

Otwarte Wiosenne Mistrzostwa Okręgu Warszawsko Mazowieckiego
Pruszków, 15.3.2019

Konkurencja 16
15.03.2019 - 11:19

Mężczyzn, 400m zmienny

14 lat i starsi
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.	
14 - 15 lat										
1.	CHMIELEWSKI, Krzysztof		04	IUKS „Muszelka” Warszawa				4:37.14	613	
	50m:	29.53 29.53	150m:	1:37.50	34.53	250m:	2:53.26	42.03	350m:	4:06.56 31.32
	100m:	1:02.97 33.44	200m:	2:11.23	33.73	300m:	3:35.24	41.98	400m:	4:37.14 30.58
2.	LINARD, Bartosz		04	IKS Konstancin				4:47.03	552	
	50m:	30.13 30.13	150m:	1:43.42	38.08	250m:	2:59.60	39.14	350m:	4:14.39 34.09
	100m:	1:05.34 35.21	200m:	2:20.46	37.04	300m:	3:40.30	40.70	400m:	4:47.03 32.64
3.	BEDNAREK, Przemysław		04	IUKS „Muszelka” Warszawa				5:00.48	481	
	50m:	32.97 32.97	150m:	1:48.50	39.16	250m:	3:10.08	43.79	350m:	4:28.20 33.69
	100m:	1:09.34 36.37	200m:	2:26.29	37.79	300m:	3:54.51	44.43	400m:	5:00.48 32.28
4.	OLEWNICZAK, Maciej		05	UKP „Polonia Warszawa”				5:06.31	454	
	50m:	31.83 31.83	150m:	1:47.22	39.01	250m:	3:08.75	43.32	350m:	4:30.08 36.24
	100m:	1:08.21 36.38	200m:	2:25.43	38.21	300m:	3:53.84	45.09	400m:	5:06.31 36.23
5.	MIŁKOWSKI, Wiktor		05	UKS 48 Warszawa				5:13.77	422	
	50m:	33.36 33.36	150m:	1:53.64	39.66	250m:	3:16.14	42.65	350m:	4:38.16 38.27
	100m:	1:13.98 40.62	200m:	2:33.49	39.85	300m:	3:59.89	43.75	400m:	5:13.77 35.61
6.	OKO, Maksymilian		05	UKS „GIM 92 Ursynów”				5:14.72	418	
	50m:	33.17 33.17	150m:	1:52.60	41.27	250m:	3:18.00	44.92	350m:	4:39.55 36.18
	100m:	1:11.33 38.16	200m:	2:33.08	40.48	300m:	4:03.37	45.37	400m:	5:14.72 35.17
16 lat i starsi										
1.	ROGUSKI, Mateusz		03	IUKS „Muszelka” Warszawa				4:46.36	556	
	50m:	30.92 30.92	150m:	1:41.72	36.50	250m:	2:59.89	42.17	350m:	4:15.29 32.33
	100m:	1:05.22 34.30	200m:	2:17.72	36.00	300m:	3:42.96	43.07	400m:	4:46.36 31.07
2.	WLAZŁOWSKI, Kamil		03	UKP „Polonia Warszawa”				4:50.02	535	
	50m:	29.01 29.01	150m:	1:39.87	37.15	250m:	2:59.28	41.81	350m:	4:16.72 33.60
	100m:	1:02.72 33.71	200m:	2:17.47	37.60	300m:	3:43.12	43.84	400m:	4:50.02 33.30
3.	RUTA, Kamil		02	UKP „Polonia Warszawa”				4:52.07	524	
	50m:	31.29 31.29	150m:	1:45.09	38.07	250m:	3:04.26	41.50	350m:	4:19.78 32.39
	100m:	1:07.02 35.73	200m:	2:22.76	37.67	300m:	3:47.39	43.13	400m:	4:52.07 32.29
4.	DOŁOWY, Grzegorz		02	IUKS „Muszelka” Warszawa				4:54.78	509	
	50m:	31.93 31.93	150m:	1:45.76	37.75	250m:	3:05.87	43.59	350m:	4:22.57 32.72
	100m:	1:08.01 36.08	200m:	2:22.28	36.52	300m:	3:49.85	43.98	400m:	4:54.78 32.21
5.	MACIOSZEK, Maksymilian		03	UKP „Polonia Warszawa”				5:01.13	478	
	50m:	31.86 31.86	150m:	1:48.15	39.21	250m:	3:09.22	42.83	350m:	4:27.03 34.32
	100m:	1:08.94 37.08	200m:	2:26.39	38.24	300m:	3:52.71	43.49	400m:	5:01.13 34.10