

Międzynarodowe Otwarte Mistrzostwa Warszawy w pływaniu  
Warszawa, 30-11- - 1-12-2012

Event 20  
2012-11-30 - 20:30

Boys, 400m Freestyle

11 - 15 years  
Results

Points: FINA 2012

Rank			YB					Time	Pts	
<b>11 years</b>										
1.	POMAGALSKI, Piotr		01	UKS "Gim 92 Ursynow" Warszawa				<b>5:22.47</b>	317	
	50m:	35.05 35.05	150m:	1:56.88	42.04	250m:	3:20.16	41.36	350m:	4:43.44 41.38
	100m:	1:14.84 39.79	200m:	2:38.80	41.92	300m:	4:02.06	41.90	400m:	5:22.47 39.03
2.	PAJAK, Bartek		01	BUKS Warszawa				<b>5:26.83</b>	305	
	50m:	34.50 34.50	150m:	1:57.32	41.92	250m:	3:22.42	42.28	350m:	
	100m:	1:15.40 40.90	200m:	2:40.14	42.82	300m:	4:05.20	42.78	400m:	5:26.83
3.	RYBARCZYK, Kacper		01	Uks Wilanowia				<b>5:27.89</b>	302	
	50m:	37.17 37.17	150m:	2:01.59	42.70	250m:	3:26.77	42.16	350m:	4:50.02 41.29
	100m:	1:18.89 41.72	200m:	2:44.61	43.02	300m:	4:08.73	41.96	400m:	5:27.89 37.87
4.	KOWALSKI, Kacper		01	UKS "Gim 92 Ursynow" Warszawa				<b>5:29.96</b>	296	
	50m:	36.25 36.25	150m:	2:00.18	41.99	250m:	3:25.42	42.17	350m:	4:50.14 41.86
	100m:	1:18.19 41.94	200m:	2:43.25	43.07	300m:	4:08.28	42.86	400m:	5:29.96 39.82
5.	BORKOWSKI, Bartek		01	BUKS Warszawa				<b>5:33.69</b>	286	
	50m:	36.15 36.15	150m:	2:02.81	43.24	250m:	3:28.81	43.20	350m:	4:54.22 42.51
	100m:	1:19.57 43.42	200m:	2:45.61	42.80	300m:	4:11.71	42.90	400m:	5:33.69 39.47
6.	KOMENDAREK, Mkolaj		01	UKs"dwojka"Sochaczew				<b>6:09.61</b>	211	
	50m:	37.16 37.16	150m:	2:11.17	47.94	250m:	3:49.02	48.60	350m:	5:25.53 49.15
	100m:	1:23.23 46.07	200m:	3:00.42	49.25	300m:	4:36.38	47.36	400m:	6:09.61 44.08
7.	CZERWINSKI, Lukasz		01	UKS Jagiellonka				<b>6:22.16</b>	190	
	50m:	40.19 40.19	150m:	2:16.73	49.24	250m:	3:55.76	52.03	350m:	5:35.75 50.40
	100m:	1:27.49 47.30	200m:	3:03.73	47.00	300m:	4:45.35	49.59	400m:	6:22.16 46.41
8.	KOLODZIEJSKI, Filip		01	BUKS Warszawa				<b>6:47.77</b>	157	
	50m:	42.67 42.67	150m:	2:27.47	55.31	250m:	4:14.61	53.59	350m:	5:59.88 51.95
	100m:	1:32.16 49.49	200m:	3:21.02	53.55	300m:	5:07.93	53.32	400m:	6:47.77 47.89
<b>12 years</b>										
1.	MLYNARCZYK, Karol		00	UKS G - 8 Bielany				<b>5:06.16</b>	371	
	50m:	33.50 33.50	150m:	1:51.21	39.34	250m:	3:10.97	39.88	350m:	4:29.38 38.73
	100m:	1:11.87 38.37	200m:	2:31.09	39.88	300m:	3:50.65	39.68	400m:	5:06.16 36.78
2.	KRZYZANIAK, Krystian		00	MKS Juvenia Bialystok				<b>5:24.81</b>	311	
	50m:	35.94 35.94	150m:	1:59.31		250m:	3:22.96		350m:	4:46.45
	100m:		200m:			300m:			400m:	5:24.81 38.36
3.	JEDRZEJEWSKI, Mateusz		00	GOS Raszyn				<b>5:27.89</b>	302	
	50m:	33.88 33.88	150m:	1:55.69	42.51	250m:	3:22.39	43.85	350m:	4:48.68 42.61
	100m:	1:13.18 39.30	200m:	2:38.54	42.85	300m:	4:06.07	43.68	400m:	5:27.89 39.21
4.	MISZTAL, Mikolaj		00	Uks "Polonez" Wyszki				<b>5:30.62</b>	294	
	50m:	37.75 37.75	150m:	2:02.14	42.04	250m:	3:27.09	42.02	350m:	4:51.68 41.91
	100m:	1:20.10 42.35	200m:	2:45.07	42.93	300m:	4:09.77	42.68	400m:	5:30.62 38.94
5.	SULIGA, Jeremi		00	Uks Wilanowia				<b>5:36.93</b>	278	
	50m:	36.66 36.66	150m:	2:03.42	43.75	250m:	3:30.09	42.64	350m:	
	100m:	1:19.67 43.01	200m:	2:47.45	44.03	300m:	4:14.19	44.10	400m:	5:36.93
6.	CICHOCKI, Maciej		00	UKS Jagiellonka				<b>5:42.55</b>	265	
	50m:	36.17 36.17	150m:	2:03.06	44.04	250m:	3:31.16	44.70	350m:	5:00.44 43.89
	100m:	1:19.02 42.85	200m:	2:46.46	43.40	300m:	4:16.55	45.39	400m:	5:42.55 42.11
7.	ZBROZEK, Mikolaj		00	UKS "Gim 92 Ursynow" Warszawa				<b>6:15.42</b>	201	
	50m:	39.42 39.42	150m:	2:14.27	48.73	250m:	3:51.21	49.08	350m:	5:30.09 49.01
	100m:	1:25.54 46.12	200m:	3:02.13	47.86	300m:	4:41.08	49.87	400m:	6:15.42 45.33
8.	BOGUSZ, Bartlomiej		00	Uks Wilanowia				<b>6:17.59</b>	197	
	50m:	40.54 40.54	150m:	2:17.37	49.01	250m:	3:57.56	51.14	350m:	5:35.31 48.68
	100m:	1:28.36 47.82	200m:	3:06.42	49.05	300m:	4:46.63	49.07	400m:	6:17.59 42.28

