

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 3. - 4.6.2016

Konkurencja 20
03.06.2016 - 20:33

Chłopców, 400m dowolny

10 - 14 lat
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.					Czas	Pkt.	
10 lat										
1.	HANDZLIK, Mateusz		06	MUKP Warszawianka				5:42.98	264	
	50m:	38.38 38.38	150m:	2:06.19	45.01	250m:	3:34.92	42.95	350m:	5:03.67 44.43
	100m:	1:21.18 42.80	200m:	2:51.97	45.78	300m:	4:19.24	44.32	400m:	5:42.98 39.31
2.	BOBKIEWICZ, Franciszek		06	UKS Cityzen Pozna				6:31.60	177	
	50m:	44.34 44.34	150m:	2:26.10	50.73	250m:	4:06.98	50.39	350m:	5:48.12 49.64
	100m:	1:35.37 51.03	200m:	3:16.59	50.49	300m:	4:58.48	51.50	400m:	6:31.60 43.48
3.	WASZKIEWICZ, Maciej		06	MKS "Ro " Pisz				6:32.27	176	
	50m:	44.18 44.18	150m:	2:22.81	49.72	250m:	4:03.84	50.20	350m:	5:46.24 51.72
	100m:	1:33.09 48.91	200m:	3:13.64	50.83	300m:	4:54.52	50.68	400m:	6:32.27 46.03
4.	NIEWI SKI, Mateusz		06	MUKP Warszawianka				7:50.61	102	
	50m:	50.42 50.42	150m:	2:49.43	1:00.73	250m:	4:52.52		350m:	6:52.47
	100m:	1:48.70 58.28	200m:			300m:			400m:	7:50.61 58.14
11 lat										
1.	PAWŁOWSKI, Michał		05	UKS V Łomianki				5:13.87	344	
	50m:	35.12 35.12	150m:	1:55.08	40.19	250m:	3:16.54	40.68	350m:	4:37.48 40.17
	100m:	1:14.89 39.77	200m:	2:35.86	40.78	300m:	3:57.31	40.77	400m:	5:13.87 36.39
2.	MOCHNAL, Kacper		05	UKS SP 149 Łód				5:16.77	335	
	50m:	37.07 37.07	150m:	1:57.50	40.21	250m:	3:18.78	39.89	350m:	4:38.69 39.16
	100m:	1:17.29 40.22	200m:	2:38.89	41.39	300m:	3:59.53	40.75	400m:	5:16.77 38.08
3.	KOSOBUDZKI, Cezary		05	UKS G-8 Bielany Warszawa				5:22.83	316	
	50m:	36.74 36.74	150m:	2:00.27	42.04	250m:	3:24.44	42.16	350m:	4:44.96 39.38
	100m:	1:18.23 41.49	200m:	2:42.28	42.01	300m:	4:05.58	41.14	400m:	5:22.83 37.87
4.	TRYDULSKI, Oskar		05	Uks Gim 92 Ursynów Warszawa				5:53.11	242	
	50m:	38.71 38.71	150m:	2:07.35	45.14	250m:	3:38.71	45.71	350m:	5:10.57 45.55
	100m:	1:22.21 43.50	200m:	2:53.00	45.65	300m:	4:25.02	46.31	400m:	5:53.11 42.54
5.	TARKOWSKI, Stanisław		05	Klub Sportowy Wisła Puławy				6:01.61	225	
	50m:	40.96 40.96	150m:	2:12.49	46.18	250m:	3:44.73	46.22	350m:	5:17.86 46.70
	100m:	1:26.31 45.35	200m:	2:58.51	46.02	300m:	4:31.16	46.43	400m:	6:01.61 43.75
6.	BIKOWSKI, Mateusz		05	Uks Wilanowia				6:05.25	218	
	50m:	40.95 40.95	150m:	2:14.44	47.95	250m:	3:50.29	48.56	350m:	5:24.37 47.00
	100m:	1:26.49 45.54	200m:	3:01.73	47.29	300m:	4:37.37	47.08	400m:	6:05.25 40.88
7.	JURDA, Mikołaj		05	UKS SP 149 Łód				6:22.79	190	
	50m:	42.60 42.60	150m:	2:21.38	48.63	250m:	4:00.34	49.43	350m:	5:38.26 48.69
	100m:	1:32.75 50.15	200m:	3:10.91	49.53	300m:	4:49.57	49.23	400m:	6:22.79 44.53
12 lat										
1.	CHMIELEWSKI, Krzysztof		04	Iuks Muszelka				4:41.89	475	
	50m:	31.85 31.85	150m:	1:42.40	35.44	250m:	2:54.17	35.62	350m:	4:06.47 35.62
	100m:	1:06.96 35.11	200m:	2:18.55	36.15	300m:	3:30.85	36.68	400m:	4:41.89 35.42
2.	CHMIELEWSKI, Michał		04	Iuks Muszelka				4:49.30	440	
	50m:	33.18 33.18	150m:	1:46.95	37.26	250m:	3:00.61	36.37	350m:	4:14.14 36.55
	100m:	1:09.69 36.51	200m:	2:24.24	37.29	300m:	3:37.59	36.98	400m:	4:49.30 35.16
3.	BEDNAREK, Przemysław		04	Iuks Muszelka				5:01.29	389	
	50m:	34.37 34.37	150m:	1:50.21	38.15	250m:	3:06.79	38.22	350m:	4:23.62 37.95
	100m:	1:12.06 37.69	200m:	2:28.57	38.36	300m:	3:45.67	38.88	400m:	5:01.29 37.67
4.	ZIEMBOWICZ, Franciszek		04	UKS G-8 Bielany Warszawa				5:01.79	387	
	50m:	32.92 32.92	150m:	1:49.86	38.53	250m:	3:07.25	38.61	350m:	4:25.17 39.22
	100m:	1:11.33 38.41	200m:	2:28.64	38.78	300m:	3:45.95	38.70	400m:	5:01.79 36.62

