

Otwarte Zimowe mistrzostwa Warszawy i Mazowsza w pływaniu roczniki 1998 -2001
Warszawa, 6- - 7-12-2014



MIASTO
STOLECZNE
WARSZAWA



Konkurencja 32
2014-12-07 - 18:21

M czynn, 400m dowolny

13 lat i starsi
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.
13 lat									
1.	KRZYMA SKI, Kajetan		01	UKS GIM 92 Ursynów			4:41.57	428	
	50m: 31.30 31.30	150m: 1:41.80		35.69	250m: 2:53.71	35.98	350m: 4:06.13	36.07	
	100m: 1:06.11 34.81	200m: 2:17.73		35.93	300m: 3:30.06	36.35	400m: 4:41.57	35.44	
2.	SZMYTKE, Jakub		01	UKS oliborz			4:49.68	393	
	50m: 32.99 32.99	150m: 1:46.74		37.20	250m: 3:01.14	37.06	350m: 4:14.59	36.54	
	100m: 1:09.54 36.55	200m: 2:24.08		37.34	300m: 3:38.05	36.91	400m: 4:49.68	35.09	
3.	ZUBIK, Stanisław		01	Mks Polonia Warszawa			4:50.17	391	
	50m: 32.64 32.64	150m: 1:47.82		37.94	250m: 3:03.06	37.34	350m: 4:18.09	36.34	
	100m: 1:09.88 37.24	200m: 2:25.72		37.90	300m: 3:41.75	38.69	400m: 4:50.17	32.08	
4.	WIERCZ, Szymon		01	UKS G - 8 Bielany			4:50.68	389	
	50m: 32.23 32.23	150m: 1:46.04		37.38	250m: 3:01.16	37.42	350m: 4:15.36	36.77	
	100m: 1:08.66 36.43	200m: 2:23.74		37.70	300m: 3:38.59	37.43	400m: 4:50.68	35.32	
5.	CZERWI SKI, Łukasz		01	UKS JAGIELLONKA Warszawa			4:52.01	384	
	50m: 32.07 32.07	150m: 1:45.82		37.26	250m: 3:00.78	37.51	350m: 4:16.36	37.61	
	100m: 1:08.56 36.49	200m: 2:23.27		37.45	300m: 3:38.75	37.97	400m: 4:52.01	35.65	
6.	TŁOMAK, Andrzej		01	KS 1 O arów Mazowiecki			4:53.80	377	
	50m: 32.10 32.10	150m: 1:46.07		37.40	250m: 3:01.58	38.23	350m: 4:16.86	37.51	
	100m: 1:08.67 36.57	200m: 2:23.35		37.28	300m: 3:39.35	37.77	400m: 4:53.80	36.94	
7.	KU NIAK, Mateusz		01	UKS oliborz			5:09.20	323	
	50m: 34.50 34.50	150m: 1:53.32		39.73	250m: 3:12.35	39.36	350m: 4:31.49	39.55	
	100m: 1:13.59 39.09	200m: 2:32.99		39.67	300m: 3:51.94	39.59	400m: 5:09.20	37.71	
8.	KIEDROWSKI, Adam		01	Mks Polonia Warszawa			5:15.88	303	
	50m: 36.15 36.15	150m: 1:56.08		39.61	250m: 3:16.88	40.93	350m: 4:37.39	40.10	
	100m: 1:16.47 40.32	200m: 2:35.95		39.87	300m: 3:57.29	40.41	400m: 5:15.88	38.49	
9.	SZCZ SNY, Antoni		01	Mks Polonia Warszawa			5:31.18	263	
	50m: 36.56 36.56	150m: 2:00.81		42.57	250m: 3:26.74	43.26	350m: 4:51.92	42.01	
	100m: 1:18.24 41.68	200m: 2:43.48		42.67	300m: 4:09.91	43.17	400m: 5:31.18	39.26	
10.	UBROWSKI, Cezary		01	Mks Polonia Warszawa			5:40.96	241	
	50m: 37.73 37.73	150m: 2:03.35		42.70	250m: 3:31.01	44.16	350m: 4:59.71	44.42	
	100m: 1:20.65 42.92	200m: 2:46.85		43.50	300m: 4:15.29	44.28	400m: 5:40.96	41.25	

