

Otwarte Mistrzostwa Okręgu Warszawsko-Mazowieckiego
Warszawa, 23. - 24.6.2017

Konkurencja 32
24.06.2017 - 10:54

Mężczyzn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.				
14 - 15 lat													
1.	J	drys Igor	02	MUKP Warszawianka Wodny Park				4:21.93	593				
		50m:		150m:		250m:	350m:						
		100m:		200m:		300m:	400m:	4:21.93					
2.	Ruta	Kamil	02	Iuks Muszelka Warszawa				4:24.70	574				
		50m:	29.73	150m:	1:35.50	250m:	2:42.58	33.57	350m:	3:50.89	34.25		
		100m:	1:02.00	32.27	200m:	2:09.01	33.51	300m:	3:16.64	34.06	400m:	4:24.70	33.81
3.	Rozmysłowski	Eryk	02	UKS GOS Raszyn				4:25.26	571				
		50m:	30.15	150m:	1:36.93	250m:	2:44.53	33.76	350m:	3:52.46	33.88		
		100m:	1:03.32	33.17	200m:	2:10.77	33.84	300m:	3:18.58	34.05	400m:	4:25.26	32.80
4.	Roguski	Mateusz	03	Iuks Muszelka Warszawa				4:27.58	556				
		50m:	31.05	150m:	1:38.93	250m:	2:46.97	33.97	350m:	3:54.86	33.91		
		100m:	1:04.70	33.65	200m:	2:13.00	34.07	300m:	3:20.95	33.98	400m:	4:27.58	32.72
5.	Rodkiewicz	Radosław	03	Iuks Muszelka Warszawa				4:28.60	550				
		50m:	30.70	150m:	1:38.36	250m:	2:46.64	33.87	350m:	3:55.68	34.40		
		100m:	1:04.31	33.61	200m:	2:12.77	34.41	300m:	3:21.28	34.64	400m:	4:28.60	32.92
6.	wiek	Wiktor	03	Buks				4:30.55	538				
		50m:	30.31	150m:	1:39.34	250m:	2:48.01	34.18	350m:	3:57.10	34.22		
		100m:	1:04.45	34.14	200m:	2:13.83	34.49	300m:	3:22.88	34.87	400m:	4:30.55	33.45
7.	Szutkiewicz	Szymon	02	BARRACUDA Białystok				4:37.24	500				
		50m:	32.44	150m:	1:42.73	250m:	2:53.95	35.79	350m:	4:03.98	35.16		
		100m:	1:07.34	34.90	200m:	2:18.16	35.43	300m:	3:28.82	34.87	400m:	4:37.24	33.26
8.	Szczurek	Jakub	02	Buks				4:37.82	497				
		50m:		150m:		250m:		350m:					
		100m:		200m:		300m:		400m:	4:37.82				
9.	Rembowski	Jan	03	IKS Konstancin				4:41.43	478				
		50m:		150m:		250m:		350m:					
		100m:		200m:		300m:		400m:	4:41.43				
10.	Borzemek	Hubert	02	UKS 307 Warszawa-Mokotów				4:42.74	471				
		50m:	33.07	150m:	1:43.81	250m:	2:55.83	35.84	350m:	4:08.63	36.52		
		100m:	1:08.45	35.38	200m:	2:19.99	36.18	300m:	3:32.11	36.28	400m:	4:42.74	34.11
11.	Skrzypek	Piotr	03	ródmiejski UKS POLNA Warszawa				4:46.02	455				
		50m:	32.41	150m:	1:45.48	250m:	2:58.49	36.52	350m:	4:10.96	36.42		
		100m:	1:08.63	36.22	200m:	2:21.97	36.49	300m:	3:34.54	36.05	400m:	4:46.02	35.06
12.	Kucharski	Jan	02	Uks Kapry Armexim Pruszków				4:50.26	435				
		50m:	32.72	150m:	1:45.83	250m:	3:00.38	37.14	350m:	4:15.08	36.96		
		100m:	1:09.03	36.31	200m:	2:23.24	37.41	300m:	3:38.12	37.74	400m:	4:50.26	35.18
13.	Adamczyk	Jan	03	MTP Lublinianka Lublin				4:53.65	420				
		50m:	33.68	150m:	1:48.04	250m:	3:03.68	38.19	350m:	4:18.86	37.25		
		100m:	1:10.28	36.60	200m:	2:25.49	37.45	300m:	3:41.61	37.93	400m:	4:53.65	34.79
14.	Popłonyk	Jakub	02	Buks				5:06.13	371				
		50m:	33.68	150m:	1:50.08	250m:	3:08.54	39.28	350m:	4:27.43	39.48		
		100m:	1:11.18	37.50	200m:	2:29.26	39.18	300m:	3:47.95	39.41	400m:	5:06.13	38.70
16 lat i starsi													
1.	Arndt	Mateusz	98	KS Delfin Gdynia				4:06.29	713				
		50m:	28.59	150m:	1:30.55	250m:	2:33.26	31.33	350m:	3:36.26	31.50		
		100m:	59.19	30.60	200m:	2:01.93	31.38	300m:	3:04.76	31.50	400m:	4:06.29	30.03
2.	Zubik	Stanisław SWwa	01	MKS Polonia Warszawa				4:18.33	618				
		50m:	29.10	150m:	1:34.29	250m:	2:40.68	32.95	350m:	3:46.82	33.11		
		100m:	1:01.20	32.10	200m:	2:07.73	33.44	300m:	3:13.71	33.03	400m:	4:18.33	31.51