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 3. - 4.6.2016

Konkurencja 20, Chłopców, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.		
5.	STANISŁAWSKI, Bartosz		04	UKS SP 149 Łód				5:12.43	349		
	50m:	35.92 35.92	150m:	1:57.17	40.69	250m:	3:16.62	39.47	350m:	4:35.59	39.06
	100m:	1:16.48 40.56	200m:	2:37.15	39.98	300m:	3:56.53	39.91	400m:	5:12.43	36.84
	MINICHOWSKI, Maksymilian		04	UKS V Łomianki				5:12.43	349		
	50m:	34.99 34.99	150m:	1:54.92	40.22	250m:	3:16.10	40.90	350m:	4:36.63	40.23
	100m:	1:14.70 39.71	200m:	2:35.20	40.28	300m:	3:56.40	40.30	400m:	5:12.43	35.80
7.	RAFAŁ, Kacper		04	UKS V Łomianki				5:13.45	346		
	50m:	34.65 34.65	150m:	1:53.95	39.58	250m:	3:15.02	40.19	350m:	4:35.80	39.59
	100m:	1:14.37 39.72	200m:	2:34.83	40.88	300m:	3:56.21	41.19	400m:	5:13.45	37.65
8.	BIAŁEK, Paweł		04	UKS G-8 Bielany Warszawa				5:20.08	325		
	50m:	35.29 35.29	150m:	1:57.09	42.04	250m:	3:21.04	41.41	350m:	4:43.31	41.20
	100m:	1:15.05 39.76	200m:	2:39.63	42.54	300m:	4:02.11	41.07	400m:	5:20.08	36.77
9.	WYSOCKI, Piotr		04	UKS Cityzen Pozna				5:22.83	316		
	50m:	34.54 34.54	150m:	3:19.22	2:05.30	250m:	4:43.64	2:06.94	350m:		
	100m:	1:13.92 39.38	200m:	2:36.70		300m:	4:00.69		400m:	5:22.83	
10.	YRO, Ignacy		04	Uks Wilanowia				5:25.84	308		
	50m:	34.72 34.72	150m:	1:56.82	41.78	250m:	3:20.82	42.05	350m:	4:45.08	42.20
	100m:	1:15.04 40.32	200m:	2:38.77	41.95	300m:	4:02.88	42.06	400m:	5:25.84	40.76
11.	SITKIEWICZ, Miłosz		04	UKS G-8 Bielany Warszawa				5:27.79	302		
	50m:	37.72 37.72	150m:	2:02.24	42.83	250m:	3:26.14	42.54	350m:	4:49.05	41.19
	100m:	1:19.41 41.69	200m:	2:43.60	41.36	300m:	4:07.86	41.72	400m:	5:27.79	38.74
12.	KORDZIAK, Witold		04	UKS G-8 Bielany Warszawa				5:28.43	300		
	50m:	37.21 37.21	150m:	2:01.46	42.24	250m:	3:25.89	42.40	350m:	4:49.27	41.67
	100m:	1:19.22 42.01	200m:	2:43.49	42.03	300m:	4:07.60	41.71	400m:	5:28.43	39.16
13.	PAWŁOWSKI, Bartosz		04	UKS G-8 Bielany Warszawa				5:37.55	277		