14 - 15 lat

1.	LENARTOWICZ, Kacper		99	IKS Konstancin			4:18.73	552	
	50m: 29.71 29.71	150m: 1:34.37		32.60	250m: 2:40.67	32.93	350m: 3:46.61	33.03	
	100m: 1:01.77 32.06	200m: 2:07.74		33.37	300m: 3:13.58	32.91	400m: 4:18.73	32.12	
2.	PAWEŁEK, Paweł		99	Mks Polonia Warszawa			4:21.30	535	
	50m: 29.72 29.72	150m: 1:36.32		33.50	250m: 2:42.71	32.87	350m: 3:48.64	32.90	
	100m: 1:02.82 33.10	200m: 2:09.84		33.52	300m: 3:15.74	33.03	400m: 4:21.30	32.66	
3.	SIECZEK, Adrian SWwa		99	Mks Polonia Warszawa			4:21.85	532	
	50m: 29.18 29.18	150m: 1:36.11		33.74	250m: 2:42.82	33.09	350m: 3:49.38	33.22	
	100m: 1:02.37 33.19	200m: 2:09.73		33.62	300m: 3:16.16	33.34	400m: 4:21.85	32.47	
4.	LIWKA, Jakub		99	UKS G - 8 Bielany			4:23.24	524	
	50m: 29.94 29.94	150m: 1:34.81		32.94	250m: 2:41.87	33.62	350m: 3:49.91	34.07	
	100m: 1:01.87 31.93	200m: 2:08.25		33.44	300m: 3:15.84	33.97	400m: 4:23.24	33.33	
5.	WARDAK, Jakub		00	UKS G - 8 Bielany			4:25.27	512	
	50m: 29.19 29.19	150m: 1:34.64		33.14	250m: 2:42.93	34.30	350m: 3:51.84	34.39	
	100m: 1:01.50 32.31	200m: 2:08.63		33.99	300m: 3:17.45	34.52	400m: 4:25.27	33.43	



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Konkurencja 32, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.		
6.	GONTARCZYK, Kamil		00	Uks Kapry Armexim Pruszków				4:38.76	441		
	50m:	30.43 30.43	150m:	1:40.65	35.66	250m:	2:52.65	36.02	350m:	4:04.70	36.12
	100m:	1:04.99 34.56	200m:	2:16.63	35.98	300m:	3:28.58	35.93	400m:	4:38.76	34.06
7.	WŁODARCZYK, Stanisław		99	Mks Polonia Warszawa				4:40.54	433		
	50m:	30.15 30.15	150m:	1:40.15	35.79	250m:	2:52.96	36.10	350m:	4:05.13	35.71
	100m:	1:04.36 34.21	200m:	2:16.86	36.71	300m:	3:29.42	36.46	400m:	4:40.54	35.41
8.	KALISZ, Jakub		00	Mks Polonia Warszawa				4:41.64	428		
	50m:	30.00 30.00	150m:	1:39.69	35.26	250m:	2:51.72	36.18	350m:	4:05.36	37.05
	100m:	1:04.43 34.43	200m:	2:15.54	35.85	300m:	3:28.31	36.59	400m:	4:41.64	36.28
9.	JORDAN, Artur		00	KS 1 O arów Mazowiecki				4:59.12	357		
	50m:	34.82 34.82	150m:	1:51.12	38.04	250m:	3:07.65	38.03	350m:	4:24.45	37.97
	100m:	1:13.08 38.26	200m:	2:29.62	38.50	300m:	3:46.48	38.83	400m:	4:59.12	34.67

16 lat i starsi

1.	ST PIE , KONRAD SWwa		96	Mks Polonia Warszawa				4:01.51	678		
	50m:	28.88 28.88	150m:	1:29.94	30.17	250m:	2:31.15	30.29	350m:	3:32.11	30.16
	100m:	59.77 30.89	200m:	2:00.86	30.92	300m:	3:01.95	30.80	400m:	4:01.51	29.40
2.	DURAJCZYK, Michał		97	IKS Konstancin				4:13.80	584		
	50m:	29.09 29.09	150m:	1:31.94	31.50	250m:	2:36.36	32.44	350m:	4:13.80	31.93
	100m:	1:00.44 31.35	200m:	2:03.92	31.98	300m:	3:41.87	1:05.51	400m:	4:13.80	
3.	KONDRASIUK, Jan		97	MUKP Warszawianka				4:22.43	529		
	50m:	28.70 28.70	150m:	1:31.41	31.79	250m:	2:38.26	34.04	350m:	3:47.39	35.35
	100m:	59.62 30.92	200m:	2:04.22	32.81	300m:	3:12.04	33.78	400m:	4:22.43	35.04
4.	KACZMARCZYK, Adrian		97	Uks Delfin Legionowo				4:43.59	419		
	50m:	29.93 29.93	150m:	1:39.40	35.37	250m:	2:52.79	36.83	350m:	4:07.53	37.45
	100m:	1:04.03 34.10	200m:	2:15.96	36.56	300m:	3:30.08	37.29	400m:	4:43.59	36.06