

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

Konkurencja 32
23.06.2018 - 10:20

M czyzn, 400m dowolny

14 lat i starsi
Wyniki

Punkty: FINA 2018

Pozycja	Rok ur.	Czas	Pkt.
14 - 15 lat			
1. CHMIELEWSKI, Krzysztof	04	Iuks Muszelka Warszawa	4:15.49 639
50m: 29.04 29.04	150m: 1:33.12 32.42	250m: 2:38.31 32.80	350m: 3:43.52 32.40
100m: 1:00.70 31.66	200m: 2:05.51 32.39	300m: 3:11.12 32.81	400m: 4:15.49 31.97
2. RODKIEWICZ, Radosław	03	Iuks Muszelka Warszawa	4:20.89 600
50m: 30.04 30.04	150m: 1:35.34 32.89	250m: 2:41.25 33.08	350m: 3:48.04 33.55
100m: 1:02.45 32.41	200m: 2:08.17 32.83	300m: 3:14.49 33.24	400m: 4:20.89 32.85
3. CHMIELEWSKI, Michał	04	Iuks Muszelka Warszawa	4:22.72 587
50m: 30.40 30.40	150m: 1:36.87 33.55	250m: 2:43.75 33.43	350m: 3:50.35 33.33
100m: 1:03.32 32.92	200m: 2:10.32 33.45	300m: 3:17.02 33.27	400m: 4:22.72 32.37
4. ROGUSKI, Mateusz	03	Iuks Muszelka Warszawa	4:25.07 572
50m: 30.49 30.49	150m: 1:37.46 34.00	250m: 2:44.84 33.88	350m: 3:52.37 33.80
100m: 1:03.46 32.97	200m: 2:10.96 33.50	300m: 3:18.57 33.73	400m: 4:25.07 32.70
5. PASZKOWSKI, Konstanty	03	Uks Gim 92 Ursynów Warszawa	4:29.89 542
50m: 30.83 30.83	150m: 1:39.72 35.17	250m: 2:49.30 34.58	350m: 3:58.46 34.60
100m: 1:04.55 33.72	200m: 2:14.72 35.00	300m: 3:23.86 34.56	400m: 4:29.89 31.43
6. SKRZYPEK, Piotr	03	ródmiejski UKS Polna Warszawa	4:33.55 520
50m: 30.67 30.67	150m: 1:38.99 34.80	250m: 2:49.14 35.41	350m: 3:59.70 34.83
100m: 1:04.19 33.52	200m: 2:13.73 34.74	300m: 3:24.87 35.73	400m: 4:33.55 33.85
7. BEDNAREK, Przemysław	04	Iuks Muszelka Warszawa	4:35.10 511
50m: 32.05 32.05	150m: 1:41.26 34.94	250m: 2:51.60 34.90	350m: 4:02.15 35.19
100m: 1:06.32 34.27	200m: 2:16.70 35.44	300m: 3:26.96 35.36	400m: 4:35.10 32.95
8. RAFAŁ, Kacper	04	UKS V Łomianki	4:35.75 508
50m: 32.00 32.00	150m: 1:41.77 35.22	250m: 2:52.72 35.28	350m: 4:03.33 35.18
100m: 1:06.55 34.55	200m: 2:17.44 35.67	300m: 3:28.15 35.43	400m: 4:35.75 32.42
9. G SIOROWSKI, Michał	03	Uks Gim 92 Ursynów Warszawa	4:40.40 483
50m: 31.21 31.21	150m: 1:41.07 35.58	250m: 2:52.26 35.81	350m: 4:04.60 36.40
100m: 1:05.49 34.28	200m: 2:16.45 35.38	300m: 3:28.20 35.94	400m: 4:40.40 35.80
10. KURDELSKI, Filip	04	Legia Warszawa	5:04.11 378
50m: 34.21 34.21	150m: 1:50.21 38.13	250m: 3:08.50 39.29	350m: 4:26.69 38.45
100m: 1:12.08 37.87	200m: 2:29.21 39.00	300m: 3:48.24 39.74	400m: 5:04.11 37.42
11. SITNIK, Jakub	03	UKS Delfin Garwolin	5:12.04 350
50m: 34.67 34.67	150m: 1:54.12 40.14	250m: 3:14.29 40.44	350m: 4:34.90 40.24
100m: 1:13.98 39.31	200m: 2:33.85 39.73	300m: 3:54.66 40.37	400m: 5:12.04 37.14
16 lat i starsi			
1. KACZOROWSKI, Jakub	97	UKS G-8 Bielany	4:10.51 677
50m: 28.24 28.24	150m: 1:31.22 31.80	250m: 2:35.07 32.05	350m: 3:39.20 32.00
100m: 59.42 31.18	200m: 2:03.02 31.80	300m: 3:07.20 32.13	400m: 4:10.51 31.31
2. JA KIEWICZ, Adrian	02	Iuks Muszelka Warszawa	4:12.74 660
50m: 29.18 29.18	150m: 1:32.69 32.12	250m: 2:37.11 32.39	350m: 3:41.69 32.08
100m: 1:00.57 31.39	200m: 2:04.72 32.03	300m: 3:09.61 32.50	400m: 4:12.74 31.05
3. CZERWI SKI, Łukasz	01	UKS G-8 Bielany	4:21.33 597
50m: 29.16 29.16	150m: 1:35.05 33.28	250m: 2:42.12 33.66	350m: 3:49.55 34.07
100m: 1:01.77 32.61	200m: 2:08.46 33.41	300m: 3:15.48 33.36	400m: 4:21.33 31.78
4. DOŁOWY, Grzegorz	02	Iuks Muszelka Warszawa	4:24.71 574
50m: 31.17 31.17	150m: 1:37.76 33.41	250m: 2:45.41 33.82	350m: 3:52.64 33.35
100m: 1:04.35 33.18	200m: 2:11.59 33.83	300m: 3:19.29 33.88	400m: 4:24.71 32.07
5. MIELNICZUK, Bartosz	01	Legia Warszawa	4:30.89 536
50m: 31.57 31.57	150m: 1:41.79 35.61	250m: 2:52.19 34.66	350m: 4:00.20 33.35
100m: 1:06.18 34.61	200m: 2:17.53 35.74	300m: 3:26.85 34.66	400m: 4:30.89 30.69

