

Międzynarodowe Otwarte Mistrzostwa Warszawy w pływaniu  
Warszawa, 29- - 30-11-2013

Konkurencja 20  
2013-11-29 - 19:55

Chłopców, 400m dowolny

11 - 15 lat  
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.
<b>11 lat</b>									
1.	RABAN, Maciej		02	IKS Konstancin				<b>5:18.51</b>	329
	50m:	35.52 35.52	150m:	1:56.19 41.08	250m:	3:18.92 41.42	350m:	4:39.33 38.93	
	100m:	1:15.11 39.59	200m:	2:37.50 41.31	300m:	4:00.40 41.48	400m:	5:18.51 39.18	
2.	RAJCA, Wiktor		02	UKS190 Łódź				<b>5:25.63</b>	308
	50m:	35.83 35.83	150m:	1:58.11 41.94	250m:	3:22.34 42.41	350m:	4:47.03 41.58	
	100m:	1:16.17 40.34	200m:	2:39.93 41.82	300m:	4:05.45 43.11	400m:	5:25.63 38.60	
3.	KA MIERCZAK, Bruno		02	UKS Gos Raszyn				<b>5:26.91</b>	305
	50m:	36.47 36.47	150m:	1:59.66 41.79	250m:	3:24.91 42.16	350m:	4:49.53 41.18	
	100m:	1:17.87 41.40	200m:	2:42.75 43.09	300m:	4:08.35 43.44	400m:	5:26.91 37.38	
4.	J DRZEJEWSKI, Albert		02	UKS Gos Raszyn				<b>5:26.92</b>	305
	50m:	36.06 36.06	150m:	1:59.62 42.42	250m:	3:25.13 42.47	350m:	4:50.02 41.83	
	100m:	1:17.20 41.14	200m:	2:42.66 43.04	300m:	4:08.19 43.06	400m:	5:26.92 36.90	
5.	ROZMYŚLÓWSKI, Eryk		02	UKS Gos Raszyn				<b>5:30.88</b>	294
	50m:	35.81 35.81	150m:	1:59.70 42.38	250m:	3:25.49 43.08	350m:	4:50.86 42.94	
	100m:	1:17.32 41.51	200m:	2:42.41 42.71	300m:	4:07.92 42.43	400m:	5:30.88 40.02	
6.	JAKUBOWSKI, jakub		02	UKS Victoria Józefów				<b>5:31.74</b>	291
	50m:	36.20 36.20	150m:	2:00.85 42.75	250m:	3:27.12 42.96	350m:	4:52.73 42.12	
	100m:	1:18.10 41.90	200m:	2:44.16 43.31	300m:	4:10.61 43.49	400m:	5:31.74 39.01	
7.	SKIBI SKI, Filip		02	UKS CITYZEN Poznań				<b>5:31.78</b>	291
	50m:	36.42 36.42	150m:	2:01.29 42.81	250m:	3:28.00 43.63	350m:	4:51.90 40.33	
	100m:	1:18.48 42.06	200m:	2:44.37 43.08	300m:	4:11.57 43.57	400m:	5:31.78 39.88	
8.	MIESZKUNIEC, szymon		02	UKS Victoria Józefów				<b>5:31.87</b>	291
	50m:	35.94 35.94	150m:	2:00.38 42.78	250m:	3:25.67 43.01	350m:	4:52.44 43.18	
