

Konkurencja 30
2015-05-30 - 12:06

Chłopców, 400m zmienny

11 - 15 lat
Wyniki

Punkty: FINA 2014

Pozycja			Rok ur.					Czas	Pkt.	
11 lat										
1.	CHMIELEWSKI, Krzysztof		04	Iuks Muszelka				5:49.23	340	
	50m:	35.29 35.29	150m:	2:03.31	45.53	250m:	3:39.78	53.31	350m:	5:12.36 38.14
	100m:	1:17.78 42.49	200m:	2:46.47	43.16	300m:	4:34.22	54.44	400m:	5:49.23 36.87
2.	CHMIELEWSKI, Michał		04	Iuks Muszelka				6:04.59	299	
	50m:	38.19 38.19	150m:	2:08.98	43.82	250m:	3:50.17	58.02	350m:	5:25.76 38.59
	100m:	1:25.16 46.97	200m:	2:52.15	43.17	300m:	4:47.17	57.00	400m:	6:04.59 38.83
3.	BEDNAREK, Przemysław		04	Iuks Muszelka				6:20.40	263	
	50m:	39.94 39.94	150m:	2:17.18	49.52	250m:	4:00.47	55.78	350m:	5:38.87 41.17
	100m:	1:27.66 47.72	200m:	3:04.69	47.51	300m:	4:57.70	57.23	400m:	6:20.40 41.53
4.	URBA SKI, Filip		04	Uks Pingwiny				6:37.36	231	
	50m:	45.50 45.50	150m:	2:34.34	51.94	250m:	4:15.85	52.30	350m:	5:55.01 46.14
	100m:	1:42.40 56.90	200m:	3:23.55	49.21	300m:	5:08.87	53.02	400m:	6:37.36 42.35
12 lat										
1.	URYNIUK, Paweł		03	Buks Warszawa				5:22.61	431	
	50m:	32.55 32.55	150m:	1:52.14	41.89	250m:	3:21.79	47.64	350m:	4:47.21 37.27
	100m:	1:10.25 37.70	200m:	2:34.15	42.01	300m:	4:09.94	48.15	400m:	5:22.61 35.40
2.	WIEK, Wiktor		03	Buks Warszawa				5:40.32	367	
	50m:	35.03 35.03	150m:	2:01.51	46.92	250m:	3:37.72	50.52	350m:	5:05.72 36.63
	100m:	1:14.59 39.56	200m:	2:47.20	45.69	300m:	4:29.09	51.37	400m:	5:40.32 34.60
3.	ZUBIK, Jan		03	MKS Polonia Warszawa				5:42.68	360	
	50m:	36.08 36.08	150m:	2:02.69	41.85	250m:	3:36.60	51.57	350m:	5:06.33 38.25
	100m:	1:20.84 44.76	200m:	2:45.03	42.34	300m:	4:28.08	51.48	400m:	5:42.68 36.35
4.	RODKIEWICZ, Radosław		03	Iuks Muszelka				5:46.71	347	
	50m:	36.07 36.07	150m:	2:05.29	44.69	250m:	3:40.33	52.08	350m:	5:10.81 36.80
	100m:	1:20.60 44.53	200m:	2:48.25	42.96	300m:	4:34.01	53.68	400m:	5:46.71 35.90
5.	MARKOWSKI, Kacper		03	Buks Warszawa				6:02.71	303	
	50m:	40.05 40.05	150m:	2:17.01	48.14	250m:	3:53.67	49.04	350m:	5:24.37 41.42
	100m:	1:28.87 48.82	200m:	3:04.63	47.62	300m:	4:42.95	49.28	400m:	6:02.71 38.34
13 lat										
1.	SOBEK, Nikodem		02	Uczniowski Klub Sportowy Olimp				5:05.76	507	
	50m:	31.19 31.19	150m:	1:47.74	38.68	250m:	3:09.21	43.95	350m:	4:31.14 36.13
	100m:	1:09.06 37.87	200m:	2:25.26	37.52	300m:	3:55.01	45.80	400m:	5:05.76 34.62
2.	JA KIEWICZ, Adrian		02	Iuks Muszelka				5:13.91	468	
	50m:	32.57 32.57	150m:	1:49.48	39.96	250m:	3:15.32	46.76	350m:	4:38.94 36.29
	100m:	1:09.52 36.95	200m:	2:28.56	39.08	300m:	4:02.65	47.33	400m:	5:13.91 34.97
3.	DOŁOWY, Grzegorz		02	Iuks Muszelka				5:26.28	417	
	50m:	34.00 34.00	150m:	1:54.87	42.92	250m:	3:25.53	48.97	350m:	4:51.89 36.62
	100m:	1:11.95 37.95	200m:	2:36.56	41.69	300m:	4:15.27	49.74	400m:	5:26.28 34.39
4.	RUTA, Kamil		02	Iuks Muszelka				5:34.73	386	
	50m:	34.36 34.36	150m:	1:58.33	42.30	250m:	3:31.53	51.21	350m:	4:59.18 35.79
	100m:	1:16.03 41.67	200m:	2:40.32	41.99	300m:	4:23.39	51.86	400m:	5:34.73 35.55
5.	WORONKO, Krzysztof		02	MKS Medyk Gi ycko				5:34.83	386	
	50m:	33.79 33.79	150m:	1:58.24	43.24	250m:	3:28.67	48.78	350m:	4:56.91 39.14
	100m:	1:15.00 41.21	200m:	2:39.89	41.65	300m:	4:17.77	49.10	400m:	5:34.83 37.92
6.	BURCZY SKI, Piotr		02	Iuks Muszelka				5:37.08	378	
	50m:	33.70 33.70	150m:	1:55.38	42.95	250m:	3:28.16	50.36	350m:	4:58.74 40.03
	100m:	1:12.43 38.73	200m:	2:37.80	42.42	300m:	4:18.71	50.55	400m:	5:37.08 38.34

