

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 lat
Ciechanów, 19. - 20.3.2016

Konkurencja 8
19.03.2016 - 14:01

Chłopców, 400m dowolny

12 - 13 lat
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.		
12 lat											
1.	GRABOWSKI, Jakub		04	MZOS Płock				5:05.77	334		
	50m:	34.70 34.70	150m:	1:52.39	39.40	250m:	3:10.66	38.99	350m:	4:28.85	38.35
	100m:	1:12.99 38.29	200m:	2:31.67	39.28	300m:	3:50.50	39.84	400m:	5:05.77	36.92
2.	JENDRZEJCZYK, Maxim		04	Uks Ostrobramska				5:07.10	330		
	50m:	34.85 34.85	150m:	1:53.79	39.59	250m:	3:13.28	39.50	350m:	4:31.28	38.60
	100m:	1:14.20 39.35	200m:	2:33.78	39.99	300m:	3:52.68	39.40	400m:	5:07.10	35.82
3.	MINICHOWSKI, Maksymilian		04	UKS V Łomianki				5:14.59	307		
	50m:	36.43 36.43	150m:	1:57.27	40.47	250m:	3:17.68	39.66	350m:	4:37.58	39.51
	100m:	1:16.80 40.37	200m:	2:38.02	40.75	300m:	3:58.07	40.39	400m:	5:14.59	37.01
4.	WO NIAK, Antoni		04	UKS 307 Warszawa-Mokotów				5:15.42	304		
	50m:	35.82 35.82	150m:	1:57.80	40.93	250m:	3:20.13	41.07	350m:	4:38.83	36.80
	100m:	1:16.87 41.05	200m:	2:39.06	41.26	300m:	4:02.03	41.90	400m:	5:15.42	36.59
5.	GR DZIK, Bła ej		04	MPKS Orka Ciechanów				5:16.83	300		
	50m:	36.50 36.50	150m:	1:55.58	39.69	250m:	3:17.43	40.60	350m:	4:37.86	40.43
	100m:	1:15.89 39.39	200m:	2:36.83	41.25	300m:	3:57.43	40.00	400m:	5:16.83	38.97
6.	JURCZY SKI, Bartosz		04	UKS V Łomianki				5:19.02	294		
	50m:	36.49 36.49	150m:	1:56.68	40.37	250m:	3:19.22	41.54	350m:	4:41.67	41.73
	100m:	1:16.31 39.82	200m:	2:37.68	41.00	300m:	3:59.94	40.72	400m:	5:19.02	37.35
	SKURA, Kajetan		04	UKP Polonia Warszawa				5:19.02	294		
	50m:	35.26 35.26	150m:	1:55.83	40.68	250m:	3:17.95	41.39	350m:	4:40.20	41.22
	100m:	1:15.15 39.89	200m:	2:36.56	40.73	300m:	3:58.98	41.03	400m:	5:19.02	38.82
8.	RAFAŁ, Kacper		04	UKS V Łomianki				5:20.76	289		
	50m:	35.58 35.58	150m:	1:57.87	41.41	250m:	3:21.24	41.39	350m:	4:43.46	40.68
	100m:	1:16.46 40.88	200m:	2:39.85	41.98	300m:	4:02.78	41.54	400m:	5:20.76	37.30
