

Ogólnopolskie Integracyjne Zawody Pływackie MUSZELKA 2016
Warszawa, 12- - 13-11-2016

Konkurencja 8
12-11-2016 - 11:00

M czyzn, 400m dowolny

Open
Wyniki

Punkty: IPC 2014

Pozycja			Rok ur.					Czas	Pkt.		
19 lat i starsi, dysf. narz du ruchu											
1.	GAŁUSZKA, Dawid		97	START Katowice				5:34.37	345		
	50m:	33.83 33.83	150m:	1:54.82	42.09	250m:	3:20.22	43.04	350m:	4:51.22	46.55
	100m:	1:12.73 38.90	200m:	2:37.18	42.36	300m:	4:04.67	44.45	400m:	5:34.37	43.15
2.	SOLECKI, Mateusz		94	START Warszawa				5:39.69	329		
	50m:	35.42 35.42	150m:	1:56.52	41.31	250m:	3:25.01	45.08	350m:	4:55.24	44.76
	100m:	1:15.21 39.79	200m:	2:39.93	43.41	300m:	4:10.48	45.47	400m:	5:39.69	44.45
3.	MEJSNER, Piotr		92	START Szczecin				5:58.40	439		
	50m:	40.46 40.46	150m:	2:10.08	44.68	250m:	3:42.22	46.33	350m:	5:13.38	45.29
	100m:	1:25.40 44.94	200m:	2:55.89	45.81	300m:	4:28.09	45.87	400m:	5:58.40	45.02
19 lat i starsi, dysf. narz du wzroku											
1.	RZETELSKI, Kamil		96	START Wrocław				5:01.17	605		
	50m:	33.85 33.85	150m:	1:46.79	35.44	250m:	3:05.84	38.46	350m:	4:23.87	38.91
	100m:	1:11.35 37.50	200m:	2:27.38	40.59	300m:	3:44.96	39.12	400m:	5:01.17	37.30
17 - 18 lat, dysf. narz du ruchu											
1.	CEGLARSKI, Marcin		98	START Warszawa				6:19.71	369		
	50m:	40.37 40.37	150m:	2:13.46	48.55	250m:	3:52.14	49.43	350m:	5:31.09	49.47
	100m:	1:24.91 44.54	200m:	3:02.71	49.25	300m:	4:41.62	49.48	400m:	6:19.71	48.62
16 lat i młodsi, dysf. narz du ruchu											
1.	HREHOROWICZ, Igor		02	START Wrocław				4:57.27	491		
	50m:	33.77 33.77	150m:	1:47.99	37.55	250m:	3:04.19	38.15	350m:	4:19.33	37.89
	100m:	1:10.44 36.67	200m:	2:26.04	38.05	300m:	3:41.44	37.25	400m:	4:57.27	37.94
2.	MAKAR, Marcin		00	START Białystok				5:22.92	383		
	50m:	36.36 36.36	150m:	1:57.89	41.86	250m:	3:21.40	41.77	350m:	4:43.63	40.80
	100m:	1:16.03 39.67	200m:	2:39.63	41.74	300m:	4:02.83	41.43	400m:	5:22.92	39.29
16 lat i młodsi, dysf. narz du wzroku											
1.	DR G, Przemysław		02	START Cz stochowa				6:17.74	427		
	50m:	40.47 40.47	150m:	2:17.19	48.85	250m:	3:57.04	49.47	350m:	5:35.48	48.11
	100m:	1:28.34 47.87	200m:	3:07.57	50.38	300m:	4:47.37	50.33	400m:	6:17.74	42.26
11 - 12 lat											
1.	CHMIELEWSKI, Michał		04	MUSZELKA Warszawa				4:36.01			
	50m:	31.60 31.60	150m:	1:40.36	34.79	250m:	2:50.42	34.96	350m:	4:01.48	35.85
	100m:	1:05.57 33.97	200m:	2:15.46	35.10	300m:	3:25.63	35.21	400m:	4:36.01	34.53
2.	CHMIELEWSKI, Krzysztof		04	MUSZELKA Warszawa				4:37.62			
	50m:	30.62 30.62	150m:	1:39.58	35.19	250m:	2:50.50	35.52	350m:	4:02.34	35.94
	100m:	1:04.39 33.77	200m:	2:14.98	35.40	300m:	3:26.40	35.90	400m:	4:37.62	35.28
3.	BEDNAREK, Przemysław		04	MUSZELKA Warszawa				5:01.37			
	50m:	33.68 33.68	150m:	1:48.43	37.92	250m:	3:05.49	38.73	350m:	4:23.31	39.42
	100m:	1:10.51 36.83	200m:	2:26.76	38.33	300m:	3:43.89	38.40	400m:	5:01.37	38.06
4.	WOJCIECHOWSKI, Gaurahari		05	PIRANIA Targówek				6:44.81			
	50m:	43.40 43.40	150m:	2:24.88	51.87	250m:	4:10.23	53.88	350m:	5:56.25	52.60
	100m:	1:33.01 49.61	200m:	3:16.35	51.47	300m:	5:03.65	53.42	400m:	6:44.81	48.56
NIE UK.	PATOŁA, Szymon		05	PIRANIA Targówek							
	50m:	39.29 39.29	150m:	2:20.35	51.43	250m:	4:05.38	52.24	350m:	5:29.15	27.84
	100m:	1:28.92 49.63	200m:	3:13.14	52.79	300m:	5:01.31	55.93	400m:		