Międzynarodowe Otwarte Mistrzostwa Warszawy w pływaniu  
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Event 20, Boys, 400m Freestyle

13 years

1.	KALUZYNSKI, Antoni	99	UKS "Gim 92 Ursynow" Warszawa	<b>4:42.36</b>	473
	50m: 30.50 30.50	150m: 1:41.06	36.01 250m: 2:55.31 36.97	350m: 4:08.39	36.39
	100m: 1:05.05 34.55	200m: 2:18.34	37.28 300m: 3:32.00 36.69	400m: 4:42.36	33.97
2.	PRUS, Franciszek	99	Uks "Polonez" Wyszki	<b>4:59.61</b>	396
	50m: 31.33 31.33	150m: 1:46.44	38.57 250m: 3:05.82 39.86	350m: 4:23.93	38.29
	100m: 1:07.87 36.54	200m: 2:25.96	39.52 300m: 3:45.64 39.82	400m: 4:59.61	35.68
3.	KRZYŻANOWSKI, Szymon	99	Srodmiejski UKS Polna	<b>5:03.65</b>	380
	50m: 31.87 31.87	150m: 1:47.75	250m: 3:06.80	350m: 4:26.62	39.79
	100m:	200m:	300m: 3:46.83 40.03	400m: 5:03.65	37.03
4.	BUCEWKA, Kajetan	99	Srodmiejski UKS Polna	<b>5:06.30</b>	370
	50m: 32.80 32.80	150m: 1:52.12	250m: 3:13.46	350m: 4:32.80	
	100m:	200m:	300m:	400m: 5:06.30	33.50
5.	KEPA, Kacper	99	GOS Raszyn	<b>5:08.08</b>	364
	50m: 33.40 33.40	150m: 1:52.10	39.95 250m: 3:13.18 40.75	350m: 4:32.72	39.22
	100m: 1:12.15 38.75	200m: 2:32.43	40.33 300m: 3:53.50 40.32	400m: 5:08.08	35.36
6.	SADOWSKI, Adrian	99	GOS Raszyn	<b>5:09.43</b>	359
	50m: 33.67 33.67	150m: 1:52.35	40.04 250m: 3:13.60 40.62	350m: 4:33.45	39.23
	100m: 1:12.31 38.64	200m: 2:32.98	40.63 300m: 3:54.22 40.62	400m: 5:09.43	35.98
7.	KRAMEK, Eryk	99	Wodnik Radom	<b>5:10.79</b>	355
	50m: 33.24 33.24	150m: 1:51.49	39.80 250m: 3:12.32 40.74	350m: 4:32.58	40.49
	100m: 1:11.69 38.45	200m: 2:31.58	40.09 300m: 3:52.09 39.77	400m: 5:10.79	38.21
8.	WŁODARCZYK, Maciej	99	Uks Pingwiny	<b>5:14.06</b>	344
	50m: 32.75 32.75	150m: 1:51.07	39.31 250m: 3:13.04 40.80	350m: 4:34.93	40.60
	100m: 1:11.76 39.01	200m: 2:32.24	41.17 300m: 3:54.33 41.29	400m: 5:14.06	39.13
9.	SZUSTAK, Hubert	99	GOS Raszyn	<b>5:37.98</b>	276
	50m: 36.38 36.38	150m: 2:04.01	44.66 250m: 3:31.58 43.97	350m: 4:59.56	43.92
	100m: 1:19.35 42.97	200m: 2:47.61	43.60 300m: 4:15.64 44.06	400m: 5:37.98	38.42
10.	BUDZYŃSKI, Micha	99	UKS Osemka Torun	<b>5:39.29</b>	272
	50m: 34.23 34.23	150m: 1:57.18	43.29 250m: 3:24.21 43.63	350m: 4:55.25	45.52
	100m: 1:13.89 39.66	200m: 2:40.58	43.40 300m: 4:09.73 45.52	400m: 5:39.29	44.04

