:12.45	36.31
100m: 1:08.92	36.11	200m: 2:22.85	37.28	300m: 3:36.14	36.39	400m: 4:46.47	34.02
24. WIDERSKI Julian	06 MKS Trójka Łódź	<b>4:48.42</b>	444	1:08.63	1:14.54	1:14.68	1:10.57
50m: 32.19	32.19	150m: 1:45.96	37.33	250m: 3:00.96	37.79	350m: 4:14.61	36.76
100m: 1:08.63	36.44	200m: 2:23.17	37.21	300m: 3:37.85	36.89	400m: 4:48.42	33.81
25. PACEWICZ Wiktor	06 UKS 190 Łódź	<b>4:52.77</b>	424	1:10.27	1:15.97	1:15.09	1:11.44
50m: 32.82	32.82	150m: 1:48.26	37.99	250m: 3:04.18	37.94	350m: 4:17.78	36.45
100m: 1:10.27	37.45	200m: 2:26.24	37.98	300m: 3:41.33	37.15	400m: 4:52.77	34.99
26. STEFANOWSKI Bartosz	03 UKS Nawa Skierniewice	<b>4:55.98</b>	411	1:08.55	1:16.25	1:16.40	1:14.78
50m: 32.08	32.08	150m: 1:46.32	37.77	250m: 3:03.18	38.38	350m: 4:18.73	37.53
100m: 1:08.55	36.47	200m: 2:24.80	38.48	300m: 3:41.20	38.02	400m: 4:55.98	37.25
27. KULIK Maksymilian	06 MTP Kormoran Olsztyn	<b>4:56.36</b>	409	1:10.95	1:15.16	1:16.13	1:14.12
50m: 33.56	33.56	150m: 1:48.48	37.53	250m: 3:04.36	38.25	350m: 4:19.78	37.54
100m: 1:10.95	37.39	200m: 2:26.11	37.63	300m: 3:42.24	37.88	400m: 4:56.36	36.58
28. PILARSKI Kacper	04 Sekcja Pływacka Meduza P	<b>5:04.42</b>	377	1:09.80	1:18.68	1:18.95	1:16.99
50m: 32.71	32.71	150m: 1:49.43	39.63	250m: 3:08.20	39.72	350m: 4:27.43	40.00
100m: 1:09.80	37.09	200m: 2:28.48	39.05	300m: 3:47.43	39.23	400m: 5:04.42	36.99

Zimowe Mistrzostwa Okręgu Łódzkiego  
Łódź, 22- - 23-2-2020

Konkurencja 34, Mężczyźni, 400m dowolny, Open

Pozycja	Rok ur.	Czas	Pkt.	100m	200m	300m	400m				
29. POKR TOWSKI Karol	06	<b>5:10.05</b>	357	1:15.30	1:20.92	1:18.17	1:15.66				
50m:	35.23	35.23	150m:	1:55.60	40.30	250m:	3:15.24	39.02	350m:	4:32.88	38.49
100m:	1:15.30	40.07	200m:	2:36.22	40.62	300m:	3:54.39	39.15	400m:	5:10.05	37.17
30. KAMIANKA Piotr	06	<b>5:12.35</b>	349	1:12.86	1:19.72	1:21.38	1:18.39				
50m:	34.21	34.21	150m:	1:52.30	39.44	250m:	3:13.19	40.61	350m:	4:33.96	40.00
100m:	1:12.86	38.65	200m:	2:32.58	40.28	300m:	3:53.96	40.77	400m:	5:12.35	38.39
31. STRATY SKI Wiktor	06	<b>5:15.39</b>	339	1:17.56	1:20.83	1:20.36	1:16.64				
50m:	36.83	36.83	150m:	1:57.91	40.35	250m:	3:19.31	40.92	350m:	4:38.38	39.63
100m:	1:17.56	40.73	200m:	2:38.39	40.48	300m:	3:58.75	39.44	400m:	5:15.39	37.01
NIE UK. WASIAK Szymon	05										
50m:	33.62	33.62	150m:			250m:			350m:		
100m:			200m:			300m:			400m:		