

Otwarte Mistrzostwa Warszawy w pływaniu  
Warszawa, 30- - 31-5-2014

Konkurencja 20  
2014-05-30 - 19:20

Chłopców, 400m dowolny

11 - 15 lat  
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.	
<b>11 lat</b>										
1.	URYNIUK, Paweł		03	Buks Warszawa				<b>5:04.83</b>	376	
	50m:	33.88 33.88	150m:	1:51.69	38.86	250m:	3:08.43	38.62	350m:	4:27.23 39.43
	100m:	1:12.83 38.95	200m:	2:29.81	38.12	300m:	3:47.80	39.37	400m:	5:04.83 37.60
2.	ZIELI SKI, Konrad		03	UKS190 Łódź				<b>5:33.06</b>	288	
	50m:	37.33 37.33	150m:	2:01.70	42.61	250m:	3:28.05	43.59	350m:	4:52.93 42.05
	100m:	1:19.09 41.76	200m:	2:44.46	42.76	300m:	4:10.88	42.83	400m:	5:33.06 40.13
3.	PRZYBYSZ, Mateusz		03	Buks Warszawa				<b>5:45.02</b>	259	
	50m:	37.06 37.06	150m:	2:02.81	43.29	250m:	3:33.46	45.75	350m:	5:02.61 44.67
	100m:	1:19.52 42.46	200m:	2:47.71	44.90	300m:	4:17.94	44.48	400m:	5:45.02 42.41
4.	DURNA , Filip		03	Buks Warszawa				<b>5:46.38</b>	256	
	50m:	38.19 38.19	150m:	2:05.95	44.30	250m:	3:35.25	44.64	350m:	5:03.99 44.15
	100m:	1:21.65 43.46	200m:	2:50.61	44.66	300m:	4:19.84	44.59	400m:	5:46.38 42.39
5.	MARKOWSKI, Kacper		03	Buks Warszawa				<b>5:52.75</b>	242	
	50m:	39.31 39.31	150m:	2:11.17	46.22	250m:	3:42.35	44.42	350m:	5:10.45 43.43
	100m:	1:24.95 45.64	200m:	2:57.93	46.76	300m:	4:27.02	44.67	400m:	5:52.75 42.30
6.	STEFANOWSKI, Bartosz		03	UKS NAWA Skierniewice				<b>6:01.89</b>	224	
	50m:	40.23 40.23	150m:	2:12.19	46.02	250m:	3:47.81	47.45	350m:	5:20.56 45.22
	100m:	1:26.17 45.94	200m:	3:00.36	48.17	300m:	4:35.34	47.53	400m:	6:01.89 41.33
7.	NIEDU AK, Maurycy		03	UKS JAGIELLONKA Warszawa				<b>6:28.63</b>	181	
	50m:	42.38 42.38	150m:	2:20.84	49.06	250m:	4:02.06	50.57	350m:	5:40.80
	100m:	1:31.78 49.40	200m:	3:11.49	50.65	300m:			400m:	6:28.63 47.83
<b>12 lat</b>										
1.	DOŁOWY, Grzegorz		02	IUKS Muszelka				<b>4:51.72</b>	429	
	50m:	33.26 33.26	150m:	1:46.83	37.09	250m:	3:01.77	37.36	350m:	4:16.37 37.03
	100m:	1:09.74 36.48	200m:	2:24.41	37.58	300m:	3:39.34	37.57	400m:	4:51.72 35.35
2.	JA KIEWICZ, Adrian		02	IUKS Muszelka				<b>4:54.37</b>	417	
	50m:	32.46 32.46	150m:	1:46.33	37.41	250m:	3:02.73	38.21	350m:	4:18.58 37.49
	100m:	1:08.92 36.46	200m:	2:24.52	38.19	300m:	3:41.09	38.36	400m:	4:54.37 35.79
3.	LIPOWSKI, Oskar		02	IUKS Muszelka				<b>5:14.99</b>	341	
	50m:	35.53 35.53	150m:	1:55.49	40.54	250m:	3:16.49	40.79	350m:	4:37.58 40.24
	100m:	1:14.95 39.42	200m:	2:35.70	40.21	300m:	3:57.34	40.85	400m:	5:14.99 37.41
4.	KOPICZKO, Maksymilian		02	MKS Medyk Gi ycko				<b>5:28.97</b>	299	
	50m:	34.64 34.64	150m:	1:58.58	42.39	250m:	3:23.92	42.96	350m:	4:48.81 41.85
	100m:	1:16.19 41.55	200m:	2:40.96	42.38	300m:	4:06.96	43.04	400m:	5:28.97 40.16
5.	WALENCIAK, Aleksander		02	UKS V Łomianki				<b>5:32.08</b>	291	
	50m:	36.16 36.16	150m:	2:00.54	42.10	250m:	3:26.83	43.60	350m:	4:51.83 42.01
	100m:	1:18.44 42.28	200m:	2:43.23	42.69	300m:	4:09.82	42.99	400m:	5:32.08 40.25
6.	POPŁONYK, Jakub		02	Buks Warszawa				<b>5:33.17</b>	288	
	50m:	36.21 36.21	150m:	2:01.63	43.54	250m:	3:27.42	42.63	350m:	4:52.93 42.31
	100m:	1:18.09 41.88	200m:	2:44.79	43.16	300m:	4:10.62	43.20	400m:	5:33.17 40.24
7.	SZABLAK, Franek		02	Legia Warszawa				<b>5:34.61</b>	284	
	50m:	36.94 36.94	150m:	2:01.47	42.45	250m:	3:26.64	42.66	350m:	4:52.56 43.08
	100m:	1:19.02 42.08	200m:	2:43.98	42.51	300m:	4:09.48	42.84	400m:	5:34.61 42.05
8.	ZARZYCKI, Maciej		02	UKS NAWA Skierniewice				<b>5:34.81</b>	283	
	50m:	36.65 36.65	150m:	2:02.96	43.29	250m:	3:28.76	42.27	350m:	4:54.33 42.58
	100m:	1:19.67 43.02	200m:	2:46.49	43.53	300m:	4:11.75	42.99	400m:	5:34.81 40.48
9.	WORONKO, Krzysztof		02	MKS Medyk Gi ycko				<b>5:36.95</b>	278	
	50m:	36.68 36.68	150m:	2:02.95	43.84	250m:	3:30.49	44.01	350m:	4:56.91 43.01
	100m:	1:19.11 42.43	200m:	2:46.48	43.53	300m:	4:13.90	43.41	400m:	5:36.95 40.04