	50m:	38.22 38.22	150m:	2:02.26	42.22	250m:	3:27.63	42.92	350m:	4:55.41	43.90
	100m:	1:20.04 41.82	200m:	2:44.71	42.45	300m:	4:11.51	43.88	400m:	5:37.55	42.14
14.	SOBICH, Mikołaj		04	Klub Sportowy Wisła Puławy				5:38.95	273		
	50m:	37.43 37.43	150m:	2:03.95	44.00	250m:	3:32.24	44.96	350m:	4:58.87	42.71
	100m:	1:19.95 42.52	200m:	2:47.28	43.33	300m:	4:16.16	43.92	400m:	5:38.95	40.08
15.	ROGACKI, Michał		04	UKS SP 149 Łód				5:43.13	263		
	50m:	37.62 37.62	150m:	2:05.24	44.30	250m:	3:33.02	43.58	350m:	5:02.23	44.31
	100m:	1:20.94 43.32	200m:	2:49.44	44.20	300m:	4:17.92	44.90	400m:	5:43.13	40.90
16.	ANISIEWICZ, Dominik		04	MUKP Warszawianka				6:04.08	220		
	50m:	40.44 40.44	150m:	2:14.46	47.12	250m:	3:49.72	47.85	350m:	5:22.75	45.82
	100m:	1:27.34 46.90	200m:	3:01.87	47.41	300m:	4:36.93	47.21	400m:	6:04.08	41.33

13 lat

1.	URYNIUK, Paweł		03	Buks Warszawa				4:29.05	547		
	50m:	30.43 30.43	150m:	1:37.86	33.89	250m:	2:45.79	33.73	350m:	3:55.42	35.01
	100m:	1:03.97 33.54	200m:	2:12.06	34.20	300m:	3:20.41	34.62	400m:	4:29.05	33.63
2.	PRZYBYSZ, Mateusz		03	Buks Warszawa				4:34.75	513		
	50m:	31.53 31.53	150m:	1:40.31	34.34	250m:	2:50.21	34.81	350m:	4:00.56	35.18
	100m:	1:05.97 34.44	200m:	2:15.40	35.09	300m:	3:25.38	35.17	400m:	4:34.75	34.19
3.	G STAŁ, Jan		03	MUKP Warszawianka				4:36.31	505		
	50m:	29.60 29.60	150m:	1:39.65	36.31	250m:	2:52.30	35.83	350m:	4:03.90	35.66
	100m:	1:03.34 33.74	200m:	2:16.47	36.82	300m:	3:28.24	35.94	400m:	4:36.31	32.41
4.	RODKIEWICZ, Radosław		03	Iuks Muszelka				4:42.34	473		
	50m:	31.03 31.03	150m:	1:40.52	35.48	250m:	2:52.98	36.31	350m:	4:06.38	36.70
	100m:	1:05.04 34.01	200m:	2:16.67	36.15	300m:	3:29.68	36.70	400m:	4:42.34	35.96
5.	ZALEWSKI, Sebastian		03	UKS Pirania Targówek				4:43.14	469		
	50m:	32.60 32.60	150m:	1:44.90	36.07	250m:	2:56.19	35.25	350m:	4:08.06	35.66
	100m:	1:08.83 36.23	200m:	2:20.94	36.04	300m:	3:32.40	36.21	400m:	4:43.14	35.08

