

MI DZYNARODOWE OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU
Warszawa, 31-5- - 1-6-2013

Konkurencja 30
2013-06-01 - 12:42

Chłopców, 400m zmienny

12 - 15 lat
Wyniki

Punkty: FINA 2013

Pozycja	Rok ur.	Czas	Pkt.
12 lat			
1. KOWALSKI, Kacper	01 UKS GIM 92 Ursynów	6:13.56	278
50m: 39.75 39.75	150m: 2:14.60 45.99	250m: 3:54.68 53.75	350m: 5:32.85 42.77
100m: 1:28.61 48.86	200m: 3:00.93 46.33	300m: 4:50.08 55.40	400m: 6:13.56 40.71
2. WIERCZ, Szymon	01 UKS "G-8 Bielany" Warszawa	6:14.93	275
50m: 38.94 38.94	150m: 2:12.46 47.71	250m: 3:55.04 56.47	350m: 5:33.62 42.27
100m: 1:24.75 45.81	200m: 2:58.57 46.11	300m: 4:51.35 56.31	400m: 6:14.93 41.31
3. PAWLAK, Rafał	01 Uks Pingwiny	6:27.83	248
50m: 42.72 42.72	150m: 2:22.92 48.93	250m: 4:05.16 52.92	350m: 5:44.56 44.54
100m: 1:33.99 51.27	200m: 3:12.24 49.32	300m: 5:00.02 54.86	400m: 6:27.83 43.27
DYSKW. KALINOWSKI, Michał	01 Mtkp Delfin Toru	6:03.25	
<i>G 8 - Wykonanie ruchu nog ub ramieniem nie zwi zanego z wykonywaniem cyklu nawrotu</i>			
50m: 38.82 38.82	150m: 2:08.88 44.84	250m: 3:46.65 52.16	350m: 5:21.89 41.60
100m: 1:24.04 45.22	200m: 2:54.49 45.61	300m: 4:40.29 53.64	400m: 6:03.25 41.36
13 lat			
1. MŁYNARCZYK, Karol	00 UKS "G-8 Bielany" Warszawa	5:16.96	455
50m: 32.87 32.87	150m: 1:52.11 40.78	250m: 3:19.73 46.96	350m: 4:43.49 36.10
100m: 1:11.33 38.46	200m: 2:32.77 40.66	300m: 4:07.39 47.66	400m: 5:16.96 33.47
2. ORZECZOWSKI, Kacper	00 UKS NAWA Skierniewice	5:48.13	343
50m: 37.50 37.50	150m: 2:06.35 45.28	250m: 3:36.75 46.33	350m: 5:07.35 43.26
100m: 1:21.07 43.57	200m: 2:50.42 44.07	300m: 4:24.09 47.34	400m: 5:48.13 40.78
3. JOBDA, Ryszard	00 UKS Victoria Józefów	6:04.13	300
50m: 41.36 41.36	150m: 2:16.69 46.46	250m: 3:52.75 50.83	350m: 5:25.41 41.47
100m: 1:30.23 48.87	200m: 3:01.92 45.23	300m: 4:43.94 51.19	400m: 6:04.13 38.72
DYSKW. MA KA, Filip	00 UKS190 Łód	5:42.92	
<i>Z 2 - Uko czenie poszczególnych odcinków niezgodnie z przepisami o danym stylu</i>			
50m: 36.00 36.00	150m: 2:01.58 42.97	250m: 3:32.90 47.61	350m: 5:01.86 41.11
100m: 1:18.61 42.61	200m: 2:45.29 43.71	300m: 4:20.75 47.85	400m: 5:42.92 41.06
14 lat			
1. PECYNA, Maciej	99 IKS Konstancin	5:05.19	510
50m: 32.57 32.57	150m: 1:51.17 40.83	250m: 3:14.65 43.01	350m: 4:33.34 34.85
100m: 1:10.34 37.77	200m: 2:31.64 40.47	300m: 3:58.49 43.84	400m: 5:05.19 31.85
2. KRAWCZYK, Paweł	99 Buks Warszawa	5:12.53	474
50m: 32.23 32.23	150m: 1:49.93 40.41	250m: 3:16.06 47.52	350m: 4:39.45 36.71
100m: 1:09.52 37.29	200m: 2:28.54 38.61	300m: 4:02.74 46.68	400m: 5:12.53 33.08
3. BUCEWKA, Kajetan	99 ródmiejski UKS Polna Warszawa	5:18.49	448
50m: 32.86 32.86	150m: 1:55.11 42.90	250m: 3:23.29 46.72	350m: 4:46.99 36.56
100m: 1:12.21 39.35	200m: 2:36.57 41.46	300m: 4:10.43 47.14	400m: 5:18.49 31.50
4. WA KOWICZ, Bła ej	99 UKS SKALAR Warszawa	5:18.69	447
50m: 32.22 32.22	150m: 1:52.55 43.36	250m: 3:21.71 47.47	350m: 4:44.43 34.38
100m: 1:09.19 36.97	200m: 2:34.24 41.69	300m: 4:10.05 48.34	400m: 5:18.69 34.26
5. NAWICZONOK, Andrej	99 ródmiejski UKS Polna Warszawa	5:45.04	352
50m: 35.82 35.82	150m: 2:04.14 44.87	250m: 3:35.47 46.85	350m: 5:05.88 41.90
100m: 1:19.27 43.45	200m: 2:48.62 44.48	300m: 4:23.98 48.51	400m: 5:45.04 39.16