9.	KUCHARSKI, Antoni		04	MKS Piaseczno				5:21.40	288		
	50m:	37.53 37.53	150m:	2:00.22	41.14	250m:	3:23.76	41.45	350m:	4:44.80	40.26
	100m:	1:19.08 41.55	200m:	2:42.31	42.09	300m:	4:04.54	40.78	400m:	5:21.40	36.60
10.	CIUBA, Mikołaj		04	UKS GOS Raszyn				5:22.07	286		
	50m:	34.54 34.54	150m:	1:53.42	40.10	250m:	3:16.47	41.82	350m:	4:40.34	41.95
	100m:	1:13.32 38.78	200m:	2:34.65	41.23	300m:	3:58.39	41.92	400m:	5:22.07	41.73
11.	J DRZEJKIEWICZ, Ignacy		04	Uks"Gim 92 Ursynów"Warszawa				5:28.70	269		
	50m:	35.09 35.09	150m:	1:58.13	42.15	250m:	3:23.24	42.66	350m:	4:47.91	42.45
	100m:	1:15.98 40.89	200m:	2:40.58	42.45	300m:	4:05.46	42.22	400m:	5:28.70	40.79
12.	KRAS, Bruno		04	Integracyjny Klub Sportowy Kon				5:33.17	258		
	50m:	36.39 36.39	150m:	2:00.03	42.53	250m:	3:26.42	43.61	350m:	4:51.30	42.09
	100m:	1:17.50 41.11	200m:	2:42.81	42.78	300m:	4:09.21	42.79	400m:	5:33.17	41.87
13.	ROSZKOWSKI, Oskar		04	MKS Piaseczno				5:39.86	243		
	50m:	37.37 37.37	150m:	2:03.97	43.15	250m:	3:32.35	44.10	350m:	4:59.62	42.85
	100m:	1:20.82 43.45	200m:	2:48.25	44.28	300m:	4:16.77	44.42	400m:	5:39.86	40.24
14.	JAROSZ, Kacper		04	MZOS Płock				5:40.59	242		
	50m:	37.31 37.31	150m:	2:02.17	43.44	250m:	3:30.34	43.87	350m:	4:57.72	43.86
	100m:	1:18.73 41.42	200m:	2:46.47	44.30	300m:	4:13.86	43.52	400m:	5:40.59	42.87
15.	MASZARO, Jakub		04	MKS Piaseczno				5:42.64	237		
	50m:	37.86 37.86	150m:	2:06.82	44.57	250m:	3:35.63	43.30	350m:	5:03.21	43.49
	100m:	1:22.25 44.39	200m:	2:52.33	45.51	300m:	4:19.72	44.09	400m:	5:42.64	39.43
16.	CHORO , Michał		04	MPKS Orka Ciechanów				5:43.15	236		
	50m:	36.71 36.71	150m:	2:02.90	44.19	250m:	3:31.93	44.80	350m:	5:01.20	44.16
	100m:	1:18.71 42.00	200m:	2:47.13	44.23	300m:	4:17.04	45.11	400m:	5:43.15	41.95
17.	WALERCZAK, Patryk		04	MZOS Płock				5:45.87	231		
	50m:	38.22 38.22	150m:	2:06.67	43.98	250m:	3:34.84	44.81	350m:	5:04.36	44.12
	100m:	1:22.69 44.47	200m:	2:50.03	43.36	300m:	4:20.24	45.40	400m:	5:45.87	41.51