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 3. - 4.6.2016

Konkurencja 20, Chłopców, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.
6.	WIEK, Wiktor		03	Buks Warszawa			4:43.26	468	
	50m: 32.45	32.45	150m: 1:43.47	35.93	250m: 2:55.64	36.43	350m: 4:09.34	36.80	
	100m: 1:07.54	35.09	200m: 2:19.21	35.74	300m: 3:32.54	36.90	400m: 4:43.26	33.92	
7.	ROGUSKI, Mateusz		03	Iuks Muszelka			4:44.92	460	
	50m: 31.90	31.90	150m: 1:44.15	36.23	250m: 2:57.19	36.44	350m: 4:09.56	36.18	
	100m: 1:07.92	36.02	200m: 2:20.75	36.60	300m: 3:33.38	36.19	400m: 4:44.92	35.36	
8.	WALAT, Sebastian		03	UKS Pirania Targówek			4:47.14	450	
	50m: 31.23	31.23	150m: 1:43.62	36.68	250m: 2:57.29	36.65	350m: 4:11.43	36.65	
	100m: 1:06.94	35.71	200m: 2:20.64	37.02	300m: 3:34.78	37.49	400m: 4:47.14	35.71	
9.	KUDLI SKI, Łukasz		03	UKS SP 149 Łódź			4:53.28	422	
	50m: 33.07	33.07	150m: 1:48.29	37.89	250m: 3:03.90	37.58	350m: 4:18.35	36.79	
	100m: 1:10.40	37.33	200m: 2:26.32	38.03	300m: 3:41.56	37.66	400m: 4:53.28	34.93	
10.	LEWANDOWSKI, Adrian		03	UKS SP 149 Łódź			5:05.81	372	
	50m: 35.11	35.11	150m: 1:52.77	38.42	250m: 3:10.37	38.73	350m: 4:28.31	38.77	
	100m: 1:14.35	39.24	200m: 2:31.64	38.87	300m: 3:49.54	39.17	400m: 5:05.81	37.50	
11.	SOBIECH, Szymon		03	UKS SP 149 Łódź			5:07.92	365	
	50m: 33.82	33.82	150m: 1:51.93	39.31	250m: 3:11.66	39.51	350m: 4:31.06	39.52	
	100m: 1:12.62	38.80	200m: 2:32.15	40.22	300m: 3:51.54	39.88	400m: 5:07.92	36.86	
12.	ILCEWICZ, Hubert		03	UKS Victoria Józefów			5:10.97	354	
	50m: 34.05	34.05	150m: 1:52.22	40.07	250m: 3:13.04	40.28	350m: 4:34.28	40.60	
	100m: 1:12.15	38.10	200m: 2:32.76	40.54	300m: 3:53.68	40.64	400m: 5:10.97	36.69	
13.	CIERNIAK, Franek		03	Uks Delfin Legionowo			5:12.71	348	
	50m: 33.02	33.02	150m: 1:51.81	40.06	250m: 3:12.80	40.42	350m: 4:35.43	41.62	
	100m: 1:11.75	38.73	200m: 2:32.38	40.57	300m: 3:53.81	41.01	400m: 5:12.71	37.28	
14.	NIEDU AK, Maurycy		03	UKS Pirania Targówek			5:19.87	325	
	50m: 34.00	34.00	150m: 1:54.79	42.23	250m: 3:17.66	41.61	350m: 4:41.52	42.27	
	100m: 1:12.56	38.56	200m: 2:36.05	41.26	300m: 3:59.25	41.59	400m: 5:19.87	38.35	
15.	MAKOWSKI, Dominik		03	UKS Cityzen Poznań			5:26.96	304	
	50m: 36.54	36.54	150m: 2:00.67	42.75	250m: 3:25.54	42.53	350m: 4:49.00	41.90	
	100m: 1:17.92	41.38	200m: 2:43.01	42.34	300m: 4:07.10	41.56	400m: 5:26.96	37.96	
16.	JARUGA, Szymon		03	UKS Cityzen Poznań			6:06.98	215	
	50m: 39.33	39.33	150m: 2:13.36	47.87	250m: 3:49.40	48.59	350m: 5:23.89	46.29	
	100m: 1:25.49	46.16	200m: 3:00.81	47.45	300m: 4:37.60	48.20	400m: 6:06.98	43.09	

