

Otwarte Mistrzostwa Okręgu Warszawsko-Mazowieckiego
Warszawa, 17. - 18.6.2016

Konkurencja 20
17.06.2016 - 16:29

Mężczyzn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja	Rok ur.	Czas	Pkt.
14 - 15 lat			
1. JEMIELITA, Oskar	01	4:23.16	584
50m: 29.31 29.31	150m: 1:35.38 33.55	250m: 2:43.05 33.86	350m: 3:50.36 33.47
100m: 1:01.83 32.52	200m: 2:09.19 33.81	300m: 3:16.89 33.84	400m: 4:23.16 32.80
2. JA KIEWICZ, Adrian	02	4:24.15	578
50m: 29.62 29.62	150m: 1:36.56 33.76	250m: 2:44.65 34.01	350m: 3:52.34 33.30
100m: 1:02.80 33.18	200m: 2:10.64 34.08	300m: 3:19.04 34.39	400m: 4:24.15 31.81
3. J DRYŚ, Igor	02	4:29.32	545
50m: 30.89 30.89	150m: 1:39.98 34.42	250m: 2:49.02 34.65	350m: 3:57.52 33.94
100m: 1:05.56 34.67	200m: 2:14.37 34.39	300m: 3:23.58 34.56	400m: 4:29.32 31.80
4. SENKOWSKI, Kacper	01	4:30.90	536
50m: 30.28 30.28	150m: 1:38.33 34.45	250m: 2:48.66 34.98	350m: 3:58.60 34.59
100m: 1:03.88 33.60	200m: 2:13.68 35.35	300m: 3:24.01 35.35	400m: 4:30.90 32.30
5. GOTOWSKI, Dominik	02	4:31.06	535
50m: 30.51 30.51	150m: 1:39.35 35.25	250m: 2:49.45 34.77	350m: 3:58.67 34.27
100m: 1:04.10 33.59	200m: 2:14.68 35.33	300m: 3:24.40 34.95	400m: 4:31.06 32.39
6. DOŁOWY, Grzegorz	02	4:33.85	518
50m: 30.43 30.43	150m: 1:39.29 35.00	250m: 2:49.36 35.01	350m: 3:59.57 34.88
100m: 1:04.29 33.86	200m: 2:14.35 35.06	300m: 3:24.69 35.33	400m: 4:33.85 34.28
7. RUTA, Kamil	02	4:34.57	514
50m: 31.48 31.48	150m: 1:41.67 35.33	250m: 2:50.71 33.89	350m: 4:00.33 34.92
100m: 1:06.34 34.86	200m: 2:16.82 35.15	300m: 3:25.41 34.70	400m: 4:34.57 34.24
8. CHOJNOWSKI, Tomasz	02	4:35.61	509
50m: 30.80 30.80	150m: 1:40.17 35.01	250m: 2:51.26 35.63	350m: 4:02.59 35.58
100m: 1:05.16 34.36	200m: 2:15.63 35.46	300m: 3:27.01 35.75	400m: 4:35.61 33.02
9. ABD EL RAZEK, Jakub	02	4:38.21	494
50m: 31.38 31.38	150m: 1:42.45 35.83	250m: 2:53.66 35.33	350m: 4:03.85 34.31
100m: 1:06.62 35.24	200m: 2:18.33 35.88	300m: 3:29.54 35.88	400m: 4:38.21 34.36
10. DŁU NIEWSKI, Dawid	01	4:39.90	486
50m: 31.45 31.45	150m: 1:42.83 36.73	250m: 2:56.20 36.74	350m: 4:07.53 35.18
100m: 1:06.10 34.65	200m: 2:19.46 36.63	300m: 3:32.35 36.15	400m: 4:39.90 32.37
11. CZERWIŃSKI, Łukasz	01	4:40.91	480
50m: 30.67 30.67	150m: 1:42.45 35.97	250m: 2:54.17 35.62	350m: 4:06.02 35.80
100m: 1:06.48 35.81	200m: 2:18.55 36.10	300m: 3:30.22 36.05	400m: 4:40.91 34.89
12. PAWŁOWSKI, Bogusław	02	4:41.86	475
50m: 31.79 31.79	150m: 1:44.03 36.43	250m: 2:58.06 36.02	350m: 4:09.17 35.56
100m: 1:07.60 35.81	200m: 2:22.04 38.01	300m: 3:33.61 35.55	400m: 4:41.86 32.69
13. JAKUBOWSKI, Piotr	01	4:43.17	469
50m: 31.25 31.25	150m: 1:43.09 36.53	250m: 2:56.44 36.38	350m: 4:08.27 35.49
100m: 1:06.56 35.31	200m: 2:20.06 36.97	300m: 3:32.78 36.34	400m: 4:43.17 34.90
14. J DRZEJEWSKI, Albert	02	4:49.87	437
50m: 31.54 31.54	150m: 1:44.79 37.39	250m: 2:59.59 37.87	350m: 4:14.36 37.45
100m: 1:07.40 35.86	200m: 2:21.72 36.93	300m: 3:36.91 37.32	400m: 4:49.87 35.51
15. MOLENDĄ, Dominik	02	4:50.63	434
50m: 33.28 33.28	150m: 1:47.83 38.11	250m: 3:03.10 37.54	350m: 4:15.96 35.82
100m: 1:09.72 36.44	200m: 2:25.56 37.73	300m: 3:40.14 37.04	400m: 4:50.63 34.67
16. PYCZOT, Paweł	02	4:50.70	433
50m: 32.89 32.89	150m: 1:47.75 38.06	250m: 3:02.47 37.64	350m: 4:16.55 37.15
100m: 1:09.69 36.80	200m: 2:24.83 37.08	300m: 3:39.40 36.93	400m: 4:50.70 34.15
17. R PAŁA, Tomasz	02	4:59.10	398
50m: 34.15 34.15	150m: 1:48.79 37.39	250m: 3:04.87 38.15	350m: 4:22.23 38.75
100m: 1:11.40 37.25	200m: 2:26.72 37.93	300m: 3:43.48 38.61	400m: 4:59.10 36.87