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Warszawa, 31-5- - 1-6-2013

Konkurencja 30, Chłopców, 400m zmienny

15 lat

1.	KRAKOWIAK, Waldemar	98	Fregata Swimming Pozna	5:06.12	505
	50m: 31.70 31.70	150m: 1:48.49	38.67 250m: 3:11.08 43.37	350m: 4:31.50 35.77	
	100m: 1:09.82 38.12	200m: 2:27.71	39.22 300m: 3:55.73 44.65	400m: 5:06.12 34.62	
2.	POZNACHOWSKI, Wiktor	98	Mks Polonia Warszawa	5:10.78	483
	50m: 33.16 33.16	150m: 1:53.57	41.36 250m: 3:17.49 44.16	350m: 4:36.46 35.00	
	100m: 1:12.21 39.05	200m: 2:33.33	39.76 300m: 4:01.46 43.97	400m: 5:10.78 34.32	
3.	ZUCHOWICZ, Jan	98	UKS SKALAR Warszawa	5:12.06	477
	50m: 31.28 31.28	150m: 1:54.56	45.84 250m: 3:20.20 43.76	350m: 4:39.26 35.43	
	100m: 1:08.72 37.44	200m: 2:36.44	41.88 300m: 4:03.83 43.63	400m: 5:12.06 32.80	
4.	WIDERSKI, Bartłomiej	98	Uks Pingwiny	5:18.15	450
	50m: 32.11 32.11	150m: 1:53.62	42.77 250m: 3:19.69 44.79	350m: 4:41.54 36.48	
	100m: 1:10.85 38.74	200m: 2:34.90	41.28 300m: 4:05.06 45.37	400m: 5:18.15 36.61	
5.	WACHNIK, Jakub	98	Uks Pirania Targówek	5:19.66	443
	50m: 33.34 33.34	150m: 1:54.82	43.27 250m: 3:22.40 46.96	350m: 4:44.73 35.92	
	100m: 1:11.55 38.21	200m: 2:35.44	40.62 300m: 4:08.81 46.41	400m: 5:19.66 34.93	
6.	GRYGLEWICZ, Juliusz	98	Uks oliborz	5:20.64	439
	50m: 33.93 33.93	150m: 1:56.33	41.94 250m: 3:23.85 45.26	350m: 4:46.56 33.90	
	100m: 1:14.39 40.46	200m: 2:38.59	42.26 300m: 4:12.66 48.81	400m: 5:20.64 34.08	
7.	NAPIERAJ, Jan	98	Mks Polonia Warszawa	5:30.91	400
	50m: 32.89 32.89	150m: 1:54.94	42.49 250m: 3:25.35 49.82	350m: 4:53.83 38.52	
	100m: 1:12.45 39.56	200m: 2:35.53	40.59 300m: 4:15.31 49.96	400m: 5:30.91 37.08	
8.	GAWRO SKI, Bruno	98	MUKP WARSZAWIANKA WODNY PAR	5:43.79	356
	50m: 35.13 35.13	150m: 2:01.00	43.83 250m: 3:35.66 51.57	350m: 5:07.04 39.26	
	100m: 1:17.17 42.04	200m: 2:44.09	43.09 300m: 4:27.78 52.12	400m: 5:43.79 36.75	
9.	KOSTANOWICZ, Artur	98	Mks Polonia Warszawa	5:51.59	333
	50m: 36.07 36.07	150m: 2:02.71	43.13 250m: 3:35.87 51.21	350m: 5:10.84 41.32	
	100m: 1:19.58 43.51	200m: 2:44.66	41.95 300m: 4:29.52 53.65	400m: 5:51.59 40.75	
PK	GOLI SKI, Patryk Pk	97	Buks Warszawa	4:50.72	590
	50m: 30.12 30.12	150m: 1:44.02	37.70 250m: 3:01.75 41.48	350m: 4:17.26 33.25	
	100m: 1:06.32 36.20	200m: 2:20.27	36.25 300m: 3:44.01 42.26	400m: 4:50.72 33.46	
PK	KA MIERCZAK, Wojciech	97	UKS Kapry Armexim Pruszków	4:58.14	547
	50m: 30.06 30.06	150m: 1:42.38	37.59 250m: 3:03.51 43.77	350m: 4:23.21 35.70	
	100m: 1:04.79 34.73	200m: 2:19.74	37.36 300m: 3:47.51 44.00	400m: 4:58.14 34.93	