14 lat

1.	ORLICZ, Filip		02	UKS G-8 Bielany Warszawa			4:07.85	700
	<i>Rekord Polski 14 - latków</i>							
	50m: 28.25	28.25	150m: 1:32.19	32.21	250m: 2:35.94	31.66	350m: 3:39.04	31.29
	100m: 59.98	31.73	200m: 2:04.28	32.09	300m: 3:07.75	31.81	400m: 4:07.85	28.81
2.	JA KIEWICZ, Adrian		02	Iuks Muszelka			4:21.29	597
	50m: 29.78	29.78	150m: 1:35.96	33.26	250m: 2:43.39	33.64	350m: 3:49.79	32.96
	100m: 1:02.70	32.92	200m: 2:09.75	33.79	300m: 3:16.83	33.44	400m: 4:21.29	31.50
3.	J DRYŚ, Igor		02	MUKP Warszawianka			4:25.66	568
	50m: 29.09	29.09	150m: 1:36.56	34.49	250m: 2:45.56	34.32	350m: 3:54.34	34.24
	100m: 1:02.07	32.98	200m: 2:11.24	34.68	300m: 3:20.10	34.54	400m: 4:25.66	31.32
4.	DOŁOWY, Grzegorz		02	Iuks Muszelka			4:26.20	565
	50m: 30.43	30.43	150m: 1:37.23	33.75	250m: 2:45.34	34.11	350m: 3:53.86	34.51
	100m: 1:03.48	33.05	200m: 2:11.23	34.00	300m: 3:19.35	34.01	400m: 4:26.20	32.34
5.	KRZYWANIA, Oskar		02	UKS SP 149 Łódź			4:30.45	538
	50m: 30.81	30.81	150m: 1:40.25	34.88	250m: 2:50.13	34.66	350m: 3:59.00	34.20
	100m: 1:05.37	34.56	200m: 2:15.47	35.22	300m: 3:24.80	34.67	400m: 4:30.45	31.45
6.	RUTA, Kamil		02	Iuks Muszelka			4:33.15	522
	50m: 30.68	30.68	150m: 1:39.28	34.66	250m: 2:49.49	35.10	350m: 3:59.49	34.58
	100m: 1:04.62	33.94	200m: 2:14.39	35.11	300m: 3:24.91	35.42	400m: 4:33.15	33.66