	100m:	1:17.60 41.66	200m:	2:42.66 42.28	300m:	4:09.26 43.59	400m:	5:31.87 39.43	
9.	MARCZAK, Radosław		02	KS Barakuda Mięsk Mazowiecki				<b>5:47.29</b>	254
	50m:	38.96 38.96	150m:	2:09.11 45.63	250m:	3:40.04 45.57	350m:	5:11.40 45.41	
	100m:	1:23.48 44.52	200m:	2:54.47 45.36	300m:	4:25.99 45.95	400m:	5:47.29 35.89	
10.	PAWŁOWSKI, Bogusław		02	UKS G 8 Bielany				<b>5:48.23</b>	252
	50m:	40.03 40.03	150m:	2:07.10 44.06	250m:	3:36.32 43.27	350m:	5:04.29 44.59	
	100m:	1:23.04 43.01	200m:	2:53.05 45.95	300m:	4:19.70 43.38	400m:	5:48.23 43.94	
11.	SZABLAK, Franek		02	Legia Warszawa				<b>5:55.22</b>	237
	50m:	39.37 39.37	150m:	2:08.82 45.37	250m:	3:40.92 45.88	350m:	5:12.05 45.70	
	100m:	1:23.45 44.08	200m:	2:55.04 46.22	300m:	4:26.35 45.43	400m:	5:55.22 43.17	
12.	STACHECKI, Jan		02	UKS CITYZEN Poznań				<b>6:16.67</b>	199
	50m:	42.78 42.78	150m:	2:17.56 47.76	250m:	3:54.79 48.80	350m:	5:30.99 47.50	
	100m:	1:29.80 47.02	200m:	3:05.99 48.43	300m:	4:43.49 48.70	400m:	6:16.67 45.68	
<b>12 lat</b>									
1.	BARUSI SKI, Kordian		01	KORONA SWIM Kielce				<b>4:50.83</b>	433
	50m:	31.86 31.86	150m:	1:45.12 37.10	250m:	3:00.37 37.52	350m:	4:15.27 36.95	
	100m:	1:08.02 36.16	200m:	2:22.85 37.73	300m:	3:38.32 37.95	400m:	4:50.83 35.56	
2.	KRZYMA SKI, Kajetan		01	UKS Gim 92 Ursynów				<b>5:11.19</b>	353
	50m:	33.68 33.68	150m:	1:52.89 40.80	250m:	3:13.86 41.17	350m:	4:34.51 40.26	
	100m:	1:12.09 38.41	200m:	2:32.69 39.80	300m:	3:54.25 40.39	400m:	5:11.19 36.68	
3.	GŁUSZKOWSKI, Mateusz		01	UKS CITYZEN Poznań				<b>5:14.42</b>	342
	50m:	35.46 35.46	150m:	1:55.80 39.96	250m:	3:17.09 40.73	350m:	4:37.17 39.09	
	100m:	1:15.84 40.38	200m:	2:36.36 40.56	300m:	3:58.08 40.99	400m:	5:14.42 37.25	
4.	KOWALSKI, Kacper		01	UKS Gim 92 Ursynów				<b>5:16.36</b>	336
	50m:	34.18 34.18	150m:	1:53.29 40.19	250m:	3:14.49 40.66	350m:	4:36.75 40.99	
	100m:	1:13.10 38.92	200m:	2:33.83 40.54	300m:	3:55.76 41.27	400m:	5:16.36 39.61	