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 lat
Ciechanów, 19. - 20.3.2016

Konkurencja 8, Chłopców, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.
18.	REMBIEWSKI, Konrad		04	MKS Piaseczno				6:03.51	199
	50m:	38.76 38.76	150m:	2:11.93 47.78	250m:	3:46.93 48.33	350m:	5:19.96 46.98	
	100m:	1:24.15 45.39	200m:	2:58.60 46.67	300m:	4:32.98 46.05	400m:	6:03.51 43.55	
19.	MALUS, Jakub		04	UKP Polonia Warszawa				6:13.85	182
	50m:	39.35 39.35	150m:	2:12.49 47.83	250m:	3:49.94 48.41	350m:	5:28.77 49.42	
	100m:	1:24.66 45.31	200m:	3:01.53 49.04	300m:	4:39.35 49.41	400m:	6:13.85 45.08	
20.	GAW DA, Piotr		04	MKS Piaseczno				6:24.19	168
	50m:	41.82 41.82	150m:	2:19.83 49.55	250m:	3:59.85 48.95	350m:	5:37.84 48.19	
	100m:	1:30.28 48.46	200m:	3:10.90 51.07	300m:	4:49.65 49.80	400m:	6:24.19 46.35	
21.	JAROSZY SKI, Michał		04	UKP Polonia Warszawa				6:24.91	167
	50m:	39.63 39.63	150m:	2:18.30 51.33	250m:	3:58.45 50.45	350m:	5:38.83 49.66	
	100m:	1:26.97 47.34	200m:	3:08.00 49.70	300m:	4:49.17 50.72	400m:	6:24.91 46.08	
22.	SKRODZKI, Adam		04	UKS Victoria Józefów				6:27.84	163
	50m:	42.84 42.84	150m:	2:22.77 51.48	250m:	4:02.82 50.10	350m:	5:41.88 47.93	
	100m:	1:31.29 48.45	200m:	3:12.72 49.95	300m:	4:53.95 51.13	400m:	6:27.84 45.96	
23.	GRYZIAK, Igor		04	UKS V Łomianki				6:36.83	153
	50m:	41.62 41.62	150m:	2:21.69 50.92	250m:	4:05.72 52.20	350m:	5:47.28 50.61	
	100m:	1:30.77 49.15	200m:	3:13.52 51.83	300m:	4:56.67 50.95	400m:	6:36.83 49.55	
24.	SZYMANIAK, Dawid		04	PSP Swim Płock				6:37.08	152
	50m:	40.35 40.35	150m:	2:18.98 49.95	250m:	4:02.20 52.03	350m:	5:46.53 52.13	
	100m:	1:29.03 48.68	200m:	3:10.17 51.19	300m:	4:54.40 52.20	400m:	6:37.08 50.55	
25.	WRÓBEL, Piotr		04	UKS Victoria Józefów				6:50.16	138
	50m:	45.79 45.79	150m:	2:30.68 53.13	250m:	4:15.93 53.63	350m:	6:00.90 52.83	
	100m:	1:37.55 51.76	200m:	3:22.30 51.62	300m:	5:08.07 52.14	400m:	6:50.16 49.26	

13 lat

1.	URYNIUK, Paweł		03	Buks Warszawa				4:24.38	517
	50m:	28.50 28.50	150m:	1:34.74 33.54	250m:	2:42.58 34.10	350m:	3:51.02 34.37	
	100m:	1:01.20 32.70	200m:	2:08.48 33.74	300m:	3:16.65 34.07	400m:	4:24.38 33.36	
2.	G STAŁ, Jan		03	MUKP Warszawianka				4:30.65	482
	50m:	28.81 28.81	150m:	1:35.45 33.78	250m:	2:45.87 35.50	350m:	3:57.81 35.55	
	100m:	1:01.67 32.86	200m:	2:10.37 34.92	300m:	3:22.26 36.39	400m:	4:30.65 32.84	
3.	PRZYBYSZ, Mateusz		03	Buks Warszawa				4:31.93	475
	50m:	29.78 29.78	150m:	1:37.94 34.79	250m:	2:48.25 35.32	350m:	3:57.78 34.43	
	100m:	1:03.15 33.37	200m:	2:12.93 34.99	300m:	3:23.35 35.10	400m:	4:31.93 34.15	
4.	ZUBIK, Jan		03	UKP Polonia Warszawa				4:42.22	425
	50m:	31.14 31.14	150m:	1:41.72 35.68	250m:	2:54.31 36.37	350m:	4:07.05 36.01	
	100m:	1:06.04 34.90	200m:	2:17.94 36.22	300m:	3:31.04 36.73	400m:	4:42.22 35.17	
5.	REMBOWSKI, Jan		03	Integracyjny Klub Sportowy Kon				4:48.76	397
	50m:	30.74 30.74	150m:	1:42.00 36.30	250m:	2:56.40 37.28	350m:	4:12.10 37.99	
	100m:	1:05.70 34.96	200m:	2:19.12 37.12	300m:	3:34.11 37.71	400m:	4:48.76 36.66	
6.	MICHALAK, Piotr		03	MKS Ochota Warszawa				4:49.69	393
	50m:	32.68 32.68	150m:	1:45.26 37.12	250m:	3:00.22 37.50	350m:	4:14.96 37.17	
	100m:	1:08.14 35.46	200m:	2:22.72 37.46	300m:	3:37.79 37.57	400m:	4:49.69 34.73	
7.	MACIOSZEK, Maksymilian		03	MKS Ochota Warszawa				4:52.53	381
	50m:	31.46 31.46	150m:	1:44.75 37.63	250m:	3:00.39 37.96	350m:	4:16.66 38.12	
	100m:	1:07.12 35.66	200m:	2:22.43 37.68	300m:	3:38.54 38.15	400m:	4:52.53 35.87	
8.	WOJTASIAK, Michał		03	MKS Piaseczno				4:55.71	369
	50m:	31.53 31.53	150m:	1:44.87 37.88	250m:	3:01.88 38.62	350m:	4:19.45 39.14	
	100m:	1:06.99 35.46	200m:	2:23.26 38.39	300m:	3:40.31 38.43	400m:	4:55.71 36.26	
9.	ILCEWICZ, Hubert		03	UKS Victoria Józefów				4:59.71	355
	50m:	33.66 33.66	150m:	1:49.09 38.32	250m:	3:07.47 39.18	350m:	4:25.07 38.26	
	100m:	1:10.77 37.11	200m:	2:28.29 39.20	300m:	3:46.81 39.34	400m:	4:59.71 34.64	