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13 - 14 lat

1.	JA KIEWICZ, Adrian	02	MUSZELKA Warszawa	4:11.20
	50m: 27.86 27.86	150m: 1:30.68	31.88 250m: 2:35.05 32.32	350m: 3:39.85 32.29
	100m: 58.80 30.94	200m: 2:02.73	32.05 300m: 3:07.56 32.51	400m: 4:11.20 31.35
2.	DOŁOWY, Grzegorz	02	MUSZELKA Warszawa	4:19.94
	50m: 29.08 29.08	150m: 1:33.02	32.35 250m: 2:39.61 33.35	350m: 3:46.96 33.92
	100m: 1:00.67 31.59	200m: 2:06.26	33.24 300m: 3:13.04 33.43	400m: 4:19.94 32.98
3.	RUTA, Kamil	02	MUSZELKA Warszawa	4:22.45
	50m: 29.75 29.75	150m: 1:34.56	32.70 250m: 2:40.95 33.21	350m: 3:48.84 34.02
	100m: 1:01.86 32.11	200m: 2:07.74	33.18 300m: 3:14.82 33.87	400m: 4:22.45 33.61
4.	ZALEWSKI, Sebastian	03	PIRANIA Targówek	4:33.28
	50m: 31.30 31.30	150m: 1:40.52	34.16 250m: 2:50.04 34.72	350m: 3:59.60 34.98
	100m: 1:06.36 35.06	200m: 2:15.32	34.80 300m: 3:24.62 34.58	400m: 4:33.28 33.68
5.	RODKIEWICZ, Radosław	03	MUSZELKA Warszawa	4:33.47
	50m: 30.36 30.36	150m: 1:38.37	34.42 250m: 2:48.10 35.25	350m: 3:58.84 35.29
	100m: 1:03.95 33.59	200m: 2:12.85	34.48 300m: 3:23.55 35.45	400m: 4:33.47 34.63
6.	ROGUSKI, Mateusz	03	MUSZELKA Warszawa	4:35.40
	50m: 30.72 30.72	150m: 1:39.06	34.75 250m: 2:49.88 35.35	350m: 4:00.55 35.03
	100m: 1:04.31 33.59	200m: 2:14.53	35.47 300m: 3:25.52 35.64	400m: 4:35.40 34.85
7.	WALAT, Sebastian	03	PIRANIA Targówek	4:42.95
	50m: 31.03 31.03	150m: 1:40.99	35.22 250m: 2:53.63 36.80	350m: 4:08.03 37.18
	100m: 1:05.77 34.74	200m: 2:16.83	35.84 300m: 3:30.85 37.22	400m: 4:42.95 34.92
8.	WOJNOWSKI, Damian	03	WODNIK Police	4:46.17
	50m: 32.36 32.36	150m: 1:44.84	36.07 250m: 2:57.98 36.58	350m: 4:11.48 36.69
	100m: 1:08.77 36.41	200m: 2:21.40	36.56 300m: 3:34.79 36.81	400m: 4:46.17 34.69
9.	MOLENDĄ, Dominik	02	PIRANIA Targówek	4:50.75
	50m: 30.18 30.18	150m: 1:42.49	37.34 250m: 2:58.36 37.82	350m: 4:13.21 37.25
	100m: 1:05.15 34.97	200m: 2:20.54	38.05 300m: 3:35.96 37.60	400m: 4:50.75 37.54
10.	NIEDU AK, Maurycy	03	PIRANIA Targówek	5:05.15
	50m: 33.42 33.42	150m: 1:51.67	39.49 250m: 3:09.72 38.99	350m: 4:27.96 39.07
	100m: 1:12.18 38.76	200m: 2:30.73	39.06 300m: 3:48.89 39.17	400m: 5:05.15 37.19
11.	KEMPA, Michał	02	PIRANIA Targówek	5:37.02
	50m: 35.86 35.86	150m: 1:58.23	42.51 250m: 3:25.49 43.95	350m: 4:54.64 44.53
	100m: 1:15.72 39.86	200m: 2:41.54	43.31 300m: 4:10.11 44.62	400m: 5:37.02 42.38