Otwarte Mistrzostwa Okręgu Warszawsko-Mazowieckiego
Warszawa, 23. - 24.6.2017

Konkurencja 32, Mężczyźni, 400m dowolny, 16 lat i starsi

Pozycja			Rok ur.					Czas	Pkt.
3.	Czerwiński Łukasz		01	UKS Jagiellonka Warszawa				4:37.41	499
	50m:	29.58 29.58	150m:	1:39.21 35.18	250m:	2:49.61 35.16	350m:	4:01.92 35.86	
	100m:	1:04.03 34.45	200m:	2:14.45 35.24	300m:	3:26.06 36.45	400m:	4:37.41 35.49	
4.	Kotarski Jakub		01	Buks				4:39.87	486
	50m:	31.97 31.97	150m:	1:42.47 35.53	250m:	2:52.82 35.45	350m:	4:04.88 35.55	
	100m:	1:06.94 34.97	200m:	2:17.37 34.90	300m:	3:29.33 36.51	400m:	4:39.87 34.99	
5.	Gontarczyk Kamil		00	UKS G-8 Bielany				4:39.90	486
	50m:	30.33 30.33	150m:	1:40.61 35.49	250m:	2:52.98 36.42	350m:	4:05.65 36.43	
	100m:	1:05.12 34.79	200m:	2:16.56 35.95	300m:	3:29.22 36.24	400m:	4:39.90 34.25	
6.	Kalisz Jakub		00	MKS Polonia Warszawa				4:43.56	467
	50m:	31.24 31.24	150m:	1:41.78 35.84	250m:	2:54.16 36.10	350m:	4:08.08 37.17	
	100m:	1:05.94 34.70	200m:	2:18.06 36.28	300m:	3:30.91 36.75	400m:	4:43.56 35.48	
7.	Rowiński Aleksander		01	MUKP Warszawianka Wodny Park				4:43.81	466
	50m:	32.08 32.08	150m:	1:42.58 35.51	250m:	2:55.49 36.48	350m:	4:09.03 36.01	
	100m:	1:07.07 34.99	200m:	2:19.01 36.43	300m:	3:33.02 37.53	400m:	4:43.81 34.78	
8.	Barszczewski Maximilian		01	UKS Jagiellonka Warszawa				4:46.59	452
	50m:	31.02 31.02	150m:	1:42.52 36.57	250m:	2:57.26 37.54	350m:	4:11.43 36.85	
	100m:	1:05.95 34.93	200m:	2:19.72 37.20	300m:	3:34.58 37.32	400m:	4:46.59 35.16	
PK	Chmielewski Krzysztof		04	UKS Muszelka Warszawa				4:23.83	580
	50m:	29.90 29.90	150m:	1:36.02 33.58	250m:	2:43.27 33.99	350m:	3:50.84 33.97	
	100m:	1:02.44 32.54	200m:	2:09.28 33.26	300m:	3:16.87 33.60	400m:	4:23.83 32.99	
PK	Skibiak Hubert		04	Tri Team Rumia:				4:34.40	515
	50m:	31.76 31.76	150m:	1:41.77 35.18	250m:	2:51.51 35.00	350m:	4:01.19 34.84	
	100m:	1:06.59 34.83	200m:	2:16.51 34.74	300m:	3:26.35 34.84	400m:	4:34.40 33.21	
PK	Czyroński Ignacy		04	UKS Wilanowia				4:54.03	419
	50m:	32.82 32.82	150m:	1:46.11 37.20	250m:	3:01.98 37.55	350m:	4:18.08 37.87	
	100m:	1:08.91 36.09	200m:	2:24.43 38.32	300m:	3:40.21 38.23	400m:	4:54.03 35.95	