Mi dzywojewódzkie Dru ynowe Mistrzostwa Młodzików 12-13 lat
Ciechanów, 19. - 20.3.2016

Konkurencja 8, Chłopców, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
10.	G	SIOROWSKI, Michał	03	Uks"Gim 92 Ursynów"Warszawa				5:00.89	351
	50m:	32.37 32.37	150m:	1:48.34	38.30	250m:	3:06.29 39.26	350m:	4:23.53 39.06
	100m:	1:10.04 37.67	200m:	2:27.03	38.69	300m:	3:44.47 38.18	400m:	5:00.89 37.36
11.	CEGLI	SKI, Maciej	03	UKS Manta Warszawa Włochy				5:06.02	333
	50m:	35.09 35.09	150m:	1:53.11	39.35	250m:	3:11.93 39.60	350m:	4:30.13 39.09
	100m:	1:13.76 38.67	200m:	2:32.33	39.22	300m:	3:51.04 39.11	400m:	5:06.02 35.89
12.	ANTCZAK,	Bartosz	03	UKP Polonia Warszawa				5:07.29	329
	50m:	34.34 34.34	150m:	1:52.51	39.77	250m:	3:11.49 39.69	350m:	4:30.31 39.17
	100m:	1:12.74 38.40	200m:	2:31.80	39.29	300m:	3:51.14 39.65	400m:	5:07.29 36.98
13.	KURULISZWILI,	Otar	03	MKS Ochota Warszawa				5:18.92	294
	50m:	35.83 35.83	150m:	1:56.49	41.29	250m:	3:18.21 42.05	350m:	4:40.28 41.38
	100m:	1:15.20 39.37	200m:	2:36.16	39.67	300m:	3:58.90 40.69	400m:	5:18.92 38.64
14.	MIRONOWICZ,	Bartosz	03	UKP Polonia Warszawa				5:19.22	293
	50m:	34.87 34.87	150m:	1:53.57	40.11	250m:	3:17.85 42.48	350m:	4:40.82 41.32
	100m:	1:13.46 38.59	200m:	2:35.37	41.80	300m:	3:59.50 41.65	400m:	5:19.22 38.40
15.	ŁUKASZEWICZ,	Bła ej	03	UKS Victoria Józefów				5:20.89	289
	50m:	33.72 33.72	150m:	1:54.08	41.16	250m:	3:16.68 41.37	350m:	4:41.31 42.49
	100m:	1:12.92 39.20	200m:	2:35.31	41.23	300m:	3:58.82 42.14	400m:	5:20.89 39.58
16.	KORCZAK,	Jakub	03	Buks Warszawa				5:24.52	279
	50m:	35.09 35.09	150m:	1:57.15	41.38	250m:	3:20.16 41.66	350m:	4:44.13 42.16
	100m:	1:15.77 40.68	200m:	2:38.50	41.35	300m:	4:01.97 41.81	400m:	5:24.52 40.39
17.	KACZOROWSKI,	Ksawery	03	PSP Swim Płock				5:30.39	265
	50m:	34.95 34.95	150m:	1:58.75	42.47	250m:	3:25.81 43.09	350m:	4:51.86 42.03
	100m:	1:16.28 41.33	200m:	2:42.72	43.97	300m:	4:09.83 44.02	400m:	5:30.39 38.53