Otwarte Mistrzostwa Okręgu Warszawsko-Mazowieckiego
Warszawa, 17. - 18.6.2016

Konkurencja 20, Chłopców, 400m dowolny, 14 - 15 lat

Pozycja			Rok ur.					Czas	Pkt.		
18.	KUCHARSKI, Jan		02	Uks Kapry Armexim Pruszków				5:01.45	389		
	50m:	33.94 33.94	150m:	1:50.56	39.23	250m:	3:08.28	39.23	350m:	4:25.55	38.66
	100m:	1:11.33 37.39	200m:	2:29.05	38.49	300m:	3:46.89	38.61	400m:	5:01.45	35.90
19.	BURDUKIEWICZ, Maksymilian		02	MKS Polonia Warszawa				5:02.18	386		
	50m:	32.78 32.78	150m:	1:48.59	38.38	250m:	3:07.17	38.95	350m:	4:25.25	38.36
	100m:	1:10.21 37.43	200m:	2:28.22	39.63	300m:	3:46.89	39.72	400m:	5:02.18	36.93
20.	ZADUMI SKI, Olgierd		02	UKS G-8 Bielany Warszawa				5:02.74	384		
	50m:	31.81 31.81	150m:	1:47.84	38.42	250m:	3:05.56	38.93	350m:	4:24.44	39.22
	100m:	1:09.42 37.61	200m:	2:26.63	38.79	300m:	3:45.22	39.66	400m:	5:02.74	38.30
21.	CHOI SKI, Bartosz		02	MUKP Warszawianka Wodny Park				5:20.41	324		
	50m:	34.59 34.59	150m:	1:55.68	41.51	250m:	3:19.01	41.49	350m:	4:41.07	40.41
	100m:	1:14.17 39.58	200m:	2:37.52	41.84	300m:	4:00.66	41.65	400m:	5:20.41	39.34