Otwarte Mistrzostwa Warszawy w pływaniu o puchar Przewodniczego Rady Mokotowskiej Fundacji Warszawianka – Wodny Park
Warszawa, 29 - 30-5-2015

Konkurencja 30, Chłopców, 400m zmienny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.		
7.	SZABLAK, Franek		02	Stow. Klub Pływacki Legia Wars				5:41.94	362		
	50m:	36.24 36.24	150m:	2:04.09	43.33	250m:	3:36.79	49.90	350m:	5:05.68	37.71
	100m:	1:20.76 44.52	200m:	2:46.89	42.80	300m:	4:27.97	51.18	400m:	5:41.94	36.26
8.	LIPOWSKI, Oskar		02	Iuks Muszelka				5:48.05	343		
	50m:	36.62 36.62	150m:	2:02.53	43.89	250m:	3:39.96	53.79	350m:	5:11.92	37.06
	100m:	1:18.64 42.02	200m:	2:46.17	43.64	300m:	4:34.86	54.90	400m:	5:48.05	36.13
9.	SZABLAK, Cypis		02	Stow. Klub Pływacki Legia Wars				5:51.88	332		
	50m:	36.97 36.97	150m:	2:02.71	41.01	250m:	3:37.00	53.24	350m:	5:11.75	40.45
	100m:	1:21.70 44.73	200m:	2:43.76	41.05	300m:	4:31.30	54.30	400m:	5:51.88	40.13
10.	BIEGA SKI, Marcin		02	Uks,, oliborz" Warszawa				6:05.30	297		
	50m:	37.62 37.62	150m:	2:22.12	49.78	250m:	3:55.37	48.42	350m:	5:27.15	42.45
	100m:	1:32.34 54.72	200m:	3:06.95	44.83	300m:	4:44.70	49.33	400m:	6:05.30	38.15
11.	STWORZYJANEK, Marek		02	Iuks Muszelka				6:07.72	291		
	50m:	40.22 40.22	150m:	2:15.45	49.22	250m:	3:53.25	50.34	350m:	5:27.28	42.31
	100m:	1:26.23 46.01	200m:	3:02.91	47.46	300m:	4:44.97	51.72	400m:	6:07.72	40.44
DYSKW.	JANISZEWSKI, Michał		02	Klub Sportowy Triathlon Rawa				7:17.77			
	<i>M5 - Nierównoczesna praca ramion</i>										
	50m:	42.44 42.44	150m:	2:34.10	58.27	250m:	4:34.50	1:04.66	350m:	6:29.53	49.42
	100m:	1:35.83 53.39	200m:	3:29.84	55.74	300m:	5:40.11	1:05.61	400m:	7:17.77	48.24