14 years

1.	RYBAK, Konrad	98	UKS Pirania Targowek	<b>4:28.63</b>	549
	50m: 30.61 30.61	150m: 1:37.49	33.81 250m: 2:46.53 34.79	350m: 3:55.88	34.55
	100m: 1:03.68 33.07	200m: 2:11.74	34.25 300m: 3:21.33 34.80	400m: 4:28.63	32.75
2.	WACHNIK, Jakub	98	UKS Pirania Targowek	<b>4:43.94</b>	465
	50m: 32.26 32.26	150m: 1:43.46	35.79 250m: 2:56.08 36.18	350m: 4:08.68	36.38
	100m: 1:07.67 35.41	200m: 2:19.90	36.44 300m: 3:32.30 36.22	400m: 4:43.94	35.26
3.	KEDZIERSKI, Daniel	98	UKS Pirania Targowek	<b>4:48.13</b>	445
	50m: 32.35 32.35	150m: 1:44.80	37.44 250m: 2:59.05 38.10	350m: 4:12.72	37.88
	100m: 1:07.36 35.01	200m: 2:20.95	36.15 300m: 3:34.84 35.79	400m: 4:48.13	35.41
4.	GRZESIK, Damian	98	UKS Pirania Targowek	<b>5:01.82</b>	387
	50m: 32.69 32.69	150m: 1:47.65	250m: 3:06.27	350m: 4:24.61	
	100m:	200m:	300m:	400m: 5:01.82	37.21
5.	SMYL, Lukasz	98	UKS Pirania Targowek	<b>5:04.58</b>	377
	50m: 34.37 34.37	150m: 1:50.54	38.90 250m: 3:09.19 39.37	350m: 4:27.58	38.91
	100m: 1:11.64 37.27	200m: 2:29.82	39.28 300m: 3:48.67 39.48	400m: 5:04.58	37.00
6.	KOWALCZYK, Antoni	98	Uks Wilanowia	<b>5:59.19</b>	229
	50m: 37.97 37.97	150m: 2:09.90	46.90 250m: 3:43.81 47.49	350m: 5:16.45	46.08
	100m: 1:23.00 45.03	200m: 2:56.32	46.42 300m: 4:30.37 46.56	400m: 5:59.19	42.74

Mi dzynarodowe Otwarte Mistrzostwa Warszawy w pływaniu  
Warszawa, 30-11- - 1-12-2012

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Event 20, Boys, 400m Freestyle

15 years

1.	BACZKOWSKI, Bartosz	97	MUKP WarszawiankaWodny Park	<b>4:27.94</b>	554
	50m: 30.77 30.77	150m: 1:36.04 33.25	250m: 2:44.22 34.40	350m: 3:54.14 35.11	
	100m: 1:02.79 32.02	200m: 2:09.82 33.78	300m: 3:19.03 34.81	400m: 4:27.94 33.80	
2.	KONDRASIUK, Jan	97	UKS "Gim 92 Ursynow" Warszawa	<b>4:41.57</b>	477
	50m: 30.16 30.16	150m: 1:37.18 34.05	250m: 2:50.85 37.88	350m: 4:05.90 37.56	
	100m: 1:03.13 32.97	200m: 2:12.97 35.79	300m: 3:28.34 37.49	400m: 4:41.57 35.67	
3.	DURAJCZYK, Michal	97	MUKP WarszawiankaWodny Park	<b>4:48.34</b>	444
	50m: 30.45 30.45	150m: 1:39.64 36.07	250m: 2:54.83 37.65	350m: 4:11.61 38.25	
	100m: 1:03.57 33.12	200m: 2:17.18 37.54	300m: 3:33.36 38.53	400m: 4:48.34 36.73	
EXH	JEDRZEJEWSKI, Albert	02	GOS Raszyn	<b>5:52.65</b>	243
	50m: 38.88 38.88	150m: 2:10.00 46.52	250m: 3:42.57 46.70	350m: 5:13.49 44.91	
	100m: 1:23.48 44.60	200m: 2:55.87 45.87	300m: 4:28.58 46.01	400m: 5:52.65 39.16	
EXH	KAZMIERCZAK, Bruno	02	GOS Raszyn	<b>5:53.47</b>	241
	50m: 37.90 37.90	150m: 2:10.67 47.04	250m: 3:45.31 47.88	350m: 5:16.13 45.45	
	100m: 1:23.63 45.73	200m: 2:57.43 46.76	300m: 4:30.68 45.37	400m: 5:53.47 37.34	