18.	HEJKE,	Ksawery	03	UKP Polonia Warszawa				5:39.46	244
	50m:	36.09 36.09	150m:	2:00.82	43.63	250m:	3:29.59 44.62	350m:	4:57.87 44.21
	100m:	1:17.19 41.10	200m:	2:44.97	44.15	300m:	4:13.66 44.07	400m:	5:39.46 41.59
19.	WI NIEWSKI,	Jakub	03	MKS Piaseczno				5:39.79	243
	50m:	37.95 37.95	150m:	2:04.64	44.07	250m:	3:33.49 44.44	350m:	5:01.18 44.01
	100m:	1:20.57 42.62	200m:	2:49.05	44.41	300m:	4:17.17 43.68	400m:	5:39.79 38.61
20.	MAZURO,	Maciej	03	Uks Kapry Armexim Pruszków				5:42.37	238
	50m:	37.19 37.19	150m:	2:05.56	44.65	250m:	3:34.21 44.14	350m:	5:01.46 43.30
	100m:	1:20.91 43.72	200m:	2:50.07	44.51	300m:	4:18.16 43.95	400m:	5:42.37 40.91
21.	BRZEZI	SKI, Rafał	03	UKS 307 Warszawa-Mokotów				5:53.50	216
	50m:	37.85 37.85	150m:	2:08.07	45.31	250m:	3:39.23 45.69	350m:	5:11.08 45.98
	100m:	1:22.76 44.91	200m:	2:53.54	45.47	300m:	4:25.10 45.87	400m:	5:53.50 42.42
22.	STRZEMBOSZ,	Franciszek	03	UKS Victoria Józefów				5:59.02	206
	50m:	39.44 39.44	150m:	2:12.76	47.62	250m:	3:47.30 48.04	350m:	5:18.79 45.62
	100m:	1:25.14 45.70	200m:	2:59.26	46.50	300m:	4:33.17 45.87	400m:	5:59.02 40.23
23.	KOSI	SKI, Jakub	03	PSP Swim Płock				6:08.27	191
	50m:	39.79 39.79	150m:	2:11.71	47.30	250m:	3:47.50 47.85	350m:	5:23.01 47.54
	100m:	1:24.41 44.62	200m:	2:59.65	47.94	300m:	4:35.47 47.97	400m:	6:08.27 45.26
24.	ROMANOWSKI,	Jakub	03	PSP Swim Płock				6:25.50	166
	50m:	39.28 39.28	150m:	2:14.21	48.75	250m:	3:57.92 51.83	350m:	5:39.99 50.45
	100m:	1:25.46 46.18	200m:	3:06.09	51.88	300m:	4:49.54 51.62	400m:	6:25.50 45.51
25.	SITNIK,	Jakub	03	UKS Delfin Garwolin				6:45.04	143
	50m:	43.78 43.78	150m:	2:24.60	51.51	250m:	4:08.50 51.88	350m:	5:53.42 52.88
	100m:	1:33.09 49.31	200m:	3:16.62	52.02	300m:	5:00.54 52.04	400m:	6:45.04 51.62
26.	ZIÓŁEK,	Włodzimierz	03	UKS Delfin Garwolin				7:05.15	124
	50m:	43.25 43.25	150m:	2:31.30	56.29	250m:	4:25.86 57.73	350m:	6:14.74 53.15
	100m:	1:35.01 51.76	200m:	3:28.13	56.83	300m:	5:21.59 55.73	400m:	7:05.15 50.41