Mi dzynarodowe Otwarte Mistrzostwa Warszawy w pływaniu  
Warszawa, 29- - 30-11-2013

Konkurencja 20, Chłopców, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.
5.	WIERCZ, Szymon		01	UKS G 8 Bielany			<b>5:19.72</b>	326	
	50m: 34.18	34.18	150m: 1:53.78	40.36	250m: 3:16.53	41.56	350m: 4:40.22	41.73	
	100m: 1:13.42	39.24	200m: 2:34.97	41.19	300m: 3:58.49	41.96	400m: 5:19.72	39.50	
6.	POMAGALSKI, Piotr		01	UKS Gim 92 Ursynów			<b>5:19.92</b>	325	
	50m: 33.47	33.47	150m: 1:51.75	40.37	250m: 3:15.27	42.10	350m: 4:39.58	41.92	
	100m: 1:11.38	37.91	200m: 2:33.17	41.42	300m: 3:57.66	42.39	400m: 5:19.92	40.34	
7.	SZYNKIEWICZ, Wojciech		01	IKS Konstancin			<b>5:28.70</b>	300	
	50m: 36.29	36.29	150m: 2:00.41	42.29	250m: 3:24.44	42.06	350m: 4:49.26	42.42	
	100m: 1:18.12	41.83	200m: 2:42.38	41.97	300m: 4:06.84	42.40	400m: 5:28.70	39.44	
8.	ZUBIK, Stanisław		01	Mks Polonia Warszawa			<b>5:29.31</b>	298	
	50m: 33.92	33.92	150m: 1:57.72	43.12	250m: 3:24.43	43.39	350m: 4:51.16	43.47	
	100m: 1:14.60	40.68	200m: 2:41.04	43.32	300m: 4:07.69	43.26	400m: 5:29.31	38.15	
9.	ROHULIN, Bogdan		01	UKS G 8 Bielany			<b>5:33.25</b>	287	
	50m: 36.40	36.40	150m: 2:00.28	42.60	250m: 3:26.69	44.23	350m: 4:52.30	43.20	
	100m: 1:17.68	41.28	200m: 2:42.46	42.18	300m: 4:09.10	42.41	400m: 5:33.25	40.95	
10.	WARDAK, Michał		01	UKS Gim 92 Ursynów			<b>5:38.49</b>	274	
	50m: 37.20	37.20	150m: 2:02.83	42.85	250m: 3:29.34	44.13	350m: 4:55.36	42.58	
	100m: 1:19.98	42.78	200m: 2:45.21	42.38	300m: 4:12.78	43.44	400m: 5:38.49	43.13	
11.	CZERWI SKI, Łukasz		01	Uks Jagiellonka			<b>5:38.73</b>	274	
	50m: 36.74	36.74	150m: 2:06.23	44.89	250m: 3:34.26	43.18	350m: 4:58.63	41.95	
	100m: 1:21.34	44.60	200m: 2:51.08	44.85	300m: 4:16.68	42.42	400m: 5:38.73	40.10	
12.	CIE LA, Jan		01	UKS Gim 92 Ursynów			<b>5:39.53</b>	272	
	50m: 37.69	37.69	150m: 2:02.25	42.82	250m: 3:29.61	43.84	350m: 4:56.83	42.74	
	100m: 1:19.43	41.74	200m: 2:45.77	43.52	300m: 4:14.09	44.48	400m: 5:39.53	42.70	
13.	GRZELAK, Kuba		01	Legia Warszawa			<b>5:43.92</b>	262	
	50m: 37.09	37.09	150m: 2:03.00	43.35	250m: 3:30.28	43.61	350m: 5:00.48	43.87	
	100m: 1:19.65	42.56	200m: 2:46.67	43.67	300m: 4:16.61	46.33	400m: 5:43.92	43.44	
14.	PŁOMI SKI, Piotr		01	UKS Gim 92 Ursynów			<b>5:45.00</b>	259	
	50m: 37.57	37.57	150m: 2:04.73	44.12	250m: 3:34.19	45.03	350m: 5:03.07	44.04	
	100m: 1:20.61	43.04	200m: 2:49.16	44.43	300m: 4:19.03	44.84	400m: 5:45.00	41.93	
15.	GARLICKI, Patryk		01	Psp Swim Płock			<b>6:19.42</b>	195	
	50m: 44.21	44.21	150m: 2:23.11	49.94	250m: 3:59.14	47.34	350m: 5:33.58	49.22	
	100m: 1:33.17	48.96	200m: 3:11.80	48.69	300m: 4:44.36	45.22	400m: 6:19.42	45.84	
16.	MZYK, Tomasz		01	ródmiejski UKS Polna			<b>6:35.07</b>	172	
	50m: 41.65	41.65	150m: 2:21.30	50.26	250m: 4:03.55	52.08	350m: 5:44.67	50.14	
	100m: 1:31.04	49.39	200m: 3:11.47	50.17	300m: 4:54.53	50.98	400m: 6:35.07	50.40	
DYSKW.	GRABIEC, Patryk		01	Mukp Warszawika Wodny Park			<b>5:57.18</b>		
	<i>O 4 - Start wykonany przed sygnałem (przedwczesny start)</i>								
	50m: 40.32	40.32	150m: 2:09.42	45.84	250m: 3:40.88	45.64	350m: 5:12.85	45.73	
	100m: 1:23.58	43.26	200m: 2:55.24	45.82	300m: 4:27.12	46.24	400m: 5:57.18	44.33	

