

OTWARTE LETNIE MISTRZOSTWA OKR GU WARSZAWSKO –MAZOWIECKIEGO  
Warszawa, 22. - 23.6.2018

Konkurencja 14  
22.06.2018 - 18:21

M czyzn, 400m zmienny

14 lat i starsi  
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.		
<b>14 - 15 lat</b>											
1.	CHMIELEWSKI, Krzysztof		04	Iuks Muszelka Warszawa				<b>4:49.40</b>	598		
	50m:	29.60 29.60	150m:	1:39.96	36.53	250m:	2:59.65	44.37	350m:	4:17.69	32.48
	100m:	1:03.43 33.83	200m:	2:15.28	35.32	300m:	3:45.21	45.56	400m:	4:49.40	31.71
2.	URYNIUK, Paweł		03	UKS G-8 Bielany				<b>4:52.30</b>	580		
	50m:	28.79 28.79	150m:	1:41.67	39.27	250m:	3:01.03	41.22	350m:	4:18.08	33.71
	100m:	1:02.40 33.61	200m:	2:19.81	38.14	300m:	3:44.37	43.34	400m:	4:52.30	34.22
3.	CHMIELEWSKI, Michał		04	Iuks Muszelka Warszawa				<b>5:02.08</b>	525		
	50m:	30.71 30.71	150m:	1:44.22	38.07	250m:	3:07.52	46.35	350m:	4:29.00	34.36
	100m:	1:06.15 35.44	200m:	2:21.17	36.95	300m:	3:54.64	47.12	400m:	5:02.08	33.08
4.	ROGUSKI, Mateusz		03	Iuks Muszelka Warszawa				<b>5:06.37</b>	504		
	50m:	32.21 32.21	150m:	1:48.27	39.58	250m:	3:13.27	46.26	350m:	4:34.05	34.71
	100m:	1:08.69 36.48	200m:	2:27.01	38.74	300m:	3:59.34	46.07	400m:	5:06.37	32.32
5.	PRZYSTAŁ, Adam		03	UKS G-8 Bielany				<b>5:17.48</b>	453		
	50m:	35.61 35.61	150m:	1:57.66	40.98	250m:	3:21.80	43.44	350m:	4:42.57	36.29
	100m:	1:16.68 41.07	200m:	2:38.36	40.70	300m:	4:06.28	44.48	400m:	5:17.48	34.91
6.	BEDNAREK, Przemysław		04	Iuks Muszelka Warszawa				<b>5:17.89</b>	451		
	50m:	33.09 33.09	150m:	1:52.17	40.52	250m:	3:19.33	47.09	350m:	4:43.58	35.40
	100m:	1:11.65 38.56	200m:	2:32.24	40.07	300m:	4:08.18	48.85	400m:	5:17.89	34.31
7.	RAFAŁ, Kacper		04	UKS V Łomianki				<b>5:19.05</b>	446		
	50m:	31.55 31.55	150m:	1:51.77	42.22	250m:	3:20.47	46.20	350m:	4:43.46	36.61
	100m:	1:09.55 38.00	200m:	2:34.27	42.50	300m:	4:06.85	46.38	400m:	5:19.05	35.59
8.	JURCZY SKI, Bartosz		04	UKS V Łomianki				<b>5:32.03</b>	396		
	50m:	35.69 35.69	150m:	2:00.89	43.39	250m:	3:30.53	47.54	350m:	4:57.16	37.92
	100m:	1:17.50 41.81	200m:	2:42.99	42.10	300m:	4:19.24	48.71	400m:	5:32.03	34.87
<b>16 lat i starsi</b>											
1.	JA KIEWICZ, Adrian		02	Iuks Muszelka Warszawa				<b>4:46.13</b>	618		
	50m:	29.31 29.31	150m:	1:38.80	36.69	250m:	2:58.06	44.00	350m:	4:14.84	33.00
	100m:	1:02.11 32.80	200m:	2:14.06	35.26	300m:	3:41.84	43.78	400m:	4:46.13	31.29
2.	DOŁOWY, Grzegorz		02	Iuks Muszelka Warszawa				<b>5:17.46</b>	453		
	50m:	34.24 34.24	150m:	1:54.97	41.17	250m:	3:22.05	47.78	350m:	4:45.09	34.30
	100m:	1:13.80 39.56	200m:	2:34.27	39.30	300m:	4:10.79	48.74	400m:	5:17.46	32.37
3.	GONTARCZYK, Kamil		00	Uks Kapry Armexim Pruszków				<b>5:26.78</b>	415		
	50m:	31.75 31.75	150m:	1:54.57	44.24	250m:	3:24.68	47.80	350m:	4:49.84	36.40
	100m:	1:10.33 38.58	200m:	2:36.88	42.31	300m:	4:13.44	48.76	400m:	5:26.78	36.94
PK	MIŁKOWSKI, Mikołaj		07	ródmiejski UKS Polna Warszawa				<b>5:33.00</b>	392		
	50m:	35.46 35.46	150m:	1:58.75	42.20	250m:	3:29.18	47.82	350m:	4:56.11	38.72
	100m:	1:16.55 41.09	200m:	2:41.36	42.61	300m:	4:17.39	48.21	400m:	5:33.00	36.89