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 3. - 4.6.2016

Konkurencja 20, Chłopców, 400m dowolny, 14 lat

Pozycja			Rok ur.					Czas	Pkt.
7.	DUDKIEWICZ, Kacper	02	Uks,, oliborz" Warszawa					4:34.79	513
	50m: 30.55 30.55	150m: 1:39.58	35.24	250m: 2:51.23	36.03	350m: 4:02.00	35.47		
	100m: 1:04.34 33.79	200m: 2:15.20	35.62	300m: 3:26.53	35.30	400m: 4:34.79	32.79		
8.	LIPOWSKI, Oskar	02	MKS POLONIA Warszawa					4:37.13	500
	50m: 30.68 30.68	150m: 1:38.94	34.50	250m: 2:50.13	35.45	350m: 4:02.84	36.64		
	100m: 1:04.44 33.76	200m: 2:14.68	35.74	300m: 3:26.20	36.07	400m: 4:37.13	34.29		
9.	SOBOLEWSKI, Dawid	02	MKS Medyk Gi ycko					4:37.54	498
	50m: 29.66 29.66	150m: 1:40.31	35.93	250m: 2:52.54	35.91	350m: 4:03.68	35.51		
	100m: 1:04.38 34.72	200m: 2:16.63	36.32	300m: 3:28.17	35.63	400m: 4:37.54	33.86		
10.	ABD EL RAZEK, Jakub	02	MUKP Warszawianka					4:38.06	495
	50m: 30.82 30.82	150m: 1:40.19	35.46	250m: 2:52.10	35.60	350m: 4:03.90	35.61		
	100m: 1:04.73 33.91	200m: 2:16.50	36.31	300m: 3:28.29	36.19	400m: 4:38.06	34.16		
11.	MIESZKUNIEC, Szymon	02	UKS Victoria Józefów					4:39.96	485
	50m: 30.66 30.66	150m: 1:39.73	35.06	250m: 2:52.21	36.33	350m: 4:05.97	36.97		
	100m: 1:04.67 34.01	200m: 2:15.88	36.15	300m: 3:29.00	36.79	400m: 4:39.96	33.99		
12.	CZAJKA, Marcel	02	Iuks Muszelka					4:40.10	485
	50m: 31.80 31.80	150m: 1:42.47	35.59	250m: 2:54.07	35.86	350m: 4:05.66	35.60		
	100m: 1:06.88 35.08	200m: 2:18.21	35.74	300m: 3:30.06	35.99	400m: 4:40.10	34.44		
13.	GREGORCZYK, Jan	02	Uks,, oliborz" Warszawa					4:40.20	484
	50m: 32.47 32.47	150m: 1:43.66	35.68	250m: 2:55.77	36.00	350m: 4:06.65	35.10		
	100m: 1:07.98 35.51	200m: 2:19.77	36.11	300m: 3:31.55	35.78	400m: 4:40.20	33.55		
14.	KOPICZKO, Maksymilian	02	MKS Medyk Gi ycko					4:43.98	465
	50m: 30.21 30.21	150m: 1:41.98	36.83	250m: 2:55.76	37.42	350m: 4:09.25	36.33		
	100m: 1:05.15 34.94	200m: 2:18.34	36.36	300m: 3:32.92	37.16	400m: 4:43.98	34.73		
15.	BIAŁECKI, Jan	02	UKS Victoria Józefów					4:47.03	450
	50m: 30.26 30.26	150m: 1:41.09	36.00	250m: 2:55.91	38.00	350m: 4:11.79	38.01		