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Warszawa, 22. - 23.6.2018

Konkurencja 32, M czynn, 400m dowolny, 16 lat i starsi

Pozycja				Rok ur.					Czas	Pkt.		
6.	ROWI SKI, Alek			01	MUKP Warszawianka				4:32.17	528		
	50m:	30.26	30.26	150m:	1:39.60	34.74	250m:	2:50.23	35.28	350m:	3:59.81	34.05
	100m:	1:04.86	34.60	200m:	2:14.95	35.35	300m:	3:25.76	35.53	400m:	4:32.17	32.36
7.	KOTARSKI, Jakub			01	UKS G-8 Bielany				4:32.69	525		
	50m:	31.70	31.70	150m:	1:41.30	35.04	250m:	2:51.78	35.20	350m:	4:01.06	33.56
	100m:	1:06.26	34.56	200m:	2:16.58	35.28	300m:	3:27.50	35.72	400m:	4:32.69	31.63
8.	MICHA , Patryk			02	UKS Fala Niepor t				5:15.88	338		
	50m:	33.77	33.77	150m:	1:53.86	40.62	250m:	3:15.77	40.79	350m:	4:37.04	40.49
	100m:	1:13.24	39.47	200m:	2:34.98	41.12	300m:	3:56.55	40.78	400m:	5:15.88	38.84
PK	MILKOWSKI, Mikołaj			07	ródmiejski UKS Polna Warszawa				4:57.88	403		
	50m:	32.65	32.65	150m:	1:45.97	37.25	250m:	3:02.79	38.62	350m:	4:20.49	39.19
	100m:	1:08.72	36.07	200m:	2:24.17	38.20	300m:	3:41.30	38.51	400m:	4:57.88	37.39
PK	KOZI SKI, Jan			06	Uks Gim 92 Ursynów Warszawa				5:32.40	290		
	50m:	36.63	36.63	150m:	2:00.71	42.66	250m:	3:26.51	42.51	350m:	4:52.77	43.07
	100m:	1:18.05	41.42	200m:	2:44.00	43.29	300m:	4:09.70	43.19	400m:	5:32.40	39.63