

Otwarte Wiosenne Mistrzostwa Okręgu Warszawsko Mazowieckiego
Pruszków, 16.3.2018

Konkurencja 16
16.03.2018 - 12:16

Mężczyźni, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2017

Pozycja	Rok ur.	Czas	Pkt.
14 - 15 lat			
1. CHMIELEWSKI, Krzysztof	04	Iuks Muszelka Warszawa	4:42.23 580
50m: 30.03 30.03	150m: 1:39.54 35.21	250m: 2:57.24 42.98	350m: 4:11.99 31.54
100m: 1:04.33 34.30	200m: 2:14.26 34.72	300m: 3:40.45 43.21	400m: 4:42.23 30.24
2. CHMIELEWSKI, Michał	04	Iuks Muszelka Warszawa	4:50.01 535
50m: 31.50 31.50	150m: 1:41.44 34.66	250m: 3:02.10 46.04	350m: 4:18.95 31.84
100m: 1:06.78 35.28	200m: 2:16.06 34.62	300m: 3:47.11 45.01	400m: 4:50.01 31.06
3. ROGUSKI, Mateusz	03	Iuks Muszelka Warszawa	4:56.36 501
50m: 31.75 31.75	150m: 1:45.46 38.13	250m: 3:05.93 43.21	350m: 4:24.41 34.41
100m: 1:07.33 35.58	200m: 2:22.72 37.26	300m: 3:50.00 44.07	400m: 4:56.36 31.95
4. ANTCZAK, Bartosz	03	UKP POLONIA Warszawa	4:59.35 486
50m: 31.70 31.70	150m: 1:45.95 37.92	250m: 3:06.84 43.55	350m: 4:25.45 35.24
100m: 1:08.03 36.33	200m: 2:23.29 37.34	300m: 3:50.21 43.37	400m: 4:59.35 33.90
5. WLAZŁOWSKI, Kamil	03	UKP POLONIA Warszawa	5:04.07 464
50m: 30.87 30.87	150m: 1:46.14 39.23	250m: 3:07.64 43.44	350m: 4:28.43 36.06
100m: 1:06.91 36.04	200m: 2:24.20 38.06	300m: 3:52.37 44.73	400m: 5:04.07 35.64
6. BEDNAREK, Przemysław	04	Iuks Muszelka Warszawa	5:06.17 455
50m: 33.17 33.17	150m: 1:50.31 39.27	250m: 3:13.50 44.55	350m: 4:33.23 34.88
100m: 1:11.04 37.87	200m: 2:28.95 38.64	300m: 3:58.35 44.85	400m: 5:06.17 32.94
7. LINARD, Bartosz	04	IKS Konstancin	5:06.84 452
50m: 32.91 32.91	150m: 1:52.63 40.65	250m: 3:13.49 41.05	350m: 4:32.80 37.19
100m: 1:11.98 39.07	200m: 2:32.44 39.81	300m: 3:55.61 42.12	400m: 5:06.84 34.04
8. CIUBA, Mikołaj	04	UKS G-8 Bielany Warszawa	5:20.17 397
50m: 33.84 33.84	150m: 1:53.68 40.60	250m: 3:18.08 44.36	350m: 4:42.17 38.61
100m: 1:13.08 39.24	200m: 2:33.72 40.04	300m: 4:03.56 45.48	400m: 5:20.17 38.00
16 lat i starsi			
1. JA KIEWICZ, Adrian	02	Iuks Muszelka Warszawa	4:40.54 591
50m: 29.90 29.90	150m: 1:39.81 36.19	250m: 2:57.06 41.88	350m: 4:10.55 31.45
100m: 1:03.62 33.72	200m: 2:15.18 35.37	300m: 3:39.10 42.04	400m: 4:40.54 29.99
2. RUTA, Kamil	02	Iuks Muszelka Warszawa	4:51.33 528
50m: 30.73 30.73	150m: 1:44.35 37.96	250m: 3:02.45 41.11	350m: 4:18.45 33.30
100m: 1:06.39 35.66	200m: 2:21.34 36.99	300m: 3:45.15 42.70	400m: 4:51.33 32.88
3. DOŁOWY, Grzegorz	02	Iuks Muszelka Warszawa	4:56.73 499
50m: 31.62 31.62	150m: 1:44.90 37.76	250m: 3:06.93 45.01	350m: 4:26.07 32.61
100m: 1:07.14 35.52	200m: 2:21.92 37.02	300m: 3:53.46 46.53	400m: 4:56.73 30.66
4. GONTARCZYK, Kamil	00	UKS G-8 Bielany Warszawa	5:07.91 447
50m: 31.42 31.42	150m: 1:49.31 40.83	250m: 3:13.77 46.00	350m: 4:34.40 34.20
100m: 1:08.48 37.06	200m: 2:27.77 38.46	300m: 4:00.20 46.43	400m: 5:07.91 33.51
5. SULIGA, Jeremi	00	UKP POLONIA Warszawa	5:09.78 439
50m: 31.72 31.72	150m: 1:49.77 39.93	250m: 3:11.86 42.51	350m: 4:34.51 38.42
100m: 1:09.84 38.12	200m: 2:29.35 39.58	300m: 3:56.09 44.23	400m: 5:09.78 35.27
PK MIŁKOWSKI, Wiktor	05	ródmiejski UKS Polna Warszawa	5:23.22 386
50m: 34.53 34.53	150m: 1:55.60 41.02	250m: 3:21.16 44.66	350m: 4:45.48 39.13
100m: 1:14.58 40.05	200m: 2:36.50 40.90	300m: 4:06.35 45.19	400m: 5:23.22 37.74