Otwarte Mistrzostwa Warszawy w pływaniu  
Warszawa, 30- - 31-5-2014

Konkurencja 20, Chłopców, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.		
10.	SOKOŁOWSKI, Marcin		02	IUKS Muszelka				<b>5:42.05</b>	266		
	50m:	38.93 38.93	150m:	2:04.59	43.19	250m:	3:32.37	43.81	350m:	4:59.85	43.86
	100m:	1:21.40 42.47	200m:	2:48.56	43.97	300m:	4:15.99	43.62	400m:	5:42.05	42.20
11.	STWORZYJANEK, Marek		02	IUKS Muszelka				<b>5:43.17</b>	263		
	50m:	40.05 40.05	150m:	2:07.78	44.37	250m:	3:35.69	43.72	350m:	5:02.08	43.22
	100m:	1:23.41 43.36	200m:	2:51.97	44.19	300m:	4:18.86	43.17	400m:	5:43.17	41.09
12.	TOLLIK, Aleksander		02	Psp Swim Płock				<b>5:43.42</b>	263		
	50m:	37.81 37.81	150m:	2:06.39	44.79	250m:	3:35.48	44.47	350m:	5:03.89	43.65
	100m:	1:21.60 43.79	200m:	2:51.01	44.62	300m:	4:20.24	44.76	400m:	5:43.42	39.53
13.	MOLENDĄ, Dominik		02	UKS Pirania				<b>5:53.23</b>	241		
	50m:	37.23 37.23	150m:	2:05.30	45.26	250m:	3:37.93	46.21	350m:	5:09.59	46.18
	100m:	1:20.04 42.81	200m:	2:51.72	46.42	300m:	4:23.41	45.48	400m:	5:53.23	43.64
14.	CEDROWSKI, Jakub		02	MKS Medyk Gi ycko				<b>6:03.53</b>	221		
	50m:	39.61 39.61	150m:	2:13.24	46.92	250m:	3:48.95	47.45	350m:	5:21.87	45.75
	100m:	1:26.32 46.71	200m:	3:01.50	48.26	300m:	4:36.12	47.17	400m:	6:03.53	41.66
15.	CZAJKA, Marcel		02	IUKS Muszelka				<b>6:04.04</b>	220		
	50m:	38.90 38.90	150m:	2:12.40	47.31	250m:	3:48.08	47.84	350m:	5:21.54	45.65
	100m:	1:25.09 46.19	200m:	3:00.24	47.84	300m:	4:35.89	47.81	400m:	6:04.04	42.50
16.	BRZEZI SKI, Michał		02	UKS Kapry-Armexim Pruszków				<b>6:36.60</b>	170		
	50m:	43.11 43.11	150m:	2:24.15	51.37	250m:	4:06.87	51.48	350m:	5:49.82	51.16
	100m:	1:32.78 49.67	200m:	3:15.39	51.24	300m:	4:58.66	51.79	400m:	6:36.60	46.78
17.	PYCZOT, Paweł		02	UKS Pirania				<b>6:37.53</b>	169		
	50m:	44.40 44.40	150m:	2:27.57	51.68	250m:	4:11.20	52.12	350m:	5:52.54	49.51
	100m:	1:35.89 51.49	200m:	3:19.08	51.51	300m:	5:03.03	51.83	400m:	6:37.53	44.99