13 lat

1.	MA KA, Filip		00	UKS190 Łód			<b>5:00.05</b>	394
	50m: 32.93	32.93	150m: 1:48.88	38.26	250m: 3:06.73	38.80	350m: 4:23.20	38.73
	100m: 1:10.62	37.69	200m: 2:27.93	39.05	300m: 3:44.47	37.74	400m: 5:00.05	36.85
2.	RYBARCZYK, Adam		00	Mks Piaseczno			<b>5:02.91</b>	383
	50m: 33.14	33.14	150m: 1:49.93	38.71	250m: 3:07.96	38.41	350m: 4:25.80	38.39
	100m: 1:11.22	38.08	200m: 2:29.55	39.62	300m: 3:47.41	39.45	400m: 5:02.91	37.11
3.	JOBDA, Ryszard		00	UKS Victoria Józefów			<b>5:03.59</b>	380
	50m: 34.18	34.18	150m: 1:51.64	39.74	250m: 3:10.85	40.37	350m: 4:28.21	38.66
	100m: 1:11.90	37.72	200m: 2:30.48	38.84	300m: 3:49.55	38.70	400m: 5:03.59	35.38
4.	D BROWSKI, Mateusz		00	UKS CITYZEN Pozna			<b>5:05.65</b>	373
	50m: 33.33	33.33	150m: 1:50.42	39.10	250m: 3:08.79	39.20	350m: 4:26.88	38.82
	100m: 1:11.32	37.99	200m: 2:29.59	39.17	300m: 3:48.06	39.27	400m: 5:05.65	38.77

Mi dzynarodowe Otwarte Mistrzostwa Warszawy w pływaniu  
Warszawa, 29- - 30-11-2013

Konkurencja 20, Chłopców, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
5.	URBA CZYK, Daniel		00	Uks Jagiellonka				<b>5:23.36</b>	315
	50m: 35.35	35.35	150m: 1:58.44	42.00	250m: 3:21.67	41.10	350m: 4:45.01	40.46	
	100m: 1:16.44	41.09	200m: 2:40.57	42.13	300m: 4:04.55	42.88	400m: 5:23.36	38.35	
6.	PLACKOWSKI, Tomasz		00	UKS CITYZEN Pozna				<b>5:48.45</b>	251
	50m: 38.39	38.39	150m: 2:06.33	45.25	250m: 3:38.26	46.00	350m: 5:08.96	44.91	
	100m: 1:21.08	42.69	200m: 2:52.26	45.93	300m: 4:24.05	45.79	400m: 5:48.45	39.49	