	100m: 1:05.09 34.83	200m: 2:17.91	36.82	300m: 3:33.78	37.87	400m: 4:47.03	35.24		
16.	MOLENDĄ, Dominik	02	UKS Pirania Targówek					4:47.09	450
	50m: 32.57 32.57	150m: 1:46.95	38.05	250m: 3:00.06	35.82	350m: 4:12.94	36.11		
	100m: 1:08.90 36.33	200m: 2:24.24	37.29	300m: 3:36.83	36.77	400m: 4:47.09	34.15		
17.	PYCZOT, Paweł	02	UKS Pirania Targówek					4:47.28	449
	50m: 31.99 31.99	150m: 1:44.81	36.80	250m: 2:58.35	36.83	350m: 4:12.74	36.97		
	100m: 1:08.01 36.02	200m: 2:21.52	36.71	300m: 3:35.77	37.42	400m: 4:47.28	34.54		
18.	WALENCIAK, Aleksander	02	UKS V Łomianki					4:49.69	438
	50m: 32.44 32.44	150m: 1:45.73	36.93	250m: 3:00.23	37.21	350m: 4:14.56	37.34		
	100m: 1:08.80 36.36	200m: 2:23.02	37.29	300m: 3:37.22	36.99	400m: 4:49.69	35.13		
19.	RAJCA, Wiktor	02	Uks190					4:51.90	428
	50m: 33.82 33.82	150m: 1:47.99	37.64	250m: 3:01.91	36.47	350m: 4:16.38	37.34		
	100m: 1:10.35 36.53	200m: 2:25.44	37.45	300m: 3:39.04	37.13	400m: 4:51.90	35.52		
20.	R PAŁA, Tomasz	02	UKS Gos Raszyn					5:01.66	388
	50m: 34.53 34.53	150m: 1:50.18	38.15	250m: 3:06.85	38.42	350m: 4:24.69	38.92		
	100m: 1:12.03 37.50	200m: 2:28.43	38.25	300m: 3:45.77	38.92	400m: 5:01.66	36.97		
21.	KUCHARSKI, Jan	02	Uks Kapry Armexim Pruszków					5:04.74	376
	50m: 33.85 33.85	150m: 1:50.44	39.19	250m: 3:09.67	39.82	350m: 4:28.02	39.24		
	100m: 1:11.25 37.40	200m: 2:29.85	39.41	300m: 3:48.78	39.11	400m: 5:04.74	36.72		
22.	STYCZY SKI, Wojciech	02	UKS NAWA Skierniewice					5:15.69	338
	50m: 34.71 34.71	150m: 1:55.15	40.64	250m: 3:16.97	40.75	350m: 4:37.41	39.84		
	100m: 1:14.51 39.80	200m: 2:36.22	41.07	300m: 3:57.57	40.60	400m: 5:15.69	38.28		
23.	POPŁONYK, Jakub	02	Buks Warszawa					5:16.38	336
	50m: 34.10 34.10	150m: 1:54.26	40.73	250m: 3:16.61	40.72	350m: 4:38.06	40.53		
	100m: 1:13.53 39.43	200m: 2:35.89	41.63	300m: 3:57.53	40.92	400m: 5:16.38	38.32		
24.	CHOI SKI, Bartosz	02	MUKP Warszawianka					5:16.98	334
	50m: 34.01 34.01	150m: 1:54.04	40.94	250m: 3:15.72	40.63	350m: 4:37.66	41.32		
	100m: 1:13.10 39.09	200m: 2:35.09	41.05	300m: 3:56.34	40.62	400m: 5:16.98	39.32		