13 lat

1.	PAJ K, Bartek		01	Buks Warszawa				<b>4:51.14</b>	431		
	50m:	32.30 32.30	150m:	1:45.73	37.13	250m:	3:00.96	37.73	350m:	4:15.66	36.81
	100m:	1:08.60 36.30	200m:	2:23.23	37.50	300m:	3:38.85	37.89	400m:	4:51.14	35.48
2.	KŁAK, Marcin		01	Klub Sportowy Płetwał Szczytno				<b>5:03.04</b>	382		
	50m:	35.02 35.02	150m:	1:51.71	38.03	250m:	3:09.29	39.20	350m:	4:26.20	38.19
	100m:	1:13.68 38.66	200m:	2:30.09	38.38	300m:	3:48.01	38.72	400m:	5:03.04	36.84
3.	GRZEMSKI, Kamil		01	MKS Nielba W growiec 04015				<b>5:10.83</b>	354		
	50m:	34.91 34.91	150m:	1:52.72	39.51	250m:	3:11.97	39.36	350m:	4:32.51	40.26
	100m:	1:13.21 38.30	200m:	2:32.61	39.89	300m:	3:52.25	40.28	400m:	5:10.83	38.32
4.	TŁOMAK, Andrzej		01	KS 1 O arów Mazowiecki				<b>5:12.15</b>	350		
	50m:	35.65 35.65	150m:	1:57.44	39.87	250m:	3:17.15	39.68	350m:	4:35.56	38.70
	100m:	1:17.57 41.92	200m:	2:37.47	40.03	300m:	3:56.86	39.71	400m:	5:12.15	36.59
5.	ROWI SKI, Aleksander		01	Warszawianka Wodny Park				<b>5:22.78</b>	316		
	50m:	35.63 35.63	150m:	1:57.52	40.40	250m:	3:19.66	40.78	350m:	4:42.83	40.67
	100m:	1:17.12 41.49	200m:	2:38.88	41.36	300m:	4:02.16	42.50	400m:	5:22.78	39.95
6.	KOŁODZIEJSKI, Filip		01	Buks Warszawa				<b>5:30.76</b>	294		
	50m:	36.35 36.35	150m:	2:01.65	43.03	250m:	3:29.09	43.93	350m:	4:53.95	42.11
	100m:	1:18.62 42.27	200m:	2:45.16	43.51	300m:	4:11.84	42.75	400m:	5:30.76	36.81
7.	KOMOROWSKI, Sebastian		01	Psp Swim Płock				<b>5:45.19</b>	259		
	50m:	37.96 37.96	150m:	2:06.62	44.54	250m:	3:35.80	45.60	350m:	5:03.84	44.35
	100m:	1:22.08 44.12	200m:	2:50.20	43.58	300m:	4:19.49	43.69	400m:	5:45.19	41.35
8.	GARLICKI, Patryk		01	Psp Swim Płock				<b>6:12.26</b>	206		
	50m:	42.88 42.88	150m:	2:19.01	48.27	250m:	3:54.16	47.68	350m:	5:29.09	47.13
	100m:	1:30.74 47.86	200m:	3:06.48	47.47	300m:	4:41.96	47.80	400m:	6:12.26	43.17