14 lat

1.	KARNIK, Kacper		01	MKS "WODNIK" Radom				5:04.28	514		
	50m:	30.27 30.27	150m:	1:46.75	39.76	250m:	3:09.21	43.21	350m:	4:29.03	36.43
	100m:	1:06.99 36.72	200m:	2:26.00	39.25	300m:	3:52.60	43.39	400m:	5:04.28	35.25
2.	WARZOCHA, Albert		01	KS Warta Pozna				5:04.42	513		
	50m:	32.41 32.41	150m:	1:48.91	39.78	250m:	3:11.94	44.66	350m:	4:30.68	34.84
	100m:	1:09.13 36.72	200m:	2:27.28	38.37	300m:	3:55.84	43.90	400m:	5:04.42	33.74
3.	WOJCIECHOWSKI, Jakub		01	KS Warta Pozna				5:16.69	456		
	50m:	34.18 34.18	150m:	1:56.15	40.53	250m:	3:21.02	45.40	350m:	4:42.64	35.70
	100m:	1:15.62 41.44	200m:	2:35.62	39.47	300m:	4:06.94	45.92	400m:	5:16.69	34.05
4.	KŁAK, Marcin		01	Klub Sportowy Płetwal Szczytno				5:20.46	440		
	50m:	33.35 33.35	150m:	1:52.96	41.43	250m:	3:20.35	47.80	350m:	4:45.53	37.67
	100m:	1:11.53 38.18	200m:	2:32.55	39.59	300m:	4:07.86	47.51	400m:	5:20.46	34.93
5.	KALINOWSKI, Michał		01	MTKP Delfin Toru				5:26.54	416		
	50m:	32.63 32.63	150m:	1:53.42	42.46	250m:	3:23.00	47.94	350m:	4:49.75	38.24
	100m:	1:10.96 38.33	200m:	2:35.06	41.64	300m:	4:11.51	48.51	400m:	5:26.54	36.79
6.	ZUBIK, Stanisław		01	MKS Polonia Warszawa				5:28.97	407		
	50m:	32.19 32.19	150m:	1:56.77	45.15	250m:	3:29.54	50.73	350m:	4:55.17	34.32
	100m:	1:11.62 39.43	200m:	2:38.81	42.04	300m:	4:20.85	51.31	400m:	5:28.97	33.80
7.	SMOLCZEWSKI, Igor		01	UKS NAWA Skierniewice				5:35.41	384		
	50m:	35.37 35.37	150m:	2:05.15	45.84	250m:	3:33.05	45.86	350m:	4:59.10	39.06
	100m:	1:19.31 43.94	200m:	2:47.19	42.04	300m:	4:20.04	46.99	400m:	5:35.41	36.31
8.	GRZELAK, Jakub		01	Stow. Klub Pływacki Legia Wars				5:36.07	381		
	50m:	36.05 36.05	150m:	2:01.42	43.10	250m:	3:32.93	48.91	350m:	5:00.93	37.70
	100m:	1:18.32 42.27	200m:	2:44.02	42.60	300m:	4:23.23	50.30	400m:	5:36.07	35.14
9.	NOWAK, Aleksander		01	UKS NAWA Skierniewice				5:38.47	373		
	50m:	35.67 35.67	150m:	2:03.09	45.23	250m:	3:34.86	48.61	350m:	5:02.12	38.32
	100m:	1:17.86 42.19	200m:	2:46.25	43.16	300m:	4:23.80	48.94	400m:	5:38.47	36.35
DYSKW.	SAWICKI, Oskar		01	Uks G-8 Bielany				5:21.31			
	<i>G8 - Uko czenie wy cigu nie w poło eniu na plecach</i>										
	50m:	32.42 32.42	150m:	1:55.11	44.46	250m:	3:22.29	44.21	350m:	4:45.69	38.36
	100m:	1:10.65 38.23	200m:	2:38.08	42.97	300m:	4:07.33	45.04	400m:	5:21.31	35.62

Konkurencja 30, Chłopców, 400m zmienny

15 lat

1.	WO NIAK, Maciej			00	Uks 190 Łód				5:08.78	492		
	50m:	31.13	31.13	150m:	1:48.06	40.00	250m:	3:12.36	44.98	350m:	4:34.14	36.06
	100m:	1:08.06	36.93	200m:	2:27.38	39.32	300m:	3:58.08	45.72	400m:	5:08.78	34.64