Otwarte Mistrzostwa Warszawy w pływaniu
Warszawa, 3. - 4.6.2016

Konkurencja 20, Chłopców, 400m dowolny, 14 lat

Pozycja					Rok ur.					Czas	Pkt.	
25.	KALISIAK, Norbert				02	UKS NAWA Skierniewice				5:30.67	294	
	50m:	37.48	37.48	150m:	2:01.75	42.80	250m:	3:25.71	42.05	350m:	4:50.51	41.90
	100m:	1:18.95	41.47	200m:	2:43.66	41.91	300m:	4:08.61	42.90	400m:	5:30.67	40.16
PK	MATUSIAK, Adrian				01	UKS Posejdon Pułtusk				4:52.16	427	
	50m:	30.97	30.97	150m:	1:45.40	37.72	250m:	3:01.00	37.43	350m:	4:16.54	37.26
	100m:	1:07.68	36.71	200m:	2:23.57	38.17	300m:	3:39.28	38.28	400m:	4:52.16	35.62
PK	GALAS, Daniel				00	UKS Posejdon Pułtusk				5:05.11	375	
	50m:	33.16	33.16	150m:	1:49.69	38.60	250m:	3:09.64	40.18	350m:	4:28.19	39.22
	100m:	1:11.09	37.93	200m:	2:29.46	39.77	300m:	3:48.97	39.33	400m:	5:05.11	36.92
PK	PAJ K, Bartosz Pk.				01	Buks Warszawa				4:22.68	588	
	50m:	29.61	29.61	150m:	1:35.90	32.88	250m:	2:43.30	33.33	350m:	3:50.52	33.46
	100m:	1:03.02	33.41	200m:	2:09.97	34.07	300m:	3:17.06	33.76	400m:	4:22.68	32.16
PK	KOTARSKI, Jakub Pk.				01	Buks Warszawa				4:59.13	398	
	50m:	33.47	33.47	150m:	1:48.10	38.14	250m:	3:04.19	37.54	350m:	4:21.19	38.74
	100m:	1:09.96	36.49	200m:	2:26.65	38.55	300m:	3:42.45	38.26	400m:	4:59.13	37.94
PK	KAROLCZAK, Jan				01	Buks Warszawa				4:07.50	703	
	50m:	27.68	27.68	150m:	1:31.52	32.38	250m:	2:35.30	31.58	350m:	3:37.83	31.10
	100m:	59.14	31.46	200m:	2:03.72	32.20	300m:	3:06.73	31.43	400m:	4:07.50	29.67
PK	KIEDROWSKI, Adam				01	UKS G-8 Bielany Warszawa				4:49.21	440	
	50m:	33.04	33.04	150m:	1:47.01	37.12	250m:	3:00.40	36.63	350m:	4:14.96	36.92
	100m:	1:09.89	36.85	200m:	2:23.77	36.76	300m:	3:38.04	37.64	400m:	4:49.21	34.25
PK	PAWLAK, Rafał				01	UKS G-8 Bielany Warszawa				4:56.82	407	
	50m:	32.08	32.08	150m:	1:45.98	37.41	250m:	3:02.50	38.32	350m:	4:19.92	38.75
	100m:	1:08.57	36.49	200m:	2:24.18	38.20	300m:	3:41.17	38.67	400m:	4:56.82	36.90
PK	SENKOWSKI, Kacper				01	UKS G-8 Bielany Warszawa				4:37.97	496	
	50m:	31.04	31.04	150m:	1:40.10	35.07	250m:	2:52.00	35.98	350m:	4:03.96	35.64
	100m:	1:05.03	33.99	200m:	2:16.02	35.92	300m:	3:28.32	36.32	400m:	4:37.97	34.01
PK	MICHALAK, Jacek				01	Uks Kapry Armexim Pruszków				4:44.77	461	
	50m:	31.45	31.45	150m:	1:43.10	36.23	250m:	2:56.47	36.61	350m:	4:09.54	36.38
	100m:	1:06.87	35.42	200m:	2:19.86	36.76	300m:	3:33.16	36.69	400m:	4:44.77	35.23
PK	GONTARCZYK, Kamil				00	Uks Kapry Armexim Pruszków				4:48.46	444	
	50m:	30.79	30.79	150m:	1:42.98	35.99	250m:	2:57.20	36.97	350m:	4:12.31	37.28
	100m:	1:06.99	36.20	200m:	2:20.23	37.25	300m:	3:35.03	37.83	400m:	4:48.46	36.15
PK	D BSKI, Szymon				99	UKS NAWA Skierniewice				4:32.27	528	
	50m:	30.54	30.54	150m:	1:39.11	34.75	250m:	2:49.54	35.19	350m:	3:58.78	34.80
	100m:	1:04.36	33.82	200m:	2:14.35	35.24	300m:	3:23.98	34.44	400m:	4:32.27	33.49
PK	LIBERA, Daniel				01	UKS NAWA Skierniewice				5:08.32	363	
	50m:	34.39	34.39	150m:	1:52.35	39.67	250m:	3:12.48	40.04	350m:	4:31.43	39.49
	100m:	1:12.68	38.29	200m:	2:32.44	40.09	300m:	3:51.94	39.46	400m:	5:08.32	36.89
PK	KARWAT, Krzysztof				96	UKS NAWA Skierniewice				4:25.57	569	
	50m:	28.92	28.92	150m:	1:36.37	34.57	250m:	2:46.03	34.64	350m:	3:54.37	33.92
	100m:	1:01.80	32.88	200m:	2:11.39	35.02	300m:	3:20.45	34.42	400m:	4:25.57	31.20
PK	NOWAK, Aleksander				01	UKS NAWA Skierniewice				4:38.71	492	
	50m:	31.68	31.68	150m:	1:42.40	36.21	250m:	2:53.82	35.90	350m:	4:05.06	35.29
	100m:	1:06.19	34.51	200m:	2:17.92	35.52	300m:	3:29.77	35.95	400m:	4:38.71	33.65