Otwarte Mistrzostwa Warszawy w pływaniu  
Warszawa, 30- - 31-5-2014

Konkurencja 20, Chłopców, 400m dowolny, 15 lat

Pozycja			Rok ur.				Czas		Pkt.
6.	PAWELEK, Paweł		99	MKS Polonia Warszawa			<b>4:28.73</b>	549	
	50m: 29.36	29.36	150m: 1:36.88	34.20	250m: 2:46.25	34.80	350m: 3:54.79	34.23	
	100m: 1:02.68	33.32	200m: 2:11.45	34.57	300m: 3:20.56	34.31	400m: 4:28.73	33.94	
7.	LENARTOWICZ, Kacper		99	IKS Konstancin			<b>4:30.24</b>	540	
	50m: 30.48	30.48	150m: 1:38.74	34.41	250m: 2:47.80	34.59	350m: 3:57.22	34.43	
	100m: 1:04.33	33.85	200m: 2:13.21	34.47	300m: 3:22.79	34.99	400m: 4:30.24	33.02	
8.	SIECZEK, Adrian		99	MKS Polonia Warszawa			<b>4:30.71</b>	537	
	50m: 28.82	28.82	150m: 1:36.91	34.39	250m: 2:46.94	34.89	350m: 3:57.20	34.86	
	100m: 1:02.52	33.70	200m: 2:12.05	35.14	300m: 3:22.34	35.40	400m: 4:30.71	33.51	
9.	SOBCZAK, Mikołaj		99	Psp Swim Płock			<b>4:46.39</b>	453	
	50m: 33.00	33.00	150m: 1:45.66	36.69	250m: 2:58.97	36.50	350m: 4:12.83	36.73	
	100m: 1:08.97	35.97	200m: 2:22.47	36.81	300m: 3:36.10	37.13	400m: 4:46.39	33.56	
10.	D BSKI, Szymon		99	UKS NAWA Skierniewice			<b>4:48.75</b>	442	
	50m: 31.74	31.74	150m: 1:44.03	36.49	250m: 2:58.51	37.23	350m: 4:12.28	36.80	
	100m: 1:07.54	35.80	200m: 2:21.28	37.25	300m: 3:35.48	36.97	400m: 4:48.75	36.47	
11.	MARCZAK, Arkadiusz		99	KS Barakuda Mi sk Mazowiecki			<b>5:02.90</b>	383	
	50m: 33.96	33.96	150m: 1:50.91	39.29	250m: 3:09.73	39.31	350m: 4:27.74	38.93	
	100m: 1:11.62	37.66	200m: 2:30.42	39.51	300m: 3:48.81	39.08	400m: 5:02.90	35.16	
PK	DURAJCZYK, Michał		97	IKS Konstancin			<b>4:32.23</b>	528	
	50m: 29.64	29.64	150m: 1:37.89	34.76	250m: 2:48.12	34.94	350m: 3:58.99	35.15	
	100m: 1:03.13	33.49	200m: 2:13.18	35.29	300m: 3:23.84	35.72	400m: 4:32.23	33.24	
PK	APTEWICZ, Arkadiusz		93	Klub Pływacki Płetwal Mława			<b>4:32.23</b>	528	
	50m: 30.21	30.21	150m: 1:38.48	35.06	250m: 2:48.78	35.02	350m: 3:59.39	35.48	
	100m: 1:03.42	33.21	200m: 2:13.76	35.28	300m: 3:23.91	35.13	400m: 4:32.23	32.84	
PK	KACZMARCZYK, Adrian		97	Uks Delfin Legionowo			<b>4:40.31</b>	483	
	50m: 30.59	30.59	150m: 1:41.50	36.34	250m: 2:53.55	36.54	350m: 4:06.41	37.42	
	100m: 1:05.16	34.57	200m: 2:17.01	35.51	300m: 3:28.99	35.44	400m: 4:40.31	33.90	
PK	ANYSZ, Michał		97	UKS "GIM 92 Ursynów" Warszawa			<b>4:49.70</b>	438	
	50m: 30.71	30.71	150m: 1:43.37	37.11	250m: 2:59.09	37.57	350m: 4:14.14	37.17	
	100m: 1:06.26	35.55	200m: 2:21.52	38.15	300m: 3:36.97	37.88	400m: 4:49.70	35.56	
PK	RODKIEWICZ, Radosław		03	IUKS Muszelka			<b>5:26.49</b>	306	
	50m: 35.58	35.58	150m: 1:59.47	42.92	250m: 3:24.32	42.46	350m: 4:48.64	41.98	
	100m: 1:16.55	40.97	200m: 2:41.86	42.39	300m: 4:06.66	42.34	400m: 5:26.49	37.85	