14 lat

1.	KAŁU Y SKI, Antoni		99	UKS Gim 92 Ursynów				<b>4:20.93</b>	599
	50m: 29.40	29.40	150m: 1:36.04	33.52	250m: 2:44.58	34.06	350m: 3:50.62	32.38	
	100m: 1:02.52	33.12	200m: 2:10.52	34.48	300m: 3:18.24	33.66	400m: 4:20.93	30.31	
2.	PARZYNOWSKI, Wojciech		99	UKS190 Łód				<b>4:22.86</b>	586
	50m: 29.68	29.68	150m: 1:36.01	33.42	250m: 2:44.64	34.02	350m: 3:50.86	32.39	
	100m: 1:02.59	32.91	200m: 2:10.62	34.61	300m: 3:18.47	33.83	400m: 4:22.86	32.00	
3.	SOLAK, Łukasz		99	Psp Swim Płock				<b>4:23.98</b>	579
	50m: 29.55	29.55	150m: 1:36.37	33.47	250m: 2:45.28	34.08	350m: 3:53.19	33.48	
	100m: 1:02.90	33.35	200m: 2:11.20	34.83	300m: 3:19.71	34.43	400m: 4:23.98	30.79	
4.	PECYNA, Maciej		99	IKS Konstancin				<b>4:37.79</b>	497
	50m: 29.86	29.86	150m: 1:39.08	35.06	250m: 2:51.19	36.24	350m: 4:03.49	36.72	
	100m: 1:04.02	34.16	200m: 2:14.95	35.87	300m: 3:26.77	35.58	400m: 4:37.79	34.30	
5.	LENARTOWICZ, Kacper		99	IKS Konstancin				<b>4:45.68</b>	457
	50m: 31.74	31.74	150m: 1:43.99	36.52	250m: 2:57.66	36.76	350m: 4:11.13	36.56	
	100m: 1:07.47	35.73	200m: 2:20.90	36.91	300m: 3:34.57	36.91	400m: 4:45.68	34.55	
6.	KRZY ANOWSKI, Szymon		99	ródmiejski UKS Polna				<b>4:50.99</b>	432
	50m: 31.60	31.60	150m: 1:43.33	36.60	250m: 2:58.65	37.28	350m: 4:14.79	38.16	
	100m: 1:06.73	35.13	200m: 2:21.37	38.04	300m: 3:36.63	37.98	400m: 4:50.99	36.20	
7.	SOBCZAK, Mikołaj		99	Psp Swim Płock				<b>4:57.27</b>	405
	50m: 32.78	32.78	150m: 1:47.88	37.64	250m: 3:04.54	38.65	350m: 4:21.08	37.90	
	100m: 1:10.24	37.46	200m: 2:25.89	38.01	300m: 3:43.18	38.64	400m: 4:57.27	36.19	
8.	MARCZAK, Arkadiusz		99	KS Barakuda Mi sk Mazowiecki				<b>5:27.54</b>	303
	50m: 36.12	36.12	150m: 1:59.56	43.01	250m: 3:25.20	43.66	350m: 4:49.58	42.44	
	100m: 1:16.55	40.43	200m: 2:41.54	41.98	300m: 4:07.14	41.94	400m: 5:27.54	37.96	
9.	WYDRA, Karol		99	KS Barakuda Mi sk Mazowiecki				<b>5:51.25</b>	245
	50m: 40.00	40.00	150m: 2:10.33	45.68	250m: 3:43.76	46.85	350m: 5:12.67	42.61	
	100m: 1:24.65	44.65	200m: 2:56.91	46.58	300m: 4:30.06	46.30	400m: 5:51.25	38.58	

15 lat

1.	DOBRY SKI, Tomasz		98	UKS G 8 Bielany				<b>4:22.10</b>	591
	50m: 29.77	29.77	150m: 1:36.60	33.72	250m: 2:44.17	33.80	350m: 3:51.41	33.37	
	100m: 1:02.88	33.11	200m: 2:10.37	33.77	300m: 3:18.04	33.87	400m: 4:22.10	30.69	
2.	RAFLEWSKI, Jakub		98	UKS190 Łód				<b>4:27.57</b>	556
	50m: 29.15	29.15	150m: 1:35.60	33.82	250m: 2:44.18	34.08	350m: 3:53.50	34.76	
	100m: 1:01.78	32.63	200m: 2:10.10	34.50	300m: 3:18.74	34.56	400m: 4:27.57	34.07	
3.	WACHNIK, Jakub		98	Uks Pirania Targówek				<b>4:39.15</b>	489
	50m: 31.65	31.65	150m: 1:40.86	35.12	250m: 2:52.00	35.70	350m: 4:04.37	36.09	
	100m: 1:05.74	34.09	200m: 2:16.30	35.44	300m: 3:28.28	36.28	400m: 4:39.15	34.78	
4.	KOWALSKI, Dominik		98	UKS Ostrobramska				<b>4:50.07</b>	436
	50m: 32.59	32.59	150m: 1:43.47	36.03	250m: 2:58.06	37.34	350m: 4:13.06	37.43	
	100m: 1:07.44	34.85	200m: 2:20.72	37.25	300m: 3:35.63	37.57	400m: 4:50.07	37.01	