16 lat i starsi

1.	MŁYNARCZYK, Karol		00	UKS G-8 Bielany Warszawa				4:07.79	700		
	50m:	29.39 29.39	150m:	1:32.89	31.78	250m:	2:35.35	30.74	350m:	3:37.57	31.23
	100m:	1:01.11 31.72	200m:	2:04.61	31.72	300m:	3:06.34	30.99	400m:	4:07.79	30.22
2.	PYTLARCZYK, Szymon		00	MUKP Warszawianka Wodny Park				4:24.05	578		
	50m:	31.10 31.10	150m:	1:39.73	34.03	250m:	2:47.29	34.13	350m:	3:53.50	32.99
	100m:	1:05.70 34.60	200m:	2:13.16	33.43	300m:	3:20.51	33.22	400m:	4:24.05	30.55
3.	KALISZ, Jakub		00	MKS Polonia Warszawa				4:32.62	526		
	50m:	29.43 29.43	150m:	1:37.82	34.64	250m:	2:48.57	35.43	350m:	3:59.04	34.89
	100m:	1:03.18 33.75	200m:	2:13.14	35.32	300m:	3:24.15	35.58	400m:	4:32.62	33.58
4.	J DRZEJEWSKI, Mateusz		00	UKS GOS Raszyn				4:40.84	481		
	50m:	30.72 30.72	150m:	1:38.47	34.23	250m:	2:50.84	36.49	350m:	4:05.06	37.26
	100m:	1:04.24 33.52	200m:	2:14.35	35.88	300m:	3:27.80	36.96	400m:	4:40.84	35.78
5.	SZUSTAK, Hubert		99	UKS GOS Raszyn				4:44.38	463		
	50m:	29.88 29.88	150m:	1:40.14	36.02	250m:	2:54.04	37.28	350m:	4:08.55	37.26
	100m:	1:04.12 34.24	200m:	2:16.76	36.62	300m:	3:31.29	37.25	400m:	4:44.38	35.83
6.	GONTARCZYK, Kamil		00	Uks Kapry Armexim Pruszków				4:45.32	458		
	50m:	31.36 31.36	150m:	1:44.34	36.85	250m:	2:57.54	36.65	350m:	4:10.46	36.21
	100m:	1:07.49 36.13	200m:	2:20.89	36.55	300m:	3:34.25	36.71	400m:	4:45.32	34.86
7.	PABICH, Jakub		00	MPKS Orka Ciechanów				4:48.78	442		
	50m:	32.06 32.06	150m:	1:45.07	37.12	250m:	2:59.84	36.87	350m:	4:13.72	36.87
	100m:	1:07.95 35.89	200m:	2:22.97	37.90	300m:	3:36.85	37.01	400m:	4:48.78	35.06
8.	WINIARSKI, Mateusz		99	Legia Warszawa				5:03.70	380		
	50m:	32.47 32.47	150m:	1:49.83	39.01	250m:	3:05.82	38.74	350m:	4:23.27	38.39
	100m:	1:10.82 38.35	200m:	2:27.08	37.25	300m:	3:44.88	39.06	400m:	5:03.70	40.43
PK	RÓYCKI, Szymon		05	Uks"Gim 92 Ursynów"Warszawa				5:51.45	245		
	50m:	37.02 37.02	150m:	2:10.43	48.21	250m:	3:39.93	45.48	350m:	5:10.97	45.06
	100m:	1:22.22 45.20	200m:	2:54.45	44.02	300m:	4:25.91	45.98	400m:	5:51.45	40.48
PK	WENERSKI, Eryk		05	Uks"Gim 92 Ursynów"Warszawa				5:56.73	234		
	50m:	39.57 39.57	150m:	2:10.96	45.35	250m:	3:41.30	44.85	350m:	5:12.20	45.43
	100m:	1:25.61 46.04	200m:	2:56.45	45.49	300m:	4:26.77	45.47	400m:	5:56.73	44.53